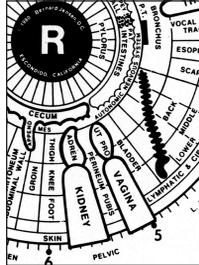


Mendocino Healing Arts



Prevention



Diagnosis



Treatment



Recovery and Cure

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Concept and Design by Robert W. Matson

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CONSCIOUS TOURISM

A Partnership Between Tourism, the Environment and the Healing Arts

There are a plethora of experts who practice their gifts in a variety of healing disciplines in Mendocino County. A potent and ethical economic future for Mendocino County is to partner tourism with the healing arts. This partnership can be patterned around the concept of "Conscious Tourism", whereby the inner and outer journeys are addressed and hundreds of "mom and pop" business's are economically nurtured. This is a sustainable future that promotes the quality of life and an economic reprieve from the polarizing and negative impacts of over harvesting redwood trees, depleting wild salmon runs and the paranoia and violence associated with marijuana growing. In a very important way it can help to minimize the millions of dollars lost by business in Mendocino County each year brought about by dysfunctional and self-sabotaging relationships.

During a Paradigm Shift a cleansing process always occurs. Its not about race, its about consciousness. Conscious Souls who are motivated by love have a much better chance of surviving. They have an inner compass of being at the right place at the right time. Unconscious souls enmeshed in fear, drama, drugs, psycho-babble and violence will be in the wrong place at the wrong time. Conscious souls will "lead a charmed life" or "be described as living like a cat with nine lives."

The incredible diagnostic capabilities of traditional medicine can partner well with the less intrusive and natural healing abilities of what the healers on these pages successfully utilize. Many fine doctors skilled in traditional medicine are now cooperatively partnering with various forms of the healing arts profiled here. Expect a miracle, because in Mendocino County they can happen every day. When the light and the dark co-exist together we can define the form and outline of the body of work to be completed. Every movement has its shadow. Remember, not to long ago healers such as chiropractors, herbalists and massage therapists were discriminated against by traditional medicine and pharmaceutical lobbies. Put the dysfunctional paradigm of fear and domination behind you. The new paradigm is based on love and partnership. Imagine the exciting and empowering relationships you can cultivate with the healers profiled here.

Like waves ebbing and moving across the shoreline, healers often increase skills and move from locale to locale. The individuals and professions profiled on these pages are the more stable and steadfast with proven track records and often the longevity of many years of success. The group I have picked are self managing. Doctors and healers from several fields scrutinized this section of the book. However, be ever vigilant to what is best for your body. Ask questions, cross check information with other healers, doctors and professionals. Ultimately you are responsible for your health and the decisions you make. Don't self-sabotage yourself. Get in touch with your addictions and the power of prayer and meditation and deal with them. Miracles and right livelihood don't happen unless you are open to them.

To the healers and professionals - stand tall - you are the light of the creator manifested in human form. We have all seen the eyes of a child reflect our love, the hand of a less fortunate gain strength in ours and a puppy or kitten tremble with joy at being held for the first time by it's new caretaker. Open your heart and give for someone's world can't wait a minute longer. Let your genius, your generosity and your heart radiate love by where you direct your eyes, your hands and your actions.

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HEALING NETWORKS

Prevention Diagnosis Treatment Recovery and Cure

Healing Network Referral Service(s) are very important. They can provide valuable information to help diagnosis patients and minimize their time and money to treat their imbalances. Healthy healing networks can be self-regulating with recommended costs and time frames for each healing technique. More than one network is extremely valuable for patients to query for their personal truth. It is also very important to build healthy bridges between traditional medical care (which is great for emergency treatment and diagnosis) and preventative and alternative health care.

The initial evaluation should be as inexpensive, revealing and painless as possible. A hair, saliva and blood test will reveal an overall profile of a persons physical health. A photograph of the retina of the eye will reveal a map of the body's organs and their health. These basic tests will reveal information about the physical bodies well-being to begin the process of pin-pointing which specialists and healing techniques are most applicable. This saves time and money and improves results which will build trust, good will and hopefully a heart to heart relationship between the patient, the alternative arts community and traditional medicine.

Networkers

Networkers have connections and a database to help save you time and money. Here are a few health care professionals who will help you on your path. Good networkers know that collaboration, not competition, is key to successful treatment and recovery.

Networking Individuals

Jerri Jo Idarius, Publisher - Grace Millennium Mag. 459-0241 jidarius@mcn.org

Katie Festinger, FNP Publisher - Directory of Healing Arts for Mendocino County
P.O. Box 93, Caspar, CA. 95420 (707) 964-8114 / (360) 732-7118

Nympha Cole, Aromatherapy Chakra Balancing, pacific@mcn.org 937-1463 / 2172

Brigid Roche, Networking women & health issues - Midwifery (707) 983-6701

Networking Business's

Arena Pharmacy, 235 Main St., Point Arena, CA. 95468 (707) 882-3025 Complete prescription services, herbal and homeopathic remedies, Chris Jorgensen, RPH

Articles, Janet Bienenstock RN, 611 Albion St., Mendocino (707) 937-3891

Cancer Resource Center, Sara O'Donnell Ukiah and Mendocino 937-3833

The Cancer Resource Center has a book and video library and highly specialized staff.

Corners of the Mouth, 45015 Ukiah St, (Red Church) Mendocino (707) 937-5345
Vitamins, herbs, Chinese Medicines, homeopathic remedies, flower essences, teas, on-staff nutritionist/healer and reference books.

Down Home Foods, 115 Franklin St., Fort Bragg, (707) 964-4661 Contact: Stanley

Full Circle Wellness Resource Center, 530 S. Main St., Ukiah, CA 95482 463-0777.

www.fullcirclewellness.org This non-profit wellness center accepts grants and donations

Good Food Store, 44850 Hwy 101, Laytonville, CA. 95454 (707) 984-6118

Mariposa Market, 600 S. Main St., Willits, CA 95490 (707) 459-9630

Natural Herb Gardens, Box 1544, Mendocino, 95460 Terri Paulson - Herbalist & Products sales that promote health. www.naturalherbgardens.com (707) 937-4999

Roots Herbal Apothecary, 240 Main Street, Unit B, Point Arena 95468 (707) 882-2699
Herbalists and classes, bulk herbs, Simplers bulk tinctures, remedies & allergy.relief.

Rubaiyat, Bead & Spiritual Giftshop 10550 Lansing St., Mendocino 937-1217

Three Sisters, 112 South School St, Ukiah, CA 95482 (707) 462-2320

Ukiah Natural Foods, 721 S. State St., Ukiah www.ukiahnaturalfoods.com

On staff advisors in nutrition, aromatherapy, vitamins and supplements. (707) 462-4778

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Introduction to Recreational Transformation

Recreational Transformation, as I have defined it is, you might say, a conscious vacation. Many people are on a spiritual or healing path to expand their awareness of who they are, the purpose for which they were born and the greater possibilities that life has to offer. Whether you are



Photo by Paul Kozal www.studio391.net

a beginner or a veteran on the spiritual path, this journey, on both the inner and outer levels, has something for everyone. That's why I have outlined certain people, places and things to connect you with along your way. Who knows what new doors will open to offer a solution to a problem or an answer to a prayer? Besides a backpack or a suitcase, the only other essential ingredient to a journey of this kind is an open mind. Let me also say that this path does not cater to any particular "spiritual persuasion". It is as each needs it to be for herself or himself. To be a successful traveler on this path however, one must honor the mystery and what treasures unfold one moment at a time. Learn to listen and follow your intuition and inner guidance to guide you to where you need to go, who you need to meet and what you need to do. A balance of being well planned and organized and also being free, unstructured and spontaneous will add to the richness and fullness of your experience. So, wherever your journey may take you, may it be a healing, transformative and exciting adventure!

The Facets of Healing - An Integrative Approach

Because the world is out of balance due to the over-population of humans living out of balance, everyone needs healing. The master healer is God in nature. The master role model is God in nature in balance. All healing is based on this concept. What most people don't realize, is that as well as having a physical body, we also have an emotional, mental and spiritual body. They are also known as the subtle bodies, because it takes a greater degree of awareness to sense them. I will be discussing each of these facets in the following section. More and more in today's world, healing is taking a more wholistic approach. People recognize the value of this and want those results more than ever in their daily lives, for themselves and their loved ones. They are more interested in the quality of life, not just the quantity. They are not satisfied with archaic models that only deal with their physical bodies and ignore their souls. For optimum health and well-being on every level, people recognize the need for the integration of the physical, emotional, mental and spiritual aspects of their being. That's why I have outlined an introduction to a very special group of healers and healing centers for you to explore and utilize. They are thrilled to serve you!

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The Physical

Physical health is more than running on the beach or pumping iron at the local gym. It is more than just eating three meals a day, or getting the allotted eight hours sleep a night. It includes an intelligent analysis of the uniqueness of each person's body and life situation and their own particular needs. In the Diet and Nutrition section of this chapter you will find experts who educate and facilitate people in mastering the balance of their 16 different body systems, including the acid/alkaline ph balance of the body. With a specific analysis of the body's systems, plus other health enhancing modalities such as chiropractic, acupuncture, ayurvedic and herbal medicine, therapeutic massage and an appropriate exercise program, people can come into higher levels of optimum health. The healthiest people drink purified living water, breathe rarified air full of negative ions and eat living organic foods from the garden. They also pay attention to the quality of environment they live in. Oxygenation is also extremely important. Deep breathing, breatherapy or running on the beach are ways of taking in the oxygen that we need to prevent illnesses such as cancer or heart disease. But remember, the whole is greater than the sum of its parts. Humankind cannot live on bread alone. We need more to sustain us than the obvious. We need the subtleties that enhance our emotional, mental and spiritual well-being as well.

The Emotional

Emotional well-being has to do with the health of our heart. Not our physical heart, but the heart of our feelings. Feelings are something a lot of us get are "not okay" by our families or the society and culture in which we live. They are suppressed and repressed as a way to make us think we are "in control". But all the suppression of our feelings does is diminish our life force and oppress our creative energy. There are very few role models that teach us how to effectively and graciously deal with our emotions in order to feel better, literally, and produce positive results, particularly in our relationships, work and creative life. Whether we like it or not, human beings are feeling people. That is one thing that makes us unique, and yet it also binds us together as one. We all have the same "range of emotions". The only thing that may differ is the degree we allow ourselves to feel and express those emotions. All emotions come from love or a lack of it. Love, joy, anger, sadness, pain, pleasure, sorrow, happiness, etc., are different colors of the same rainbow. What matters is our ability to respond appropriately, effectively and maturely to the emotions we're feeling and the situation we find ourselves in. Emotional health starts with loving and accepting ourselves first and then extending that loving-kindness to others equally. Emotional healing is the way to a happy heart.

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The Mental

Mental health is inextricably connected with the health of the rest of us on every level. It is very much like the “chicken and the egg” conversation. Which comes first? Does the mind affect the body and one’s life, or does one’s life and body affect the mind? In integrative medicine, it is being revealed that it is all one. Our thoughts affect everything in our reality - our emotions, body, work/career, relationships, spiritual life and creativity. One of the ways to enhance mental health is through understanding the nature of the mind. A classic and very effective way of doing this is through meditation. It allows the mind to become quiet and clear. Where the mind goes, the body follows. All memory is stored somewhere in our systems. Traumatic events, if not fully processed, lodge themselves in different places in our psyche and our body. That’s why different forms of body work, work the memories out of the muscles to allow our bodies to regenerate and transform. The mental body, as it is called, is the most stubborn and difficult to change. It wants to hold on to its old ideas, attitudes and beliefs, particularly if it feels its survival is threatened. Once we breakthrough into new ground, our imagination becomes “more important than knowledge”, as Einstein said. We open our minds and become aware of our choice to flow our energy in a positive or negative direction. A positive direction always opens up doors; a negative direction will close them. The mind is a very powerful tool. With wisdom and discernment, we can do amazing things that uplift ourselves and the world. What you can imagine you can create, and the possibilities are endless.

The Spiritual

Wow, what a big subject! The world seems more ready for a spiritual awakening now than ever before. Everyone feels a stir inside themselves that something significant is occurring and is about to happen. More and more people feel drawn to work on themselves, to explore and delve deeper into the mysteries of life itself. They want answers to questions that conventional religions have not, perhaps up until now, been able to address. Many are finding out who they really are and their greater connection with the Universe. They are exploring their greater potential for the purpose they were born. Humankind’s eternal search for the value and meaning of life drives people forward. Without that, life can feel very dry and empty. That’s why spiritual pursuit, in whatever way is appropriate for each individual, is becoming increasingly important. Attention to our souls, is just as important as our attention to our physical, emotional and mental aspects of being. It is said that there are as many paths to God or Spirit as there are people on the planet. I believe this is true. And when we honor each person’s unique choice of that path, we are honoring spirituality in the greatest way. So, on the following pages are people who are skilled teachers, mentors, counselors, consultants, therapists, doctors and energetic healers who can help you heal and gain a larger perspective of who you are, why you’re here and why you have experienced the life you have.

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Acupressure

Acupressure or Contact Healing is an ancient Chinese healing art that uses pressure from the fingers to activate key points know as meridians. Stimulating specific meridian points promotes the release of stagnate energy. Qi or Chi (life-force) is channeled as a continuous flow of energy throughout the body following this intricate network of meridian's. These meridians correlate with the body's electromagnetic system. When neurons fire they release an electrical pulse that travels from the brain until it reaches it's destination and activates the body to move, breath, even read this page. The constant firing of neurons creates a field of electricity surrounding the body. Forming the electromagnetic field or aura of a person. When the energy becomes stagnate in the body it can cause dis-ease and illness. Acupressure can aid the body in releasing muscular tension and memory, relieve chronic pain, improve circulation of the blood and stimulate immunity. Acupressure is safe to do on yourself, others and even pets!

See: www.holisticmed.com Read: Acupressure's Potent Points: a Guide to Self-Care for Common Ailments by Michael Reed Gach

Melinda Applegate - Acupressure and massage (707) 937-1769

Debra Scott - Water Bird Healing Arts Box 1394, Mendocino 95460 (707) 937-2722

Judith Vidaver Acupressure Massage 722 N. Main, Fort Bragg (707) 964-2517

Acupuncture

Acupuncture was developed in China almost 6,000 years ago and is based on the theory that the Qi or Chi (life-force) is channeled as a continuous flow of energy throughout the body by a network of meridian's. These meridians correlate with the body's electromagnetic system, formed by neurons. When the energy becomes stagnate in the body it can cause dis-ease and illness. Acupuncture utilizes the element of metal to restore the body by reconnecting the nervous system. The needles are metal and act as conductors jump starting neurons that are burnt out. Acupuncture helps damaged neurons restore their ability to fire generating chi and electricity. The hair-thin needles are inserted at specific meridian points to stimulate different systems; digestive, immunity and endocrine. This allows the body to correct the imbalances in these systems restoring health. See www.acupuncture.com

Read: Acupuncture: A Comprehensive Text by Chen Chiu Hseuh

Dr. Grace C. Liu, 390 West Clay St., Ukiah (707) 462-1211 www.drgraceliu.com

Dr. Laura B. Franklin, L.Ac., MS, Master of Science Nutrition, Chinese Herbology. 35512 S. Hwy 1, Anchor Bay, P.O. Box 1453, Gualala, 95445 884-3203

Anthony D. Morris, Acupuncture, Raw Chinese Herbs, Certified Drug Detox 530 S. Main St., Ukiah 462-9900 www.mcacupuncture.net 713 C S. Main. Willits 459-6899

Full Circle Wellness Resource Center, 530 S. Main St., Ukiah, CA 95482 462-3793

Alcohol & Drug Abuse / Replacement Therapy

Replacement Therapy is base on the concept that we can replace unhealthy habits with healthy ones. Our behavior patterns are built in to us. When we are stimulated our mind reacts by firing a series of neural impulses caused by peptides sent from the hypothalamus. The mind and body have created patterns or neural nets that stimulate a chain reaction in the body that responds the same way every time creating a habit. By reprogramming the neural net you can change the pattern of reaction by changing behavior.

We have been forming behavior patterns since conception. During the third trimester of pregnancy we begin to develop learning ripples on our smooth brains. These are the first things we have learned. Most drug and alcohol addictions are a learned behavior. We learn it from the media our parents and peers. Changing these patterns is challenging and possible. See: www.narconon.ca Read: Love First: A New Approach to Intervention for Alcoholism and Drug Addiction by Jeff Jay

Leah Hunter, Herbal walks, edible medicinals, salves, tinctures, teas, energy balancing &

group facilitation. (707) 813-7508 moondaymedicinals@hotmail.com

Anthony D. Morris, Acupuncture, Raw Chinese Herbs, Certified Drug Detox 530 S. Main St., Ukiah 462-9900 www.mcacupuncture.net 713 C S. Main. Willits 459-6899

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Aromatherapy

Aromatherapy is an ancient healing art currently growing in popularity. Our sense of smell activates different parts of the brain. For instance, inhalations of lavender are used for calming because it stimulates the brain to release serotonin, causing the body to relax. There is much more to a rose than just its sweet sent. Aromatherapy can also be used in a carrier oil or lotion and applied directly to the skin. The molecules of essential oils are so small that they penetrate the layers of fascia (skin) and go directly to the blood stream . This makes them very effective at treating organs directly instead of through the digestive system where you can lose a lot of the potency in the digestive process. Essential oils are distilled, expressed and enfleurage depending on the part of the plant you are using. Essential oils have the highest form of "living" energy used as medicine besides food.

See: homespaorganics.com Read: [The Complete Book of Essential Oils & Aromatherapy](#) by Valerie Ann Worwood

Baechtel Creek Inn & Spa 101 Gregory Ln, Willits www.baechtelcreekinn.com

Body Botanical: Jenifer Galletti & Lani Mitchell, 144 Laurel St., Fort Bragg 961-0703

Center for Natural Health: Crystal Rae, Certified aromatherapist & herbalist. 983-6747

Clutterbug: 39132 Ocean Drive, Gualala 95445 Located in Cypress Village 884-3611

Head to Toe: 400 South Main Street, Fort Bragg www.fortbraggheadtoeto.com 961-0878

Mendocino Lavendar Co: P.O. Box 512, Redwood Valley, CA 489-0009 / 5607 Ecologically farmed lavender, aromatherapy and hand crafted products.

Natural Herb Gardens Box 1544, Mendocino, 95460 Terri Paulson - Herbalist & Products sales that promote health. www.naturalherbgardens.com (707) 937-4999

Roots Herbal Apothecary 240 Main Street, Unit B, Point Arena 95468 (707) 882-2699

Herbalists and classes, bulk herbs, Simplifiers bulk tinctures, remedies & allergy relief.

Nympha Cole, Aromatherapy Chakra Balancing, pacific@mcn.org 937-1463

Nympha is well networked with 20 yrs experience as a herbalist, aromatherapist and body worker in Mendocino and has a healing studio at Hearts & Hands Retreat Center.

Breaththerapy

Breaththerapy has its roots in Reichian Process Work, Hendricks Body Centered Transformation Method, Hypno-behavioral Therapies, Rebirthing and Breathwork. Breath Therapy uses a variety of circular and conscious connected breathing techniques and process exercises to bring physical and emotional stress to the surface for release and integration. This clearing of blocked energy, negative beliefs and outworn habit patterns, unifies and integrates the body, mind, and spirit.

With air quality and the lack of exercise in today's society we do not get enough oxygen making it difficult to eliminate carbon dioxide. Breaththerapy increases cellular respiration, cell metabolism, and proper brain functions. These techniques help to relieve anxiety, insomnia and stress. Breaththerapy is a highly focused way of clearing the body of toxins and emotional blocks which often involves hyper-ventilation.

See: www.breaththerapy.net Read: [Breathe Magazine](#) : www.breathe-mag.co.uk

Rebecca Aum, Transformation Breathing, Box 1840, Mendocino, CA 95460 964-9818

Susan Feinbloom Rev. LHT, C Hom, LCSW, Transformational Breath 433-7135

Susan utilizes a high vibrational breath pattern that focuses on deep diaphragmatic breath with a long inhale and relaxed exhale - to avoid hyperventilation.

Cancer Information, Support and Treatment

The Cancer Resource Center is a grassroots organization whose mission is to improve the quality of life for those facing cancer by providing a wide range of books, video & CD library and a highly specialized staff of counselors and advocates.

IN UKIAH: 590 South Dora, Ukiah, CA. 95482 (707) 467-3828

IN MENDOCINO: 45040 Calpella St., Mendocino, CA. 95460

(707) 937-3833 800-488-6483 www.crcmendocino.org

See: www.cancertutor.com Read: [The Cure for All Cancers: Including over 100 Case](#)

[Histories of Persons Cured](#) by Hulda Regehr Clark also [Everyone's Guide to Cancer Therapy](#)

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Chiropractic Care

Chiropractic Care utilizes passive movement (forceful and /or gentle touch) and active movement techniques (stretching) to correct spinal-nerve interferences. It is believed if the vertebrae of the spinal column are aligned correctly the impulse from the brain can travel freely to the organs with out disruption. Chiropractors help maintain the natural alignment of the body so that it can function at optimal capacity, and has been effective in treating back problems, headaches, and other injuries and traumas.

See: www.cccmv.com Read: Toward a Philosophy of the Science of Chiropractic by Joseph C. Keating Lindsey Movin, D.C. (707) 937-BACK
Dr. Paula J. Murphy, 34 E. San Francisco Ave., Willits 95490 456-1030

ALSO: Network Chiropractics use Network Spinal Analysis, a method characterized by the sequential application of a number of gentle, specific chiropractic adjusting techniques applied to "Spinal Gateways". Care progresses through a series of levels that parallel spinal and quality-of-life changes through gentle touch. Spontaneous release of tensions, using existing tension as fuel, causes spinal re-organization and wellness.

See: www.networkspinal.com Read: Theoretical Basis and Clinical Application of Network Spinal Analysis (NSA) by Donald Epstein

Colon Health Care

Colon cancer is the second leading cancer killer of men in America. Colon Health Care is an internal bath used to wash away old toxic waste accumulated along the walls of the colon. Colon hydrotherapy is the safe, gentle infusion of purified water into the colon. Be sure the water and filtration systems used eliminate fungus, viruses and bacteria from entering your colon! Plaquetodial tar builds up along the walls of the colon which is caused by not chewing your food well, acidic stomach, lack of digestive enzymes and other external toxins. After years of build up the body will begin to absorb toxins resulting in systemic poisoning. Symptoms are mental confusion, depression, irritability, fatigue and allergies. See: www.curezone.com Read: Herbs for Nutrition and Colon Cleanse Program Dr. Richard Schulze

One of the most affective programs was created by Dr. Bernard Jensen who treated 350,000 patients in southern California.

Christine Esters, Santa Rosa (707) 545-2423 www.adventureinwellbeing.com
Chong Mejias Natural Healing Center, 18661 N. Hwy 1, Fort Bragg 964-4914



NATURAL HEALING CENTER at the COAST MOTEL

Chong Mejias is a natural healer. She and her husband Angelo have turned the Coast Motel into an affordable and comfortable place to stay as well as heal and balance the natural systems of the body through the use of the Migun Thermal Massage System, a state-of-the-art colon irrigation table and colonic flush system and organic raw foods, special herbal tea and baths, recipes for health (prepared for you as you detox) and consultation and body readings.

The luxury of detoxing at nurturing on-site lodging with your loved ones is the wave of the future for those seeking optimal health in a supportive environment of expert healers and nutritional consultants. Amenities include in-room phones, purified water, private baths, cable color TVs to view self-help tapes and kitchenettes in which you can prepare fresh or raw food diets, fresh-squeezed juices and herbal teas. There is a heated swimming pool and 4 acres of wooded backyard to explore. Inquire about the special detox and extended stay rates.

COAST MOTEL & HEALING CENTER 18661 Highway 1, Fort Bragg, 95437
Motel Rooms, Spa & Pool www.coastnaturalhealing.com (707) 964-4194

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Conscious Conception

Conscious Conception requires the planning and complete spiritual, emotional and nutritional foundation in a partnership with the intention of parenting a child. Guided imagery, diet, stress reduction and detoxification are essential to conscious conception. As we enter in to this new paradigm of consciousness, bringing children into the world that want to be here to help the planet is very important. To do that we must use our intention to call these beings to us. Conception should occur out of love and intention. Conception where there is fear, terror, frustration and anger present can create a baby with schizophrenia, depression or bi-polar disorder. When we create children with intention and unconditional love we can help to guide spirits that want to incarnate and understand their purpose in being here.

See: www.labouroflove.com Read: Sacred Birthing by Sunni Karl

Conscious Birth

Crucial to Conscious Birth is that the innocence, sovereignty and purity of a new body & soul be guarded and protected from impure thoughts and actions. This requires the planning, discipline and a complete spiritual, emotional and nutritional foundation be maintained by the family. In a partnership, or as a single parent, to grow and birth beings who want to be on planet earth is a great privilege and need. Womyn who are single mothers should focus on conscious birth as a way of dealing with the depression of being with out a partner. Releasing any sorrow, father wounds, abandonment, scarcity issues is paramount! With healthy communities no child is father or motherless. If birth lays the foundation for a personal paradigm shift of immense consequences then the trauma of birth should be avoided at all cost. No other person comes to parenting with exactly your personality, your life history, your family issues, your particular desires and dreams all taking place in the context of birth. If we are to rebirth America - indeed the world - will the rebirth not take place one soul at a time?

The birth location is important for the safety and love of the mother, the father and the newborn. The sovereignty of birth and the newborn's parents rights must be protected. Home birth supports a womyn's right to choose. It supports a fathers ability to make informed decisions with his partner. Home is also were the heart lays. One birth option is the water birth. Women who labor and birth in water enjoy the freedom of movement, the way that water relieves pain and the peaceful atmosphere provided by a birth pool. This is a more gentle transition for the baby who has been floating in amniotic fluid for months. Some mothers even give birth at shores edge in the warm ocean water of Hawaii. Pods of dolphins even come in to guard the mother and her newborn baby!

See www.consciousbirth.com La Leche League regarding pregnancy, birth, pre and post natal care and importance of breast feeding. Read: Compassionate Souls and the Womanly Art of Breastfeeding.

Donna M. Call, Body Works 877-3430

Full Circle Wellness Resource Center, 530 S. Main St., Ukiah, CA 95482 463-0777.

Betty Idarius, LM, CHom, LM 530 S. Main Street, Suite D, Ukiah Betty is the author of the book "The Homeopathic Childbirth Manual" www.saber.net/~bidarius

Diet and Nutrition (The Fountain of Youth Diet)

A plethora of books, audio tapes, films and lectures have been created around diet and nutrition. Simply put what comes in is what comes out. The organic, biodynamic raw foods diet, vegan, vegetarian, juicing and conscious cuisine (where foods are raised or grown spiritually and blessed at harvest) are a few of the nutritional techniques that can help produce optimal health. As a rule of thumb eating as close to the earth/ocean is always best. Chewing is another one. It is important the natural enzymes have not been destroyed by not heating above 118 degrees fahrenheit. As with cleansing the colon to reduce heavy metals in the body, removing fillings that are decaying may help the digestion process. It is also important to look at the mouth and teeth regarding mercury fillings, low level infections from root canals and cavities can hamper proper digestion. A number of indexes have been created and there are superb consultants in northern California and the San Francisco Bay area.

See: www.healingdaily.com Read: Staying Healthy With the Seasons by Elson Haas

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The very best in organic raw vegan cuisine can be found at the Living Light Center, on Main Street in Fort Bragg, where you will find Living Light Culinary Arts Institute, the leader in raw culinary education for both recreational and professional chefs. Living Light Cuisine - To Go offers organic raw vegan cuisine, juices and smoothies; and Living Light Marketplace is a retail store featuring products for healthy living. You can call the

Living Light Center at (707) 964-2420 or visit their website at www.rawfoodchef.com

There are a multitude of diets and detox cleanses you can choose from to promote optimal health and keep the hospital at bay. Smart doctors and dietitians who promote home healing are initiating their own cooking schools, cook books and diets and detoxification programs. Cherie Soria, the founder and director of the Living Light Culinary Arts Institute in Fort Bragg is one (pictured above). Another is Dr Bauman of the CIT and his graduate Sally Stewart (see page 72) and a third is Doctor Elson Hass in Marin County who wrote the million best seller Staying Healthy With The Seasons - 10 Speed Press. Bon Appetite!

Diet and Nutrition Continued

Living Light Culinary Arts Institute: 301 B, North Main Street, Fort Bragg, 95437 964-2420 Holds trainings and workshops in the preparation of raw food culinary arts throughout America and in Costa Rica. Learn to prepare "enzyme intact" raw food. www.rawfoodchef.com Email: info@rawfoodchef.com

Salad Master Catered Healthy meals and demonstration, Isis Israel isisaur@yahoo.com

Chong Mejias Natural Healing Center 18661 N. Hwy 1, Fort Bragg (707) 964-4914.

Optimal Health Institute - OHI in Lemon Grove, California \$400 - \$600 /week for detox.

Full Circle Wellness Center, 530 S. Main St., Ukiah Kathleen Fisetle, Master herbalist and Nutritional educator. 463-0777 and Anthony D. Morris, Acupuncture, Raw Chinese Herbs, Certified Drug Detox 462-9900 www.mcupuncture.net

Dr. Elson Haas MD - Staying Healthy With the Seasons Prev. Medicine Center of Marin, 25 Mitchell Blvd., Suite 8, San Rafael, CA. 94903 (415) 472-2343 www.elsonhaas.com

Sally Stewart, 45090 Main St., Mendocino (707) 937-4436 Diet and detox expert.

Dowsing & Pendulum Work & Sacred Geometry

The ancient art of using willow sticks to find water is a naturally inherited gift which many humans have. Learning to properly use a pendulum is an extension of dowsing by using the geomagnetic of the earth and body to channel answers through the dowsing rods or pendulum. Learning to use the pendulum is easy and fun and can help us discern right now yes or no answers to important questions. The pendulum reads the subtle vibration that the sub conscious mind is processing and communicates it through movement. This is a tool to hear the spirit and body not just the mind. The National Association of Dowsters is a good source of information. All around us are energy fields which we can feel and see the action / reaction they create. Like migrating geese following the magnetic lay lines of the earth the pendulum does the same.

Alex & Joan Champion (707) 895-3375 www.earthsymbols.com

Jenifer Todd Pendulum Workshop and Energetic Healing (415) 924-1684

Mary E. Kunkel, 25 years dowsing experience (707) 937-4695

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Energy Balancing & Energetic Healing

Energy balancing is the art and practice of realigning and re-attuning the body between the physical and the auric fields, permitting heightened sensitivity and creative well-being. Working with the chakras (energy centers) on different polarities, the practitioner helps one to re-balance the electromagnetic healing energy system. There are 12 chakras that run vertically and horizontally, creating spears of energy that center from the solar plexus and move out to surround the body from head to toe and 12 inches in front and back of the body. These create energy files described as auric fields. Energetic Healing is a precise and powerful method of resolving core issues and moving on with life.

Read: Vibrational Medicine by Richard Gerber, M.D.

Rosemary Campiformio Resonance Healing, 20 yrs experience 884-1625

Cornelia and Siegmund Gerken www.coreenergetics.com 937-1825 or 937-2673

Chong Mejias Natural Healing Center, 18661 N. Hwy 1, Fort Bragg 964-4914

Marilyn Miller Massage Therapy 48E. San Francisco Ave., Willits (707) 456-9455

Jenifer Todd 415-924-1684 jtmystic@juno.com Causation energy release work, Soul Integrator, Cellular and Energetic Transformational Healing. Workshops and classes.

Feng Shui

Feng Shui is the ancient Chinese art and science of aligning environmental energy to create more health, harmony and prosperity. In the West, Feng Shui is often called The Art of Placement. The secret to profound transformation lies far beyond the simple arrangement of furniture, mirrors, crystals, fountains and flutes. The Chinese say, "To know Qi is to know the greatest secret of life." Qi, pronounced "chee", is bio, life-force, vital energy at the quantum level of every environment. Feng Shui masters can identify, neutralize and/or dispel, negative (Sha Qi) influences, and infuse your environment with vigorous, healthy, life-enhancing Qi. Shift happens! Healthy Qi, i.e., good Feng Shui, is like a magnet for relationships, business and good fortune. Your home and/or place of business will feel lighter and brighter, and you may suddenly feel happier, healthier, more powerful, and discover a delightful new relationship to your business and your life.



Feng Shui - Gayla Yates

Gayla M. Yates is a award winning Feng Shui Consultant, Master Qi Specialist, Shaman, Speaker, Teacher, Author of Feng Shui in Action, DVD, and How To Eliminate Your Clutter with Feng Shui & Dowsing, audio-cassette. (707) 573-1133

Please See: www.harmonyhappens.com/ www.amazingfengshui.com

See: www.fengshuisociety.org.uk Read: Feng Shui Hotel by Ting-Foon Chik

Karen McKeown, create harmony in your living spaces Gualala 884-9750

Flower Essences

Flower Essences work vibrationally. You do not need a lot, just a little. Like rain drops on a still pond, one drop can span to touch the circumference of the shore. Flower essence work with the premise that diseases of the body are symptoms of disturbances of the mind, the heart and the spirit. Flower-essence remedies directly correlate to specific moods or mental attitudes, and serve as catalysts for the subtler levels of the healing process. Dr. Edward Bach, pioneer of flower remedies, found that patients with similar personality traits responded to the same remedy, although their outward manifestations of illness differed. Herbalists and practitioners gather the plants at sunrise placing them in a bowl of pure undiluted water within direct sunlight for several hours.

See: www.flowersociety.org Read: The Flower Remedy Book by Jeffrey G. Shapiro

Raven's Weed Remedies - Pure Mendocino Origin, wildcrafted and sourced from over 60 flower essences, ravenb@mcn.org (707) 964-3926

A. Wolman Formulations, P.O. Box 481, Whitethorn, CA 95589, 986-9999, Herbal extracts since 1983, available for consulting or custom projects.

Jenifer Todd 415-924-1684 jtmystic@juno.com Custom blended remedies.

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Holistic Health/Holistic Medicine

Holistic healing and medicine considers all aspects of one's life in creating a total state of health. Analysis of physical, nutritional, emotional, environmental, and spiritual values of the client is performed as an inter-related work which treats the entire individual. Holistic practitioners believe that there is more to us than the I. When we start to understand this we realize that disease not only stems from the physical body but, the spiritual and mental bodies as well. When one body is effected there is a chain reaction that happens in the other bodies. A holistic practitioner assists their clients in the process of self-healing, thus forming a healing environment and relationship based on cooperation and collaboration.

See: www.holisticmedicine.org Read: Prescription for Nutritional Healing by Phyllis A. Balch & James F. Balch M.D.

Full Circle Wellness Resource Center, 530 S. Main St., Ukiah, CA 95482 463-0777.

Pat Loomis - Clinical Herbalist and Ayurvedic Practitioner (707) 847-9588

Jerri Jo Idarius - Healing Arts Networker, Publisher & Web Designer, Rife, Light & Sound Therapy, Massage, Muscle Testing, Willits, California (707) 459-0241

Homeopathy

Homeopathy is based on the principle that "like cures like," and employs the use of minute doses of natural remedies that are created from herbal, mineral, and animal substances. Homeopaths believe symptoms of illness should not be suppressed, since they represent the body's efforts to repel disease. Just as psychologists have learned that the suppression of emotion leads to illness and the expression of emotion leads to cure, so too homeopathic practitioners have learned that the suppression of symptoms leads to illness, while the rapid and gentle expression of symptoms leads to cure. See: www.homeopathyhome.com Read: Everybody's Guide to Homeopathic Medicines by Stephen Cummings

Betty Idarius, LM, CHom, LM 530 S. Main Street, Suite D, Ukiah Betty is the author of the book "The Homeopathic Childbirth Manual"

Full Circle Wellness Resource Center, 530 S. Main St., Ukiah, CA 95482 463-3739.

Roots Herbal Apothecary 240 Main Street, Unit B, Point Arena 95468 (707) 882-2699

Herbalists and classes, bulk herbs, Simpliers bulk tinctures, remedies, & allergy relief.

ANNUAL MENDOCINO HERB FAIR

Terri Paulsen, owner of "Natural Herb Gardens" handcrafted natural herbal products, hosts the Annual Mendocino Herb Fair every year in July in the Village of Mendocino.



The event features over 20 vendors from all over northern California. At this popular event you'll find a number of herb and health related booths, including herbal bath and body products, plant and herb growers, flower essences, massage therapy and bodyworkers, aromatherapy and essential oils, medicine makers

and healers, mushroom extracts and herbal supplements, herbs for pets and children, herbal edibles, "herbs" from the sea, and locally grown Mendocino County lavender products to name a few! Live music entertains in the afternoon and admission is FREE to the public.

Visitors can find Terri's handcrafted herbal skin care products at many of the local Inns and Shops in the area. Her natural bath & body products include Bath Salts, Body Oils, Herbal Body Powders, Healing Salves, Floral Waters, Facial Scrubs, Foot Rubs and more.

\$\$-\$\$ NATURAL HERB GARDENS

P.O. Box 1544, Mendocino, CA. 95460

www.naturalherbgardens.com

(707) 937-4999

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Herbology - Herbalists

Herbology is an ancient way of healing found in cultures throughout the world utilizing plants and their derivatives as preventative and curative medicine. It is believed that medicinal and nutritional supplements synthesized from separate and isolated elements create a physical dependency in the body by reducing its ability to extract these elements from whole foods. Also the coding of synthesized mineral and vitamins are close but not quite the same as naturally occurring vitamins and minerals. When the body up takes the vitamins and minerals from synthetic sources it expels most of it because the puzzle pieces almost fit but not quite. Herbs are made by nature as we are so, the up take of vitamins and mineral is easier if the puzzle piece fits perfectly. Whole herbs retain the subtler ingredients necessary to balance the active elements, thus transporting a balanced substance into the body that can catalyze healing more effectively. In this way, herbal therapy strengthens the natural functions of the body with out the negative side effects of synthetic drugs. A Herbalist is one who studies, collects and prepares plants useful for health and heals patients and animals with their use and derivatives.

See: www.planetherbs.com Read: [The Eclectic Materia Medica, Pharmacology and Therapeutics](#) by Harvey Wickes Felter, M.D

Donna D' Terra: Herbalist courses, A.Training Box 382, Willits, 95490 707- 459-5030

Leah Hunter, Herbal walks, edible medicinals, salves, tinctures, teas, energy balancing & group facilitation. (707) 813-7508 moondaymedicinals@hotmail.com

Roots, 240 Main St., Point Arena Herbal Abothacary and Body Care 882-2610

Debra Scott - Water Bird Healing Arts Box 1394, Mendocino 95460 (707) 937-2722

Edward "Gus" Turpin gus@shamanictionics.com (707) 877-1168

Karin Uphoff Box 978, Mendocino, CA 95460 (707) 937-2798 Private practice and also consults certain days at the Corner's of the Mouth natural food store in Mendocino.

East Hill House Herbals - Jacqui Morninglight & Terry Then wildcrafted flower essences and herbs from the Lost Coast. "Travel Kit for Conscious Tourists." Willits, California (707) 459-5926

Full Circle Wellness Resource Center, 530 S. Main St., Ukiah, CA 95482 463-0777.

John and Melissa Mancinella - herbalists & Swedish massage (707) 983-6364

Roots Herbal Apothecary 240 Main Street, Unit B, Point Arena 95468 (707) 882-2699

Herbalists and classes, bulk herbs, Simplers bulk tinctures, remedies, stress-allergy.relief

Snow Mountain Botanicals P.O. Box 337, Potter Valley, CA. 95469 (707) 743-2037

Living Foods

Living Foods is just that - foods that are alive and full of nutrition and life force energy. "Living Foods consists of super nutritious young organic greens, power packed sprouted nuts, seeds and grains, fabulous fermented preparations and exciting dehydrated foods", states Ann Wigmore in her books "Rebuild Your Health". In ancient times we consumed living foods in the process of naturally foraging for roots, tubers, leafy greens, seaweed and fresh picked fruits, vegetables, herbs and flowers. This intake of "life force energy" is full of living enzymes, vitamins and minerals.

See: www.living-foods.com Read: [Warming Up to Living Foods](#) by Elysa Markowitz

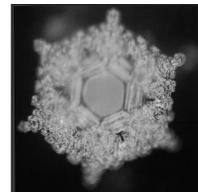
Living Water (Bless a glass with Love and Gratitude)

Water has a very important message for us. Water is telling us to take a much deeper look at our selves. When we do look at our selves through the mirror of water, the message becomes amazingly, crystal, clear. We know that human life is directly connected to the quality of our water, both within and all around us. From Mr. Emotos work we are provided with factual evidence, that human vibrational energy, thoughts, words, ideas and music, affect the molecular structure of water. The quality of our life is directly connected to the quality of our water. Living Water has not been chemically treated with life shortening additives like chlorine or fluoride. Natural sources of living water exist in a crystal pure mountain spring or headwaters of a creek. Living water can also be found in live natural foods like fruits and vegetables.

See www.masaru-emoto.net Read: [The Hidden Messages In Water](#) by Masaru Emoto



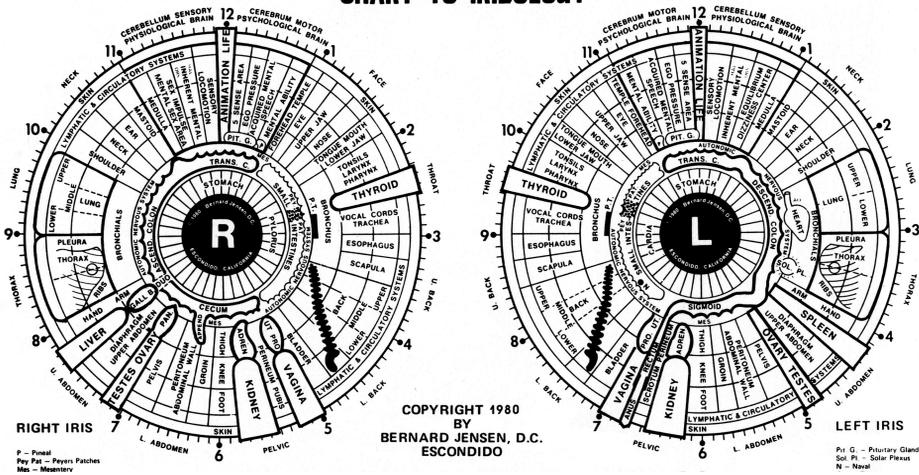
Herbalist Leah Hunter teaching the boys about the interaction of plants and animals in nature.



Love and Gratitude

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CHART TO IRIDOLGY



Iridology

Iridology is the science of analyzing the delicate structures of the iris of the eye. Under magnification the iris reveals itself to be composed of tiny fibers. It is the absence, color and condition of these fibers that an Iridologist “reads” in determining the overall health and strength/weaknesses of the tissues of the entire body. An Iridologist does not treat disease. They assist you to build better health through strengthening weakened tissues with tissue cleansing, foods that heal, nutritional supplements, exercise and lifestyle.

The map of the iris showing all major organs, glands, and tissue has been developed through empirical research for the last 150 years. Researchers, herbalist’s, nutritionists and physicians worldwide have contributed to the map of the iris. The most well-known researcher in the U.S.A. is Bernard Jensen, D.C., Ph.D., Clinical Nutritionist. Pamela Morey, also a Nutritionist, Herbalist, Health researcher, was trained and certified as an Iridologist by Dr. Bernard Jensen. For an iridology analysis and nutritional counseling appointment you can call Pamela at (707) 937-0873. Three visits are suggested for a complete iris analysis. Your first visit is free! See: www.healingfeats.com/iridolog.htm Read: *For Your Eyes Only* by Frank Navratil, N.D.

Lymphatic Drainage

Manual Lymphatic drainage, MLD involves light, rhythmical massage that aids the body in collecting and moving lymphatic fluid, which plays a key role in delivering nutrients, antibodies and other immune constituents to the tissue cells of the body and removing debris such as toxins, cell waste and dead particles which are then cleansed by clusters of lymph nodes. MLD also works on the nervous system, lowering blood pressure, reducing stress and improving sleep patterns.

A malfunctioning lymphatic system may cause fluid accumulation between loose connective tissue, causing body-part swelling known as lymph edema. It is a chronic condition which may progressively worsen and is prone to infection if left untreated. MLD is a systematic means of preventing and treating lymphedema symptoms.

See: www.deeptissue.com Read: *Deep Lymphatic Therapy* by Grace Halliday
 Asia Ivey Warren, CHMT, Therapeutic bodywork, Polarity Therapy (707) 357-1698
 Full Circle Wellness Resource Center, 530 S. Main St., Ukiah, CA 95482 463-0777
 Head to Toe: 400 South Main Street, Fort Bragg www.fortbragheadtoe.com
 Leanne LaDue CMT (707) 964-0599 Outcall / In-Home - Room massage - lymph
 Beloved Bosom massage oil, nvaunat@aol.com (707) 363-0571

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Massage Therapy

There are as many different types of massage therapy as there are months in the year. All work can be extremely relaxing and reduce stress. Stress reduction frees the mind so the body has more energy to address physical well being. Illness and disease can stem from over loaded and stressed out muscles. Massage therapy helps the muscle to release the memory of the trauma that the body is holding on to that is creating the discomfort. Once this happens the healing process has one less obstacle to over come. Being touched and massaged out of genuine care and concern for your well-being is paramount to good health. Massage therapy is usually ones first contact with alternative health care. Certified Massage Therapist or (CMT) usually have training in several techniques.



*Breema bodywork therapist
Karen Hensley and patient.*

See: www.amtamassage.org www.massagetherapy.com Read: Basic Clinical Massage Therapy: Integrating Anatomy and Treatment by James H. Clay, David M.

Rose Acker Massage therapy, accuppresure 877-3474

Vicki Ann Albistan, Deep tissue/energy healing 18 yrs exp. (707) 884-1955.

Alexandria Alexander, Soothing Palms Massage (707) 964-5512 alexalex@mcn.org

Melinda Applegate, Zen Shiatsu, Esalen-Swedish msg. & Breema Practioner 937-1769

Donna M. Call, Body Work Elk 877-3430

Jenifer Chou Taiwan Healer, deep tissue - energy work (707) 327-7185 / 462-6461

Charlotte Erickson, CMT, Mas. Thrpy 215 W. Standley St., Ukiah 391-7036/472-0877

Head to Toe: 400 South Main Street, Fort Bragg www.fortbraggheadtoetoe.com

Karen Hensley, Full Circle, 530 N. Main St., Ukiah 462-7240 Breema Bodywork.

Jerri Jo Idarius - Light & Sound Therapy, Massage, Muscle Testing, Willits, 459-0241

Leanne LaDue (707) 964-0599 Outcall massage, hot stone, spa treatments.

Chong Mejias at the Coast Healing Center, 18661 N. Hwy 1, Fort Bragg 964-4914

Martha Malone, Elk Studio of Healing Arts, 6147 S. Hwy 1, Elk, 95432 877-3505

Debra Scott - Water Bird Healing Arts Box 1394, Mendocino 95460 (707) 937-2722

Jani Creel-Tollow, CMT Swedish, reflexology, hot rock, lymphatic & sports. 462-7855

Alethea Valley Therapy bodywork & hot rock massage 214 Main, Pt. Arena 882-1973

Esperanza Vasquez, Swedish & deep tissue, also diet & nutrition 468-0441

Asia Ivey Warren, CHMT, Therapeutic bodywork, Polarity Therapy (707) 357-1698

Bamboo Garden Spa, 303 N. Main, Suite C, Fort Bragg (707) 962-9396. See Seaweed

Full Circle Wellness Resource Center, 530 S. Main St., Ukiah, CA 95482 463-0777.

Meditation

Meditation generally involves discounting wandering thoughts and fantasies, and calming and focusing the mind. The most common approach is to focus one's full attention on the natural cycle of breathing. As one takes in a breath, one is called to experience that particular in breath fully, as if nothing else existed in the world at that particular moment in time. Similarly, one follows the out breath with full awareness. If for any reason the mind should get distracted during this process the key is to acknowledge this shift in attention, slowly pull one's awareness back to the breath, and continue focusing on its natural cycle.

The purposes for which people meditate vary almost as widely as practices. Many have found improved concentration, awareness, self-discipline and equanimity through meditation. The disciplined self-cultivation aspect of meditation plays a central role in Taoism, Sufism, Sikhism, Hinduism and Buddhism. Generally, there is religious meditation, where one meditates to commune with or on the Divine, and focus meditation, where one meditates to improve health or mental faculties. Very often there is significant overlap between these two positions in many meditative traditions.

www.meditationsociety.com Read: Meditation Coloring Book by, Barbara, Scherek
Diana Douglas, Meditation Techniques and Retreats 964-1444

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Midwives “Peace On Earth Begins With Birth”

Midwife means “with woman”. They protect the mother and babies from harm. Midwives are trained to give the necessary care and advice to women during pregnancy, labor and the post-birth period; to conduct deliveries on their own responsibility; and to care for the newly born infant. They recognize warning signs of abnormal conditions requiring referral to a doctor and carry out emergency measures when no additional help is available. Long before there were hospitals there were midwives. Today thousands of midwives practice in homes, birth centers and hospitals. They have an important task in health education within the family and community.

See www.californiamidwives.org Read: Celestial Beings of Heaven and Nature: Meditation Coloring Book by, Barbara, Scherek

The Plant-Animal-Human Connection to Healing

Can animals detect cancer, stroke and disease in humans?



Six month old Zeus sensed Henry's prostate cancer.

Unconscious Tourists. You see them walking around Mendocino with a big question mark on their face. They have been here a few days and you know they are now asking questions beyond where is the best place to eat, sleep, shop and make love. They are trying to get in touch with something. It's normal when you have been living in an environment full of pollution jamming your psychic abilities and then vacation in the crisp clear air of Mendocino, cleaned by our “2nd set of lungs”, the redwood and evergreen forests and the Pacific Ocean. You start tuning into your body, your emotional needs and imbalances start to surface.

Members of the conscious healing community call this a “walk about.” We know these people might be sick or are trying to resolve core issues and imbalances. Subconsciously it is often why they took this vacation in the first place.

In the spring of 2004 I got a new puppy. I named him Zeus and he is Siberian Husky and Wolf. One evening on the front porch of a popular restaurant Zeus, who was then 6 months old, met a tourist who we will call Henry (not his real name). I had seen Henry wandering around Mendocino treating new found friends to drinks and dinner - being lonely and generous and being taken advantage of by social parasites. Henry, who is from Switzerland, loved dogs and reached out to pet Zeus. Zeus is always shy of strangers, but something about Henry scared him. Something Zeus had never sensed before made him put his tail between his legs and back away. Henry was hurt. So I said let's sit down and talk and he said ok. For a while we talked economics, the Euro, gold standard, commodities, etc; and then I intuitively asked Henry, “How is your health?” He said “Why do you ask?” I replied point blank “Do you have cancer?” Henry responded, “Why yes - how did you know?” In reality I didn't but was simply intuiting Zeus's reaction to him as that possibility. “Where?”, I asked. He said “Prostrate.” Zeus, who at the time was going through puberty, was reacting to a dead zone in Henry's 1st Chakra - his groin and reproduction capability.

I read an article about dogs being able to smell cancer and thought to myself what a gift Henry has just given me. Zeus can smell cancer in a total stranger. If he can do that - what other messages can he share about the people around him. How many other dogs can sense cancer and as they get older do they lose this ability? I suggested to Henry that he visit the Cancer Center here in Mendocino. We finished our wine and toasted each other. We both left puzzled, yet caught up in the thrill of a new discovery and hope.

The meeting between Henry and Zeus was a one in a million. Health wise Henry was on his way out and he was subconsciously on a “walk-about” in Mendocino. Do you see my point? Travelers come here for more than a vacation. They instinctually come here for answers about important health and life issues. If Zeus and I could tune into Henry how many others can tune in to similar scenarios? The plant-animal-human connection to healing is real! Millions can tune in and become more conscious. What a gift Henry and Zeus gave me to share with you.

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Pet Therapy, Animal Healing & Communication

Pet Therapy is based on the idea that expressing affection for a pet helps people feel happier, maintain a positive outlook and improve their health. Having the right pet can reduce stress, lower blood pressure and ward off loneliness and depression. Many nursing homes have developed pet therapy programs, with excellent results. Some practitioners and massage therapists even have a cat, dog or bird present during treatments they administer. Some patients even demand that these animals be present during their visit. Unfortunately, the health of animals can be affected by the unbalanced health of the patients and environment. The love and devotion of a pet or visiting animal can dramatically help patients recovering from cancer and other diseases. True telepathic communication can occur by making a heart-to-heart connection.

See: www.petsynergy.com Read: Natural Health for Dogs and Cats by Richard H. Pitcairn, D.V.M., Ph.D. & Susan Hubble Pitcairn Also see Dogs who Smell Cancer.

Kathryn Gleason Animal Healing / Bonds between people & animals. 884-1160

Carol Alohalani Becker, 16651 Franklin Rd., Fort Bragg Reiki Master & Animal Communicator (707) 964-4442 See also the Milo Foundation in Willits.

Elaine Miksak, C.T.C. Dog Obedience Instructor & Counselor Mendo(707) 937-3300

Karen Novak accup.vet.com FB Pet Hosp. 700 N. Franklin, Fort Bragg (707) 964-3448

Sarah Quentin Acupuncture for large animals (707) 964-3448

Arff Feed and Pet Supplies Hwy 1/Pacific Woods Rd, Box 368 Gualala (707) 884-1832

Evergreen Barn Pet Supplies & Vitamins 447 Evergreen St., Mendocino 937-3300

Reflexology

Reflexology is the study, science and art that works with the 5,000 year old technique of pressure maps - resembling a shape of the human body - found on the feet, hands, and outer ears. There are ten channels or zones running from head to toe. Each zone or channel relates to the organ in that zone. By stimulating the channel you stimulate the organ. All nerves end and begin in the hands, feet and ears. As stress builds, the body works less effectively, eventually leading to ill health. Gentle nurturing pressure is applied to the pressure points by specialized touch techniques. When repeated over time these techniques dramatically help the self healing process. As with acupressure and acupuncture, reflexology works with the life force or Chi of the body. By massaging these points you stimulate the Chi to remove blockages and restore the normal flow of energy. Pain in the neck, shoulder, and lower back, relief of allergic reactions, headaches, upset stomach, and colon discomforts all can be helped by reflexology.

See: www.reflexology.org Read: Illustrated Elements of Reflexology by Beryl Thorson's Head to Toe: 400 S. Main Street, Fort Bragg www.fortbraggheadtotoe.com 961-0878

Reiki

Universal life-force energy or Reiki is the laying on of hands healing in a scientific method of activating and balancing the life-force energy (also known as ki, prana, and chi). Light hand-placement techniques are used on the body in order to channel energy to organs and glands and align the chakras (energy centers). The energy is channeled into the body and through the hand chakras of the practitioner and in to the patients body. There are different techniques for emotional and mental distress, chronic and acute physical problems, and for achieving spiritual focus and clarity. Health maintenance, disease prevention and healing can be applied to oneself and to others through Reiki treatments. Reiki is a valuable addition to the work of chiropractors, massage therapists, nurses, and others for whom the use of touch is essential or appropriate. It is one of the most ancient forms of energy medicine.

See: www.reiki.org Read: Reiki Energy Medicine : Bringing Healing Touch into Home, Hospital, and Hospice

Head to Toe: 400 S. Main Street, Fort Bragg www.fortbraggheadtotoe.com 961-0878

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SEA POWER: Seaweed Nutritional Products & Wraps

Seaweed is a Super Survival Food loaded with vitamins and minerals. The finest chefs know that when the tide is out the table is set! Seaweed is edible and can be prepared to taste delicious. It is a miraculous source of vitamins, minerals and trace elements. It even possesses the quality of removing heavy metals such as radioactive strontium 90 (from acid rain) from our bodies. Alginic acid in seaweed acts as a binding agent to remove radiation from our digestive tract. It detoxes the body of caffeine, nicotine and many drugs. Native Americans used seaweed to comfort tooth aches by wrapping it around their gums.

Trish Gallagher gives seminars on the Power of the Sea and Body Wraps, (707) 937-6279 / seame@mendolink.com or at the Bamboo Garden Spa in Fort Bragg at 303 N. Main, Suite C, (707) 962-9396. Trish's seaweed beauty wraps are locally famous. The skin is coated with essential oils, spirulina, powdered seaweed, bentonite clay (to pull out toxins), and then the entire body is wrapped with seaweed. Walla - the hot baking California sun forms a "green mummy cocoon" around the body and squeezes out the toxins, revitalizes the skin and after a soak in fresh water and shower precious emerges with a gorgeous glow. Trish uses a few of the 150 varieties of seaweed that grow off the Mendocino Coast, including Fucus, Kelp, Kombu, Nori and Wakami. The ocean has the salinity and mineral content of human blood plasma. Seaweed is loaded with minerals and trace elements. By eating seaweed thyroid problems can disappear.

Ocean Harvest Sea Vegetable Co. Box 1719, Mendocino, CA 95460 The purist north coast seaweed harvested fresh at shores edge by master gatherers. The worlds first food "Sea Veggies" Kombu, Sweet Kombu, Ocean Ribbons, Sea palm, Wakami, Silky Sea Palm, Wild Nori, Fucus and Dulse as well as bath products "Feather Boa", Turkish Towel and Turkish Towel with bath salts. www.ohsv.net (707) 937-0637 / 1923 Bamboo Garden Spa, (see above) (707) 962-9396. www.bamboogardenspa.com Donna Bishop Mendocino Wildcrafted Seaweed dmbquilts@onemain.com 884-3726 Jackie Mortine / Seaweed Cafe 1580 Eastshore Rd, Bodega Bay 94923 875-2700 Jackie states seaweed is a good cleanser for cholesterol. Anti-cholesterol drugs can help the heart, but destroy the liver and kidney - best to consume wild seaweed

Spiritual Counseling & Spiritual Healing

Spiritual Counseling is based on intuitive insight and knowledge of universal laws along with the use of basic psychological precepts. When we become in touch with the higher source we can access and heal deep wounds. In this modern society we can become isolated. When we learn that we are not alone, that the divine by what ever name you call it is always with us that this love is infinite and inside of each of us we begin to heal. A spiritual counselor helps you to come into contact with the infinite inside of you. In many religions the pastor, priest, priestess, or shaman acts as a spiritual counselor. With the expanding study of spirituality accredited universities and special interest schools have developed curriculum that integrates psychology and spirituality. This is a holistic approach to healing mind, body and spirit.

See: www.spiritualpsychology.com Read: "[These Truths Can Change Your Life](#)" by

Joseph Murphy, Ph.D, DD.

Kay Like Spiritual Counseling 882-2269

Tracy McPherson, Spiritual counseling and Timeline Healing (707) 462-5540

Jenifer Todd 415-924-1684 jtmystic@juno.com Workshops and classes.

Jane Clow teaches art workshops on "Dialoguing with Symbols" which helps guide us to inner direction, our Real Self, our divine purpose, unity with the universe and our ancient roots. Jane has a Masters in Interdisciplinary Consciousness Studies. Call (707) 964-8018 for more information and dates and locations of upcoming workshops.

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Sacred Partnering: Rev. Alene Victoria DiDio

Alene is a non-denominational minister who has been performing weddings for many years. She supports couples creating their own vows and ceremony or using her service, which is non-religious but spiritually based. Alene emphasizes the sacred and equal partnering of deep friends: "To marry one's best friend is a blessing of a lifetime, and marriage is an opportunity to experience freedom through commitment." Alene facilitates rites of passage rituals (birth, coming of age, death), home and land blessings, clearings and women's support groups. She is an intuitive reader and teacher. Also see hypnotherapy section.



Rev. Alene Victoria DiDio P.O. Box 2403, Mendocino, CA. 95460 (707) 962-0455

NOTE: Spiritual Healing comes in two forms. In one, the healer uses thought or touch to align his or her spiritual essence with the spirit of the client. The healer works to balance the spiritual field to create harmony between mind and body and draw the client into the active presence of a Divine Healing Force. In the other form, the healer transforms healing energy into a vibrational frequency that the client can receive and comfortable assimilate. Spiritual healers often work within a particular spiritual tradition, seek guidance from spirit helpers, and rely on some form of prayer or meditation.

Maira Palm (707) 894-5220

Jenifer Todd 415-924-1684 jtmystic@juno.com Workshops and classes.

Spiritual Partnership

Spiritual Partnership occurs with the union of the spiritual, emotional, mental and physical bodies of two people. It is not limited to couples, but can be extended into groups acting as one on the highest level of integrity. A spiritual relationship is formed when two (or more) people come together, as equals, for the purpose of spiritual growth. Within a Spiritual Relationship, both parties agree that nothing is more important than their spiritual evolution. Spiritual relationships create a synergy, which enables each partner to spiritually evolve faster than they could alone. This divine energy is what Jesus was referring to when he said, "Where two or more are gathered in my name".

See: www.holisticlearningcenter.com Read: [Spiritual Partnership for Successful Magic](#)
by Raven Grimassi www.simplewonderfulweddings.com

Telepathy & Remote Viewing - Search and Rescue

When astronaut Edgar Mitchell went to the moon he conducted an experiment in telepathy and remote viewing. He arranged for friends on earth to concentrate on an object he took with him as the Apollo 11 capsule was on its way back to earth. They were to determine what he was holding in his hands. Fifteen years later Mitchell founded ION's, the Institute of Noetic Sciences, which is currently located in Petaluma, California. On the ION's campus there is a remote viewing room (originally developed for CIA & KGB spies), completely insulated from radio and electromagnetic transmissions, where psychics or remote viewers can sit and concentrate to locate and describe objects - living or not - anywhere on earth. Lost and found suddenly has a new meaning. Remote Viewing is a natural tool for search and rescue teams attempting to locate and save the life of a missing person at sea or on land. See: www.noetic.org
See: www.remote-viewing.com Read: [Secrets: A Handbook](#) by Joseph McMoneagle

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Watsu Water Therapy

Combine massage with hydrotherapy in a pool of warm water and you can begin to understand the benefits of Watsu Water Therapy. Being gently held like a baby, swirled, twisted, massaged and even submerged make the healing experience even more exciting and beneficial, if not transformational. Most of us spent nine months in our mothers womb. In this space all was safe and provided for we had not learned fear or experienced the trauma of the outside world. Watsu brings us back to this space of beginning so that we can heal wounds were they began. The warm water relaxes stiff muscles allowing them to release tension and muscle memory. The buoyancy of the body helps to stretch and bend the body in ways you would not be able to out of water. Watsu also helps us to build and learn trust. It can be used as a vacation experience to build great intimacy and excitement between couples.

See: www.waba.edu Read: Watsu : Freeing the Body In Water by Harold Dull
Michelle Tilier, RN, Family Nurse Prac., Certified Watsu Practitioner 25 yrs 937-2067.

Workshops & Retreat Centers There are a large array of workshops ongoing in Mendocino County. Workshop Leaders love this region for growth and productivity.
Hearts & Hands @ Cider Creek, Albion Consult the Index of this book.
Point Arena Lighthouse, Point Arena Perfect for Breathery workshops
Stanford Inn by the Sea, Mendocino Wellspring Renewal Center, Philo

LILITH RETREAT CENTER Nancy Dew, Spiritual Retreat Facilitator

Photo by Bill Apton



Nancy Dew at Lilith Retreat Center For 15 years, Priestess Nancy Dew has been leading women on a journey towards personal empowerment. Through workshops, and Spiritual Adventure trips to Hawaii and Mt. Shasta, she guides women towards inner peace and a firm understanding of their own personal self-confidence.

Since 1998, Nancy has led yearlong Priestess Apprenticeships, taking women on an inner journey to do the deepest of healing work. She guides them to their own Goddess, their spiritual connection to the Divine Mother.

Leaving a successful Hypnotherapy practice in Marin, Nancy moved north to create magickal "Lilith", a Sacred Temple to the Goddess off a rural country road in Annapolis. On three beautiful acres of fertile Mother Earth she grows abundant fruit, flowers and vegetables. She has created altars in sacred redwood groves to the four directions and elements that contain who we are. Ritual takes place here on the 8 Holy Days of the Pagan calendar.

Nancy is also available for Spiritual Counseling, Hypnotherapy, and Past Life Regression. Reverend Nancy officiates exceptional non-traditional, non-denominational wedding ceremonies at Lilith or anyplace you chose! For courses, journeys and rates, visit her website at www.nancydew.com
\$\$-\$\$\$ Nancy Dew, Spiritual Retreat Facilitator
P.O. Box 55, Annapolis, CA. 95412 fax/phone: (707) 886-1810

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Yoga & Stretching

The word Yoga originates from the Sanskrit word "Yuj" (literally, "to yoke") and is generally translated as "union" or "integration". According to Yoga experts, the union referred to by the name is that of the individual soul with the cosmos, or the Supreme.

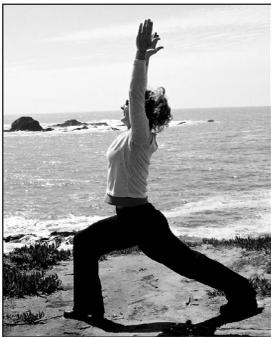
These Yoga techniques cover a broad range, encompassing physical, mental, and spiritual activities. Traditionally, they have been classified into four categories or paths: the path of meditation (Raja Yoga), the path of devotion (Bhakti Yoga), the path of selfless service to the Divine (Karma Yoga), and the path of intellectual analysis or the discrimination of truth and reality (Jnana Yoga). The most conspicuous form of yoga in the West, Hatha Yoga - consisting of various physical and breathing exercises and purification techniques - is actually the third and the fourth stages of Ashtanga Yoga of Yoga Sutras by Patanjali. See: www.yoga.com Read: The Complete Illustrated Book of Yoga by VISHNU SWAMI Yoga Mendocino, Ukiah on Mason (707) 462-2580 Kathleen Flanagan (707) 964-4876 Diane Watjen (707) 937-423 5bayview@mcn.org Teaches and practices Iyengar Yoga

The ZEN of ROAD to ROOM STRETCHES Yoga & Stretching:

These simple stretches will promote oxygenation and circulation in the body and thus alleviate fatigue and stress and grant greater clarity of purpose.



Forward bend and stretch, relaxes back & sciatica

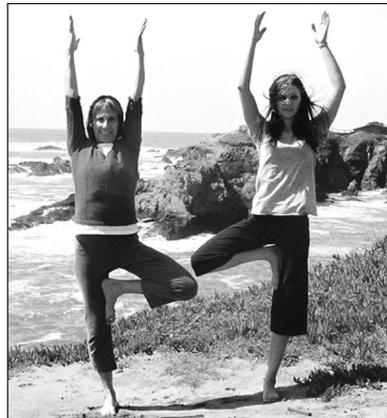


Standing pose, Warrior



Forward bend, relaxes sciatica

Y
O
G
A



Balance and stretch hip & sciatica
Photos courtesy Diane Watjen