

SMT CAN HELP YOU

- ~ Cope with stress
- ~ Overcome fear
- ~ Enjoy better sleep, more energy and true vitality
- ~ Discover self confidence and resilience
- ~ Kick bad habits and dependencies
- ~ Build tolerant and loving relationships
- ~ Increase clarity, creativity and productivity
- ~ Live with patience and less aggression
- ~ Expand your awareness and enrich your inner life
- ~ Live mindfully and find contentment

Living calm is within your reach

"I have gained great insight into the connection between tension and anxiety. Other therapies I have used did not give me this valuable knowledge. I am also learning to be patient with myself and have regained hope!"

Clare, Social Policy consultant

"Stillness Meditation Therapy is a soundly based technique that is particularly useful in the treatment of chronic anxiety states and in teaching patients to manage anxiety and cope better with stress"

Dr M R Stewart, MBBS F.R.A.C.P. General Physician

Scientific research continues to show that meditation positively contributes to wellbeing and assists a range of health conditions.

Studies at this Centre indicate a reduction in symptoms of stress and anxiety of approximately 54% within 16 facilitated SMT sessions.

**SOME RUN FOR SHELTER
THE TREE HOLDS FIRM
AND SWAYS WITH
THE STORM
THE EAGLE IS BORN
HIGHER AND HIGHER**

Ainslie Meares MD
1910-1986

ESTABLISHED 1983
WORKING FOR A RESILIENT
AND HAPPIER WORLD

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Authentic Stillness Meditation Therapy can only be conducted by accredited SMT practitioners.

**LET YOUR BODY
CHANGE YOUR MIND**



stillness **meditation** therapy centre
ANXIETY AND STRESS RELIEF - NATURALLY

LIVING CALM

STILLNESS MEDITATION THERAPY (SMT®)
ANXIETY AND STRESS RELIEF - NATURALLY



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PAULINE MCKINNON & ASSOCIATES

LIVING CALM WITH STILLNESS MEDITATION THERAPY

Stillness Meditation Therapy (SMT®) is the first known therapeutic meditation and was developed by pioneering Melbourne psychiatrist Ainslie Meares MD. With the advantage of medical expertise, Meares unlocked the body's specific biological function, originally described as atavistic regression, where the mind is brought to a natural state of stillness. The aim of SMT is to calm the mind and restore equilibrium within the nervous system. When correctly administered and practised this effortless process offers a powerfully effective solution to stress, anxiety and pain. Far deeper than relaxation, SMT is not sectarian and is not related to any other style of meditation.

Dr Meares invited Pauline McKinnon to teach his style of meditation to others after publication of her story (In Stillness Conquer Fear) in 1983. Pauline has authentically maintained his significant work since then. With her team of skilled consultants, the Stillness Meditation Therapy Centre (SMTC) offers well over 30 years' experience in assisting people to find relief, restore wellness and enjoy living calm.

"Pauline McKinnon is the expert on the Stillness Meditation technique created by Dr Ainslie Meares"

Professor Avni Sali, Director, National Institute of Integrative Medicine

LEARNING LIVING CALM

At the SMTC we offer a specialised service that can help you change your life. Within a caring and personalised environment, we help you overcome the effects of stress and the limitations of anxiety, to gradually restore wellbeing. From the foundation of our SMT program, regular follow up sessions for maintenance and your own home practice you can relieve physiological, emotional and psychosomatic symptoms. The naturalness of SMT makes it suitable for all age groups, for individuals and families, for the workplace, within schools and within a range of other environments.

"A calm and supportive environment, like stepping into another world of hope and peacefulness"

Eileen, Sales Representative

"A breath of fresh air and a wonderful support network to see me through a difficult time emotionally. Something all people should do"

Anthony, Administration Executive

"A welcoming, soothing place. I felt cherished and safe"

Margaret, retired teacher

SMTC PROGRAMS

Programs offered at the SMTC include:

- ~ SMT private and group sessions
- ~ Children & family programs
- ~ Intensive program
- ~ Corporate programs
- ~ School programs
- ~ Teacher Training Course
- ~ Seminars and workshops

SMT CAN ASSIST

IF YOU ARE EXPERIENCING ANY OF THESE SYMPTOMS, CONTACT US FOR AN APPOINTMENT TO DISCUSS YOUR INDIVIDUAL NEEDS AND TO EXPERIENCE AN INTRODUCTION TO SMT.

- ~ Insomnia, headaches & migraines
- ~ Irritability, restlessness, anger, frustration, etc
- ~ Nervous tension
- ~ Fatigued, confused and constantly worried
- ~ Panic attacks
- ~ Phobias & OCD
- ~ High blood pressure
- ~ Chronic pain or illness, such as asthma, Irritable bowel syndrome, etc

"A very powerful and insightful experience into myself. First experience with 'spirit' self as distinct to my body. Amazing!"

Jane, Teacher and Mum

"I have found with Stillness Meditation a sense of peace and comfort that I did not have before and a new joy for life that had gone. I am now in the process of weaning myself off medication over the next few months, another huge achievement as I never thought I would be able to do that."

Deanna, Office Admin

"The peace and calm I experience through SMT has been and remains positively life changing. It has enabled me to become a better husband, father, friend and colleague. I'm no longer consumed by anxiety and I now feel more in control of my life"

Alan, OEH Executive

FOUNDER & DIRECTOR



Pauline McKinnon

Psychotherapist, author and mentor for many, Pauline McKinnon is internationally known as a pioneer in meditation teaching and anxiety management. Her personal story, In Stillness Conquer Fear, is testimony to the successful work of Dr Ainslie Meares and lends strength to her years of experience in natural stress management. Pauline is a Clinical Member AAFT (Australian Association of Family Therapists) and has served the roles of President and Vice President of ATMA (Australian Teachers of Meditation Association). Since 1990 she has published for preventative healthcare through the use of meditation with children and adolescents. She conducts a Teacher Training course in Stillness Meditation Therapy and regularly gives lectures and presentations to community groups, hospitals, corporate bodies, schools and universities. Her latest book, Living Calm in a Busy World, traces the history of Dr Meares' unique theory. Pauline's books and other resources are available for purchase at the SMTC.

ASSOCIATE PRACTITIONERS



Francine Cockerill

Francine is an Arts graduate and a qualified counsellor with over 20 years experience in theatre, art and design. She has a natural affinity for the very young and blends her artistic gifts with therapeutic skills in introducing SMT to children. Francine also conducts SMT sessions for adults and is a member of the Australian Teachers of Meditation Association.



Kaye Hakopian

Kaye is a teacher with over 35 years experience with the Victorian Department of Education including a prominent role in Special Education with the Austin School. Kaye is gifted in encouraging the positive in young adults, assisting them to develop personal empowerment, inner strength and calm potential. Kaye also conducts adult SMT sessions and is a member of the Australian Teachers of Meditation Association.



Lucy Louca

Lucy is a Counsellor and an Arts graduate with qualifications in marketing and business management. From 25 years' corporate experience Lucy is especially interested in bringing the SMT life-skill to the workplace. She also conducts sessions for adults and works with clients on an individual basis assisting them in their personal development work. She is a competent and experienced presenter at workshops and seminars.