mudMovement   
London

**POTTERY THERAPY**

Each year, millions of adults struggle with bipolar disorder and depression – often looking for non-medicated ways to gain control over their mental health complication.

Pottery is therapy for all ages, it has therapeutic benefits for senior citizens as it helps to maintain cognitive, emotional, social and physical fitness.

Some clients are not as visual in their orientation as others; instead, they are more kinesthetic. They relate to the world more through the sensation of touch, rather than sight or sound. This is one of the reasons why a tactile/three dimensional process, such as ceramics, can be so powerful.

Each of us has had the experience in childhood of playing in the mud, enjoying the sheer sensual pleasure of thrusting our hands deep into damp earth or some other material like it, with no particular goal in mind. We did not do it thinking of anything special, we simply enjoyed the purely tactile sensation of having wet mud in our hands, the joy of manipulating a soft, malleable material, of poking our fingers into a thick squishy mass, and constantly changing its shape of progressively shaping it into forms.

**10 benefits of taking up pottery**

* **Creative outlet –** There are both physical and mental benefits from expressing yourself by creating something. Art offers an outlet and a release from all of that. With pottery you can produce something and express yourself in some way.
* **Increase optimistic outlook –** Pottery enables for improvements in flow and spontaneity, provides an outlet for grief, and helps you with self-identification and self-expression, bolstering confidence and self-esteem.
* **Improve focus** – Pottery allows you to escape the worries of life and shift your focus toward your creation. During the process, outside influences don’t affect your work so you dedicate your time to your creation. Being able to fully focus something helps the mind relax and expand, which will help you focus in other areas of life as well.
* **Exploring and experimentation** – Pottery helps you to express your creativity, which is essentially to expand who we are and how we connect to ourselves and the environment. It’s a good way for people of all ages to explore the things they can do. You may be more creative than you think and there’s no right or wrong way in pottery.
* **Reduces stress**– Our hands are an outlet for creativity, the sense of touch is of high importance. A lot of focus is required while you’re making pottery, therefore outside distractions are reduced and no longer stress you out.
* **Exercises the hands, wrists, and arms –** The movement of making pottery is gentle yet strengthening to the hands, wrists, and arms. This can be beneficial to those prone to arthritis in the hands, as it promotes joint movement and dexterity.
* **Encourage sociability**– Pottery, an activity that rouses mental activity as much as physical, is often the perfect hobby for those who prefer to expend their energy internally. While partaking in group pottery, however, one can socialize confidently with other potters while still allowing for silence. The usually casual atmosphere helps relax any socially anxious woes to help start a conversation.
* **A natural pain killer –** Stress can oftentimes lead to feeling sensations of pain and discomfort. Since pottery is a hobby known for reducing stress and boosting self-esteem, pain caused by stress may be alleviated while taking part in pottery.
* **Captures memories –** Archaeological digs are known for recovering ancient artifacts from civilizations long past. Some of the most well-preserved artifacts, often surviving thousands of years, are creations of pottery. As such, Your artwork has the potential to last forever. Whether or not you hope future civilizations to discover it and have it immortalized in a museum or if you would rather have it sitting in your home’s foyer, seeing the creation in its final form will serve as a reminder of your accomplishments.
* **Improve quality of life –** Art is an important hobby for self-expression. It is a good way to connect with yourself by expanding your body and mind. Embarking on new creations, learning new techniques and finishing your creations can contribute to a lifetime commitment of learning and maintaining a productive hobby.

**FLOWER ARRANGEMENT BY TOSHIRO KAWASE, JAPAN**

Characterized by extreme minimalism and discipline, ikebana is one of the most intellectual forms of floral “arranging.” It requires that the practitioner intensely study the specimen in order to ascertain how to best emphasize its form. Yet, like all art, at some point the true master must transcend the intellect in order to let the spirit of the piece shine.

This delicate balance of body, mind and soul is exactly what Kawase’s pieces convey. They are like epiphanies, embodying all the tension and fragility of a state of grace. Small and yet hugely evocative, they are haikus in flowers. They are limitless energy barely contained in a halo of quiet. They are nature manipulated by man. Man in harmony with Nature.



**Hip replacements become stronger**

Over the last twenty years there has been a considerable increase in the use of ceramic materials for implant devices. With an excellent combination of strength and toughness together with bio-inert properties and low wear rates, a special type of oxide called zirconia is now displacing alumina in applications such as femoral heads for total hip replacements.

The zirconia heads display double the strength of comparable alumina heads and consequently the diameter of the femoral head can be reduced to < 26 mm, leading to a reduction in patient trauma during the hip replacement operation. Other applications which could benefit from a zirconia implant include knee joints, shoulders, phalangeal joints and spinal implants. This material is also being used for endoscopic components and pace maker covers.

**Ceramic coatings for drug release**

MIV Therapeutics, Inc., a leading developer of new generation biocompatible coatings and advanced drug delivery systems for cardiovascular stents and other implantable medical devices, is developing coatings based on hydroxyapatite (HAp), a ceramic material that has a similar composition to natural bone. These proprietary coatings show potential for outperforming technologies and products currently in use that release drugs after stent implantation. The microporous films are designed to remain highly biocompatible even after all drug material is eluted from the coating. In this respect, HAp performance far exceeds polymer-based coatings, wherein drugs are necessary to sustain acceptable coating performance.

The ultra-thin films are designated as a surface modification of metallic implants, whereas the micro-thin films are evaluated also as a potential vehicle for drug delivery purposes for implantable medical devices. In the extremely demanding application on stents the coating not only has to withstand deformation during manufacturing (i.e. stent crimping) and at the implantation stage and remain un-damaged in such operation. If this was not enough, the coating has to maintain its integrity and resist fatigue stresses in concert with the heart beat over the years after deployment in human heart.

**Composite layers for gene therapy**

An efficient and safe gene transferring system is a key technology in gene therapy and tissue engineering. Particles of DNA/calcium phosphate complex have long been used for facilitating gene transfer because of their low toxicity. The gene transferring efficiency of this reagent is, however, insufficient compared with other reagents such as DNA/lipid complexes. Recent research has shown that gene transfer on the surface of a DNA/apatite composite layer is as efficient as an optimized commercial lipid-based reagent.

A laminin/DNA/apatite composite layer was successfully formed on the surface of an ethylene/vinyl alcohol copolymer by Japanese researchers. The immobilized DNA was transferred to the cells adhering onto the laminin/DNA/apatite composite layer more efficiently than those adhering onto a laminin-free/DNA/apatite composite layer. It is considered that laminin immobilized in the surface layer enhances cell adhesion and spreading, and DNA locally released from the layer is effectively transferred into the adhering cells, taking advantage of the large contact area. The present gene transferring system, which shows high efficiency and safety, would be useful in gene therapy and tissue engineering.

**Ceramic braces**

Traditionally, braces have consisted of metal brackets and wires. However, some people have feared the idea of a “metal mouth” so much that they refuse to wear braces altogether, missing out on the possibility of a beautiful smile. For this reason, orthodontic research began to focus on less visible options.

Transparent polycrystalline alumina (TPA) was originally identified by NASA and a ceramic company called Ceradyne for helping track heat-seeking missiles. Ceradyne went on to partner with Unitek Corporation/3M to develop Transcend brackets, made from TPA. These orthodontic braces are as effective as metal braces, but are nearly invisible when viewed at normal distances, thus providing a more attractive cosmetic option for the wearer. Because this material is non-porous and 99.9 percent pure, it is extremely resistant to staining or discoloration.

**PSYCHOTHERAPY (MINDFULNESS-BASED)**

**HOMEHOMETREATMENTSPSYCHOTHERAPY (MINDFULNESS-BASED)**

**psychotherapy**

Mindfulness-Based Core Process Psychotherapy is suitable for those suffering from:

• Anxiety and depression

• Trauma (chronic and current)

• Gender and sexuality issues

• Difficulties in relationships and family issues

• Work-related stress

• Overwhelm

• Addiction

• Isolation and alienation

• Grief and loss

• Spiritual emergency

• Or it is suitable for those simply wishing to find a safe space for deep self-exploration and spiritual development.

Mindfulness-Based Core Process Psychotherapy is the most established Buddhist-inspired transformative therapy: at its heart is a belief in the intrinsic health, beauty and interconnectedness of all human beings. It is through our relationships that we develop into who we are, and it is through inquiring into how we relate to ourselves and others that we can learn how to live happier and more fulfilled lives.

We explore how habitual and defended patterns of relationship, often caused by early trauma and triggered by the current social conditions, can recreate situations that cause symptoms such as anxiety, depression, confusion and overwhelm.

The contemplative method of working provides a safe holding space to re-experience the early years of our lives, even those in the womb, to begin to understand the habitual organising patterns that can block and recreate current patterns of relationship where we can feel stuck and isolated. By paying compassionate attention to what arises in the moment, a space opens up for deep layers to begin to dissolve and create more freedom to make choices in our lives, rather than being governed by the conditions of our past.

Core process techniques work with aspects of the mind, the body, the energetic field, the archetypal and even the ancestral, understanding that some of these patterns of relationship can go back many generations. The method also draws on Western developmental models and Jungian depth psychology, and the latest methods in trauma therapy.

# The client works at their own pace, assisted and guided by the therapist. The client learns how to listen more fully to what is happening for them in their bodies, minds and in the energetic field when they come into relationship. This reveals what blocks relationship and provides them with tools to negotiate their own relationships with more awareness and clarity.

# Ancient Chinese Jade Stone Treatments Can Provide Natural Facelift Benefits

<http://www.huffingtonpost.com/holly-cara-price/ancient-chinese-jade-ston_b_5205813.html>