



BRAIN WORKS NATURALLY ~ JUNE 2018 NEWSLETTER

As a vendor at the Garden of Hope gathering last month, I was struck by the number of holistic services being offered to people on a sliding scale. If you are interested in knowing who is on the list, you can link to www.brainworks-naturally.com. If you want to be added to the list, just email or call me. If you have someone to suggest, just let me know.

New Beginnings...

I heard an interesting discussion on NPR about women and mental health recently. A woman called in to say her co-pay for a therapist was so high she could only afford to go once a year. That struck my heart. The doctor on the panel discussion responded by saying that hospitals would have a list of mental health providers on a sliding scale.

So I called three hospitals in our area and didn't speak with anyone who knew of such a list. It may be different for some agencies, I haven't called everyone yet. UHS Wilson does include in their patient information packet a list of mental health agencies. No one I spoke to referred to such a list; however, everyone I spoke with thought it was a good idea. I called Our House located in Binghamton, NY through the Mental Health Association and they were enthusiastic in their response. So the list begins here.

When life slows down...

Keeping my usual pace of activity has been challenged lately since falling and breaking a bone in my wrist last April. I can brag about the number of books I've read. That's about it. It has given me lots of opportunity for reflection. I appreciate the peaceful days and the choice to sit and be still. I have a new realization of what matters.

My clients who are waiting patiently for me to heal and be out of pain are assuring me that it is okay for me to take this time for myself. Not being able to do much of anything that requires two hands has been an adjustment. I am learning to trust myself on an entirely different level.

Some things I am hiring others to do, like housework and gardening. Some things I can do, as I composed a story

that will be part of the book I am writing.

Letters to friends will get written as soon as I am past surgery for the torn tendon and carpal tunnel. Meanwhile, I am grateful for the quiet time in my life.



Membership Program Launched!

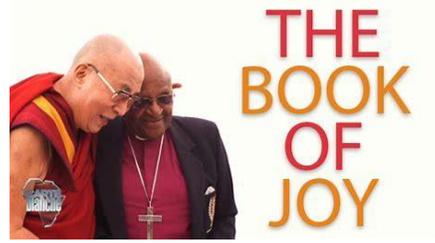
As a service to clients this optional program promises to offer incentives and savings for everyone. By agreeing to come for a service at least once a month you receive:

- ✓ A discount of 26% on all services
- ✓ 10% off all products, all the time
- ✓ Half-price on any workshop
- ✓ 10% off all classes
- ✓ \$10 savings on any service you repeat in a month

We hope that this appeals to you. If you have questions, please let me know. You can pay by credit card, check or cash.

Online booking service beginning soon

Now you can see times available and make your own appointments. Until my hand heals, I am limited to offering the following services: Brain Gym, The Emotion Code, Aroma Freedom Technique, One-handed Reiki, Mini Cold Laser Facial, Aroma Dome Session, Aqua chi Foot Bath, and Infrared Sauna Sessions.

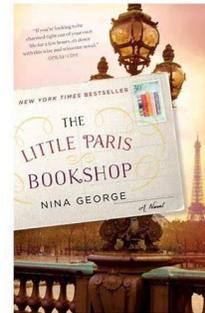


Book I am reading now... a friend gave to me and my brother is using this book in his jail ministry for recovery with addicts. I am loving it!!! It is truly uplifting, and the humanity of both men are coming through delightfully. Here are quotes from the book.

“The ultimate source of happiness is within us.” – His Holiness the Dalai Lama.

“We grow in kindness when our kindness is tested.”- Archbishop Desmond Tutu

The last book I finished was truly inspirational as well.



“The Little Paris Bookshop,” by Nina George.

“Habit is a vain and treacherous goddess. She lets nothing disrupt her rule. She smothers one desire after another: the desire to travel, the desire for a better job or a new love. She stops us from living as we would like, because habit prevents us from asking ourselves whether we continue to enjoy doing what we do.”