



Connectives

May/June 2007
 Newsletter of Mind*Body*Spirit Connected (MBSC)

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MBSC's newsletters are posted online bi-monthly at www.MBSConline.org. Non-members who would like to receive this newsletter by mail may subscribe for \$10/year to help defray printing, postage and handling expenses. Call 216-426-8045 for a subscription.

Mother's Day Butterfly Tea & Silent Auction

What a delightful afternoon, MBSC members and guests enjoyed on Saturday, May 12, 2007. Pine Ridge Country Club was an ideal setting to celebrate Mother's Day and enjoy an afternoon of good music, excellent food and good company.

Butterflies decorated the spiral staircase as guests entered the restored tutor style Country Club and Golf Course, owned by the Lake Metro Parks. Guests were treated to the musical talents of Christa Weaver Teston, on the keyboard as they entered the ballroom.

Each table featured a different teapot filled with spring flowers and the tables were set with different patterned china tea cups and saucers. The four-course tea included a first course of fresh fruit cups and tea biscuits; the second course featured scones with lemon curd and butter and the third course included a chicken salad croissant and vegetable quiche.

Between each course guests were busy bidding on fabulous auction items donated by our members and friends including; gift certificates, jewelry, photographs, skin care products, wine, summer beach items and a do-it-yourself tie-dye kit. Two Speedy Weedies, garden tools, were very popular as was an incredible crystal donated by Deborah Bookin.

The fourth and final course of dessert treats were enjoyed as our speaker, John Maxwell Taylor entertained with stories and songs.

Thanks to our sponsors, Balance Living Magazine and The Cleveland Women's Journal, each guest received a butterfly shaped cookie to enjoy later.

Thank you to all our members and guests, who supported the Mother's Day Butterfly Tea & Silent Auction. We appreciate your donations and attendance at this and all our events.

With your support we raised close to \$4,000. These funds will continue to support MBSC's educational programs.

Photos from top to bottom: Shelley McCuen, serves her mother a cup of tea; John Maxwell Taylor entertaining all with a song; Robert Stallion and Ginger Edwards look on as Pat Strasser checks a bid.



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Executive Director
 Katrinka Morgan

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Speaker's Bureau Highlight

In each newsletter we will feature two members of the Speaker's Bureau. Please feel free to share this information with those who might be interested in hosting a workshop or presentation, by one of the MBSC Speaker's Bureau members.

Liz Cavin, N.D., is currently the primary physician serving patients at Options Naturopathic Clinic in Cleveland Heights. Dr. Cavin is a graduate of National College of Naturopathic Medicine, the oldest naturopathic medical school in North America. Options Naturopathic Clinic was founded in 2000 by Dr. Erin Holston Singh, a 1998 graduate of the National College of Naturopathic Medicine.

Dr. Liz has a diverse background in natural health care. In addition to her five year naturopathic medical training she has experience in professional massage, studied ayurvedic medicine and completed courses in clinical botanical medicine.

Dr. Cavin worked on several organic farms in the late 1980s and is an advocate for eating organically grown food. She moved to Cleveland in September 2006 from Portland Oregon and is excited to provide naturopathic healthcare in this state.

Dr. Cavin is an active speaker in the area and has just teamed up with Chef Ben Bebenroth at Spice Of Life Catering Co. Dr. Liz will offer an informative and interactive nutrition lecture, Chef Ben will lead a hands-on cooking experience and together you will be treated to a smattering of the tasty cuisine.

This is just a sample of the workshops Liz presents:

An Introduction to Naturopathic Medicine

The term "Naturopathy" was coined in 1902 from the combination of the 18th Century European natural treatment philosophy called "Nature Cure" and "homeopathy". Incorporating these healing techniques, as well as modern day science, naturopathic medicine mobilizes the body's natural resources to heal the whole person. Naturopathic physicians are trained at four-year medical colleges and represent a growing number of the most thoroughly trained doctors in both allopathic pathology and natural treatment techniques.

The speaker will cover the six philosophical principles of modern naturopathic medicine. These concepts are important to understand how and why naturopathic medicine is a necessary complement to traditional Western medicine and ultimately, why integration of both types of medicine is ideal. Attendees will also learn various techniques that can be implemented into their daily life to support longevity and wellness.

For more information regarding Liz's workshops that are available through the MBSC Speakers Bureau please contact the MBSC office at (216) 426-8045 or you may contact Liz at (216) 707-9137 or by email at doctorcavin@gmail.com. Visit Options Naturopathic Clinic's website at www.OptionsNaturopathic.com for more information.

Carol Spears, MS, CMP, CD provides compassionate care for the whole person through Reiki and therapeutic music. Carol's own words express her primary focus when working with an individual or group; "It is a privilege to be able to share with others the gentle, yet profoundly powerful effects of Reiki, therapeutic harp music and meditation. Through all of these methods it is my intention to help others in their healing and spiritual journeys"

Carol received her Reiki training in the traditional Usui Reiki. She is a Reiki Master and teacher offering classes and workshops in Reiki, Healing Harp and meditation. In 2000 she began learning the harp and became trained as a Certified Music Practitioner. Carol has recorded three CD's of solo harp music for healing, relaxation and meditation.

In addition to her private practice, Carol is a contractor at the Cleveland Clinic Foundation Center for Integrative Medicine, providing Reiki treatments and classes, and a contractor at the Montefiore hospice playing therapeutic harp music for dying patients and their families.

This is one of the workshops Carol presents for MBSC's Speakers Bureau:

Music Therapy and Therapeutic Music: What's the Difference?

The goal of this workshop is to provide information about the two different, but similar complementary modalities of Music Therapy and Therapeutic Music. The presenter will provide educational information about distinctions between the two modalities and help people make decisions about what may be right for them.

Attendees will hear comprehensive overviews of the different modalities, with special emphasis on comparing the mode of application or how the therapy works, not relative benefits or contrasting the quality or desirability of one over the other. Information on how to obtain a practitioner will also be presented.

For more information regarding Carol's workshops that are available through the MBSC Speakers Bureau please contact the MBSC office at (216) 426-8045 or you may contact Carol at (330) 929-4478 or by email at caroljspears@cs.com or visit www.heartinhands.com.

2007 Programs

The Programming Committee Presents Educational Events for this year:

June 27: "Amazing Grace: The Twelve Steps as Seen Through the Lens of the Chakras" with JoAnne Scullin at the River's Edge at St. Joseph Center

September 20: "The Pro's and Con's of Non-Food Supplements with Dr. Tanya Edwards

November 14: Annual Meeting and Networking Event

December 12: "Sound & Healing" with Deforia Lane and drumming with Baba Jubal

Welcome New Member

*Kristen S. Boyesen,
Art Experiences/Imagination Arts, Bedford*

Calendar of Events

Please take a minute and visit our newest feature on the website!

This link will take you directly to the Calendar of Events. <http://www.mbsconline.org/calendar>

If you have a special event or workshop that you would like listed please send all the information to kat@mbsconline.org in a Word document at least two weeks prior to the event. MBSC will post events that support the educational mission of the organization and its members.

Please direct your friends, family and associates to the Calendar of Events for all the latest and most up-to-date listing of events in the holistic community in Northeastern Ohio.

Here is just a sample of what you will find at www.mbsconline.org/calendar:

June 9th & 10th Developing your Intuition with Laura Chapman

June 13th Labyrinth Walk at Akron General Hospital

June 21st "You are what you Eat" at Anti-Aging & Vitality Center, Seven Hills.

Save these Special Dates!

The Littlest Heroes 2nd Annual Race for Children's Sake

August 5, 2007 at Jacob's Field

Visit www.thelittlestheroes.org for more information

**Annual Masquerade Event & Silent Auction
October 27, 2007 at Acacia Country Club**

**Fall Wellness Retreat at Cuyahoga Valley National Park
November 2nd-4th, 2007**

Save the Date for this Special Event

**The Journey
Mind·Body·Soul
EXPO 2007**

September 7-9th, 2007

with vendors providing products and information on nutrition, bodywork, crystals, music, astrology, psychic readings, aura imagery, organics and much more. Three days of lectures, demonstrations and workshops to spark you to a higher level of consciousness.

With Special Guests

Marianne Williamson

Saturday, September 8 at 1pm
and

Deepak Chopra

Sunday, September 9 at 1pm

at Lakeland Community College,
Kirtland

Advanced tickets are \$40 each before July 15 and \$50 after, seating is limited. Contact 440-867-4166 for more information and to order tickets

Member Spotlight:

As MBSC grows, we want to continue to learn more about each other. The spotlighted member will be selected by a random drawing.

The May-June spotlight member is: Sandra Anne Taylor

Did you know that MBSC has a New York Times best selling author as a member? Her most recent book, the New York Times best selling *Quantum Success*, is receiving international acclaim for its enlightening approach to the field of attraction and achievement. Rich in practical application and easy to understand principles, *Quantum Success* has been called, "The real science behind the Secret." "An insightful look into the practical means for attracting abundance-Pay Attention!" says Dr. Wayne Dyer of *Quantum Success*. And, six years **before** "The Secret," Cleveland's own Sandra Taylor wrote *Secrets of Attraction*, based on the Laws of Attraction.

Sandra is an inspiring and motivating speaker who lectures throughout the world on the power of consciousness and energetic attraction. For over 25 years, Taylor has been teaching the quantum principles of thought and consciousness, bringing exceptional clarity and practicality to the science of attraction.

Sandra's books are available at Amazon.com; Barnes and Noble; and other major bookstores. Her audio-seminar program based on the Laws of Attraction, *Act to Attract*, is currently only available through Starbringer Associates. Sandra maintains a counseling practice (though currently she is writing her 3rd book for Hay House and is not scheduling) and conducts workshops all over the country. Her current travel schedule includes Spokane; Missoula, MT; Lily Dale, NY; Denver, CO; Las Vegas; Orlando and Sydney, Australia. Anyone interested in hosting a workshop with Sandra right here in Cleveland should contact her office at 440-871-5446.

Many of us have been to Lily Dale, New York and many of us have only heard of it. Sandra is doing a major event in Lily Dale along with renowned scientist Candance Pert and immunologist Michael Ruff on Saturday, August 11th.

What The Bleep Is The Secret??!! Demystifying the Science of Force and Consciousness with Candance Pert, Sandra Taylor & Michael Ruff.

Saturday, August 11, 2007 from 9:30 am to 3:30 pm
Join world-renowned scientist Candace Pert, bestselling author Sandra Anne Taylor, and internationally recognized immunologist Michael Ruff, as they provide powerful tools and amazing insights into the process of manifestation and healing at profound levels. This ground-breaking science of wellness provides you with solutions for financial, physical, emotional, and spiritual

healing. Enter the world of neuropeptides and consciousness, and free yourself from the toxic patterns that have blocked your way to real fulfillment and destiny creation.

These pioneers in body/mind consciousness will reveal the tools and techniques that can change the direction of your physical, emotional, and experiential life!

Sandra is also teaching a 3 morning workshop called: **Cracking Your Karma Code** in Lily Dale on Wednesday, August 15 - Friday, August 17, 2007 from 10:00 am to 1:00 pm

You can learn more by visiting www.lilydaleassembly.com. Anyone interested in car pooling for a trip to Lily Dale? You can call Noreen at Starbringer at 440-871-5446 or email her at paradise_starbringer@msn.com and she will help connect those interested in a day trip or an overnight. As you can see – MBSC boasts world-class members!

Sandra has been a member of MBSC since 2005 and served as the honorary chair of the 2005 "Wedding Masquerade Ball". Sandra together with her twin sister, Sharon founded **Starbringer Associates**. Sharon maintains a private practice in mediumship and other metaphysical disciplines, with high-profile clients around the world. She has appeared on numerous radio and TV programs in England, Scotland, the U.S., Europe, and the South Pacific.

A word from the Speaker's Bureau: A Valuable MBSC Resource

MBSC was created to educate the public about holistic practices and to further the educational needs of those practicing complementary healing modalities. "The Speaker's Bureau was designed to help schools, churches, community service programs, nonprofit organizations and other interested groups more easily find knowledgeable and interesting speakers willing to donate their time and share their expertise and opinions on a variety of holistic subjects." The Speaker's Bureau is a liaison between the community and holistic practitioners, providing the general public with an opportunity to better understand holistic alternatives.

Because of the dedication and our volunteer presenters, all our workshops and programs are offered free of charge to groups and organizations. If you know a civic organization or group that needs a speaker for their monthly meetings, please contact the office at 216-426-8045. or email kat@mbsconline.org with the information.

What an excellent way to "Spread the word about MBSC and holistic practices."

The Brick

A young and successful executive was traveling down a neighborhood street, going a bit too fast in his new Jaguar. He was watching for kids darting out from between parked cars and slowed down when he thought he saw something.

As his car passed, no children appeared. Instead, a brick smashed into the Jag's side door! He slammed on the brakes and backed the Jag back to the spot where the brick had been thrown. The angry driver then jumped out of the car, grabbed the nearest kid and pushed him up against a parked car shouting, "What was that all about and who are you? Just what the heck are you doing? That's a new car and that brick you threw is going to cost a lot of money. Why did you do it?"

The young boy was apologetic. "Please, mister...please, I'm sorry but I didn't know what else to do," He pleaded. "I threw the brick because no one else would stop..." With tears dripping down his face and off his chin, the youth pointed to a spot just around a parked car. "It's my brother," he said "He rolled off the curb and fell out of his wheelchair and I can't lift him up."

Now sobbing, the boy asked the stunned executive, "Would you please help me get him back into his wheelchair? He's hurt and he's too heavy for me." Moved beyond words, the driver tried to swallow the rapidly swelling lump in his throat. He hurriedly lifted the handicapped boy back into the wheelchair, then took out a linen handkerchief and dabbed at the fresh scrapes and cuts. A quick look told him everything was going to be okay.

"Thank you and may God bless you," the grateful child told the stranger. Too shook up for words, the man simply watched the boy push his wheelchair-bound brother down the sidewalk toward their home.

It was a long, slow walk back to the Jaguar. The damage was very noticeable, but the driver never bothered to repair the dented side door.

He kept the dent there to remind him of this message: "Don't go through life so fast that someone has to throw a brick at you to get your attention!"

God whispers in our souls and speaks to our hearts. Sometimes when we don't have time to listen, He has to throw a brick at us. It's our choice to listen or not.

Remember to always listen to the voice of your choice, be it God, your higher power or your inner knowing to lead you on the path toward your highest good.

The Magic and Power of Yoga Saturday June 9 & Sunday June 10

Presented by Judi Bar & Jan Hauenstein

DAY 1: *YOGA THROUGH THE CHAKRAS* Learn how to bring balance, harmony and understanding into your life by exploring the developmental stages of your chakras and the periods of your life connected to them.

DAY 2: *LUNAR YOGA* Learn how to bring balance, harmony and understanding into your life by understanding your own cycles and those of the moon. Choose one day or both, for more information and to register online visit www.lilydaleassembly.com.

Your Destiny as a Spiritual Leader August 20-24, 2007

Presented by Sharon Ann Klingler

This workshop is recommended for advanced students only, and a foundation in meditation is required.

If you have been called to serve and share your evolutionary journey with others, you're not alone. Aquarian forces are at hand, bringing changes everywhere. Learn to identify and direct those forces in leadership and realize your own manifest destiny in service. For more information and to register online visit www.lilydaleassembly.com

The Lily Dale Community

For nearly 130 years, Lily Dale has offered a world-renowned summer program of lectures, workshops and other activities featuring best-selling authors, leaders in academic and scientific research into psychic phenomena, as well as the world's most powerful mediums, teachers and healers. Lily Dale is widely known as a place where knowledge and enlightenment converge in ways that deepen faith and heighten awareness. The energy of the universal life force can be felt, experienced and developed in this serene 19th century lakeside community surrounded by towering, old-growth forest.

The Lily Dale Community is located in Southwestern New York State, one hour south of Buffalo, three hours south of Toronto, three hours north of Pittsburgh and three hours east of Cleveland. Lily Dale is located one half hour from Chautauqua Institution.

Study shows that hypnotherapy use has risen in the past 10 years

A recent survey by the Ontario Hypnosis Centre in Toronto, Ontario Canada showed that in a group of 2,000 individuals with 74.4% women and 27.6% percent men, 69.8% had used or were currently using complementary health care practices. Of those in the study with ages ranging from late teens to 70 years of age, all had tried a wide range of complementary medicine with the majority 70.9 % using massage and 69.8% having used hypnotherapy. Following those were other modalities ranging from: Reiki, Chiropractic, Homeopathy, Chinese medicine and others.

The study showed that 64.7% understood that all hypnosis was actually self-hypnosis and 72.9% knew that they were always in control rather than the outmoded belief that hypnosis takes over ones mind. 52% said their awareness of the benefits of hypnosis had changed over the past ten years and 47.2% said they understood the difference between clinical and stage hypnosis.

In the last several years complementary medicine is being used widely by individuals for stress management and a variety of other complaints.

Summer is here... almost

As the temperature outside increases and we approach the longest day of the year on June 21st, our thoughts turn to plans for the summer and enjoying this long awaited time of the year.

When you plan your calendar for summer, remember to write in June 27th, "Amazing Grace: The Twelve Steps as Seen through the Lens of the Chakras" with JoAnne Scullin. You don't want to miss this evening's program.

We are excited to be hosting a program at the River's Edge and are looking forward to everyone experiencing this spiritual center.

Traditionally, during July and August MBSC has experienced a decrease in financial support, since we do not offer educational programs during these months. We trust that everyone will make the commitment to attend this program and help support MBSC.

Please see the registration form on the next page for additional information. You may register via mail by returning the bottom portion to our office at 3800 Perkins Ave., Cleveland OH 44114 or on line at www.mbsconline.org.

Thank you and I look forward to seeing you on June 27th.

Local Companies Match Employees Contributions

Remember that some companies will match their employees' contributions to nonprofit organizations. Here is a brief list of area companies who participate in this program:

Administaff
Avery Dennison
Citibank
Eaton Corporation
Ernst & Young
FirstEnergy Corp.
H & R Block
Home Depot
Key Bank
McDonald's Corporation
Lubrizol Corporation
Steris

A complete list of corporations is available by contacting Katrinka at (216) 426-8045
Please contact your human resources department for specifics.

Other ways to give to MBSC

Do you shop on line? How many searches do you do everyday?

If you shop on line visit www.igive.com sign up and shop through igive.com and MBSC will receive a portion of each sale from the vendors who participate in this program.

All you need to do is sign up, designate MBSC as your charity of choice and MBSC will receive a check each and every month.

If you have any questions or need help please give Katrinka a call (216) 426-8045

Good Search is another resource for you to give to MBSC. Each time you search online go to www.goodsearch.com and MBSC will receive .01. That might not seem like a lot but the average person searches online 10-12 times a day that is \$1-1.20 per day that we could receive from just one member who searches through Good Search. What if every MBSC member searched through Good Search we could earn \$100 a month from this source.