

**February 2006**

**Happy Valentine's Day!**

**When we feel love and kindness toward others, it not only makes others feel loved and cared for, but it helps us also to develop inner happiness and peace. Dalai Lama**

**Whoso loves, believes the impossible. Elizabeth Barrett Browning**

**I am now settled into my new office, and have been seeing patients here for a couple of months. I must say it's an interesting experience to wake up and go downstairs to work! But I do really like it, and am hoping it has been a fine experience for the rest of you too.**

**I have been thinking about this new year and wondering how I might serve you more and better. And to that end I am introducing a new package plan for individuals. Many of you are already aware of and are taking advantage of my family plans, but I've decided to also include individuals in a plan for savings. First . . . If you have someone new who would like to see me, I'm offering a plan for an initial visit and 3 follow-ups for the price of \$395. It includes the initial remedy, and comes to a savings of \$50. Continued treatment packages are \$340 and include 6 follow ups for a savings of \$50.**

**In December I offered a 3 session workshop with a colleague entitled "Hearing Myself, Healing Myself". In the sessions we explored taking care of ourselves and connecting with ourselves. We experienced meditation in each session, and I also treated each participant with Reconnective Therapy.**

**Here's what people said:**

**This workshop was a great way for me to reconnect with my inner self and to listen to my inner guide. It was a delight to play, pamper, plan and prosper!" Carla Benjamin**

**"I liked the activities . . . It was a great way to show me how the subconscious works. Some of these brought up my dreams again, and I found myself allowing myself to dream again. . . I had an inner awakening, a new awareness . . . Or reaffirmed awareness of where I am and where I want to go. Paula Helgerson**

**"I enjoyed being with people who are basically thinking about the same things that I am . . . And feel like I am beginning to think more positively again." MK**

**Because I enjoyed myself so much, and have received some great feedback I've decided to open my home once a month for a Wellness Wednesday. Each month we will explore a topic regarding energy and health, we will do a**

short meditation and I will treat everyone who shows up with RCT. The time for the session will be from 6:30 p.m. - 8:30 p.m. and will be every 2<sup>nd</sup> Wednesday of the month for the next four months. Cost: \$30 Come to one . . . Or come to all. Please RSVP with your intention to come.

March 8<sup>th</sup> Reconnective Therapy: A full explanation of this helpful therapy.  
April 12<sup>th</sup> The Law of Attraction: An introduction  
May 10<sup>th</sup> The Avian flu: prevention and treatment with Homeopathy.  
June 14<sup>th</sup> Masculine and Feminine Energy: Exploring aspects of both in each of us.

Until I see you again . . . Reflect on Love and the role it has for you in your healing journey.

Love to you All,

Michele

You know quite well, deep within you, that there is only a single magic, a single power, a single salvation...and that is called loving. Well, then, love your suffering. Do not resist it, do not flee from it. It is your aversion that hurts, nothing else. Herman Hesse

On reflection, one of the things I needed to learn was to allow myself to be loved.  
Isha Mckenzie-Mavinga

Therapist

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