

# Good Vibrations

News from  
West Michigan  
Healers, Inc.

**SUMMER 2009**



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

## CALENDAR OF EVENTS

### Annual WMH Membership Meeting:

The annual WMH membership meeting will be held on **Monday, June 1, 2009**, at **Norton Pines Meeting Room** beginning with a social hour at 5:30 followed by dinner and the business meeting. Professional photos can be taken between 5:00 and 6:00 p.m.

### WMH First Annual Beach Clean-Up:

**Saturday, June 6, 2009, at Kruse Park** (also known as Dog Beach) – 10:00 a.m. until 12:00 p.m. Rain date: June 20, 2009. Bring a friend.

### Thursday June 11, 2009 – WMH is hosting a

**Dr. Wayne Dyer Movie – *Ambition to Meaning*** at Mercy Health Partners – Hackley Campus at 7 p.m. in Room 1503. Cost - \$3 – For more information, contact Helen Rowe at 231.557.1618.

### Bluebird Cancer Retreats at Geneva Conference Center

- **Newcomer Retreat** - Sept. 11-13 2009
- **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 needs your help!

Cancer survivors attending a retreat receive holistic sessions on Saturday afternoon. They are in need of a variety of holistic practitioners to volunteer. If you are interested please contact Ann Ross, retreat board member at 231.740.3465 or at [rss51540@gmail.com](mailto:rss51540@gmail.com).

### Getting to Meet New Members:

#### Cathy Caldwell-Bowen:

Cathy's bodywork, or holistic training started in Chicago, in 1988. She met Justin Pomeroy, a Jin Shin Do teacher. Jin Shin Do Acupressure Therapy is a combination of Chinese and Japanese 5 Element Theory based on energy movement through treating and balancing the body with finger pressure, accessing acupoints. She is a certified Jin Shin Do practitioner. Cathy attended the IPSB Massage School in San Diego, CA, where she completed her certification in 1985. Since then, Cathy has been an active 'hands-on' therapist. She moved to Muskegon in 1995 and loves the energy of the area and the community of healers. She feels it is a spiritual place to live. Cathy has been an active yoga student for years. In 2008, Cathy completed a 200-hour yoga teachers certification training. Cathy believes that yoga, breath work, nutrition, bodywork and meditation are the keys to good health. Cathy presently works with Dr. Greg Ling and a team of holistic practitioners at *Healing Harmony*, where she specializes in energy bodywork and teaching Gentle Yoga classes. In addition she has a private massage practice out of her home in Muskegon. Cathy can be contacted by email at [cacwriter@cs.com](mailto:cacwriter@cs.com).

**Book of Interest**  
**Why Is God Laughing**  
Deepak Chopra



## Co-Presidents' Message - Summer 2009

Welcome Summer! Another wonder-filled season of joy and warmer weather for all in West Michigan. We will come together again for networking during our Annual Membership Meeting on Monday, June 1, 2009 from 5:30 to around 8:00 p.m. Come enjoy an evening with fellow healers at our new location - Norton Pines meeting room (centrally located off US31 between the Van Wagoner and Pontaluna Road exits). **New this year** is the opportunity to obtain a professional photograph for use in your promotional materials for only \$10.00. Thanks to our forward-looking CoPresident, Kathryn Koches, we will have a photographer on site between 5:00 pm and 6:00 pm to begin to gather photos for eventual inclusion in the Community Resource Directory as well as the website profiles. There is no better advertisement than our smiling faces!

Our first organizational Beach CleanUP is scheduled for Saturday, June 06, 2009 from 10:00 am 'til 12:00pm (or when the trash is all picked up). Location is the dead end of Sherman - Kruse Park (also known as **Dog Beach**) - between the two sets of steps to the lookout and down to the beach. The good news is that we only need to pick up the NON-Canine refuse (they have a machine now for the rest). Who knew!?! Parking is limited there so please carpool to save gas and space. Rain date is June 20, 2009 - same time and place. Kit Langlois suggested this community event. Katy Johnson helped to organize it. Thanks gals for encouraging us to heal our environment by cleaning it up. Bring a friend and lend a hand.

Looking forward to feeling all your healing energies June 1st, Kay & Kathryn – **Your** Co-Presidents

### Interesting Quote:

Truly, it was to our amazement that the ailing said they were well. Being Europeans, we thought we had given away to the Doctors and Priests our ability to heal. But here it was, still in our possession ... it was ours after all, we were more than we had thought we were. From Alvar Nuñez, Cabeza de Vaca to the King of Spain, early 16<sup>th</sup> Century