

# Good Vibrations

News from  
West Michigan  
Healers, Inc.

**FALL 2009**



P.O. Box 1433  
Muskegon, Mi 49443  
[www.westmichiganhealersinc.org](http://www.westmichiganhealersinc.org)

## CALENDAR OF EVENTS

**WMH Christmas Gathering – Monday, Dec. 14, 2009 at Bill and Cathy Bowman's, 6:30 p.m. at their home, 1103 West Southern, Muskegon, 49444 (across from Nims School (SE corner of Barclay and Southern). Parking available at the school. Bring a dish to pass and own beverage. RSVP – call 231.722.4950.**

**Energy Medicine Class with Nancy Donahue - Saturday, Sept. 19, 2009 at Hackley Auditorium – 1:00 – 5:00 p.m.**  
(See enclosed flyer)

### **Bluebird Cancer Retreats at Geneva Conference Center -**

- **Couples Retreat** – Oct. 16-18, 2009
- Contact Renee Denslow, Executive Director at 616.847.0839 or email her at [rdenslow@bluebirdmi.org](mailto:rdenslow@bluebirdmi.org).

**Bluebird Cancer Retreats Announces:** Toni VanDyken, minister, Spiritual leader and Cancer survivor will be leading a cancer support group at the Bluebird Cancer Retreat Office in Spring Lake. There is no charge to attend. For more information, contact Renee Denslow, Executive Director, 616.847.0839 or visit the web site at [www.bluebirdmi.org](http://www.bluebirdmi.org).

**Notice:** If any member has information regarding events or news that will take place in late December, January, February or March, send them to Ann at [rss51540@gmail.com](mailto:rss51540@gmail.com) to have them shared in the Dec. newsletter.

## **New Member Introduction:**

Nancy O'Donahue has practiced energy healing for over 20 years, and has led workshops in the United State, Europe and Australia. In her practice, she works with clients to reduce stress, manage pain and speed recovery from illness by using relaxation techniques, guided imagery and energy balancing.

Her spiritual path has involved her study with Native American elders, including her adopted father, Marcellus "Bear Heart" Williams. With him, using her pen name Molly Larkin. she co-authored the international bestseller, *The Wind is My Mother – The Life and Teachings of a Native American Shaman*. Nancy learned much about indigenous healing from her 15-year apprenticeship. She has studied Reiki and Spiritual Healing and is a member of the U.S. branch of the NSFH – Healing in America, the National Council of Hospice and Palliative Professionals and WMH. She studied with renowned animal Reiki practitioner, Kathleen Prasad, and includes horses and pets in her practice. She has written numerous magazine articles on healing, particularly with horses. Her website is [www.lakeshorehealing.com](http://www.lakeshorehealing.com).

### **Books of Interest**

***Minding the Body, Mending the Mind***

**New book:**

***It's Not the End of the Earth:  
Developing Resilience in Times of  
Change***

**Dr. Joan Borysenko**



## Co-Presidents' Message - Summer 2009

Hard to believe that fall is approaching – it seems we just got to summer. Hoping this newsletter finds you all well and safe from the storms. We got together for networking during our Annual Membership Meeting on Monday, June 1, 2009 from 5:30 to around 8:00pm. The buffet provided by Joan Bellanger of Aloha Catering was great and the company with which we shared it was even better! Nine members took advantage of the opportunity to get their professional photograph taken by Jennifer of Sentimental Moments. We were blessed with a lot of volunteers for the Committee structure both at the meeting and afterwards. Check out the website after Labor Day for the details of all the committees. Watch the mail for your public release and Community Resource Directory forms coming soon.

Our first organizational Beach CleanUP was a rousing success. Even though there was not a lot of trash to be seen in June, WMHealers and residents alike gathered and enjoyed the beautiful morning and energy generated by the intention of cleansing. Several area citizens encouraged us to do it again in the fall. Thanks Kit for the “green” idea. Special thanks to members, Alexa Erb and Linda Titus for opening their homes for two of our quarterly gatherings this summer – a wonderful time was had by all those who attended.

This quarter we are sponsoring Nancy O’Donohue at Hackley Auditorium on Sat., Sept 19, 2009 from 1-5:00pm for a class in Energy Medicine (aka Spiritual Healing in England). See enclosed poster. Please attend yourself and put up the poster anywhere where interested attendees might see it.

Here’s to a smooth transition into autumn, Kay & Kathryn – **Your** Co-Presidents

**Interesting quote** – Let go of blame. Let go of judgment. Free yourself to live in the infinite power that opens doors that you hadn’t seen. What you seek, will find you.