

Body, Mind & Spirit

Traditionally Oriental Medicine More Widely Accepted

"I injured my hand playing soccer and hurt it bad enough that I had a couple of surgeries," Tony Murczek explains. "Afterwards, I was having a hard time healing and couldn't figure out why."

Only a year out of college, Tony was working as a high school athletic trainer and keeping himself trim and fit; so, he had a right to be puzzled at his slow recuperation. His doctor advised a third surgery. Tony resisted the advice.

"A massage therapist I'd been going to, suggested I see an acupuncturist," Tony recalls. "She had opened my eyes to Oriental therapies, so I agreed. The first treatment was okay, but I didn't think it helped much. I was looking for a quick fix. The next morning, though, the swelling in my hand was down 40-50 percent, and the pain was down 70 percent. That was a huge improvement. It got my attention."

Acupuncture also led Tony in a new direction in life. He is now a student at the Oregon College of Oriental Medicine (OCOM) in Portland. After graduating, he hopes to go back to training athletes and educating them on how to take care of themselves. In the meantime, Tony works part-time as a trainer at Gold's Gym and as an instructor of exercise classes for Portland Water Bureau employees.

Tony is one of 180 students attending the three year graduate program at the Oregon College of Oriental Medicine, the only school of its kind in the state. Students take classes on the theory and application of traditional Oriental medicine.

Additionally, they study anatomy, physiology and other aspects of Western medicine. In the third year, students begin clinical internships to develop skills in diagnosis and treatment using acupuncture, Chinese herbal formulas and other components of Oriental medicine.

Nadine Levie became a student at



Tony Murczek, a student at the Oregon College of Oriental Medicine is shown leading a class at the Portland Water Bureau. He is demonstrating Oriental exercises to promote the flow of one's Life Force through the body for self-healing.)

the Oregon College of Oriental Medicine after working in a number of careers. "I would have started acupuncture years ago if it had been accessible to study or if a school like OCOM had existed. I know now that I'm in the right spot."

For Peter Borten, the attraction to Oriental medicine is summed up in one word: holistic. "This tradition is more spiritual than Western medicine and much more energetic. It gives the patients and their bodies more credit, autonomy and power in the healing process. Oriental medicine has opened me up, spiritually and emotionally; it's opened my eyes more than I can say."

The concept of holistic medicine originated in China more than 3,000 years ago. As practiced for thousands of years, and in its application today, Oriental medicine promotes good health by helping people achieve and maintain balance, or harmony, in their body, mind and spirit.

In addition to acupuncture — the use of tiny needles to alleviate pain and treat disease — Oriental medicine incorporates herbal therapies, nutrition, bodywork methods, and

special exercises such as Taiji and Qigong.

As more students are trained in traditional Oriental medicine, this health care option will become more accessible to the community. After she graduates this summer, Patti Spiering-Ullmer (who worked many years as a nurse) plans to join a multiprofessional clinic in northwest Portland. She will bring her skills in traditional Oriental medicine to the clinic. Other OCOM graduates expect to start their own practices or, like Patti, join existing clinics. Some are also interested in public health services.

In addition to educating practitioners of Oriental medicine, OCOM sponsors periodic, free introductory clinics. The next one will be Saturday, June 13 from 9 - 10:30 AM at the OCOM Acupuncture & Herbal Clinic, 10541 SE Cherry Blossom Drive (next to Mall 205), Portland. For more information on this or future clinics, call 254-3566.

The increasing availability of traditional Oriental medicine is giving Portlanders more choice in selecting health care that is convenient, affordable and personalized.

ers came and cleaned off the front door, did yard work and chores around the house. Everything that was taken was returned.

But Bess found she needed healing on a deeper level. With her mother's support, Bess hosted a Forgiveness Party for the young people who'd broken into her house. She made a piñata and decorated her house and yard. There was lots of music coming from the formerly stolen tape player. Not only did the young people come, so did their parents and siblings. It

became quite a celebration. Anger and shame were transformed into joy and community. Healing happened for everyone.

Bess relates this story in a very matter-of-fact tone. To her, it seems like the most ordinary thing, to throw a party for people who came uninvited into her home to vandalize and steal from her. She's surprised that so many adults are impressed by her idea.

Adapted from "Nonviolence in the Arena: The Forgiveness Party"

Gemisphere Energy Medicine

By PAULINE CROUCH, N.D.

What would happen if you combined the principles of modern physics with the secrets of ancient Chinese medicine? You would enter the realm of Gemisphere energy medicine.

For centuries, Chinese physicians have studied the nature of the body's energy, or Qi ("chee"), its flow in the body along channels or meridians, and the way the supply and flow of Qi affects our health. Specific points along these channels are used by practitioners to re-balance the flows of energy and

stimulate the body's natural ability to heal itself. Examples of traditions that work with the Qi in this way include Acupressure, Jin Shin Do, Shiatsu massage, and Acupuncture.

Modern physicists trying to understand the subtle forces that hold atoms and molecules together have found that while we seem to be solid, in the deepest level our tissues are actually composed of tiny particles that vibrate at very high speeds. In their view, the human body is made up as much of energy as of physical substance. These new theories provide scientific support for Chinese and other types of medicine that treat disease and imbalance with energetic tools.

Gemisphere energy medicine is unique in how it uses the physical structure of carefully selected gemstone spheres as an energetic tool. Raw gemstone material is carefully chosen for characteristics that maximize therapeutic quality. The principle is similar to that used by herbalists who seek out plant species with the most beneficial effects.

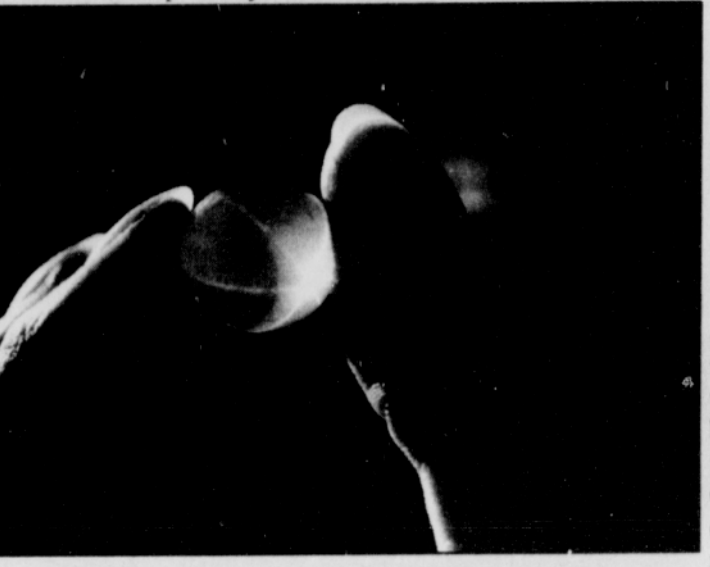
Gemstone spheres operate like electronic devices, which rely on manmade crystals to store and transmit electrical energy and information. In a similar way, gemstone spheres are activated by the energy of the wearer and pick up information from the body. The spherical form of the gemstone serves as the ideal shape to "catch" the energy of the body and to then project a uniform field of energy outward. As energy moves back and forth between the gemstone spheres and the person wearing them, accumulations of negative energy are gradually dissipated, allowing more of the person's natural light to shine. In this way, gemstone spheres energetically address areas of disharmony in the body of the individual.

Gemstone energy medicine is a holistic form of treatment that can benefit the total person. Its therapeutic effects include: harmonizing, uplifting, energizing, removing blockages, and breaking up old habits and behavior patterns that are no longer helpful to the individual. Each gemstone has a specific frequency, or vibratory rate, which focuses primarily on one or two

A gemstone sphere necklace, chosen for a specific therapeutic purpose, provides the wearer with 24-hour support, and has even more gentle and gradual effects than treatments. Wearing gemstone sphere necklaces also gives many people a sense of freedom and joy. Often a gemstone treatment is performed before wearing a necklace to prepare

the person for the work the necklace will do and enhance its effects.

How can you tell if you would benefit from Gemisphere energy medicine?



aspects of the person, such as the physical body, emotions, thoughts, or intuition.

There are two main kinds of Gemisphere sphere therapy: wearing necklaces and receiving treatments. Treatments may involve the placement of gemstone spheres on acupuncture channels, points, or chakras, and are designed to remove major blockages, improve energy flows, facilitate better functioning and support healing. For individuals who dislike needles, Gemisphere Acupuncture is a painless alternative providing the benefits of acupuncture: it uses therapeutic quality gemstone spheres placed at appropriate acupuncture points.

Perhaps the most important factor is that you are ready to learn more about yourself and to make changes in your life that support your healing process. The gemstones are not magic, but they are powerful tools for tending the garden of your life. If you are open to the possibilities, willing to use new tools, and interested in the lessons life has to teach, gemstone therapy can be a wonderful gift.

Dr. Pauline Crouch teaches workshops and conducts trainings in Gemisphere energy medicine. If you want to learn more, you could read Gemisphere Luminary by Michael Katz (available in local bookstores). Call 241-3642.

THE FORGIVENESS PARTY

By JO CLARE HARTSIG AND WALTER WINK

Nine year old Bess Lyn Sannino was angry to find her house had been burglarized. Seventeen dollars in allowance money, her Valentine's Day candy, and a tape player were gone. The front door had been pelted with raw eggs. She felt sure the burglars were several young teenagers from her neighborhood who'd earlier sprayed graffiti on the garage.

Her mother, a Quaker, had doubts about calling the police. She called the father of one of the young suspects, who encouraged her to work with police to help this become a lesson for the teens.

A compassionate police officer took a week to locate the parents of all four suspects. One mother worked two jobs and wasn't home until after 11 PM. A father had been hospitalized for erratic, potentially violent behavior. These were stressed, troubled families.

In the conversations that followed, all the parents and the police officer agreed that no permanent record of the incident would be kept if the offenders would make up for their crime in more meaningful ways. In addition to curfews and other restrictions, creative forms of restitution were agreed to. One of the perpetrators wrote an essay on integrity and came to the house to read it to Bess. Oth-



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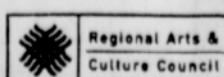
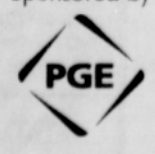
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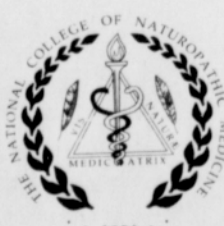
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