

Connectives... July/August 2003

Published for Members and Friends of *Mind-Body-Spirit Connected*, Cleveland, Ohio

Mind-Body-Spirit Connected (MBSC) is a 501(c)(3) nonprofit association dedicated to the education and advancement of holistic practitioners and complementary healing methodologies. While there are many organizations that focus on various aspects of holistic practice, *MBSC* strives to bring together all disciplines and to bridge the gap between the holistic and traditional healing communities. *MBSC* encourages an understanding of both eastern and western philosophies.

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MBSC's Board of Directors

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MBSC's newsletters are now posted online at our website. If you are a non-member who would like to receive this bi-monthly newsletter by mail, you may subscribe for \$12 to help defray printing and postage expenses. The newsletter is routinely mailed free of charge to *MBSC* members who prefer a hard copy. If you have news to contribute or comments or suggestions about the newsletter, please contact the office or one of the following newsletter committee volunteers: Rachel Rizzi, Tedde Abbott, Therese Stadul.

Fight Hunger With Your Garden

from Email Newsletter sent by Mother Earth Productions

This summer, as you sow and tend your garden, imagine how your zucchini, tomatoes, or fresh herbs could help feed local people who are hungry. *Plant a Row for the Hungry* encourages gardeners to plant extra and donate the produce to local food banks and soup kitchens, which rarely receive adequate fresh food. Sponsored by the Garden Writers Association, the Plant a Row network motivates gardeners on a national level and tracks donations -- about 1.2 million pounds of food during 2002 throughout the United States. To find out how you can become part of the solution and Plant a Row, visit www.gwaa.org or call 877-492-2727.

Are You Cracked?

Author Unknown

A water bearer in China had two large pots. Each hung on the ends of a pole which he carried across his neck. One pot had a crack in it, while the other pot was perfect and always delivered a full portion of water. At the end of the long walk from the stream to the house, the cracked pot arrived only half full. For a full two years this went on daily, with the bearer delivering only one-and-a-half pots of water to his house.

Of course, the perfect pot was proud of its accomplishments, perfect for which it was made. But the poor cracked pot was ashamed of its own imperfection, and miserable that it was able to accomplish only half of what it had been made to do. After two years of being what it perceived to be a bitter failure, the cracked pot spoke to the water bearer one day by the stream... "I am ashamed of myself, because this crack in my side causes water to leak out all the way back to your house."

The bearer said to the pot, "Did you notice that there were flowers only on your side of the path, but not on the other pot's side? That's because I have always known about your flaw, and I planted flower seeds on your side of the path. Every day while we walk back, you've watered them. For two years, I have been able to pick these beautiful flowers to decorate the table. Without you being just the way you are, there would not be this beauty to grace the house."

Moral: Each of us has our own unique flaws. We're all cracked pots. But it's the cracks and flaws we each have that make our lives together so very interesting and rewarding. You've just got to take each person for what they are, and look for the good in them.

Welcome, New Members

Please extend a warm welcome to these new *MBSC* members:

Carol Adams, Lyndhurst
Clairvoyant, Energy Healer

Jan Boling, Cuyahoga Falls
High School Educator

Linda Clark, Massillon
Massage Therapist

Jane Ehrman, Berea/Brunswick
Clinical Hypnotherapist

Kirsten Ericson, Akron
Registered Acupuncturist

Linda Garverick, Shaker Heights
Manager Heart Sage

Elizabeth Grosse, Cleveland
Change Management Consultant

Kris Halter, Akron
Feng Shui Consultant

Barbara Hribar, Medina
Spiritual Leader

Mark Kaplafka, North Royalton
Graduate Student

Linda Knight, Akron
Massage Therapist

Andrea Kohoot, Chagrin Falls
Housewife/Mother/Volunteer

Tajalli Leppla, Stow
Integrative Healing Practitioner

Trevor Levin, Lyndhurst
Physician

Rebecca Metcalf, Millersburg
Holistic Family Nurse Practitioner

Merida Raines, Medina
Massotherapist

Jane Rowe, Lakewood
Virtual Office Administrator

Jody Soland, Cuyahoga Falls
Breathwork Practitioner

Sheldon Strauss, Euclid
Treasurer of Medical Care Group

Guy Thellian, Cleveland Heights
Reconnective Healing Practitioner

Chris White, Aurora
Corporate Controller

Carol Zore-Laurie, Wickliffe
Reiki Master

Submit Your Nominations

Consistent with our Code of Regulations, a Nominating Committee for *MBSC* will be appointed by July 31, consisting of the current Board President, two directors, and one member at large. This committee will submit a slate of candidate names for election at *MBSC's* annual meeting in October. There are currently four board positions becoming available, with a term length of three years. If you or someone you know would be a good candidate to serve on the board of directors, please forward us his/her name.

The board composition is designed to provide expertise in marketing, sales, information technology, law, accounting and finance, general management, and holistic practice. The Nominating Committee will evaluate each name submitted in order to recommend a board that has breadth in key functional, geographical, and personal demographic areas, ensuring strong governance and organizational vitality.

Welcome New Board Member

The Board of Directors welcomed its newest director, Elizabeth Grosse, at the July board meeting. You may recognize her from the registration table at some of our programs, so make sure to say hello at our next program in September. Elizabeth works as a consultant for IBM and is actively involved at the Women's City Club. She is filling the position left vacant by Jim Kozumplik's resignation earlier this year. She will serve the remaining two-plus years of his unexpired term and will also serve as a member of the Programming Committee.

My How We Have Grown...

It has been one year since *MBSC* held its kick off program on giving and getting referrals, and we have grown beautifully. We are now 84 members strong, and more folks are joining all of the time. The first Chapter of *MBSC* launched this summer in Akron. A warm thanks goes out to chapter president Stephanie Burns for all of her hard work, dedication, and enthusiasm in getting things up and running. (See insert back.)

Since last July we have held many successful programs for both the public and practitioner. We continue to provide high-quality educational events with professional speakers who help achieve our goal of providing education related to a various holistic approaches. The programs held with practitioners in mind have helped many of us to get to know other professionals in the healing community. Don't miss another networking opportunity; join us at our September 18th program.

Watch Your Language

More important than being politically correct, is being legal!

Holistic practitioners in Ohio may not legally refer to themselves as "healers". Divine Spirit may be working its healing power through you, and you may otherwise be a conduit or aid to clients in their healing, i.e., helping them tap into their own innate healing capabilities; but you should refrain from claiming to be a healer. Remember also that unless you are a licensed medical professional, you are not legally allowed to diagnose or prescribe.

MBSC Angel Fund Program

The grant received from the Cleveland City Women's Club has already been put to good use, but we want more people to take advantage of the generosity we received. For those in the general public or practitioners who feel they cannot afford the fee to attend one of our programs, the angel fund program allows them the opportunity to so at no charge. If you or someone you know wants to attend a program but does not have the extra money laying around in these tough times, please call the *MBSC* office. The personal information of those who take advantage of this program remains strictly confidential.

Summer Program Update

MBSC enjoyed another successful program on June 25, and will be seeing each other again on August 2 as this newsletter hits the press. We extend a special “Thank You” to Dr. Sherry Tenpenny for presenting valuable information on the effect of what we eat on the way we feel. There were over 70 registrants for this program on the “West” side, and the audience feedback was very positive. We strive to provide the public and practitioners, holistic as well as traditional, with quality educational programs. If you would be interested in helping determine future programs, please contact the *MBSC* office at 216-321-9181.

Upcoming *MBSC* Programs

Mark your calendar for the following upcoming *MBSC* events:

September 18 at Wellington Catering, 777 Alpha Drive, Highland Heights

Integrative Medicine: Two Innovative Approaches with Harry Simmons, MD, PhD, Integrative Therapies; and Jeanette Michalak, RN, Alliance Community Hospital

5:30 p.m. Registration/Networking, 6:15 Dinner, 7:00 Program

October 15 at Cleveland Airport Marriott, 4277 West 150th Street, Cleveland

MBSC Annual Meeting and Panel on “Holistic Practitioners: Colleagues, Collaborators or Competitors”

Moderator: Tedde Abbott, C.Ht; Panel: Ingeborg Hrabowy, PhD and Sarah Weiss, LMT

5:45 p.m. Registration/Networking, 6:15 Dinner, 7:00 Program, 8:15 Annual Meeting/Elections, 8:30 Dessert Reception

MBSC Creates an Educational Bridge Between Holistic Practice and the Public

Soon the public will have a source to turn to in order to learn about, at no charge, a myriad of complementary therapies for their mind-body-spirit well-being. Conversely, we as holistic professionals have an opportunity to be educators and representatives of our respective holistic practices. The bridge for this community outreach is the *MBSC*'s Speakers Bureau, which will be marketed to targeted community groups starting this fall. If you are a practitioner member of *MBSC* with experience in teaching or public presentations, and are interested in applying to be a speaker, call the *MBSC* office at 216-321-9181 to receive an application form, criteria for speakers, and list of topics. The free educational programs of the Speakers Bureau help *MBSC* achieve its commitments as a 501(c)(3) non-profit charitable and educational group.

Groups such as churches with a metaphysical focus, community programs, hospitals with holistic services, and libraries will receive a letter from *MBSC* introducing this free educational service. If they desire a speaker, they will contact the administrative office of *MBSC* to request a list of topics and corresponding qualified speakers for the topics. It is then up to the group to contact and make arrangements for the speaker whom they select. Marketing efforts will also utilize the media and referrals from members.

Topics include: 1) an introduction to holistic modalities; 2) programs that focus on just one type of complementary therapy, e.g. massotherapy, yoga, shamanic practice, Reiki, hypnotherapy, etc.; and 3) theme programs that may combine several different practices, e.g. overviews of at least two different, but similar complementary modalities, information on a variety of spirit-based holistic practices, holistic approaches to understanding and managing pain, and overview of several types of energy-based movement modalities.

Using objective, comprehensive ways to measure proficiencies in providing public education in a non-formal setting, the Speakers Bureau Committee will on a case-by-case basis consider speakers through the application process. The application asks for information about an applicant's subject matter expertise and credentials, as well as public education/presentation skills and experiences, and for supporting documents, e.g. evaluation forms from previous teaching or speaking engagements.

MBSC Speakers Bureau presenters will agree to provide their education services free of charge and agree to address every speaking engagement as an educational service, not a “marketing” opportunity. All speakers for the Bureau will receive an orientation session to provide information on the mechanics of giving the presentations.

To effectively monitor the quality of programs and presenters, the committee developed an evaluation form to be given to each attendee at each presentation, as well as an evaluation form for the program coordinator. Speakers will also provide feedback on the groups that requested their services through an evaluation form.

Through the operations of the Speakers Bureau, you have an opportunity to be a part of helping the public gain a clearer understanding of the tremendous benefits of wisely using complementary therapies. Please consider volunteering some of your precious time, and be a part of the holistic, educational bridge to your community in northeast Ohio.

Best Baths For Summer

By Gabrielle Mosquera, reprinted from Natural Health Magazine, July 2001

Spike your bath water with herbal essential oils to remedy summer's most common complaints. "When you take a bath in essential oils, they get absorbed through your skin and are inhaled. They're very powerful," says Mary Muryn, aromatherapist and author of *Water Magic: Healing Bath Recipes for the Body, Spirit, and Soul* (Fireside, 1995). She recommends these fast fixes.

Soothe a Sunburn

Add 5 drops each of chamomile (*Matricaria recutita*), lavender (*Lavandula angustifolia*), and peppermint (*Mentha Piperita*) essential oils to a tub of lukewarm water. Soak for 15 minutes.

Cool Off

Add 4 drops eucalyptus (*Eucalyptus globules*), 4 drops peppermint, and 6 drops chamomile essential oils to lukewarm water. Soak for 10 minutes.

Revive Sore Muscles

Add 4 drops each of chamomile, eucalyptus, ginger (*Zingiber officinale*), marjoram (*Origanum marjorana*), and rosemary (*Rosmarinus officinalis*) essential oils to very warm water. Soak for 15 to 20 minutes.

Note: Pregnant women should consult their doctors before using these oils; peppermint and eucalyptus oil may irritate sensitive skin.

Light And Shadow: Reflections on Environmental Work

By Larry Dossey, MD, excerpt reprinted from *Alternative Therapies*, Mar/Apr 2003, Vol 9, No. 2

Good health depends on a healthy environment—clean air, water, and food. The great public health workers in the past understood this, and the extension of the human life span in the past two centuries is due largely to this recognition. During the past few decades, however, we have taken our eye off the ball. We have become increasingly enchanted by high-tech interventions such as pharmaceutical drugs, surgical procedures, transplantation, and genetic manipulations. Though these advances are important, they alone cannot sustain life. Consequently, we are rediscovering an ancient truth: technology alone can never compensate for a fouled nest. Without a healthy environment, human health is impossible...

The Sacredness of Nature

"Sacred" is derived from the Latin *sacer*, meaning holy. A related word is "sacrum", that triangular bone located at the bottom of the human spinal column. Thus, in the language of anatomy, we affirm that our very foundation, our seat is connected with the divine. So when someone calls us an ass, they are attributing divinity to us and we should feel complimented and thank them.

If something as mundane as our own bottom is sacred, might the rest of the natural world be sacred too? Philosopher Christian de Quincey, author of *Radical Nature*, thinks so. He says, "*Nature is sacred, inherently divine*. As the ancient philosopher Thales said, 'Nature is full of Gods.' ...Nature constantly 'speaks' to us, and feels and responds to our stories. Simply breathing in rhythm with the world around us can be a potent form of prayer. We can open our hearts and pray to the 'god of small things', for God lives in the pebbles and stones, in plants and insects, in the cells of our bodies, in molecules and in atoms. And by connecting with the God of small things, we can discover this is the same as 'the god of all things,' great or small. Yes, god is in the heavens, but God is also the finest grain of sand...The very stuff of our bodies, the very stuff of the Earth tingles with its own sentience. It is time for us as a worldwide community to honor and respect the flesh of the Earth, to pay attention to the meaning, purpose, and value embedded in the world beneath our feet and above our heads. Maybe then, we will save ourselves from the otherwise inevitable ecological and civilizational collapse that faces us within our lifetime. I think we can do it. But first we have to learn to listen..."

Copies of the full text are available by calling the MBSC office at 216-321-7885.

In all things of nature
there is something of
the marvelous.

----Aristotle



The garden is growth
and change, and that
means loss as well as
constant new treasures
to make up for a few
disasters.

---Mary Sarton

New Sales Tax for Massage Services Effective August 1

While there are two sides to the debate about taxation of massage therapy, we thought you'd like to hear this directly from the Ohio Medical Board. "In the final hours of the conference committee's deliberations over HB 95, the Biennial Budget Bill, the language regarding the expansion of the sales tax base for personal services was amended. While the earlier language would have exempted all massages performed by massage therapists, the language as accepted by the legislature and signed into law exempted only massages performed by or on the order of a physician or chiropractor. The relevant section of the code follows:

As used in this division, "personal care service" includes skin care, the application of cosmetics, manicuring, pedicuring, hair removal, tattooing, body piercing, tanning, massage, and other similar services. "Personal care service" does not include a service provided by or on the order of a licensed physician or licensed chiropractor, or the cutting, coloring, or styling of an individual's hair.

Understandably, many practitioners are concerned about this tax, some even fearful that it sets a dangerous precedent for professional versus personal care services. On the other hand, it was interesting to learn that our neighbor state of West Virginia had a different perspective when their 1.75% tax went into effect in the late 90's. According to the West Virginia Massage Licensure Board, "this tax is a precursor necessary in gaining recognition as 'professional health care providers' and eventually we'll see insurance reimbursement for such claims." Have their expectations become a reality?

In response to many questions regarding how the August 1st tax is to be collected and paid, the Ohio Medical Board's website said that the Ohio Department of Taxation was planning to set up a meeting with the American Massage Therapy Association-Ohio to provide information that could be passed along to its members. As of this printing, nothing has yet been spotted on the AMTA-O website. If you are one of our massage therapy members, please make sure you are working closely with folks "in the know", so that you are consistently operating within the specifications of Ohio legislation.

Greater Akron Chapter Officially Launches

Under the leadership of Stephanie Burns (practitioner in Cuyahoga Falls, provider of meridian and chakra balancing), *MBSC's* first chapter is officially underway. A formation board of ten directors and several committees are working diligently behind the scenes to establish programs and support for holistic practitioners and their associates located in the Greater Akron area. Future newsletters will inform you of planned events and activities, many of which will continue to bring Cleveland and Akron's holistic community closer together. All *MBSC* members will be allowed to attend any chapter's events at the discounted member rate, regardless of chapter affiliation.

At the time of this publication, the following professionals were *MBSC* members appointed to serve on the board of directors until the chapter's membership elects directors this fall:

Stephanie Burns, President
Tajalli Leppla, Vice President and Programming
Jan Boling, Treasurer
Kris Halter, Membership
Linda Knight, Administration
Chris White, PR/Marketing

Membership paperwork was still in process, but appointments are expected for:

Kelly Brown, Fundraising/Sponsorships
Judy Corrente, Legal Counsel
Victoria Shaw, Secretary
Kevin Schilling, P/R Marketing

If you know any holistic practitioners who would be interested in learning more about the start-up of *MBSC's* Akron Chapter, please contact Stephanie Burns at 330-928-5312 or email stb@msatest.com.



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C o n n e c t i v e s . . . a bi-monthly newsletter for holistic practitioners (Jul/Aug '03)

Available online and free of charge to *MBSC* members; others may subscribe (see page one).

Member Directory

A free copy of the updated and reprinted *MBSC* 2003 directory will be distributed to all members in the next few weeks. If you would like an additional copy, or know someone who would, please complete the order form located in the directory, or contact the *MBSC* office.

Cost for additional copies, which serve as a handy resource for connecting with competent and caring practitioners, are available for \$5 each.

“Balanced Living” Advertising Discount

In addition to giving a routine discount of 10% to holistic practitioners, *Balanced Living* magazine is offering a 3% discount for *MBSC* members. Practitioner members then are eligible for a 13% discount on ads placed in this exciting, new Cleveland publication. Contact Carol Krentzman for more information or to place your ad at:

info@BalancedLivingMag.com



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