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Admission \$7
GOOD ALL WEEKEND

September 6, 7, 8
Newmarket Community Centre
220 Doug Duncan Dr., Downtown (Timothy & Main)

Intuitive writing brings healing

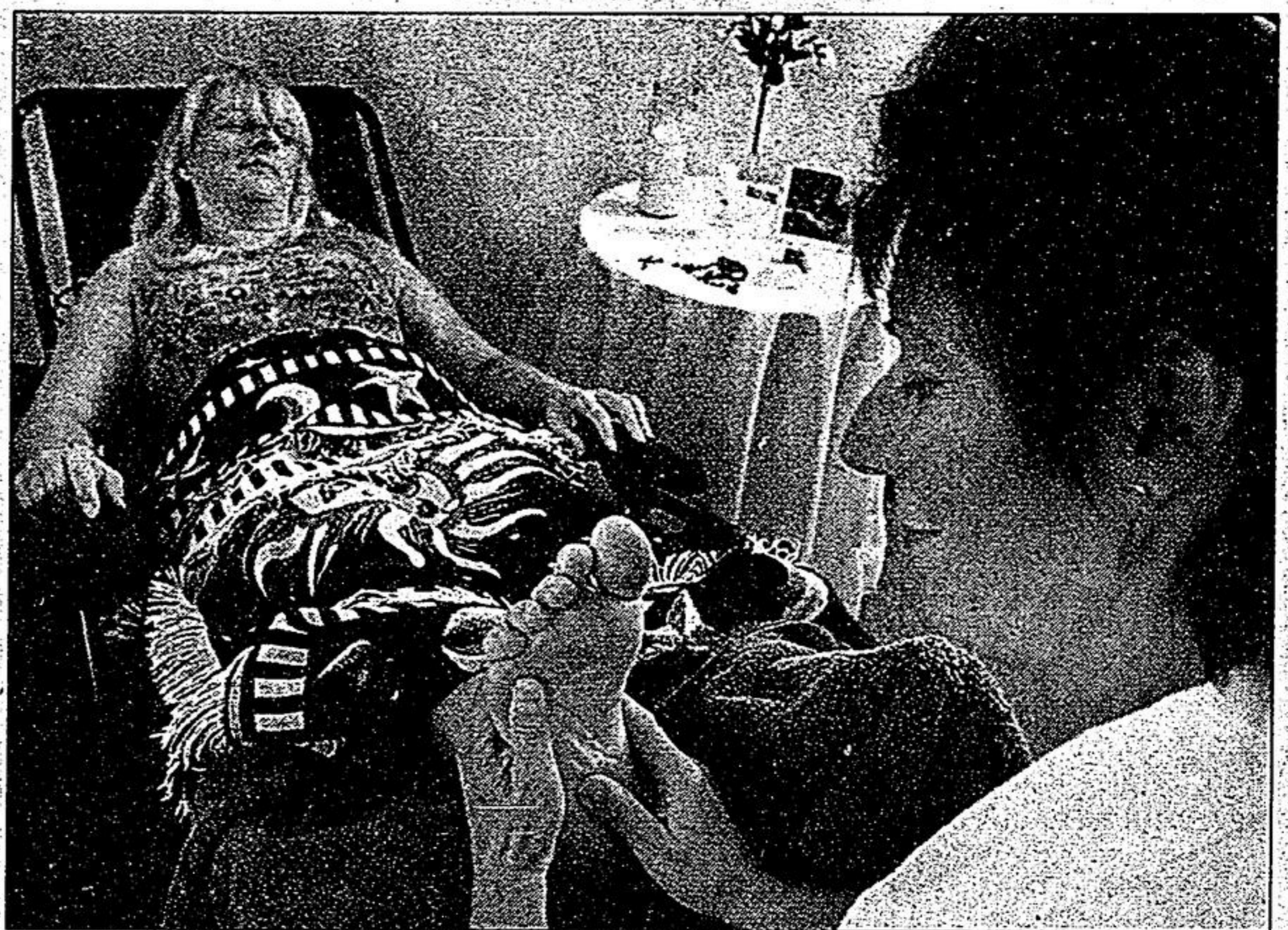
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used to help bring mind and body into a state of relaxation.

"It helps you to let go of the day and of the chaos of the day. It allows you to learn how to breathe. Just doing deep inhalations and exhalations, with your eyes closed, allows you to come into a place of relaxation and letting go," Ms Hogan said.

Reflexology is another treatment that aims to heal many body ailments in an unusual way. The therapist uses a combination of massage and pressure applied to various points on the hand or foot. The points correspond to organs and parts of the body.

"As you work the foot, it helps stimulate and it really soothes energy blocks and helps improve the functioning of the organs and of your body," said Betty Cillis, a therapist who works on foot reflexes.



STAFF PHOTO/MIKE BARRETT

Reflexologist Betty Cillis works on fellow instructor Kim McGrath at The Wishing Wellness Centre in Newmarket.

'It awakens the creative muse, but it's also a healing journey.'

"It's working with the energy of God. It comes through. You open yourself as a channel and the person receives healing."

While reflexology is particularly good for relieving stress, Ms Cillis said it also helps arthritis, digestive and bronchial problems, and even spinal problems.

"It covers the whole body, your foot is like an image of the whole body so you can work on certain areas, the ones the person is having trouble with. But we do the whole body so you create a balance within it."

With iridology, the therapist analyses the iris of the eye, which reveals toxicity in organs, tissues and glands and the amount of stress in the body.

"She looks in to your eyes and sees all the different things that have gone wrong in your life. After, she tells you everything and what you still need to work through to bring back your health. It's an amazing technique and very accurate," Ms Cillis said.

The centre also does spiritual heal-

ing, hypnotherapy and Reiki treatment, an ancient Japanese art involving placing hands on different parts of the body.

Bev Beauchesne, a Reiki master and owner of Richmond Hill Healing Arts, said the technique has to do with making energy flow to whatever part of the person needs help, whether physical, emotional or spiritual.

The client lies on a massage table, clothed and covered with a blanket. The therapist places her hands on the client in a set pattern, going from head to toe and back.

"Sometimes the breathing will change and you'll start to notice they're releasing through the breath. They may weep, I may weep. There might be a vibration. Most people feel a tingling sensation where I place the hand and a great deal of heat.

"It's deeply restorative and relaxing. Think of a good massage and then some."

Ms Beauchesne, who offers classes in Richmond Hill and Newmarket, also teaches intuitive writing, which combines meditation and journal writing. After being taken into a meditative state,

clients are prompted to write.

"You're able to write from a place of higher awareness and when you come out of that zone you look at what you've written and it doesn't need one edit. You don't need to change a comma because it comes from pure consciousness."

After intuitive writing, she said, many clients have been physically healed, have healed relationships or have released emotional baggage they've carried a long time.

"It awakens the creative muse, but it's also a healing journey. From the moment of our birth, we're on a journey and we accumulate a lot of baggage, so much so we don't realize that we're absorbing it. Intuitive writing is an opportunity for us to look at all of that baggage, not in a painful way, and from that place to release it."

The Wishing Wellness Centre can be reached at 1-905-898-4800. Sheila Hogan will be giving a seminar, Rising Up Out of the Darkness, Sept. 11 at 7 p.m. at the Wishing Wellness Centre located at 16700 Bayview Ave., unit 2, Newmarket. Tickets are \$20 at the door. Richmond Hill Healing Arts may be reached at 416-919-8790.

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Extended Hours

Thursday, August 29, 11:00am
to Tuesday, September 3, 4:00am

Sunday, September 1

Monday, September 2

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6140 SIXTEENTH AVENUE, MARKHAM
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FRIDAY 13TH 4:30 PM - 9:00 PM
SATURDAY 14TH 10:00 AM - 6:00 PM
SUNDAY 15TH 11:00 AM - 5:00 PM
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Hope to see you there!

Mike Hiatt

