

What's New in the Community

By Anne Duffy

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.

New Offerings by Established Practitioners and Businesses

Natural Body Health & Wellness (formerly known as Migun of Ann Arbor) moved in January to a new location down the road from Briarwood Mall and has expanded their services beyond the Migun Thermal Massage Bed System, adding many other wellness modalities.

They are planning a Grand Opening in September that will offer free services, promotions, drawings for giveaways, and healthy snacks to eat.



Natural Body Health & Wellness (formerly known as Migun of Ann Arbor) moved in January to a new location down the road from Briarwood Mall and has expanded their services. They've added wellness modalities including a full-spectrum infrared sauna, a Range of Motion four minute cross-trainer, an inversion table for circulation, and a Rife machine for a multitude of energy treatments.

Owner Kevin Harrigan said their main product has always been the Migun Bed that uses jade rollers that run up and down the spine and incorporates the therapies of chiropractic, acupuncture, acupressure, far-infrared heat therapy and massage. Studies have shown this bed to benefit gastrointestinal disorders, relieve headaches and stimulate circulation.

"Everything we have here compliments one another," said Harrigan. Some of the other services they have added include a Dr. Mercola Tanning Bed for Vitamin D production, a three seated full-spectrum infrared sauna for healing and detoxification, a ROM (Range of Motion) four minute cross-trainer equivalent to 20 minutes of aerobic exercise, an inversion table for circulation, a Rife machine for a multitude of energy treatments, oxygen treatment for a



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People's Choice Alternative Medicine Clinic, a medical marijuana clinic, opened in July of 2010 in Ann Arbor and sees about 75 patients per day. The non-profit "compassion membership club" currently has over 2,600 members and is carrying about 17 different strains of marijuana, each being used for different medical situations.

boost, a Turbo-Sonic ionizing alkalizing water filter, and a patented sound vibration system for weight loss and clearing other ailments.

Harrigan said the type of infrared sauna they have was featured on TV shows such as *Oprah*, *Dr. Oz*, *Ellen*, and *The Doctors*. The sauna can be programmed for its wavelengths to target various items like weight loss, relaxation, skin health and pain relief. Their Rife machine employs a technology from the 1930s that Dr. Rife used while researching the specific frequencies of particular viruses, bacteria and parasites. He discovered that if you target a resonance frequency of the undesirable organism, it would explode and be killed. Many people use this machine today to reduce infections of various types, however Harrigan stressed that people should always seek treatment from a doctor first.

According to the show *Dr. Oz*, the inversion table is one of the two best wellness

products people should invest in. It is used for traction and decompression of the spine. I, myself, had a chance to try the inversion table and loved it. I had a headache, and after lying upside down on it for five minutes, the headache was gone. I have also been on the Migun Bed before. It was very relaxing and helped me with sore areas on my back, perhaps even re-aligning my spine. Natural Body Health & Wellness offers many holistic supplements, personal care products, and a Himalayan salt crystal inhaler *Dr. Oz* has also recommended for anyone with breathing problems. For specifics on the grand opening in September, please visit www.nbhwellness.com, call 734-213-2800, or email kyle@nbhwellness.com.

New Books by Area Authors



Author Lorna Brown, ordained minister and spiritual teacher, completed her spiritual memoir late this summer entitled *Dragonfly Dialogues - The Memoir of an Awakening Spirit* and copies are available at the Crazy Wisdom Bookstore and on her website.

"When we listen to our hearts instead of our heads we begin to move into a higher level of awareness. As we have fun, play, enjoy, *be*, we begin to embody our Divine Purpose," said Brown, who also has performed wedding ceremonies for ten years across Southeast Michigan.

Dragonfly Dialogues is a memoir recounting Brown's life-long process of awakening that she

hopes will help others. She asks readers to consider the possibility that they are here on a Divine mission and they may have forgotten what that is. She stresses learning to look at life from a perspective that considers all of one's experiences, the comedies and the tragedies, and that brings awareness to the ups and downs that create a complete picture, and all of it is perfect. "From there comes the ability to honor ourselves for who we are and the unique roles each of us plays," said Brown.

What's New in the Community

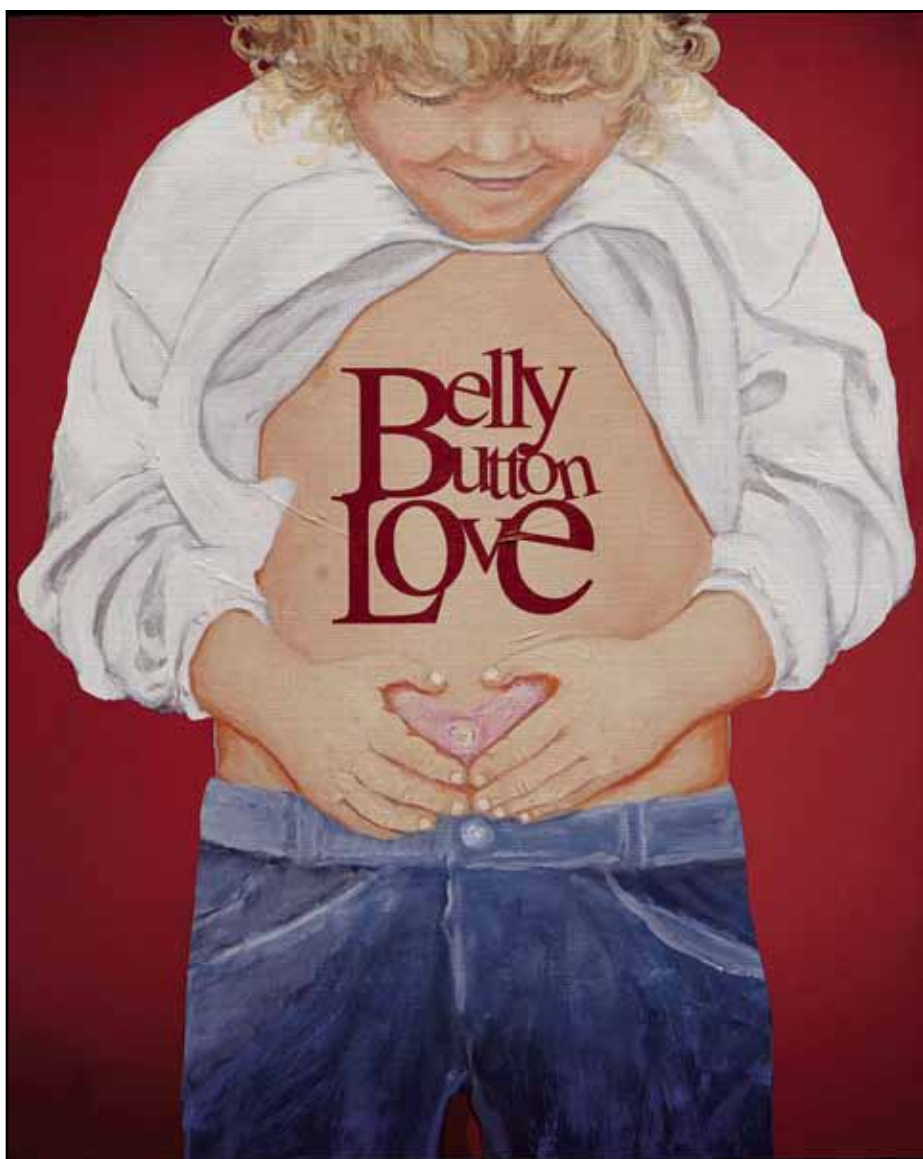
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“Drama is a necessary part of life. Running from drama is not engaging in life, and all of our stories have meaning and every perspective helps us to see ourselves clearly. Let us not linger in the drama so we can start to move on to our always greater personal callings,” added Brown. In her book, Spirit is represented by a dragonfly, an animal that often came to her during significant times in her life when she was receiving messages.

Brown is ordained as a Melchizedek Priestess through the Sanctuary of the Beloved in New York State, a legal church. She has been teaching workshops in Sacred Geometry for 18 years, which uses meditation with various geometric figures to activate the “light body field,” or Merkaba, to balance the integration of left and right sides of the brain. Brown also does Soul Retrieval (putting disconnected pieces of ourselves back together) and Munay-Ki workshops, which are initiatory rights of energy transmission that bring people into who they are becoming.

Brown explained that the planet is shifting from *Homo sapiens* to *Homo luminous*, which means we are raising our consciousness and experiencing a “download” that is bringing us into a different resonance. Brown has created a variety of new guided relaxation meditation CD’s available in early fall.

To pick up a copy of the book, CD, or to take a workshop, please visit www.revlornabrown.com, email starlab6@aol.com or call Brown at 734-428-8748.



Local author Kelly Hagen and local artist/illustrator Maria Rodriguez published their children’s book, *Belly Button Love*, in November 2010. The book captures the mother/child connection through the simplicity of the belly button, the place where each one of us was once connected to our mother. Spirited artwork and poetic rhymes make it a wonderful book journey for both mother and child. “It is a very intimate thing for a mother to read the book because a mother’s love is so enduring, devoted and eternal,” said Hagen. “But this book takes people back to their own mothers as well.”

Hagen was inspired to write the book after she had an abdominal surgery where they had to reconstruct her belly button. She noticed she was upset afterwards and didn’t know why at first. After some reflection, she felt it had to do with the recent loss of her mother and a subconscious awareness that the belly button is the place where she and her mom were once one. She began to write about the significance of the belly button, and her son, who was seven at the time, helped her with the book. Once she was done, she shared it with various groups and was so surprised that men and women alike became so emotionally moved they would sob. She has come to realize this is a very powerful book for people.

Hagen learned of the book’s illustrator, Maria Rodriguez, originally through craigslist. She described their first in-person meeting on Thanksgiving Day as having explosive creative energy. Rodriguez had been painting mother and child canvases for years and Hagen knew she had found her artist. It took them three years to finish the book. Wishing to continue their journey together, Hagen and Rodriguez formed a publishing company and have become a mom team. They plan on creating other books together.

“My job as a mother is the biggest blessing and the most precious thing in my life,” said Rodriguez, whose passion for painting and design has helped her express these sentiments in the book. Rodriguez once owned Zeus Gallery in Chicago, where she sold art in all media, representing herself and many other artists from around the world. Rodriguez’s illustrations from *Belly Button Love* are available online at www.bellybuttonlove.com and are also on display at the Gallery Mariposa on Mack Ave. in Grosse Pointe Woods.

Hagen has completed work a miscarriage handbook called *Miscarriage: The Recovery Process and One Woman’s Journey*, which she is getting ready to publish as well. To purchase *Belly Button Love*, visit Crazy Wisdom Bookstore, or go to www.bellybuttonlove.com, or call 248-343-2906.

Events



Healthy Edge, United Way of Washtenaw County, and Be Happier Today are sponsoring a “What About You Walk” on September 24 at Gallop Park starting at 9 a.m. and continuing with activities throughout the afternoon. Participants can choose to walk or run 5k or 1-mile trails in the park. Participants in the walk have the choice of what charity their money should go to. The event features a free lunch offered by Damon’s Grill in Ann Arbor, live music by Solar Soundscapes and by Ken Kozora, a charity expo, presentations, family fun activities, prize giveaways and a health and wellness fair sponsored by UM Taubman Center.

Christine Clipper, owner of Healthy Edge and a wellness coach and healthcare facility consultant, explains that she created the walk because she wanted people to have an opportunity to live their best life. “Being in healthcare for so many years, I have seen how patients have entered our system only to re-enter again. In a bigger picture, I want to do something in business that is going to pick up people once they have been discharged from a formal treatment program. So the walk came about to draw awareness and seek out what is most important to people,” she added.

Among the charities participants are walking to raise money for is Autism Alliance of Michigan. AAM works towards improving the quality of life for individuals with autism and their loved ones through education, comprehensive services, coordinated advocacy, and cutting-edge research. Another big group this year is North Star Reach, breaking ground in Pinckney, Michigan, in 2012, a 105-acre camp for enriching the lives of children with serious medical challenges within a 500-mile radius. Also on board is



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Stiggy's Dogs, a fairly new non-profit organization dedicated to supporting Military Veterans by rescuing dogs and training them for veterans suffering from Post-Traumatic Stress Disorder and Traumatic Brain Injury. And we have to mention Grass Lake Sanctuary, whose mission is to provide retreat experiences focused on nature, relationship building, creativity from the heart, foods for health, de-stressing and rejuvenation.

Individuals, families and teams are welcome to be a part of this special event. Please visit the website and register before September 21 to participate or just come out to watch and enjoy the activities for the day. "I just love doing this event. If I can help put something out there that will increase awareness to their cause and raise money in support of their cause, that's just the biggest reward," said Clipper. Visit www.whataboutyouwalk.com, email info@whataboutyouwalk.com or call 734-751-7618.

New Classes

Family and child therapist Violet Martin, LMSW, of Mindful Heart Counseling will be holding mindfulness classes this fall in Pinckney. One of Martin's passions is teaching all people, and especially young people, how to effectively cope with stress, disappointments, or intense feelings by developing skills in her workshops.

Her introduction to mindfulness for mothers and young children class is structured to help mothers teach children, beginning at age four, what mindfulness is and how to calm themselves when they are upset. "Self-soothing techniques are really important for kids to learn, and the earlier the better," said Martin.

In her "Stress Reduction for Students" class, middle school through high school aged students learn practical and concrete ways to cope with unique situations that bring stress to that individual person. "Each person discovers their own skill that works best for them out of a set of techniques they learn from the class," she added. Martin also often uses art, music, and writing in journals to help students find creative ways to express feelings.

Martin described "mindfulness" as a state of mind where you remove the "chatter" so that the mind experiences peace, clarity and acute awareness of being present in the moment and being connected to the body, heart and mind. "It is the stillness that produces the deep awareness of your experience in the moment and that can carry over into your life in your daily life experience," she added.

Violet Martin of *Mindful Heart Counseling* teaches an introduction to mindfulness for mothers and young children class that is structured to help mothers teach children, beginning at age four, what mindfulness is and how to calm themselves when they are upset.

Meditation is not mindfulness, but it is the key to the doorway of mindfulness. "You need your cognitive skills and your heart skills," she added. Martin has been practicing mindfulness for ten years and is a student of Thich Nhat Hanh, a Vietnamese Zen monk who is a renowned author, peace activist, and poet who has taught mindfulness for several decades. "He is the most inspiring influence in my work and passion in my life," said Martin.

Mindful Heart Counseling is located in Pinckney and has a weekly mindfulness group that meets on Tuesday evenings for all ages and also a group at The Brighton Natural Wellness Center in Brighton on Monday evenings. Martin is available for private therapy, coaching, advising and wisdom counseling. Visit www.mindfulheartcounseling.com for updates and class schedules or inquire at violet@mindfulheartcounseling.com or 734-308-8360.

Cynthia Haas, aroma-therapist and instructor of "Raindrop Therapy" at the Ann Arbor School of Massage, is offering a new class, Introduction to Emotional Healing with Young Living Essential Oils, this September at The Brighton Natural Wellness Center. There will be a longer workshop to follow later in the year.

"These essential oils work on four levels: the mental, emotional, physical and spiritual. In my research and in everything I hear, at least 75% of all illness is emotionally based, and some think it is even higher," Haas said. She uses the oils to teach Raindrop Therapy, a physical therapy that uses specific oils applied along the spine to detox and eliminate viruses, bacteria, parasites, and fungi that live in the spinal column because these therapeutic oils penetrate two inches into the body.

For this new class, Haas will be using a book called *Releasing Emotional Patterns with Essential Oils* by Carolyn Mein, DC. The book pairs negative emotions, such as fear, depression, and anxiety, with specific oils that can clear them when they are rubbed into the corresponding acupuncture reflex point on the body. "For depression, we use the peace and calming oil blend and apply it on the depression point behind the ear while repeating a positive affirmation," said Haas. In this class Haas will be teaching a modality called "muscle testing" that will help indicate how often a person needs to apply the oil to the point on the body to clear the emotion.

Haas got involved with the oils while she was in massage school. She then read an article in *Psychology Today* that mentioned the healing of emotions with essential oils. The article said the best way to release trauma or negative emotions is with essential oils because emotions are catalogued in the amygdala of the brain, where the sense of smell is processed, and stored throughout the body almost like a library. It said the best way to release emotions was by using the sense of smell that goes right into the olfactory nerves and directly to the amygdala. "So essentially, even just smelling oil gives you a treatment," added Haas.



Cynthia Haas

Cynthia Haas uses essential oils to teach *Raindrop Therapy*, a physical therapy that uses specific oils applied along the spine to detox and eliminate viruses, bacteria, parasites, and fungi that live in the spinal column because these therapeutic oils penetrate two inches into the body.

"One of the reasons I know I am here is to help people clear emotions and I have a passion to help people with trauma and Post-Traumatic Stress Syndrome, and, specifically, veterans," Haas said. She explained that the body has a filing system for every emotional experience a person has had and the oils are a gift to release some of the negative emotions. Call 313-271-7326 to sign up for the class with Cynthia, email her at cjhaas9@comcast.net, or visit her website www.yleoconnect.com/yl/cynthia.

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Sydney Sweeney



Sydney Sweeney, creator of a four-part personal growth workshop series called *Who The Hell Am I, Honestly*, is offering Skype video one-on-one conference classes where the client can do the workshop through the Internet in the privacy of her/his own home. She is asking that participants have both a webcam and a microphone. Sweeney said the Skype class is ideal in that the Internet helps people feel less "exposed" when sharing deep and hard truths about themselves and is designed to help people understand and embrace who they honestly are.

"We carry so many voices in our heads; beliefs that we think are our own that have come from somewhere else: our parents, churches, teachers, families, or even media. The things that you believe about yourself, are those really your beliefs?" said Sweeney. By taking her workshops, "we get to learn who we really are in asking those questions."

She tells her story, "Beginning in 2000 with a beautiful illness that nearly ended my life...In the six months it took me to heal my body and in the years-long process of writing my book, *Three Sides to a Circle: A Memoir*, I faced myself and I did not hold back: I learned to admit when I behaved poorly, when I overreacted or when I allowed drama or the agenda of others to control my emotions, actions and consequently my well-being. It has been a gut-wrenching exploration of who I truly am. The process was hell. I excavated my life, my beliefs and my soul...and I survived."

Out of her journey she developed and wrote the workshop series with versions for both men and women. By using specific questions, guided journaling and uncensored, non-judgmental discussions, she helps participants focus on taking responsibility for their identity and well-being. The series reflects the seasons of life. The first part explores first relationships, the ones shared with our parents. The second part symbolizes adolescence, the time when friendships begin to change. Adult identity is challenged in the third part, and for the last part, the topics of death, spirituality and religion are covered.

Besides the virtual Skype classes, Sweeney will be teaching in person at The Leaven Center about two hours away from Ann Arbor in Lyons, Michigan, November 4-6, presenting the first two workshops to her series, *The Legacy of Our Mothers* and the *Woman to Woman* workshops, at a women's weekend retreat center. For more information, visit www.whothehellamIhonestly.com, email info@whothehellamIhonestly.com, call 616-225-0892 or visit her blog www.whothehellamIhonestly.wordpress.com.

Spiritual teacher, Eve Wilson, who has been training healers for 26 years, is offering a 13-week course called *The Healer Ascension Certification Course* starting in October. The course meets every other week for three hours and includes five personal sessions with Wilson. This certification course is the expanded version of her original class called *Accelerated Healer Development Course* that she taught over the last decade. Course work is experiential and transformative and includes a comprehensive manual with exercise CD's. Once the *Healer Ascension* course is completed, the student can be certified through the Universal Church of the Master Healer as a Healer Practitioner, which makes the student legally certified to practice healing throughout the US and Canada and, according to Wilson, is a profession listed in the IRS book of job titles.

"This is sort of like a Ph.D. in healing where we start with developing the healer's integrity and how to discern who you are working with in spirit, so that the person is working with beings of unconditional love. Then from there they can work with those beings to accomplish the healing," said Wilson. Healing work is done on themselves, each other and outside the classroom. "I start by screening for intuitive people who are naturally discerning, have awareness of God in them, and a strong desire to work from a pure place or have a passion for truth and serving others," said Wilson.

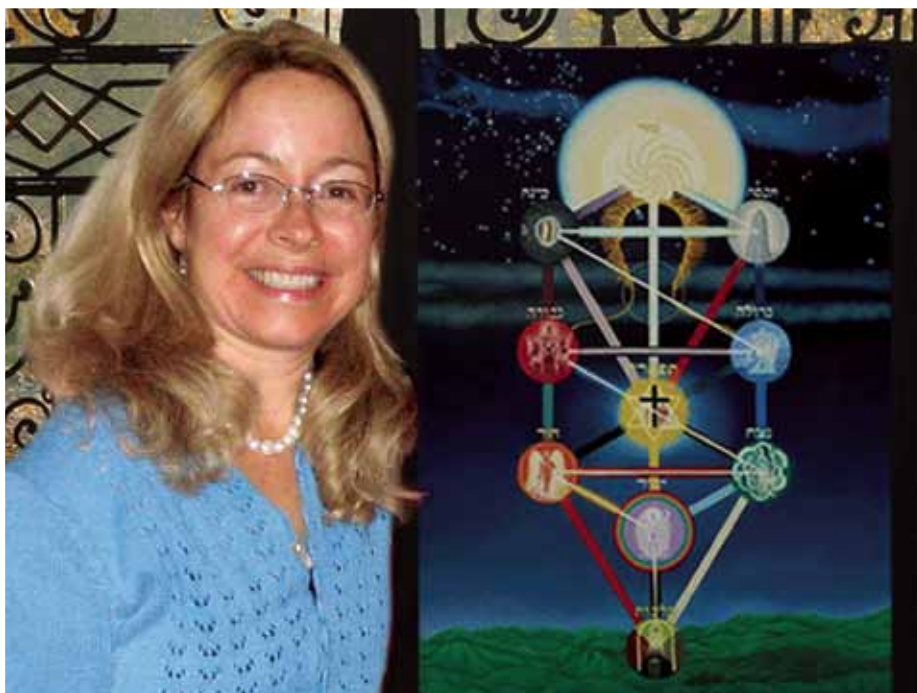
The course is held in Ann Arbor at Wilson's home every two weeks and people may attend in person or via a Skype conference call during class. Wilson said that healing the planet and social patterns in the world is accomplished through working on an individual's problems. Wilson works with healer trainees as she traces their issues through the ancestral line, through the soul group and through all of their lifetimes. "We work with it [the issue] at the place where it connects to others on the planet who are also working with the same issues or patterns. It is called the 'collective consciousness' for that soul group," said Wilson.

As a comprehensive course for healers, Wilson covers an impressive spectrum of topics: physical, emotional, mental and spiritual healing, healing partnership with Archangels, Ascended Masters and etheric surgeons, aura reading, clearing and repairs, soul contracts (understanding, fulfilling and revising them), present and past life healing, the healing Kabbalah or Tree of Life, inner child work, power animals, soul retrieval, chakra tuning and balancing, psychic boundaries and protection, identification of spirit beings, psychic anatomy, healing children and animals with distance-healing, world healing, and clinical practice.

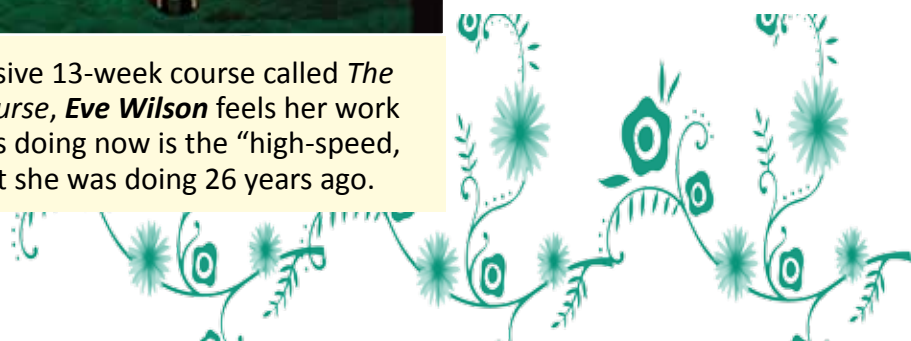
Wilson also helps her clients go back through time to resolve traumas as they happened, healing them completely and bringing that healing forward in time so it's no longer an issue. She says that through these healings, the situation can be corrected, making it better than if it never happened: the lesson is learned without the memory of the pain.

One of the tools she uses for these healings is the Kabbalah or Tree of Life. "The Kabbalah is the underlying structure and platform that God built reality on as we know it and the Kabbalah is the DNA of the cosmos. The macrocosm of the microcosm. So if we work with the Kabbalah, we can actually go to those places where things originated and work with the contracts that are no longer needed and connect God into those places. We then re-direct the energies to wherever they need to go next. It's a very useful system," said Wilson.

Wilson feels her work has really evolved and what she is doing now is the "high-speed, rapid, effective version" to what she was doing 26 years ago. Wilson has a spiritual blog www.spiritualhealers.com/blog and website www.spiritualhealers.com. You can reach her by email, evew@spiritualhealers.com, or you can call her at 734-780-7635.



Now teaching a new comprehensive 13-week course called *The Healer Ascension Certification Course*, **Eve Wilson** feels her work has really evolved and what she is doing now is the "high-speed, rapid, effective version" to what she was doing 26 years ago.



Soul Essence Expanding, a group housed out of The Center for Integrative Well-Being in Plymouth, is hosting a number of Constellation workshops this fall that will feature additional well-known Constellation facilitators from out-of-state and the U.K. the basis of Constellation work stems from blocks in the unconscious that individuals are unaware of that can be brought into the light and healed.



Jane McLaren and Deborah Foggio

“It’s a great tool that enhances your ability to understand what is going on in a field of a person, from the unconscious through to the conscious, enabling them to recognize that from their own perspective, rather than somebody else telling them, ‘here’s your challenge,’” said Deb Foggio, owner of The Center of Integrative Well-Being and a facilitator of Constellation work. “It’s what’s invisible to us that creates the challenges that we experience in life – our beliefs, our emotions, and thoughts – because we are making decisions based on those things and yet we are not conscious of them and it can make our lives feel out of control, which keeps us stuck,” added Foggio.

***Soul Essence Expanding*, a group housed out of *The Center for Integrative Well-Being* in Plymouth, is hosting a number of Constellation workshops this fall that will feature well-known Constellation facilitators from out-of-state and the United Kingdom.**

Jane McLaren originally brought awareness of Constellation work to Michigan when she created a training class taught by Dr. Ed Lynch in 2006. McLaren and Foggio are the local co-facilitators for Soul Essence Evolving, a systemic Constellation approach to healing that removes emotional, mental, physical, and spiritual blocks that keep people stuck from moving forward. (*The Crazy Wisdom Journal* featured their work on page 68 of the May thru August 2010 issue, which is available in the archive of articles at crazywisdom.net.) They are offering open-house workshops for the public every 2nd and 4th Friday of the month from 7 p.m. to 10 p.m. for people to come and experience Constellation healing in a friendly, non-threatening environment.

From September 16-18, Christina and Dale Wright-Lonheim from Seattle, Washington, will teach *Shamanic Constellation Soul Work Series*, an introduction to finding belonging through connection with one’s ancestral past. There will also be an additional special advanced training offered that covers a year’s worth of instruction for facilitators in January, March and September of 2012.

On October 15 from 10 a.m. to 1 p.m. there will be an *Introduction to the Fundamentals of Systemic Family Constellation* class facilitated by Foggio and McLaren. The class will train healers on how to use Constellation work as an additional tool in their own healing career paths.

From November 11-13, Vivian Broughton from the U.K. will facilitate *Freeing the Self from Entanglement: Working with Trauma Constellation*, which is focused on recovery from the idea that a child takes on the mother’s trauma from their early bond and that trauma splits the soul. The trauma needs to be removed so the person can be fully present in their lives and for others. Broughton has written a book entitled *In the Presence of Many – Reflections on Constellations Emphasizing the Individual Context*.

From December 2-4, there will be a Sisters of the Soul Moon Lodge Retreat held at Lake Huron Retreat Center with facilitators Foggio and McLaren. The purpose of the retreat is to embrace bonding and incorporate systemic Constellation work with other women. For updated information, please visit www.integrativewellbeing.com, email lightworkscenter@att.net or call 248-702-7064.

New Businesses and Practitioners



Massage therapist, body worker and business owner Sharon Lawlor opened Tranquil Being and Healing Arts Center in November 2010 in Ann Arbor. Lawlor, whose background is in environmental science, has been practicing massage on clients for over six years in various other locations. Tranquil Being services include Thai herbal poultice massage and wraps to help detox the body, lymphatic drainage therapy, cupping, reflexology, chakra balancing, cranial/sacral balancing, Reiki and energy work, as well as services specifically designed for moms-to-be and new moms.

“People say that I am different than what they have experienced before. First, it’s my love and passion for what I do and for the people, but I also feel intuitively where my clients need work and how, and my hands are drawn to a certain area,” said Lawlor.

Lawlor is really excited about the newest addition to her services, a full-spectrum infrared sauna, which is brand new technology that occurred in late 2010 and was featured on the TV show, *The Doctors*. “I’m totally elated for its arrival and the benefits that it’s going to provide for my clients,” exclaimed Lawlor. This sauna is not typical in that it has far, near and mid infrared rays which contain the most beneficial rays of the sun. The wavelength of the ray that penetrates goes several inches into the body to detox out seven to ten times more toxins than a regular sauna, even at a lower temperature. Lawlor explained that the sauna can be programmed for its wavelengths to target various things like weight loss, relaxation, and pain relief. She custom-ordered it to be constructed with basswood, which is more hypo-allergenic.

***Sharon Lawlor*, owner of *Tranquil Being and Healing Arts Center*, is excited about the newest addition to her services, a full-spectrum infrared sauna, which is brand new technology that occurred in late 2010. This sauna is not typical in that it has far, near and mid infrared rays and can detox out seven to ten times more toxins than a regular sauna, even at a lower temperature.**

Tranquil Being’s Thai foot massage, as well as other body wraps, utilize the brand Ytsara, whose Thai organic herbs are used in high-end resorts and spas throughout the world and consist of ginger, lemongrass, turmeric, bergamot and cinnamon. The herbs are wrapped in a muslin cloth ball that is steamed and then pressed and rolled on the body on acupressure points. This is followed up with an aromatherapy massage. Being that I have sore and tired feet often, I’ve had a chance to try the Thai Foot massage and my feet felt completely fantastic afterwards.

Moms-to-be are very dear to Lawlor’s heart. She learned cranial and lymphatic work during pre-conception, pregnancy and post natal at an advanced cranial-sacral obstetrics class out of state. Cranial-sacral work can include light myofascial work over the belly button area. It works with healing emotions of your own birth, clearing karma before you give birth, or dealing with the emotions of a traumatic birth of your own baby. Many times the practitioner can work on the cranial rhythms of the baby in utero.

Lawlor has a love for the earth that started in high school and she tries to carry only organic products and natural products. “I try to offer and research things for my clients that are very helpful and very eco-conscious.” For more information, please visit www.tranquilbeing.com, email Sharon at info@tranquilbeing.com or call 734-718-5000.

People’s Choice Alternative Medicine Clinic, a medical marijuana clinic, opened in July of 2010 in Ann Arbor and is nestled across the street from the Michigan Stadium. The clinic sees about 75 patients per day. The non-profit “compassion membership club” currently has over 2,600 members and is carrying about 17 different strains of marijuana, each being used for different medical situations.

“We really stand behind the alternative medicine side of it. We feel there are a lot of alternatives to things that people are getting prescribed for that are just as effective and better for your body. Something that is grown naturally is going to work better with your body than something that was made in a laboratory somewhere,” said Daryl Mynes, one of three co-directors of the clinic.

According to Harry Cayce, also a co-director of the clinic and a distant cousin of Edgar Cayce, the famous medical intuitive from the 1920s, there are three main substances that testing companies are looking at in marijuana.

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One is THC (Tetrahydrocannabinol), which many know as one of the “active” components of weed that gives the euphoric high. However, Cayce said, “CBD (cannabidiol) and CBN (cannabinol) are two other substances found in certain marijuana strains that seem to be even better at relieving pain in the body and for the nervous system.”

At People’s Choice, all the strains are grown in-house and naturally without synthetic herbicides or pesticides. “We are medicine guys, so we don’t want to give you medicine that makes you sick,” said Cayce, who implied other cottage industries may be using concentrates with synthetic pesticides in their medicines, which is a growing concern among the holistic community. Cayce went on to explain that there are some natural treatments like cayenne pepper or peppermint oil that will do some damage to bugs. The clinic’s marijuana strains all have different uses and potencies. The two basic strains are Sativa and Indica. Romulan is a strain that is more concentrated in CBD, which is better for pain and has less THC in it.

“Instead of them [patients] going to a street corner to try to get their medicine, it’s a much safer, cleaner and friendlier environment for them to come to a place like here,” said Mynes, in reference to what inspired the directors to start the non-profit. Cayce agreed and added, “It was just time, it’s holistic medicine put on earth by God and it’s time to quit screwing around and putting people in cages just because they use it.”

To join the club, a potential member must get an attestation, a recommendation, from his/her doctor about one’s medical condition and need for marijuana. This paper is to be sent to the state for approval or denial. Once approved, the person can join People’s Choice for \$10 for the year as a member of the club. Each patient’s credentials are checked with the state to make sure his/her papers are in order.

Patients that come to the clinic say they are sick of taking prescriptions that have too many horrible side effects. Many patients have taken Vicodin for pain and were getting sick from it and needed an alternative that was safer for their liver.

Because People’s Choice is holistic, each new patient/member is required to fill out an intake evaluation form with the massage therapist. The therapist informs the patient about different uses of the strains of marijuana and/or delivery systems available for the administration of the medicine. She also makes additional recommendations, such as holistic modalities and supplements based on the individual’s needs. The clinic carries vitamins, herbs, phytonutrients, and essential oils in addition to marijuana, utilizing many tools to help their patients and members with their health.

“I think our clinic stands out from others because we use ‘muscle testing’ to see what strain is better for you,” said Cayce in reference to which medicine strain will strengthen that person’s body and also testing for which delivery method is best for someone. The medicine can be ingested, smoked, used topically or inhaled with a vaporizer. “Most doctors recommend a vaporizer, as it is easier on the lungs,” he added.

“A good portion of people don’t want to smoke it, so the clinic offers ‘medibles,’ which are medicated edibles like brownies, ice cream, caramel popcorn, cookies, pizza, and rice crispy treats,” said Mary Dettling, the clinic’s massage therapist. “It takes longer for medibles to take effect but it lasts longer in the system.”

The clinic is looking to expand their services but they are limited on space until zoning issues are resolved with the city. Once that is taken care of, they plan on bringing in chiropractors, acupuncturists and other adjunctive therapists to add to the holistic atmosphere. The clinic also showcases local artwork and is involved in charity food drives with Zingerman’s Food Gatherers.

People’s Choice is a member of the Ann Arbor Cannabis Guild that formed among the dispensaries in late 2010 to set standards, in terms of security and maintaining the integrity, quality and purity of the medicine. For more information, visit www.peopleschoicea2.com, call 743-369-8573 or email daryl.peopleschoicea2@gmail.com.



Robin Connell

Grief Evolution opened in January in Ann Arbor and offers coaching to help people go from heartbreak to happiness after a loss. There will be a free and interactive seminar on Thursday, November 10 from 6:30 p.m. to 9 p.m. at Crazy Wisdom Bookstore and Tea Room about the myths surrounding grieving. Topics will include shifting consciousness about grief, how to accelerate healing and the best/worst comments to say to a grieving person.

“After completing three years of grief healing study and performing as an intern doing coaching, I became a Certified Master FHC (From Heartbreak to Happiness Coach) in April 2011,” said Grief Evolution owner, Robin Connell, M.Ed. Her training was through the Grief Coach Academy in San Diego.

Connell’s personal tragic story is what led her into grief coaching. After experiencing the sudden death of her young husband while she was expecting their first child, and not recovering from it well, she received news of a diagnosis of Multiple Sclerosis within three years. The “experts” and therapists told her she might never get out of the grief. Beyond this, her experience with grief support groups was that everyone just stayed stuck in perpetual grief.

As she was searching for a way to relieve her grief and find a cause behind her diagnosis, she finally one day fell upon the “blueprint and recipe to heal herself” and now enjoys helping others out of their needless suffering as well.

“I was devastated for a long time and tried every which way to get out of my grief. I kept thinking, I’m a smart woman, I can do this, but nothing was working to get rid of the boulder I was carrying around,” said Connell. Within four months of participating at the Grief Coach Academy, she felt she finally set down that boulder she was carrying. “I just didn’t want to feel better for a short time. I just really wanted to get better, and I felt lighter than air when I finished my training,” added Connell.

Connell feels that grief is cumulative, and if it’s not dealt with, it can pile up on a person, so they need a vehicle to get through it. Connell also said grief coaching isn’t just for a close death; it can be about losing one’s dreams, health, or a pet, too. She is hoping to help shift society’s consciousness, perspective, and habits about how grief is handled in our culture, including “when devastating things like Hurricane Katrina happen.” She added, “People are expected to be at work within ten days or two weeks, but everyone is so different when a tragedy happens, you can’t really say when you’d be back.”

Grief Evolution is offering a workbook in early fall, which is designed to help people to experience some peace of mind. It includes techniques for grounding, meditation, affirmations and asking for help.

Connell has been a consultant and coach in the business community for more than 20 years for companies such as Pfizer, Wachovia, University of Michigan, and Fermi Nuclear Facility, where she helped corporations and individuals define their missions, achieve their goals, and improve performance. The work prepared her for the very clear ‘niche’ of grief coaching. Come to the free seminar or visit www.griefevolution.com to download a free article, email robin@griefevolution.com, or call 734-929-7172.

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**Kim Phillips Knope and Leigh Ann Phillips-Knope
of Roots of Change**

Roots of Change germinated in the fertile soil of Ann Arbor in early spring. Kim Phillips-Knope and Leigh Ann Phillips-Knope, the co-directors, have partnered both personally and professionally, and will offer a unique range of holistic programs and consulting services. They formed Roots of Change as an umbrella organization that unites their passions for community development, social work, ceremony and healing arts, education and activism. Their mission is to bridge individual, organizational and social change, and work toward a more just and loving world that honors the interconnectedness of all beings. "We are really excited to be able to provide any resources and support we can to the community. It feels like a real honor to have a business like this and connect with folks," said Kim.

Kim and Leigh Ann have 30 years combined experience in the non-profit, program management, community development and education sectors. Kim specializes in training schools and organizations on all issues impacting gay and transgender youth. She currently works for the Michigan Department of Education and is the lead editor for a 175-page resource guide, *A Silent Crisis: Creating Safe Schools for Sexual Minority Youth*, that is in its 5th edition as a supplement (or stand alone guide) for a training on youth safety, gay/transgender students, and bullying prevention. Through Roots of Change she will continue to reach out to school districts nationally. She and Leigh Ann will also consult with community organizations, groups, and small businesses, offering a full evaluation process that includes recommendations on program planning, design, clarifying vision and purpose, and needs assessments. "Our goal is to merge larger-level social change with holistic programs to support the growth of individuals and families," said Leigh Ann.

As for ceremonies and healing arts, Leigh Ann is certified as a Life-Cycle Celebrant in Michigan, a non-judgmental ceremony specialist who creates original ceremonies for all stages of life – from the beginnings of life, parent blessings, coming of age, weddings, and end-of-life celebrations. She is committed to serving all individuals and couples, in all communities, including interfaith, LGBT and multi-cultural communities. Leigh Ann and Kim are in a same sex marriage that is legal in Canada and Massachusetts. Their third real but not legal wedding ceremony was a three-day celebration at Drummond Island in 2004. An article was featured in February 2011 in *The Ann Arbor Observer* about the couple's legal struggles and triumphs, and their love story.

In the next phase of Roots of Change, they are planning on opening a yoga barn and education center off Pontiac Trail in the fall of 2012. This will incorporate Leigh Ann's work as a yoga teacher for the past 10 years, specializing in reaching underserved populations, including older adults, survivors of violence, low-income residents and people living with serious health challenges.

"This is a dream come true for us. Kim and I have been together for eight years and we have been envisioning Roots of Change for a very long time. It's been a pretty special journey to be in together to really connect both of our passions into this life's work," said Leigh Ann. Please visit www.rootsofchange.us, email info@rootsofchange.us or call 248-981-6858 for further details.

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 (January thru April 2012) is November 1, 2011.

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Contact Barbara at: hbrodsky@deepspring.org phone: 734 971-3455

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