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S'eclairer

Enlightening self with knowledge



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Regular Sessions

Women's DBT



Greetings!

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Upcoming Events

Celebrating Success
Saturday, August 20

Noon to 4pm

[Event Info on Facebook](#)

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A certain conceited graduate traveled in a boat and spoke to the helmsman, asking him if he ever studied languages. The boatman replied that he had not, and the graduate told him that his life has been wasted without such knowledge.

The helmsman was deeply hurt by this suggestion but at the time said nothing in reply. Later on the journey across the water, the boat was caught in a storm and the helmsman asked the graduate, "Tell me do you know how to swim ? " "No", cried the graduate in his most pleasant tone.

Well graduate, the whole of your life has been wasted without this knowledge, for it is worth nothing in a inking boat if you can't swim."

Selflessness works where knowledge will fail,
In surrender you'll flat, while in confidence sink,
Die to the flesh, die to the mind,
And the sea will carry you high,
bear your knowledge like a jug to the sea,
Carry no carafe to an ocean.

Rumi.

What are you doing to enjoy your summer? Tell us on [Twitter](#) or [Facebook](#)!

Epigenetics and Psychiatry: a new focus for the new century

What we do can change the brain! Epigenetics is a relatively new branch of molecular biology, leading to much excitement in the preventive aspect of many medical and psychiatric disorders.

Genetic vulnerability, whilst important, is clearly not the whole story. It appears that the environment may influence behaviour by altering the expression of genes (think of this as genes being switched on), but we do not yet know exactly how this is controlled.

Epigenetics is the study of changes in gene activity that occur without changes to the sequence of DNA.

Although this is a relatively new area of research, both animal model and human studies are coming thick and fast. There are encouraging findings in areas such as schizophrenia and depression. Recent studies also suggest that DNA methylation at

certain neurotransmitter gene sites may be involved in alcohol dependence. Epigenetic mechanisms have even been found to be at work in eating disorders.

Looking to the future, as the technologies involved in epigenetic profiling continue to evolve, we can now begin to identify epigenetic processes which perform a function between specific environmental risk factors and changes in gene expression. Those environmental factors may occur in the womb or in the outside world. They could include psychosocial influences as well as exposure to food, drugs and toxins, for example. All of this could be important not only for treatment of psychiatric disorders, but also for their prevention, and provide therapeutic benefit at both a population level and an individual level.

EPIGENETIC EFFECTS

A few disease studies in the NIH Roadmap Epigenomics Project.

CANCER

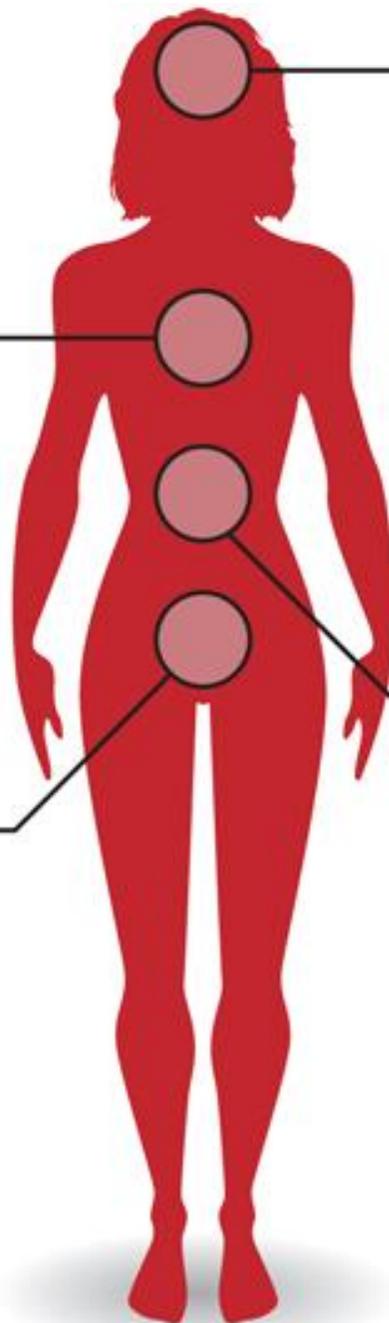


Control of gene expression by epigenetic modification could have a role in tumour formation, and could explain how environmental factors trigger cancer.

PRENATAL CHANGES



Molecular modifications to fetal and maternal DNA before birth could later make people susceptible to type 2 diabetes or cardiovascular disease.

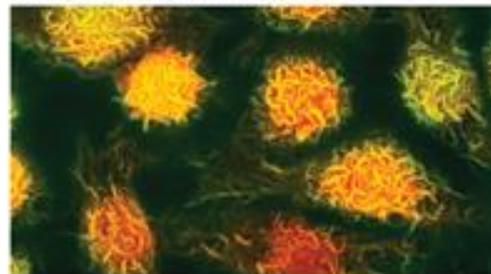


BRAIN DISORDERS



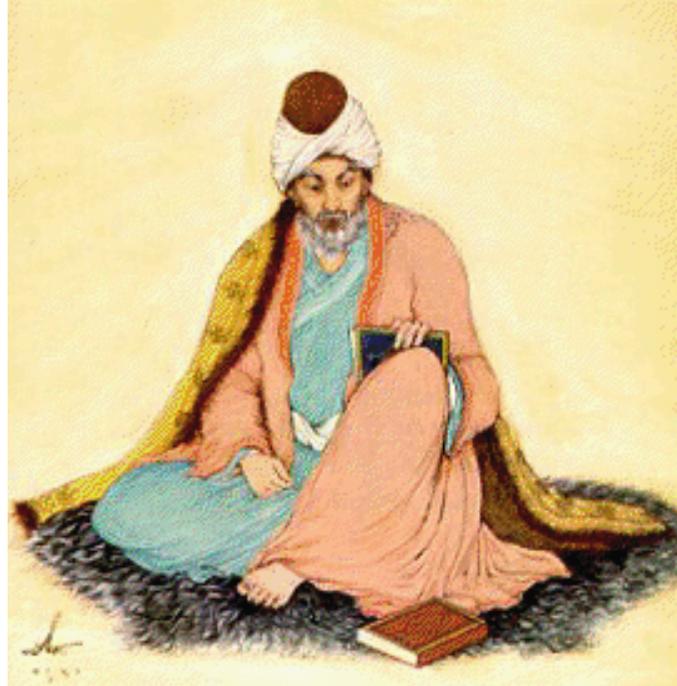
Epigenetic changes have been implicated in brain health, from cognitive decline in normal ageing to conditions such as Alzheimer's disease, schizophrenia, bipolar disorder and autism.

CHRONIC DISEASES



Complex chronic conditions such as systemic lupus erythematosus, asthma and insulin resistance in obesity and diabetes are thought to have an environmental component. Studies aim to identify how this can cause epigenetic changes that might affect disease progression.

Jalal al-Din Rumi



Persian Sufi Sage and Poet

(1207 - 1273) (Miniature painting of Rumi by Hossein Behzad)

Sitting in the middle of the room, in chanting La ilaha illa'llah ('There is no God but God'), beautiful, harmonious and hypnotic echoes of chanting with deep rhythms, was supposed to increase the and spiritual awareness heighten the consciousness of any who was present at that moment. All of us repeating phrase over and over at Mevlana Rumi's Anniversary Celebration at Omega Center, Rhinebeck New York. It was lead by Andre Harvey and Coleman Bark, authors, religious scholar and teacher of mystic traditions. They have translated Rumi's numerous Persian poetry into English.

The first well known Muslim Sufi figure in the United States was Hazrat Inayat Khan. He was a musician. He practiced and preached a Universalist spiritual movement. He founded 'The Sufi Order in the West' in 1910. He died in 1927.

His eldest son Pir Vilayat Inayat, head of the Sufi Order International continually adapted traditional Eastern spiritual practices in keeping with the evolution of Western consciousness. He give bayat (spiritual initiation) to thousands of people including Stephan Rechtschaffen, and Elizabeth Lesser who were very touched and inspired by his teachings and co founded Omega Institute for Holistic Studies, Rhinebeck New York in 1977 inspired by scholar and Eastern meditation teacher, Pir Vilayat Inayat Khan.

For the full version of this article, read upcoming fall edition of [Rumination](#).

What to Expect in a Yoga Class

by Mariangela Mancuso



To some, yoga might be an intimidating idea because people are not familiar with the actual process of a yoga class. Some think they will be expected to perform extreme poses, be exposed to ideas that will conflict with their religious faith, or be expected to chant Sanskrit , an ancient language of India and yoga.

So lets take you into class. You will see people wearing comfortable clothing with a soft waist band that allows for bending and movement that is not too baggy since baggy clothing might restrict movement at the joints if it bunches, pull or gets caught on a knee or elbow. You will see most participants using a yoga mat because the surface grabs the foot for better traction, providing a safe surface underfoot. Some people need or prefer to work with a chair for their practice to be supported while exploring poses and use it for seated postures instead of being on the floor. Bare feet are the norm to aid in foot awareness, building flexible feet and strong arches. You might also see an occasional person working with shoes on or yoga socks to protect sensitive feet, or maybe the person is just not ready to expose their feet in a group setting. Yoga adapts to it all.

Yoga traditionally begins with breath work to focus, quiet and prepare the mind. In western styles of yoga, there is usually no chanting or intense meditation, instead we work with breath sound and relaxation imagery and positive affirmation techniques. Everyone is encouraged to move at their own pace, rest as needed, and realize there is no perfect pose, so movements are not identical from person to person. Body alignment is stressed so the practice is safe and effective. Poses are offered from mild to medium to challenging, allowing everyone many options. Props used during class can include a strap for stretching and binding, yoga blocks for a little extra lift, extra mats or blankets for padding, pillows for comfort, and the wall for assisting various positions.



Don't let yoga be intimidating. Its just different. Do one thing different today by trying a class! You just might find it benefits you - and you like it! Yoga remains special as an exercise foundation for an enriched life.

Join Us For Celebrating Success!



Celebrating Success
By Enjoying the Diversity that Surrounds Us!
Saturday, August 20, 2011 12noon to 4pm

[Check out the schedule here!](#)

Booths
PERSAD
Westmoreland LGBTQ Interfaith Network
Holistic and Raw with Mandi
PFLAG
Blackburn Center

Join us in the Garden of Beauty & Wisdom at S'eclairer

A Retreat Among Friends Spiritual Map Making

Date: Friday, September 2, 2011
Registration: 1:00pm to 1:30pm
Retreat: 1:30pm to 5:00pm
Cost of Retreat: \$30.00
includes food & experience

Facilitator: Athanasius Cherry; OSB

***"Myth is the secret opening through which the inexhaustible
Retreat: 1:30pm energies of the cosmos pour into human culture."
(Joseph Campbell)***



There is within our human nature a quest for wholeness. This quest is a call to finding our own hidden treasures that are gifted to us by Spirit. Recognizing the Spirit in everyone and everything can give us a profound understanding of the uniting forces of love and compassion that can ultimately lead us to enlightenment. We will step into this quest through the doorway of "spiritual map making", an experience of sacred creative arts, that will guide us into our spirit world that is evolving and generating wholesome power within and without.

**Come and Enjoy!
Wear Comfortable Clothes
For information call 412.372.1465
A Retreat Among Friends
Spiritual Map Making**

YouTube Corner: Women's Mindfulness Groups at S'eclairer!

Recently, Kimberly Ruth talked with us about the [Women's Mindfulness Group](#)...



We've been posting plenty of videos talking with our staff. On our [YouTube page](#) you can find videos where you can get to know the staff

And while you are there, check out other selections from previous [DBT Training sessions](#), [What's on Your Mind](#), and more!

Rumi'nations Issue 1 Is Out!

The first issue is now available online or in your mailbox! Find out more at [Ruminations.biz](#)!



THE BLUE FLOWER
measuring the simple beauty
of everyday living
PAGE 6

**WISDOM, GROWTH
AND A SNICKERS BAR**
maintaining balance and still being
PAGE 13

**PACED BREATHING
FOR HOT FLASHES**
breathe and relax
PAGE 14

FREE PUBLICATION

Want to Contribute?

EARN FREE HEALTH REWARDS

We are releasing a new magazine in the coming months called "Rumi Nations"!

Care to contribute an article, photograph artwork or poetry?

How about a scientific article review or book review?

If your submission is accepted, you could win a Free Retreat, Self-Soothing Basket, Health Related Gift Card or a T-Shirt!!!

Just call Ruminations at 724.468.3999 or email rumi@seclairer.com and lets us know What's On Your Mind!

Read the first issue online now!





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Balance of heart, self & soul

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Fridays from 11AM until 3PM

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