



CompassPoints

wellness news

"Ultimately, dying will carry each of us into the mind field, which we will experience directly. Yet our beliefs, being stored consciousness, will follow us. The issue of an open mind bears directly on how much baggage we will have to carry." —
Deepak Chopra

Ayurvedic Health for Spring by Suzanne Howard

Ayurveda, the ancient medical science of India, views our individual bodies as a microcosm of the macrocosm. We are made of the same five basic elements (earth, water, fire, air and ether) that make up everything in the universe. Therefore, when our natural environment changes due to the seasons, we need to adjust our bodies and lives to our current conditions and surroundings.

Late winter and spring is considered the Kapha time of year according to Ayurveda. Kapha consists of the earth and water elements. During the winter, these earth and water aspects freeze or solidify. But when temperatures begin to warm as daylight increases, Kapha (water and earth) softens and flows. This is best represented in nature by the movement of sap in trees.

Our bodies, which also contain the water and earth elements (Kapha), can experience changes similar to the trees. Kapha is associated with mucous in the body, like the sticky sap in the trees. During spring, Kapha in our bodies softens and moves. If we haven't prepared ourselves for the flow of Kapha before spring, we might notice extra mucous, fluid or general heaviness of body and mind. Excess Kapha in our systems may create imbalances such as respiratory and sinus conditions like colds and allergies, as well as swollen joints, weight gain and depression.

Ayurveda offers suggestions to not only bring the elements of our bodies back into a more balanced state, but also methods to proactively prevent imbalances from occurring seasonally. Through diet, exercise, herbs, lifestyle, detoxification methods (Panchakarma), aromatherapy and specific massages and body therapies, the elements in our bodies can function without accumulating and causing aggravation.

Due to its sticky nature, the root cause of most Kapha imbalances is attachment. Therefore, when considering reducing excess Kapha, it is best to think "less is best." Hence spring is a wonderful time for a fast. In fact, many Christian and pagan traditions incorporate fasting or a limited diet into their spiritual beliefs during the spring. Panchakarma, the Ayurvedic detoxification and cleansing regimen, is highly recommended for this time of year as well. Reducing possessions by donating them to charity or having a garage sale is another way to feel lighter, like the season. And sleeping less by waking up early and avoiding naps also helps reduce heaviness.

Eating should be light in the Spring for those experiencing a lot of Kapha. The first plants to appear in spring are light bitter greens, perfect for balancing the heavy, sweet aspect of Kapha. Often you find these plants growing in your yard, but they can also be purchased. Ask in the produce section of your local co-op or grocery store about what is in season and growing locally.

These suggestions are just a few of the natural ways to stay healthy through Ayurveda. To learn more, please attend one of my Ayurvedic health workshops or contact me to receive a personal consultation.

Suzanne Howard is a Certified Ayurvedic Practitioner and Panchakarma Therapist

She can be reached at suzanne@truenatureayurveda.com



Issue 4

February '12



Invocation for Winter by Lisa Schlingerman

May I rest in the stillness of winter.

May I cherish my dreams & intuition.

Help me to travel from fear, through faith to courage

Teach me to look deep into the mirror of my soul.

The Water Element relates to winter according to the Chinese 5 Element theory. Water is the completion of the 5 Element cycle & the beginning of a new cycle. It serves as a bridge between life & death, & between death & rebirth.

There is the same amount of water on the planet now as there was in the beginning. It is so much a part of our life that life cannot exist long without it. It is like the Tao, the source of all.

Water is the source of creativity. It is the space with no boundaries where imagination thrives. Emotionally, water governs inner strength & is the potential we all possess. The spiritual aspect of water is collectivity – being a part of the whole. It is about the relationship we have with our inner self. Water's perspective gives rise to compassion for all living things.

The climate that corresponds to water is cold. Cold slows the body down giving us the opportunity to repair & restore. Ninety-eight percent of our body is composed of water. The bladder & kidneys are the organs associated with the Water element. In the Chinese system the kidneys are seen as storing the energy of the life force or Essence (jing).

The Water element is essential to the study of Qigong because it maintains & creates Essence one of Qigong's Three Treasures. Essence is the spark of all living things & is partly inherited from our parents & created from food & air. A healthy Water element allows us to move through the world with confidence & creativity.

*Lisa Schlingerman teaches Moving Meditation
– Tai Ji & Qigong, Wednesday 5-6 pm. For
more info go to www.taichilisa.com*

Compass Center Related Web Sites

www.HawthorneClinic.com

www.HeavenonEarthHealing.com

www.SunriseVitality.com

www.TaiChiLisa.com

www.TrueNatureAyurveda.com

www.ValleyHolisticHealing.com

www.WindsongRetreat.com

Wayne and Sandy's Garden

I saw the rocks, the flecks of mica,
the rivers of rose quartz, the chunks of
traprock.

I saw the spirals wind through the snakeroot,
the patch of sand to rest my feet,
longing for the cooling of it — the purpose of it
reflecting for a moment, surrounded by
everything
powerful, hopeful, mindful.

— *Thea Ennen*

Compass Points Wellness News

is published by the practitioners of
The Compass Center for Healing
116 East Chestnut, Stillwater MN 55082

www.compasshealing.com
(651) 964-3776

Contributors: Dave Peterson, Thea Ennen,
Jennie Soine, Diana Thompson, Lisa
Schlingerman, , Suzanne Howard, Katie
Corbett, Marilyn Calver

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,
relevance and completeness of the information and
opinions published in this newsletter.

Jennie Soine is a licensed acupuncturist with a Masters degree in Traditional Chinese Medicine. More information on her practice is available at Valleyholistic.com



Do I have to choose? By Jennie Soine

Chinese medicine versus Western medicine in infertility treatment

Couples struggling with infertility are faced with a lot of difficult choices. One difficult choice can be deciding how much Western Medical intervention you are comfortable with financially, physically, and emotionally.

The path of Western Medical intervention for most couples usually goes something like this: hormone testing, sperm analysis, 3+ cycles with clomid, hysterosalpingogram (HSG), urologist examination, intrauterine insemination (IUI), In vitro fertilization (IVF).

For some of these couples, the testing will result in a diagnosis, and hopefully a treatment is available to address said diagnosis, restoring fertile potential. For other couples, the testing will not uncover a diagnosis. These patients will most likely be put on the same track as couples with a diagnosis, and usually for good reason.

Procedures such as IUI, and IVF do not "treat" infertility in the traditional sense, meaning they are not correcting an underlying cause for infertility. Instead, these procedures are a "strategy" for dealing with infertility, meaning they can bypass some known causes for infertility. Additionally, procedures such as IVF stimulate the woman's body so that she might produce as many eggs in one cycle, as would normally take up to a year. This increased chance for pregnancy in one cycle obviously has some benefits! Chinese Medicine, on the other hand, treats infertility by improving the overall health of the patient to improve their fertile potential. Improving your overall health not only improves your fertile potential when trying to conceive naturally, but also when using a Western Medical "strategy" for pregnancy. A Systematic Review and Meta-Analysis published by BMJ (British Medical Journal) in 2008 concluded, "Current preliminary evidence suggests that acupuncture given with embryo transfer improves rates of pregnancy and live birth among women undergoing in vitro fertilization." For more information on how acupuncture improves success rates in IUI and IVF, visit www.ValleyHolisticHealing.com and click on the resources page.

I am always excited by the opportunity to use the best of what Chinese Medicine has to offer for my patients who are also utilizing what Western Medicine has to offer. So, for me, the choice between Western or Eastern medicine, when faced with infertility, is no choice at all!



True Nature Ayurveda

Special

Ayurvedic Personal Consultation

Receive an Initial Consultation,
Report of Findings and two Follow-
Up Visits for \$250 (normally \$350)
in March and April 2012.

Contact Suzanne Howard at (651) 470-8781
suzanne@truenatureayurveda.com

Yin Yoga by Marilyn Calver

Rooted in the Chinese Taoist tradition, Yin is the stable, unmoving, hidden aspect of things - yang being the changing, moving, revealing aspect. Many of our yoga practices would be termed yang in that they primarily focus on movement and muscular contraction, strengthening and stretching. Yin poses work with the connective tissue which is most concentrated around the joints to promote flexibility in what are often our tightest areas like the hips, pelvis and lower spine. Many yin poses are based on classic yoga asanas but they are employed differently and held for long periods of time. There are no standing poses, arm balances or inversions. Yin enhances the natural range of motion in the joints and at an energetic level enhances the flow of prana or qi in the tissues around the joints where energy often stagnates. Yin is a wonderful way to create more ease in your body whatever your lifestyle and in your yoga or meditation practice.

"Take care of your body. It's the only place you have to live." ~Jim Rohn

Reflexology Research (reprinted by permission of *Massage and Bodywork Magazine*)

By Diana Thompson (full text and references on-line at www.compasshealing.com under reflexology)

Reflexology is more than just an alternative approach to relieving symptoms. With an expanding research base, reflexology meets the integrative demands of combining complementary therapy and conventional medicine and is a viable component of integrative health care.

Evidence shows reflexology positively affects pain; stress, anxiety, and depression; fatigue and sleep; circulation, skin temperature, edema, and hypertension; dementia and aging; and nausea, vomiting, and constipation.

Reflexology has been studied on every continent, in a variety of populations: cancer patients, pediatrics, pregnancy, postoperative care, and older adults. Studies demonstrate effectiveness for reflexology as a diagnostic tool, as well as a treatment technique. Mechanistic research links reflexive points with brain activity, and conventional medical diagnoses correlate with reflexological examinations.

Researcher Edzard Ernst says there are not enough high quality randomized controlled trials (RCTs) that demonstrate convincingly that reflexology is an effective treatment for any medical condition. However, there is a broad base of evidence supporting reflexology as a viable treatment option for symptoms and conditions that currently baffle medical science.

Even though there are some gaps in the research, RCTs may not be the best solution for studying reflexology. Studies vary in the use of trained professionals, self-applied techniques, and treatment provided by caregivers or partners. It would be beneficial to study the degree of effectiveness based on levels of training. In addition, many studies do not adequately define the treatment protocol, using both foot massage and reflexology interchangeably. It would be useful to discover if there is a difference between specific and general applications of touch to the hands and feet. The remedy? Case reports from within the profession might inform more useful and thorough research.

Diana Thompson has created a varied and interesting career out of massage: from specializing in pre- and postsurgical lymph drainage to teaching, writing, consulting, and volunteering. Contact her at soapsage@comcast.net.



Reflexology SPECIAL!

30 minute session \$19

Three One-Hour Sessions \$99

(share with a friend)

Thursdays and Saturdays by Appointment

Sally Noel - Reflexologist

(651) 308-4457

T'ai Chi Ch'uan
Yang Style Short Form
new class beginning:

Thursday March 15th, 7 to 8pm

This traditional form of Chinese exercise and relaxation is suitable for people of all ages

This is a beginning class. The cost is \$60 for the entire 6 week class, or \$8 per class for returning students.



Instructor Allan Lavalier began practicing the Yang form of Tai Chi under Ted Tang in 1992. He has also studied movement and mime. To register, please call **(651) 351-0539**.

Stillwater Art Walk March 9th and 10th at The Little Parrot Art Sanctuary



- Refreshments,
- Live Jazz Entertainment
- Specials on selected items

Put yourself in a peaceful place!
littleparrot.com (651) 472-5800
open Tues-Sat 11 to 5



Featuring
the
Photography
of Cindy
Cutter

Meditation for Children by Katie Corbett

Children experience high levels of stress. According to a recent national poll, adults ranked stress as the fifth most pressing health concern in children. Causes of childhood stress are broad, including areas such as academic pressure, bullying, over exposure to negative media, and over-scheduling.

Helping children develop present moment awareness, and imaginative ways to explore their feelings through meditation are essential in teaching children to effectively cope with daily stressors. In addition to helping children cope with stress, meditation provides a unique and creative way for children understand who they are, as they are guided to find answers from within. Children's meditation has been shown to nurture and cultivate creativity, improve academic and sports performance, heal physical and emotional trauma, develop intuition and create peace and grounding.

Most children find it very easy to meditate, as their brain waves are much slower than that of an adult. Children between the ages of two and six exhibit predominantly theta brain waves, and between ages seven and eleven spend much of their time in the alpha state. Their naturally slower brain waves allow them to quickly move into a relaxed, focused awareness and to easily explore their inner worlds.

There has been a recent movement in schools throughout the country to teach children mindfulness meditation, a form of mediation that teaches present moment awareness through fully utilizing our senses. Through meditation programs children are being taught to sit quietly and observe their breath, their thoughts, and their bodies, and in doing so learn to create stillness and peace in their lives. Preliminary research suggests that mindfulness-based approaches with children and adolescents decrease anxiety and negative behaviors, increase attentiveness, and improve academic performances.

Creative visualization meditations which guide a child on a metaphorical journey have also been found to be both enjoyable and beneficial for spiritual development. During creative visualizations children may time travel, talk to their body, release stress through a grounding chord, or clear their chakras. There is no limit to what a creative visualization meditation may entail, and it is often helpful to adapt the meditation based on the needs and interests of a specific child.

Katie Corbett has received advanced training in children's meditation, is the founder of Mindfulness Music Therapy, and works as a music therapist at Children's Hospitals and Clinics of Minnesota .

Yoga Classes

Gentle Flow Yoga (Wednesdays at 9:30 am) all levels \$15

Intermediate Hatha Yoga (Mon & Thurs at 9:30 am) \$15

Mixed Vinyasa Yoga (Tuesdays at 9:30 am and 5:30 pm ,
Fridays at 9:30 am , Saturdays at 8:30 am levels 2/3) \$15

Restorative Yoga

(Last Thurs at 5:30 p.m.) no exp. necessary \$15

Yoga for EVERYbody

(Mondays at 11 am , Wednesdays at 6:15 pm) \$15

Yin Yoga (Sundays at 4 pm) \$15

Yoga for Men (Sundays at 11 am) \$15

My Yoga! for Children (Saturdays 2 to 4 pm)

Private and Semi-private Yoga Instruction (by appt)

Marilyn Calver - Yoga Program Director

For yoga registration, or to purchase discount punch cards,
please contact:

**Marilyn Calver, Yoga Program director at
(651) 307-2776 or Marilyn@tgparker.com**

T'ai Chi Classes

T'ai Chi Ch'uan (Thursdays at 7 pm)

recommended donation: \$60 per series,
\$8 per class (returning students)

Allan Lavalier (651) 351-0539

Qi Gong and T'ai Chi

(Wednesdays at 5 pm) recommended donation \$10

Lisa Schlingerman (651) 433-5498

Movement Classes

Soul Power Workout (First Thursdays at 7 pm) \$15

Amy Quarberg RN CTC (651) 208-1419

For updates and current information on classes

Visit

compasshealing.com/calendar

New at The Compass Center!

Gifted Child Assessments

Psycho-educational assessments and school consultation for ages PreK-Highschool. Specializing in assessment of highly intelligent children. Classes in positive parenting and infant massage also are a part of this. Appointments or phone consultation available.

Dr. Wendi Schirvar : phone (651) 442-0385

schirvar@umn.edu

Children's Meditation Classes

(Mondays at 4 pm beginning March 5)

\$10/class drop-ins welcome

please call **Katie Corbett** at (651) 373-4336

Yoga for Children!

My Yoga!

Saturday, Jan. 21 through March 10

ages 4 to 7 2:2:45 pm

Ages 8 to 11 3 to 3:45 pm

- Fun engaging themes based on the nationally acclaimed Yoga Calm® curriculum
- Interactive movements that promote body awareness
 - All abilities welcome
- Adults are invited to join, or drop off and enjoy some down time (quiet waiting area also available)
 - 8 weeks / \$85 (\$80 per additional sibling)

Instructor **Andi Hoepfner**

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

Compass Center for Healing

116 East Chestnut, Stillwater MN 55082

For details and registration call

(651) 307-2776 or email marilyn@tgparker.com

Healing and Transformational Classes

Astrology for Personal Growth Thursday, April 5, 6:30 pm-9:00 pm \$20

The next astrology workshop will focus on relationships. Who gets along with whom and why. We will look further into 2012, the Pluto-Uranus Square, the Venus Transit, solar storms and The 6th Sun of the Mayan Calendar.

Tod Drescher, architect and astrologer (651) 433-5600 tod@drescherarchitecture.com

Ayurveda Workshops Sunday, April 22, 2012 1:30 - 6:30pm

Holistic Sustainability Workshop - \$25

Includes: Peaceful Hatha Yoga practice, Meditation, Ayurveda presentation and a light vegetarian supper

Suzanne Howard suzanne@truenatureayurveda.com

Drum Gathering Community Gathering March 10, April 7, and May 5 7-9:30pm — suggested donation \$22

Come join us once a month for an evening of exploration and personal awakening through the traditional practice of drum journeying. Drum journeying is an integral part of the practice of core shamanism from around the world.

Theresa May (612) 345-1537 <http://www.heavenonearthhealing.com/drum-journeying-gatherings.html>

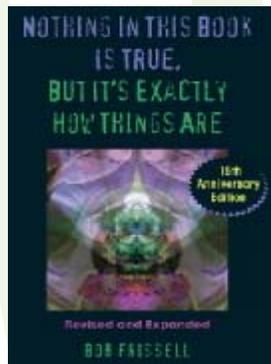
Coming to the Compass Center

June 29 through July 1

The Flower of Life Workshop

(Sacred Geometry & the Teaching of the Mer*Ka*Ba) as taught by Drunvalo Melchizedek; and facilitated by author Bob Frisell

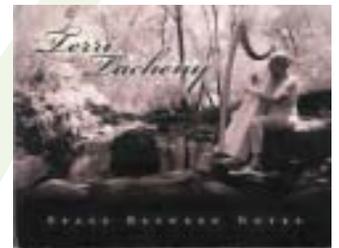
Information and registration at <http://www.bobfrisell.com/>



Equinox Harp Meditation Concert with Terri Tacheny March 21st, 7:30 to 8:30

free-will donation

a peaceful vibrational event to greet a new season of growth fulfillment and healing



Swami Ma Gita Bharati ji

will speak on the benefits of a meditation practice
March 26 6:30 to 8:00 p.m. Free-will donation

Swami Bharati is a teacher at the Meditation Center in Minneapolis. She has practiced yoga since the late 70's, and was made a Swami of the Bharati order in 1999 in Rishikesh, India by Swami Veda Bharati. She has worked as a psychotherapist and now offers spiritual guidance to many.



The Compass Center for Healing promotes the health and well-being of our community by offering a number of educational, and healing programs that are low-cost, or donation-based, and **open to the public**. These programs include on-going as well as special interest programs in the areas of movement, meditation, healing, personal transformation, and sustainability.

The Compass Center for Healing

www.compasshealing.com



Compass Center Practitioner *Directory*

- **Dr. Brooke Beck: N.D., Naturopathy and Homeopathy**
phone (651) 472-5111 beck@hawthornclinic.com
- **Marilyn Calver: Hatha Yoga Instructor, Program Director**
phone (651) 307-2776 marilyn@tgparker.com
- **Suzanne Vani Devi Howard, C.A.P., Ayurveda**
phone (651) 470-8781 suzanne@truenatureayurveda.com
- **Allan Lavalier: T'ai Chi Ch'uan**
phone (651) 351-0539
- **Theresa May: Shiatsu, Hypnotherapy, Coaching** heavenonearthhealing.com
phone (612) 345-1537
- **Lori McNally: Lomi Bodywork and Esalen Massage**
phone (651) 210-6961 windsongretreat@mac.com
- **Sally Milliren Noel: Reflexology**
phone (651) 308-4457 www.sunrisevitality.com
- **Laura Phillips, M.A., LMFT: Individual, Couples, & Family Therapy, and Mindfulness Practices**
phone (651) 344-6204 lauracounseling@gmail.com
- **Dr. Wendi M. Schirvar, Ph.D.: Licensed School Psychologist**
phone (651) 442-0385 schirvar@umn.edu
- **Lisa Schlingerman: T'ai Chi Qigong** www.taichilisa.com
phone (651) 433-5498
- **Jennie Soine: L.Ac., Ma.O.M., Acupuncture and Oriental Medicine**
phone (651) 253-5712 www.valleyholistichealing.com
- **Genie Stern, CMT: Sports and Therapeutic Massage**
phone (651) 491-1447 Sportscentermassage@gmail.com
- **Khiana Underwood, LMT: Reiki II Massage Therapist**
phone (651) 497-8767 khianaunderwood@massagetherapy.com