

Vernal Equinox 2009

Upcoming Events

- ✓ reiki I class for teenagers in May; call if you are interested
- ✓ CST migraine pilot study during month of April

Paula's Update

Happy Spring! I wrapped up my recent engineering consulting projects and am very happy to have more time to devote to energy-centered bodywork.

Beginning April 1st, I'm teamed up with three other massage therapists in a pilot study looking at the benefits of CranioSacral Therapy (CST) for migraine patients. We are doing the study in conjunction with Dr. Miller of Advanced Neurology of Colorado. Look for initial results next month...

News on Health & Wellness

I don't usually have the patience to watch videos on my computer - YouTube is not on my explorer favorites list. But, I clicked on the link to the [Integrative Medicine Summit](#) that was held in Washington DC on Feb 25-27 and was hooked. I even watched video clips from the related [Senate Hearings on Integrative Care](#) that took place concurrently.

I think America is on the verge of a paradigm shift in the way we think about and practice health care. *Really.* It's not just about containing costs. The speakers at the summit, all medical doctors, recognize the need for a fundamental shift in our health model. They advocate for a more integrated systems approach, talking more openly about combining alternative therapies with mainstream medicine than I've heard before. During his opening remarks to Senator Harkin, Dr. Mehmet Oz, cardiovascular surgeon, described bringing a reiki master into his operating room.

A small thing really struck me. Ralph Snyderman, Chancellor Emeritus at Duke University, an older physician, opened his key note address by asking the audience to close their eyes and take a moment to sense the capability of their doing good. I could feel it, too.



"the whole is greater than the sum of its parts" - unknown