

Nancy Mac counseling
 • changing old patterns to allow new choices
 • creating healthy relationships
 Individuals / Couples
 sliding scale 485-4559


MASSAGE
 TRY A RELAXING, REJUVENATING
Facial Massage
 USING YOUNG LIVING ESSENTIAL OILS
Shoshanah Thielle, L.M.T.
 684-3965 or 968-1572 #3461

LIFE DIRECTION
Kay Porter, Ph.D.
 • Life Skills Coaching
 • Past Life Regression
 • Rapid Eye Therapy
 • Weight Loss
 342-6875

Ker Cleary, M.A.
 Contemplative Psychotherapy
 ☉ Refine your communication skills
 ☉ Deepen self-awareness & compassion
 ☉ Improve your ability to make choices
 349-0595 • Free 1/2hr consultation

Holistic CONSULTING
 Clearing of subconscious saboteurs re health, love, and success

Rita Anne Hartmann, LLB, CHT
 729-7343

Hypnotherapy Emotional Freedom Technique
 When nothing else has worked, call me. Allergies, fears, traumatic memories, pain, men's stuff.

Joe Casey JD, CHT • 484-0608
www.WellnessCoaching.net

Massage Therapy
 • Deep Tissue • Swedish • Onsen
 • Myofascial and Functional Release
 • Cranio Sacral • Visceral Manipulation
 Highly effective, proven massage techniques to help you achieve relaxation or pain relief
Robert Phaigh, LMT (Lic. #1670)
 Reasonable rates 688-2423

Greatly reduce your STRESS with Energy Healing.
Spirit Awaken!
 Energy Healing Center
 541-607-9792
Kebby Windhaven
www.spiritawaken.info

Rosa's Healing Touch Massage
 Rosa (541)968-9278
 Come in and be cared for by Rosa's healing hands specializing in Swedish, hot stone, deep tissue, injury recovery, and
 ☉ Geriatric Massage. ☉
 Many Insurance Plans Accepted

FOOD FOR LANE COUNTY'S YOUTH FARM STAND
 10am-2pm, Saturdays June - October
 Featured this week:
 Salad greens, snap peas & strawberries

705 Flamingo Ave
 (off Game Farm Rd., Spfd)

Luminous Healing Arts
 Holistic Massage & Bodywork
 Gentle • Deep • Effective
 Now at Crest Massage Center
 Insurance Accepted
 Hot tub • Gift Certificates
Brandy Pfeiffer, LMT
 221-1272

DAVID LANG
 Urban Shamanism
 683.3756
 Learn to walk in your personal power
 Take the first step!
www.urbanshamanism.com

SHAMANIC HEALING
 Shamanic Healing addresses the spiritual aspects of physical, mental and emotional illness. Possible symptoms calling for Shamanic Intervention are:
 • not feeling whole • "part of me left" or "I haven't been the same since"
 • chronic illness, depression or fatigue • addictions
 • feelings of possession, darkness, or alienation
 A one time Healing Empowerment Ceremony can address the issues & restore the integrity of the soul force. There is also a monthly drumming & journey circle to support your ongoing process.
Karuna Gatton
 Shamanic Practitioner for over 10 years in Eugene
 Certified Rebirther with 20 yrs exp.
 • Reiki Master
 485-3881

Healing Massage
 Deep Tissue • Swedish • Trigger Point
 Myofascial Release • Essential Oils
Lucia McKelvey, LMT • Nationally Certified
 Days, Evenings, Weekends
 541-683-3286

Lessons

TAKE VOICE lessons from Thomas Trent, DMA. Reasonable rates, free initial consultation. Call 688-7655.

Singer/Songwriters

SONGWRITERS' WORKSHOP. Lyrics, music, structure, etc. Tsunami Books, 2585 Willamette. July 9th. Call Rocky, 345-9253.

Recording Studios

800 SQ FT. Recording studio for rent. Two soundproofed rooms in rural SW Eugene. \$450/mo. 343-7334.

Stay connected! Music is the universal language! Find out what's going on in the Eugene Weekly. **HEY MUSICIANS!**

- Want to:
Sell gear?
Find band members?
Sell your album?
Announce a gig?
Recruit groupies?

Build the best hype money can buy? Use Eugene Weekly's ultra affordable Music Classifieds for all your needs. Unbelievably cheap!
 Low cost + lots of readers = fame. Call 484-0519 for info.

Home Services

Building/Remodel

FINE ARCH Painting and Construction. Painting, tile, bath, kitchen, hardwood floor. Affordable prices. CCB#158081, 686-8782.

Cleaning

MOTHER'S LITTLE HELPERS: You name it, we clean it. Homes, offices, autos, post-parties, windows. Dependable and affordable, references available. Call Ron or Cynde, 681-5501.

QUALITY HOUSECLEANING for reasonable money. Call 541-206-9595.

Lessons

JOHN'S CARPET Cleaning. For a professional, deep cleaning of your carpet. We've been in business since 1986. We do a quality job with a powerful truck mount. Call for a free estimate, 337-1379.

Maintenance/Repair

QUALITY, EFFICIENT cleaning. All nontoxic supplies. Call Michelle, 744-3120.

Painting

HOMEOWNER'S HELPER. I am an all phases landscaper and "fix it" guy with extensive experience at interior and landscape improvements, currently seeking an arrangement to upgrade home within a 6-12 month period in return for living space within the Eugene vicinity. Call Dean for free property analysis or specifics on qualifications. Nice portfolio, excellent references. Available for new assignment now. 337-8407.

Painting

QUALITY PAINTING at reasonable prices. 25 years experience, free estimates. Excellent references. CCB#16763, 607-4260.

CUSTOM QUALITY HOUSE PAINTING by ArtTrek. Interior, Exterior, Restoration, Faux Finish. Sterling and Ruth. www.arttrekinc.com 683-0626. ccb#62677.

INTERIOR AND EXTERIOR PAINTING at affordable prices. Fine Arch Painting and Construction. CCB#158081. Call 686-8782. Free est.

Yard & Garden

GET READY FOR SPRING, DANDILYON gardening. Consultation, design, weeding, mulching, bed preparation, regular maintenance, mowing, hauling. Always organic. Barb or Jill, 683-4464.

GARDEN HELP? Knowledgeable, energetic student desires work helping you in your garden. Good ideas. Several years farm experience. Reasonable rates. Call Robin, 343-3297.

KATYDID GARDENING Organic gardening, maintenance, consultation and design. Katy, 822-9848.

ALL YOUR garden needs. 25 years exp. Degreeed landscape technologist. Old fashioned work ethic. Kathy, 606-5800.

Intuitive Arts

MALE WITCH. Psychic readings and counseling. Casting and removal of spells. Contact with spirits. Call 24/7. Tom, 800-419-3346. Credit, Debit cards. Get back the one you love. (AAN CAN)

Massage

RELAXING MASSAGE with Lisa Haber at Soteria, a place of natural healing, 1661 High St. Call 968-2521 or 683-7000. LMT#5066.

FRIDAY MASSAGE SPECIAL

\$35 for one hour
 \$50 for 1 1/2 hours
 Swedish, Deep Tissue, Relaxation
 Jesse, 687-4879. LMT# 10398
 Center for Integrative Massage

EXCELLENT MASSAGE always, Eugene and Florence. Call for times. Cindy Muntwyler, LMT1617. Outcall for women now! 345-4123.

HEAVENLY TOUCH Massage. Special intro. price. Strong and intuitive. Diane #9736 on call 12/7, with 1-2 hour notice, 461-5950.

Workshops

NW HERB FEST

"Herbs for Everyone"
 July 23 & 24, 2005
 Pleasant Hill, OR
 736-0164
 For a free brochure!

Housing

Real Estate

ALTERNATIVE REALTOR.COM Eugene's Alternative Realtors. Free email listings. Toll free, 866-706-3283 or local, 521-DAVE.

FARM, +/- 11 ACRES. Restorable 5-bdrm, 3-ba farmhouse, wood floors, fireplace. 2-story barn, 1 cottage, fenced pasture, fruit trees, creek, 20 min south of Eugene. \$425,000. 896-3928.

FREE EMAIL listings! Kathy Ging, M.A., G.R.I., Socially responsible Realtor, 19 years of ethical practice, networks local self-reliance! Milestone Realty; local 729-1444; 800-944-0130. kathy@kathyging.com

Ki-Aikido
 Oregon Ki Society
 Ages 5 thru 95!
 Train your mind, body and spirit.
 Relieve stress. Gain confidence & focus.
 1071 West 7th 683-5089

David Leung
 Meditation in Motion
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Sandra Norris Wheeler
 25 years Extensive Professional Experience
 "Sandra has created a spiritually nurturing space."
Restorative Healing Therapies
 Advanced Craniosacral Therapy and Myofascial Release
 STRUCTURAL REALIGNMENT
 ENERGETIC REBALANCING
 TRAUMA, INJURY INTEGRATION
 DEEPENING & ACCELERATING THE HEALING JOURNEY
 ♦ Nationally Recognized Practitioner ♦
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