



Amy Aiello, N.C.

Holistic Nutrition Consultant Ayurvedic Practitioner

I have been working with holistic health and natural medicine for over 15 years. Emphasizing plant based nutrition, I create a health care plan that nourishes each individual physically and emotionally. I am passionate about supporting my clients on their path to living a balanced life, filled with vitality and well-being.



SERVICES INCLUDE:

- Health history intake and consultations with researched dietary, herbal and lifestyle recommendations.
- Meal Plans
- Whole Food Recipes
- Shopping Lists
- Pantry Clean Out
- Self Care Regiments

I PROVIDE NUTRITIONAL AND LIFESTYLE SUPPORT FOR:

- Inflammation
- Women's Health
- Digestive Issues
- Weight Loss
- Immune Support
- Stress Reduction
- Food Allergies and Sensitivities
- Sleep Disruptions
- Overall Vitality and Energy Boosting

I also teach workshops and lead Plant based nutrient dense cleanses.

707-834-9822

RadiantBalance707@gmail.com

*Healing Arts
Graphic Design*

Stand out in our community of healers & teachers with new artistically crafted design that expresses your unique offerings

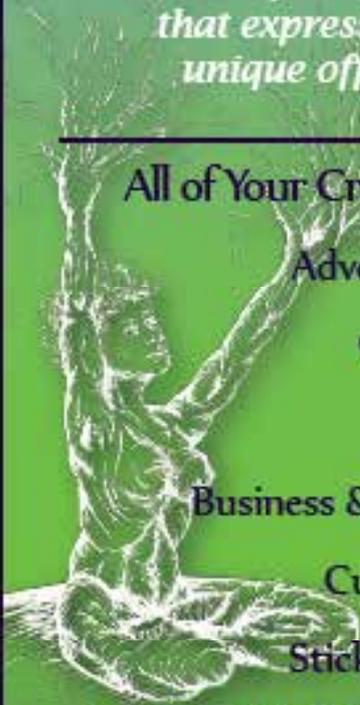
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...with Affordable Prices & Packages

Jessica Albee

Artist & Founder of Yoga Tree Apparel
Graphic Designer for local publications
& Essential Elements Spa




707.834.1037
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www.Mystic-Truths-Art.com

AloMana Integrative Aqua Therapy



Immerse Yourself
in this Incredibly,
Deeply Relaxing
Water Therapy!

Along with the soothing therapy of a whole body massage, AloMana also uses psycho-somatic (mind-body) life coaching techniques that nurture and support your unwinding emotionally and mentally as you attune to the bliss and vastness of your essence.

AloMana, physically, is a mixture of Craniosacral, Deep Tissue, and Swedish massage techniques while you are being floated in warm water (above and optionally below). Moving your body in ways that the water gently opens your spine, joints and flow within.

If YOU wish to dive deeper... AloMana is also a warm water therapeutic process that naturally and passively bypasses the cognitive brain realigning any limiting beliefs, energetics, and pre- and peri natal developmental "basic settings" in your cellular memory of your body with your essence, experiences of joy, loving support and presence.

AloMana facilitates the expansive possibilities that lie within us and is distinguished as the most direct and gentle way of realigning one's attitudes, manifestations, physical capabilities, and core patterns. AloMana assists you in feeling love, happy and whole in a grounded and integrated way throughout your daily life.

Experience AloMana for any one, or combination of: • **deep relaxation** • **life coaching** • **pre & postnatals** • **therapeutic massage** • **family bonding** • **emotional release** • **fun & pleasure** • **mental peace & clarity** • **integrating big experiences** • **manifestation.**

(707) 702-1559

www.alomanaiat.com



for prenatal
AloMana sessions:

www.heaveninyourbody.com

Kendra Anderson & Flower Flyther



707-633-8560

freethinkingtarot@gmail.com

*Astrology & Tarot Readings
Flower Essences & Vibrational Healing*

I have had a deep abiding love and respect for the esoteric arts for over thirty years. As a practicing astrologer for over twenty years and a tarot reader for over ten, the bliss of sharing cosmic knowledge has enriched my respect for the joy, sorrows, and creative possibilities that reigns down on everyone's lives. I have learned to appreciate the authenticity of this through the many clients whose sincere need has found solace in the Great Mystery of trusting one tuned into the unknown. Astrology and Tarot, legacies and gifts from Sumeria and the Great Library in Alexandria, Egypt, open our life to the guidance and knowledge of our Higher Self.

Astrology allows both the tangible and the invisible to communicate on such subjects as who we are, how we manifest our highest potential, the importance of loved ones in our lives, the timing of specific endeavors, and what life is bringing us as we go through the round of changes that every year brings. Natal, transit, progression, relationship, and horary charts answer these questions.

Tarot, through prayer and images opens the link between ancestors and the Divine Mother Father God. Using these tools, we can engage in a spiritual practice that joins our personality and soul self on a daily basis if we so choose. With happiness we move lightly through the challenges that living on earth can present.

The magical, etheric, healing principles of **flower essences**, with affirmations, add to my work as well. The essences bring a devic level of healing to body/mind/soul issues uncovered through astrology and tarot. The physical is directly connected to the etheric through the emotional body. In this way, both the emotions and our earthly selves are healed by using flower essences.

A reading from me gives you both spiritual insight, recognition of the path with the most love and healing, and if necessary, a spiritual intervention. My heart is pure and wants only what is best for you. I have no judgement about your circumstance. I believe this life dance we are all engaged within is about Love and letting go of the bondage that separates us from Love. I also understand that Love is not something that we humans truly have embraced. Most of us feel bound to repeat the mistakes of those around us and certainly the mistakes of those who have reared us. Your reading will confirm and renew your faith in your life's purpose. That is my gift and my promise to you. Blessed Be.

Cristina America, L.Ac.,

1433 11 Street Apt F, Arcata, Ca. 95521

Cristina.America@yahoo.com

(707) 826-1097

Family Health Care

Acupuncture
Herbal Medicine
Massage, Shiatsu
Detox Acupuncture



After 16 years of midwifery in Switzerland, I moved to Santa Cruz in 1995 to study Traditional Chinese Medicine (TCM) at Five Branches Institute, where I met my husband Lang Kinzie who is a second generation acupuncturist. We share a passion for gardening and are homesteaders.

In my practice I combine my experience as a midwife with TCM. I have worked in hospitals in the delivery ward, as a homebirth midwife and in my own birthing center, which gave me a wide range of insights and knowledge into techno-medicine, homeopathy, massage and breathing techniques, as well as western herbal medicine.

General Health Care

Common ailments and injuries like back pain, joint pain, headache, allergy, cold, flu, stress, insomnia, high blood pressure, diabetes, depression, digestive disorders and neurological conditions related to injury, stroke, paralysis, impaired sensory functions and diabetic neuropathy.

Women's Health Care

Fertility Awareness, pregnancy and postpartum care, breast feeding counseling, menstrual problems and menopause.

Children's Health Care

Prevention and treatment of common diseases like colds, ear infections, fever, allergies and behavioral problems.

Detox Acupuncture

Helps to overcome drug abuse and post traumatic stress disorder. Five earpoints to balance, calm, alleviate pain and strengthen willpower.

Shonishin

Japanese Massage Technique to invigorate and balance the meridians best done around Full Moon

Acupressure

I hold specific points on the body to take care of imbalances

Acupuncture

With especially fine needles, a fast in and out technique is used to heal sickness.

Herbal Tinctures

Help to support the healing process. The intention is to strengthen children in their abilities to overcome diseases and come to their full potential, it's also important to show the parents how to use those methods at home so they can help their children safely and gently.

The immense wealth of Herbal Medicine combined with acupuncture and massage allows me to formulate individual treatment strategies according to the needs of my patients. I enjoy the variety of people I meet in my work and am always eager to expand my mind and open my heart.



And now offering even more support to families with:

KIDS OPEN DOOR

every Monday* from 2pm to 6pm
with Cristina America & Marjo Ribeiro
No reservations necessary ~ First come first serve

Cristina and Marjo invite you and your family for our KIDS OPEN DOOR. Bring your little ones for a session with us that will help you prevent and treat common diseases. We will apply a mix of several techniques based on Traditional Chinese Medicine, massage, acupressure, herbal medicines, craniosacral and Sound Healing.

Kids Open Door is offered by Donation

(* Except Holidays)



Greetings!

Join me in a healing journey within the deeply resonant harmonies of life, experienced through an intuitive blend of energy, color, fragrance and sound therapies. Each is specifically chosen to address your needs and attune you to your inner harmonies, your innate wisdom and your greatest sense of wellness.

Experience soothing Subtle Energy Healing, similar to Reiki, while relaxing on the Acoustibed® sound message table. We will clear your chakras, balance your energy and go from there. A phone consultation will create the journey of your choosing.

I have been aware of my gift of healing touch for 35 years, but have only now fully returned to it after many years of working in traditional medical settings while studying metaphysics and the intuitive healing arts. I hold certificates in Color, Sound & Aroma therapies.

I can travel from Rio Dell to Arcata. Appointments available day or evening, weekends included.

Namaste, Anne

(707) 407-8450



"It is only with the heart that one sees rightly. What is essential is invisible to the eye."

Adapted by St. Exupery

Experience Deeksha, Oneness Style



Oneness Blessing - DEEKSHA

Offered by Cheryl Ash

Every Tuesday
7:00- 8:30 pm at the
Isis Osiris Healing Temple

Deeksha or the Oneness Blessing is offered to people of all faiths, no faith, those on a spiritual path and those who are atheists. It is for everyone. There are no beliefs to adopt, no rules; it is not a religion, so there is no religion to follow. People all over the world receive Oneness Deeksha, or Deeksha.

Oneness, a spiritual organization founded by spiritual leaders Sri AmmaBhagavan in India, seeks to alleviate human suffering at its roots by awakening humanity into oneness, where an individual feels connected to all that is. The central understanding of Oneness is that inner transformation and awakening into higher states of consciousness is not an outcome of an intellectual understanding but happens with a neurobiological shift in the brain, whereby the experience of life is redefined at its core. This shift can be achieved through Deeksha.

Deeksha is given by hands on or above the head by those initiated as Deeksha givers and is suitable for everyone. It unfolds uniquely in each person since each receiver has different desires and needs.

Here are some of the common benefits people experienced after receiving Deeksha. You can experience greater effects of it with prolonged exposure.

- Awakens creative potentials, abilities and intelligence**
- Resolves inner conflict leading to inner peace and harmony**
- Brings love to relationships**
- Heals emotional hurts and reduces thought burden**
- Evokes affection, friendship and a sense of connectedness with the other**
- Heals the body by healing the mind**
- Relaxes the body and relieves stress**
- Removes blocks that hinder success**
- Initiates a journey into experiencing unconditional love and joy.**

Deeksha is freely and joyously given – please join us!

707 496-4266

cheryl.a@hushmail.com

Invite Deeksha to be offered at your next event!



ARCATA CORE PILATES STUDIO is dedicated to providing safe, experienced, and knowledgeable service in the field of Pilates exercise. Our skilled, certified and experienced instructors work to enhance the personal health of Humboldt County residents. We strive to raise your quality of life in our beautiful, fully equipped, upscale and peaceful studio environment.

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Our Educational Philosophy

Meditation

Body-centered meditation serves as the foundation of the entire Middleway Method Massage training program. Every day of class begins with meditation based on awareness of the body and the breath, and we use moving meditation as a teaching tool for the study of the body. Students practice mindfulness exercises as homework, and contemplate the connections between impermanence, grasping, and stress-related physical pain and dysfunction. Ultimately, a Middleway Method Massage Therapist works to show their clients how to consciously release held stress-tension, discovering the connections between open awareness and physical health.

Strength Training, Healing Chi Kung, and Body Mechanics

The work of a professional Massage Therapist is a dance – and not metaphorically – it is strong and graceful movement. Our strength training instructors are Certified Personal Trainers and Certified Massage Therapists, and training is focused on massage-specific movement. Additionally, we use the Eight Brocade Healing Chi Kung practice to establish grace and ease, as well as internal awareness of body energy and vitality. And finally, sophisticated principles of body mechanics are part of every massage technique class, ensuring that students learn how to work in ways that strengthen rather than harm their hands, arms, shoulders and back.

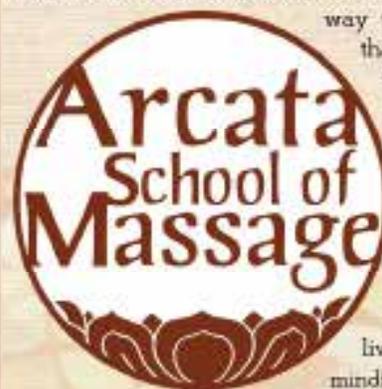
Boundaries, Ethics, and Professionalism

There are two layers to our approach to the study of boundaries, ethics, and professionalism. On the surface, these are essential to maintaining the integrity of our work, and for developing and sustaining a thriving practice. Massage therapy is only effective when clients feel safe, respected, and cared for, and it is essential that therapists feel safe and respected as well. In lectures, class discussions, reading, and journaling assignments throughout the program, we teach functional boundaries, clear and unwavering ethical practices, and stable, caring professionalism.

We also contemplate humanitarian ethics from a broader perspective. In general, Middleway Method students have come to the natural conclusion that there is no better

way to spend one's time alive than in the service of others, through thoughts, words, and actions informed by compassion and wisdom.

With that view, we explore our work as an opportunity to walk the Eightfold Path of right view, right action, right speech, right livelihood, right effort, right mindfulness, and right knowledge.



The Path of Relaxation

Middleway Method students study relaxation through their own experience – in moving meditation, through receiving regular bodywork from peers and professional mentors, and in the practice of giving massage. Throughout the training, students develop an embodied knowledge of the journey of relaxation, from the release of ordinary stress tension, to profound explorations of living with gentleness and strength. It is upon the basis of their embodied knowledge that a Middleway Method Massage Therapist becomes a guide for their clients along the journey they've come to know so well. In concrete terms, this means studying the physical, mental, emotional, and energetic mechanisms behind stress and relaxation, along with specific massage and bodywork techniques to work with each client's unique needs.

Skillful Means

Our approach to teaching massage and bodywork is unconventional. Rather than teaching Swedish Massage to beginning-level students, we start with a slow and sensitive exploration of the body's response to touch, pressure, and movement through exercises derived from the principles of neuromuscular repatterning. First understanding what relaxation really is and how to facilitate it, and then studying specific techniques, our students learn massage and bodywork from the inside, out.

Ultimately, Middleway Method is a therapeutic bodywork technique that includes Swedish Massage, Deep Tissue Massage, Lomi Lomi Hawaiian Massage, Myofascial Techniques, Neuromuscular Repatterning, Polarity Therapy, and Healing Chi Kung. Rather than practicing these techniques separately, we create our treatments spontaneously as we go, always working in direct response to our clients' needs and capacities. The path of relaxation is traveled by skillful means.

Functional Anatomy and Kinesiology

Our hands-on Anatomy and Kinesiology courses are taught in three sections. The first course introduces the muscles, bones, tendons, ligaments, and joints through hands-on palpation, cadaver dissection videos, and textbook study. The second course builds upon your knowledge of Anatomy as we explore Kinesiology (how the body moves), and the connections and relationships between muscle groups. The third stage of your study of Anatomy and Kinesiology happens in your Therapeutic Treatments course, where we study function, dysfunction, injury and treatment from a clinical perspective.

Acupressure and Fundamentals of Chinese Medicine

In this course, a Licensed Acupuncturist and Naturopathic Doctor guides students in an exploration of the meridians, points, elements, and core philosophies of Traditional Chinese Medicine. Hands-on work includes client assessment and Acupressure to bring balance through working with the natural energies of the body.

Therapeutic Treatments

Therapeutic bodywork is the fastest growing, most rewarding line of work in our field. The Middleway Method curriculum develops therapists who have the knowledge and ability to work with doctors, chiropractors and physical therapists, and to help clients with injury rehabilitation, lifestyle education, and stress reduction. While Middleway graduates are qualified to work in the spa setting, the ability to provide therapeutic bodywork services expands your client-base and increases job satisfaction. Our Therapeutic Treatments course provides comprehensive training in the assessment and treatment of many common problems and injuries.

The Human Body in Health and Disease

Our Pathophysiology course is a college-level human Physiology and Pathology course that gives you the ability to engage in educated discourse with your clients and their other healthcare providers with regard to diseases and injuries that are beyond your scope of work as a massage therapist. While we do not directly treat things like Diabetes, Hepatitis C, or heart disease, because we understand those diseases, and the body systems that are affected, we can create treatments that support our client's overall health, and do no harm. Additionally, the Massage and Bodywork Licensing Exam (MBLEx) expects a complete knowledge of the human body at this level. Middleway Method graduates have a 100% pass rate on the exam.

Business Practices for the Self-Employed Massage Therapist
Our business course begins the process of long-term financial planning for success as a small business owner, complete with a full-scale working business plan, marketing plan, and training in customer service, bookkeeping, and chair massage. The course also covers resume building and interview skills for standard employment. The course is not hypothetical – students leave with a three-year plan and all the tools necessary for professional success.

Light-Touch Energy Work

Toward the end of your training we take you into the subtle world of light-touch energy work. Used for treating clients who cannot or should not receive circulatory massage for health reasons, and for clients who are interested in more subtle, more participatory bodywork, Middleway Method Energy Work is a based on Polarity Therapy, Hypnotherapy, Healing Chi Kung, and positional release work. Your Energy Work class is a time for you to explore the subtle senses that you've been developing during your training.

Prenatal Massage

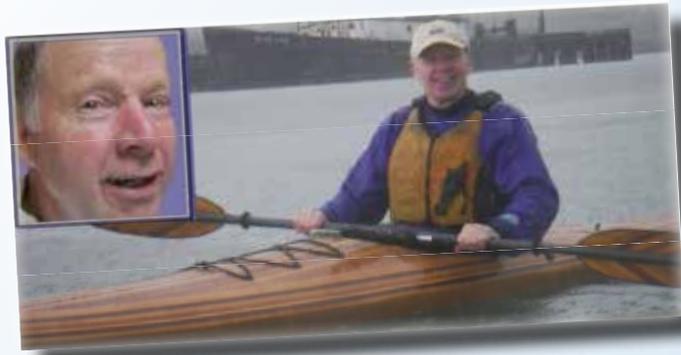
Pregnant mothers benefit greatly from receiving massage. In this class, a Certified Doula and Massage Therapist teaches specialized strokes and postures, as well as awareness of the unique pressure points associated with pregnancy and birth. Students will learn the Anatomy & Physiology of pregnancy as it applies to each trimester, safety issues and contraindications to massage, how to position your client for comfort and safety, as well as how to develop a one hour side-lying routine.



Arcata School of Massage offers a 650-hour Middleway Method Massage Therapist Certification Program. Visit arcatamassage.com or call (707) 822-5223 for details.

Jesse Austin

Prime Directives Practitioner



Greetings to Conscious Seekers of Self and Spirit!

My gift is helping you understand and bridge the gap between your dream self and earth self...

- Healer, Psychic Medium, Life Coach, Guide to Spirit
- Psychic readings of past, present and future (Your Power)
- Mediumship connections to your departed family, friends and pets
- Learn to Link to your helpers, angels and master guide

I am also available for Group Sessions

Call, Text or Email

503.929.8128

jesseyesse@gmail.com

Psychic Medium Readings

Individual Sessions: I do individual readings for you for the purposes of insight, inspiration and healing. My goal is the greatest good for you and all who are connected to you on earth and in dreams.

My methods: I start with you saying your name. My guides will follow the vibration of your voice. In the opening they will give me info in three areas:

- Your current situation (Aspirations, challenges, hidden desires and blocking fears)
- Your childhood and/or other-lives connections
- Your power as a consciousness

Your questions: After the initial reading you will be encouraged to ask about problems, areas where you are seeking insight or inspiration, and info about the activities and joys of your departed love ones; and how you can understand and express your greatest fulfillment!



Carolyn Ayres

Tarot of Becoming
An Evolutionary Path
Tarot Readings and Classes

707-442-4240

tarotofbecoming@yahoo.com

tarotofbecoming.com

"I open the door so wide that individuals can see their own personal path of light"

Tarot offers the gift of becoming who you truly are: a being awakening to your potential of living a life of tremendous joy. My intent with my readings and classes is to connect you to the expansive wisdom of the Tarot so that you may begin to live in this Joy. I invite you to join with me in this adventure on the cutting edge through my classes, one-on-one mentoring or with a private reading.

Having worked with the Tarot for over 30 years, I am constantly taking the Tarot into new territory. Certified through the True Guidance Institute as an Inner Harmony and Voice Dialogue practitioner for integration of the psyche, I am now using the Tarot for therapeutic work. I also write the Tarot Wise column in the Isis Scrolls where I am currently enjoying the challenge of introducing my readers to the esoteric Tarot on the Tree of Life.

Tarot Offerings

Tarot As An Evolutionary Path Classes

This gestation course covers every card in the deck, meeting twice a month over a 9 month period. Through journaling, discussion and personal readings, you will understand the connection of these 78 cards with your own life and the cosmic vision. Appropriate for all levels. New classes begin January 2016.

The Thoth Deck class Tarot for the 21st century

Over a nine month period, meeting twice a month, we will dive in to the the esoteric teaching of the Tree of Life that inspired this truly modern deck. Experience with the tarot is preferred. Class begins again in January 2016.

Private classes for one on one mentoring - Personal attention and readings.

Inner Psyche Work - Guided by tarot archetypes, using Voice Dialogue techniques, you and I will explore your inner psyche. This work moves clients beyond the tarot reading into true transformation.

Readings in person, Skype or on the phone One hour, in depth therapeutic readings. You will receive an MP3 recording of the reading.

Tina Ball

Eden Energy Medicine
Maori Body Work
Chakra Clearing
Reiki



You are the beginning of the transformed world.

-Eckhart Tolle

Eden Energy Medicine: Chinese medicine, Qi Gong, muscle testing and Native American traditions are some of the influences on this approach to healing, created to promote balance within the nine major energy systems of the body. Deeply nurturing and very transformative to the whole being, I often give the client exercises to try at home as self care and/or relief for their personal health challenges.

Reiki: Reiki is woven into every aspect of a session. By setting an intention to be a conduit of divine universal energy or love. I trust that it will know exactly what each individual needs and guides my work on a profound level.

Maori Body Work: Steeped in an ancient tradition passed down through the native families of New Zealand. This work adds a physical element to the session. Releasing tension and pain as well as old emotional wounds and beliefs through massage and prayer. I continue to deepen my understanding of this healing modality with continuous tutoring.

Chakra Clearing and Balancing: Many core issues can be addressed on the level of the Chakras and their association with the Universal Grid. I have seen profound and lasting results for myself and for others through this work.

Meditation and Spiritual Exploration: Exploring inside the self with meditation, inquiry and a contemplation based path can help one find deep peace and relief from stress related health issues.

707-496-8606

wholenow866@gmail.com

monica ballard

harmonizing body, mind, spirit, relationships
monicaballard.com

For more information please visit my website



- Intuitive therapeutic bodywork including Ashiatsu Oriental Bar Therapy
- Heart Coaching: Spirit Centered, Heart Centered Life & Love Coaching
- Teaching the sacred art of the Yoni Egg/Jade Egg practice as an integral piece of Divine Feminine Self Care
- Yoga & Meditation
- Happy Heart Mantra Cards
- Altar Card Inspiration! Please visit happyheartmantras.com

heart coaching



A Spirit Centered, Heart Centered, Holistic Life Coaching. I especially empower women to harmonize their masculine & feminine energies, helping them build a RADICAL self-care tool-kit that will help them live in their optimal radiance & health; including relationship health.

A session with me can be useful to address many topics such as:

- relationship issues
- feeling stuck in a rut
- strong desire to manifest or birth something, but unsure exactly how to make it happen
- desire to gain mastery in the art of divine feminine embodiment
- desire for a more fulfilling sex life
- desire to stop playing games in relationships
- clearing old patterns
- developing a radical self care plan
- desire to weave spirituality into daily life
- hunger for more meaning & joy in daily life

I am available for one on one coaching.

We can meet in person, over the phone, or Skype.

Call or text to set up your free 30 minute consultation.

707.703.9802

Stephanie Manteufel Beasley



Knot Fade Away

707-444-9686

www.knot-fade-away.com

smanteufel75@yahoo.com

3015 Hubbard Lane, Eureka, CA 95501

Structural Medicine Specialist Bodywork Practitioner

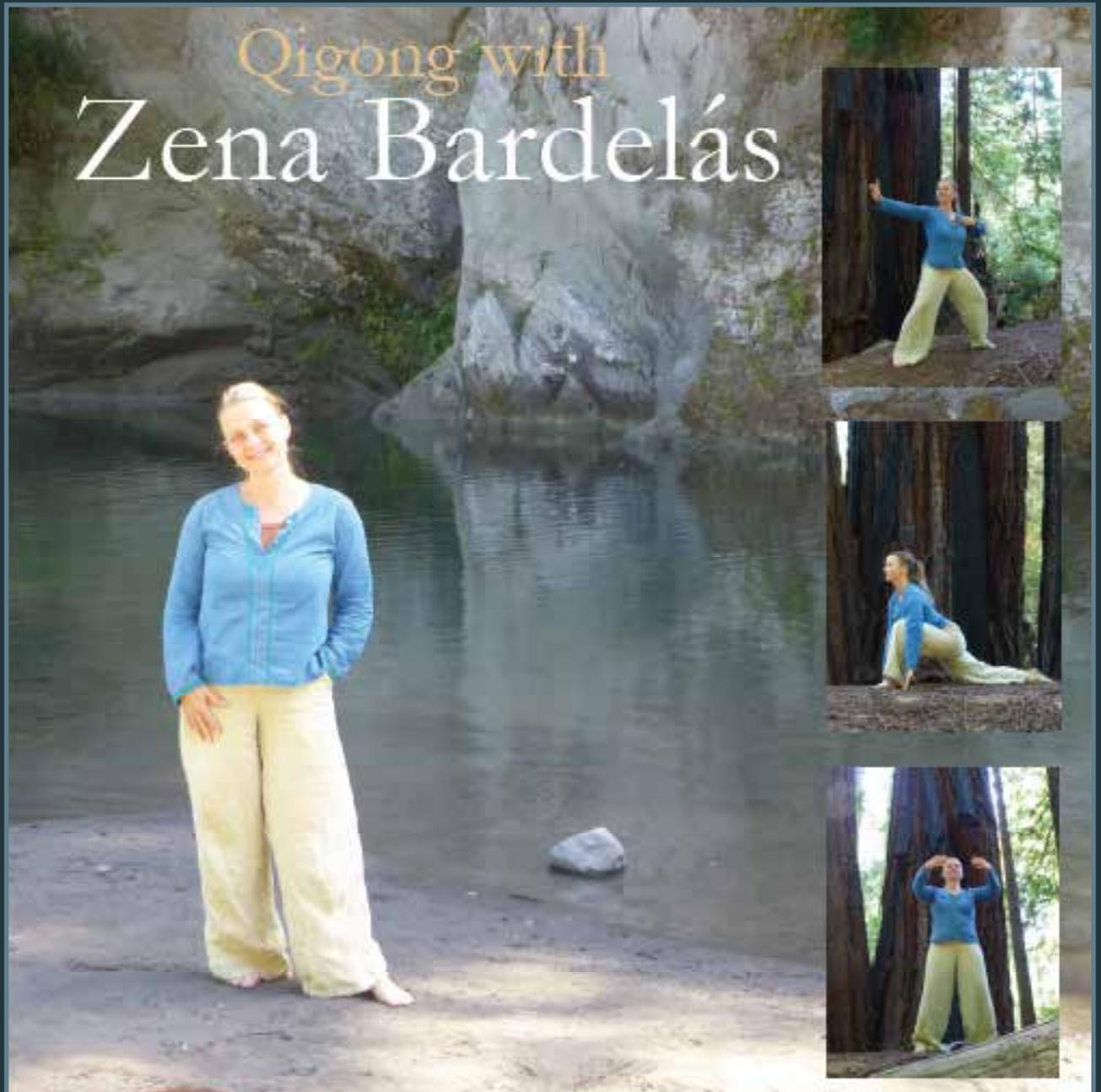
Structural Medicine, which is a type of structural integration, is best described as a cross between physical therapy and complementary and alternative therapies. In addition to my recent training, I have been practicing deep tissue and trigger point based bodywork since 1997. In 2010 I passed the Certification Exam for Structural Integrators after completing a 2 year, 2,000 hour Structural Medicine program in Twisp, WA.

To better understand Structural Medicine, I typically like to explain what to expect during a session. First I take a general history, including major events, injuries, physical or psychological traumas, and any physical concerns. Then, if so desired, the next step is postural analysis. During this process, I like to stand the client in front of a mirror so that, together, we can observe and evaluate postural patterns that may be contributing to current conditions. This analysis can be an enlightening experience for people, as it offers them a new way of viewing their bodies. After analysis, we start the hands-on component of the session. The type of bodywork that I practice is deep, concentrated, and detailed. I utilize a variety of techniques including myofascial release, trigger point therapy, and deep tissue massage. My goal is to differentiate and create independent mobility of the different anatomical structures; increase the range of restricted areas and thereby decreasing compensatory postural patterns; and reestablish greater alignment and overall ease with movement.

I offer a variety of ways to work with clients, depending on individual needs. We can address specific pathologies, whether chronic or acute, through either the Structural Medicine model or a traditional bodywork method. In addition to these approaches, we may instead choose to use a strategic series of sessions based on the classic structural integration formula. Ultimately, I work with clients according to their needs, and help them develop a deeper understanding and awareness of their bodies. I have an intense interest in human anatomy that I use to help develop a treatment that is specific to each client's needs.

Visit us online at www.IsisScrolls.com

Qigong with Zena Bardelás



Zena is the proprietor of **Misty Mountain Healing Arts**, she has been studying, teaching and practicing Chinese medicine including qigong and Asian Bodywork Therapy since 1998. She integrates her certifications as a **Medical Qigong Practitioner, Qigong Instructor, and an Asian Bodywork Therapist to empower her students and clients to take charge of their personal health and lifestyle goals.**

MistyMountainHealingArts.com
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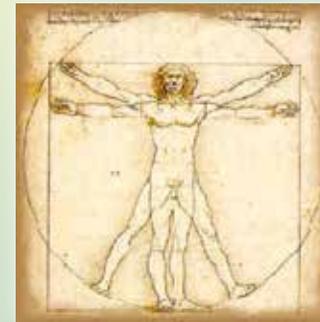
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Rebecca Blanco

A free copy of my book in PDF is now available on my website



Biofield Integration™



Dr. Scott Winkler,
D.C. Network
Chiropractic Analysis,
Deep Tissue Therapy,
Biofield Integration™

Rebecca Owen,
Biofield Integration™

*The Spine is the Antennae for Your Life-Force:
Open to the Energy of Your Whole Self with
Biofield Integration™*

In 2009 Dr. Scott Winkler asked Rebecca Owen to work with him as a team after teaching her Biofield Integration™. *Biofield Integration™ is the culmination of Dr. Winkler's investigation into the dynamics of integrating body, mind, and spirit using the spine as a gateway of communication.* The synergy and depth of our unique work has a profound affect on our clients' bodies and energy fields.

In this work, we observe physical indicators, and through light touch, reconnect the client's body with their innate healing intelligence. No matter what age we are, or what physical state we are in, our bodies hold wisdom and health. Our bodies can attune to, and reconnect with this intelligence.

In addition to the folks experiencing pain, people who are relatively healthy and pain-free use this work to help integrate and ground their Wholeness (which is awareness) into their bodies.

See more of Rebecca Owen on page 77

Scott H. Winkler D.C.

Network Chiropractic Analysis
Deep Tissue Therapy
Biofield Integration™

Rebecca Owen Biofield Integration™

1085 I Street, Arcata
Suite 109

(707) 822-1876

Jane Bothwell Dandelion Herbal Center

(707) 442-8157

www.dandelionherb.com

**Herbalist, Hypnotherapist
Herbal Educator & Flower
Essence Practitioner**



Jane Bothwell directs the Dandelion Herbal Center in the hills just outside of Arcata. Jane is a mother, teacher, counselor, hypnotherapist and flower essence practitioner. Her passion for plants runs strong and clear and she is dedicated to empowering people with the knowledge and wisdom necessary to use plants wisely as food, medicine, and spiritual support.

Jane brings to the North Coast over 30 years of working with clients, teaching herb classes and generally immersing herself in plant medicine. She offers a variety of herb classes ranging from 1 day to 10 months. She leads herbal travel adventures to meet plants in their native environments and is the author of Medicinal Fields, an herbal instructional DVD. She is an active member of United Plant Savers and is an avid supporter of conservation on all levels.

Jane began her studies with the plants themselves then studied through Dominion Herbal College. Continuing her herbal education at the California School of Herbal Studies, she became a fellow teacher and administrator. From there she journeyed to Humboldt County where the soft forest floor allowed her to set down her roots. It is from here that she continues to educate and change the lives of herbal students as they learn the intrinsic value of plants for healthy living.

2015-16 Upcoming Herbal Classes

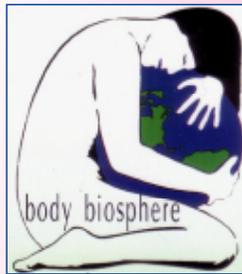
-Beginning with Herbs: Fall Session: Sept. 16 - Nov. 11, 2015
Winter Session: Jan. 13–March 9, 2016. 8 Wednesday evenings; An excellent introduction to the world of healing plants.

-Herb Walks: Fall Session: Sept. 27 & Oct. 11, **Winter Session:** Jan. 31 & Feb. 28, 2016. Get to know the plants in their natural environment. **-10 Month Herbal Studies:** February – November 2016. Meets 3rd weekend monthly; 130 hour program for the serious herb student, includes field trips!
Festival of Herbs – Visiting Teachers Series: Dec. 2015 – May 2016. For Intermediate – Advanced herb students and health care practitioners. Each weekend features a renowned herbalist presenting herbal protocols in various healing modalities.

-Herbal Clinic Class: Dec. 7, 2015 – March 14, 2016. 12 Monday classes. Refine and expand your herbal counseling skills, designed for intermediate – advanced herb students and health care practitioners. **-Medicinal Cannabis Conference:** April 23 & 24 2016 Advance your knowledge base on Cannabis to the next level!

Carol Brannan, MT

707-502-5644



Myofascial Release & Cranial Sacral Therapy

Are you the curious sort of being? If so, read on. That pain you've been experiencing somewhere in your body is calling on you to make your health a priority now and so much more... It could be your ticket to transformation and growth. "Pain is the touchstone of spiritual progress."

These are truly auspicious times that we are living in. You are now being invited to let go, sense deeper, and, explore the physical, emotional and spiritual messages that have been stored within your body's tissues. Discomfort or a feeling that "something is just not right" could be your passport to a blissful adventure, a challenging life-lesson and/or an authentic healing experience.

As a Practitioner of the Healing Arts for the past eight years it has been my privilege to serve as facilitator for and witness to all of my many clients' unique and varied healing journeys. Cranial Sacral and Myofascial Release are just two of the therapeutic modalities that can assist us in your quest for a healthy, balanced body. Myofascial Release works in a very direct and physical way to soften the body's connective tissues. Cranial Sacral Therapy works with subtle electrical and energetic fields to produce equally profound effects in the body. With the use of the Acutonics system of tuning forks we can achieve additional somatic and energetic response through vibration and sound. The most recent addition to my energetic healing practice is Reiki Jin-Kei Do.

Our bodies are more than physical. We are energy beings. Listening is our greatest tool. Now, more than ever, we need to slow down, breathe and listen to our inner wisdom ... hear our Truth.

"It would be a privilege to work with you.

Chamomile Holistic Healing

Camille Brody, RN, BSN, RYT-650



Certified in Reiki, Yoga Therapy, & AromaTouch

*Offering supportive and
complementary healing modalities
for everyone seeking a way to
empower their self-healing!*

Specializing in:

- Wellness plans for those working with chronic disease (heart disease, lung disease, diabetes, GI issues, & depression or anxiety.)
- Enhancement of daily life for those with developmental & neuro-musculo-skeletal disabilities.
- Palliative comfort support for clients with life-threatening illness as well as those who care for them

These three powerful modalities will be used alone or in combination to fit your specific goals for healing:

Yoga Therapy offers a realistic way of utilizing yoga movement, breathwork, meditation, deep relaxation practices, ayurvedic nutrition, and appropriate lifestyle changes in your daily life.

Quantum, Usui and Medicine Reiki are combined to assist the body's own healing mechanisms in reaching balance physically and energetically on all levels. Reiki with Camille is available in-person or as a distance session, with follow-up for continued healing support.

AromaTouch utilizes the healing potential of therapeutic-grade essential oils to support the body in overcoming inflammation, stress, depressed immunity, and imbalanced homeostasis through application of essential oils to the spine with light touch from sacrum to crown, (this is not a massage modality, rather a way to work oils into the skin.)

Private sessions offered at Isis Osiris Healing Temple in Sunnybrae or by home visit as requested.

With a bachelor's degree in nursing, Camille has been a registered nurse for six years, primarily working in hospice (end of life care,) and community health. The honor of working alongside those in end of life led to a genuine interest in healing from a holistic perspective that acknowledges the core of our true wellbeing. Starting in 2011, she began thorough training in Yoga Therapy of the Sahaj system, followed by Yoga Teacher training, AromaTouch, and Reiki training under two different teachers, learning techniques from traditional Usui, Quantum, and Medicine Reiki. Camille now further pursues training in Reiki and Aromatherapy.

707.496.2530

wholebeingyt@gmail.com

Phoenix Rising Yoga Therapy



Jennifer Brown Certified Practitioner

Phoenix Rising Yoga Therapy is a fusion of ancient yoga postures and contemporary psychology. Have your body stretched and moved *for* you, from one pose to another, supported by your practitioner both physically and emotionally. Phoenix Rising includes open ended, client-centered dialogue which is based on the work of psychologist Carl Rogers. By way of your practitioner choosing key phrasing and carefully selected questions, a private session often feels like communing with oneself.

During a typical session, you are given the opportunity to explore your breath and four aspects of your body; physical, mental, emotional, and spiritual. As you are guided in and out of gentle poses, you may encounter a physical edge, a place where sensations are felt at a heightened level. Many of us can feel that something is "coming up" for us in a class, but we don't have the time or support at hand to look further to the roots of the sensation. During a Phoenix Rising session, your therapist physically *holds* you in this safe space, therefore you can allow yourself to explore what lies *beyond* the physical sensations that arise. At your edge, you can begin to let go of what you no longer need to carry, and listen to the inner guidance that is available to you at all times. Everything you need to know is already inside you, and with the support of a Phoenix Rising Practitioner, you can learn how to access this inner knowledge, moving through the healing process.

Everyone experiences their body, and their session, in a different way. Some people laugh, others cry, and many even remember old, forgotten experiences. All of these expressions are a form of release. Often the body appears

as a "map" of one's life. The way in which one shows up in a pose can reflect the way in which one *lives* their life. Becoming aware of old habits enables their release, and with release comes transformation and healing.

Phoenix Rising:

- ~is appropriate for everyone and anyone, and **you do not need to have had any yoga experience!**
- ~is an alternative or complement to traditional talk therapy.
- ~encourages healing on a profound level and provides inner strength during difficult transitions.
- ~is helpful for athletes who need that extra stretch that they can't quite reach on their own.
- ~is a wonderful way to relieve stress and lower anxiety.

The experience of doing Phoenix Rising with Jenni not only stirred up old childhood memories but allowed me to experience the kind of youthful joy and exuberance that my adult, less hopeful, self had long since lost. This experience helped me to identify the deep underlying conflicts behind my self-destructive tendencies and sparked a kind of awareness and generated growth that I've never experienced. Afterward the sun shone brighter and the food tasted sweeter which was just a compliment to the infusion of hope and confidence it gave to my outlook on the future.
~Cameron

Jenni's Phoenix Rising Yoga Therapy is an inspiring experience. The first time I sat across the mat from Jenni and allowed her to gently uncover parts of my soul that had been concealed for far too long, there was an all-encompassing deluge of tears and shame and pain and remorse, and it was okay. I felt safe with her was because I was safe with her. Jenni held and guided me gently, on my time, to places I didn't want to see but from which I could no longer hide. The experience was so strong and lasting that I'm tearing up as I write this...her Phoenix Rising Yoga Therapy practice is not only life changing, it is life affirming." ~Anonymous

"My session with you was deeply impactful. I have plenty of experience with talk therapy, but there was something so powerful about tuning into my body and your reflective listening. I developed more insight into myself and my body in that session than I ever expected. It was such a healing experience. Thank you!" ~Amy

To learn more about Phoenix Rising, hear what clients have to say, or to schedule a private session, please visit or call:

innerjourneyyoga.com

(707)396-8736

begin-within@hotmail.com

Maureen Brundage

dōTERRA® Essential Oils



Essential Oils are a Gift of Nature!

Essential oils are natural aromatic compounds found in the seeds, bark, stems, roots, flowers, and other parts of plants. They have been highly regarded for their medicinal and therapeutic value for thousands of years. dōTERRA's Certified Pure Therapeutic Grade oils are tested using mass spectrometry and gas chromatography to ensure both extract purity and composition potency of each batch. The dōTERRA team works closely with farmers and distillers in order to provide the highest possible results. For example, the lavender comes from France and the lemons from Italy, which are the ideal environments for these plants. Vetiver comes from Haiti.

doTerra Co-Impact Sourcing has organized the growers into cooperatives with teaching and training, capacity building, and coordinated services. Previous to this the growers were unorganized with limited access to information and layers of middle-men. They were using the wealth of these amazing growers. Because of doTerra's

help, they have improved growing and harvesting practices, to achieve optimal oil yield and ensure sustainability. The consistent higher quality oils allow growers to have fair and predictable pricing from a long term buyer.

doTerra Healing Hands funds projects to benefit the growers communities for improved livelihoods. This has consistently raised the standard of living.

Essential oils embody the regenerating, oxygenating, and immune strengthening properties of the plant world. They are applicable for a wide range of physical and emotional wellness applications. Their unique chemical structure allows them to pass through the skin and into the bloodstream when applied topically. They are very powerful antioxidants and have the ability to pass the blood-brain barrier. In addition, they are safe and effective for children and pets and can be used for most common health issues.

They have been known to lift moods, help with focus. Helps reduce sad and anxious feelings. Helps you to relax. Relieves minor pain and helps with sleeplessness. Relieves head and neck tension. Supports the immune system.

AromaTouch™ Technique is a system of simple application that enables the oils to reach optimal areas of the body to help reduce stress, enhance immune function, decrease inflammation, and balance the autonomic nervous system. I am a Certified Aromatouch Instructor. Contact me to get your Aromatouch Certification

Business Opportunity: Help share the wonderful health benefits of essential oils in a culture of education and caring.

Please feel free to contact me for classes.

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maureen@caiforniadoterra.com

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Lisa Carpinelli

LIVE IN-ESSENCE = LOVE IN ACTION
WHOLE BODY LEARNING

Hendricks Certified
Body-Mind Coach
Hands on Healing
Intuitive Guidance



We cannot solve our problems with the same thinking we used when we created them. -Albert Einstein

This quote describes the approach of whole body learning, which includes circulating attention through the whole body vs. just our minds. Attention is our built in power tool! Learning how to wield it consciously, including our whole body, creates quick results through experiencing vs. "figuring it out." By learning how to shift our attention, we change the angle of perspective, loosen the grip of our rigid (physical & mental) posture, and create space for insight to arise easefully.

4 Pillars of Integrity:

Integrity: an unbroken completeness or totality with nothing wanting

- 1.) **Healthy Self Response-ability**
- 2.) **Emotional Intelligence**
- 3.) **Impeccable Agreements**
- 4.) **Conscious Communication**

The 4 pillars were created by Katie and Gay Hendricks, upon which my practice stands. I will support you in cultivating these skills in playful and applicable ways. Through a body-centered problem-solving process, we will tap into your body's wisdom, addressing the issue or potential that you wish to explore and shift. By interrupting unconscious patterns and facing into those parts of yourself that have been cast out by fear you will experience more self love and acceptance, which equals transformation. With this awareness you gain the freedom to create your life consciously, rather than by default.

The key to healing is feeling through to completion! The most important relationship you will ever have is with yourself!

About me: I am a graduate of the 2 year Leadership and Transformation program with Katie and Gay Hendricks. I hold a Bachelors Degree in Psychology and am a Body Worker specializing in Myofascial release. I have been trained in emotional release work and have also studied with Maya Cooper to develop my intuition.

707-498-5007



Kim

Chamberlain
AKASHA BODYSMITH
AQUATIC BODYWORK CENTER

Imagine floating, supported in warm water, stretching and moving deeper into relaxation. Watsu® incorporates massage, stretching and traction for effective holistic healing results. The weightless environment and warm water provide support unparalleled in gravity. It facilitates in alleviating stress, easing pregnancy, reducing muscle spasm, contracture and swelling. Effective therapeutic results may be achieved through freedom to work both planes of the body simultaneously.

For over 15 years, Nationally Certified, Kim Chamberlain has offered Advanced Therapeutic Massage for pain management, injury rehab or to just plain feel good. Specializing in Deep Tissue, Neuromuscular Therapy and Orthopedic Massage

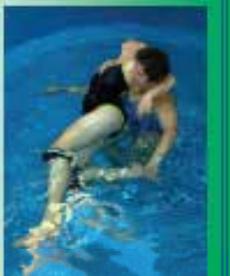
Based in Fortuna, the facility includes a dedicated massage room and an indoor 95 degree 13' salt water therapy pool fully wheelchair accessible for land or water sessions including shower.

I offer individualized therapy based upon personal needs, in a collaborative effort, honoring the whole person to empower a self-realized healing process.

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Remembering the Story of Hathor and Sekhmet

By Michael Cooper



Ra in all his golden glory, sat content at the center of his universe. His warm light blessed all of Egypt with fertility and abundance. The people grew happy, gracious to their life giving Father for his gift of sustenance. As years passed and their content became routine, the miracle of their green lush oasis wasn't seen as precious anymore. It was taken without granting thanks. Some men and women became so brash as to mock Ra, laughing at the thought that his grace was responsible for what simply was now seen as their land, their property.

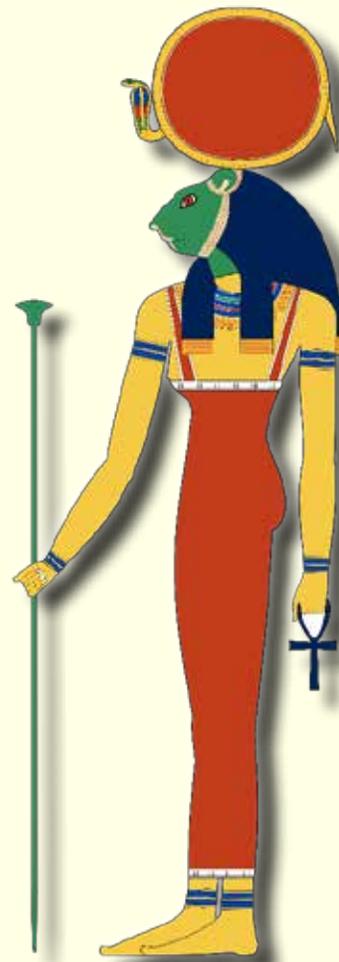
In great offense and wounded pride Ra struck out with wrath, scalding Egypt with drought. Some of the Egyptians recognized their oversight, they appealed to their Father and sang his songs of praise and set altars with gifts to Him. Still many did not change, still many thought little of the supposed power of Ra, they retreated from the drought and hid from the heat and anger of their forgotten Father.

Ra was helplessly enraged. Calling upon the great goddess Hathor, he begged for her wisdom. Hathor the great Eye of Ra, Queen of the Sky, reigns as the warm loving glow of the Sun under which all things flourish. Hathor, in the ripening of grain in the heat of summer, luxuriously full. All the stars in the sky were reflected in her wide brown eyes, bearing

the head of the Divine Cow. Upon seeing her brother in such a fury and angered herself by the many Egyptians who still hid from sight and mocked the gods, Hathor descended to further the vengeance of Ra—not as the radiant life giving light of the sun, but in rage and fire.

In her descent the anger that she felt changed her. It altered her bones and blood, rippling through her form as the burning goddess Sekhmet was born. The fire goddess is sinew and muscle, tawny golden as the Lioness of Ra. Her eyes burn and her breath is searing; from her flaming exhale the first medicine was created in Egypt against plague and rot and decay. To this day priestesses of Sekhmet can be the greatest of healers, knowing how to coax new life when what is dead has burned away.

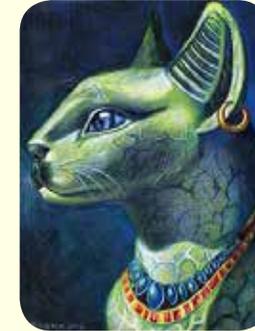
Sekhmet in her lioness rage was terrifying to behold. Even the proudest of the Egyptians begged mercy and promised eternal favor to Ra. This softened the anger of the great sun god and Ra moved his hand to stop Sekhmet's vengeance, having pity for his people. But the lioness was quick, and her temper already



unleashed. She escaped Ra and pounced, growing enraged even further with the taste of blood. Her punishment continued, turning the Nile red with her rage for three days and nights.

Sekhmet's rage had passed reason and threatened Ra's children to the brink of extinction. Her teeth flashed, her breath: fire across the land; withering the lush fertile oasis, making the beautiful Egypt appear almost as barren as the desert that surrounded the once thriving land of the Nile.

Ra feared for his people and the land of Egypt. Being very wise all on his own at times, he devised a plan and secretly sent the cunning cat, Baast, little sister of Sekhmet, to Egypt conveying his designs to the surviving humans. Once all had been prepared, the Egyptians hid while Baast lay invisible in the reeds, waiting for Sekhmet and watching.



As the Lioness continued her path of destruction along the banks of the Nile, now flooded and swollen with her victims remains, she came upon a vast cauldron full to the brim, the liquid within shining red in the glare of the now scorching sun. She dipped a claw into the concoction, tasting curiously, eyes narrowing and nostrils flaring to the flavor of blood in the drink. In her fury, her thirst had grown immense, her taste for blood unquenchable. With glee and greed the goddess threw back her head and drained the giant vat in one long draw. The Lioness stopped suddenly in her vengeance. She blinked her golden eyes heavily, lay down her head between giant paws, and fell fast asleep letting out a mighty rumbling purr which shook the earth.

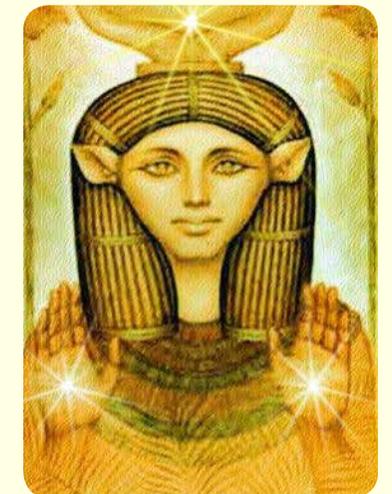
Seeing all from afar, Baast smiled to herself. The great cauldron had been filled with all of the beer left in Egypt and flavored with the blood of a holy cow to fool the Lion Goddess into drinking herself into a gentle snoring slumber. Ra's plan has succeeded, Egypt and its people would survive!

As Sekhmet slept, her rage had a chance to dissipate, her hurt was finally soothed. The potion slowly changed the Goddess and reminded her of Hathor, her sister self. Sekhmet once again became the Divine Cow Hathor, and the sun lost its burning glare and softened. The moon came out from hiding and rained down a gentle dew to heal the land and people. Hathor, as herself, awoke and the oasis was green and growing again.

Looking around her, seeing the destruction her other's anger had wrought, Hathor knew that careful vigilance must be kept over the violence that lived within. She guided the remaining priests and priestesses of Egypt in a holy ritual designed to keep the holy wrath in balance. The offering is to be performed every day the sun rises and is still held in secret by a few to this day and for all time.

To the rest of the people she prescribed a kind of daily spiritual work. In effort to keep the wrath of Sekhmet at bay, Hathor charged each person with the task of remembering the destruction of the Lioness born from ignoring their connection to the divine. She showed the people that their gracious, thoughtful, thankfulness for the world around them was not just appreciated by Ra, but was needed to nourish the balance of grace and power, destruction and nurturing in the whole universe.

At last, she promised each of the people individually that though the droughts may come and the Lioness may rage, true graciousness would bring rain, respite and healing to the wounded desert places in our land and hearts.



BIO: When I was young, I felt drawn to myth. I was certain it was important to learn these stories, that there was power in the remembering of our ancestor's Gods and Goddesses. As I grow, the myths have grown with me, weaving a web of connection between my inner world and my experiences in life. It is with great honor that I offer this story of Hathor and Sekhmet. Explore how this living tale is reflected in each of us, especially our desire to live in gratitude. Join as we are transported within, where the great dramas and archetypes of myth interact, inform, and enliven our sense of self. I can be reached at Isis at 707-825-8300.

Maya Cooper

Isis Osiris Healing Temple



call or text
707-834-6831

Wise Guidance
Hands-on Healing - Reiki
In-Depth Energy Reading
Personal Mentoring

Facilitating the Birth of your Emerging Core Essence

Imagine for a moment that you are a sculpture—a three dimensional stained glass window. You are made up of the most beautiful colors and you are standing in a white room. Now imagine that you suddenly become **lit from within by a powerfully brilliant light**. This light casts the reflection of your colors on to the walls in all directions—360 degrees of stunningly beautiful light is splashing out of you. Think of this light as being conscious, having qualities of depth and intelligence to it. Next let's add some sound to this picture. The most beautiful sounds flow out of you, creating another dimension of beauty to your colors. Now add inspiration: Flowing from the purest place deep within yourself would be the one blessing you would most want everyone in the world to share in. What would that be? Joy? Grace? Playfulness? Beauty? Experience it as another texture to the color, the light and the sound. And finally, can you imagine adding movement? Organic, easy, natural, soulful, flowing movement. If you are following me, you can see that we now have a moving creation of consciousness: light, color, sound, and inspired blessings. No matter where this being were to be, it would always be standing in the aura of its own light, color, sound and inspiration.

If you were to extend this vision out and pretend that you were to look over and see another complete being: different colors and sounds, radiating a different inspiration and moving in a different way—Awe-inspiringly beautifully different. If the two of you were to stand next to each other, there would be a place where their light and yours overlapped. *In that overlapping, a new dimension would open, a new way of blending the qualities of both of you in a harmonious new way that comes into existence.* A new depth, texture and richness is born. Each being is so complete that it is hard to even imagine more completeness—but a new dimension of wholeness does indeed emerge. If we were to add a third being and this overlapping were to happen, you would get even more awe-inspiring wholeness and harmony. If an entire world of beings came together and overlapped their unique individual wholeness—you would get such a deep,

profound intact completeness—what you would *get* is what most people call God.

One of the ways I inspire the world is by inviting us to remember that we are one with everything. We are the benevolent universe that we are surrounded by and living in. The life force that animates us, the very air that breathes us. **My experience is that the world through which we move is created by our collective overlapping consciousness being reflected back to us.** Our inner conscious light, or soul essence, seeks to shine a clear path through our colors, sounds, and inspirations. *One of the main things that impedes the fullness of this expression is our inability to truly know our magnificence.* We lack the context, the framework to know ourselves in this way. We project our magnificence outward on to a god. A god that is out there somewhere, a god we long to be a part of. We adapt our behaviors to please this outside god. We create a framework of right and wrong based on what we think pleasing god entails. What we cannot embody we project outwards, good or bad. Even if this is not our current *conscious* spiritual understanding—we may *believe* that we are one with God—but unconsciously, most of us are not really able to grasp and embody the fullness of what this really means.

And so it is, in the place between our longing to be a part of God's wholeness—and our inability to know that we are this wholeness we often call God—is where our pain and suffering exists: in us individually and in the world collectively.

So again I would say, that collectively we make up the Benevolent Universe. Each of us animating a holographic spark of complete wholeness. At an essence level we are in communication with one another at all times, inviting, encouraging, blessing, and sharing inspiration with each other. We often have said or heard people say, *"The Universe brought me this opportunity or that experience."* What if we were to melt the barrier in that sentence/thought that separates us out and makes us *other than* the Universe. I have learned through my years studying energy that the Universe *is us* collectively blessing us.

When someone comes into the healing room, the first thing I like to do is to take a moment and tap into the client's essence. How are they blessing the world with their presence? How are they a deep and sustaining animation of the One Heart? By sharing this awareness with the client, we are inviting their blessed essence more fully into the room with us. It offers a way for the client to begin to shift their perspective and to catch a glimpse of themselves as the Benevolent Universe—and the beautifully unique way their conscious light, colors, sounds and movement inspire and bless us all, all of the time.

Maya Cooper is a founding member of Isis and the publisher of the Isis Scrolls. She practices at the Isis Osiris Healing Temple in Sunny Brae and has been doing energy work for 25 plus years.

Wonderfulhands Massage Therapy

Forrest Cottrell



Certified Massage Therapist
specializing in focused work on problem areas of muscular tightness and chronic pain to remedy the issue. Certified massage sessions are held at The Isis Osiris Healing Temple by appointment or by request as outcall. Practicing professionally since 2007.



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Miracles Abound

Nancy Courtemanche



Reiki Master
John of God
Crystal Bed Healing
& Chakra Readings

(707) 407-6968

I visited John of God in Brazil in 2008 and began a life-changing journey when I received the blessing of having been chosen to use a crystal bed in my healing work in addition to my Reiki.

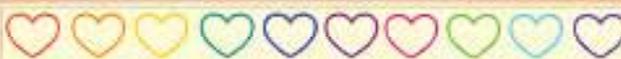
The treatment is a Reiki healing in a combined, but not simultaneous, session with the crystal bed. Reiki is subtle energy work which allows healing to flow from the hands of the Reiki practitioner, enabling the energy from a limitless God Source to flow into the client. It is gentle but very powerful.

On my second visit to the Casa I asked for and received increased spiritual gifts which enable me to "see" chakras, our energy centers, which tell a story about what's happening inside with our emotions and health. As I "see" the chakras and receive information, it is a perfect time for you, the client, to form an intention when moving into the next phase of the session with the crystal healing. Many of my clients have commented about how beneficial the chakra reading has been and how they appreciate the information.

A crystal bed treatment is a healing system using seven specially cut and lighted quartz crystals and is used for rejuvenation, alignment and balancing of the energy fields evoking feelings of peace and serenity. Perfectly combining with Reiki it frequently helps with emotional healing as well as physical well-being.

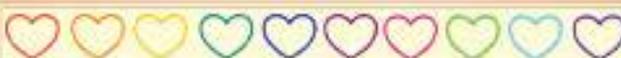
John of God and the Entities of the Casa blessed my desire to incorporate the crystal bed into my Reiki practice within my sacred healing environment. And in great gratitude I offer this experience to you.

The Creative Flower
Graphic Design
Radiate Your Uniqueness



See my designs in this Guide:

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Patty Davis

Psychic~Intuitive Services

Never forget your real identity. You are a luminous conscious stardust being forged in the crucible of cosmic fire.
~Deepak Chopra



Each of us is surrounded by a spiritual support system and bathed in an endless flow of unconditional love, however we live hectic, busy lives that can make it difficult to tap in to that source. I am here to help you bridge the gap and utilize the magic available to you.

I inherited psychic abilities from my father and began connecting with the supernatural at a young age. I trained under a metaphysical teacher for eleven years, however, received the bulk of my coaching directly from spirit.

My practice includes:

- psychic readings
- past life regression
- connecting with loved ones who have passed
- chakra tuning, balancing and clearing
- manifesting
- meditation techniques
- introduction to spirit guides
- higher vibrational assistance with life's difficulties

I connect with spirit and pass on information to help bring harmony, understanding, balance and clarity to those who seek it.

During a reading I ask spirit for information that is positive, helpful and appropriate to what you have going on in your life at this time. From here, spirit leads us where we need to go offering encouragement, solutions, tools and insight.

I offer healing sessions which include hands on energy work, chakra tuning forks, stones, and essential oils.

I teach meditation classes and retreats on psychic awareness, chakras, boundaries, and clearing and directing energy.

I help clients clear negative energy and transform their personal spaces in to sanctuaries, radiant with positive energy, flow and beauty. As a trained interior designer I can help clients create a lovely and spiritually balanced home. I am a conduit through which spirit communicates with you.

707-834-0286

Tina George Dawson of
HEART OF THE ROSE



CranioSacral Therapy ~ Swedish Massage
~ Lymph Drainage Massage ~
Prenatal, Induction and Postpartum Massage
Intra-oral TMJ Release ~ Doula Services
Prenatal Yoga ~ Placenta Medicine
Mindfulness Meditation

Welcome to **Heart of the Rose Healing Services for Women**, provided by Tina George Dawson, a Certified Massage and CranioSacral therapist, doula and infant advocate. I specialize in healing services for women during life's many transitions (menarche, pregnancy, labor, birth, menopause, and illness). I work with women to alleviate painful TMJ disorder, migraine headaches, carpal tunnel syndrome, tendonitis, digestive problems, anxiety and panic disorders, lymph edema, postpartum depression, and chronic neck pain and injury.

In my **doula** work, I provide care and encouragement to women and their partners during pregnancy, labor and childbirth. I am drawn to work within the sacred realm of birth to help newborns enter the world with love and support, and as free from trauma as possible. I trust and am inspired by the mystic beauty of birth.



I am a **Birthing From Within™** childbirth mentor and educator, and lead 5-week **Birthing From Within** childbirth preparation classes for women and their partners. Whether you are planning a home or hospital birth, using natural or medicated methods, or birthing by cesarean, these unique classes will help you prepare in a holistic and mindful way. I am a **Placenta Medicine Encapsulation Specialist**, and offer the encapsulation service, preparing the medicine using Traditional Chinese Medicine. My website contains lots of research, information, and testimonial evidence from local women who've experienced the benefits of ingesting their placenta medicine. I also offer classes in **Prenatal Yoga** at the Community Yoga Center in Arcata every Monday night, 7-8:15 pm. The values inherent in **CranioSacral** therapy are the foundation for all of my work. I approach my bodywork, classes and births with meditative presence, patience, deep listening and compassion.

I am happy to celebrate my 13th year in practice, and am grateful to be part of Humboldt County's healing community.

My practice is located in Arcata
Find Heart of the Rose on Facebook



707-498-5952
www.heartoftherose.net

Rev. Diane M. Decker, MA, RScP

Minister of Religious Science



"What lies behind you and what lies in front of you pales in comparison to what lies inside of you." -Ralph Waldo Emerson

Religious Science and the Science of Mind teachings offer people from all walks of life and all spiritual paths an opportunity to learn more about themselves, their beliefs and Spirit. You can use spiritual principles to build a better life for yourself and those you care about.

"Live your beliefs and you can turn the world around."
-Henry David Thoreau

I teach individuals to bring more joy, more peace, and more abundance to their lives through spiritual counseling and the use of a powerful technique called affirmative prayer. I seek to be a beneficial presence on the planet by teaching the New Thought-Ancient Wisdom philosophy of Science of Mind.

"Rev. Diane approaches every interaction with the awareness that Spirit is working in and through everyone."

As an Officiant for your sacred ceremony, I support you in creating an event that meets your needs and fulfills your dreams. I am available to perform weddings, memorials, commitment ceremonies and blessings.

Services include:

- Individual spiritual counseling
- Sacred ceremonies
- Guest speaking and engagements
- Leading workshops and retreats
- Facilitate mediation and spiritual discussion groups
- Affirmative prayer treatment

707-502-9217
ddforestgal@suddenlink.net



Marny's Garden by Maya Cooper



Joan Dixon



Trained in conventional medicine as an RN, devoted to access to natural healing for all.

I feel so excited to be sharing with our community at this important crucial time in our evolution and transformation here on Earth. Thank goodness that help is so available!!!

One of the most impactful Spiritual teachers for me is **Patricia Cota-Robles** at eraofpeace.org with her powerful and transforming invocations of the Violet Flame to transmute all this funky junk still coming up. Patricia teaches that we have prepared for lifetimes to be here now and each one has a unique contribution to make. So what could that be?

Barbara Marx Hubbard at evolve.org offers guidance. Barbara sees humanity as the butterfly emerging from the cocoon where we have been metamorphosing from one form into another. We are transforming into the organs and systems of this new form. The key is following our "COMPASS of JOY" to feel our way into these new positions of service while seeing with the NEW EYES of the butterfly.

My particular "COMPASS of JOY" points me in the direction of evolving health solutions. I offer my research services NOW to those faced with a serious health challenge who wish to get a second opinion or go an alternative route. It is my JOY to spread the word on natural organic ways of health and healing.

N. O. W.
Natural Organic Ways
Information on Alternative
Healing Therapies

707-834-4465

POWER

Poem by dominique

Joy of letting go
there is no greater Power
than the power of letting go

Though the pain and string of attachment
keep us bound
With courage I unravel each cord, each string
Loosening the reigns
feeling the freedom of one cord letting go
then the next
then the next

The freedom propels me to continue
on this painful path of joy
As each string falls away
more joy comes in
Creating momentum to move forward
and feel the joy of letting go

Until I am free
I am flying
Tears of freedom roll down my face
I am engulfed in joy
A tearful remembrance of the
Power of letting go

Are we truly the only ones standing in our way of freeing ourselves up from disease, resentment, negativity, trauma, ailments, conflicts, depression, self-sabotaging patterns, imbalance, and sickness?



I, dominique, have realized in the 20 years I have done healing work that surrendering to the process of letting go is stepping into one's power. Our power and our self-worth give us strength to let go and forgive. Every human being can choose to willingly

release resentment toward oneself and others if the desire exists. My service is to support you on this path using many facets of therapies to create a personal, unique session that addresses your physical, emotional, mental, and spiritual needs and wants. The time has come to free ourselves up, expand our wings of perception, and FLY. Literally!

dominique, Intuitive Therapist
call/text (707) 845-3770

The Psyche's Voice Embodied

The body opens the door to the deepest layers of ourselves – Authentic Movement provides this door...

Authentic Movement is a self-directed form of dance/movement therapy. The gentle, yet powerful experience of allowing oneself to “be moved” by inner impulses lies at the heart of this form, providing an embodied bridge from the unconscious to the conscious, and from the Self to the self. Rooted in the depth psychology of C.G. Jung, Authentic Movement was developed in the 1950's by Mary Starks Whitehouse, a pioneer in the field of dance/movement therapy.

The form of Authentic Movement always involves what is referred to as “movers” and “witnesses,” and in a group setting each individual alternates back and forth between these two roles. The movers, encircled by the witnesses, wait in silence with eyes closed while movement impulses arise, then follow these impulses moment-by-moment as they evolve. By allowing oneself to “be moved” in this manner, a channel is opened for unfiltered expression. Messages held within the body are revealed, the unconscious is made conscious, and the invisible is made visible. Through this inner-directed movement, the body and the psyche are given an authentic voice.

The witnesses provide a safe space for the movers to be seen and heard in a clear way, and observe the movement without judgment. They are “holding consciousness” which allows the movers to go deeper. The witnesses pay close attention to what they are experiencing in their own bodies, emotions, mind, and spirit as they witness the movement, instead of imaging what the movers may be experiencing. They offer a clear presence to the movers, while at the same time staying closely tuned to their own processes.

After the initial movement period ends, the movers have the opportunity to speak about the feelings, images, and bodily sensations evoked by the movement. The witnesses then describe what they observed, and the feelings, images, and bodily sensations the movement evoked in them. Without interpretation, the movers are thus offered additional possibilities to reflect, clarify, and expand on the internal meaning of their movement. The roles then switch – the witnesses become the movers, the movers become the witnesses, and the moving/witnessing process is repeated.

While in an Authentic Movement group, you are in the presence of people descending towards themselves. You have the opportunity to truly see others and to truly be seen. The form offers both movers and witnesses the opportunity to get in touch with their vast internal reality, bringing formerly unconscious processes into consciousness, and formless material into form. There is a very spiritual dimension to Authentic Movement. The circle of witnesses creates sacred space, which invites the Higher Self/Soul/Spirit to also make contact and be given expression. Authentic Movement is the psyche's voice embodied.



Susan Durham has a BFA in Dance, an MS in Counseling Psychology, and is a certified Psychosynthesis counselor. She has studied many different forms of dance and dance/movement therapy and feels most aligned with the form of Authentic Movement. Susan has a deep respect for and trust in this way of working and offers a safe and supportive environment in which to do this work. She offers workshops, groups, and individual sessions in Authentic Movement. She can be reached at: 707-599-4737 or susansaintfrancis@gmail.com



Kristin Abhayada Dwan

Reiki Master/Teacher



Kristin brings to Humboldt County 28 years experience with reading Tarot and doing Energy Work.

She is a Reiki Master of the **Usui System of Natural Healing** as well as **Usui's Holy Fire Reiki**.

Kristin started her Reiki path 18 years ago while healing from 3rd degree burns over 30% of her body in a burn ward. She had to literally run through a wall of flames in order to escape her burning bedroom. During one of her multiple skin graft surgeries, her heart stopped and the doctors had to resuscitate her.

After surviving the fire, she knew that she was given a second chance for a reason, and that reason was to spread the knowledge and beauty of Reiki everywhere she went.

The Element of Fire woke Kristin up to learn how to harness that energy for healing within Fire Cupping, an Ancient Chinese modality, which she has made her own by infusing it with Reiki and Massage.

Since birth, her second home has always been within the mist filled Redwoods of Trinidad, where she works out of The Trinidad Massage and Day Spa.

She brings Fire Cupping, Massage, Reiki Classes, Reiki sessions, Tarot Readings and Moon Gatherings to the beautiful walls of the Spa. She is also available for House, Animal and Business Blessings, and will travel to your space or animal. Kristin specializes in Oncology Reiki, and has worked with many patients at City of Hope in the Los Angeles area. She also has much experience with Fertility Reiki, Animal Reiki, Reiki for Children and Teens, Hospice Reiki and Reiki to help overcome Addictions and Depression.

Through her Doula and Hospice practice, she has learned that Reiki has a very important place within life, from the first breath of life all the way through the last.

When she is not in Humboldt County, she can still work with you via Skype to send Distance Reiki and give Tarot Readings with compassion and accuracy.

**Contact Kristin today:
Special Humboldt Virtual
Hourly rate \$85**

Check out Kristin's 5 Star Reviews: **Search The Healing Woods** in Altadena, Ca.



818-326-1268

abhayada13@yahoo.com

www.thehealingwoods.com

Denny Dorsett, RN



JIN SHIN JYUTSU PRACTITIONER & SELF-HELP TEACHER

Jin Shin Jyutsu is an ancient art that uses specific patterns of gentle touch to promote the balance of a client's life force. When this energy flows freely and fully, we feel relaxed and very present. Unless we're in immediate danger, the parasympathetic nervous system (our "love and heal" functions, as opposed to the "fight or flee" response of the sympathetic nervous system) is activated and nourished by the life force. In this state the body's innate wisdom expresses itself. Healing of body, mind and spirit can happen—all through artful, gentle touch.

Jin Shin Jyutsu is a powerful complement to modern medicine, surgery and psychotherapy. Numberless illnesses and injuries respond to it, including anxiety, pain, pre- and post-surgical needs, and digestive and hormonal imbalances. The client remains clothed; sessions last about an hour.

Denny Dorsett completed the basic Jin Shin Jyutsu classes in 2011. She now blends her nursing knowledge with her Jin Shin Jyutsu practice. She continues to study "the art of the Creator through the compassionate human." Listed in the JSJ Practitioner Locator (jsjinc.net), she also teaches Jin Shin Jyutsu self-help classes.

(707) 825-0824
Arcata Wellness Center
735 12th St., Arcata.

Gail Eastwood, MSW, DIHom



☞ **Homeopathy**
for physical and emotional
problems

☞ **Muscle Testing**
for food and environmental
intolerances

Retune Your Energy to Promote Healing

Homeopathic remedies aim to correct the disturbances of energy that lead to disease and distress. How does this work? After a detailed interview, I will choose for you a remedy based on your physical symptoms, feelings, thoughts, dreams, and history. Remedies made from plant, animal and mineral sources can deeply affect moods, thoughts and internal chemistry. Physical and emotional symptoms are healed gently from within. Each remedy has a unique pattern of effects; the remedy that will work for you matches what is disturbed in your being. The "message" encoded in this remedy can put you on the path to healing.

Remove Toxic Influences

Through muscle testing I can help you to discover what foods and environmental influences are harmful to you or to your child or infant. We can look at foods, drinking water, dust, mold, chemicals, electromagnetic radiation, and more. I have over 30 years of experience helping people of all ages to sort through these influences. I have seen that we can get healing—even, sometimes, profound healing—from the simple act of eliminating things that are harmful to our particular bodies.

Gail Eastwood was originally trained as a counselor. She studied classical Hahnemannian homeopathy with the British Institute of Homeopathy, and has been in practice at Dancing Cranes Healing Arts in Garberville since 2004. She studied muscle testing at the Biokinesiology Institute and has over 30 years of experience in this field. You can contact her at 707-923-9109; or leave voicemail at 707-223-4389. eastwood@asis.com.

707-923-9109



Sajha Eden

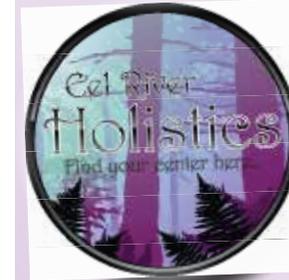
Empathic Sensitive
Intuitive Readings
Mystical Singer

My life work is about Embracing Heaven and Earth, the Conscious mingling of these two realms resulting in the celebration of Spiritual Beings dancing in this physical dimension. I am a down to earth mystic, my spiritual gifts manifesting on a path that began in my infancy. As a child I experienced prophetic dreams and visions, visitations, communicated with animals and interpreted dreams. As an adult these abilities continue to expand, surprising me as much as my clients and loved ones. What an exciting adventure! I'm good at getting out of the way and letting the Living Energy of Compassion move through me, and I'm good at seeing the gifts, latent or active, in others, as well as helping those gifts blossom. At 17 the gift of Mystical Singing awakened in me, leading me on a path of Healing, Channeling and Journeying that has taken me across the country, and into Intensive Care Units, homes and many natural settings, often with astonishing results. Our connection with the Divine, fellow humans and animals is constant and ever present! I never know what will happen next!

I offer a variety of readings, by phone or in person, including **Tarot, Astrology, Palmistry, Communication with Animals and Departed Loved Ones, as well as Healing work, Channeling and Journeying in conjunction with my Mystical Singing.** I've been sharing my gifts with others for well over four decades, in private sessions, workshops and classes. I'm told my energy is gentle, deep, loving and respectful, with generous doses of humor and irreverence!

Please call or email if you have questions
or would like to schedule a reading.

707 -822-5693
coitinly@gmail.com



Eel River Holistics

Find Your Center Here ...

Eel River Holistics, created with the intention of offering a space for practitioners of multiple modalities to practice, gives clients a central location that is mindful of the holistic approach to healthfulness to receive their care, while offering a space well rounded enough to accommodate both our treatment and wellness clients. Currently offering treatment & pain management style bodywork for acute & chronic injuries, prenatal massage, and integrative styles of massage from several bodyworkers we strive to create a communal, safe and professional space for both our practitioners and our clients.

The newest member of the Southern Humboldt healthcare community, at the North end of the Town Square in Garberville, we offer a studio for mat class or workshop use and two clinic room spaces for private sessions. Our intimate view of the growing town square is lively during the farmer's market and convenient for clients to walk across the street to our local health food store. ERH's practitioners are dedicated to encouraging and living in the holistic lifestyle that surrounds it and look forward to contributing to the education of a holistic way of living, one session at a time.

Eel River Holistics is a flowering business and has a growing practitioner list. Please check our Facebook page for a digital, updated practitioner list or stop by to take a peek at our bulletin board. All providers are private contractors and schedule appointments personally. Please contact practitioners individually for booking questions.

Michela Hernandez, CMT & Owner

Eel River Holistics

754 Locust Street Suite #3, Garberville, Ca 95542

206.910.0671

Michela.Koren@gmail.com

<https://www.facebook.com/EelRiverHolistics>



Margy Emerson

1049 C Samoa Blvd., Arcata
(K St. and Samoa)

707-822-6508

margaretemerson@att.net

Margy has been practicing Tai Chi for 36 years and teaching for 26. The first six years were spent with Kao Ching-hua, who learned as a girl in pre-Revolutionary China. Margy has had many other teachers since then—Chinese, Korean, and American—and is certified in Dr. Paul Lam's T'ai Chi for Back Pain and Arthritis. She is the author of *Breathing Underwater: The Inner Life of T'ai Chi Ch'uan* and *A Potter's Notes on T'ai Chi Ch'uan*, and numerous articles. Her DVD is *Wu T'ai Chi, Kao Style*.

Margy teaches in 10 to 13 week terms so students can progress step-by-step through a sequence:

- **Wu Style:** a long traditional form, very circular and internal.
- **T'ai Chi for Back Pain and Arthritis:** a short form based on Sun Style, safe and accessible.
- **42 Combined Forms:** includes movements from all 4 major styles, exuberant and athletic. Experience with another style is required.
- **Chen 36:** the first style to be developed, and the closest to the martial art; it includes fast, explosive movements. Experience with another style is required.

Each class includes traditional warm-ups and a foundational exercise such as qigong, silk reeling, or breath work.

Western clinical trials show T'ai Chi can reduce arthritis pain and bone loss as well as improve balance, mood, blood pressure, the immune system, circulation, and motor control.

Margy approaches T'ai Chi as an exercise that combines mind, body, and spirit.

From Students:

I have taken T'ai Chi with Margy since recovering from back surgery in 2007. Not only has it restored my balance, but T'ai Chi has given me more inner calmness and a sense of well-being. I am in the process of learning my fourth style and I am loving it. ~Doris

Margy is an excellent and kind teacher. Her instruction is very clear and concise and she's always adding new ideas and techniques. ~Rebecca

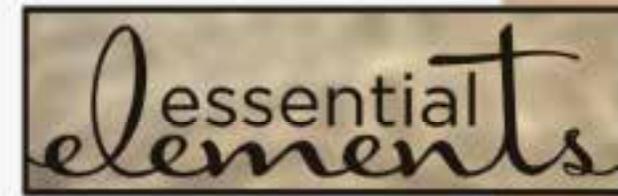
Margy's integrity and sense of humor are what make the complexity of T'ai Chi accessible. ~Kevin & Mary

It's a kind of moving meditation. I've always disliked all forms of physical exercise and even after two years the sense of well-being I experience when I do T'ai Chi still surprises me. ~Allan



See the website for the schedule and more!

MargaretEmerson.com



spa • sauna • studio

Come discover Humboldt's Premier Wellness Sanctuary!

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707-839-7SPA (7772)

Hi, my name is Kim. For most of my life I have been drawn to the healing arts in some form or another, and have been sharing my knowledge of “Spirit and Touch” to help clients harness the healing power that resides in all of us.

Let me help you live a more fulfilling and balanced life. Whether you wish to heal a specific health issue, improve your overall wellness, rid yourself of daily pain, or are preparing for the journey of childbirth, I will bring a calming, purposeful energy grounded in experience, compassion and acceptance to meet your individual needs.

I offer Therapeutic Bodywork, Healing thru Whole Foods Nutrition and Chinese Medicine, as well as Childbirth and related services. My formal certifications include: Heartwood Institute, BA from Humboldt State University, Childbirth Educator, Infant Massage Instructor and Doula.

I am excited to be moving into a new location in Fortuna. By appointment only at this time.

Kim Eubanks

Therapeutic Bodywork

- Zen Shiatsu - Acupressure
- Swedish Esalen Massage
- Polarity Therapy
- Somatic Emotional Release
- Pregnancy Massage
- Adjunct Therapies -
 - Lymphatic Drainage
 - Myofascial Release
 - ROM - Range of Motion
- Classes: Zen Shiatsu
- Couples Massage



Health/Nutrition

- Integrative Nutrition - assessments and recommendations
- Traditional Chinese Medicine
- Classes: Whole Foods - Food Basics
- Cooking
- Chinese Medicine - Theory & Application

Childbirth & Related Services

- Labor & Childbirth Doula
- Classes: Prepared Childbirth
- Comfort Measures for Labor & Delivery
- Infant Massage & Non-Verbal Communication

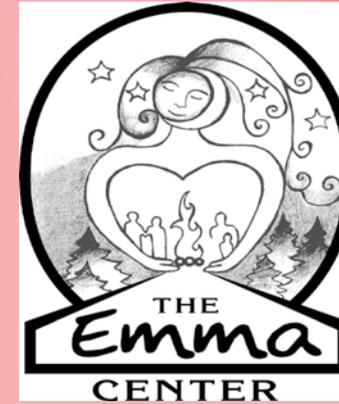
All services are strictly confidential
 All services offer a sliding fee scale
 Payment plans can be arranged
 VISA and MasterCard accepted
 Trades Welcomed
 Private Classes Available



707-725-8788

kkimee@sbcglobal.net

1055 Main Street, Suite 5, Fortuna CA



The Emma Center is committed to empowering women on their healing journey through education, referrals, support, advocacy, and community awareness in a safe, nurturing environment.

Any woman who has experienced trauma and/or abuse is eligible to receive services. We serve women of every income level, social status, age, ability, ethnicity, sexual orientation, gender identification, religious background, and belief system. All services are free or on a low-cost sliding scale.

Damage happens in many ways; so does healing. We offer a variety of programs to help heal the whole person. On-site activities vary monthly and our programs include: Women's Support Groups, Holistic Healing Arts Services, Art Expression, Counseling Resources, Lending Library, Self-Care Sheets, and Community Education.

We are currently seeking body workers, and also facilitators for support groups or classes.

Please contact the Center to discuss the intake process, resources, referrals, community support, education, or volunteering. We look forward to building a safer world for women, children, and all of us.

Emma Center

707-616-1165

info@emmacenter.org

www.emmacenter.org



Fran Free
 Jin Shin Jyutsu®
 Practitioner
 and Self-Help Instructor

Jin Shin Jyutsu uses gentle touch at specific areas of the body where tension accumulates to relieve stress & pain, promote deep relaxation, and create emotional equilibrium. It aids in releasing tensions that cause physical, mental, and emotional symptoms. It reduces the effects of stress which may contribute to health concerns. After a session people generally feel relaxed & calm with an increased sense of well-being. The benefits are cumulative so that the more you receive it the greater your vitality.

Jin Shin Jyutsu is an ancient art of harmonizing the life energy in the body. It brings balance to the body's energy, which promotes optimal health and well-being, and facilitates our own profound healing capacity. It is a valuable complement to conventional healing methods. It is based on traditional Oriental medicine principles of a network of energy pathways in the body, which feed life to all of our cells. When one or more of these paths become blocked, it leads to discomfort, pain or illness. Jin Shin Jyutsu harmonizes and balances the energy flows.

Jin Shin Jyutsu Can Help

- Headaches
- Acute and chronic pain
- Depression and anxiety
- Immune system support
- Promotion of general health
- Complement cancer therapies
- Surgery—prepare and recover
- Low energy or fatigue syndromes
- Reduce effects of tension and stress

Fran Free completed the Basic Jin Shin Jyutsu Seminars in 2003. She is listed in the Jin Shin Jyutsu Locator (jsjinc.net) for practitioners who continue to deepen their understanding of the Art by attending classes on an ongoing basis.

Fran's practice is located at:

Griffith Luoma Chiropractic

2456 Buhne Street • Eureka • 707-443-0695

Marny Friedman

707-839-5910
iamalso@hotmail.com



FREEDOM

Every time a long-held muscle relaxes or a fear is lessened or clarity replaces confusion, we experience a burst of freedom. My calling and joy are to help people in this pursuit. The emphasis is on opening the third eye, healing the heart, and aligning with Soul. I have worked toward my own freedom and that of others for a long time. My clients find me non-judgmental and easy to talk to, a good balance of earthy and spiritual.

F
R
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D
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M
Marny Friedman
~ Healing the Heart ~
~ Aligning with Soul ~
707-839-5910
iamalso@hotmail.com

Ana Lora Garrard

(707) 826-2647
analora@analora.com



Spiritual Dream Exploration

We are in the midst of a global shift. And it is not only icebergs that are melting. Our lives and the lives of those around us are morphing in new ways. Relationships, work, health, finances, and emotions are all bending in the heat of change; we are realigning so that we can more closely match what we think and what we do, with who we are. Love is calling us home.

This is not a time to fear. Yet it is a time to listen deeply to ourselves.

There are many ways to listen. I have long been practicing and teaching something called “spiritual dream exploration”—a powerful means of absorbing inner guidance. This work involves stepping into a relaxed, meditative state and exploring our dreams and/or waking experiences as parts of ourselves, so that we can understand our experiences from the inside out.

More interactive than a “reading” and often more profound than traditional counseling, this work lies somewhere between the two. You do not need to remember your dreams to do it; we can work with any life situation that you are willing to explore as a “waking dream.” To learn more, feel free to contact me and/or check out these offerings:

*My website ... www.analora.com

*Youtube videos online soon: “What Dreams are All About,” “Understanding Dreams,” “Remembering Dreams,” and “Nightmares.”

*My latest book ... *Your Dreams: Spiritual Messages in Pajamas*. (A new book is coming out shortly—please check my website for updates.)

*One-to-one sessions. Phone sessions where I help you understand the ways that your soul is subtly speaking through your dreams (and your waking experiences). The insights you uncover in this manner allow you to see beneath the storyline of your everyday life, so you can absorb more of the very real love and healing that’s available to you right now.

www.analora.com

HealthMatters

Mariane Gilbert FNP



A Holistic and Integrative Health Consultancy

Blending the best of conventional
and complementary medicine...

As a Family Nurse Practitioner for over 20 years, I’ve become aware of the difficulties even the most savvy consumer has navigating our increasingly complex, confusing and frankly dysfunctional healthcare system. For many years I have been drawn to the emerging field of Integrative Medicine with it’s emphasis on common underlying causes that can lead to chronic illness and pain.

By considering the full interplay of one’s history, genetics, physiology and lifestyle we can design therapy that brings the body into balance for real, long-term health. I will include noninvasive, bio-impedance testing to determine body composition, BMI and BMR. If appropriate, I’ll order state-of-the-art lab tests, now available, to further assess inflammation, possible genetic factors, allergies, toxin load, hormonal and micro-biome imbalances or nutritional deficiencies.

After a thorough review, we’ll create a therapeutic lifestyle plan with measurable goals. When needed I can work with your current health care provider or refer to ancillary providers to achieve the best possible integration of all available resources to assist on your journey to wellness.



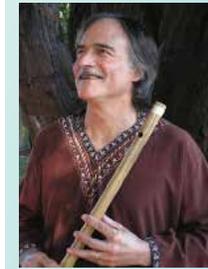
Mariane Gilbert FNP
917 Third Street
Eureka, CA 95501
707.362.0878
mgilbertfnp.com
mariane@mgilbertfnp.com

Seabury Gould

(707) 444-8507

seaburygould@hotmail.com
& www.seaburygould.com

Singer, Multi-Instrumentalist,
Storyteller and Music Teacher



Eclectic musician Seabury Gould is a singer, multi-instrumentalist, storyteller, and music teacher. In his extensive work with diverse music for adults and children, he facilitates musical wholeness through exploring how the ear, heart, hands and intelligence can be cultivated. He studied Indian classical music with Ali Akbar Khan, GS Sachdev and Dr. K. Subramaniam. He lived in India for two years where he first learned South Indian music with master musician Sri IVL Sastry.

Seabury has a BA in Religion from Kenyon College and an MA from Antioch University (thesis on Music and Spirituality). He plays and teaches guitar, bamboo flute, piano, and vocal music. He gives private lessons and teaches both adults and children. Folk music and Indian music are among the styles he plays. One of his specialties is sing alongs. He leads kirtan workshops in which people sing devotional songs.

Seabury plays for house concerts, parties, weddings, yoga workshops and gatherings. He has opened for Robert Bly, Coleman Barks, and Deepak Chopra. He has participated in and facilitated numerous men’s groups. He is a recording artist, music arranger and has produced nine of his own albums of traditional and sacred music and storytelling; his most recent solo CD being “Let That Musician Finish This Poem: Instrumentals (World Music inspired by the Poetry of Rumi).”

Combining the translations of Coleman Barks with his own compositions, Seabury weaves a variety of styles and interpretations into a fantastic voyage into Rumi’s words.

Seabury was bandleader of the Celtic music band Scatter the Mud. He played Rock/Blues/Latin music with the popular local band St. John and the Sinners. He has made three musical journeys to Ireland where he played with Irish musicians. He has also traveled to countries, such as Hungary, Guatemala, Bolivia, Bhutan, Bali, Mexico, and Tunisia in his study of World Music.

Seabury encourages people to appreciate the importance of live music and reminds singers to “Think globally, sing locally.” He has been described as an “accomplished, dedicated and talented music teacher.” He is known for his excellent rapport with both children and adults.

Since 1974 Seabury has been interested in the study and practice of the Integral Yoga of Sri Aurobindo and the Mother, the aim of which is to open the consciousness to the Divine and to live in the inner consciousness more and more, while acting from it in the external life.



Kari Greene, C.M.T

Massage Instructor & Teacher

Myofascial Release Techniques

A gentle deep tissue technique that ‘unwinds’ the fascia—the layer of connective tissue that is below the skin’s surface, and encases every muscle and organ. This approach creates long lasting pain relief flexibility and helps to break old patterns of tension.

Lymphatic Drainage Technique

An extremely light yet effective therapy that accesses the Lymphatic System, which controls the fluids in the body. This creates a natural detoxifying and immune building response that also calms the nervous system. This therapy is safe for everyone and can be especially effective for chronic pain, allergies, insomnia and inflammation.

CranioSacral and Reiki

These two modalities work together to bring body, mind and spirit into balance by reconnecting to this vital rhythm.

Testimonial: *I have been getting weekly bodywork from Kari for about five years. During that time, she has helped me recover from three joint replacement surgeries. With patience and gentleness, Kari helped reduce the swelling and scar adhesions associated with the surgeries. I feel that her techniques have improved my circulation and energy flow. Unlike the intense pressure of deep tissue massage, Kari provides a safe, relaxed environment where my body can let go of long held muscle memories and be supportively coaxed in new directions. I have regained flexibility and physical comfort that I thought I had lost forever. -Kathryn Shaini*

Welcome to Spirals of Life Wellness

This year I wish to share my twenty-eight years of experience as a massage therapist combined with ten years of teaching to offer classes for fellow C.M.T.s by providing Continuing Education for Massage and Bodywork as well as classes for the community. **I will be teaching courses in Myofascial Release, Lymphatic Drainage, CranioSacral, Advanced Deep Tissue and more!** For the community I plan to offer couples massage, self care techniques, Massage for cancer patients, children and teens. I am also a Reiki Master Teacher and teach all three levels of attunements.

I give thanks to my community for the support that I received last year while I was battling ovarian cancer. I am also grateful for the honor of working with Kate McCaffrey, D.O. as well as other local healthcare professionals for the past twelve years in Humboldt County.

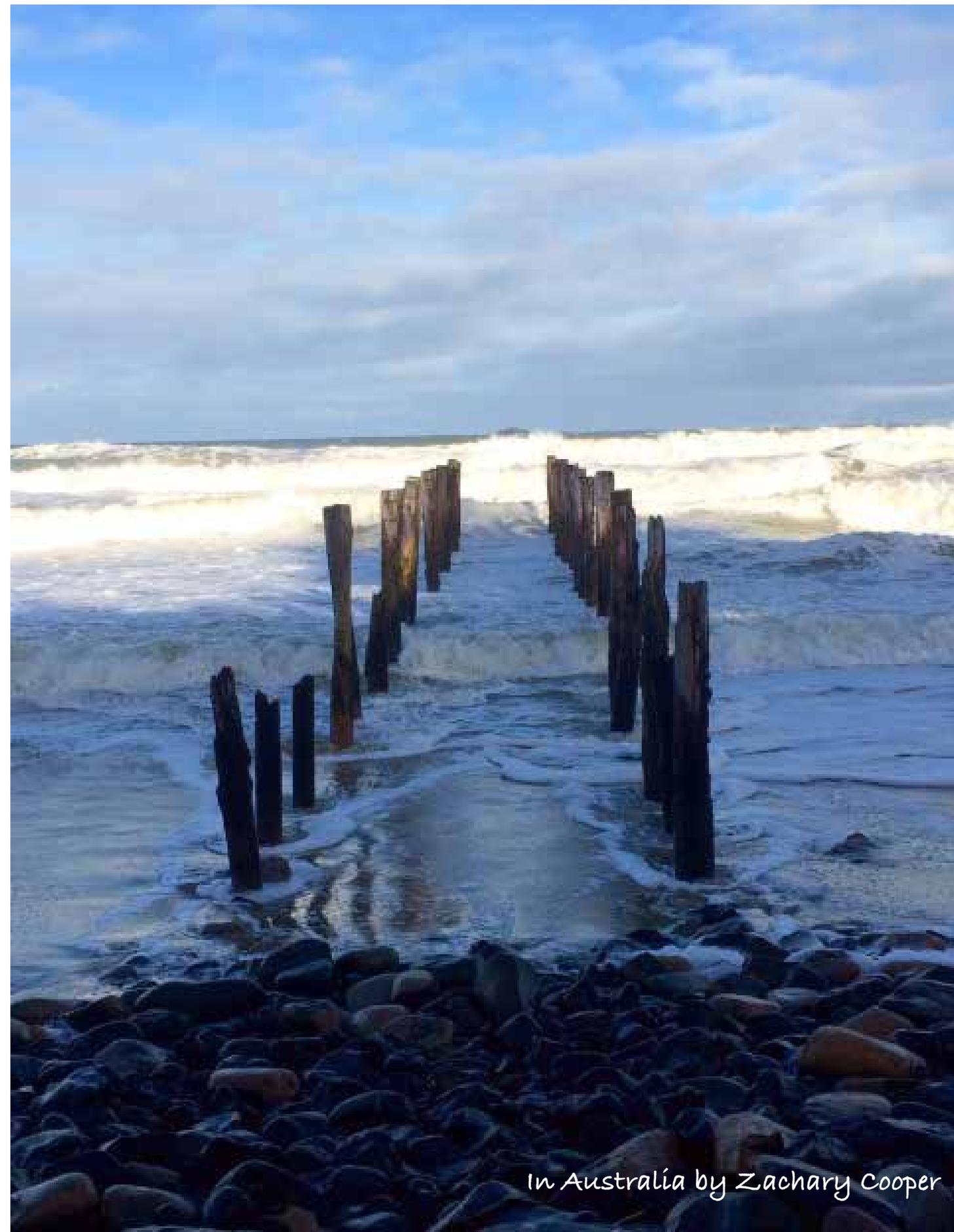
I specialize in the following techniques to help those with chronic and acute pain, migraines and all those on a path of health:

Find me on Facebook @ **spirals of life wellness**
Visit my website for information on upcoming classes and events

707-382-0268

1660 Central Ave. Suite F McKinleyville, CA.

SpiralsOfLife.net



In Australia by Zachary Cooper

Amberlee Gustafson

Advanced Certified BodyTalk Practitioner (AdvCBP)



BodyTalk

BodyTalk stimulates your body's natural ability to heal itself by improving communication in the body, mind, and spirit.

Ideally, every cell, organ, and system is in constant communication with each other, synchronizing the many complex functions of the body. This creates your natural state of health.

Throughout our lives, however, we go through physical and emotional stresses and traumas that can overwhelm our systems and cause lines of communication to break down.

This decreased connectivity creates underlying imbalances, which lead to symptoms, pain, and disease.

As a BodyTalk practitioner, I tune into your systems to discover where these broken pathways are. I then use gentle tapping to reconnect them. Once communication is re-established, the body heals itself!

BodyTalk combines wisdom from ancient healing methods, including Traditional Chinese Medicine and yoga philosophy, with insights from modern fields of

science such as epigenetics and neuroscience, to approach the body from a truly holistic perspective.

BodyTalk has been shown to be very effective in treating many health concerns, including:

allergies, menstrual irregularities, viruses and infections, stress and headaches, injuries and chronic pain, arthritis, sleep disorders, chronic fatigue, emotional disorders and phobias, anxiety, learning disorders, depression, digestive issues, endocrine disorders, addictions, and many others.

Aside from healing your physical symptoms, BodyTalk helps you let go of everything you're not: grief, fear, limiting beliefs, old traumas, and environmental stresses.

You reconnect with your true essence and experience a deep sense of ease and peace.

Each session is tailored to your individual needs, focusing on the specific sequence of balances most beneficial to you in the moment. No two sessions are the same.

I've been practicing BodyTalk in Arcata since 2010. I practice in person and do distance sessions. Bodytalk is safe for pregnant women, children, and animals.

To learn more, head to

amberleerose.com

for info on BodyTalk along with free tools and techniques for self-care

707-616-8215

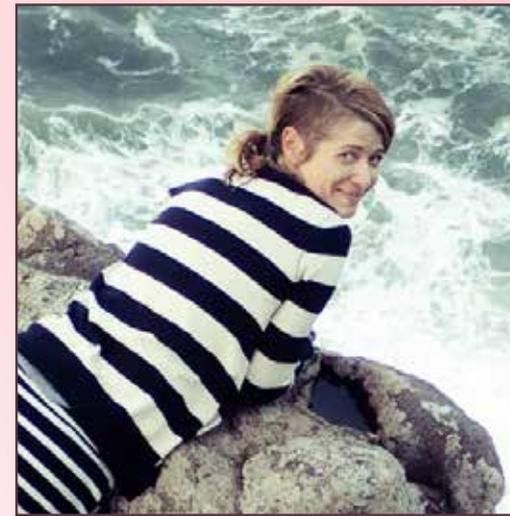
amberleerose@gmail.com

Feel free to get in touch with any questions or to talk about your specific health concerns.

Certified Massage Therapist

MJ Griffin

"Unbridle your heart. Know that Love is limitless. Give freely and often."



It is my great honor to be your guide to the connection of body and soul. Through hands on therapy, it is my intention to help bring you awareness of your body and its divine ability to heal itself. After identifying your needs and desires, I fall into a deep conversation with the body, allowing it to show me where we go. Modalities that are blended into my sessions include Relaxing Swedish, Deep Tissue, Myofascial Release, NMT, Trigger Point, Stretching, and Sound Healing. Most sessions are deep yet gentle. This is a journey of unwinding old patterns, releasing unprocessed trapped emotion, and restoring balance. I wish to aide in the letting go of suffering and to awaken souls to the Love and Light that you truly are. I look forward to connecting with you. Blessings.

707-845-7805

www.mj.massagetherapy.com



HANDS-ON

Physical Therapy

(707) 407-0536

801 Crescent Way, Suite 4, Arcata, CA 95521

Christine McKnight

Physical Therapist and Hellerwork Practitioner



HANDS-ON Physical Therapy uses a whole-body approach in assisting clients along their path to wellness and a pain-free lifestyle. Upon initial consult, a thorough evaluation is performed for all clients to best discover their needs and goals. We

then create a personalized treatment plan based on those needs using a variety of manual techniques. Postural training, movement education, ergonomic information, therapeutic exercise, and integrative dialogue are utilized to support and make permanent the positive shift which result from the hands-on techniques. Here at HANDS-ON PT, great emphasis has been placed into creating a healing environment where it is our goal to treat every client as a whole and not just an injury.

Myofascial Release is a form of bodywork that identifies and releases the tightness of connective tissue.

Hellerwork is an 11 session series of structural integration that includes myofascial release, movement education, and mind-body dialogue.

Visceral & Neural Manipulation is a form of bodywork that releases organ specific and nerve specific fascial restrictions that may be contributing to pain and restricted motion.

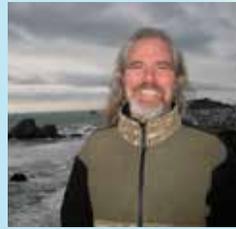
HANDS-ON also offers **massage therapy specializing in deep tissue, trigger point, and craniosacral.**

We accept most health insurances with a doctor's referral and offer 30 to 120 minute cash appointments.

www.handsonphthumboldt.com

Transformational Therapeutics

Patrick Harestad



Kinesis Myofascial
Integration
Dynamic Light Therapy
& Yoga Therapeutics

Kinesis Myofascial Integration is an extremely effective way of working with the whole body's muscular structure.

- Conditions KMI can help:
- Neck pain
- Lower back pain
- Sciatica
- SI joint dysfunction
- TMJ dysfunction
- Frozen shoulder
- Shoulder issues
- Hip issues
- Leg and feet issues
- Arm and hand issues
- Tendinitis
- Bursitis

KMI uses the "Anatomy Trains" myofascial meridians to unwind complex patterns of dysfunction and promote optimal function of the body as a whole. KMI can be used to resolve particular problems, such as joint or muscle pain, or to experience optimal function. As Dr. Ida Rolf was fond of saying "Gravity is the Teacher" and through this work you become an eager student. Life is too short to live in a state of chronic pain. Through this work you will gain much greater freedom in the body and the tools to maintain that freedom. I invite you to try this innovative work.

Dynamic Light Therapy is safe, non-invasive and very effective for healing inflammatory conditions, tissue repair, immune function, nervous system issues and chronic pain.

Patrick Harestad is a graduate of Kinesis School of Structural Integration, a Board Certified Structural Integrator, and a member of the International Association of Structural Integrators. He is also a certified Anusara Yoga teacher and certified Massage Therapist.

707-616-4117

Alicia Hashem



Wellness, Lifestyle,
Plant Medicine &
Nutritional Consultations

Alicia Hashem is the founder of Essential Medicinals, an organization dedicated to global healthcare. She is in love with the wisdom of the plant kingdom.

Through her classes, trainings, and one on ones, she shares the message of the plant kingdom in various ways to improve your quality of life. doTERRA provides a perfect support for clinical grade, plant-based healthy lifestyles. doTERRA's cutting edge scientific research and development is all about using nature's original pharmacy: plants! There are endless ways that plants connect with people and lifestyles. The mission of Essential Medicinals is building sanctuaries around the world by inspiring an apothecary in every home! The sacred medicines of the earth belong in every home. That is the gift of the earth- doTERRA (gift of the earth is the definition of doterra a latin origin root word). Essential Medicinals creates opportunities for people to get in tune with body, nature, and spirit. When we are nourished and empowered individuals, we are enlivened with enthusiasm. The health care industry is ripe for innovation. The side effects from pharmaceuticals are unacceptable. Essential Medicinals partners with doTERRA to revolutionize health care practices with plant medicine and lifestyle. To experience true medicine, one must know your source. That's why we love doTERRA! doTERRA is the global leader for clinical, scientifically researched and validated plant medicine.

The sourcing of proper healing plants that are indigenous and properly cared for, take us on an exotic journey across the world!

Some plants have a very loud message—these plants contain pure, potent essential oils—the most vibrant planetary extracts! Essential oils are living intelligent medicine from plants. Essential oils have bold chemistry. They cross through all barriers, effecting each cell deeply. Aromatic compounds awaken all our senses. Plant medicine works through many dimensions, both physical, emotional, subtle, and noticeable. Many tools and resources are available to assist each individual how to properly use health enhancing oils for all sorts of health purposes. Plants support wellbeing and beauty. Messages from the plant kingdom awaken our perspective, our own knowing and purpose. Plants help to remind us that Life is a ceremony.

707-672-2928

essentialmedicinals@gmail.com



Wisdom of the Soul

Jolene Hayes, CCHT

Certified Clinical Hypnotherapist
Soul Realignment Practitioner/Akashic Records
Transformational Coach

Are you looking for real direction in your life? Is your Soul urging you to make some big life changes but you don't quite know how to go about it? Do you feel stuck in making a specific life-changing decision? Or perhaps you are aware you are a multi-dimensional Being, but don't know how to access your true greatness.

Don't worry!

You have a wealth of spiritual wisdom just beyond the edge of your consciousness and I can help you tap into it and learn how to use it.

I am a Certified Clinical Hypnotherapist, Soul Realignment Practitioner/Akashic Record Reader, and Transformational Coach. I have a wealth of modalities, knowledge and experience for helping you work through blocks and restrictions in order to live a happier, healthier and more abundant life. While you work with me, you will attain a deeper understanding of Universal Law, including the Law of Attraction and learn how to align with it in order to create the life you desire. Having all of these tools to call upon allows us to work on past, present and future concerns.

Further, I will help you tap into and access more dimensions of yourself in order to open the door towards discovering who you really are at your Soul level. You can discover exactly what has been blocking and restricting you from moving forward in your life, and then we'll energetically clear it. I'll help you learn how to make new choices that will raise your vibration and are in alignment with your Highest good.

Here are just a few of the many issues we address in our work together as they relate to you ~

- Anxiety & Stress
- Relationship Issues
- Habit Control
- Trauma
- Phobias

Achieving the YOU, you were meant to be!

Call or email today to discuss a strategy so I can help you achieve the healing and empowerment you deserve.

707-499-9207

jolene@wisdomofthesoul.com

wisdomofthesoul.com

Testimonials:

Jolene's soul realignment reading has helped me to clarify questions that I have struggled to understand in my inner life, as well as, my relationship with my husband. Her insightful wisdom and gentle, compassionate guidance created a safe space for me to explore the reasons for my habitual patterns that have caused me suffering. Working with her has given me a new perspective and "tools" to shift away from these long standing habits. Jolene is a woman of integrity, as well as, a gifted healer. I highly recommend her! ~ Marie B. Arcata, California

Some may call what happened to me pure 'coincidence' but within one week of the reading of my Akashic Record and then following the recitation of the clearing prayers, I encountered an enormous personal event that was very challenging at the time it happened, but has indeed become one of the most transformative moments of my life. I truly do believe it was a "clearing event" of the highest order. It has been life changing...in a very good way. Thank you Jolene for your most excellent work! I will be always grateful for the deep and ancient healing that I believe this has brought about for me and my family. Namaste my friend! ~ C. Marshall, Visual artist Chanhasen, Minnesota



Healing Oil Touch Claire Yarrington

My Offerings:

Individual Wellness Consultations are done at no charge. An hour devoted to listening to your concerns and learning your goals for wellness & lifestyle; and creating a manageable and affordable plan to achieve your optimum health in every aspect of your life.

Certified AromaTouch® Technique Instructor offering AromaTouch system balancing sessions, and certification in applying this technique to others. (Certification is a 6 hour workshop.)

Classes & Workshops taught locally, including: Introduction to Essential Oils, AromaTouch Technique, Essential oils and Anti-aging, Building Strong Immunity, Emotional Healing, Performance Coaching, Natural Solutions for Family Wellness, Back to School Health ... and more.

DoTERRA: Pure essential oils are revolutionizing the way we manage health. DoTERRA oils harness nature's most powerful solutions and share these gifts through a global community, one to one. Purchase the highest quality essential oils at wholesale prices - we help you get started benefitting from nature's protection that provides antioxidants, energy, supports brain and nervous system, helps manage mood and emotions, supports liver, digestive function, lung function, DNA protection, cardiovascular health, wellness and vitality.

Visit me at: www.mydoterra.com/cly/#/



Wellness Advocate

Your Guide to discovering your best self, integrating wellness in body, mind and spirit.

Are you ready to move to a new dimension in health? Break through barriers, even a dramatic life transformation? A customized, intelligent plan is your first step to success. How would you feel if you were enjoying optimum health? Happiness is a choice - YOUR choice! Every new day is another chance to change your life.

- Intuitive Healer, Life & Performance Coach, Wellness Consultant
- Teaching a wellness lifestyle that builds from physical wellness to emotional healing and spiritual connection
- Hands on learning in alternative paths to wellness, including nutrition, essential oils and supplementation

707-616-7798

HealingOilTouch@gmail.com



Find us on Facebook

@ Healing Oil Touch, Claire Yarrington



Nana Hendricks Spiritual Guide / Visionary / Channel

It is my greatest honor to reflect back to you that which shines forth from your own Soul

- Intuitive Guidance**
- Healing Sessions**
- Conscious Expansion**
- Spiritual Mentoring Programs**
- Priestess Path Programs**
- Sacred Journeys to Mt Shasta**

In 1999 I had an instantaneous kundalini awakening. All of a sudden I was thrust into a world where all subtle frequencies were visible to me. Everything was made of energy. I could see that we were all connected through a unified field. There was absolutely no separation between anything; human beings, trees, animals, the air we breathe. The Source that created everything was alive and experiencing itself through all things.

I could also see that every human being had a colorful aura around them that contained their history and life story. Many traumatic memories were stored in shadowed clouds in this aura. Being sensitive to these energies was painful for me. I felt as if every person on the planet were hiding their past, wearing masks to conceal their pain and pretending. In a state of desperation, I cried out to God to help me understand this suffering. I heard clearly: "You have not been given the sight to see the shadows, you have been given the sight to see the light."

This shifted my perspective and I began looking deeper. Then I saw the golden souls that dwell within each human being. Hidden by the clouds, but always there, our Souls wait for us to clear the shadows and find the truth within us. We are not our stories, history, programming, or just our personalities. We are Soul; brilliant, radiant, eternal and free. We can choose to clear the dark clouds and let our Souls shine bright, guiding us from within, until we are in complete remembrance and embodiment again.

My journey has taken me to various places on the planet that are activation sites and inter-dimensional doorways. Mt Shasta is one of them. It led me through the remembrance of who I Am as a Priestess and Medicine Woman. I recalled the Initiations of the Great Mystery Schools. Then many others were drawn to me that carry these same soul memories. I became a vessel in helping others remember and reclaim those ancient parts of themselves too. For over ten years I've hosted retreats to Mt Shasta. The mountain and the Spirits that dwell there call me a "Gatekeeper, one who has the keys to unlock the doorways and portals of this sacred place." It is a great honor for me to be a guide and to help remind others of the magic and mystery that they carry.

Watching a Soul illuminate from the core outward and filling the human body is my greatest joy. When there are no more blockages or hidden shadows concealing the light, we ignite and set ourselves free. I've devoted my life to helping people find, and live from, the Soul inside of them. As I've worked with many people over the years, I have become familiar with higher states of consciousness. These states exist within each of us. There are many dimensions within the human spectrum. Lower dimensions operate on the illusion that we are separate. Our greatest fears come from the seed belief that we are separate or alone. It simply is not true. We are loved and supported by our souls and many other illuminated beings including the Source that created all things. In the higher states, we know we are all connected and we operate in Unity and Harmony. My mission is to help people remember who they are until we are all glowing with peaceful Soul Knowing and Oneness again.

Blessings, Nana

Be free to live your life fully from the heart and Soul!
Soul-Guidance Sessions, Mentoring and Healing Sessions can be done over the phone, Skype or in person in Ashland, Mt Shasta, and Arcata.

828.337.5512

Nanahendricks@gmail.com

www.TheSpiralStair.com



Dr. Pepper Hernandez, CNHP, NHC

NATURAL MEDICINE ON THE PLAZA

JACOBY'S STOREHOUSE
2nd FLOOR,
791 8th Street Arcata, CA 95521

Join me on Facebook to get updates on Raw Recipes and Health and Wellness info: [facebook.com/drpepperhernandez](https://www.facebook.com/drpepperhernandez)

Many of her beliefs stem from her rich culture and background as a native from Oklahoma. She practices and uses skills of her ancestors from the Cherokee, Cheyenne, Arapaho from her mother's bloodlines and the Navaho, and Apache from her father's.

Pepper has a video channel on Youtube
<http://www.youtube.com/user/pepperchinni>

Naturopathic Holistic Health Practitioner

Cannabis Therapy Consultant,
Raw and Live Food Nutrition, Naturopathy,
Medical Intuitive, Lifestyle Therapy &
Mind, Body, Soul Connection

Dr. Hernandez holds a Doctorate in Naturopathy Classic and Traditional, is a Holistic Naturopathic Nutritionist and Medical Intuitive who uses raw and living medicinal foods, edible flowers, herbs, spices, therapeutic teas, vitamins, minerals and essential oils all as part of her nutritional care of healing.

She spends her time as a speaker, writer and activist on health living nutrition. She leads lectures, conferences, and wellness retreats. She also teaches courses involving shaman energy, charkas, raw foods and much more along with traveling the world for more research and learning opportunities. Her life has been dedicated to health and wellness.

Nourishment for the Physical, Mental, Spiritual and Emotional Bodies is the only way to heal us completely. This is why we are here. ~Pepper Hernandez

Therapies include but not limited to Raindrop Therapy, Iridology, Reiki, Energywork, Yoga Postures, Mind Body Connection, Meditation, Breathe/ Prana, Anarda, Chakra Clearing and Balancing, Auric Clearing, Strength Training, Muscle Testing, PH Analysis, Connection of the divine.

Finding ones power is essential in every modality you choose.

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www.simplyrawsome.com

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Personal Practitioner - Nourishment of the Physical, Mental, Emotional & Spiritual
Quantum Alignment Therapy - Where naturopathy meets energetics 300+Hours

This is an extensive program with classes covering:

Physical & Emotional Healing Cannabis Healing Raw Nutrition Elemental Eating Juice Cleansing Herbal Medicine Medicine Making Cleansing Fasts Women's Yoni Health	Raindrop Therapy Vibrational - Sound Healing Physical Cleansing Body Scanning Aroma Healing Acupressure Kinesiology Muscle Testing Iridology	Mental & Spiritual Healing Chakra 1 & 2 Series Field 5 Alignment Shamanic Practices Light Being Activation Anarda Healing	Emotional Trauma Relief Medical Intuitive Training Medicine Field Spiritual Clearing Practitioner Ethics
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Application available online

This Program has a 10 months or 2 year option

Natural Medicine on the Plaza - Jacoby Storehouse - Arcata, CA

Dr. Pepper Hernandez
[Simplyrawsome.com](http://www.simplyrawsome.com)
707 840 6056

Paul Heffernan

Certified BodyTalk Practitioner (CBP)



*Becoming more self aware
improves health and
well being.*

The BodyTalk system is a holistic healthcare system that supports and promotes the wellbeing of any person, animal or plant.

The fundamental paradigm of the BodyTalk System is Consciousness-based living. This means living life fully aware of the moment.

Each session is a unique set of links specifically tailored for each client by *their own Innate Wisdom* and facilitated by the practitioner. Working through the BodyTalk System, the practitioner will "ask" the clients body, through biomuscular feedback, what disturbances have occurred in the vital energy body that have compromised the balance, communication and synchronicity of the bodymind system. **Balance can then begin to be restored by refocusing your body's natural healing response to establish better communication within the body.**

BodyTalk practitioners do not diagnose symptoms & tend not to talk about addressing specific diseases. Instead, the BodyTalk philosophy is that every person has a unique balance that should be addressed. The ideal goal is to find the best, most dynamic point of balance within our bodymind complex, such that we are easily able to respond to the issues life throws at us with ease and grace.

The International BodyTalk Association has established standards of practice for BodyTalk that involve the passing of exams, supervised practicals, and continuing education requirements. For more info visit the BodyTalk website www.BodyTalkSystem.com.

707-267-0430

Paulyotto@yahoo.com

www.EnlightenedCreation.guru

Humboldt Acupuncture



Chelsea Colby LAc. & Jeffrey Haloff LAc.

707-268-8007
humboldtacupuncture.com

123 F St., Suite F in Eureka, CA
Also in Fortuna at 1730 Main St.

HUMBOLDT ACUPUNCTURE is founded on the principle that our natural state of health is one of balance. Oriental Medicine is a tool that can help our body/mind/spirit recover its ability to bring ourselves into balance. Life's stress and trauma cause an imbalance which affects us each in unique ways. Experiencing acupuncture, people generally report less pain, less anxiety and more relaxation of body and mind; leaving the HUMBOLDT ACUPUNCTURE office with a sublime smile on their faces. Based on the balance of cycles and elements of Nature, Oriental Medicine has been used for more than 3,000 years as the primary health care system in China, Korea, Japan and Vietnam. This medicine has flourished for all these years due to its effectiveness in treating many medical problems. In modern times, the National Institute of Health recognizes Acupuncture as effective in treating over 50 health concerns.

Chelsea and Jeffrey operate HUMBOLDT ACUPUNCTURE in the heart of Eureka's Old Town. They studied and met at the Oregon College of Oriental Medicine in Portland, OR. Upon graduation, they opened a clinic in Portland, and got married. As a Humboldt resident, it was Chelsea's dream to bring this beneficial healing practice to this area. Jeffrey also received massage training at Heartwood, and has completed a 3-year Feng Shui training program in San Francisco. He is co-founder of **Humboldt Veterans Acupuncture Project**. Chelsea and Jeffrey are very happy to be here serving our community.

They use a gentle acupuncture approach as well as herbal medicine and nutritional supplements to treat a variety of common and uncommon health problems. Chelsea is trained in a Japanese acupuncture style, effective for a variety of conditions, including: women's health issues, stress management, acute and chronic illness, emotional balancing, and pain management. Jeffrey enjoys helping with anxiety disorders/PTSD, insomnia, sports medicine, etc. They both help people with headaches, muscular-skeletal problems, pain reduction, digestive disorders, detox, carpal-tunnel, lung/immune system and any common, or uncommon ailment.

HUMBOLDT ACUPUNCTURE provides:
Acupuncture, Moxabustion (heat therapy), Tuina (Chinese Massage) and Acupressure, Chinese Herbal Therapy, Nutritional Counseling & Feng Shui



HOLISTIC EVOLUTION

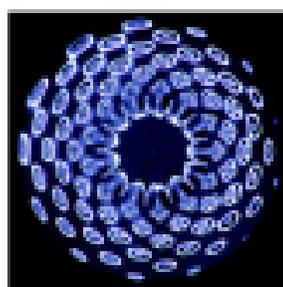
LEADING EDGE HEALTH & WELLNESS



Neurofeedback & Biofeedback

Neurofeedback is a technique in which we train the brain to improve its ability to regulate all physical functions, to take care of itself, and to function more efficiently. Neurofeedback has been proven to offer significant benefit to those who desire optimal performance, as well as individuals with: ADD, ADHD, PTSD, Trauma, Anxiety Depression, OCD and Concussion.

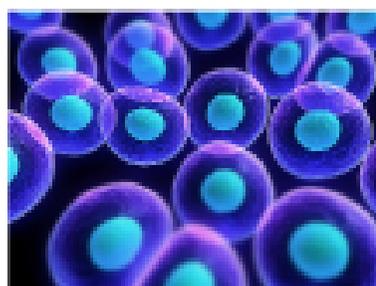
We offer state of the art: EEG Neurofeedback, HEG Neurofeedback, Heart Rate Variability Training, GSR Biofeedback & AVS Entrainment



Actual Photo of 78 Hz

Cymatic Resonance Therapy

Cymatics is a field of science which studies the subtle properties of sound frequency. We now have clinical research revealing the healing effects of specific sound frequencies when broadcast into the body through tactile sensation. The effect is deeply therapeutic, calming and revitalizing.



Cellular Nutrition Consultation

The 3 primary requirements of our biology are oxygen, water and nutrients. During a consultation we cover every required nutrient to develop optimal wellness. Advancements in nutritional science have revealed the most important nutrients to optimize cellular function, which is fundamental to wellness and longevity.

Ask Us About Our Seva Program (We Donate 2 Free Sessions Monthly)

For Scheduling Call 707-502-9334

Located In Arcata, CA - Pricing On A Sliding Scale

<http://www.holistic-evolution.com>



HUMBOLDT HERBALS



Effective • Natural • Economical • Over 500 Organic Herbs & Teas

“We Help You Understand Nature’s Pharmacy”

Humboldt Herbals is the area’s only European-style full service herbal apothecary, offering vibrant botanicals of exceptional quality and value for 16 years and counting. We specialize in local herbal products made by your neighbors in Humboldt, stocking over 500 organic and ethically wildcrafted medicinal bulk herbs, unusual culinary spices & salts, and lots of delicious teas! In addition to our proprietary herbal tea blends, we offer green, black, red, white & “flowering” teas from around the world. If you have a specific formula or taste in mind, we’re happy to offer custom blending services for your specific needs.

As a full-service apothecary, our staff of experienced herbalists package and dispense your herbs with clearly marked labels and instructions, making sure you understand the medicinal benefits and the best way to prepare your herbs for maximum efficacy. We will guide you through the range of botanical remedies that are appropriate for your individual condition, including aromatherapy, flower essences, tinctures and supplements. We offer effective herbal support for your animal companions, too.

We create our own line of herbal smoothie blends, culinary seasonings, fabulous facial care products, therapeutic oils and divine aromatherapy mists that you’ll only find at Humboldt Herbals. We also stock hundreds of bottles, jars and tins, plus a full selection of organic based ingredients to help you create beautiful botanical products at home. Books, unique gifts and fair-trade crafts are yours to enjoy.

At Humboldt Herbals, we know you are more than just your physical body. It is our intention every day to be a clear channel of communication between you and the healing spirits of the Plants. It’s our pleasure and an honor to help you connect with botanical allies that will nurture you physically, emotionally, mentally and spiritually.

Stop by our delightful oasis in Old Town Eureka, enjoy a complimentary cup of delicious herbal tea, and explore how we can be of service to you. We proudly offer a 100%, no questions asked, cheerful money-back guarantee, so what have you got to lose? At Humboldt Herbals, we help you understand nature’s pharmacy.

----->

300 2nd St., Old Town, Eureka

(707) 442-3541 • www.humboldtherbals.com

emailus@humboldtherbals.com Shop online and sign up for our free monthly informational e-newsletter



Welcome To
ELIANDA SESSIONS
 with MARY ANN HYTKEN

707-443-5021
 eliandasessions@gmail.com
 44 Sunnybrae Center, Arcata

**SHIFT TO YOUR
 NEXT HIGHEST POTENTIAL**

A friend once told me: *The human body is not big enough for the Soul!* Although those words are not true, they may seem so whenever we're undergoing another soul growth spurt. At those times, our souls send new waves of energy pouring into us and stretch us to our limits. We may experience physical and emotional challenges. Our bodies and hearts signal our minds to release the personality a bit more, so that our expanding sense of self can have room to flourish. Once we do this and allow ourselves to ride the incoming waves of energy, we can begin embodying our next Highest Potential. Is there something that can assist us in this process?

ELIANDA SESSIONS

ELIANDA SESSIONS offer support as your body receives these upgrading waves of energy from Spirit. In these sessions, each client is seen as whole with wisdom and intelligence already present. Light Frequencies and Reiki facilitate integration with the next level of the client's own guidance and assist this wisdom and intelligence in moving free of obstruction.



This innate wisdom is validated and reflected back to the client via guidance, insights, spiritual exercises, and visualizations. Ultimately, the client has access to a greater sense of harmony, ease and joy while making a shift to increased multidimensionality.

ELIANDA TESTIMONIALS

My sweet session with Mary Ann helped me to more deeply integrate an important spiritual/emotional lesson I've been learning.

-Ana Lara Garrard, teacher and author

Mary Ann has a clear connection for intuitive, energetic healing. Her enormous heart creates a safe environment for deep healing. I feel seen and nourished in her presence. Mary Ann's commitment to the spirit's/body's wisdom in healing is inspirational and integral.

-Nicole Schiller, RN

Mary Ann works with the energy of Divine Intention to create a sacred space where a client can dwell and tap into their own highest intention and purpose. If healing needs to occur, it can unfold in this space. If guidance is sought, a way is made for it to be found.

-Zera Starchild



Humboldt Mobile Massage is a traveling marvel. We arrive at your home or reserve our studio space for your massage. Our 5 massage therapists are very experienced and specialize in many modalities, from therapeutic true deep tissue to lymphatic drainage therapy. For mobile massage appointments we bring everything needed, including a table and relaxing music. We set up quickly, and then begin a most luxurious massage. We do our best to fit into your schedule seven days a week.

I spend quite a bit of time at my computer, and my neck and shoulders get pretty tight. Nicole's strength and amazing ability to find just the right spot and work it until it relaxes was a blessing.

- Jane, Trinidad Ca



707.832.2929

Appointments available 7 days a week

Including evening appointments from 5:00-7:00 pm

Secretary Hours:

Monday - Sunday 9:00 am - 6:00 pm

HumboldtMobileMassage.com

ISIS Scrolls



Isis Scrolls is a free bimonthly magazine creation offered from the Isis Osiris Healing Temple.

Through Isis Scrolls, we seek to inspire and educate the members of our community about our uniquely skilled and gifted healing arts practitioners, and the rich variety of integrative healing modalities available to us. Isis Scrolls is a vessel through which the voice and heartbeat of the innate healing wisdom that lives within each of us, can be experienced. While we may not share all of the beliefs expressed by our contributors, we do support them in sharing themselves.

Our intention is to offer a wide variety of quality information that will support all of us on our healing path by providing tools and resources for personal growth, awareness, and self-empowerment. Sharing our stories, wisdom, gifts and skills strengthens the overall health of our community.

Exercise your free will and discernment to ponder, embrace or release what you find throughout these pages. Once you complete an issue, please pass it along, recycle it, or save it for reference or posterity.

707-825-8300

isis_scroll@earthlink.net

IsisScrolls.com

The Isis Osiris Healing Temple



**Crossing the Threshold into the Remembrance
That We Are Nourished Continuously
by a Conscious, Intelligent, Benevolent Energy
That Springs Forth from the Center of Our Being.**

The Temple is a sacred place where all of the parts of yourself are invited to show up, the blessed, the fearful, the ashamed, the guilty, the unworthy...all of you is welcome. YOU will be seen through non-judgmental eyes, honored, listened to, and appreciated.

A non-judgmental healing experience can set the stage for you to bloom.
Our Temple space has this deep truth and understanding built into it.

Come experience the sacredness of our Temple space
Any one of our gifted practitioners can assist you along your path toward wholeness.
We work individually and in teams of any combination.

**Facilitating the Birth of
Your Emerging Core Essence**

707-825-8300
44 Sunny Brae Centre, Arcata, California 95521



*Linda
Joanne*

707-834-1682



Mine is a healing practice that is boundless within life's daily experiences.

Being true to myself and to whomever I have the honor to share this moment in time with, has become my practice. Being in this moment and truly looking at the person in my presence with authenticity is of the utmost importance. Miracles truly can happen when there is a "fair witness" to who we are and what experience is being co-created.

Another part of adding spirituality to my daily life is ritualizing intention. I believe small things can help bring our focus to the intentions of life. Lighting a candle tucked in the garden, piling river rocks marking a place where tears were shed for the past, an alter signifying a place of reverence, flags flying—sending prayers into the element of air, all reminders to bring us present into a moment, which is so important for our busy lives.

The ribbon of Spirit weaves gently through my daily life. With just a moment of attention, bringing my Intentions to earth with a match to candle.



For Myself ...



For My Family ...



For My Community ...

Stacey Kett

Acupuncture and Herbal Medicine

*Encouraging Health and Balance through
Understanding and Treating the Body as a Whole*

**Acupuncture
Cupping
Moxibustion
Singing Bowls
Chinese & Western
Herbal Medicine**



These techniques have been used for thousands of years and are effective, simple and can treat a wide range of health conditions.

Stacey is especially interested and has experience in the following areas:

- **Acute and Chronic Pain**
- **Arthritis, Fibromyalgia**
- **Chronic Headaches and Migraines**
- **Insomnia, Stress, Anxiety**
- **Bell's palsy, Trigeminal Neuralgia**
- **Parkinson's Disease and Stroke Rehabilitation**

Stacey received a Master's degree in Acupuncture and Oriental Medicine from Oregon College of Oriental Medicine. This was an intensive four year degree that emphasized Acupuncture, Moxibustion, Cupping and Chinese Herbs. Following graduation, Stacey volunteered in a low-cost health clinic for 6 weeks in a rural village in Nepal. While in Nepal, Stacey studied with a traditional Singing Bowl practitioner. Singing bowls use sound and vibration to help resolve pain, depression and optimize overall well-being.

Stacey has a bachelor's of science degree in Ethno-botany from Humboldt State. She also has a comprehensive foundation in Western Herbalism and medicine making. Stacey has been a resident of Humboldt County since 1992. She is happy to be back home in Arcata and is dedicated to living and participating in the health of this community.

707.616.5283

ilovenettle@gmail.com

www.staceykett.com

Insurance and VA Referrals Accepted.

Keeping Vigil Press

art from the inside out

fine art cards

NEW cards! 2015



Available in select states up and down the Pacific West coast including these local Humboldt County stores:

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keepingvigilpress@isis.com 707-825-8751

A collection of 22 (5x7) cards from original artwork by Susanna Gallimandier susannagallimandier@isispress.com

Original paintings on display at Isis Healing Center

Jamie Yemayah Kessloff

Living Our Divinity Whole-istic Healing Services

We are living art when our brain meets our heart

How to connect our brains to our hearts differs with each unique you. It is that fullness of being that I am interested in living in and being a part of living life in with you.

As we are in a paradigm shifting time, we are realizing the deep peace that comes from living from our heart/love center more and more. We are also all realizing more thoroughly how with a healthy and balanced life, we are actually our strongest version when letting ourselves be lead by our heart calling. Exercises such as journaling often, meditating, creative movement, massage therapy, gratitude, craniosacral therapy, yoga, goal visualizations, conscious self talk, affirmations posted on walls/lightswitches (change them often-make them in your words!), are some effective tools for tapping into the intelligence of our being that has many answers in the sometimes layered chambers of the great heart.

To activate our heart/mind pathways in a session we start with a brief relaxing meditation, an easy yoga pose, (the way to access that brain/heart bridge is different with each person and will reveal itself organically), talking, or a few minutes of chi gong to help move you more into your body, more into your heart/brain wisdom where stagnate or tight areas in your being start flowing and speaking to you.

Next you'll lay down for a combo or individuated services of Massage Therapy, Usui & Angleic Reiki, CranioSacral Therapy, Rain/Spirit Drop Therapy, or a personalized yoga class. The elemental helpers of Earth, Fire, Water, Air, are included in the form of essential oils, crystals, hydrotherapy & smudging/hydrosols as well as the choice to pick an Oracle or Tarot card.

I hold a state of loving awareness and gratitude for your being and the brilliance it shines forth. These therapies are ancient tools that integrate us into our fullness of being, and I can't wait to share them with you and your friends!

Blessings to your dance and artwork of life ~ From a splash of paint to your intricate sculpture, may awareness and love, woven with sparkles of laughter and sovereignty light your way***

CranioSacral Therapy
Certified Massage Therapist
Yoga Teacher * Reiki Master
Spirit/Rain Drop Treatments

707.460.0303
yemayah@livingourdivinity.com
LivingOurDivinity.com



Vickie King

There are many wonderful teachers on the planet, the first one being you!



Life's journey is full of twist and turns. Learning to navigate ones self can be challenging. Through nutrition and self-care practices one can have a healthy and fulfilling life. When your body becomes overwhelmed or suppressed it sends out distress signals from mild to chronic ailments.

Our bodies have a built-in cleaning system or detoxification pathway, the route which toxins leave our bodies. These pathways need to be reactivated in a way that resets your body for deep and lasting transformation.

No matter what your past or current place in life is, health and happiness is obtainable. Every being is unique as should be their self-healing. By cultivating loving ourselves more, we learn the art of self-care.

Customized Holistic Health Plans



Ayurvedic Therapies:

- Nutrition & Holistic Health Counseling
- Massage
- Herbs
- Essential Oils

Body work/Therapies

- Ayurvedic
- Swedish
- Lymphatic
- Aroma Touch

Energy Healing:

- Reiki Master
- Mantra
- Breath/Prana

707-672-2516
ayurvedaofyou@gmail.com

KIDS OPEN DOOR



~~~~ Healing for a Better World ~~~~

Focused on prevention and treatment of common diseases, based on Traditional Chinese Medicine, Massage, Acupressure, Herbal Medicines, Reiki, Craniosacral, Polarity, Homeopathic Medicine and Acutonics / Sound Healing.

If your child is severely sick (i.e. high fever, skin rash etc) please CALL first.

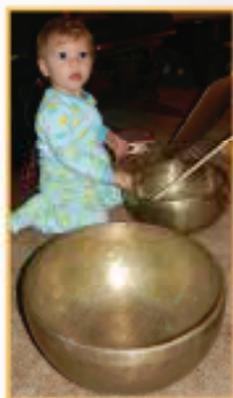
Cristina America is Licensed Acupuncturist and Herbalist. (see her on page 2 of this guide)

Marjo Ribeiro is trained in Traditional Chinese Medicine (Brazil) and Advanced Acutonics Practitioner (see her on page 70 of this guide)

Hannah Virginia is Certified Massage Therapist, Reiki Master and Herbalist.



With Cristina America,  
Marjo Ribeiro & Hannah Virginia



~~~~ BY DONATION ~~~~

Every Monday (except holidays)
2:00pm to 6:00pm

1433 11th, Suite # F
Hilliard Building Arcata/CA

More Information:
(707) 826-1097 / (707) 832-3777

No reservations. First come first serve

Cristina.America@yahoo.com
marjoribeiro@gmail.com



Kristen Lamski, cmt

Integrative
Massage & Bodywork

Specializing in Cranial Sacral
Multi-dimensional Energy Work

Our bodies are living libraries of all we have experienced—the joys, pains, pleasures, and traumas from this lifetime and beyond. Everything is stored in the genes, and it is through the art of stillness and silence that we can venture deep within and access this knowledge.

My sessions combine massage techniques and energy work with deep listening and intuitive skills as an approach to resolving trauma, managing pain, and supporting positive change. I want to help people create more ease in the body/mind system and live fuller, happier, more present lives!

I use a variety of techniques including cranial sacral therapy, Swedish and deep tissue massage, myofascial release, acupressure, Acutonics tuning forks, guided imagery, and intuitive energy work. My goal is to help relieve pain and tension, increase sensory and somatic awareness, facilitate deep states of relaxation, calm overstressed nervous systems, and help resolve unconscious patterns at the heart of discomfort.

My style is slow and deep, yet gentle and non-invasive. I work with the innate wisdom of the body, allowing it to unwind and release how it needs and wants, to find balance on all levels of being. My work is appropriate for both acute and long standing conditions, and especially helpful for emotional and mental health issues. Many clients find it helps access their own clarity and insight, as well as helping empower them to deal successfully with many different life situations.

The body is a magnificent self-healing, self-repairing system and an organic wonder we are still learning to truly appreciate! It has intelligence, and with proper rest and nourishment, as well as changes in attitude and activity/lifestyle, it can produce whatever is needed to bring about a state of health and well-being. -Barbara Marciniak

707.834.2735

klamski@hotmail.com

Couples and Individual Psychotherapy

Ellen Searle LeBel, LMFT

707-826-7900

We work together to help you meet life challenges and develop your potential through trust, healing and discovery. I am an experienced therapist who integrates depth psychology, current research and mindfulness. In addition to verbal therapy, I offer *Dance/Movement Therapy* and *Sandplay Therapy* for those who wish to explore mind/body integration and self-expression.

Couples therapy centers on your relationship

- Improving communication
- Accepting differences
- Resolving conflicts
- Managing a crisis
- Making choices and transitions
- Enhancing affection and sex
- Deepening trust and compassion

Individual therapy focuses on self-development

- Becoming aware
- Safely expressing emotions and thoughts
- Increasing self-confidence
- Healing from conditions or situations related to stress – anxiety – depression – trauma – grief – body image – infertility – aging – life transitions



Licensed Marriage and Family Therapist #24122
Board Certified Dance/Movement Therapist
Certified Sandplay® Therapist

www.temenostherapy.com



Alaiia T Lanfield

awakenedrelations@gmail.com

Karmic Clearing

Are you creating the life you want? If not, subconscious patterns may be holding you back—even if you've done serious personal growth work. I can help you heal your past quickly, gently, and permanently, and reconnect with your authentic self.

Issues we can address:

Childhood * Prosperity * Creative Expression
Love Relationships * Weight
Spiritual Advancement

Each phone session is unique to you and customized to meet your needs. Working with your Masters, Spiritual Guides, and Angels, I petition on your behalf, to release you from karmic bonds. Past life issues are explored through Akashic and Soul records. Blocking patterns and traumas are released in the now moment.

Awaken to your Full Potential

What is your spiritual mission? Remember who you are, as soul, and why you are here. Become a co-worker with Divine Spirit and consciously create the Life you Love.

Benefits are Profound

Self-Expression * Confidence * Creativity
& Personal Freedom

Feel comfortable in your own skin! Manifest from a place of clarity, worthiness, and unconditional self-love, standing in the truth of who you are. When subconscious patterns and blocks are removed a balancing process occurs and you feel more light-hearted. This spiritual, intuitive process of personal growth aids in healing your mind, emotions, prosperity and love relations.

I am Alaiia, an experienced Energy worker and certified Identity Healing Specialist. "In the Now!"™ I am honored to support you on your healing path. I work from my Sacred Heart with the highest level of compassion and integrity. I look forward to serving you.

AwakenedRelations.com

Molly Leuthner, NTS
Lotus Acupuncture and Healing Arts



707-672-3590
Mollywog13@gmail.com

Bodywork and
Colon Hydrotherapy

Molly Leuthner, Natural Therapeutic Specialist, Certified Ayurvedic Practitioner, and Certified Colon Hydrotherapist, has been studying Natural Therapeutics since 1995. After graduating from the University of New Mexico with a B.A. in Anthropology, she attended the New Mexico School of Natural Therapeutics, graduating 1996. In 2002, Molly apprenticed in Sonoma County with DeAnna Batdorff at the Dhyana Center for Health Sciences. She studied Ayurveda and became a Pancha Karma Specialist in practice at the Dhyana Center for seven years.

Molly has studied many aspects of Natural Therapeutics and many massage modalities. These include: Pulse Assessment, Polarity Therapy, CranioSacral Therapy, Deep Tissue Massage, Lymphatic Drainage, Oncology Massage, Hot Stone Therapy, Prenatal Massage and Birth Assistance, Nutrition, Herbal Medicine, Clinical Aromatherapy, Digestive Health, and Colon Hydrotherapy. Ayurveda has provided a comprehensive five element theory that Molly uses to assess clients and chose modalities.

The theory of colon hydrotherapy is more historical and intuitive than scientific, as there have not been any studies to validate the effectiveness of this modality. Many cultures believe that a clean colon can improve the health of an individual. This started thousands of years ago with the simple enema and has evolved into the present day colonic. An FDA approved device is used to gently flush the colon with warm filtered water. Many people report that they feel better after a colonic. A growing number of health care practitioners believe that a sluggish bowel allows the body to reabsorb toxins from the colon. Anything that can be done to assist the body in ridding itself of toxins should have some value.

In all treatments, Molly's ultimate goals for her clients are to empower them to take charge of their health and to use preventative measures. In the realm of bodywork, the goal is to bring the client to a place of deep relaxation where they can experience their true essence and experience their deep energetic flow; and their body's innate ability to find balance.

Heather Lovig, M.A.

Intuitive
Depth Counsel
Mediumship
Holistic
Bodywork



*The Journey of a Thousand Miles
Begins with a Single Step*
—Lao Tzu

Are you at a crossroads in your life or in some type of transition? Having a hard time making a decision and don't know where to turn? Looking for clarity and guidance on your path? Want to connect with yourself and your life in a more deep and intimate way? Welcome, I am so glad you found me! For over the last 14 years I have had the joy of assisting many on their life journey through integrating my ability as a psychic medium healer and my training in Somatic Depth Psychology and Women's Spirituality.

Whether you are looking for guidance through a confusing/ trying time, need help in restoring somatic wellness through energetic bodywork or are looking for one on one coaching to assist with personal growth and inner transformation, I am here to support you!

For more information and an in depth description of offerings please visit my website or call. Many blessings to you on your path!

707-407-9644
www.heatherlovig.com



Loving Hands
Institute of Healing Arts

739 12th Street Fortuna, CA 95540
(707) 725-9627

Therapy and Spa

Best of both worlds! We offer a variety of services from helping with injuries, general relaxation, and spa treatments. Massage therapy provides relief for people from all walks of life including the full or part-time athlete, the home gardener, the over stressed executive, office workers, waitresses, and more! Virtually anyone can feel the need for a massage.

Massage School

Our Massage Therapist Programs have been designed and developed for the benefit of those students who have a desire to learn and become competent in the practice of Therapeutic Massage from a Holistic perspective and seek aid in their own creative healing process and potential. Students are encouraged to open intuitively to unique and highly personalized styles of massage. There is major emphasis on Hands on Experience, including student clinic hours.

Church of Loving Hands

Church of Loving Hands offers spiritual teachings in conjunction with massage therapy. An opportunity to learn organizational skills along with Ritual and Magic for those who are interested in learning to teach, counsel and facilitate healing circles or simply work on their own spiritual path, based upon METAPHYSICS, HOLISTIC HEALTH EDUCATION and the SACRED TREE TEACHINGS of the Medicine Wheel.

www.LovingHandsInstitute.com

Sarah Love

Intuitive & Reiki Master

Blessed Love

Blessings of light and love upon
you today and every day.



Is it Time to Try the Healing Love & Support of Usui Reiki?

Are you ready to
LIGHT YOUR OWN FIRE?
CREATE MORE WELLBEING?
CHARGE UP YOUR LIFE?

My name is Sarah Love. I am an intuitive certified Usui Reiki Master level practitioner. I Studied with our local Intuitives Maya Cooper, and Reiki Master Teacher: Denise Payne-Oliver.

I discovered Reiki during a very depressive time of my life. I felt alone with negative thoughts, and living with much of what I see now as unhealthy energy. Learning how to use Reiki to assist myself in healing and removing energy blocks changed my life in the most positive way.

Reiki is a Japanese word for: Universal life force energy. It is a natural noninvasive healing modality that uses our KI (LIFE FORCE ENERGY) to promote wellness. It became my intention to learn to heal myself in order to be of service to all beings. I take pride in doing Reiki

During Reiki a session using my gifts of Clairaudience, Clair empathy, and Clair sentience allows me to better assist the flow of Reiki for the highest good of all who want Reiki healing. I believe in the power of intention, gratitude, and love. I use my gifts to assist me when giving a Reiki energy session. I also do distant Reiki, and have used sound healing as an extra positive way to assist in healing sessions.

Reiki can HELP ...

Reiki treats your physical, emotional, mental, and spiritual bodies through your life force energy and works with your body's own intelligence from the inside out at the root cause. Reiki promotes self-healing and perspective shifts: letting go of limiting conscious and sub-conscious thoughts and feelings, creates forward movement in your life, improves immunity, and is a holistic approach that compliments any other modality you may be using to create wellness in your life.

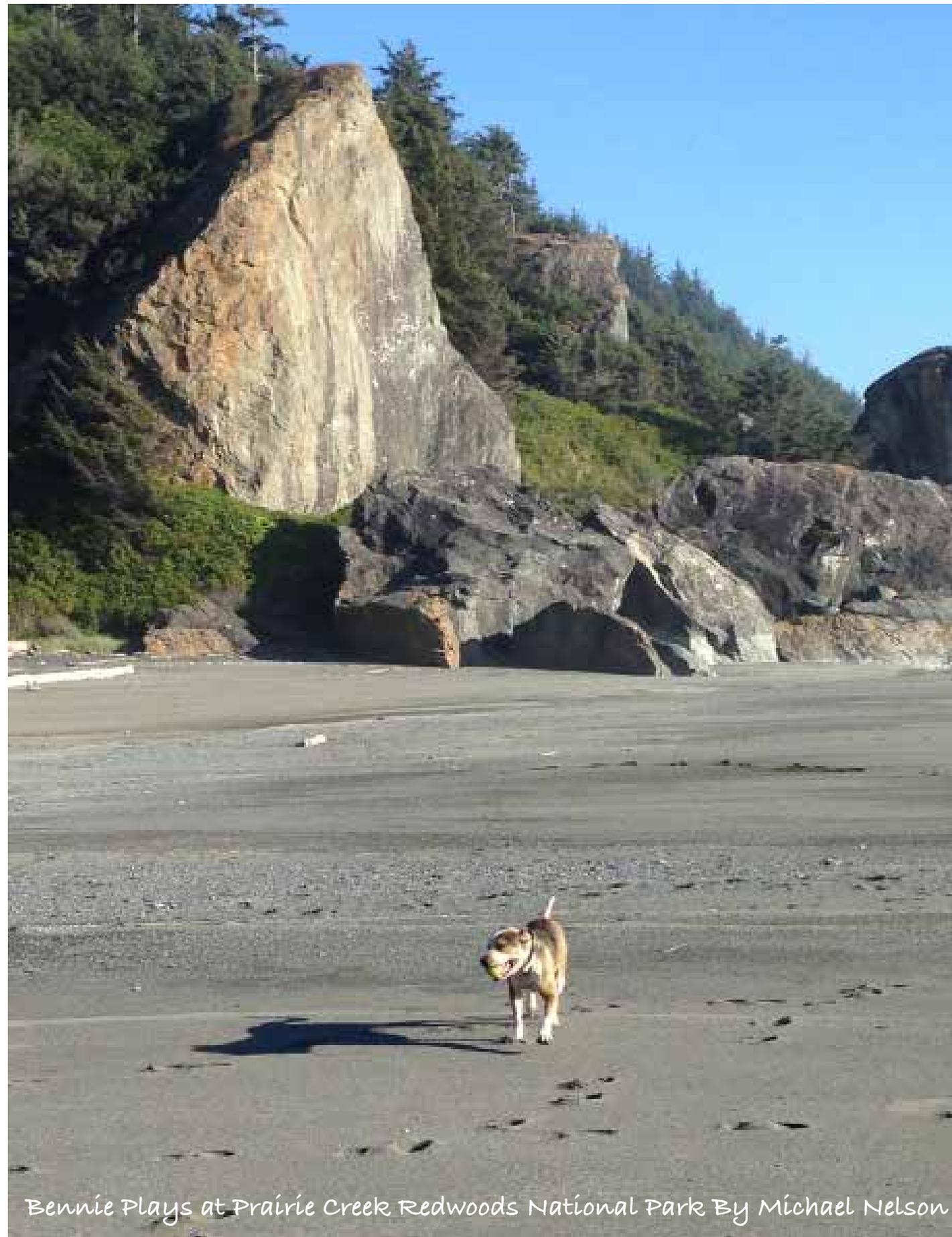
Trust Your Higher Self to Guide You!

Please Call, Text, or Email me

Sarah Love

407-545-9931

weksev@hotmail.com



Bennie Plays at Prairie Creek Redwoods National Park By Michael Nelson



Unlock the Power Within You & Rediscover Yourself Start Transforming Your Life Today!

Lea Lucero

Transformational Coach Practitioner

- Emotional Freedom Technique
- Faster Emotionally Focused Transformation.
- Matrix Reimprinting



Are you ready to experience more peace in your life? Are you ready to release and transform old childhood memories that continue to affect your daily living? Are you ready for change? It's never too late to heal the past and enjoy the present, to move beyond physical and emotional pain.

Our memories become the blueprints for how we experience new situations and our beliefs become self-fulfilling prophecies.

Wouldn't it be nice to venture back in time to our childhood and resolve all those rejections, hurts, fears, guilts, and traumatic events that drain away our self-confidence?

Those years when we were soooooo impressionable that it built the very foundation on which we stand and what we "think" and "believe" about ourselves.

It's quite the cycle. We may feel inadequate for something we tried and failed at when we were six and then each time we try again and don't succeed at something else we create another "I did it again" blow to our self-confidence. This goes on for decades and limits us in many ways. We can become shy. We're afraid to try new things. We don't get that promotion, or go for the things we really want in life because our "not good enough" mantra keeps playing in the background. We self-sabotage ourselves frequently because "we don't deserve" to move forward. What if we "fail again"? All the what ifs keep us stuck in the same old patterns. But what if I told you that there's a nurturing positive way to change those negative what ifs, those old childhood memories.

The good news is, there is a way and it's based on Ancient Meridian Energy Body Maps. We refer to this as acupressure without the needles. Tapping for short. I blend three different tapping techniques into my clients' sessions and have amazing results.

(EFT) Emotional Freedom Technique is a form of psychological acupressure used to treat physical and emotional ailments. **(FasterEFT) Faster Emotionally Focused Transformation.** FasterEFT breaks the emotional connection between the memory of the traumatic event and the way the brain processes it in memory, and **(MR) Matrix Reimprinting** which is an advanced form of (EFT) Emotional Freedom Technique that draws on the notion of the quantum field or Matrix, and allows you to go back into your past and re-write/re-story an event or experience. In this way you can release painful feelings and fears associated with the event, in doing so, you can change the emotional resonance of a memory and the beliefs about yourself and the world that you derived from that experience.

My passion is in helping you to transform and release negative emotions, toxic thoughts, ingrained patterns and beliefs. I can assist you in letting go of the memories surrounding those events. Working together we will clear the things that bother you in such a way that you won't be able to bring them back in the same way, if at all.

Not traditional talk therapy where changes can take months or even years, my intention is to work with you only until you are ready to step out on your own. I will teach you the tools and techniques you can use to do that, after all my passion is to empower you to be free.

Lea Lucero is a Transformational Coach Practitioner, Certified in EFT, FasterEFT and Matrix Reimprinting. Offering sessions in person, Skype or phone. For more information and to set-up a free consultation contact her at:

707.354.1734

storyteller@wildblue.net

www.echosfromthepast.com



Sarah Maier, cmt

Myrtleowne Healing Center

Healing your being since 2005!

707-441-9175

1480 Myrtle Avenue, Eureka, Ca 95501

Sarah Maier has been practicing massage therapy since 2004 and owns Myrtleowne Healing Center. She believes that therapeutic bodywork should be based on each client's needs that day and at that point in their life. Sarah loves to integrate multiple modalities into a single massage in order to give her clients what their body truly needs. She also uses essential oils in her practice which can transform the body at a physiological level. Her goal is for her client's to feel safe and comfortable so that they can find and release their own pain. It is not always easy, but it is always worth it.

Therapies include, but are not limited to Swedish/Esalen, Deep Tissue, Trigger Point, Myofascial Soft Tissue Release, Sports Massage, Acupressure, Reflexology, Hawaiian Lomi Lomi, Aromatherapy, Abdominal Massage, Medical Rehab, Chair Massage, Aroma Touch and Cupping. Sessions can also include helping you to breath and relax, assisting you in releasing emotional blockages, cleansing and clearing your energy centers or Chakras and focused work with a plan for chronic pain issues.

At Myrtleowne Healing Center, we have multiple amazing massage therapists who are also trained in numerous modalities. It is their goal to find the best therapist for each client's needs. Their names are Kara Simpson, Cora Blalack and Bridget Meyer and you can learn more about each of them on the website. Also be sure to check out the studio on facebook.com/myrtleownehealingcenter to stay updated on their free essential oils classes that have different special topics each month. Past topics have included cooking with oils, oils for animals, DIY workshops and chakra balancing-with many more to come!

Along with oils classes, the studio provides a space for community Deeksha Blessings, Health Practitioner events and multiple other happenings related to the Healing Arts. They also love to be a part of their community by doing chair massage at local events and by donating to local businesses such as Humboldt Domestic Violence Services, Relay for Life and CASA of Humboldt.

Myrtleowne Healing Center strives to be an all-embracing Healing Center, for anyone and everyone! There is also availability to rent the space as a practitioner and classroom space to hold a class or workshop, just contact them by phone or email. First time clients please mention this ad for a \$20 discount!

www.myrtleownehealingcenter.com



INNER ALCHEMY
Jennifer Madrone, HMT

707-499-4441
jenmadrone@gmail.com

Reiki Master, Alchemical Healing, Acutonics, Therapeutic Massage & Lymphatic Drainage

Alchemy: *the art of transformation; the weaving of spirit and matter.*

Alchemical Healing is a tool of physical, emotional and spiritual transformation, blending energetic healing techniques with aspects of shamanic journeying. Over 90% of what we as humans do, occurs on the subconscious or energetic level. When we access the subconscious by way of the heart we can change the vibration of an individual and create healing on ALL levels. Benefits include: release from pain, emotional patterns and habits that no longer serve; as well as facilitating reconnection with intuition and with one's inherent ability to heal oneself.

Acutonics is a system that beautifully blends sound healing, vibrational medicine and Chinese medicine. Everything in the universe is in vibration. When we are ill or out of balance it is essential to restore our original vibratory pattern. The use of tuning forks on the body, on the acupuncture points and meridians, and in the energy field is an extremely effective way to do this. In Acutonics we use the fundamental vibrations of the earth, the sun and the planets for deep healing.

Lymphatic Drainage is a gentle yet deeply effective massage technique useful for detoxifying the body by encouraging the lymphatic system to eliminate metabolic waste products, excess fluids, and bacteria. This therapy is highly recommended for individuals who are on a cleansing program, are experiencing digestive disorders, skin issues, or conditions of the immune system.

Therapeutic Massage is an extremely effective tool for relaxation, rejuvenation and healing. When infused with intuition, intention and loving energy, the potential for transformation multiplies. Over the past 17 years my bodywork has been deeply influenced by my love of indigenous healing and mysticism; including the traditions of the Incans, Toltecs, Maoris and ancient Egyptians. Within all of these studies I have found a common thread of perennial wisdom: a deep understanding that inside each of us lies an infinite potential for healing and transformation.



Embodied Psychotherapy



"In our bodies, in this moment, there live the seed impulses of the change and spiritual growth we seek, and to awaken them we must bring our awareness into the body, into the here and now." ~Pat Ogden (author of Trauma and the Body)

Jacqueline Mayrand, M.A., MFT #51874
Marriage and Family Therapist

If you are considering making space in your life to explore the challenges and patterns that no longer serve you, then you may be at a crossroad where you find yourself wanting to take a more active role in your own evolution. Embodied Psychotherapy can help you on this journey. It is a body-oriented approach that values the body as a primary source of intelligence, information and change.

My practice focuses especially on recovery from trauma, i.e. times in your life when your ability to integrate stressful or traumatic experiences was overwhelmed. Trauma and early attachment issues profoundly affect the body and can create patterns that initially arose to protect and preserve your physical and psychological integrity, but now exist as unwanted patterns and symptoms of post traumatic stress that linger for months and even years.

I am trained in Sensorimotor Psychotherapy®, a body-oriented, talking therapy that blends cognitive and emotional approaches, verbal dialogue, and physical expressions that directly addresses the intense feelings, bodily responses and negative self talk that can be the result of traumatic experiences. Sensorimotor work emphasizes the restoration of the "witnessing self" and the cultivation of new experiences that challenge the habitual trauma-related bodily responses, rather than repeat or reactivate them.

It is my hope, that through our work together, as you develop more skills and resources, you will find yourself with a greater capacity to be your own witness, your own guide; you will find yourself with a greater capacity to meet life's challenges with authenticity, vitality, wholeness and peace.

I received my MA from the Pacifica Graduate Institute, and I am trained in Sensorimotor Psychotherapy®. I would be happy to answer any questions about therapy, my approach, and any other concerns you might have.

You can contact me at

707-441-1053

jacquelinemayrand@gmail.com

Or find me online at:

www.counselingbythebay.com/Jacqueline.Mayrand.html

Katharine McAbee, cmt



707-840-5533

Integrative Bodywork & Therapeutic Massage

Care and support are the foundation of my practice. I listen to the voice of my client and the voice of their body. Taking an integrative bodywork approach, I draw inspiration from multiple modalities and techniques to prepare unique treatment plans that address each client's specific needs. Some of these include:

- Swedish Style Wellness /Relaxation Massage
- Therapeutic Bodywork Treatments
- Deep Tissue Massage
- Prenatal Massage
- Myofascial Release (MFR)
- Visionary Craniosacral Work
- Massage Cupping Bodywork Therapy
- Reflexology
- Reiki /Energy Work
- Aromatherapy
- Hot Stones

Keeping skills fresh and developing new techniques are important to me in serving my clients. I am always seeking new techniques and modalities to bring to the massage table. I work to expand my bodywork knowledge through continued education in diverse specialties, allowing me to provide more customized treatment options. Through my studies, I have developed a deeper sense of intuition and spiritual centering, along with a firm understanding of the technical aspects of massage and bodywork.

I am blessed to practice bodywork in such an amazing community. Having lived in Humboldt County for the past 15 years, I have deep roots here. I take pride in having received my bodywork education at Arcata School of Massage, graduating in July of 2012 and obtaining my California State Certification (CAMTC#38193) in October 2012.

Evening and weekend hours available!

kdmcabee@gmail.com

katharinemcabeecmt.webs.com



Roxanne Mellick M.S.

Nutritionist and Educator

Are you looking for holistic nutrition counseling that emphasizes whole, organic, real foods? Do you want help balancing your diet and finding the best exercise program? Would you like to learn about regular detoxification? Roxanne Mellick, M.S., is qualified to assist you.

Roxanne specializes in disease prevention, detoxification plans and designing personal diet plans tailored to client needs, health concerns and eating preferences. Before studying nutrition, she earned a BA in Anthropology at Tulane University. As a professional nutritionist and anthropologist, she sees diet as a cultural manifestation, but with extremely personal complexities. Individual dietary requirements are unique. One diet will not nourish all.

Roxanne offers a wide variety of services, including:

- **One-on-one** nutrition counseling and diet analysis
 - **Initial consultation**, health history and evaluation
 - **Analysis of current diet**, specific meals or meal items and multi-day food journal
 - **Detection of nutrient deficiencies**, and recommended meal plans to meet them
 - **Diet plans customized** for specific health issues and disease prevention
- **Nutrition education classes** to groups, including lectures tailored to your specific topic and audience from formal presentations to company employees, to more informal settings at schools, play groups and gatherings of friends and family
- **Menu and recipe analysis**
- **Creation of nutrition fact labels** for restaurants and food-related businesses
- **Garden design** for growing your own food to feed your personal nutrition needs

Both low income and moderate income rates available.

Roxanne holds a Master of Science in Human Nutrition from the University of Bridgeport Nutrition Institute, Bridgeport, Connecticut. Course work there centered on functional medicine and its growing value in the prevention and management of disease; and, bio-individuality, the individual diet and nutritional needs based on the specific makeup of each person. For more information, visit: www.bridgeport.edu/academics/graduate/nutrition.

415-306-1291

RoxanneMellick@Hotmail.com

www.linkedin.com/pub/roxanne-mellick/1/4b5/b2

Kate McCaffrey, D.O. Neuromusculoskeletal and Integrative Medicine



A few years ago, while working in an emergency room, **Dr. McCaffrey** encountered a patient who had been in a car accident. The patient refused medications. With nothing else to turn to, Dr. McCaffrey used **Osteopathic Manipulative Medicine (OMM)** to treat the patient's neck and back complaints. The pain decreased soon after the treatment. Surprised and delighted about her OMM skills, Dr. McCaffrey went on to open an integrative osteopathic medicine clinic in Arcata, California. Since then, she has evaluated and treated thousands of patients.

Osteopathic Manipulative Medicine:

Currently Dr. McCaffrey sees patients and teaches classes in Humboldt and Sonoma Counties, California. Please refer to her website for more information about osteopathic manipulative medicine (OMM), exercise therapy, and classes in homeopathy, OMM and nutrition. Some of the treatment modalities she uses are:

- Counterstrain
- Muscle Energy Technique
- HVLA/LVLA (non-force adjustments)
- Balanced Ligamentous Tension
- Osteopathy in the Cranial Field (OCF)
- Biodynamic Cranial
- Facilitated Positional Release
- AT Still Technique
- Myofascial Release
- More ...

Teaching:

Dr. McCaffrey is committed to teaching **the next generation of osteopathic physicians**. Her teaching clinics provide comprehensive care to patients as well as "hands on" training for future osteopathic physicians. She is an Adjunct Faculty for the two Colleges of Osteopathic Medicine in California and one in Oregon.

Professional background:

Dr. McCaffrey specializes in Neuromusculoskeletal Medicine /Osteopathic Manipulative Medicine. Dr. McCaffrey received her Doctor of Osteopathic Medicine (D.O.) degree from Western University of Health Sciences, College of Osteopathic Medicine of the Pacific in Pomona, California in 1996. She completed a rural Family Practice Residency in Sandusky, Ohio. She has completed continuing medical education courses in Osteopathy in the Cranial Field, exercise prescription, nutrition and Homeopathy to bring her patients the latest in structural and integrative medicine. Kate McCaffrey, D.O. is Board Certified by the American Osteopathic Board of Family Medicine; American Osteopathic Board of Neuromusculoskeletal Medicine; American Board of Integrative Holistic Medicine; and the Center for Education and Development of Homeopathy - USA in Clinical Homeopathy

Services:

Dr. McCaffrey's office will bill Medicare. Payment is due at the time of service for all other insurances. A superbill will be given to you to send in to your insurance company for direct reimbursement. A sliding scale is available for low income situations, students, persons without insurance and children and infants. Personal injury, motor vehicle and worker's compensation injuries welcome. DOT certified. Sports, college and work physicals accepted.



(707) 633-8196

kmccaffreydo@gmail.com

kmccaffreydo.weebly.com

Laurie Monroe MSW, LCSW



707-832-8515

healingtheinnergoddess.com

350 E Street, Suite 408,
Eureka, CA 95501

Assisting individuals, couples, and families to increase awareness of their own power to heal and grow in response to life's challenges.

My areas of specialty include recovery from: PTSD, domestic violence, sexual assault, child abuse, divorce, anxiety, depression, and alcohol/substance dependency. My theoretical orientation is eclectic, holistic, feminist, solution-focused, strength-based, and centered on the family therapy model. It has been my personal experience and professional observation that the need for inner healing is often a barrier to obtaining and maintaining sobriety, health and happiness.

Is your past negatively affecting your current relationships? No matter how hard you try, does your past present a barrier to your happiness and ongoing progress in obtaining the life you know you deserve? I can offer you tools to help guide you on your path toward success.

I regularly conduct hour-long psychotherapy sessions, but as a social worker, I go the extra mile to connect my clients with any services she/he needs. Humboldt County has a wealth of community services available and I maintain awareness and networking with these agencies. When therapeutically appropriate, I conduct Home Visits and accompany clients to Medical, Psychiatric, Educational, and other important appointments. Interventions, Confrontations, Family Meetings, Medication Management, Substance Abuse

Assessments, referrals to Detox and Substance Treatment Programs and Rehab Aftercare, Domestic Violence services, Rape Crisis referrals and Counseling, Victim of Crime referral, Restraining Order referral and Counseling, Social Security Disability Applications and Reports, Therapeutic Support Animal Letters, assistance with College Enrollment and Financial Aid Applications, Resumes, and Job Applications, to list just some of the services that may be available if therapeutically warranted. My 31 years of sobriety provides a personal understanding of the complexities of obtaining and maintaining a clean and sober life.

I am also available to facilitate Women's Healing Retreats in Northern California and on the magical island of Maui. For further information, contact me at Laurie@healingtheinnergoddess.com or visit healingtheinnergoddess.com.

Laurie received a Bachelor's Degree in Anthropology from Humboldt State University and a Master's of Social Work with an emphasis in Child and Family Services from Sacramento State University. She became a Licensed Clinical Social Worker in 2004 and maintains a successful psychotherapy practice in Eureka, California.

Besides personal experiences as a survivor of sexual assault and domestic violence, her employment history includes: Humboldt County CWS Children's Shelter, Catholic Charities Counseling Agency, CASA (Court Appointed Special Advocates) of Humboldt, Redwood Coast Regional Center (working with people who have Developmental Disabilities), and Humboldt Women for Shelter (now Humboldt Domestic Violence Services).





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Moonrise can also fulfill your practical needs, with tea pots, tasty pleasure teas and make-your-own supplies. In addition, our store is filled with beautiful gifts, including statuary and stones that nurture your spiritual side, yoga mats and videos to care for your body; and fair trade crafts and gorgeous jewelry to fill the need for a special gift.

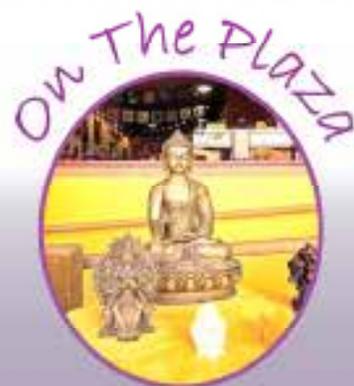
Several times a day we hear these words "It feels so good in here!" Or "It smells so incredible in here!" Usually followed by, "What is that?" We love hearing this from our patrons, because it is the essence of Moonrise that we work so carefully to create that has captivated them. It would be fantastic if we were able to bottle this ambiance for our customers to take with them, but unfortunately it cannot be reproduced. The essence of Moonrise is a combination of all the wonderful scents created by our aromatherapy products, organic herbs, relaxing ambiance and the visual beauty of all the gifts we carry; all these sensations are gracefully enhanced by our welcoming, well informed staff and the beauty of our store.

Moonrise Herbs likes to reward our customers for their continued patronage by offering several benefits. Seniors receive 10 % off their purchases every Wednesday and students receive 5% off bulk teas and herbs everyday. Customers with our tincture card receive their 13th ounce purchased at half price, and our flower essence card rewards customers with their 13th flower essence FREE. Additionally, customers who are members of our birthday club receive an in-store credit award during the month of their birth totaling 1% of their past year's purchases. It really does pay to shop at Moonrise Herbs!

Come by soon, with your wellness questions or to just sip a cup of herbal tea while sitting at our counter overlooking Arcata's Plaza. Indulge your senses in the essence of Moonrise Herbs. You will be glad you did.



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- ☾ Childbirth education classes

For more information call (707) 633-3009 or email moonstonemidwives@gmail.com
4677 Valley East Blvd Ste.2, Arcata CA 95521

Amanda Moore



707-845 6431

Maya Abdominal Massage,
Herbalist, Massage Therapist,
& Postural Integration
Practitioner

What is Maya Abdominal Therapy?

Maya Abdominal Therapy™ is a non-invasive, external massage technique. It guides internal abdominal organs into their proper position for optimum health and well-being. Maya therapy improves organ function by releasing physical and emotional congestion from the abdomen. This therapy is effective for both men and women.

The technique applies anatomy, physiology, herbology and naprapathy, (the study of the ligaments, joints and muscles), with Ancient Maya healing techniques to address common female and male complaints. The technique works by relieving congestion and blockages to improve the flow of chi and fluids of the circulatory, lymphatic and nervous systems to prevent the progression of chronic disease symptomology. Dr. Rosita Arvigo, DN developed these techniques after apprenticing with Don Elijio Panti, the last of the Traditional Maya Shamans in Central America, where she has lived for over thirty years. The Arvigo Techniques of Maya Abdominal Therapy™ combine modern science with traditional healing and wisdom to produce a holistic path to physical, emotional, and spiritual well-being.

Most common symptoms relieved by this treatment:

PMS, Painful or irregular menses, No menstruation at all, Dark, thick fluids at the beginning, and end of menses
Blood Clots, Headaches/ Dizziness with menses,
Varicose veins, Tired legs, numb feet, sore heels,
Lower backache, Infertility, Endometriosis/Endometritis,
Uterine Polyps, Painful Intercourse, Uterine infections,
Ovarian cysts, Vaginitis, Hormonal imbalances,
Difficult Pregnancy & Delivery, Weak newborn infants,
Cancer of the cervix, uterus, colon or bladder
Premature deliveries, Difficult Menopause

Most common male symptoms relieved by this treatment:

Prostate swelling and inflammation, Alleviates varicose veins, Premature ejaculation, Impotency problems, Frequent urination, Chronic stomach problems.

Amanda Moore is a Certified Maya Abdominal Therapy Practitioner and has completed Advanced Spiritual Healing with Rosita. She is also certified as an Herbalist, Massage Therapist, and Postural Integration Practitioner. She can be reached at 707-845-6431.

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Peter Moore, MFT

LMFT 23507

(707) 442 7228

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CA 95501

The Reichian Approach

Patricia Frisch, Ph.D., co-founder of the
Orgonomic Institute of Northern
California, writes:

"When we are open, we experience pleasure, liveliness, and vitality. Many of us, however, find that our lives and relationships feel painfully constricted. We develop coping strategies early in life to ward off difficult, uncomfortable feelings. These defenses become habitual and can inhibit us from experiencing joyful, expansive feelings as well as pain. We become frozen and trapped in our defenses, and can become physically ill. These symptoms are cries for help from our wounded past, a past that may keep us from being fully available to the present. Our contracted self reveals itself in our character structure and body armor. To find our free, authentic self we must become conscious of our armoring - our self-distortions that turn us into unnatural adults that attack, cling, avoid, deny or pretend. Reichian therapy is an intensive, confrontational, personally demanding process for those who wish to profoundly change themselves and their life."

(707) 442 7228

Individuals - Couples



Heiress Morn

Usui Shiki Ryoho

Reiki Master & Teacher

Member of The Reiki Alliance

Gratitude is something we all are working with in this world. I am deeply grateful for the Gift of Reiki and the gift of our amazing abundant natural wealth as sentient beings in this living earth and our relationship with it.

Reiki is hands on healing. People ask me "Do you just do Reiki?" Yes! Reiki goes where it needs to go and supports our bodies in healing. A full session treats the body as an integrated unit, all organs, problem areas, mental issues, emotions, and psyche. Reiki flows to where the body needs healing, removing blocks to our natural energy flow. There have been some "miracle" cures along the way, but that isn't necessarily what healing needs to look like. The healing is to remove blockages to our natural flow, to allow us to stand and be who we intend to be. Reiki can also be sent to our loved ones, situations, ancestors—it has no limit.

I have found Reiki to be a profound gift to myself, my family and community, and the earth. **As an Usui Shiki Ryoho Master,** I feel immense gratitude that I can bring this gift of healing to others through treatments, classes, initiations, and Reiki Community Circles. I have experience with cancer patients, arthritis, chemo and radiation support, sports injuries, depression, pregnancy, and more.

I received Reiki 1st Degree in the Usui Shiki Ryoho School of Natural Healing from Paul Mitchell in 1985. Later, as a graduate of Healing Spirits Massage School in Boulder, Colorado, I studied many techniques, including Lymph Flow, reflexology, shiatsu, healing touch, aromatherapy, herbology, Shamanic Journeying

and integrative massage. My favourite type of healing continues to be Reiki in the Usui Shiki Ryoho School of Natural Healing. After receiving the second degree of Reiki in 2001 from Shalandra Abbey of Hawaii, my practice deepened. Things started to make sense!

In December of 2011, after many years of study, I was initiated as an Usui Shiko Ryoho Reiki Master by Paul Mitchell, one of the 22 original masters initiated by Mrs Hawayo Takata when she brought Reiki to the West. **This year I celebrate a 30 year journey with Reiki.**

What a joy to keep coming back to my true calling in life!



707-840-4022

heiressmorn@gmail.com

Available for 1st and 2nd degree classes and treatments in Arcata, Eureka and the Bay Area, long distance treatments and classes worldwide.

Susan E. Neander, LCSW



707-822-3998
707-407-8364
(Cell/Text)

Tune-ups and
Classes for the
Body, Mind & Soul

Susan E. Neander, LCSW is a Licensed Clinical Social Worker in private practice in Arcata, CA. Susan is an old soul healer who brings over 25 years of training and expertise to her transformational healing practice with clients. Susan utilizes many body based healing modalities that she has advanced training in, including: Soul Realignment®, Soul Memory Discovery (SMD), Resonance Repatterning™, EMDR reprocessing therapy, Feng Shui and Aromatherapy. Susan is also a mother, and a passionate dancer.

Susan assists her clients with co-creating the perfect harmonizing healing session specific to their individual needs. Susan draws upon her many years of experience in traditional and non-traditional healing to facilitate a gentle and deep clearing which facilitates the opening of one's Soul.

Susan especially enjoys assisting others create more **HEALTH, ABUNDANCE & JOY** in their lives.

Susan E. Neander, LCSW



*Energetic
Psychotherapy*

707-822-3998 or 707-407-8364
susan.neander50@gmail.com

Healing Hands Per Norell



Reiki Practitioner

My name is Per Norell, a Swede from Montana.....

What I love about doing Reiki sessions is seeing the relaxed smiling faces of my clients after the sessions. That means we did not waste the time, and that the energy available through me is of value and help, even with severe conditions and issues. The Reiki energy helps the body to heal itself, and it works on all levels of our beings. It is Healing Love Energy from Creation Itself.

I have been involved with other energy release work for close to 20 years. Early 2014 I was told by an intuitive that I have sparkly energy in my hands, and recommended to pursue using it. Which I did. After Reiki I and II training fall of 2014 the energy through me got stronger. I'm a two time lymphoma cancer/chemo survivor, 1987 & 2013, so extreme medical conditions are not foreign to me. I got a third chance at life, to pursue this path of being a conduit for healing energy.

I do hands-on Reiki, often perceived as heat. Initial session \$25, approximately 50 minutes. Treatments at Isis-Osiris Healing Temple, Sunny Brae Centre, Arcata, CA.

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I believe anyone could benefit from Hypnotherapy. Thru this safe and gentle process, a hypnotherapist can guide you into the subconscious where your power, wisdom, and inner strength reside. This sacred space of "knowing" is the connection to your Higher Self.

My specialties include both Presurgical Therapy and Cellular Release. A Presurgical Session will take the fear out of surgery by activating your inner intelligence to assist in maintaining balance and homeostasis throughout the event.

My Passion and expertise over the past ten years is Cellular Release Therapy. This system is designed to clear trauma and painful experiences without my clients having to remember or re-experience them.

The intelligence within the cells of our body is continuously programmed from the moment of conception. This programming is multi-layered and holographic and contains the energy and records of all experiences and their emotional impact from this life, and all our previous lives. We have experiences that bring us joy and enhance our lives, and experiences that are traumatic and cause imbalance and lack of harmony. These negative experiences can be released and cleared thru this amazing process called "Cellular Release."

For more information please call me at

707-677-3316 or 707 499-0552

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Mary O'Leary

Mary has been doing readings for over 25 years and is a professional master level soul coaching oracle card practitioner, certified angel card reader and angel practitioner.



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It all begins with a moment,
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where you grow so comfortable in your own skin
that life becomes more effortless, more flowing
and way more fun.

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—your true, most authentic self—
can blaze into a flame that warms you
from the inside out...even on the grayest Humboldt day.

And as your flame brightens,
those moments start happening more and more
—moments where you look around and think:
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Are you ready for one now?

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Your Natural High

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A note on the name;

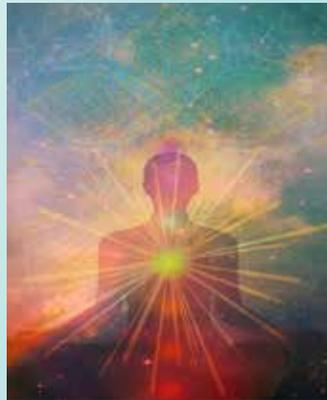
"Om" is considered to be the universal sound, harmonizing and including everything that exists,
and "Shala" translates to "school" or "home."
Welcome home. Take a breath. Enjoy the world.

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"Om Shala is a sacred gem of a place, truly one of my favorite spots in town. This studio has amazingly peaceful energy, welcoming staff and great teachers. The sauna is a huge perk and I love the workshops too. If you haven't checked it out yet, I highly recommend you do!" - SL

OneHeart Intuitive Healing

Devon Love
Holistic intuitive



Deeply Supported Self-Inquiry

Let's work together to create a sacred space for you to shift out of old patterns of being in the world, and move toward realizing your true nature.

If you are ready to awaken to your deeper purpose on this planet at this time, then I would love to assist with that process.

As a Holistic intuitive, I offer multiple modalities and tools, gently and lovingly supporting your process of healing and transformation in an effortlessly dynamic way. My constant prayer is to become a clear channel for your guides, angels, and the beings of light who are ever present in guiding and supporting you with your life purpose.

- Intuitive counseling
- Guided journeys
- Energy balancing
- Bodywork
- Meditation
- Aromatherapy
- Sound Therapy
- Ritual
- Prayer
- Healing Movement
- Chakra awareness

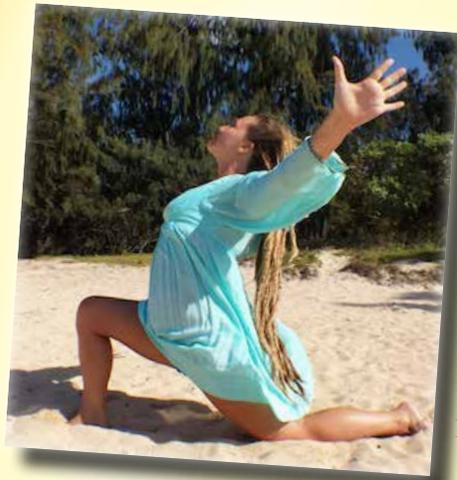
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Oshun yoga helps facilitate ones ability to experience passion, upliftment & connection in everyday life. Oshun Yoga encourages students to live authentically, allowing an ever deepening realization of the divinity that flows through all things. Join Karilily in a class, training or retreat to dive deeper into your own true essence!

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Rebecca Owen

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rowen_47@yahoo.com



Personal Evolution Coach Hands-on Healing Chakra Clearing

Personal Evolution Coach:

I focus on a person's spiritual development, so I've described my work as a Personal Evolution Coach. My background is in energy work, so my coaching sprang from my own inner transformational healing: I teach the tools that work, while holding sacred space and supporting my clients by intuitively reading their energy while they learn. I teach people simple tools to become present in the NOW moment. We scan and feel the information available in the chakra system: all of our programming, our unconscious beliefs that run the show, yet no longer serve us. Through inquiry and a gentle, compassionate perspective, we can discover why we're creating relationships that hurt, or any form of reality that doesn't support our life force.

This practice teaches the foundational tools to open you to the art of being truly Present in your body, which is the beginning of being truly **safe** in your body: All of your information is available and clear in present time. You'll learn that you're exceedingly capable of discerning, witnessing, and then transforming any energy that has been (unconsciously) used against you over the years.

I treasure the opportunity to witness your True Being, your wholeness, and to reflect back to you Who You Really Are. For my coaching clients, I start with a healing in order to get a clear read on your essence. Then, no matter what your story or beliefs are about yourself, I can gently remind you of the beauty of your truth. As my clients begin to clear some of the major beliefs against themselves, I watch them awaken to experiencing their true nature and the grace of living in that awareness.

Hands-On Healing and Chakra Clearing:

An apt metaphor for my role in your healing is the midwife; I am assisting you to birth the real you. Your spirit knows exactly what you need to be in more alignment with your Higher Self, and you show me throughout the session which dissonant thought forms and emotions you're ready to release. My job is to hold sacred space, to bring your awareness to and usher out the false self, and to affirm your truth in every moment.



Please see Rebecca's Biofield Integration™ work on page 13 with Dr. Scott Winkler.

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All products are 100% organic and highly effective. Eminence facials are above and beyond your average facial service and include: Eminence's signature lymphatic drainage "facelift" massage, deep pore cleansing, exfoliation, extractions (if needed), hydrating/detoxifying masques, skin specific moisturizers, relaxing head/scalp, neck & shoulder massage.

Three Facial services to choose from: Mini cleansing facial, the Classic and Deluxe Facial service, each are designed to meet your individual skin care needs.

All natural Manicures & Pedicures using non-toxic products and Spa Ritual polishes. I use a beautiful copper pedicure bowl for the foot soak to soothe tired achy feet and legs. Deluxe Spa pedicures are also available and include a sugar scrub and callus treatment.

Can't decide which luxurious service to get? **Packages** are available including the very popular "Royal Treatment," a one-hour therapeutic massage and deluxe facial.

All services are by appointment and advanced booking is highly recommended.

Gift certificates are available online. Customize your gift with a special message and image. Gifts can be printed, emailed or held in store for redemption.

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Denise Payne-Ollivier RASi RI-P1305210740 Usui Reiki Master/Teacher & Singing Bowl/Sound Healer

CA. Board of Registered Nursing Approved Instructor Provider # CEP15539



Services Offered:

Usui & Kundilini Reiki Healing
Singing Bowl & Sound Healing - Privates & Group, Events
Intuitive Healing / Crystal Healing (intuitive & Melody's teachings)
AromaTouch®

Courses Offered:

Usui Reiki Levels I,II & Master Level for All & Nurses (CE)
Crystal Healing * Reiki Crystal Healing Grid Classes
Beginning Sound Healing (Toning & Ancient Instruments)

I have been teaching Usui Reiki since 2007. I push myself to share as much of the original Usui Reiki teachings as possible. I offer my students opportunities to continue working & learning with me at no additional fee. These opportunities provide service to our community & continuing education in Reiki for my students.

Over the years Reiki has helped me heal and create a balance in my life. In doing so it has assisted me in the evolution of my work. It brought to me the healing modality of sound. This has been one of the most amazing healing modalities I have ever worked with in addition to the Reiki.

Sound is constant so it stays with us until we have received all that we need. I work with approximately 30 singing bowls, 5 crystal pyramids and many other ancient sound instruments, such as chimes, drums & gongs.

My sound training has allowed me to study directly with Jonathan Goldman and I attended courses with David Gibson as well as much self-study. My Reiki training has been with 3 Reiki Masters. Over the years I also studied metaphysics with Melanie Tolley & have been certified by Karen-Kuk Nagle as a Master of Crystology in Melody's lineage.

I've passed the state exam for Addictions Counseling, I am a consultant to others who suffer from food Addiction. I integrate, Reiki, Sound Healing, & art to assist others in healing with food addiction.



Purchase my first sound healing CD
Sound For Healing Vol. 1, The Opening
on iTunes, Amazon & CD Baby.
And watch for the release of
Sound For Healing Vol. II in 2015!

707-382-2779

reikimastertouch@gmail.com

www.reikimastertouch.com

Terra Pearson

Integrative Bodywork



707-267-8087

Isis Osiris
Healing Temple
Arcata, CA

Therapeutic Massage **Craniosacral Therapy**
Intuitive Energy Work **Zero Balancing**
Deep Tissue **Sound Healing**
Prenatal Massage **Reiki**

Each of my sessions is unique and emerges in response to your needs. With open ears, eyes, hands, heart, and intuition I listen attentively for what will be most nourishing for you in each moment. Some sessions focus on bringing ease to physical discomfort, pain, or injuries; others on full-body relaxation to settle from emotional stress or trauma. Often they are experienced as multi-dimensional journeys that engage all aspects of your Being—physical, spiritual, energetic, emotional, and mental.

What follows are brief descriptions of the main modalities that I use. Sessions can focus on one modality or might include techniques from a variety of sources:

Cranial Sacral Therapy connects directly to the central nervous system and the “breath of life” that resides there. It invites deep states of relaxation, which ignites the body’s natural healing abilities. Gentle holds are used to communicate with the subtle rhythms of the body, bringing greater ease and harmony. CST has the unique ability to affect the bones of the head and the alignment of the vertebrae and sacrum, but it can also address conditions in any area of the body and Being. This graceful approach often brings a multi-dimensional cohesiveness and a deep state of peace.

Integrative Massage - infused with Reiki, Polarity, Shiatsu, Tuning Forks and more: Using Swedish Massage as the base, I integrate various healing techniques as they are called upon. Flowing strokes with applied oil sooth your Being into deep relaxation. The soft tissues of your body are bathed in nourishment.

Deep Tissue Massage reduces pain and stiffness in the tissues of the body. It lengthens tight muscles and tendons, releases holding patterns in the fascia, breaks apart scar

tissue, separates adhesions between the muscles, and rehydrates brittle muscles. The pressure is often firm and directive, but avoids being forceful.

Sound Healing with Tuning Forks and a 38-inch Earth Gong: Sound vibrations have a powerful affect on bodies, increasing all forms of health. Scientific studies show DNA being altered when exposed to specific frequencies. The main tools I use for Sound Healing are carefully-crafted tuning forks that emit the frequencies of celestial bodies, each which specific affects. They are often placed on meridian points, the energy centers used in acupuncture and shiatsu that affect physical, emotional, mental, and spiritual aspects of health. My 38 inch Earth Gong has now settled into my healing room!! I nearly explode with joy and melt with awe as I share its magnificence! I’m excited for you to meet her!

Energy Readings provide opportunities for your Divine Essence to share its Wisdom. I perceive this through images, sensations, and insights that are expressions of your energy body. I then listen for the qualities within you that are ready to be enhanced so that you can move to the next stage of your evolution. The Wisdom that flows through inspires and enriches my life as well as my clients.

Zero Balancing works with the interface of structure and energy, specifically that of the bones, joints, and soft tissues. Subtle traction and finger pressure are used to release stuck energy, allowing it to flow freely as a life-enhancing force. As physical structures of the body are reorganized, it creates clearer pathways of communication throughout the body. People often feel more clarity, energy, and balance after ZB sessions.

I often use techniques from **Ortho-Bionomy®**. A key principle of this modality is to “follow the path of ease.” Through gentle touch and supported positioning the body gracefully releases its tension and holding patterns, returning to its natural state of ease.

Testimonials: *Language doesn't do Terra's diverse energy/body work justice: it's difficult to explain the feeling of dropping into bliss even as painful, stuck emotions drop out of the system. She communicates ease to the system, offering the invitation to surrender to our Being. ~Rebecca Owen, Personal Evolution Coach, Intuitive Energy Work*

Terra has the unique ability to create a dynamic healing space that covers a broad spectrum of skill. Combining knowledge and skill with grounded compassion and intuition, her ability to create this space offers me the opportunity to sink into a journey of full nourishment. I trust her, and her knowledge of all modalities she practices so completely that I even schedule my 9-year-old son with her regularly. - Zena Bardelás, Asian Bodywork Therapist & Qigong Practitioner



Marina Pierce

C.M.T., C.M.H., MA

ORACLES

text/call 707-496-9568

707-826-9568

Spirit Link Sessions
Sacred Space - Feng Shui Practitioner
Mentoring & Ascension Counsel
REIKI for Animals and Humans

Greetings Creators, here we are in 2015! Our Bodies and Souls are linked with all History and Divine Blueprints of this Beautiful Ascending Planet.

We are connected to all the love, intelligence, energy flows, AND the excelleration of cleansing and the thinning of the spaces between dimensions. This is currently creating intensity but also magic and great opportunity to uplevel our lives.

I offer you a lifetime of education in my fields of expertise. Although education provided a foundation of experience, the power of my practice now, as an elder, is the ability to “be a listening for” and support for bringing the soul matrix or higher self fully into your life expression here on earth.

My spirit link sessions are designed as a “conference call” to link with Source and the benevolent guides/angels within and around you. This creates an emotional alignment and more strength and focus toward what you really want to manifest. I provide effective non-physical tools for your processes and often homework. These sessions are multi-level tune-ups.

I am an environmental intuitive and translator. I have learned the art of listening to land and homes and I enlist universal support to co-create the healing journey of earth. I am here to ground light with you and expand what you see as your reality, especially the power of your own heart and connectiveness to life.

I am passionate about taking responsibility for healing our relationship with our bodies, our DNA, and our ability to communicate with higher dimensional beings and angels that are here offering support. We have extraordinary help coming from ALL areas of the universe, including Mother Earth and her beautiful animals and elementals, who are assisting in our evolution. There is great love here.

Testimonials: *When it comes to shifting the energy of your land or home environment, Marina rules. Her decades of experience working hands-on with the body in combination with her inner sight give her spirit link sessions an astounding depth and clarity. We are so blessed to have her with us.*

~ Sandra Schaff, LCSW



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Jay Powers & Kiernan Powers, facilitators

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THANK YOU, KIERNAN AND JAY, FOR BRINGING PSYCH-K® TO HUMBOLDT COUNTY! After the session, my voice vibrated exuberantly as I recited new core beliefs. I literally felt the energy moving in the left hemisphere of my brain! The next morning brought new perspectives and inspiration. I stepped forward in an area of my life where I had, previously, been challenged by a subconscious belief.

~ Mary Ann Fryden

ELLANEM Sessions Guide & ESE Teacher

MY FIRST PSYCH-K® SESSION WAS FABULOUS!

I had been feeling in a bit of a rut, and within an hour I experienced an immediate, dramatic, and positive shift. That very day I was able to move forward in areas of my life where I had been previously blocked. The effects of this new mind/body reprogramming have been long lasting and I continue to feel joyful, vital, and positive. Kiernan is a joy to work with, and as a facilitator she is wise, intuitive, and encouraging. I highly recommend Psych-K as an effective tool for embracing change and creating a new lease on life!

~ Elizabeth Ren

Minister/Teacher/Reiki Master

Psych-K® sessions are also available by Skype and phone.
Kiernan Powers is a Whole Food Plant Based Nutrition Coach
and works with Light And Sound Frequency Healing.

T Jonathon Proctor

Founder of Being Real

Private Sessions
Workshops
& Retreats



Being Real is spirituality grounded in everyday life. We all deeply yearn for completeness. We learn at an early age to add or subtract from ourselves in order to feel complete, paradoxically this only adds to our sense of deficiency. My work is to guide you to the inner presence that is completeness. Real transformation requires a great deal of compassion and understanding for ourselves. I support an emboldened heart, a clear and precise mind, and perseverance in your journey. Our "pain body" can endure and reconstitute despite many spiritual insights, and peak experiences. I can help you understand the causes and access the resolution.

Your transformation is my passion, I won't pretend it is easy, but it is real and it does happen. We must depart the roads of spiritual materialism, spiritual bypassing, and spiritual idealization to stand with two feet on the ground in our own realization. Authentic transformation is reflected in our work, relationships, and our inner life.

My training over the last twenty years has encompassed insight meditation, non-duality, enneagram, body and breath work as well as Hospice grief facilitation and the Diamond Approach to inner realization—as well as a love of neuroscience. My partner Christine Fiorentino and I offer groups focused on awakening and embodiment in Northern CA. Private sessions are designed with your safety and confidentiality in mind and held in our home overlooking the Pacific Ocean.



See my interview with Rick Archer of Buddha at the Gas Pump—Search T Jonathon Proctor Batgap.com.



707 445 2437
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Working with the whole person, together we fine tune positions of comfort, allowing your body to relax, unwind, and release, restoring balance & creating a feeling of over-all wellness.

Engaging the Body's Natural Desire to Heal

Ortho-Bionomy can bring you back into balance by relaxing muscles and spasms and allowing the bones to return to their normal position without force. Using this safe supportive noninvasive modality, we engage the body's innate self correcting mechanisms and desire to heal.

Release Pain, Gain Flexibility and Range of Motion

Results from sessions tend to be long lasting and accumulative.

Ortho-Bionomy addresses all parts of the body from head to toe.

- Acute and chronic injuries
- Back and neck
- Shoulders, knees, hands and feet
- Sciatica
- Stress and stiffness
- Women's care / uterine balancing
- Great for everyone including children and the elderly

I am a 69 year old carpenter/builder. Last year I fell from a ladder and was diagnosed with compression fracture of my L1 vertebra, a broken pelvis and two cracked vertebrae. I wore a brace for a prescribed time but still had a lot of pain. I had previous experience with OB which was very beneficial and was hopeful it would help so I contacted Erin to schedule treatment. Erin did a session which consisted of gentle body movement and placement, that was so pleasant that I found myself doubting it would help. When the session ended I was surprised to find myself exhausted and also pain free for the first time in months. I could walk unassisted again and was overjoyed! I appreciated Erin's professional approach and firm but gentle healing touch. ~ In gratitude, Mallory Sanford



Erin Quinlan

Ortho-Bionomy and Reiki

Serving the community as a healing arts practitioner for 11 years.

510-847-2024

Music As A Path To Wholeness

Free Your Inner Heart Song



Elizabeth Rau

707-442-4246

larkinsong@gmail.com

I am a vocalist and pianist with over 30 years of experience as a performer and teacher. I have a Master of Music degree and I enjoy giving piano and voice lessons to all ages from preschool to adults. I teach all levels from beginning to advanced. As a teacher I am patient, positive, enthusiastic, and intuitive. I have a passion for teaching and believe in allowing each person's unique path of learning to unfold. With very young children, I let their natural curiosity and interests lead the way in lessons with a balance of structure and free-flowing, creative activities. I also have experience teaching students with special needs.

Singing brings me great joy and I love assisting others in freeing their natural speaking and singing voices. Our voices are an important part of our identity, and as we open our voices in their fullest expression we experience greater wholeness and empowerment in our lives. It is a delight for me to be a facilitator in this exciting and dynamic process.

My life path has expanded into the realm of healing arts. A few years ago I experienced an abdominal injury which interfered with my ability to sing. Through regular Reiki healing treatments, light therapy, and other modalities, I've been able to heal my body with non-invasive techniques and continue my singing.

I am a Reiki Master and giving Reiki healing treatments to myself and others brings me great joy, peace and fulfillment. I offer both hands-on and long distance Reiki. I am excited to offer therapeutic light treatments as well, since I am experiencing such great results myself.

My heart is calling me now to devote more of my life to healing work. I am interested in exploring opportunities where I can offer music for healing in a more focused way, and also blend music with other healing modalities. I look forward to serving you!



Nick Athanas / antpitta.com

Music in the Soul can be heard by the Universe -Lao Tsu

Lark In Song Healing Arts

Traditional Piano & Voice Lessons
Piano & Voice as a Healing Exploration
Reiki Healing Treatments
Dynamic Light Therapy

Sound Healing Therapy

"as above so below, as within so without."



Marjo
Ribeiro

Acutonics is a system of vibrational sound healing rooted in Harmonic Medicine, Oriental Medicine and philosophy that utilizes tuning forks and symphonic gongs, Tibetan bowls, bells, drums and rattles.

Sessions are done using a set of tools that deliver specific frequencies and create musical intervals tuned to the orbital properties of the Earth, Moon, Sun and Planets. These intervals are applied directly on acupuncture and acupressure point combinations, as well as trigger point, points of pain, chakras and in the etheric field.

The work with tuning forks accesses subtle states of vibratory awareness that provides deep transformation. This help us to connect body, mind, and soul in the journey toward optimal health and spiritual attunement, or at-one-ment, with all things in the Universe. Sessions are based on the understanding of the cycles of nature and the profound universal connections between the natural world, body, mind and spirit, and the role they each play in our journey toward wholeness.

Marjorie Ribeiro, a.k.a Marjo Lak, comes from a healing arts background in Traditional Chinese Medicine. She studied and practiced in Brazil, and continued her healing therapies studies in India. Marjo moved to Humboldt County in 2008, and became an Advanced Acutonics Practitioner on 2010 through West Coast Acutonics School in Berkeley. She uses a variety of tuning forks, crystal bowls and other sound healing tools, including Tibetan bowls, bells, rattles and drums. Marjo has been focusing her practice on kids and women's pre-natal and post-partum care and has been part of Kids Open Door with Cristina America and Hannah Virginia.

For more information contact Marjo

(707) 832-3777

marjoribeiro@gmail.com

www.acutonics.com

www.westcoastacutonics.com



Joan Richards



KRI Certified
Yoga Instructor

Ayurvedic Wellness
Counselor &
Aromatherapist

Kundalini Yoga is the Yoga of Awareness. This technology was brought to the West by Yogi Bhajan in the late 60s and taught openly for the first time to a generation of people searching for their authentic selves and reconnection to their Source.

Through practice of physical exercise to strengthen, open and bring health to the body and steadiness to the nervous system; pranayam or breath control which increases vitality and life force; mantra and mudra which focus energies, elevate the patterns of the mind and chemistry of the brain; and meditation, transcending the thought waves of the mind, we have an experience which penetrates to our heart and consciousness unlocking our total creative awareness.



The teachings passed down through Yogi Bhajan encompass nearly every facet of being human and are steeped in the wisdom of Ayurveda and numerology.

My training also includes studies with Maya Cooper and at the Northwest Institute of Ayurveda.

I am happy to offer group classes, private sessions, healing gong meditations, intuitive energy reading and exploration, dietary and herbal counseling.

joancarol@mac.com

707-476-9343 or 707-267-0523

Sheridan Richardson, L.Ac

Lotus Acupuncture & Healing Arts

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Licensed Acupuncturist

Traditional Chinese medicine, including acupuncture, Chinese herbs, cupping, moxibustion, and other techniques to balance bodily systems for optimal health.

“Your health is your best asset.”

Chinese medicine has been used for thousands of years to maintain health and treat illness. Traditional Chinese medicine incorporates acupuncture, massage, herbal medicine, and Qi gong or T'ai Chi. It is based on the theory of yin/yang, where everything is in balance. Chinese medicine focuses on the whole individual and all of the factors that make up one's experience of health.

I believe that quality of life is an essential component to health. There are many people suffering unnecessarily and many options to enhance daily comfort and wellbeing. Every patient has a unique health history that I treat accordingly, and work with him or her to find a balance that they can maintain. I believe that it is a process to learn and grow with the body's changing needs.

I specialize in treating pain, musculoskeletal issues, stress, anxiety, and women's health. I feel that it is a commonly held misconception that women need to suffer through puberty, monthly cycles, or menopause. Chinese medicine offers many choices and relief for these phases in a woman's life, and offers effective treatment for fertility issues, pregnancy, childbearing, breastfeeding, and beyond.

I moved to Arcata in 1993. I attended HSU, graduating with a Bachelor's degree in Health Psychology. After years of studying Western herbology, I successfully ran a small herbal products business, Fairy Dirt Formulas. I went on to receive my professional training at the Oregon College of Oriental Medicine in Portland, OR. I have a Master's degree in Traditional Chinese Medicine, with extensive training and clinical experience.

I truly value our unique community and I enjoy working and raising my family here. I hope to bring my knowledge, enthusiasm and vision to help this community thrive with the aid of Chinese medicine. I strive to support people in finding an adaptable balance of health that is affordable and functional for their lifestyle.



SERVICES

The Reconnection

One to three Reconnection sessions can be life changing regardless of what you are healing. Reconnection is a fascinating healing technique discovered by Dr. Eric Pearl. It works with Light, Energy and information. To learn more Google *The Reconnection*.

Spiritual Coaching / Meditation

Who are you? Why were you born? What is your Life purpose? Come to know your Self while gaining greater Happiness and Peace in your life. In this 12 week coaching program you will learn how to take conscious control of your mind, thoughts and emotions while increasing your life force energy. You will easily and effortlessly attract into your life that which you need most. From a client; "After seeing the change in my wife from your coaching I would be foolish not to find out about it for myself."

Craniosacral Therapy

If you are open to relaxing touch and going deep within, Craniosacral Therapy will be healing on all levels. At the advanced level of healing, there really is no way to describe the technique. I simply tune into you and let the work come through me. Together we go into a state where the body knows how to heal itself. A client once said after a session: "I feel like I took a nap for 9 years."

Deep Tissue & Therapeutic Massage

"David Sandercott is a skillful and knowledgeable Massage Therapist; his body work is very effective and enjoyable. He creates a safe and nurturing environment for you to experience the deepest work possible. I highly recommend David's work to all my friends and co-workers."

Shaktipat Meditation & Jhana Yoga

Shaktipat is the Transmission of Shakti from teacher to student. Shakti is the Life Force energy that animates our existence. It is what guided you to read these words, and what guided me to type them. Jhana Yoga is the path of direct awareness and introspection, looking inward to observe what is already there.

Pick up the phone and book a session with David. Or come meet him at one of his Meditations on Monday nights at Om Shala Yoga from 5:45-6:45pm.

David Sandercott

310-663-9879

912 10th St in Arcata

www.DavidSandercott.com



DAVID SANDERCOTT
MESSAGE THERAPY HOLISTIC HEALING

And the day came when the risk to remain tight
in a bud was more painful than the risk
it took to blossom.
- Anais Nin

Andrea Sanger, LCSW

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Sandra Schaff, LCSW

lcs19331

(707) 845-3563

SOUL REALIGNMENT



I have been working in a healing capacity for 29 years. I realized I needed more tools after teaching women's self-defense back in 1986. My journey took me to academia and beyond. I went the school route and got the licenses required. And it was good.

I worked at County Mental Health for seven years, getting my clinical training and hours for licensing. I spent three years working with runaway youth and families. There I learned much about community services and how they interact. I spent 16 years working in school settings.

I taught classes in conflict management, communication skills, anger management skills, and self defense for all ages, to name a few.

I had always been interested in spiritual growth. I began to integrate knowledge and skills from traditions that included energetic and cutting edge theories about who we are and why we are here. I studied and practiced resonance repatterning, eye movement desensitization reprocessing, sacred geometry, somatic hypnotherapy, theta healing, soul memory discovery, and most recently, soul realignment. Each of those are complete models of healing unto themselves.

Soul Realignment gives us specific information about the energetic qualities of our soul, based on the Soul's origination. This information is accessed through what I call the Akashic Records. Think of a data base or library where all the information about you in all time and space is recorded. We access this information to help you live your path and purpose with intent. It also gives clients a new way to understand their current challenges, to allow them to make different choices.

You would be interested in my work if you are experiencing anxiety, depression, changes in life, grief or loss, but were looking for an energetic intuitive approach to balance. Our time together is sacred. We work with your guides and spiritual healing team. I would be happy to hear from you. Thank You.

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Physical or email me to set up an appointment or if you have any questions - 707-497-9039 - damionpanther@gmail.com -

The Book

"Shibumi" is full of stories, experiential exercises, real life applications, and insights to support you in living your life to the fullest, and learning how to create what you most want.

TO ORDER FOR PRE-ORDER THIS BOOK PLEASE GO TO damionsharp.com THERE WILL BE A PREORDERING PERIOD THROUGH INDIEGO-GO. PLANNING TO HAVE BOOK PUBLISHED BY OCTOBER 2015.

DAMION SHARPE

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GROUP LIFE COACHING

Let go of what is not in service to you.
*Manifest your dreams.
*Live your life to fullest.

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*Create easy shifts into essence.

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Creating fun transformational entertainment
Looking for others to join me as actors, crew, and producers- to create a troupe of genius co-creators.

Creating films that entertain and show a picture of relationships and a life that we truly want, also, that produce laughter!

I love to use improv, with a focus on the characters connection(s) and a strong story, weaving humour, depth, and heart!
You in? or know someone?
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DAMIONPANTHER@GMAIL.COM Improv artist

LISTEN TO MUSIC TO ENLIVEN, ENTERTAIN, MOVE, AND INSPIRE YOU!
[SOUNDCLOUD.COM/DAMION-SHARPE](https://soundcloud.com/damion-sharpe)

Dianne Sherman

Spiritual Life Coach,
Intuitive Counselor
& Vibrational Healer



Inspiring Uplifting, and Transforming Your Life!

As A Near Death Experiencer I came back with the message that we are loved unconditionally. From that event my gifts of intuitive sight and healing help people find and experience that for themselves. I have had a healing practice for over 20 years. My passion is to help you transform your life by removing the blocks and barriers to your happiness and well-being. I am offering hope, relief and healing. I am passionate about inspiring self-love and appreciation. My gift is in being able to see your Divine essence and mirror that back to you. My joy is in uplifting your spirit, inspiring your dreams and transforming your life!

Through Intuitive Counseling I will clarify the issues and then using Vibrational Healing, clear away issues that may be hindering your growth and keeping you from realizing your dreams. My techniques are quick, thorough and permanent.

The purpose of my work is your self empowerment. My desire is to be your guide to your highest potential, and a bridge to your expansion and transformation. When we are able to shift our perceptions and awareness we can create new experiences with renewed hope and enthusiasm.

What my clients have to say about me :

Working with Dianne changed my life. She showed me how I was sabotaging myself and empowered me to create a totally different experience. - *D.F. Los Angeles*

You breathed happiness in me as you breathed me back to myself. - *C Grundmen New York*

She takes the truth out of people and shows it to them. It's like looking in a mirror in the best of ways. Truly magical! - *A. Jacob, D.O. Santa Monica, CA*

I'm often astounded by Dianne's ability to see into my soul and to spring forth observations and reflections that are so perceptive, it's uncanny. I often joke with her that she has X-ray vision. But she has the wisdom, tenderness and patience akin to having your own Yoda to talk with. My life is better, and I am a better person because of Dianne. She has a wonderful gift and shares it with tenderness and alacrity. - *D. Best San Francisco, CA*

707.407.0309

dianne@guidingyourspirit.com

www.GuidingYourSpirit.com

Scott L Sherman, MA, MFT

CA 14936



707-445-1018

scott@scottsherman.com

Skype: s.l.sherman & on Facebook
PO Box # is 6190, Eureka, CA 95501

A Note of Gratitude

How does one announce an ending; of a psychotherapy practice? The ethical considerations are confounding and incredibly time and energy consuming.

Keep records for 7 years, or, is it 10? Notify everyone you have worked with within the past specified (or, is it unspecified?) period of time that you are quitting! Make sure that you refer all clients to other therapists so that there will be continuity of service! And . . . ?

Sorry, not able to fully comply.

Instead, I wish to give this note of gratitude and to acquaint clients, colleagues and friends as to how to contact me for further follow-up. I may be old (figment of imagination), close my office up, and retire from regular practice but I am hardly retiring! I prefer to see my transition as a greater embracing.

To practice the healing arts has been wonderful for me, especially the past 14 years or so here in Humboldt County. The warm reception and endorsement of so many clients and of other healers, the net-working of Northern California Association of Mental Health Professionals (www.ncamhp.org), and the vital, educational and illuminating work of Isis Scrolls have, among other gifts, brought a wonderful feeling of self-confidence, awakening and emerging of self into higher realms of awareness and one-ness, and Love. Hard times are ahead of us and our only job is to find and stay in the "Field of Love"!

For a number of years I have been offering sessions via Skype, email and phone and will continue to do so. As well, in my new life I will be vagabonding around, in a specially rigged cab-over-camper that can take me most anywhere there are roads. I will be able to bring my home and office most anywhere! Family, community or village trainings or interventions can happen. My main corridor of service will be in Mendocino County, where I practiced for 20 some years, and into Humboldt County.



Finally, the Hawaiian Blessing: Ho'opanoano; Forgive me, I'm Sorry, I love you, Thank You!

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Come into a greater relationship with yourself!

- intuitive healing & counseling
- phoenix rising yoga therapy
- reiki / energy healing
- spiritual mentorship

Intuitive Healing & Counseling - remote & in person

Receive support, guidance and a loving sense of sanctuary so that you may:

- release stress, tension, limiting beliefs & anxiety
- experience the vast spaciousness + wisdom within you
- gain greater clarity, insight & certainty around your soul level purpose
- embrace the process of your own unfolding
- cultivate a healthier, more compassionate relationship with yourself
- remove fear + anxiety around following your heart

What are you here to do? What is your remarkable work in the world? I support transformational seekers who are feeling insecure, anxious, and hopeless or disconnected from their intuition, insight and inspiration to bring forth their unique inner shine. **It is time to shift from feeling "stuck" and looking for what is "wrong" with you to embracing your process and trusting in yourself and in life.**

Let's dig beneath the surface and mine the magic that you are meant to share. **Let's get you to the big "YES!" of who you really are and connect you with the beauty, intelligence and sheer radiance of your lived experience.** I want to be your cheerleader as you allow life to crack you open to deeper and deeper layers of your essential self.

Each private session is skillfully tailored to meet your needs in the present moment. Sessions include guided meditation, intuitive heart reading, deep listening, supportive counsel, energy healing, & unconditional love. Our work together is orientated towards personal growth, uncovering your soul-level purpose, liberation, inner-alignment & present moment action to effect real change.

If you or are ready to uncover who you really are and reveal and embody your unique work in the world **please get in touch to schedule a free 30 minute Heart Alignment call** to reveal what's alive for you right now + uncover what is keeping you from living in passionate alignment with your soul-level purpose. Get some support around what might help you tap into your innate body-wisdom & learn to listen to + honor the voice of your heart. **Reach out: love@artemisiashine.com**

www.artemisiashine.com ~ 707.234.5411

Jennifer Smith
Holistic Bodywork

- Ayurvedic Bliss Therapy
- Abhyanga Massage
- Deep Tissue, BioMat
- Steamy Wonder Tent
- Neuromuscular Therapy
- Craniosacral Therapy
- Myofascial Release
- Techniques, Reiki & Aromatherapy



True healing comes from within. Our bodies naturally want to be in balance with our highest state of health. Through lifestyle, herbs, bodywork, and exercise we can achieve this optimal state. As a facilitator of wellness, I am honored to witness and provide space to connect with the body's innate healing intelligence. Listening quietly to the rhythms of the body, I stay present for the unraveling and opening of new ways of being. I invite grace and ease into the physical and emotional bodies with the use of warm organic oils, herbs and essential oils that help balance the doshas.

Ayurvedic Abhyanga Massage is a timeless energetic therapy that helps open the body through the subtle channels known as nadis. Each session is a Ritual of anointing the body from head to toe with warm oil. Saturating the body with love and inviting one closer to their true nature through the weaving of intuition and sacred patterns.

I was born and raised in Humboldt. I am a Holistic Health Practitioner trained at Heartwood in 2003. I have been blessed with the opportunity to spend the last four years studying Ayurveda at the Northwest Institute of Ayurveda. I invite you to indulge with these blissful therapies.

May every being be happy, May every being be free from pain and disease, May every being appear Blissful! May there be no trace of sorrow with any being.

707-601-1007



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- **Humboldt Patient Resource Center 980 6th Street, Arcata, CA**
- **The Heart of Humboldt 601 I Street Arcata, CA**
- **Wonderland Nursery 1358 Redwood Drive, Garberville, CA**

If you any questions please feel free to contact me at
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JANET STOCK, CMT

THERAPEUTIC
MASSAGE



I am a massage therapist certified in Swedish, acupressure, prenatal, labor and delivery, postpartum and infant massage and the Arvigo Techniques of Maya Abdominal Therapy. I helped develop and have worked for over 15 years in a hospital based massage program providing massage to pregnant and postpartum women, cancer patients, post surgical patients, elderly and hospice patients.

I am happy to be able to offer the Arvigo Techniques of Maya Abdominal Therapy to our community. These are non-invasive, gentle techniques that help align the sacrum and pelvis, and guide internal abdominal organs into their proper position for optimum health and well being. They are effective for menstrual problems, pregnancy and post partum for women; back pain, fertility problems, incontinence, digestive and bowel function for both men and women.

I have worked with women during pregnancy and post partum since beginning my practice in 1992. I enjoy being part of a wider community that can provide women with information, emotional and physical support, and encouragement in choosing what feels best for themselves and their babies during pregnancy, birth and after. I love working with infants and children, and teaching parents massage techniques to use with their children.

I have been providing compassionate and nurturing touch to people with cancer for many years, I received additional training in the latest approaches to working with cancer in January 2014, and am qualified to appropriately assess techniques and contraindications before, during and after treatment. I use gentle massage and acupressure during all phases of treatment and recovery.

Please call for more information, or to schedule an appointment.

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Uma Till, cmt

Relax and Renew



*I love living and practicing in
Trinidad and on the North Coast!*

My massage practice is based in several different traditions including Native American and Eastern.

I began my studies at IPSB International Professional School of Bodywork in San Diego and continued on with Reiki and Craniosacral.

My practice informed my studies. This took me to study Raindrop Therapy using essential oils and aroma therapy with Tara Alder at Alder Brooke School of healing arts.

With a decade plus years of practice I have integrated many modalities. I really enjoy interweaving all these various sciences to bring my client to a place of alignment, renewal and connection.

My office is located at the Isis Temple in Sunny Brae, or I can also come to your home.

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Lee Tuley, CR, RCC



I've been a Certified Rolfer for 25 years. I've also studied Cranial Sacral, Visceral Manipulation, Integrative Body Psychotherapy, and other relevant disciplines. Seeing my clients' bodies change for the better in such a short time is a constant reminder that we are always capable of huge transformation.



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Lorraine Tryon, C.M.T.

Holistic Health Practitioner

(707) 223-3034

tryonmassage@gmail.com



Our bodies/minds are so amazing. We are pure essence. We are the sum total of wisdom and intelligence that is encoded deep within our DNA, as well as the vast expanse of all that surrounds us!

We are truly Amazing beings, and yet we don't always fully recognize this!!!

When I lay my hands on people I feel their power and strength, yet I can also sense how thoughts and emotions contribute to the body becoming bound up, tired or painful. Our chi or life force can get blocked in one place or multiple places within the energy system of our body.

When I work with clients I begin by first noticing what is happening in their physical body. I notice how relaxed or stressed they are; I notice how tight certain muscles are and how they are breathing and if it is deep or shallow.

I listen to what each client request and then proceed in full filling their needs. While I am getting a better understanding of a client through therapeutic loving touch, my intuition goes into full swing and I am guided by my inner vision to work on areas where I "see" blocks in their energy flow. Oftentimes images of what is needed to correct the misalignment will come forth. Words can come with my visions.

It is a beautiful experience to work with the grand scheme of energy, to help facilitate the release of old stagnant chi and make room for more freedom to express the divine, pure wisdom, radiant health, well being and the pure intelligence of all that we are!

In 2000 thru 2001, I studied, teacher assisted and taught at the Heartwood Institute near Garberville, CA. I am certified with over a 1,000 hours, in many massage modalities such as Swedish, Deep Tissue and Sports Massage, Neuromuscular Therapy, NeuroKinetic Therapy, Pregnancy Massage and more.

From 1986 thru 1993 I trained with a private group in deep meditation practices, cultivating intuition, and "listening" to the still, small voice within, that continues to guide me today in my healing practice.

My practice is set up in Arcata and McKinleyville. Please feel free to call me for more information and a free phone consultation, or to set up an appointment!

**I have found if you love life,
life will love you back.**

~Arthur Rubinstein

Lorraine has a lovely blend of being incredibly skillful with her touch, strong, yet sensitive and deeply intuitive with her direction. I've had a lot of massage and she's one of the best! ~ Peggy Profant, Instructor/ Owner Om Shala Yoga

Lorraine is a magical healer! She uses a combination of spiritual guidance and physical touch and gentle questions and words to guide her! A truly powerful experience! ~ Devin Butor, P.E Teacher, Coastal Grove Charter School



There are a thousand ways to kneel and kiss the earth. ~Rumi

Folk Song

Hannah Virginia Offers Traditional Healing Support Services to Nourish the Spirit, Body and Mind.

- Congees, tonics, bone and mushroom broths
- Placenta medicine
- Medicinal herbal infusions
- Infused herbal soda water

Hannah Virginia

**Certified Massage Therapist,
Reiki Master and Clinical Herbalist**

With many years of experience, Hannah integrates Traditional Chinese Medicine, energy medicine, and somatic bodywork with oracle and intuitive readings. Hannah is also trained in Polarity Therapy, Jin Shin Jitsu, Tarot, Astrology, Priestess and ritual work, journeying, and psychic skills. She is a part of the *Kids Open Door Clinic* with Cristina America and Marjo Ribeiro. Hannah is deeply committed to supporting each individual's healing process in order to create a healthier community and more peaceful world.

Folk Song offerings include:

Folk song offers hands on healing, intuitive reading, counsel and support. Hannah also offers cupping and specially prepared flower essence formulas. Hannah seeks to create a beautiful blend of nutritive, medicinal and spiritual support.

Pre-natal, post-partum and everyday support services

- Nourishing family meals—Ready to heat and serve. Some delivery available. Great post-partum gift.
- Traditional children and baby food—Ready to heat or freeze.

Check out the menu on Folk Song's Facebook page. EVERYTHING is made to the highest standards. Fresh, organic, and local used whenever possible. Prepared with mindfulness in sacred space.

Also offering: deep home, office, and personal space energy clearing and cleansings, as well as wedding, ritual and special occasion officiating.

For more information regarding *As The Crow Flies Mystery School* classes and courses, or for rates and availability contact Hannah

(707) 382-1871

folksongearthmedicine@gmail.com

Check out Folk Song on Facebook

Gift certificates available



Teresa von Braun

Psychic Reader • Energetic Healer
Metaphysical Healer • Spiritual Counselor • Sacred Space Designer

My role as a spiritual consultant is to guide you in developing your spiritual connection through intuition, to support your soul's evolution. From a rich backdrop of ancient and modern mystic traditions, I offer insight, tools and techniques to assist you in becoming your essential self and in manifesting your truth in the world. I have been a spiritual consultant to individuals, groups and businesses for over 30 years. Students & Clients work with me for a full spectrum of care, including:

- Readings include healing and medical intuition
- Channelings by my Guide Aelun, or Archangel or Goddesses
- Hands on Healing Sessions
- Individual, Relationship & Family Counseling
- Sacred Space Consultations

Ongoing Soul Development Classes and Workshops are designed to offer opportunities to develop personally and professionally in the tradition of esoteric mystery schools. The work is a blend of metaphysical and alchemical esoteric information derived from temple training and ancient cultures, integrated with schools of modern psychology. Classes are progressive, and correlate with levels of Spiritual Initiation: Birth, Baptism, Transfiguration, Celebration and Revelation. I offer advanced classes in topics such as:

- Manifestation
- Magic
- Guides
- Angels
- Rays
- Alchemy
- Sacred Geometry
- Goddesses
- Healing the Wounded Healer

I lead 'Journey of the Soul' groups to Sacred Sites around the world.

Creating Sacred Space for your Soul in your home and property: Energetic clearing, healing, harmonizing, including the art of placement to facilitate energy flow and well-being, attuned to you and your household.

A lifelong student of metaphysics and esoteric traditions, I have studied:

- Psychic, energetic and mystical traditions
- Chakras, auras, kundalini systems
- Goddess and polytheistic religions
- Quidalaka & Tantra sexuality
- Native American, Peruvian, & Egyptian, Huna shamanism
- Richman School: Diamond approach to Sufism, Buddhism and Western Psychology

My M. A. in Transpersonal Psychology emphasized Soul Healing, including:

- Hypnotic therapy
- Neuro-linguistic Programming
- Non-violent Communications
- Self-acceptance work
- Family systems
- Authentic Movement

"She's a one woman Mystery School"



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Electro-Lymphatic Drainage

The lymphatic system, also known as the secondary circulatory system, is one of the bodies natural waste removal systems. Toxins can accumulate in the lymphatic system due to poor nutrition, dehydration, pollution, constipation, and lack of exercise. When this happens the body becomes sluggish and possibly sick. Electro Lymphatic Therapy is an accelerated method of moving stagnant, sticky lymphatic fluid out of the body. These healing frequencies break up congestion, re-balance the cells and enhance your immunity.

Ionic Foot Spa

These naturally stimulating and relaxing treatments are based on the ionization of water and osmosis to draw toxins from the body. This offers a way of approaching healing through saturation of the blood, tissues, cells, and organs with negative hydrogen ions. These ions act as both an energy carrier and an antioxidant in the body.

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Linda S. Wahlund

Reiki Master,
Animal Communicator
& Intuitive Reader



Starting with a lifetime of natural inclination and a strong interest toward spiritual & metaphysical realms, I have 20 years of focused study, including Reiki, Intuitive Reading, Animal Communication, Reflexology, Crystal Healing. I am in an open-ended, never ending process of expanding my knowledge of spiritual and healing arts, so that I can offer an ever-increasing array of healing and teaching to others.

Does this sound like a lot? It really isn't. This is a short compilation of the skills I offer every person that contacts me for services – whether that is a Reiki healing session, talking with your loved ones in Spirit, helping you work through challenging times or communicating with your animals.

The exciting work that is taking place at this time is that I have been given the opportunity to do more one-on-one teaching as well as teaching custom classes for groups: large and small. In this way I can better meet the needs of every person in the group. Many times they are friends and have common interests and goals. More people are looking for a spiritual and energetic “step-up” in the way of receiving all three of the Reiki attunements available. Teaching in the privacy of my comfortable session room we delve into your personal reasons for evolving and customize the teaching for your highest wishes. This can include metaphysical teachings as well as reaching into the higher realms for guidance. Clients then will become more comfortable with their energy bodies and learn to honor and love themselves first and then take that “on the road.”

This year I take time to honor myself, friends, family like never before. Life is good and we're meant to be one with the Universe—filled with Love and Joy! Come and share that with me!

COME RIDE THE WINDHORSE!

2015 Group Animal Communication Class

October 24-25 in McKinleyville, CA
Registration and payment by October 1, 2015.
See Website Event Page for Details
Register by October 1, 2015



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Lupine M. Wread, LAc
Lotus Acupuncture and Healing Arts

827 Bayside Rd.
Arcata, CA 95521

707-633-4005

Lotusaha.com



Traditional Chinese Medicine (TCM) is the formal term for the combined therapies of Acupuncture, Chinese herbal medicine, moxibustion and other healing modalities. TCM achieves improved health by balancing energies in the body using these several methods. The medicine has evolved over thousands of years and is safe and highly effective. TCM uses a ‘holistic’ approach, meaning that it treats any individual problem by treating the whole body systems at the same time.

While the effect of Acupuncture provides immediate symptom relief, it is far more than this. Acupuncture works with the body strengthening and balancing all the organ systems. It improves circulation and allows the body to heal more quickly and completely. Those who experience Acupuncture often heal, not only physically but experience new profound feelings of peace, clarity and harmony.

I am currently practicing a Japanese form of Acupuncture as taught by Kiiko Matsumoto and David Euler. In this style of treatment, I work with the physical body to release blockages that have formed from illness, injury, repeated stress, surgery, toxins and emotions. When the blockages release, the body is able to come into balance and access natural health. In this style of Acupuncture I expect to see immediate results with each treatment, building into long term wellness.

Lupine M. Wread received her Masters degree in Chinese Medicine from Five Branches University and is a California Licensed Acupuncturist and herbalist trained in Traditional Chinese Medicine, Five Element Medicine and Japanese Acupuncture. Previous to practicing Acupuncture Lupine was an Iyengar Yoga teacher for many years. She is a passionate organic gardener and raised her family on a rural homestead in the Sierras.

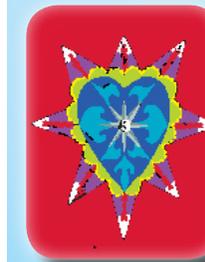


Gabrielle Zeitlin, CMT

Chi Nei Tsang



Chi Nei Tsang, or abdominal chi massage, is an ancient Taoist healing modality that translates as, “internal organs chi transformation.” Holistic and integrative, it utilizes deep and gentle touch applied to the abdomen and, in conjunction with the breath, has the ability to bring the physical, spiritual, mental and emotional aspects of our beings into alignment. Using a combination of soft touch and breath work, CNT encourages vitality and efficiency in the organs. Also aiding in the digestion of unprocessed emotional charges and energetic stagnancy, it addresses all of the body's



systems: digestive, respiratory, cardiovascular, lymphatic, nervous, endocrine, urinary, reproductive, muscular-skeletal, as well as the meridian system. Chi Nei Tsang helps to detoxify the body of excess, improving elimination, strengthening the immune-system, addressing postural problems that result from deep-rooted visceral tensions, helping to release chronic

pain in the back, neck, shoulders, and misalignments of the pelvis, feet, and legs. By encouraging the client to expand into their breath more fully, Chi Nei Tsang brings them into communication with the deepest fathoms of their belly and thus, themselves.

Gabrielle is a belly enthusiast, a graduate of The Chi Nei Tsang Institute in Oakland, CA, and Loving Hands Institute in Fortuna, CA where she studied Esalen Swedish massage and deep tissue. She is currently working at Soul to Soul Spa in Arcata, 854 10th St. Call to book a session today! (707) 822-7685 You can also reach her at (707) 362-1717 or bubbledove@gmail.com



Rev. Elisabeth Zenker, MSW

Towards elevating & amplifying our collective vibration, one person at a time

Empowering Relationships: both within Yourself and with Others

Spiritual Astrology: integrating the celestial energy present at our birth

- A navigational guide to life, including your Life Path, Relationships & key Events
- Integrate your Physical, Emotional, Mental and Spiritual selves via the 4 Elements
- Inter-planetary Sacred Geometry links – within ourselves and with others – shows our strengthening life lessons, and gifts we may not even realize we have
- Get a deeper understanding of the underlying meaning of issues in your life, as its creator

Subtle Body Energy: clearing energy in our aura and chakras

- See and accept recurring patterns & issues, for their de-energized full release
- Increase your vital energy flow with renewed confidence & intuition
- Update spiritual contracts, heal & maintain your boundaries, & ground your energy

Mutual Support: Self and Other, integrated

- Nourishing relationships optimize our awareness for deeper spiritual growth healing
- Discord can shift into a resonant harmony – vibrational ripples that keep spreading
- Breema energetic bodywork for cellular support (Breema Practitioner, 1996, www.breema.com)

Awakening to full bliss in a medical helicopter, my brain tumor experience taught me how intelligence simultaneously exists both outside & within our bodies, in a constant integration and exchange of vibrational energies. From celestial to personal, subtle energy to cellular, and individual to collective, this sacred intelligence is fully available for our deeper collective awakening.

breathe love

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Rev. from Psychic Horizons Clairvoyant Program, San Francisco, 1989
MSW from Humboldt State University, 2007



You are a miracle worker.
— Jenny Pao, Nectar Essences healer & founder, www.nectaressences.com

Elisabeth understands astrology at such profound, intuitive depths that she is able to develop layer after layer of meaning in your chart. Something she says will click at a deep, subconscious level, emerging into your conscious mind, and adding clarity to your understanding of who you are and your life purpose on this planet.

— Dr. Janet Smith Warfield, author of Shift: Change Your Words, Change Your World, www.consciousnessshift.com

Elisabeth is delightful, intuitive, heartfelt, synchronistic ... a beautiful meld of insights bringing forth realizations for the here and now ... and after our last session together, I feel I am still gaining understanding which is marvelous! I simply love hanging out with her — she helps my heart to sing!

— Morag Paterson, Shift Facilitator, www.morag-paterson.co.uk

... Even more important Elisabeth provides clear guidance for how to use this (astrological) knowledge to better align with and fully serve my highest purpose. Knowing that I am on the right path gives me the peace of mind to continue on my journey with confidence and joy. I highly recommend her invaluable service.

Mark Porteus, author of Maximizing Your Human Experience, and Chief Empowerment Officer at Max Your Life, LLC, www.markporteus.com

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In the first two billion years of life on Earth, bacteria—the only inhabitants—continuously transformed the planet's surface and invented all of life's essentials.

—Lynn Margulis

In our bodies, bacteria outnumber the cells containing our unique DNA by more than 10 to 1.

The vast majority of these bacteria—a mind boggling 100 trillion—are found in our intestines.

—Sandor Katz

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& Feed Your Divinity

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