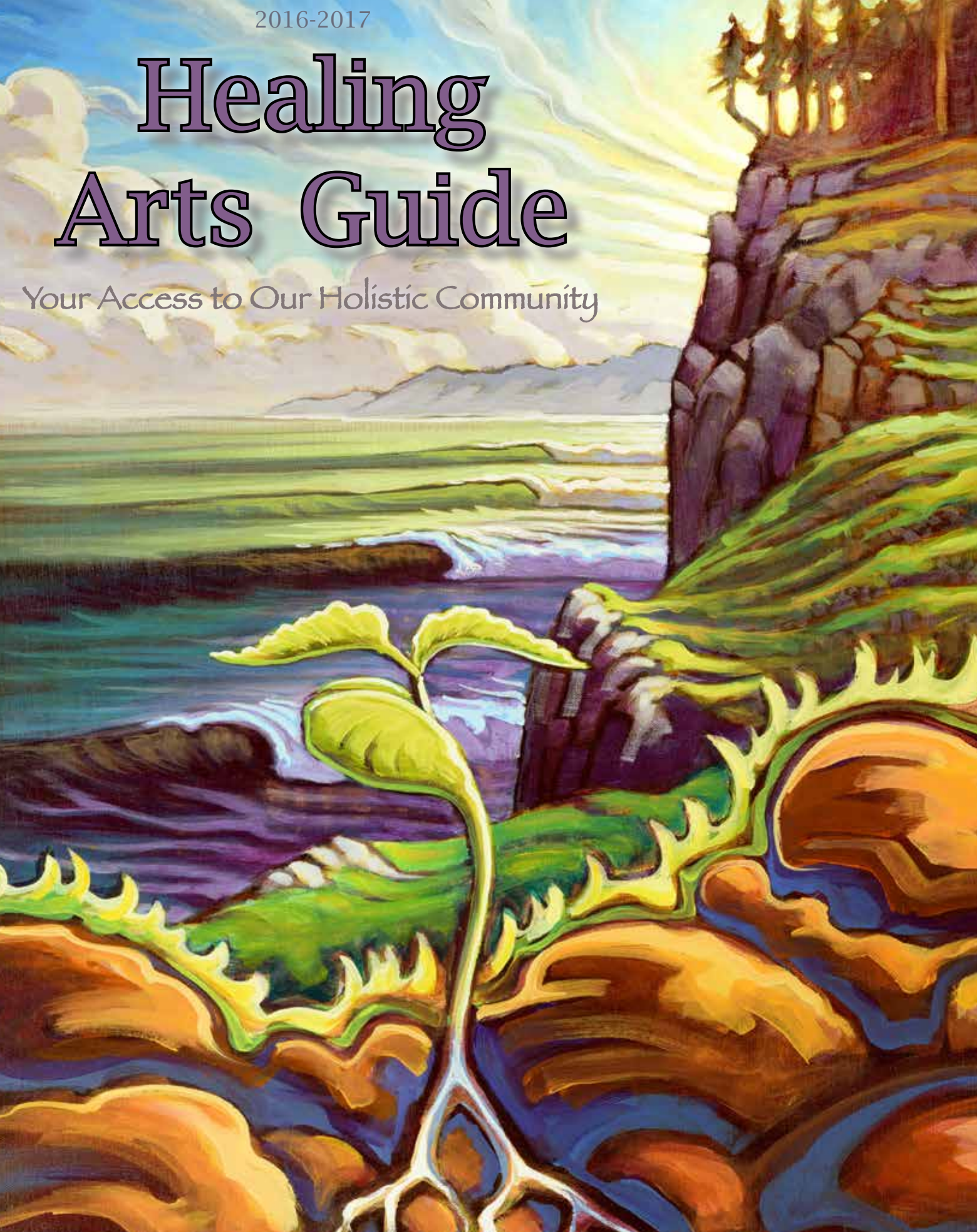
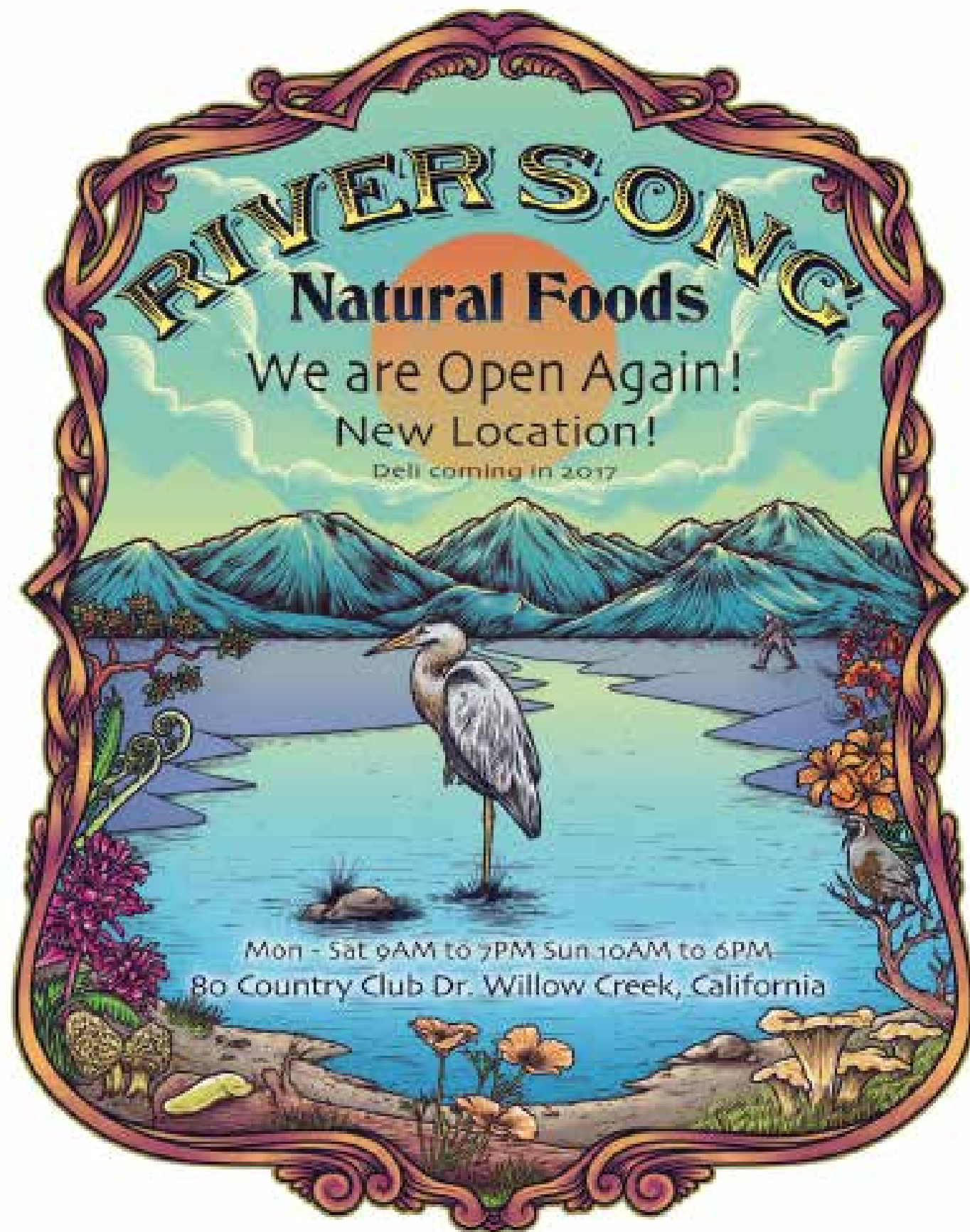


2016-2017

Healing Arts Guide

Your Access to Our Holistic Community





FARM STAND



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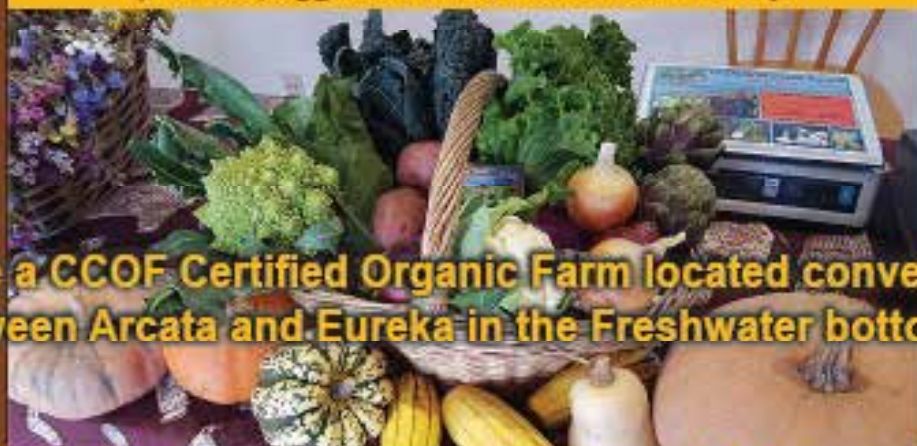
We invite you to enjoy the bounty of Humboldt County with us!

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We aim to provide fresh, local and organic produce, eggs and meats for our community.



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OrganicMattersRanch

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

Samantha Akers, CMT

E-RYT500



TheraYogaMethod™ Yoga and Body Work

Samantha Akers is the founder of the TheraYoga

Method, is an experienced yoga therapist and Body Worker. She believes in seeing the system as a whole, structured outside, fluid inside and that we must heal the whole body for complete health. She combines multiple modalities for her clients, using combinations of therapeutic yoga, MFR, trigger point release, Swedish massage, ball rolling and breath work skills as needed for each session.

I work with my clients the way I would want to be worked on. As a whole person, physical, emotional and spirit. Body work sessions include structural assessments and a mix of techniques to aid each person, on each day, as we are continually changing beings. Sessions begin and end with quiet relaxation and breath work. Working slowly, listening to the body, allowing for permission to heal, is how we will work together. Clients will feel a balance in their physical and mental well being as aches and pains melt away through loving touch and intention. I am passionate about holding the space so that my clients can heal as THEY need to.

Samantha has been practicing and teaching yoga for 18 years. Diagnosed with CFS, Fibromyalgia and Lyme's disease at age 23, brought her to the healing practice of Restorative Yoga and massage. Certified in a 1000 hour program of massage in 2008, she went on to study with Tom Myers and Russ Pfeiffer for Structural Balance and MFR. After selling her yoga studio in Los Angeles, TheraYoga, she has happily arrived in Arcata with her husband. Sam currently teaches classes at Om Shala Yoga and sees private clients 5 days a week for yoga and massage, specializing in alignment, injury and illness recovery. She leads teacher trainings in Los Angeles and Arcata in Restorative Yoga and Advanced Alignment.

818-808-9980

sam@therayogamethod.com

www.therayogamethod.com

Jess Albee Art: Graphic Design

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...with Affordable Prices & Packages

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

"It is an absolute pleasure working with Jessica Albee! I am so pleased with her creative style and commitment to getting the job done right! I have worked with Jessica in different areas; clothing artwork and design, advertising, and social media promotions. No matter what your job is, you will be happy you choose her!"

-Stephanie Peristich

Owner of Essential Elements Spa



Artist & Founder of Yoga Tree Apparel
Designer for The Emerald Magazine
Freelance Design for Community

See collection of work online
or ads in this catalog:

Jodi DiMinno - Marjo Lak

Parker's Beauty Bar - Dr. Pepper Hernandez

Soul to Soul Spa - Hope Springs Botanicals

Om Shala Yoga Massage - Marjorie Auckland

JessAlbeeArt.com

707.834.1037

jessica.albee12@gmail.com

Cristina America, L.Ac.,

Hillard Building 1433 11 Street Apt F in Arcata

(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 Orleans, CA.

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 post partum care, breastfeeding 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. 5 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: 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 from sickness

Herbal Medicine: To support the healing process and strengthen children in their abilities to overcome diseases and come to their full potential. The immense wealth of Herbal Medicine combined with acupuncture and massage allows us to formulate individual treatment strategies according to the needs of our patients. We enjoy the variety of people we meet in our work and we always eager to expand our minds and open our heart.

Tui Na: Chinese therapeutic massage

And now offering even more support to families with:



KIDS OPEN DOOR
Every Monday*
from 2pm to 6pm

with
**Cristina America
& Marjo Ribeiro**

**Walk In ... No
Reservations**

Necessary

Cristina America
and Marjo Ribeiro
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 (Acutonics).

Kids Open Door is offered by Donation
(* Except Holidays)

cristina.america@yahoo.com

marjoribei@gmail.com





Kendra Anderson

& Flower Flyther

confidence and poise. Mistrust with being clear, certain, and satisfied. Worry with being carefree and buoyant.

Astrology, through natal, transit, progression, relationship, and horary charts shows us 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. Tarot, through enlightened collective images, gives us tangible insight into our present life situation. We are not alone. The universal nature of the ebb and flow of life is made more clear. Our desire to choose love over fear becomes more obvious. Flower essences hold the intention of our healing growth through affirmations and their vibrational resonance. Their patterns of healing energy uplift and synchronize to create a healthier balance within ourselves. Flower essences address a wide range of issues and are complementary with other healing modalities as well. A reading with me will open your heart to your magnificence. Your reading will confirm and renew your faith in your life's purpose. May the protection of the devas enfold you. Blessed Be.

About Kendra: *I have had a deep abiding love and respect for the esoteric arts for over thirty-five years. Astrology, tarot, and flower essences are woven together in my practice to bring love, clarity, and healing to specific questions and challenges. As a practicing astrologer for over twenty-five years and a tarot reader for over fifteen, the bliss of sharing cosmic knowledge has enriched my respect for the joy, sorrows, and creative possibilities that reigns down on everyone's lives. A reading from me aids your ability to move lightly through challenges that our earth walk presents. Blessed Be.*

707-633-8560

freethinkingtarot@gmail.com

Astrology & Tarot Readings ***Flower Essences & Vibrational Healing***

Tarot, astrology, and flower essences are the mediums I work with when giving readings. The Great Spirit has been graceful and provided these vibrational medicines to aid people in their journey to find wholeness.

Tarot is an ancient art that opens the mind and imagination through visual representations of archetypes.

Astrology is the great art that tracks the cycles of time through the movement of planets in our solar system and how they affect us here on earth. We each have a personal star chart that is our essence made flesh and our connection to the bigger cycles of time. Our birth chart is also a blue print for the best way to actualize ourselves in this life.

Flower Essences are the communion of the earth medicines with the star and planetary medicines and are aids to healing on multidimensional levels. These devas are our personal allies whose intention is to raise our vibration to receive the abundant love that is at the heart of our universe. In this way we heal gently and joyfully. When we heal ourselves we have the potential to heal many people around us; specifically family members.

I believe a Blessed Life is one where the dreams and callings of our heart are lived in our current life. I am a co facilitator in your journey to pick the best path of many choices for your completeness. I do this through listening to your question and using tarot, astrology, and flower essences as a bridge for you to step into your ever unfolding self. It is possible to leave behind what is outworn, problematical, unfinished, and on the periphery of your greatest good and step into your radiant essence. Emotional issues like dread can be replaced with

Holly Ameline

Mind Body and Soul Healing

- * ***Metaphysical Healing***
- * ***Reiki Master***
- * ***Certified Herbalist***
- * ***Essential Oil Consultant***
- * ***Holistic Animal Therapy***



Empowering You to Heal Yourself

I believe in working with the spiritual and metaphysical energies of the body to heal emotional, mental, and physical conditioning. My passion to work with the nature of our true authentic selves has supported my focus to help people tap into light source energy. It is my intention to do what I can for my clients in the present moment while working with the healing powers of Reiki, massage, traditional plant medicine, and reconnective healing. The foundation of my energy work is rooted conscious living and mediation practices. I began my healing practice with animals 25 years ago. Within that time my four amazing children have taught me the magic of staying present in my heart space. While raising my family, I have been able express my everlasting gratitude for universal love, wisdom, and knowledge. It is within my work that I am able to share, care, and be aware.

707. 273. 2584

Arcata, California

owlspirit07@gmail.com



**ARCATA
CORE
PILATES
STUDIO**

We are 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.



- Pilates
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Mindfulness-Based Career Training

For The Discerning Student

- Emphasis on compassionate professionalism.
- Internationally educated faculty.
- One of the highest post-graduation employment rates in CA.
- 100% Certification Exam pass rate since the program began in 2004.
- Clinical internship included.
- \$1000 Work-trade internships available.
- 650-hour Program takes 10 months to complete.

Now Enrolling

We enroll just 16 students per year on a first-come-first-served basis. Classes start every September and run through July. Courses fill to capacity each year, so early application is recommended.

Our online application for admission can be found at arcatamassage.com.

Comprehensive Education

In our 650-hour Program, a small group of students studies for 10 months, staying together through every class.

Unique Among Schools

With small class sizes and a single, integrated curriculum, we focus on developing each student's individual style.

Mindfulness-Based

Body-centered meditation serves as the foundation of the entire Middleway Method Massage training program.



Many Methods

Training includes Swedish Massage, Deep Tissue, Lomi Lomi, Myofascial and Neuromuscular Techniques, Polarity Therapy, Acupressure, and Healing Chi Kung.

Hands-On Sciences

Our Anatomy, Kinesiology, and Pathology classes are designed with the practical, hands-on learner in mind. With a 100% pass rate on certification exams, all of our students learn sciences they need.

Therapeutic Treatments

We develop 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.

Business

With one of the highest post-graduation rates of any school in California, our business training prepares you for employment and self-employment.

Energy Work

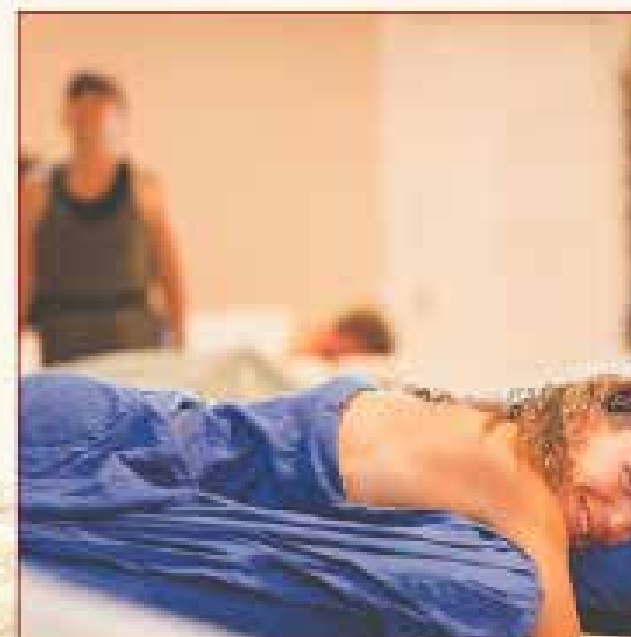
As an advanced course, we teach non-massage methods for treating special populations using gentle touch, subtle awareness and Polarity Therapy.

Prenatal Massage

Taught by a certified Doula, our prenatal massage course teaches special techniques just for pregnant mothers. Our prenatal clinic is a popular event.

Strength Training

We exercise in every science class! Our strength training instructors are Certified Personal Trainers and Certified Massage Therapists, and training is focused on massage-specific movement.



Chair Massage

Chair massage is great for business. Our business class includes complete chair massage training, and we give our students opportunities to work at local festivals.

Acupressure and Table Thai

Our Chinese Medicine course includes Acupressure and Table Thai, both popular methods for fully-clothed treatments with added health benefits.

Medical Massage

Clinical assessment, functional Anatomy and comprehensive Pathology training gives our graduates the competitive edge in the growing field of medical massage.

ARCATA SCHOOL OF MASSAGE
145 G St, Arcata, CA 95521
(707) 822-5223
info@arcatamassage.com

COMMUNITY MASSAGE CLINIC
Professional Massage: \$50 an hour,
7-days a week.
Student Massage: \$25 an hour, on Mon or Fri.
Call (707) 822-5223 to book an appointment.



Your Community Healing Center
Offering Whole Family Care

Healing Sessions ~ Wellness Support ~ Classes
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Massage, Deep Tissue, Reiki, Acupuncture, Chinese Medicine, Herbal Consultations and Education, Women's Health, Doula Services, Zen Touch Shiatsu, Structural Integration, Craniosacral Therapy, Maori Bodywork, Integrated Energy Therapy, Eden Energy Medicine, Intuitive Counseling and Life Coaching, Clairvoyant Counseling, Feather Tapping, Neurofeedback, Acutonics, Energy Healing, Spiritual Mentoring, Teen Support, Anxiety and Stress Management, Relationship and Communication Support, and More...

940 9th street ~ arcatahealingartscenter.com

707-630-5047

When "I" is replaced by "we," even illness becomes wellness ~ Malcolm X

Jesse Austin

Prime Directives Practitioner



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!

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



Carolyn Ayres

Tarot of Becoming
An Evolutionary Path
Tarot Readings and Classes

707-442-4240

carolyn@tarotofbecoming.com

www.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 my Inner Harmony therapeutic work.

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 Class Offerings

Tarot As An Evolutionary Path

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 lives and the cosmic vision. Appropriate for all levels. New classes begin January 2017

The Thoth Deck, Tarot for the 21st century

Over a nine month period, meeting twice a month, we will dive in to 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 2017.

Private Classes for One on One Mentoring - Personal attention and readings. We can begin our work whenever you like.

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
Reiki / Chakra Clearing

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 & 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 & 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

You are the beginning of the transformed world.

-Eckhart Tolle

707-496-8606

wholenew866@gmail.com



Hi, I'm Monica! I have great passion for empowering others (especially women) to receive and embody Love, and discover their inherent worthiness.

My vision is to assist others in uncovering their deepest values and core desired feelings, so they can align their lifestyle, habits, and daily choices with these values and desired feelings; leading to greater joy, Self-love, peace, creativity, and healthier more satisfying relationships.

I believe in the great power of coaching to transform lives! The work we do together is grounded in the belief that you (and all beings!) are a perfect unique expression of the Divine, and you have deepest heart desires, a unique purpose and gifts to share with the world.

I am here to encourage you to believe in your own goodness and power, and to offer you perspective shifts, insight, questions, tools, exercises, unconditional love & support without judgement.

My sessions are a highly intuitive blend of listening and reflecting. I will share tools, practices, yoga asana, meditations, pranayama, books, and other resources with you each session as I feel led. I also have integrative massages available, which are a profoundly deep complement to coaching.

I am here to explore any aspect of your world with you where you may desire greater clarity, ease, or openness. **We have relationships with the Divine, our partners & lovers, friends, family, children, colleagues, business, food, sex, nature....EVERYTHING is a relationship. I would be honored to guide you back to your innate Wisdom!**

Also Offering: **Yoni Egg Activation Sessions. 10% off with this ad!** I teach the practice and have the yoni eggs available for sale.

I have sessions available in person at my Arcata office, on the phone or over FaceTime/Skype.

Check out my website for coaching packages, and set up a free 30 minute consultation to see if we are a good fit for working together!

707.703.9802

monicaballard.com

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.

Joan Becker

Rosen Method Bodywork and Massage

For stress related pain ... pain in your neck, your back, your heart or your soul.

Joan Becker

(707) 923-4572

Arcata & Garberville



In practice for over twenty years, I had the privilege of being trained directly by Marion Rosen and her senior students. Discovering the Rosen method was a profound extension of a lifetime exploration of the joys, wonder and challenges of living in our bodies. Currently I am the only certified Rosen practitioner in Humboldt county.

Rosen Method Bodywork grew out of Marion Rosen's experience as a physical therapist and health educator. Marion observed the interconnections between the physical and emotional state, noticing how the body is a living metaphor of a person's inner state. Her vision of health and well being inspired her to establish dozens of teaching centers throughout the world.

Marion leaves a legacy of teachers, practitioners, students and clients who were significantly influenced by this remarkable woman.



Experience the relief of relaxing into a deeper part of yourself.

Rosen Method Bodywork & Massage

Distinguished by a listening touch rather than a manipulative one, the Rosen Method addresses the tension and stress that is held in our muscles and breath. Sometimes with words, often in silence, a session provides an opportunity for you to listen and connect to your own body.

- Relaxes muscle tension and chronic holding
- Increases flexibility and vitality
- Deepens physical and emotional awareness
- Invites personal growth
- Complements other therapeutic modes and psychospiritual disciplines.



Available in Arcata and Garberville, CA 707-923-4572



Jandy Bergmann, MFA, GCFP Feldenkrais Method®

The Feldenkrais Method of Somatic Education® is a unique and sophisticated approach to human

understanding, learning, and change. It is recognized for its demonstrated ability to improve posture, flexibility, and coordination, and to alleviate muscular tension and pain. Because the method focuses on the relationship between movement and thought, increased mental clarity, creativity, and improved emotional well-being accompany physical improvements.

The Feldenkrais Method can benefit anyone who wishes to live and move more comfortably, efficiently, and pleasurably, and to those who want to reconnect with their natural abilities to think and feel. It is helpful to diverse groups of people, such as those with restricted movement, chronic pain, psychological and neurological challenges, and to performing artists and athletes.

Functional Integration® (FI) lessons are a one-on-one application of the Feldenkrais Method. They are tailored to each student's needs. The teacher guides the student's movements through skilled manipulation and touch. The learning process is carried out without any use of invasive or forceful procedures.

Awareness Through Movement (ATM) consists of verbally directed movement sequences, usually presented to groups of students and generally lasting between 45-60 minutes. The lessons directly engage the students' natural intelligence in a gentle and pleasurable way.

707-498-6374
www.jandybergmann.com

Jandy Bergmann, MFA, GCFP, finished her Feldenkrais Practitioner's Certification in 2005 at the Semiophysics Institute in San Rafael, California, and she has maintained a private practice in Arcata since that time. She earned her Master of Fine Arts degree in Dance at Mills College in Oakland and has taught in the Dance program at Humboldt State University since 1998. Jandy draws on her background as a dancer, equestrian, Pilates instructor, farmer, and writer in her work as a Feldenkrais practitioner. Her clients appreciate her insightfulness, sensitivity, gentleness, sense of humor, and resourcefulness in her work with them. She lives in Blue Lake with her family. Please contact for more information about the Feldenkrais Method or to schedule an appointment or consultation.

Jandy's Feldenkrais work has been such a gift in my life. Her empathy, compassion, and gentleness create a space for me where it is safe to let go, and her skillful touch invites such deep release of tension and relief from pain. I often end up feeling like a new person afterwards. I feel like I'm learning how to move through life with more ease. And her passion and enthusiasm for her work is contagious. Thank you, Jandy!! —Danielle S., Arcata

I am a 70-year-old still-active javelin thrower (since age 14). Connective tissue injuries several years ago left me walking with a limp, unable to run, and somewhat clumsy. Surgeons had done what they could. Jandy's more whole-body approach has almost entirely erased the limp, enabled me to run somewhat, and reduced the clumsiness considerably! I like especially that I haven't just been her patient, but rather she and I have been partners in overcoming these physical challenges! —Richard

Step, retired Humboldt State University physics professor



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 66

Scott H. Winkler D.C.

Network Chiropractic Analysis
Deep Tissue Therapy
Biofield Integration™

Rebecca Owen Biofield Integration™

1005 I Street, Arcata
Suite 109

(707) 822-1676

Jane Bothwell

Dandelion Herbal Center

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



Jane Bothwell directs the Dandelion Herbal Center in the hills just outside of Arcata. 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.

2016-17 Upcoming Herbal Classes

-Beginning with Herbs: Fall Session: **Sept. 14 - Nov. 2, 2016** Winter Session: **Jan. 25 - March 15, 2017.** Eight Wednesday evenings. An excellent introduction to the world of healing plants

-Herb Walks: Fall Session: **Oct. 2 & Oct. 30, 2016,** Winter Session: **Feb. 5 & Feb. 26, 2017.** Get to know the plants in their natural environment

-Plant Lover's Journey to Costa Rica: November 10-19, 2016 Join Jane and Rosemary Gladstar as they guide you into the heart of Costa Rica. Trip includes gorgeous wild places, herb farms and farmers, meeting herbalists and traditional healers and so much more!

-Plant Lover's Journey to Hawaii: January 14 - 21, 2017: Join Jane and Co. for an unforgettable journey to the Big Island. Along with ethnobotanical adventures, herbal spa days and meeting Native healers, enjoy a Kava ceremony and other cultural activities, lush beaches, lots of hikes, yoga and more!

10 Month Herbal Studies: February: - November 2017 Meets 3rd weekend monthly. 130- hour program for the serious herb student; includes field trips!

-Herbal Clinic Class: Jan 30th - April 17th, 2017 12 Monday classes. Refine and expand your herbal counseling skills designed for intermediate - advanced herb students and health care practitioners.

-Medicinal Cannabis Conference: April 29 & 30, 2017 Advance your knowledge base on Cannabis to the next level!

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www.dandelionherb.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 occasional discomfort 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.

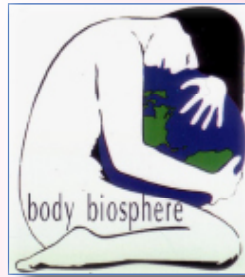
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maureen@healthyoillessentials.com

www.healthyoillessentials.com

Carol Brannan, MT

707-502-5644



Myofascial Release & Cranial Sacral Therapy

*Compassion has no limit, kindness has no enemies.
The art of happiness is to serve all. -Anonymous*

As a Practitioner of the Healing Arts for the past nine years it has been my privilege to serve as facilitator and witness for all of my many clients' transformative and healing journeys.

The foundation of my practice is **Myofascial Release Therapy** which 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. In 2015 I added **Reiki Jin Kei Do** to my energetic healing practice.

My professional priority has always been to provide a calm and comfortable environment where my clients feel safe and are encouraged to express and unburden themselves in physically productive and spiritually enriching ways. In March 2016, to enhance this process, I began to integrate the use of **Earthing products** into bodywork sessions. There is a natural calming produced by connecting to the earth's energies. This palpable connection allows for a more effective co-creational experience during our healing sessions. Everyone, including me, benefits!

During times of great transition and transformation we can be swept up in the wave of fear and negativity. Instead, a wiser course might be to empower ourselves to slow down, simplify and focus our lives on all of the positive pursuits we have available to us. Self-care, strengthening our relationships with family and community, reconnecting with our Mother Earth and deepening our connection with our inner Spirit through daily practice all offer us opportunities for growth and expansion right now.

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.

I am located at the Simpson Building
933 E Street/ Suite 207, Eureka CA

Lisa Carpinelli

LIVE IN-ESSENCE = LOVE IN ACTION
WHOLE BODY LEARNING

Hendricks 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 intelligence, addressing the issue or potential that you wish to explore and shift. By interrupting unconscious patterns through breath and movement practices, you will learn how to face into those parts of yourself that have been cast out by fear, and experience who you truly are in essence. In doing so you will experience more clarity, self love and acceptance...comfort in your own skin, which equals transformation. It is with this awareness that 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 ... and this sets the tone for all other relations!

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.

707-633-3822

Center for Natural Medicine

Melissa Berg, L.Ac.



Licensed Acupuncturist
Herbalist
Certified Massage Therapist
Labor Support Doula.

She has a strong belief in the inherent wisdom of the body, trusting that it can heal itself when gently brought into balance. Melissa employs the traditional tools of Chinese Medicine such as acupuncture, dietary therapy, herbs and bodywork.

Ms. Berg holds a Masters degree in Science and Traditional Chinese Medicine from the American College of Traditional Chinese Medicine

Melissa taught beekeeping and sustainable agriculture practices in rural communities of Paraguay while working for the Peace Corps; which is where studying plant medicine and the healing arts became her passion. Melissa had the opportunity to experience a profound healing journey from working with shamans and healers in South America, Asia, and from within the United States, which has guided her desire to aid others in their own path to wellness.

Melissa currently works at the Center for Natural Medicine in Arcata. Previously, she has participated in a program treating women during labor and delivery at San Francisco General Hospital as well as working privately as a Labor Doula.

Melissa has had the opportunity to treat individuals at the Haight Ashbury Free Medical Clinic, San Francisco General Hospital and California Pacific Medical Clinic in the Stroke and Rehabilitation Center.

Melissa's goal is to help folks take charge of their own health, encouraging them not to accept their ailments as "normal", and so aims to optimize their most basic experiences. She brings to each treatment the gifts of insight and compassion, to enhance the healing experience and strengthen the innate healing power within each of us.

Center for Natural Medicine

1460 G Street in Arcata, CA

707-822-7400



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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 18 years, Board 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.

- Pool Rental
- Gift Certificates
- Flexible Hours

By Appointment

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Cate Classen

Certified Practitioner

The Emotion Code & Body Code
Your Life Is A Recipe ~ Add In Good Ingredients!

**Health, Nutrition,
Well-Being &
Cancer Coaching,
Spiritual Direction**



The Emotion Code and Body Codes brought me through advanced stage breast cancer. The journey was not an easy one. I learned in the trenches and I am transformed. I have taken what I learned and am giving it back! - Cate

The Session

I check in with Divine, ask for Angelic support and guidance then I connect on your behalf. I ask that you will receive whatever your Being came for. The “Light Team” leads us. When I meet with you for a session, or in our Monday night Healing Circle & Class, I will help you to organize your Physical and Energetic Systems in such a way as to open you to your Highest Transformational Potential in that moment and moving forward.

I stop and “look” at you. I get a myriad of images; impressions which I interpret and verify through muscle testing. Divine guides us; sometimes we start with clearings from The Emotion Code Chart, sometimes it is an Energetic System. The viewing and interpretation process is interesting, often times vigorous and almost always surprisingly accurate with all of the fun twists and turns of the novel of your life. It can take multiple sessions on topics that permeate more aspects of you, but most often I find that we resolve tangles within the session that are enough to lead you down a more peaceful road. How far you go is up to you.

Group Classes and Healing Sessions.
Call for Schedule.

Private Sessions by Phone
415.265.3708

healingwithcate.tumblr.com
healingwithcate@gmail.com

confluence NUTRITION



AMANDA MALACHESKY
Functional Health Coach
FDN-P, CHHC, CMT

Are you someone suffering from mystery health condition that doctors have been unable to help you with? You have tried many strategies, without getting the results you’re looking for? Or maybe you just need a little support getting to optimal wellness?

I am here to help you.

Together, we will investigate the underlying causes of your health complaints.

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Maya Cooper

Isis Osiris Healing Temple



call or text
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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, publisher of the Isis Scrolls and the annual Healing Arts Guide. She practices at the Isis Osiris Healing Temple in Sunny Brae and has been doing intuitive readings and energy work for 25 plus years.

Appearances

- Michael Cooper

Poetry caught on a wary tongue.
Half shrouded and mumbled behind ground teeth, stuck jaw.
Incomplete legends of honesty and grief.
Unraveling, quick as words are spun.

Song stuck firm in a breathless chest.
Echoes struck, clapped and called by blood rushing on dark shores.
Counted out by a pounding, hidden tide.

Perfume whispers untraced -
blown scattered through a tempest mind and thought.
Notes fade of oiled rose, salty wind, burnt wood, red dirt, black wet night.

Dreams flicker and fall from guarded eyes,
flightless with the effort.
Color, time, light diffuse in a waking prism world.

Memories gritty and distant through disuse.
The fine edge having worn down
into bland, brittle doubt.

Dance made, heaving and stumbling, locks on thin bones.
Swaying loose rhythm
stalled by rusting joints and clockwork complications.

A loaded serpentine mask convention bound.
Thin fabric ritual to hide or feed a fire.
Paper handmade chains to dam or stoke the volcano.
Kindling stacked neat for blazing-
pushed back, peeking through,
finally uncovered.

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 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. I invite all clients to record their sessions if they wish.

A crystal bed treatment is a healing system using seven specially cut and lighted quartz crystals. It 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. Additionally I was blessed with the ability to read chakras. And in great gratitude I offer this experience to you.

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

HEART OF THE ROSE Healing Services for Women

CranioSacral Therapy for Women & Infants
 ~ Lymph Drainage Massage ~ Intra-oral TMJ
 Release ~ Internal Pelvic Floor / Perineal Massage
 ~ Prenatal, Induction, Postpartum & Infant
 Massage ~ Doula Services ~ Childbirth classes ~
 Mother Roasting ~ Placenta Medicine ~ Movement,
 Sound & Meditation ~ Wise Woman Counseling

I love this place we call home, Northern California by the sea. I love the animals & birds, the tall trees, the ocean, the mountains and the forests. I love the gentle spirit of this place and the freedom and openness of Mother Nature's energy. This love is what inspires my work, and my offerings of healing services to our community.



I am 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, post-surgery, elder years, aging & 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, pelvic pain & dysfunction, and chronic neck pain and injury.

I offer **placenta medicine encapsulation services**, preparing the medicine using Traditional Chinese Medicine. My website contains research, information, and testimonial evidence from local women who have experienced the benefits of ingesting their placenta medicine

I lead **Birth From Within** Childbirth Preparation classes for women and their partners at the new Moonstone Midwives Birth Center, and classes in **Movement, Sound and Meditation** at the Community Yoga Center in Arcata.

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 14th year as part of Humboldt County's healing community.

707-498-5952
www.heartoftherose.net

Jodie DiMinno



"I see pregnancy and birth as magical and deeply transformative events. I offer support to pregnant women and their families to help them gracefully navigate one of life's greatest transitions."



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- Prenatal and Postpartum Yoga
- Infant Massage Education for Parents and Caregivers

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 omshalayoga.com/childbirth-education/

STEPPING THROUGH

Poem by dominique

Stepping through into union with my soul
 A choice I constantly have in front of me.
 Step into union with my soul
 Or step into Union with my ego.
 Choices we as humans face moment to moment.
 Will I reveal the depth of control I give my ego
 And perpetuate the sabotage,
 Or observe the cycle, being grateful for the
 Disturbances and conflicts?
 Shall I step through and meet my subconscious
 With my conscious?
 Create and Ascend, or stay asleep
 And become judgmental, ill or angry?
 I choose to step into my soul
 And live from here.
 Lovingly shift into the grace of
 Unconditional Love where all possibilities
 And probabilities exist.
 Live in Integrity each moment
 Awake
 Conscious
 Seeing my fear and stepping through it
 Each thought at a time.

I, dominique shandara, have realized in the 21 years I have been doing healing work that attachment to old ways of being that do not serve our souls will create illness in the energy bodies of the aura. Trauma, disease, ailments, anxiety, negativity, contraction, conflicts, depression, stagnation, self-sabotaging patterns, and sickness can willingly be released if the desire exists within you. My service is to support you as you step through these old ways of being to reveal and live your authenticity using a variety of therapies, modalities, ascension practices, tinctures, & essences. Living your authenticity is joyed filled, abundant, and literally will make you younger feeling and looking. Breathe into the PEACE. Breathe into the LOVE. Breathe into the JOY. Embrace these as the HABIT.



dominique,
Intuitive
Therapist

call/text
(707) 845-3770

Denny Dorsett, RN

JIN SHIN JYUTSU
PRACTITIONER
& SELF-HELP
TEACHER



Nothing supports our human quest for pleasure like good health, and nothing supports good health like the free and orderly flow of our basic life energy. Our human ailments—pain, hormonal upset, anxiety and digestive problems, for example, all have at their root disorder and obstruction in the flow of the life force.

Jin Shin Jyutsu is an ancient harmonizing art that uses the gentle touch of human hands to reawaken the energetic circulation. As energetic balance is re-established, our bodies' natural healing abilities say "thank you—there's the fuel I need to take care of your project." Whether it's used alone or in conjunction with traditional medicine, the results can be remarkable.

In a world full of health challenges, some people receive Jin Shin Jyutsu sessions periodically not because they're suffering, but because they understand how valuable it is for long term good health to keep their energy balanced and flowing freely. And they enjoy the profound relaxation and they feel after a session. They may also take a class in self help and use these simple methods between sessions. Here's an example. Feeling worried? Hold your thumb, gently and firmly with your whole hand, one, then the other, for as long as you like. Repeat as needed.

I began studying Jin Shin Jyutsu in 2009 to augment my nursing practice; now it's nursing that augments my Jin Shin Jyutsu practice. I continue to study Jin Shin Jyutsu and am a qualified self help teacher. Call me at for information, class schedules, and appointments at the Arcata Wellness Center.

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

Harmonic Resonance

Evelyn Doyle, APN

Certified Biofeedback Specialist

847-767-7177

1harmonic.resonance@gmail.com



Our Biology Has a Voice Through Biofeedback!!

What is Biofeedback? It involves teaching awareness of how we hold stress in our bodies & how to release it. The L.I.F.E. system is a scientifically designed non invasive medical device that detects everyday stressors shown to cause over 98% of illness. Every cell in the body resonates at a different frequency. The device scans & identifies imbalances. It then feeds back the healthy resonance of over 10,000 substances to correct the disparities thereby addressing the causes & not just the symptoms. Using the principles of Quantum physics, it can be implemented thru a harness system or thru Bioenergetics (Metaspace) which can transmute one's personal Bioresonance across the Biosphere.

It assists clients by teaching Five Important Ways to help them identify how stress affects their bodies.

- How to relax not just to a muscular but to a cellular level
- Reduce or manage stress by implementing techniques thru self awareness
- Re-educate muscles & tissues to release tension & toxins
- Reduce or manage the pain that lives within us until we learn how to release it.
- Improvement in the quality of one's life

Evelyn has been in the Healthcare field for over 40 years. As a young nurse, she was involved in several car accidents that incapacitated her to the point wherein the Orthopedic Doctors told her to either have spinal fusion or plan to be in a w/c in 6 months. That is the turning point in which Complementary Medicine became a part of her life. This was accelerated when she became a Certified Nurse Midwife. As a Family Nurse Practitioner, it became apparent that the ways of Allopathic Medicine were a slippery slope & that the use of Alternative Medicine was more needed than ever. Recently completing her Quantum Biofeedback Specialist she also obtained her Pain & Stress Management Specialist Certificates as that is often an area where Western Medicine seems to fall short for so many. From Migraines to Mental Health, Sports to Spinal, Energy Medicine is the future of Healthcare now!

What is Biofeedback?

Biofeedback is a state-of-the-art system designed to detect and treat stress in the body.

How does it Work?

During a session, the body is connected to the biofeedback system via a headband & limb straps. It then resonates thousands of tissues, organs, nutrients, toxins, and allergens and identifies the degree to which your body reacts.

Information provided is fundamentally different from that provided by x-rays, blood tests, etc., as it tells us the energetic state of the body and direction your body is focusing its energy.

After measuring the body's frequencies to redress or neutralize destructive wave patterns.

Who should use Biofeedback?

Adults, Children, and Pets

What will I Learn?

Where stress resides in your body!

Biofeedback Supports the Body's Homeostasis Cellularly Through Frequency Identification:

- * Spinal Flow
- * Heart & Brain Functioning
- * Parasites, Fungus & Bacteria
- * Emotional Cellular Memory
- * Dental Foci
- * Dark Field Microscopy
- * Ph Balance
- * Vitamin & Mineral Levels
- * Detoxification
- * Cell Hydration/Oxygenation
- * Hormone Levels

Samantha Dudman-Miller

Board Certified Massage Therapist

Specializing in
Deep Swedish & Hot Stone Massage

The universe operates through dynamic exchange... giving and receiving are different aspects of the flow of energy in the universe. And in our willingness to give that which we seek, we keep the abundance of the universe circulating in our lives. -Deepak Chopra



As your Massage Therapist, my intention is always to listen and be present, providing you the best possible massage by acknowledging your needs.

In our session, you will find that I give all that I can, offering relaxation, reduced muscle tension, and a safe space for healing. I look forward to the opportunity to give and receive with you!



707-616-6031

sdmiller.cmt@gmail.com

791 8th Street, Suite I in Arcata

www.sdm-cmt.com

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, leave voicemail at 707-223-4389 or email her at eastwood@asis.com.

707-923-9109

GailEastwoodHomeopathy.com

Eureka Massage and Wellness

707-798-0119 * massagewellness95501@gmail.com

www.eurekamassages.com



Wellness is a journey like all parts of life... Come walk with us.

Eureka Massage and Wellness is a new care facility located in the heart of Eureka. We have practitioners who offer a variety of healing techniques, from light and relaxing—like Reiki and Swedish massage—to deeper, more therapeutic work. If you are interested in a specific type of massage therapy, please give us a call.

We've got conveniences that can sometimes be surprisingly hard to come by, like off-street parking, and a fully ADA-compliant studio.



Eureka Massage and Wellness is conveniently located, yet far enough off the main road that it has a serene, meditative feel. The studio is a professional yet nurturing environment where clients can put the stresses of every day life behind them and focus on receiving care.

We are looking for professional healers and wellness providers to come share our space. While our focus is primarily massage, we welcome healers and wellness providers from many paths.

This work, this walk, it's more than just a job. It's a way of life, an ongoing journey. We strive to provide our healers with the ability to pursue that path while also understanding their professional and business needs.



Meet Andreina Torma, Owner and CMT

707-296-5175



Though I may not be able to see what is around the bend, my feet are already on the path.

I want to leave the world a better place than I found it. I have always worked to soothe, ease, and create peace for the people around me. I want my life to be marked with creativity and growth, learning, and good health. It is this philosophy that I bring to my massage practice.

My practice incorporates everything from time-honored techniques to the latest technology, including deep tissue, acupressure, and Swedish massage. I take the time for both of us to better understand your health and improve your massage experience.

When I'm not massaging people, I like to paint, sing (as long as no one's listening), and craft. Of course, living in Humboldt County helps me indulge in my love for the plants and animals of the forests.

Who should get a massage? People. People should get massages. People who want to feel good. It's that simple, really. If you seek pain relief, stress relief, you worked out too hard, or you're not exercising enough. The list could go on. If you have a body, you're a viable candidate. I am a California State Certified Massage Therapist, certificate number 59861.

Eel River Holistics



Find Your Center Here

Eel River Holistics was created with the intention of offering a space for practitioners of multiple modalities to practice, giving clients a central location that is mindful of the holistic approach to healthfulness to receive their care, and 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, Energy work, Harmonic Resonance, Jin Shin Jyutsu, Scaler Wave Treatments (Contact Michele or Michela with questions), Intuitive Counseling and various classes and workshops. We strive to create a communal, safe and professional space for both our practitioners and our clients.

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

ERH is a flowering business and has a flowing practitioner list. Please check our Facebook page for a digital, updated practitioner list or stop by to take a peek at our practitioner list on our bulletin board. All practitioners are private contractors and schedule appointments privately. Please contact practitioners individually for booking questions.

Eel River Holistics

754 Locust Street Suite #3, Garberville CA 95542

Michela Hernandez, CMT, Scaler Wave Treatments, Reiki & Owner - 206.910.0671

Michela.Koren@gmail.com

Contact **Michele Hernandez**, clinic Manager, for facility use or for Intuitive Counselor, Scaler Wave Treatments & Reiki at **206.910.0631**
MicheleMHernandez@gmail.com

www.facebook.com/EelRiverHolistics



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
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
O
M

Marny
Friedman

~ Healing the Heart ~
~ Aligning with Soul ~

707-839-5910
iamalso@hotmail.com

intuitive readings
*
past life regressions
*
chakra exploration
*
hands on healing
*
opening third eye
*
ongoing inner work
*
classes



Seabury Gould

(707) 845-8167

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.



Herbal Remedies, Education, Bodywork, and Ayurveda

Health Insurance, or Health Ensurance? It's your choice. REAL health ensurance is taking good care of our body mind and soul. Prevention is truly the best medicine, which we achieve through right living and thus achieve balanced wellness. Investing in your health is the best ensurance over the long run.

Herbal Medicine: *Medicinal plant identification, workshops, classes, mentoring, work trades.* I operate an herbal apothecary, dispensary and first aid clinic. Many of the herbs I grow on-site or purchase and trade bioregionally. I make nearly all of my tinctures, formulas, compounds, capsules, teas, bathblends, medicated ghees, massage oils, rasayanas and abhyangas.

Bodywork: Massage opens the lymph channels, releases endorphins, and treats the largest organ, the skin. Regular massage is one the best preventative care therapies you can invest in for your future health. Bodywork can also address first aid and chronic issues.

Greta de la Montagne, RH(AHG) Holistic Health Practitioner

I am certified or have trained in: Swedish, Deep Tissue, Myofascial, Shiatsu, Polarity, Ayurvedic Marma, Shirodhara, Cranial Sacral, Temporal Mandibular Joint Dysfunction, Sports Massage, Pregnancy and Side-Position Massage, Pulse, Jyotish, Yoga, Palmistry, Pancha Karma, Breast massage, Netra Basti, Gua-Sha, moxibustion, cupping, aromatherapy, flower essences and homeopathics.

My clinical strengths are in herbal first aid, seasonal cleansing, lifestyle strategies and coaching, women- and well-family care, (pregnancy, childbirth, post-partum, lactation, children, teens, elder care), grieving support, athletic performance, sports injuries, liver health, "desk jockey" wellness strategies, hospital stay advocacy, post-surgical recuperation, multiple chemical sensitivities (MCS), and veterinary. I am building my knowledge of Lyme's treatment.

I utilize a heated table next to my studio's wood stove in the quiet countryside of the Jacoby Creek Valley; treatment includes hot basalt stones, towels, and custom blend oils for each client. Clients can enjoy the tranquility of my medicinal herb garden after their massage. If needed, I have a BodyCushion and Thumper tool.

I offer occasional work trades: I generally need mowing, weeding, cleaning and construction assistance.



707-834-0617

2506 Jacoby Creek Rd, Bayside



Kari Greene, C.M.T

Director, Instructor

Welcome to Spirals of Life Wellness

Welcome. I am excited this year to share a vision that I have held for over 15 years! I combine 29 years as a Bodyworker and 10 years of experience teaching to announce the opening of **Spirals of Life Wellness Institute!** Opening in McKinleyville in the Spring of 2017! Our school offers a 600 hour certification program, as well as continuing education for body workers and classes for the community in Cranial Sacral Therapy, Reiki, Sound Healing, Aromatherapy with others to come. Our instructors include Kari Greene, Director, Kate McCaffrey D.O., Denise Payne Olivier as well as other professionals from our community.

Please visit our website: www.spiralsinstitute.com or call (707)382-0268 for more information and to register for our upcoming program.

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

Myofascial Release 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 is 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 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*

707-382-0268

1660 Central Ave. Suite F McKinleyville, CA.

Find me on Facebook @ [spirals of life wellness](https://www.facebook.com/spirals.of.life.wellness)

SpiralsInstitute.com

Visit my website for information on upcoming classes and events



Green

Eighth House Oracle
Gatekeeper of Pluto



Are you ready to understand the WHY behind your emotions, your fears, your goals, your relationships?

Are you willing to allow for a total understanding of the unique, individual reality of your soul?

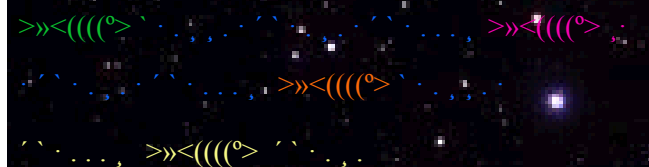
Are you asking why this, why that? Why am I here, and what are my lessons?

As an Oracle of the Eighth House, and on behalf of Evolutionary Astrology, I'm here to provide you with a perspective on your life that occurs through Pluto's desire for the Soul to evolve and grow. Through this unique paradigm, I'm able to accurately measure the evolutionary development of your Soul from life to life, and see to it that you are able to access what is needed in order for you to move through confrontation with total awareness of Eternal Source.

As Gatekeeper of Pluto, I recognize the Soul necessarily experiences CONFRONTATION because the discomfort that it creates reflects OUR DESIRE FOR MORE than we currently are. If you are willing to see clearly with what you are being confronted by and why, and have a desire to cultivate a loving understanding of your Soul's journey, you are ready for EVOLUTION!

I offer sessions at the Isis Osiris Healing Temple in Sunny Brae. Please call or text

LOVE

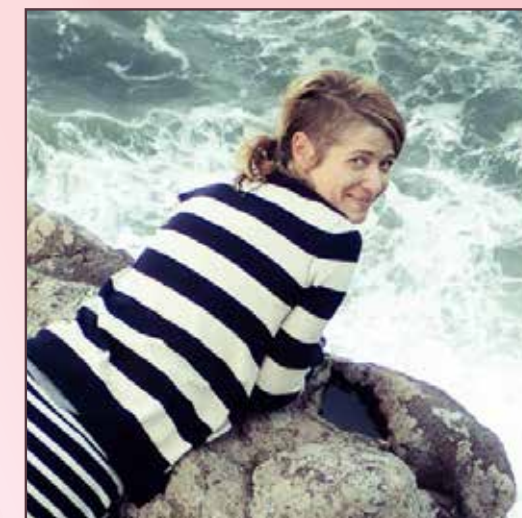


413-214-1912

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

Amberlee Gustafson

Advanced Certified BodyTalk Practitioner (AdvCBP)



BodyTalk

BodyTalk stimulates your body's natural ability to heal itself.

Ideally, all aspects of your body are in constant communication with each other, down to the cellular level. This communication coordinates the many complex functions of your body and mind, creating your natural state of health and balance.

When you experience physical trauma or mental/emotional stress, this can short-circuit your internal communication and create imbalances that eventually show up as physical and/or mental and emotional pain.

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, your body heals itself from the inside out, returning to it's natural state of balance.

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, ancestral traumas, and the impact of environmental stressors. You're left feeling more relaxed and in alignment with yourself.

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.



Mt. Shasta, mares and sleepy foals ... photo by Jane Williams

Amy Gundersen

There is a force in the Universe, which, if we permit it, will flow through us and produce miraculous results

-Mahatma Gandhi



Reiki & The Emotion Code

Reiki- After receiving Reiki 1st Degree in the Usui Shiki Ryoho from Heiress Morn, I felt a transformative shift in healing

which has been a gift to not only myself but to family & clients. A conduit of Universal love energy, flowing and always knowing where it is needed within. With intention and Divine synergy, each session unfolds uniquely with intuitive guidance and grace. While the power of lightening is unharnessed, we as humans can channel and direct that Universal flow using the synergy architecture of love, wisdom and power. Clients experience a deep sense of calmness, pain relief and well-being.

The Emotion Code- I have such amazing results from this modality! My first experience with this work was profound. I was feeling stuck, knowing there was something big to clear to make way for increased happiness. Using the simple process I was able to remove trapped emotions permanently that have been in my field since the age of three. Working with the subconscious mind, we are unable to unveil trapped emotions by using questioning, muscle testing and magnetic clearing over the governing meridian, erasing the vibrational energy of the trapped emotion. This enables the release of negative energies that became trapped within the physical body during intense emotional events. The emotional baggage represents itself in the form of relationship problems, career/work issues, depression, anxiety, low self-esteem, anger, PTSD and many other health problems. By opening the flow of energy, the body's natural ability to heal itself takes place. Common benefits of this experience are a sense of balance, emotional harmony and clarity.

707-498-8545

amygund8@gmail.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.

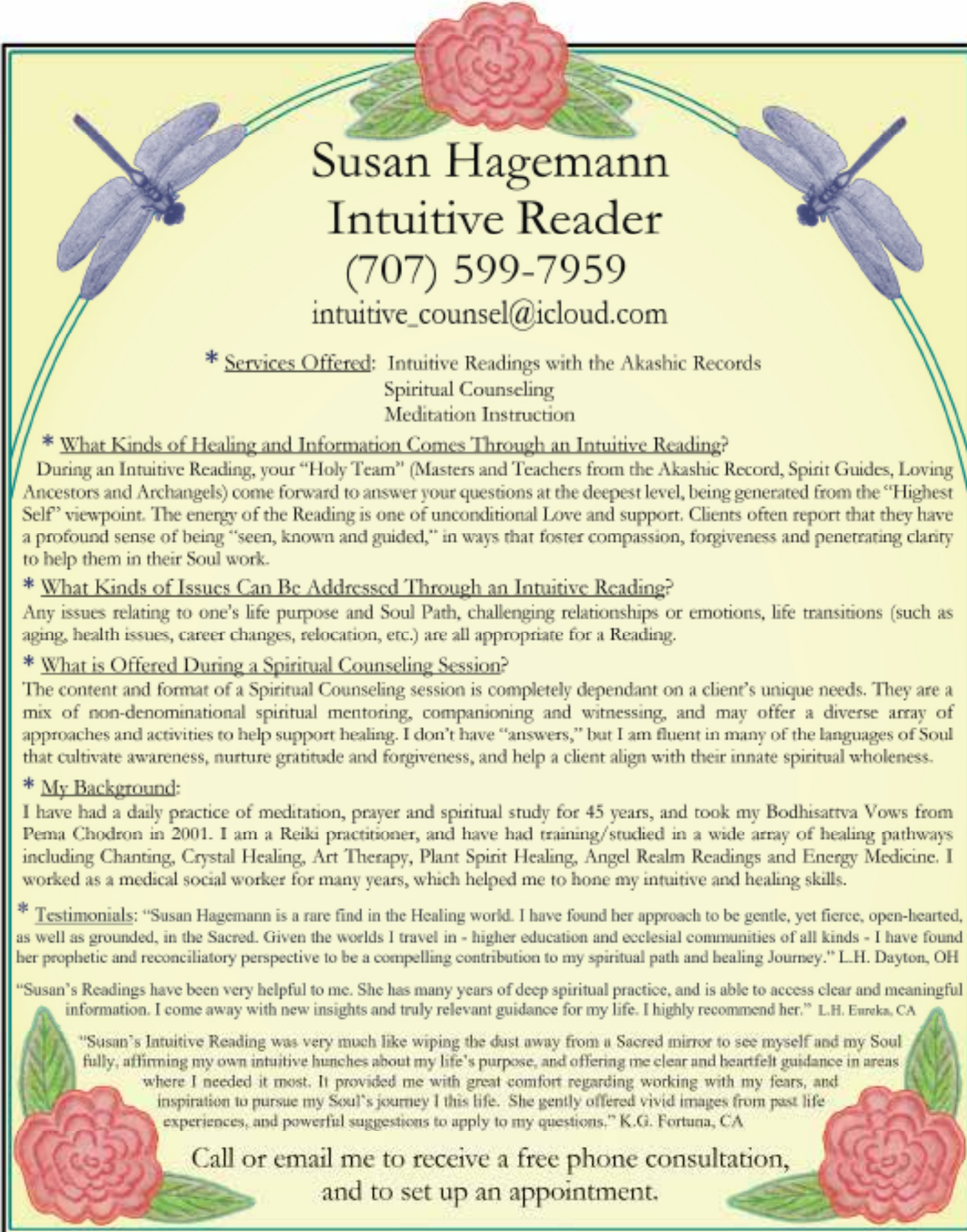
Hellerwork is an 11 session series of structural integration that includes myofascial release, movement education, and mind-body dialogue.

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.handsnphumboldt.com



Susan Hagemann

Intuitive Reader

(707) 599-7959
intuitive_counsel@icloud.com

*** Services Offered:** Intuitive Readings with the Akashic Records
Spiritual Counseling
Meditation Instruction

*** What Kinds of Healing and Information Comes Through an Intuitive Reading?**
During an Intuitive Reading, your "Holy Team" (Masters and Teachers from the Akashic Record, Spirit Guides, Loving Ancestors and Archangels) come forward to answer your questions at the deepest level, being generated from the "Highest Self" viewpoint. The energy of the Reading is one of unconditional Love and support. Clients often report that they have a profound sense of being "seen, known and guided," in ways that foster compassion, forgiveness and penetrating clarity to help them in their Soul work.

*** What Kinds of Issues Can Be Addressed Through an Intuitive Reading?**
Any issues relating to one's life purpose and Soul Path, challenging relationships or emotions, life transitions (such as aging, health issues, career changes, relocation, etc.) are all appropriate for a Reading.

*** What is Offered During a Spiritual Counseling Session?**
The content and format of a Spiritual Counseling session is completely dependant on a client's unique needs. They are a mix of non-denominational spiritual mentoring, companioning and witnessing, and may offer a diverse array of approaches and activities to help support healing. I don't have "answers," but I am fluent in many of the languages of Soul that cultivate awareness, nurture gratitude and forgiveness, and help a client align with their innate spiritual wholeness.

*** My Background:**
I have had a daily practice of meditation, prayer and spiritual study for 45 years, and took my Bodhisattva Vows from Pema Chodron in 2001. I am a Reiki practitioner, and have had training/studied in a wide array of healing pathways including Chanting, Crystal Healing, Art Therapy, Plant Spirit Healing, Angel Realm Readings and Energy Medicine. I worked as a medical social worker for many years, which helped me to hone my intuitive and healing skills.

*** Testimonials:** "Susan Hagemann is a rare find in the Healing world. I have found her approach to be gentle, yet fierce, open-hearted, as well as grounded, in the Sacred. Given the worlds I travel in - higher education and ecclesial communities of all kinds - I have found her prophetic and reconciliatory perspective to be a compelling contribution to my spiritual path and healing Journey." L.H. Dayton, OH

"Susan's Readings have been very helpful to me. She has many years of deep spiritual practice, and is able to access clear and meaningful information. I come away with new insights and truly relevant guidance for my life. I highly recommend her." L.H. Eureka, CA

"Susan's Intuitive Reading was very much like wiping the dust away from a Sacred mirror to see myself and my Soul fully, affirming my own intuitive hunches about my life's purpose, and offering me clear and heartfelt guidance in areas where I needed it most. It provided me with great comfort regarding working with my fears, and inspiration to pursue my Soul's journey I this life. She gently offered vivid images from past life experiences, and powerful suggestions to apply to my questions." K.G. Fortuna, CA

Call or email me to receive a free phone consultation,
and to set up an appointment.



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

Transformational Therapeutics

Patrick Harestad

822 G Street in Arcata



**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 Advanced Structural Integrator, and a member of the International Association of Structural Integrators. Patrick has assisted Thomas Myers at numerous Bodywork Workshops at Esalen Institute, and teaches Bodywork, Yoga and Anatomy in Arcata.

707-616-4117
www.transformational-therapeutics.com

Medicine for Co-creating Heaven on Earth

"When you focus with intention on weaving your basket with blessings, it will hold the essence of your medicine."

A very wise woman once taught me how to make a medicine basket. She used the basket making as a metaphor for living life. Since then I have strived to apply this concept to every aspect of my being. I think about my medicine as being my soul's expression in this lifetime. I imagine that by practicing



what makes my soul sing, I encourage others to do the same. Together we harmonize and become part of the symphony in the universal orchestra of creation.

As we sing and play and create together, we realize that heaven on earth is not a destination but a state of mind. Life becomes fun and easy and feeling good is the outcome.

The "I Love Myself" collection of herbal tinctures are here to support those who wish to raise their vibration. Each herb resonates with a divinely inspired affirmation meant to align you with the true nature of your being. All of the affirmations end with the powerful statement "I love myself" to remind us that self-love is the first step to mastering our own existence.



Our co-creations also include a wide variety of 36 different essential oil blends for physical, mental and emotional well being. **HERBALIGHTONICS** Miracle Oils are 100% pure therapeutic-grade essential oils with Ormus-infused grape seed oil. We use the highest quality ingredients available from sustainable sources. These formulas are lovingly made in small batches to ensure the quality of vibration.



"In my quest to feel good I have accumulated a treasure trove of upliftment. It has become a game for me where the object is to find old habits of thought and replace them with better feeling ones. With practice this gets easier and easier

and life just keeps getting better and better. Please join us in our fun on this sacred journey of co-creating heaven on earth one better feeling thought at a time."

From my heart to yours,

Marjorie Auckland

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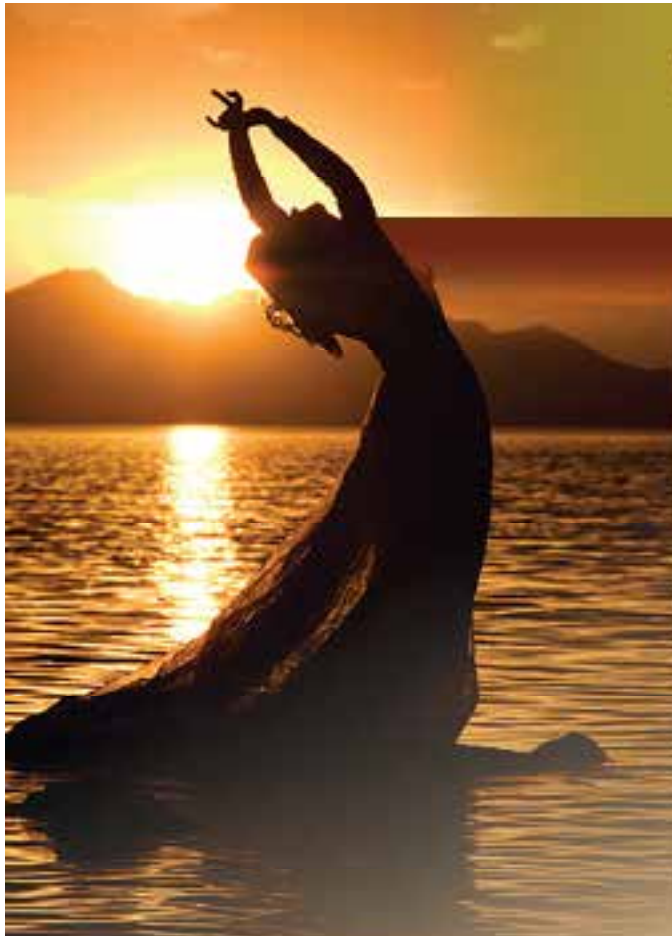
Call or text if you want to participate as a practitioner or if you have any questions about this ongoing event.

Upstairs in Suite #48 at the Isis Osiris Healing Temple in Sunny Brae, Arcata

Dr. Pepper Hernandez,

ND, PhD, CNHP, NHC

NATURAL MEDICINE ON THE PLAZA



Dr. Hernandez holds a Doctorate in Classical Naturopathy and Traditional Naturopathy. She is currently working on her post doctoral studies DNM, as well as pursuing her PhD studies in Transpersonal Psychology. As her values and purpose evolve, she chooses to work on a deeper level with clients as a spiritual educator and medical medium. She calls this type of work Quantum Alignment Therapy. This includes working with spirit, alignment, and chakra balancing.

She is a Holistic Practitioner with a thriving local practice in Northern California. She holds continuing classes at Moonrise Herbs, Ona Shala Yoga, Natural Medicine on the Plaza, Arcata and Eureka Co-op, on various nutritional topics. She recently completed her requirements with the California Healing Institute and became one of the first in the state of California to hold the title as a Cannabis Health Consultant. Dr. Hernandez has also been picked up for publication from the nationally established Emerald Magazine, reporting on the many medical benefits of cannabis.

"Everything is energy, emotion is energy in motion... and that can be manifested physical. If we start there and listen to what the body is asking of us, then it is very easy to answer"
~Dr. Pepper Hernandez





Naturopathic Holistic Health Practitioner

Medical Intuitive
Cannabis Therapy Consultant
Quantum Alignment Therapy
Naturopathic Nutritionist
Mind Body & Soul Connection

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 blood line and the Navaho and Apache from her father's blood line.

Therapies that are used included in a session range from Quantum Alignment, Talk Therapy, Vibration Sound Therapy, Raw Food Nutrition, Cannabis Therapy, Reiki, Energy Work, Body Scanning, Mind Body Connection, Meditation, Breath/Prana, Muscle Testing, Iris Analysis, Connection of the Divine.

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



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Truly Natural HopeSprings Botanicals

You can feel it on your skin – the truly natural difference of solvent-free handcrafted artisan botanicals.

They invite you to take the next step to an advanced level of truly natural living.



The early years of Hope's life were full of physical ailments. After her first child was born with the same physical problems she had as a child, she became obsessed with health and nutrition. Over the next 46 years, aware of her own allergies and severe sensitivities to chemicals, she realized her sensitivities were not a curse but a gift. A gift she could share with the world, helping others who also have a delicate constitution. Informed by extensive experimenting and study that she complemented with formal training at Heartwood Institute and Optimum Health Institute. Hope draws on the best from nature's pharmacy into all of HopeSprings Botanicals.

Artisan Botanicals

At the heart of Hope's products are solvent-free oils and steam distilled essential oils. By combining these super-clean oils with organically grown hand-picked herbs and wildcrafted ingredients, Hope brings to you products that allow the herbs and oils to work their wonders without the addition of any synthetic ingredients. All HopeSprings Botanicals are handmade in small batches.

Authentically Natural

Are you tired of being disappointed by "natural" body and beauty care products that claim purity yet are created primarily with chemicals? Hope, the founder of HopeSprings Botanicals, knows how you feel. Our skin is the largest organ in our body, absorbing everything put on it. That is why HopeSprings soaps and other body products are created with the highest quality oils and herbs. Rich in medicinal and aromatherapeutic qualities and free of any synthetics. *HopeSprings Botanicals gives you everything you want – and nothing you don't.*



The Birth Of HopeSprings Botanicals

In 1970 Hope launched her body care line. She uses simple pure botanicals exclusively. No Synthetic ingredients are added. With great attention to detail, HopeSprings Botanicals soap, body care and medicinal products are created by hand in small batches without the use of solvents, parabens, dyes, synthetic fragrances, GMO's, sodium lauryl sulfates, mineral oils or petroleum. The HopeSprings Botanicals products are made in a solar powered workshop located in a remote northern California coastal environment. All the HopeSprings products are authentically natural. This ethical standard extends to the glass and recycled paper for packaging and labels.

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Humboldt Acupuncture

Chelsea Colby LAc.
& Jeffrey Haloff LAc.

707-268-8007
humboldtacupuncture.com

517 3rd St., Suite 18,
Old Town 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 causes 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 face. 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, now in their new office in the newly refurbished Carson Building. 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, Chinese Herbal Therapy, Moxabustion
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Humboldt Brain Harmony is a certified provider of NeuroOptimal Neurofeedback

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To Inspire
To share a lifestyle that embodies spiritual,
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~MARY ANN HYTKEN~



LIGHT THERAPIST
USUI REIKI MASTER
ENERGY INTUITIVE

Mary Ann Intuits and Translates the
Energetic Messages Underlying
Physical, Emotional and Mental
Challenges. Light Therapy, Reiki,
and Muscle Testing Support a New
State of Balance for One's
Expanding Energy & Light Bodies.

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

~Ana Lora Gerard, teacher and author

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

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

707-443-5021

maryannhytken@gmail.com

photo by Allison Jones Marsh



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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.

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That Springs Forth from the Center of Our Being.**

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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.

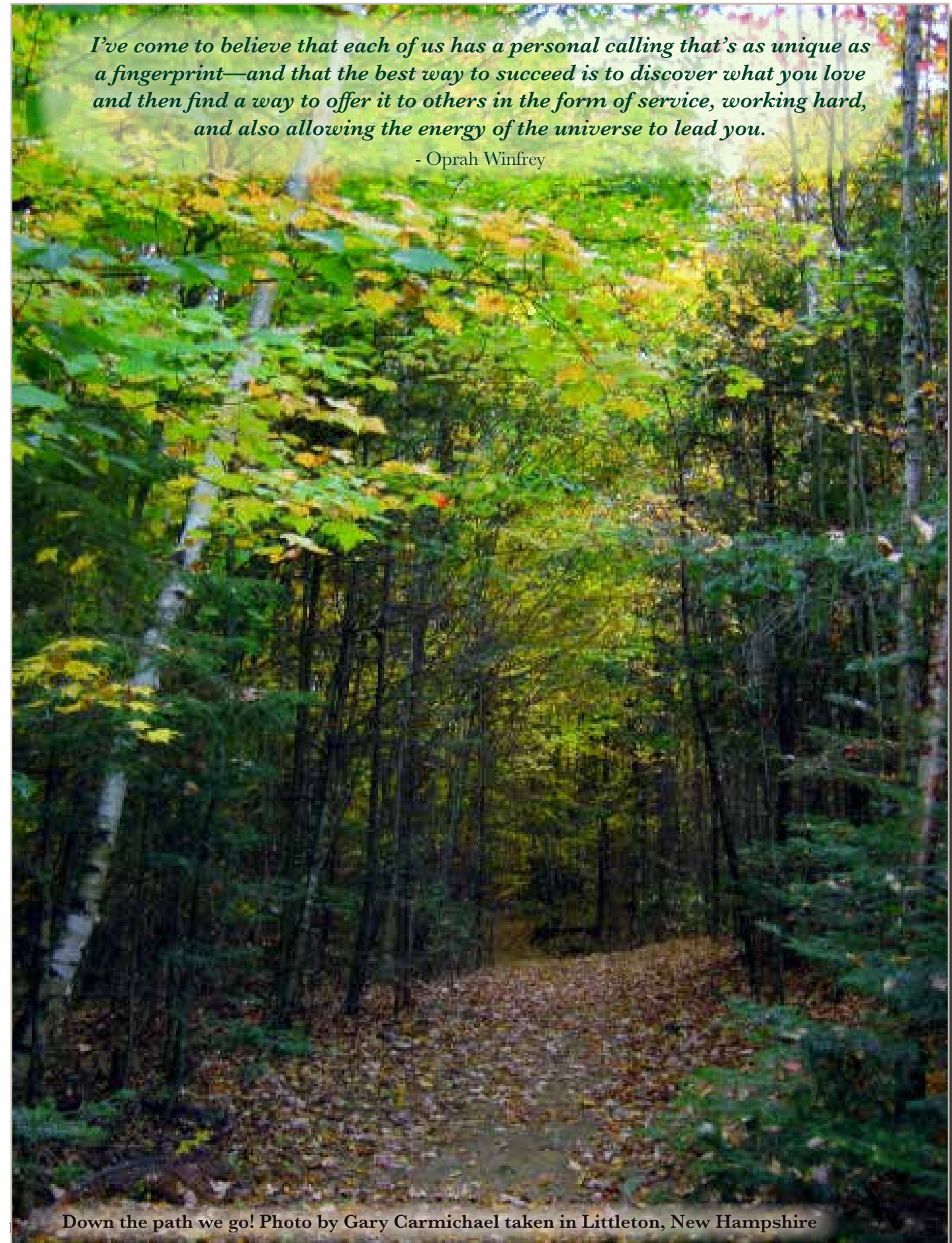
Come experience the sacredness of our Temple space.
Any one of our gifted practitioners can assist you along your path toward wholeness.
We work individually and in teams of any combination.

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

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I've come to believe that each of us has a personal calling that's as unique as a fingerprint—and that the best way to succeed is to discover what you love and then find a way to offer it to others in the form of service, working hard, and also allowing the energy of the universe to lead you.

- Oprah Winfrey



Down the path we go! Photo by Gary Carmichael taken in Littleton, New Hampshire

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Live, love, laugh!

David Johnston Psychotherapist

Marriage and Family Therapist #39235

It takes courage to ask for help. I honor you in your pursuit of healing and wholeness. My work is centered in the belief that a strong therapeutic relationship is the key to success in therapy. Every hour, I endeavor to provide a safe container into which each individual human being who comes for therapy is welcomed. Being met with empathy, respect, acceptance, kindness, understanding, genuineness and non-judgment opens a space where each person can explore their issues without feeling the need to censor or conform. Having another person inalienably aligned with your own deepest Self creates the freedom to find your unique route to healing and so transformation.

My practice as a psychotherapist is informed by many lines of thought and application. Ranging from current findings in the neurosciences to the richness of depth psychology and even including some carefully selected evidence based practices. I have witnessed the healing strength of the braided efficacies of these treatment mediums. We live in a time when, thanks to our increased global interconnectedness, we have more access to ancient wisdom traditions than at any time in human history, and we live on the cutting edge of many exciting and objective scientific discoveries. Our times are bringing together the intuitive and experiential knowing of many therapeutic practices with the rational science of modern research. It is truly the best time ever to be working as a therapist.

I have been working in this field for over twenty years and in that time I have had a wide range of experiences in aiding people. Among the challenges my clients have worked through are trauma (in many forms), depression, anxiety, psychosis, boundary issues and many more. I strive to move my clients and my practice into healthy coping and to consistently evolve in the directions of kindness, consciousness, compassion, understanding, meaning, enjoying life, love and wholeness.

If you choose to have therapy with me, you will find a committed, experienced, strong ally dedicated to your healing and becoming.

M.A. in Counseling Psychology from Pacifica Graduate Institute. B.A. University of Wisconsin-Madison

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Cristina America is a Licensed Acupuncturist and Herbalist.

Marjo Ribeiro is trained in Traditional Chinese Medicine (Brazil) and Certified Acutonics Practitioner



With Cristina America  
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Sound Healing Sessions

with Marjo Lak

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



"Sound has the power to heal our wounds, ignite our spirit, change consciousness, and reunite us with the divine harmonies and rhythms of the Universe" (Donna Carey, MD, Lac)

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.

Acutonics is grounded in Oriental Medicine, psychology, science, cosmological studies and sound healing principles. This effective non-invasive methodology works with vibratory energy created through sound. Practitioners recognizes the whole person, body, mind, and spirit and all aspects of lifestyle. We believe in the creation of partnerships between practitioner and patient, and in finding the right balance between conventional and alternative health care models that facilitate the body's innate wisdom to heal. This approach to health and wellness embraces the concept of a musical and undivided universe. A belief found through time, across cultures, and many healing and spiritual traditions, where numerous references cite the power of sound to create, generate, transform and give birth to new ideas and new consciousness.

Sessions are done using a set of tuning forks 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. 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 that they each play in our journey toward wholeness.

Through the principles of Resonance it is possible to use Acutonics to restore the body to health and harmony. Respecting our natural vibrations, rhythms, and cycles. All unifying gifts of nature that reveal order, harmony, permanence and sacredness!

Marjorie Ribeiro, aka Marjo Lak (www.marjolak.com), is a Certified Acutonics Practitioner through the Acutonics Institute of Integrated Medicine. In her practice she uses a variety of tuning forks, planetary gongs (Quiron, Sedna, Earth and Ohm), crystal bowls, and other sound healing tools, including Tibetan Bowls, bells, rattles and drums to change the vibrations of one's body, mind, and spirit to invoke what we know as sound healing. Marjo began her studies in Traditional Chinese Medicine in Brazil. She continued her education in India, where she was introduced to Ayurveda and Tibetan Acupuncture. In 2006, Marjo moved to Humboldt County, and studied with Paul Pitchford at Heartwood Institute, and in 2013, she continued her studies in Energy Medicine and Polarity with Bruce Burger, founder of Heartwood. Marjo



has been focusing her practice on Kids and Women's Pre-natal and post-partum care, and is Co-Founder of Kids Open Door Clinic with Cristina America, local Acupuncturist and herbalist.

For more information contact:

Marjo Lak
(707) 832-3777
marjoribeiro@gmail.com

MarjoLak.com

WestCoastAcutonics.com

Acutonics.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.

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Ten Lamski, cmt

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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

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Stand in the truth of who you are. Manifest from a place of clarity, worthiness, and unconditional self love. When subconscious patterns and blocks are removed a balancing process occurs. This spiritual, intuitive process heals your mind, emotions, prosperity, and love relations.

I am Alaia, 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.

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Heather Lovig, M.A., PhDc

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 15 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

Sarah Love

Intuitive & Reiki Master

Because I've known your heartbeat for many life times ... It's pulsating rhythm stayed within my soul throughout worlds beyond earth ... Infinite love, this is our truth. My Light and my darkness ... You have been with me and I with you. -Sarah Love

Blessed Love, my name is Sarah Love.

I am a teacher of love. I am a goddess of light. I am a mother of 4 Crystal children. I hold two master levels in Reiki in which I feel blessed to say I received from Reiki Master Teacher Carla Yvonne and Master Teacher Denise Payne Olliver.

I practice the Usui system Of Reiki as well as the Kemtic Egyptian system of Reiki. I carefully studied, researched and completed my internship with Maya Cooper; My spiritual mother of light and love.

I've practiced reiki for 5 years. I hosted Healing Nights at Osiris healing temple with amazing practitioners as well as Masters. I use my born abilities of clairvoyance, intuition, and Much more to assist and teach love through energy healing. I'm guided by ancestors in order to bring light and help others on their mission to love. I believe our world is in need of THE FORCE OF LOVE.

I have a responsibility to bring the awareness that leads others on a path of healing so harmony within our community and earth is made possible. My intention is always for your highest good. Reiki is a positive non invasive healing alternative that can never cause harm. It's simple and safe. It's time to ask yourself : Am I Love?

Are you on your mission? Are you in need of help ?



A man is NOT where he lives, but where he loves. - Latin Proverb

Reiki can HELP ...

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- Depression
- Soul Mate/ Twin Flame concerns
- Health issues such as Cancer
- Back Pain/ Body Pain
- Marriage
- Divorce
- Passing of loved one/animals
- New job/ Loss of Job
- Childhood trauma / adult trauma
- Panic attacks
- Military trauma / PTSD
- Sleep issues
- Pregnancy / Fertility /Postpartum
- Suicidal Thoughts :please get help
- World events
- Stress of all type
- Career Path
- And MUCH MORE!!

THE UNIVERSE NEEDS A HEALTHY AND AWAKENED YOU! Please Allow me to assist

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Molly Leuthner,
Natural Therapeutics Specialist
Lotus Acupuncture and Healing Arts



707-672-3590

Mollywog13@gmail.com

Colon Hydrotherapy
and Bodywork

In practice since 1995, I have studied many modalities of bodywork and natural therapeutics. These include **Swedish massage, deep tissue massage, shiatsu, lymphatic drainage, polarity therapy, cranial sacral therapy, myofascial release, hot stone therapy, prenatal massage, oncology massage, clinical aromatherapy, Ayurveda, marma chikitsa massage, Tibetan pulse assessment, digestive health and colon hydrotherapy, and many herbal and food traditions.** Treatments can be a blend of techniques or concentrate on a particular modality. Each session is uniquely tailored to you and your needs. I see bodywork as a collaboration on the physical, spiritual, and mental planes; and I love to collaborate!

We're working to increase blood flow, move congested lymph, break up fused tissue, strengthen and smooth out the pulse of the cerebral spinal fluid, balance the magnetic field and polarity energy flow, balance the chakras, and improve digestive health. I strongly believe in empowering you to take charge of your health and to use preventative measures. We're also connecting your conscious to your subconscious, so that you can deeply relax and experience your true essence and energetic flow; and tap into your body's innate ability to find balance and heal.

Take an Internal Bath!

Using an FDA approved closed system colon hydrotherapy device, warm water is gently and slowly inserted into the colon. When the colon contracts, the water and matter are flushed through the device as the belly is rubbed to facilitate release. For most the treatment is very relaxing, and many people report feeling better after colon hydrotherapy. I am a member of the International Association of Colon Hydrotherapy (member #F-ML2115085) and a graduate of the International School for Colon Hydrotherapy.

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.

I have evening and weekend hours available! Visit me in my beautiful new Old Town location!

kdmcabee@gmail.com

katharinemcabeecmt.webs.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.



Juna Berry Madrone

Mystic, Empath, Kohenet

My mission is to support your success in aligning with your soul purpose to achieve a life of joy and meaning. Through various modalities I can effectively address any questions and issues you bring to the table. My work is equally effective done in person in Ashland, OR and remotely.

Earth is undergoing a massive sea change as we shift from Third Dimensional Consciousness to Fifth Dimensional Consciousness. The emergence of the Divine Feminine ushers in unprecedented spiritual evolution on both the planetary and personal level. This transition can be challenging and confusing.

A visitation from Archangel Michael initiated me on the mystic path more than fifty years ago. I am naturally clairsentient.

Services Include: Prayer, Tarot, Soul Memory Discovery, Spiritual Guides, Dream Play, Past Lives, Karmic Issues, Transformative Ritual, Animal Communication, Space Clearing

Areas of possible exploration include soul purpose, soul partners, right livelihood, relationships, evaluating options and future trends.

Soul Memory Discovery is a process of energetic healing that enables us to access, identify, and release troubling issues that limit our lives and inhibit the full expression of our Essence and our Being. It has been called 'psychotherapy for the soul'. I specialize in adult Indigo work. I am certified as a facilitator in both Soul Memory Discovery and Indigo Work.

I have devised Tarot Netivot, a Jewish mystical system that transforms a Tarot deck into a powerful tool for self-exploration. Cards correspond to positions along the Wheel of the Year, the lunar calendar, the Four Worlds as derived from Kabbalah, and powerful universal feminine archetypes.

My training as a ritualist is as an ordained Kohenet from Kohenet The Hebrew Priestess Institute. I craft embodied, earth-based ritual and create sacred time and space for healing and transformation. This work honors and draws upon the Divine Feminine.

My approach is respectful, compassionate, non-judging, earth-honoring, playful, and God/dess centered.

I invite you to check out my website. Please give me a call to discuss how I might be able to support you on your path. Bright Blessings!

(541) 973-6030

juna@naturalmysticguide.com
www.naturalmysticguide.com

Zanna Majerle

Living Oasis Healing Center

707-599-3247 * Come See Me In Sunny Fortuna, CA



Are You Seeking Self Discovery? Longing to connect with your soul's purpose, your life trajectory? Looking for renewal and revitalization – a return to a healthy and vibrant YOU?

Did you know that YOU hold all the answers? I have accompanied hundreds of souls as they reconnect to their Higher Self and discover all they're longing for. I don't have the answers, but I can help YOU find them!

Just as I have helped numerous communities, families and individuals find their healing, I will accompany you as you unlock the lessons of personal power connecting you with the Divine energy residing inside. As a **Reiki Master and Teacher with intuitive abilities**, I can read my clients' bodies helping to unlock emotional, spiritual and physical blocks and bring healing into their lives. My Reiki sessions are a journey by which we uncover hidden emotional blocks that cause pain and disease, bringing you relief, release and a great sense of lightness. Burdens can be lifted and energy restored. I also offer Reiki classes and attunement and work with students just like you to discover their own healing energies.

One of my favorite services is **Tarot Card reading**. As a Tarot Card reader, I interpret the Universe's messages that inform your awareness of what is occurring right now! And then, uncover the secrets to what lies ahead. I can help you unlock the mysteries of everyday life circumstances, and help you prepare for future situations.

As a stand alone therapy, or in conjunction with Reiki, I use **Aromatherapy** for speedy release of blocks, preparing the subtle body to receive the bounty from the Universe. Aromatherapy is a powerful healing work that uses plant essences to help our bodies heal: mentally, emotionally, spiritually and physically. An ancient tradition, aromatherapy has thousands of years of scientific research and anecdotal information confirming the power of essential oils for healing on levels both deep and superficial. I can help you find the essential oil that will best serve your health concern, and together we can develop a treatment plan to return you to a state of wholeness and health.

I Offer:

- Reiki Classes – Holy Fire and Usui Traditional classes/attunements
- Reiki Healing – a relaxing non-invasive modality that works with Universal life energy present in each of us – VIRTUAL and PRIVATE sessions
- Tarot Card Reading – individuals or couples – VIRTUAL and PRIVATE sessions
- Aromatherapy – using doTERRA's certified pure therapeutic grade essential oils, we can open the subtle body to healing – emotional, spiritual, mental, physical
- AromaTouch Technique – brings renewal and revitalization through the application of specific doTERRA oils to the spine and feet bringing amazing relaxation as it generates cellular excretion of toxic waste. You'll leave feeling reenergized and lighter!
- Spiritual Counseling – instruction in meditation, prayer, crystal use, and other techniques for spiritual healing and growth

Testimonials: *Yesterday I had another Reiki session with Zanna and it was amazing! Zanna worked with me using essential oils, deep breathing, healing hands. I was able to leave refreshed, centered and back to state of peace. Words cannot describe how much her Reiki sessions mean to me. I feel like I am in a safe place with Zanna to express what is going on with my life so she can help me get centered. Much love and respect ~ Dianna, Fortuna*

I am a client as well as a fellow member of the Fortuna Chamber of Commerce with Zanna. Zanna has the upmost integrity in both her Reiki practice as well as being an ambassador for alternative healing in our community. She speaks her truth with compassion as well as openness making it easy for people who may be curious but also be a little reserved about the healing she has to offer. She is very approachable and a very clear communicator and a great listener.

Zanna's practice is very professional, clean and beautifully presented. Living Oasis Center is exactly what it sounds like, an oasis of healing in downtown Fortuna, CA. Zanna offers a safe place for emotional and physical healing. Her healing is gentle as well as compassionate and practiced with expertise. ~ Cara

www.LivingOasisHealing.com



Kate McCaffrey, D.O.

1660 Central Ave, Suite F
McKinleyville, CA 95519

(707) 601-5216 Fax: (707) 497-3309



Neuromusculoskeletal and Integrative Medicine

The back story... a few years ago, while staffing an emergency room, Dr. Kate McCaffrey encountered a patient who had been in a car accident. The patient refused medications,

saw that I was a D.O and asked for Osteopathic Manipulative Medicine (OMM). The patient's neck pain decreased soon after the treatment. Surprised and delighted that her OMM skills still worked after a few years of emergency medicine, Dr. McCaffrey opened an integrative osteopathic medicine clinic in Arcata and McKinleyville in Humboldt County, California. Since then, she has evaluated and treated thousands of patients with OMM, Osteopathy in the Cranial Field and Holistic Family Medicine.

Osteopathic Manipulative Medicine:

Currently Dr. McCaffrey evaluates and treats patients and teaches classes in McKinleyville, Garberville and Cotati California. Please refer to her website www.katemccaffreydo.weebly.com for more information. Her treatment modalities include:

- 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:

This year Dr. McCaffrey has teamed up with Kari Greene, CMT, and Owner of Spirals of Life, in McKinleyville to teach hands-on bodywork including MFR, anatomy and physiology and Osteopathy in the Cranial Field to massage therapists and the community. Refer to website for updates.

Dr. McCaffrey is committed to teaching the next generation of osteopathic physicians. She is Adjunct Faculty for Western University of Health Sciences, COMP - Northwest in Lebanon, Oregon and Touro University in Vallejo, California. Osteopathic medical students will be a part of your visit.

Professional background:

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. She 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, OMM, exercise prescription, nutrition and homeopathy to bring her patients the latest in integrative structural medicine.

Offerings:

Combine your manual medicine or cranial treatment with an in depth reading regarding your questions. Your High Soul will lovingly support you in a deeper understanding of the issues at hand and the forces that shaped them. You will be lovingly guided on the way Home to Love and Oneness with Self and All that is.

Love and health to all of us!



(707) 601-5216

kmccaffreydo@gmail.com

kmccaffreydo.weebly.com

Caitlin McMurtry

The Enlightened Cycle



**Certified Fertility Awareness
& Reproductive Health
Educator, Journey of
Young Women Mentor
for Girls and Teens**

Caitlin envisions a world in which all girls and women understand their bodies and their cycles with confidence and pride. Providing menstrual cycle education, care, and wellness is at the heart of her work. Caitlin says, "I spent most of my life afraid of my cycles and mistrusting my body. At the age of 25 I was blessed to discover the practice of Fertility Awareness, and my life has been radically different ever since." Caitlin trained for 2 years with the Grace of the Moon Teacher Training Program to become a certified instructor of the symptothermal method of Fertility Awareness. She is also a graduate of the Journey of Young Women Mentoring Girls program. In 2016 she launched her business, The Enlightened Cycle.

Fertility Awareness is a simple daily practice that allows a woman to know on any given day if she is capable of becoming pregnant or not based on observation of 2-3 physical signs. With this knowledge, she can consciously avoid or invite pregnancy. A far cry from the Rhythm Method, the symptothermal method is up to 99.6% effective for avoiding pregnancy when learned from a qualified instructor and practiced consistently and correctly. It also greatly enhances your chance of conception by knowing exactly when fertile days occur. Most of all, Fertility Awareness is basic body literacy: understanding your cycle in detail so you never have to guess what's going on, gauging gynecological and hormonal health, and being the expert of your own body.

Caitlin is thrilled to announce the newest addition to her business: Cycle Wise, a class series for girls ages 10 – 12 about body changes, emotions, menstruation, self care, and more coming of age topics.



Caitlin welcomes girls and women of all ages and walks of life to her classes. The class environment is relaxed yet focused, positive and supportive. Games, visuals, demos, and activities are part of the curriculum to enhance learning and enjoyment. She is also available for private consultations, presentations, and other work regarding menstrual cycle health.



707-616-4820
www.enlightened-cycle.com

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.



For over 30 years Moonrise Herbs has been trusted by our community to assist them with their holistic health needs. Our staff truly cares about you, our customer, and trained herbalists are available 7 days a week to help guide you with your healing process. To promote physical healing and well being we stock hundreds of bulk organic or ethically wild-crafted herbs and teas, several lines of high quality supplements, therapeutic grade essential oils and flower essences. We also stock a wide variety of knowledgeable books to help you understand these medicines and their use. Further, we offer our in-store reference library for customers to use while shopping plus, we have a full schedule of classes.

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.

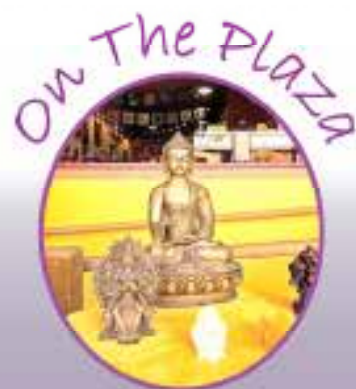
Several times a day we hear these words "It feels so good in here!" Or "It smells so incredible in here!" Usually followed by, "What is that?" We love hearing this from our patrons, because it is the essence of Moonrise that we work so carefully to create that has captivated them. It would be fantastic 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 Day and students receive 5% off bulk teas and herbs. 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 a FREE Maca Bliss ball and cup of tea.

Come by soon, with your wellness questions or to just sip a cup of herbal tea. Indulge your senses in the essence of Moonrise Herbs. You will be glad you did.



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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 accompany clients to Medical, Psychiatric, Educational, and other important appointments. Interventions, Confrontations, Home Visits, 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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Ca Lic #MFT 23307

thirty-four years experience, licensed twenty-nine

♦ (707) 442 7228 ♦



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clinical professionals**

On my clinician-oriented website you can see a description of the mindbody therapy developed by the pioneering researcher and clinician Wilhelm Reich. You will also discover the extent and depth of training I have received, unique on the North Coast. Not mentioned are further experiences of a more shamanic nature, such as many years of sweatlodge and annual *hanblegas* near Wanbli, SD. By pursuing my own healing since 1980, I have refined inherent capacities to sense the multi-level energy flows through individuals, couples – all matter. The refinement of perception and consciousness accelerates and deepens the healing journey. You might also be interested in some further facts! Ten years of Latin and nine of Greek (because I'm English-educated), some years as a Tiffany style glass artist, and a fanatic piano player of 'spontaneous compositions'. Therapy is held a minimum of once a week and can span many years, depending on interest. Life-changing healing requires consistency and commitment.

♦ (707) 442 7228 ♦

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Individuals - Couples
Training, Supervision for
Therapists**

Heiress Morn

**Usui Shiki Ryoho
Reiki Master & Teacher
Member of The Reiki Alliance**



Reiki Healing: You are invited to receive Reiki in the tradition of Usui, Hayashi, Takata and Furumoto.

Become a Reiki healer: classes monthly, followed by ongoing sharing and support.

Other services: Long distance healing, mobile service for the infirm, house blessings.

Usui Shiki Ryoho Reiki: 31 years ago when I was initiated into Reiki, only my teacher and a handful of people outside of Japan were initiated as masters. I have followed the form that was originally brought to the west from Japan. It is with great joy that I bring this to others.

707-267-8228

heiressmorn@gmail.com

heiressmorn.wixsite.com/mysite

I live in Humboldt and travel and teach world-wide. Thank you for inviting me to participate in your healing journey.

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

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Reiki energy is one such help available
to us from the Universe.

Reiki sessions help us grow, heal and expand.

Reiki is an excellent tool to clear away stress,
feelings of being disconnected and overwhelmed,
and negative patterns, blocks and limitations, as
well as physical symptoms in the body.

Come and check out for yourself what Reiki
through me can do for You!

Client comment: *"You have a Gift."*

Initial one hour session \$25!

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Professional Training:

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- Ayurvedic Massage Certification
- Panchakarma Therapist Certification
- Aromatherapy Certification Program
- Ayurvedic Cooking Certification
- Nationally Approved Programs
- Nationally Approved Continuing Education

Services & Classes:

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- Vedic Astrology Consultations
- Ayurveda Store & Apothecary
- Introduction to Ayurveda Workshop
- Ayurvedic Self-Care & Cooking Immersion

Marge O'Brien, RN



Certified
Hypnotherapist

When would hypnotherapy be helpful?

- Anxiety or Panic attacks
- Relationship Issues
- Past Traumas (emotional or physical)
- Anger or Rage Issues
- Illness or life threatening disease
- Presurgical Care, chemo, radiation
- Any life issues/emotional issues

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 **Pre-surgical 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
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The only pre-requisite is being human.

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

Here, in this supportive community,
that wild, crazy spark inside you
—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:
Wow. What a life.

Moments where there's no place you would rather be.

We all know those moments.
Are you ready for one now?

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Your Natural High

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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



Massage at Om Shala is a collective of three
massage therapists, Jodie DiMinno, Bryan
Crouch and Sarah Matik. While each therapist
has a unique style, all of our work starts from a
foundation of sensitive and intuitive healing touch.
We integrate many modalities to bring a creative
and personal healing experience to each client.

Massage sessions include use of the
lounge, sauna and showers.



- Massage For Relaxation
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Devon Love

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1heartintuitive@gmail.com

Rebecca Owen

1085 I Street, Suite 107
Arcata, CA 95521

707-822-5253
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 14 with Dr. Scott Winkler.

Tarot Readings Soul Coaching Angel Readings Readings for your Animals



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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Reading are available in person,
over the phone or online.

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Anna Park, CMT Therapeutic Massage

Experts estimate that upwards of ninety percent of disease is stress-related. And perhaps nothing ages us faster, internally and externally, than high stress. Massage is an effective tool for managing this stress, which translates into:



- Decreased anxiety
- Enhanced sleep quality
- Greater energy
- Improved concentration
- Increased circulation
- Reduced fatigue

Massage can also help specifically address a number of health issues. Bodywork can:

- Alleviate low-back pain and improve range of motion.
- Enhance immunity by stimulating lymph flow—the body's natural defense system.
- Increase joint flexibility.
- Pump oxygen and nutrients into tissues and vital organs, improving circulation.
- Reduce post surgery adhesions and swelling.
- Reduce spasms and cramping.
- Relax and soften injured, tired, and overused muscles.
- Relieve migraine pain.

Anna Park is a graduate of the Arcata School of Massage and has many years of practice in a variety of settings including physical therapy clinics and chiropractic offices.

I'm 50 years old and have ongoing problems and have had massage all of my life and this is one of the best I have ever had. Massage has given me much relief and caused swelling to go down in my legs as well as less pain in my hips, back, and nerve areas. -Rosie

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Kausalya Denise Payne-Ollivier RASi RI-P1305210740

Usui Reiki Master/Teacher - Western Lineage

Jikiden Reiki - Japanese Lineage

& Singing Bowl/Sound Healer



I have studied with three Western Usui Reiki Masters, and a traditional Japanese Reiki teacher. I been teaching Usui Reiki (western style) since 2007. I love to share my knowledge of original teachings and experience with my students. My students have opportunities to continue working & learning with me.

I honor all Western linages so students can begin learning with me at any level for Western Usui Reiki.

I am honored to now be studying with a new teacher, Tadao Sensei from Japan. This has given me the ability to offer my clients and students Jikiden Reiki. Jikiden Reiki is the authentic Japanese Usui lineage uninfluenced by any other healing modalities or cultures.

Over the years Reiki has and continues to help me heal, and create balance in my life. This allows my other works like Sound healing to surface.

Sound Healing provides my clients and students vibrational healing using, Crystal and Tibetan Singing Bowls, Quartz Crystal Pyramids, Gongs, Chimes and many other ancient instruments.

My sound training has allowed me to study directly with Jonathan Goldman. David Gibson online live classes and much self-study. I vow to continue to be the best student I can be, for the benefit of my students and clients. Because I believe there is always room to learn more.

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 2017!



Services Offered:

Usui Reiki (Western Teachings), Jikiden Reiki (Japanese Teachings uninfluenced by other cultures or modalities)
Singing Bowl & Sound Healing - Privates & Group, Events
Intuitive Healing / Crystal Healing (intuitive & Melody's teachings) Kundilini Reiki Healing & AromaTouch®

Courses Offered:

Usui Reiki Levels I,II, Master and Teaching Level
Jikiden Reiki, Shoden (level 1) & Beginning February 2017 Okuden (2nd level)
Beginning Sound Healing (Toning & Ancient Instruments)
Crystal Healing * Reiki Crystal Healing Grid Classes

707-382-2779
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www.reikimastertouch.com

Terra Pearson

Integrative Bodywork



707-267-8087

Isis Osiris
Healing Temple
Arcata, CA

Therapeutic Massage
Prenatal Massage
Zero Balancing
Deep Tissue

Craniosacral Therapy
Intuitive EnergyWork
Sound Healing
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 to your words, body and energy for what will be most nourishing in each moment. Some sessions focus specifically on bringing ease to physical discomfort, pain, or injuries. Often they are experienced as multi-dimensional journeys that support growth through all realms of health—physical, spiritual, energetic, mental and emotional.

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

Craniosacral Therapy connects directly to the central nervous system and the “breath of life” that resides there. It invites deep states of relaxation that activate the body’s natural healing abilities. Gentle holds are used to communicate with the subtle rhythms of the body, bringing greater ease and harmony throughout. 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.

Integrative Massage - infused with Reiki, Polarity, Shiatsu, and more: Using Swedish Massage as the base, I incorporate a wide range of techniques from my tool kit in response to your body’s needs. Flowing strokes with applied oil sooth you into deep relaxation. The soft tissues of your body are bathed in nourishment as your energy-body comes into greater balance as well.

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.

I often use **Ortho-Bionomy®** techniques in my sessions. 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.

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 blocked 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.

Energy Readings/Healings provide opportunities for your divine essence to share its wisdom and usher you to new forms of embodiment. As I tune into your energy-body I perceive images, sensations, and insights that show qualities emerging within you. They become our guide and are the source of medicine for the transformational process that follows.

Sound Healing: Acutonics® is a form of sound healing that brings together the tremendous wisdom of Traditional Chinese Medicine with the powerful effects of sound and vibration. The main tools I use are carefully-crafted tuning forks that emit frequencies of the sun, moon, and planets. They are often placed on meridian points, the energy centers used in acupuncture and shiatsu that connect to specific physical, emotional, mental, and spiritual aspects of health. My beloved 38-inch Earth Gong is also available to share its magnificent healing songs.

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

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Spirit Link Sessions

**Sacred Space - Feng Shui Practitioner
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Greetings Creators, here we are in 2016! 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, miracles, and great opportunity to uplevel our lives.

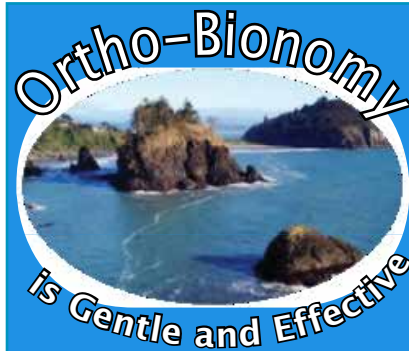
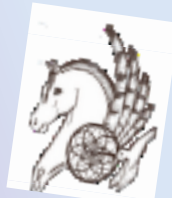
I offer you a lifetime of education in my fields of expertise. Although education provided a foundation of experience, the power of my practice now, as an elder, is the ability to "be a listening for" and support for bringing the soul matrix or higher self fully into your life expression here on earth.

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 home environments 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 and love.

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



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.

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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 / antipitta.com

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

Sheridan Richardson, L.Ac

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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.



DOULA SERVICES

Doula services include prenatal, birth and post-partum support, placenta encapsulation, print and cord keepsake as well as herbal remedies to aid you through this transformational experience.



HERBAL MEDICINE

Rooted Moon Medicinals is an herbal apothecary in Freshwater, California. We locally grow or sustainably wild craft many of our herbal ingredients. We are committed to using all organic ingredients and sourcing locally first. All of our bottles are recycled and we support local farms and medicine people! We offer a wide variety of herbal remedies for all walks of life, including kids, babies and women's blends for pregnancy, post-partum and motherhood. *Check out our website for a complete list of products & services.



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I have a deep passion for birth work because I believe that the very essence of birth is the blueprint for each life. The strength, power and grace that women carry is my inspiration for this work.

AUDREY REES

rootedmoonmedicinals@gmail.com

www.rootedmoonmedicinals.com

(707) 407-7657

*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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I come from a place of gratitude and deep connection of 'Spirit'.

Knowing all is sacred and connected is a healing gift. Seeing all aspects of life as opportunities for growth and transmutation offers us a treasure chest to sort through. When you are ready to receive more of life's bounty, please come in for a treatment. My gentle and loving nature will assist you in changing unwanted patterns found in your body and/or spirit into patterns serving your highest good.

The Arcata Meditation Circle of Self-Realization Fellowship

Each week, the Arcata Meditation Circle of Self-Realization Fellowship (SRF) holds meditation and inspirational services based on the teachings of Paramahansa Yogananda, who in 1920 founded SRF, an international nonprofit spiritual organization with headquarters in Los Angeles.

Yogananda's mission was to bring to the West scientific techniques of concentration and meditation that enable one to have a direct personal experience of God. The yoga methods that he brought from his lineage of masters in India help to quiet the body and mind and make it possible to withdraw one's energy and attention from the usual turbulence of thoughts, emotions and sensory perceptions. In the clarity of that inner stillness, one comes to experience a deepening interior peace and awareness of God's presence.

Services at the Arcata Meditation Circle of SRF take place on Fridays from 7 p.m. to 9 p.m. and consist of periods of energization exercises, meditation, and chanting. All are welcome to attend the weekly services, and to learn more about the teachings of Paramahansa Yogananda.

The services take place on the premises of the Isis Osiris Healing Temple at 44 Sunnybrae Center in Arcata, CA 95521. For more information about the meditation services, please contact John Paysinger at (707) 298-7111 or email arcata.srf@earthlink.net.

For more information contact John at
(707)-298-7111 or arcata.srf@earthlink.net

Every Friday from 7:00 to 9:00 p.m.
Upstairs in Suite #48 of the Isis Osiris Healing Temple



Paramahansa Yogananda,
(1893-1952)
Founder of Self-Realization Fellowship
(Courtesy of Self-Realization Fellowship, Los Angeles)

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Self-Realization Fellowship
and the teachings of
Paramahansa Yogananda,
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Dianne Sherman
Spiritual Life Coach,
Intuitive Counselor
& Vibrational Healer



Inspiring Uplifting, and Transforming Your Life!

As a Near Death Experienter, I have come back with an important message, we are all loved unconditionally. Because of this life changing event I was given the gift of "Clearsight." It allows me to see your Divine essence, your preciousness and my desire is to help you see that for yourself as well. My intuitive counseling and vibrational healing help people find and experience a more profound and uplifted life for themselves. I have had my healing practice for more than 25 years, and I have clients all over the world. I am passionate about helping others transform their lives by removing the blocks and barriers to their happiness and well-being. I offer hope, relief and healing and inspire your self-love and appreciation. My work is to inspire your dreams, uplift your spirit, and transform your life!

Through Intuitive Counseling I will clarify the issues and use Vibrational Healing to clear away any problems that may be hindering your growth and keeping you from realizing your worth. My techniques are quick, thorough and permanent.

My desire is to be your guide to your highest potential in all areas of your life, and a bridge to your expansion and transformation. When you are able to shift your perceptions and awareness you can create new experiences with renewed hope and enthusiasm. I love my clients and am blessed to do the work that I do.

What my clients 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 / Skype: [spiritcoach4](https://www.skype.com/user/spiritcoach4)
dianne@guidingyourspirit.com
www.GuidingYourSpirit.com

Acupuncture in Arcata Stacey Small, L.Ac.



Acupuncture in Arcata is dedicated to offering compassionate holistic health care. Every individual is unique and therefore every session is customized to help restore balance, bringing the body, mind and spirit back to an optimal state of wellness.

Our Philosophy:

Health and balance are our natural state.

So many of the imbalances we experience today are the result of the stress of living out of balance with who we really are (our life's purpose/destiny) and our disconnection from our natural environment.

Traditional Chinese Medicine has been practiced for centuries and continues to prove itself effective in treating many conditions of imbalance that allopathic medicine has difficulty treating.

Why? Chinese Medicine sees beyond the Western, mechanized view of the body. It uses nature as a guide to understanding how to help restore balance and bring the body, mind and spirit back to a natural state of harmony.

Stacey Small, L.Ac. is a California State Board licensed Acupuncturist and is also certified by the National Certification Commission for Acupuncture and Oriental Medicine. Stacey has been in practice for more than 15 years and as a primary health care provider has helped clients with a wide range of imbalances.

Specialties include, but are not limited to:
 pregnancy, labor, postpartum care
 mental-emotional imbalances
 acute & chronic pain
 women's health
 addiction

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 & 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.

Soul to Soul

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SpaceGemCandy@gmail.com
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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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In Gratitude,
a note of thanks
from Star Pahl

**To my Healers/Teachers on this
journey of my new mind/brain
awakening~**

My stroke of luck has been this healing community.

You have given me space for healing with human to human contact and an abundance of love. We human beings are spiritual divine gods/goddesses with the ability to heal each other. We know ancient healing art forms, plant medicine and heart love. As the new paradigm of human healing is being built Our community is a shinning example to our country on how we should care for one another.

Thank you for the giving of your heart to mine. You supported me as I have been healing from this New Awakening mind change. It has been a ride losing some much.

As humans beings, talking, walking and feeling are gifts. I'm so blessed that I have taken this Stroke of lucky and rewired my brain. I can walk. I can talk. I have gained 50% feeling back on my right whole side.

I have come so far with the support of healers that live in this community.

Who gets to have a second life in one life?

This Star does.

The giving of healing energy that has been bestowed on me is a remarkable gift and I Thank You from the full of my heart to yours,

With Love, Star

707-407-8471 * StarEarthHealing@gmail.com

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Katherine Jamie
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Uma Till, cmt

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*I love living and practicing
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My massage practice is based in
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Isis Scrolls is a free bimonthly magazine creation
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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,
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*The Spiritual Hierarchy are said to be the
custodians of the Divine Plan for this planet.
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inspired great human achievements throughout
history, in all fields of
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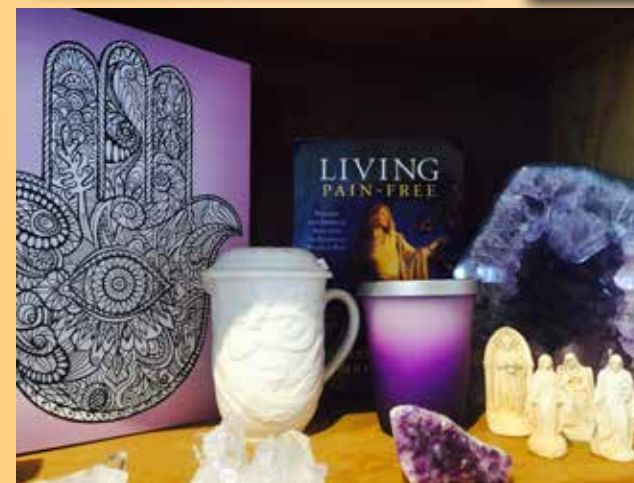
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Lee Tuley, CR, RCC



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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Teresa von Braun Spiritual Consultant

Psychic Reading
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Metaphysical Teaching
Spiritual Counseling
Sacred Space Designing

"She's a one woman Mystery School"

The purpose of my work is to guide you in developing your spirituality and your intuition, while supporting your soul's evolutionary journey towards self-realization. This aim is in all of my individual and couple readings and counseling, healing sessions, classes, and workshops. I also lead pilgrimages to sacred sites.

In a reading, I communicate about your soul's journey and karmic patterns, their manifestation on the energetic, physical, emotional, psychological, mental, and spiritual levels in your life. I help you connect with your soul's calling and purpose; address questions concerning relationships, career, health, karma, past lives, spirit guides, initiation and spiritual emergence to gain further self-awareness. I meet you on a soul level to offer insights and energetic healing to aid you in experiencing, understanding, transforming and healing. As a medium, I can also do channeled readings.

In healing and counseling sessions I use the soul information from your reading along with further aura and chakra reading, clearing, balancing, visualization, soul retrieval, depossession, past life therapy, hypnotherapy, breath work, and hands on healing. As a medical intuitive I can identify the trauma, symbolism, and message of your illness. Our work together flows to meet your specific need with the intention of integrating body, mind, and spirit to become more whole.

Spiritual initiation classes offer training to develop personally and professionally in the tradition of esoteric mystery schools. Classes are a blend of metaphysical, alchemical, and shamanic information derived from temple training and ancient cultures, integrated with schools of modern psychology and spiritual paths.

As a Sacred Space designer, I read your house and property, do energetic clearing, healing, and harmonizing. I utilize the art of placement in interior and exterior design to facilitate energy flow and well being, attuned to you and your family.

In all my work I foster independence, responsibility, and creative self expression in all students from novice to adept. Together we use intuition, guidance, compassion, and laughter to enable you to experience transformation, magic, and a deeper meaning in your life through ongoing spiritual counseling.

I have been a lifelong student of metaphysics and esoteric traditions. I hold an M.A. in psychology and studied the Diamond Approach for Self-Realization at the Rishwan School for over twenty years, ten in the Rishwan teacher training.

I have been in practice for over thirty-five years. Call or visit my website to schedule an appointment, or to register for classes.

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Julie Wells

Awareness Oriented
Therapeutic Massage and
Body Work, Structural
Integration, Connective
Tissue Therapy



Every human has an energetic map or blueprint for perfect health that is never lost. It is my practice is to tune in with this map, or "Breath of Life" in order to assist the client's body to rest into this original blueprint. This subtle practice known as Biodynamic Cranio-Sacral therapy permeates all my sessions.

I received my first Reiki attunement in 2002, although I started offering massage to friends and loved ones sometimes in the late nineties. In 2013 in Kauai, I completed 700 hours of training in Awareness Oriented Body Work. We studied many modalities, all with Presence-Centered Awareness as a central goal for both practitioner and client alike. Modalities include Swedish, Neuromuscular Therapy or Trigger Point, Reflexology, Polarity, Connective Tissue Therapy, and Structural Integration. In 2015 I did a short training in Biodynamic Cranial Sacral Therapy which is a gentle yet profound non-invasive hands on therapy. The goal is assist the nervous system to return to a state of health and balance, relieving symptoms and improving over-all health.

Structural Integration is traditionally a 10-session series developed by Ida Rolf that systematically melts the connective tissues of the entire body in order to assist the body into alignment for the greatest ease with gravity. It is especially beneficial in overcoming habitual ways of holding, chronic injuries and repetitive motion injuries, and improving posture. Analysis of gait, posture, alignment, and breath are utilized along with movement exercises for homework assignments. The greater the participation of the client, the greater the benefit of the work.

I am grateful to offer an integrative approach to my clients. After listening to the needs, complaints, and goals of the client, together we create a session or series of sessions to best meet those goals. No two sessions have ever been the same. It is my greatest honor to co-create healing with you!

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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 25 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 past year I was honored to complete the James Van Praagh Mediumship Certification Course. This is Spiritual Mediumship – bringing in your loved one in Spirit in a new way.

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!

Take time to become a student of the Universe.



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An external heat therapy that is applied on or over an acu-moxa point or affected site. Also called moxa, it assists with postpartum healing by warming the abdomen, stops pain, moves Qi, circulates the blood, safeguards health, and facilitates a speedy recovery and energizes the mama.



Please contact Nikki Garrigan to
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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 Therapeutic Swedish, Deep Tissue and Trigger Point



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Rev. Elisabeth Zenker, MSW

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Subtle Body Energy: updating vibrational energy in our aura and chakras

- Learn to ground your energy, and heal and maintain your social boundaries
- See and accept recurring patterns & issues, for their meaning & full release
- Increase your vital energy flow with renewed confidence & inner guidance
- Update spiritual contracts with current & past relationship, and ongoing past life issues (Clairvoyant Graduate certification from Psychic Horizons, 1989)

Mutual Support: Self and Other, integrated

- Nourishing relationships optimize our awareness for deeper spiritual growth
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- Breema energetic bodywork for cellular support (Breema Practitioner certification, 1996, www.breema.com)

Awakening to full bliss in a medical helicopter, my experience taught me how sacred 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 universal intelligence is fully available for our deeper collective awakening.

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MSW from Humboldt State University, 2007; Domestic Violence & Sexual Assault Crisis Counselor, 2003



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— Jenny Pao, NectarEssences healer & founder, www.nectaressences.com

Elisabeth is delightful, intuitive, heartfelt, synchronistic ... a beautiful meld of insights bringing forth realisations 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!

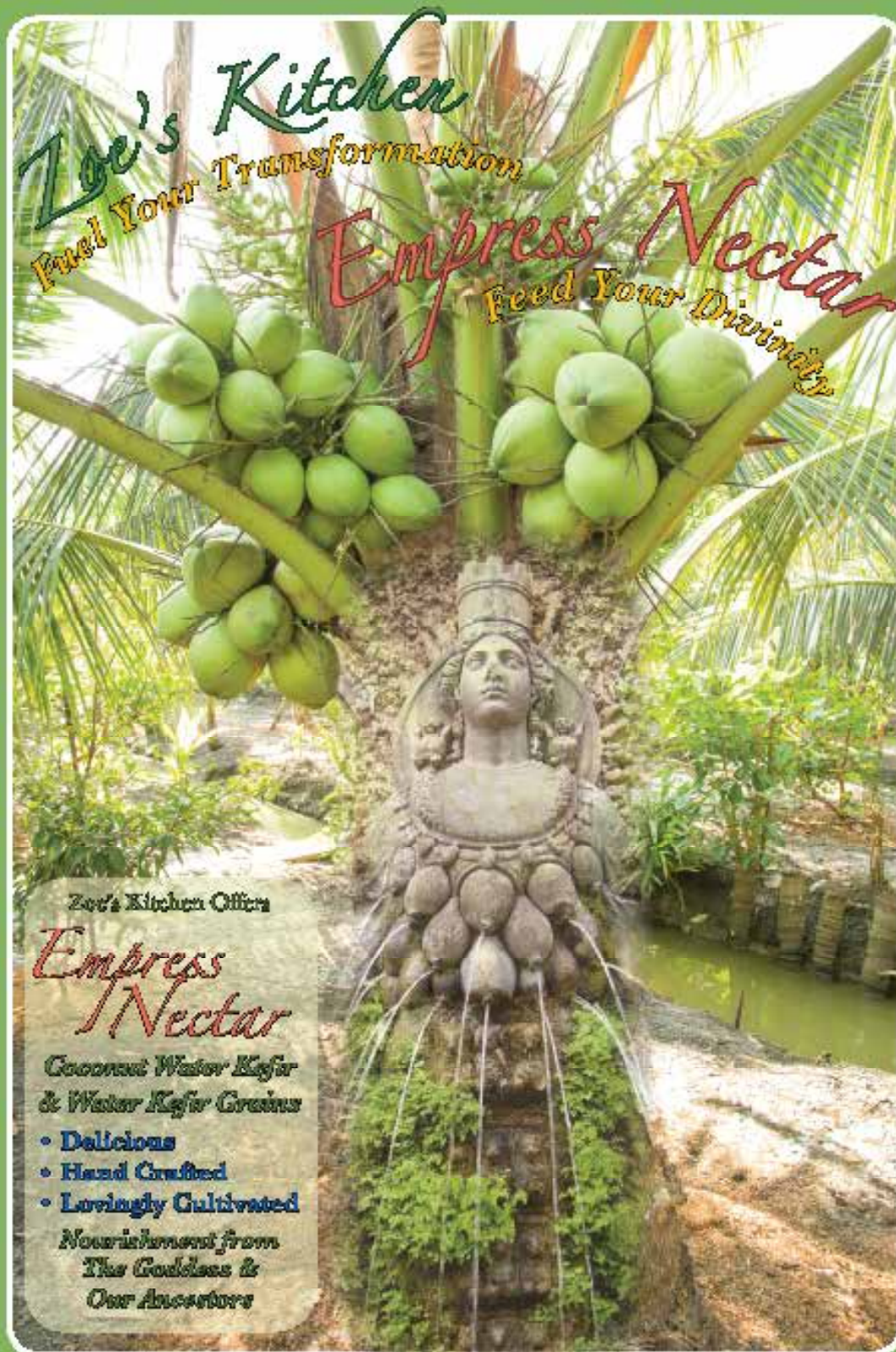
— Morag Paterson, Shift Facilitator, www.morag-paterson.co.uk

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 Watfield, author: Shift: Change Your Words, Change Your World, www.consciousnessshift.com

... Even more important Elisabeth provides clear guidance...to better align with and fully serve my highest purpose and to continue on my journey with confidence and joy. I highly recommend her invaluable service.

— Mark Porteus, Founder, Inspired Messengers Network, www.inspiredmessengersnetwork.com, and author of Maximizing Your Human Experience



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—Lynn Margulis

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—Sandor Kat

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The Importance of Reciprocating Energy

By Zachary Cooper

When beginning our journey to spiritual, physical, and emotional wellness, the cost for us can be the most difficult hurdle to overcome. Recently, I found myself explaining this to someone and thought it relevant to the wider community. Essentially, why is it meaningful for me to give something of myself to better myself? I think it is important to bring some enlightenment and respect to this aspect of the process, as it is a part of every modality; this give and take can be found in almost all modalities of healing.

As we step into a healing room, at the beginning of our session, we are greeted by a practitioner who has in some way prepared to give a piece of themselves in order for their client to walk away a more whole person. For us, as clients, to begin incorporating this new energy or pattern of energy within ourselves requires that we make space. We need to free up energy. Granting the practitioner a piece of our self, be that a barter or hard earned money, both frees energetic space within, and helps to fill the space opened by the practitioner in order to grant healing.



Alternatively, giving something to the practitioner allows us to feel deserving of the healing coming our way. Think of healing as a spa treatment. Part of what makes that pedicure feel so lovely is the fact that we are choosing to do something uncommonly good, solely for our own benefit. We know it's expensive and that no one "needs" their toenails painted, yet there is extra gratification in knowing that we've addressed a desire and sought it out to completion. We deserve pretty toenails because they make us feel nice in the same way that we deserve wellness because it makes us feel whole.

It is possible to open the door to healing, seek out someone who will give us exactly what it is needed for free, and yet not incorporate the healing. This practitioner would neither be honoring themselves, nor their clients, despite the best of intentions. It is hard to emerge from old, comfortable patterns. However, if we've parted with our money, energy, or chi, there is a

self-imposed pressure to make this healing worthwhile. We become more likely to integrate the service we have sought because we do not want to give away something for nothing. It is important that we should view this exchange as sacred. If we simply phrase it differently, we could see that we are not so much handing someone else this portion of energy, money or chi, but instead, we are granting our inner self a helping of pure golden energy. It is powerful to understand that, by releasing a part of our energy into the community, we help to sustain it and allow it, in turn, to sustain us.

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