

Our Philosophy

Meditation sessions are undertaken in a relaxed, friendly and supportive environment.

An open attitude to differing beliefs is held and practices are not based on religious beliefs.

Sessions are designed to be simple, enjoyable and practical, providing support to those who have had a diagnosis of cancer and to their carers.

The group is suitable for those with experience in meditation and for those wishing to learn.

Sessions are undertaken in a supportive and caring environment. We offer an optional time at the completion of the session for discussion, encouragement and support.

Meditation sessions are held:

Day: Fridays
Time: 11am - 12noon

Location: Group Room
Physical Therapies Unit
Level 3
Calvary Mater Newcastle

No cost involved

For more information:

Peta Parsons - Occupational Therapist
P: (02) 4014 4791

Tony Hassett - Pastoral Practitioner
P: (02) 4014 4687

About Calvary

Founded by the Sisters of the Little Company of Mary, Calvary operate 15 Public and Private Hospitals, 15 Retirement and Aged Care Facilities and 22 Community Care Centres.



Locked Mail Bag 7
Hunter Region Mail Centre, NSW 2310, Australia
www.calvarymater.org.au

Meditation

For Oncology and Haematology patients and their carers



Continuing the Mission of the Sisters of the Little Company of Mary

Meditation

An Introduction

Meditation is a skill that all people can learn. Like any skill, it can take time and practice to learn to meditate, however, it can be beneficial right from the start.

Meditation is a simple and very pleasant experience. It can provide clarity to our life and improve our sense of wellbeing and feelings of relaxation.

When practiced regularly, meditation brings many benefits to all areas of our lives and helps us maintain our inner peace.

Many people benefit from the support and encouragement of others in the sessions when practicing meditation.

The Benefits

Research shows meditation to be an effective practice for helping to manage the unpleasant and damaging effects of stress and diseases, including cancer.

Meditation can help to reduce:

- Pain, headaches and muscle tension

- Cholesterol and blood pressure
- Stress and anxiety
- Depression
- The effects of aging on the body

Meditation can help to improve:

- Immune system functioning
- Concentration and memory
- Health, wellbeing and vitality
- Self understanding and awareness
- Creativity and insight
- Stillness and peace
- Sleep patterns
- Emotional balance

The Techniques

Meditation exists within many traditions and has a variety of styles and forms.

We use a variety of techniques to meet the differing needs of individuals and their reasons for meditating.

We focus on techniques supported by research, such as mindfulness practices.

We encourage and provide opportunities for participants to explore techniques that suit them.

