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Center for Sacred Living 210 Little Lake Dr, Suite 7 Ann Arbor 48103
www.centerforsacredliving.com

Two Special Guests at Jewel Heart



Richard J Davidson

Thursday, May 19, 7:30 - 9:00 pm

SCIENCE AND DHARMA: TOWARDS A SYNTHESIS

This talk will review the short history of the development of contemplative neuroscience as a hybrid discipline. It will showcase important new findings as well as methodological strategies in the study of meditation. The talk will also highlight the important role of contemplative practice on the part of the scientists who are conducting this research and will invite the audience to consider the complementary goals of each.

www.investigatinghealthyminds.org



Venerable Barry Kerzin

Friday, June 10, 7 - 8:30 pm

A PERSONAL JOURNEY - MEDITATION AND MEDICAL PRACTICE IN THE EAST AND WEST

Dr. Barry Kerzin, a long time meditation practitioner, Tibetan Buddhist monk, teacher and medical doctor, has played an important role in seminal neuroscience research exploring how the mind/brain functions as well as how it is influenced by meditation and compassion.

Saturday, June 11, 10:00 am - 12:00 pm & 1:30 - 3:30 pm

MEDITATION AND WISDOM: BRINGING FOCUS AND UNDERSTANDING TO OUR LIVES

Buddha's methods for peace and joy in all aspects of life offer us internal personal tools to develop care and mindfulness powerful enough to clear our fear and confusion over how we and the world exist.



Gelek Rinpoche and Jewel Heart Programs

Jewel Heart Summer Retreat with Gelek Rinpoche

Thursday, August 25 - Sunday, September 4

TIBETAN BUDDHIST COMPREHENSIVE GUIDE FOR TODAY'S SPIRITUAL TRAVELER

Buddha's revolutionary methods of compassion and wisdom, preserved within Tibetan Buddhism as a comprehensive map, guide us successfully along the path to the freedom, capability, and joy of enlightenment.

Register early as space is limited - registration@jewelheart.org

AMITAYUS LONGEVITY EMPOWERMENT

Sunday, September 4, 10 am - Gelek Rinpoche

FINDING THE JOY WITHIN

Sunday, May 22, 10 am - Gelek Rinpoche

JEWEL HEART ARTISAN SPRING MARKET

Sunday, May 22, 11 am - 3 pm

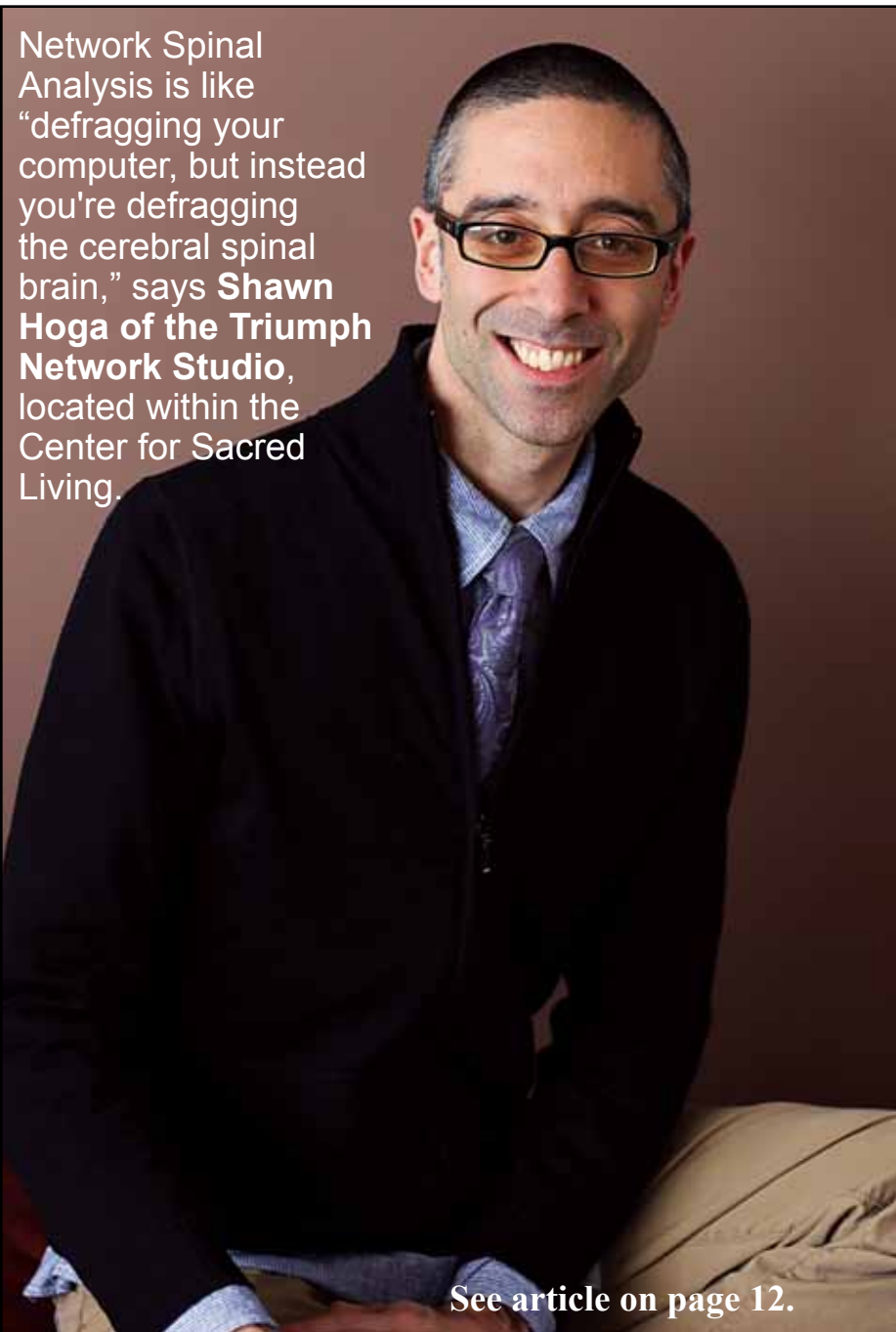
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What's New in the Community



Network Spinal Analysis is like “defragging your computer, but instead you're defragging the cerebral spinal brain,” says **Shawn Hoga of the Triumph Network Studio**, located within the Center for Sacred Living.

See article on page 12.

Photo by Amy Hoga

“If you improve your sexual relationship, then you’ll improve other parts of your relationship and vice versa,” said Grocoff. In her last series of classes, participants reported that they felt more empowered to talk with their partners about sexual changes and that these classes had initiated a valuable conversation that could continue for the rest of their lives. To learn more about Kelly Grocoff’s classes, workshops and lectures, please visit www.kellygrocoff.com, email her at kellygrocoff@gmail.com or call (734) 926-5366. To learn more about The Lamaze Family Center Ann Arbor, visit lamazefamilycenter.org or email info@lamazefamilycenter.org.

Licensed social worker, Cesar Valdez, who has been practicing mind/body/spirit-oriented psychotherapy for the past 14 years and has been an established Eye Movement Desensitization and Reprocessing (EMDR) practitioner, is offering a ground breaking new therapy called Induced After Death Communication (IADC) intended to help people overcome extreme grief after the passing of a loved one.

“What draws me to this therapy is its incredible power to heal the sadness connected to grief and feelings of loss of a loved one and replace it with the feelings of real connection, peace and contentment,” said Valdez. Going beyond traditional grief counseling, IADC encourages clients to explore the possibility of intimate communication with the deceased. Many clients have reported communications, including sensing the energy of the person that died, seeing their image, feeling a sensation of being touched by a hand or embraced, sensing a familiar smell of the person who died, hearing the deceased’s voice and even having a conversation with their loved one who has passed. These communications have helped them to feel reconnected and have transformed their feelings of loss.

The client usually only needs two extended sessions to achieve results, but must wait for at least six months after their loved one has died to allow time for the initial shock and denial stages of the death to subside. Much like the EMDR practice of having a client focus on his/her finger and track that movement while also focusing on various emotions, IADC utilizes eye movements similar to those experienced during sleep to process negative emotions such as anxiety, intense trauma or sadness. Instead of the EMDR practice of encouraging clients to experience any and all feelings that come up, IADC clients focus specifically on the deep sadness and grief associated with the loss of their loved one.

Valdez says the new therapy can be very intense. He carefully screens potential IADC clients because not everyone is ready to deal with the extent of his or her grief feelings. His clients must be “both willing and able to tolerate the full intensity of their sadness and allow the sadness to go wherever it needs to go.” Although there is much research on EMDR with proof the therapy is helpful, IADC is new and still needs to be studied further. Dr. Al Botkin, the EMDR specialist from Chicago who discovered IADC and who trained Valdez, is working on getting more IADC studies underway.

Continued on page 10

By Anne Duffy

New Offerings by Established Practitioners and Businesses

This ongoing column features upcoming events within Ann Arbor/Washtenaw County and surrounding areas’ Body/Mind/Spirit communities, new (during the past year or two) practitioners and holistic businesses, new books written by local/regional authors, new classes, as well as new offerings by established practitioners and holistic businesses.

Kelly Grocoff, MSW, who works as a private licensed psychotherapist in Ann Arbor and for a community mental health agency in Detroit, has recently partnered with The Lamaze Family Center Ann Arbor to offer a series of classes called “Sex and Intimacy After Baby: Making it Matter for Moms” and several other related lectures and workshops. The classes will start in early September and run for five weeks on Monday evenings, with a one-day intensive “teaser” workshop scheduled in late July or early August. The one-day class will address physical changes, hormonal changes, pelvic floor health, and emotional/relationship changes after having a baby.

In addition, Grocoff is holding a short introductory lecture in June at The Lamaze Family Center called “Mom’s Night Out” that will address the challenges that new moms and couples with young children face. “What I found with the last class series that I ran, once you open the door and let people know these are important topics to discuss, the flood gates just open,” said Grocoff, who is in the process of becoming a certified sex therapist through The American Association of Sexuality Educators, Counselors and Therapists (AASECT).

Grocoff structured the series around the book *Sex Matters for Women*, which was written by three local sex therapists, Sallie Foley, MSW, Sally Koped, MSW, and Dennis Sugrue, PhD. However, she tailors the classes to reach new moms who are interested in how their sexual relationships have changed since having kids and how their bodies have changed since giving birth. Topics like breast feeding, painful sex, and barriers to having sex when you have children will be discussed.

Psychotherapist Kelly Grocoff tailors her classes to reach new moms who are interested in how their sexual relationships have changed since having kids and how their bodies have changed since giving birth.



What's New in the Community

Continued from page 9

"Some people embrace this therapy because it is consistent with their beliefs and others may have doubts or be entirely skeptical, but [you should] know that our belief systems play no role in whether the therapy works or not," said Valdez. "I, as a practitioner, remain neutral about that. I don't suggest a source for those experiences because really it is just a matter of just resolving the grief," said Valdez. "Is it your brain that is creating the experiences of perceived communication [with the deceased] or is it actual spiritual communication? That is left up to the experiencer to determine." For in-depth information about IADC please visit Dr. Botkin's website at www.induced-adc.com or call Cesar Valdez at (734) 929-6574, visit his website at www.cesarvaldezlmsw.com, or email him at cesvaldez@gmail.com.

New Books By Area Authors

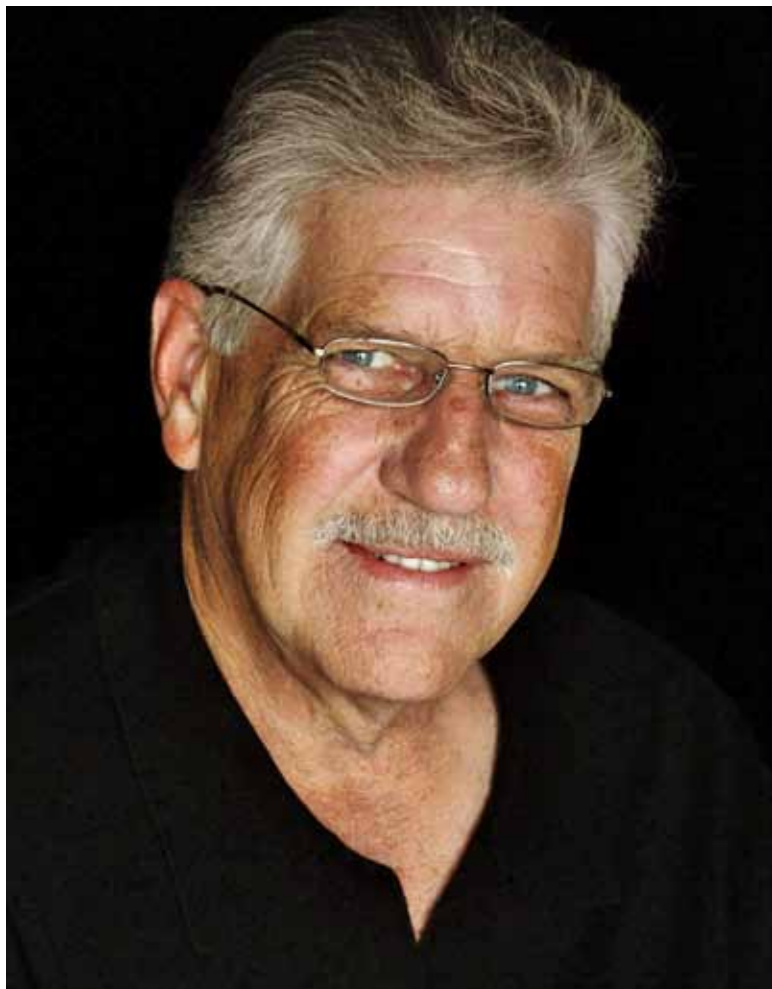
There will be a book signing at Crazy Wisdom Bookstore on Wednesday, May 4, at 7 p.m. with local first-time author Craig Toepfer in support of his newly released book, *The Hybrid Electric Home – Clean, Efficient, Profitable*.

This compelling account of the past, present and future of electricity in America reveals the untold story of how electricity became pervasive in our lives. Author Craig Toepfer, an expert on wind electric generators and hybrid vehicles, examines how we supply and use electricity today and suggests future methods for homes, businesses, and communities, taking readers on a fascinating historical tour of electricity from discovery to ubiquity. Showcasing wind, solar, and other natural forms of energy, *The Hybrid Electric Home* explores methods that will improve overall energy efficiency and economic security as society transitions into tomorrow's clean energy economy.

Toepfer, who now lives in the Waterloo Recreation Area in Chelsea and is restoring an antique windmill to use on his new property, first became interested in the environment and energy as an engineering student at the University of Michigan. His interest turned into a lifelong fascination with wind electric generators produced during the 1930s that were used on farms throughout the Great Plains States.

In *The Hybrid Electric Home* he suggests the history of energy supply to rural America has poised many communities to stand at the forefront of the clean energy movement. "In rural areas that weren't served by the power companies originally, they had their own equipment and many of these homes and farms had windmills on them to produce electricity. It makes more sense for people today who live far away from cities to be able to produce their own electricity than to run power lines down every road for miles and miles to get to these homes."

A pioneer in the clean energy movement, Toepfer was among the first in the United States to connect a wind generator to a home and the electric network. He represented the American Wind Energy Association (AWEA) in the 70's, helped develop the grid inter-tie concept for connecting wind generators



In his new book, ***Hybrid Electric Home – Clean, Efficient, Profitable***, Craig Toepfer, an expert on wind electric generators and hybrid vehicles, examines how we supply and use electricity today and suggests future methods for homes, businesses, and communities, taking readers on a fascinating historical tour of electricity from discovery to ubiquity.

"What draws me to this therapy is its incredible power to heal the sadness connected to grief and feelings of loss of a loved one, and replace it with the feelings of real connection, peace and contentment."

— **Social Worker Cesar Valdez**



See article on page 9.

and solar panels to the electric grid, and has applied his hybrid and energy experience to advanced vehicle design and engineering in the automotive industry.

He was inspired to write *The Hybrid Electric Home* after author Craig Gillis interviewed him for a book called *Wind Power*. "I had been out of the windmill business for about 15 years. I never thought of writing a book," he says. But when Gillis saw all of his old wind generators and his historical literature collection, he insisted he write a book. "He was so persuasive that I accepted the challenge."



To purchase *The Hybrid Electric Home – Clean, Efficient, Profitable*, please come to the book signing at Crazy Wisdom Tea Room and Bookstore on May 4. To purchase online, visit Toepfer's website at www.hybridelectrichome.com, email him at hybridhome@me.com or call (734) 417-5500.

Upcoming Events

Brighton Natural Wellness Center (BNWC) is sponsoring a first of its kind "Walk for Natural Wellness," which is set for Tuesday, August 9, from 7:30 p.m. to 9 p.m. in downtown Brighton. While many walks raise money for a disorder or a disease, BNWC is hosting a walk to heighten awareness of natural ways to help common ailments and to raise funds that will help patients pay for complimentary and holistic care. For more information about the Wellness Walk visit www.BrightonWellness.org, call (810) 599-8855 or email jude@AmiracleToday.com.

The Naturopathic School of the Healing Arts is sponsoring two Herb Fairs on May 15 and August 7 from 1 p.m. to 3 p.m. on their school grounds. The fairs will feature informative herbal talks by second-year naturopath internists and Iridology (eye) readings to help understand participant's internal tissue and ecology states. People can learn about herbs and ask questions about their own health concerns. Teas and medicinal herbal products from the apothecary will be available for sale, including therapeutic teas blends for fertility, liver cleansing,

general nourishment, adrenal support, nervous system support, cough and lung elixirs for fall and much more. There is even a specialty blend called 'calm child' tea, containing catnip, skullcap, nettle and spearmint that many parents swear by. At the May Herb Fair also look for harvested plants from the school for sale that you can plant in your garden. For more information about the Herb Fairs, please contact the school at (734) 769-7794 or visit the website at www.naturopathicschoolofannarbor.net.

The Naturopathic School of the Healing Arts has started a national professional organization called the American Naturopaths Association.

Here's something noteworthy: the Naturopathic School of the Healing Arts, located in Ypsilanti, has started a national professional organization called the American Naturopaths Association. The association's purpose is to provide a base of support to promote naturopaths, students and educators, and to

set standards and offer continuing education and political support for the profession. "I'm excited that this is starting here in the Ann Arbor area and that it will grow," said Mary Light, who is the advisor and "midwife" of the whole idea. The board of directors is all from Southeastern Michigan. The organization looks forward to branching out by hosting its first national conference in Ann Arbor. School directors and educators from east to west are very enthusiastic about its development. Check out www.americannaturopathsassociation.org for more information.

In January the Naturopathic School of the Healing Arts started a new meetup.com group for the community called Natural Medicine Ann Arbor and holds regular meetings for the group to gather. "People might not be sure how to connect with others that are into natural medicine," said Mary Light. In the spirit of neighborhood support and connecting with like-minded others, the group has about 30 current members and counting. For more information, please check out www.meetup.com and search Natural Medicine Ann Arbor.

A one-day Yoga Festival & Camp Out event is planned at Song of the Morning Ranch and Yoga Retreat Center of Excellence on August 27 from 11 a.m. to 9 p.m. The Ranch is located about 3 ½ hours up north in Vanderbilt, Michigan, and is encouraging participants and families to camp out for the entire weekend. The main purpose of the festival is to get as many people together at one time as possible to meditate and celebrate the universal principle of yoga within the yoga community. Enjoy great hiking, swimming, live bands, healthy food vendors, yoga classes, speakers, a group meditation, a drumming circle, kids' events, and spectacular natural surroundings. Camping along the Pigeon River is encouraged. Indoor facilities are available as well, with access to showers and restrooms. To make reservations, please contact Jim4peace@gmail.com, call 989-983-4107 or view Song of the Morning's website www.goldenlotus.org.

The Ann Arbor Antiquarian Book Fair is coming to the Michigan Union Ballroom on Sunday, May 22, 2011, from 11 a.m. to 5 p.m. This is one of the longest-running antiquarian book fairs in the Midwest, featuring over 30 book dealers that sell first editions, old and collectible books, children's books, Americana, prints and more. For more information, please visit www.annarborbookfair.com or email jplatt@provide.net.

The 11th annual Mayor's Green Fair will be held on Main Street in downtown Ann Arbor on Friday, June 10, 2011, from 6 p.m. to 9 p.m. The free show exhibits environmental groups, products and issues, clean energy expos, alternative fuel vehicles, live music, food, art exhibits and children's activities. For more information, please visit www.a2gov.org/green.

Huron River Day is set for Sunday, July 17, 2011, from 8 a.m. to 4 p.m. at Gallup Park off Fuller Rd. Bring the whole family and get ready for interesting river exhibits, discounted canoe and kayak rentals, 1-mile run, 5K walk and run, live music, food, and a children's activity tent. For more information, please visit www.a2gov.org/HRD.

New Classes

Naturopath and Flower Essence Practitioner Merri Walters of Great Lakes Sacred Essences is teaching a Level I Certification Flower Essence Practitioner in an eight-month mentoring course starting in September 2011. Walters, a local intuitive healer who works with flower essences, herbs, homeopathic remedies, counseling and other healing modalities, is recognized and respected as a "healer's healer" among Ann Arbor's holistic community. In this mentoring course she will teach the basics of working with flower essences and will interact individually with students to help them increase their intuitive skills. The class is designed to

help healthcare practitioners across the full spectrum of modalities learn to integrate flower essences into their current healing practice and personal/family life. "I am dedicated to elevating the use of flower essences to their rightful place as one of our most powerful healing tools," said Walters.

Flower essences come from flowers or other natural sources and are made through a water and sun process. Walters prepares them with intention, prayer, and love, being guided by nature spirits and divine intuition. When she administers the essences, her clients receive the energy, wisdom or the intelligence of the flower as they take it internally. This can prompt a change in the person if it is the right flower essence for that person. "The way the flower essences work is that they often get to the bottom of what a health or an emotional issue is and unlock it," said Walters.

Merri Walter's Great Lakes Flower Essences has over 250 individual flower essences available for purchase. For more information about her, the mentoring course, and Great Lakes Flower Essences, please go to www.sacredessences.com, email her at sacredessences@gmail.com or call (734) 663-3160.

Numerologist and spiritual development counselor, John Ashbrook, who wrote a column for *Phenomenews* for 16 years called *Spiritual Ponderings*, is offering a new class called "1227 Spiritual Development."

Numerologist and spiritual development counselor, John Ashbrook, who wrote a column for *Phenomenews* for 16 years called *Spiritual Ponderings*, is offering a new class called 1227 Spiritual Development on Saturday, June 18, from 11 a.m. to 4 p.m., that includes a light, healthy lunch and will be held at the Days Inn in Canton. The class will be teach students how to use and reap the benefits of powerful affirmation prayers and will cover a variety of other topics about personal development. The spiritual meaning of numbers, their significance in relation to current world events and how they are affecting everyone will also be discussed. "The class is very relaxed and interactive, where people can ask questions, participate and ponder things," said Ashbrook.

"I believe for people to be healthy human beings, they have to express their individuality. And that is what I have devoted my entire career to: helping people find things in themselves which they can express and ideas that will give them satisfaction. From their expression of individuality they gain their self-esteem," Ashbrook explains. "The forming of self-esteem is directly proportional to personal expression. The more you express your individuality, the more you like yourself, and then the better you get along with other people," he adds.

Ashbrook is also offering a new career guidance service that he developed in response to so many people switching careers because of the economy. He uses numerology charts as a guide to direct people to other career paths that they would be able to pursue successfully. "They just have different talents that I point out that they may or may not be aware of," said Ashbrook.

His career advice seems to go far. "John is a master at the psychology of the soul. My life has totally transformed from his classes. John gives you the tools to re-create your life in a better way," said Mary Ann Archer from Harbor Springs, a successful retail jewelry shop owner who credits Ashbrook for her success.

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Naturopath and homeopathic master clinician, Moshe Daniel Block, is coming to The Naturopathic School of the Healing Arts to teach a two-day workshop.

Ashbrook has been doing private counseling sessions that are based on numerology for almost 22 years and has written over 150 articles for *Phenomenews*, the extensive holistic guide that closed its doors after 30 years, in 2009. Many articles from the magazine are posted on his website. For more information, please call (734) 326-3433 to get on the mailing list for specifics or book a private consultation. Visit the website for spiritual guidance and uplifting articles written by Ashbrook at www.futurebliss.org.

Naturopath and homeopathic master clinician, Moshe Daniel Block, is coming to The Naturopathic School of the Healing Arts to teach a two-day workshop called Mind/Body Connection on June 18 and 19 from 9 a.m. to 5:30 p.m. The workshop stresses the importance of truly looking within for the cause of illness by exploring how negative belief systems and unbalanced mind patterns can lead to illness in the body. Block will share methods for releasing unhealthy thought patterns for healing and wellbeing. Block draws on the traditions of western naturopathy, homeopathy, Chinese medicine, energy healing, Kabbalah, basic sciences and counseling to help students understand how disease manifests in the body and how negative emotions form from disharmony in the mind. He believes in the balance of a foundation in strong education and teaching principles and using the intuitive process when addressing issues.

"Few Naturopath practitioners seem to be actually practicing with a true holistic model," said Block, who is hoping to bridge that gap. He explained that even in the homeopathic world there is an incorrect model of western medicine that is still being used. In that model, the patient isn't taking responsibility for his/her own healing and will go to a Naturopathic doctor that prescribes pills, such as nutraceuticals or supplements, for their problem. Block wants to see that changed and have his profession look at the root causes behind the problem, not just treat the symptom with pills, and really begin to treat truly with holism.

In 1995, Block was diagnosed with a rare autoimmune disorder, Myasthenia Gravis, and his conventional neurologist said it was progressive, incurable and potentially fatal. But Block had an intuitive feeling he was going to heal himself and he embarked on a serious dedicated path to do just that. Shortly after his diagnosis, Block attended a one-week program at the Option Institute in Massachusetts and learned about belief systems and their impact on health. He had an epiphany about his own need to be perfect and his pattern of harshly judging himself and creating anger. He said his body was reflecting this concept in his own immune cells that were attacking his body. Block went on to school at the Canadian College of Naturopathic Medicine and graduated in 2000. He does not have Myasthenia Gravis anymore and has helped many people overcome autoimmune ailments as well.

What's New in the Community

Continued from page 11

"In most of my cases, I help the patient establish the theme that is moving through their life which is reflecting in their bodies. I am going to teach participants in the workshop techniques on how to recognize these patterns and how to release and correct them," said Block.

Block is originally from Canada and is the author of three books: *The Revolution of Naturopathic Medicine – Remaining True to Our Philosophy*, *Book 1 of The Last Four Books of Moses – Letting Go of Free Will*, and *The Nu Covenant of Solomon* (only available as an e-book). To learn more about Moshe Daniel Block, his books, or to register for his workshop, please visit www.david-house-productions.com or email moshedaniel9@gmail.com. Or visit the Naturopathic School of the Healing Arts website at www.naturopathicschoolofannarbor.net.

Be The Light's clairvoyant reader and healer, Molly Ann Indura, is offering a new class called Energy Maintenance. The class will be held in Ann Arbor on Sunday, May 22, and again on Sunday, August 14. Both classes run from 1 p.m. to 5 p.m. Indura has helped thousands of people release energy burdens to get clear and become connected to the light. Included in the course are techniques to ground energy, connect to source, bring your own energy back to yourself and remove other people's energy that may be draining. "I feel really humbled and honored to do this work and to be allowed to have the opportunity to assist people in being the light in their own lives," said Indura. Prior student Stephanie Krupp, an executive recruiter from Dexter, said about the class, "I found I was very energized by the process and was able to use the techniques Molly taught us later on."

As a healer, Indura often uses energy telekinesis (using her mind and will to move energy), cord cutting and DNA activation techniques. She frequently offers monthly discounts on different services. Her Isis Healing is currently featured at a special discounted rate throughout the summer months and involves "taking all the energy that people spend on emotional drama and redirecting it into our ancient intuitive mind, leading to a huge increase in clarity and energy for life." She is also a full-time student at Eastern Michigan University studying fine arts and education and lives with her 12-year-old daughter in Ann Arbor. For more information about her, her class and her artwork, please visit www.BeTheLight.org, call (734) 417-8317 or email her at molly@bethelight.org.

New Businesses and Practitioners

Chiropractor Dr. Shawn Michael Hoga has recently opened his Network Spinal Analysis (NSA) studio called Triumph Network Studio within The Center for Sacred Living, located on the west side of Ann Arbor. Hoga has found the NSA technique more effective at achieving health objectives than traditional chiropractic manipulation. "My son, Oliver, was heading down the road to autism, and through NSA we fetched him back from the brink," said Hoga, the humble father of four, with a fifth baby expected in May.

NSA is a transformative healing technique that is budding out of chiropractic. It uses light touch to cue the nervous system to self-assess and self-correct and express energy efficient strategies for healing. The objective is to work with what is strong within the body system and harness that energy to "entrain" an area that needs help to be transformed into optimal functioning. "Entrainment" is a physics concept that was discovered to show the tendency for two oscillating bodies to lock into phase so that they vibrate in harmony, often noticed in musical instruments synchronizing together. "Through what is called a 'spinal gateway' there is a high energy efficient state that uses the other body systems to liberate stored tension and then reorganizes the tissues awaiting transformation to higher levels of health expression," said Hoga.

Hoga performs the therapy on individuals and in groups. He finds the group energy often facilitates the healing he observes in his patients. Hoga said that every individual's bio-field can affect another's field and this happens to the benefit of the patient.

"This process encourages letting go and trusting so that my body can open up and heal and find its balance," said Rose Wisniewski, a social worker from Ann Arbor who has been coming for regular treatments. Wisniewski said she is sleeping better and her issues around fatigue have improved. According to Hoga, NSA is the most researched chiropractic technique and is considered groundbreaking in that it is a wellness discipline concept. With NSA, the practitioner is focusing on the well areas of the body and letting the nervous system organize and correct the areas that are not.

Hoga has an interesting way of looking at his compensation fee. "I don't want to break you, I want you to break through," he said in reference to his fee system, which is based on what the client wants to and can pay. He works with a sliding scale for clients to make it affordable for everyone. "I have received anywhere from \$20 up to \$1,000 for just one treatment," said Hoga, who recognizes that clients need to maintain their dignity while answering their financial responsibilities and also acknowledging his integrity towards them.

NSA is like "defragging your computer, but instead you're defragging the cerebral spinal brain," said Hoga. Triumph Network Studio has made it their passion to help other families in the area that have children encountering



See article on page 13.

"We are like dancers, each following our own musical beat, and sometimes we fall out of rhythm. At these times, if we pause and listen inwardly, we can get back into rhythm again," says **Joya D'Cruz of LifeRhythms**.

Autism, Spectrum Disorder, ADHD, Aspergers and Sensory Integrative Disorders. Hoga is planning on hosting a free demonstration open house on Sunday, May 22 from 2 p.m. to 4:30 p.m. at Crazy Wisdom's community room. Please visit the website for more information at www.triumphnetworkstudio.com, email him at triumphnetworkstudio@gmail.com, find him on Facebook as triumphnetworkstudio or Dr. Shawn Michael Hoga or call him at (734) 883-7051.

Brighton Natural Wellness Center is a holistic healing center on Grand River Avenue that opened its doors in September of 2010.

Brighton Natural Wellness Center is a holistic healing center on Grand River Avenue that opened its doors in September of 2010. The center is located in a beautiful Victorian house and offers many different services, including BowenWork, Reiki, hypnosis, massage, intuitive astrology, psychic readings, handwriting analysis, angel card readings, ceremonies,

workshops, classes and more. "This is a gift for the community, my angels have been saying," said Jude Shepard, hypnotherapist and program coordinator for Brighton Natural Wellness Center (BNWC). "For me, it's about creating a place of transformation and connection among members of the community."

There are many continuing monthly activities at the center, such as the wise women spiritual support community circle, a past life exploration class, a drumming circle, and a divine light meditation creation circle. The BNWC

hosts A Light Fair every fourth Saturday of the month so the community can sample the many talents of the over 30 active healers, readers, therapists or artists that work there. All summer long, starting in May, the center is sponsoring a living foods preparation workshop every third Saturday called "The New You with Raw Foods" taught by Joyce Oliveto, a gourmet living foods chef, teacher, author and speaker. A "Walk for Natural Wellness" is set for Tuesday, August 9 from 7:30 p.m. to 9 p.m. in downtown Brighton. See the first entry under Upcoming Events.

"I've worked in western medicine for over 25 years and we are just not doing enough. There is something missing. The work we do here (at the center) is helping with that problem," said Shepard. BNWC is one of the only places that offers BowenWork, a type of acupressure and massage that allows the body to heal itself whether physical or emotional, utilizing the autonomic nervous system. Shepard, a Bowen practitioner, became fascinated with the technique after she had an injury to her lower back and it resolved with Bowen. In addition, the center offers free BowenWork for kids every second Saturday of the month.

Besides offering healing services to the community and public, BNWC has networking opportunities available for practitioners and artists if they join the center as a member. The membership allows a therapist to put up advertising fliers, post their biography on the website, use the space by renting the rooms, or display and sell their art at the center. For more information about healing services, membership, workshops, transformational meetings or the Wellness Walk please visit www.BrightonWellness.org or call (810) 599-8855 and email jude@AmiracleToday.com.

Healing-In-Motion PLLC Therapy and Wellness, a holistic physical therapy center, has a new owner as of June 2010. Lisa Wiley, an occupational therapist and certified hand specialist, bought the business and has made the backbone of her business about helping people relieve chronic pain and restriction of motion through the John F. Barnes Myofascial Release (JFB MFR) technique. Myofascial release is a type of therapy used to treat pain and restriction of motion from any area of the body, such a person's neck, back, hips, or elbows. Fascia is like a white filament that surrounds all of our cells and muscles. When the fascia is stuck together, there is friction and pain. A practitioner can work into the area by relaxing contracted muscles, increasing circulation, increasing venous and lymphatic drainage, and stimulating the stretch reflex of muscles of the overlying fascia.

"I like to see people get better, I like to help people help themselves get better," said Wiley. "I think there is a need out there for places where people can come to get one-on-one attention with a therapist and they can openly decide to have some direction in their health care." The center's specialty is treating pelvic pain, especially for women recovering from having a baby. "Many people come to us that have had many types of therapies for pelvic pain and find with the JFB MFR they get results. This is significant because many people live with pelvic pain not knowing something can be done to help them. People need to know there is help out there," said Wiley.

"The principle of myofascial release is to treat the whole body. If your low back hurts one would think that the therapist would treat the low back, but the problem could be a referred pain that could be coming from somewhere else that often gets overlooked," she added. Mike Kelly, an actor and screenwriter from Ann Arbor, said the center got to the root of his problems and helped him tremendously.

Wiley recently launched a DVD in January 2011 on how to treat tennis elbow under the name of Bare Bones Therapy, a self-help treatment program you can get at www.barebonestherapy.com. The Healing-In-Motion therapists are actively involved in updating their skills with continuing education classes. Besides physical and occupational therapies they also offer massage, a wellness program that involves advanced myofascial release, and community education classes for self-treatment, stretching and personal training. For more information, please visit www.healing-in-motion.com. Contact the center at (734) 913-4816 or email therapy@healing-in-motion.com.

LifeRhythms opened its doors to the public in March in Ann Arbor. Joya D'Cruz, an Ohio licensed marriage and family therapist, brings her expertise to the area as a Certified Focusing Trainer. D'Cruz offers individual counseling and Focusing sessions. The hallmark of Focusing therapy is learning how to treat yourself lovingly and gently while listening curiously, internally, for solutions to your problems. She explained that many people try to solve problems by talking, analyzing, taking hasty action and "figuring things out," which seems to get them nowhere.

"We are like dancers, each following our own musical beat, and sometimes we fall out of rhythm. At these times, if we pause and listen inwardly, we can get back into rhythm again," said D'Cruz. "Sometimes it just takes that one little step of checking where the answer really lies, which makes all the difference in the world." D'Cruz said she has found that many people are not really listening to themselves, paying attention to where their life is taking them now or what is good for them internally in the present moment.

What's New in the Community

Continued from page 13

By using the Focusing technique it has become D'Cruz's goal to help people to listen to where their life is moving them forward. She gets people to a safe place, guides them through the inward body messages, stays with them to process through the emotions, and invites them to be open to receiving answers from the body itself. D'Cruz's wisdom comes from her Zen meditation practice in her own life. She explains that Zen creates a space for people to accept themselves, accepting the fact of reality just as it is, and realizing nothing is permanent. Focusing assists this attitude and is a natural extension of it, she adds.

LifeRhythms helps people who are struggling in relationships and who would like to create more joy and ease in those relationships, and for people who feel stuck or overwhelmed with emotions. LifeRhythms is hosting Focusing training workshops throughout the summer on how to use it to solve problems in daily life. For more information or to schedule a private consultation, please visit www.joyadcruz.com, call (734) 219-2555, or email D'Cruz at dcruzjoya@gmail.com.

The Healing Hearts Center, a non-profit community for creative collaboration, will have an official grand opening in early May for their farm/healing center in Dexter. The directors, Sarah Steven and Matthew Raphael, are very excited about the possibilities of the center and its potential for transformational work. From renting out space to local healers, to working with clients, to housing and raising animals, and a vision of biodynamic farming bringing the community together, this center is sure to intrigue.

"We have already had many Ann Arborites coming to us saying, 'I want to keep bees,' 'I want to grow more shitake mushrooms,' 'I want to keep goats and make goat cheese,'" said Steven. She adds they are open to all of these ideas and wish to support people's dreams and goals. They want people to think of the center as the new community resource center with a mission to share in collective evolution and growth.

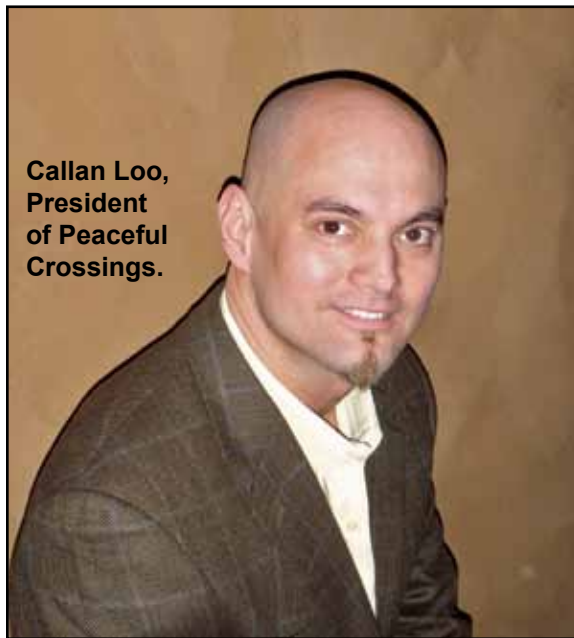
The center's 1885 farmhouse is located on Joy Road just past Zeeb Road and sits on six acres and has two barns. In the pole barn, they will hold workshops and house large groups for parties and events planned by locals who wish to share their knowledge and skills with the community. The old barn is where they plan to keep animals on one side and use the other side for performance-theater shows this summer. They will be acquiring a mule in the spring and are open to housing all type of animals for the community, such as cows and goats.



The Healing Hearts Center, a non-profit community for creative collaboration, will have an official grand opening in early May for their farm/healing center in Dexter.

The parlor in the farmhouse is where Steven and Raphael offer clients their specialized bodywork, Wazoga. It will also serve as a shared space for other healers to rent as well. "Through Wazoga, we teach people how to speak without words," said Steven regarding the technique which utilizes a combination of massage/yoga and breathe work that can be used alone or with couples. "When we can be in touch with ourselves then we can actually share ourselves with another person," she added.

Steven is hoping to make the farm "off the grid" one day. There are 67 acres of land behind the property that the City of Ann Arbor bought to preserve for agricultural use only. She is hoping to see the community buy the land back someday and set up biodynamic farming and gardening. Steven wants to bring the community together through growing food and raising animals. The center will eventually be looking for interns and apprentices to work at the healing center or on the farm. Steven and Raphael are very excited about the birth of the center. They are also expecting a baby in June and planning on having an underwater birth at the farmhouse. For more information about the grand opening, upcoming events, workshops and classes, go to www.healingheartscenter.com, email them at hhccreate@yahoo.com or call (734) 424-0870.



Callan Loo, President of Peaceful Crossings.

A unique, new service in Ann Arbor called Peaceful Crossings helps people create a plan for their transition to the afterlife that is customized to their own liking.

A unique, new service in Ann Arbor called Peaceful Crossings helps people create a plan for their transition to the afterlife that is customized to their own liking. The group's mission is to change the way society views and plans for death by taking a more holistic approach to end-of-life planning. Emphasizing the need for conscientious, personalized legacy plans, their services help a person organize their documents and clearly express their final wishes, intentions, and ideas of how they want to be commemorated. Clients can also work with financial advisors and estate attorneys, plan their Life Celebration, funeral or memorial service, and

prepare an autobiography and portrait album to be shared with family and friends. This unique approach goes beyond traditional estate planning and addresses the confusion and stressful dynamics that can often come up when someone dies. "It's about the heart and soul of it," said Callan Loo, President of Peaceful Crossings. "You take this really tough process and make it much easier to relieve the strain when someone is grieving."

At Peaceful Crossings, they believe the client should think of their end-of-life celebration as if they were planning a wedding. The ceremony should reflect their wishes, beliefs, cultural background and values, religious or non-religious, as well as those of their loved ones and family. Loo explained that if a person doesn't take the extra step of defining what his or her end-of-life celebration is supposed to look like, then it's basically left for someone else to do. "And you know, most people really don't want a bunch of people sitting around crying."

To help a person plan and host their desired celebration, Loo's team connects with local funeral homes and offers a celebrant service to families going through the grieving process. Loo is a certified celebrant through the In-Sight Institute in Oklahoma City, Oklahoma, and specializes in creating meaningful celebrations that will be true to the person who has passed and helpful to those who are mourning. Additionally, Peaceful Crossings offers life and grief coaching for those that need additional counseling for processing through the loss and change.

"Many people do not like the product/service that the traditional funeral homes offer because it's not personal," said Loo. At a traditional funeral, people go to the funeral home and the body has been embalmed and has an open casket. Loo explained that many people experience this and are mortified because usually the body does not look like the "Uncle Bob" that they once knew and loved. "It's just something that is dressed up to look like Uncle Bob. It looks bad and smells bad and that stuff goes in the ground. Many people go up to say a few words and their intentions are good, but they do not know how to present this person's life. That is what people have had to work with," said Loo. Peaceful Crossings hopes to change these traditional dynamics and help many people along the way. They also work with families looking to have at-home funerals and green burials. For more information, please visit www.peacefulcrossings.com, call 734-660-8622 or email callan@peacefulcrossings.com.

Please note that the "What's New" column is part of the editorial (not paid-for advertising) part of the journal, and the editors may or may not include what you submit. Whether the editors include material or not will depend on space considerations, as well as other editorial issues, such as the need for high resolution jpgs and the overall mix of stories included in the "What's New in the Community" column in a given issue. If you would like to submit information to be considered for this column, please email communitynews@crazywisdom.net or drop off or mail to the store: What's New in the Community, 114 South Main, Ann Arbor, MI 48104. The firm deadline for submissions for the next issue (September thru December 2011) is July 1, 2011.

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Sharon is living a rich, full life ... and there's no end in sight.

By making peace with and planning for her own eventual death she finds herself free to live more fully!

Working with a Peaceful Crossings coach, she:

- **Completed a Legacy Kit** to make sure her documents, intentions, and final wishes are well organized and clearly communicated,
- Worked with a conscientious **financial advisor** and **estate attorney** to provide for and protect her loved ones,
- Planned a creative and meaningful **Life Celebration** with the help of a **Celebrant** that will express and celebrate the life she's lived,
- Captured **her story in autobiography form** to share her experiences, learnings, and words of wisdom with her loved ones,
- Video taped personal **messages to her loved ones** that they'll receive when she passes,
- Created unique **portraiture** which tells the story of her **life in pictures**, and
- Made pre-arrangements for **grief counseling** for her loved ones to help them deal with the grief that will eventually come from losing her.

Gary passed away unexpectedly at age 62.

And he hadn't done enough to prepare himself or his loved ones ahead of time.

His family, in shock and grieving, didn't know what to do but they did their best to pull together to pick up the pieces. They:

- Spent agonizing time and energy trying to figure out the financial puzzle, not knowing what to look for or where to find it,
- Argued and eventually fought about what Gary would have wanted done and how to divide his belongings,
- Worked with the funeral home to hastily put together a funeral that was surprisingly expensive and sadly meaningless,
- Missed the opportunity to hear his full story and benefit from his experiences,
- Missed the opportunity to say and hear one last "I love you",
- Struggled with grief for years, not knowing how to cope.

Let Peaceful Crossings help you plan something better.



How you live creates your legacy. We'll help you secure it.



The Legacy Kit(tm) with expert Legacy Coaching ensures that your intentions and wishes are well understood and that they protect your loved ones from needless strain. Our innovative services enable you to express your unique legacy in a meaningful, conscientious, and personal way.



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Your own.