

The Shennong Center



April 1, 2004

Volume 5, Issue 2

Director's Desk

I just got back from a wonderful trip to Arizona. Again, I was delighted with the experience. In addition to touring some museums, I went on a jeep tour of the red rocks of Sedona, viewed much of the south rim of the Grand Canyon, and watched the sunrise over the canyon on the last day of my vacation. I saw two coyotes, many black-tailed deer, hawks, ravens, and an eagle. It is impossible to comprehend the creation of such beauty.

One of the stops was at a small museum and ruins site. I had been there before and had been amazed at the size and arrangement of the ruins. This time, I found



something else. A group of tourists had arrived ahead of me and were able to have a guided tour. I caught up with them just in time to hear the guide talk about the difficulty in finding the ruins because the native people lived with such a minimal impact on the land. When they disappeared, for whatever reason, the land was readily returned to its

natural state. Indeed, the unexcavated portion of the ruins looked undisturbed.

Later, I realized that this philosophy of living is very different from what I see and experience every day. In our culture, one driving force seems to be the desire to leave a lasting impact on the world. Our usual way of doing this is by creating something that will exist in a physical realm for as long as possible.

This has sparked many questions in my mind and I want to share them with you. Why do we focus so much on leaving behind things? In fact, why do we

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Driving Directions to Choices Changes Attitudes

The center is located at 1321 Research Park Drive in Beavercreek, Ohio. It is easy to reach via 675 and 35. From 35, use the North Fairfield Road Exit and turn right (north) on



North Fairfield Road. Turn left on Dayton-Xenia road. At the Beavercreek Post Office, turn left again onto Research Park Drive. The Shennong Center is located in

the last building on the right, a large white building with a blue stripe. We are on the second floor overlooking the atrium. Ample parking is available. Most visitors find it best to enter through the east entrance to the building.

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Child and Adolescent Bipolar Disorder by Leanna Manuel, Psy.D.

When I began practice several years ago I never thought I would see the diagnosis of children and adolescents with Bipolar Disorder. I was taught that it was a rare disorder in children and expected that it would be seen primarily within the confines of partial hospitalization programs or residential care settings. NAMI now estimates that approximately 7% of children seen at psychiatric facilities may have bipolar disorder.

Part of the problem in diagnosing bipolar disorder in children is the considerable overlap between bipolar disorder and other childhood disorders such as AD/HD, ODD, and temperament issues. The more “classic” symptoms of bipolar disorder look different in children than they do in adults. The following list of symptoms has been taken from <http://www.nami.org>.

Elated children may laugh hysterically and act infectiously happy without any reason at home, school, or in church. If someone who did not know them saw their

behaviors, they would think the child was on his/her way to Disneyland. Parents and teachers often see this as “Jim Carey-like” behaviors.

Grandiose behaviors are when children act as if the rules do not pertain to them. For example, they believe they are so smart that they can tell the teacher what to teach, tell other students what to learn and call the school principal to complain about teachers they do not like. Some children are convinced that they can do superhuman deeds (e.g., that they are Superman) without getting seriously hurt, e.g. “flying” out of windows.

Flight of ideas is when children jump from topic to topic in rapid succession when they talk and not just when a special event has happened.

Decreased need for sleep is manifested by children who sleep only 4-6 hours and are not tired the next day. These children may stay up playing on the computer and ordering things or rearranging furniture.

Hypersexuality can occur in children with mania without any evidence of physical or sexual abuse. These children act flirtatious beyond their years, may try to touch the private areas of adults (including teachers), and use explicit sexual language.

In addition, it is most common for children with mania to have multiple cycles during the day from giddy, silly highs to morose, gloomy suicidal depressions. It is very important to recognize these depressed cycles because of the danger of suicide.

The National Institute of Mental Health reported that there is a greater likelihood among children and adolescents to have bipolar disorder if there is a family history of bipolar disorder. Further, when there is a childhood or adolescent onset of the disorder the symptoms and episodic patterns may be more severe and persistent. Children with bipolar disorder are more likely to be irritable, destructive, or have rages than they are to be euphoric or typically “manic”.

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TRY QIGONG FOR FREE

As part of our Spring Wellness Celebration, there is no charge for your first QiGong class. Call for class information.

EARN MASSAGE \$ BY REFERRING YOUR FRIENDS

Call the office for details.

TAI CHI

Purchase a package of 4 classes for \$30 and get an extra class for free. Offer good during April and May 2004.

ACUPUNCTURE IS COMING BACK TO THE SHENNONG CENTER

Watch our website for the upcoming announcement

“To look at you, I would have never known.” A Story of Recovery by Bob Thomas

To look at you, I would have never known. I hear that phrase from the people that I tell about my addiction to alcohol. Some look in disbelief, some in disappointment. How could you let that happen, their eyes say to me. That is the problem; you don't let it happen, it happens all by itself. So if it happens all by itself, how in the world do you fix it? I struggled with that question for the last five years of the twenty five years that I drank. I tried one thing after the other; self help books and tapes, Alcoholics Anonymous, and even therapy. They all led me back to the same place, the bottom of a vodka bottle. I can't tell you why they didn't work, maybe I was not ready to quit. I had plenty of incentive to quit. My wife could not trust me anymore. I had lied to her so many times about my drinking that I didn't know myself what was real and what was not. I was losing her and it felt like there was nothing I could do. I have beautiful twin baby girls. When they look at me my heart melts. They don't know that I am an alcoholic; they just love me because I'm Dad.

I don't really know when my problem with drinking started. If you believe some of the medical research, I inherited the alcoholism from my father. I never knew he was an alcoholic either. He was a wonderful loving man who would give you the shirt off his back. I didn't realize he was an alcoholic when I caught him drinking behind our house when I was 14. It did not become clear to me that he may have had a problem when after his death we were cleaning out one of the tool sheds and found a huge sack of Jack Daniels Whiskey bottles. None of these observations triggered in my mind the key that would ultimately help me to fight and defeat my addiction.

Before I actually stopped drinking in June of 2003, I tried for at least a year to stop on my own and with AA. Don't get me wrong, AA is a great organization, but it just did not work for me. I could go to a

meeting and say the serenity prayer and walk out and drive straight to the liquor store. Time was running out for me. My health had progressively gotten worse over the years and the man who practiced the martial arts on a daily basis and was a picture of health at age 28, was now out of shape both physically and mentally. My wife had told me that if she caught me drinking again that she would leave. And you know she caught me again and again and she would not leave because she loved me that much. So what did I do to reward her for her dedication to me and our marriage? I drank.

I made the decision with the help of my best friend to once again seek the magic bullet to help me stop drinking. I decided to start therapy again and this time I was determined to find out why I drank and why I could not stop. I decided to approach it like a project. I had been a successful consultant and project manager for years so I made myself the issue and created a mini project plan in my head.

1. Determine cause of addiction
2. Develop possible solutions
3. Develop tools for implementing solutions
4. Implement solutions

This may sound silly or like I was in the overkill mode, but you have to understand, I had to do it differently this time. I could not accept failure again.

Therapy was not working in the beginning. I thought the therapist was not doing her job and I still wanted to drink, but I didn't. I kept going once a week and one week the therapist and I did an exercise called family mapping. This exercise really started me on my road to recovery. It helped me to realize that it was a good possibility that my father did have a drinking problem and I had inherited that gene from him. But the most significant insight I had was that there was a tremendous amount of baggage associated

with my family and drinking was helping me avoid dealing with these issues. Holy Cow!!! How in the world am I supposed to deal with all this emotional baggage I had been suppressing for years, my pressing health issues, and my marriage, and staying sober? I had to go back to my project plan.

1. Determine cause of addiction. I thought I had a handle on this one or at least I felt good enough to move forward.
2. Develop possible solutions. The solutions were obvious now, or at least the issues were obvious.

- Drinking
- Marriage
- Health
- Family baggage

I still had the urge to drink, which I fought every moment of the day. I felt that if I stayed sober my marriage would start to heal. My health issues I decided would be addressed with martial arts, since I had studied them since I was 17 years old. The family baggage would have to wait because I did not feel I was strong enough to deal with the emotional issues that would surface. I decided to study internal martial arts because I needed to build the mind and body. I had a brochure that I had picked up about a year before at the Greene County Fair for this place called the Shennong Center. They offered Tai Chi classes and I decided to give them a call. I went in to pay for my classes and picked up some more brochures on other classes they had at the center. One of the brochures was for this thing called Reiki. I had never heard of this practice before and I asked my wife if she knew what it was. She said she had seen Reiki done on a client when she worked for the Aids Foundation as a social worker. I was intrigued by the self-healing aspect, that it was Japanese, that it included Qi (chi) work, and I felt it would be a nice complement to the Tai Chi classes. Remember #3, Develop tools for

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Choices Changes Kids: Peer Power

Peer Power is a new group for children and teens from ages 9 to 14. The emphasis is on building basic social skills. Skills that will be covered include:

- Listening
- Following Instructions
- Expressing Feelings
- Understanding the feelings of others



- Dealing with someone else's anger
- Negotiating
- Self-control
- Standing up for your rights
- Responding to failure
- Dealing with contradictory messages
- Acusations

- Friendships
- Much more

The group is being offered at the affordable price of \$45 per session. Many insurance companies have group therapy benefits. If you would like to pre-pay for 4 sessions at a time, a 10% discount will be applied.

The group meets on Tuesday evenings from 6-7 pm.. Call (937) 431-3870 to register or for more information. Pre-registration is required.

Book Corner by Dr. Manuel

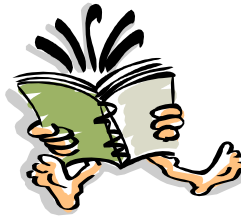
On the way to Arizona I read [Songs of the Gorilla Nation: My Journey Through Autism](#) by Dawn Prince-Hughes, Ph.D. As the secondary title indicates, this is a first-hand account of autism. The author offers a vivid and insightful account of Asperger's Syndrome.

She was diagnosed rather late in her life, after a childhood punctuated by misunderstanding and isolation. Fortunately, she was able to learn about human socialization and relationships through her keen observation of gorilla communities. She writes, "This is a book about autism. Specifically, it is about my autism, which is both like and unlike other people's autism. But just as much, it is a story about how I emerged from the darkness of it into the beauty of it. It is about how I moved full circle from being a wild thing out of context as a child, to being a wild thing in context with a family of gorillas, who taught me how to be civilized. They taught me the beauty of being wild and gentle together and as one."

While there are many excellent texts about Asperger's Syndrome and autism, this is the first book I have read that describes it from the inside. Dr. Prince-

Hughes is eloquent in her poetry and prose. She describes confusion, rage, fear, and joyful discovery in a way that touches the readers heart and understanding. Instead of lists of characteristics or clinical observations, this book places the experience into context.

My understanding has certainly been expanded by this book. I am hopeful that it will change my acceptance of the more "annoying" behaviors often associated with Asperger's. It is harder to remain annoyed when I remember that the strong need for repetition exhibited by persons with Asperger's is the result of panic. Dr. Prince-Hughes had this to say, "Most autistic people need order and ritual and will find ways to make order where they feel chaos. So much stimulation streams in, rushing into one's body without ever being processed: the filters that other people have simply aren't there. Swimming through the din of the fractured and the unexpected, one feels as if one were drowning in an ocean without predictability, without markers, without a shore. It is like being blinded in the brightness of a keener sight."



There are also examples of wonderful and intricate coping mechanisms. She used a formula to get along with people in the workplace. This included talking about her skills a third of the time, talking with colleagues about how their interests merged for a third of the time, and talking about current events and "softened" opinions about them a third of the time. This had to be approached consciously. She also counted seconds to know how long to look into another person's eyes and when to look away. Each of these required deliberate practice and application.

This book is a great source of information, but is also an incredibly engaging autobiography. Dr. Prince-Hughes has a wonderful command of language. Consider this self description, "I am an individual. I am different, for reasons germane to the phenomenon of autism and reasons mundane. All that is in between and at both ends have made my life. Within these pages, an archeology cleared of dust and fear, I talk about this life. It is the archaeology of a culture of one."

Reiki Self-Sessions

Using Reiki for the health and healing of others is a really great feeling. Many people learn Reiki because of their deep compassion for other people. In their eagerness, many new Reiki practitioners neglect their own Reiki self-sessions. At times, I am guilty as well.

Of course we all do Reiki when something goes wrong or if we are ill or incredibly stressed. Reiki really has much more to offer. When done on a



regular basis, Reiki is preventative as well. In the past week I have used Reiki to induce relaxation and rest, to increase my awareness, and to supplement my stamina.

Myths about Reiki Self-Sessions
• You must be alone to do a self-session

- Hand positions are always used
- Hand positions aren't used
- All Reiki practitioners are comfortable doing self-sessions

On Friday April 23rd, any practitioners

who are attuned to Reiki will have an opportunity to practice Reiki self-sessions in the company of others. From 7pm to 9pm we will discuss and experience the power of Reiki in the form of self-sessions. Although you will be encouraged to offer Reiki to yourself, the collective energy of others engaged in similar self-sessions increases the energy available to everyone. Please bring your questions, ideas, curiosity, and any items that will help you to be comfortable during the session.

“To look at you, I would have never known.” A Story of Recovery-- continued

(Continued from page 3)

implementing solutions? I signed up for my level 1 class with no previous knowledge of Reiki but in my mind I knew something big was about to happen. I kept recalling memories of my childhood when my deeply religious Pentecostal Holiness mother would tell me of the vision a preacher had of me one day being a great healer. Had I lived my entire life to finally find my destiny? The night before my class, I received a phone call that the class had been cancelled. To say I was disappointed would be an understatement. I concluded that I was being tested somehow and that I must persist, go to class the following week, and don't drink.

Class was very informative. It talked about the history of Reiki and what Reiki was all about. Then came the moment of truth. The class was to receive our first level attunement. The best way to describe the attunement is that the teacher has a key that unlocks a door to a different vibration. When you receive the attunement, you receive the key. You can then use that key to turn on this vibration and heal yourself and others with this bright white energy from the universe. The ceremony started with a guided meditation

session and then the teachers moved about the room giving the attunements. When the ceremony was done, I sat in my chair for a very long time. I opened my eyes but I could not speak or move. I know now that what I was feeling was my body vibration changing. All that universal energy was rushing in, starting to heal my mind and body. Well, in my book the class could have ended right then and there. I was completely toasted. The remainder of the weekend was spent in a fog. I realized that I was processing every issue that I ever had. Everything came roaring to the surface. But the main thing I realized was that I did not have the urge to drink. In fact, that Monday after work I decided to test myself, and on the way home I stopped at the liquor store, went inside, turned around and walked out. Believe me, this was a big step. I could have never done that before Reiki. My Reiki experiences still continue always reinforcing my belief in the system. My marriage has gotten 100% better. My wife now trusts me. That one point means the world to me, and I will never forget what she has done for me. I now have a great relationship with my daughter from my first marriage and I talked to my grandkids on the phone for the

first time. (That's another article.) I had a physical checkup at my doctor's office and he tells me I am in great shape. The only health problem I have left is acid reflux, which I believe is meant to be a reminder for me not to drink again.

I still have no urge to drink and I believe I never will. I continue to take Tai Chi lessons and I am now teaching QiGong at the center. This spring I hope to take my master/teacher level class in Reiki and start teaching what I have learned to others that need the same healing that I did. People tell me that it was not the Reiki that healed me and took away my addiction, but that it was me finally making up my mind to quit. But I tell you my friend, I went down that road many times with no success. This Reiki is some powerful stuff. To all my friends at the Shennong Center, I would like to say thank you for all the things you have done to help me on my journey. Now when the people look at me and say, "to look at you I would have never known" I say, "I know", and just smile.

April 2004

SUN	MON	TUE	WED	THU	FRI	SAT
				1 Kick I 5-6pm Kick II 4-5pm Qigong 7-8pm	2 Reiki Circle 7-10 pm	3 Reiki ART class 10am-5pm
4	5	6 Peer Power 6-7pm	7 Yoga 7-8:30pm Tai Chi 7-8pm	8 Kick I 5-6pm Kick II 4-5pm Qigong 7-8pm	9	10
11	12	13 Peer Power 6-7pm	14 Yoga 7-8:30pm Tai Chi 7-8pm	15 Kick I 5-6pm Kick II 4-5pm Qigong 7-8pm	16 Reiki Circle 7-10 pm	17 Karuna Reiki Practitioner Class 10am-5pm
18	19 The Invitation 7-8:30pm	20 Peer Power 6-7pm Pets with a Purpose 7-8 pm	21 Yoga 7-8:30pm Tai Chi 7-8pm	22 Kick I 5-6pm Kick II 4-5pm Qigong 7-8pm	23 Reiki Self Session Workshop 7-9pm	24 Reiki I Class 10a-5p
25	26 The Invitation 7-8:30pm	27 Peer Power 6-7pm Pets with a Purpose 7-8 pm	28 Yoga 7-8:30pm Tai Chi 7-8pm	29 Kick I 5-6pm Kick II 4-5pm Qigong 7-8pm	30 Karuna Reiki Circle 7pm	

May 2004

SUN	MON	TUE	WED	THU	FRI	SAT
						1 Reiki II Class 10am-5pm
2	3 The Invitation 7-8:30pm	4 Peer Power 6-7pm Pets with a Purpose 7-8 pm	5 Yoga 7-8:30pm Tai Chi 7-8pm	6 Kick I 5-6pm Kick II 4-5pm Qigong 7-8pm	7 Reiki Circle 7-10 pm	8
9 Mother's Day	10 The Invitation 7-8:30pm	11 Peer Power 6-7pm Pets with a purpose 7-8 pm	12 Yoga 7-8:30pm Tai Chi 7-8pm	13 Kick I 5-6pm Kick II 4-5pm Qigong 7-8pm	14	15
16	17 The Invitation 7-8:30pm	18 Peer Power 6-7pm Pets with a Purpose 7-8 pm	19 Yoga 7-8:30pm Tai Chi 7-8pm	20 Kick I 5-6pm Kick II 4-5pm Qigong 7-8pm	21 Reiki Circle 7-10 pm	22 Reiki I Class 10am-5pm
23	24 The Invitation 7-8:30pm	25 Peer Power 6-7pm Pets with a Purpose 7-8 pm	26 Yoga 7-8:30pm Tai Chi 7-8pm	27 Kick I 5-6pm Kick II 4-5pm Qigong 7-8pm	28	29
30	31					

June 2004

SUN	MON	TUE	WED	THU	FRI	SAT
		1 Peer Power 6-7 pm Pets With a Purpose 7-8 pm	2 Yoga 7-8:30 pm Tai Chi 7-8 pm	3 Kick I 5-6 pm Kick II 4-5 pm Qigong 7-8 pm	4 Reiki Circle 7-10 pm	5 Advanced Reiki Training 10-5:30
6	7	8 Peer Power 6-7 pm Pets With a Purpose 7-8 pm	9 Yoga 7-8:30 pm Tai Chi 7-8 pm	10 Kick I 5-6 pm Kick II 4-5 pm Qigong 7-8 pm	11	12
13	14	15 Peer Power 6-7 pm	16 Yoga 7-8:30 pm Tai Chi 7-8 pm	17 Kick I 5-6 pm Kick II 4-5 pm Qigong 7-8 pm	18 Reiki Circle 7-10 pm	19 Reiki I Class 10- 5:30
20 Father's Day	21	22 Peer Power 6-7 pm	23 Yoga 7-8:30 pm Tai Chi 7-8 pm	24 Kick I 5-6 pm Kick II 4-5 pm Qigong 7-8 pm	25	26
27	28	29 Peer Power 6-7 pm	30 Yoga 7-8:30 pm Tai Chi 7-8 pm			

Canine Massage

Why massage my dog?

Just as it is relaxing to get a massage, your canine companion can experience the same therapeutic benefits as well.

Some of these benefits can be:

To help relax and energize your dog, to increase healthy body awareness, to enhance your dog's quality of life, to help maintain a healthy lifestyle with regular scheduled sessions, and to complement veterinary treatments.

If your dog is experiencing any health problems, please consult your veterinarian; but, massage has been proven to help ease the pain of hip dysplasia, breathing difficulties, and stress.

Benefits to your pet include:

- Improved circulation
- Tones the entire body
- Increases flexibility of joints, stiff necks, shoulders, lower backs, and tails
- Eases mental stress and physical pain.
- Increases body awareness
- Relieves pain from disorders such as muscular cramps, stiffness, and arthritis in older dogs
- TLC and bonding

Alana Wardlaw, LMT is our canine massage therapist. She is a graduate of the Dayton School of Medical Massage.

A 15-minute massage is only \$15 and 30 minutes is \$30. Remember, a happy pooch makes a happy owner.



Massage Gift Certificates Make Great Gifts

April 11th—Easter

May 1st—May Day

May 9th—Mother's Day

June 20th—Father's Day

Kids in Control by Phil Engle

Late January saw four more students helping them learn their initial receiving colored belts. Two little requirements.

Kicks received their yellow belts, and one big Kick received her yellow belt, and one his orange belt. We are looking forward to welcoming some new white belts. Our yellow and orange belt students look forward to greeting new karatika (karate students) and



Finally, stay tuned for some spring self-protection workshops for adults, especially women and seniors. As Kristie Kigore stated, "self defense is what you do when your plan to protect yourself has failed."

"Our achievements are shaped by the terrain of our lives and the strength of the foundations we set. In building the life we've imagined, we must be true to our beliefs, dare to be ethical, and strive to be honorable. For integrity is the highest ground to which we can aspire."
- unknown

New at the Center—Hot Stone Massage by Leanna Manuel

You already know how wonderful a massage can be. You probably also know how good it feels to apply heat to sore muscles. Hot stone massage combines both treatments for a wonderful therapeutic and relaxing experience.

Stones of different sizes and weights are heated, oiled, and used to apply heat to various body areas, and used during stroking movements to relax the body. Just like other forms of massage, tension melts away, circulation improves,

and toxins are released from the body. Hot stone massage has been reported to be useful in relieving sinus pain and premenstrual syndrome too.

A hot stone massage session is a luxurious 90 minutes long. Many people become so relaxed that they actually fall asleep. That is quite a compliment. I personally experienced hot stone massage for the first time a few years ago at a hotel resort and spa. It was a fantastic experience. You can bet I'll be doing it regularly here too.

Hot stone massage isn't for everyone. If you are pregnant, have high blood pressure, heart disease, diabetes, or any other condition that makes you particularly sensitive to heat, please consult your physician.

Call to schedule your hot stone massage today. You may also want to consider a hot stone massage gift certificate for Mother's Day.

Tai Chi

Here is a poem by Alen Ginsburg about his practice of tai chi.

In my kitchen in New York

Bend knees, shift weight

Picasso's blue deathhead self portrait

tacked on refrigerator door

This is the only space in the apartment

big enough to do t'ai chi

Straighten right foot & rise—I wonder

if I should have set aside that garbage pail

Raise up my hands & bring them back to shoulders—The towels and pyjama

laundry's hanging on a rope in the hall

Push down & grasp the sparrow's tail

those paper boxes of grocery bags are

blocking the closed door

Turn north — I should hang up all

those pots on the stovetop

Am I holding the world right? That

Hopi picture on the wall shows

rain & lightning bolt

Turn right again— thru the door, God

my office space is a mess of

pictures & unanswered letters

Left on my hips — Thank God Arthur

Rimbaud's watching me from over the sink

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Advertising

This Space Could Be Yours

Interested in advertising your service or product?

Call (937) 431-3870 for information.

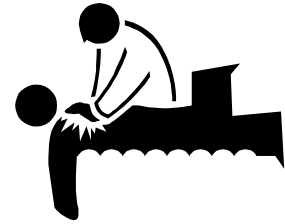
Positional Release

“Positional release techniques are gentle manual treatment methods for muscle and joint pain and restriction; involving positioning of a region or the whole body to achieve neurological and circulatory changes which lead to improved function and reduced pain.” - Leon Chaitow

Positional release techniques may be used anywhere that there are trigger points or painful areas of the body. Positional release has also been useful for the following conditions of the lower body:

- Sciatica
- Shin Splints
- Sprains and Strains
- Achilles Tendonitis
- Low Back Pain
- Plantar Fasciitis
- Chondromalacia/Patellofemoral Syndrome
- Hamstring Injuries.

Jason Elliott, LMT is trained in these Positional Release techniques and is available at our center during the evening and on weekends.



Summer Solstice

June 20, 2004 is the date of the next summer solstice. You've probably seen it on the calendar before, but do you know what it is? Astronomically speaking, the summer solstice is the longest day of the year in the northern hemisphere (and also the shortest night).



The word *solstice* comes from the Latin word meaning—sun stands

still. At the summer solstice, the sun is directly overhead at noon at the Tropic of Cancer.

The summer solstice has many other names, based on spiritual, cultural, and religious observances that fall during this time. Some other names include: Alban Heflin, All-couples day, Feast of Epona, Feast of St. John the Baptist, Feill-Sheathain, Gathering Day,

Johannistag, Sonnwend, Thing-Tide, Vestalia, and others. In pre-historic times, the arrival of summer was a joyous time for people in the northern hemisphere. Food was more abundant, and the weather was easier to manage. It was also a time between planting (spring) and harvesting (fall). This made it a viable time for weddings and other events that could not happen when

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Feeling cranky? Blame your brain by Dr. Manuel

What do you call it when you are out of sorts, cranky, or mean? Some people describe that feeling as “mean as a snake” or otherwise make reference to crocodiles, alligators, or other reptiles. I don't think that is a coincidence.

There is a part of your brain that is known as the reptilian brain. This part of the human brain is the oldest part

of the brain and is thought to have evolved hundreds of millions of years ago. These clumps of cells control basic functions such as breathing and the beating of your heart. This is the place in your brain where you react out of instinct with the sole intent of survival.

The basis of emotions is probably here as well. This includes love, hate, fear, lust, and contentment. When

we are out of control with rage, it is coming from the reptilian brain. Of course, our brains have evolved over the years to include areas of thought, judgment, and logic. These more human abilities are supposed to override the more primitive impulses of the reptilian brain. Which one controls you?

Pets With A Purpose by Dawn Downing, M.S., P.C.

What is it? This is a therapeutic group incorporating your children and your pets.

What is it about? This group will focus on increasing your child's level of responsibility by facilitating behavior modification using positive reinforcement. Furthermore, your child will achieve a better understanding of the relationship between actions and consequences. By using this technique to train your pet, your child will learn to become a participant in changing their own

problem behaviors.

Who is it for? This group is for any child between the ages of 6 and 18, as well as the family dog. Each child must be accompanied by a parent or caregiver.

What kind of pet? This group is limited to dogs only. Future groups will accommodate other types of pets. The first group meeting is for orientation only—please do not bring



your dogs. The family canine will need to be at least three months of age, and be current on all shots. Please bring shot verification to the first group meeting (vet receipts are acceptable).

What is needed? This group will require the dog to have a flat dog collar, and well as a 6 foot leash. Neither the collar nor the

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Staff Notes

Congratulations to Jason Elliott, LMT who recently received continuing education in the use of positional release techniques. See the article on page 11 for more information.

We are saying goodbye to Rebecca Johnson, L.S.W. She is moving to a new full-time position where she will certainly be helpful to many individuals and families. We will miss her energy and enthusiasm.

You may have noticed a few new faces in the office. Please be sure to welcome Pam and Marquita, students from Wright State University's counseling program. We are glad to have their fresh perspectives in our practice.

Many staff members have completed continuing education in recent months. Staff have attended programs on autism, Asperger's Syndrome, AD/HD,

and Reactive Attachment Disorder.

We are still looking for additional staff and services to enhance our health and wellness programs. If you know of someone who might be interested in full or part time employment, please have them call our office. We are currently recruiting for chiropractic, music therapy, and psychologists.

Summer Solstice—continued

(Continued from page 11)

planting or harvesting were occurring.

Another point of significance is that the first full moon in June is called the Honey Moon. Traditionally, this is a good time to harvest honey from bee hives. I'm sure you already knew that weddings happen



more often during June than any other time. Just think of the word honeymoon. Feasting on honey during the period between planting and harvest in June = honeymoon.

The ancient Celts celebrated the Alban Heruin "Light of the Shore" and in ancient China, the summer solstice celebrations were about

the earth and feminine yin forces. In ancient Gaul the time was called Feast of Epona. Epona was a goddess associated with fertility, sovereignty, and agriculture.

Ancient Pagans of Germanic, Slav, and Celtic tribes in Europe celebrated Midsummer with bonfires. It was believed that the crops would grow as

(Continued on page 14)

The Invitation by Leanna Manuel, R.N., Psy.D.

This group experience is based on the book The Invitation by Oriah Mountain Dreamer. Each meeting will cover two chapters and will include discussion of the material and meditation practice. The book is based on a poem by the same name.

From The Invitation

“It doesn’t interest me what you do for a living. I want to know what you ache for, and if you dare to dream of meeting your heart’s longing. It doesn’t interest me how old you are. I want to know if you will risk looking like a fool for love, for your dream, for the adventure of being alive.”

In this group, we will explore how these questions and challenges affect each of us personally, and how we are affected globally. Participation is the key; therefore, it would be best if each person had a copy of this book.

Week 1: Accepting the Invitation

The Longing

Week 2: The Fear

The Sorrow

Week 3: The Joy

The Betrayal

Week 4: Beauty

Failure

Week 5: The Commitment

The Fire

Week 6: Deep Sustenance

Finding Our Way Home

We will meet on Monday evenings, beginning Monday April 19th and continue through Monday May 24th. Plan to begin our discussion promptly at 7 pm and we will end at 8:30 pm.

Because space is limited, please call the office to let us know you are coming. A minimum donation of \$5 per class is requested.

This experience will be facilitated by Dr. Leanna Manuel, director of Choices Changes Attitudes and The Shennong Center.

✂

\$20 Off

Any Reiki Level I or II Class in April, May, or June

Please mention coupon during registration.

Pets with a Purpose—continued

(Continued from page 12)

leash should be made entirely out of metal.

When is it? This eight week group is slated to begin at the end of April through the beginning of June, and will be held on Tuesday evenings from 7-9 pm. The meeting dates are April 20 & 27, May 4, 11, 18, 25, and June 1 & 8.

Where is it? This group will meet outside of the Choices Changes Attitudes office building which is located at 1321 Research Park Drive. In times of pleasant weather, the group will meet in the side yard. In times of not so pleasant weather, the group will meet in the downstairs atrium of the building.

What is the cost? This is a therapy group, therefore most mental health insurance plans will cover the cost. Several discounts are available for individuals paying at the time of service.

How to sign up? Call the office at 431-3870. Participation is limited to 6 families.

Child and Adolescent Bipolar Disorder—continued

(Continued from page 2)

Early identification and treatment is essential. At the present time, the medications typically used to treat adults are also being used to treat children and adolescents. Medication and psychotherapy are both useful

As a practitioner I am still reluctant to diagnose bipolar disorder in children or adolescents without first addressing other potential contributing factors, including environmental influences and parenting issues. Many parents prefer to look only at

child-factors and request medication. Let's face it, many of the behaviors described previously can also be learned patterns rather than biological responses.

Once the diagnosis of bipolar disorder has been confirmed and treatment initiated, most children and adolescents with bipolar can lead relatively stable and productive lives. The disorder will impact every member of the extended family in some way and knowledge is the key to successful management. All adults that interact with the bipolar child will need

ample information to be effective mentors and guides. Each of the organizations mentioned previously offer resources to assist in diagnosis and treatment. Please use them.

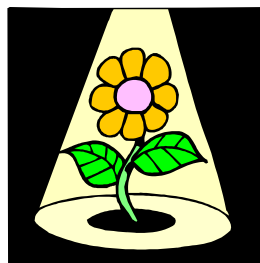
If you suspect that your child might have bipolar disorder, don't delay. Talk to your primary care physician, psychologist, or psychiatrist as soon as possible.

Spotlight on Resources

I have frequently suggested that people who are interested in Attention-Deficit/Hyperactivity Disorder should check out the website of Dr. Daniel Amen. His website offers the best on-line interactive diagnostic screening tests and information that I have found. Recently, he has offered an on-line newsletter called, [Brain in the News](#). This newsletter talks about recent events in the context of brain function.

For example, in the 3/10/04 edition, he describes the benefits of juggling, the use of brain stimulators for obsessive compulsive disorder and depression, and the impact of brain function on marital happiness and success. Other issues have looked at criminal activities, terrorism, and other current events.

There are links to many informative and intriguing stories that can help viewers to better understand their own behaviors and the behaviors of others. I highly recommend that you check this one out. The website can be found at www.amenclinic.com.



Summer Solstice—continued

(Continued from page 12)

high as the celebrating couples were able to jump over the bonfire.

In Ancient Rome, the festival of Vestalia was held in honor of Vesta, the Roman Goddess of the hearth. During this festival time, married women were able to enter the shrine of Vesta. It was only



available to vestal virgins at other times of the year.

Native Americans, Neopagans, and Christians have also organized celebrations that coincide with the summer solstice. If you would like to know

more about the summer solstice celebrations in different cultures, try these websites.

www.religioustolerance.org
www.celestia.com
www.circlesanctuary.org
www.einstein.stcloudstate.edu
www.print.infoplease.com

Tai Chi—continued

(Continued from page 10)

*Single whip—piano's in the room, well
Steven & Maria finally'll move to their
own apartment next week! His pants're
still here & Julius in his bed
This gesture's the opposite of St. Francis
in Ecstasy by Bellini—hands
down for me
I better concentrate on what I'm doing
weight in belly, move by hips
No, that was the single whip—that apron's
hanging on the North wall a year
I haven't used it once
Except to wipe my hands — the Crane
spreads its wings have I paid
the electric bill?
Playing the guitar do I have enough \$
to leave the rent paid while I'm
in China?
Brush knee— that was good
halavah, pounded sesame seed,
in the icebox a week
Withdraw & push — I should
get a loft or giant living room
The land speculators brought up all
the square feet in Manhattan,*

*beginning with the Indians
Cross hands — I should write
a letter to the Times saying
it's unethical
Come to rest hands down knees
straight — I wonder how
my liver's doing. O.K. I guess
tonight, I quit smoking last
week. I wonder if they'll blow
up an H Bomb? Probably not.*

This poem appeared in *Manhattan Midnite*,
September 5, 1984.

The poem captures one of the most
challenging issues in the practice of tai
chi — focus. In spite of the intention to
focus on the movements of tai chi and the
flow of energy, the mind continues to
process the information presented through
the senses, memories, and speculations.
Fortunately, with repeated practice the
periods of time between interrupting
thoughts and ideas lengthens.

According to Sifu William Phillips, the
practice of tai chi is meditation. He
defines meditation as the process of
conscious, controlled focus of the mind
which takes place when the thinking
processes, both in pictures and in words,

have been stopped. When fully engaged in
tai chi as meditation, the mind will become
very quiet, yet focused and alert.

For those of you that find a sitting
meditation practice difficult, consider
tai chi as an option. Instead of Yin
meditation that is a clearing of the mind, tai
chi is Yang meditation. Yang meditation is
the focusing of the mind on something.
The more common objects of focus include
mantras, colors, prayers, symbols, or
affirmations. In this case, the movement or
form is the focal point.



Director's Desk—continued

(Continued from page 1)

focus on things at all? If our energy was
not spent on acquiring things to leave
behind, where would we focus? When
did our civilization decide that nature
was not sacred?

I know that I would not make the
choice to live in the physical way of
the ancient people. I really do enjoy my

modern conveniences. I am considering
living more consciously in the spiritual
and emotional way that honors
something other than ego, cut-throat
competition, and material legacies. I am
anticipating an interesting period of self
growth.

So, until next time..... May your
CHOICES be purposeful, your

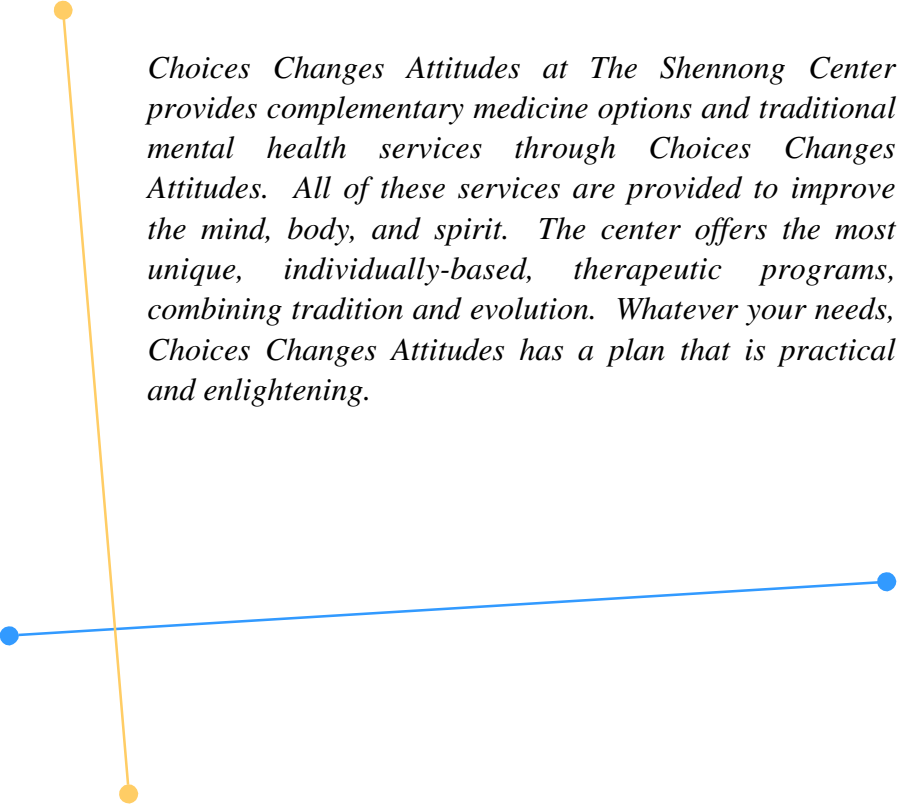
CHANGES be positive, and your
ATTITUDES be a blessing upon you and
all those you encounter.

Lea

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Dr. Leanna E. Manuel, Director



Choices Changes Attitudes at The Shennong Center provides complementary medicine options and traditional mental health services through Choices Changes Attitudes. All of these services are provided to improve the mind, body, and spirit. The center offers the most unique, individually-based, therapeutic programs, combining tradition and evolution. Whatever your needs, Choices Changes Attitudes has a plan that is practical and enlightening.

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