Alice Brown Gagnon, Licensed Professional Counselor, started a part-time private practice, The Core Healing Counseling Center, after the economic crash closed her practice in Plymouth. She is now counseling full-time in her space above the People’s Food Co-op in downtown Ann Arbor. Gagnon specializes in weight loss for life and improving self-esteem. She explained that the two are often interlinked, and that with her clients interested in weight loss she must first spend time healing their self-esteem issues before delving into the small, sustainable behavior change steps that enable long-term weight loss. Gagnon’s 2011 book, Radical Self Care for Weight Loss for Life, reflects this process. The first half is devoted to healing the self and the second half is spent on the actual steps to weight loss. Gagnon explained that some of us demand extra food to make up for unmet needs. A major aspect of losing weight and keeping it off permanently, then, is learning to meet our own needs in a healthy way.

Gagnon has developed a unique counseling method called Core Beliefs Psychotherapy (CBP), which she explained heals the mistaken core beliefs we hold about ourselves that make us feel inadequate. These core beliefs are developed in childhood, when our undeveloped and very egocentric selves misinterpret anything that goes wrong as our own fault. This causes us to distance ourselves from our real selves and create a “coping self,” said Gagnon. CBP can help reverse the mistaken core beliefs that lead to feelings of inadequacy and help us return to our authentic selves rather than our “coping selves.”

Gagnon emphasized that her counseling style is very gentle and respecting. She actively creates an atmosphere of safety and non-judgment to help her clients feel as comfortable as possible while working on their therapeutic processes.

Alice Brown Gagnon can be reached at 734-776-2284 or AnHealer@yahoo.com. Her website is www.core-healing-center.com.

New Offerings by Established Practitioners and Businesses

Conrad Davillier, a professional photographer since 2001, has begun offering a new service: fairy photography! With two young fairies of his own, daughters Jasmine, age 10, and Christine, age 6, Davillier has perfected the fairy photographing process and is now sharing it with others.

Working from his Ypsilanti home studio, where he has a collection of wings and other fairy accouterments, as well as an assortment of props and backgrounds, including plants, a large stump, rocks, and a gazing mirror, he creates a whimsical scene where children can enact the fantasy of being a fairy. A typical fairy photo shoot begins with Davillier’s older daughter and part time assistant, Jasmine, answering the door in her full fairy finery. The child to be photographed and her parents can pick out the wings and fairy outfit of choice and then Davillier takes a few test shots. He shows the parents and child a book of fairy poses and backgrounds and the fairy chooses which she would like to do. When the shoot is finished, the fairy and her parents can enjoy fresh-baked cookies.

Parents and grandparents have been very enthusiastic about the fairy photos. Davillier hopes to take many more as people become aware of this new specialty.

Conrad Davillier’s fairy photos can be seen online at www.memoriesbydavillier.com. He can be reached at 734-657-0157.

Local professional intuitive Nicole Bedy recently became an Ashati master and is now offering Ashati healing and attunements. Ashati, Bedy explained, is a new healing system developed by Jerome Baudel. It is similar to Reiki in that it offers physical healing, but it is also a complete personal and psychic development system. Bedy, who is also a Reiki master, said that she has found Reiki to be effective for physical and emotional healing, while Ashati has been more effective for mental healing and intuitive development.
Lisa Bousson, a psychic medium living in Sterling Heights, has published her first book, *The Lessons of Jesus Christ*. Bousson is an ordained minister but considers herself spiritual rather than religious. She said that when Jesus appeared to her during her daily meditation and shared lessons with her about many areas of life, including healing, goals, self-care, inspiration, and more. She described Jesus as “a man, a human being, with a sense of humor and a lot of wisdom.”

The book is based on her experiences in meditation of Jesus sharing lessons about many areas of life, including healing, goals, self-care, inspiration, and more. The Lessons of Jesus Christ contains 86 meditations from Jesus along with explanations by Bousson. According to Bousson, “There is something for everyone who is seeking knowledge for the path they’re traveling.”

Two more books are in the works for Bousson. The first will be a book of affirmations and the second will be part biography, part spiritual teachings.

The Lessons of Jesus Christ is published by Balboa Press and is available on Amazon.com and BarnesandNoble.com. Lisa Bousson is online at LisaBousson.com and can be reached at 586-322-3217.

Nicole Bedy will be offering a series of classes in Ashati, a complete personal and psychic development system, on the last Saturdays of May, June, and July from 11:00 a.m. to 2:00 p.m. Bedy has formed a Meetup group called A2/Ypsi Intuitive and Healing Growth to spread the word about some of her offerings and classes. Others will be listed on her website. Bedy also offers energy healing, attunements, chakra readings, and ethereal cord cutting by appointment.

Nicole Bedy can be reached at 810-941-8842 or Pineriverintuitive@gmail.com. Her website is www.pineriverintuitive.com.

Books by Area Authors

Lisa Bousson, a psychic medium living in Sterling Heights, has published her first book, *The Lessons of Jesus Christ*. Bousson is an ordained minister but considers herself spiritual rather than religious. She said that when Jesus appeared to her during meditation for the first time, she was shocked. Over the next couple of years, Jesus continued to appear to her during her daily meditation and shared lessons with her about many areas of life, including healing, goals, self-care, inspiration, and more. She described Jesus as “a man, a human being, with a sense of humor and a lot of wisdom.”

The Wheel of Light Energy: Peace We Have

Dexter resident and mom of four Nicole Tichy has published her first book, *The Wheel of Light Energy: Peace We Have*. Tichy said the book is an account of her personal journey to enlightenment that was brought on by a near-death experience 13 years ago. As a 22-year-old University of Michigan student vacationing in the Bahamas, she was in a serious car accident in which she broke her back. She and her friends were “in the middle of nowhere,” and Tichy was unresponsive and without a pulse for 30 minutes. When she awoke, her back was broken and her then-boyfriend, in shock, told her she had been dead. All of Tichy’s friends in the car were injured and they were without a nearby hospital or help of any kind. Forty minutes after the accident, a car happened by with a husband and wife emergency doctor and neurologist from Boston who were on vacation themselves. Tichy credits the couple for saving her legs and her ability to give birth to her four daughters, as they stabilized her back before moving her to the hospital.

After the accident Tichy began seeing the world differently and she began journaling her process. She felt she had been given a mission when she came back to life, and is now finally ready to share her inner wisdom with others.

Dexter resident, mom of four, and spiritual coach Nicole Tichy has published her first book, *The Wheel of Light Energy: Peace We Have*, an account of her personal journey to enlightenment that was brought on by a near-death experience 13 years ago.

Tichy explained that the wheel of light energy is part of the universal source of love and light energy, spinning us toward a great shift in awareness for the greater good of humanity. “We are what we think, say, and do,” Tichy said, and the choices we make daily shift to negative or positive energy. She explained that there are three parts to people: the physical body, the emotional body, and the spiritual body. Most people, she said, spend their lives shifting between the first two in their awareness. The spiritual body, she explained, is more than just the heart and soul; it is our life mission. Through bringing awareness to our mind, body, and spirit, we discover our divine mission. Tichy said that the people she has shared the message with and coached through the process so far have “transformed their whole lives.”

**You are cordially invited!**

**SUNDAY MORNINGS WITH GELEK RIMPOCHE**

Free Public Talks Every Sunday at 10 a.m.

*“Essence of Tibetan Buddhism” promises pearls of wisdom for reflection and use right away!*

*“Essence of Tibetan Buddhism” is also live vid-cast for web-subscribers. Visit www.jewelheart.org/digital-dharma/ to learn more about this and other offerings.*

Sunday Morning options also include two meditation sessions and time for tea and snacks.

**The Sanctuary Experience**

*3-day Summer Retreat in Nature*

**August 16, 17 & 18th 2013***

Friday 9am through Sunday 6pm

**RETRIEVE ACTIVITIES:**

*will focus on simple, down to earth tools and practices for dislodging stress, clearing tension, and releasing life trauma. Focus will be on providing take-home skills and a relaxed presence to re-enter one’s daily life.*

**AS A BACKDROP:**

*held at the G.S. Sanctuary, with food – and snacks – for enhancing health and enjoyment of eating well. Sampler of relaxing treatments in our luxurious Grass Spa tent by trained spa staff are available.*

**For more info & registration**

734-726-0290
email info@grasslakesanctuary.com

**GrasslakeSanctuary**

Held at Grass Lake Sanctuary, 19 miles West of Ann Arbor in Manchester, MI.
What’s New in the Community

Continued from page 15

Tichy will be using the book as a starting point for her new spiritual coaching practice. In explaining the benefits of the book and spiritual coaching process, she said, “It transforms all your fears into love.” Everyone is important, she said, and everyone has a purpose. She hopes to connect people with their purpose and to positive energy, helping raise humanity’s collective consciousness.

The Wheel of Light Energy: Peace We Have is published by Balboa Press and is available on Amazon.com and BarnesandNoble.com. Tichy can be reached at thewheeloflightenergy@yahoo.com. A description of the book is online at nicolenoeltichy.authorsxpress.com.

Upcoming Events

On January 10-19, 2014, Ann Arbor’s Naturopathic School of the Healing Arts will bring a group to Belize to study with well-known herbalist Dr. Rosita Arvigo, as well as to meet Mayan medicine men and women, visit the rainforest, and enjoy the beauty and culture of the country. Participants can experience: swimming, kayaking, caves, a tour of the organic gardens on the lodge site, study with bush medicine men and women and native botanical healers, native plant study with guided walks, and nighttime jungle walks with a licensed guide to see the jungle animals. There will be ample unscheduled personal time in which to make connections and plan activities other than those scheduled for the trip.

For more information and to register for this trip, visit the website at naturopathschoolannarbor.net/3/mylinks.htm. The trip is expected to fill up quickly, so early registration is recommended.

Mary Light can be reached at 734-769-7794 or by email at naturopathschool@gmail.com. The Naturopathic School of the Healing Arts is located at 7920 Jackson Road, Suite A, Ann Arbor, Michigan 48103 and accepts visitors by appointment only.

This summer and fall Dharma teacher and founder of Ann Arbor’s Deep Spring Center Barbara Brodsky, along with the spirit Aaron who is channeled by Brodsky, will offer a series of four full-weekend workshops entitled Trainings: A Practical Path into Living in Higher Consciousness at the Michigan Friends Center in Chelsea.

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Major life transitions bring change and they can sometimes really throw you for a loop. It could be something expected and exciting like a wedding or a coming of age ceremony, or maybe something unexpected and uncertain like a divorce, job loss, or death of a loved one. Peaceful Crossings is a safe haven - a place to turn to when you aren’t quite sure what comes next or where to turn for help.

Our workshops, seminars, and coaching services give you the information and tools to navigate the rough waters and land on solid ground. For a list of our upcoming workshops visit: http://peacefulcrossings.com/life-transition-support-services.html.

Mention this ad when you call and your first workshop is free of charge!

Our Ministry & Celebrant services, Personal Legacy Planning, and Business Legacy Fulfillment services are also important tools for intentional living. Visit www.peacefulcrossings.com or call 888-732-2346 today!
Brodyksky explained: “Our workshop focus will be on this question: In a world of suffering, what tools can we develop to help us remain centered in the loving heart; to bring clear, spacious witness, free of reactivity, to the suffering in the world; to attend in appropriate ways, and not add to that suffering. The workshop will introduce many such practices and deepen participants’ skill and confidence with using them.

The program will include basic dharma and meditation, as well as practices with elements, energy, sound, light, Pure Awareness, co-creating with spirit, shamanic journeying, and work within the Akashic field. The days will include talks and instruction from Barbara and other leaders, incorporated spirit (Aaron and other Brothers/Sisters of Light), small group discussions, and exercises to help the student integrate understanding beyond the intellect.

Brodyksksy said, “Our whole world is moving through a period of transition to higher consciousness and we will evolve into a higher positively or negatively polarized consciousness. If we believe we are limited to the old patterns of reactivity and fear, we’ll continue those into this new vibration. If we begin to know our true capacity to live and love from a place of deepest interconnection, this is what we will bring to the world.”

Brodyksksy has been practicing meditation since 1960 and teaching since 1989. Her teaching draws from dual roots in the Buddhist and Quaker traditions. She became totally deaf in 1972 and says that living with silence has greatly influenced her life and teaching, as have years of active involvement in nonviolent action for social change. Since 1989, Barbara has been the channel for the spirit Aaron and, with him, offers personal spiritual direction sessions and group workshops. She has published eight books containing her and Aaron’s teachings.

The cost of the workshops is to be determined, and will cover expenses, with an opportunity to give Dana (an expression of generosity from the heart without expectation) to the teacher. Potential participants must apply and be invited to attend.

For more information and to apply to the workshops, go to www.blessingscooperative.com or contact Amy Koch at amyspirit@gmail.com or 734-660-0898.

New Classes

Peaceful Crossings, a local company focusing on various life transitions, is offering a new series of workshops called the Intentional Living Series. Owner Callan Loo said that the idea behind these workshops is to help people as they go through the big transitions in life—divorce, marriage, childbirth, rites of passage, aging, grief, and even starting a business. The workshops last for two hours and have a goal for participants to learn enough to be able to navigate their transition on their own. More in-depth seminars and coaching services are also available for those who want to delve deeper.

“Most people are afraid of change,” Loo said. “They don’t know what to do, or if they are doing the right thing, or what life will be like after the change. Family and friends may not be able to help them through these challenging times, though they mean well, and therapy continues to carry a social stigma for some. Peaceful Crossings looks to bridge that gap and provide support during times of change.

May workshops include Personal Legacy Planning, with Part I on May 8 and Part II on May 29; Organizational Self-Awareness: A Holistic Approach to Business Strategy on May 16; and Using Compassionate Life Review as Part of Your Healing Process on May 30.

Peaceful Crossings is offering a new series of workshops called the Intentional Living Series to help people as they go through the big transitions in life—divorce, marriage, childbirth, rites of passage, aging, grief, and even starting a business.

Personal Legacy Planning, said Loo, is about defining our own legacy rather than letting someone else do it for us after we are gone. “It’s not about death, it’s about life,” he explained. The goal is to decide what is important to us so that we can fill our lives with those things and look back on our lives with satisfaction.

Organizational Self-Awareness provides entrepreneurs and small business owners with an introduction to a tangible system to holistically account for your business that is built around a balance sheet, holistic decision making, and a dashboard of metrics. This is part of the “Business Legacy Fulfillment” aspect of Peaceful Crossings, which helps business owners to create a business that will not fall apart when they move on to something new or pass away.

Compassionate Life Review is a therapeutic approach that can help put one’s life into perspective. It can foster connections between the lessons learned, the strengths gathered, and the unique qualities of the individual throughout their lifetime. Using Compassionate Life Review during times of transition can help us process and make peace with change.

Other workshops in the series include A Conscious, Unbiased Look at Divorce, A Grail Journey: Quest For Healing, and Personalized Coming of Age Ceremonies. Future dates for these workshops will be announced on the Peaceful Crossings website.

Peaceful Crossings has a full staff of coaches who support clients in the areas of Life Transition, Personal Legacy, and Business Legacy. The company also provides ministry and celebrant services for weddings, coming of age ceremonies, and other important life celebrations. Loo seeks out experts in the community on topics related to life changes and, when possible, has them teach workshops on the Intentional Living Series. He emphasizes that Peaceful Crossings has branched out considerably in the last year. While originally the business focused mainly on transitions surrounding death, now it provides support for a wide variety of life transitions, and people at all stages of life can benefit.

Peaceful Crossings is online at www.peacefulcrossings.com. They can be reached at 888-732-2346 and Callan Loo can be reached directly at Callan@peacefulcrossings.com. The office is located at 2723 S. State Street, Suite 150, Ann Arbor, Michigan 48104.

New Practitioners and Businesses

Vikki Narayan, a Registered Nurse and Certified Health Coach, has created My Wellness Nurse, a business serving those looking for personalized nutritional guidance. As a graduate of the Institute of Integrative Nutrition in New York, Narayan’s teachers and mentors included nutrition and health leaders Dr. Andrew Weil, Dr. Deepak Chopra, and Dr. David Katz. Narayan explained that she works with people who want to have more energy, manage their weight, sleep better, and feel better overall. She coaches clients step by step to have better health habits and follows up to help them stay on track. She said, “My approach to wellness is not to dwell on calories, carbohydrates, fats, and proteins. It’s not to create lists of restrictions of good and bad foods. Instead, I work with my clients to create a happy, healthy life in a way that is flexible, fun, and rewarding.”

Vikki Narayan, a Registered Nurse and Certified Health Coach, has created My Wellness Nurse, a business serving those looking for personalized nutritional guidance.

Narayan believes that everyone has different nutritional and health needs and that there is no one way that will work for everyone. This is why she works with her clients individually to help them develop the best habits for their own needs, goals, and preferences. One popular program is her 90-Day Jumpstart Your Health package, which includes unlimited email support and twice monthly meetings. Narayan explained that she can help clients learn to grocery shop for healthy foods, provide meal plans, and help identify individual goals and plans to reach them. Narayan meets with clients over the phone and in person, in their homes, or in public spaces such as coffee shops.

Narayan offers a free consultation for those interested in learning how integrative health coaching can help them reach their health goals.

Vikki Narayan can be reached at 734-678-6640 or mywellnessnurse@gmail.com. Her website is www.mywellnessnurse.com.

In August of 2012, Sandy Bambi opened Grateful Dreads, a new salon in Kerrytown with a fashion forward, artistic, and holistic approach to hair styling and care. As her business name suggests, Bambi specializes in interlocking hair, she also specializes in custom extensions, curly hair, Asian hair, coloring, clipper cuts, and eyebrow threading. Bambi explained that she likes “helping people love their hair.” She said she helps people work with their hair, not against it, and to work through not liking their hair.

In August of 2012, Sandy Bambi opened Grateful Dreads, a new salon in Kerrytown with a fashion forward, artistic, and holistic approach to hair styling and care. In addition to dreadlocking and interlocking hair, she also specializes in custom extensions, curly hair, Asian hair, coloring, clipper cuts, and eyebrow threading. Grateful Dreads carries several lines of products, all of which do not test on animals and many of which are vegan and organic. Original Mox, made locally in Ypsilanti, is all natural, mostly organic, and vegan except for a few products that include silk. For dreads and locs she uses Naughty Boy, an organic and earth-friendly line. Bambi is all natural, mostly organic, and vegan except for a few products that include silk.

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For more information and to apply to the workshops, go to www.blessingscooperative.com or contact Amy Koch at amyspirit@gmail.com or 734-660-0898.
What’s New in the Community

Continued from page 17

A Sunday morning service at Christ Unity begins with a greeting and 5-minute meditation, followed by music ministry, which Reverend Parker said is “very good and active,” with some even performing original songs. After Reverend Parker’s message, the congregation shares refreshments and fellowship. All are welcome to attend.

Christ Unity Church meets at 10:30 a.m. on Sundays at the Morris Lawrence Building, Washtenaw Community College, 4800 E. Huron River Drive #150, Ann Arbor, Michigan 48105. The mailing address is 2080 Whitthaker Road #177, Ypsilanti, Michigan 48197 and the phone number is 734-864-2533. The church is online at www.christunitya2.org.

“Your hair is an extension of you,” Bambi said. To honor this, she helps people express themselves through their hair. She loves trying new things and sometimes gets to watch her ideas “take off like a tidal wave.” She enjoys working with models and photographers to create unique looks. Her custom extensions are hand made and colored and designed specifically for the individual.

Bambi also educates clients on caring for their hair. Parents will sometimes bring in their mixed-race children, not knowing how to care for or style their hair. Bambi educates them, helps the children feel comfortable, cares for their hair, and ensures that everyone leaves relaxed and happy. As a Reiki practitioner, Bambi can also use energy work to help clients relax, let go of any tension, and feel comfortable during the hair cutting or styling experience.

Grateful Dreads provides a private experience and complete privacy is available on request, for example when a client needs to keep her hair covered for religious reasons. Bambi does offer a free consultation for those considering dreads/foc’s, extensions, coloring, and for those looking for solutions for their hair.

Sandy Bambi can be reached at 734-769-0859 or sandybambihair@gmail.com.
Grateful Dreads is online at www.gratefuldreadssannarbor.com and includes a photo blog with many examples of Bambi’s work.

In October of 2012, Reverend James Parker held the first service of Christ Unity Church, which meets at the Morris Lawrence Building on the Washtenaw Community College campus at 10:30 a.m. on Sundays. Reverend Parker said that the Christ Unity community is for those who are open to being around positive thinking people, not looking to be bound by one set of rules or dogma, and who want to come together to serve, share, and pray.

In October of 2012, Reverend James Parker held the first service of Christ Unity Church, which meets at the Morris Lawrence Building on the Washtenaw Community College campus. Currently, there are about 40 active members of this growing and very diverse spiritual community.

From the church’s website, Unity is “positive, practical Christianity.” Reverend Parker explained that Unity truly believes in Christian principles, but has other influences, such as Buddhism’s idea that “what you think is what you become.” The mission of the Christ Unity community is “to make the world a better place... and uplift lives,” he said. Unity teaches that heaven and hell are not just distant places that we go to after death, but that we create our own heaven and hell here on earth through our actions, thoughts, and deeds.

Reverend Parker said that the Christ Unity community is for those who are open to being around positive thinking people, not looking to be bound by one set of rules or dogma, and who want to come together to serve, share, and pray. The congregation is “uniquely diverse,” said Parker, with members who are “black, white, gay and straight,” and everyone is respected and valued. He described the church as a “spiritual family” and community devoted to supporting one another in spiritual growth.

Over the Christmas season, the community “adopted” several families in need and provided gifts for them. The group is planning future charitable service such as visiting and care-giving for the elderly and support for women’s shelters.

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Bloom Garden Center just opened in what used to be the Dexter Gardens facility. Bloom Garden Center represents a collaboration of businesses related to gardening, landscaping, water gardening, locally grown produce, and art. Founder Traven Pelletier, owner of the landscaping company Elemental Design, which has served Ann Arbor since 2000, explained that the location has interested him for years as he passed it driving from his home in Dexter. Describing the building as a “unique old barn,” he envisions it as an “artsy boutique-style garden center.”

In addition to being a landscaper, Pelletier is an artist and sculptor and has been combining the two with outdoor installations. After speaking to various contacts about the facility, several were interested in collaborating with him on the endeavor, and he said, from there, the plan “sort of magically came together.”

White Lotus Farms, an Ann Arbor organic farm producing vegetables, eggs, artisanal breads, and goat’s milk products, will have a farm cart on site, and helped with the building’s purchase. Pelletier’s Elemental Design landscape company will be housed here. The Garden Shop will carry unique garden ornaments, decorations, and sculptures, including one-of-a-kind pieces by local artists, as well as other art and even vintage jewelry. Local water gardening company Poseidon Ponds will sell water gardening elements and related services. Bloom will also house The Garden Center, which will offer organic annuals and perennials, garden starters, trees and shrubs, as well as organic gardening supplies. Atsal Khandro will manage The Garden Center, drawing on 20 years of experience working in a large contemplative garden. Bloom will also provide workshops on topics related to gardening, landscaping, and landscape design.

Pelletier said some old items from Dexter Gardens will be for sale alongside Bloom’s new items. The first workshops were held in April, covering landscape design and fruit trees, respectively. The Garden Center’s grand opening will be on May 4 and 5. A coupon for 10 percent off your first Garden Shop purchase is available on the company’s website.

Bloom Garden Center is located at 1885 Baker Road, Dexter, Michigan 48130. The phone number is 734-426-6600. Traven Pelletier can be reached at Traven@bloom-gardens.com and Bloom is online at www.bloom-gardens.com.

Karen Linder and John Marchello founded U&Me Time in 2011 to help couples dealing with sexual dysfunction due to health problems return to a healthy sex life. After her husband experienced a debilitating car crash, Linder realized that many couples need a safe harbor when dealing with Erectile Dysfunction (ED). As a prostate cancer survivor, Marchello used his background as a designer and inventor to develop a penavascular exerciser to compliment other treatments for ED.

Erectile Dysfunction can be caused by a variety of health problems, including cancer, diabetes, kidney disease, vascular disease, surgery, and injury. Female sexual...
problems, including lack of desire, inability to orgasm, and painful intercourse, can be caused by physical problems, hormonal changes, and psychological factors. The products and information available through U&Me Time support what the founders call “Togetherapy,” or helping men and women work as a team to return to sexual intimacy after a health problem interrupts it.

Products carried by U&Me Time include the Prelude penavascular device designed by Marchello, vacuum therapy devices, the Dragonfly line of natural personal care products for women, vibrators and vaginal dilators, books and DVDs on restoring intimacy, and pharmaceutical grade vitamins. Dr. John Ghuneim, local owner of Innovations in Health, a private practice combining traditional and holistic medicine, consults with U&Me Time to provide the most effective nutritional supplements.

U&Me Time holds an annual open house in October that features guest speakers and product demonstrations. They also have office hours Monday through Friday from 7:00 a.m. to 3:00 p.m.

U&Me Time is online at uandmetime.com. Their mailing address is 245 Jackson Industrial Drive, Ann Arbor, Michigan 48103 and they can be reached by phone at 855-475-4444.

Art Therapist Sibel Ozer has opened a practice in the Parkway Center. Originally from Turkey, she holds a degree in clinical psychology from Boğaziçi University and is trained in and offers her clients a great variety of therapy modalities, including art, talk, and group therapies, sensorimotor psychotherapy, sand table therapy, and her newest specialty, digital storytelling — a process of storytelling, image gathering, and completing a finished short digital story.

Before moving to the United States, Ozer received extensive training and experience in trauma intervention in the wake of the 1999 Adapazari earthquake. After moving to the States in 2000, Ozer studied a variety of therapy modalities, and, in 2007, received a master’s degree in transpersonal counseling psychology with a concentration in art therapy. Ozer moved to Ann Arbor from Denver, Colorado, where she had a private practice, in 2011. She currently works for the University of Michigan Cancer Center and sees private clients at the Parkway Center.

Art Therapist Sibel Ozer has opened a practice in the Parkway Center and offers her clients a great variety of therapy modalities, including art, talk, and group therapies, as well as her newest specialty, digital storytelling — a process of storytelling, image gathering, and completing a finished short digital story.

Karen Linder and John Marchello founded U&Me Time in 2011. The products and information available through U&Me Time support what the founders call “Togetherapy,” or helping men and women work as a team to return to sexual intimacy after a health problem interrupts it.
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Ozer has worked with refugees who were torture survivors, and specializes in grief, loss, and trauma. She also deals with relationship issues, life transformation and personal growth, and with people who are interested specifically in art therapy, such as artists who are finding themselves stuck in their creative process.

In describing her workspace, Ozer said she uses the space to help facilitate the different methods of therapy she uses. She described an “art corner,” a “tantric corner,” a sitting area, and other small areas her clients can use for specific purposes. With the variety of methods Ozer is trained in, she and her clients can co-create a therapy process that is tailored to the client’s needs and preferences.

Sibel Ozer is online at www.sibelozer.com, where you can read descriptions of her therapeutic practice and see some examples of her artwork. She can be reached at he-artspace@hotmail.com or 303-905-1109. Ozer’s private practice office is located at the Parkway Center, 2nd Floor, 2345 South Huron Parkway, Ann Arbor, Michigan 48104.

Energy healer Tammy Braswell recently channeled a new activation called Awakening the Core Essence and will offer this activation via teleconference. She described the Core Essence as “a sphere of divine energy that accelerates the soul’s growth,” which in most of us lies dormant until we begin to consciously awaken to our divine nature.

Local energy healer Tammy Braswell began her journey in energetic healing in 2007, becoming attuned as a Reiki practitioner. Describing herself as a lifelong “sensitive,” Braswell said that after learning and practicing Reiki, she felt guided to further explore how she could assist more people in raising their consciousness, awareness, and vibration to achieve greater levels of health, happiness, fulfillment, and abundance in their lives. In the last five years, she learned the first level of Pranic Healing and Quantum Touch, including the Quantum Touch Core Transformation; she became a certified Spiritual Life Coach; and had Health and Wellness Coach training. She began offering her services to others outside family and friends in the last two years.

Braswell’s energy healing sessions include coaching, cleansing and balancing of the chakras, running energy to specific areas as guided and desired by the client, re-energizing of all the energy systems and chakras, and offering Angel Card and intuitive readings.

Recently, Braswell channeled a new activation, which she has been guided to share with as many people as possible, called Awakening the Core Essence. Braswell will offer this activation via teleconference approximately twice per month so that people all over the world can experience it. She described the Core Essence as “a sphere of divine energy that accelerates the soul’s growth,” which in most of us lies dormant until we begin to consciously awaken to our divine nature.

Dates for Braswell’s Awakening the Core Essence teleconferences will be listed on her website as they are scheduled, at www.createbyvibration.com. Braswell can be reached at 734-716-2881 or at CreateByVibration@gmail.com.

Having recently moved back to his hometown of Ann Arbor from China after living there for the last 11 years, Henry Buchtel has begun offering acupuncture and Chinese herbal medicine at the Lotus Center.

Buchtel originally moved to Guangzhou after receiving a music degree to play the French horn in the Guangzhou Orchestra. After becoming fluent in Chinese, he decided to pursue another of his interests, Traditional Chinese Medicine (TCM), and completed a five-year post-graduate degree at the Hunan University of TCM (HUTCM). While he was a student, he worked as a freelance medical interpreter and translator, and some of the Traditional Chinese Medicine books and articles he translated have been published in China and England.

During his clinical internship at the busy hospital affiliated with the HUTCM, Buchtel was responsible for new patient intake and acupuncture treatments for the 10-bed I.C.U. unit in the hospital’s Neurological Surgery department. He administered an estimated 900 treatments over two years. His master’s degree research, completed in 2011, focused on the clinical efficacy of trigger point acupuncture in the treatment of frozen shoulder.

Buchtel has studied with several renowned teachers and practitioners in China and is currently co-authoring a book about his professor Peng Jian’s clinical experience in herbal medicine.

Though he said he loved living in China, Buchtel has always intended to return to Ann Arbor and is glad to be back.

Henry Buchtel can be reached at henry.buchtel@gmail.com and more information about his practice is available at www.dynamicpoints.com. The Lotus Center is located at 2711 Carpenter Road, Ann Arbor, Michigan 48108 and appointments can be made by calling 734-979-2745.

Please note that the “What’s New” column is part of the editorial (not paid-for advertising) part of the journal, and the editors may or may not include what you submit. Whether the editors include material or not will depend on space considerations, as well as other editorial issues, such as the need for high resolution jogs and the overall mix of stories included in the “What’s New in the Community” column in a given issue. If you would like to submit information to be considered for this column, please email communitynews@crazysidom.net or drop off or mail to the store: What’s New in the Community, 114 South Main, Ann Arbor, Michigan 48104. The firm deadline for submissions for the next issue (September thru December 2013) is June 30, 2013.
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