



CompassPoints

wellness news

“All great changes are preceded by chaos.” -Deepak Chopra

Art and Healing by Nancy Stephani



"Summer Solstice" - Nancy Stephani

Art is transformational. It's something we say it all the time, but what does it actually mean? If art really has the power to change us, and if so many of us are looking for some sort of change or transformation in our lives, then why do we relegate art to a sort of luxury status, something that we'll enjoy after we've solved all of our really pressing problems? Art is simply using our imagination to create something new out of the stuff of life. It's a metaphor for life. We create art out of consciousness and make it physical. If we can do that... if we can create something new out of consciousness, then we can use that experience as a template for creating other changes in our life. When we create in consciousness we make changes on a soul level that alter the way that we think and therefore transform the physicality of our lives.

Art creates a sacred space that encourages the focus, flow and perhaps a divine distraction from the mundane, that can allow self-healing to occur. Making art takes us into the inner realms of imagination where the universe is plastic — malleable to our desires. We can visualize what we want and, with practice and diligence, birth it into physicality. While the end product of making art is usually a painting, poem or maybe a Minnesota hot-dish (this is in no way limited to the fine arts, anything you really care about making counts), a very similar process can be used to create positive change in our lives. When we become adept at entering this space we can use it as a platform to fashion a reality that is more in keeping with our desires. It gives us a bit of a psychic time-out that can be used to get a different perspective on how and why we do those things we do, and perhaps to make some changes.

Consider the word “enjoy” — to be in joy, what could be better? When we enjoy the work of others, we also gain admittance to this healing space. We don't always have to do it all ourselves, we can get a little help from our friends. People have probably used the arts to create sanctuary or sacred space as long as there have been people. The contemplation and appreciation of art takes us out of ourselves. It provides a focus for the mind that leads into a meditative state that frees us from the every day world of outrageous fortune. It is a portal into a stress free zone where we can just hang out for a while and chill. We aren't so actively creating dis-ease when we are creating or appreciating. We get a little break where we can, if we so chose, create something different.

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A Taoist Perspective by Lisa Schlingerman

Change is the only truth in the universe. If change is what we expect, we are in the driver's seat. The trouble is most of the time we want NOT to change: then a state of imbalance happens that forces us to change.

In the Taoist perspective existence comes out of "no-where to now-here". Out of this "now-here" comes Tai Chi. Tai Chi is the universe of dualities, polarities, distance, time and space. Practicing Tai Chi is about being in a state of imbalance and then finding the way to move from that place to another with balance and grace.

The 5 Element Tai Chi form is a dance of the 5 energies used metaphorically to inspire change within our bodies. This form is a cycle powered by Chi and composed of the 5 Elements or Forces of nature. The 5 Elements, fire, water, wood/wind, metal & earth, symbolize the continuity of life within a circle. All living things including situations, emotions and seasons possess the 5 Elements. These Elements interact with one another according to laws that are universal and somewhat predictable. The cycle of the 5 Elements is about men/women and nature and the harmonious communication between all of them.

Practicing Tai Chi inspires kinesthetic awareness within my body. I learn through movement and metaphor to recognize duality and realize they do not exist in isolation. We need to get back to our body to regain our balance and then we can work with the mind-body together. Tai Chi is one way of letting your body really teach you and be with you and help you get through the challenges of everyday.



Lisa Schlingerman offers

**Qigong & 5 Element Tai Chi on
Wednesday 5-6 at the Compass
Center**

www.taichilisa.com 651-443-5498

From the I Ching

(ancient Chinese book of Change)



Keeping Still
The Mountain



The Joyous
The Lake

Thus the superior being controls anger
And restrains instincts.
DECREASE combined with sincerity
Brings about supreme good fortune

(translation: Loss is in the nature of things.
Accepting decrease and seeking its meaning
is essential to the quest for wholeness)

Compass Points Wellness News

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The individual authors take great care in checking
the accuracy of the information that appears here.

However, the Compass Center for Healing
practitioners assume no liability (including liability
to third parties) with respect to the accuracy,
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opinions published in this newsletter.

Kapha Depression — A Lack of Desire for Love by Suzanne Howard

Lethargy, withdrawal, mental dullness, lack of motivation, passive, dependent

Ayurvedically, each of these imbalances begins in the digestive system and enters the circulation system, ultimately lodging in the nervous system. Without going into too much depth of Ayurvedic pathology and physiology about how these diseases originate, it is clear to see that the qualities of the symptoms correspond to the quality of the Doshas. Vata depression is cold, light and dry and manifests as anxiety and fear . . . or cold emotions. Pitta is hot, light and dry and we see the heat of anger and the fire of the critical eye. Kapha, being cold, moist and heavy makes the mood seem sluggish and weighted down.

In treating any condition or disease, Ayurveda looks at the qualities of the Vikruti (imbalance) and prescribes the opposite qualities to bring the individual back to their Prakruti (constitution). For example, Vata needs the qualities of warm, moist and heavy to balance too much cold, dry and light. Ayurveda applies this principle to healing by recommending specific lifestyle routines and administering sensory therapy (sight, sound, taste, touch and smell) with the appropriate qualities to balance the Doshas.

In the case of depression, here are a few general Ayurvedic suggestions for each Dosha:

Vata Depression (cold, light and dry):

- Eat a diet that is warm, moist and heavy (sweet potatoes and pecans seasoned with cinnamon, cardamom and ghee).
- Receive an Ayurvedic massage (Abhyanga) with warm, heavy sesame oil infused with Vata pacifying herbs like Ashwagandha, Bala, Licorice and Valerian for grounding and calming the body and mind
- Gentle and slow yoga practice that keeps the breath at a steady rhythm
- Cultivate a spiritual practice that focuses on trusting in the Divine flow of life and one's special and important place in it

Pitta Depression (hot, light and dry):

- Eat a diet that is cool, moist and heavy (leafy green salad, fennel, parsley, cilantro, chickpeas and feta cheese with olive oil and lime dressing)
- Massage the body with cooling coconut oil infused with the essential oil of roses to induce calm feelings of unconditional love
- Slow and meditative yoga practice that is also physically or mentally challenging
- Cultivate a spiritual practice that incorporates compassion, such as the Buddhist meditation practice of Tonglen.

Kapha Depression (cold, heavy and moist):

- Eat a diet that is warm, dry and light (corn tortillas, cabbage, chili peppers, onions, goat cheese, cumin and pinto beans)
- Vigorously dry-brush massage the skin daily
- A yoga practice that incorporates lots of sun salutations, movement and pranayama
- Cultivate a spiritual practice that involves serving others through physical activity, like volunteering for Habitat for Humanity to build homes.

What is Yoga Nidra?

Yoga nidra is a systematic practice designed to induce complete physical, mental and emotional relaxation and transcend the activities of the mind.

Nidra literally means sleep (and you might) and it is also an excellent preparation for sleep. However, sleep does not resolve stress or tension.

Day to day stress as well as deeper trauma is stored in the subconscious. This time honored practice leads you into the effortlessness of deep sleep with a subtle trace of awareness to ultimately relax the subconscious.

**Namaste,
Marilyn Calver — Compass Center program director**

"Gan mao ling"

Our Featured Formula for Robust Health
from Jennie's Secret Chinese Medicine Apothecary

A great home remedy when you feel cold and flu symptoms coming on is Scallion and Ginger Tea. Full of warming ingredients, it helps your body heat itself to fight the effects of colds and the flu.



Ingredients:

1 T sliced scallions (cong tou)

3-4 slices fresh ginger root (sheng jiang)

Brown sugar (hong tang) or honey to taste



Place scallions and ginger into pot and sprinkle with brown sugar. Cover with 1 cup water. Once boiling, reduce to a simmer for 10 minutes. Strain the liquid. Drink while warm.

Traditionally, this tea is taken at the first sign of a wind-cold pattern. It is used to promote sweating and resolve symptoms such as headache, chills, body aches and sinus congestion with clear mucus.

It's best to drink this formula after taking a hot bath, just before going to bed, so that you can cover yourself with blankets to induce sweating. Be sure to stay warm and away from cold drafts

Jennie Soine is a licensed acupuncturist with a master's degree in Oriental Medicine. She also has a special certification by the American Board of Oriental Reproductive Medicine. More information is available at ValleyHolistic.com

Avoiding Seasonal Colds and Flu

by Jennie Soine

Ever wonder why some of us get through the cold and flu season without a sniffle, and others seem to catch every bug that comes along?

From a Traditional Chinese Medicine (TCM) perspective, everything seeks balance between yin and yang. Winter is a yin season, with coldness, heaviness, dampness and darkness being prevalent. In the winter, our bodies slow down and we need to make sure our immune system remains strong.

In both the Western and TCM view, there are a number of things you can do to help your body maintain its balance. Get plenty of sleep to restore your body's energy balance. Make time for regular exercise. Sweating is good, since it helps your body rid itself of the microbes that can cause illness.

TCM recommends eating more warming foods, and avoiding those that cool the body, like fruits, salads and cold beverages. You should also drink plenty of liquids, as that helps avoid dryness in the mouth and throat.

Regular acupuncture treatments can build up your immune system, thereby helping to prevent illness. However, I also encourage patients to come see me when you feel a cold or flu symptoms coming on. Acupuncture and TCM can help you potentially avoid days of illness. (**However, if you are experiencing sudden or severe flu symptoms, please seek conventional medical treatment *immediately*.**)

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Reflexology

is the ancient art of healing that uses stimulation of the nerve endings in the feet, hands or ears to calm and balance your entire being.



**Try it for \$29 (30 minutes) at the Compass Center!
Call Sunrise Vitality at (651) 308-4457, or visit
sunrisevitality.com to schedule online.**

Yoga Classes

Gentle Flow – All levels 60-75 mins. **Wednesday:** 9.30-10.30am

Steadily build and maintain strength, flexibility and balance. Combines flow and longer holds.

Intermediate - Level 2 – 75 mins. **Monday:** 9.30-10.45 am and **Thursday:** 9.30-10.45 am

Continue to explore and build your practice. May include sun salutations, standing and seated postures, backbends, and inversion work..

Mixed Levels – 1-3 – 60 mins **Tuesday :** 7.30-8.30 am and **Friday:** 11 - 12 noon

Steadily build strength and flexibility.

Vinyasa – Mixed levels 2/3 75 mins **Tuesday :** 5.30-6.45 pm and **Saturday:** 8.30-9.45 am

Poses are linked in a more vigorous, flowing style. May include inversions and arm balances.

Yoga for EVERYbody – **Monday** 11 am to 12 noon

Beginners + All levels 60 mins .

Utilizes poses that slowly and gently lengthen and strengthen muscles and improve joint mobility.

Yin Yoga – Beginners + All Levels – 60 mins.

Long held floor poses access the deep connective tissues of the entire body. Closes with guided meditation or yoga nidra (deep relaxation).

Restorative – Beginners + All levels 60 – 75 mins. Last Thursday of the month : 9.30-10.45 am

Longer held, fully supported poses allow for deep release of tension and stiffness. Breathing and relaxation exercises. Quiets the mind and calms the nervous system.

T'ai Chi Classes

Qi Gong and T'ai Chi

(Wednesdays at 5 pm) recommended donation \$10
Lisa Schlingerman (651) 433-5498

For updates and current information on classes
Visit compasshealing.com/yoga

My Yoga – Children All Abilities Ages 4–11 call for current times

Fun, interactive movements and breathing exercises focus on body awareness, self-control, calming and confidence. Adults may drop off or join student. Instructor **Andi Hoepfner**

mom, yogi, special education teacher, and
ASD resource specialis

Special Workshops

Yoga and Reiki - Sunday Dec 16, 2 to 4

Pre-Natal Yoga — *Call for times or see calendar*

Yoga Nidra — *Call for times or see calendar*

Resorative Yoga — *Call for times or see calendar*

All classes may include breathing (pranayama) exercises, guided relaxation and meditation.

Hatha yoga incorporates a broad range of practices and techniques that can be tailored to the individual of any age or experience. Our experienced teachers will offer modifications and props as needed.

If you have special health concerns we can work with you one on one to build a supportive healing practice. Yoga has been proven to help with back pain, injury rehabilitation, multiple sclerosis and arthritis among other things.

Private Hourly Instruction \$65

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Marilyn Calver, Yoga Program director

(651) 307-2776 or

Marilyn@marilyncalveryoga.com

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10 class punch card \$120, 20 classes \$200

Cards are good for any regular classes, and remain valid for 3 months. Drop ins \$15.



Astrology, Geometry and HIDDEN PERFECTION by Tod Drescher

Within our world are hidden forces that propel and repel us into action and reaction. Gravity, of course, pulls our bodies towards the center of this planet (even though we are spinning around the surface at over 1000 mph and flying through space at 18 miles per second around the star we call the Sun). Above us are molecules of air that are also pulled by gravity towards the center of this planet. Beyond that there is nothing much out there... maybe one atom per cubic centimeter... a void of space... until you come to the Moon. The Moon is a huge celestial object that has a giant effect on everything here on Earth. The Moon can lift the ocean tides up over 50 feet twice a day and drop them back down again. The Moon pulls on our bodies also. Like the Earth's surface, we are mostly composed of this magic liquid called water. Hydrogen and oxygen pulled into their own orbits of perfection.

When we look out beyond the Moon there is even more "empty" space until we come to Venus and Mars, our sister and brother planets. We see these bright planets at night as they wander across the fixed backdrop constellations. Next comes Mercury and the Sun and the rest of the planets. As these objects move around us they form geometric relationships with the Earth. When two objects align with the Earth we call this a conjunction, or an opposition. The best example of this is the new and full moon events that happen each month when the Sun, Earth and Moon line up. The other planets also move into these important exact lineups though we cannot easily view them like the Full Moon.

The observation of this celestial weather out beyond the Earth is what creates the basics of astrology. Every culture on Earth has observed, recorded and studied the movement of these "lights in the sky" and has made correlations to the human activities that occur when these planets lineup geometrically.

Sacred geometries occur when a circle is divided into equal parts. Thus, a division of three creates an equilateral triangle, or trine, in astrology. A triangle in architecture is stronger than a square because it does not collapse when you push on it. Buckminster Fuller found this out as a child and later created a new architectural shape called the geodesic dome in 1954. In astrology, planets that create exact trines tend to bring about an ease, or flow, to situations vs. exact squares that tend to create friction and tension. Not good and bad, just different experiences.

At the exact moment when anything is born the location of the stars and planets are imprinted upon that individual here on Earth. The relationship of these celestial objects to the individual creates a soul path, or framework, for that specific lifetime here on Earth. A personal astrological chart is actually similar to taking a snapshot of where all of the planets were when you were born. This is why the exact birth time is so important in a chart. Actually, every two hours almost a third of all of the information in a birth chart totally changes!

The geometrical relationship of the planets in your birth chart to where those planets are today, or tomorrow, create the more predictive astrological tool called the transits. This changing celestial weather out beyond the Earth is good to know and use in your life. It can help explain some of the "why" behind intense events of the past and help prepare you for events to come. Freewill allows us to choose different paths. So this cosmic information combined with a good sense of intuition can help you get the most out of this life. Sometimes we are a bit blinded around the bend and we are stuck at the crossroads of life due to deep emotions, like fear, that linger in our soul. Personal astrology, done correctly, can illuminate where our soul has been and, more importantly, where it is going.

I strongly recommend getting a thorough natal astrology reading at least once in your life and consider getting transit updates every year or two. Make sure you hire an astrologer who understands the deeper soul growth issues in a chart called karmic astrology.

Tod Drescher, an architect and astrologer, teaches astrology classes at The Compass Center for Healing and does personal chart readings. He can be reached at 651 433 5600 or tod@drescherarchitecture.com.

Healing and Transformational Classes

Astrology for Personal Growth Thursday, December 20, 6:30 pm-9:00 pm \$20
Tod Drescher, architect and astrologer (651) 433-5600 tod@drescherarchitecture.com

The Compass Center for Healing



www.compasshealing.com

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