



CompassPoints

wellness news

"I cannot escape the objection that there is no state of mind, however simple, that does not change every moment." Henri Bergson (Fr. philosopher 1859-1941)

"Compass at Three"

by Dave Peterson

It was three years ago when the journey of the Compass Center for Healing began with the arrival of a Sun Conure parrot on our Wisconsin patio. By a stroke of serendipity, we were introduced within days of this event to some healing "inspirationalists" whose encouragement, wisdom, and sacrifice helped us undertake a project which we would never have attempted otherwise.

As I think back upon the risks, the adverse economic climate, and the effort required, I am amazed to witness the caliber of talent which has congregated here. Healing is happening! Bodies are soothed and renewed, minds are calmed, and holistic therapy is being embraced by many, as these incredibly talented individuals share their gifts and wisdom.

As the two remaining initiators of this project who are responsible for maintaining the building and the Art Gallery, Thea and I often remark about how we are also among its greatest beneficiaries. We are finding great personal healing, though we would not have thought we were ill to begin with. I believed a persistent cough I had was simply due to construction exposure over the years, and didn't realize I had an allergy, until a bright Naturopathic Doctor removed dairy products from my diet. I also didn't realize how much my body craved the Tai Chi I had sampled at a much younger age, or how transformative a little massage can be for the aches you think you must accept as you get older.

There is an intuitive aspect to this healing. It involves you as a person, and not just your symptoms. It challenges you to change your life, to adapt your circumstances to a healthier lifestyle, and to recognize symptoms of stress, fatigue, overindulgence, and dangerous habits. As you change, the world changes too. Perhaps you begin to see convenience differently, or to develop a taste for a variety of subtle and unusual foods.

As these influences have come together at Compass, I believe the whole is greater than the parts. I am humbled by the dedication and knowledge these healing professionals exhibit, and by the power of their collective intuition and insight. It is interesting the majority are women, but not surprising that in a world dominated by men, and filled with crisis and strife, we have a metaphysical need for female nurture and wisdom.

I am filled with excitement at the opportunities the coming year will bring to this collective of healers, and am in awe of the possibilities it contains for our community and the world!



Some of the Compass Group 2011

Autumn — The Season of Metal by Lisa Schlingerman

The Taoist five elements are based on the circle. The circle symbolizes the continuity of life: day and night, birth and death, and the seasons. The season of autumn is the time of metal.

Of all the five elements, metal was the most difficult for me to comprehend when I started my Tai Chi practice. The word evokes something rigid, hard and judgmental. I love autumn and didn't want to think about the season in such harsh terms.

I have learned from my practice and readings to understand the season of metal in a spiritual and metaphorical way. Metal is gold, jewels and crystals. Mythically it is about the search for something uncorrupted: the magic sword that separates good from evil, pure from impure. Autumn is the time of year we turn inward, a time to find the jewels and the treasures within.

Autumn asks us to examine what we have brought to harvest, to decide what we need to keep and what we need to let go of. It teaches us to know the balance between loving the beauty of life and mourning its loss. Metal's spirit teaches us to let go without giving up and without losing trust. It reminds us that with acceptance we are able to let go of the old so that something new can be born.

You cannot hold gravity
or seasons; even air and water
inevitably evade your grasp.

Why not, then, let go?

~ Lynn Ungar ~.

Lisa Schlingerman teaches Tai Chi & Qigong on Wednesdays from 5-6.

She also offers seasonal retreats at the **ARTSelf** Studio on the St Croix in Scandia.

www.taichilisa.com

www.arttogethermn.com

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Suzanne Howard

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.

Why Should You Use a Basal Body Temperature Chart?

By Jennie Soine

At my practice I work a lot with women and couples who are trying to become pregnant. When I first start working with them, I'd ask the woman if she has been basal body temperature charting. Many women will tell me no. They have been told that it cannot be used to time intercourse so, it is not useful. While it is true that basal body temperature charting alone cannot be used to time intercourse, I strongly disagree that it is not useful.

Most women think of their "cycle" as the 3-7 days a month they experience menstrual bleeding. They have surprisingly little knowledge about the hormonal shifts taking place before this event. Believe me I used to be one of them! These hormonal shifts make subtle, but significant changes to a woman's body temperature, and they tell us a lot about the woman's fertility. By charting these temperatures we can identify or rule out several factors that may be impeding conception. These factors include anovulation, late ovulation, short luteal phases, hormonal imbalances (such as PCOS), insufficient progesterone levels, and early stage miscarriage.

Obviously, having this information is not at all useless to a woman or couple trying to conceive! You might even be surprised by how much you enjoy your newfound understanding of your body!

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

Great for seasonal allergies!

Allertea

— an herbal remedy
from the Hawthorn Clinic
(www.hawthornclinic.com)

West Indian Lemongrass
Eyebright
Licorice Root
Stinging Nettle
Hawthorn
Hibiscus



Hawthorn

Pour one cup of boiling water over one tablespoon of tea. Cover and let steep for 5 to 10 minutes. Strain and enjoy as is, or sweeten with honey.

Holiday Yoga by Marilyn Calver

For all of us the holiday season exerts pressure at some level. Whilst we enjoy getting together with friends and family and celebrating our traditions, we sometimes get lost in the hustle and bustle. Gift buying, traveling and entertaining along with a bounty of food all contribute to the sensory overload.

We might feel unsettled and stressed out and as stress manifests itself in many different ways, sometimes it leaves us exhausted, other times it drives us to devour task after task. Let your intuition guide you so you don't have to stress about how many calories you are consuming, if you have forgotten anyone or what you wished you had or hadn't said at the family or office gathering.

At such busy times it is more important than ever to get enough rest and take some time for yourself. This might be as simple as taking a long relaxing bath, putting your feet up or even taking a yoga class. Make sure to take some time away from all the stimulation so you can quiet the senses.

Restorative Yoga 12/1, 12/29 and 1/26 \$15 per class
no experience necessary

Stress Buster Yoga 12/9 and 12/19 mixed levels \$15 per class

Marilyn Calver is a Hatha Yoga Instructor and the Yoga Program Director at the Compass Center for Healing.

Have Another Chocolate Bar?

by Dave Peterson

A recent study by Dr. Jacob Schor, N.D. on the effects of dark chocolate consumed during exercise, found that oxidative stress was significantly reduced for those consuming 40 grams of chocolate twice per day and two hours before the exercise regimen began. In particular, F2-Isoprostanes were lower during the recovery period, indicating oxidized low-density lipoproteins were lowered due to the effect of dark chocolate on the blood chemistry.

Concerns were raised by the study that chocolate consumption might actually lower the beneficial effects of exercise. Apparently, the body's response to such oxidative damage strengthens the body's adaptive anti-oxidant mechanisms.

The complete study is available on-line at the Journal of Natural Medicine (www.naturalmedicinejournal.com), a publication of the American Association of Naturopathic Physicians.



on

"Listening to the Wilderness"

by Thea Ennen

All is calm,
floating on the water's edge
listening to the wilderness
please don't leave us yet

I saw the moon
get swallowed by the velvet night
dropping like a burning coal
to the ash beneath the grate

Somebody's happiness slipped through...

The lightning strikes
behind the cloud monument
rising like a buffalo's back
in neon skies

Outside the town
the promise hid in the prairie grass
and dropped it's tears
with all the sweet crying flowers

Somebody's happiness slipped through...

**Come to our Holiday Sale on
December 17
at The Little Parrot Art Sanctuary**
Refreshments and entertainment by
Accordion duo *Suzie and LeAnn* playing your
favorite old-time Christmas
tunes. We feature artwork by
some of the finest local and
regional artists. There will be
specials on meditational singing
bowls and selected wellness and
comfort items. Put yourself in a peaceful
place for Christmas, and spread the good
will.



littleparrot.com
(651) 472-5800
Tues-Sat 11 to 5

Handmade pottery
by Douglas Johnson



Practitioner Spotlight



Theresa May

A Mind-Body Integrative Therapist, Healer, and Teacher

Hello Dear Friends New & Seasoned,

I am so looking forward to continuing to provide services to my seasoned clients and meditation practitioners from the St Croix Valley area. It is good to be back again. And even more exciting to be joining a team of holistic professionals who all strive to share of our gifts and assist you in being well on the inside and out! I look forward to sharing my gifts with you and helping you along your journey to wholeness very soon. Please visit my website for more information on upcoming classes, individual services and special offers to make your journey even more attainable.

In Wellness, Theresa May

www.heavenonearthhealing.com

(Theresa is offering a new class series beginning Tuesdays in November called "Three Ways to Bliss")

Classical Hatha Yoga — by Suzanne Howard

The physical exercises of Yoga are called Asanas, a term which means steady pose. The Yoga Asana (or posture) is meant to be held for some time and should feel comfortable. Performing the poses slowly and consciously becomes a mental exercise in concentration and meditation. Meditation is the best remedy for stress as it recharges the body and mind and helps us access universal energy and wisdom. And since Yoga is a spiritual system with a physical component, the Asanas provide a non-competitive method for us to withdraw inside and renew our connections with ourselves, looking for answers within. By tapping into our inner resources of peace and joy, we gain much more than just a healthy body.

I received my Yoga teacher training from the Swamis and Brahmacharyas (senior level staff) at the Sivananda Ashram Yoga Retreat on Paradise Island in the Bahamas. The Sivananda Yoga style is vigorous yet relaxing with an emphasis on deep breathing, relaxation and concentration. This traditional, slow-paced, meditative training session encourages proper breathing, flexibility, strength and vitality in the body while calming the mind. It includes Pranayama (breathing exercises), Surya Namaskar (sun salutations/warm-up exercises), 12 basic Asanas (postures) and deep relaxation. The focus is on mastering the basic Asanas before variations are added to deepen the practice. The Asanas follow a specific order that allows for the systematic movement of every major part of the body in a balanced way. This system enhances Prana (life force energy) while keeping the body and mind quiet, removing the need to think beyond each pose. With an emphasis on relaxation, the body and mind maintain a calm, peaceful, meditative state.



I invite you to come try this traditional practice of Hatha Yoga as handed down from teacher to student at my workshops in November and December at the Compass Center for Healing. By attending one of the workshops, you will receive \$10 off when you register for my weekly Hatha Yoga classes at the Compass Center starting in January 2012.

Suzanne Howard is a Certified Yoga Teacher, a Certified Ayurvedic Practitioner, a Certified Pancha Karma Therapist, a Certified Massage Therapist, and a Yoga of Recovery Specialist

NEW!

Yoga and Movement Classes

Gentle Flow Yoga

(Wednesdays at 9:30 am, and Thursdays 5:30 to 6:30 pm)
all levels \$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,
and Fridays 11 am to noon) \$15

Private and Semi-private Yoga Instruction (by appt)
Marilyn Calver - Yoga Program Director

Stress Buster Yoga!

Dates: 12/9 - 9.30-10.45am and 12/19 5.30-6:45 p m. \$15

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

Soul Power Workout

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

Tai Chi Chuan

(Mondays at 7 pm)
recommended donation: \$7 per class
Allan Lavalier (651) 351-0539

Qi Gong and Tai Chi

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

Beginning Yoga

A five week series
beginning Monday November 14, \$75
contact: Marilyn Calver at (651) 307-2776

Yoga for EVERYbody on Fridays and Gentle Flow on Thursdays (See Schedule)

Classical Yoga with Vani Devi

Classical Hatha Yoga Workshops - \$12

Intro to Classical Hatha Yoga for Beginners:

Sunday 13 November 1:00-2:30 pm

Saturday 10 December 1:00-2:30 pm

Intro to Classical Hatha Yoga (some experience):

Sunday 13 November 3:00-4:30 pm

Saturday 10 December 3:00-4:30 pm

Classical Hatha Yoga Classes 1/9/2012 – 3/11/2012

9 weeks for \$108

Beginners: Mondays 7-8:30 pm or Tuesdays 9:30 –
11:00 am

Intermediate: Thursdays 7:00 – 8:30 pm or Fridays 9:30
– 11:00 am

Please contact Suzanne Howard (Vani Devi) at:

(651) 470-8781 or Suzanne.howard@comcast.net
Suzanne Howard to register or if you have any
questions: 651/470.8781 or
Suzanne.howard@comcast.net

**For updates and current information on classes
Visit**

<http://compasshealing.com/calendar>

Benefits of a Yoga Asana Practice:

- * increase flexibility, especially of the spine*
- * strengthen bones*
- * tone muscles*
- * stimulate the circulatory and immune systems*
- * calm the mind and reduce stress*
- * open energy channels and chakras*
- * release stored emotions*
- * ensure overall physical and mental health*
- * possibly prevent diseases such as diabetes, hypertension and arthritis*



Healing and Transformational Classes

Astrology for Personal Growth

"A Deeper Understanding of the Twelve Signs"

(See Compasshealing.com\Calendar for the latest class offering) \$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

Three Ways to Bliss

(Tuesdays 11:00 am to 12:00 pm)

Theresa May (612) 345-1537

Paramahansa Yogananda (1893-1952) was one of the first to bring the teachings of the Yogic tradition from India to Westerners. The following is how he described his first meeting with his guru, the Swami Sri Yukteshar Giri:

"We entered a oneness of silence; words seemed the rankest superfluities. Eloquence flowed in soundless chant from heart of master to disciple. With an antenna of irrefragable insight I sensed that my guru knew God, and would lead me to Him. The obscuration of this life disappeared in a fragile dawn of prenatal memories. "

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 Yoga Space, 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 for changes and updates, or contact the instructor directly.

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
- **Ext. 10) Marilyn Calver: Hatha Yoga Instructor, Program Director**
direct phone (651) 307-2776 marilyn@tgparker.com
- **Ext. 8) Joan Hause: M.A., M.F.A., Psychotherapist**
direct phone (651) 705-6068 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**
direct phone (612) 345-1537
- **Ext. 5) Lori McNally: Lomi Bodywork and Esalen Massage**
direct phone (651) 210-6961 windsongretreat@mac.com
- **Ext. 15) Sally Milliren Noel: Reflexology**
direct phone (651) 308-4457 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
- **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
- **Ext. 9) Dr. Wendi M. Schirvar, Ph.D., AbD: Licensed School Psychologist**
direct phone (651) 442-0385 schirvar@umn.edu
- **Ext. 16) Lisa Schlingerman: T'ai Chi Qigong www.taichilisa.com**
direct phone (651) 433-5498
- **Ext. 3) Jennie Soine: L.Ac., Ma.O.M., Acupuncture and Oriental Medicine**
direct phone (651) 253-5712 www.valleyholistichealing.com
- **Ext. 11) Genie Stern, CMT: Sports and Therapeutic Massage**
direct phone (651) 491-1447 Sportscentermassage@gmail.com
- **Ext. 6) Khiana Underwood, LMT: Reiki II Massage Therapist**
direct phone (651) 497-8767 khianaunderwood@massagetherapy.com