IN THIS ISSUE

Welcome to
THE HEALING ARTS!
Ali Ansari

THE ENERGY OF NUTRITION
How Natural Living Saves Money
René Cook

FEEDING KIDS
The Movement for Natural Foods in Local Schools
Interview with Chuck Paprocki

FOR KIDS’ SAKE
Charities and Fund Raisers

PARENTING IN THE 21st CENTURY
What Children Truly Need
Greg Wendt

THE CASE FOR HOME BIRTHING
Have Your Baby the Traditional Way
Laurie Fremgen, CPM

ENERGY SAVING TIPS &
POLLUTION REDUCING PRACTICES

FEATURED PRACTITIONERS

MASSAGE THERAPY
by Heidi Brown

ORIENTAL FIRST AID
& FENG SHUI
by Deborah Bouton
Welcome to

The Healing Arts!

I used to believe that energetic, emotional and spiritual healing was fine for people with emotional and spiritual problems, but useless for serious chronic illnesses. Now I know differently.

The excitement of the discovery of Spiritual Healing is catching on all over America. With this paper I would like to present you with some of the latest discoveries in the science of health and healing and show how it all relates to the need and longing for true self-understanding buried deep within our hearts.

It is a common spiritual understanding that at the core of every heart there is only holiness, purity and love, and that true healing begins with knowing for certain that behind every dominating energy (symptom or act of frustration), there lies buried a responsible cause that is truthful, benevolent and healing in nature. In other words, there can be found a motivation based on innocence, truth and the desire for love.

Contemporary research can now relate organic ailments in the body to the presence of emotional trauma, and it is well known that emotional release techniques aid wonderfully in the healing of physical symptoms. After all, what are physical ailments if not symptoms of emotional and spiritual distress?

It is also clear that emotional bondage is the root cause of resistance, reluctance, hesitation, skepticism, and whatever else it is that keeps us from fully realizing the Success and Happiness that is available in our lives. These bonds manifest as the fears, tensions and anxieties that withhold our bodies from the experience of complete surrender, joy and happiness.

Through simple Energy Tracking, these emotional bonds can be identified. They are seen and felt as whatever it is that impedes us from perfect health and happiness.

We can release our perceptions from the limiting effects of these bonds by bringing into conscious recognition the events in our lives that caused them and that anchor the personal fears and attachments that impede our progress. It’s called clearing our hidden guilt and making sense of our lives. When the causes are discovered, the illnesses are free to go.

Healing relationships offer a practical arena for this self-exploration. In the safety of a trusted and skilled friendship, we can learn to unveil the true and innocent motivations hidden deeply within our hearts.

So there it is. Healing the heart releases the fears that anchor the illnesses.

Now we have not only an opportunity to become healed but also to become active in the healing process of others and hence, the world. All religions and spiritual paths insist that saving the life of one person is equal to saving the whole world. And so it is with healing ourselves.

Now you understand why I’m happy to present to you this premiere edition of what I hope will be an ongoing and successful publishing venture into the knowledge of Health, Healing and Natural Living.

I welcome you with Peace and Love.

Ali Ansari has been involved in Spiritual Healing & Holistic Health Education for 35 years. He may be reached by phone at 618.698-8001

HEALING ARTS
Bi-monthly Journal for Holistic Health Education and Sustainable Living
Editor/Publisher: Ali Ansari / 2TAKA PRESS
618.698-8001 ~ ali786@surrenderworks.com

Contributing writers and advertisers are welcome.
Next edition is scheduled for July 1st. Deadline for articles and advertising is June 15th. Ad spaces are $65 per quarter page. $100 Half, $200 Full. Business Cards are $30, and Listings are $15. A full-page ad is 7” wide X 9” high. A quarter page is 3.5” wide X 4.5” high. Business cards are 3.5” X 2”.

Please submit articles and advertising by email in Word.doc, PDF or compatible format. We are planning to grow in size, so article length may be up to 1000 words. All articles and advertising are subject to editorial discretion. Only material relevant to Holistic Health Education and Sustainable Living will be considered. If you need help with graphic design, please call.

To suggest a drop-off point or have a few copies on hand for your customers, call or email with your personal and business name, and address and phone number, and how many copies you would like to have.

It is my sincere hope to make this a genuine work of art, doing justice to the area and the local businesses. Therefore, the input of advertisers and contributors with editorial and artistic background will be welcomed.
THE ENERGY OF NUTRITION
How Natural Living Saves You Money
By René Cook; Manager, Town Square Market

What saves you money, tastes great and helps the planet? Cooking with Organic, Bulk Foods.

The cost of everything seems to be on the rise. Gasoline prices are already at summer highs, and folks are still reeling from the shock of utility rate increases. At the same time we see regular news reports about food recalls and concerns about processed and fast foods causing obesity, heart disease, diabetes and cancer. We just celebrated Earth Day and learned that many small personal changes in all our lives can make positive changes for the earth.

I offer a simple solution to these concerns. Cook with Organic, Bulk Foods more often.

Now you might be asking yourself what is Organic, Bulk Food? Bulk foods are things like grains, beans, flour and they come in bag sizes ranging from 5 to 50 pound. Now don’t panic, that is just one option for bulk buying. If you have storage room and someone to share it with, that is the most economical way of going about it because Town Square Market in Carbondale gives you a discount if you buy the whole bag. You can also come into the store and just get what you want right out of the bulk bins we have. You just grab a bag and fill it up. Even better, bring your own container and fill that up and then you don’t even have to worry about paper or plastic.

I mentioned that buying in bulk was cheaper and I’ll give an example. I’m looking at a 15 oz. can of precooked, organic black beans for $1.79. I’m also looking at a bag I filled from our bulk section for the same $1.79, but it weighs in at 1.4 pounds. Now you might be asking yourself how could a bag of beans cost so much more than a can. Well, both methods are handled the same from here. Bring the pot to a boil, cover and simmer as low as possible until tender.

Why Organic? You simply need to look around you to see how our communal home has been degraded by modern farming practices. Eroded lands and vanishing topsoil have depleted the vital nutrients necessary for health. Bio-diversity is diminishing at an alarming rate in plants and animals alike. We are offered toxic “food”, grown in toxic soil, watered with polluted water, fed poison pesticides and fertilizers that pollute the air we breathe.

Our bodies are not being treated any kinder and it is reflected in our health in general. We look to less developed countries where starvation is so apparent and don’t realize that we are starving in the midst of seeming abundance.

Yes, in an abundance of devitalized, genetically-modified, irradiated, packaged, processed items we are starving for real substance. It is no wonder that cancer, diabetes, heart disease and obesity are affecting most everyone’s life in some manner. When you buy organically grown food, you side-step all those processes that take the life force out of our food before it even gets to our kitchens. Food grown in this manner doesn’t have toxic chemicals added to it anywhere along the line so you are assured of serving clean, quality food to your family.

We all have busy lives and cooking from scratch in this manner probably sounds like a lot of time and trouble, so let me share some ideas to make this all fit more easily into your life. Most beans, with the exception of lentils, split peas and lima beans, should be pre-soaked to reduce cooking time. The ‘regular soak’ method is to simply cover dried, sorted beans with plenty of water. Soak about 8 hours and drain.

The ‘quick soak’ method calls for the same treatment but instead of soaking them, you bring them to a boil and cook for 2 minutes, cover, remove from heat and let stand for one to two hours. Be sure to leave plenty of room for expansion as they triple in volume during cooking. Both methods are handled the same from here. Bring the pot to a boil, cover and simmer as low as possible until tender.

Flavorings should be done near the end of cooking time as they toughen the outer skin and slow down the cooking process. It is best not to add baking soda to beans as it destroys B vitamins. My favorite method of bean cookery is in my pressure cooker and I also like the crock-pot but you really need to presoak for the slow cooker if you are cooking beans in the morning to be served that night.

One last technique to mention is the ‘freezer method’ where you drain and pat dry pre-soaked beans and place in a single layer on a shallow baking sheet. Next place the tray in the freezer for a few hours until hard and then transfer to airtight containers for storage. When you need beans for a dish, dump the frozen beans into boiling water to cover. Most varieties will be done in about 30 to 45 minutes. How’s that for convenience foods?

I hope these suggestions make your foray into bulk cooking simpler and will help you to incorporate them more easily into your life. Ω
Dayempur Farm Comprehensive Center for Sustainable Living is the spiritually-centered land-based project of the Dayemi Tariqat. The name “Dayempur” originates from two words: Dayem (Arabic), meaning ancient or eternal, and pur (Urdu), meaning a place. The vision of Dayempur is to inspire and uphold humanity with spiritual retreat and renewal, the development of self-reliance, the building of community, and the teaching of sustainability.

Located in Anna, Illinois, amidst the spectacular Shawnee National Forest, Dayempur is a model of organic and sustainable agriculture, ecological construction, renewable energy systems, natural healthcare practices, community development strategies, and spiritual and social cooperation. Its systems are designed to work in harmony with the eco-systems and life-support systems of the natural environment.

Dayempur receives frequent and regular visits from organic and ecological groups. For more information please contact Chuck at 618-967-8016, email dayempurfarm@aol.com. In the next edition of Healing Arts we will be publishing a more in-depth article on the farm itself.

Ali: Tell me, Chuck, how did the "Farm to Schools" project originate? How did you come up with the idea?
Chuck: I was making a presentation at Southern Illinois University for the Bioneers Conference on the issue of local food security. I was speaking on behalf of the Shawnee Ecological Farmers Association (SEFA), which is an organization about one and a half years old that brings together farmers, community organizers, fund raisers, and food buyers. The objective is to develop greater food security in Southern Illinois and to promote Sustainable Agriculture, help small farmers, develop local markets and educate local people about the benefits of nutritious food.

As it turned out, Sheila Simon was present at this Bioneers presentation and she was excited about SEFA’s mission and what we were doing. She suggested we contact the school system about building a link between the farmers and the schools. So we met with John Williams, the Assistant Superintendent for the Carbondale Elementary School District 95.

Ali: What did you do to get it started?
Chuck: We held several meetings with John and Glenda the head cook, and out of those meetings came an agreement that we will also work on a farm to schools project that entails the schools buying food from local farmers. We would also work cooperatively on an educational campaign to inform parents of the health benefits of nutritious food.

There were already parents in the schools looking to improve the children’s menu to include more fresh fruits and vegetables. When they heard about this, they wanted to work with us. The parents formed an organization called the School Nutrition Action Committee (SNAC). They called a general meeting of the parents from the four schools. About 45 parents showed up and they discussed making this project a reality. Some of the things they talked about were volunteering in the kitchen to help with the preparation of food, farmers visiting the classrooms, school vegetable gardens and field trips to organic farms.

Ali: What individuals and organizations do you have on board so far?
Chuck: The project now has the support of many local farmers, SEFA, The College of Agriculture at SIU, Jackson County Department of Health, School District 95, and Good Samaritan Ministries that runs a food pantry and would be the recipient of surplus food from the farms. Good Samaritan presently serves food to 245 families a month. We also received a letter from the Carbondale City Manager thanking us for taking the initiative and offered support as the project moves along.

(Continued on page 6)
What Children Truly Need
First in a series of articles that address parenting in the 21st century
by G.F.H. Wendt a.b.c.d.e.f.g.

As the lucky father of 3 young girls aged 2, 4, and 6, I have learned that simply spending time together is the greatest gift we can give each other. As life’s many distractions try to pull me in one direction or another, I keep coming back to the joys of holding my children, looking at them, playing with them, eating meals with them. Sometimes I wonder why I do anything else. Children are precious, innocent human beings who are wonderfully intuitive and honest. Though it is our job to raise them and teach them, the reward of their love and devotion far outweighs our efforts.

As the early years of childhood, and the developmental changes that go with them, race by, we must pay careful attention to this uniquely important time. Early childhood lasts from the womb to about age 7. Like carving a sculpture out of a block of clay, early impressions run deep, setting up critical foundations that can be nearly impossible to alter later. The cute little babies in our arms are helplessly dependent upon us to nurture their healthy growth—physically, mentally, emotionally and spiritually. A question worth asking is: are we doing enough? A second question may lead us to the answer to the first. How much quality time are we spending together?

Simply put, children need our time and loving attention. Everything else of value will naturally flow from our intention to give them that. But many parents are highly distracted from this purpose. The current norms of society have us doing a lot of anything but parenting. Often these norms are not even questioned, but simply followed. By norms I mean unnatural birthing, day care, public school, television, video and computer games, fast food, two-income households, emphasis on career, status and achievement. These norms and many others often pull us away from what is most important to our children and to society as a whole.

Young people, in numbers greater than at any other time in history, are struggling with challenges that often lead to unsatisfying, dysfunctional and frequently, tragic lives. Health and happiness are no longer the givens of childhood. Obesity, anorexia, depression, addiction and apathy have staked their claims on our children. The relatively simpler worlds of our childhoods are far different than the hyper-technologized, one-thing-after-another-with-no-time-to-breathe environment we live in today.

As adults we may often feel like we are overwhelmed by a whirlwind of change and activity. We can hardly find time to breathe, and our children are victimized by our collective inability to slow down. Society as a whole must address this issue to a far greater degree than it has thus far. However, parents are the front-line, the first caretakers, the most important factors in the development of our children. If we are guided by love, conscious presence, and a thoughtful examination of every decision we make, we have a chance to give our children what they truly need. If we default to accepted norms out of convenience or ignorance, we risk the healthy development of our children on many levels.

So what holds us back from embracing the experience of family? Many of us are driven by a perceived need for careers, material accomplishments, efficiency, productivity, orderliness, freedom to do what we please—an endless list of... whatever. Children have a way of disrupting all of this. Children are simply...children. They have one basic need—your loving attention. To surrender to this need is to embrace a sublime happiness. To try to wiggle out of and compromise this need is to live a life of frustration and disharmony. The glorious years of early childhood can swiftly turn into a pressure cooker of aggravation and misunderstandings. The young child moves swiftly through distinct developmental changes.

If we do not pay attention to this growth process each step of the way, we lose track of who our children are and before long we can become completely perplexed by their behavior. By the time children get to be 10 or so, we have lost our best chance to know them; by then they want to spend most of their time with their peers. As parents we must put a stop to this pattern.

Fortunately there are many parents who consciously choose to live spiritually centered holis-
tic lives. Unfortunately, this is not yet the norm. However, ask most people, especially those who live into their golden years, what is most important to them, and topping the list is usually “family.” But look at the actions of much of society and we find that quality family time is often sacrificed for careers, hobbies, entertainment and other pursuits. Few of us will look back at our lives and wish we had worked more overtime, or had more new cars, or more gadgets, or more anything; with one notable exception; we will all wish we had more time with our children. But by then, they won’t be children anymore.

Perhaps we will have this wish no matter how we live now. But wouldn’t it feel better to know we made our best effort to truly be with our children. We made the choice (hopefully) to bring them into this world. Then by some unbelievable miracle they arrive in our arms, beaming with love, ready to give us the greatest gift we can imagine. And before long we forget just how miraculous this is. And we forget that this miracle comes with profound responsibility - not just to put meals on the table and a roof overhead, but also to provide intimate care and lots of time. Yes, it can often be inconvenient, exhausting and challenging. But what could possibly be more important? What are we in such a hurry to do that we can’t take the time to read a story, play a game, walk around the block, cook a meal together?

I ask you this, just as I have asked myself these questions when I feel I have something better to do than provide loving attention to my children...when I feel the need to achieve something, or do, do, do something. And these feelings come up quite often. Fortunately, time and an effort towards remembering the purpose of fatherhood and family has allowed me to choose more wisely than a younger me would have. At times, of course, I fall into the seductive traps of distraction in the forms that appeal to me. But then I turn again to the eyes of my children, and suddenly, there I am...there I am...in the presence of the most beautiful reflection of life, love and God that I can imagine.

No experience is worth missing the miraculous beauty of your children. Ω

Ali: How much progress have you made?
Chuck: The Dayemi Tariqat, as a member of SEFA, through Dayempur Farm, submitted a three year grant proposal to the USDA to fund the project. The proposal includes funds for a director and field coordinators to organize farmers, work with the schools on menus and develop a planting schedule, among other things. The proposal includes money for renting a warehouse, renting buses for children’s trips, funding school gardens, and also to start a producers’ cooperative for farmers. We should hear on this grant sometime around the end of July, whether or not we were successful. We’re going to continue to seek funding from other sources and regardless of external funding there is enough commitment from the participants to continue the program on our own, although it will develop more slowly.

Ali: And your plans and goals?
Chuck: The parents group (SNAC) is going to meet one more time (around the 21st of May?) before school lets out. In the fall, representatives from SEFA, parents groups and schools will get together and plan the menu for 2008. The menu will determine the demand for fresh fruits and vegetables and then SEFA will work with the farmers to meet that demand. Planting will begin in the spring and we hope to begin providing food for the children in the spring of 2008 and by the end of the year to be fully engaged.

Ali: How can people get in touch with you if they are interested in helping or contributing?
Chuck: We’re preparing presentations for local groups who might like to know more about it. Farmers that want to be engaged in the process can contact me at 618-967-8016 or email dayempurfarm@aol.com. Priority to the farmers will be given to local ecological growers, then to local commercial growers and then to outside sources. Ω
THE CASE FOR HOME BIRTHING
Have Your Baby the Traditional Way
By Laurie Fremgen, CPM

Have you ever considered that how you give birth determines how your baby’s brain will function during his or her lifetime? Have you ever considered that how you give birth determines what kind of mother you will be? Have you ever considered that much of the technology we use to today during childbirth is actually dangerous and unnecessary? Have you every considered having your baby the traditional way, at home with a midwife?

As a matter of fact, most of the world babies are born into the loving and skilled hands of a midwife. There are several types of midwives and depending upon her training and protocols, the midwife will deliver babies in the hospital, birth center or at your home. A Certified Professional Midwife (CPM) is a highly skilled, highly trained professional who has learned the art of midwifery through study, apprenticeship and has taken a national standardized test, a test much like doctors and nurses take to become licensed, to show her competency. A CPM is recognized as a health care provider of maternity services in many states, including Texas where I live and practice. CPM’s are licensed and regulated through the state to provide prenatal, birth and post partum care to you and your baby.

Statistically, it is just as safe and perhaps safer to have your baby at home. A study in the British Medical Journal reports, “Low-risk home births, assisted by a certified midwife, required fewer medical interventions than hospital births and were found equally safe for mother and baby.” The study goes on to report that 3.7% of mothers who give birth with a midwife will have a cesarean section as compared to the current national c/section rate of 30% for mothers who birth in the hospital. That is a huge difference!

Why is there such a huge difference? This difference exists largely because midwives believe in three things. They believe in the normalcy of birth. This means that midwives trust that labor will begin when the mother and baby are both ready, that the labor will last as long as is needed for both the mom and the baby and that the mother is completely capable of pushing her own baby out of her own body, on her own. A midwife is an expert in normal birth, so if something is beyond normal, a midwife will know and will make the appropriate suggestions or take the appropriate actions.

Second, midwives believe they are there to serve the mother. This means that the mother determines the course of her care, determines how she will labor and determines how she will give birth. These things are not decided for her. If a mother needs to walk in labor, she is encouraged and supported to listen to her body and follow it. If a mother needs to rest, she is given the space to rest her body and renew herself to continue the work of labor. If a mother needs to change positions to push her baby out, she is encouraged to find the position the feels right and this position will always be the best position for the baby and the mom.

Third, midwives believe that a baby is a human being. Midwives love your baby and will completely respect your baby by speaking softly, keeping the lights low, handling the baby with gentleness. Your wishes about the care you receive or decline for your baby is always respected and coercion is never necessary, because it is about what you want, not about what the midwife wants.

Consider calling your legislators and letting them know you are interested in seeing midwives become licensed in Illinois. There is a bill in the Illinois legislature right now considering such licensure and ensuring your right to self-determination. You get to decide how you want to give birth, not doctors, not nurses, not policemen and not even midwives. How you bring your children into this world is for you to decide. Peaceful birthing to you all.

For more information, please see
www.narm.org
www.cfmidwifery.org
www.illinoismidwifery.org
"A good airframe should almost fly itself. The keyword is almost. The same could be said of a good web site. Here, the Keyword is 'Singulus' ..."

www.singulus.typepad.com

NEW THOUGHT?
I’m a big fan of New Thought and A Course In Miracles, and would like to start a New Thought and ACIM Study Group. If there are others interested in this idea, would you please give me a call? We could meet Sunday mornings in the backroom of the Long Branch for starters. Ali ~ 618-698-8001

HomeBirthIsHealthy.org
Midwives keep it safe.

ROLFING
STRUCTURAL INTEGRATION
Reestablishing the Natural Alignment and Structural Integration of the Human Body for Vitality and Well Being

GRACE POWERS
Certified Roler
618-529-5465
St. Louis, MO
Carbondale, IL

Ali Ansari
Spiritual Healing & Holistic Health Education
618-698-8001
Homeopathy  Macrobiotics  Sufism
Meditation for Health
Classes  Groups  Private Consultations
ali786@surrenderworks.com  www.surrenderworks.com

Quality Watch Repair
All Types of Watches
Mechanical & Quartz
Buy ~ Sell ~ Service ~ Restore
618-303-0678

TWO BOUTIQUE
400 S. Illinois Ave
Carbondale, IL 62901
www.twoboutique.com

Music and Movement for Children 0-5 and Those Who Love Them

MUSIC TOGETHER
*HEARTLAND MUSIC TOGETHER*

Carbondale summer classes start in June
At Barrett Chiropractic, we believe that the human body, controlled by the nervous system, has an innate ability to be self-healing.

Non-Surgical Decompression Therapy * Massage Therapy
Postural Strengthening Exercises * Spinal Adjustments

(618) 529-1943 * 604 Eastgate Dr. * Carbondale, IL 62901 * www.barrettchiro.com

Shop At Town Square Market
Natural Foods and Eco-Friendly Home Products at Affordable Prices

On the Historic Town Square
106 E. Jackson, Carbondale, 529-2312
Open: Mon.-Fri. 10am-7pm, Sat. 9am-5pm

Eat hormone-free chicken!
Grill delicious, local grass-fed and finished beef!
Drink Naked Juices!

Everyday Organic Produce at Great Prices!
Gala Apples, Spring Mix, Red Chard... and more!

Real Estate...
...it's what I do...

John Holt
924-7021
An Interview with Heidi Brown, Licensed Massage Therapist and Gifted Healer

Heidi Brown has been a professional massage therapist for over 15 years. She received her training from Minneapolis School of Massage and Bodywork, Inc. in Minnesota and continuing education from the John Barnes’ Myofascial Release approach. She specializes in the following modalities:

**ESALEN**: Developed in the 1960s, this style originated at the Esalen Institute in Big Sur, Calif., and is based on a combination of Oriental and Swedish massage techniques. Esalen is light and gentle in nature, emphasizing nurturing and empathy. The strokes are soft, easy, and slow, prompting deep relaxation. It is used to reduce stress, relieve pain, improve sleep, aid digestion, and promote healing.

**SPORTS**: Sports massage consists of specific components designed to reduce injuries, alleviate inflammation, provide warm-up, etc. for amateur and professional athletes before, during and after their training regimens - including some passive and active stretching.

**MFR**: Myofascial release is the three-dimensional application of sustained pressure and movement into the fascial system in order to eliminate fascial restrictions and facilitate the emergence of emotional patterns and belief systems that are no longer relevant or are impeding progress. Myofascial release is an effective therapeutic approach in the relief of cervical pain, back pain, fibromyalgia, scoliosis, neurological dysfunction, restriction of motion, chronic pain, and headaches.

You may contact her for an appointment or for more information at 618-521-1970.

Q. Heidi, How do you see the role of massage therapy?
A. “I see massage as one part of a whole therapeutic package that also includes stretching, exercise, diet and healthy attitude. Using my training and experience in Myofascial Release, Esalen, Sports and Intuitive methods of massage, I can see the body as a web, an interconnected system.

“Fascia is the membrane that connects and supports the body’s muscles. Everything is connected. If someone is hurt somewhere, it’s like a sweater that snags; you are going to see the effects of that snag in the shoulder, even if the snag is at the hip. With some observation, I can see where we hold our pain; so with my hands, elbows and heart, I help my clients to unwind and relax again.

“Muscles have memories. They not only have memories for physical trauma but also emotional trauma. This kind of healing takes time. I try to create a space where somebody will take the time to engage in a process that can be slow and subtle. People want to come and lie on your table and have you fix them. It doesn’t really work like that. The client and I work together to find a release.”

Q. What can a new client expect when he or she comes to see you?
A. “Whenever I meet a new client, I am careful to observe how they sit and carry themselves. First I ask them what they expect. What are you looking for? Pain relief? Stress relief? I ask them about some of their body habits. I’ll have a client complete a health history so that I have some context for the work we are about to do. Then we go into the room and talk some more about the form. I ask more questions and I see if they have any more questions for me.”

“I’ll often spend quite a bit of time with someone explaining what I do. People aren’t always sure about massage, so I’m happy to spend that extra time to build trust. Sometimes new clients are skeptical. I often have people come to me who have tried everything else, and when they get relief from massage, they are surprised! Slowly it’s becoming a practice that is more recognized and more accepted.

“First-time massage clients often want to know the purpose of massage. My intention is clear: I am here to help you feel better by working with your body. I teach body awareness. I will re-teach you about your body. You are going to learn what your body feels like. You are going to learn what different muscles feel like. You are going to learn what different muscles do.

“I do a lot of detailing. I really like to spend some time in an area, until I feel it release. When I am working on a client, when I find a congested area – something not moving – I’ll spend some time to work it out before I move...
Massage is a detoxification process. Toxins get stuck in the body, creating 'knots'. The body’s response to these knots is pain, which creates more knots. This is called the Pain Cycle Theory. I work with clients to break the cycle of pain by using different techniques.”

Heidi laughs when asked about her reputation as an intense massage therapist. “It’s true that not a lot of people come to me for relaxing work, although I can do that if it’s what somebody wants. I often do very deep work. And people’s response to me is really varied: I’ve had everything from marriage proposals to death threats on the table.”

Since being pregnant, Heidi has also become interested in pre-natal massage. During 2007, she hopes to add to her credentials some intensive training in working with pregnant women and their partners. "I don't want to work just with the mother. The father has his own role and his own stresses. I hope that by working with them as a couple, there is a sense of wholeness and heart opening that can carry them through labor and delivery. I can also teach the partner some helpful massage moves to make sure the woman is as comfortable as possible through her pregnancy and labor."

Heidi would love to talk to you about her interest in working with expecting couples, or about any other part of her work. She lives in Carbondale with her husband, Tariq, and daughter, Hasanah. Find out first-hand about her healing touch by contacting her at 618-521-1970. She would love to meet you and begin to work with you in the process of reconnecting with your body.

She and her husband also have an unusual business called ‘La Bella Notte’. They create a one of kind menu for you and your friend/partner/spouse/parent, bring the ingredients to your house along with Heidi's massage table and home-made bath/shower salts. Tariq cooks the meal and sets the table while Heidi offers 2-45 minute massage sessions. "We think that this is a beautiful way for people to reconnect with each other-taking the time to eat a lovely organic meal together and time out for a reconnection to their own bodies.”

ORIENTAL FIRST AID
by Deborah Bouton

In recent years the concept of Chi or the Life Force of the universe has become more familiar to Western society with the dramatic increase in popularity of acupuncture and the 5,000-year-old practices of Chinese medicine. However, the average person cannot afford the time or the money to see an acupuncturist on a daily basis to keep chi flow optimal. Moreover, the average person probably believes it unlikely for them to learn the daily as well as seasonal cycles that were intended to keep the human body in ideal health.

But I am happy to tell you that a simple daily system is available to everyone that teaches how to move the Chi around the body according to the hour, time of day and time of year. This free flow of Chi increases alertness, feeds muscles, nerves and organs, reduces injury and supports ANY medical condition and/or treatment. It is especially beneficial for children, giving them their own tools for clearing the mind for learning and feeding growing bodies with vital energy.

ORIENTAL FIRST AID can be learned individually or in groups/families in 6-8 hours of class work. Then it can be practiced for the rest of your life with sure and consistent results, while taking less than 10 minutes in the course of each day. Call to arrange private lessons or to sign up for a class.

FENG SHUI is the ancient art of arranging your environment employing the same principles that ORIENTAL FIRST AID uses in the body. When the Chi in your home is blocked or out of balance, stagnation occurs in the areas of life that these places in your personal environment represent. And there are numerous stories of FENG SHUI analysis and correction allowing change for the good in relationships, health matters, finances and spiritual disciplines.

Private FENG SHUI consultations
(based on square footage)
Classes available in “Everyday Feng Shui”.
Call Deborah Bouton
618-521-1282 / deborah.bouton@gmail.com
Dayemi Tariqat’s
Energy Saving Tips and Pollution Reducing Practices

1. Up to 50% of the total electrical load in our homes is consumed by incandescent light bulbs. Compact fluorescent or standard tube-type fluorescent lights produce as much light as incandescents, yet use one-fifth as much power. 50% of the energy produced by incandescent bulbs is wasted heat. They are only 10% efficient. The price of compact fluorescents has gone way down in recent years. Try them, they work. Note. Compact fluorescent bulbs take a few minutes to warm up and give off their full brightness.

2. Most refrigerators use from three to five kilowatts per day. If the average American home uses approximately 900 to 1200 kilowatts of energy a month, you get the picture. There are many energy efficient refrigerators and freezers on the market nowadays. Most renewable energy companies sell them. Appliances sold in general appliance stores are also becoming more efficient. Check labels and ask questions. Keep gas coolers and dryers running as long as you have the gas. Refrigerators and freezers can be very energy efficient if you keep the lids closed. Gas refrigerators are less efficient than electric ones.

3. Microwave ovens, mixers, blenders and food processors are all fairly efficient. The amount that we use them is insignificant. Be aware that all types of appliances with heating elements in them consume large amounts of power: toasters, electric stoves and ovens, hair dryers, electric clothes dryers, etc. Look for alternatives. Install gas stoves, ovens and dryers. Or better yet, dry your clothes on the clothesline in the fresh air.

4. If you look inside your dryer’s lint collector, you will see large chunks of lint, or fibers from your clothing. Empty out the lint collector before you turn on the dryer. If you hang your clothing outside on the line to dry, your clothes and the dryer just might last another year or two. It will also save on your electric bill, as well as provide a service to the air quality by decreasing the amount of fossil fuels or coal being burned that generate electricity at the power station.

5. Be aware of the clock on your stove - it runs continuously and is using small amounts of electricity that add up considerably throughout the day. Disconnect it.

6. Watch out for electrical heating systems, electric water heaters for the home and coffee makers. Find alternatives: wood heat, solar heat, gas powered heat and why not make your coffee the old-fashioned way, by boiling it over a flame.

7. Stereo, cd players, T.V., VCR’s and computers do not use excessive amounts of electricity, but if you use them continuously it will add up. When you travel for extended periods of time, unplug all of these electronics.

8. Limit the use of power tools and electric clothes dryers. When they start up, they surge and use incredible amounts of power.

9. Water pumps may be highly inefficient for the same reasons as stated in number 8 above. Every time the pump starts up, the power surges. There are many energy-saving pumps on the market that do not surge and maintain a steady trickle of energy over time.

10. One of the most invisible uses of power in our homes is called a phantom load. Many appliances and entertainment gadgets never turn off. Remote control electronic devices (T.V., DVD, VCR, stereo, etc.) are always waiting for you to flick the button. A rechargeable toothbrush is always on because we don’t unplug the charger when the toothbrush is fully charged. This goes for cordless home phones, battery-powered tool chargers, etc. They have...
11. Adjust thermostats. Turn down the heating thermostat and turn up the cooling thermostat, especially when the building is not occupied.

12. Reduce the temperature of the hot water. This can decrease heat loss from the tank. For washing your hands, it is possible to turn the temperature to 110°F (43°C). Dishwashing may require a higher temperature setting, such as 130°F (54°C).

13. Install water flow restrictors and aerators in sink faucets. These measures can save money by reducing water use (including hot water).

14. Reduce lighting. Remove lamps wherever there is more lighting than is needed. Use compact fluorescent bulbs whenever possible. Turn lights off when not in use.

15. Seal heating and cooling ductwork. Leakage from areas such as joints, elbows and connections can be substantial - as much as 20% to 30%. This is especially costly if ducts travel through unheated or uncooled spaces such as attics, basements or crawl spaces. Use duct tape or caulk to seal ducts.

16. Wrap the hot water tank with an insulating jacket. An inexpensive measure will reduce stand-by heat loss from the tank. Be sure to leave the air intake vent uncovered when insulating a gas water heater.

17. Replace air filters regularly and follow maintenance schedules for furnace and air-conditioning equipment. Replacing a dirty air filter can save money by reducing the amount of electricity needed to run a blower motor (there is less resistance to airflow with a clean filter).

18. Install programmable thermostats. These inexpensive devices, most incorporating modern microprocessor-based electronics, can help optimize building heating and cooling needs. There is no need to change thermostat settings every time a business/building is opened or closed.

19. Install automatic room-lighting controls. Similar to programmable thermostats, these help optimize lighting use by automatically turning lights on or off, depending on occupancy or time of day. Sensors and timers work well and are usually installed by a specialist.

20. Clean heat exchangers and perform routine maintenance on refrigeration equipment. These simple measures will ensure the most efficient operation of heat exchangers needed for cooling or refrigerating equipment.

21. Seal off unused areas; don't heat or cool them. Storage areas are a good place to start; turn off heating and cooling to these areas.

22. Buy energy-efficient equipment. When buying or replacing appliances or office equipment, compare energy requirements of various models.

23. Seal exterior cracks and holes, and ensure tight-fitting windows. Seemingly small cracks or holes in the building exterior (like walls, windows, doors, ceilings and floors) can add up to substantial heating or cooling losses. Install weather stripping and caulking to stop these air leaks. Also much energy escapes through the roof of the house. Be sure this is well insulated.

24. Shade sun-exposed windows and building walls. Direct sunlight coming through windows at the wrong time of the year can substantially increase air conditioning costs. During the warmer season, use shading methods (like window coverings, awnings, trees and bushes) wherever possible.

25. When it's time to repaint the building exterior, consider using light colors. More sunlight will be reflected away from the building, and this will lower the expense of having air conditioning, which is, perhaps, the largest energy expense. This is especially true for the roof.

26. Block and insulate any unnecessary windows and other openings. In addition to the security benefit, covering these windows and doors is a low cost solution to greatly reduce energy losses.

27. Buy energy-efficient vehicles. When buying or replacing vehicles, compare energy requirements of various models.
For Kids' Sake

For Kids' Sake is a fundraising project, which supports orphanages and schools of the Dayemi Tariqat in Bangladesh. In a land plagued by disease, natural disasters, overpopulation and a literacy rate of less than 32% for women and 54% for men, living standards are disastrously low for Bangladesh's orphans.

For over two decades, the Dayemi Tariqat has provided financial assistance for the basic necessities of food, clothing, shelter, healthcare and education for Bangladeshi orphans and students. In addition, important organizational skills have been taught to Bangladeshi administrators and caregivers to help develop system of self-reliance.

Please help break this cycle of poverty. By funding programs that provide education and basic necessities for children and sustain entire villages, you can truly make a difference. You may make a financial donation to For Kids' Sake by mailing check or money order to “For Kids’ Sake”, 100 E. Jackson St., Suite C, Carbondale, IL 62901. Call us at 618-529-5044 or visit our website: http://dayemi.org/forkidssake/

Just 71 cents buys food, clothing, shelter, healthcare, education and a safe environment for an orphan for one day. In-kind contributions are also gratefully accepted. However you choose to give, thank you for your kind support.

The Orphanages, Schools and Programs

Currently 4 main facilities house, educate and care for over 400 orphan boys. In addition, over 2,000 boys and girls from surrounding villages attend the schools. Dayemi Schools are certified and staffed by local teachers who guide the students from pre-school through high school.

The schools seek to develop individuals who are economically and socially self-reliant. Every student receives extensive training through a broad academic, vocational and spiritual curriculum. In line with the goal of self-reliance, the facilities are supported by a number of locally staffed agricultural and commercial projects. These include fish farming, food and fruit cultivation, irrigation services, a ferryboat service and market stall rentals.

How Funds Are Raised

Since 2000, For Kids' Sake events and programs have raised over $225,000!

Choices For Children - Beginning in 2001, annual Choices For Children Conferences have presented world visionaries in the fields of children's healthcare, education and spiritual realization. These conferences have greatly enriched peoples' lives in this country while providing tremendous financial support in Bangladesh.

Coffees & Mixers - Individuals are invited to host Coffees & Mixers, intimate receptions held in their homes, to help raise funds.

Kids For Kids' Sake Art Show - The Kids For Kids' Sake Art Show has raised money with the sale of artwork by American and Bengali children. This event has become a great opportunity for Western children to learn about the lives of their peers in Bangladesh.

Flea Markets and Yard Sales - Neighborhood Flea Markets and Yard Sales in the US and Germany have turned unwanted furniture and other items into thousands of dollars.

Grants - For Kids' Sake accepts grant funding from like-minded organizations and foundations.

Individual and In-Kind Donations - Individuals and businesses can make financial contributions directly to For Kids' Sake. In-kind contributions are also gratefully accepted. Contributions have included clothing, toothbrushes and toys.

Progress Report

The Dairy Farm that began in 2001 at Ibrahimpur is thriving. The farm has grown from 4 cows to 16. There's even a cowboy that takes care of the cows. Animal husbandry is on the rise with baby goats being raised for meat, and the fish hatcheries continue to operate on a seasonal basis.

Dayemi Navigation Services, a ferry boat service, delivers goods and products to local villages. These cottage industries help the orphanages and schools be more self-sufficient and are grassroots efforts toward sustainability.
THE DAYEMI TARIQAT’S 7TH Annual Edition of the PURCHASING GUIDE FOR SUSTAINABLE LIVING IS NOW AVAILABLE AT

BOOKWORM
618 E. Walnut ~ 457-2665

CARBONDALE PUBLIC LIBRARY
405 W. Main - 457-0354

DAYEMI TARIQAT
100 E. Jackson St. - 529-5044

MORRIS LIBRARY: SIU
453-2531

ROSETTA STONE BOOKSTORE
214 W. Freeman - 457-5410

710 BOOKSTORE
710 S. Illinois - 549-7304

NEIGHBORHOOD CO-OP GROCERY
1815 W. Main - 529-3533

HARBAUGH’S CAFÉ
901 S. Illinois - 351-9897

NEW AGE/OTHER WORLDS
1337 Walnut, Murphysboro 687-5135

TOWN SQUARE MARKET
106 E. Jackson - 529-2312

MURPHYSBORO PLUMBING SUPPLY
230 S. 13TH – 684-3196

HOUSE OF STYLZ
1809 Walnut St. Murphysboro 565-2550

Call Dayemi Tariqat 618-529-5044
If you wish to carry the Purchasing Guide.

Purchasing Guide For Sustainable Living

Sustainable Businesses and Products in Southern Illinois

$5 Contribution
Presented by Dayemi Tariqat
Vegetarian Café
100 East Jackson, Carbondale, IL, 618-529-4488, Dine In/Carry Out
Open: Sunday–Friday 7:30am–10:00pm, Saturday 'til Midnight
Kitchen Open 8:00am–8:00pm      Table Service Daily

We're More Than Just A Coffeehouse. Virtually everything on the Longbranch menu is made by hand on our premises. Our organic and fair trade coffees come from a small, independent, regional roaster who deals directly with family growers. We're values-driven. We strive to support the local economy and the environment. We focus on building community within our staff and with our neighbors. Our walls boast the work of local artists and our Back Room venue hosts a variety of creative events. These things are meaningful to us at the Longbranch, and we hope they hold meaning and value for you.