



Pathways to Self-Healing

A NEWSLETTER FOR HEALTH AND HEALING

WINTER EDITION

December 2006

NOTE FROM PAUL

Know Thyself for Health

Shakespeare had Hamlet say it, and it remains as true today: "Know thyself, and to thyself be true, for then thou wilt find, as day follows night, that thou canst not be false to any man."

What has that to do with becoming and staying healthy? Lots. Most of us are "false" to ourselves many times a day, when we make unhealthy choices in our lives: When we choose not to exercise, even though we know it's essential; when we live in worry and stress, even though we know its not necessary; when we invest in things we don't need; work too many hours in a day. The list is endless.

Self Care is Essential

When we truly know ourselves, we automatically become self-nurturing. With self- knowledge, we know that we ourselves are the center pole of our lives, and that if the center pole is not taken care of and strong, our tent will grow shaky and fall. We realize that self- sacrifice is a habit learned early in life, and that self-care is a habit that must be cultivated in order to have a quality of life that nurtures good health.

Self-knowledge lets us know when we're worried and stressful, when our relationships are unfulfilling, when we have unhealthy lifestyles and why. It teaches us the value of self-inquiry, time alone, and constant review of our choices, whether or not they are healthy.

The Art of Gaining Self Knowledge

Only when we know ourselves can we make choices that are good for us. We can learn about ourselves in counseling, in meditation, and from wisdom teachings in books, and from wisdom teachers. As they say: When the student is ready, the teacher appears.

Know Thyself,

Paul Sibcy, Editor

Pathways website: www.psh.org

Integrated Healing Arts (IHA) – 650 493-7030

A group of Independent Holistic Health Care Practitioners Who Contribute Support to the Pathways Newsletter

Susan Aiken, MFT, Certified Process Therapist, Relationship counseling, individuals/couples 650-493-1935

Kimi Avary, M.A. Integrated Body-Work, NLP Massage

Kimi@YourMindBodyHealth.com 650-804-6735

Aviva Bernstein, CFP, Functional Integration®, Feldenkrais Method®

Ablumen@aol.com 650-852-9009

Leslie Bevington, M.A., M.S., Life transitions coach 650-365-6777

LBevington@comcast.net

Renee Burgard, LCSW Mindfulness Consultation, Stress-related conditions, pain, anxiety, depression riburgard@aol.com 650-269-4807

Debdatta Chakrabarti, Ph.D., Ph.D., DMS Homeopathy

www.sanjeevonihomeo.com 650-559-1924

Mari Clusin, CMT, Acupressure, Tui-Na mclusin@stanford.edu

650-966-8453

Terry Craven, MFT-I, Psychotherapy, Counseling heartcraft@earthlink.net

650-494-1215

Rosaline de Belleval, Hypnotherapy, Coaching 510-659-1605

Francoise Debost, Wellness Specialist frandebost@yahoo.com

650-380-8075

Joe Deisher, TaiChiChuan and QiGong Instructor JBD@taichisage.com

650-494-7345

Cheryl L. Eichner, MSPT, Feldenkrais Method, Biodynamic CranioSacral

650-868-0343

Jean Elvin, CFP, Functional Integration®, Feldenkrais Method®

jean_elvin@yahoo.com 650-796-4847

John Flavin, Dipl.A.B.T., Tui Na & Acupressure Massage 650-248-6721

jflavin@balancethepoint.com

Larry Freeman, M.D., Family Practice & Acupuncture 650-493-2022

Julie A. Gauthier, Ph.D. Psychotherapy for Adults & Couples.

juliegauthier@hotmail.com 650-493-1414

Mary Hammes, MFT, Marriage and Family Therapist specializing in

adolescents maryhammes@ucdavis-alumni.com 650-493-4932

Nancy Klimp, MFT, Narrative perspective with Individual Adults

and Parents 650-493-1935

Bari Liebowitz, D.C. Whole-family Chiropractic care, holistic medicine,

lifestyle counseling, neurotransmitter testing 650-494-1822

drbari@goodlifewellnesscenter.com

Chris Macie, L Ac., 650-424-8782 Acupuncturist & Herbalist

Michael McGuffey, C.H.T., C.S.C., Clinical Hypnotherapy; Spiritual

Counseling 510-681-9041 hypnosisguide@hotmail.com

Jim Mutch, CMT, CZB, Reiki, Process Acupressure, Zero Balancing,

CranioSacral, Reiki Instruction JDMutch@AOL.com 650-961-8025

Deborah Olenev, RSHom (NA), Certified Classical Homeopathy,

Homeopathy for children & adults olenev@att.net 650-569-6219

Sue Peck, MFT, Marriage & Family Therapy, Relationships, depression,

elder's caregiver support 650-482-9444

Annie Pulse, RN, CMT, Stress & Pain Management, Healing Body Therapy

annepulse_rn@yahoo.com 650-494-6263

Danielle Robert, Stress Reduction Through Massage Instructor,

daniellerobertcmt@yahoo.com 408-515-2553

Peggy Rogers, MFT, Psychotherapy, relationships, illness, grief, EMDR,

imagery rogers5@flash.net 650-493-4932

Christine Rosche, M.P.H., C.B.T., C.H.T., The Light Living Program

www.lightlivingprogram.com 650-856-3151

Steven Schmitz, M.A. 650-906-8480 Awakenings, Spiritual Guidance,

Shamanic Counseling, Dream Work

Paul Sibcy, M.A., Jin Shin Do®, Process Acupressure, Meditation & Kriya

Yoga teacher, minister sibcygh@AOL.com 650-424-1118

Matthew L Starkey, C.M.T., Swedish Esalen/Deep Tissue Massage

matthewlstarkey@yahoo.com 650-494-6263

Margaret Toews, MFT, Marriage & Family Therapy, Certified Process

Therapist maggie@processes.org 650-493-1935

Nick Zirpolo, Ph.D., Psychologist, Mind-body psychotherapy, pain &

medical issues, relationships DrNick@integratedhealing.org 650-494-1215

IHA website: www.integratedhealing.org

STORIES OF HEALING

This is a regular column in Pathways, written by folks like you who are on a healing journey. Most of us discover holistic health because standard care didn't help us with one problem or more. Thus we began our search for healing. If you have a story to tell us, send it in. If chosen, it may inspire others on their journeys.

PSYCHOLOGY & HOLISTIC HEALTH

by Sue Peck, MFT

There are many ways of bringing health and well-being to people. My way is psychological counseling. It helps people sort through their issues for healing, and to see what can best help their situation. I help my clients tune into themselves to see what they really need and how to get it.

Sue's Holistic Journey

I became a believer in holistic and complementary health through Dr. Larry Freeman, IHA's holistic physician. My husband, Dr. Nick Zirpolo, psychologist, is one of the founders of IHA, so I was obviously already interested in the Center. Larry's acupuncture helped me recover from a shoulder injury, which gave me a deeper understanding of how important holism is to total well being.

We all have bodies, emotions, thoughts and spirits, and we have to take all of these into account in order to become whole and healthy. The mind is central to all of those aspects of self. Counseling helps us to find out who we are, what we value and what we need. I chose to become a psychotherapist because it's central

to all aspects of the human condition.

How Counseling Helps

Many people believe that mind and body are completely different and separate, but that isn't true at all. Stress, for example, is blamed for all kinds of physical and emotional disorders, yet stress is very much a mind issue. As psychologists report: "Stress isn't what happens to you, but how you respond to what happens."

Counseling helps us to look at the relationship between the body, mind and spirit and integrate them. We may discover, for example, that aerobic exercise helps us to relieve stress, feel empowered and confident, and feel happier. It does that for many people. Or we may discover we have negative self-talk, and that positive thinking helps us to be happier and more motivated. There are many ways to help ourselves, and counseling may help us find what's right for us.

Counseling helps us examine our underlying thoughts, feelings and attitudes about all aspects of our lives, to develop self confidence and self esteem. It can help us develop coping strategies that give us the knowledge that we are bigger than our problems, the confidence to develop goals in life and accomplish them. It's said that everything emanates from the mind, that reality accommodates our attitudes towards it. What we expect to see limits what we do see.

Getting Started

Even six sessions with a therapist can alleviate many issues, shed light on others, and provide needed support. A person willing to seek help is already a person

with willingness to grow and change, which requires looking at other options about which he or she hasn't known. I encourage people to seek out a variety of health resources, and I help people sort through them to find what works best for them. The most important thing is to get help when it's needed.

~~~~~

Sue Peck is a Marriage and Family Therapist in private practice at Integrated Healing Arts. She can be reached at (650) 482-9444.

~~~~~

MEDITATION BEATS NAPS / COFFEE

Meditation teachers have been saying for ages that meditation helps people feel more focused and energetic than sleep or caffeine, but now they have the studies to prove it!

A recent study found that when student volunteers were tested for alertness, they demonstrated more alertness when they meditated than when they napped, exercised or drank caffeine. The results were presented at a conference of the Society for Neuroscience.

The Study

Led by Prashant Kaul of the Univ. of Kentucky, the researchers took 12 students who did not meditate and taught them the basics. Then, over a series of weeks, they tested the students on such skills as reaction time. They tested them in mid-afternoon, when people tend to get sleepy, before and after 40 minutes of meditating, napping, exercise or taking caffeine. Meditation was more effective than any of the others.

Earlier studies have shown that the brains of meditators

undergo changes similar to sleep, and that people who meditate a lot report sleeping less. This report supports that theory. In fact, meditation proved even more restful for people than sleep.

Implications of the Study

Lack of rest and sleep are two of the biggest factors in both overall health, and productivity on the job. The results of this study imply that meditating is the best thing one can do for herself in both areas. If industry wants to cut health care costs and improve alertness and productivity, they might install meditation rooms instead of coffee machines and gyms. Meditation may be the best healthiest choice available.

~~~~~

Meditation is available in the *Pathway's* classroom on Thursdays at 7PM, and Sundays from 9:15-9:45AM. Call 650-424-1118 for more information.

~~~~~

"The aim of life is to live, and to live means to be aware, joyously, drunkenly, serenely, divinely aware." - Henry Miller

~~~~~

### **HEALTH: SPIRIT & PSYCHE**

Most of us understand by now that physical, spiritual, emotional and mental health are indivisible and interrelated: If one's faith is weak, she tends to feel more insecure about life, which causes obsessive worry and stress, which leads to any number of physical malfunction.

Conversely, poor health can cause depression, worry and a crisis of faith. Even though it's always been connected like this,

helpers haven't always worked holistically for treatment.

Many professionals—like *IHA* and *Pathways*-- are working hard to integrate the various approaches. Some mental health and religious workers, for example, are breaking through to holistic approaches that see both fields as two sides of the same coin. At a recent national conference on mental health and spirituality in Burbank, 400 helpers from both fields spent the day talking about common ground in their practices.

### **Valuing Psyche and Spirit in Healing**

While most health professionals ignore or minimize both psyche and spirit in healing, psychologists and spiritual workers see them as the lynchpin for overall health. Members of this conference agree that people with a strong spiritual foundation tend to be healthier and recover better when their lives are in crisis: "You never see this in textbooks," said Psychologist William Miller, main speaker and a primary researcher on the use of spirituality in the treatment of substance abuse.

Even more telling, people who get in trouble with drugs and alcohol show an alienation from religion, religious practices, and religious affiliation. Conversely, spiritual or religious involvement is one of the most consistently recorded "protective factors" against substance abuse or dependence.

### **Spirituality Includes Mind/Emotions**

The conference, "Spirituality and Mental Health: New Horizons, New Directions,"

viewed spirituality in the broad sense of religion, belief in God or Higher Power, as well as thoughts, feelings, experiences and the search for the sacred. Topics included the Buddhist technique of "Mindfulness," and the re-emerging "positive psychology," so popular in the early 19th century.

Conference presenters pointed out that while Western health care is overwhelmingly secular, the American people believe in God. Surveys say that over 90% of Americans believe in God, said Rev. Siang-Yang Tan, psychology professor in Pasadena, and for the most of them, he said, their religious and spiritual resources are important coping mechanisms.

"For a long time, we've been talking about being sensitive to cultural issues," he said, "But how can you be culturally sensitive without being religiously sensitive? In almost all cultures, religion is a big part of culture."

### **Spirit and Psyche at IHA & Pathways**

Helpers at IHA and Pathways are advocates of holistic and complementary health care. A primary tenet at *Integrated Healing Arts* is that "All Healing is Self Healing," which is why they help support the classroom at *Pathways to Self-Healing*, where classes on meditation, yoga, Tai Chi, Mindfulness, spiritual growth and others are held. See our class listings for more information.

~~~~~

-----Classes, Programs, Groups-----

Sunday Mornings for Spiritual Health – Paul Sibcy and *Pathways to Self-Healing* Ministers, Meditation, 9:15 – 9:45am, Main Service, 10 – 11:15am. Call 650-949-3106 for more information.

QiGong – Joe Deisher, Tuesdays and Thursdays, 7:00am to 8:00am, Tuesdays, 6:00pm to 7:00pm, Fridays 2:00pm - 3:00pm. Classes followed by Tai Chi Chuan 650-494-7345.

Tai Chi Chuan – Joe Deisher, Tuesdays and Thursdays 8:00am – 9:30am, Tuesdays, 7:30pm – 9:30pm, Fridays 3-4:30pm.

Meditation and Self Development Class – *Pathways to Self-Healing* – Paul Sibcy and staff. Ongoing Thursdays, 7pm – 8pm. For information call Paul Sibcy 650-424-1118.

Beginning Meditation Class – *Pathways to Self-Healing* Ministers: Four Thursdays: Feb 1, 8, 16, 22; 7- 8pm. Call Colleen at 650-949-3106 for information and reservation.

Dao-Yin (Do-In) Introductory Class – Chris Macie, MTOM, L.Ac., Learn simple Qi Gong techniques for a daily wake-up practice. Monday 2 - 3pm, other times to be arranged, \$10 per session. Call Chris Macie 650-424-8782.

Bones for Life® - a natural and safe exercise program to strengthen bones, improve balance and more. Call Aviva Bernstein at 650-852-9009 or see www.BonesforLife.com for more information.

Stress Reduction through Massage: Theory and Practice, 2-hour Class with a 3rd hour free, Integrated Healing Arts, 4153 A, El Camino Way, Palo Alto, Dec 30: 8.45am, 12.45pm or 5.45pm. \$19 pre-registration (\$39 at the door). Call 408-515-2553 or email daniellerobertcmt@yahoo.com

Mindfulness Based Stress Reduction (MBSR) 8-week Classes – Palo Alto Medical Foundation, Mondays from 6:30 – 9:00pm. \$285 includes book, tapes/CDs, workbook. Call 650-269-4807 or email reeneburgard@yahoo.com. Next class begins with Free Orientation on Monday, January 8th.

Mindfulness-Based Stress Reduction II: For Our Emotions (Prerequisite: MBSR--see above ad) - 6 classes begin Wednesday, January 10th, at Pathways & IHA Classroom, 4153A El Camino Way, PA, Wednesdays 6:30–9:00pm. \$225 includes book, CDs, handouts. Call 650-269-4807 or email reeneburgard@yahoo.com.

Online *Pathways* Event Calendar: <http://www.psh.org>, click on “calendar.”

Pathways’ and Integrated Healing Arts’ Classroom

4153A El Camino Way, Palo Alto, California 94306

To Reserve Classroom (650) 424-8782; IHA (650) 493-7030; *Pathways to Self-Healing* (650) 424-1118

-- PLEASE HELP ! --

Pathways to Self-Healing is upgrading to an email-based communication system so that we can greatly expand and enhance our services to you. Please send your email address along with your first and last name to colleen.bradfield@sbcglobal.net with the subject “NEWS Email,” to assure you receive our next newsletter electronically, if you prefer.

SAVE A TREE: If you do not wish to receive this newsletter, please call 650-424-1118 or email colleen@psh.org TO CANCEL. If you'd like to receive by Email, – SIGN UP NOW: colleen@psh.org

NON-PROFIT ORG.
U.S. POSTAGE
PAID
LOS ALTOS, CA
PERMIT NO. 725

Pathways to Self-Healing
4161 El Camino Way, Suite B
Palo Alto, CA 94306

