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JustPeace is now accepting submissions in prose and poetry via fax, e-mail or mail. *JustPeace* is available on our web site in Spanish and English.

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COORDINATOR'S CORNER

“You must know that your body is a temple of the Holy Spirit, who is within you—the Spirit you have received from God.” 1 Cor. 6:19

Remember when the doctor’s advice was, “take two aspirins and see how you feel in the morning?” Health care has come a long way forward in providing advanced diagnostic tests and treatments. It has also gone “backward” in the sense of the re-emergence of tried and true alternative healing practices that have existed for centuries. The mind, body and spirit are connected and all need to be considered in the healing process.

In Fond du Lac, we are fortunate to have a large variety of alternative healing opportunities available through the Fond du Lac Center for Spirituality and Healing.

The Sisters of St. Agnes, headquartered in Fond du Lac, are co-founders of CORE-El Centro, which offers natural healing practices in Milwaukee. I am sure natural healing practitioners are in your area, too.

If you are like me, you will learn a great deal by reading this issue of *JustPeace* and possibly find the alternative healing method that fits your needs.

I would like to say a special thank you to all the writers who submitted articles for this issue. In some cases, I had to reduce the lengths of their articles and hope the essence remains. Feel free to contact these professionals if you are interested in more information and/or their services.

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—S. Stella Storch, OP

Spirituality and Healing Are the Same Path

For many people, spirituality means going to church on Sunday or praying some specific prayer every day, like the rosary. Or it means following the rules of a given religious community of worship tradition. In fact, spirituality is much more than performing specific religious acts. Spirituality is following a path that leads one to the experience of unity with the Universal Spirit, often called God. In Christianity, this Universal Spirit is the Holy Spirit and is the Spirit of Christ. When one experiences union with that loving, unifying, compassionate, peaceful Spirit of Christ within, one knows a deep sense of belonging and connection. This leads to the physical, mental, emotional experience of wholeness. This experience and the path to it is usually an internal process which manifests itself externally in our bodies, minds and relationships with others.

Similarly, for many people, healing means going to the medical facilities within the community and getting the medicine needed to stop the pain or correct the disease that one is experiencing. Healing, like spirituality, is much more than the cessation of physical or emotional maladies. Healing means to make whole. When we experience wholeness we experience healing, even when the body may have reached the end of its physical usefulness in this world. We experience peace and joy and a well-being that encompasses the physical, mental and emotional worlds because the awareness of the wholeness within us spreads throughout the entire person. Anything one does to cultivate that sense of wholeness in the physical, mental and emotional self manifests into happy bodies, minds and relationships.

So, the path to the Universal One Spirit and the path to the Joy of Healing of body and mind often are the same path. The steps that we take on that path to the Spirit of Joy through meditation and prayer, or the steps that we take on the physical or mental path through massage, yoga, Tai chi/daiqi, or any energy medicines will move us along the spirituality and healing path. These and many other practices will enable us to discover joyful living, a way of life filled with the Divine Source of Life.

Michael Ketterhagen, Associate Professor of Theology at Marian College in Fond du Lac, Wisconsin, holds a doctorate in Spirituality and Healing from Cincinnati, Ohio. He is one of the center's Certified Yoga Instructors, having received his training through the Himalayan Institute in Honesdale, Pennsylvania.

CORE-El Centro

In 2000 when sisters were invited to identify unmet needs and dream about how CSA could respond, Sister Madeline Gianforte had just completed her degree in Wholistic Health Education with a thesis describing the creation of a natural healing center that would offer integrative health to everyone, especially to people of low income.

In response to Madeline's "Unfolding Dream" proposal, CSA provided the resources needed to create CORE-El Centro. Intentionally co-locating with a free medical clinic for the uninsured and a healing center for sexual abuse survivors, CORE-El Centro offers integrative healing, combining natural healing methods with conventional western medicine.

CORE-El Centro's mission is to make healing services accessible, to build community, and to inspire to wholeness all who desire the healing capacities of natural therapies.

CORE-El Centro serves persons who have limited access to healthcare because of income, language or cultural barriers. 70% clients are subsidized; 60% are Latino, monolingual in Spanish. People who never thought this kind of healing would be available to them are now experiencing marked changes in their lives and that of their families and communities:

"At 26 I was experiencing debilitating fibromyalgia, post-traumatic stress, and depression as a result of being sexually abused. I came to CORE-El Centro for acupuncture and massage which helped me manage pain and stabilize emotions. I now feel like a functioning human being, able to care for myself and my little daughter. I can't imagine where I would be without CORE-El Centro and The Healing Center."

"I came to CORE-El Centro frantic because my 6-year-old daughter was in constant pain. Her broken clavicle had not received good medical care and had never healed well. After three reiki sessions, the bone actually moved into place and the pain was gone. CORE-El Centro has made such a difference in our family!"

One of CORE-El Centro's goals is to foster leadership by training individuals from the community in natural healing modalities and movement instruction.

Continued on page 3

Qigong

Qigong is an energy producing Chinese movement technique that many doctors now recommend for relaxation, reducing stress and even helping the body to heal when sick. Regular Qigong practice can reduce pain, stress and the effects of sickness from the body.

Qigong combines focused concentration with simple movements and balanced breathing in a controlled way. Its simplicity makes it easy to learn and easy to do for most people. Qigong works with the body's energy or "Qi" (sometimes called "Chi," which is pronounced "Chee"). In Chinese medicine, there is only one cause of illness and that is congestion. Any practice or method which increases the flow of life force energy also naturally helps relieve congestion and therefore, is beneficial to health.

Qigong helps the body remove blocks and increase the flow of energy throughout the system. When it flows freely and evenly, Qi energy helps the body heal and restore itself naturally, efficiently, and consistently.

You may experience Qigong through classes and/or treatments. Laura McLeod is a Medical Qigong Therapist certified by the International Institute of Medical Qigong, Overseas College of Medical Qigong, Henan University of Traditional Chinese Medicine China.

Submitted by Laura McCleod

CORE-El Centro / Continued

"I first came to CORE-El Centro for a massage; it was a new and a different experience for me. Then I discovered Nia, which I could take at a price that I could afford. When I wanted to become a NIA teacher, CORE-El Centro helped me participate in the NIA Instructor's training and other self-development classes. Because of CORE-El Centro, I am able to accept my own path and not to be afraid to follow my dreams."

Now five years old, CORE-El Centro continues to receive strong support from CSA. Three sisters serve on staff, and many other sisters and associates volunteer their services and support fundraising efforts.

S. Patricia Bogenschuetz, CSA, is the Development Director of CORE-El Centro, located at 611 W. National Avenue, Milwaukee, WI 53204. Visit www.core-elcentro.org or call (414) 384-2673.

Restorative Yoga

Restorative yoga or passive stretching is beneficial for seniors, individuals recovering from illness or injury, individuals with limited range of motion, or the times before, during, and after major life events: death of a loved one, change of job or residence, marriage, divorce, major holidays, and vacations. It is also chosen by individuals who want to establish a more contemplative practice.



Restorative yoga postures are fully supported by bolsters, pillows, blankets, blocks, straps, and other props. When the body is fully supported, it will naturally let go, releasing deeply-held tensions. Restorative yoga, the yoga of non-doing, focuses on effortlessness and ease. This process of using well placed props to safely support the body invokes a natural state of balance, renewal, and healing rest.

A typical restorative sequence is designed to move the spine in all directions. Modified backbends, forward bends, twists and inversions are included in each session. These soothing and well-supported poses offer the student the opportunity to linger quietly for a longer period.

Testimonials from students:

"Because of prior injuries I was interested in the restorative yoga class. I've never been a very limber person, and I have probably become less limber because of fear of additional injuries. After just a few classes, I feel that this class is a great match for me. I'm feeling more comfortable with the yoga poses because I have learned how to modify them if I need to."

"Restorative Yoga has been one of the most amazing gifts that life has sent my way. This class teaches so much, including the power and reality of the 'mind-body' connection. It has healed my body and my heart in ways one cannot imagine without experiencing it."

Submitted by Suzanne Boyle



Complimentary and Alternative Modality

Tai Chi Chuan is an internal style of Chinese Martial Arts. There are different styles of Tai Chi, such as the Chen Family, Yang Family, and the Wu Family. It is often promoted and practiced as an internal therapy. Many recent medical studies support its effectiveness.

Tai Chi Chuan is practiced with a very relaxed muscle structure and a very alive skeletal structure. The joints rotate and float, massaging ankles, knees, hips, shoulders, and other points of connection. The internal organs also benefit. Correct breathing is the key. Over many years of practice, the breathing sinks, becoming diaphragmatic, slowing the heart rate and calming the mind. Traditional training is intended to teach awareness of one's balance and what affects it. When practicing in a group, move with the group. The ego dissolves when you move in sync with everyone.

When practicing on your own, let your pace evolve. Study each posture then flow into the next posture moving on and on until all postures are as one.

Researchers have found that long term Tai Chi practice has favorable effects on the promotion of balance control, flexibility, and cardiovascular fitness. Regular practice has also been known to reduce the risk of falls in seniors. The studies reported reduced pain, stress, and anxiety in healthy practitioners. Other studies have indicated improved cardiovascular and respiratory function. Patients who suffered from heart failure, high blood pressure, heart attacks, arthritis, and multiple sclerosis have also benefited from Tai Chi.

Regular practice of Tai Chi has been shown to reduce the symptoms of Attention Deficit Hyperactive Disorder (ADHD) sufferers. Tai Chi's gentle low impact movements surprisingly burn more calories than surfing and nearly as many as downhill skiing. Tai Chi also boosts aspects of the immune system's function significantly and has been shown to reduce the incidence of anxiety, depression, and overall mood disturbance. Other medical studies have found evidence that Tai Chi or Chi Gong help reduce the severity of diabetes.

Learning starts with Ba Dwan Jin and other forms of breathing and stretching movements. Then one goes on to learn "the form," or solo exercise. Tai Chi forms can vary. The "small" forms can be as short as 13 to 36 postures and the "long" forms can range from 60 to well over 100 postures. The long forms are usually older in origin. When first studying the form, Tai Chi can be difficult to learn because of the mind- body connection. It may look easy, but it's also very much fun.

Ba Dwan Jin

"Eight Strands of Silk" is one of many ancient forms of Chinese movement therapy. It is also known as one of the most popular forms of Qi Gong or breathing exercises. These eight movements energize the body and mind as they gently stretch out the muscles and ligaments, open the joints, and awaken the energy channels of the body. The high degree of concentration also stimulates the mental functions to sharpen and keep the mind alert.

Regular practice of Ba Dwan Jin and/or other forms of Qi Gong have been proven to allay, or cure, many minor illnesses and transform its practitioner's lives into something much richer. Whether the student be 20 or 60 years old, Ba Dwan Jin has been proven to greatly enhance one's physical, mental, and spiritual well being.

Students' Benefits/Experiences From Ba Dwan Jin and Tai Chi Practice

A student had Venus Deficiency at one time and had to wear special support stockings. Soon after wearing them, they did not help her any longer. After learning Ba Dwan Jin/Qi Gong, her leg pain is gone.

A woman, who is in her 80's, had an operation on her left shoulder. It left her unable to raise her left arm above her shoulder. Now she can raise both arms the same, well over her head.

All my students have agreed their balance has much improved. Flexibility and strength in their legs are much better. Their concentration, memory, motor skills, and coordination have vastly improved.

Submitted by Michael Fricke

Homeopathy

Homeopathy is a method of self-healing practiced all over the world that has its own methodology and its own unique remedies, different from all other forms of alternative or complementary treatment.



In practical application, how is homeopathy different from conventional western medicine? First of all, in homeopathy, as in many other forms of natural medicine, the wisdom of the body is respected. Symptoms are therefore understood as the efforts of the body to heal itself or to reestablish

balance, rather than as unpleasant and senseless occurrences that must be suppressed.

Suppressing symptoms with strong medicines goes against the attempts of the body to heal itself. The wiser course of action, especially in the long term, is to aid and stimulate the body's immune system, to allow the body to regain homeostasis by working with the body instead of against it. Homeopathic medicines individually chosen to match the symptoms that a person is experiencing assist the body's natural defenses, rather than go against it.

Another difference is in the remedies themselves. Homeopathic remedies are natural and almost completely side-effect-free. They are made from plants, minerals and animals, and are highly diluted to minimize the risk of toxicity, while enhancing the depth and subtlety of their action. They are inexpensive, FDA-regulated, and almost all of them are available without prescription.

A third and critical difference is the manner in which a remedy is chosen for an individual to fit the individuality of the patient as much as the pathological diagnosis.

While homeopathy can be helpful in the treatment of virtually any condition, it is particularly useful for chronic conditions for which modern medicine offers medications to manage symptoms but little hope of cure – conditions like arthritis, allergies, auto-immune disorders, and ADD. It is also very useful for acute conditions like headaches, ear infections, colds, flus, etc., and positively remarkable when used to help heal injuries.

Submitted by Jan Wolfenberg

Statements from Massage Clients

“Very helpful with my lymphedema, massage loosens my joints, helps alleviate pain in my shoulders and my back, relaxes my entire body, I sleep better at night, I feel a spiritual connection and massage is very uplifting to my soul.” —Brenda F.

“I have no more headaches since I have been getting regular massages once a month. Massage improves my circulation and I'm mentally clear afterwards.”
—Chris A.

“The pain in my hip and leg went away after I had a massage. I love how good and relaxed I feel after receiving a massage.” —Patty L.

“I have more energy, I sleep better, and when I get home I feel like working and getting things done around the house.” —Debbie V.

“Relaxes me a lot; makes me forget about every day problems. I feel warm and tingly. I'm diabetic and it helps my circulation.” —Jane C.

“Massage helps with lymph drainage and my lung problems —it is a medical necessity.” —Susan C.

“After a massage I breathe better and my whole perspective of the world and in general improves. I feel a lot looser.” —Jerry G.

Submitted by Sigrun Columbia

Self-Healing Methods (Capacitar)

Self-Healing Methods is a program of holistic wellness practices for individuals who would like to learn techniques for self-improvement and self-empowerment. Participants are taught methods to alleviate the negative effects of stress, pain, trauma and woundedness. Techniques such as breath work, visualization, acupressure, meditative Tai Chi, and massage are just some of the practices taught. These techniques will help restore harmony and balance in a person's energy system that will allow self-healing.

Submitted by Linda Heimermann



Healing Touch

Healing Touch (HT) is a relaxing, nurturing energy therapy. Gentle touch assists in balancing the physical, mental, emotional, and spiritual well-being. Healing Touch works with the energy field to support the natural ability to heal. It is safe for all ages and works in harmony with standard medical care.

Healing Touch can be used to reduce stress and tension, increase relaxation, provide pain relief, reduce anxiety, assist with healing of wounds and fractures, stimulate immune function and create a sense of well-being. It has been used in the treatment of pre- and post-operative patients, hypertension, headaches/migraines, cancer, arthritis, neck and back problems, depression, medication side effects and grief management. Healing Touch is used in a wide variety of settings including hospitals, long-term care facilities, private practices, hospices and spas. Trainings are open to any individuals who would like to learn about Healing Touch and are held at the Fond du Lac Center for Spirituality and Healing. HT is also being taught to nursing students at University of WI, Oshkosh and Marian College, Fond du Lac.

Sr. Janet Ahler, CSA, CHTP, Wellness Coordinator at Nazareth Court & Center uses Healing Touch techniques with residents. One of the many benefits she has experienced is that it enables a person to move into their journey toward either restored life or into eternal life. Dianne Lohse, CHTP, Wellness Coordinator at St. Francis Assisted Living uses HT energy work at weekly meditation classes. She has found that residents are more relaxed and it helps with pain.

Submitted by Dianne Lohse

Play/Discovery Group for Adults

The intuitive or scripted visualization allows the mind and body to relax naturally in a safe and peace-filled environment. Various types of creative projects, movement, sound, and group discussion to encourage self-exploration and growth, leading each individual on their own spiritual journey are also incorporated. Essential oils and soothing music also add to the relaxation experience.

Submitted by Pat Shaehler

CranioSacral Therapy

CranioSacral Therapy (CST) is a gentle, hands-on, non-invasive method of evaluating and enhancing the function of a physiological body system called the craniosacral system – comprised of the membranes and cerebrospinal fluid that surround and protect the brain and spinal cord. It enhances the body’s natural healing processes and has been effective for a wide range of problems associated with pain and dysfunction. It is also increasingly used as a preventive health measure for its ability to boost resistance to disease and sustain overall good health. Because of its gentleness, CST is well-suited for people of all ages, from newborns to the elderly or frail.

CST was pioneered and developed by osteopathic physician John E. Upledger following extensive scientific studies from 1975 to 1983 at Michigan State University, where he served as a clinical researcher and Professor of Biomechanics.

CranioSacral Therapy works by helping the body’s natural healing mechanisms dissipate the negative effects of stress on the central nervous system. The body’s natural waves and rhythms are followed and monitored for the ease which develops by using a gentle touch about the equivalent weight of a nickel.

I have been involved with this therapy for nearly two years, and it is amazing to see the power it has to effect change. It is working from the mind-body-spirit connection. I regard this work as truly sacred.



S. Beatrice Lindsay, CSA, has been a Licensed Massage Therapist for 10 years and works at Dynamic Wellness on Park and Pioneer Road in Fond du Lac, WI. (920-517-0303)

“My personal vocation is to be a pilgrim of peace. We, as Christians, are on the side of nonviolence and this is in no way an option for weakness and passivity. Opting for nonviolence means to believe more strongly in the power of truth, justice, and love than in the power of wars, weapons, and hatred.”

— Dom Hélder Câmara

Reiki



Rei-ki is a Japanese term meaning Universal Life Force Energy. Everything in the universe is made of energy and has a vibrational frequency, including our thoughts and emotions. Our thoughts and emotions give messages to our physical bodies through energy

centers called chakras. Reiki is a healing energy applied to the seven major and some minor energy centers. Negative energy patterns can be transmuted and dissipated with Reiki, and we can use this energy to effect healing.

How often do you just keep going, not allowing your body to fully relax? If you stopped long enough, would you recognize how tired you are? Stress is the number one cause of disease and ailments. “Chronic pain, hypertension, headaches, all stress-related ailments, account for 54% of all job absences.” (*Alternative Therapies Journal* 1996)

Deeply relaxing, revitalizing, re-balancing, Reiki assists to restore and strengthen each person’s life force. No matter what the individual’s need is, Reiki will support his or her stability and well-being. Reiki is a transforming energy that brings about positive changes.

You are fully clothed when receiving a Reiki treatment. It is hands-on or slightly above the body but not a massage. This universal life force energy “just is.” Its abundance is endless. The practitioner does not create this energy but is simply the channel through which it is transferred, like a radio antenna tuned in to certain frequencies. In accepting the role of channel, or vessel, there is no attachment to results. One does not become the healer. Reiki is the healer.

As we become more attuned to our energetic body, I believe that the energy-based modalities will increasingly become powerful adjuncts to conventional medicine and therapies.

Submitted by AnnaMaria Casper

Reconnective Healing and Quantum Touch



Reconnective Healing is thought to work with an entirely new bandwidth of electromagnetic energy that has been not previously present upon the earth.

The reality of its existence has demonstrated itself clearly in practice as well as in science laboratories. Reconnective Healing reconnects us to a remembrance of the fullness of who we are.

The **Quantum Touch** practitioner uses certain techniques to focus and amplify the life-force energy. Historically, this energy has most often been referred to as “Chi” or “Prana,” although reference is made to it by many other names in the records of most of the earth’s civilizations. When the practitioner holds a high vibrational field of life-force energy around an affected area, through a process of resonance and entrainment, the client naturally matches the vibration of the practitioner, allowing one’s own biological intelligence to do whatever healing it deems necessary.

In using these types of healing modalities, I have seen clients find dramatic pain relief, enjoy much greater freedom of movement, healing of long-standing injuries, and sometimes clients have had powerful emotional and spiritual experiences. As an example of the range of healing experiences that I have been a part of while using this type of healing, I helped a waitress in a local restaurant with a pain in her upper back and neck that were badly misaligned from many hours of carrying heavy trays of food. The waitress told me she had been troubled by this for a long time, but it only took a few minutes to fix and she has told me that it has never returned.

A short time after this, I worked with a dying woman in a local hospice who was in great pain from cancer, and the powerful drugs she had been given were no longer doing the job. Within ten minutes she was virtually pain free and went from the very labored breathing that is often seen by those near death to a very quiet rhythmic pattern. Everyone present in the room at the time of her passing remarked at how peaceful she seemed.

Submitted by Ted Helinski

Energy Clearing & Healing with Emotional Freedom & Healing © (EF&H)

Energy Clearing & Healing with Spiritual Response Technique

(EF&H) is with clients who have one or more issues of struggle, anger, frustration, and trauma around issues like these:

- not living the life they really want to have,
- being dependent on others for affirmation and self worth,
- not doing the best work of their life and loving it,
- feeling the need to grow but not knowing how to support themselves in doing that,
- wanting better health, a better self image, courage to stand up for themselves,
- wanting freedom from the pain and grief of memories and events in the past.

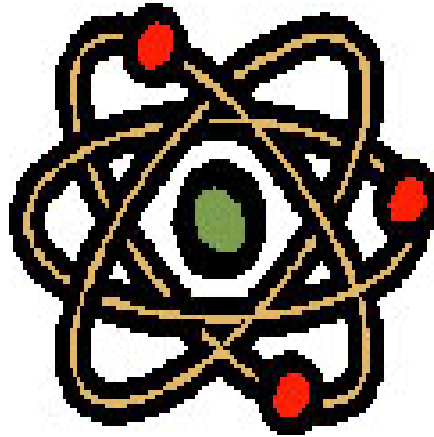
Clients are helped to work through issues like these gently and effectively with a 20th century form of therapy called Emotional Freedom & Healing © (EF&H). EF&H works with the energy system pathways used in acupuncture and acupressure. In EF&H, clients simply touch specific points on their face, hands, and chest while repeating specific statements for each point.

EF&H clears imbalances and disturbances in a client's emotions by accessing issues on this energy level rather than through the conscious mind with its typical resistance. EF&H is a healing modality that quickly and gently responds to a client's significant needs without extended periods of time and expense.

This process is effective in person and over the phone, for individuals and groups, making it accessible and affordable.

Submitted by Jan Puta

Spiritual Response Technique (SRT) uses a pendulum, a set of charts, and a progression of questions to research and understand the client's subconscious programming and soul records formed from all the thoughts and actions of the client. Quickly and easily, the practitioner locates and releases discordant and self-limiting ideas at the source. With the practitioner teaching the client how to let go of trauma, imprints, abusive and inherited programming, the client is offered positive and affirming ideas and belief systems as part of purifying and re-programming the mind.



With SRT, the practitioner is able to offer the in-depth research and release of hypnotherapy without inducing a trance, without the client reliving the pain and emotions of trauma or abuse, without any judgment, shame or blame. SRT began with research from hypnotherapy sources and dowsing techniques from response therapies.

This is an exceptional clearing technique for situations where the client is either continually repeating behaviors such as addictions or co-dependencies, or where the client is unable to achieve and maintain health and prosperity beyond a certain set-point.

A session usually lasts an hour or longer, depending on the amount of work that needs to be done and the client's questions and concerns. Clients receive relief, and the release and healing effects are permanent. Continuing sessions may be scheduled weekly, monthly, or as desired to accelerate personal goals, personal growth, and spiritual transformation. This process is effective in person and over the phone, making it accessible and affordable.

Submitted by Jan Puta

HypnoBirthing and Hypnosis

HypnoBirthing® is series of five classes developed to help parents birth the way nature intended.

The *first* class explores limiting beliefs and explains how the mind affects the birthing body. The *second* class focuses on the baby's experience and spends a great deal of time on 'pre-birth parenting'. The importance of preparing both mind and body is emphasized, proper breath techniques for eliciting the Relaxation Response are explained, and parents learn how to facilitate their own self-hypnosis experience that they will practice throughout pregnancy and use during birth.

The *third* class, parents learn about the birth process itself, and hypnosis is used to help them address any fears, conscious and unconscious, that they may harbor. In the *fourth* class birth companions learn how to assist the birthing mother through touch and techniques that deepen the mother's relaxation. The *final* class brings the emphasis back to the baby and the benefits of gentle birth on mother, baby and family.

One of my clients was able to birth her 10-lb. 4 oz. baby comfortably over a broken tail bone during her hour and a half long labor. Another was so relaxed and comfortable the hospital didn't believe she was in labor! She birthed painlessly, three hours after being admitted to the hospital.



While hypnosis is wonderfully useful in pregnancy and birth, the applications elsewhere are virtually limitless! In 1958 the American Medical Association officially deemed hypnosis potentially useful and acceptable in all areas of medicine and surgery. The Roman Catholic Church approved the use of hypnosis in 1847 as "...indeed merely an act of making use of physical media..." and in 1956, Pope Pius stated specifically that hypnosis was allowable in childbirth. It can be useful in dentistry, and sometimes, with physician referral and consult, for chronic or painful conditions for which traditional medicine has been unable to provide a solution. It has been used for sports improvement, stopping smoking, goals clarification, relaxation/stress reduction, improvement of self-esteem, changing habits, and better sleep.

Submitted by Kim Wildner

The Feldenkrais Method

Does your back hurt? Do you have trouble focusing your attention? Have you stopped participating in activities you used to enjoy?



The Feldenkrais Method® is for anyone who wants to reconnect with their natural abilities to move, think and feel. Whether you want to be more comfortable sitting at your computer, playing with your children and grandchildren, or performing a favorite pastime, these gentle lessons can improve your overall well-being. We improve our well-being when we learn to fully use ourselves.

Our intelligence depends upon the opportunity we take to experience and learn on our own. This self-learning leads to full, dynamic living. Ordinarily, we learn just enough to function. For example, we learn to use our hands well enough to eat; our legs well enough to walk. Our abilities to function with a greater range of ease and skill, however, remain to be developed. The Feldenkrais Method teaches— through movement — how we can improve our capabilities to function in our daily lives.

Submitted by Mary McCutcheon

Eleven Ways to Reclaim Your Energy and Calm

By Sondra Kornblatt (Adapted by Editor)

1. **Drink more water.** It provides extra oxygen for your busy brain.
2. **Smell your tree** — or that tangerine. Good smells stimulate nerves and release adrenalin, the energy hormone.
3. **Brush your teeth** with minty or cinnamon toothpaste.
4. Gently **tug on your ears** which have many acupressure points and connect to rivers of healing energy inside your body.
5. First **exhale** a-l-l-l-l the air out of your lungs. Keep exhaling and when you're out of air, you'll naturally take in a fresh new breath.
6. **Hum or sing.** You'll breathe better and the vibrations will invigorate your body and senses.
7. **Twist.** Spread your arms wide. Exhale and turn to the right. Inhale as you return to the center. Then do the same of the left side. Repeat three times each side. Stretch but don't hurt yourself.
8. **Get better rest at night.**
9. **Light a fire.** The light and heat of fire touch our primal cozy connections to nature.
10. **Remember to do your quieting activity every day.**
11. **Pray and meditate.**



Justice, Peace and Ecology Ministry
320 County Road K
Fond du Lac, WI 54935



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Just Around the **CORNER**

2001- 2010 International Decade for a Culture of Peace and Nonviolence for the Children
of the World

March

- 3 Star Spangled Banner was made a national anthem
- 8 International Women's Day
- 11 Daylight Saving Time Begins
- 17 St. Patrick's Day
- 20 Earth Day
- 21 International Day for Elimination of Discrimination
Spring Begins
- 22 World Day for Water

April

- 1 Palm Sunday
- 2 Feast of the Passover
- 6 Good Friday
- 8 Easter Sunday
- 7 World Health Day
- 30 Human Rights Convention Against Slavery in 1957

May

- 1 May Day
- 13 Mother's Day
- 21 World Day of Cultural Diversity for Dialogue
and Development
- 23 International Labor Organization Convention on
Equal Pay for Women 1953
- 28 Memorial Day (Observed)
- 29 International Day of United Nations Peacekeepers
- 31 World No Tobacco Day

*** *Reminder* ***

*Remember to pray for peace every Tuesday
at 8:30 pm.*