

May 2008

Upcoming Events

- ✓ Reiki II Training on June 22nd
- ✓ Reiki I training on June 29th

Paula's Update

Welcome to my monthly newsletter! If I haven't seen you in a while, I want to let you know about some changes...

My main office is now in Windsor. I'm in a remodeled Victorian house with other health practitioners. It's a great space located at 130 N. 6th St, just north of main street and a block from the Windsor lake. I'm still in Fort Collins on Mondays at Zen Skin, 1113 Stoney Hill Drive.

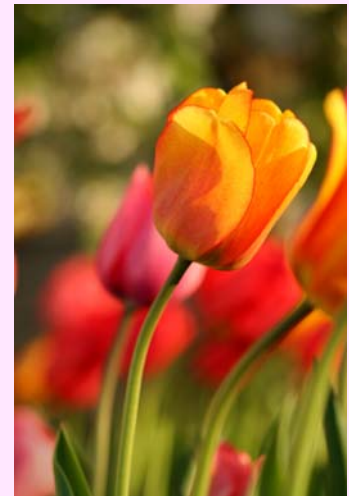
Check out my new website: www.innerbalance-healing.com. I'm playing with new technology to keep my site up-to-date with the latest research news on health and wellness.

In addition to massage and reiki, I'm incorporating more craniosacral therapy and have also added visceral mobilization. Both types of bodywork are energy-centered, gentle and powerful.

For existing clients, my rates are going up to \$75/hour as of June 15st. Consider purchasing a 4-pack and getting the fifth session FREE. I now accept Visa, MasterCard & Discover.

News on Health & Wellness

Check out this article that was aired on KUNC in February called the [Science of Woo Woo](#). Physician, Marc Ringel, describes a recent scientific study that proves the existence of distance healing. Really. Eleven healers randomly sent healing energy to patients who were being monitored by an MRI device. The results showed significant differences in brain activity during the intervals when healing was being delivered. Interestingly, the brain activity was similar to patient response to painkillers.



If we could see the miracle of a single flower clearly, our whole life would change.

- Buddha