

# Oasis News

Summer 2013



## Finding Freedom:

Dr. Shutt explores what lies beyond pain and suffering.

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## Summer is Family Time at Sacred Treehouse

See what's happening for every member of your family!

*Therapeutic Oasis of the Palm Beaches* ● 250 Royal Court, Delray Beach, FL 33444

## Women Who Walk the Line



*Nicole Friedman, Psy.D.*

In today's modern world where women are required to juggle several hats, creating balance can be quite a challenging endeavor. As a wife, mother, daughter, sister, friend and professional, I am all too familiar with walking that fine line on a daily basis. We as women are innately relationship based, and feel the need to give 100% of ourselves to everything we do, often at our own personal expense. However, attempting to be all things to all people leaves us feeling depleted, angry and resentful. It took me a long time to come to terms with the idea that giving a little to *me* goes a long way at home and at work. In fact, when I take the time to take care of myself, I am much more present in my relationships. Remember, it's *quality* not quantity that counts. In all honesty, some days are clearly easier than others. On those more challenging days, instead of beating myself up, I remind myself to continue to set clear boundaries, prioritize, learn to say no, and accept that people may not always like that. If I lived a life trying to avoid disappointing others, I suspect my emotional resources would be quickly drained, and I would end up disappointing myself as well as those around me. With that said, I encourage each of you to evaluate whether your life and your relationships are in balance. If not, there is no time like the present to make life-altering changes that will ultimately bring peace, harmony and balance to your world.

## Summer Nutrition: Fuel the Fun!

*Kristina Bergman, Intern*

Summer vacation is the perfect time to help your kids develop healthy eating habits for life! One of the most important, yet basic things you can do is schedule meals and snacks consistently. If your children are used to a routine, they won't worry about when their next meal is; in addition, snacks can give your children enough energy to carry them to the next meal. But, make sure not to give too much food or too frequent of snacks, or your children may not be hungry for the next meal. Give your kids a choice of a few healthy snacks, so, even though you control how often they eat, they can develop a sense of control, as well. If you present new foods in a cool, enticing way, and pair them with familiar favorites, your children may be more inclined to try the new option. Invite your kids to help you cook! This can promote a fun, positive atmosphere around food, and show how all of the different food groups can be incorporated into a meal. Try to schedule meals so the whole family can participate: turning the television off and focusing on each other's company and conversation, as well as on the food's taste, smell, and texture, can contribute to a rewarding eating experience. Strengthening your children's relationship with food at a young age can prove invaluable in maintaining healthy eating habits for a lifetime.

## Mindful Parenting

*Stephanie Burstein, Care Specialist*

You ask your child to clean their room, or finish a chore and before you know it, the situation quickly escalates. Your child is now screaming and talking back. So what is your reaction? How we react and problem solve when faced with a conflict is how our children learn to problem solve and react in a similar situations. Next time you see yourself in a struggle with your children take a step back, breathe, and *then* react. When we are being yelled at our bodies produce high levels of adrenaline and cortisol causing an even more emotional and less mindful reaction. When we are worn down in this way, conflict resolution will not be attained. Being a good role model for our kids goes far beyond work ethic, morals, and values, our behaviors are just as important. Think about how you handle conflicts in your home, and how your children handle conflict - what are the similarities? Challenge yourself to become more mindful in times of conflict, not only for your children, but also for yourself!

For more mindful parenting tips, try these great resources:

[The Seven Spiritual Laws for Parents](#) by Deepak Chopra  
[Easy to Love. Difficult to Discipline](#) by Dr. Becky A. Bailey



Lemore Zausner Photography

Therapeutic Oasis and Sacred Treehouse  
will be closed  
July 4th - July 6th  
in honor of  
**Independence Day**



Lemore Zausner Photography

## Freedom From Pain and Sorrow

*Patty Thomas Shutt, Psy.D.*

Knowing that pain is impermanent and having a belief that there is hope, allows me to sit with clients who are in deep emotional or physical pain. It is at our worst, when nothing external can help us that we can turn inward and begin to make the journey toward truth. Truth can and will set us free from suffering. There are many paths to truth. In the Rig Veda it says there is only "one truth", but "the wise call it by different names." I too believe this to be so and encourage clients to stick to one path. Through prayer and/or meditation we turn away from external supports and move toward God, Krishna, or the Self within as the source of truth. If there is any silver lining in pain or sorrow, it is truly that it gives us the push to seek truth. We are often desperate for "answers" or relief as we begin to seek help. Some things can bring temporary relief, and I encourage client's to use healthy tools to cope with pain while working toward healing. But when our pain or sorrow continues despite all efforts to heal, we are left with only one place to turn. What amazes me is often at this point the desire to seek death, rather than seek truth is the overwhelming thought. Perhaps it is because we do not know what is possible, or it takes effort move beyond the pain and sorrow. We have to LET GO of things we cling to for temporary relief, which brings discomfort, before we can reach the other side of pain and suffering...FREEDOM from suffering! All spiritual teachings speak of such a state and some believe it is possible only after death, but the Buddha teaches that this state is available in this life, NOW! Through spiritual practice one comes to know and believe that it exists, but one must get a taste of this peace in order to continue the arduous journey. Simple practices can start you on this path and the truth is we do not have to wait until we are at our wits end. The practical teachings of the Buddha, Jesus' Sermon on the Mount, and the Bhagavad Gita are all great guides. Start now, right where you are, and set an intention to begin the journey beyond the external daily grind.

### Prayer for depression

There is always abundance  
there is an abundance of love;  
I will tap into it  
I consciously choose to tap into it.

I consciously connect my loving spirit with the whole  
I move forward knowing that I am safe  
Whenever I am moving,  
I am moving into the light.

There is always hope  
I consciously choose to be hopeful.

-LW



## Summer 2013

Pre-registration suggested for all activities.  
Call 561.278.6033 for details.

### Thursday is Family Day at Sacred Treehouse!

Living and Teaching the Seven Spiritual Laws  
Parent Book Club  
Thursdays 2:00 - 3:00 pm

*Add:*

Family Meditation 1:30 - 2:00 pm  
Kids Studio Art 1:30 - 3:00 pm

#### Family Food Fun Workshop

Thursday, June 27th  
3:30 - 5:30 pm

Parent/Child or Ages 12 & Up

#### Cell Phone Art

Thursday, July 11th  
3:30 - 5:30 pm

Parent/Child or Ages 12 & Up

#### Nail Art for Teens

Thursday, August 1st  
3:30 - 5:30 pm  
Ages 12 & Up

**New!**

#### The WORD

Journaling and Creative Writing for Teens  
Mondays 4:00 pm - 5:00 pm

**New!**

#### Family Yoga

Mondays 6:00 - 7:00 pm

#### Youth Studio Art

Mondays 5:00 - 6:00 pm

Coming This August:

#### **The Yamas and Niyamas: Exploring Yoga's Ethical Practice**

An 8-week book study

Save your spot - register today!

For our adult offerings and more details call  
561.278.6033 or visit  
[www.SacredTreehouse.org](http://www.SacredTreehouse.org)