

Making A Difference ... One Person at a Time

The Stone Soup Project

The Stone Soup Project is a collaborative of holistic health practitioners who believe all individuals should have access to, and would benefit from, wellness services.

These programs can not only enhance quality of life, but provide demonstrated improvement to physical and emotional well-being. Members of the Project are accountable, have the expertise and the professionalism in our chosen fields - e.g. massage therapy, meditation, life coaching - and offer our services at no charge to organizations which might most benefit.

We are committed to ethically providing therapies and education in partnership with organizations that provide advocacy, education, and services towards improving the health of their target populations.



For More Information

If you are an individual who would like to receive wellness services, please contact a social service agency to inquire about possible sponsorship.

If you are an agency which is interested in partnering with the Stone Soup Project to benefit your members, please contact the Project in care of The Reiki Center.

If you are a wellness practitioner who believes that partnering with others in a shared dream can change our world, the Stone Soup Project needs you.



For additional information, please contact:



THE REIKI CENTER

1540 West Fifth Avenue
Columbus, Ohio 43212
www.486.8323
www.thereikicenter.net

or email Linda Haley, chair, at
linda@thereikicenter.net



Sometimes a little extra support can make all the difference.



Sometimes a little extra support can make all the difference.

Why would I want your help?

We're all different. We all have areas in our lives that we wish felt better or worked better. And we all respond to treatments in our own way.

For some people, a traditional approach to medical care is most effective, using prescribed medications and a Western approach to working through physical or emotional issues. For others, this may not be as effective.

Sometimes services that are the most beneficial are those that are considered complementary to your medical care. Some examples are massage to take away discomfort from your aching muscles or learning how to quiet your mind to become more relaxed.

The Stone Soup Project works with agencies to help bring greater wellness to their members using methods recognized by the National Institutes of Health. Some of these practices you know and perhaps have already thought about trying. For others, an integrative approach may combine the best of traditional and natural methods.

* Information on all modalities included in the National Institutes of Health Center for Complementary and Alternative Medicine can be found at <http://nccam.nih.gov>.

What services are offered?

The National Institutes of Health groups complementary practices into the following general categories *:

- * **Natural Products**, including learning how to eat healthier meals and how to incorporate healthy supplements, vitamins and other supplements into your diet.
- * **Mind - Body Medicine**, which focuses on the interactions among the brain, mind, body and behavior. Meditation and yoga would be included in this.
- * **Body based practices** focus primarily on the bones and joints, soft tissues, and circulatory and lymphatic systems. Two commonly used therapies in this category include chiropractics and massage therapy.
- * **Movement therapies** are used to promote physical, mental, emotional, and spiritual well-being, and may include Pilates or the Trager Approach.
- * **Energy Therapies** are currently being studied by the NIH to identify how your body's ability to heal itself can be impacted by Reiki, healing touch or magnet therapies. Many therapies believe that illness results from energetic blockages anywhere in the body.
- * **Whole Medical Systems** may include Chinese medicine, acupuncture, or homeopathy to bring increased wellness to the entire body.

Why is this called the Stone Soup Project?

Remember the fable of the traveler whose boiled stone is transformed into a delicious soup through donations of a potato, a carrot, a cabbage from helpful bystanders? This timeless story reminds us that the contributions of many individuals can help us all reach our shared goal. Practitioners who are part of the Stone Soup Project believe that uniting our energies can create a healthier community and a better world.

How does this work?

The Stone Soup Project partners with agencies which seek to bring enhanced well-being and empowerment into the lives of their clients, members and constituents. The agency serves as liaison in the logistics of service delivery, identification of potential wellness services and the selection of eligible recipients.

With an awareness that paid services are often more valued and therefore more productive for client improvement, payment for services may either be fee-based or volunteer-based, depending on the relationship with each agency:

- ◆ Sliding scale fee paid by client
- ◆ Payment by agency, e.g. grants
- ◆ Volunteer service by client to benefit the sponsoring agency