

# Connectives . . . November/December 2004

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

*Mind-Body-Spirit Connected (MBSC)* is a 501(c)(3) nonprofit association that promotes health and wholeness through an increased understanding of mind, body and spirit connectivity. While many organizations focus on various aspects of holistic practice, *MBSC* strives to bring together all disciplines and to bridge the gap between the holistic and conventional healing communities. *MBSC* encourages an understanding of both eastern and western philosophies.

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*Donna Nowak, Founder/Executive Director*

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## Read All About It...

The October issue of *Cleveland Magazine* included a very nice article on complementary and alternative medicine on page 112 that you may wish to read. It is entitled, "The Rise of Alternative Medicine". According to writer, Lynne Thompson, "It used to be that only hippies tried things like acupuncture and herbs. Today, however, more than a third of Americans have embraced some form of alternative therapy."

The statistic is actually 36%, as reported in a 2002 study released in May of this year by the National Center for Complementary and Alternative Medicine and the National Center for Health Statistics, part of the Centers for Disease Control and Prevention. When prayer is included in the definition of CAM, 53% of those surveyed said they used mind-body medicine, which "enhances the mind's ability to affect bodily function and symptoms".

Lynne's article talks about acupuncture, mind-body medicine, chiropractic treatment and massage, in addition to other CAM therapies. A few of the local practitioners mentioned included Ursuline's Sophia Center's Sister Jennifer Corlett; hypnotherapist and registered nurse, Jackie Gnatovich; homeopathic physician, Dr. Len Torok of the Holistic Medicine Center at Trillium Creek, and Cleveland Clinic acupuncturist, Michael Hunter. Some of the local resources mentioned were the Center for Women's Health at University Hospitals Health Systems, the Mustard Seed, and Reflections at the Cleveland Clinic Foundation.

It might be a good idea to copy the *Cleveland Magazine* article and display it in a place where your clients can easily see it; or send a copy to some of friends and colleagues in conventional healthcare.

## Get Well Sooner!

Prayer improves post-op optimism according to a recent article in A.R.E.'s magazine, *Venture Inward*. "Patients who had the habit of prayer were more optimistic about the outcome of their surgery than patients who indicated that they did not pray. In this study conducted at the University of Michigan and published in the *Journal of Health Psychology*, cardiac patients were interviewed twice, two weeks and one day prior to their surgery.

The purpose of the study was to assess factors affecting hope and confidence in the successful outcome of the surgery. The prayer factor affected the patients' sense of confidence or optimism, but not their sense of security, which was affected more by whether or not they had health insurance to pay for the operation."

## Q&A from the A.R.E. (Association for Research & Enlightenment)

Are you familiar with A.R.E., the association formed around the wonderful work of Edgar Cayce? If not, you might want to check them out at [www.EdgarCayce.org](http://www.EdgarCayce.org). In the meantime, you may find the following excerpt particularly interesting. It comes from the October Q&A section in "Personal Spirituality", one of the newsletters published by A.R.E.

Q. Edgar Cayce recommends using an affirmation in meditation. Isn't that like auto-suggestion? BW, Corvallis, Oregon

A. Yes, but not with the result the question implies. Tuning a radio to a particular station doesn't mean the source of the music is in the tuning. The music was already there, the tuning allowed us to hear that music rather than all the other programs playing in the radio airwaves. Using an affirmation in meditation doesn't mean that the experiences in meditation are from an auto-suggested source rather than from a transpersonal source. Nevertheless, the question reflects a valid concern and an often confusing aspect of the Cayce (psychic) readings regarding the imagination.

Edgar Cayce pioneered the use of the imagination as an instrument to direct attention and attune the mind. He also viewed the imagination as a channel of information. In other words, he described the imagination as a two-way passage from the material world to the spiritual one. The "imaginative forces," as he often referred to this aspect of mind, is the patterning aspect of mind that gives us the patterns of experience.

When we sit down to meditate, we set an intention to be receptive or "open" to the influences of the spiritual domain. It is a large domain and not all influences are constructive. Edgar Cayce warns against trying to have a blank mind

or simply being open to any and all influences. Thus, setting an affirmation as the focus of meditation is a way of "tuning" the mind to be receptive only to those spiritual forces that are consistent with the intent of that affirmation.

Meditation doesn't involve repeating the affirmation over and over, as if to pound it into our head or to make it come true. Nor is it an attempt to receive insights into the meaning of the affirmation, although insights may come. Rather, simply state the affirmation as your intent for the meditation, and then allow yourself to be quiet and receive those spiritual energies that may come in response to the patterning set by that affirmation. Use the affirmation to tune in, and then trust the process.

## "I Can Do It" Conference, April 15-17, 2005

Last year two *MBSC* members attended and thoroughly enjoyed the Hay House "I Can Do It!" conference in Las Vegas. For details about their experience, talk with Maggie Busser or Donna Nowak.

Louise Hay is hosting this remarkable event again; and it will be her only appearance in 2005. Discounted pricing of \$300 is offered through the end of the year, so this note is simply a heads-up in case this conference is of interest to you. Visit [www.HayHouse.com](http://www.HayHouse.com) and click on "Lectures and Events" to find additional information. To receive the special pricing of \$300, you must use promotional code #438. You may also phone Hay House Customer Care at 800-654-5126 for personal assistance.

Speakers returning include: Wayne Dyer, Christiane Northrup, Doreen Virtune, Carolyn Myss, Gregg Braden, Sonia Choquette, Steven Farmer, Denise Linn, and Wyatt Webb. Intriguing and gifted new speakers include Crystal Andrus, Terah Kathryn Collins, Debbie Ford, Gary Renard, Carol Ribberger, Caroline Sutherland and Alberto Villoldo. Jerry and Esther Hicks will be sharing the teaching of Abraham on Sunday, and psychic Sylvia Browne will be lifting everyone's spirits on Saturday evening with her very entertaining, no-nonsense style.

P.S. *MBSC* was blessed by Hay House Publishing and a number of its authors being very generous in donating books, cards, etc. for our Silent Auction last month.

## Who are You?

by Donna Nowak

The better we understand ourselves and others, the easier it is for us to communicate effectively and achieve a desired outcome. Seems that many of us look inward as part of our regular spiritual practice, but I was recently reminded of the importance of knowing how I am perceived by others (and how that differs from my self-perception), as well as the importance of knowing someone else's personality profile and communication style and preferences.

Someone interpreted an email from me very differently than I intended. It was both disappointing and frustrating to continue trying to clarify, seemingly digging a deeper hole with each communication. As I reflect on the most challenging experiences to date related to my leadership of *MBSC*, it is interesting that most of them have to do with someone misunderstanding or misconstruing my words. Could the universe be trying to send me an important message through these experiences? I believe that the answer is "yes". One of the challenges, of course, is to figure out what that message is! Two of the possibilities are: 1) You can't please everyone so quit worrying about what people think, or 2) Change your communication style. Tending to be a perfectionist, I've decided to consider both.

At a COSE "Power Breakfast" on November 18, one of the themes was that much of our success has to do with understanding others and then relating to them in a way that is

*(continued on page three)*

## Masquerade Ball is a Phenomenal Success

If a fabulous evening of food, fun and fellowship, along with \$11,000 profit, is any indication of success, then the October 30<sup>th</sup> Masquerade Ball could not have been better. What a great time we had! The costumes were creative, the entertainment delightful, the selection of auction items was awesome, and a lot of guests who were previously unfamiliar with *MBSC*, had an opportunity to learn more about us and to decide that we are a great group of people! Some of the comments we received are shown below.

The 2005 Benefit Planning Committee is already being formed, so please contact Co-Chair Carol Spears at [cjs@heartinhands.com](mailto:cjs@heartinhands.com) or 440-639-9958 if you are interested in participating. The committee had a great time, too!

“This was the best benefit (most fun) that I've ever attended, and I have been to many!” (SP)

“Just wanted to tell you how much fun we had at the benefit and how glad I am that it was so well received...I hope the bottom line was as encouraging as the goodwill among your guests, and that plans for next year are already underway. We certainly look forward to attending your second annual benefit.” (PS)

“What a fabulous night! You must be flying high -- it was just sooooo much fun. I can remember at one point being on the dance floor and really FEELING the good energy in the room. It was a real moment for me, just a 'BE HERE NOW' and this is the 'MOST BLESSED MOMENT' of all. What fun! (JP)

“We had a great time Saturday night. What a fun event!” (BD)

“The Benefit was a resounding success—congratulations—I am proud to be part of *MBSC*.” (MW)

“Thank you for a wonderful evening! I had so much fun.” (VH)

“I had a wonderful time at the Masquerade Ball and had so much fun bidding on the items. I loved what I got!” (BH)

The target date for next year's Benefit will be October 22, but at least for now, pencil in October 29, 2005 as well. This will be the back-up until a site selection has been made, at which time we will confirm availability of our first-choice date.

## Benefit 2005

The Benefit Planning Committee for 2005 is already being formed, so please contact Event Co-Chair, Carol Spears, if you would like to participate. Carol can be reached at 440-639-9958 or through email at [cjs@heartinhands.com](mailto:cjs@heartinhands.com).

## Community Outreach to Children

*MBSC's* Speakers Bureau is expanding in 2005. As the first step in our outreach to children, we will promote workshops at private and Montessori schools in northeastern Ohio. The list of workshops includes such topics as dream exploration, energy fields, guided imagery, meditation, music and Reiki.

Volunteers approved thus far for presentations to children, include Alicia Rocco, Beverly Singh, Carol Spears and Neal Szpatura. We will soon begin promoting 15 different workshops for children, along with the 54 workshops already offered at no-charge to libraries, community service organizations, churches, hospitals and other nonprofits.

Special thanks to the 14 *MBSC* members who volunteer their time and talents to make this program a success, either by serving as a speaker or participating in the planning and governance committee.

## 2005 Directory

Membership renewal invoices went out on November 15 and included a profile for the 2005 printed directory. Several changes are being made in the next directory, so every member must resubmit a profile form.

If you have not yet received an invoice, please contact us immediately since only those members who have paid and submitted a profile by 12/31/05 will be included in the 2005 directory.

## Comments Corner

1) In an article entitled, "Here's the Rub", *The Sun News* picked up on a good deed performed by one of our practitioners. Here's the scoop:

"Stressed-out volunteers at the Kerry-Edwards campaign head-quarters in Shaker Square got some unexpected relief in the final weeks before Tuesday's election. Shaker Heights masseuse Adele Eisner, a former member of University Heights City Council, set up her table, lit her candles, and put on New Age music in the back room, then offered total body massages to all comers—for free."

2) One of the attendees at *MBSC's* October 5<sup>th</sup> program was particularly impressed and shared these comments: "New board president, Linda Droblich, made an inspiring speech at the annual meeting. Wow, she sounds determined *and* excited!" We couldn't agree more.

## Welcome New Members

A warm welcome to these friends and colleagues, who took advantage of our year-end membership special and recently became *MBSC* members.

Susan Cady, Cleveland Heights	TaiChi Instructor
Ingrid Kobe, Mayfield Heights	Reiki & Energy Healing Practitioner
Dr. Mary Jen Meedrink, Beachwood	Clinical Psychologist
Tim Warneka, Wickliffe	Holistic Coach/Counselor
Chris Warner, Cleveland Heights	Social Worker/Therapist

If you know someone who would like to join us during 2005, now is a great time since they can be included in our printed directory if they become members by 12/31/05. The new member fee structure is \$175 for practitioners, \$200 for practitioner "patrons", and \$150 for associates. Practitioners will be recognized throughout the year for their additional donation which further supports *MBSC's* programming.

## Meditation Circle

Ten *MBSC* members enjoyed the first meditation gathering coordinated by Anne Stevens and hosted by Dr. Tanya Edwards at the Cleveland Clinic Center for Integrative Medicine, at One Eagle Valley Court in Broadview Heights. They found it to be a wonderful opportunity to be in the power presence of our common dedication to be of service.

The group has decided to continue meeting on a monthly basis on Saturday mornings (probably the 2<sup>nd</sup> or 3<sup>rd</sup> Saturday of each month). The next gathering will be held on December 11, from 9-10:00 a.m. Please contact Anne Stevens with any questions or to confirm your participation. Her email address is [graced\\_space@mindspring.com](mailto:graced_space@mindspring.com).

## Independent Testing

Thanks to new board Secretary, Maggie Busser, for introducing us to Consumer Lab, an organization whose mission is to "identify the best quality health and nutrition products through independent testing". Results of CL's tests are published online, and brands that have passed testing are listed.

CL is providing a valuable service since there is a growing need among consumers and healthcare professionals for better information to guide the selection of health, wellness, and nutrition products. Visit [www.consumerlabs.com](http://www.consumerlabs.com) to learn more about their testing of herbal products, vitamins, minerals and supplements; sports and energy products; personal care products, and various foods and beverages.

Specific testing criteria vary by product and are determined on the basis of high consumer importance and a lack of ongoing monitoring or reporting by government or independent organizations. If a manufacturer seeks to use the CL Seal of Approval, the product will be tested every 18 months based on a random sample purchased on the open market.

## How Do you Want to Get Involved in MBSC?

Participating in an *MBSC* planning committee is a great way to get to know other members better and to get more out of your membership. Please contact the office to discuss how you would like to get involved in 2005. Committees include:

- Administration (special projects)
- Directory (once or twice yearly)
- Community Outreach (Speakers Bureau, educational activities)
- Grant Writing
- Programming
- Marketing/PR
- Masquerade Ball\* (October)
- Mother-Daughter Brunch\* (May)
- Newsletter (bi-monthly)
- Sponsorship

\* We are immediately recruiting members to help plan a Mother-Daughter Brunch in May and a Masquerade Ball in October. Both events are important aspects of our community outreach effort, and we expect that the committees will have a lot of fun!

## Thank You to Sponsors

A special thank you to *MBSC's* hypnotherapy practitioners who collaboratively sponsored our December 2<sup>nd</sup> holiday party at Lockkeepers Restaurant: Tedde Abbott, Barb Clugh, Jane Ehrman, Corky Larsen and Donna Nowak.

Did you know that January 4<sup>th</sup> has been declared National Hypnosis Day? The National Guild of Hypnotists is coordinating a nationwide promotion of the hypnotherapy profession.

## 2005 Programming is Set

The Programming Committee, co-chaired by Ann Driscoll and Elizabeth Grosse, has finalized plans for 2005 and printed a brochure which highlights all dates, workshop topics, and even tentative locations for next year. If you would like a 2005 Programming Directory and cannot attend the holiday party, please request a copy from the office by calling 216-321-9181 or emailing [Help@MBSConline.org](mailto:Help@MBSConline.org).

## Who Are You? *(article continued from page two)*

comfortable for them. Knowing their personality type makes this a whole lot easier.

Scott Zimmerman of The Cyrano Group shared an experience similar to mine, focusing on the challenges of using email vs. phone or in-person communication. He also highlighted this "loose definition" of the four basic personality types, which seems to be right on target.

**Driver Personalities:** Also known as *High-D, Dominant or Dominant Drivers*.

Often business owners or vice presidents. Characteristics: Self-contained, goal and task-oriented, seeks control, ambitious and competitive, they like forward motion, they make decisions quickly. They hunt, they kill, they brag and they move on to the next hunt.

**Analytical Personalities:** Also known as *High-C, Compliant or Cautious Thinkers*.

Often engineers, accountants, attorneys and some business owners. Characteristics: Likes details, makes decisions slowly, self-contained, prefers facts to relationships.

**Expressive Personalities:** Also known as *High-I, Influential or Interactive Socializers*.

Often become sales people. Characteristics: Moves quickly, likes relationships, charming, confident and open.

**Amiable Personalities:** Also known as *High-S, Steady or Steady Relaters*.

These people are open to relationships, but have a hard time making decisions. Characteristics: Hate change, prefers little steps, considers the feelings of all involved in any decision, needs help making decisions.

While the area of interpersonal relations has historically been one of my strengths, it seems to me that holistic practitioners (as a general rule) have a different personality profile than the mass public or even the general business population with whom I have been most closely affiliated in the past. Perhaps I need to re-read one of my favorite books on personality types. It is called, "Please Understand Me" and is based on the Myers-Briggs personality profile. If you haven't read it yet, consider adding this book to your holiday gift wish list. It's an interesting and fun read, and a condensed version of the actual personality profile test is included in the book. You can learn more about how your personality type interacts with others, the kind of career/job for which you are best suited, and which of the personality types might even make the best spouse! Sounds like very helpful information!

Since many *MBSC* members are sole practitioners, we probably don't get enough of this good business "counsel" on a regular basis. So, in the next newsletter, I'll share more about Scott Zimmerman's thoughts on the pro's and con's of email versus the telephone.

### Save the Dates

Thursday, January 20

#### Small Change Makes a Big Difference

Author, Larry Terkel speaking about the concepts in his hot, new book called "Small Change". Bring your copy of the book and he'll sign it!  
Wellington Catering, Highland Heights

Wednesday, March 9

#### Meet the Holistic Community

A networking forum is planned that allows the public to meet holistic practitioners and understand their services.  
Lockkeepers Restaurant, 8001 Rockside Road, Valley View

## **Thank You to Our Supporters in 2004**

These generous friends sponsored one of our educational programs or contributed toward a special event. On behalf of all *MBSC* members, we extend our very warmest appreciation to:

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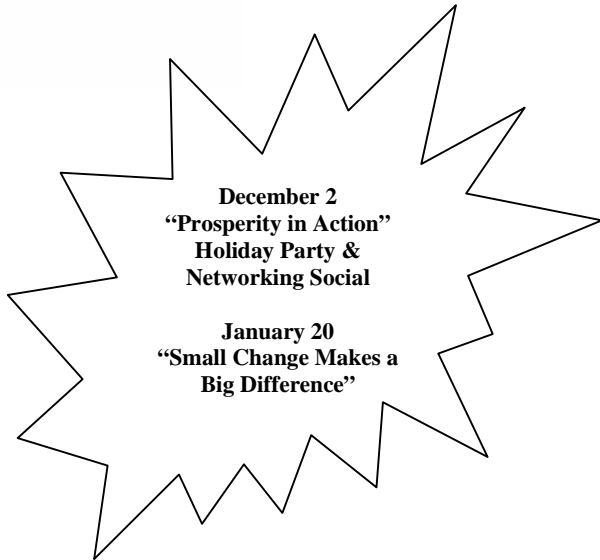
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Connectives . . . a bi-monthly newsletter for holistic practitioners (Nov/Dec '04)  
Available online and free of charge to *MBSC* members; others may subscribe for hard copy (see page one).

*Do you have a friend or colleague who would benefit by joining Mind·Body·Spirit Connected? Our 2005 membership campaign is currently in progress, and would be glad to send them an introductory packet.*

*MBSC* offers individuals interested in complementary and alternative medicine the opportunity to:

- ∅ Provide education concerning complementary and alternative (CAM) healing methodologies
- ∅ Exchange knowledge through organized activities
- ∅ Improve existing skills and/or develop new ones
- ∅ Network to become familiar with holistic services offered in the community

Whether you are an *MBSC* member, a friend or guest attending one of our educational programs, you have an opportunity to learn more about issues in integrative healthcare and to support *MBSC* in enhancing the community's awareness of holistic practice. Your involvement and support is appreciated.



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*Promoting health and wholeness  
through an understanding of  
mind, body and spirit connectivity*