

Isis presents the 12th Annual

Healing Arts Guide



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A card
gifted by a friend
upon opening
stills
my
breath

I am
ushered deeply
into a pulsing
portal of
luscious
miraculous
celebration

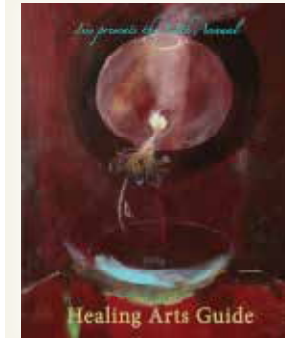
I am
melting into
the spiral
which
impulses
and urges
me forth
affirming
safe
rebirth

I am
mesmerized
enchanted
healed
by the
descending
beauty of
this
new
life
calling

I am
fully
surrendered
inspired
and
answering

- maya cooper

"This New Life Calling"



Cover Art by
Susanna
Gallisdorfer

"My first interest is in Being—along the way
I am a Painter." ~ Morris Graves

About the Artist: In 2002, after ending a 21 year career as lead designer for a Bay Area company, I uncovered a new voice as a painter. Predominantly self-taught, with no formal training as a designer or as a painter, my work is a result of an intuitive way of painting. It is a form of self-inquiry and a bridge into the experience of inner sight.

The Humboldt North Coast of California is my home. From the land and light here, I find an endless transmission of natural beauty, quietude, and teachings that shapes and sustains my work.

About the painting : From my experience, in the act of creating, an energetic channel emerges. It can direct me to Soul, to Spirit, it can reach into the Nature of Being, into the source of that which heals and shines meaning through form. Both the resulting art and the artist are transformed by this contact; often viewers are also.

"This New Life Calling" is a painting of such an experience. It was painted in 2006 during a long and very difficult passage of letting go as I underwent the necessary pain of my heart breaking open and my mind breaking loose. It was in this fertile pain that "This New Life Calling" was born.

susannagallisdorfer.artspan.com

Welcome to the Healing Arts Guide

*Life is a train of moods
like a string of beads; and
as we pass through them
they prove to be many col-
ored lenses, which paint
the world with their own
hue, and each shows us only
what lies in its own focus.*

~Ralph Waldo Emerson

108! One hundred and eight pages lay before you. Each one a shining, healing jewel strung with joy and dedication. Each one radiating an opportunity to discover a natural harmonious state of self. As the sacred mala is made from 108 prayer beads, so too is the 12th annual Healing Arts Guide. It is with deep gratitude and admiration for the community we serve that Isis would put forth this Guide to you, Dear Reader. May it serve to uplift, enlighten and align. May it be a work of harmonious beauty in our world and in our hearts. As the mala is used as a conduit between our world and the world of spirit, let the pages (all 108 of them) be your guide and muse towards health and fulfillment.

~ Michael Cooper

Greetings From Isis

Welcome to the 12th Annual
2014 - 2015 Healing Arts Guide



Feel into the Heartbeat of Everything
Inhale the Beauty
Exhale & Share

Healing is about coming into relationship with the love that we already are. Every experience we have contains the opportunity to come closer to realizing and embodying the truth that we are love.

Every day we are learning new ways to stay connected in the current of love that flows though every moment. That current of love actually lives within us, so really we are learning to stay connected at all times, to our own selves. The more we do this, the more love we bring forth into our lives and on to the planet. Staying connected to the love that we are, heals us all.

And ... Love does heal. It lifts us up, opens us, melts the tightness inside and renders us soft and mutable; ready to be reshaped, re-hydrated, renewed, and reborn. Nourishment is available to sustain us in even the most challenging of times.

Being liberated to share the love that we are: Kind words matter. Warm embraces heal, a sincere look, a thoughtful act, a loving intention, a willingness to extend ourself; all of these things can dramatically change the life of another. All of these are ways in which we share who we really are. We ripple out into the world and impact each other all the time. We don't have to bare the professional title of "healer" to be one. Our everyday thoughts, words and deeds are powerfully influential in shaping this world into a reflection of our wholeness.

In these pages you will meet many wonderful people who are committed to creating more love and healing in the world though their lives and their work. We are blessed to live in a community with so many awake, enlivened, conscious people who want to share themselves with us in healing ways. Each of the healing arts practitioners in this guide offer some unique way of supporting you in the process of becoming the liberated being that you are. Our lives become easier, more graceful and loving, and our bodies more open and spacious as we unfold into our own essential nature.

So take your time and enjoy the journey through these pages. Meet the people who are skilled in supporting and baring witness to you as you grow and bloom; unfurl your wings and learn to soar on the currents of the love you create in the world by being your authentic self.

Our deepest gratitude and respect goes out to the healing arts practitioners. We thank you for seeing the value in all the inward searching, discerning, and fine tuning that goes into describing your work. Each of you participated in grounding the frequency of your practice and service into reality, with clarity and focus. You animate with your heart, with your presence, and with your work, the healing heartbeat of our community. And every one of you took the time, took the opportunity, and took the energy to refine yourself and your work through your contribution. Though it may seem like a personal act, we believe that this refinement process strengthens the community's healing heartbeat. We hope this has been a healing for you, and that you have been able to embody the greater clarity, self love, and maturity we see in your writing. This issue of the Isis Scrolls is indeed a colorful reflection of all our beauty, healing, practicality, and transformation.

And to our community, we hope you benefit and enjoy this offering. We invite you to keep a copy of this guide on-hand for personal reference, and to share with family or friends. Thank you for all of your support. We also wish to remind you that we are online at **www.IsisScrolls.com**. This issue will be easily accessible to you year-round in the **Healing Directory** section of our website.

~ Blessings, Maya ~

Quick Phone Reference:

All Area Codes 707 unless noted


Aldrich, Meredith ...	616-1850	01
Alo Mana ...	702-1559	01
America, Cristina ...	826-1097	02
Anderson, Kendra ...	633-8560	03
Austin, Jesse ...	503-929-8128	03
Arcata School of Massage ...	822-5223	04
Ash, Cheryl ...	496-4266	05
At the Water's edge ...	849-8111	05
Axelrod, Lauryn ...	407-0991	06
Ayres, Carolyn ...	442-4240	06
Bardelas, Zena ...	498-1009	07
Beasley, Stephanie Manteufel ...	444-9686	08
Biofield Integration ...	822-1676	08
Blanco, Rebecca ...	702-1144	09
Bothwell, Jane ...	442-8157	10
Brannan, Carol ...	502-5644	10
Brown, Jennifer ...	396-8736	11
Brundage, Maureen ...	498-7749	12
Chamberlain, Kim ...	725-8867	12
Collins, Colby ...	828-541-9461	13
Cornucopia ...	444-2378	13
Cooper, Maya ...	825-8300	14
Cooper, Michael ...	599-0905	15
Courtemanche, Nancy ...	407-6968	16
Cowan, Pat ...	599-4406	16

Decker, Rev. Diane ...	502-9217	17
Davidoff, Lori-Leora ...	808-346-2888	18
Deschenes, Susan Yashoda ...	822-5449	19
Dixon, Joan ...	834-4465	19
dominique ...	845-3770	20
Dove, Lisa Piyusha ...	498-5007	20
Dorsett, Denny ...	825-0824	21
Drew, Michael ...	672-3245	22
Eastwood, Gail ...	923-9109	22
Eden, Sajha ...	822-5693	23
Eel River Holistics ...	206-910-0671	23
Essential Elements ...	839-7SPA (7772)	24
Emma Center ...	825-6680	25
Free, Fran ...	443-0695	25
Friedman, Marny ...	839-5910	26
Garrard, Ana Lora ...	826-2647	26
George, Tina ...	498-5952	27
Gilbert, Mariane ...	362-0878	27
Gould, Seabury ...	444-8507	28
Greene, Kari ...	599-1804	28
Gunderson, Amy ...	498-8545	29
Gustafson, Amberlee ...	616-8215	29
Hands-On Therapy ...	407-0536	30
Harestad, Patrick ...	616-4117	30
Hayes, Jolene ...	499-9207	31
Healing Nights at Isis ...	825-8300	32
Healing Spirit Animal Center ...	822-8387	33
Hashem, Alicia ...	672-2928	34
Heffernan, Paul ...	267-0430	34

Hensley, Megan ... 498-3166	35
Hendricks, Nana ... 828-337-5512	36
Hernandez, Dr. Pepper ... 840-6056	36
Humboldt Acupuncture ... 268-8007	37
Humboldt Home Foot Care ... 497-8269	37
Humboldt Herbals ... 442-3541	38
Humboldt Mobile Massage ... 832-2929	39
Isis Osiris Healing Temple ...825-8300	40
Isis Opportunities ... 825-8300	41
Joanne, Linda ... 834-1682	42
Kelly, Sher ... 268-0906	42
Kett, Stacey ... 633-8626	43
Kinne, Anne ...616-1546	43
Kidd, Susie ... 268-0437	44
Kids Open Door ... 826-1097 or 832-3777	45
Knight, Jen ... 207-323-5635	46
Lamski, Kirsten ... 834-2735	47
LeBel, Ellen Searle ... 826-7900	47
Let Us Clean ... 499-4811	48
Lewis, Corey Lee ... 499-6159	48
Lotus Acupuncture & Healing ... 633-4005 ...	49
Love, Sarah ...407-545-9931	50
McAbee, Katharine ... 408-386-0745	51
Madrone, Jennifer ... 499-4441.....	51
Mayrand, Jacqueline ... 441-1053	52
Mellick, Roxanne ... 415-306-1291	52
McCaffrey, Kate 633-8196	53
Monroe, Laurie ... 832-8515	54
Moonrise Herbs ... 822-5296	55

Moore, Amanda ... 845-6431	56
Moore, Peter ... 442-7228	56
Moorehead, Rick ... 599-7336 or 629-9491	57
Neander, Susan ... 822-3998	58
Northwest Institute of Ayurveda ... 601-9025.	59
Northcoast Essentials ... 502-4883	60
O’Brien, Marge ... 677-3316	60
Ocean Wave Healing Arts ... 601-0027	61
O’Leary, Mary ... 499-9879.....	61
Olsson, Reidun ... 822-7685	62
Oshun Yoga ... 360-7823	62
Om Shala Yoga ... 825-YOGA (9642)	63
Owen, Rebecca ... 822-5253	64
Payne-Ollivier, Denise ... 839-9540	65
Oyeku Ofun Temple... 583-9432.....	65
Pearson, Terra ... 822-2079	66
Pierce, Marina ... 826-9568	67
Pilgrim, Marina ...708-557-0880	68
Powers, Kiernan ... 496-8218	68
Quinlan, Erin ... 510-847-2024	69
Rau, Elizabeth ... 442-4246	69
Ribeiro, Marjo ... 832-3777	70
Richardson, Sheridan ... 633-4005	70
Robertson, Christy ...845-0238	71
Schaff, Sandra ... 845-3563	71
Sherman, Dianne ... 407-0309.....	72
Sherman, Scott ... 445-1018	72
Shine, Artemisia ... 234-5411	73
Smiling Goddess ... 407-9644	74

Smith, Deva ... 599-2846	75
Smith, Jennifer ... 601-1007	75
Smith, Robyn ... 440-2111	76
Space Gem Candy . spacegemcandy@gmail.com ..	76
Soul to Soul ... 822- SOUL (7685)	77
Soul Feet ... 465-3029	78
Stock, Janet ... 826-0817	78
Suite 48, Isis Room Rentals ... 825-8300	79
Tamara, Leah ... 808-639-6177	80
Tiana, Ahimsa ... 267-5812	80
Till, Uma ... 541-514-1245	81
Trinidad Trading Company ... 677-0711	81
Trinidad Massage & Day Spa ... 677-9225 ...	82
Tryon, Lorraine ... 223-3034	83
Tuley, Lee ... 541-251-1885	84
Wahlund, Linda ... 445-0207	84
von Braun, Teresa ... 825-7703	85
Wread, Lupine ... 633-4005	86
Yamas, John ... 822-7400	86
Zenker, Elisabeth ... 845-1450	87
Zeitlin, Gabrielle ... 362-1717	87
Zoe’s Kitchen ... 834-6831	88



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isis_scroll@earthlink.net & www.IsisScrolls.com

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<h1>Cross Reference Index</h1>	
<i>Find what you’re looking for ...</i>	
Acutonics	
Rick Moorehead	57
Marjo Ribeiro.....	70
Acupressure / Shiatsu	
Cristina America.....	2
Kim Chamberlain	12
Michael Drew.....	22
Humboldt Acupuncture.....	37
Stacey Kett	43
Rick Moorehead	57
Terra Pearson	66
Marjo Ribeiro.....	70
Sheridan Richardson.....	70
Soul Feet	78
Janet Stock	78
Trinidad Massage & Day Spa.....	82
Acupuncture / Oriental Medicine	
Cristina America.....	2
Humboldt Acupuncture	37
Stacey Kett	43
Lotus Acupuncture & Healing Arts	49
Rick Moorehead	57
Marjo Ribeiro.....	70
Sheridan Richardson.....	70
Lupine Wread	86
John Yamas.....	86
Affirmative Prayer Treatment	
Rev. Dianne Decker	17
Akashic Record Reading	
Marny Friedman	26
Jolene Hayes	31
Asian Bodywork Therapy	
Zena Bardelas	7
Northwest Institute of Ayurveda	59
Gabrielle Zeitlin.	87
Angel Therapy / Readings	
Mary O’Leary.....	61
Soul Feet	78

Animal Care / Communication / Healing / Reiki / Readings	
Sajha Eden	23
Healing Spirit Wellness Center.....	33
Megan Hensley	35
Mary O’Leary.....	61
Marina Pilgrim	68
Linda Wahlund.....	84
Animal Hospice Support	
Megan Hensley	35
Apprenticeship / Certificate Programs / Mentoring / Practitioner Training Programs	
Arcata School of Massage	4
Carolyn Ayres.....	6
Maya Cooper.....	14
Pat Cowan	16
Nana Hendricks	36
Kate McCaffrey, D.O.	53
Northwest Institute of Ayurveda	59
Oshun Yoga	62
Om Shala Yoga.....	63
Marina Pierce	67
Robyn Smith	76
Teresa von Braun.....	85
AromaTouch Technique	
Maureen Brundage.....	12
Kari Greene.....	28
Alicia Hashem	34
Christy Robertson	71
Astrology	
Kendra Anderson.....	3
Sajha Eden	23
Northwest Institute of Ayurveda	59
Elisabeth Zenker	87
Ayurvedic Medicine	
Michael Drew.....	22
Lotus Acupuncture & Healing Arts	49
Northwest Institute of Ayurveda	59
Jennifer Smith	75
Belly Dance Instructor	
Susie Kidd	44

BioFeedback / Quantum Biofeedback	
Corey Lee Lewis	48
Susan Neander.....	58
Kiernan Powers	68
Biofield Integration	
Scott Winkler	8
Amberlee Gustafson.....	29
Rebecca Owen	64
Birthing Preparation / Doula	
Tina George.....	27
Om Shala Yoga.....	63
Janet Stock.....	78
Body Talk	
Amberlee Gustafson	29
Paul Heffernan	34
Books / Boutique / Gallery	
Rebecca Blanco	9
Cornucopia	13
Ana Lora Garrard.....	26
Humboldt Herbals	38
Moonrise Herbs	55
Northwest Institute of Ayurveda	59
Om Shala Yoga.....	63
Trinidad Trading Co.....	81
Breema Bodywork	
Elisabeth Zenker	87
Breast Cancer Survivor Support	
Susie Kidd	44
Cannabis Therapy Consultations	
Dr. Pepper Hernandez	36
Cannabis Infused Candy	
Space Gem Candy	76
Ceremonies / Rituals	
Nancy Courtemanche.....	16
Rev. Dianne Decker	17
Nana Hendricks	36
Oyeku Ofun Temple.....	65

Chakra Healing Work	
Marny Friedman	26
Rebecca Owen	64
Marina Pilgrim	68
Soul Feet	78
Teresa von Braun.....	85
Elisabeth Zenker	87
Channeling / Clairvoyant / Mediumship	
Jesse Austin	3
Sajha Eden	23
Sher Kelly	42
Heather Lovig	74
Teresa von Braun.....	85
Chi Nei Tsang	
Kiernan Powers	68
Gabrielle Zeitlin.....	87
Children’s Health Care / Open Door Clinic	
Cristina America.....	2
Kids Open Door	45
Marjo Ribeiro.....	70
Chiropractic	
Scott Winkler, D.C.....	8
Classes / Education / Tutoring / Workshops	
Jesse Austin	3
Arcata School of Massage.....	4
Carolyn Ayres.....	6
Jane Bothwell	10
Colby Collins	13
Michael Cooper	15
Rev. Dianne Decker	17
dominique	20
Essential Elements	24
Emma Center	25
Marny Friedman	26
Ana Lora Garrard.....	26
Tina George.....	27
Seabury Gould ...	28
Kari Greene	28
Megan Hensley	35
Nana Hendricks	36
Dr. Pepper Hernandez	36
Humboldt Herbals ...	38
Susie Kidd	44

Classes / Education / Tutoring / Workshops	
Roxanne Mellick	52
Moonrise Herbs	55
Susan Neander.....	58
Northwest Institute of Ayurveda	59
Northcoast Essentials	60
Oshun Yoga	62
Om Shala Yoga.....	63
Denise Payne- Ollivier.....	65
Marina Pierce	67
Christy Robertson	71
Artemisia Shine	73
Smiling Goddess Healing Sanctuary	74
Robyn Smith.....	76
Linda Wahlund	84
Teresa von Braun.....	85
John Yamas.....	86
Cleaning Services – Home or Office	
Let Us Clean	48
Conscious Exploration	
Rebecca Blanco	9
Nana Hendricks	36
Colon Hydrotherapy / Colonics	
Lotus Acupuncture & Healing Arts	49
Community Resource Center	
Emma Center.....	25
Isis Osiris Healing Temple	40
Om Shala Yoga.....	63
Computer Scanning Energy Field Programs	
Maureen Brundage.....	12
Kiernan Powers	68
Connective Bodywork	
Lori-Leora Davidoff.....	18
Continuing Educational Credits (CEUs)	
Northwest Institute of Ayurveda	59
Denise Payne- Ollivier.....	65
Trinidad Day Spa	82
Counseling, Licensed	
Gail Eastwood.....	22
Ellen Searle LeBel	47
Jacquiline Mayrand.....	52

Counseling, Licensed	
Laurie Monroe.....	54
Peter Moore.....	56
Susan Neander.....	58
Sandra Schaff.....	71
Scott Sherman.....	72
Craniosacral / Polarity	
Alo Mana	1
Carol Brannan.....	10
Michael Drew.....	22
Tina George	27
Kari Greene.....	28
Hands-On Therapy	30
Kirsten Lamski	47
Kate McCaffrey, D.O.	53
Reidun Olsson.....	62
Terra Pearson.....	66
Jennifer Smith.....	75
Soul to Soul.....	77
Uma Till	81
Trinidad Massage & Day Spa.....	82
Creatorship Mastery	
Rebecca Blanco	9
Crystal Bed ~ John of God Healings	
Nancy Courtemanche.....	16
Dance / Movement Therapy / Instruction	
Ellen Searle LeBel	47
Susie Kidd	44
Divination	
Kendra Anderson.....	3
Carolyn Ayres.....	6
Sajha Eden	23
Mary O’Leary.....	61
Oyeku Ofun Temple	65
Deeksha Oneness Blessings	
Cheryl Ash	5
Destiny Cards	
Meredith Aldrich.....	1
Doula Services	
Tina George.....	27
Janet Stock.....	

Dream Exploration	
Ana Lora Garrard	26
Oyeku Ofun Temple.....	65
Marina Pilgrim	68
Dynamic Light Therapy	
Patrick Harestad	30
Elizabeth Rau	69
Ecstatic Dance	
Om Shala Yoga.....	63
EMDR	
Susan Neander.....	58
Energy Healing	
Colby Collins	13
Zena Bardelas	7
Biofield Integration	8
Maya Cooper	14
dominique	20
Lisa Piyusha Dove	20
Marny Friedman	26
Ana Lora Garrard.....	26
Nana Hendricks	36
Linda Joanne.....	42
Kirsten Lamski	47
Sarah Love	50
Jennifer Madrone.....	51
Reidun Olsson	62
Rebecca Owen	64
Denise Payne-Ollivier	65
Terra Pearson.....	66
Marina Pierce	67
Artemisia Shine	73
Soul to Soul	77
Soul Feet.....	78
Trinidad Massage and Day Spa.....	82
Linda Wahlund.....	84
Teresa von Braun.....	85
Elisabeth Zenker	87
Essential Oils /Aromatherapy / Retail	
Maureen Brundage.....	12
Kari Greene.....	28
Alicia Hashem	34
Megan Hensley	35
Humboldt Herbals	38

Essential Oils /Aromatherapy / Retail	
Moonrise Herbs	55
Susan Neander.....	58
Northwest Institute of Ayurveda	59
Northcoast Essentials	60
Kiernan Powers	68
Soul Feet	78
Uma Till	81
Trinidad Massage & Day Spa.....	82
Facial / Skin Health and Care	
Essential Elements	24
Lotus Acupuncture & Healing Arts	49
Soul to Soul.....	77
Trinidad Massage & Day Spa.....	82
Feng Shui	
Humboldt Acupuncture.....	37
Marina Pierce	66
Flower / Gem Essences	
Kendra Anderson.....	3
Jane Bothwell.....	10
Megan Hensley	35
Humboldt Herbals	38
Moonrise Herbs	55
Marina Pierce.....	67
Marina Pilgrim	68
Food Allergies / Muscle Testing / Kinesiology	
Lauryn Axelrod.....	6
Gail Eastwood.....	22
Rick Moorehead	57
Kiernan Powers	68
John Yamas	86
Foot Care / Detox Baths / Home Visits	
Humboldt Home Foot Care	37
Soul To Soul.....	77
Trinidad Massage and Day Spa.....	82
Funeral Officiants	
Nana Hendricks	36
Garden Design	
Roxanne Mellick	52

Gentle Birth Workout	
Michael Cooper	15
Susie Kidd	44
Graphic Design /Ad Creation / Cards / Logos	
Rebecca Blanco	9
Creative Flower	17
Grief and Loss Support	
Pat Cowan	16
Marina Pilgrim	68
Guest Speaking Engagements	
Rev. Dianne Decker	17
Healing Arts Centers	
Eel River Holistics	23
Isis Osiris Healing Temple.....	40
Lotus Acupuncture & Healing Arts	49
Om Shala Yoga.....	63
Smiling Goddess Healing Sanctuary	74
Hellerwork	
Hands-On Therapy	30
Hendricks Certified Coaching	
Lisa Piyusha Dove	20
Michael Drew	22
Robyn Smith	76
Herbalists / Apothecary / Herbal Products	
Cristina America.....	2
Jane Bothwell.....	10
Humboldt Acupuncture	37
Humboldt Herbals	38
Stacey Kett	43
Jen Knight.....	46
Lotus Acupuncture & Healing Arts	49
Moonrise	55
Amanda Moore.....	56
Northwest Institute of Ayurveda	59
Marina Pilgrim	68
Sheridan Richardson.....	70
Lupine Wread.....	86
John Yamas.....	86
Homeopathy	
Gail Eastwood.....	22

Ho Opono Pono ~ Forgiveness Support	
Christy Robertson	71
Horses – Natural Hoof Care	
Megan Hensley	35
Hypnotherapy	
Jane Bothwell.....	10
Michael Drew.....	22
Jolene Hayes	31
Marge O’Brien	60
Ahimsa Tiana	80
Inspirational Conversations	
Rebecca Blanco	9
Rev. Dianne Decker	17
Joan Dixon	19
Linda Joanne	42
Reidun Olsson	62
Integrative Medicine	
Mariane Gilbert	27
Kate McCaffrey, D.O.	53
Intuitive & Spiritual Counseling	
Jesse Austin	3
Colby Collins	13
Maya Cooper	14
Michael Cooper	15
Rev. Dianne Decker	17
dominique	20
Lisa Piyusha Dove	20
Sajha Eden	23
Marny Friedman	26
Ana Lora Garrad.....	26
Sher Kelly	42
Anne Kinne.....	43
Kirsten Lamski	47
Sarah Love	50
Susan Neander.....	58
Northwest Institute of Ayurveda	59
Mary O’Leary.....	61
Reidun Olsson.....	62
Rebecca Owen	64
Denise Payne-Ollivier	65
Oyeku Ofun Temple	65
Terra Pearson	66
Marina Pierce.....	67

Intuitive & Spiritual Counseling	
Sandra Schaff	71
Dianne Sherman	72
Artemisia Shine	73
Heather Lovig	74
Soul Feet.....	78
Leah Tamara	80
Linda Wahland	84
Teresa von Braun.....	85
Elisabeth Zenker	87
Iridology	
Essential Elements	24
Jewelry / Amulets / Spiritual Tools	
Humboldt Herbals.....	38
Soul Feet.....	78
Jin Shin Jyutsu	
Denny Dorsett	21
Fran Free.....	25
Ocean Wave Healing Arts	61
Kinesis Myofascial Integration	
Patrick Harestad	30
Kirtan	
Seabury Gould.....	28
Om Shala Yoga.....	63
Life / Soul Coaching	
Lauryn Axelrod.....	6
Colby Collins	13
Pat Cowan	16
dominique	20
Jolene Hayes	31
Alicia Hashem	34
Anne Kinne.....	43
Corey Lee Lewis	48
Mary O’Leary.....	61
Rebecca Owen.....	64
Dianne Sherman	72
Heather Lovig	74
Deva Smith	75
Robyn Smith	76
Teresa von Braun.....	85

Living Art Gallery	
Rebecca Blanco	9
Lymphatic Drainage	
At The Waters’ Edge	5
Michael Drew.....	22
Tina George.....	27
Kari Greene.....	28
Jennifer Madrone	51
Manicures / Pedicures	
Soul To Soul.....	77
Trinidad Massage & Day Spa.....	82
Massage & Bodywork Therapies	
Alo Mana	1
Cristina America.....	2
Arcata School of Massage	4
At The Waters’ Edge	5
Stephanie Manteufel Beasley.....	8
Scott Winkler	8
Carol Brannan.....	10
Kim Chamberlain	12
Lori-Leora Davidoff.....	18
dominique	20
Michael Drew.....	22
Eel River Holistics	23
Essential Elements.....	24
Tina George.....	27
Kari Greene.....	28
Hands-On Therapy	30
Patrick Harestad	30
Humboldt Mobile Massage	39
Kirsten Lamski	47
Lotus Acupuncture & Healing Arts	49
Katharine McAbee	51
Jennifer Madrone.....	51
Amanda Moore.....	56
Northwest Institute of Ayurveda	59
Reidun Olsson.....	62
Om Shala Yoga.....	63
Terra Pearson.....	66
Marina Pierce	67
Sheridan Richardson.....	70
Christy Robertson	71
Jennifer Smith	75
Soul to Soul.....	77
Soul Feet.....	78
Janet Stock.....	78

Massage & Bodywork Therapies	
Leah Tamara	80
Uma Till	81
Trinidad Massage and Day Spa.....	82
Lorraine Tryon	83
Lee Tuley	84
Gabrielle Zeitlin.	87
Massage ~ Hot Stone	
Lori-Leora Davidoff.....	18
Michael Drew.....	22
Soul to Soul	77
Trinidad Massage and Day Spa.....	82
Massage ~ Ayurvedic / Abhyanga	
Jennifer Smith	75
Massage ~ Cancer / Hospital Based	
Janet Stock.....	78
Massage with Healing Songs	
Leah Tamara	80
Massage ~ Infant	
Janet Stock.....	78
Massage ~ Lomi Lomi	
Trinidad Massage & Day Spa.....	82
Massage ~ Mobile	
Humboldt Mobile Massage	39
Massage ~ Thai	
Lori-Leora Davidoff.....	18
Massage ~ Tunia / Chinese Massage	
Humboldt Acupuncture	37
Sheridan Richardson.....	70
Massage Schools	
Arcata School of Massage	4
Northwest Institute of Ayurveda	59
Matrix Energetics	
Christy Robertson	71
Maya Abdominal Therapy	
Amanda Moore.....	56
Janet Stock.....	78

Medical Counseling	
Mariane Gilbert	27
Kate McCaffrey, D.O.	53
Medical Intuitive	
Dr. Pepper Hernandez	36
Teresa von Braun.....	85
Meditation	
Colby Collins	13
Northwest Institute of Ayurveda	59
Om Shala Yoga	63
Robyn Smith	76
Menu & Recipe Analysis	
Roxanne Mellick	52
Music & Sacred Story Telling	
Jesse Austin	3
Cornucopia	13
Rebecca Blanco	9
Seabury Gould	28
Elizabeth Rau	69
Mystical Singing	
Sajha Eden	23
Leah Tamara	80
Myofacial Release	
Stephanie Manteufel Beasley.....	8
Carol Brannan.....	10
Michael Drew.....	22
Kari Greene.....	28
Hands-On Therapy	30
Patrick Harestad.....	30
Reidun Olsson	62
Jennifer Smith	75
Soul Feet	78
Trinidad Massage & Day Spa.....	82
Lee Tuley	84
Naturopathic Care	
Essential Elements	24
Naturopathic Doctor	
Dr. Pepper Hernandez	36

Network Chiropractic	
Scott Winkler	8
Neuro-Linguistic Programming	
Meredith Aldrich.....	1
Corey Lee Lewis	48
Nutritional Food Label Creation	
Roxanne Mellick	52
Nutrition / Holistic Health Counseling	
Laurn Axeldrod.....	6
Zena Bardelas.....	7
Mariane Gilbert	27
Alicia Hashem	34
Dr. Pepper Hernandez	36
Humboldt Acupuncture	37
Lotus Acupuncture & Healing Arts	49
Roxanne Mellick	52
Northwest Institute of Ayurveda	59
Kiernan Powers	68
Deva Smith	75
John Yamas.....	86
Nurse Practitioner	
Mariane Gilbert	27
Occupational Therapy	
Hands-On Therapy	30
Online Directory of Healers	
Isis Opportunities	41
Ortho-Bionomy	
Erin Quinlan	69
Osteopathic Medicine / Physician	
Kate McCaffrey, D.O.	53
Phoenix Rising Yoga Therapy	
Jennifer Brown	11
Artemisia Shine	73
Physical Therapy	
Hands-On Therapy	30
Piano Lessons and Healing Explorations	
Elizabeth Rau	69

Pilates	
Michael Cooper	15
Susie Kidd	44
Placenta Medicine Encapsulation	
Cristina America.....	2
Tina George.....	27
Postpartum Care / Massage / Pilates / Yoga	
Cristina America.....	2
Michael Cooper	15
Tina George.....	27
Susie Kidd	44
Om Shala Yoga.....	63
Marjo Ribeiro.....	70
Janet Stock.....	78
Prenatal Care / Massage / Pilates / Yoga	
Cristina America.....	2
Michael Cooper	15
Lori-Leora Davidoff.....	18
Eel River Holistics	23
Tina George.....	27
Susie Kidd	44
Om Shala Yoga.....	63
Terra Pearson	66
Marjo Ribeiro.....	70
Janet Stock.....	78
Prosperity Coach	
Meredith Aldrich.....	1
Qi Gong / Medical Movement / Tai Chi	
Zena Bardelas.....	7
Rick Moorehead	57
Sheridan Richardson.....	70
John Yamas	86
Quantum Touch	
Amy Gundersen	29
Radio Broadcasts	
Megan Hensley	35
Raindrop Technique for People and Animals	
Megan Hensley	35
Uma Till	81
Soul Feet.....	78

Raw & Live Food Nutrition	
Dr. Pepper Hernandez	36
Zoe’s Kitchen	88
Rebirthing Breathwork	
Susan Yashoda Deschenes	19
Recovery from Abuse / Addiction / PTSD	
Pat Cowan	16
Emma Center.....	25
Laurie Monroe.....	54
Denise Payne-Ollivier	65
Marina Pilgrim	68
Reflexology	
Zena Bardelas.....	7
Michael Drew.....	22
Reidun Olsson	62
Christy Robertson	71
Soul to Soul.....	77
Soul Feet.....	78
Linda S. Wahlund	84
Reichian Therapy	
Peter Moore.....	56
Rites of Passage Ceremonies	
Nana Hendricks	36
Reiki / Long Distance Healing	
Colby Collins	13
Maya Cooper	14
Nancy Courtemanche	16
Michael Drew.....	22
Kari Greene.....	28
Healing Night at Isis	32
Isis Osiris Healing Temple.....	40
Linda Joanne.....	42
Jen Knight.....	46
Sarah Love	50
Jennifer Madrone.....	51
Reidun Olsson	62
Denise Payne-Ollivier	65
Terra Pearson	66
Marina Pierce.....	67
Marina Pilgrim	68
Erin Quinlan	69
Elizabeth Rau	69

Reiki / Long Distance Healing

Christy Robertson	71
Artemisia Shine	73
Jennifer Smith	75
Soul Feet	78
Soul to Soul.....	77
Leah Tamara	80
Uma Till	81
Linda Wahlund	84

Reiki Classes and Attunements

Kari Greene.....	28
Linda Joanne.....	42
Jen Knight.....	46
Reidun Olsson	62
Denise Payne-Ollivier	65
Christy Robertson	71
Linda Wahlund	84

Reproductive Health

Michael Cooper	15
----------------------	----

Resonance Repatterning

Susan Neander.....	58
Sandra Schaff.....	71

Retail Establishments

Cornucopia	13
Humboldt Herbals	38
Moonrise Herbs	55
Om Shala Yoga.....	63
Soul to Soul	77
Trinidad Trading Co.....	81
Trinidad Massage & Day Spa.....	82

Rolfing

Lee Tuley	84
-----------------	----

Sacred Story Telling

Jesse Austin	3
Seabury Gould	28

Sandplay Therapy

Ellen Searle LeBel	47
--------------------------	----

Saunas / Infrared Sauna

Essential Elements	24
Om Shala Yoga.....	63

Self Esteem Building

Robyn Smith	76
-------------------	----

Senior Home Care

Humboldt Home Foot Care	37
-------------------------------	----

Sensorimotor Psychotherapy

Jacqueline Mayrand	52
--------------------------	----

Shamanic / Alchemical Healing

Jen Knight.....	46
Jennifer Madrone.....	51
Oyeku Ofun Temple.....	65
Marina Pilgrim	68
Ahimsa Tiana	80

Soul Realignment

Jolene Hayes	31
--------------------	----

Sound Healing / Gongs / Singing Bowls

Cornucopia	13
Stacey Kett	43
Denise Payne-Ollivier	65
Terra Pearson	66
Marjo Ribeiro	70
Artemisia Shine	73
Trinidad Massage & Day Spa.....	82

Soul Memory Discovery

Susan Neander.....	58
Sandra Schaff	71

Spa Treatments

Essential Elements	24
Soul to Soul.....	77
Trinidad Massage and Day Spa.....	82

Space Blessings / Clearings / Designers

Marina Pierce	67
Teresa von Braun.....	85

Space Rental

Eel River Holistics	23
Smiling Goddess Healing Sanctuary	74
Suite #48 Isis Temple.....	79

Structural Medicine

Stephanie Manteufel Beasley.....	8
Hands-On Therapy	30

Meredith B. Aldrich



Prosperity Coach
Licensed NLP Practitioner
Destiny Cards

The Law of Attraction responds to your thoughts and feelings and never doubts that you know what is best for you. In this inclusive Universe, if you shout “no!” at something you are including it in your vibration and are actually shouting “yes” at it. The Law of Attraction will give you more of whatever you focus on.

In my coaching service I am here to help you get more of what you want and less of what you do not want. You can thrive vigorously no matter what is going on around you. Each person attracts their own well-being. To see a visual representation of this idea, please look at “LOA episode three” at my cartoon website <http://river-ville.com>.



Testimonials

Hummingbird Healing Center has been blessed with the results! Meredith met with our staff and thanks to her services, business has doubled! ~C.R.

I have gone to her for help with guidance and clarity for my purpose and goals, and always come away feeling peaceful, blessed and rejuvenated. She is a gem. ~R.S.

Of the many healing modalities I've explored, Mere's sessions are the most dramatically and immediately effective. ~E.R.

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Destiny Card Readings
Public Speaking**

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e-mail Mere@river-ville.com

Alo'Mana Integrative Aqua Therapy



**Immerse Yourself
in this Incredibly,
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www.heaveninyourbody.com

Cristina America, L.Ac.,

1433 11 Street Apt F, Arcata, Ca. 95521

Cristina.America@yahoo.com

(707) 826-1097

Family Health Care

Acupuncture
Herbal Medicine
Massage, Shiatsu
Detox Acupuncture



After 16 years of midwifery in Switzerland, I moved to Santa Cruz in 1995 to study Traditional Chinese Medicine (TCM) at Five Branches Institute, where I met my husband Lang Kinzie who is a second generation acupuncturist. We share a passion for gardening and are homesteaders.

In my practice I combine my experience as a midwife with TCM. I have worked in hospitals in the delivery ward, as a homebirth midwife and in my own birthing center, which gave me a wide range of insights and knowledge into techno-medicine, homeopathy, massage and breathing techniques, as well as western herbal medicine.

General Health Care

Common ailments and injuries like back pain, joint pain, headache, allergy, cold, flu, stress, insomnia, high blood pressure, diabetes, depression, digestive disorders and neurological conditions related to injury, stroke, paralysis, impaired sensory functions and diabetic neuropathy.

Women's Health Care

Fertility Awareness, pregnancy and postpartum care, breast feeding counseling, menstrual problems and menopause.

Children's Health Care

Prevention and treatment of common diseases like colds, ear infections, fever, allergies and behavioral problems.

Detox Acupuncture

Helps to overcome drug abuse and post traumatic stress disorder. Five earpoints to balance, calm, alleviate pain and strengthen willpower.

Shonishin

Japanese Massage Technique to invigorate and balance the meridians best done around Full Moon

Acupressure

I hold specific points on the body to take care of imbalances

Acupuncture

With especially fine needles, a fast in and out technique is used to heal sickness.

Herbal Tinctures

Help to support the healing process. The intention is to strengthen children in their abilities to overcome diseases and come to their full potential, it's also important to show the parents how to use those methods at home so they can help their children safely and gently.

The immense wealth of Herbal Medicine combined with acupuncture and massage allows me to formulate individual treatment strategies according to the needs of my patients. I enjoy the variety of people I meet in my work and am always eager to expand my mind and open my heart.



And now offering even more support to families with:

KIDS OPEN DOOR

every Monday* from 2pm to 6pm
with Cristina America & Marjo Ribeiro
No reservations necessary ~ First come first serve

Cristina and Marjo invite you and your family for our KIDS OPEN DOOR. Bring your little ones for a session with us that will help you prevent and treat common diseases. We will apply a mix of several techniques based on Traditional Chinese Medicine, massage, acupressure, herbal medicines, craniosacral and Sound Healing.

Kids Open Door is offered by Donation

(* Except Holidays)

Kendra Anderson



707-633-8560

*Astrology and Tarot Readings
Flower Essences &
Vibrational Healing*

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

Astrology and Tarot, legacies and gifts from Sumeria and the Great Library in Alexandria, Egypt, open our life to the guidance and knowledge of our Higher Self. **Astrology** allows both the tangible and the invisible to communicate on such subjects as who we are, how we manifest our highest potential, the importance of loved ones in our lives, the timing of specific endeavors, and what life is bringing us as we go through the round of changes that every year brings. Natal, transit, progression, relationship, and horary charts answer these questions.

Tarot, through prayer and images opens the link between ancestors and the Divine Mother Father God. Using these tools, we can engage in a spiritual practice that joins our personality and soul-self on a daily basis if we so choose. With happiness, we move lightly through the challenges that living on earth can present.

The magical, etheric, healing principles of **flower essences**, with affirmations, add to my work as well. The essences bring a devic level of healing to body/mind/soul issues uncovered through astrology and tarot. The physical is directly connected to the etheric through the emotional body. In this way, both the emotions and the body are healed by using flower essences.

A reading from me gives you both spiritual insight, recognition of the path with the most love and healing, and if necessary, a spiritual intervention. My heart is pure and wants only what is best for you. I have no judgement about your circumstance. I believe this life dance we are all engaged within is about Love and letting go of the bondage that separates us from Love. I also understand that Love is not something that we humans truly have embraced. Most of us feel bound to repeat the mistakes of those around us and certainly the mistakes of those who have reared us. Your reading will confirm and renew your faith in your life's purpose. That is my gift and my promise to you.

Blessed Be.

Jesse Austin



**Medium
Intuitive Readings
Sacred Story Telling**

Dead folks are hilarious ...
They want to have a good time ...
They want **you** to be happy...

I am available for private intuitive/mediumship readings...The readings can take place on the phone, in your home, or at Isis...

Invite **Jesse Austin** to your group, organization, or performance center. He fashions powerful **story/lectures** that explores **mediumship, quantum physics** and really funny dead folks ... Wow!

**Ongoing Mediumship Event
for Your Drop-in Participation at
Isis Suite #48, Sunny Brae Center**

MEDIUMSHIP CIRCLE

With Support from Isis' Spirit Guide Zoe!

Sundays at 3:00 pm

~ Suggested Minimum Donation: \$20

Jesse Austin's intuitive readings and performances inspire the understanding of one's own playful, powerful, fully engaged self-spirit ... Everyone is processed by a star ... Your angels will help ... Search, be brave, sing ...

Psychic Jesse Austin uses a combination of mediumship, quantum physics, master storytelling and random hilarity to help heal, reconnect you to your loved ones on the other side, entertain, astound and share the message of his and your guides – "You are living many lives at once, explore, have courage, have fun ... You have choices ..."

call, text or email for more info

503.929.8128

jesseyesse@gmail.com

Meet Our Faculty



Tobin Shenpen Rangdrol, LMT
Immersed in a life of healing since birth, Tobin started learning the art of bodywork as a child from his mother, Shari Sunshine. He began working as a bodywork therapist 16 years ago, and teaching 14 years ago. Twelve years ago, he graduated of the Lomi Oluea School of Traditional Hawaiian Massage on Maui, Hawaii. With Shari, he co-founded Syntropy International, an advanced training program for massage therapists. He is a student of Vajrayana Buddhism under the guidance of Chokyi Nyima Rinpoche. Tobin developed the Middleway Method of Health Education over the last 10 years as the Director and principle instructor at the Arcata School of Massage.

Shari Sunshine, DAc, LMT
Shari first went to McKinnon School of Massage in 1979. Over the following two decades, she studied Polarity Therapy with Pierre Pannetier, Orthobionomy® with Arthur Pauls, the work of Moshe Feldenkrais with Shlomo Efrat in Israel, Healing Chi Kung with Master Wong in China and Mantak Chia in Thailand, meditation with Chogyal Namkai Norbu and H.H. the Dalai Lama in India, Traditional Thai Massage in Thailand. She co-founded Syntropy International with her son Tobin. Last year, she earned a Masters Degree in Traditional Chinese Medicine.



Laura Diane Black, FNP, NE, MSN Laura is a Humboldt State University College health Family Nurse Practitioner currently practicing women's health, preventive health services and sexual and reproductive health services. She is actively involved as a resource/guest lecturer for the university community in areas of expertise. As a graduate of the Heartwood Institute's Swedish Massage Program with a Masters Degree in Nursing Education, she brings together her clinical experience with her heartfelt and intelligent teaching style.



Caroline Redfield, BA, CMT, Doula, Middleway Method™ Health Educator
Caroline was a part of the first graduating class at the Arcata School of Massage in 2005, and has gone on to build a successful clientele over the past nine years. She is a doula and specializes in prenatal massage, and is also trained in Visionary Craniosacral. She has worked with chiropractors doing therapeutic bodywork and now carries that experience over to her personal practice. She brings abundant energy to the classroom and everything she touches turns to gold.



Kristina Pedersen
A healer of a different sort, Kristina keeps everything in the school running smoothly. For more than five years, she has taken care of us all at the school. If you have a question or you just need someone to listen, talk to KP.



Lama Choyang has practiced Tibetan Buddhism for more than 20 years under the guidance of Chagdud Tulku Rinpoche, and then under his Dzogchen lineage holder, Lama Drimed Norbu. She completed 7 years of retreat at Rigdzin Ling, Chagdud Rinpoche's seat in North America, and was ordained as a lama by Lama Drimed in 2009. She studied at Harvard, spent several years living in India, and practiced social work before moving to Rigdzin Ling to enter retreat. She currently lives in Arcata, supporting a sangha there, and travels to teach & share the dharma.



Valerie Schramm, BA, CMT Middleway Method™ Health Educator
Valerie graduated from Humboldt State University in 1998 with a degree in Sociology. She is also a graduate of the Arcata School of Massage, working full time as a therapist in private practice. Valerie has a passion for the sciences and their relation to bodywork. She is dedicated to providing a dynamic, supportive and encouraging space for students to learn the complex, exciting details of the human body.



Teresa Lucchesi-Cook, ND, LAc
Tisa is a Naturopathic Doctor and Licensed Acupuncturist. She offers a wealth of information and insight from her work as a doctor, as well as serving as an inspiration and mentor to health care practitioners who seek to create a flourishing private practice based on the principles of compassion and accessibility.



Arcata School of Massage offers a 650-hour Middleway Method Health Educator training program
Visit arcatamassage.com or call (707) 822-5223 for details

Experience Deeksha, Oneness Style



Offered by Cheryl Ash
Every Tuesday
6:30 - 7:30 pm at the
Isis Osiris Healing Temple

Deeksha or the Oneness Blessing is offered to people of all faiths, no faith, those on a spiritual path and those who are atheists. It is for everyone. There are no beliefs to adopt, no rules; it is not a religion, so there is no religion to follow. People all over the world receive Oneness Deeksha, or Deeksha.

Oneness, a spiritual organization founded by spiritual leaders Sri AmmaBhagavan in India, seeks to alleviate human suffering at its roots by awakening humanity into oneness, where an individual feels connected to all that is. The central understanding of Oneness is that inner transformation and awakening into higher states of consciousness is not an outcome of an intellectual understanding but happens with a neurobiological shift in the brain, whereby the experience of life is redefined at its core. This shift can be achieved through Deeksha.

Deeksha is given by hands on or above the head by those initiated as Deeksha givers and is suitable for everyone. It unfolds uniquely in each person since each receiver has different desires and needs.

Here are some of the common benefits people experienced after receiving Deeksha. You can experience greater effects of it with prolonged exposure.

Awakens creative potentials, abilities and intelligence
Resolves inner conflict leading to inner peace and harmony
Brings love to relationships
Heals emotional hurts and reduces thought burden
Evokes affection, friendship and a sense of connectedness with the other
Heals the body by healing the mind
Relaxes the body and relieves stress
Removes blocks that hinder success
Initiates a journey into experiencing unconditional love and joy.

Deeksha is freely and joyously given – please join us!

707 496-4266

cheryl.a@hushmail.com

Invite Deeksha to be offered at your next event!

At The Waters' Edge Massage

Erin Fowler

707*849*8111
mamaflowerx2@yahoo.com



It is a pleasure to offer this wonderful community my services as a body worker. My first experiences as a masseuse was learning how to walk on my Auntie's back. Since then, I have found that my practice has been greatly influenced by many modalities/tools.

The first of these influences was a Reiki attunement fifteen years ago; followed by the Swedish/Esalen style of classic massage in 2004 and Lymphatic massage in 2006. The next year I immersed myself in yogassage. Encouraging the client to breathe deep into his/her body, this can be a fun session in which their body is gently pulled around the table. Most recently I have been studying Core Synchronism.

Core was developed by Robert Stevens. In his words, it is an unfolding, of classical homeopathy, polarity, cranial osteopathy and Dr. Bach's flower essences. As my attention tunes in to listen, sensing the motion of the cerebrospinal fluid (CSF), I am able to track its movement through the central nervous system. Dis-ease can be associated with a suppression of /or de-synchronistic motion in the CSF. Expressing as the symptoms of imbalance; thus causing inflammation/discomfort/pain.

There is an integral sense of ease as the body re-members its inherent well-being; balancing body, mind and soul. As my palpation skills strengthen, I perceive deeper into the fluid motion, adding yet another technique to my esoteric tool belt!

So, if you "suffer" from any complaints: such as, inflammation, coughs, headaches, mental/emotional imbalances, chemotherapy, fibromyalgia, want a deeper flush in a fast, or you just feel wound up, call for an appointment and we'll dig into the bucket boss for other tools: such as, Chinese fire cupping, using moxa, mother roasting, and chakra balancing.

One thing I do ask, as you lie on the table surrounded by all the things I find beautiful, is that you breathe deeply and fully into your body, you can relax for the time that we share in the safe, sacred, and nurturing space that has been created for the unfolding of both of our hearts.

Lauryn Axelrod, CHHC

Arise Natural Health
Certified Holistic Nutrition
and Health Coach



As a Certified Holistic Nutrition and Health Coach with more than 20 years experience, I combine *personalized* simple, safe and sustainable nutrition, fitness and lifestyle changes to help you reach your health goals, and create a naturally healthy mind, body and spirit.

My Natural Health Coaching Approach

I practice a holistic, mind-body approach to health and wellness, which means that in addition to helping you develop a simple, personalized healthy eating plan that meets your needs and preferences, I look at how all areas of your life are connected. Does stress make it hard for you to lose weight? Do lack of sleep or low energy keep you from activities? Do food allergies contribute to depression or illness? Are old emotional patterns or underlying medical issues preventing you from achieving your health goals?

We will examine how all parts of your life affect your health as a whole, and together we'll work to reach your health goals in areas such as achieving optimal weight, reducing food cravings and overeating, increasing sleep, eliminating illness, and maximizing energy.

You will develop a deeper understanding of the food and lifestyle choices that work best for *you*, learn to truly nourish yourself, and implement achievable, lasting changes – one step at a time.

Within only 4 weeks, my arthritis pain has diminished and my belly bulge is much smaller. I sleep better. Perhaps FINALLY I have found the instructions/assistance to facilitate better healthy lifestyle and weight loss. –D.E.

I have increased energy, much less congestion and puffy eyes, less bloating and heavy feeling over all...and I've lost 10 pounds! Lauryn is an excellent nutrition coach. – M.C.

It feels life changing. I have lost 10 pounds and feel so much better. I have learned so much and feel I am eating sustainably! – C.P.

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Carolyn Ayres

Tarot of Becoming
An Evolutionary Path

707-442-4240

website: www.tarotofbecoming.com
email: tarotofbecoming@yahoo.com

Tarot offers the gift of becoming who you truly are: an evolutionary being awakening to your potential of living a life of tremendous joy. The images, archetypes and symbolic coding of the Tarot cards are like stained glass windows through which cosmic messages can shine.

My intent with my readings and classes is to mentor you on your evolutionary path by connecting you to your own expansive wisdom. I invite you to join with me on this adventure on the cutting edge through my classes, one-on-one mentoring or with a private reading.

Tarot Classes in Eureka and Arcata

Tarot As An Evolutionary Path in Eureka and Arcata. This gestation course covers every card in the deck, meeting twice a month over a 9 month period. Through journaling, discussion and a personal reading each class time, you will understand the connection of these 78 cards in your own lives and in the greater cosmic vision. I guarantee personal evolution with this course. Appropriate for all levels.

New classes will be offered in September and January in Eureka and Arcata

The Thoth Deck: Tarot for the 21st century: This class specifically uses Alistair Crowley's much misunderstood Thoth deck with Frieda Harris's powerful illustrations. Over a nine month period, meeting twice a month, we will dive into the intricate symbolism of this deck and the esoteric teaching of the Tree of Life that inspired this truly modern deck. Some experience with the tarot is preferred. Classes will be offered again in September and January in Eureka.

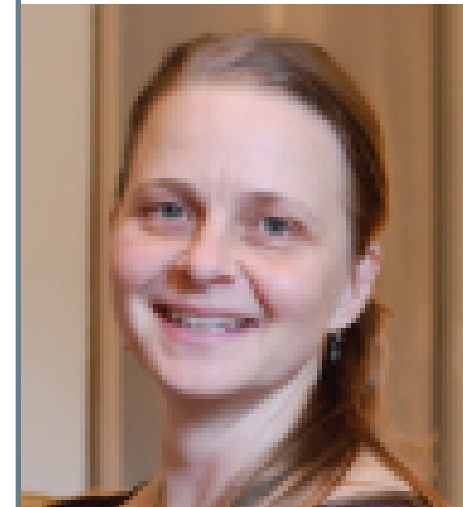
Tarot Circles - These are small, two or three people, for ongoing study of the tarot meeting wherever and whenever is convenient for all. Price varies with the number of participants

Private classes with one on one mentoring- Personal attention and readings \$40

Consultation in person, on the phone or with Skype. One hour, in depth therapeutic readings. You will receive a CD recording of the reading. \$65

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Zena Bardela

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Arcata, CA

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Qi (pronounced "chee") is energy or life-force. **Qigong** means practice, skill or work. Together, qigong literally means "energy work" or "mastering life-force energy."

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Internal/Self Treatment Qigong: Learning and using Internal Qigong is an easy way to be involved in your own health and well-being.

Stephanie Manteufel Beasley Knot Fade Away



707-444-9686

www.knot-fade-away.com

smanteufel75@yahoo.com

3015 Hubbard Lane, Eureka, CA 95501

Structural Medicine Specialist Bodywork Practitioner

Structural Medicine, which is a type of structural integration, is best described as a cross between physical therapy and complementary and alternative therapies. In addition to my recent training, I have been practicing deep tissue and trigger point based bodywork since 1997. In 2010 I passed the Certification Exam for Structural Integrators after completing a 2 year, 2,000 hour Structural Medicine program in Twisp, WA.

To better understand Structural Medicine, I typically like to explain what to expect during a session. First I take a general history, including major events; injuries; physical or psychological traumas; and any physical concerns. Then, if so desired, the next step is postural analysis. During this process, I like to stand the client in front of a mirror so that, together, we can observe and evaluate postural patterns that may be contributing to current conditions. This analysis can be an enlightening experience for people, as it offers them a new way of viewing their bodies. After analysis, we start the hands-on component of the session. The type of bodywork that I practice is deep, concentrated, and detailed. I utilize a variety of techniques including myofascial release, trigger point therapy, and deep tissue massage. My goal is to differentiate and create independent mobility of the different anatomical structures; increase the range of restricted areas and thereby decreasing compensatory postural patterns; and reestablish greater alignment and overall ease with movement.

I offer a variety of ways to work with clients, depending on individual needs. We can address specific pathologies, whether chronic or acute, through either the Structural Medicine model or a traditional bodywork method. In addition to these approaches, we may instead choose to use a strategic series of sessions based on the classic structural integration formula. Ultimately, I work with clients according to their needs, and help them develop a deeper understanding and awareness of their bodies. I have an intense interest in human anatomy that I use to help develop a treatment that is specific to each client's needs.

Biofield Integration™



Dr. Scott Winkler, D.C.,
Network Chiropractic
Analysis, Deep Tissue
Therapy, Biofield
Integration™

Rebecca Owen,
Biofield Integration™

Amberlee Gustafson,
Biofield Integration™

*The Spine is the Antennae for Your Life-Force:
Open to the Energy of Your Whole Self with
Biofield Integration™*

In 2009 Dr. Scott Winkler asked Rebecca Owen to work with him as a team after teaching her Biofield Integration™. *Biofield Integration™ is the culmination of Dr. Winkler's investigation into the dynamics of integrating body, mind, and spirit using the spine as a gateway of communication.* In 2012 we invited Amberlee Gustafson to join the team offering Biofield Integration™ and we now offer more hours per week. The synergy and depth of our unique work has a profound effect on our clients' bodies and energy fields.

In this work, we observe physical indicators, and through light touch, reconnect the client's body with their innate healing intelligence. No matter what age we are, or what physical state we are in, our bodies hold wisdom and health. Our bodies can attune to, and reconnect with this intelligence.

In addition to the folks experiencing pain, people who are relatively healthy and pain-free use this work to help integrate and ground their Wholeness (which is awareness) into their bodies.

Scott H. Winkler D.C.

Network Chiropractic Analysis
Deep Tissue Therapy
Biofield Integration™

Rebecca Owen Biofield Integration™
Amberlee Gustafson Biofield Integration™

10815 I Street, Arcata
Suite 109

(707) 822-1676

See more of Amberlee Gustafson on page 29
See more of Rebecca Owen on page 64



Festival of Colors



The Birth of Festival of Colors

When I first started Festival of Colors seven years ago I didn't know that there was an actual festival called "Holi" celebrated mainly in India, which is also referred to as the *Festival of Colors*. Holi celebrates the arrival of spring, where people gather to sing, dance, and freely throw colors all over each other. This festival is now widely celebrated in many places all around the world.

I began Festival of Colors as a celebration of creation, consciousness, and of life itself. The original inspiration sprung from my love of beauty and my deep passion for the creative experience, along with my desire to share that with others. Through my art, writing, free flow, and divine inspiration my website began to come to life. It was a grand journey of discovery (at first I didn't even know "how" to create a website). I had to feel and trust the intuitive experience. And even after I found out of another "Festival of Colors" I still trusted it wholeheartedly.

The "Wondrous" Book

My book is now *Your* book. It is all about being a Creator with a big "C". It is about you, being the Creator of *your* life by choice. Here are 7 key highlights: Opening to your Creative Potential, Stepping Into Your Creatorship, 16 Master Keys of Creation, Simple Solutions to Creative Blocks, 16 Creative Expansion Exercises, Your Flowering Potential, and More. This book truly is a work of art, what else can I say other than to go check it out...

www.festivalofcolors.com/thebook.htm

Available through CreateSpace & Amazon.com
And will be available on Kindle by Sept. 2014



Festival of Colors Now

Festival of Colors has undergone many evolutions since it's birth. From it's literal seed beginnings, the Seed of Life, to it's now *flowering* potential, the ever-blooming Flower of Life. It is a safe space for inspiration. A few of its many facets include a Living Art Gallery, Creative Muse Tablet, an Embracing the Unknown Meditation, and a plethora of other treasures. Festival of Colors receives visitors from all over the world, some come looking for the other festival and end up discovering something new and enlightening. It is funny because I receive many comments from people in India who are heart-warmed and excited by the essence and new energy that Festival of Colors brings. Perhaps there is also something there for you...

The Early Years

As the content of my website expanded, I became a wellspring of inner knowingness. As I translated this into words, my hands could hardly keep up with the amount of creation that wanted to come through. This became the start of my book, which I wrote fervently, non-stop for three months straight. When I completed writing it, I titled my book "Your Flowering Potential" and subtitled it *Stepping Into Your Creatorship*. I loved my book so much I then went on to self-publish it and make it available for purchase online.



Rebecca Maria Blanco

This is an open invitation and I welcome you to visit me anytime. I look forward to your presence.

Cheers and Joyous Tidings ♥

www.festivalofcolors.com



Rebecca Blanco

PS See a list of my designs in this guide on page 17

Jane Bothwell Dandelion Herbal Center

(707) 442-8157

www.dandelionherb.com

4803 Greenwood Heights Dr.
Kneeland, CA 95549



Herbalist, Hypnotherapist Herbal Educator & Flower Essence Practitioner

Jane Bothwell directs the Dandelion Herbal Center in the hills just outside of Arcata. Jane is a mother, teacher, counselor, hypnotherapist and flower essence practitioner. Her passion for plants runs strong and clear and she is dedicated to empowering people with the knowledge and wisdom necessary to use plants wisely as food, medicine, and spiritual support.

Jane brings to the North Coast over 25 years of working with clients, teaching herb classes and generally immersing herself in plant medicine. She offers a variety of herb classes ranging from 1 day to 10 months. She leads herbal travel adventures to meet plants in their native environments and is the author of Medicinal Fields, an herbal instructional DVD. She is an active member of United Plant Savers and is an avid supporter of conservation on all levels.

Jane began her studies with the plants themselves then studied through Dominion Herbal College. Continuing her herbal education at the California School of Herbal Studies, she became a fellow teacher and administrator. From there she journeyed to Humboldt County where the soft forest floor allowed her to set down her roots. It is from here that she continues to educate and change the lives of herbal students as they learn the intrinsic value of plants for healthy living.

To contact Jane regarding upcoming classes, travel adventures or to schedule a wellness consultation or hypnotherapy session, please call (707) 442-8157.



2014-15 Upcoming Herbal Classes

-Beginning with Herbs: Fall Session: Sept. 17 - Nov. 5, 2014 Winter Session: Jan. 14 - March 11, 2015 An excellent introduction to the world of healing plants.

-Herb Walks: Fall Session: Sept. 28 & Oct. 12, Winter Session: Feb. 1 & March 1, 2015. Get to know the plants in their natural environment.

-10 Month Herbal Studies: February - November 2015 For Intermediate students, includes field trips!

-Plant Lovers Journey to Costa Rica: March 19 - 28, 2015 Join Jane and Rosemary Gladstar as they guide you into the heart of Costa Rica. Trip includes gorgeous wild places, herb farms and farmers, meeting herbalists and traditional healers and so much more! For Intermediate students, includes field trip.

Carol Brannan, MT

707-502-5644



Myofascial Release & Cranial Sacral Therapy

Are you the curious sort of being? If so, read on. That pain you've been experiencing somewhere in your body is calling on you to make your health a priority now and so much more... It could be your ticket to transformation and growth. "Pain is the touchstone of spiritual progress."

These are truly auspicious times that we are living in. You are now being invited to let go, sense deeper, and, explore the physical, emotional and spiritual messages that have been stored within your body's tissues. Discomfort or a feeling that "something is just not right" could be your passport to a blissful adventure, a challenging life-lesson and/or an authentic healing experience.

As a Practitioner of the Healing Arts for the past seven years it has been my privilege to serve as facilitator for and witness to all of my many clients' unique and varied healing journeys. Cranial Sacral and Myofascial Release are just two of the therapeutic modalities that can assist us in your quest for a healthy, balanced body. Myofascial Release works in a very direct and physical way to soften the body's connective tissues. Cranial Sacral Therapy works with subtle electrical and energetic fields to produce equally profound effects in the body. I have recently added a new and exciting dynamic to my practice. With the use of the Acutonics system of tuning forks we can achieve additional somatic and energetic response through vibration and sound.

Our bodies are more than physical. We are energy beings. Listening is our greatest tool. Now, more than ever, we need to slow down, breathe and listen to our inner wisdom... hear our Truth.

"It would be a privilege to work with you.

I am located on the

Arcata Plaza at 830 G Street, Room #250

The art of happiness is to serve all

Phoenix Rising Yoga Therapy



Jennifer Brown Certified Practitioner

Phoenix Rising Yoga Therapy is a fusion of ancient yoga postures and contemporary psychology. Have your body stretched and moved *for* you, from one pose to another, supported by your practitioner both physically and emotionally. Phoenix Rising includes open ended, client-centered dialogue which is based on the work of psychologist Carl Rogers. By way of your practitioner choosing key phrasing and carefully selected questions, a private session often feels like communing with oneself.

During a typical session, you are given the opportunity to explore your breath and four aspects of your body; physical, mental, emotional, and spiritual. As you are guided in and out of gentle poses, you may encounter a physical edge, a place where sensations are felt at a heightened level. Many of us can feel that something is "coming up" for us in a class, but we don't have the time or support at hand to look further to the roots of the sensation. During a Phoenix Rising session, your therapist physically *holds* you in this safe space, therefore you can allow yourself to explore what lies *beyond* the physical sensations that arise. At your edge, you can begin to let go of what you no longer need to carry, and listen to the inner guidance that is available to you at all times. Everything you need to know is already inside you, and with the support of a Phoenix Rising Practitioner, you can learn how to access this inner knowledge, moving through the healing process.

Everyone experiences their body, and their session, in a different way. Some people laugh, others cry, and many even remember old, forgotten experiences. All of these expressions are a form of release. Often the body appears

as a "map" of one's life. The way in which one shows up in a pose can reflect the way in which one *lives* their life. Becoming aware of old habits enables their release, and with release comes transformation and healing.

Phoenix Rising:

~is appropriate for everyone and anyone, and **you do not need to have had any yoga experience!**

~is an alternative or complement to traditional talk therapy.

~encourages healing on a profound level and provides inner strength during difficult transitions.

~is helpful for athletes who need that extra stretch that they can't quite reach on their own.

~is a wonderful way to relieve stress and lower anxiety.

The experience of doing Phoenix Rising with Jenni not only stirred up old childhood memories but allowed me to experience the kind of youthful joy and exuberance that my adult, less hopeful, self had long since lost. This experience helped me to identify the deep underlying conflicts behind my self-destructive tendencies and sparked a kind of awareness and generated growth that I've never experienced. Afterward the sun shone brighter and the food tasted sweeter which was just a compliment to the infusion of hope and confidence it gave to my outlook on the future.
~Cameron

Jenni's Phoenix Rising Yoga Therapy is an inspiring experience. The first time I sat across the mat from Jenni and allowed her to gently uncover parts of my soul that had been concealed for far too long, there was an all-encompassing deluge of tears and shame and pain and remorse, and it was okay. I felt safe with her was because I was safe with her. Jenni held and guided me gently, on my time, to places I didn't want to see but from which I could no longer hide. The experience was so strong and lasting that I'm tearing up as I write this...her Phoenix Rising Yoga Therapy practice is not only life changing, it is life affirming." ~Anonymous

"My session with you was deeply impactful. I have plenty of experience with talk therapy, but there was something so powerful about tuning into my body and your reflective listening. I developed more insight into myself and my body in that session than I ever expected. It was such a healing experience. Thank you!" ~Amy

To learn more about Phoenix Rising, hear what clients have to say, or to schedule a private session, please visit or call:

innerjourneyyoga.com

(707)396-8736

begin-within@hotmail.com



Maureen Brundage

**dōTERRA®
Essential Oils**

707-498-7749

maureen@californiadoterra.com

Essential oils are natural aromatic compounds found in the seeds, bark, stems, roots, flowers, and other parts of plants. They have been highly regarded for their medicinal and therapeutic value for thousands of years. dōTERRA's Certified Pure Therapeutic Grade oils are tested using mass spectrometry and gas chromatography to ensure both extract purity and composition potency of each batch. The dōTERRA team works closely with farmers and distillers in order to provide the highest possible results. For example, the lavender comes from France and the lemons from Italy, which are the ideal environments for these plants.

Essential oils embody the regenerating, oxygenating, and immune strengthening properties of the plant world. Some general properties of essential oils are antimicrobial, anticancer, antiparasitic, and antiseptic. They are applicable for a wide range of physical and emotional wellness applications. Their unique chemical structure allows them to pass through the skin and into the bloodstream within 60 seconds when applied topically. They are very powerful antioxidants and have the ability to pass the blood-brain barrier. In addition, they are safe and effective for children and pets and can be used for most common health issues. I was able to take a 7 year old girl's fever from 102 to 99 degrees in 30 minutes. I have also witnessed headaches and sore throats resolving within minutes. My goal is to turn our medicine cabinets from toxic to natural using these amazing products.

AromaTouch™ Technique is a system of simple application that enables the oils to reach optimal areas of the body to help reduce stress, enhance immune function, decrease inflammation, and balance the autonomic nervous system.

The Compass technology software scans an individual's energy field through hand contact and reads 76 biomarkers in order select the optimal oils to bring balance and metabolic enhancement.

Business Opportunity: Help share the wonderful health benefits of essential oils. Invest as much time as you'd like or simply share the information with friends. There is no pressure or requirement to sign up as a consultant.

Essential Oils are a gift of nature.
Please call to schedule an appointment.

www.californiadoterra.com

MASSAGE ON LAND OR IN WATER

Kim Chamberlain

**AKASHA BODYSMITH
AQUATIC BODYWORK CENTER**

Imagine floating, supported in warm water, stretching and moving deeper into relaxation. Watsu® incorporates massage, stretching and traction for effective holistic healing results. The weightless environment and warm water provide support unparalleled in gravity. It facilitates in alleviating stress, easing pregnancy, reducing muscle spasm, contracture and swelling. Effective therapeutic results may be achieved through freedom to work both planes of the body simultaneously.

For over 15 years, Nationally Certified, Kim Chamberlain has offered Advanced Therapeutic Massage for pain management, injury rehab or to just plain feel good. Specializing in Deep Tissue, Neuromuscular Therapy and Orthopedic Massage

Based in Fortuna, the facility includes a dedicated massage room and an indoor 95 degree 13' salt water therapy pool fully wheelchair accessible for land or water including shower.

I offer individualized therapy based upon personal needs, in a collaborative effort, honoring the whole person to empower a self-realized healing process.

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Colby Collins
LOVELIGHT CAMPAIGN™

828-541-9461
Colby@lovelightcampaign.org

Through his masterful LifeLift facilitation, Colby helps you connect what's most True about your essential LoveLight Nature. Colby is a **Usui and Karuna Reiki Master, Yoga-Alliance Certified Yoga Instructor, Ordained Minister from the Church of Wisdom, and Doctor of Metaphysics and Transpersonal Psychology from Delphi University** (delphiu.com).

Over the last ten years Colby has practiced as an intuitive/spiritual counselor having extensive experience facilitating intuitive development and spiritual healing classes, giving present and long distant transformational healing and Soul coaching sessions, and personal readings about health, love, and finding your own inner strength. In late 2013, he co-founded LifeLift Solutions, LLC and The LoveLight Campaign. He and Ted Anders developed the LifeLift Experience and LoveLight Campaign mission. He is CEO of LifeLift Solutions, LLC.

The LifeLift Experience is a three hour journey that reveals the inherent freedom and unconditional love that we are. Together, we explore and access the deepest core wounds we inherited from our parents and ancestry, uncover the ways we are taught to cope and resist our pain, and experience the release of being stuck and imprisoned by things we don't want. Through surrendering to this simple yet profound method to freedom, we realize we are connected to infinite possibilities and can create more of what we do want. If you wonder why you continue to experience the same challenges in your life, or have trouble understanding why you cannot free yourself from painful patterns, The LifeLift Experience is a pathway to effortless solutions and transformation.

For those interested in further developing their connection to the Divine Source within (LoveLight Presence), Romancing the Divine sessions are built on the foundation of LifeLift Technology. What happens after we remember our connection to Source? These sessions include intuitive guidance, in-depth personal meditations, journeys through the inner landscape and subtle sensory perception enhancement. Each spiritual advisory session also includes practical tools to continue to shape your personal spiritual practice and pathways to experiencing the freedom and unconditional love that you are.

LoveLightCampaign.org
RomancingTheDivine.org

Printed on 100% recycled paper with soy-based ink

Cornucopia
Classical, Jazz & World Music
Games, Lending Library,
Sound Healing Tools

Cornucopia is an important symbol of nourishment that dates back to Ancient Greece. Starting with the horn that nurtured Zeus in his infancy, it is now a common symbol of overflowing abundance.

For 28 years Leon Berliner made Cornucopia his "oasis of good music" for Humboldt County. Leon turned his shop over to me this year, and I am turning it into a refuge of sound and healing in Old Town. My name is **Dorine Leisz**, and I have been living the metaphysical lifestyle for over 17 years. Focusing mostly on sound, vibration, and music, I also have an affinity for plants, faeries, myths, and crystals. My Cornucopia has a selection of healing music (classical, jazz, world, folk, along with new age), Guided Meditation CDs, games to keep your mind nimble and the family connected, crystals, a lending library, crystal singing bowls, and other sound therapy tools.

Sound plays a fundamental role in our well being. In most religions the world was created with sound, and we can create, heal, or destroy things with the sounds we surround ourselves with. Whether it is the sound of a water fountain, a singing bowl, laughter, or Beethoven's Ninth symphony, they all have the ability to help us reach higher and dig deeper into ourselves.

In this time of change and shifts into the Aquarian age, it is important to look after ourselves, and to nourish ourselves in the most fundamental ways. We all know that this is an energetic world. Through the course of the day we get bombarded on many levels by negativity. Often it is a challenge to keep in touch with our higher self. At Cornucopia I create an oasis of good vibes that you are welcome to come soak up (and take home!), whether it is music that soothes you, time spent perusing my metaphysical lending library, hand picked crystals and stones, guided meditation CDs, or playing with handcrafted instruments... I offer many tools to help you reconnect.

Stop in, say hi, and explore my oasis. I look forward to seeing you!

707-444-2378
425 Snug Alley Suite D Eureka, CA 95501

Visit us online at www.IsisScrolls.com

Maya Cooper

Isis Osiris Healing Temple
707-825-8300



call or text
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Wise Guidance
Hands-on Healing - Reiki
In-Depth Energy Reading
Personal Mentoring

Facilitating the Birth of your Emerging Core Essence

What Goes on in an Intuitive Energy Session?

Most people come to see me because they are in emotional, mental, or physical pain and confusion. They are seeking clarity and a new perspective in some area of their life. Once we settle into the healing room, I set the initial tone of the healing by explaining what I am going to do, asking permission, and then attuning myself to the client's Essence. Our Essence is the place of deep health, wisdom, love, and wellbeing that lives within each of us. It is our very own wellspring of Source energy. It is our inner light and it carries the blueprint of who we are as a Divine Human Being. Starting the session by making contact with your Essential Self powerfully affirms that YOU contain *within yourself* the solutions to your own challenges. We each carry within us, the wise knowing of how to shift our perspectives and bring ourselves into deeper balance. All healing comes through the client; I am the facilitator. I use my intuition, my words and my wisdom to animate, witness, and bring attention to the client's Essence.

Once I make a connection with the Essence within, I communicate with it. I invite it to show me what is coming into greater balance in the client. The answers may come through images, music, sounds, feelings, memories, or even smells. I do my best to communicate everything I observe in order to assist you in connecting with this place inside. A major aspect of the healing session is to offer the client an opportunity to understand that they are so much more than they are aware of. This can be somewhat challenging, because it's a lot like trying to *describe* a beautifully moving symphony to someone. No matter how accurate or eloquent my words are, they fall short of truly being able to convey the depth, beauty and majesty of what I experience. Clients report that it is very moving to have their inner world mirrored to them in this way.

Beginning the session by looking at what is coming into greater balance gives us a safe and gentle perspective from which to explore what may be shifting and dissolving so the new can emerge. Instead of only seeing the problems, we can begin to get a perspective of the bigger picture of what is happening. Our challenges are easier to understand if viewed through the lens of what is blooming within us. The emerging part of us—that which is coming into balance—is wise, alive and conscious. It lovingly disrupts the parts of our life that are at odds with it. I liken it to a woman's body dilating in order to give birth. There is purpose in the process: the old has to open, efface or dissolve for the new to birth. The wisdom of that which is *birthing*, brings to us situations that challenge our ingrained thoughts, emotions and beliefs. When we apply intention and awareness to these outdated thoughts, emotions and beliefs, we open to new perspectives. This is how we expand ourselves and prepare to receive a new level of balance. We have to create the space to usher in the new part of ourselves that is birthing.

After the client and I have shared and come to an understanding of the direction the healing session is taking, the client is then invited to lie on the massage table; they remain fully clothed. As they relax, I put my hands lightly on their body. I understand that everything and every part of us is alive, aware, and can be communicated with. I bring myself to a place of open receptivity, and then through my hands and body I begin to feel the rhythm, movement, breath, and consciousness of the client's inner wellspring of Source energy. I can also feel the rhythm, movement, and intelligence of what wants to shift, dissolve, and transform. To see, listen to, and witness the various dimensions of a person is a humbling privilege. I have noticed over the years that the mere act of deep reverent listening and witnessing is a profoundly powerful way to support someone in shifting their energy into greater balance. Energy work helps the client sink into the flow of their Essential Self. Constriction opens to expansion; stillness yields to gentle movement. That which is no longer useful dissolves into that which is emerging. Nothing is wasted, lost, or discarded; our energy is eternal and ever renewing.

An intuitive energy session is life and health affirming. It supports the body, mind, and spirit to discover its next level of harmony and balance. It is an excellent way to gain new perspectives and open more deeply to all that is beautiful within you. It is complimentary to all other forms of treatment. It only requires that you show up willing to participate in your own unfolding. The reported side effects are a deepening of self-love and acceptance. Call me if you think I can support you on your path. Namaste'

Maya Cooper is a founding member of Isis and the publisher of the Isis Scrolls. She practices at the Isis Osiris Healing Temple in Sunny Brae Center. She has been doing energy work for 20 plus years.



The Gentle Birth Project



Join me in exploring a graceful program of movement therapy to support women's wellness through all stages of life.



Mission:
To support the health and wellness of all women and their children through fitness, nutrition, and mind/body integration.

Description:
The Gentle Birth Workout by Carolyn Anthony, founder of The Center for Women's Fitness—Through the vehicle of Pilates, the Gentle Birth Workout offers a model of physical exercise and mind/body integration designed around the physiological, mental, and emotional changes unique to women's healthcare. Join me in exploring a graceful program of movement therapy to support a healthy pregnancy and post-partum period. Special variations of movement will be offered for assisting recovery from C-sections, diastasis recti, symphysis pubis derangement, or any birth related trauma. Group classes are open to expectant mothers in all trimesters of pregnancy, postnatal mothers, and any woman who has given birth or planning a pregnancy.

Photos printed with permission from The Center for Women's Fitness.

Instructed by Michael Cooper
Reproductive Health Educator
Certified Pre/Postnatal Pilates Specialist

About me: I began my work in Women's Healthcare and Wellness as an activist and educator, though my personal profession has changed drastically over the years. Through ten years of public healthcare, mainly with Planned Parenthood affiliates in California and Oregon, I have had the profound honor of observing and assisting women and men through all stages of their reproductive health needs. It is my goal to combine this experience with my certification as a Pre/Postnatal Pilates Specialist, training from local midwife Jan Perrone and a rich alternative healing legacy (passed to me from my mother, Maya Cooper) into a truly holistic and feminist view of health. After living and traveling all over this world, I am happy to settle back into my hometown and roots here in Humboldt. Currently, when I'm not working with women through Pilates and other healing modalities I enjoy being a Nanny Extraordinaire to three wonderful children. I can also be found dancing my heart out in my boyfriend David's Zumba classes, cooking up a storm, or tending my own furry children.

maikecooper@yahoo.com 707-599-0905



THE CENTER METHOD

for diastasis recti recovery



Miracles Abound



Nancy Courtemanche

Reiki Master
John of God
Crystal Bed Healing
& Chakra Readings

(707) 407-6968

I visited John of God in Brazil in 2008 and began a life-changing journey when I received the blessing of having been chosen to use a crystal bed in my healing work in addition to my Reiki.

The treatment is a Reiki healing in a combined, but not simultaneous, session with the crystal bed. Reiki is subtle energy work which allows healing to flow from the hands of the Reiki practitioner, enabling the energy from a limitless God Source to flow into the client. It is gentle but very powerful.

On my second visit to the Casa I asked for and received increased spiritual gifts which enable me to “see ” chakras, our energy centers, which tell a story about what’s happening inside with our emotions and health. As I “see” the chakras and receive information, it is a perfect time for you, the client, to form an intention when moving into the next phase of the session with the crystal healing. Many of my clients have commented about how beneficial the chakra reading has been and how they appreciate the information.

A crystal bed treatment is a healing system using seven specially cut and lighted quartz crystals and is used for rejuvenation, alignment and balancing of the energy fields evoking feelings of peace and serenity. Perfectly combining with Reiki it frequently helps with emotional healing as well as physical well-being.

John of God and the Entities of the Casa blessed my desire to incorporate the crystal bed into my Reiki practice within my sacred healing environment. And in great gratitude I offer this experience to you.

Full Spectrum Life Coaching

1088 Port Kenyon Road Ferndale, CA 95536



Pat Cowan, RN, CGI, OM
Certified Master Life Coach

Pat Cowan is a gifted facilitator and **Master Life Coach**. Her expertise brings forth clarity, insight & inspiration. She skillfully presents practical skills & steps that support you in discovering and manifesting your dreams and desires.

Pat’s Master Life Coach training with *The Institute of Behavioral Health & Leadership Dynamics, LLC*, lead her to integrate the principles of the Law of Attraction into her practice.

Her experiences as a Hospice and oncology nurse, bereavement counselor, owner of a successful wellness center, holistic healer, business manager for a construction company, and an ordained minister have given her a broad-based platform to explore the delicate balance between the “head & heart.” Pat’s personal healing guided her to include the concepts of the 12 Steps in her work. She credits these experiences as her “Divine synthesis” for learning about concurrently being in touch with and trusting one’s heart and implementing one’s skills and abilities. Her work is both insightful and empowering.

Pat is a warm and compelling Master Life Coach and Presenter. She has conducted numerous workshops that incorporate her talents as a Clinician of Guided Imagery and long-time student and facilitator of Attitudinal Healing. Her dynamic presence is surpassed only by her compassionate heart.

Pat’s Approach: As a Master Life Coach, I consider myself a “change facilitator.” *Together, we will get clear on what you desire in life. We will set an action plan that supports your vision(s). We may spend some time looking at the lessons from your past. We may reveal how scarcity consciousness has inhibited you, and explore how you can create your life with abundance consciousness.*

We can explore multiple areas of your: Relationships, Health & Wellness, Career and Life Purpose. Our focus will be on the present and future. We will uncover obstacles, explore options, and implement tools and skills to help you create and stay focused on your dreams and goals. My intention is to coach you in moving your life forward, and to support you in experiencing fulfillment, success, well-being and happiness.

707-599-4406

life@suddenlink.net

Sessions in-person or by phone are available by appointment.

The Creative Flower

Graphic Design

Advertise in the Isis Scrolls!

Attract New Business

See my designs in this Guide:

Arcata School of Massage	4
Festival of Colors (me ☺)	9
The Gentle Birth Project	15
Holistic Hooves	35
Humboldt Herbs	38
Sacred Bodies	44
Kids Open Door	45
Lotus Healing Arts	49
Moonrise Herbs	55
The Smiling Goddess	74
Trinidad Massage & Day Spa	82

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www.thecreativeflower.com

Rev. Diane M. Decker, MA, RScP Minister of Religious Science

With a passion for spiritual growth and the natural world, Rev. Diane sees God in all life.



Religious Science and the Science of Mind teachings offer people from all walks of life and spiritual paths an opportunity to learn more about themselves, about Spirit and how to use spiritual principles to build a better life.

I work with individuals to bring them more joy, more peace, more abundance through the use of powerful, affirmative prayer. I seek to be a beneficial presence on the planet through teaching the New Thought-Ancient Wisdom philosophy of Science of Mind.

Rev. Diane clearly demonstrates the commitment and consciousness of a spiritual leader. She approaches every interaction with the awareness that Spirit is working in and through everyone.

As an Officiant for your sacred ceremony, I support you in creating an event that meets your needs and fulfills your dreams. I am available to perform weddings, memorials, commitment ceremonies and blessings.

- Individual spiritual counseling
- Affirmative prayer treatment
- Guest speaking and engagements
- Personal growth workshops and retreats
- Facilitate mediation and spiritual discussion groups



707-502-9217

ddforestgal@suddenlink.net



Lori-Leora Davidoff

Hands of Time Massage

Hands of Time Massage

Lori-Leora Davidoff of Hands of Time Massage is excited to continue to offer massage and healing services to the community.

She received her primary massage education from the Pacific Center for Bodywork and Awareness on Kauai in 2006. Since then she has had the opportunity to practice within spa's, healing centers, hotels and her private local office.

Most currently, she has spent the last 2 years earning a masters degree in Counseling Psychology at HSU. She looks forward to finding creative ways to incorporate useful communication and behavioral tools into her bodywork practice.

Deep tissue with hot stone flow

"Most popular style." A luxurious full body massage that works deeply into each muscle group. Using knowledge of where muscles connect to bones, Lori-Leora applies a deep pressure that relieves muscle tension and removes adhesions in connective tissue. Hot stones are included in session. Composed from basalt lava rock, the rocks are smooth to the touch and accelerate the process of muscle relaxation by applying heat to the body. Long strokes and even pressured Swedish flow are used to move along the body.

808-346-2888

www.handsoftimemassage.com

Conveniently located on the Plaza in Arcata ~ Gift certificates & sliding scale discounts
Same day appointments are welcome!

Connective Bodywork

(Based off of Lee Joseph's 10 session series). Using knowledge of where muscles connect to bones, Lori-Leora applies deep, slow pressure to remove adhesions in connective tissue. This technique assists in structural realignment and long lasting pain relief. In this modality, the interested client is encouraged to use verbal expression of thoughts and emotions when releasing tension in areas that hold chronic pain.

Thai yoga massage

On a trip to Thailand, Lori-Leora took the opportunity to study Thai Yoga Massage in Chiang Mai. Thai Yoga Massage is a bodywork practice based on the belief that one's health is determined by the flow of energy/prana through invisible energy lines that run through the body. Here she combines deep assisted stretching with strategic pressure placement to open and loosen joints, aiding in pain relief and treatment of disease. A thorough full-body series from toe to head, that works with pressure points, muscle manipulation and assisted stretches/ yoga like poses.

Pre- Natal Massage

Perfect relaxation treatment for women of all trimesters. Uses pillow props, 3-quarter positions and aromatherapy for maximum comfort with advanced pregnancies. Great for postpartum rebalancing as well!

Benefits of Massage/Bodywork: increased circulation, flexibility, relaxation, chronic pain relief, stress reduction, elevated mood and an overall sense of well being.

Rebirthing Breathwork

Susan Yashoda Deschenes

Rebirthing is a breathing technique which helps to **revitalize** the body for the purposes of healing and overall well-being with its energizing and harmonizing effects.

People choose to do rebirthing because they want to release anxiety or tension, energize the body, and connect with and release unexpressed or repressed emotions that inhibits their aliveness.

The aim of Rebirthing Breathwork is to bring a greater level of wholeness and relaxation in the participant's life every day. It is an optimal method of self care that is easily learned.



Having been a practitioner and trainer for over 30 years, Susan Yashoda is continually amazed and gladdened by the revelations and healing that emerges through the deep relaxation that breathing in a gentle and conscious manner brings.

You can schedule an appointment with Susan (Yashoda) Deschenes in Arcata to discuss how Rebirthing Breathwork may be helpful to you.

707.822.5449

Humboldt-Rebirthing-Breathwork.Com

I find it very necessary to have my spiritual tools handy to use often during these times of transition. Here is a powerful invocation using the Violet Flame.
~ Joan Dixon, 707-834-4465

VIOLET FLAME

Invocation For Transmutation

by Patricia Cota-Robles

I AM my I AM Presence and I AM One with the I AM Presence of ALL Humanity. As One Voice, One Breath, One Heartbeat, and One Energy, Vibration, and Consciousness of Pure Divine Love, we invoke the most intensified frequencies of the 5th-Dimensional Crystalline Solar Violet Flame that Cosmic Law will allow.

Saint Germain and your Legions of Violet Fire Angels, we ask that you blaze, blaze, blaze this Violet Flame with the power and might of a thousand Suns in, through, and around every thought, feeling, word, action, memory, and belief that Humanity has ever expressed in any time frame or dimension, both known and unknown, that is reflecting anything less than Heaven on Earth.

Transmute this energy cause, core, effect, record, and memory back into its original perfection and seal it in an invincible forcefield of God's Infinite Light.

We accept that this Activity of Light is being God Victoriously accomplished even as we Call. We also accept and KNOW that the Violet Flame is increasing daily and hourly, moment by moment, with every Breath we take until this Sweet Earth and ALL her Life have Ascended into the 5th-Dimensional Realms of Light on the New Earth.

**And so it is! Beloved I AM,
Beloved I AM, Beloved I AM.**

Patricia Cota-Robles
New Age Study of Humanity's Purpose
www.eraofpeace.org

For Give

Poem by dominique

How may I begin to forgive?
To give oneself the gift of forgiveness
An action all of itself
The ability to gift oneself a foundational, stable "GIVE"
Not holding back like a butterfly trapped
Freeing up all of our cells, including our wings
Letting the pure essence of child at heart IN again
Holding back forgiveness
Creates a state of lowering our frequency
Following blindly the act that stemmed the need to forgive
Wanting to set the butterfly free
Yet not giving ourselves permission to become young again
Childlike again
Flying free again
Will I allow love to rush IN
To each cell
To each pore of my bodies
Oozing out lower prana
Purging others' energy
Freeing ourselves up
Expanding our wings
Am I really the only one standing in my way
Contracting my wings
Can I open myself wider than before
Like when I was a baby
Like a flower
Like ANEW
And the like becomes real and as humans we are free
We are flying
Even as we become older, perhaps contracted
We have the ability to become brand new
Sparkly clean
Like babies again.



I, dominique, have realized in the 20 years I have been doing healing work that releasing disease, trauma, ailments, negativity, conflicts, self-sabotaging patterns, and sickness from the aura starts with forgiveness. I believe forgiveness is the ability to surrender oneself to the process of letting go. Every human being can choose to willingly release resentment toward oneself and others if the desire exists. My service is to support you on this path using many facets of therapies to create a personal, unique session that addresses your physical, emotional, mental, and spiritual needs and wants. It is time for your body to become sparkle clean again. Literally :)

dominique, Intuitive Therapist

Call or text **(707) 845-3770**

Lisa Piyusha Dove

Hendricks Certified
Body-Mind Coach
Hands on Healing
Intuitive Guidance
Live In-Essence



Greetings! It is through my commitment to know thyself, that I am honored to support you on your path of self discovery, to live more fully in your essence.

Essence is the steady and loving presence that is within all of us. It is the place in which we rest with the mercy of self-love/acceptance; when we stop rejecting ourselves and judging others. The more you commit to live in essence, the easier your life and relationships will become to navigate. The good news is that life is providing constant feedback! Looking at the results of what you are creating, shows what you are committed to, consciously or unconsciously. Cultivating healthy response-ability, emotional intelligence, impeccable agreements, and conscious communication are the 4 pillars of integrity, created by the Hendricks, upon which I base my practice.

Awareness is accepting and being with what is, without trying to change, interpret, or fix it. I believe it is in this state of nonresistance that true change occurs. It does require a willingness to show up fully as you are. As my teacher Katie Hendricks likes to say, this is a come as you are party ... You are invited!

My practice includes whole body learning, incorporating many modalities I have learned throughout the years. I provide a container of authenticity, acceptance, & presence with the clear light of love and compassion. I facilitate by weaving intuition, Hendricks' tools, conscious breathing, humor, play, and sound/music. However the present issue is showing up, I support you in unwinding holding patterns by facing into the resistance of those parts of yourself that have been cast out by fear, inspiring more self love/acceptance, which equals transformation. The key to healing is feeling through to completion.

About me: I am currently in a 2 year Leadership and Transformation program with Katie and Gay Hendricks as well as a certified life coach with them. I hold a Bachelors Degree in Psychology and am a Body Worker Specializing in Myofascial Release. I have also Studied with Maya Cooper to develop my Intuition.

707-498-5007

Denny Dorsett, RN



JIN SHIN JYUTSU PRACTITIONER

Born in Berkeley, raised in Midwestern suburbs, educated in the South, I came home to Humboldt in 1974. Fortified with sixties' idealism and hope, I was blessed to spend two decades living with few amenities and being part of a community of people experimenting with ways of living lighter on the land.

These days, I appreciate amenities and I understand more than ever the importance of community. From the time I was eight, struggling with my uncle's medical books, I've been guided by my fascination with the body/mind. Now I have a real and precious gift in this field to offer my community. My study and practice of Jin Shin Jyutsu caps a lifetime of investigation, bracketed by a bachelor's degree in anthropology and my sixteen years of practice as a Registered Nurse.

Along the way I've danced, gardened, written poetry and articles, taught, and raised my children. I've backpacked and meditated. I've sought help with blocks and barriers through therapy and ceremony. I've seen birth and death and felt helpless in the face of another's pain. After many Jin Shin Jyutsu classes (with students of Mary Burmeister, who brought Jin Shin Jyutsu to us from Japan fifty years ago) and many sessions given

and received, I now have something to offer to people (and animals) who are suffering. I feel so fortunate! My understanding deepens with each class, and my connection to the art strengthens as I practice it, which I've done since 2009.

The satisfaction I get from helping people by working with energy is difficult to describe. It's a lot like hearing music that moves me or having a soulful conversation with a friend. It pleases me deeply. There are no reservations, and perhaps because of this fundamental satisfaction I'm able more than ever to be clear about the world around me. Melting ice sheets and permafrost, acidifying oceans, disappearing species, shrinking aquifers and the growing wealth gap occupy my thoughts a lot. We can each do the best we can, so I do my best to not go numb, while I work politically to end corporate personhood and personally to bring Jin Shin Jyutsu to the wider world. I am grateful to have this gift to offer: non-invasive, gentle, effective energy balancing that I can share both as a practitioner and a teacher. I believe I have found what I was looking for. Now I'm settling into the discipline required of an energy worker: staying present, staying healthy, connecting with clients and practicing my art. It's a thrilling and most rewarding challenge.



To contact me, call or e-mail or come by my office

(707) 825-0824

memorynation@yahoo.com

Arcata Wellness Center
735 12th St., Arcata.

Michael Drew

Certified Massage Therapist



*Sensitivity
Knowledge
Skill
Experience
Compassion*

Individualized Healing Bodywork for You!

Assessing your needs to the best of my ability and LISTENING TO YOU! This means I can spend a whole hour on every fiber and point of your neck if that is what is needed, or do a great overall balancing session. I use three main approaches and put them together into the best combination for you at the time of your visit. Sessions can be as concise and to the point as 30 minutes or as epic as 2-3 hours.

1. **Physical approach** to detailing and unwinding your body with just the right amount of pressure, whether feather light, or bone deep, grounded in a deep understanding of anatomy. Deep tissue and orthopedic approach, doing very specific Muscle, Tendon and Ligament work including Structural/ Postural Realignment, Active Isolated Stretching (a very specific deep tissue stretching), Myofascial Release, Trigger Point Therapy and/or Hot Stone Massage.

2. **Subtle Fluidics approach** to working with the rhythms, pulsations, ebbs and flows of the water body through Cranial Sacral Therapy, Lymphatic Drainage, and/or Visceral Organ Manipulation.

3. **Energy Body Approach** to access your energy anatomy of Auras, Meridians, Chakras, and Dream Body through Polarity Therapy, Reiki, Shiatsu, Reflexology, Pranic Healing, Ayurvedic Massage, Alchemical Hypnotherapy: an interactive trance process, which accesses and integrates aspects of Self in a Jungian based approach, Body Centered Therapy, and/or The Hendricks Method: which works with observing and encouraging sensation, movement, breath, sound and intention.

I have lately been actively training for over two years in Ayurvedic Medicine (a 2.5 year program at the Northwest Institute of Ayurveda in Arcata) and will formally add this work to my repertoire.

707-672-3245
michaeldrew99@gmail.com

Gail Eastwood, MSW, DIHom



🌀 **Homeopathy**
for physical and emotional
problems

🌀 **Muscle Testing**
for food and environmental
intolerances

Retune Your Energy to Promote Healing

Homeopathic remedies aim to correct the disturbances of energy that lead to disease and distress. How does this work? After a detailed interview, I will choose for you a remedy based on your physical symptoms, feelings, thoughts, dreams, and history. Remedies made from plant, animal and mineral sources can deeply affect moods, thoughts and internal chemistry. Physical and emotional symptoms are healed gently from within. Each remedy has a unique pattern of effects; the remedy that will work for you matches what is disturbed in your being. The “message” encoded in this remedy can put you on the path to healing.

Remove Toxic Influences

Through muscle testing I can help you to discover what foods and environmental influences are harmful to you or to your child or infant. We can look at foods, drinking water, dust, mold, chemicals, electromagnetic radiation, and more. I have over 30 years of experience helping people of all ages to sort through these influences. I have seen that we can get healing—even, sometimes, profound healing—from the simple act of eliminating things that are harmful to our particular bodies.

Gail Eastwood was originally trained as a counselor. She studied classical Hahnemannian homeopathy with the British Institute of Homeopathy, and in practice at Dancing Cranes Healing Arts in Garberville since 2004. She studied muscle testing at the Biokinesiology Institute and has over 30 years of experience in this field. You can contact her at 707-923-9109; or leave voicemail at 707-223-4389. eastwood@asis.com

707-923-9109



Sajha Eden

Empathic Sensitive
Intuitive Readings
Mystical Singer

My life work is about Embracing Heaven and Earth, the Conscious mingling of these two realms resulting in the celebration of Spiritual Beings dancing in this physical dimension. I am a down to earth mystic, my spiritual gifts manifesting on a path that began in my infancy. As a child I experienced prophetic dreams and visions, visitations, communicated with animals and interpreted dreams. As an adult these abilities continue to expand, surprising me as much as my clients and loved ones. What an exciting adventure! I’m good at getting out of the way and letting the Living Energy of Compassion move through me, and I’m good at seeing the gifts, latent or active, in others, as well as helping those gifts blossom. At 17 the gift of Mystical Singing awakened in me, leading me on a path of Healing, Channeling and Journeying that has taken me across the country, and into Intensive Care Units, homes and many natural settings, often with astonishing results. Our connection with the Divine, fellow humans and animals is constant and ever present! I never know what will happen next!

I offer a variety of readings, by phone or in person, including **Tarot, Astrology, Palmistry, Communication with Animals and Departed Loved Ones, as well as Healing work, Channeling and Journeying in conjunction with my Mystical Singing.** I’ve been sharing my gifts with others for well over four decades, in private sessions, workshops and classes. I’m told my energy is gentle, deep, loving and respectful, with generous doses of humor and irreverence!

Please call or email if you have questions
or would like to schedule a reading.

707 -822-5693
coitinly@gmail.com



Eel River Holistics

Find Your Center Here ...

Eel River Holistics, created with the intention of offering a space for practitioners of multiple modalities to practice, gives clients a central location that is mindful of the holistic approach to healthfulness to receive their care, while offering a space well rounded enough to accommodate both our treatment and wellness clients. Currently offering treatment & pain management style bodywork for acute & chronic injuries, prenatal massage, and integrative styles of massage from several bodyworkers we strive to create a communal, safe and professional space for both our practitioners and our clients.

The newest member of the Southern Humboldt healthcare community, at the North end of the Town Square in Garberville, we offer a studio for mat class or workshop use and two clinic room spaces for private sessions. Our intimate view of the growing town square is lively during the farmer’s market and convenient for clients to walk across the street to our local health food store. ERH’s practitioners are dedicated to encouraging and living in the holistic lifestyle that surrounds it and look forward to contributing to the education of a holistic way of living, one session at a time.

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

Michela Hernandez, CMT & Owner

Eel River Holistics

754 Locust Street Suite #3, Garberville Ca 95542

206.910.0671

Michela.Koren@gmail.com

<https://www.facebook.com/EelRiverHolistics>



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The Emma Center is committed to empowering women on their healing journey through education, referrals, support, advocacy, and community awareness in a safe, nurturing environment.

Any woman who has experienced trauma and/or abuse is eligible to receive services. We serve women of every income level, social status, age, ability, ethnicity, sexual orientation, gender identification, religious background, and belief system. All services are free or on a low-cost sliding scale.

Damage happens in many ways; so does healing. We offer a variety of programs to help heal the whole person. On-site activities vary monthly and our programs include: Women's Support Groups, Holistic Healing Arts Services, Art Expression, Counseling Resources, Lending Library, Self-Care Sheets, and Community Education.

We are currently seeking body workers and facilitators for support groups or classes. We have grant monies available at this time.

Please contact the Center to discuss the intake process, resources, referrals, community support, education, or volunteering. We look forward to building a safer world for women, children, and all of us.

**Emma Center
707-825-6680**

5251 Ericson Way Suite 3
Arcata, CA 95521

www.emmacenter.org
info@emmacenter.org



Fran Free
Jin Shin Jyutsu®
Practitioner
and Self-Help Instructor

Jin Shin Jyutsu uses gentle touch at specific areas of the body where tension accumulates to relieve stress & pain, promote deep relaxation, and create emotional equilibrium. It aids in releasing tensions that cause physical, mental, and emotional symptoms. It reduces the effects of stress which may contribute to health concerns. After a session people generally feel relaxed & calm with an increased sense of well-being. The benefits are cumulative so that the more you receive it the greater your vitality.

Jin Shin Jyutsu is an ancient art of harmonizing the life energy in the body. It brings balance to the body's energy, which promotes optimal health and well-being, and facilitates our own profound healing capacity. It is a valuable complement to conventional healing methods. It is based on traditional Oriental medicine principles of a network of energy pathways in the body, which feed life to all of our cells. When one or more of these paths become blocked, it leads to discomfort, pain or illness. Jin Shin Jyutsu harmonizes and balances the energy flows.

Jin Shin Jyutsu Can Help

- Headaches
- Acute and chronic pain
- Depression and anxiety
- Immune system support
- Promotion of general health
- Complement cancer therapies
- Surgery—prepare and recover
- Low energy or fatigue syndromes
- Reduce effects of tension and stress

Fran Free completed the Basic Jin Shin Jyutsu Seminars in 2003. She is listed in the Jin Shin Jyutsu Locator (jsjinc.net) for practitioners who continue to deepen their understanding of the Art by attending classes on an ongoing basis.

Fran's practice is located at:

Griffith Luoma Chiropractic
2456 Buhne Street • Eureka • 707-443-0695

Marny Friedman

707-839-5910
iamalso@hotmail.com



FREEDOM Energy Work

Every time a long-held muscle relaxes or a fear is lessened or clarity replaces confusion, we experience a burst of freedom. My calling and joy are to help people in this pursuit. The emphasis is on opening the third eye and the heart. I have worked toward my own freedom and that of others for a long time. My clients find me non-judgmental and easy to talk to, a good balance of earthy and spiritual.



Ana Lora Garrard

(707) 826-2647
analora@analora.com



Spiritual Dream Exploration

We are in the midst of a global shift. And it is not only icebergs that are melting. Our lives and the lives of those around us are morphing in new ways. Relationships, work, health, finances, and emotions are all bending in the heat of change; we are realigning so that we can more closely match what we think and what we do, with who we are. Love is calling us home.

This is not a time to fear. Yet it is a time to listen deeply to ourselves.

There are many ways to listen. I have long been practicing and teaching something called "spiritual dream exploration"—a powerful means of absorbing inner guidance. This work involves stepping into a relaxed, meditative state and exploring our dreams and/or waking experiences as parts of ourselves, so that we can understand our experiences from the inside out.

More interactive than a "reading" and often more profound than traditional counseling, this work lies somewhere between the two. You do not need to remember your dreams to do it: we can work with any life situation that you are willing to explore as a "waking dream" -- as a reflection of some aspect of yourself. To learn more, feel free to contact me and/or check out these offerings:

***Free youtube videos** coming this fall—"Understanding Dreams" and "Remembering Dreams."

***My latest book—*Your Dreams: Spiritual Messages in Pajamas*.** You can order this through your local bookstore, Llewellyn Worldwide, or Amazon.com.

***My website—www.analora.com** Here you'll find more information on dreams and my work, including the one-to-one sessions I offer.

***One-to-one sessions**—Either by phone or in person, I can gently assist you in understanding the poetry of your being. Together we explore a dream or some aspect of your waking life, in a way that allows you to make contact with the strong, beautiful wisdom arising within you.

For more information check out my website
www.analora.com


Tina George of HEART OF THE ROSE

CranioSacral Therapy ~ Swedish Massage
~ Lymph Drainage Massage ~
Prenatal, Induction and Postpartum Massage
Intra-oral TMJ Release ~ Doula Services
Prenatal Yoga ~ Placenta Medicine
Mindfulness Meditation



Welcome to *Heart of the Rose Healing Services for Women*, provided by Tina George, a Certified Massage and CranioSacral therapist, doula and infant advocate. I specialize in healing services for women during life's many transitions (menarche, pregnancy, labor, birth, menopause, and illness). I work with women to alleviate painful TMJ disorder, migraine headaches, carpal tunnel syndrome, tendonitis, digestive problems, anxiety and panic disorders, lymph edema, postpartum depression, and chronic neck pain and injury.

In my **doula** work, I provide care and encouragement to women and their partners during pregnancy, labor and childbirth. I am drawn to work within the sacred realm of birth to help newborns enter the world with love and support, and as free from trauma as possible. I trust and am inspired by the mystic beauty of birth.

 I am a **Birthing From Within™** childbirth mentor and educator, and facilitate a variety of classes: **Birthing From Within™** Childbirth Preparation, **Birthin' Again™**, and **Healing From Birth Trauma**. Whether you are planning a home or hospital birth, using natural or medicated methods, or birthing by cesarean, these unique classes will help you prepare in a holistic and mindful way.

I am a **Placenta Medicine Encapsulation Specialist**, and teach classes in prenatal nutrition and the benefits of placenta medicine.

I also offer classes in **Prenatal Yoga** at the Community Yoga Center in Arcata, every Thursday morning, 11am.

The values inherent in **CranioSacral** therapy are the foundation for all of my work. I approach my bodywork, classes and births with intentional presence, great patience, deep listening and compassion.

I am happy to celebrate my 12th year in practice this year, and am grateful to be part of Humboldt County's healing community.

My practice is located in Arcata
707-498-5952
www.heartoftherose.net
Find Heart of the Rose on Facebook



HealthMatters

Mariane Gilbert FNP

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and complementary medicine...

As a Family Nurse Practitioner for over 20 years, I've become aware of the difficulties even the most savvy consumer has navigating our increasingly complex, confusing and frankly dysfunctional healthcare system. For many years I have been drawn to the emerging field of Integrative Medicine with its emphasis on common underlying causes that can lead to chronic illness and pain.

By considering the full interplay of one's history, genetics, physiology and lifestyle we can design therapy that brings the body into balance for real, long-term health. I will include noninvasive, bio-impedance testing to determine body composition, BMI and BMR. If appropriate, I'll order state-of-the-art lab tests, now available, to further assess inflammation, possible genetic factors, allergies, toxin load, hormonal and micro-biome imbalances or nutritional deficiencies.

After a thorough review, we'll create a therapeutic lifestyle plan with measurable goals. When needed I can work with your current health care provider or refer to ancillary providers to achieve the best possible integration of all available resources to assist on your journey to wellness.



Mariane Gilbert FNP
917 Third Street
Eureka, CA 95501
707.362.0878
mgilbertfnp.com
mariane@mgilbertfnp.com



Seabury Gould

(707) 444-8507

seaburygould@hotmail.com
& www.seaburygould.com

**Singer, Multi-Instrumentalist,
Storyteller and Music Teacher**

Eclectic musician Seabury Gould is a singer, multi-instrumentalist, storyteller, and music teacher. In his extensive work with diverse music for adults and children, he facilitates musical wholeness through exploring how the ear, heart, hands and intelligence can be cultivated. He studied Indian classical music with Ali Akbar Khan, GS Sachdev and Dr. K. Subramaniam. He lived in India for two years where he first learned South Indian music with master musician Sri IVL Sastry.

Seabury has a BA in Religion from Kenyon College and an MA from Antioch University (thesis on Music and Spirituality). He plays and teaches guitar, bamboo flute, piano, and vocal music. He gives private lessons and teaches both adults and children. Folk music and Indian music are among the styles he plays. One of his specialties is sing alongs. He leads kirtan workshops in which people sing devotional songs.

Seabury plays for house concerts, parties, weddings, yoga workshops and gatherings. He has opened for Robert Bly, Coleman Barks, and Deepak Chopra. He has participated in and facilitated numerous men's groups. He is a recording artist, music arranger and has produced nine of his own albums of traditional and sacred music and storytelling; his most recent solo CD being "Let That Musician Finish This Poem: Instrumentals (World Music inspired by the Poetry of Rumi)."

Combining the translations of Coleman Barks with his own compositions, Seabury weaves a variety of styles and interpretations into a fantastic voyage into Rumi's words.

Seabury was bandleader of the Celtic music band Scatter the Mud. He played Rock/Blues/Latin music with the popular local band St. John and the Sinners. He has made three musical journeys to Ireland where he played with Irish musicians. He has also traveled to countries, such as Hungary, Guatemala, Bolivia, Bhutan, Bali, and Tunisia in his study of World Music.

Seabury encourages people to appreciate the importance of live music and reminds singers to "Think globally, sing locally." He has been described as an "accomplished, dedicated and talented music teacher." He is known for his excellent rapport with both children and adults.

Since 1974 Seabury has been interested in the study and practice of the Integral Yoga of Sri Aurobindo and the Mother, the aim of which is to open the consciousness to the Divine and to live in the inner consciousness more and more, while acting from it in the external life.

Kari Greene

Massage Instructor,
Reiki Master Teacher,
Aromatouch Therapist and IPC
with Doterra Essential Oils.



This year I celebrate over 10 years serving the greater Humboldt County community. I have had the honor of working with Dr. Kate McCaffrey D.O. and other local healthcare professionals, giving me a broad scope of experience to add to my twenty-six years as a Certified Massage Therapist.

Now located in McKinleyville at 1660 Central Ave. Suite H, I specialize in helping those with chronic pain and offer techniques and education to bring my clients to a state of balance

I am now offering classes for the community and continuing education for massage and bodywork. Some of the training I offer includes Advanced Deep Tissue techniques, Lymphatic Drainage, Craniosacral, and Myofascial techniques. I also teach all levels of Reiki.

Some of the modalities I utilize are:

Lymphatic Drainage Technique is an extremely light yet effective therapy designed to access the Lymphatic System, which controls the fluids within the body. This creates a natural detoxifying and immune building response and also calms the nervous system. This therapy is safe and effective for anyone suffering with chronic pain, allergies and insomnia and inflammation.

Myofascial Release Technique which 'unwinds' the fascia—the layer of connective tissue that encompasses the entire body beneath the skin's surface and connects to every tissue—combined with somatic deep tissue techniques gently creates longer lasting pain relief and flexibility for the client.

Cranial Sacral Therapy and Reiki work together to bring body, mind and spirit into balance by reconnecting to this vital rhythm.

I also offer **AromaTouch Technique** - an essential oil application that was developed by Dr. David K. Hill (an expert on the science and use of essential oils) to treat the four conditions that challenge the body's systems to function optimally: stress, toxins, inflammation and autonomic nervous system imbalance.

Please email or call me to schedule or
for more information. I look forward to
hearing from you!

(707) 599.1804

kari.greene69@gmail.com



To promote the healing response, you must get past all the grosser levels of the body - cells, tissues, organs and systems -- and arrive at a junction point between mind and matter; the point where consciousness actually starts to have an effect. - Deepak Chopra



Amy Gundersen

HELPING YOU HEAL YOURSELF
Using Quantum Touch

What is Quantum Touch and what can it help with?

Quantum Touch is a modality of hands-on healing that uses special breathing and meditation techniques which allow the practitioner to hold an extremely high vibration. The client entrains too this vibration with their own body intelligence and quite simply heals itself.

The effect is so immediate and surprising, that one can actually see bones in the body instinctively realigning themselves with only a slight touch. Beyond structural alignment, Quantum Touch assists in quickly reducing pain and inflammation, while also balancing systems, organs and glands.

I have been practicing Quantum Touch for the past three years and love seeing such positive, amazing results from others including my children, my family and myself as well. The more I practice this modality, my deep seeded passion for helping others and seeing their lives improve has grown exponentially.

Quantum Touch is taught in 50 countries and is a non-invasive form of healthcare which has assisted in resolving many discomforts, including: migraines, postural corrections, hip alignment, neck and back pain, TMJ, Carpal Tunnel Syndrome, sprains, bruises, shoulder problems and many more.

The most common sensation that the client feels is heat, but they can also experience the energy as cold or as a tingling sensation. A session can last up to an hour or longer, often bringing about relaxed muscles, reduced stress, and overall improved general health.

I use the energy of the universe to hold space to create an environment for healing to take place. As humans, we have a natural instinct to help others and with conscious intent and love, anything is possible. ~Namaste~

707-498-8545

amygund8@gmail.com

Amberlee Gustafson, (AdvCBP)

Advanced Certified BodyTalk Practitioner

BodyTalk



BodyTalk stimulates your body's natural ability to heal itself by enhancing communication in the body, mind, and spirit.

Ideally, every cell, organ, and system is in constant communication with each other, synchronizing the many complex functions of the body. This creates our natural state of health.

Throughout our lives, however, we go through physical and emotional stresses and traumas that can overwhelm our systems and cause lines of communication to break down.

This decreased connectivity creates underlying imbalances, which lead to symptoms, pain, and disease.

BodyTalk practitioners tune into your systems to discover where these broken pathways are. They then use gentle tapping to reconnect them. Once communication is re-established, the body heals itself!

BodyTalk combines wisdom from ancient healing methods, including Traditional Chinese Medicine and yoga philosophy, with insights from modern fields of science such as epigenetics and neuroscience, to approach the body from a truly holistic perspective.

BodyTalk has been shown to be very effective in treating many health concerns, including:

allergies, menstrual irregularities, viruses and infections, stress and headaches, injuries and chronic pain, arthritis, sleep disorders, chronic fatigue, emotional disorders and phobias, anxiety, learning disorders, depression, digestive issues, endocrine disorders, addictions, and many others.

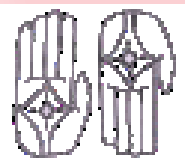
Each session is tailored to your individual needs, focusing on the specific sequence of balances most beneficial to you in the moment. No two sessions are the same.

Amberlee has been practicing BodyTalk in Arcata since 2010. She practices in person and does distance sessions.

To learn more, head to **amberleerose.com** for info on BodyTalk along with free tools and techniques for self-care.

(707) 616-8215

amberleerose@gmail.com



HANDS-ON Physical & Occupational Therapy

(707) 407-0536

www.handsontot.com

611 Harris Street,
Eureka, CA 95501



Donna Childs,
Occupational Therapist

Christine McKnight,
Physical Therapist and Hellerwork Practitioner

HANDS-ON Physical & Occupational Therapy uses a whole-body approach in assisting clients along their path to wellness and a pain-free lifestyle. Upon initial consult, a thorough evaluation is performed for all clients to best discover their needs and goals. We then create a personalized treatment plan based on those needs using a variety of manual techniques. Postural training, movement education, ergonomic information, therapeutic exercise, and integrative dialogue are utilized to support and make permanent the positive shift which result from the hands-on techniques. Here at HANDS-ON PT and OT, great emphasis has been placed into creating a healing environment where it is our goal to treat every client as a whole and not just an injury.

Myofascial Release is a form of bodywork that identifies and releases the tightness of connective tissue.

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

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

HANDS-ON also offers **massage therapy specializing in deep tissue, trigger point, and craniosacral.**

We accept most health insurances with a doctor's referral and offer 30 to 120 minute cash appointments.

Transformational Therapeutics

Patrick Harestad



Kinesis Myofascial
Integration
Dynamic Light Therapy
& Yoga Therapeutics

Kinesis Myofascial Integration is an extremely effective way of working with the whole body's muscular structure.

- Conditions KMI can help:
- Neck pain
- Lower back pain
- Sciatica
- SI joint dysfunction
- TMJ dysfunction
- Frozen shoulder
- Shoulder issues
- Hip issues
- Leg and feet issues
- Arm and hand issues
- Tendinitis
- Bursitis

KMI uses the "Anatomy Trains" myofascial meridians to unwind complex patterns of dysfunction and promote optimal function of the body as a whole. KMI can be used to resolve particular problems, such as joint or muscle pain, or to experience optimal function. As Dr. Ida Rolf was fond of saying "Gravity is the Teacher" and through this work you become an eager student. Life is too short to live in a state of chronic pain. Through this work you will gain much greater freedom in the body and the tools to maintain that freedom. I invite you to try this innovative work.

Dynamic Light Therapy is safe, non-invasive and very effective for healing inflammatory conditions, tissue repair, immune function, nervous system issues and chronic pain.

Patrick Harestad is a graduate of Kinesis School of Structural Integration, a Board Certified Structural Integrator, and a member of the International Association of Structural Integrators. He is also a certified Anusara Yoga teacher and certified Massage Therapist.

707-616-4117

Wisdom of the Soul

Jolene Hayes

Advanced Soul Realignment Practitioner
Certified Clinical Hypnotherapist
Certified Life Coach

**Hello Highly Conscious, ready-to-embody
your Soul Seeker!**

Because you found yourself browsing through the pages of this Healing Arts Guide, I'm guessing you are highly intuitive and sense things on many levels. But, perhaps you don't *fully* understand how to connect with that higher, wiser part of your **Soul** in order to create practical and tangible, real-life results.

Soul Realignment is a powerful, intuitive healing modality that helps you discover who you really are at your Soul level. In a Soul Profile and Realignment reading, I access information in your Akashic Records about your Soul's origination and qualities and also inform you about how you; through choice have shaped your own experiences over the course of many lifetimes. **You** are a powerful, multi-dimensional creator! Learning about your Soul's nature will help you to understand how to authentically express yourself in your everyday life. While you and I work together, you will learn how to make transformational shifts in your life by learning how to use and trust your own intuitive powers, and by making conscious choices that are congruent with your Highest good.

How quickly changes manifest in your life depends on your individual belief system and *conscious* participation in the Soul Realignment process. When you work with me, not only will you receive energetic clearing of blocks and restrictions in your Akashic Records, but I will also provide you with heart-centered mentoring using my various skills, tools, and life experiences for



helping you to take your next steps towards choosing the life you desire to create and manifest; a life that you deserve to live with harmony and ease!

Discovering information from your Akashic Records and Soul Realignment empowers you in that it helps you to expand your conscious awareness, understand and *utilize* your **power** of free will and helps you to make the choices that will allow you to express and align with your unique and magnificent Divine Self!

I invite you to view my website at www.wisdomofthesoul.com to learn more about me, Soul Realignment and the Akashic Records and all that you will receive with a Soul Profile and Realignment Reading. If this resonates with you and you decide you'd like to get a reading from me, please type the code "Love" in the memo line in Paypal to receive a \$50 rebate on your first session.

Call or Email:

707-499-9207

Jolene@wisdomofthesoul.com

Please Visit

wisdomofthesoul.com

Reiki Tuesdays Have Expanded so Much They Have Become ...

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Access Support to Uncover the Health That Lives Within

EVERY TUESDAY THIS SUMMER

(Call ahead for fall and winter schedule)

Energize Your Week ~ Energize Your Life!

New Start Time - 7:00-8:30 pm

Join Us Weekly ~ By Donation



Oneness Blessing -DEEKSHA



If you can't come in person, drop us an email and we will include your name and healing request on our Reiki Altar and send you long distance healing both Tuesday night and Wednesday morning.



Meet Copal

Reiki4Wholeness@gmail.com

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



Meet Sarah, Cheryl & Elizabeth

Sarah 407-545-9931 ~ Elizabeth 707-834-8671

Come and experience the profound healing flowing out of the Isis Osiris Healing Temple



Offering a full range of conventional, complementary, and alternative medical services for dogs, cats, and rabbits

Our services include:

comprehensive laboratory testing, digital x-ray and ultrasound, soft tissue surgery and dentistry.

In addition to acupuncture, chiropractic and therapeutic laser treatments, we are now offering hydrotherapy with an underwater treadmill.

For more information or to schedule and appointment, please call us at:

(707) 822-8387



PHOTO: E. CHRISTIAN WISNER

Hydrotherapy may be used for

- rehabilitation from surgery such as cruciate ligament repair
- recovery from injury or disc disease
- low impact exercise for overweight and/or arthritic animals
- helping older animals who have difficulty with land based exercise to maintain muscle mass and cardiovascular conditioning
- hydrotherapy massage to improve circulation and range of motion
- improved strength and endurance conditioning for athletic animals

7650 Myrtle Avenue

at the intersection of the Indianola cutoff and old Arcata Rd.

hours: **Monday - Saturday 8 AM - 6 PM**

www.healingspiritvet.com
support@healingspiritvet.com

Alicia Hashem

Facilitating the relationship between people and plants



**Wellness, Lifestyle,
Plant Medicine &
Nutritional Consultations**

*What is the natural state of
wellness in your life?*

My pro-active approach to health begins with honoring that we are each our own physicians, spiritual leaders and shamans.

Wellness Consolutions create an opening to dialog with the plant Kingdom. DoTerra essential oils are invited to sit at the table with us, adding their wisdom and innate ability to restore wholeness to our conversation. By facilitating the opportunity to hear the plant kingdom's comprehensive input, we are inviting in focused solutions that help open us up to our potential and unlock the root causes that underlie illness and imbalance.

The natural intelligence of the plants contained within the Essential oils, help us to remember our true biological heritage; our true state of health. Bearing witness to the deeper heart's desires and responding, they create openings for wellbeing to reestablish itself.

No across the board solutions—custom participation from the plants intelligence. Together we can focus on habits, stress management, exercise, nutrition, and reestablishing your natural state of wholeness.

Essential oils open the brain, making fertile ground for;

Food
Affirmations
Life-style changes
Blessings & Prayers
To take hold and create health.

They guide the cells of our beloved temple body back to a natural state of wholeness.

707-672-2928



Enlightened Creation

Paul Heffernan
Certified BodyTalk
Practitioner (CBP)

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

The fundamental paradigm of the BodyTalk System is Consciousness-based living. This means living life fully aware of the moment. Becoming more aware constitutes a great deal more than simply improving health.

A typical BodyTalk session can last from a few minutes to up to an hour depending upon the complexity of the necessary links to be re-established.

Each session is a unique set of links specifically tailored for each client by their own Innate Wisdom and facilitated by the BodyTalk practitioner through the use of the BodyTalk Protocol Charts. Working through the established Protocol of The BodyTalk System the practitioner will "ask" the clients body, through biomuscular feedback, what disturbances have occurred in the vital energy body that have compromised the balance, communication and synchronicity of the bodymind system.

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

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

707-267-0430

Paul@EnlightenedCreation.guru

www.EnlightenedCreation.guru



Megan Hensley

I am a Natural Hoof Care provider operating as Holistic Hooves, and serve the Northern California Coast. Natural Hoof Care is an aspect of Natural Horse Keeping. We can honor and serve our equines by becoming aware of their needs, and understanding who they really are. When we choose to raise our awareness and invite them to teach us, we are better able to provide a lifestyle that creates opportunities for them to thrive.



Holistic Hooves specializes in the transition process from steel shoes to bare hooves, as well as lameness rehabilitation. I work with a broad range of equines: from backyard beauties, pasture potato patooties, weekend trail warriors, high level performance horses, mini's, donkeys, and mules! My intention is to educate, support, and inspire YOU. Allow me to coach and come along side you and your equine companion as you discover new ways of being that provide opportunities for growth, transformation, and healing.

On the 3rd Monday of each month at 7pm you can tune into my radio show on KMUD. I interview Animal Health and Wellness experts and local people from the community doing work with animals. - FM - 88.1 Eureka - 91.1 Garberville - Laytonville 90.3 - Shelter Cove 99.5 Online: www.kmud.org



Holistic Hooves has made our special boy so much more comfortable! ONLY 1 WEEK after pulling his shoes & transitioning him with Megan he was much more comfortable, showing to be "sound" & trotting again! Megan came out to check him & I was in tears (happy tears). My 9 yr old daughter, Jaiden is just fascinated with everything Holistic Hooves has been doing -Megan is currently training her to maintain his hooves! -Jenna Kilby

Hoof Care

- ♥ trimming for healthy hoof development from birth to maturity
- ♥ rehabilitation for feet affected by pathology and steel shoes
- ♥ maintenance for hoof health once restored

Hoof Protection

- ♥ custom fitting of hoof boots designed for all types of riding
- ♥ custom fitting of hoof boots for transitioning to barefoot
- ♥ therapeutic fitting for horses with advanced pathology

Coaching and Consultations

- ♥ natural horse keeping concepts
- ♥ workshops
- ♥ trimming lessons



Young Living Essential Oils and Bach Flower Essences

- ♥ Raindrop Therapy
- ♥ Emotional Release
- ♥ Hospice Care - Pain management and Emotional support



Belle is doing PHENOMENAL in her transitioning to barefoot!! Her confidence grows daily in the knowledge that she no longer has to be confined by steel shoes. With her growing confidence comes a sweet, brave, beautiful horse who is now curious and friendly as opposed to standoffish and frightened! Thanks again -Shelly and Belle!!!

Megan, just wanted to let you know that Calypso did her Cross Country Pony Club lesson today completely bare, no hoof boots. Thank you so much for helping us down this path. - Lisa Hatfield



Megan is passionate about Animal Health and Wellness education. She lives in Humboldt County with dogs, cats, horses, minis, donkeys, and a mule; and has been working with a variety of animals in various settings for over 28 years. At a very young age, Megan was able to recognize the role animals can have in our lives as powerful healers. She has a

special interest in hospice care and emotional support for animals and their guardians during the transition process.

707-498-3166

holistichooves@gmail.com



Nana Hendricks

Spiritual Guide / Visionary / Channel

**Soul Guidance
Healing Sessions
Spiritual Mentoring**



Nana has the ability to see into the Soul. She connects with the Spirit Realms to provide you with guidance, clarity and healing energy. She illuminates the path, taking you inward toward your own Divine Being. She helps you to Know your Soul, discover your Gifts and Divine Purpose.

Relationships are our true gurus, they provide the necessary reflections for us to see ourselves so that we keep growing and evolving. The 3-D's in our relationships; distance, divorce, and death, can be powerful transitions in our lives. Nana provides Soul-based guidance and compassionate counsel through these experiences. She helps you to understand the highest meaning of your relationships, clear karma, and determine the best actions so that you can heal, grow and evolve on your path.

The most important relationship is the one you are having is with yourself. To know thyself is to know freedom. Self realization is enlightenment and empowerment. Nana has been traveling inter-dimensionally for fifteen years and knows the terrain our consciousness is contained within. As a mentor, she helps one ascend from lower consciousness into illumination and liberation.

Nana is a Kundalin Priestess. She performs the Rites of Passage of the Great Mysteries and can activate the DNA and Lightbody. She facilitates Priestess Training, Initiations and Sacred Ceremonies (equinoxes, solstices, blessings, clearings, weddings, funerals)

Mt Shasta Spiritual Soujourns – Nana will guide you into the mountain to experience your own transformational experience. She has been hosting retreats in Mt Shasta for over ten years. She knows the sacred sites and is a clear channel for the Spirits that dwell here. Expect miracles and a life-changing experience! Available for day trips, weekend and longer, singles and groups.

Soul-Guidance Sessions, Mentoring and Healing Sessions can be done over the phone or in person in Ashland, Mt Shasta, and Arcata.

Be free to live your life fully from the heart and Soul!

828.337.5512

Nanahendricks@gmail.com

www.TheSpiralStair.com

Dr. Pepper Hernandez CNHP, NHC



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Join me on Facebook to get updates on
Raw Recipes and Health and Wellness info:
facebook.com/drpepperhernandez

Naturopathic Holistic Health Practitioner
Raw and Live Food Nutrition, Naturopathy, Medical
Intuitive, Lifestyle Therapy &
Mind, Body, Soul Connection

Pepper has a video channel on Youtube
<https://www.youtube.com/user/pepperchinni>

Dr. Hernandez holds a Doctorate in Naturopathy Classic and Traditional, is a Holistic Naturopathic Nutritionist and Medical Intuitive who uses raw and living medicinal foods, edible flowers, herbs, spices, therapeutic teas, vitamins, minerals and essential oils all as part of her nutritional care of healing.

She spends her time as a speaker, writer and activist on health living nutrition. She leads lectures, conferences, and wellness retreats. She also teaches courses involving Shaman energy, Charkas, Raw Foods and much more along with traveling the world for more research and learning opportunities. Her life has been dedicated to health and wellness.

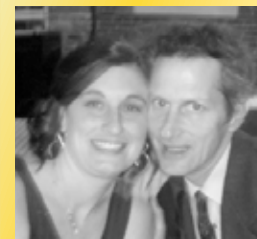
*Nourishment for the Physical, Mental, Spiritual and
Emotional Bodies is the only way to heal us completely.
This is why we are here. ~Pepper Hernandez*

Therapies include but not limited to Raindrop Therapy, Iridology, Reiki, Energywork, Yoga Postures, Mind Body Connection, Meditation, Breathe/ Prana, Anarda, Chakra Clearing and Balancing, Auric Clearing, Strength Training, Muscle Testing, PH Analysis, Connection of the divine.

*Finding ones power is essential in every modality
you choose. ~Pepper Hernandez*

Many of her beliefs stem from her rich culture and background as a native from Oklahoma. She practices and uses skills of her ancestors from the Cherokee, Cheyenne, Arapaho from her mother's bloodlines and the Navaho, and Apache from her father's.

Humboldt Acupuncture



**Chelsea Colby LAc. &
Jeffrey Haloff LAc.**

707-268-8007

humboldtacupuncture.com
123 F St., Suite F in Eureka, CA
Also in Fortuna at 1730 Main St.

HUMBOLDT ACUPUNCTURE is founded on the principle that our natural state is one of balance. Oriental Medicine is a tool that can help our body/mind/spirit recover its ability to bring ourselves into balance. Life's stress and trauma cause an imbalance which affects us each in unique ways. Experiencing acupuncture, people can report less pain, less anxiety and more relaxation of body and mind, leaving HUMBOLDT ACUPUNCTURE with a sublime smile on their face.

Based on the balance of cycles and elements of Nature, Oriental Medicine has been used for more than 3,000 years as the primary health care system in China, Korea, Japan and Vietnam. This medicine has flourished for all these years due to its effectiveness in treating many medical problems. In modern times, the National Institute of Health recognizes Acupuncture as effective in treating over 50 health concerns.

Chelsea and Jeffrey operate HUMBOLDT ACUPUNCTURE in the heart of Eureka's Old Town. They studied and met at the Oregon College of Oriental Medicine in Portland, OR. Upon graduation, they opened a clinic in Portland, and got married. As a Humboldt resident, it was Chelsea's dream to bring this beneficial healing practice to this area. Jeffrey also received massage training at Heartwood, and has completed a 3-year Feng Shui training program in San Francisco. He is co-founder of Humboldt Veterans Acupuncture Project. Chelsea and Jeffrey are very happy to be here, now serving our community.

Chelsea and Jeffrey use a gentle approach to treat a variety of common and uncommon health problems. Chelsea enjoys treating a variety of conditions including: Women and children's health, stress management, acute and chronic illness, emotional balancing, and pain management. Jeffrey enjoys helping with anxiety disorders, PTSD, insomnia and stress relief. He also enjoys helping people with headaches, muscular-skeletal problems, pain reduction, digestive disorders, detox, carpal-tunnel, lung issues, the common cold, and any uncommon ailment.

HUMBOLDT ACUPUNCTURE provides:
**Acupuncture, Moxabustion (heat therapy),
Tuina (Chinese Massage) and Acupressure,
Chinese Herbal Therapy, Nutritional Counseling
& Feng Shui**

"Caring One Toe at a Time"



**Humboldt
Home
Foot Care**



Abigail brings pampering foot care to the comfort of your home. She especially loves working with seniors and is honored to have long-lived feet placed in her caring hands.

The promotion and maintenance of healthy/happy feet along with gentle, consistent care for toenails, calluses, and dry skin are the focus of every visit. Whether you are arranging for services for yourself, a family member, or any "feet in need" you will love Abigail's warm and foot-friendly disposition.

707.497.8269

www.humboldtfootcare.com



I truly look forward to meeting you and
"caring one toe at a time"

Sincerely,
Abigail Pyeatt



"We Help You Understand Nature's Pharmacy"

Humboldt Herbals is the area's only European-style full service herbal apothecary, offering vibrant botanicals of exceptional quality and value for 16 years and counting. We specialize in local herbal products made by your neighbors in Humboldt, stocking over 500 organic and ethically wildcrafted medicinal bulk herbs, unusual culinary spices & salts, and lots of delicious teas! In addition to our proprietary herbal tea blends, we offer green, black, red, white & "flowering" teas from around the world. If you have a specific formula or taste in mind, we're happy to offer custom blending services for your specific needs.

As a full-service apothecary, our staff of experienced herbalists package and dispense your herbs with clearly marked labels and instructions, making sure you understand the medicinal benefits and the best way to prepare your herbs for maximum efficacy. We will guide you through the range of botanical remedies that are appropriate for your individual condition, including aromatherapy, flower essences, tinctures and supplements. We offer effective herbal support for your animal companions, too.

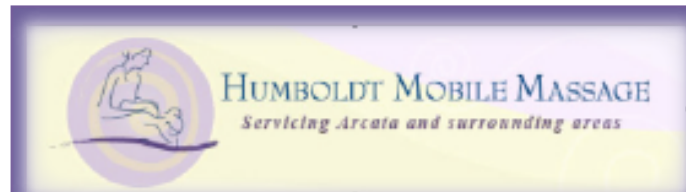
We create our own line of herbal smoothie blends, culinary seasonings, fabulous facial care products, therapeutic oils and divine aromatherapy mists that you'll only find at Humboldt Herbals. We also stock hundreds of bottles, jars and tins, plus a full selection of organic based ingredients to help you create beautiful botanical products at home. Books, unique gifts and fair-trade crafts are yours to enjoy.

At Humboldt Herbals, we know you are more than just your physical body. It is our intention every day to be a clear channel of communication between you and the healing spirits of the Plants. It's our pleasure and an honor to help you connect with botanical allies that will nurture you physically, emotionally, mentally and spiritually.

Stop by our delightful oasis in Old Town Eureka, enjoy a complimentary cup of delicious herbal tea, and explore how we can be of service to you. We proudly offer a 100%, no questions asked, cheerful money-back guarantee, so what have you got to lose? At Humboldt Herbals, we help you understand nature's pharmacy.

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Humboldt Mobile Massage is a traveling marvel. We arrive at your home or reserve our studio space for your massage. Our 5 massage therapists are very experienced and specialize in many modalities, from therapeutic true deep tissue to lymphatic drainage therapy. For mobile massage appointments we bring everything needed, including a table and relaxing music. We set up quickly, and then begin a most luxurious massage. We do our best to fit into your schedule seven days a week.

I spend quite a bit of time at my computer, and my neck and shoulders get pretty tight. Nicole's strength and amazing ability to find just the right spot and work it until it relaxes was a blessing.

- Jane, Trinidad Ca



707.832.2929

Appointments available 7 days a week

Including evening appointments from 5:00-7:00 pm

Secretary Hours:

Monday - Sunday 9:00 am - 6:00 pm

HumboldtMobileMassage.com

ISIS



Isis Scrolls is a free bimonthly magazine creation offered from the **Isis Osiris Healing Temple**.

Through *Isis Scrolls*, we seek to inspire and educate the members of our community about our uniquely skilled and gifted healing arts practitioners, and the rich variety of integrative healing modalities available to us. *Isis Scrolls* is a vessel through which the voice and heartbeat of the innate healing wisdom that lives within each of us, can be experienced. While we may not share all of the beliefs expressed by our contributors, we do support them in sharing themselves.

Our intention is to offer a wide variety of quality information that will support all of us on our healing path by providing tools and resources for personal growth, awareness, and self-empowerment. Sharing our stories, wisdom, gifts and skills strengthens the overall health of our community.

Exercise your free will and discernment to ponder, embrace or release what you find throughout these pages. Once you complete an issue, please pass it along, recycle it, or save it for reference or posterity.

The Isis Osiris Healing Temple



**Crossing the Threshold into the Remembrance
That We Are Nourished Continuously
by a Conscious, Intelligent, Benevolent Energy
That Springs Forth from the Center of Our Being.**

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

A non-judgmental healing experience can set the stage for you to bloom.
Our Temple space has this deep truth and understanding built into it.

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

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

707-825-8300
44 Sunny Brae Centre, Arcata, California 95521

ISIS

**Creating Opportunities to Nourish Our Wholeness
A Resource for Healing**

Individual health is an essential part of our community's overall wellbeing
Isis offers several ways to create health and empower yourself through
exploring and connecting with the healing arts



ISIS Scrolls - Two Magazine Offerings

Our bimonthly issue features holistic articles, stories, poetry and artwork and **Our Annual Healing Arts Guide** is a full color, in-depth, reference guide where our holistic practitioners share who they are, what they do.

Free in stores and cafes from Ashland to Ukiah and the Coast to Mt. Shasta

IsisScrolls.com



Everything our print magazine offers *plus* archives of our back issues, (a treasure of our community's healing wisdom) free, self-posted classified and calendar ads, *and* our **Directory of Healers**, where you can easily compare and find the holistic modalities and practitioners that are right for you.



Room Rentals

Individual & Group Room Rentals
See your clients and hold classes and workshops in our beautiful sacred space.



ISIS Healing Temple

Offering Personal Transformational Healing, Classes and Community Projects
Energywork, Intuitive Healing, Skilled Massage & Bodywork, Customized Mentoring and Healing Programs, Mediumship Circles, Tarot Classes, Qigong classes, Oneness Blessings, Tuesday Night Healings by Donation, Sound Healing, Ongoing Meditation Groups and so much more!



Call, email, visit our website, find us on Facebook, Tweet or Blog with us at:

707-825-8300 ~ isis_scroll@earthlink.net

www.IsisScrolls.com

[Twitter.com/IsisHumboldt](https://twitter.com/IsisHumboldt)

IsisTempleWisdom.wordpress.com





Linda Joanne

707-834-1682

The reflection of Light in my world is changing and I am finding it necessary to redefine who I think I am, where my path is leading me,

and what my healing practice is now developing into. My energy is in motion.

So many of us are in motion. Away from the past self-imposed beliefs that no longer serve who we are now.

Being in this moment and truly looking at the person in my presence with authenticity has become of the utmost importance. Being true to myself and to whomever I have the honor to share this moment in time with has become my practice. Miracles truly can happen when there is a “fair witness” to who we are and what experience is being co-created.

Mine is a healing practice that is boundless within daily life’s experiences, over a cup of tea, a chance meeting in town, an Isis Reiki night or a private healing session. Finding creative inspiration through communication, to bring resolution or just momentary relief leading to opportunities of support, encouragement, transformation, and inspired growth A private session can develop into a tarot card reading, making an art project, creating an alter or ritual to exemplify a particular life experience or a hands-on healing balancing.

I believe that small things can help bring our attention to life and the present moments of daily living. Lighting a candle tucked in the garden, piling river rocks marking a place where tears were shed for the past, alters signifying a place of reverence, flags flying to reflect the element of air, cedar leaves into a bath: All bringing us present into a moment, which is so important In our busy lives.

Let me help bring you to be a witness to the magic that is your life.

I have been bridging the worlds of allopathic and healing arts for 35 years now. I work in a local hospital and also am a Reiki Master that has training in Therapeutic Touch, Healing Touch, Body Talk, use of Essential Oils and Earth based practices.

Sher Kelly

707-268-0906

divinedispatch@yahoo.com

Mediumship Readings



As a Medium I am able to enter a meditative state from which I can access information from the non-physical world. I believe that when we set the intention (make an appointment) to have a session, the guides and angels, friends and family on the Other Side conspire to transmit, through me, messages pertinent to your present day situation. These may include assuaging grief, gaining insight on relationships by looking at karmic agreements and past lives, or simply taking a look at your journey through this life.

I never know exactly how a reading will unfold—who will come through, what will be presented—but commonly a theme emerges that corresponds to and/or confirms your Inner Knowing and Questioning.

As the vibratory levels on our planet increase, times can be intense. When we sit still, align with Spirit, and listen, we are reminded just how supported we are in this life by those who lovingly watch over us.

With over ten years of experience, I can happily provide references upon request.

I invite you to call with any questions you may have and I look forward to meeting you.



Stacey Kett

Tap Roots Acupuncture and Herbal Medicine

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

Acupuncture
Cupping
Moxibustion
Singing Bowls
Chinese & Western
Herbal Medicine



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

Stacey is especially interested and has experience in the following areas:

- Acute and Chronic Pain
- Arthritis, Fibromyalgia
- Chronic Headaches and Migraines
- Insomnia, Stress, Anxiety
- PMS, Menstrual issues, Pregnancy
- Bell’s palsy, Trigeminal Neuralgia
- Parkinson’s Disease and Stroke Rehabilitation

Stacey received a Master’s degree in Acupuncture and Oriental Medicine from Oregon College of Oriental Medicine. This was an intensive four year degree that emphasized Acupuncture, Moxibustion, Cupping and Chinese Herbs. Following graduation, Stacey volunteered in a low-cost health clinic for 6 weeks in a rural village in Nepal. While in Nepal, Stacey studied with a traditional Singing Bowl practitioner. Singing bowls use sound and vibration to help resolve pain, depression and optimize overall well-being.

Stacey has a bachelor’s of science degree in Ethno-botany from Humboldt State. She also has a comprehensive foundation in Western Herbalism and medicine making. Stacey has been a resident of Humboldt County since 1992. She is happy to be back home in Arcata and is dedicated to living and participating in the health of this community.

707.633.8626

ilovenettle@gmail.com



Compassionate Transformations

Embrace Transformation Compassionately!

“C.H.A.N.G.E” That’s a word we’ve come to have a love/hate relationship with, right? It is the one constant in our lives; it is the one thing we know will happen, even if we try *not* to believe; and it is one of the hardest things to embrace. If changing an old pattern or behavior is something you want to achieve, it would be my pleasure to assist.

Old behavior patterns that no longer serve us *can* be changed—transformed into ways of Being that is in alignment with our True Self—to allow the fullness of our potential to shine through. In our sessions together, I experientially show and teach you how to become still and quiet, so that you can notice your body *from the inside out*, allowing transformation. We direct energy in and through the body, releasing that which no longer serves you. No two sessions are alike, due to the sacred quality that is created in our time together. However, as we dismantle, or ‘unmap,’ past behaviors, talking as well as the silent stillness will be part of our time together.

Life is rich, unlimited, and joyous; at some level you already know this or you wouldn’t ‘be here now.’ I encourage you to fully experience the Greatness of yourself, by whatever means work for you. I would like to offer my assistance if you find traversing the more difficult aspects you’re encountering in life challenging.

I live from a foundation that we are spiritual beings having a physical experience (and not physical beings having a spiritual experience). I bring twenty years of experience in Experiential Ontology, and a lifetime committed to finding my own Greatness and sharing with the world what I’ve learned. I offer a 20 minute consultation to see if we resonate. Fees are based on a sliding scale.

I welcome your questions and look forward to sharing with you.

~ Great Aloha ~

Anne Kinne, MA

707.616.1546

anne.g.kinne@gmail.com

sacredbodies PILATES & DANCE

At Sacred Bodies Pilates and Dance our format is designed to offer you personalized attention and a variety of tools to progress in your body mind and spirit and understand how they are all related and affect each other. We emphasize anatomy and the foundation of movement to your individual body so you will become empowered and apply the concepts learned at the studio in your everyday life. This way you can consciously progress and make changes as you go about your day. Studio owner & trainer Susie Kidd has been a certified Pilates instructor since '03 as well as trained in extensive meditation and spirituality techniques as well as Reiki and intuitive work. During your private training there will never be another session or class held simultaneously. This allows you to try new things, explore various aspects of yourself, and challenge yourself further without distraction while promoting deeper communication with the instructor. If you prefer being a part of a class we offer small group classes providing a fun & encouraging atmosphere. All classes are limited in size so you will receive individual attention and have opportunities to ask questions and personalize your own experience.



Susie Kidd - Studio Owner

Certified Pilates Instructor
Certified Breast Cancer Exercise Specialist
Certified Black Sheep Belly Tribal Dance Instructor Level 2
Certified Pre-Post Natal Pilates Specialist
Faculty at The Center for Women's Fitness

offering Training in Pre-Post Natal Pilates and the Gentle Birth Project

Susie Kidd owner of Sacred Bodies Pilates and Dance has been teaching mindful movement education on the north coast since 1997 and has trained in dance her whole life and Pilates since 1994. With a strong desire to share the holistic healing she found through her practice, she became a certified instructor in '03 and opened her studio in '05. The emphasis is to offer quality education, holistic healing and mindful movement to our community.

Susie Kidd is also on faculty for The Center for Women's Fitness and offers the following services as well as certifications and trainings.



The Center Method for Diastasis Recti Recovery™- this program has been developed for over 15 years with a high success rate for healing a diastasis recti. This teacher training is open to all movement educators.

The Pink Ribbon Post Operative Workout Enhancing Recovery (TM)

Offers strength, self-esteem and quality of life to breast cancer survivors



- Improves self confidence and control
- Helps regain strength and mobility in affected shoulder and arm
- Enhances energy levels and helps to control weight
- Improves sleep and alleviates fatigue
- Decreases stress and tension
- Enhances physical & mental wellbeing



Pre and Post natal Pilates programs have been designed to "Prepare the body for Birth™" and to "Repair the body after the Birth™"

These programs educate and empower the woman to take charge of her health and the way in which she would like to give birth. Pilates is our physical focus as it truly combines the mind with the body, allowing the woman to learn to trust not just what her body can do, but also what her mind is capable of.

*Healing Exercises for Diastasis Recti, Although diastasis can happen during a pregnancy and/or during the birthing process itself, it is by no means exclusive to this group. Men and children may also suffer from this condition.

*C section and Pubis Symphysis Derangement.

*Pelvic floor health and dysfunction: Learn the proper functioning of the pelvic floor & the exercises that will effectively both strengthen and stretch the pelvic floor. A lot of our day to day activities actually do activate our pelvic floors and we should take this into consideration when we consciously exercise this area.



The Gentle Birth Workout™ This program is designed with the Midwife and Doula in mind. It offers a teacher training program that utilizes

the essential movements needed for a successful natural birth.

Currently offered exclusively at Sacred Bodies Pilates & Dance.

Dance Classes are offered in Tribal Belly Dance, Burlesque, Hip Hop, Modern, Chakra based dance discovery and more.



Specialized workshops offered through out the year on various topics.

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KIDS OPEN DOOR



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If your child is severely sick (i.e. high fever, skin rash etc) please CALL first.

Cristina America is Licensed Acupuncturist and Herbalist. (see her on page 2 of this guide)

Marjo Ribeiro is trained in Traditional Chinese Medicine (Brazil) and Advanced Acutonics Practitioner (see her on page 70 of this guide)

Hannah Virginia is Certified Massage Therapist, Reiki Master and Herbalist.



With Cristina America,  
Marjo Ribeiro & Hannah Virginia



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No reservations. First come first serve

[Cristina.America@yahoo.com](mailto:Cristina.America@yahoo.com)  
[marjoribeiro@gmail.com](mailto:marjoribeiro@gmail.com)







Jen Knight \*)

Usui Reiki Master Teacher \* Herbalist \* Shaman

www.spiritlightsanctuary.com \* 207-323-5635

Reawaken your inner sanctuary



### What is Spirit Light?

Spirit Light to me is the Universal Life force that is the essence of every being, the light within your spirit. It is in the plants, animals, stones, stars, trees, and in us. It is the wonderful benevolent energy that guides and supports us all. This is the energy I draw upon during healing sessions. Facilitating the blossoming of your being, releasing the stuck places through a synergistic combination of healing arts specific to your individual needs.

During a session I become a vessel for the healing energies of the Earth and the Astral to flow through. In this space I am open to receive messages from Spirit, divine guidance, and journey to see what Spiritual Medicine you may need, be it in the form of plants, stones & crystals, animal guides, or actions to take to further your healing. The energy I work with is subtle and gentle, yet powerful and profound, allowing you to enter into a deep state of relaxation which supports the body's natural healing response. Each session is as diverse as the people I work with, and no two sessions are the same, what comes to me is what you are needing in that moment.

It is with deep and profound gratitude that I offer these healing sessions. Seeing the transformation in you after receiving the energies I work with is one of the most beautiful experiences one could have. I feel continually amazed and blessed to do this work, and in awe of how it continues to evolve, each turn on my path opening up more energy, gifts, and tools to share with those who are called to work with me along their healing journeys.

### ~My Background~

My experience and knowledge of healing arts is deep, diverse, and longstanding. I have been practicing an array of alternative healing modalities for over 17 years, and continue to integrate new and expanded skills and techniques into my repertoire. During a session I incorporate a combination of the following modalities as I am guided: Reiki, Shamanism, herbalism, crystal energies, acupressure and meridian systems, intuitive and divine guidance, working with Spirit Guides, sound, aromatherapy, flower essences, and education about beneficial foods.

### ~Testimonials~

Clients have reported relief from years of pain (physical & emotional), improved mobility, shortened recovery time from an illness, injury, or surgery; relief from constipation; cessation of chronic ailments; relief from anxiety; gaining clarity, feeling happier, more empowered and confident in their lives, and much more.

"Jen's work is very soothing and her intuitive abilities are insightful. Her healing touch allowed me to go into a very deep state of relaxation that made me to feel totally nurtured, safe, and loved." ~ Susan Vaughn, M.A., MFTI

"Jen, I wanted to tell you how much I appreciate the last three years. There is something to your approach that is more effective than any other type of intuitive healing that I know of. I'm not sure how I'd explain it to another client. Their experience/story would always be different from mine or anyone else." ~ K.H.L., Arcata, CA

If you are open and ready to become an integral and empowered part of your healing journey, please call me, I am here to work with you facilitating your growth, healing, and empowerment on your life path.

Jen\*) is the owner & founder of Spirit Light and Luna Herbs. After 5 beautiful years in Humboldt County, she currently practices her healing arts in New Hampshire & abroad.

She is also available for distance healing.



Usui Reiki Master Teacher \* Herbalist \* Shaman

207-323-5635 \* www.spiritlightsanctuary.com



Ken Lamski, cmt

Integrative  
Massage & Bodywork

Specializing in Cranial Sacral  
Multi-dimensional Energy Work

Our bodies are living libraries of all we have experienced—the joys, pains, pleasures, and traumas from this lifetime and beyond. Everything is stored in the genes, and it is through the art of stillness and silence that we can venture deep within and access this knowledge.

My sessions combine massage techniques and energy work with deep listening and intuitive skills as an approach to resolving trauma, managing pain, and supporting positive change. I want to help people create more ease in the body/mind system and live fuller, happier, more present lives!

I use a variety of techniques including cranial sacral therapy, Swedish and deep tissue massage, myofascial release, acupressure, Acutonics tuning forks, guided imagery, and intuitive energy work. My goal is to help relieve pain and tension, increase sensory and somatic awareness, facilitate deep states of relaxation, calm overstressed nervous systems, and help resolve unconscious patterns at the heart of discomfort.

My style is slow and deep, yet gentle and non-invasive. I work with the innate wisdom of the body, allowing it to unwind and release how it needs and wants, to find balance on all levels of being. My work is appropriate for both acute and long standing conditions, and especially helpful for emotional and mental health issues. Many clients find it helps access their own clarity and insight, as well as helping empower them to deal successfully with many different life situations.

The body is a magnificent self-healing, self-repairing system and an organic wonder we are still learning to truly appreciate! It has intelligence, and with proper rest and nourishment, as well as changes in attitude and activity/lifestyle, it can produce whatever is needed to bring about a state of health and well-being. -Barbara Marciniak

707.834.2735

klamski@hotmail.com

Couples and Individual Psychotherapy

Ellen Searle LeBel, LMFT

707-826-7900

We work together to help you meet life challenges and develop your potential through trust, healing and discovery. I am an experienced therapist who integrates depth psychology, current research and mindfulness. In addition to verbal therapy, I offer **Dance/Movement Therapy** and **Sandplay Therapy** for those who wish to explore mind/body integration and self-expression.

*Couples therapy centers on your relationship*

- Improving communication
- Accepting differences
- Resolving conflicts
- Managing a crisis
- Making choices and transitions
- Enhancing affection and sex
- Deepening trust and compassion

*Individual therapy focuses on self-development*

- Becoming aware
- Safely expressing emotions and thoughts
- Increasing self-confidence
- Healing from conditions or situations related to stress – anxiety – depression – trauma – grief – body image – infertility – aging – life transitions



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Board Certified Dance/Movement Therapist

Certified Sandplay® Therapist

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Cheer up Your Home or Office With  
Some Clean Love!

Respect and Kindness for Your Dwelling Place

## Let Us Clean

Owned and Operated  
by David Cooper



*We realize cleaning your house or office is a very personal experience so we treat your space with the same care and consciousness we do our own.*

**A clean home and office space can improve the flow of your life**

*Ahhhh, sink in and relax!*

### Let Your Living Space Support You!

You know that feeling you get when you come home to a freshly cleaned house? **Let us Clean** so you can better enjoy the sacred space of your living or working environment.

**“A house is not real estate, but a human dwelling place, the prolongation, in a sense, of a person’s body; it is the first extension of a person’s real world.”** ~ www.beliefnet.com

*Wow, my bathroom wasn’t even this clean when I moved in.*  
~ ZB in Arcata

*I didn’t think those stains in the cupboard were going to come out! You are the one to call for a move out, this place looks great and I feel good about passing it on to the next family.*  
Thank you. ~ MT in Eureka

*I look forward to the days you come, I love coming home to a house cleaned by you.* ~ DL in Arcata

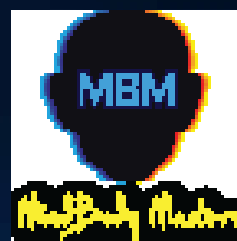
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Get the Life You Want! Learn the most effective Personal Empowerment and Professional Development techniques known, from ancient to modern times, from meditation and biofeedback to Neuro-Linguistic Programming. Learn how to get rid of your limiting beliefs and Be, Do, and Have Anything you want.

Would you like to be happier and more fulfilled with life, or more successful financially? Would you like to know how to get rid of anger, fear, stress and depression? Would you like to know how to break bad habits and install good ones, or how to improve your personal relationships?

If you answered, Yes, to any of these questions, then coaching may be right for you.

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Or Visit,

**MindBodyMasteryCoaching.com**

to learn more about how you can get the life of your dreams through MindBody Mastery Coaching.

### Testimonials:

“I dropped out of college, devastated from a rough break up, and was drinking daily and on the verge of suicide, when Corey Lewis helped coach me back to everything I am capable of. Through his teachings of self-mastery I have now turned my life back around. I am sober, and in five months I became the top salesman in my region, and I now live with and get to share my life with a loving partner.” – Jason Rane

“To this day, I use the techniques you taught me, as well as my own that I have weaved in. This way of healing is alive and vital in keeping my happy and healthy. I always have these tools to fall back on when depression comes around. Thank you, Corey, for changing my life!”  
– Jen Ayo

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## LOTUS ACUPUNCTURE & HEALING ARTS

“We believe that healthcare incorporates many modalities. Traditional Chinese Medicine considers the whole person and focuses on bringing the body back into a state of balance. At Lotus, we focus on relieving pain, stress, and imbalance in a gentle way that honors your whole being and wellness goals. We often give dietary, nutritional and lifestyle advice as well as supporting your emotional health in a safe, caring environment.”



### Lupine Wread LAc

Pictured on the right  
Find her in this guide on page 86

### Sheridan Richardson LAc

Pictured on the left  
Find her in this guide on page 70

### Molly Leuthner NTS

Pictured in the middle  
Colonics, Bodywork, and Ayurveda  
For more information contact her at:  
707 677 3599 or email  
[mollywog13@gmail.com](mailto:mollywog13@gmail.com)



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# Sarah Love

## Intuitive & Reiki Practitioner

### Blessed Love

I send you light and love today and every day.

Are you feeling lost? Is there something missing from your life? Do you feel depressed? Do guilt, worry, and negative past thoughts haunt you causing you to be restless?

### TRY THE LOVE OF USUI REIKI IT'S TIME TO LIGHT YOUR OWN FIRE

My name is Sarah Love. I am an intuitive certified Usui Reiki level 1 & 2 practitioner. I Studied with Intuitive Master: Maya Cooper, and Reiki Master Teacher: Denise Payne-Oliver.

I discovered Reiki during a very depressive time of my life. I felt alone with negative thoughts, and living with much of what I see now as unhealthy energy. Learning how to use Reiki to assist myself in healing and removing energy blocks changed my life in the most positive way.

Reiki is a Japanese word for: Universal life force energy. It is a natural noninvasive healing modality that uses our KI (LIFE FORCE ENERGY) to promote wellness. It became my intention to learn to heal myself in order to be of service to all beings. I take pride in doing Reiki

During Reiki a session using my gifts of Clairaudience, Clair empathy, and Clairsentience allows me to better assist the flow of Reiki for the highest good of all who want Reiki healing. I believe in the power of intention, gratitude, and love. I use my gifts to assist me when giving a Reiki energy session. I also do distant Reiki, and have used sound healing as an extra positive way to assist in healing sessions.



### Reiki can HELP with ...

Depression, Cancer, Diabetes, Military Trauma, Pregnancy, ADHD, Addiction, Anxiety, Weddings, Post-partum, Moving, Death of loved, New parenting, Healing the past, College Blues, AND MUCH MORE!

Trust Your Higher Self to Guide You!  
Please Call, Text, or Email me

Sarah Love

407-545-9931

weksev@hotmail.com



Katharine McAbee, cmt



Swedish Massage  
Therapeutic Bodywork

408-386-0745

Care and support are the foundation of my practice. I listen to the voice of my clients and the voice of their bodies. I have training in a variety of bodywork techniques and prepare unique treatment plans that address each client's specific needs.

### Swedish Massage:

Let the tension in your body melt away with a deeply relaxing Swedish Massage. Improving circulation, encouraging release of muscle tension, and breaking the daily stress cycle are just a few of the benefits.

### Integrative Therapeutic Bodywork:

Our bodies are built of muscles, fascia and bone. These parts link together to form a kinetic chain, connecting us from head to toe. With condition assessment and postural analysis, determining where a problem starts and how it affects the chain can put you on the road to recovery. Integrative therapeutic bodywork modalities include: range of motion, myofascial release, craniosacral, stretches, trigger points, neuromuscular re-patterning, and self-care recommendations, to name a few.

Keeping skills fresh and developing new techniques are important to me. I strive to expand my knowledge of bodywork techniques with continued education in diverse specialties. I have taken courses in Myofascial Release, Visionary Craniosacral work and Reiki.

Having lived in Humboldt County roughly 14 years, I have deep roots in our community. I take pride in having received my bodywork education at Arcata School of Massage, developing a deeper sense of intuition and spiritual centering, along with a firm understanding for the technical aspects of Massage. I graduated in July of 2012 and obtained my California State Certification in October 2012.

I accept insurance! Private, PI and Workers' Compensation. Check your policy.

kdmcabee@gmail.com

www.katharinemcabeecmt.webs.com



INNER ALCHEMY  
Jennifer Madrone, HMT

707-499-4441  
jenmadrone@gmail.com

### Alchemical Healing, Reiki Therapeutic Massage & Lymphatic Drainage

**Alchemy:** *the art of transformation; the process of moving from the primal state of unconsciousness into the evolved state of wholeness or enlightenment; the weaving of spirit and matter.*

**Alchemical Healing** is a tool of physical, emotional and spiritual transformation, blending energetic healing techniques with aspects of shamanic journeying. Over 90% of what we as humans do occurs on the subconscious or energy level. When we access the subconscious by way of the heart we can change the vibration of an individual and create healing on ALL levels. This work is done with the active participation and deep awareness of the client. Benefits include: release from pain, emotional patterns and habits that no longer serve; as well as facilitating reconnection with intuition and with one's inherent ability to heal oneself.

**Lymphatic Drainage** is a gentle yet deeply effective massage technique useful for detoxifying the body by encouraging the lymphatic system to eliminate metabolic waste products, excess fluids, and bacteria. This therapy is highly recommended for individuals who are on a cleansing program, are experiencing digestive disorders, skin issues, or conditions of the immune system.

**Therapeutic Massage** is an extremely effective tool for relaxation, rejuvenation and healing. When infused with intuition, intention and loving energy, the potential for transformation multiplies. Over the past 17 years my bodywork has been deeply influenced by my love of indigenous healing and mysticism; including the traditions of the Incans, Toltecs, Maoris and ancient Egyptians. Within all of these studies I have found a common thread of perennial wisdom: a deep understanding that inside each of us lies an infinite potential for healing and transformation.

*I began seeing Jen Madrone for massage therapy several years ago; what began as relaxing bodywork has since evolved into an amazing journey of healing and self-discovery. Jen has opened new gates for me, helping me find my way towards a whole and healthy self. Her energy work is powerful- I feel it in my body, my heart, my mind and my soul. I look forward to continued travels with her.*  
~Erika Morlan



## Embodied Psychotherapy



*"In our bodies, in this moment, there live the seed impulses of the change and spiritual growth we seek, and to awaken them we must bring our awareness into the body, into the here and now." ~Pat Ogden (author of Trauma and the Body)*

**Jacqueline Mayrand, M.A., MFT #51874**  
Marriage and Family Therapist

If you are considering making space in your life to explore the challenges and patterns that no longer serve you, then you may be at a crossroad where you find yourself wanting to take a more active role in your own evolution. Embodied Psychotherapy can help you on this journey. It is a body-oriented approach that values the body as a primary source of intelligence, information and change.

My practice focuses especially on recovery from trauma, i.e. times in your life when your ability to integrate stressful or traumatic experiences was overwhelmed. Trauma and early attachment issues profoundly affect the body and can create patterns that initially arose to protect and preserve your physical and psychological integrity, but now exist as unwanted patterns and symptoms of post traumatic stress that linger for months and even years.

I am trained in Sensorimotor Psychotherapy®, a body-oriented, talking therapy that blends cognitive and emotional approaches, verbal dialogue, and physical expressions that directly addresses the intense feelings, bodily responses and negative self talk that can be the result of traumatic experiences. Sensorimotor work emphasizes the restoration of the "witnessing self" and the cultivation of new experiences that challenge the habitual trauma-related bodily responses, rather than repeat or reactivate them.

It is my hope, that through our work together, as you develop more skills and resources, you will find yourself with a greater capacity to be your own witness, your own guide; you will find yourself with a greater capacity to meet life's challenges with authenticity, vitality, wholeness and peace.

I received my MA from the Pacifica Graduate Institute, and I am trained in Sensorimotor Psychotherapy®. I would be happy to answer any questions about therapy, my approach, and any other concerns you might have.

Contact me to schedule a free 20-minute consultation at

**707-441-1053**

**[jacquelinemayrand@gmail.com](mailto:jacquelinemayrand@gmail.com)**

You can also find me at

**[www.counselingbythebay.com/Jacqueline.Mayrand.html](http://www.counselingbythebay.com/Jacqueline.Mayrand.html)**



**Roxanne Mellick M.S.**

**Nutritionist and Educator**

Are you looking for holistic nutrition counseling that emphasizes whole, organic, real foods? Do you want help balancing your diet and finding the best exercise program? Would you like to learn about regular detoxification? Roxanne Mellick, M.S., is qualified to assist you.

Roxanne specializes in disease prevention, detoxification plans and designing personal diet plans tailored to client needs, health concerns and eating preferences. Before studying nutrition, she earned a BA in Anthropology at Tulane University. As a professional nutritionist and anthropologist, she sees diet as a cultural manifestation, but with extremely personal complexities. Individual dietary requirements are unique. One diet will not nourish all.

**Roxanne offers a wide variety of services, including:**

- **One-on-one** nutrition counseling and diet analysis
  - **Initial consultation**, health history and evaluation
  - **Analysis of current diet**, specific meals or meal items and multi-day food journal
  - **Detection of nutrient deficiencies**, and recommended meal plans to meet them
  - **Diet plans customized** for specific health issues and disease prevention
- **Nutrition education classes** to groups, including lectures tailored to your specific topic and audience from formal presentations to company employees, to more informal settings at schools, play groups and gatherings of friends and family
- **Menu and recipe analysis**
- **Creation of nutrition fact labels** for restaurants and food-related businesses
- **Garden design** for growing your own food to feed your personal nutrition needs

**Both low income and moderate income rates available.**

Roxanne holds a Master of Science in Human Nutrition from the University of Bridgeport Nutrition Institute, Bridgeport, Connecticut. Course work there centered on functional medicine and its growing value in the prevention and management of disease; and, bio-individuality, the individual diet and nutritional needs based on the specific makeup of each person. For more information, visit: [www.bridgeport.edu/academics/graduate/nutrition](http://www.bridgeport.edu/academics/graduate/nutrition).

**415-306-1291**

**[RoxanneMellick@Hotmail.com](mailto:RoxanneMellick@Hotmail.com)**

[www.linkedin.com/pub/roxanne-mellick/1/4b5/b2](http://www.linkedin.com/pub/roxanne-mellick/1/4b5/b2)

**Kate McCaffrey, D.O.**

## Osteopathic Medicine



### Medical Counseling, Coaching and Consultation

Dr. McCaffrey provides mind-body-spirit counseling and lifestyle coaching. She has had over 15 years of training in lifestyle, business and executive coaching. Please visit her website for more information about this unique service!

A few years ago, while working in an emergency room, **Dr. McCaffrey** encountered a patient who had been in a car accident. The patient refused medications. With nothing else to turn to, Dr. McCaffrey used **Osteopathic Manipulative Medicine (OMM)** to treat the patient's neck and back complaints. The pain decreased soon after the treatment. Surprised and delighted about her OMM skills, Dr. McCaffrey went on to open an integrative osteopathic medicine clinic in Arcata, California. Since then, she has evaluated and treated thousands of patients.

### Osteopathic Manipulative Medicine:

Currently Dr McCaffrey sees patients and teaches classes in Humboldt and Sonoma Counties, California. Please refer to her website for more information about osteopathic manipulative medicine (OMM), exercise therapy, and classes in homeopathy, OMM and nutrition. Some of the treatment modalities she uses are:

- Counterstrain
- Muscle Energy Technique
- HVLA/LVLA (non-force adjustments)
- Balanced Ligamentous Tension
- Osteopathy in the Cranial Field (OCF)
- Biodynamic Cranial
- Facilitated Positional Release
- AT Still Technique
- Myofascial Release
- More...

### Teaching:

Dr. McCaffrey is committed to teaching **the next generation of osteopathic physicians**. Her teaching

clinics provide comprehensive care to patients as well as "hands on" training for future osteopathic physicians. She is an Adjunct Faculty for the two Colleges of Osteopathic Medicine in California and one in Oregon.

### Professional background:

Dr. McCaffrey specializes in Neuromusculoskeletal Medicine /Osteopathic Manipulative Medicine. Dr. McCaffrey received her Doctor of Osteopathic Medicine (D.O.) degree from Western University of Health Sciences, College of Osteopathic Medicine of the Pacific in Pomona, California in 1996. She completed a rural Family Practice Residency in Sandusky, Ohio. She has completed continuing medical education courses in Osteopathy in the Cranial Field, exercise prescription, nutrition and Homeopathy to bring her patients the latest in structural and integrative medicine. Kate

McCaffrey, D.O. is Board Certified by the American Osteopathic Board of Family Medicine; American Osteopathic Board of Neuromusculoskeletal Medicine; American Board of Integrative Holistic Medicine; and the Center for Education and Development of Homeopathy - USA in Clinical Homeopathy



### Services:

All of Dr. McCaffrey's services are reimbursable

by all health insurance companies. Payment is due at the time of service. A sliding scale is available for low income situations, students, seniors, children and infants. Personal injury, motor vehicle and worker's compensation injuries welcome. Sport, college and work physicals accepted.



**(707) 633-8196**

[kmccaffreydo@gmail.com](mailto:kmccaffreydo@gmail.com)

**[kmccaffreydo.weebly.com](http://kmccaffreydo.weebly.com)**



## Laurie Monroe MSW, LCSW



707-832-8515

healingtheinnnergoddess.com

350 E Street, Suite 408,  
Eureka, CA 95501

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

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

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

I regularly conduct hour-long psychotherapy sessions, but as a social worker, I go the extra mile to connect my clients with any services she/he needs. Humboldt County has a wealth of community services available and I maintain awareness and networking with these agencies. When therapeutically appropriate, I conduct Home Visits and accompany clients to Medical, Psychiatric, Educational, and other important appointments. Interventions, Confrontations, Family Meetings, Medication Management, Substance Abuse

Assessments, referrals to Detox and Substance Treatment Programs and Rehab Aftercare, Domestic Violence services, Rape Crisis referrals and Counseling, Victim of Crime referral, Restraining Order referral and Counseling, Social Security Disability Applications and Reports, Therapeutic Support Animal Letters, assistance with College Enrollment and Financial Aid Applications, Resumes, and Job Applications, to list just some of the services that may be available if therapeutically warranted. My 30 years of sobriety provides a personal understanding of the complexities of obtaining and maintaining a clean and sober life.

I am also available to facilitate Women's Healing Retreats in Northern California and on the magical island of Maui. For further information, contact me at [Laurie@healingtheinnnergoddess.com](mailto:Laurie@healingtheinnnergoddess.com) or visit [healingtheinnnergoddess.com](http://healingtheinnnergoddess.com).

*Laurie received a Bachelor's Degree in Anthropology from Humboldt State University and a Master's of Social Work with an emphasis in Child and Family Services from Sacramento State University. She became a Licensed Clinical Social Worker in 2004 and maintains a successful psychotherapy practice in Eureka, California.*

*Besides personal experiences as a survivor of sexual assault and domestic violence, her employment history includes: Humboldt County CWS Children's Shelter, Catholic Charities Counseling Agency, CASA (Court Appointed Special Advocates) of Humboldt, Redwood Coast Regional Center (working with people who have Developmental Disabilities), and Humboldt Women for Shelter (now Humboldt Domestic Violence Services).*



# MOONRISE HERBS™

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



For over 25 years Moonrise Herbs has been trusted by our community to assist them with their holistic health needs. Our staff truly cares about you, our customer, and trained herbalists are available 7 days a week to help guide you with your healing process. To promote physical healing and well being we stock hundreds of bulk organic or ethically wild-crafted herbs and teas, several lines of high quality supplements, therapeutic grade essential oils and flower essences. We also stock a wide variety of knowledgeable books to help you understand these medicines and their use. Further, we offer our in-store reference library for customers to use while shopping plus, we have a full schedule of classes.

Moonrise can also fulfill your practical needs, with tea pots, tasty pleasure teas and make-your-own supplies. In addition, our store is filled with beautiful gifts, including amethyst and stones that nurture your spiritual side, yoga mats and videos to care for your body, and fair trade crafts and gorgeous jewelry to fill the need for a special gift.

Several times a day we hear these words "It feels so good in here!" Or "It smells so incredible in here!" Usually followed by, "What is that?" We love hearing this from our patrons, because it is the essence of Moonrise that we work so carefully to create that has captivated them. It would be fantastic if we were able to bottle this ambience for our customers to take with them, but unfortunately it cannot be reproduced. The essence of Moonrise is a combination of all the wonderful scents created by our aromatherapy products, organic herbs, relaxing ambience and the visual beauty of all the gifts we carry; all these sensations are gracefully enhanced by our welcoming, well informed staff and the beauty of our store.

Moonrise Herbs likes to reward our customers for their continued patronage by offering several benefits. Seniors receive 10 % off their purchases every Wednesday and students receive 5% off bulk teas and herbs everyday. Customers with our lifetime card receive their 13th ounce purchased at half price, and our flower essence card rewards customers with their 13th flower essence FREE. Additionally, customers who are members of our birthday club receive an in-store credit award during the month of their birth totaling 1% of their past year's purchases. It really does pay to shop at Moonrise Herbs!

Come by soon, with your wellness questions or to just sip a cup of herbal tea while sitting at our counter overlooking Arcata's Plaza. Indulge your senses in the essence of Moonrise Herbs. You will be glad you did.



826 G Street  
Arcata, CA 95521



(707) 822-5296



Mon-Sat 10-6 & Sun 12-4

visit us online:  
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## Amanda Moore



707-443-5374 & 707-845 6431

Maya Abdominal Massage,  
Herbalist, Massage Therapist,  
& Postural Integration  
Practitioner

### What is Maya Abdominal Therapy?

Maya Abdominal Therapy™ is a non-invasive, external massage technique. It guides internal abdominal organs into their proper position for optimum health and well-being. Maya therapy improves organ function by releasing physical and emotional congestion from the abdomen. This therapy is effective for both men and women.

The technique applies anatomy, physiology, herbology and naprapathy, (the study of the ligaments, joints and muscles), with Ancient Maya healing techniques to address common female and male complaints. The technique works by relieving congestion and blockages to improve the flow of chi and fluids of the circulatory, lymphatic and nervous systems to prevent the progression of chronic disease symptomology. Dr. Rosita Arvigo, DN developed these techniques after apprenticing with Don Elijio Panti, the last of the Traditional Maya Shamans in Central America, where she has lived for over thirty years. The Arvigo Techniques of Maya Abdominal Therapy™ combine modern science with traditional healing and wisdom to produce a holistic path to physical, emotional, and spiritual well-being.

#### Most common symptoms relieved by this treatment:

PMS, Painful or irregular menses, No menstruation at all, Dark, thick fluids at the beginning, and end of menses  
Blood Clots, Headaches/ Dizziness with menses,  
Varicose veins, Tired legs, numb feet, sore heels,  
Lower backache, Infertility, Endometriosis/Endometritis,  
Uterine Polyps, Painful Intercourse, Uterine infections,  
Ovarian cysts, Vaginitis, Hormonal imbalances,  
Difficult Pregnancy & Delivery, Weak newborn infants,  
Cancer of the cervix, uterus, colon or bladder  
Premature deliveries, Difficult Menopause

#### Most common male symptoms relieved by this treatment:

Prostate swelling and inflammation, Alleviates varicose veins, Premature ejaculation, Impotency problems, Frequent urination, Chronic stomach problems.

*Amanda Moore is a Certified Maya Abdominal Therapy Practitioner and has completed Advanced Spiritual Healing with Rosita. She is also certified as an Herbalist, Massage Therapist, and Postural Integration Practitioner. She can be reached at 707-443 5374 and 707-845-6431.*

## Character Analytic and Orgonomic Therapy

### Classical Reichian Therapy Peter Moore MFT

Ca Lic #MFC 23507

(707) 442 7228



*The  
Energetic  
Healing  
Center*

527 E  
Street  
Eureka,  
CA 95501

### The Reichian Approach Patricia Frisch, Ph.D., co-founder of the Orgonomic Institute of Northern California, writes:

“When we are open, we experience pleasure, liveliness, and vitality. Many of us, however, find that our lives and relationships feel painfully constricted. We develop coping strategies early in life to ward off difficult, uncomfortable feelings. These defenses become habitual and can inhibit us from experiencing joyful, expansive feelings as well as pain. We become frozen and trapped in our defenses, and can become physically ill. These symptoms are cries for help from our wounded past, a past that may keep us from being fully available to the present. Our contracted self reveals itself in our character structure and body armor. To find our free, authentic self we must become conscious of our armoring - our self-distortions that turn us into unnatural adults that attack, cling, avoid, deny or pretend. Reichian therapy is an intensive, confrontational, personally demanding process for those who wish to profoundly change themselves and their life.”

(707) 442 7228

**Individuals - Couples**



## Rick Moorehead, MAOM and Dipl. of Ac

Return to your own personal rhythm of health

### Acupuncture, Chinese Medicine, Energetic Medicines

#### Q: What is your background?

My foundational training is in Chinese medicine—acupuncture, herbs, Shiatsu and other forms of Chinese bodywork, and the internal Chinese martial arts—Tai Chi, Xing Yi, and Ba Gua. I graduated from the Santa Barbara College of Oriental Medicine in 2001. I’ve since furthered my studies with applied kinesiology, Acutonics (tuning forks), European Biological Medicine, Self Awareness Formulas, and Classical Chinese medicine, among other things. I’ve also trained and studied with various indigenous cultures.

#### Q: What do you like best about the work you do?

I like the connection to people and the natural world. I love that “Ah-ha!” moment; It thrills me when people make connections and changes in their life. I love that my clients provide me with constant learning and new discoveries, and it is an amazing feeling to see them walk out the door, empowered and transformed.

#### Q: What approach do you take in assessing a new client?

The first thing I do is to find out what brought the client in. Do they have back pain? Are they looking for a major life change? Their issue lets me know at what level they are aware of their imbalance.

Next, I’ll converse with my client about where they are in their life. I’ll ask questions about their work, diet, lifestyle, and emotional state. I want to know if a client’s choices and habits are energy producing or energy depleting.

All of this information helps paint a picture about where someone may be out of balance according to their own path, and how we can go about getting them back on track.

#### Q: You mention someone may be out of balance according to his or her own path. Can you explain this?

In Chinese medicine, there is the belief that the path is the way or the Tao; it is an individually based path.

When we have various symptoms—whether they be emotional, physical, or mental issues—these present only to tell us where we may have possibly strayed from our own path.

As a practitioner, it is my job to read the signs and symptoms symbolically in order to recommend the appropriate treatment strategies that will lead each client back to his or her own path. Because every person’s path is unique, the treatment strategy must also be fluid and individualized.

#### Q: What are some of the tools you may use in a session?

Some of the tools I may use in a session include: acupuncture, Shiatsu, applied kinesiology, emotional processing through Self Awareness Formulas, Qi gong healing, and Acutonics sound healing treatments. There are times that a client needs something like dietary changes and advice, or stress management practices. I will often work activities like this into a session as needed.

Even though a session may only be an hour or so, the work really doesn’t end when our time is up. I may prescribe different types of remedies, including homeopathic, Spagyric, super conductive enzymes, or essential oils. I may prescribe dietary changes, or perhaps I will instruct a client to complete daily qi gong or breathing exercises, or some other form of movement. Sometimes a client just needs something to break a rigid routine and I’ll prescribe they go get a pint of ice cream! “Homework” always depends on a client’s issues and their individual needs.

#### Q: What is the ultimate goal?

My goal is to bring a client back into harmony with the rhythms of the natural world, their lives, and themselves. It is important that we all remember that healing ultimately comes from within; I want my clients to walk away charged with a renewed sense of personal power and overall health.

**(707) 599-7336 or (707) 629-9491**

[rickmoorehead@soleawakening.com](mailto:rickmoorehead@soleawakening.com).

*Rick has offices in Arcata and Petrolia. Additionally, some of his work can be done via telephone consults.*



## Susan E. Neander, LCSW



(707) 822-3998

(707) 407-8364 Cell/Text

**Tune-ups and Classes for the Body, Mind and Soul:**

*Susan E. Neander, LCSW is a Licensed Clinical Social Worker in private practice in Arcata, CA. Susan is an old soul healer who brings over 25 years of training and expertise to her transformational healing practice with clients. Susan utilizes many body based healing modalities which she has advanced training in, including, Soul Memory Discovery(SMD), Resonance Repatterning™, EMDR reprocessing therapy, Quantum EPFX Bio-Feedback, Feng Shui and Aromatherapy. Susan is also a mother, and a passionate dancer.*

Susan assists her client's with co-creating the perfect harmonizing healing session specific to their individual needs. She draws upon her many years of experience in traditional and non-traditional healing to facilitate a gentle and deep clearing which facilitates the opening of one's Soul.

**Soul Memory Discovery** is a "sacred ritual" that uses the power of language and of specially spoken words in blessed space to shift energy and effect change. It is a tremendously efficient and effective spiritual healing process. You are guaranteed to feel much lighter after and able to hear your intuition/guidance with greater clarity, after your initial session.

What happens in a Soul Memory Discovery Session? We begin with a quick polarity balance, specific to the SMD work, which aligns the flow of your energy field with the Earth's, then we co-create sacred space. Next, dowsing (with a pendulum) and/or muscle checking, easily allows us to access the body and soul memory banks to understand the origin of the issue. Together we ask questions of the client's own soul and Spiritual Guidance Team. We are then directed and given access to the specific information necessary to release the issue which holds the symptoms in place.

Once the symptoms are no longer being sourced, they dry up and go away.

Opening To Your Soul is a course for my clients who love the Soul Memory Discovery work, and want to use it for themselves, but do not want to become facilitators. Opening to Your Soul is a three day course that teaches

you how to do simplified versions of the Soul Memory work for yourself. You may want to use this work as part of your healing practice on a daily basis!

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

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

**Quantum Biofeedback** -Biofeedback has been scientifically proven to help reduce stress and hypertension that may be related to illness, injury or emotional trauma. Quantum Biofeedback can result in an overall improved sense of well-being, greater mental clarity, pain reduction, and improved physical performance.

Susan especially enjoys assisting others create more **HEALTH, ABUNDANCE & JOY** in their lives.

She can be reached to schedule a session at (707) 822-3998 phone, (707) 822-3999, fax 801 Crescent Way, Suite 3, Arcata, CA  
susan.neander50@gmail.com



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- Programs are Nationally Registered through American Herbalist Guild (AHG) for credit towards Registered Herbalist Credential (RH).
- CEU Provider: Approved by National Certification Board for Therapeutic Massage and Bodywork (NCBTMB)





## NorthcoastEssentials

Brian Griffiths

Cooper Building, Suite 221,  
Corner I Street and Samoa in Arcata

707-502-4883

Northcoast Essentials provides a place where you can experience and purchase **Wisdom of the Earth essential oils** here in Humboldt County. Wisdom of the Earth essential oils are undiluted, single ingredient, hand-poured, medicinal grade plant essences sourced from small farmers around the world. Unlike prescription pills, these all-natural essences have no undesirable side effects and they will provide you with an uplifting, healing experience.

I have studied aromatherapy in France and have been using Wisdom of the Earth essential oils for nearly two decades now. I have experienced a wide range of benefits that include: youthful energy and a strong immune system; no flu or colds for as long as I can remember; uplifting feelings from the essences; and not having to visit the doctor's office for minor things like sprains, eye infections, tetanus shots, etc. Overall, these essences let you be in control of your own health.

All of our essences, over 200 of them, are very potent and highly anti-bacterial, which led me to create a product line of all-natural hand sanitizers, bug sprays (for both humans and pets), house cleaning sprays, plant and greenhouse sprays (to fight molds and bugs), and much more.

Come in and visit us and experience the Wisdom of the Earth difference. My office is located in the Cooper building, Suite 221, at the corner of Samoa Blvd. and I Street in Arcata. Feel free to call 707-502-4883 with any questions you may have. I provide a free consultation (up to 20 min.) for all of my customers. I also have very informative reference guides that explain all of the oils we offer and how to use them wisely. Periodically, we will be having classes for medicinal aromatherapy certification and intro classes for those just discovering these powerful oils.

The Plant Kingdom was put here on earth for us to use in many ways. If you put your trust in them they will help you! Good health and PEACE.



## Marge O'Brien RN

707-677 3316  
707-499-0552

Certified  
Hypnotherapist

### When would hypnotherapy be helpful?

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

I believe anyone could benefit from Hypnotherapy. Thru this safe and gentle process, a hypnotherapist can guide you into the subconscious where your power, wisdom, and inner strength reside. This sacred space of "knowing" is the connection to your Higher Self.

My specialties include both Presurgical Therapy and Cellular Release. A Presurgical Session will take the fear out of surgery by activating your inner intelligence to assist in maintaining balance and homeostasis throughout the event.

My Passion and expertise over the past ten years is Cellular Release Therapy. This system is designed to clear trauma and painful experiences without my clients having to remember or re-experience them.

The intelligence within the cells of our body is continuously programmed from the moment of conception. This programming is multi-layered and holographic and contains the energy and records of all experiences and their emotional impact from this life, and all our previous lives. We have experiences that bring us joy and enhance our lives, and experiences that are traumatic and cause imbalance and lack of harmony. These negative experiences can be released and cleared thru this amazing process called "Cellular Release."

For more information please call me at

707-677-3316  
or  
707 499-0552

## Ocean Wave Healing Arts

Relax your body and mind  
with

Jin Shin Jyutsu

Jin Shin Jyutsu is a physio-philosophy, that teaches us how to maintain balance, by listening to the guidance of our body. The JSJ motto is "Now Know Myself", and while it has ties to ancient healing modalities, it is truly a modern healing art that is simple, and can easily fit into your daily life.

Jin Shin Jyutsu taps into the wisdom of the body and re-awakens our own innate healing capacity. There are two ways this can be experienced: Either through self-help techniques or by receiving treatments from a practitioner.

With Jin Shin Jyutsu self-help, we are taught a variety of hand mudras, as well as, numerous meridian balancing flows. A flow is a series of steps, that involves holding your hands on two energy centers/pressure points at once, helping the body relieve tension and stress. By allowing a little time each day, to practice these simple techniques, and breathe, we begin to understand how to balance our own body and energy. Learning how to address your specific needs and recognizing when you fall out of harmony are two beautiful and useful aspects of this art.

The second aspect of JSJ is receiving treatments from a practitioner. There is a quantum that is achieved when receiving treatments, much like charging your car battery with another battery. The practitioner acts as the jumper cables, for the universal life-force energy, that because of trauma and fatigue, has become backed up or blocked in certain areas of the body. This can affect every aspect of our life. The miracle of our body is its ability to know where healing is needed, as well as the specific order in which to resolve different issues, to bring about harmony and balance. JSJ gives us a clear map, allowing us to follow and support the guidance of the body, encouraging harmony on all levels: physical, mental, and emotional.

Treatments are received lying fully clothed, on a softly padded massage table, and usually last 60-70 minutes. Available in both Trinidad and Arcata by appointment.

Self-help classes are taught in Arcata, in suite G in the Allen building (above the Golden Harvest). Please call for class schedule.



Wade can be reached at (707) 601-0027 or  
email: [wadepajares@hotmail.com](mailto:wadepajares@hotmail.com)

## Tarot Readings Soul Coaching Angel Readings Readings for your Animals



## Mary O'Leary

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



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# Reidun Olsson



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Reidun combines Therapeutic Massage, Foot-Reflexology, Intuitive Guidance, Cranio-Sacral and Reiki to bring a sense of wellbeing to the body, mind and spirit. Any of these modalities may be used individually or in combination with light, medium or deep tissue massage.

## *Greeting pain at the doorstep of transformation*

Her most recent continued education includes Myofascial Release and Myofascial Mobilization Techniques. After seeing profound results, personally and with clients, Reidun is quite excited to bring these modalities to her transformative sessions.

## *Creating a routine of personal wellness is a celebration of self-love!*

With 24 years experience, she is comfortably skilled working with clients at any stage of their healing process.

## *Specializing in Foot Reflexology & Reiki*

Foot Reflexology works with reflex points on the feet, which correspond to all the different parts and organs of the body, applying pressure that suits each individual client's needs. Health benefits can be seen after just one session and can have long-lasting positive effect. In a series of sessions, the benefits are accumulative and deeply restorative.

For Supportive Conversations, long distance Reiki, and Reiki Attunements and please call 707-822-7247.

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Intuitive Guidance ~ Reiki Master/Teacher



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& Costa Rica!**



Karilily Kent

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# The North Coast's Premier Yoga Studio

*with a full spectrum of levels & styles to support your practice*



Yoga. Sauna. Massage. Boutique



Here, you don't have to become anything.  
The only pre-requisite is being human.

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

Here, in this supportive community,  
that wild, crazy spark inside you  
—your true, most authentic self—  
can blaze into a flame that warms you  
from the inside out...even on the grapest Humboldt day.

And as your flame brightens,  
those moments start happening more and more  
—moments where you look around and think:  
Wow. What a life.

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

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

Welcome to Om Shala Yoga.  
Your Natural High

A welcoming haven in downtown Arcata, Om Shala Yoga has been a hub of personal transformation, rejuvenation, and healing since 2008. Steward and local yoga teacher Peggy Profant has co-created the North Coast's premiere yoga studio for deepening your practice and is excited for the continuing evolution of this beautiful community. Om Shala Yoga offers over 50 classes a week, ranging from gentle & restorative to vigorous vinyasa, a variety of yoga workshops, immersions, and teacher trainings, and also hosts renowned visiting teachers. Kirtan, Sound Healing, Candlelight Hot Stone Yoga, & Ecstatic Dance regularly enliven the studio on the weekends. Om Shala's Yoga and Childbirth Education Program supports families before and after birth, and we also offer Yoga for Kids and Teens. The studio's schedule includes free Laughter Yoga, Meditation by donation, and discounted Community Classes. Om Shala Yoga also offers massage therapy, private yoga sessions, yoga birthday parties, and space rental for special events. Before or after class, enjoy a cup of tea in the Om Shala Yoga lounge & library or pamper yourself with a relaxing sauna.

## A note on the name:

"Om" is considered to be the universal sound, harmonizing and including everything that exists,  
and "Shala" translates to "school" or "home."  
Welcome home. Take a breath. Enjoy the world.

**\*707.825.YOGA (9642) \*858 10TH ST. ARCATA, CA\* WWW.OMSHALAYOGA.COM\***

"Om Shala is a sacred gem of a place, truly one of my favorite spots in town. This studio has amazingly peaceful energy, welcoming staff and great teachers. The sauna is a huge perk and I love the workshops too. If you haven't checked it out yet, I highly recommend you do!" - SL



# Rebecca Owen

1085 I Street, Suite 107  
Arcata, CA 95521

707-822-5253  
rowen\_47@yahoo.com



## Personal Evolution Coach Hands-on Healing Chakra Clearing

### Personal Evolution Coach:

I focus on a person's spiritual development, so I've described my work as a Personal Evolution Coach. My background is in energy work, so my coaching sprang from my own inner transformational healing: I teach the tools that work, while holding sacred space and supporting my clients by intuitively reading their energy while they learn. I teach people simple tools to become present in the NOW moment. We scan and feel the information available in the chakra system: all of our programming, our unconscious beliefs that run the show, yet no longer serve us. Through inquiry and a gentle, compassionate perspective, we can discover why we're creating relationships that hurt, or any form of reality that doesn't support our life force.

This practice teaches the foundational tools to open you to the art of being truly Present in your body, which is the beginning of being truly **safe** in your body: All of your information is available and clear in present time. You'll learn that you're exceedingly capable of discerning, witnessing, and then transforming any energy that has been (unconsciously) used against you over the years.

I treasure the opportunity to witness your True Being, your wholeness, and to reflect back to you Who You Really Are. For my coaching clients, I start with a healing in order to get a clear read on your essence. Then, no matter what your story or beliefs are about yourself, I can gently remind you of the beauty of your truth. As my clients begin to clear some of the major beliefs against themselves, I watch them awaken to experiencing their true nature and the grace of living in that awareness.

### Hands-On Healing and Chakra Clearing:

An apt metaphor for my role in your healing is the midwife; I am assisting you to birth the real you. Your spirit knows exactly what you need to be in more alignment with your Higher Self, and you show me throughout the session which dissonant thought forms and emotions you're ready to release. My job is to hold sacred space, to bring your awareness to and usher out the false self, and to affirm your truth in every moment.



*Please see Rebecca's Biofield Integration™ work on page 08 with Dr. Scott Winkler and Amberlee Gustafson.*



**Denise Payne-Ollivier**  
Usui Reiki Master/ Teacher  
Singing Bowl/Sound Healer



CA. Board of Registered Nursing Approved Instructor  
Provider # CEP15539 for All Levels of Reiki  
Registered Addictions Specialist (RAS) Intern

### Services offered:

Usui & Kundilini Reiki Healing  
Singing Bowl & Sound healing - Privates & Group, Events  
Intuitive healing / Crystal Healing (Intuitive & Melody's teachings)

### Courses Offered:

Usui Reiki Levels I, II & III for All & Nurses (CE)  
Parent / Child Reiki Course Levels I, II  
Beginning Sound Healing (Toning & Ancient Instruments)  
Crystal Healing

I have gained so much knowledge through my students and self study. I pushed myself so I could share as much of the original Usui Reiki teachings as possible. I offer my students opportunities to continue working & learning with me at no additional fee. These opportunities provide service in our community & continuing education in Reiki for the student.

Over the years Reiki has helped me heal and create a balance in my life. In doing so it has assisted me in the evolution of my work. It brought to me the healing modality of sound. This has been one of the most amazing healing modalities I have ever worked with.

Sound is constant so it stays with us until we have received all that we need. I work with over 20 singing bowls, 3 crystal pyramids and many other ancient sound instruments, such as chimes, drums & gongs.

### Training

I have studied directly with Jonathan Goldman & attended courses with David Gibson as well as much self study. My Reiki training has been with 3 Reiki Masters. Over the years I also studied metaphysics with Melanie Tolley & have been certified by Karen-Kuk Nagle as a Master of Crystology in Melody's lineage.

I have also just graduated with my Ca. Certificate for Addictions. Once my internship has been completed I will be intergrading all of these complementary modalities along with music and art with addictions counseling in addition to the work I already do now.

✦

You can purchase my first sound healing CD  
**Sound For Healing Vol. 1 The Opening**  
on iTunes, Amazon, CD baby or at my website.

707-599-3035 reikimastertouch@gmail.com

www.reikimastertouch.com

# Oyeku Ofun Temple

707-583-9432  
oyekuofun@yahoo.com



Oyeku Ofun Temple is a traditional Yoruba temple of IFA and ORISA worship located in Arcata, Humboldt County. Our mission is to help people connect with Spirit and in doing so, help them to follow their destiny and to be the best person they can be.

The temple is run by husband and wife, Babalawo Fagbemijo Amosun Fakayode and Iyalorisa Oyaseye Fakayode, along with their son Famarada Ojo Fakayode. Fagbemijo is a Babalawo, a proficient IFA diviner and herbalist. He was initiated and trained in Ibadan, Nigeria. Oyaseye is a priestess of OYA, a proficient merindilogun diviner, Obi diviner, and she is even very good with dream interpretation.

IFA divination gives a clear and precise look into the energies that are involved in any given situation and also provides answers and solutions for how to deal with any given circumstance that can occur in the universe. IFA helps repair imperfect Ori and helps the individual stay in alignment with their inner-self, their higher-self, and ultimately their destiny.

People will come to IFA for divination on a particular matter (such as health, love, etc.) or for a general reading about what energies are currently affecting the person's life.

We often get together for events and ceremonies to worship and praise the Orisa. Please contact us for more information at oyekuofun@yahoo.com or 707-583-9432.



# Terra Pearson, NCTMB

## Integrative Bodywork



707-822-2079  
or 267-8087

Isis Osiris  
Healing Temple  
Arcata, CA

**Therapeutic Massage   Craniosacral Therapy**  
**Intuitive Energy Work   Zero Balancing**  
**Deep Tissue   Reiki   Acutonics®**  
**Prenatal Massage**

Each of my sessions is unique and emerges in response to your needs. With open ears, eyes, hands, heart, and intuition I listen attentively for what will be most nourishing for you in each moment. Some sessions focus on bringing ease to physical discomfort, pain, or injuries, others on full-body relaxation to settle from emotional stress or trauma. Often they are experienced as multi-dimensional journeys that engage all aspects of your Being—physical, spiritual, energetic, emotional, and mental.

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

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

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

**Deep Tissue Massage** reduces pain and stiffness in the tissues of the body. It lengthens tight muscles and tendons, releases holding patterns in the fascia, breaks apart scar tissue, separates adhesions between the muscles, and re-hydrates

brittle muscles. The pressure is often firm and directive, but avoids being forceful.

**Acutonics®** brings gentle sound vibration to the same meridians and energy points that are used in acupuncture and shiatsu. The main tools are carefully-crafted **tuning forks** that emit the frequencies of Celestial bodies. Each frequency carries specific qualities. When placed on (or near) the body they can powerfully affect physical conditions as well as psycho-spiritual states of being. My 38” Earth Gong sometimes joins us on the journey too!

**Energy Readings** provide opportunities for your Divine Essence to share its wonderful Wisdom. I perceive this through images, sensations, and insights that are expressions of your Essence. The Wisdom that flows through brings powerful loving energy to support and guide the healing process. My life has been filled with inspiration from these readings. The process illuminates and blesses all of us.

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

I am currently studying **Ortho-Bionomy®**. A key principle that has inspired me from this modality is to “follow the path of ease.” Through gentle touch and supported positioning the body gracefully releases its tension and holding patterns, returning to its natural state of ease.

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

*Terra has the unique ability to create a dynamic healing space that covers a broad spectrum of skill.... Combining knowledge and skill with grounded compassion and intuition, her ability to create this space offers me the opportunity to sink into a journey of full nourishment. I trust her, and her knowledge of all modalities she practices so completely, that I even schedule my 9-year-old son with her regularly.* - Zena Bardelás, Asian Bodywork Therapist & Qigong Practitioner

*What a wonderful healing session... I felt myself expand... I felt myself in a safe, vast gestalt... I felt I could consider things that were at the edges of what I believe to be possible, to be true...The miraculous... You asked a great question: I found the working answer... Felt in spirit, felt in my body... Thank you.* - Jesse Austin, Psychic, Storyteller



Marina Pierce,  
C.M.T., C.M.H., MA

**ORACLES**  
707-826-9568  
marinapierce@gmail.com

**Spirit Link Bodywork Sessions**  
**Sacred Space - Feng Shui Practitioner**  
**Ascension Classes & Mentoring**  
**REIKI**

Greetings Creators, here we are in 2014! We are all in ascension now. No more waiting. This is it! This is a time to accept yourself as being MUCH more than you ever knew yourself to be. Our bodies and soul are linked with all Source Light, Intelligence, and energy flow. My service is here to strengthen this link with your own High Self, or God/Goddess within. Strengthening this link helps create emotional alignment and more focus toward what you really want to manifest during this time. It is very important that we bring higher dimensional energy into our lives and surroundings for our health, strength, clarity and protection.

I offer you a lifetime of education in my fields of expertise. Spirit Link sessions are designed as a “conference call” to link with Source and the guides and guidance within you and around you. This enables us both to hear/see a clearer and higher perspective around any issue you are working with. Sometimes we need to clear discorded chi in your body or home, and open pathways for energy flow, healing, and information. These sessions are multi-level tune-ups.

I hold a Masters1 degree through Carol Bridges Nine Harmonies School of Feng Shui. In both Feng Shui and Spirit Link sessions, I have incorporated the processes of the Nature Research Center, Perelandra, with phenomenal results. I have learned the art of listening to environments and land, and enlist all the universal support available to co-create the healing journey of earth. I am an environmental intuitive and translator. I am here to ground upper dimensional earth with you and expand what you see as your reality, especially the power of your own sacred heart. I am passionate about taking responsibility for healing our relationship with our bodies, our DNA, nature and animals. I use plant essences and kinesiology extensively in all my work.

You are Masters of your own life. It can be challenging overcoming some of the density we live in here on earth. I encourage us all to step into our personal power and connect

with higher energy. If any of my services are in your next step, please give me a call. We have extraordinary support coming from ALL areas of the universe, including Mother Earth and all her beautiful animals, who are here to assist in our evolution. There is great love here.

### Marina's Testimonials:

When it comes to shifting the energy of your land or home environment, Marina rules. Her decades of experience working hands-on with the body in combination with her inner sight give her spirit link sessions an astounding depth and clarity. We are so blessed to have her with us.

~ Sandra Schaff, LCSW

Working with Marina is a magical experience. She has the ability to access places you never thought of going or knew existed. Her breadth of knowledge and depth of experience make her uniquely qualified to customize energetic healing for your body, soul, psyche, home or property. Marina and I have worked together for over a year in various capacities and I look to her as a mentor in my development as a Feng Shui practitioner. She is a talented and amazing energy healer, able to connect and communicate with clients regardless of their experience or knowledge. I cannot recommend her enough! ~ Deborah Shaffer, Co-active Coach, Feng Shui Consultant, Professional Organizer, Colorado

I am deeply fortunate to have found Marina. She exudes purity of intent and always gives much more than one expects; whether it is feng shui, Spirit-Link counseling, or her dynamic and timely classes that provide sorely needed information and tools to assist people in going through the ascension process! I initially contacted Marina for her feng shui services. After experiencing the exceptional level of quality, joy and competence she brings to her multidimensional feng shui consulting, I began to work with Marina as a spirit link channel. Wow! She compassionately and lovingly coached me through huge, powerful shifts, which included immense stress relief. The information she channels is startlingly accurate, practical and expansive.

~ Zara Baker

We worked with Marina during a Very stressful time. In essence, our work with Marina actually saved our home and our business. I can't speak highly enough for the energy she brings to the work she does. ~ JJ, Colorado

This IS our time  
Thank You,  
Blessings,  
Marina





# Marina Pilgrim

Arcata  
Coast &  
Willow  
Creek



708  
557  
0880

Shamanic Reiki Practitioner  
Herbalist

Animal Care Provider

Herbal Pilgrim Flower Essences

**Bodywork for People & Animals**

Addictions, Depression, Anxiety

Pain, PTSD & Grief Support

Distance Healing Available!

I offer unique healing experiences focusing intention on releasing constrictions bound within the body's cellular memory which manifests as physical pain or mental illness. With the integration of shamanic rituals and techniques from around the world and vibrational touch empowered with Usui Reiki and enhanced with gemstones, Tibetan singing bowls, voice, drum, rattle, plant spirit medicine, and mantras, I move energy as I gain insight into healing the source of physical and emotional release are experienced as energetic blockages that obstruct your full expression of your authentic self are removed. Each unique session may include healing attunement, shamanic journey & dream work, chakra balancing, soul retrieval, and other shamanic practices to restore the body and mind to wholeness. I offer special plant spirit medicine journeys that give insight to the best vibrational flower essence formulation to support any specific need. My flower essences are organically cultivated and created by me!

I carry emergency medical and behavioral knowledge and experience of large, domestic, exotic, and special need animals providing Shamanic Reiki & medical treatments, herbal medicine and administration, grooming, and exceptional professional animal care. My continual animal care intention is to eliminate separation anxiety by providing consistent companionship, playtime, and dog hiking adventures while you are on vacation.

## Education & Experience:

B.S. Zoology, Iowa State University, 1995

Professional Herbalist Certification:

Northwest School of Botanical Studies &

Chicago College of Healing Arts,

Shamanic Healing Practitioner Certification,

Reiki Master Certification,

Hospice of Humboldt Grief Support Facilitator

5 Years Distance Healing Network Volunteer

8 Years Veterinary Technical Experience and

17 Years Professional Animal Care Experience

Kiernan  
Powers, NC

Natural Medicine  
707-496-8218



*Frequency Healing with Light and Sound*

*Chi Nei Tsang*

*Quantum Reflex Analysis and Mud Packing*

*Aromatherapy*

*Quantum Biofeedback*

*Kinesiology*

*Nutritional Consulting*

- Resolve Pain and inflammation.
- Reverse chronic illness and infection.
- Identify and eliminate the causal factors of dis-ease.
- Improve digestion and all metabolic functioning.
- Regenerate tissue including eyes from macular degeneration.
- Clear interference patterns and enhance Bio-field expression.

*I've had several mud treatments from Kiernan on arthritic joints and old injuries. The pain in those joints is significantly less. With these great results I look forward to my next treatment. ~ Lorna McLeod, Eureka CA*

*I appreciate Kiernan's ability to incorporate a combination of modalities to balance, energize and heal "old wounds". The addition of "mud" therapy, using Premiere Research Labs products, combined with Photonic Energetics (light/sound frequency) has greatly improved my well being ~Ellen Bryant, Eureka CA*

For more information please call or visit:

**essentiaallightenergetics.com**

*May we all experience vitality, harmony, inspiration,  
well-being, and joy in all areas of our lives.*



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

## Engaging the Body's Natural Desire to Heal

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

### Release Pain, Gain Flexibility and Range of Motion

Results from sessions tend to be long lasting and accumulative.

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

Acute and chronic injuries

Back and neck

Shoulders, knees, hands and feet

Sciatica

Stress and stiffness

Women's care / uterine balancing

Great for everyone including children and the elderly

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



**Erin Quinlan**

Ortho-Bionomy and Reiki

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

**510-847-2024**

## Music As A Path To Wholeness

Free Your Inner Heart Song



Elizabeth Rau

707-442-4246

[larkinsong@gmail.com](mailto:larkinsong@gmail.com)

I am a vocalist and pianist with over 30 years of experience as a performer and teacher. I have a Master of Music degree and I enjoy giving piano and voice lessons to all ages from preschool to adults. I teach all levels from beginning to advanced. As a teacher I am patient, positive, enthusiastic, and intuitive. I have a passion for teaching and believe in allowing each person's unique path of learning to unfold. With very young children, I let their natural curiosity and interests lead the way in lessons with a balance of structure and free-flowing, creative activities. I also have experience teaching students with special needs.

Singing brings me great joy and I love assisting others in freeing their natural speaking and singing voices. Our voices are an important part of our identity, and as we open our voices in their fullest expression we experience greater wholeness and empowerment in our lives. It is a delight for me to be a facilitator in this exciting and dynamic process.

My life path has expanded into the realm of healing arts. Last year I experienced an abdominal injury which interfered with my ability to sing. Through regular Reiki healing treatments, light therapy, and other modalities, I've been able to heal my body with non-invasive techniques and resume my singing.

I am a Reiki Master and giving Reiki healing treatments to myself and others brings me great joy, peace and fulfillment. I offer both hands-on and long distance Reiki. I am excited to offer therapeutic light treatments as well, since I am experiencing such great results myself.

My heart is calling me now to devote more of my life to healing work. I am interested in exploring opportunities where I can offer music for healing in a more focused way, and also blend music with other healing modalities. I look forward to serving you!



Nick Athanas / antipitta.com

**Lark In Song  
Healing Arts**

Traditional Piano & Voice Lessons

Piano & Voice as a Healing Exploration

Reiki Healing Treatments

Dynamic Light Therapy

*Music in the Soul can be heard by the Universe -Lao Tsu*



## Sound Healing Therapy

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



Marjo  
Ribeiro

**Acutonics** is a system of vibrational sound healing rooted in Harmonic Medicine, Oriental Medicine and philosophy that utilizes tuning forks and symphonic gongs, Tibetan bowls, bells, drums and rattles.

Sessions are done using a set of tools that deliver specific frequencies and create musical intervals tuned to the orbital properties of the Earth, Moon, Sun and Planets. These intervals are applied directly on acupuncture and acupressure point combinations, as well as trigger point, points of pain, chakras and in the etheric field.

The work with tuning forks access subtle states of vibratory awareness that provides deep transformation. Helping us to connect body, mind, and soul in the journey toward optimal health and spiritual attunement or at-onement with all things in the Universe. Sessions are based on the understanding of the cycles of nature and the profound universal connections between the natural world, body, mind and spirit, and the role they each play in our journey toward wholeness.

Marjorie Ribeiro, a.k.a Marjo Lak, comes from a healing arts background in Traditional Chinese Medicine. She studied and practiced in Brazil, and continued her healing therapies studies in India. Marjo moved to Humboldt County in 2008, and became an Advanced Acutonics Practitioner on 2010 through West Coast Acutonics School in Berkeley. She uses a variety of tuning forks and other sound healing tools, including Tibetan bowls, bells, rattles and drums. Marjo has been focusing her practice on Kids and Women's pre-natal and post-partum care and has been part of Kids Open Door with Cristina America and Hannah Virginia.

For more information contact Marjo

**(707) 832-3777**

[marjoribeiro@gmail.com](mailto:marjoribeiro@gmail.com)

[www.acutonics.com](http://www.acutonics.com)

[www.westcoastacutonics.com](http://www.westcoastacutonics.com)



Sheridan Richardson, L.Ac

Lotus Acupuncture & Healing Arts

827 Bayside Rd. Arcata, CA 95521



**707-633-4005**

[contact@sheridanacu.com](mailto:contact@sheridanacu.com)  
[www.sheridanacu.com](http://www.sheridanacu.com)

**Licensed Acupuncturist**

Traditional Chinese medicine, including acupuncture, Chinese herbs, cupping, moxibustion, and other techniques to balance bodily systems for optimal health. I also practice Shiatsu, a Japanese style of massage.

**"Your health is your best asset."**

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

I believe that quality of life is an essential component to health. There are many people suffering unnecessarily and many options to enhance daily comfort and wellbeing. Every patient has a unique health history that I treat accordingly, and work with him or her to find a balance that they can maintain. I believe that it is a process to learn and grow with the body's changing needs.

I specialize in treating pain, musculoskeletal issues, stress, anxiety, and women's health. I feel that it is a commonly held misconception that women need to suffer through puberty, monthly cycles, or menopause. Chinese medicine offers many choices and relief for these phases in a woman's life, and offers effective treatment for fertility issues, pregnancy, childbearing, breastfeeding, and beyond.

I moved to Arcata in 1993. I attended HSU, graduating with a Bachelor's degree in Health Psychology. After years of studying Western herbology, I successfully ran a small herbal products business, Fairy Dirt Formulas. I went on to receive my professional training at the Oregon College of Oriental Medicine in Portland, OR. I have a Master's degree in Traditional Chinese Medicine, with extensive training and clinical experience.

I truly value our unique community and I enjoy working and raising my family here. I hope to bring my knowledge, enthusiasm and vision to help this community thrive with the aid of Chinese medicine. I strive to support people in finding an adaptable balance of health that is affordable and functional for their lifestyle.

## Sacred Fire Energetics

**Christy Robertson**

Reiki Master/Teacher & Massage Therapist



I have been a massage therapist and energy worker since 1999. I am fluent in many massage and energy work modalities including **Reiki, Matrix Energetics, Ho opono pono, Deep Tissue Massage, Swedish Massage, Injury Care, Reflexology, and Aroma-Touch.**

I became an Usui Reiki Master 3 years ago and have really enjoyed my time so far learning and growing in my Reiki practice with my students. I teach those who come to me to learn Reiki to use it in such a way that they are empowered to recognize and use their own inner guidance; to develop a personal relationship with the Reiki energy that we channel.

It is also very important to me that my students find what they learn useful. With this in mind I invite my students to come practice Reiki every Sunday afternoon and on the First Sunday of The Month we welcome the public to receive free treatments at Community Reiki Clinic. Every New Moon I host a Distance Healing Circle where we send Reiki to anyone who wants it for free. I offer a 1<sup>st</sup> degree Reiki class on the first Saturday of each month. And twice a week myself and my Reiki Master students lead Reiki Workshops for children and adults.

My job in private healing sessions is to be a midwife of sorts. To help my clients bring into being the next step in their personal evolution. To be the conduit for healing energy and to allow that energy to do the work. To help my clients achieve alignment with their highest good. The depth of healing seems to depend on the "ripeness" of the issue at hand. Layers can only be shed at the right time. The other factor that effects the healing is how open a person is to receiving the energy, how open they are to change. So a really important part of my job is to help my clients achieve that state of openness and readiness. I do this through guided meditation, chanting, singing, talking, and usually a few belly laughs.

**707-845-0238**

[facebook.com/sacredfireenergetics](https://facebook.com/sacredfireenergetics)

**[www.sacredfireenergetics.com](http://www.sacredfireenergetics.com)**



Sandra Schaff, LCSW

**(707) 845-3563**

**SOUL MEMORY  
DISCOVERY**

Soul Memory Discovery is an ancient map that takes us deep into the human energy system. I may use it in combination or as a container for other scientific/ spiritual modalities. Connected to our inner guidance and physical consciousness we identify, resolve and release thoughts and beliefs that no longer serve us. Where do these beliefs come from?

We are in-formed from a variety of sources. Our families, our childhood, formal education, religious institutions and governments heavily influence our beliefs. The media affects us in ways we do not fully understand. Some of our beliefs we come in with or are from other times.

Old paradigms encouraging "power over" evoke feelings of powerlessness and entitlement. Gross inequity involving human rights and the environment are excused. Flushing out victim and predator consciousness is an individual and collective task at this time.

As we gain clarity, we become more attuned to our guidance system which communicates to us through impulse, synchronicity and intuition. New beliefs and understandings emerge that reflect more essence. We spend more time enjoying the present, less time worrying about the past or future. For the first time, many feel the world is a safe and benevolent home and that perhaps there is a unifying principle.

You would be attracted to this work if you would like to work with someone who has a grounded clinical background in traditional therapeutic modalities, but were looking to incorporate the energetics of spirit and body. You may be feeling depressed, anxious or stuck in old dysfunctional patterns. Many come wanting communication or anger management skills, support for sobriety, how to manage loss or grief, or help with childhood or relationship issues.

I have worked in this field since 1986. My background includes conflict resolution, anger management, somatic and heart-centered hypnotherapy, EMDR, Resonance Repatterning, wilderness skills and couples therapy.

Sandra Schaff is a licensed clinical social worker. lcs19331



## Dianne Sherman

Spiritual Life Coach,  
Intuitive Counselor  
& Vibrational Healer



*Inspiring Uplifting, and Transforming Your Life!*

As A Near Death Experiencer I came back with the message that we are loved unconditionally. From that event my gifts of intuitive sight and healing help people find and experience that for themselves. I have had a healing practice for over 20 years. My passion is to help you transform your life by removing the blocks and barriers to your happiness and well-being. I am offering hope, relief and healing. I am passionate about inspiring self-love and appreciation. My gift is in being able to see your Divine essence and mirror that back to you. My joy is in uplifting your spirit, inspiring your dreams and transforming your life!

Through Intuitive Counseling I will clarify the issues and then using Vibrational Healing, clear away issues that may be hindering your growth and keeping you from realizing your dreams. My techniques are quick, thorough and permanent.

The purpose of my work is your self empowerment. My desire is to be your guide to your highest potential, and a bridge to your expansion and transformation. When we are able to shift our perceptions and awareness we can create new experiences with renewed hope and enthusiasm.

### What my clients have to say about me :

Working with Dianne changed my life. She showed me how I was sabotaging myself and empowered me to create a totally different experience. - *D.F. Los Angeles*

You breathed happiness in me as you breathed me back to myself. - *C Grundmen New York*

She takes the truth out of people and shows it to them. It's like looking in a mirror in the best of ways. Truly magical! - *A. Jacob, D.O. Santa Monica, CA*

I'm often astounded by Dianne's ability to see into my soul and to spring forth observations and reflections that are so perceptive, it's uncanny. I often joke with her that she has X-ray vision. But she has the wisdom, tenderness and patience akin to having your own Yoda to talk with. My life is better, and I am a better person because of Dianne. She has a wonderful gift and shares it with tenderness and alacrity. - *D. Best San Francisco, CA*

**707.407.0309**

dianne@guidingyourspirit.com

**www.GuidingYourSpirit.com**

## Scott L Sherman, MA, MFT

CA 14936



**707-445-1018**

[www.humboldtpsychotherapy.com](http://www.humboldtpsychotherapy.com)

### Integrative Psychotherapy

#### Bringing Forth your Higher Self

Each and every one of us have multiple personalities; not necessarily in any sense of being crazy or messed up. Managing these various parts or roles can be overwhelming . . . or simple as pie!

The part that is our most valuable asset in terms of thinking, reasoning and managing our life is often thought of as our "executive/managing center", or, as I prefer to think of it our "higher self". We can think of this part as our more or less developed "adult responsible self".

The part that knows how to walk and talk, stand or sit, write a check or simply tie our shoe laces. These are jobs or roles that most of us are already an expert at. And, we learn more every day . . . often from our mistakes.

It is this self that can make decisions that are in our best interest. And, when not functioning fully, due to trauma, drugs, alcohol, faulty parenting/teaching or inaccurate belief systems such as "I can't learn" it is very easy for us to slip into our repetitive destructive cycles of being.

It is the higher self that can learn to spot when we are drifting off to future or past thinking or obsessing. It can decide what is most important for us to do; sleep, stay calm, just say no to that drink or tote and/or return to center when stressed.

Sometimes, the less responsible, poorly trained, traumatized or critical self can and will take over. And this can lead us into trouble.

It is our higher self that knows how to come "back to center," calm down, ground, choose better thoughts, words, beliefs or actions.

It is no accident that about every healing and/or spiritual modality emphasizes meditation or mind-full-ness training. This strengthens our higher selves ability to return to presence, to center. We learn to stay present or to return to presence when stressed. It is this practice that allows us to "come back to center" and realize Peace. Such work is essential for our abilities to heal the unresolved issues of our troubled pasts.



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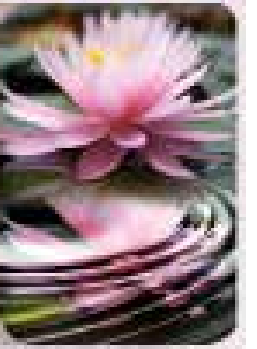
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ashine@artemisiashine.com

www.artemisiashine.com

"And forget not that the earth delights to feel your bare feet and the winds long to play with your hair."

- Khalil Gibran



### Come into a greater relationship with yourself!

- intuitive healing
- reiki & sound healing
- public yoga classes
- private yoga instruction
- therapeutic mentoring & group facilitation

#### Intuitive Heart Opening Session:

Gain greater clarity and insight into what consciously and unconsciously drives you. Each session is a life affirming inner adventure in unwrapping the layers of your personality self to reveal the richness and beauty of your essential Self.

Hearts speak in colors and sounds, radiating pictures bathed in light, feeling tones of love. I offer guidance and a loving sense of sanctuary to help you drop in to the vast spaciousness of wisdom and inner knowing that is your essence. Your heart knows how to open up to the brilliance within you. I speak to what I hear.

Your rhythm in the cosmic dance of life is unlike any other. I encourage you to dance it! When you are nestled in the beauty and wonder of your own magical heart, you can actualize your own dharma, or your unique work in the world. And you doing your life's work is what the world needs most!

Each private session is 2 hours and includes a guided centering meditation, intuitive heart reading, hands-on healing (reiki) and a final integration meditation.

2 hours: \$55-\$100 sliding scale

private digital recording included

[www.artemisiashine.com](http://www.artemisiashine.com) ~ 707.234.5411



#### Mind-Body Therapy Session:

Phoenix Rising Yoga Therapy (PRYT) is a holistic healing art that blends ancient yogic wisdom, contemporary psychology, and supportive touch with the belief that within each of us is an innate intelligence and ability to heal ourselves. This is a non-diagnostic approach to therapy that uses your body as an anchor to experience what is happening in the present moment and bring awareness to how that may connect with your life.

Intro. Session: \$60-\$90 sliding scale

Ask about multi-session discount.



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1/2 Hour Live Sound Healing Savasana!

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## THE SMILING GODDESS HEALING SANCTUARY

*"Be the light you wish to see in the world"*

There are so many of us who are deeply called to be on the spiritual path and it is important that we have the individual as well as collective support of our community. For many of us we may feel like we walk the path alone or do desire to connect with others but haven't quite found the right "group" to fully land in.

We at The Smiling Goddess have heard the call! We are a community spiritual center created in the spirit of joy, playfulness and love and through this it is our mission to tend to the personal and the collective soul of our community. We are here to support and nourish you on your path of growth and transformation through our various alternative wellness services and classes that tend to the body, mind and spirit. We are also here to support the healers and teachers in our community through offering a safe and healing space to lead workshops, classes or through offering personal wellness services.

We are here to support and nourish the members of our community

For more information, please view our website at:

[www.thesmilinggoddess.com](http://www.thesmilinggoddess.com)

or call 707-407-9644

We look forward to connecting with you!

Warmly,  
Heather Lovig  
Founder and Director



### Heather Lovig, M.A.

Psychic Life Counsel~ Therapeutic Energetics

"We must be willing to let go of the life we planned so as to have the life that is waiting for us"  
-Joseph Campbell

Are you at a crossroads in your life or in some type of transition? Having a hard time making a decision and don't know where to turn? Looking for clarity and guidance on your path? Want to connect with yourself and your life in a more deep and intimate way? Welcome, I am so glad you found me! For over a decade I have had the joy of assisting many on their life journey through integrating my ability as a psychic medium healer and my training in women's spirituality and somatic depth psychology.

Whether you are looking for guidance through a confusing/ trying time, need help in restoring somatic wellness through energetic bodywork or are looking for one on one coaching to assist with personal growth and inner transformation, I am here to support you!

For more information and an in depth description of offerings please visit my website at [www.heatherlovig.com](http://www.heatherlovig.com) or call 707-407-9644. Many blessings to you on your journey!



## Deva Smith

Health & Nutrition Counseling



HEALTHY VITAL BEST YOU  
—EVERY DAY!!

*I would like to guide you into a life of vitality, balanced through fitness, nutrition, skincare and spiritual health. -Deva*

I'm speaking to those of us who are reaching our crone self... We have raised kids, or at least most of the way. We have had, or are still in our careers, professions; we have our passions (hopefully!), perhaps even found our life's calling. How cool is that? Are we perhaps reaching a transition time - retirement? Moving? There is lots of life in us and now we get the gift of time to arrange life around our schedules, not someone else's... But slowing down is not in the cards! We are not our mother's crone!

I remember reaching that point, then realizing my physical self did not match my mental self. What? Minds eye and mirror's eye were not matching up! And then, how the heck do I go about changing all that? I know we've all read and heard so much by now, but it could be overwhelming....

I don't know where that extra 20, 30 pounds came from, my skin looks pretty dull, is it hard to get up sometimes? Forget about sitting cross-legged on the floor! Well- that is unacceptable! Really- it is possible to turn that around, get our vitality up, polish the ol' machine and get going!

**Let me help inspire that in you, be your cheerleader, a coach, to finesse the best out of you- push you a bit.**

Who am I? I have a varied background—dancer, science teacher, traveler, trainer, esthetician, bodyworker. Through all this, I've held the thread of vitality, energy and health in my life. Everything revolves around the balance of fitness, nutrition, skincare, mental and spiritual health. Please allow me to guide you in becoming the healthiest, most vital self you can be!

**Get your Glow on with Whole Food Nutrition!**

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**devalynnja7@gmail.com**

## Jennifer Smith

Holistic Bodywork

**Ayurvedic Bliss Therapy  
Abhyanga Massage  
Deep Tissue  
Neuromuscular Therapy  
Craniosacral Therapy  
Myofascial Release  
Techniques  
& Reiki**



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

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

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

*Om Shanti, Om Shanti, Om Shanti*  
*"Shanti Mantra" (Rig Veda & Taittiriya Upanishad)*



*Jennifer Marian Smith*  
*Holistic Bodywork*

**707-601-1007**



# Robyn Smith

Self Esteem and  
Relationship Coach  
for Women

Come Home to Yourself™



- For women who feel self-loathing, a lack of confidence, unworthy of success or unable to create what they really want.
- For women who feel stuck in relationship patterns - at work or at home - that they can't seem to change.

You'll learn empowering tools to make positive shifts towards confidence, living in alignment with your heart, and creating the life you love. We use a dynamic body-centered approach where you learn to trust and reference your body as your guide.

"Meeting with Robyn opened some major doors for me. I am convinced that in just one meeting I gained more insight than I would have from years of therapy! Her gentle, clear guidance helped me see issues I've been struggling with for years through a completely new lens. I now have unique (and even fun) tools that I can use as uncomfortable situations and thought patterns surface. Earth-shattering approach. Robyn is centered, respectful and compassionate."  
- Nicole, mother and business owner

Robyn Smith is a certified Hendricks Conscious Living and Loving Coach and offers Self Esteem groups for women. She is also an Anusara Yoga Instructor, Yoga Teacher Trainer, Hanna Somatic Educator, Yoga Therapist and runs Inner Freedom Yoga in Arcata, Ca. She specializes in working with women and their relationships, communication skills, self-esteem, and life purpose.



707.440-2111

Skype, phone or Arcata appts  
[www.InnerFreedomYoga.com](http://www.InnerFreedomYoga.com)

# Space Gem Candy

The Medi-Candy that sweetens life up  
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These sweet medi-candy pieces of light, call me to my Highest-Self with a miracle mind. Setting the intention to elevate your being to the oneness of the universe. Infused hard candies, gummies, and treats. Hand-crafted with love, light and cannabis oil.

Space Gem Candy is a great way to get your daily dose of cannabis oil. Cannabis oil is one of the oldest and BEST medicine known to man.



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Insomnia, Fibromyalgia,  
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Mirgraines, Multiple  
Sclerosis, Anorexia,  
Asthma, Parkinson  
Disease,  
and many more.

I love to work with people and families to help relieve some of the symptoms of any disease. Being able to custom batches for whatever you need. Working towards taking the pain away so the body can heal. When you are going through any sickness the best medicine is JOY.

Space Gem Candy shifts your brain to give you the miracle mind-set so you can get better today and enjoy your future.

Blessings from Humboldt County

[SpaceGemCandy@gmail.com](mailto:SpaceGemCandy@gmail.com)



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Connie McDonald, CMT

707-465-3029 ~ [HealingInfusions@yahoo.com](mailto:HealingInfusions@yahoo.com)

I am a **Massage Therapist, Reflexologist, Reiki Master, Acupressurist & Spiritual Healer**. I combine my traditional training with ancient healing gifts. Reflexology is the scientific application of pressure on the body reflexes located in the feet and hands resulting in stress reduction, which in turn causes physiological changes in the body systems. I have also combined my passion and knowledge to create and offer healing, beautiful vibrating chakra jewelry, "Healing Infusions" to support a person emotionally, physically, and spiritually; infused with healing energy and Young Living Oils.

Specializing in **Reiki**, I also am **ATP® certified by Doreen Virtue, PhD**, I offer **Bowen Therapy, Myofascia release massage, Raindrop & Vitaflex treatments, Energy Medicine, Acupressure, Aura & Chakra Imaging, consultations, reports and photos. I also offer ear candling**. I am guided to incorporate a combination of modalities united with energetic biofeedback at a cellular level in targeting specific physical and/or emotional imbalances and infusing that work with Young Living therapeutic grade-A oils.

Advantages of using Acupressure include relieving pain, balancing the body and maintaining good health. Acupressure's healing touch reduces tension, increases circulation and enables the body to relax deeply. By relieving stress, acupressure therapy strengthens resistance to disease and promotes wellness. Stimulating these points with pressure will release endorphins which are the neurochemicals that relieve pain. As a result, pain is blocked, and the flow of blood and oxygen to the affected area is increased. This causes the muscles to relax and promotes healing.

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Contact me if you are interested in purchasing or for resell pricing at [HealingInfusions@yahoo.com](mailto:HealingInfusions@yahoo.com).

## JANET STOCK, CMT

### THERAPEUTIC MASSAGE



I am a massage therapist  
certified in **Swedish,  
acupressure, prenatal, labor**

**and delivery, postpartum and infant massage and the Arvigo Techniques of Maya Abdominal Therapy.** I helped develop and have worked for over 15 years in a hospital based massage program providing massage to pregnant and postpartum women, **cancer patients, post surgical patients, elderly and hospice patients.**

I am happy to be able to offer the **Arvigo Techniques of Maya Abdominal Therapy** to our community. These are non-invasive, gentle techniques that help align the sacrum and pelvis, and guide internal abdominal organs into their proper position for optimum health and well being. They are effective for menstrual problems, pregnancy and post partum for women, back pain, fertility problems, incontinence, digestive and bowel function for both men and women.

I have worked with women during **pregnancy and post partum** since beginning my practice in 1992. I enjoy being part of a wider community that can provide women with information, emotional and physical support, and encouragement in choosing what feels best for themselves and their babies during pregnancy, birth and after. I love working with infants and children, and teaching parents massage techniques to use with their children.

I have been providing compassionate and nurturing touch to people with **cancer** for many years, I received additional training in the latest approaches to working with cancer in January 2014, and am part of an ongoing peer consultation group to discuss and evaluate our massage work with cancer patients. I am qualified to appropriately assess techniques and contraindications before, during and after treatment. I use gentle massage and acupressure during all phases of treatment and recovery.

Please call for more information, or to schedule an appointment.

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## Leah Tamara Musical Massage

Massage Therapist  
Yoga Teacher  
Reiki Practitioner & Singer

I studied awareness work, guided visualization and other forms of reflective listening. I have worked with humans dealing with all sorts of traumas, disabilities, injuries, emotional and physical pain over the past 18 years of practice. I can do deep pressure or light touch. I can hear you. We all have a story. We all need support with our process. I am happy to offer an integrative session that meets your interest. In a small community especially I honor your right to privacy and professionally create a strictly confidential and safe place for you to do your work. In addition to any sort of yoga reiki or massage session you want I would like to offer:

### Two New Offerings

**Singing Home Session** singing massage or reiki session- I tone and sing healing songs as I am guided during an energy or massage session.

**What's Up Sessions** reflective listening emotional tracking and intuitive council. Sometimes we don't need or want much touch we just want presence. I am happy to work with you as an intuitive and reflective listener in a more talk type of session that can include reiki or other body work as you guide me.

Rates ... Sliding Scale Available

Massage 60 minute for \$75 or 90 minutes for \$95

Reiki 60 minute for \$50 or 90 minutes for \$70

Yoga 30 minute private session for \$40

What's Up Session \$60

Calling to schedule free! Trades welcome.

Let's smile laugh and cry. Let's explore anger sadness and who we are with safety and support. Call me, I look forward to joining forces.

Working together sessions with other practitioners currently get two practitioners working with you to journey. Sajha Eden and Leah Tamara team together to offer **Journey Together Sessions** rate of \$150.00. She helps with spirit work through voice and other modalities and we use massage and reiki to touch on the body. We will create a custom session for you.

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*All is fuel for the transformative fire  
in the heart and soul of the Alchemist.*

## INNER SANCTUM

Ahimsa Tiana,  
RN, BSN, CCHT

**About Me:** I am a Certified Clinical Hypnotherapist specializing in Alchemical Hypnotherapy. I received my training and certification in 2012 from David Quigley, CHT, founder of Alchemical Hypnotherapy and the Alchemy Institute of Hypnosis in Santa Rosa, California.

I am also a Registered Nurse with a baccalaureate degree in Nursing. I am currently completing my graduate studies in Counseling Psychology at Humboldt State University in Arcata, California.

As an Alchemist, I am wholeheartedly dedicated to the study and practice of personal transformation. I rejoice in my work with others in this field and am deeply committed to the belief that tremendous powers of self-healing lie within each of us as human beings.

**About Alchemical Hypnotherapy:** Alchemical Hypnotherapy is a unique form of client-centered interactive trance work designed to facilitate personal empowerment and transformation. Alchemical work is dynamic and well-suited for those who are strongly motivated and willing to take an active role in their own self-healing process. While the role of the Alchemical Hypnotherapist is that of a skilled and attentive facilitator, it is the client who leads the way.

The ancient art of Alchemy is focused on the transformation of dark, heavy, and burdensome personal energy into radiance, joy, and self-realization. Alchemical work empowers the individual to participate in his/her own transformation. The individual learns to access inner powers independently and gains tremendous insight into his/her own inner world.

Alchemical Hypnotherapy emphasizes the importance of connecting with unique inner resources for guidance, and is an extraordinarily powerful healing modality which can be used to address underlying causes of a wide range of issues, including anxiety, phobias, addictions, unwanted habits, patterns of self-sabotage, and somatic concerns such as chronic pain and physical disease.

Alchemical work is done in an alert state of trance, with the client remaining awake and in full control throughout the process. Focused induction techniques are used to enable the client to journey quickly and precisely into the relevant experience(s) in his/her inner world. Sessions typically last two hours and include a pre-induction interview and a trance process.

(707) 267-5812

www.ahimsatiana.com

## Uma Till, cmt

Relax and Renew



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

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

I began my studies at IPSB International Professional School of Bodywork in San Diego and continued on with Reiki and Craniosacral.

My practice informed my studies. This took me to study Raindrop Therapy using essential oils and aroma therapy with Tara Alder at Alder Brooke School of healing arts.

With a decade plus years of practice I have integrated many modalities. I really enjoy interweaving all these various sciences to bring my client to a place of alignment, renewal and connection.

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

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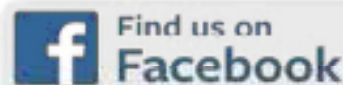


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**Mariah Pinar**  
Certified Massage Therapist  
My mission is to approach each client, session, and moment individually, with a grounded presence, so that I may do my best helping people heal themselves. I intuitively combine Swedish, Deep Tissue, movement techniques, Acupressure points and meridian work, Craniosacral, and Energy Work along with Young Living essential oils to create an experience rejuvenating body, mind, and spirit. [mariahsmassage@gmail.com](mailto:mariahsmassage@gmail.com) (707) 367-3064



any massage. Take some time to relax and enjoy your body, mind, and spirit.  
[Dolphinwahine@gmail.com](mailto:Dolphinwahine@gmail.com) (707) 845-5289

**Piper Halfen**  
Certified Massage Therapist  
Piper's massage is a beautiful blend of Swedish, Hawaiian Lomi Lomi, Shiatsu, and Sound Therapy using Tibetan Singing Bowls. Every massage includes hot towels to warm and loosen areas of tension. To extend your relaxation session add on a Mini Facial, a body scrub, or Hot Stones to

**Kim Grabo**  
Certified Massage Therapist  
Massage techniques include neuromuscular repatterning, gentle myofascial release, Swedish technique, acupressure and trigger point will guarantee that no two sessions are the same! Being mindful, "listening to the body" through breath, movement and release with the help of essential oils, creating an opportunity to let go of what is no longer needed and make room for feeling great in your own body! [kimberly.grabo@gmail.com](mailto:kimberly.grabo@gmail.com) or call (440) 785-8953



**MJ Griffin**  
Each session is tailored to meet the specific needs and desires of the client. My work tends to be intuitive in nature and I am largely guided by what your body says to me. Some of the techniques include Therapeutic Swedish, Deep Tissue, Myofascial unwinding, Neuromuscular, Cupping, and Sound.



[Mj.MassageTherapy.com](http://Mj.MassageTherapy.com) or call (707) 845-7805

## Lorraine Tryon, C.M.T., Holistic Health Practitioner

**(707) 223-3034**  
[tryonmassage@gmail.com](mailto:tryonmassage@gmail.com)



Our bodies/minds are so amazing. We are pure essence. We are the sum total of wisdom and intelligence that is encoded deep within our DNA, as well as the vast expanse of all that surrounds us!

We are truly Amazing beings, and yet we don't always fully recognize this!!!

When I lay my hands on people I feel their power and strength, yet I can also sense how thoughts and emotions contribute to the body becoming bound up, tired or painful. Our chi or life force can get blocked in one place or multiple places within the energy system of our body.

When I work with clients I begin by first noticing what is happening in their physical body. I notice how relaxed or stressed they are; I notice how tight certain muscles are and how they are breathing and if it is deep or shallow.

I listen to what each client request and then proceed in full filling their needs. While I am getting a better understanding of a client through therapeutic loving touch, my intuition goes into full swing and I am guided by my inner vision to work on areas where I "see" blocks in their energy flow. Oftentimes images of what is needed to correct the misalignment will come forth. Words can come with my visions.

It is a beautiful experience to work with the grand scheme of energy, to help facilitate the release of old stagnant chi and make room for more freedom to express the divine, pure wisdom, radiant health, well being and the pure intelligence of all that we are!

In 2000 thru 2001, I studied, teacher assisted and taught at the Heartwood Institute near Garberville, CA. I am certified with over a 1,000 hours, in many massage modalities such as Swedish, Deep Tissue and Sports Massage, Neuromuscular Therapy, NeuroKinetic Therapy, Pregnancy Massage and more.

From 1986 thru 1993 I trained with a private group in deep meditation practices, cultivating intuition, and "listening" to the still, small voice within, that continues to guide me today in my healing practice.

My practice is set up in Arcata and McKinleyville. Please feel free to call me for more information and a free phone consultation, or to set up an appointment!

*I have found if you love life,  
life will love you back.*

~Arthur Rubinstein

*Lorraine has a lovely blend of being incredibly skillful with her touch, strong, yet sensitive and deeply intuitive with her direction. I've had a lot of massage and she's one of the best!* ~ Peggy Profant, Instructor/Owner Om Shala Yoga

*Lorraine is a magical healer! She uses a combination of spiritual guidance and physical touch and gentle questions and words to guide her! A truly powerful experience!* ~ Devin Butor, P.E Teacher, Coastal Grove Charter School



## Come Alive with Rolfing



Rolfing returns your body to its original, ideal design. Good posture becomes effortless, with greater flexibility and ease of movement - while bad backs, and other complaints disappear. Because emotions, attitudes, and behavior patterns are bound up in the physical being, Rolfing also opens up a person's potential, energy, and feelings of well being by removing long standing blocks. There is a feeling of lightness, confidence, and an improved ability to handle life's challenges. It's been said that getting Rolfed is like turning the clock back 15 years.

Find out what Rolfing  
can do for you

**Lee Tuley, CR, RCC**



I've been a Certified Rolfer for 25 years. I've also studied Cranial Sacral, Visceral Manipulation, Integrative Body Psychotherapy, and other relevant disciplines. Seeing my clients' bodies change for the better in such a short time is a constant reminder that we are always capable of huge transformation.



**Complimentary  
Body Analysis**

**541-251-1885**

*Linda S. Wahlund*



**Reiki Master,  
Animal Communicator  
& Intuitive Reader**

*Beginning with a lifetime of natural inclination and a strong interest toward spiritual & metaphysical realms, I have added 20 years of focused study, including Reiki, Intuitive Reading, Animal Communication, reflexology, crystal healing, and an open-ended, never ending process of expanding my knowledge of spiritual and healing arts, so I can offer an ever-increasing array of healing and teaching to others.*

Does this sound like a lot? It really isn't. This is a short compilation of the skills I offer every person that contacts me for services - whether that is a Reiki healing session, talking with your loved one in Spirit, helping you work through challenging times or communicating with your animals.

The exciting work that is taking place at this time is that I have been given the opportunity to do more one-on-one teaching as well as teaching custom classes for groups - large and small. In this way I can better meet the needs of every person in the group. Many times they are friends and have common interests and goals. More people are looking for a spiritual and energetic "step-up" in the way of receiving all three of the Reiki attainments available. In the privacy of my comfortable session room we delve into your personal reasons for evolving and customize the teaching for your highest wishes. This can include metaphysical teachings as well as reaching into the higher realms for guidance. Clients then become more comfortable with their energy bodies and to honor and love themselves first and then take that "on the road".

This is also a good time to become closer to Nature in ways that are exciting as well as comforting. Did you know you can (and do) communicate with trees, plants in your garden, waterways and air? Taking our good intent and sending it out into the world is quite powerful and also quite healing. These teachings are also incorporated into my classes.

This year I take time to honor myself, friends, family like never before. Life is good and we're meant to have joy and be one with the Universe. Come and share that with me.

**707-445-0207**

**CreatureSpeak.com**

**Teresa von Braun**  
Psychic Reader - Energetic Healer  
Metaphysical Healer - Spiritual Counselor - Sacred Space Designer

**My role as a spiritual consultant** is to guide you in developing your spiritual connection through intuition, to support your soul's evolution. From a rich backdrop of ancient and modern mystic traditions, I offer insight, tools and techniques to assist you in becoming your essential self and in manifesting your truth in the world. I have been a spiritual consultant to individuals, groups and businesses for over 30 years. Students & Clients work with me for a full spectrum of care, including:

- Readings include healing and medical intuition
- Channelings by my Guide Adam, or Archangel or Goddesses
- Hands on Healing Sessions
- Individual, Relationship & Family Counseling
- Sacred Space Consultations

Ongoing Soul Development Classes and Workshops are designed to offer opportunities to develop personally and professionally in the tradition of esoteric mystery schools. The work is a blend of metaphysical and alchemical shamanic information derived from temple training and ancient cultures, integrated with schools of modern psychology. Classes are progressive, and correlate with levels of Spiritual Initiation: Birth, Baptism, Transfiguration, Celebration and Revelation. I offer advanced classes in topics such as:

- Manifestation
- Magic
- Guides
- Angels
- Rays
- Alchemy
- Sacred Geometry
- Goddesses
- Healing the Wounded Healer

I lead 'Journey of the Soul' groups to Sacred Sites around the world.

Creating Sacred Space for your Soul in your home and property: Energetic clearing, healing, harmonizing, including the art of placement to facilitate energy flow and well-being, attuned to you and your household.

A lifelong student of metaphysics and esoteric traditions, I have studied:

- Psychic, energetic and mystical traditions
- Chakras, auric, kundalini systems
- Goddess and polytheistic religions
- Qigong & Taoist sexuality
- Native American, Peruvian, & Egyptian, Huna shamanism
- Richman School: Diamond approach to Sufism, Buddhism and Western Psychology

My M. A. in Transpersonal Psychology emphasized Soul Healing, including:

- Hypnotherapy
- Neurolinguistic Programming
- Non-violent Communications
- Self-acceptance work
- Family systems
- Authentic Movement

*"She's a one woman Mystery School"*



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**[www.TeresavonBraun.com](http://www.TeresavonBraun.com)**



## Lupine M. Wread, LAc Lotus Acupuncture and Healing Arts

827 Bayside Rd.  
Arcata, CA 95521

707-633-4005  
Lotusaha.com

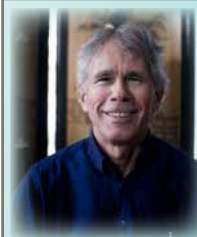


Traditional Chinese Medicine (TCM) is the formal term for the combined therapies of Acupuncture, Chinese herbal medicine, moxibustion and other healing modalities. TCM achieves improved health by balancing energies in the body using these several methods. The medicine has evolved over thousands of years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

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

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

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



**John Yamas**  
Center for Natural Medicine  
707-822-7400  
1460 G Street, Arcata, CA 95521  
[www.cnmarcata.com](http://www.cnmarcata.com)

There are many factors that contribute to our overall health and well-being: environment, nutrition, emotional state, toxins, physical state, relationships, etc. There are also many ways in which our bodies will let us know when something is wrong or out of balance: fatigue, insomnia, allergies, headaches, aches and pains, skin problems, depression, anger, digestion issues, etc. I have studied and used several modalities to treat many of the above symptoms and continue to have great success.

### Modalities include:

- Acupuncture
- Chinese Herbal Medicine
- Allergy Elimination
- Biotherapeutic Drainage
- Enzyme Therapy
- Detoxification
- Neuro Emotional Technique™
- Muscle Testing, including Applied Kinesiology

When helping one achieve overall health and well-being it is important to listen to what one's body is saying.

"I have been providing holistic health care in Arcata since 1988. I continue to study Asian and Western Natural Medicine to offer my patients the best of both worlds. My goal is to not just eliminate symptoms one comes in with, but treat an individual today so they will be healthier ten years from now. Often patients tell me that other problems they had cleared up as well as their original concerns. I find I get best results clearing allergies when I address digestion and toxic load as well as doing specific treatments to eliminate allergies. I have studied with a variety of well-known qi gong masters, western naturopaths, chiropractors, acupuncturists and herbalists."

After meeting a variety of people healed by traditional Chinese Medicine that western medicine did not help, John decided to study traditional Chinese Medicine. He attended The American College of Traditional Chinese Medicine and received his state license in 1986. He also studied at The SAMRA University of Oriental Medicine and received a Doctor of Oriental Medicine degree in 1988. He studied abroad in China several times where he completed advanced training in acupuncture and Chinese herbal medicine at the Quangdong Provincial Hospital of Traditional Chinese Medicine.

bringing energy awareness into daily life

Rev.  
**Elisabeth  
Zenker, MSW**  
707-845-1450



Having experienced full bliss waking up in a medical helicopter, my brain tumor taught me how knowingness exists within our bodies, along with the celestial & personal energy present within & around us. The divine intelligence outside of our minds.

Why I love bringing this into our personal and social awareness, as it creates more space for loving healing energy to flow through us. Deepening our levels of inner trust and intuitive understanding. All at our own pace of safety and comfort.

**we are all connected:** raising our individual vibrations creates higher global vibrations – each of us contributes towards collective love and peace.

**spiritual astrology:** integrating the celestial energy present at our birth to guide our understanding of ourselves, relationships and life events, as well as how we integrate the 4 elements: earth–body, water–feelings, air–mind & fire–spirit.

**subtle body energy healing:** clearing energy in our aura and chakras (including past lifetimes), de-energizing recurring patterns & issues, updating spiritual contracts, healing & maintaining our energy boundaries, and learning to ground our energy. (Psychic Horizons Clairvoyant Program, 1989)

**empowering relationships:** deepening connections in all relationships, from love to families and business – turning discord into harmony.

**cellular intelligence:** respecting our spirit-in-body's organic internal wisdom using Breema bodywork and its Nine Principles of Harmony. (Breema practitioner, 1996)

Simply choose whichever of these healing tools appeal to you. Visit my website to find out more – in a spirit of smiling love,

Breathe Love

[sacredenergyspace.com](http://sacredenergyspace.com)

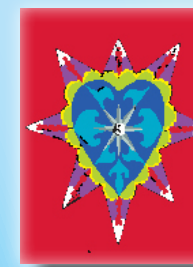
*Gabrielle Zeitlin, CMP*

**Chi Nei Tsang**



Chi Nei Tsang, or abdominal chi massage, is an ancient Taoist healing modality that translates as, "internal organs chi transformation." Holistic and integrative, it utilizes deep and gentle touch applied to the abdomen, and in conjunction with the breath, has the ability to bring the physical, spiritual, mental and emotional aspects of our beings into alignment. Using a combination of soft touch and breath work, CNT encourages vitality and efficiency in the organs. Also aiding in the digestion of unprocessed emotional charges and energetic stagnancy, it addresses all of the body's systems: digestive, respiratory, cardiovascular, lymphatic, nervous, endocrine, urinary, reproductive, muscular-skeletal, as well as the meridian system. Chi Nei Tsang helps to detoxify the body of excess, improving elimination, strengthening the immune-system, addressing postural problems that result from deep-rooted visceral tensions, helping to release chronic pain in the back, neck, shoulders, and misalignments of the pelvis, feet, and legs. By encouraging the client to expand into their breath more fully, Chi Nei Tsang brings them into communication with the deepest fathoms of their belly and thus, themselves.

*Gabrielle is a belly enthusiast, a graduate of The Chi Nei Tsang Institute in Oakland, CA, and Loving Hands Institute in Fortuna, CA where she studied Esalen Swedish massage. She is currently working at Soul to Soul Spa in Arcata, 854 10th St. Call to book a session today! (707) 822-7685 You can also reach her at (707) 362-1717 or [bubbledove@gmail.com](mailto:bubbledove@gmail.com)*







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*In the first two billion years of life on Earth, bacteria—the only inhabitants—continuously transformed the planet’s surface and invented all of life’s essentials.*  
-Lynn Margulis

In our bodies, bacteria outnumber the cells containing our unique DNA by more than 10 to 1. The vast majority of these bacteria—a mind boggling 100 trillion—are found in our intestines.  
-Sandor Katz

|                                                 |    |
|-------------------------------------------------|----|
| <b>Structural Medicine</b>                      |    |
| Patrick Harestad .....                          | 30 |
| Lee Tuley .....                                 | 84 |
| <b>Surgery / Pre &amp; Post-Surgery Support</b> |    |
| Marge O’Brien .....                             | 60 |
| <b>Tarot Readings and Classes</b>               |    |
| Kendra Anderson.....                            | 3  |
| Carolyn Ayres.....                              | 6  |
| Mary O’Leary.....                               | 61 |
| <b>Travel / Nature Retreats / Lodging</b>       |    |
| Jane Bothwell.....                              | 10 |
| Nancy Courtemanche .....                        | 16 |
| Nana Hendricks .....                            | 36 |
| Laurie Monroe .....                             | 54 |
| Northwest Ayurveda Institute .....              | 59 |
| Mary O’Leary.....                               | 61 |
| Oshun Yoga .....                                | 62 |
| <b>Veterinarian</b>                             |    |
| Healing Spirit Animal Wellness.....             | 33 |
| <b>Vibrational Healing</b>                      |    |
| Kendra Anderson .....                           | 3  |
| Rick Moorehead .....                            | 57 |
| Dianne Sherman .....                            | 72 |
| <b>Viceral &amp; Neural Manipulation</b>        |    |
| Hands-On Therapy .....                          | 30 |
| <b>Voice Lessons and Explorations</b>           |    |
| Elizabeth Rau .....                             | 69 |
| <b>Watsu / Water Massage</b>                    |    |
| Alo Mana .....                                  | 1  |
| Kim Chamberlain .....                           | 12 |
| <b>Wedding Officiants / Planners</b>            |    |
| Nancy Courtemanche.....                         | 16 |
| Rev. Dianne Decker .....                        | 17 |
| Nana Hendricks .....                            | 36 |
| Elisabeth Zenker .....                          | 87 |
| <b>Weight Maintenance Program</b>               |    |
| Lauryn Axelrod.....                             | 6  |
| Deva Smith .....                                | 75 |

|                                                                                                                                                                  |    |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------|----|
| <b>Woman &amp; Family Support</b>                                                                                                                                |    |
| Cristina America.....                                                                                                                                            | 2  |
| Michael Cooper .....                                                                                                                                             | 15 |
| Emma Center.....                                                                                                                                                 | 25 |
| Tina George.....                                                                                                                                                 | 27 |
| Mariane Gilbert .....                                                                                                                                            | 27 |
| Kids Open Door .....                                                                                                                                             | 45 |
| Susie Kidd .....                                                                                                                                                 | 44 |
| Laurie Monroe.....                                                                                                                                               | 54 |
| Om Shala Yoga.....                                                                                                                                               | 63 |
| Marjo Ribeiro.....                                                                                                                                               | 70 |
| Heather Lovig .....                                                                                                                                              | 74 |
| Robyn Smith .....                                                                                                                                                | 76 |
| Space Gem Candy .....                                                                                                                                            | 76 |
| Teresa von Braun.....                                                                                                                                            | 85 |
| Elisabeth Zenker .....                                                                                                                                           | 87 |
| <b>Yoga / Specialized Yoga Therapeutics</b>                                                                                                                      |    |
| At The Waters’ Edge .....                                                                                                                                        | 5  |
| Colby Collins .....                                                                                                                                              | 13 |
| Jennifer Brown .....                                                                                                                                             | 11 |
| Tina George.....                                                                                                                                                 | 27 |
| Patrick Harestad .....                                                                                                                                           | 30 |
| Oshun Yoga .....                                                                                                                                                 | 62 |
| Om Shala Yoga.....                                                                                                                                               | 63 |
| Artemisia Shine .....                                                                                                                                            | 73 |
| Robyn Smith .....                                                                                                                                                | 76 |
| Leah Tamara .....                                                                                                                                                | 80 |
| <b>Zero Balancing</b>                                                                                                                                            |    |
| Terra Pearson.....                                                                                                                                               | 66 |
| <b>Healing Arts Practitioners</b>                                                                                                                                |    |
| There is still a way to Share yourself!                                                                                                                          |    |
| If you missed the opportunity to be included in this year’s print Guide, you can still get your profile listed in the <b>Directory of Healers</b> on our website |    |
| Call or email us, we are happy to help!                                                                                                                          |    |
| <a href="http://www.IsisScrolls.com">www.IsisScrolls.com</a>                                                                                                     |    |



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This is an ongoing event offering from the  
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located in the hall, *or* email us at

**Reiki4Wholeness  
@gmail.com**

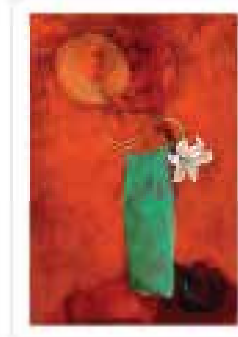


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