



# CompassPoints

wellness news



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There is a pleasure in the pathless woods,  
There is a rapture in the lonely shore,  
There is society where none intrudes,  
By the deep Sea, and music in its roar:  
I love not Man the less, but Nature more  
— Byron

## Therapy Notes

By Joan Hause

### Beauty in the Garden

I walk out to my spring garden. The spot where I had fifty blooming pink tulips last year is completely empty. I did not move the tulips or rearrange them, they are just gone. After a long snowy Minnesota winter, they never came back. How did fifty bulbs all die in one spot—was it disease, an animal, the snow? Did I not care for them well enough?

As a avid gardener, I deal with these issues every year—why do some plants thrive and others die? Why do some plants..such as the bee balm, the phlox, take over and spread and invade other plants, while others like the lovely patch of white daisies not come back at all? And why can't I control things better?

In my therapy practice, I listen to people try to deal with aspects of their lives that are out of their control. Why did my loved one have to die? Why do we have to suffer? Why was I victimized? As a therapist I don't have easy answers for these existential questions. I don't believe, as some do, that people only get what they can handle, that everything happens for a reason, that life is always fair.

It only takes a moment of looking at people on earth to realize that some people do

indeed get more than they can handle. Some things such as disasters, tsunamis seem to defy reason. And life, if we compare ours to people in different classes, different countries is not fair.

Life is not without tragedy or trauma, but it is always what humans do in the face of that knowledge that makes the difference. Can we sit with the widow who needs to grieve? Can we help our neighbors pick up the pieces after the tornado?

I try to help my therapy clients to thrive and grow. Perhaps they are coming off of a harsh winter in their lives where they felt little protection from the elements. The therapy office, in its ideal, creates that soft place to land, the shelter from the storm. In the therapy world we call this the "holding environment"—a place of safety and security to heal.

Year after year, there is always beauty in the garden. Although I lost the tulips, many of my plants have returned to rebloom this year. This year I plant red zinnias in the spot where the tulips died and their color is vibrant, fresh, young. There is also great beauty in humans, in the clients I see in my practice. There is suffering and pain, but there is also...joy, connection, safety and trust in life and in the therapeutic relationship.

*Joan Hause works as a therapist at the Compass Center.  
Her website: [www.joanhaustherapy.com](http://www.joanhaustherapy.com).*

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"To know that every movement you make is related to the movements of the pine trees in the wind / The orbit of a star or the spiral movement of the sun itself." — Walter Anderson, American painter

### **Five Elements Meditation by Lisa Schlingerman**

Have you ever wished to fly like a bird, swim like a dragon or move like the wind? Tai Chi and Qigong can fulfill that wish. Qigong and Tai Chi movements are inspired by animals, birds and clouds and are flexible, natural, graceful, and have fluency of presence. These movements cultivate qi or life energy in us.

The Taoist perspective was significant to the culture of China for many years and influenced the development of Tai Chi and Qigong. *Tao* means a path for living in harmony with the

natural world. Tai Ji (Chi) translates from Chinese as "supreme ultimate." Tai Chi originated in China in the 13th century A.D. as a blend of martial arts and sitting meditation. Qigong (pronounced chee gung) is a holistic system of healing from China from about 3,000 years ago. Qi is the Chinese word for life energy. Gong means the work. Qigong uses postures and simple movements that are repeated and do not flow from one to the other. Tai Chi is a continuous flow of graceful movements that become a slow meditative dance.

Chinese medicine sees all life as an exchange of heaven and earth energies. Change is seen as an important factor determining physical, emotional and spiritual health. The four seasons are a constant reminder from nature of the inevitability of change.

The five Elements fire, water, wood/wind, earth and metal—are five expressions of movement that come from observing these changes throughout the year. The five Elements Tai Chi form are moving expressions that describe the invisible energy patterns that are within us. When you look at nature everything has its own motion.

Practicing the five Elements has given me a deeper understanding of who I am and how to be true to my own nature. I have discovered my unique relationship to the natural rhythms of the universe and how the five Elements relate to my overall health.

I teach Five Elements Meditation combining Qigong and the Five Elements Tai Chi form on Wednesdays from 5-6. Please join me and become the five forces; move your body like the sound of the ocean, the wind in the trees, and express the fire inside.

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# Acupuncture and Allergies

By Jennie Soine

Many Traditional Chinese Medicine (TCM) patients are seeking relief from allergy symptoms at this time of year. It's a great option! While over-the-counter medications can have side effects, acupuncture does not.

The Western medical approach is to try and stop allergy symptoms. The body is coping with an overload of pollen and other allergic triggers, and while these meds can do a great job of relieving symptoms, they do not address the body's underlying immune system responses.

TCM and acupuncture do address immediate allergy symptoms, like runny noses or sneezing. But, TCM also seeks to address long term immune system improvement. I look for a pattern of symptoms, and develop a customized treatment strategy that meets a person's individual needs.

Some patients report a very quick response to the acupuncture treatments, often while they're still in the office. However, it's also possible to develop a long term plan to build up the patient's immune system to handle allergies a year from now.

Try this tasty Allergy Tea to help clear up your allergy symptoms.

### Ingredients:

Rind (including white pith) of half a lemon

Rind (including white pith) of half a grapefruit

Rind (including white pith) of half an orange

Honey to taste

Half teaspoon olive oil

### Process:

Place the rind including white pith, of half a lemon, grapefruit and orange in a pot, cover with cold fresh water. Bring to a boil, reduce heat and simmer for 15-20 minutes. Add a little honey and half a teaspoon of olive oil. Let cool and enjoy!

## Home Care Tips to Relieve Allergy Symptoms

Adding citrus fruits like oranges, tangerines, and grapefruit to your diet can help clear sinus passages.

- Increasing the use of coriander when cooking can help boost your immune system during allergy season.
- Avoid dairy products and rich, oily foods.
- Regular use of a netti pot has been shown to reduce allergy symptoms.
- A glass of water first thing in the morning with lemon squeezed into it is like a mini-detox for your body. Doing this alone has helped some allergy sufferers.



In the background of the whole process of creation is the Primal Matter pulsating with its own life, vibrating with inherent force, seeded with potentialities. Creative heat, starting a new vibration in the Primal Matter, gives rise to the creative desire, the will-to-be which acts as the seed of the mind, the creative principle, and from this follows the entire series of creations of visible, tangible forms.

-Rig-Veda

## The Harmony of the Spheres

By Dave Peterson

*Harmony* is a word used to describe peace, happiness, and accord, and generally evokes the idea of something pleasing. In music, harmony describes any combination of pitches, some of which may be pleasing or not pleasing to the ear depending upon such factors as the taste of the listener. As we know, tastes vary, and beauty is in the eye of the beholder, but it is fascinating to look into why we hear things as we do.

There is no simple answer. The quest to understand harmony is thousands of years old and has been influenced not just by musicians, but by philosophers, scientists, mathematicians, and even popes. Discoveries, inventions, edicts, compositions and revolutions have all had an effect on how we hear things ... and how we hear things apparently changes over time.

Two brilliant scientists, Pythagoras (570 B.C.) and Kepler (1571 A.D.) were among those who believed there was a mystical cosmic harmony represented by the tones of the musical scale. Pythagoras created a temple to worship the orderly universe, and Kepler tried to show the planets were oriented in a musical relationship to the sun — which at the time was the perceived center and soul of the universe.

For both, it was their mathematics, observations, and tools which led to the subsequent discoveries we now remember them for. We forget, or dismiss, their motivation to understand and revere the cosmic harmonies they discovered.

For Pythagoras, the eureka moment occurred when he was strumming an ancient Greek instrument called the monochord — a funny box with one string and a movable bridge. When he noticed that there was a primary relationship between fractions and the musical overtones of the strings ( $1/2$ ,  $1/3$ ,  $1/4$ , etc.) he decided the universe was orderly and could be understood through mathematical principles. The seven note scales he derived from these fractions are called *modes*. They still bear the names of the Greek city states which were said to represent the “mood” of the mode.

Plato believed listening to the modes affected behavior, attitudes, abilities, and social welfare. He recommended, for example, that soldiers listen to Dorian or Phrygian modes to gain strength, and warned weak minds would result from prolonged exposure to the Mixolydian mode. The seven sacred metals, the seven chakras, the seven sacred planets, and the seven directions of the medicine wheel all have their counterparts in the notes of the modes.

The health promoting properties of various musical pitches has been documented in studies of plants (e.g. Dorothy Retallack at the Colorado Woman’s College in Denver.) There have also been studies comparing styles of music as they benefit or harm plant growth. Sound has long been an aspect of ancient healing and meditative traditions. Does it have mystical and healing properties? Is there an order to the universe based on these vibrations? Some of the great minds have believed so. It might be best to keep ours open ... ”.

###

### *Migration Song* by Thea Ennen

The autumn settles in a haze  
across the pasture’s golden dawn  
I drive along the fences under  
power lines and geese migration songs

The crimson colors stand away  
from the faded rows of corn  
They’ve cut and baled the last alfalfa  
that winter’s ghost waits to adorn

A feather hangs from wiper blades  
I see it flutter in the wind  
It was left there by a sparrow  
before the autumn winds began

## What is Music Therapy?

By Jake Beck, Music Therapist — Board Certified

Many people find music powerful. Every civilization from the beginning of recorded time has been a musical culture, and ours is no exception. In fact, anyone bothering to look would struggle to find *one* person who hasn't been influenced by music in some way. From marching bands to rock bands, we all have a continuing relationship with music.

While music is relevant to our daily lives, it is not always understood *how* or *why* this is so. Music therapy is a unique and growing healthcare field that strives to utilize music to its fullest benefit. By applying its power to a host of health challenges, music therapy can alleviate suffering and help people overcome challenges.

Music therapy as a discipline is goal oriented—that is music therapists utilize their musical tools to benefit people in specific ways. The goal is to generalize therapeutic benefits beyond the music therapy session. When working with a child with autism, for example, a music therapist may have these goals: to increase appropriate social interaction, to increase cognitive learning capabilities, and/or to improve quality of life. Through unique and evidence-based interventions such as musical improvisation, musical role-playing, song-singing, and inherent musical qualities such as impulse control, harmony and dissonance, a music therapist can find great improvement in the child's functioning, both in session and at home.

This is only one of many examples where music therapy is utilized. I have experience working as a music therapist with people with dementia, stroke and Parkinson's, HIV/AIDS, schizophrenia, anxiety, gambling, alcohol, drug, and other addictions, developmentally disabled, physical ailments and stress. I contract music therapy services in nursing homes, hospitals, mental health counseling centers, addiction centers, educational settings, in people's homes, and at my home office in Osceola, WI.

Music therapists carrying the MT-BC are nationally licensed and board certified after years of specific musical and therapy-based education, a 1,020-hour internship, and a board examination. This is part of the reason that music therapists are so versatile, but of course the main reason is that music appeals to nearly everyone, and that its power is far reaching, applicable to so many challenges, and somewhat mysterious in its ability to move, effect, and change!

Please call Hawthorn Clinic at 715-294-3828 to learn more about music therapy, to request a facility or home presentation, or to set up a low-cost, 30 minute music therapy assessment session!



Photo from iStockphoto.com

## Soul Power Coaching Tip

By Amy Quarberg



“When your desires and your beliefs are not in alignment, you will always manifest what you believe.” Les Brown

I am taking a bit of a vacation at the cabin to get my own vision and intentions for the future figured out. I am reminded of the above quote, “When your desires and your beliefs are not in alignment, you will always manifest what you believe.” Think about your own life...have you ever had these great intentions and visions for your future or your new lifestyle habits and after making a good effort to change, fall back to the same pattern as before? If yes, then you are not alone. I have too.

The good news is that there are techniques to upgrade your belief system that supports your 100% magnificence. You see, our unconscious mind is where we store our beliefs, so they happen automatically, whether we are aware of them or not. The key then, is to access our unconscious mind and update our old limiting beliefs files with ones that are aligned with our current desires.

At Soul Power Coaching I use a NLP (Neuro-Linguistic Programming) technique that will do just that. I identify a limiting belief you wish to change or upgrade and reprogram a new belief that matches your desires into your neurology and biology. It is putting your inner resources or soul power to work over your will power.

Interested in giving it a try? I have a August special on belief change work for \$60.00/hour. It is like giving your mind a massage or updating your look with a new haircut...only better.

## Yoga and Movement Classes

### **Gentle Flow Yoga**

(Wednesdays at 9:30 am) \$15

### **Intermediate Hatha Yoga**

(Mondays & Thursdays at 9:30 am) \$15

### **Mixed Vinyasa Yoga**

(Tuesdays at 5:30 pm ,  
Saturdays at 8:30 am levels 2/3) \$15

### **Restorative Yoga**

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

### **Yoga for EVERYbody**

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

### **Private Yoga Instruction (by appt) \$60/hr**

Marilyn Calver - Yoga Instructor

For yoga registration, or to purchase discount punch cards, please contact: Marilyn Calver at (651) 307-2776 or marilyn@tgpark.com

### **Soul Power Workout**

(First Thursdays at 7 pm) \$15  
Amy Quarberg RN CTC (651) 208-1419

### **Tai Chi Chuan**

(12 weeks starting Wednesday October 5 at 7:30 pm )  
recommended donation: \$80 or \$7 per class  
Allan Lavalier (651) 351-0539

### **Five Elements Tai Chi Qi Gong**

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



## Benefits of Yoga

*Lower blood pressure*

*Improved circulation*

*Better breath capacity and efficiency*

*Improved balance*

*Greater range of motion*

*Flexibility*

*Strength*

*Endurance*

*Relief from low back issues*

**Go to:**

**<http://compasshealing.com/calendar>**

**for current information on classes**

## Meditation / Focusing Classes

### **Rug Making Hook-ins**

Sundays August 14, and Sept 11  
Pioneer Park ( 11 to 5 pm)

Sunday, October 2 - 9 to 4 pm

AngelGirl Hook-In and Silent "Hooked" Auction

Workshop classes:

Primitive Shading Class - Sharon McKendry

Rug Finishing Skills - Ann Knudsen

Hooked Rug Show Exhibition - October 1 -15

Little Parrot Gallery/Compass Center for Healing

donation not required

Victoria Jacobson - (612) 741-2529

[angel\\_girl\\_rughooking@yahoo.com](mailto:angel_girl_rughooking@yahoo.com)

## Healing and Transformational Classes

### **Astrology for Personal Growth**

"A Deeper Understanding of the Twelve Signs"

(Tuesday, August 16 from 6:30 to 9 pm) \$20

Tod Drescher, architect and zodiacologist (651) 433-5600

### **Reflexology Sampler**

(Saturdays 11:30 am to 3:30 pm) \$10 to \$15

Sally Noel - Reflexologist (651) 308-4457

### **Healing Meditation and Art Therapy Group**

Wednesdays 2:30 to 4:30 pm, Sept 7

Laura Phillips and Joan Hause (651) 344-6204 [lauracounseling@gmail.com](mailto:lauracounseling@gmail.com)

**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.

All classes are taught by well-regarded professionals, and are currently held on the lower level of the Compass Center in either our movement studio, or the conference room.

Pre-registration is required for some classes, since space is limited and minimum class sizes may apply. Please check our website calendar at [www.compasshealing.com](http://www.compasshealing.com) for changes and updates, or to contact the instructor directly.

## *Coming to Compass July 29 through 31, 2011*

### **Breath of Life Rebirthing** by Bob Frisell

Breath of Life Rebirthing is the sacred science of breathing life force energy (prana) as well as air. This leads to integration into your greater sense of well being, leaving you with an open heart, which gives you a direct experience of the One Spirit that moves through all life. This enables you to step more fully into the realization of who you really are and why you are here — in the context of the bigger picture. You will learn more about your true nature in three days than you have learned in your entire life! You will learn that you have everything you need, and it is all contained within. You will discover that you are a spiritual being having a human experience.

For more information or to register please visit

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



Compass Center Practitioners

## *Directory*

*phone extensions for*

**(651) 964-3776**

- **Ext. 2) Dr. Brooke Beck: N.D., Naturopathy and Homeopathy**  
direct phone (651) 472-5111 [beck@hawthornclinic.com](mailto:beck@hawthornclinic.com)
- **Ext. 10) Marilyn Calver: Hatha Yoga Instructor, Program Director**  
direct phone (651) 307-2776 [marilyn@tgparker.com](mailto:marilyn@tgparker.com)
- **Ext. 8) Joan Hause: M.A., M.F.A., Psychotherapist**  
direct phone (651) 705-6068 [joanhausetherapy.com](http://joanhausetherapy.com)
- **Ext. 13) Allan Lavalier: T'ai Chi Ch'uan**  
direct phone (651) 351-0539
- **Ext. 14) Theresa May: Shiatsu, Hypnotherapy, Coaching [heavenonearthhealing.com](http://heavenonearthhealing.com)**  
direct phone (612) 345-1537
- **Ext. 5) Lori McNally: Lomi Bodywork and Esalen Massage**  
direct phone (651) 210-6961 [windsongretreat@mac.com](mailto:windsongretreat@mac.com)
- **Ext. 15) Sally Milliren Noel: Reflexology**  
direct phone (651) 308-4457 [www.sunrisevitality.com](http://www.sunrisevitality.com)
- **Ext. 4) Laura Phillips, M.A., LMFT: Individual, Couples, & Family Therapy, and Mindfulness Practices**  
direct phone (651) 344-6204 [lauracounseling@gmail.com](mailto:lauracounseling@gmail.com)
- **Ext. 12) Amy Quarberg RN, MA, CTC : Health and Vitality Life Coach, Weight Loss Specialist, & Soul Power Workout instructor** direct phone (651) 208-1419 [amyquarberg@comcast.net](mailto:amyquarberg@comcast.net)
- **Ext. 9) Dr. Wendi M. Schirvar, Ph.D., AbD: Licensed School Psychologist**  
direct phone (651) 442-0385 [schirvar@umn.edu](mailto:schirvar@umn.edu)
- **Ext. 16) Lisa Schlingerman: T'ai Chi Qigong [www.taichilisa.com](http://www.taichilisa.com)**  
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- **Ext. 3) Jennie Soine: L.Ac., Ma.O.M., Acupuncture and Oriental Medicine**  
direct phone (651) 253-5712 [www.valleyholistichealing.com](http://www.valleyholistichealing.com)
- **Ext. 11) Genie Stern, CMT: Sports and Therapeutic Massage**  
direct phone (651) 491-1447 [Sportscentermassage@gmail.com](mailto:Sportscentermassage@gmail.com)
- **Ext. 6) Khiana Underwood, LMT: Reiki II Massage Therapist**  
direct phone (651) 497-8767 [khianaunderwood@massagetherapy.com](mailto:khianaunderwood@massagetherapy.com)