

2017-2018

Healing Arts Guide

Your Access to Our Holistic Community



ANTELUKAN

Before dawn.

ANNE PARKER

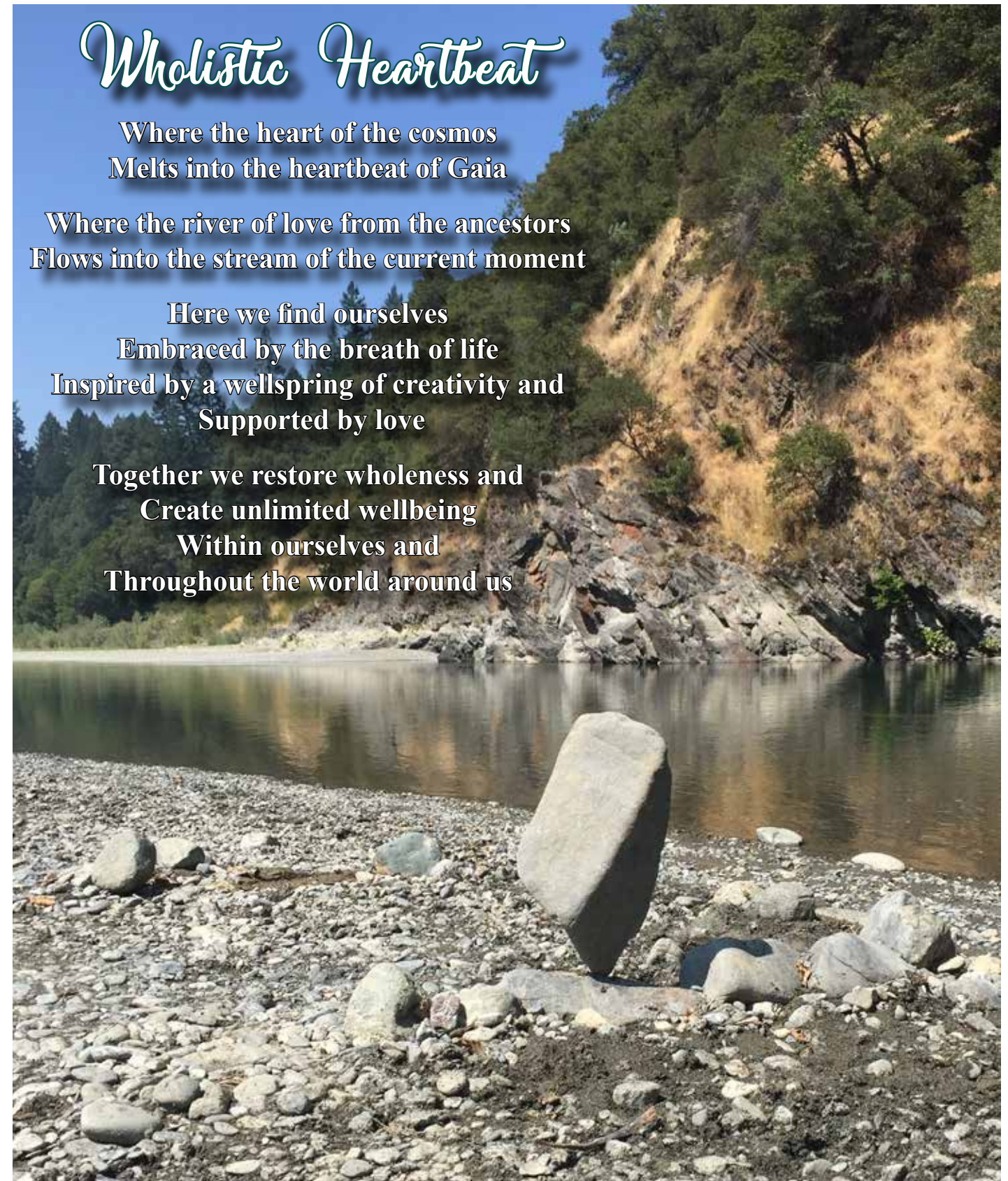
Wholistic Heartbeat

Where the heart of the cosmos
Melts into the heartbeat of Gaia

Where the river of love from the ancestors
Flows into the stream of the current moment

Here we find ourselves
Embraced by the breath of life
Inspired by a wellspring of creativity and
Supported by love

Together we restore wholeness and
Create unlimited wellbeing
Within ourselves and
Throughout the world around us



Causally Hip Trinity River Rock Balancing Act - Courtesy of David Cooper

This change,
it is not the slow rhythmic change
of the ocean tides
but swirling winds...
I must constantly shift my weight,
where I stand
and how I lean into the moment.

Looking not in just one direction,
for something new
is always popping into view,
adjusting my gaze,
drawing my attention forward..
yet, I do not feel alone..
I am really just dancing
a vibrant life with my soul...

- Linda Joanne

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

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 reconnection healing. The foundation of my energy work is rooted in conscious living and meditation 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 to 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

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:



FAMILY HEALTH CARE

**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 FAMILY HEALTH CARE. Bring your little ones for a session with us that will help you pangelica ent 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).

Family Health Care is offered by Donation

(* Except Holidays)

cristina.america@yahoo.com

marjoribeiro@gmail.com



Kendra Anderson

& Flower Flyther



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

I've had a deep abiding love and respect for the esoteric arts for over thirty years. As a practicing **astrologer** for twenty-four and a **tarot** reader for fifteen, the bliss of sharing cosmic knowledge has enriched my respect for the joy, sorrows, and creative possibilities that galvanizes everyone's lives. I've learned to appreciate the authenticity of this through the many clients whose sincere need has found solace in the Great Mystery of trusting one tuned into the unknown.

Astrology allows both the tangible and the invisible to communicate on such subjects as who we are, how we manifest our highest potential, the importance of loved ones in our lives, the timing of specific endeavors, and what life is bringing us as we go through the round of changes that every year brings. Natal, transit, progression, relationship, and horary charts answer these questions. **Tarot**, through prayer and sacred images opens the link between ancestors and the Divine Mother Father God. Using these tools, we engage in a spiritual practice that joins our personality and soul self on a daily basis if we so choose. With happiness we move lightly through the challenges that life presents. The magical, etheric, healing principles of **flower essences**, with affirmations, add to my work as well. The essences bring a devic level of healing to body/mind/soul issues uncovered through astrology and tarot. The physical is directly connected to the etheric through the emotional body. In this way the feeling nature aids our body's healing by using flower essences. A reading from me gives you both spiritual insight, recognition of the path with the most love, and if necessary, a spiritual intervention.

My heart is pure and wants only what is best for you. I have no judgement about your circumstance. I believe this life dance we are all engaged within is about Love and letting go of the bondage that separates us from Love. Your reading will confirm and renew your faith in your life's purpose. That is my gift and my promise to you

Blessed Be.

707-633-8560

freethinkingtarot@gmail.com

Rev. Papa Bruce Anderson

TaoReiki Holistic Services

CMTC #29422



Reiki Master/Teacher
Holistic Health Practitioner,
State Certified
Massage Therapist
Umbanda Spiritualist,
Omo Ogun
Founder of the American
Holistic Umbanda House

I received my holistic training at the World School of Massage and Holistic Healing Arts located in San Francisco, California. I blend the Japanese healing art of Reiki with Bodywork and Holistic counseling to support your health and well being. I have done energy work all of my life and draw upon spiritual insight and guidance to support your life's journey. I am offer my own techniques of TaoReiki which combines Taoist principles with Japanese Reiki, and Ryoho Orishaki, an American Umbanda Healing System which draws upon the healing energies of the African Orisha . I believe healing is an ongoing process and I work together with my clients to enhance this state of being.

The American Holistic Umbanda House is dedicated to training healers though self work, healing others and community outreach.

♦ Reiki ♦ TaoReiki ♦ Ryoho Orishaki
Swedish Massage ♦ Deep Tissue Massage
Vibrational Healing Massage
Shiatsu Massage ♦ Manual Lymphatic
Drainage ♦ Cranial Sacral Therapy
♦ Feet First Reflexology ♦
Feet First Foot Rehabilitation
Energy Balance & Realignment
Chair Massage

707-825-8554

taoreiki.massagetherapy.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
 - Private Sessions
 - Group Mat and Reformer
- Yoga for Everyone
- Barre Classes
- Aroma Touch Therapy
- Pilates for Dancers and Seniors
- WillPower Method
- Shamanic Dance
- TRX fitness

707-845-8156

901 8th St. Arcata, CA

arcatacorepilatesstudio.com

We love hearing from you! Call now for information about our studio— & to book your first session with us!



Arcata Massage Collective

Formerly at Arcata School of Massage...

Now Everywhere.

One-Hour Massage \$50

Online booking at arcatamassage.com

Our therapists work with you in their private offices in Arcata, Eureka, McKinleyville and Freshwater. Home visits are also available.

We Are A Small Business Incubator

The Arcata Massage Collective is a small business incubator dedicated to providing massage therapists with a resource to build their private practices, and for clients who cannot afford full-price massage.

We provide low-cost massage as an expression of socially positive activism. We believe that the stress reducing benefits of therapeutic massage are a contribution to world health and world peace.

Join the Collective

Massage therapists who wish to join the collective should contact us through the website

arcatamassage.com

ARCATA HEALING ARTS — CENTER —

Your Community Healing Center Offering Whole Family Care

Healing Sessions ~ Wellness Support ~ Classes
Community Events ~ Affordable Rates ~ Walk-Ins Welcome



Healing Services Offered

Intuitive Counseling ~ Sound Healing
Acupuncture ~ Chinese Medicine ~ Reiki
Cranio Sacral Therapy ~ Ashiatsu Barefoot Therapy
Ayurvedic Therapies ~ Women's Health ~ Doula Services
Integrated Energy Therapy ~ Eden Energy Medicine
Zen Touch Shiatsu ~ Structural Integration
Massage ~ Deep Tissue ~ Maori Bodywork

**WHEN I IS REPLACED BY WE,
EVEN ILLNESS BECOMES WELLNESS.
~ MALCOLM X**

arcatahealingartscenter.com

940 9th Street Arcata ~ 707-630-5047

At The Waters' Edge Massage



Erin Fowler

It is my pleasure to offer this wonderful community my services as a body worker. I bring with me to the table many modalities of exploration and expansion.

The first of these influences was a **Reiki** attunement 23 years ago; followed by **Swedish/Esalen massage**, **Lymphatic drainage** in 2005; flowing into **Yogassage**; encouraging clients to breathe deep into presence. This can be a playful session where the body is gently pulled around the table. **Polarity** work and **Cranial-sacral therapy** exposed me to intuitively listening as does **Chi Nei Tsang**, **Core Synchronism**, **Lymph** and **Core Fascia**.

Core was developed by Robert Stevens as an unfolding of classical homeopathy, polarity, cranial osteopathy and Dr. Bach's flower essences. Palpitation of the "wave like motion" of the cerebro-spinal fluid (CSF); as expansion and contraction in this movement along the central nervous system and spinal cord, can offer deep release in discomforts associated with a suppression of this motion. "Where there is obstruction, spasm, stagnation and pain..Core..offers the opportunity of treating inflammation at its causative level."

There is an integral sense of ease as the body remembers it's inherent well-being. This vulnerable position of laying naked (or not!) on the table invites an intuitive conversation supported by deep nurturing of trust and respect as the curious nature of resistance unwinds within the container of One's inner sanctuary.

I request that your greatest responsibility be to breathe deeply and fully into your belly; allowing for a sense of relaxation for the time that we share in the safe, sacred, full of TLC space that has been created for the unfolding of both of our hearts.

If you "suffer" from complaints such as: **pain**, **inflammation**, **headaches**, **chemotherapy**, **fibromyalgia**; want a deeper flush in a fast, or you just feel like **Humpty Dumpty** with desire to be put back together again; we can dig into the body-work bucket boss for other healing tools: **Chinese fire cupping**, **pregnancy/post-natal massage**, **mother roasting**, **placenta medicine**, **breath work**...

For any questions or to schedule an appointment please call. Thank you for this opportunity.

707*849*8111

mamaflowerx2@yahoo.com



Carolyn Ayres

Tarot of Becoming
An Evolutionary Path
Tarot Readings and Classes

707-442-4240

carolyn@tarotofbecoming.com

www.tarotofbecoming.com

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 of consciousness through my Tarot 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. You may have read my 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 2018.

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 2018.

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 real transformation.

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

Jesse Austin

Prime Directives Practitioner



Greetings to Conscious Seekers of Self and Spirit!

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

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

I am also available for Group Sessions

Call, Text or Email

503.929.8128

jesseyesse@gmail.com

Psychic Medium Readings

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

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

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

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

Tina Rae Ball

wellness facilitator



*Eden Energy Medicine
Moor Body Work
Chakra Clearing
Hot Stone Massage
Reiki*

Body centered somatic/emotional energy work has been a powerful tool for me in witnessing my own unconscious beliefs and gently releasing old patterns with understanding and self compassion. As a result peace, joy and physical health have returned to my life.

I feel this process is invaluable to the evolution that I desire in my own life and on the planet at this time. This work has proven to me that it's the change within myself that will transform the world I see. I invite you to join me on this path of unfolding in a private session or an upcoming class event.

You are the beginning of the transformed world.

-Eckhart Tolle

707-496-8606

www.tinaracball.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.

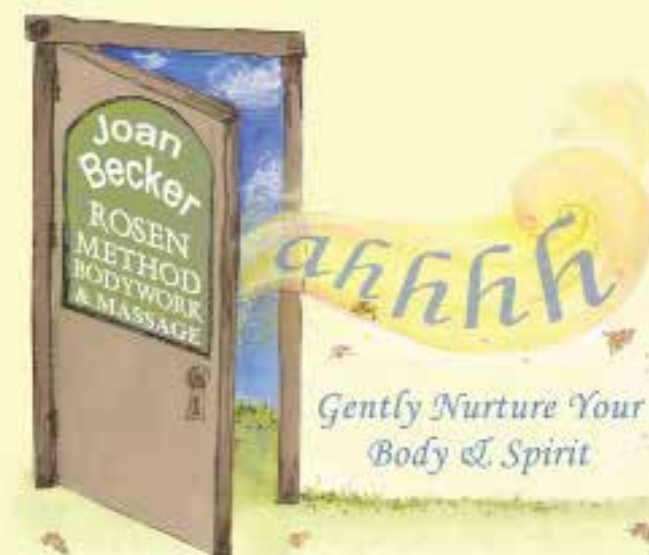
I offer a variety of ways to work with clients, depending on individual needs. We can address specific pathologies, whether chronic or acute, through either the Structural Medicine model or a traditional bodywork method. In addition to these approaches, we may instead choose to use a strategic series 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.

*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

Joan Becker

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

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.



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

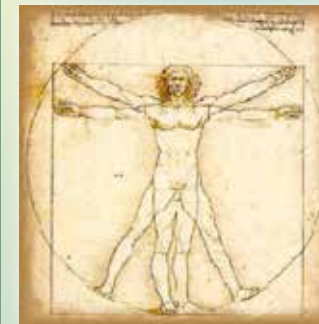
Jandy Bergmann, MFA, GCFP, finished her Feldenkrais Practitioner's Certification in 2005 at the Semiophysics Institute in San Rafael, California, and she has maintained a private practice in Arcata since that time. She earned her Master of Fine Arts degree in Dance at Mills College in Oakland and has 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 61

Scott H. Winkler D.C.

Network Chiropractic Analysis
Deep Tissue Therapy
Biofield Integration™

Rebecca Owen Biofield Integration™

1015 I Street, Arcata
Suite 109

(707) 822-1676

Naveena Bird

Hot Yoga

516 5th Street in Eureka



Naveena Bird is a Hot Yoga Teacher in Eureka, Ca. In Fall 2000 she trained in Los Angeles the Hot 26, 500 hours of study. She has recertified every three years. She has practiced for 17 years and taught for 16 years at **Humboldt Hot Yoga.**

Naveena trained for **Kid Yoga and Prenatal Yoga** in 2005. She graduated from College of the Redwoods in 2000 with an Associates of Art Degree & Humboldt State University in 2008 with an Theatre Arts Degree w/dance emphasis. It was during her studies she found Hot Yoga and fell in love with the movement.

In 2004, Naveena had a baby girl who has grown up around the practice. Her daughter got a Yoga Swing in 2014 and inspired Naveena to go to **Ariel Yoga teacher training** in 2017. Naveena developed **Circuit Yoga** this year and is excited to teach starting October. She has two amazing woman who teach at the studio, Angelina and Phyllis.

The practice is 26 poses done in 90 min. Some classes are 60 min. 26 poses done in a heated room to promote easier stretching in tight painful areas. Sweating promotes Detox and builds your immune system. Postures increase strength, balance and flexibility. Also 100% internal Organ union. Great for digestion. It burns fat. It improves your skin. The list goes on.....

The space is located at **516 5th Street, Eureka, Ca.** The 101 Northbound, 2 doors up from Domino's Pizza on the right hand side.



**You can find
the Schedule
online
Facebook
Humboldt's
Hot Yoga.**

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.

2017-18 Upcoming Herbal Classes

-Beginning with Herbs: Fall Session: *Sept. 13 - Nov. 1, 2017* Winter Session: *Jan. 31 - March 21, 2018*. Eight Wednesday evenings. An excellent introduction to the world of healing plants.

-Ethnobotanical Journey to Hawaii: Traditional Healing & Plant Medicine on the Big Island: *January 13 - 22, 2018*. 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 2018*. Meets 3rd weekend monthly. 130-hour program for the serious herb student. Classes focus on herbal therapeutics, materia medica, medicine making, plant identification, seaweeds, wild foods, herbal first aid, flower essences, herb gardening and the magic and spirit of plants. Includes 3 field trips!

-Herbal Clinic Class: *Feb. 5 - April 23, 2018* 12 Monday classes. Refine and expand your herbal counseling skills designed for intermediate - advanced herb students and health care practitioners.

-Herbal Medicine and Traditional Healing: Greek Islands of the Aegean—Ikaria: *May 4 - 14, 2018* Join Jane, Thea Parikos, and renowned local herbalists on a journey of learning as you explore the out-of-the-way places of the gorgeous island of Ikaria. This spectacular country has nearly 6,000 species of plants. Discover the beauty, aromas, and traditional and modern uses of many medicinal plants - sage, thyme, oregano, rosemary, mints and many more! We are only taking a small group of herbal enthusiasts on this magical journey, so sign up now!

707-442-8157
www.dandelionherb.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

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



**Chumayo is a Unique Spa
in Blue Lake,**

offering massage, saunas,
floatation, and an overnight guest
room with a kitchenette and
private outdoor hot tub.



Appointments Available

Wednesday - Saturday noon to 7:00 pm.
Overnights are available seven days a week



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Massage floating in warm water
A transformative experience for

- Stress reduction, relaxation
- Lymphatic drainage
- Problems laying in gravity
- Spasticity
- Immobility
- Pregnancy



The greatest gift is giving, what
a blessing to do it for a living.
To witness the tranquility of
someone floating in my arms,
melting away their tension,
even if for just a brief time. I
am present in this space, this
time, this moment, **ALIVE!**



AMANDA MALACHESKY

Functional Health Coach
FDN-P, CHHC, CMT

Are you someone suffering from
**anxiety, weird and unruly digestive
complaints, or complex health issues** no
one seems to be able to sort out?
You've lost hope that there is a solution
for all that ails you? But you know that if
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Gail Coonen

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Breema body work and Self-Breema sessions
and classes are offered by Gail Coonen, a
certified Breema Practitioner, in her home studio
in peaceful Freshwater, CA.



Sessions are done fully
clothed on a soft rug and
include a Self-Breema
exercise.

*"I have found Breema from Gail to be one of the
most effective body work treatments I've ever
experienced. While being very present, she gently
but firmly stretches, leans and brushes in a sequence
of movements that results in me feeling extremely
relaxed. And I mean r-e-l-a-x-e-d. I like it better
than a massage!" -Carolyn Real*

707-443-6943

Check out Breema on YouTube:
The Breema Channel



Maya Cooper

Isis Osiris Healing Temple

Hands-on Healing
In-Depth
Energy Reading
Personal Mentoring

call or text
707-834-6831



In communion with the heartbeat of the unified field, that permeates all life, I surrender and open to it's guidance.

**I serve the shimmering body of our oneness
Creating intentional space for wholeness.**

**Inviting the fragmented parts home
to the remembrance that they are Source,
and tending to the sacred flame of the
living breathing field of our unified love**

In my healing sessions I am present with, and give voice to, the wholeness of the client. I perceive each of us as a complete living universal ecosystem held within the sentient body of a greater living galactic ecosystem. My awareness seeks to assist the heartbeat of Source, which resides within, into a more harmonious relationship with the conscious field of our oneness.

In this duality Earth school we tend to perceive people, things and events as separate from ourselves and we create a limited conditioned reality from that perspective. The essence within, lives in the true knowing of our inter connectedness with all living things. Gently, step-by-step, moment-by-moment, we heal the illusion of duality and resurrect the living body of our wholeness, which dances in the stream of the current moment.

Maya Cooper is a founding member of Isis Heals, publisher of Wholistic Heartbeat and the annual Healing Arts Guide and current care taker of the Isis Osiris Healing Temple in Sunny Brae. She delights in creating and holding space for wholistic healing and the evolution of our consciousness in form. She has been doing intuitive readings and energy work for 25 plus years.

Facilitating the Birth of Our Emerging Core Essence

*Another world is not only possible she is
on her way. On a quiet day, if I listen very
carefully, I can hear Her breathing.*

-Arundhati Roy

**our essential reality is already here
it has a home within all living things
it is woven through the visible
and the invisible.**

**it is a heart song,
a field of love**

**dancing with patterns of light.
it is perceivable though our receptivity
it is brought alive though our actions
each moment**

**is a living
breathing
sentient**

**star-lit,
sun-drenched
galactic ocean
of opportunity
to remember that
you are already home**

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.



Dayna Cryder

707-601-0636

kundaliniinfinity@gmail.com

Meditative Stillness Healing Sessions

Kundalini Yoga

Gong Healing Journeys

Meditation Instruction

Meditative Stillness Healing-Private. I offer healing sessions using a meditative stillness process. I have a true ability to work with sensitive individuals. The client lays comfortably and rests during the gentle and restorative session. Pathways of awareness are accessed and resistances to healing in the body and mind dissolve. We release and move patterns that do not serve our highest potential and access higher consciousness pathways which allow us to relate to ourselves through a healthier perspective. Finding these new ways to relate to oneself through stillness is a treasure that offers vast healing possibilities.

Kundalini Yoga-Private, Classes & Workshops. Kundalini Yoga is a powerful practice that is effective in supporting individuals to find the infinite nature they hold within themselves. The practice includes physical postures, breath work, stretching, meditation, mantra and deep relaxation with the sounds of the Earth Platonic Year Gong.

Meditation Instruction-Private & Classes. Meditation is an invaluable self care practice. Meditative practices train the mind to be in awareness of your sense of true self. I offer meditative techniques specific to the needs and of the individual.

Gong Sound Journeys-Private, Classes & Events. The Gong is a healing and transformative yogic tool. The rich, dynamic and complex sound waves produced vibrate deeply within the field of a person. The effect can profoundly impact the state of health in the body and mind of the listener.



*"Because this world has a future
and you are the future which has
to guarantee that there will be
peace in the world. Sat Nam."*

Yogi Bajan

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
pdavispsychic.com

Tina George Dawson

HEART OF THE ROSE Healing Services for Women

**CranioSacral Therapy for Women & Infants ~
Lymph Drainage Massage ~ Intra-oral TMJ Release
~ Prenatal, Induction, Postpartum & Infant Massage
~ Doula Services ~ Birthing From Within childbirth
education and meditation classes ~ Placenta
Medicine ~ Wise Woman Counseling ~ Tarot**

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 for 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 am a **Placenta Medicine Encapsulation Specialist**, and offer the encapsulation service, preparing the medicine using Traditional Chinese Medicine. My website contains research, information, and testimonial evidence from local women who've experienced the benefits of ingesting their placenta medicine.

I lead **Birthing From Within Childbirth Preparation classes** for women and their partners at the new Moonstone Midwives Birth Center in Arcata, and Birth Story Listening sessions: these sessions help women come to a deeper understanding of and heal from difficult birth experiences.

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 16th year in practice, and am grateful to be part of Humboldt County's healing community.

707-498-5952
www.heartoftherose.net

Lisa Piyusha Dove

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

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

Harmonic Resonance

Evelyn Doyle, APN

Certified Biofeedback Specialist

847-767-7177

1harmonic.resonance@gmail.com



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

Our Biology Has a Voice Through Biofeedback!!

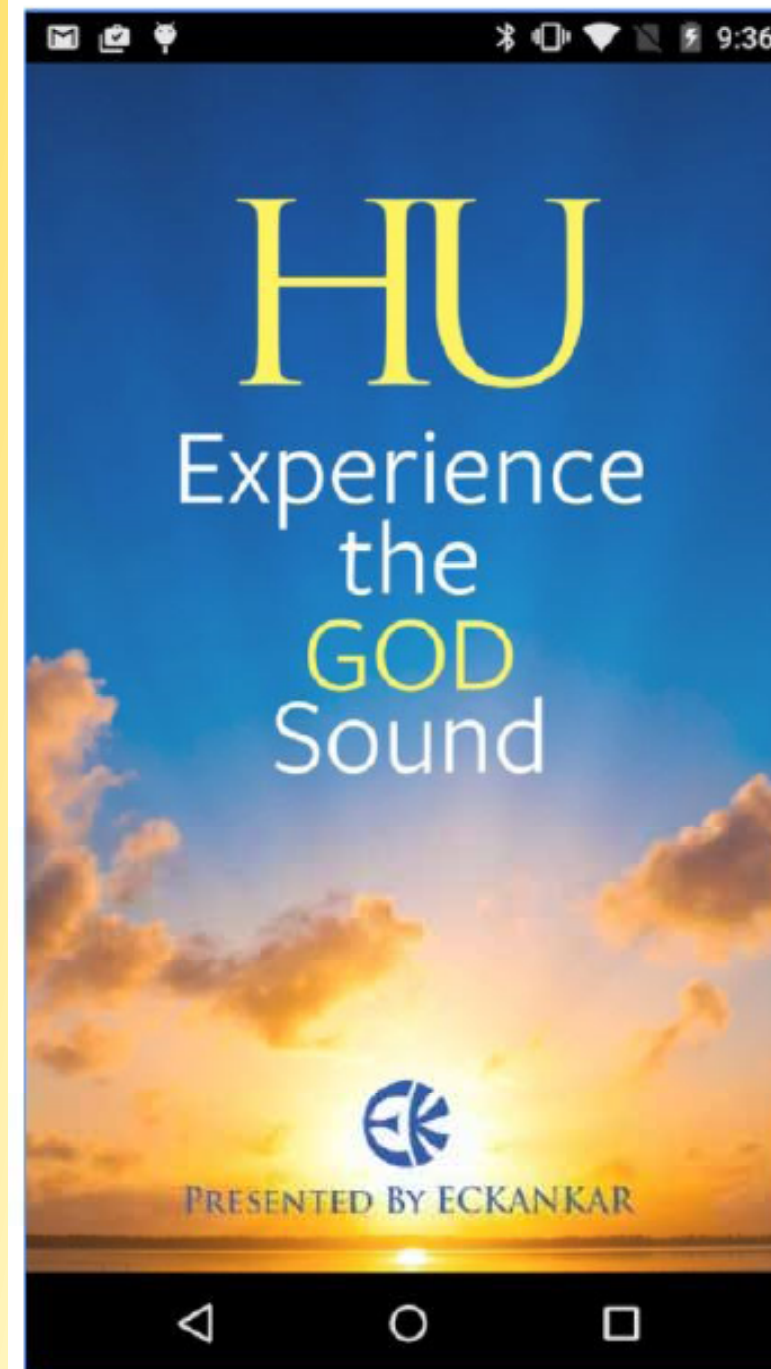
What is Biofeedback? It involves teaching awareness of how we hold stress in our bodies & how to release it. The L.I.F.E. system is a scientifically designed non invasive medical device that detects everyday stressors shown to cause over 98% of illness. Every cell in the body resonates at a different 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!

HU—Experience the God Sound: Discover ECKANKAR's HU App



This app is available for free, as a gift to spiritual seekers around the world.

Through the HU app you will be able to

- LISTEN to thousands of people singing their love for God (20-minute audio recording)
- WATCH an uplifting video about the HU and how to recognize miracles in your life
- TRY one or more spiritual exercises
- LEARN MORE about HU

The HU app is a wonderful tool for anyone looking to experience more divine love.

This app is available for [Apple](#) and [Android](#) devices.

**Experience a HU Chant, 1st Tuesday of the month,
7:00–7:45 PM at Jefferson Community Center in Eureka.
Eckankar of Eureka/Arcata: The Path of Spiritual Freedom.**

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

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 Arroyo, CMT, Scaler Wave Treatments, Reiki & Owner - 707.223.5715
Michela.Koren@gmail.com

Contact **Michele Hernandez**, clinic Manager, for facility use or for Intuitive Counselor, Scaler Wave Treatments & Reiki at **707.223.5709**
MicheleMHernandez@gmail.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 Andreína 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.



**FILL YOUR HEARTS
EVERY SUNDAY**

The Eureka Center for Spiritual Living's weekly Sunday Gathering is the perfect place to fill up your spiritual fuel tanks. Join us for music, meditation, and a great message from the heart by **Rev. Angelica Jayne**. Following the Gathering, you're invited to stay for fellowship and refreshments.


9:30 - 9:45 am:
Meditation

10:00 - 11:00 am:
Celebration Gathering

239 Buhne St in Eureka, CA 95501
(between Williams and C)

**We are a positive community that
welcomes all and judges none.**

Find us on Facebook @ EurekaCSL
www.eurekasom.com



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





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- Massage
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- Acupuncture
- Acupressure

SLIDING SCALE
no reservations - first come first served
cristina.america@yahoo.com 707 826 1097
marjoribeiro@gmail.com 707 832-3777

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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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

Are you experiencing pain? Low physical, mental, or spiritual vitality?



My eternal vision is to practice healing arts as a living mission of love. My intension is to alleviate suffering for the abundance of health, beauty, joy and prosperity for all. Through treatment, education and co-created partnerships, patients are empowered to discover and heal the root of their afflictions, cultivate profound value in their lives, and connect creatively to their divine inner nature and source of inspiration.

Lindsey Goodnow, L.Ac.
Acupuncture, QiGong Internal
Alchemical & Chinese Botanical
Medicines

(931) 321-1117

Now Accepting Medical Insurance

Adjunctive Therapies:
Tuina Massage, Cupping
Moxibustion, QiGong therapy and
Meditation training/workshops
Dietary & Lifestyle Guidance
iChing Reading

Become renewed, energetically charged, and feel
fully supported on your journey to heal your pain

Janne Gibbs,

RN/FNP-BC, MSN, AHN-BC, HTP

Owner of Trillium Healing & Arts



**Certified Advanced
Holistic Family Nurse
Practitioner**

Integral Coach

**Pain Management
Specialist**

Encountering clients in a holistic integral manner that elicits the person's own inner resources, self-direction, and the ability to experience greater comfort, peace and healing...

Key Offerings:

My sessions may vary in how I interact with clients, in that I incorporate multiple, distinctive holistic tools, such as

- Interactive Guided Imagery
- Integral Holistic Coaching
- Healing Touch & Therapeutic Touch
- Reiki
- Symptom/Stress/Pain Management
- Holographic (Resonance) Re-patterning
- Emotional Freedom Technique
- Positive Neuroplasticity
- Attitudinal Healing
- Grief, Loss, & Bereavement Support
- Self-Empowerment Facilitation
- Holistic Health Education & Consultation
- Surgery/Procedure/Hospitalization Preparation & Recovery
- Individual, Family, & Group Work

Special Populations I work with:

- Clients Living with Acute or Chronic Pain
- Clients Challenged by Chronic Illness or by a Catastrophic Health Event
- Clients Facing Loss, Death &/or Grieving
- Nurses Fighting Burn-out &/or Wanting Greater Peace & Life Balance

My Mission:

I am an intuitive, compassionate, competent, ethical, caring nurse-healer-coach. I believe that each person has his/her own best wisdom, answers, and personal strengths, but may be challenged at times in accessing and/or trusting these personal attributes. I also embrace the tenets of Attitudinal Healing, such as: "the essence of our being is love" and "inner peace is letting go of fear"; and have had years of working within and/or facilitating AH groups. I believe in the importance of human connection, and in holding a sacred space for personal exploration and inner healing. I am proudly a holistic nurse who embraces an integrative transpersonal nurse-healer practice. In addition, it has been through my most difficult personal life challenges and life-threatening physical experiences, that I have gained my greatest insights and most profound personal and spiritual growth, which has benefited me by amplifying my empathic and transpersonal connection with others.



Certified Advanced Holistic Family Nurse Practitioner, Healer, Integral Coach, AGI Imagery Practitioner, Owner: I incorporate healing modalities and teach self-help health practices. I also have a passion for working with nurses, who may be experiencing burn-out, life challenges, and/or difficulty creating balance in their personal and/or professional lives.

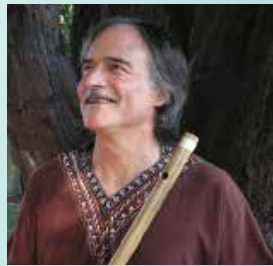
CR Professor: I retired as a tenured full time nursing professor in June 2011. I taught nursing theory and clinical in all levels and specialties of nursing except for acute psych nursing. I also taught pharmacology, maternal-child, and holistic nursing.

Healing Touch: I have been a member and practitioner of Healing Touch since 1993.

AHNA Member, Chapter/Networker, & Workshop/Conference Presenter: I have been a very active, dedicated member since 1991.

Offering Both 1:1 and group live appointments, as well as online virtual, webinar group coaching/classes and 1:1 coaching/therapeutic sessions. Free 1/2 hour consultation session is available to explore my services.

work: **707-443-2697** cell: **707-496-2316**
trilliumhealingandarts@suddenlink.net
trilliumhealingandarts.com



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 a M.A. from Antioch University (thesis on Music and Spirituality). One of his specialties is singalongs. He hosts Song Village, a monthly group singing gathering. 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. 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 ten of his own albums of traditional and sacred music and storytelling; his most recent solo CD "A Full Life : 13 Thank You's" (original visionary songs, etc.).

In his work with the poetry of Rumi, he combines the translations of Coleman Barks with his own music & weaves a variety of musical styles.

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, Cuba, 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

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 Bræ. Please call or text**

LOVE



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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

Printed on 100% recycled paper with soy-based ink

Amy Gundersen



*As we let our own light shine,
we unconsciously give other
people permission to do the
same. As we are liberated from
our own fear, our presence
automatically liberates others.*

- Marianne Williamson

**Reiki, The Emotion
Code & Essential Oils**

Hi! My name is Amy and I appreciate your interest in picking up this Healer's Guide and finding my column!

Having past experience as a social worker, mother of three, my own inner journey with nutrition, and experience with energy work have brought me closer to my Divine Awakened Self. I feel guided to share my acquired knowledge from my own healing journey. I am a natural sharer and love helping others see the best in themselves no matter what is showing up for them to heal. As intuitive Light Beings, we are asked to shed our self-doubt, fear and judgement of ourselves and others and to step into a large part of our soul's purpose: To Love, be Loved and allow Love. By working together to recognize this empowerment, the use of **Reiki, the emotion code and essential oils** assist in the process. During intuitive healings, I have the intention of re-igniting that sense of inspiration, joy, peace and love within you.

Sacred space is offered every 2nd Sunday of each month for those who are looking to be supported in a group environment by like-minded, heart centered women who are embracing their evolving self. We will share, discover and self-empower one another to nurture our soul's essence. There will be time for hot tea, a short meditation, a passing of the sharing stick and an acknowledgement of the current full moon's cycle. We will refresh, renew and release all that no longer serves our being. If inspired to attend, bring a friend!

"Through Amy's support and guidance I have been released from old beliefs that no longer serve me. Her coaching has given me the permission to live my life more joyfully and whole." -Kristie K.

Contact Amy to make a healing appointment and/or for information on the circle time & location.

707-498-8545

amygund8@gmail.com

Visit us online at WholisticHeartbeat.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.

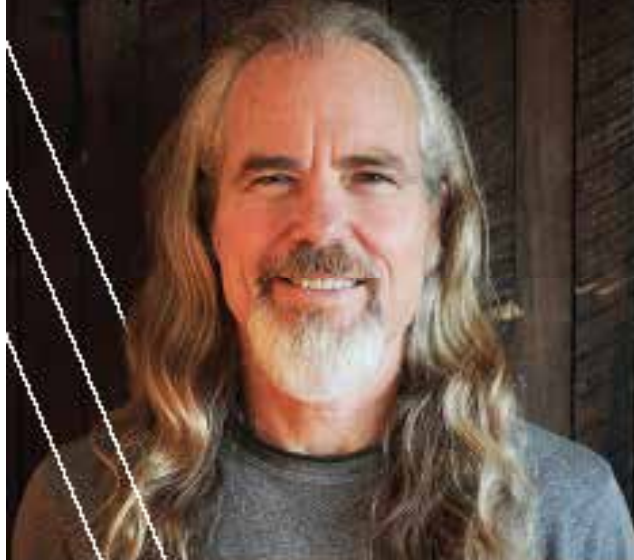
Visceral & Neural Manipulation is a form of bodywork that releases organ specific and nerve specific fascial restrictions that may be contributing to pain and restricted motion.

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.

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Transformational Therapeutics Patrick Harestad



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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. He has assisted Thomas Myers at numerous bodywork workshops at Esalen Institute, and teaches bodywork, yoga and anatomy in Arcata.

Transformational-Therapeutics.com
(707) 616-4117



Jolene Hayes

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

Don't worry! You have a wealth of spiritual wisdom just beyond the edge of your consciousness and I can help you tap into it and learn how to use it.

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

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

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

- * Anxiety & Stress
- * Relationship Issues
- * Habit Control
- * Property Clearings

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Email: jolene@divinesoulwisdom.com

www.divinesoulwisdom.com

Paul Heffernan

Certified BodyTalk Practitioner (CBP)



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

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

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

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

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

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

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Per Norell - 206-550-3263



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Isis Osiris Healing Temple Sunny Brae Centre in Arcata

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5:00-9:00 pm**
Cost \$30

Don Hughes, LAc., Masters in Traditional Chinese Medicine from the Academy of Chinese Culture and Health Sciences. Skilled in the use of Classical Chinese herbs, with 20 years experience in martial arts and qi gong

Acupuncture is a medical practice that entails stimulating certain points on the body, most often with a needle penetrating the skin, to alleviate pain or to help treat various health conditions.

Donald Hughes - 510-923-0079

Dr. Pepper Hernandez CNHP, ND, CCT, PhD
Holistic Naturopath & Cannabis Therapist



Dr. Pepper Hernandez 707-840-6056

Hernandez offers two courses which are available online as well as local

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For more information on appointments with Dr. Hernandez, speaking events, classes, retreats or certification programs visit:

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Photo by Kyana Taillon

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*back & neck pain
*chronic headaches
*sciatic pain
and other chronic or acute conditions
as well as for your overall well-being.

I specialize in *myofascial release* and *trigger point therapy* techniques, and often integrate the session work with soothing massage strokes and essential oils.

I have been practicing bodywork since 2003, and have been certified with the state of California since 2011.

For the past five years I have been a massage therapist with Hands On Physical Therapy. I see clients privately as well.

For private sessions with me, please call

707-601-8154
California State # 26673

~ Holding Space ~



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Individuals,
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Charlotte Holgersen
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As your Doula and coach I will provide physical, emotional, and spiritual support with guidance for the new mother and her family. Working with the family I will assist in making the transition into parenthood and family relationships easier. I will not take over infant care, but support and assist the mother and family in learning about newborn, self, and family care.

MARY HUDDLESTON
Holistic Health Coach



As a woman and human beings, we are constantly evolving. My wish is to help you find more balance and the path to health and healing. **Ayurveda, body work, and yoga** are an integral part of my healing process. Through my personal journey, I have experienced various forms of health and health care. Western medicine, Chinese medicine, herbalism, and acupuncture to name a few. I believe by tuning into our senses we can make huge shifts towards health and happiness. It can be very transformational. My goal is to support you in a more organic and loving way with various modalities; such as body work, herbs, aromatherapy, diet, and much more. Please feel free to contact me for more information and to start your journey to health and wellbeing.

707-296-0122
www.maryhuddles.com

Donald Hughes, Lac



acupuncture
herbs
massage
qi gong
martial arts
instruction

Let's work together to improve your health!

Classical Chinese medicine treats the patterns of disharmony that underly disease, focusing on the whole human, mind, body, and emotions. Several methods are used to promote free flow of energy throw the body and treat illness, including acupuncture, moxibustion (warming areas with mugwort), massage, cupping, and herbs.

Chinese medicine has been shown effective treatment for pain and range of motion issues, stress and emotional issues, women's issues, tummy troubles, skin issues, post stroke recovery, and cancer treatment support among other conditions.

Tui na massage is done clothed, and combines vigorous physical techniques design to promote fluid movement with acupressure energy work and stretching techniques. I also do craniosacral massage, which involves quiet work to promote the flow of cerebral spinal fluid and has been shown effective treatment for neurological and emotional issues.

I also teach qi gong exercises which are designed help you to contact your own internal energy and use it for nourishment and healing. I also teach soft style martial arts ninpo taijutsu, jujutsu, chin na and ba gua.

Donald Hughes received his master's degree in Traditional Chinese medicine from The Academy of Chinese Culture and Health Sciences in Oakland, and his massage training at the Acupressure Institute, in Berkeley.

He has 18 years in the martial arts in the Genbukan system and 20 years experience in qi gong and other energy exercises and meditation. Before his acupuncture path Donald Hughes worked as a biology teacher in Richmond, California

510-923-0079

Kamiyodojo.ca@gmail.com

Shiningdragonancientarts.com

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 operates on the principle that our natural state of health is one of balance. Life's stress and trauma causes imbalance which affects us each in unique ways. Oriental Medicine helps to vitalize and refresh our body/mind/spirit in order to restore our natural ability to heal. Experiencing acupuncture, people often report less pain, less anxiety and more relaxation of body and mind. Based on the balance of the cycles and elements of Nature, Oriental Medicine has been used for more than 3,000 years as the primary health care system in China. 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 (Garberville). He is co-founder of **Humboldt Veterans Acupuncture Project- part of a nation-wide program helping veterans with symptoms of post-traumatic stress.** Chelsea and Jeffrey are very happy to be here, serving the 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, injury, 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. Call them with questions.

HUMBOLDT ACUPUNCTURE provides:

Acupuncture, Chinese Herbal Therapy, Moxabustion (heat therapy), Cupping and GuaSha, Tuina (Chinese Massage) and Acupressure, Nutritional Counseling & Feng Shui



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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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HUMBOLDT SOUND SANCTUARY

Sound Healing combines thousands of years of tribal wisdom with cutting edge scientific theory. Sound Healing practitioners use specific vibrations to create shifts in our brainwave state, treating everything from the most common imbalances to deep and complex diseases. Sound resonates with our body's vibrational frequencies, removing stagnant energy and blockages to promote healing and transformation. Sound Healing is both deeply relaxing and invigorating, a truly transformative experience.

Humboldt Sound Sanctuary was founded in 2015 to provide an unique space to explore a variety of sound healing traditions for profound intentional healing. Bathe yourself in waves of percussive, spirit-lifting soundscapes that restore your authentic divine essence. Commune with friends and family in an environment of beauty and intention while nourishing your mind, body, and soul through sound and healing arts.

Humboldt Sound Sanctuary treatments include:

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- Planetary Gongs, including the Earth, Sedna, Chiron and OHM/Low Earth Day gongs, release tension and energy blockage and leave you feeling open and energized
- Sound Healing Baths, a fully immersive journey using planetary gongs, crystal bowls, Tibetan bowls and bells, alchemy gemstone crystal bowls, Acutonics® tuning forks, rattles and native water drum and songs to promote harmony and well being within your body mind and spirit

Humboldt Sound Sanctuary founder Marjo Lak began her studies in Traditional Chinese Medicine in her home country of Brazil. While traveling in India, she was introduced to Ayurveda and Tibetan Acupuncture. In 2006, Marjo moved to Humboldt County to study with Paul Pitchford at Heartwood Institute. In 2013 she began working with Bruce Burger, founder of Heartwood Institute, in Energy Medicine and Polarity. In 2016, Marjo became a Certified Acutonics Practitioner through the West Coast Acutonics School in Berkeley, CA. Marjo treats all ages and conditions with a focus on Children and Women's Prenatal and Postpartum care. She is also a Co-Founder of Open Doors Clinic with local Acupuncturist and Herbalist Cristina America. Open Doors Clinic is every Monday (except holidays) 2-6pm at Humboldt Sound Sanctuary, on a sliding scale basis.

HUMBOLDT SOUND SANCTUARY

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marjoribeiro@gmail.com // humboldtsoundsanctuary.com



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To schedule an appointment contact Charlotte at:

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HumboldtBrainHarmony@gmail.com



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- B.A. University of Wisconsin-Madison
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That Springs Forth from the Center of Our Being.**

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

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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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Isis Heals wants to make it even easier for healing to happen. Every drop of healing we share with each other strengthens the overall health of our community.



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Massage Therapist & Yoga Teacher, CranioSacral
Therapist, Reiki Master & Acutonics Practitioner

When we visit the McKinleyville waterfall, or look up at the full rising moon, what happens for you?

Do you feel mind stopping awe, perfect harmony with everything, more acceptance and peace, gratitude, appreciation of nature's art, connection with divine holiness (or whatever phrase you may use: Chi, Great Spirit, God, etc) or feel it's a confirmation or a message being delivered to you? This is the field I intend for you to tap into and experience with yourself while in a session with me. A field that reminds us "all is well". The more we tap into this peaceful reminder, the more we develop the pathways in our body, that "all is well", similar pathways a regular meditation practice forms.

When we see Earth's beauty it may be so beautiful to remind us of our internal landscape. It is this kind of reverence and appreciation I acknowledge in you as I work with you. From your soul's essence here on Earth, to your body's brilliance, I have great respect for your past, present, and future self. It is an honor to work with the heart's 4 chambers of great wisdom, your pineal and pituitary glands sparkly crystalline matter that shimmers its intuitive knowing like water glimmers with sunlight, your amazing opal colored fascia and fluids interconnecting all parts of our anatomy and energetic being, and earthen bones of water, stabilizing and in the flow. I feel the brilliance that the therapist sees in us is a kind of attuning and important for deep lasting results.

I am interested in us all being comfortable in our bodies. Sometimes uncomfortableness in our body is obvious when we feel strong pains or aches. Being comfortable and happy in life goes to the micro of being comfortable and loving with our inners and outers. If we're comfortable in your chair right now with relaxed hips and a soft jaw line, our energy centers, organs, (including powerful hormonal centers) muscles, nerves and tissues, are then open to proper amounts of circulation which are needed for balance of our minds, bodies and emotions. When we start becoming more aware throughout the day with where we are holding in our bodies, the curiosity may arise of why are we holding in these areas? It can be very helpful to have another tree of the forest help us with why, such as a Wholistic Health Consultation with me. Sometimes we can develop this ease in our tight areas through Massage, Meditation, Yoga, CranioSacral Therapy, AND everyday reminders of body awareness in order to let go physically without the psychological work but most often those areas of holding have some emotions and stories held in the joints and crevices that want to be acknowledged, and embraced with compassion, in order to move on to not holding there anymore.

More often than not, if we don't explore why we are holding in these areas, spiritually/emotionally (that Wholistic Health Consultation can assist), we may keep repeating the holding pattern. When we live a life connected to our bodies comfort, it requires keeping ourselves expanding with breath, not constricting oxygen flow that can cause anger, impatience, depression, anxiety, negative self talk, etc., all contributing to dis-ease and not living our soul's essence. An essence that societal structure and family demands can easily overhaul if we don't stay in touch to the currents of creativity nourished by breath, relaxed and exercised body, and times for your spirit to talk to you. If having big feelings while unwinding these areas, or just simply having big feelings in life at times, one technique I want to share is the exercise to sit for 5 minutes and let them be felt. Someone could be holding a sacred space for you with their silent presence, or you can hold it for yourself. It is amazing how much it can shift us into a healthier perspective, clarity, and more ease in our heart, mind, and body.

Massage Therapy, Yoga, Reiki and/or CranioSacral Therapy can help us realize how those areas feel when let go, how our whole being feels more awakened and calm, and more energy reserves that were locked up in holding patterns are now available to us. We can now utilize that excess, stored up energy in holding areas for living what creatively and joyously lights us up and/or adding to our vitality and resiliency to face what needs looking at in order to live more in sync with one's creative truth. If we are living with chronic sickness, these modalities are wonderful soothers for bringing in more ease and grace, strength and courage. My biggest passion is we get the time to experience our spirit and let it sing more in our everyday life, and I am in love with how these modalities give that open door to our spirit's messages.

Wholistic Healing Sessions I offer are:

- Certified Wholistic Health Consultations
- One-on-one and Group Yoga Classes
- CranioSacral Therapy with Tuning Forks (trained in Acutonics)
- Integrative Massage Therapy 60, 75, or 90 minute sessions
- Essential Oils, healing blends, sage/palos santos and/or hydrosols
- Master of Usui Japanese Tibetan Reiki- included in each session unless otherwise specified
- Essential Oil Detox (also known as the Rain Drop Therapy) -see livingourddivinity.com



For more on my background feel free to see my bio on livingourddivinity.com or call/text to ask. Sacred journey my friends!

707.460.0303
livingourddivinity@gmail.com
www.livingourddivinity.com

Stacey Kett

Acupuncture and Herbal Medicine

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

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



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

Stacey received a Master's degree in Acupuncture and Oriental Medicine from Oregon College of Oriental Medicine. This was an intensive four year degree that emphasized Acupuncture, Moxibustion, Cupping and Chinese Herbs. In 2011 and again in 2016, Stacey volunteered in Nepal with a non-profit organization. She worked with a team of practitioners to provide health care in clinics located in rural villages. She's had the opportunity to treat many chronic diseases including Parkinson's, post stroke paralysis, Bell's palsy, Migraines, chronic pain, gastrointestinal issues and lots of knee and neck pain.

Stacey has a bachelor's of science degree in Ethnobotany from Humboldt State University. She also gained a comprehensive foundation in Western Herbalism and medicine making from Jane Bothwell and Christa Sinadinos. For about 6 years she ran a small organic farm, named Tap Roots, specializing in fresh medicinal herbs and herbal products.

Stacey has been a resident of Humboldt County since 1992. She is happy in Arcata and is dedicated to living and participating in the health of this community.

707.616.5283

ilovenettle@gmail.com

www.staceykett.com

Dorje Kirsten

Traditional Astrology and Feng Shui

**Astrological Readings in person,
by phone or Skype.**

*Readings centered on the path of
Astrology, combining your birth chart
with accurate traditional Astrological
predictive work to give you guidance
for your mythic life journey.*



Dorje is a professional astrologer who offers a variety of services to personal clients. His method of reading the chart is a blend of classical techniques and modern interpretations. For over 15 years he has read charts professionally. He incorporates personal insight gained in over 30 years of personal experience as a practicing Buddhist into his consultations.

Dorje's method of astrology is based upon a traditional approach, the roots of which stretch back to the Babylonian astrological world. This classical approach to reading the astrology chart includes many timing method and time tested understanding of natal chart placements. What arises from the reading is your beautiful story. The story of the planets and your unique mythic journey. Astrology is taken out of the realm of vague predictions and pop psychology and brought to the specific heart and essence of your life path.

Initial astrology consultations are a 90 minute session for \$175. Follow on predictive readings and yearly appointments are 60 minute sessions can be given for \$125.

Feng Shui readings are also available, Dorje practices classical land form yang house feng shui. Feng Shui readings are performed on your land and in your home and address issues concerning wealth, health, career, and family relations. Consultations come with recommendations for the placing of elements in various locations and where to locate water features to simulate wealth. They are done in conjunction with an astrology reading.

Readings can be given in person at Dorje's house and include a tea ceremony, or they can be done at your house if you are local. Readings are also done over the phone or through Skype.

Follow on Facebook @heartastrology, on
twitter for daily astrological updates: @dorjepadma

707-497-4300

info@heartastrology.com

heartastrology.com



Kristen Lamski, cmt

Transformational Therapies

**Craniosacral
Energy Work
Integrative Massage
Spiritual Counseling**

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 body, 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 craniosacral therapy, Swedish and deep tissue massage, myofascial release, acupressure, Acutonics tuning forks, guided imagery, intuitive energy work and counseling. 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.

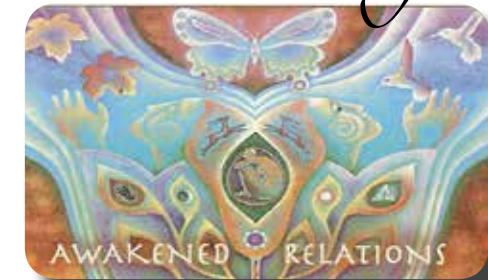
*The body is a magnificent self-healing,
self-repairing system and an organic
wonder we are still learning to truly
appreciate! -Barbara Marciniak*

707.834.2735

klamski@hotmail.com



Alaia T Lanfield



Karma Clearing

**Release Past and Present Karma
& Create the Life You Love**

If you have areas of your life where you feel blocked and can not move forward, you may have unconscious blocks or patterns holding you back. Heal your past, quickly, gently and permanently and connect with your Authentic Self.

Clearing Sessions

**Childhood * Love Relationships* Prosperity
Creativity * Weight/Health * Spiritual
Advancement * Healer's Toolbox**

Each phone session is customized to meet your needs. We work with your Masters, Spiritual Guides & angels. I petition on your behalf, to release you from Past Life and present bonds. We retrieve information from Akashic and Soul records. Blocking patterns are released in the Now moment as they no longer serve you.

Profound Benefits

Confidence * Self-Expression * Personal Freedom

Awaken to your Full Potential and consciously create the life you love. Manifest from a place of clarity, worthiness, and unconditional Self-Love. When subconscious blocks & patterns 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 & certified Identity Healing Specialist. I am honored to support you on your path of remembering & standing in the Truth of who you are. I work from my Sacred Heart with the highest level of compassion and integrity. I look forward to serving you.

360-531-4912

AwakenedRelations.com

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.

Nicole Love
(707) 498-3404
www.soulgratitude.com
www.featheressence.com
Suite #222
920 Samoa and I
Arcata, CA 95521



Witnessing you in your wholeness.
Witnessing your body as medicine in a vessel. Witnessing your spirit and it's interconnectedness. Witnessing your ability to transform and transmute pain into growth, strength, understanding, and love. Listening to you, and communicating with the innate wisdom of your body, mind, and spirit. This is how I hold space for you. You are the medicine.

I hold sacred space for your medicine to heal you.
My name is Nicole Love, I have been on a conscious healing path for over 20 years. These are some of the modalities learned along the way: Clairvoyant Healing, CranioSacral, Feather Tapping, Holistic Pelvic Care, Innate Postpartum Care, Midwifery, Nursing, and Reiki Master Teacher.

In addition to private healing sessions, I lead circles, meditations, and workshops. My current focus is honoring the feminine and loving the female form. Balancing the masculine and honoring the masculine is paramount to me, making this a focal point of the teachings.

Now, announcing Feather Essences, a healing product created by listening to spirit. Feather Essences, offered this year.

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



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

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 ?

Reiki can HELP ...

- Self Love
- 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

Call, Text, or Email

707-362-5875

weksev@hotmail.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

**Goddess priestess, empath,
 and mystic,** I am adept at
 navigating the Spiritual World
 to effect spiritual transformation
 and healing. Through various
 modalities and sacred magic, many
 people have found fast, effective
 and permanent solutions working
 with Natural Mystic Guide.



My mission is to support your
 success in aligning with your soul purpose to achieve
 a life of joy and meaning. Any questions or issues that
 you bring to the table can be effectively addressed. The
 majority of my clients are friends whom I have yet to
 met. Because this work is done on the spiritual plane, it
 is not necessary to be face to face.

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 have devised Tarot Netivot, a 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 approach is respectful, compassionate, non-
 judging, earth-honoring, and playful. This work honors
 and draws upon the Divine Feminine.

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

STRUCTURAL THERAPY OF HUMBOLDT COUNTY

EMILY MAY, CERTIFIED ROLFER
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ROLF STRUCTURAL INTEGRATION
 Skilled manual therapy to help ease
 pain, improve posture and increase
 body awareness

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Single sessions also available

THE TEN SERIES OUTLINED

Session 1: Opening the breath- this
 session helps the work stay over time,
 the majority of this session
 focuses on the ribs cage,
 shoulders and diaphragm

Session 2: Feet- This session
 opens up the lower legs and
 feet to create support from
 the ground up

Session 3: Balancing hips
 and shoulders- This is the
 final 'sleeve' session

Session 4: Adductors- The fo-
 cus is to release the inner leg
 so the pelvis can begin to horizontalize

Session 5: Psoas- The goal of this ses-
 sion is to lengthen the lumbar spine

Session 6: Spine- This session works to
 further correct spinal misalignments
 through soft tissue manipula-
 tions

Session 7: Neck and Cranium-
 this session helps to 'put the
 head on straight,' it is particu-
 larly helpful for whiplash and
 TMJD

Session 8 & 9: Upper and
 lower body sessions- these
 two sessions help integrate
 the upper and lower poles
 respectively

Session 10: Integration- the final ses-
 sion typically works to establish con-
 tralateral movement and address the
 entire system



STRUCTURALTHERAPY.NET



Kate McCaffrey, D.O.

101 H Street, Suite E
Arcata, Ca 95521

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



Neuro- musculoskeletal & Integrative Medicine

Several years ago while sensing a need for osteopathic medicine in her community, 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 osteopathic manipulative medicine, Osteopathy in the Cranial Field and Holistic Family Medicine.

Classes:

In addition to treating patients, 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 cranial sacral to the community.

Classes with Dr. McCaffrey are an excellent opportunity to broaden your knowledge of hands-on manipulative therapy within your scope of practice, bring a more well-rounded approach to your holistic practices, and bridge the gap between traditional medicine and alternative health care. Please refer to website for details.

Spiritual Counseling:

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.

Medical Students:

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:

Dr. Kate McCaffrey is Board Certified by the American Osteopathic Board of Family Medicine; the American Osteopathic Board of Neuromusculoskeletal Medicine; the 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.

Call for an appointment!
See you soon!

(707) 601-5216
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Human Design with



Marta McCary

A precise system in
calculating
YOUR genetic
encoding

Revealing Your Life's Design

- Discovering your unique "Part in the Whole"
- Excellent for harmonizing relationships
- A paradigm shift in parenting

Attuning our lives to Universal Laws and Principles

Human Design is our genetic encoding. It reveals our personality attributes on many astonishing levels. This information can be utilized to significantly improve the quality of life. Understanding our own unique nature more deeply can make a difference in every decision making moment that matters.

Marta McCary is a Professional Human Design Analyst, Hospice RN, and seasoned Meditation Practitioner. (Translating genetic encoding accurately requires several years of training.) Marta has been offering lifechanging Readings since 2003. Her Human Design business is now more accessible with ongoing weekly sessions at Moonrise Herbs in Arcata.

Individual/Partnership/Group Readings Available

Having years of formal meditation training and decades of personal practice, Marta also offers dynamic Meditation/Awareness Training with Energy Yoga at Om Shala Yoga in Arcata, every Sunday evening at 5:00 p.m.

Text Marta @

707 499-4542

for scheduling



Caitlin McMurtry

The Enlightened Cycle

**Certified Fertility Awareness
& Menstrual Cycle Educator,
Coming of Age Mentor &
Holistic Sex Ed Instructor**



Caitlin envisions a world in which all girls and women understand their bodies and their cycles with confidence and pride. Caitlin says, "I spent most of my life afraid of my cycles and mistrusting my body. All that changed when I discovered Fertility Awareness, which allowed me to become the expert of my own reproductive health. A fire was lit in my heart to help others learn this incredible information!" 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 and a member of the Association of Fertility Awareness Professionals (AFAP).

Fertility Awareness is a simple daily practice that allows you to know on any given day if you are capable of becoming pregnant or not based on observation of 2 physical signs. It is the most environmentally friendly, affordable, and scientifically advanced way to know your cycle and your fertility. Best of all, it is NOT the Rhythm Method! Beyond a method of birth control or pregnancy planning, Fertility Awareness is empowering menstrual cycle education, enabling you to understand your cycles in detail, to gauge gynecological and hormonal health, and to be the expert of your own body. Caitlin offers live group classes, and is excited to announce her brand new Fertility Awareness video course available online.

Caitlin also offers mentoring and counseling services for girls, teens, and their parents around coming of age issues, cycle health, birth control, and sexuality. She is the creator of Cycle Wise, a dynamic 5-week course for girls age 10 – 13 that explores topics such as mindfulness, communication, healthy relationships, hormones, cycles, and menstrual care and wellness in a vibrant, fun, and reverent setting. In 2018 Caitlin plans to unveil Cycle Wise II: Holistic Sex Ed for Teens.



Caitlin invites you to sign up for her email newsletter via her website to learn about upcoming classes and workshops.

707-616-4820

www.enlightened-cycle.com



Moonrise Herbs™

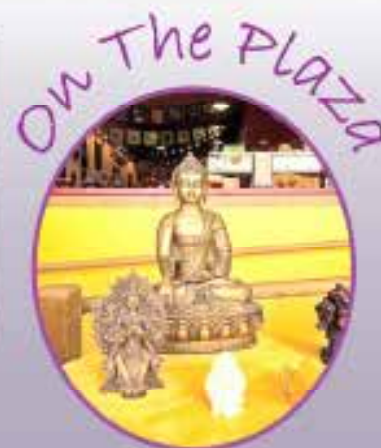
Your source for herbs, supplements, natural body care & so much more!



Moonrise Herbs was established in Arcata, California, in 1985 with the mission to be an outlet for beautifully vibrant, high-quality herbs and tea blends, along with a variety of tinctures, extracts, essential oils, supplements and natural body care products. We strive to utilize our distinctive tools and resources to promote holistic self care, personal healing and spiritual growth through all phases of life. For over quarter century, the store has grown into a thriving Humboldt County business, located on the Arcata Plaza in the heart of the North Coast community. In addition to our organically grown and ethically harvested herbs and teas, high-quality essential oils and supplements, we offer beautiful gifts, books, herbal consultations, classes and much more.



826 G Street
Arcata, CA 95521



(707) 822-5296



Mon-Sat 10-6 & Sun 12-4

visit us online:
moonriseherbs.com

Laurie Monroe MSW, LCSW



707-832-8515

healingtheinnergoddess.com

350 E Street, Suite 408,
Eureka, CA 95501

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

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

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

I regularly conduct hour-long psychotherapy sessions, but as a social worker, I go the extra mile to connect my clients with any services she/he needs. Humboldt County has a wealth of community services available and I maintain awareness and networking with these agencies. When therapeutically appropriate, I 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).



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.

Classical Reichian Therapy Peter Moore MFT

Ca Lic #MFT 23307

thirty-four years experience, licensed twenty-nine

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Now offering training and supervision to
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 *hamblegas* 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 ♦

Treatment for
Individuals - Couples
Training, Supervision for
Therapists

Susan E. Neander, LCSW



707-822-3998

707-407-8364

(Cell/Text)

Tune-ups
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 30+ years of training and expertise to her transformational healing practice with clients. Susan utilizes many body based healing modalities which she has advanced training in, including, Soul Memory Discovery (SMD), Soul Realignment®, Resonance Repatterning™, EMDR reprocessing therapy, Feng Shui and Aromatherapy.

Susan assists her client's with co-creating the perfect healing session specific to their individual needs. She 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.

Soul Memory Discovery is a "sacred ritual" that uses the power of language and of specially spoken words in blessed space to shift energy and effect change. It is a tremendously efficient and effective spiritual healing process. Together we ask questions of the client's own soul and Spiritual Guidance Team. We are then directed and given access to the specific information necessary to release the issue which holds the symptoms in place. **Once the symptoms are no longer being sourced, they dry up and go away.**

Soul Realignment® gives us specific information about the energetic qualities of our soul, based on the Soul's origination. This information is accessed through what is called the Akashic Records. Think of a data base or library where all the information about

you & your soul in all time and space is recorded. (Your hologram.) We access this information to help you live your path and purpose with intent. It also gives clients a new way to understand their current challenges, to allow them to make different choices.

Resonance Repatterning™ is an interactive process between practitioner and client incorporating the principles of New Psychology, Quantum Physics, Holograms, Polarity Therapy, the Chinese Five-Element Meridian System, and the East Indian Chakra System. Resonance Repatterning™ uses the power of *applied kinesiology* (muscle checking) to access your field/body-mind system and identify the internal conflicts, limiting beliefs, and generational patterns that you unconsciously resonate with. Healing modalities such as guided imagery, breath work, movement, color, sound, light, and aromatherapy can then be applied. This enables us to shift and resonate with new, higher frequency patterns for living our highest potential.

EMDR stands for Eye Movement Desensitization Reprocessing. This is a highly effective body based psycho-therapeutic healing modality which incorporates bilateral stimulation in the form of eye movements, tones and or tactile stimulation to help release trauma and mistaken beliefs from the brain and body. EMDR allows the client's brain to provide feedback to reprocess old experiences, beliefs, and/or trauma, like the cathartic process that happens in our dreamtime during REM (rapid eye movement) sleep.

Susan especially enjoys
assisting others create

more **HEALTH,**
ABUNDANCE & JOY
in their lives.



She can be reached to schedule a session at

707-822-3998 phone

707-822-3999 fax

801 Crescent Way, Suite 3, Arcata, CA

susan.neander50@gmail.com

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Marge O'Brien, RN



Certified
Hypnotherapist

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- 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
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you into the subconscious where your power, wisdom,
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The intelligence within the cells of our body is continu-
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tains 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 experi-
ences can be released and cleared thru this amazing pro-
cess called "Cellular Release."

For more information please call me at
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Readings for your Animals*



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Mary O'Leary

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



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Reidun and her mother Gudrun

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Photo by Yvonne Mansson - Perrone

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Here, you don't have to become anything.
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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.
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OneHeart Intuitive Healing



Devon with her Mom, who is also a healer as well as her spiritual inspiration

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Rebecca Owen

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707-822-5253



**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 11 with Dr. Scott Winkler.

Goddess Alchemist



Sabrina Ourania

*What if you recognized yourself as
the Goddess you truly are?*

How would your life be different?

What is Goddess Alchemy?

Goddess Alchemy is an erotic art & science aimed at invoking the Divine Feminine in you and every woman. As woman, we are deeply connected to the cycles of the Moon & rhythms of Nature whether we are conscious of it or not, through the wisdom of our bodies. The erotic is the knowing within us that arises out of our feminine mysteries and is rooted in the power of our emotions. When this connection has been suppressed or inhibited, we experience emotional issues, hormone imbalances, and can feel unfulfilled in our intimate relationships. The alchemy lies in opening to the revelation of our Goddess nature by harnessing our erotic energy.

Do you suffer from: Painful periods, irregular menstruation, hormone imbalances, PMS, breast soreness, mood swings, chronic vaginal infections, PCOS, or infertility?

I help warrior women who are experiencing menstrual, hormonal, & emotional challenges go from feeling inhibited & armored to feeling fearless and free, whole & holy.

Services:

- In-person or online coaching
- Healing Sessions - Yoni Yoga, Yoni Steaming, Thai & Mayan Abdominal Massage
- Goddess Alchemy Workshops and Transformational Retreats
- Yoni Eggs and Goddess Alchemy Body Products

Trust In Your Feminine Wisdom and Invoke the Goddess in You!

Sabrina Ourania is a menstrual, fertility, and reproductive-health coach, yoni yoga instructor, archetypal & fertility astrologer, herbal alchemist, and transformational retreat leader. She is dedicated to the erotic art and science of invoking the Divine Feminine through myth, movement, massage, menstrual mysteries, moon medicine & magic.

Call or email today to manifest a free 30-min discovery session.

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Sabrina@goddessalchemist.com

GoddessAlchemist.com



Marina Pierce

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

ORACLES

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Spirit Link Sessions

Sacred Space - Feng Shui Practitioner

Mentoring & Ascension Counsel

REIKI for Animals and Humans

Greetings Creators, we have made it to 2017! We are linked with the divine blueprints of this beautiful and complex ascending planet. Our bodies and earth hold codes that can open doorways for our true heart expressions and self knowledge. Welcome to this dawning of a new consciousness.

As a great clearing and unveiling is underway, it is very important that we are able to link in and BE with our own Higher Self and Source light. Being connected with ourselves and nature within and around us will enable us to thrive during these challenging times. Your body intelligence and whole self has all the information you could possibly need for your expansion and direction. Truly, you have your own personal avatar within you.

I offer you my lifetime of education. I offer you my ability to “be a listening for” and at times interpret what your upper dimensional self is wanting you to know.

My Spirit Link sessions are designed as a “conference call” to link you with your own expanded self and awakening teams. My sessions are always started by opening sacred space and are done within the safety and clarity of a balanced energy environment. Sessions are each unique in relation to what you have a desire to work on. My spirit link clients often come to me to ask questions of their own high self. I provide effective tools for your process 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. I enlist universal support and nature 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 use the Bagua of the Black Hat Sect of Buddhist Feng Shui to balance the elements within your space.

I am passionate about taking responsibility for healing our relationship with our Bodies, our DNA, and our ability to communicate with Higher Dimensional Beings, Nature, and Angels that are here offering support. We have extraordinary help coming from all areas of the universe, including Mother Earth and her Animals and Elementals, who are assisting in our evolution. There is great love here.

I work in person, on phone and on Skype.

Many Testimonials available!



Wade Pajares

Clear Being Healing Guidance



Human Design Readings & Jin Shin Jyutsu Sessions

*Offered individually or together as a potent
combination assisting in the nurturing and
development of Self-Love.*

Human Design is a synthesis of the I-Ching, Astrology, the Kabbalah, the Brahmin Chakra system, Physics, Biology and Chemistry. The quantum that is created by interweaving these already well-developed observational and experiential sciences is profound. A Human Design Reading will affirm everything you already know about yourself, as well as, take you deeper into Self-Awareness, and your decision making process. Giving you very clear and concise signpost to help you navigate your Life more authentically.

It reveals very specific characteristics in regards to your Mind, Body, Diet, Environment, that support and define your uniqueness. These readings awaken a deep sense of Self-Love, and release the pressures and unconscious conditioning that each of us has received from our families and society, allowing us to trust our internal guidance system as our best tool to bring us into alignment and purpose in Life.

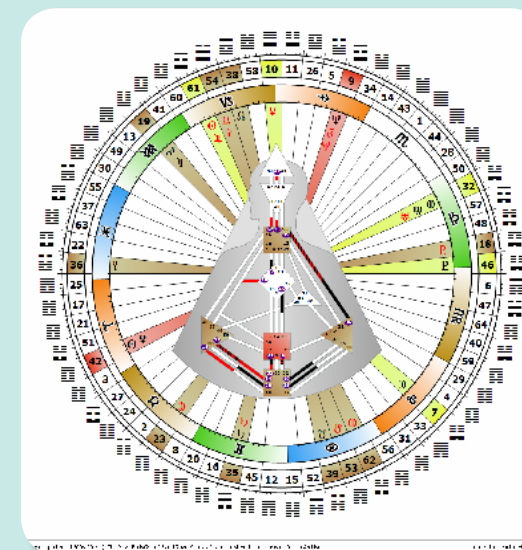
Human Design Readings are also great to help us understand our Children and our partners better, supporting more harmonious relationships through understanding our loved one's uniqueness and needs.

Readings can be done in person, or in a virtual classroom so you can receive a recording of our session.

Jin Shin Jyutsu is a Japanese Healing Art that is similar to acupuncture. Following the guidance of the body, and the messages received through pulse reading, the practitioner uses their hands to hold very specific Energy centers which are called “Safety Energy Locks” (SEL). The SEL act as circuit breakers for the body, notifying us with pain or numbness as soon as we fall out of universal harmony. By holding two SEL at the same time, any stuck energy is able to move freely back into it's proper pathway in the meridians of the body.

Jin Shin Jyutsu helps with physical, mental, and emotional imbalances. Sessions are received on a softly padded massage table, while laying on your back, fully clothed. Based on the wisdom of the body's guidance, the practitioner will perform a series of energy harmonizing flows that usually last about an hour. For bigger health projects, two sessions can be received in one day, or in consecutive days, to assist in deeper, or faster healing.

I am happy to answer any questions or to talk more about these Healing modalities. Feel free to call, text or email me to answer questions or schedule an appointment. My services are mobile!



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Kausalya Denise Payne-Ollivier CAT1

Jikiden Reiki Shihan Advanced Teacher/Practitioner
Usui Reiki Master/Teacher - Western Lineage
Singing Bowl/Sound Healer

Services Offered:

- Jikiden Reiki, offering treatments for physical, mental-emotional & behavior change
- Usui Reiki (Western Teachings)
- Singing Bowl & Sound healing - Privates & Group, Events
- Crystal Healing (intuitive & Melody's teachings)
- AromaTouch® & Essential Oil treatments

Courses Offered:

- Jikiden Reiki (Original Usui Uninfluenced Japanese Teachings) offering, Shoden (Level I) & Okuden (Level II)
- Usui Reiki (Western Teachings)..Levels available, I, II, Master and Teaching
- Beginning Sound Healing, Toning & Ancient Instruments
- Crystal Healing
- Healing grids ...Reiki and Crystal Grid classes
- Beginning Chakra classes
- Meditation for the beginner

I have a great love for Usui Reiki & Sound Healing in addition to working with Crystals & Essential Oils.

I'm a Jikiden Reiki Shihan, a certified Advanced Teacher in the uninfluenced original Japanese Usui Reiki Lineage.

I'm committed to continue my studies with Tadao Yamaguchi & Frank Arjava Petter & other Jikiden Dai Shihan mentors. I'm honored to offer my students & clients these original Japanese Usui teachings.

I have been offering Usui Reiki healing & trainings in the Usui System of Natural Healing in Humboldt County since 2007.

In addition to training with Tadao & Arjava Sensei, I have trained in many different healing modalities. My sound training has allowed me to study directly with Jonathan Goldman in Colorado.

Additional studies: Metaphysics with Melanie Tolley, certification by Karen-Kuk Nagle as a Master of Crystology in Melody's lineage. My clients & students experience healing with over 30 singing bowls, Gongs, Drums, Chimes, Crystal pyramids & many other ancient instruments.

As a Certified Addictions Treatment Counselor, I share Sound Healing Meditations & Toning with Humboldt County's AOD program & other organizations that work with Addiction, providing free alternative coping skills for recovery.

I'm grateful to be a part of a wonderful healing community in Humboldt County. Reiki has helped me heal & continues to create balance in my life, allowing me to help & train others.

I believe that we must commit to continual work on ourselves to best serve others for their highest good. So I am honored to commit to my students, clients & myself, to always be the best student I can be. Join me & others, embrace the healing & become a ripple in flow of healing.



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!

707-382-2779

reikimastertouch@gmail.com

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 for what will be most nourishing for you in each moment. Some sessions focus on bringing ease to physical discomfort, pain, or injuries; others focus on your process of inner growth and awakening. Sessions are often experienced as multi-dimensional journeys that engage all aspects of your Being—physical, spiritual, energetic, emotional, and mental.

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

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

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

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

tissue, separates adhesions between the muscles, and re-hydrates brittle muscles. The pressure is often firm and directive, but avoids being forceful or painful.

Sound Healing with Tuning Forks and a 38-inch Earth Gong: Sound vibrations are able to heal a broad range of conditions. The main tools I use for this are carefully crafted tuning forks that emit the frequencies of celestial bodies, each with distinct affects. The tuning forks are placed on meridian points, the energy centers used in acupuncture and shiatsu that affect physical, emotional, mental, and spiritual wellbeing. My 38-inch Earth Gong also contributes to sessions with its multi-layered sounds that transport its listeners to many realms.

Energy Readings provide opportunities for your divine essence to share its wisdom. As I tune into your energy-body I perceive images, sensations, and insights that provide a roadmap to our session. These are life-affirming qualities within you that are ready to emerge more fully. As we attune ourselves here we allow this intrinsic medicine of yours to transform patterns you have out-grown and to bring you to new places of embodiment. It is an honor and inspiration for me to engage in this sacred process!

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

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

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

Terra has the unique ability to create a dynamic healing space that covers a broad spectrum of skill. Combining knowledge and skill with grounded compassion and intuition, her ability to create this space offers me the opportunity to sink into a journey of full nourishment. - Zena Bardelás, Asian Bodywork Therapist & Qigong Practitioner

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Powers Life Coaching

I believe the challenges of living in America these days has become increasingly stressful for nearly all of us. I further believe this causes each of us, regardless of our sex or age, our racial, political, or spiritual positions to reflect on and clarify our beliefs, priorities and values all the way to the bottom of our souls.



With a BA in Sociology and an MA in Clinical Psychology, I have an abiding interest in our inner life and it's outer manifestations into our families, communities and nation. For over 40 years I have been exploring the intersections of our inner and outer lives, the similarities between the micro and the macro. From this experience I offer a life coaching practice that encompasses our spiritual, mental, emotional, physical and relational lives. Using deep inquiry, heart-felt support, relevant research, PSYCH-K® and step by step skill building I facilitate belief shifts, feelings management, spiritual awareness and ability to connect our inner life and outer relations. I look forward to working and laughing with you.

My wife of 39 years, my buddy and yes, my soul mate, Kiernan Powers continues her burgeoning life coaching practice. She offers a variety of services including PSYCH-K®, Dynamic Light and Sound Therapy, Quantum Biofeedback, Nutritional Counseling toward a whole-food plant-based diet, and Chi Nei Tsang, a Taoist abdominal massage.

Together, Kiernan and I offer relationship coaching. Here, we bring all our personal experience and professional training to bear on facilitating greater awareness and deeper connection for couples. Both of us are in the consulting room offering what we have learned from our struggles and victories. Seeing and working through the veils of miss-communication, recurrent conflict and past conditioning we seek to reveal the authenticity, respect and genuine love that lies within for oneself and one's partner.

We work in person, by phone or on-line. Our fees are on a sliding scale and our scheduling is flexible to meet your practical needs.

541-232-9036 or 707-496-8218

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



Xochi Quetzalli

Offering

Ceremonies

Xochi was born & raised in Humboldt. She travels the Americas for ceremonies and walks the Red Road. In her travels she learns from the indigenous elders of the old ways.

Personal Ceremony Offerings
- **Mayan Fire Ceremony / Altar Maya**
- **Mayan Tobacco or Bean Divination**
- **Spirit Medicine Healings**

She also holds community ceremonies during the year. From group Mayan Fire Ceremonies each turn of season, to traditional Women Sweats, or Full moon Dreamlodge ceremonies.

Altar Maya - Mayan Fire Ceremony

One form of prayer of the Mayan people is the Fire. They believe it's a portal to the Ancestors. Fire is one of the oldest healers and in this ceremony, it calls in the Spirits. Using no wood, we create a banquet, a feast, an altar to evoke the Ancestors and ask for healing. In turn we burn everything and call in the 20 Nahuales.



~ I was initiated & trained in these ways by 3 Quiche Mayan Grandmothers & they gave me permission to bring it back to my people.~
There are no fees for my services, donations only.

707-223-8339

www.facebook.com/spiritmedicines

spiritmedicineofferings@gmail.com

www.spiritmedicines.etsy.com



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

Engaging the Body's Natural Desire to Heal

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

Release Pain, Gain Flexibility and Range of Motion
Results from sessions tend to be long lasting and accumulative.

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

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

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



Erin Quinlan

Ortho-Bionomy and Reiki

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

510-847-2024

Elizabeth Rau

707-442-4246
larkinson@gmail.com



Reiki Healing
Light Therapy
Music Instruction

-AS A REIKI MASTER I experience joy and fulfillment though offering Reiki to others. Reiki has enhanced my life by opening my heart, and as I give Reiki treatments to others I witness the increased benefits received by them of relaxation, peace and wholeness.

-I HAVE BEEN USING LIGHT THERAPY myself for 4 years with positive results. The main benefits I have received are: pain relief, muscle relaxation, reduction of inflammation, and immune support.

-MUSIC has been a powerful force throughout my entire life. It is my joy and passion to share my musical gifts with others and to enhance their lives through my teaching and performing.

Reiki Healing Therapy: (in person and long distance) Promotes deep relaxation which allows the body's own natural healing to take place, promotes a sense of wholeness, positive attitude, and well being, promotes the qualities of love, compassion acceptance for the self and others.

Reiki Training Level I, II and III: Transform your life by learning to use Reiki healing energy to give to yourself, others and beloved pets.

Dynamic Light Therapy: (using Photonic Energetics technology) Benefits of LED light Therapy: stimulates healthy cell reproduction, relaxes muscles, stimulates acupuncture points and immune response, reduces scar tissue and stimulates healthy wound healing, relieves pain, is beneficial for arthritis.

Music Instruction in Piano and Voice: ALL AGES * ALL LEVELS * SPECIAL NEEDS - Include music learning in your life as a path to wholeness! 35 years experience as a passionate teacher/professional performer.
PIANO Give the gift of piano lessons to your child, fulfill your own dream of learning the piano.

VOICE Support your child's love of singing, free your natural singing voice by learning to open up to your fullest vocal expression, bringing joy, freedom and empowerment to your life.

Professional Background: Reiki Master/Teacher - Western Lineage, Master of Music Degree, Professional Performance, Private and University Instruction.

Sheridan Richardson, L.Ac

Lotus Acupuncture & Healing Arts
827 Bayside Rd. Arcata, CA 95521



707-633-4005

contact@sheridanacu.com
www.sheridanacu.com

Licensed Acupuncturist

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

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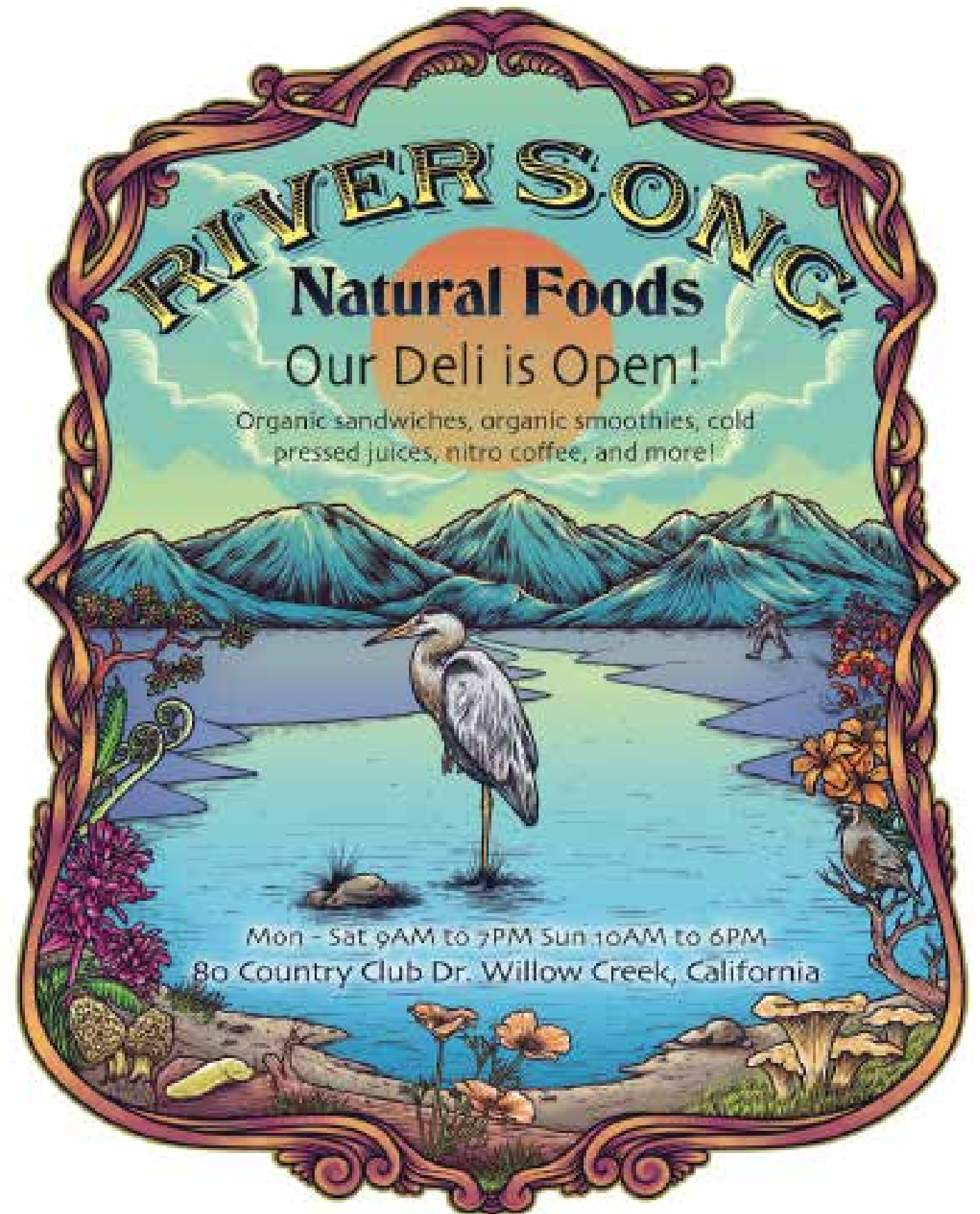
Chinese medicine has been used for thousands of years to maintain health and treat illness. Traditional Chinese medicine incorporates acupuncture, massage, herbal medicine, and Qi gong or T'ai Chi. It is based on the theory of yin/yang, where everything is in balance. Chinese medicine focuses on the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



WELLNESS TINCTURES

*Mushroom Immunity *Bee Well Blend *Anxiety Care
*Strong Dreams *Super Sleepy Cannabis Tincture *Urinary Bladder Repair *Breathe Deep *Love Potion *Mama to Bee Super Well *Iron Tonic *Sweet Sleep Remedy *Cramps Be Gone *Mama Stress Less *Bring on the Birth *After Birth Cramp Ease *Milky Mama *Baby Bee Well *Fever Flu Remedy *Chill Baby Chill *Sore Throat Bee Gone*



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

Andrea Sanger, LCSW Ca Lic # LCSW 64243



Individuals Couples Groups

Confront the dark parts of yourself, and work to banish them with illumination and forgiveness. Your willingness to wrestle with your demons will cause your angels to sing. Use the pain as fuel, as a reminder of your strength. -August Wilson

I offer long-term, depth and somatic oriented therapy. Through my own nearly 10-years-long healing journey, I have gained the ability to develop a unique and effective therapeutic relationship with individuals and couples. It is this relationship that is the platform from which healing occurs. If desired, the therapeutic relationship we create can last for years. Sessions are conducted at least once per week. This may feel like a lot, but regular sessions help to cultivate and maintain the courage it takes to achieve health.

707-267-5240

920 Somoa Boulevard
Suite 204 Arcata, CA 95521

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)

**For more information about
Self-Realization Fellowship
and the teachings of
Paramahansa Yogananda,
visit
www.yogananda-srf.org**

Tara Shiningstar

Since my earliest memories I have been connected and walking with the Divine each and every breath. Aided by my team of Master Guides, bringing Infinite Source energy thru during our now time connection. In gratefulness and gratitude I honor our connection however I may serve.

-Soul Memory Discovery
-Sivananda Yoga
-Reiki with Gemstones, Essential Oils & Flower Essences
-John of God Crystal Bed & Casa de dom Inacio Guide
-Omni-denominational Minister/
Universal Cosara Temples



Wedding Celebrant, Baptisms,
End of Life Celebrations & Spiritual Process

John of God Crystal Bed

I journeyed to Abadiania, Brazil in 2004 for the first time and have received numerous physical healings and an upliftment of Spiritual energy. In 2007 I was blessed with a Crystal Bed from the Casa de dom Inacio and became a Guide in 2014. The next healing journey to the Casa to be with John of God will be **February 24- March 10th, 2019**. Reserve your room now with a deposit of \$500.00

John of God Crystal Therapy can...

- *Harmonize chakras and subtle energy bodies
- *Re-balance frequencies in electromagnetic field
- *Trigger healing processes in the psyche and body
- *Rejuvenate physical systems for improved functions
- *Stimulate development of Spiritual awareness

Reiki with Gemstones, Essential Oils and Flower Essences

Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. The word Reiki is made up of two Japanese words - Rei which means "God's Wisdom or Higher Power" and Ki which is "life force energy". So Reiki is actually "spiritually guided life force energy".

Sivananda Yoga

Serve, Love, Give, Purify, Meditate, Realize -Swami Sivananda
Health is Wealth. Peace of Mind is Happiness. Yoga shows the Way -Swami Vishnu Devananda

Soul Memory Discovery

Do You...

- ...feel stuck in old unproductive patterns?
- ...have low energy levels and trouble concentrating?
- ...ever feel like you don't really belong here?
- ...find that you have less in life than you want?
- ...wonder what your purpose is here on earth?
- ...want to develop your inherent gifts?
- ...long to connect with your Higher Self?

What is Soul Memory Discovery?

Your body cells hold memories of everything you have ever experienced. Your soul also carries memories of all your experiences. Sometimes, these memories create negative and limiting beliefs which manifest in your life, causing you pain and distress.

Soul Memory Discovery enable you to...

1. Access the memories held by your body cells
2. Access the unlimited memories held by your soul.
3. Identify the sources of your emotional, physical and spiritual pain.
4. Release those memory sources through a simple healing process.
5. And replace them with new, expanded beliefs, which immediately begin to manifest positively in your life.

With Soul Memory Discovery you can begin to heal...

- *Interpersonal Relationships
- *Destructive Life Patterns
- *Physical Ailments and Imbalances
- *Dissatisfaction with Work
- *Past Life Experiences
- *Spirit Attachments
- *Money Issues
- *Spiritual Alienation

With Soul Memory Discovery you can begin to...

- *Find your purpose in life
- *Live your life with meaning
- *Focus your energies
- *Honor you Self
- *Experience new joy and fulfillment

707-223-8803

shiningstarsanctuary.com

I am located in Shelter Cove and have space available to rent for overnight stays during sessions.

Dianne Sherman

Spiritual Life Coach,
Intuitive Counselor
& Vibrational Healer



*Inspiring Uplifting,
and Transforming Your Life!*

In 1981 I had an NDE (Near Death Experience) and came back with a passion for helping people make sense of their lives and be able to create the ones they really want. I'm here to show everyone that we are powerful beings and we are loved unconditionally. I was given the gift of "Clearsight" and I am able to see everyone in their Divine essence including their gifts, abilities and their blocks. For over 25 years my intuitive counseling and vibrational healing practice has helped people all over the world to experience a more profound, and amazing life. I offer hope, relief and inspiration to uplift your spirit and transform your life.

Testimonials:

- The tools you gave me are gifts that keep on giving, the benefits are priceless. I am SO thankful to you!

-I can't thank you enough for the work you did with me. I worked on my problem for over 20 years and you were able to resolve it successfully in a matter of days.

- I am sincerely thankful for you and what you do for others.

- I'm often astounded by Dianne's ability to see into my soul and spring forth observations and reflections that are so perceptive, it's uncanny. She has a wonderful gift and shares it with tenderness and alacrity.

707.407.0309

dianne@guidingyourspirit.com

GuidingYourSpirit.com

Aria Simpson

LAc. MSOM

Acupuncture
Fertility Specialist
Pain Management



Aria Simpson is trained in both Eastern and Western healing modalities. She is a practitioner who strives to facilitate each one of her clients on their journey of health and healing. There is no singular model of healing that works for everyone. We will work together to find a path that is right for you. Dedicated to helping her clients achieve their optimal health through an integrated approach, Aria includes: **acupuncture, Mayan abdominal massage, nutrition counseling, doula support, herbal medicine, and somatic experiencing** into her sessions. She specializes in **fertility, pain management, and pre/postpartum care.**

"Nourishing Mind, Body & Spirit"

Aria Simpson

L.Ac. P-ATMAT

rakudahealth@gmail.com

707.633.3848

@rakudahealth

www.rakudahealth.com

Jennifer Smith

Holistic Bodywork

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



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

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

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

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

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SPACE GEM CANDY

Space Gem Candy's mission is to bring medicine to the sick, through honest good tasting hand crafted edible products. Created with Joy & Laughter for OUR Well-Being. Crafted in HumBoldt with the Full-Melt Ice Water Hash.



I love to work with and help people and families. You can find our products at these California Medicinal Dispensaries.

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

If you any questions please feel free to contact me at
SpaceGemCandy@gmail.com
A Whole Lotta LOVE ...



Spirals of Life Wellness Institute

Kari Greene, C.M.T

Owner, Instructor

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 As part of the central nervous system the lungs breathe and heart beats with a rhythmic, alternating expansion and contraction known as "The Breath of Life" or Primary respiration. When gently placing my hands I am able to connect with the rhythm influencing the body to a renewed state of health.

Jikiden Reiki Shinshin Kaizen Usui Reiki Ryoho "Usui Reiki Treatment method for Improvement of Body and Mind" -Reiki from it's birthplace

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

Welcome! In January 2017, **Spirals of Life Wellness Institute** opened in downtown McKinleyville! This year we held continuing education classes in our warm intimate classroom in Lymph Drainage Therapy with Kari Greene C.M.T, Cranial Sacral Therapy with Kate McCaffrey D.O., as well as other classes for body workers and the community in Sound Healing, Aromatherapy, Usui Reiki, Yin Yoga, Ball Rolling for Self Care with others to come! Our instructors include **Kari Greene, Director, Kate McCaffrey D.O., Kausalya Denise Payne Olivier,** Usui Reiki Instructor, as well as other professionals from our community. Our beautiful classroom is also available for rental. We will be expanding to offer a full 600 hour professional certification course for massage therapy in 2018! Check our website for details.

In my private practice, I use 30 years of bodywork experience with the following techniques to help those with chronic and acute pain, migraines and all those on a path to well being and greater health:

Myofascial Release a gentle deep tissue technique that 'unwinds' the fascia-the layer

707-382-0268

2007 Central Ave. McKinleyville, CA.

Find me on Facebook @ **spirals of life wellness**

SpiralsInstitute.com

Visit my website for information on upcoming classes and events



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.

(707) 826-0817

www.janetstockcmt.com

Uma Till, cmt

Relax Rejoice and Renew



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

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

I am a Reiki Master

Specializing in:

Swedish

Deep tissue

Craniosacral

Reflexology

Raindrop therapy (essential oil treatments)

Tuning forks and sound healing

707-834-1101

umatill@yahoo.com

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

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For over fourteen years UMS has been helping students from around the world to learn about metaphysics, and to integrate and share their unique perspectives and skills regarding spiritual growth and healing.

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For more information, visit our website, give us a call, or stop in and connect with our student advisors at our Arcata office. We'd love to hear from you!

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in Metaphysics

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or Reverend upon completion
of the Master's Level

*"What lies behind us and what lies before us
are tiny matters compared to what lies within us."*
—Ralph Waldo Emerson

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Helping create a cleaner, clearer, lighter you!



Colon Hydrotherapy

The goal of Colon hydrotherapy is to help the body in opening the natural pathways of elimination. This is achieved through the introduction of temperature-regulated, filtered water into the large intestine for the purpose of removing accumulated waste and toxins. Many health care practitioners include Colonics as part of a combined treatment for yeast infections (Candida), constipation, hypertension, arthritis, depression, parasites, allergies, toxic metals, weight loss, liver problems, and more.

Electro-Lymphatic Drainage

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

Ionic Foot Spa

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

Arcata's Premier Cleansing Center

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vitalflowcleansing.com



Teresa von Braun Spiritual Consultant

Psychic Reading, Energetic Healing
Metaphysical Teaching
Spiritual Counseling
Sacred Space Designing
Saosis Mystery School

“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, depossion, 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.

The Saosis Mystery School 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.

707.825.7703 ~ www.teresavonbraun.com

Jennifer Wiest 707-845-5806



Madre Illumination Healing

offers balance, healing, and vitality through Ayurveda, the traditional healing modality based in balance of the mind-body and awareness of one’s particular type, or dosha.

We provide Ayurvedic consultations, Ayurvedic facials, Shirodhara, Reiki and Aromatherapy in a warm, peaceful private studio nestled in beautiful Bayside.

Ayurvedic Consultations take a holistic approach to diet, lifestyle, daily routine, exercise and herbs or aromatherapy to restore balance and well-being, resulting in a healing therapy catered specifically to your needs based on Ayurvedic constitutional type, doshic imbalances, personal traits, and many other factors to restore divine health and vitality.

Ayurvedic Facials are a rejuvenating and transformative experience that nurture the spirit using hydrosols grown and distilled personally. Customized to your specific skin type and dosha, all ingredients are prana filled and chemical free to create a calming, relaxing treatment that includes face lift marma points and massage, energy balancing and Reiki.

Shirodhara, a divine and relaxing therapy using warm sesame oil poured on the third eye and whole crown chakra, can help with any ailment of the head and nervous system including insomnia, anxiety, and epilepsy. The oil is medicated with ayurvedic herbs known to calm the central nervous system and nurture a meditative state of being. This energy elixir is poured for 45 blissful minutes and the session culminates with a healing head massage.

Jennifer Wiest started Madre Illumination Healing in 2010 after graduating from the Northwest Institute of Ayurveda as a Certified Ayurvedic Practitioner. She has since become a Certified Aromatherapist and also works with flower essences and hydrosols. She also created **Amrita Botanicals**, a line of Ayurveda inspired products that includes an Oil Pulling blend, Tula aromatic spritzer, massage blends, and flower essences.

Rediscover your divine health, vitality and balance with
Madre Illumination Healing.



For more information, product orders,
or to schedule a consultation or
treatment, call or visit the website:

www.madreillumination.com



Home Birth Midwifery & The Birth Yurt

Giving birth to a baby is a life-changing experience for you and your family. We are here to help guide and support you through your journey using evidence based resources and medical knowledge, while being rooted in the art of traditional midwifery. Our relaxed prenatal visits give us time to develop a relationship based on trust and caring while providing education and emotional support. We believe women possess instinctual knowledge about birthing their own baby and it is an honor to support families through this journey.

Welcoming Dawn also offers Childbirth Education, Hypnobirthing Classes, Placenta Encapsulation, and CranioSacral for Pregnancy, Birth and Postpartum

The Welcoming Dawn Birth Yurt:

The Birth Yurt is a sanctuary for women and families to find peace and breathe deeply into the birthing process.

The cozy, round space feels open with natural light, a comfortable queen bed, large bathroom and shower, complete kitchen, pellet stove, and heated water birthing tub which many women find helpful for relaxation and pain relief in labor. It is located in beautiful Fieldbrook, CA on a 5 acre homestead surrounded by redwoods and is less than 20 minutes from Mad River Community Hospital.

The birth Yurt is reserved ahead of time, call to schedule your tour soon.



About the Midwives:

As California Licensed Midwives, we have extensive education and training to provide prenatal, labor, birth, postpartum and well-baby care.



CRANIOSACRAL HEALING FOR MOTHERS & BABIES

Craniosacral Therapy is a gentle, non-invasive and effective hands-on therapy that benefits the whole body.

It is safe and beneficial for newborns after birth by relieving restrictions in the body to create health, harmony and well-being.

Issues that can be addressed with Craniosacral Therapy include:

breastfeeding challenges, latching problems, breathing difficulties, colic, digestive issues, acid reflux, constipation, sleeping problems, teething pain, head shape issues, earaches, developmental delays, spitting up, torticollis, or a baby that was or is tongue tied.

How Does Craniosacral Therapy Help Mothers and Babies? The craniosacral system includes the bones, sutures, fluids, membranes and soft tissue from the head to the pelvis. There is a slow, gentle rhythm that can be felt throughout the entire body. As a craniosacral therapist I use light touch to work with each individual’s rhythm, release tension, and encourage healing at the core of the body. Craniosacral therapy is recommended for pregnant and postpartum women as well as babies.



We offer affordable care with payment plans and insurance billing available.

For a free consultation or Birth Yurt tour contact:

707.223.5322

peacefulbirthing@aol.com

www.WelcomingDawn.com or www.BabyCranioSacral.com

Wholistic Heartbeat

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Our intention is to offer a wide variety of quality information that will support all of us on our healing paths by providing tools and resources for personal growth, awareness, and self-empowerment.

Through *Wholistic Heartbeat*, (formerly the **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. *Wholistic Heartbeat* is a vessel through which the voice and heartbeat of the innate healing wisdom that lives within each of us, can be experienced.

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Where we believe that sharing stories, wisdom, gifts and skills about love, healing and spiritual transformation, inspires and strengthens the overall health of our community.



707-825-8300

or email us:

info@WholisticHeartbeat.com
WholisticHeartbeat@gmail.com

Wild Woman Soul Mother Roasting Menu

Toni-Steam-\$40

20-30 minute treatment with the use of specific herbs work in combination to nourish, tone, heal, bring in fresh oxygenated blood, promote cleansing, and shrinking the swollen vaginal and uterine tissues after childbirth. *6 weeks postpartum is minimum time required for treatment. Not just for postpartum!! Any stage of Womanhood benefits with appropriate herbs.

Hot Stone Abdominal Press-\$80

River Stone bundled with healing herbs and heated, then massaged on the abdomen. This helps expel trapped air, relieve tension, and breaks up residual clots allowing the lochia to flow easier during healing

Moxibustion-\$40

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 set up an appointment located in beautiful Trinidad.

(707) 798-9305
www.wildwomansouldoula.com

Lupine M. Wread, LAc Lotus Acupuncture and Healing Arts

827 Bayside Rd.
Arcata, CA 95521

707-633-4005

Lotusaha.com



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

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

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

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



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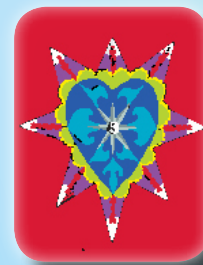
Gabrielle Zeitlin,
CMT #49142

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

(707) 362-1717

gabriellezeitlin@gmail.com

Rev. Elisabeth Zenker, MSW

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

Empowering Relationships:
both within Yourself and with Others
from single sessions to weekly coaching

Spiritual Astrology: *integrating the celestial energy present at our birth*

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

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 (Reverend & Clairvoyant Graduate from Psychic Horizons, 1989)

Mutual Support: *Self and Other, integrated*

- Nourishing relationships optimize our awareness for deeper spiritual growth
- Discord can shift into a resonant harmony – vibrational ripples that keep spreading, from personal to collective
- Breema energetic bodywork for cellular support (Breema certification, 1996)

Awakening to full bliss in a medical helicopter 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, & Individual to Collective, this Universal Intelligence is fully available for our deeper evolutionary co-awakening!

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RevZenEnergy@gmail.com

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



Elisabeth, Thank you so much... I've felt a huge shift in how I'm approaching my relationships & love for Self! I had amazing breakthroughs yesterday with (partner) too. I feel like I'm finally welcoming myself home in this body and giving myself the time of day to be heard and taken care of.

I also did have an amazing dream after our session ... Thank you, thank you, thank you, for helping me to foster this inner expansion! – Casey B.

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, & adding clarity to your understanding of who you are & your life purpose on this planet.
– Dr. Janet Smith Warfield, Author: Shift: Change Your Words, Change Your World

...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 Porteous, Founder, Inspired Messengers Network
InspiredMessengersNetwork.com

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healing power of self discovery!



Wholistic: we are all one;

1. From wholism: the philosophy that parts of a whole are in intimate connection, such that they cannot exist independently of the whole.
2. An approach to life, which has at its center, an intention for the inclusive health and wellbeing of every living thing we share our lives with.

Heartbeat: expansion and contraction of the heart;

1. The rhythm of the pulse.
2. An animating or vital unifying force.

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