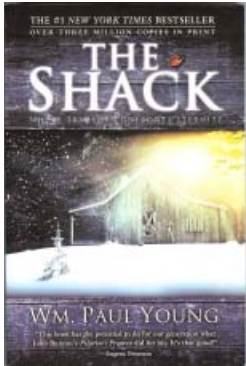




Healing Thoughts

January - February 2009

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Center to host Book Club

The #1 New York Times Bestseller "**The Shack**" by William Paul Young has been selected the first book to be discussed at a new monthly book discussion group at the Center. After the murder of his daughter in a shack in the Oregon wilderness, a father receives a suspicious note, apparently from God, inviting him to meet at the shack for a weekend. What he finds there transforms his life and provides meaning. The Book Club meets on the third Friday of each month at 7 pm in the classroom, starting February 20. We'll soon let you know how to purchase discounted books through a partnership with an area or online bookseller. Do you have a suggestion for a future selection? Let us know. Preregistration not required. Just show up!

Energy Medicine: the #1 Spa Trend to Watch in 2009

"One clear trend is emerging: the interweaving of medicine and spas in unprecedented ways, with spas poised to increase their roles in wellness and healthcare, while hospitals evolve to embrace spa-like offerings and hospitality. As the expensive, 'sickness-oriented' western healthcare model comes under intense review, spa innovation and influence on both traditional and alternative/complementary medical fronts is growing. **Everyone's 'talking about energy,'** and in 2009 the spa industry will follow suit, with high-voltage buzz around 'energy medicine' and therapies like Reiki, Qi Gong, chakra balancing, healing touch, and magnetic, light and sound therapy." [http://www.spafinder.com/about/press_release.jsp?reId=152]

Tuning Fork Classes will be held on Jan 31-Feb 1. Discover the **healing power of vibration** as tuning forks balance your chakras. \$465 includes purchase of forks. Class led by Master Teachers Susan Baas and Joyce Hales. For information, please go to http://www.thereikicenter.net/Tuning_Forks.pdf.

Pavlov's Dying Wish: *There's a well known story about research scientist Ivan Pavlov in the final moments of life which bears repeating: Weak and dying, Pavlov begged his assistant to go to the river to retrieve a bucket of mud. Recalling having made mud pies as a youngster when his mother was nearby washing clothes, Pavlov told him "If I could just recall my happiest moment, my body would heal itself." The assistant obliged and helped the renowned physician to joyfully make mud pies in his bed. It will come no surprise that soon Pavlov regained full health.*

Reiki I Classes: January 24-25 (filled), February 21-22, March 28-29, April 25-26

Reiki II Classes: February 14-15 (filled), March 21-22, May 9-10

Congratulations to the Center's newest practitioners:

Reiki I: Steven Tobasko, Jennifer Jauch, Andree Thomas, Rob Lawhun

Reiki II: Kara Lough, Patty Hartig, Shelly Thomas, Teresa Viet, Adam Hoyt, Ann Montague

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CURRENT STUDIES (reference: <http://rinf.com/alt-news/contributions/is-reiki-effective/5106>)

Natural Standard and Harvard Medical School released a paper on a study done by scientists on Reiki and its effects. The studies were carried out on small samples and it was found that: 1) Reiki works on the autonomic nervous system, affecting heart beat rate, blood pressure and/or breathing activity; 2) Reiki can help reduce depression and stress and 3) Reiki can help reduce pain. Through one of its studies, **University of Michigan Complementary and Alternative Medicine Research Center** (CAMRC) found that Reiki can be effective for diabetics experiencing nerve problems, especially in the legs. Reiki was applied to relieve some of the pain and numbness experienced by the diabetic patients. **Hartwell and Brewitt** conducted a study on Reiki in which a group of chronically ill patients received eleven, weekly, one hour Reiki treatment sessions. The patients were not given any other allopathic or complementary medicine or treatment during this period. Tests were conducted to find before/after differences in health. It was observed that all the patients experienced a reduction in pain and an increase in relaxation and mobility.

Finding Your Purpose: Daily OM

“Your purpose is as unique as you are and will evolve as you move through life. You don’t need anyone’s permission to fulfill your purpose, and no one can tell you what that purpose is. Finding and fulfilling your purpose can be a lifelong endeavor. To figure out what your purpose is, ask yourself what drives you – not what forces you out of bed in the morning, but what makes you glad to be alive.” For the full article, please go to <http://www.dailyom.com> and go to January 19, 2009.

CAM at the NIH: Focus on Complementary and Alternative Medicine is published by the National Center for Complementary and Alternative Medicine, National Institutes of Health. From the current issue “approximately 38% of U.S. adults aged 18 years and over and approximately 12% of children use some form of CAM. From October 2008, Director of the NCCAM Josephine P. Briggs, MD, states that “My primary goal is to build the evidence base on CAM therapies.” Some of the most important elements include 1) More evidence of biological mechanisms to know more about what is going on in the body, from the levels of molecules and cells up to systems and whole organisms, when CAM therapies are utilized; 2) tools that help “translate” discoveries made in the laboratory and real world practices to rigorous research designs; 3) Evidence on the ability of a treatment to produce a desired beneficial effect. To receive your free subscription by either postal mail or email, contact NCCAM Clearinghouse at info@nccam.nih.gov. To read the current newsletter, go to <http://nccam.nih.gov/news/newsletter>

Guided Meditation Classes return on Feb 4 for 6 Wednesdays from 6-6:45 pm. Hypnotherapist Eric Nutter will lead February 4 - **Ask Your Guides**; February 11 - **Attracting Abundance**; February 18 - **Chakra Attunement**; February 25 - **Stress Reduction**; March 11 - **Visualizations for Healing**; March 18 - **Finding the True You**. Cost is \$10 per session or \$50 for the series with advanced registration.

National Nursing Magazine promotes CAM: “Increasingly, health professionals regard integrated medicine as the healthcare of the future. The idea being that when you consult your GP, he or she might prescribe medication or send you to a specialist and may also refer you to a complementary therapist attached to the practice.” [http://www.nursingtimes.net:80/ntclinical/complementary_therapies/2008/11/use_of_complementary_and_alternative_medicine_is_rapidly_increasing.html]