



CompassPoints

wellness news

Breathe Stretch



© Thea Ennen BWCWA trees

Do you have to believe in acupuncture for it to work?

by Jennie Soine

You do not need to believe in acupuncture for it to work. Acupuncture has been proven effective in controlled clinical trials, which means it is effective for treating many different ailments and it is not simply based on “placebo effect.” Furthermore, acupuncture is effective in animals and babies: two groups not believed to be susceptible to the so-called “placebo effect.” I know that patients with a positive attitude and an open mind only increase their body’s healing potential. This is why I take the time to educate my patients on the process of their treatments and give as much lifestyle advice and support as needed.

Start Where You Are . . .

by Dave Peterson and Laura Phillips

You are at the center of the compass. At a given moment you can go in any direction, but once you have moved and a step is taken, the world is forever changed. You can return to where you began, but it will not be the same. At Compass our mission is to offer opportunities to reconnect with yourself as you create the life you envision. We understand it takes your positive intention for healing and growth AND the support of others as you engage in your quest.

Dharma Drum Comes to Stillwater

Musician and Zen priest Marc Anderson brought the Dharma Drum meditation to the Compass Center in February



Issue 1

1
May '11

Luminous Light — The Paintings of Nancy Stephani

by Thea Ennen

As I gaze at the paintings of Nancy Stephani, I am transported to aboriginal dream-songs, petro-glyphs of extra-terrestrials, and the primitive emergence of life under a microscope. There is a shifting of all these sensations at once, as the paint strokes vibrate on the large canvases like living matter Nancy describes as ". . .energy patterns of emotion, . . .something fluid and malleable - a tangible artifact of a fleeting moment."

There is a pulsing movement in the brushstrokes that ask the viewer to participate with images and enter a deep collective knowing. In her painting titled *Icefield* a single petroglyph figure fashioned from rustic metal stands in the foreground of a globe, or hive shape, emerging and floating above the sea — rising from the abyss. The round shape is decorated with line patterns that are both labyrinthine and mandala-like, while the figure becomes a witness to this primitive, cellular event.

Another large piece, which is constructed of two adjoined canvases that create a stylized kimono shape, is aptly titled *Poppy Kimono*. It features a zoom-lens view of a single poppy flower that easily becomes a butterfly. The brilliant flower is suspended by a perceivable layer of dimension above Stephani's signature mandala shape in the painting's background. Although the background and foreground are both active, which has an energizing affect on the viewer, the overall feeling is hypnotic and tranquil.

Nancy Stephani's transcendent paintings immediately remind me of our collective human psyche and our cellular beginnings, as well as our dreams and soul journeys that seem to have

traversed through universes beyond space-time. She presents this inspiring contemplation on her mandala infused canvases, through rich colors in brush strokes that vibrate, using simple forms from nature.

A collection of Nancy Stephani's works are currently on exhibition at The Little Parrot Art Sanctuary, a new gallery located at 116 East Chestnut Street in historic downtown Stillwater, Minnesota.



Icefield by Nancy Stephani

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

Healing Through Meditation, Writing and the Arts: A Six-Week Therapy Group



This six-week therapy group will use mindfulness, meditation, art and writing in order to increase awareness, self-acceptance, and the ability to cope with stress. Meditation exercises will help participants to notice what needs attention in their lives. Writing and art exercises will also open up avenues for self-understanding, healing, joy and insight. \$35.00 per session fee. Participants must commit to all six sessions. Insurance may cover part of fee. Initial intake session required.

Dates and Times: Wednesdays, June 1 through July 6, 2:30-4:30 p.m.

Location: Compass Center for Healing

116 E. Chestnut St. Stillwater, MN, 55082

To Register Contact Group Facilitators:

Laura Phillips, MA, LMFT, Psychotherapist: (651)344-6204 or lauracounseling@gmail.com

Joan Hause, MA, MFA, Psychotherapist: (651)705-6068 or joancounseling@gmail.com



The Meaning of “GARUDA” Dzogchen Tantras, which are

ancient Buddhist teachings, speak of a mythical bird, the garuda, which is born fully grown. This image symbolizes our primordial nature, which is already completely perfect. The garuda chick has all its wing feathers fully developed inside the egg, but it cannot fly before it hatches. Only at the moment when the shell cracks open can it burst out and soar up into the sky. Similarly the masters tell us, the qualities of buddhahood are veiled by the body, and as soon as the body is discarded, they will be radiantly displayed.

This article is quoted from “Rigpa Glimpse of the Day” for January 27, 2011.

The Garuda Aviary offers lifelong care to abused and neglected parrots, and is entirely dependent on donations. As you know, donations are down for all non-profits and times are tough. Please do whatever you can to help Garuda Aviary offer lifetime sanctuary to parrots of all sizes. It costs us an AVERAGE of \$2.75/day per bird. Please consider making a donation of any amount today!

[Click here to donate!](#)

didyouknow?

by Suzanne Howard

Ayurveda, an ancient medical practice originating in India thousands of years ago, is a time-tested holistic and individualized science of disease prevention, detoxification and wellness. Many systems of healing evolved from Ayurveda, including Chinese medicine, acupuncture and modern surgery.

Based on universal laws of nature, Ayurveda provides each individual with healthy options for diet, lifestyle, and exercise. Ayurvedic therapies work to sustain health and address illness and disease in a holistic manner. Ayurvedic treatments include herbal remedies, eating guidelines, meditation, aromatherapy, body treatments and other gentle, practical and natural methods.

Adaptable to any geographic location and economy, Ayurveda is part of a national grassroots health care movement bringing responsibility for our health into our own individual hands and out of the grasps of the insurance and pharmaceutical companies.

Classes in Ayurveda: Natural Health and Healing

Learn how to bring health, harmony and balance into your life.

- **Introduction to Ayurveda**
- **Pancha Karma: Ayurvedic Detoxification & Rejuvenation**
- **The Energetics of Yoga and Ayurveda: Prana, Marma Points, Nadis & Chakras**

(see the compasshealing.com calendar for details)

\$25 each class or three classes for \$60

To register:

contact Suzanne Howard, AHE, CYT
651/470.8781 or suzanne.howard@comcast.net

Issue 1

4

May '11

The Flower of Life Workshop

by Bob Frisell

Coming to Compass July 24 through 26, 2011

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

In the Flower of Life workshop, I will lay enough groundwork to enable a "big picture" context to develop. I will then introduce you to the teachings of an ancient Egyptian twelve year mystery school, known as the Right Eye of Horus. Using the universal language of sacred geometry, I will show you how there is truly only One consciousness, One Spirit, and that we are all part of that Oneness. After your mind understands this concept, I will then teach a 17-breath MerKaBa Meditation that will re-establish the proper prana flow. This in combination with another powerful meditation, the Unity Breath Meditation, will allow you to feel and experience this Unity of Being.



by Dr. Brooke Beck, N.D.

What is Naturopathic Medicine?

Naturopathic medicine is a distinct system of primary health care that integrates safe and effective natural therapies with current advances in medical science. Naturopathic doctors use a natural approach to health and healing that recognizes the integrity of the whole person.

Naturopathic medicine represents the *vitalistic* tradition of medicine in our Western world. That is, it treats disease through the stimulation, increase, and support of the person's inherent healing capacity. These treatments are chosen to work with the patient's vital force, respecting the natural healing processes of nature or scientifically speaking respecting natural physiology and homeostasis. Naturopathic medicine is a non-toxic, non-invasive approach that covers all aspects of family health, acute and chronic disease and prevention. It is distinctively different from conventional medicine in the philosophy which it is based.

What is a Naturopathic Doctor?

A Naturopathic Doctor (ND) is a primary care general practitioner trained as an expert in natural medicine. Naturopathic medicine concentrates on whole-patient wellness. The medicine is tailored to you as an individual and emphasizes prevention and health education. Naturopathic medicine strives to address the underlying causes of your condition rather than focusing solely on symptomatic treatment. Naturopathic Doctors cooperate with all other branches of medical science, referring patients to other practitioners for complete care.

Naturopathic doctors ensure that their patients are safe and comfortable on their journey to greater health. Some of the modalities used by naturopathic doctors to treat any number of health complaints are: clinical nutrition, western botanicals, homeopathy, hydrotherapy, body work, physiotherapy, and lifestyle counseling. Certain states authorize Naturopathic doctors to utilize minor surgery, naturopathic obstetrics and limited pharmaceutical prescribing.

Why Yoga?

by Marilyn Calver

The physical postures of yoga move the whole body, its muscles, ligaments and joints through full ranges of motion. Combined with breathing and relaxation exercises and meditation, yoga brings balance to the whole body.

According to the *Mayo Clinic*™ “chronic stress can lead to a variety of health and emotional problems and yoga can be an effective method to reduce stress and anxiety. With its quiet, precise movements, yoga draws your focus away from your busy, chaotic day and toward calm as you move your body through poses that require balance and concentration.”

Other health benefits of a regular yoga practice include:

Lower blood pressure

Improved circulation

Better breath capacity and efficiency

Improved balance

Greater range of motion

Flexibility

Strength

Endurance

Relief from low back issues

Anyone can ‘do’ yoga. You do not have to be flexible or expect to have to perform pretzel like maneuvers. Yoga incorporates a broad range of practices and techniques which can be tailored to suit any age or experience level. Finding the right class and teacher are important to ensure you have the best possible experience.

We offer a complete range of classes for all levels along with workshops and private instruction. (www.compasshealing.com/yoga). The monthly restorative class is a perfect place to begin - no yoga experience necessary.

See www.compasshealing.com for information.

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) \$15

Restorative Yoga

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

Yoga for EVERYbody

(Mondays at 11 am & Wednesdays at 6:30 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@tgparker.com

Soul Power Workout

(First Thursdays at 7 pm) \$15

Amy Quarberg RN CTC (651) 208-1419

Tai Chi Chuan

(Wednesdays at 7:30 pm) recommended donation \$7

Allan Lavalier (651) 351-0539

Five Elements Tai Chi Qi Gong

(Wednesdays at 5 pm) recommended donation \$10

Lisa Schlingerman (651) 433-5498

Go to:

<http://compasshealing.com/about/calendar/>
for current information on classes

Meditation / Focusing Classes

Open Sitting Meditation

(Thursdays, beginning May 19 at 8 am)
20 to 30 mins donation not required
Laura Phillips LMFT (651) 344-6204

Rug Making Hook-in

(Sundays, *see calendar* 12 to 6 pm)
donation not required
Victoria Jacobson - (612) 741-2529

Healing and Transformational Classes

Vision Board Workshop

(Monday from 6:30-9 pm) *see calendar for dates*
Amy Quarberg RN MA CTC
(651) 208-1419

Astrology for Personal Growth

(Thursday May 26 at 6:30 pm) \$20
Tod Drescher, architect (651) 433-5600

Introduction to Ayurveda:

The Ancient Science of Life and Self-Healing

Ayurveda & Pancha Karma:

Therapies for Cleansing and Restoring the Body, Mind and Spirit

The Energetics of Yoga and Ayurveda: Prana, Nadis, Marmas and Chakras

(Wednesday at 7 pm) \$25 *see calendar for dates*
Suzanne Howard - Ayurvedic Educator
(651) 470-8781

Reflexology Sampler

(Saturdays 11:30 am to 3:30 pm) \$10 to \$15
Sally Noel - Reflexologist (651) 308-4457

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.

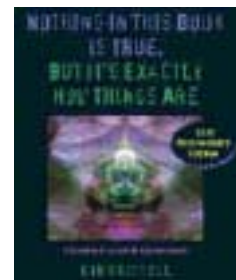
Pre-registration is required for some classes, since space is limited and minimum class sizes may apply. Please check our website calendar at www.compasshealing.com for changes and updates, or to contact the instructor directly.

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



Compass Center for Healing Practitioners May 2011:

directory of phone extensions for (651) 964-3776

- **Ext. 2) Dr. Brooke Beck: N.D., Naturopathy and Homeopathy**
direct phone (651) 253-5712 www.hawthornclinic.com
- **Ext. 14) Kathryn Z. Berg, M.A., C.C.H., Classical Homeopathy**
direct phone (651) 748-1556 www.lotushomeopathy.com
- **Ext. 10) Marilyn Calver: Hatha Yoga Instructor**
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. 11) Suzanne M. Howard: Ayurvedic Health Educator, CYT**
direct phone (651) 470-8781
- **Ext. 5) Lori McNally: Lomi Bodywork and Esalen Massage**
direct phone (651) 210-6961 windsongretreat@mac.com
- **Ext. 15) Sally 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, Certified Therapeutic Coach® and Movement specialist**
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. 3) Jennie Soine: L.Ac., Ma.O.M., Acupuncture and Oriental Medicine**
direct phone (651) 253-5712 www.valleyholistichealing.com
- **Ext. 6) Khiana Underwood, LMT: Reiki II Massage Therapist**
direct phone (651) 497-8767 khianaunderwood@massagetherapy.com