

Director's Desk

Who hurts you more, your friends or your enemies? Most people answer that it is their friends. On first glance, that seems puzzling. According to www.hyperdictionary.com, Webster's 1913 Dictionary defines friend as "one who entertains for another such sentiments of esteem, respect, and affection that he seeks his society and welfare; a wellwisher; an intimate associate; sometimes, an attendant." That sounds pretty good, doesn't it? The problem may be that this word—friend—is used in other ways too. Possible synonyms for friend include: advocate, alter ego, amigo, associate, brother, buddy,

chum, companion, crony, proponent, sympathizer, truster, upholder, acquaintance, ally, backer, bedfellow, bosom buddy, compatriot, colleague, cohort, concubine, confederate, confidant, co-worker, doxy, escort, lover, mate, mistress, pal, partner, patron, playmate, roomie, or sweetheart. As you can see, each of these has a slightly different feel to it. So when someone wants to be my friend, there is potential for



disappointment and pain if we are not seeing the friendship in the same way. Imagine what happens when one person defines friend as playmate or pal and the other person defines it as confidant.

Does this mean that I think you shouldn't have friends? Of course not. Friends are a very important part of life. In fact, I think we need to have many different types of friends; perhaps, many on this list. What I am suggesting is that saying you are friends may not be enough to avoid hurt feelings and misunderstandings. The terms and limits of friendship should

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Anxiety—by Dr. Manuel

There are certainly many technical and precise explanations for anxiety. One of my favorite researchers, Dr. Daniel Amen, boils it down to a malfunction of certain neurotransmitters in tiny brain structures. While I believe he is generally correct from an anatomical or physiological standpoint, I think there are several other ways to look at anxiety.

For most people that I talk to, anxiety

involves a deeply rooted belief that they will be unable to handle or tolerate a potential circumstance. It is a faulty attribution of how much one can tolerate. Of course we don't want to be uncomfortable, sad, embarrassed, frustrated, or frightened, but if we make an honest appraisal, we know that it won't kill us. Haven't we all lived through circumstances that are much worse than the current anxiety-provoking experience?

Self-talk that correctly labels the emotional upheaval is then important. Saying to oneself, "I'm uncomfortable with this and I don't like being uncomfortable" is certainly less anxiety-provoking than "I can't do this".

Another way to look at anxiety is as a humor-deficit situation. Most of the anxiety provoking situations we

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Tai Subaki

Tai Subaki is a martial art concept that involves body movement or stepping out of harms way. As I understand it, tai subaki involves pivoting as if you were a door, and allowing the aggressor or attacker to “pass on through”. Practice and application of tai subaki in the dojo has practical life application as well. We so often tell children who are being bullied and teased to “just ignore it” or letting it go. That seems too passive. By applying the principle of tai subaki, children (or adults) can feel active about getting out of the way of physical, emotional, or verbal harm. A person practicing tai subaki isn’t just standing there and taking the abuse, they are moving aside and causing it to miss it’s mark.



“Be of good cheer. Do not think of today’s failures, but of the success that may come tomorrow. You have set yourselves a difficult task, but you will succeed if you persevere; and you will find a joy in overcoming obstacles. Remember, no effort that we make to attain something beautiful is ever lost.”

- Helen Keller

“You cannot escape the results of your thoughts.... Whatever your present environment may be, you will fall, remain or rise with your thoughts, your vision, your ideal. You will become as small as your controlling desire, as great as your dominant aspiration.

- James Lane Allen

The Shadow Self—by Leanna Manuel

The Shadow Self is a topic that isn’t talked about in most polite gatherings. When we are in public we tend to focus on the parts of us that we find most acceptable or expect to be acceptable to others. When we are honest, we know that there is another “aspect” to our personality that we consider to be undesirable or unacceptable.

This has been named many things in different cultures and societies. In Reiki, and other places, this aspect is called the Shadow Self. Don’t let the name fool you, it isn’t really bad. The shadow self is where our growth really occurs. I have



recently found that the qualities of my shadow self are the qualities that I find most annoying in others. By working with my shadow self, I can then better understand and relate to others.

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Book Corner—by Dr. Leanna Manuel

The Final Cut by Robert Westbrook.

This isn’t the kind of book I usually read. Even though I’m a huge Robin Williams fan, I didn’t even see the movie. I picked up the book when searching for something to read while exercising.

For those of you unfamiliar with the theme, final cut is an interesting

tale of Alan, who works as a cutter. A cutter is the person responsible for reviewing and “cleaning up” the stored memories of dead people that were implanted with a Zoe memory implant.

In addition to being an interesting book, it posed many questions about memory, life, and our ability to fully engage ourselves in the essence of living.

Consider these questions:

- If you knew for sure that someone else would see it, would you still do the things you are planning to do?
- If somebody else could see your memories through your eyes, would they interpret them the same way you did?

Massage—by Jason Elliott, LMT

From the beginning of time, people have had a definite need to be touched. Being touched is something we seek, desire, and crave. Even as infants, a desire to be touched brought about bonding, and connection with our families. Touch is not only important to feel an emotional connection, but it also builds us up and causes a significant change in our physiological patterns as well.

As people get older, touch is experienced less and less. Our lives become complicated, responsibility takes over, and we become so focused on what we need to do next. As a result, we suffer and our relationships suffer as well.

People have always viewed massage as a perk. It is something they do on vacation or on the weekends just to relax, never really realizing the benefits

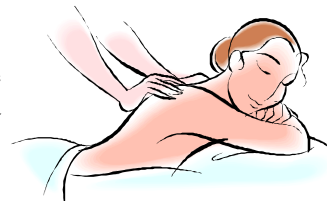
of massage. Is it really worth spending your hard-earned money, just to be rubbed for an hour? Is it worth your time and energy? I will offer the truth of massage and let you decide.

Massage helps relieve muscular tension and spasms. Through everyday wear and tear on the muscles, our bodies can become fatigued, overworked, and our muscle fibers will tighten up and form knots. Much like a rope that has a knot in it causing our muscles to feel strained and overworked.

Massage also raises immunity efficiency. There is a vast system of vessels running through your body designed to transfer out toxins and viruses that attack your body. Your lymph

system has nodes in your body designed to capture toxins and disperse them out of your body. Massage is a highly effective means of moving lymph fluid mechanically into the nodes.

Massage improves circulation in much the same manner. Your veins, extending throughout your body, are affected by mechanical or the physical movement of the blood promoted by massage producing healthy blood flow towards the heart, also assisting the valves in the veins. The valves work to prevent the back flow of blood moving to the heart. When these become clogged and inflamed it produces varicose veins. Massage



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Worn Out?

Has the hustle and bustle of the holidays left you feeling a bit “worn out”? Holidays are a great way to spend special time with family and friends, and enjoy their company. However, we need to remember that we need “extra special” time for ourselves as well! One of our most tried and true recipes for relaxation is receiving a massage. Therefore, to brighten your spirits, we are extending our relaxing services to you. If you purchase two 1-hour massages, we will give you a 1-hour full body massage for free!

**Buy 2
Massages
Get 1
Massage
Free!**

Shadow Self—continued

(Continued from page 2)

William Rand, from The International Center for Reiki Training, teaches that we create our Shadow Self “when we refuse to accept our feelings that have been labeled unacceptable”. The process of denying our feelings doesn’t cause them to go away, it forces them underground or into the shadows. Even in the shadows, these feelings continue to influence our behaviors and experiences.

Through Reiki, we can become more aware of the Shadow Self and learn to accept this as a part of us. Once that acceptance occurs, we attract fewer negative experiences or are not affected in such a negative way.

To learn more about the Shadow Self, consider learning Reiki or check out the great articles in Reiki News Magazine.

“He who walks in another’s tracks leaves no footprints.”
- Joan L. Brannon

Kids in Control—by Dr. Leanna Manuel

The Kids in Control program is an action-based intervention program that stimulates the mind and spirit through the body. The training has been foremost about character and personal development. Since it's beginning, the Kids in Control (KICK) program has served children between the ages of 4 and 12. The participants have been identified with some form of emotional health or behavioral concern such as Attention-Deficit/Hyperactivity Disorder, Autism, Asperger's Disorder, Oppositional Defiant Disorder, Generalized Anxiety Disorder, Social Anxiety Disorder, or other problems in daily living. In addition, some of the children have been the victims of bullying or have low self-esteem issues. The results of this program have been tremendous.

This program offers persuasive evidence that activity-based therapies can and do have a positive impact on mental health and general life function. Through the martial arts and mind-science training, these children have learned to make eye contact, enter conversation with others, participate in reciprocal activity, improve control of physical movements, increase focus and concentration, decrease defiance, demonstrate respect for self and others, improve academic behaviors, demonstrate confidence, improve ability to follow instruction and rules, and practice prosocial behaviors.

The utility of martial arts in developing character, self-confidence, and prosocial function is well established, both in Eastern cultures and here in the west. Further, martial arts programs that target at-risk youth and adolescents have been overwhelmingly successful in the community and in correctional facilities across the United States. One such program has been established by actor and martial artist Chuck Norris.



While many of the positive factors of such established programs are also included in our program, it is somewhat different in that this program actually combines solid psychotherapy with the martial arts to assist individuals that would not yet be able to fully participate in a traditional martial arts program because of the nature of their condition or disability. For example, a child with Asperger's Disorder might experience such extreme anxiety walking into the unknown social setting known as a dojo. Without a thorough understanding of the complexities of this disorder, it would be typical to view the odd Asperger's behavior as resistance or misbehavior and therefore react in a nontherapeutic way to the behavior. In our program, the therapeutic goals become primary and the martial arts benchmarks are secondary — although very important in the process.

I cannot think of any problems in living that could not be addressed in some way through martial arts training. Traditional “talk therapy” is very effective in many situations, particularly with highly functioning individuals. Children, adolescents, and most adults learn best through kinesthetic, or experiential modalities. This therapeutic martial arts program incorporates all of the basic learning modalities, including visual, auditory, and kinesthetic methods. The therapy component consolidates learning, bridges gaps between the classroom and life situations, and breaks the learning barriers.

Our program has been somewhat limited by available space and equipment. While those limitations are still present, we are planning to expand the program substantially over the next year with service to more age groups. If you know someone between the ages of 4 and 12 that might be interested in the KICK program, have them contact the office to get started. If you, or someone else is older than 12, please let us know of your interest. As soon as we have several individuals with an interest, a new class will be added.

See you in the dojo!

First Lesson **FREE**

Sign up for a 4 week series of Thursday morning tai chi classes and get your first lesson FREE. Limited time only. Offer expires 2/15/05.



Tai Chi—by Leanna Manuel

Tai Chi classes will once again be offered on Thursday mornings at our center. The format will be slightly different. Beginning at 9:30 there will be warm-up and chi cultivation exercises, followed by instruction on various portions of the tai chi form. Then, at 10:00 the instructor and advanced students will complete the entire form. Beginning and intermediate students are invited to follow along. The cost for the class remains the same—\$10 per session or 4 classes for \$30. Pre-registration is now required.

The form of tai chi is Tien Shan Pai. It is generally classified as Yang Style. Tien Shan Pai is a northern style of martial arts which originated in the

Tien Shan mountains of northwestern China. The curriculum for Tien Shan Pai includes fist arts and weapons, hand techniques, solo forms practice, push hands practice, self defense, and strength training. In our classes we will focus primarily on the tai chi chuan solo form practice.

In Chinese, Tien means “heaven” or “celestial”. Shan can be translated as “mountain.” And Pai means “school” or “style”. The literal translation of Tien Shan Pai is then **Heavenly Mountain Style** or **Celestial Mountain Style**.



According to www.tianshanpai.org, Tien Shan Pai is characterized by extended reach, long stances and an abundance of kicking techniques. It is a comprehensive martial arts system.

Our focus will be on chi cultivation, alignment, balance, mindfulness, and the health benefits of practice. Some martial applications will be discussed. Physical strength or stamina is not necessary and all movements can be adapted to suit the participants' level of health. Please wear loose clothing and come ready to have fun,

Anxiety—continued

(Continued from page 1)

regard as intolerable would be hysterically funny if it were an episode of Seinfeld or some similar sitcom. If you could step out of your situation long enough to consider which character might play your part and watch it in that way, anxiety is generally significantly reduced. The truth is — people are funny. Life is funny. Even the most tragic events

generally contain an element of humor or irony. When we are feeling anxious, we are forgetting to see the humor and are instead taking things a tad too seriously.

If neither of these techniques seem to be working for you, the Emotional Freedom Technique is your next suggestion. I recently worked with a man who was anxious about searching

for a job. He gave me permission to quote him about his experience with EFT. He said, “I was able to make great inroads against my fears and anxieties attached to job-searching. I feel that EFT has been exceptionally helpful to me, and regard it as a tool that I will undoubtedly continue to use throughout my life. I can't properly express my gratitude for your help. This is fantastic “medicine”!”

Massage—continued

(Continued from page 3)

also promotes healing of tissues, increases functions of the skin, restores and balances our moods and attitudes. Massage has such a powerful influence on our autonomic nervous system. It releases hormones in our bodies and aids our attention and ability to focus, assists with fine movements like writing, balances our cravings,

involvement in pain disorders and chemical dependency, activates arousal, alertness and alarm chemicals of flight or fight.

There are many things that massage does. I only name a few. But we can see clearly that massage has incredible benefits both



physically and emotionally. The enormous payback you receive from massage, comes from fulfilling that incredible need for touch as well as from the physical, emotional, and spiritual benefits. It's amazing. Come see for yourself.

Body Dysmorphic Disorder—by Dr. Leanna Manuel

Body dysmorphic disorder is defined as an excessive preoccupation with an imagined or a minor defect in appearance. This preoccupation results in decreased social, academic, and occupational functioning. Factors that contribute to developing body dysmorphic disorder (BDD) include low self-esteem, critical parents and significant others, early childhood trauma, and unconscious displacement of emotional conflict.

Body dysmorphic disorder occurs with equal frequency in men and women and the average age of onset is about 17. Research indicates that 2-7% of patients who have plastic surgery may have BDD.

Some individuals with BDD have some insight about their disorder,

while others do not. About 50% of individuals with BDD may also have a delusional disorder and believe that their imagined defect is real. These individuals also are likely to believe that other people view their defect as hideous or disgusting.

If BDD is suspected, ask these questions:

- Do you avoid social situations because of your bodily concern?
- Does this defect cause you problems with job or school?
- Does this defect cause you distress?
- How much time do you spend in concealing your defect?

Do you feel that this defect will prevent you from developing close or intimate relationships?

Treatment for body dysmorphic disorder generally includes medication (selective serotonin reuptake inhibitors such as Prozac, Zoloft, or Luvox), cognitive therapy to address the false belief and obsession, behavioral techniques to address social behavior and anxiety, imagery with response prevention, exposure therapy, thought stopping, and relaxation techniques.

The Girl in the Mirror: Handling the Ups & Downs of Self-Image

Navigating the emotional highway for anyone can be a tough journey, but as a teenager with all of the changing hormones and added stressors, life can seem “just not worth living.”

The Girl in the Mirror is a self-esteem group designed for girls in 6th—9th grades to introduce each girl to their true self and to focus on each

young lady’s strengths and weaknesses.

Some topics that will be covered are:

- Getting to know yourself
- Balancing your emotions
- Focusing on strengths
- Communication



- Interpersonal Relationships.

The group will meet every Tuesday evening for 6 weeks, beginning January 18th. We will start at 7 pm and end at 8 pm.

Pre-registration is requested.

**This space could be yours.
Contact (937) 431-3870 to inquire about
advertising opportunities.**

Massage for Kids? Yes, Massage for Kids—by Dina Baltes

We live in an extremely busy world, where people are constantly on the go and very seldom take time out for themselves. Children are no exception. They go to school full time, have extracurricular activities, and family responsibilities. The stress of balancing it all can be extremely overwhelming.

Children who become overstressed or overwhelmed are more susceptible to serious battles such as: eating disorders, anxiety, depression, and even suicide.

Massage can help! Massage relaxes the tired muscles that occur from carrying a heavy backpack, climbing stairs, dealing with friends and family, and sitting all day.

Massage also increases the blood circulation, which can help promote healing and boost the immune system.

Benefits of Massage

- Reduce stress
- Ease muscle tension
- Increase blood circulation
- Help the healing process
- Improve mobility from injuries

Who can benefit?

Children of all ages can benefit from massage.

- Newborn massage can be very powerful in building that parent/child bond.
- Children with disabilities, such as

Muscular Dystrophy, Cerebral Palsy, and muscular rigidity can benefit from massage.

- Children suffering from AD/HD, abuse issues, anxiety, and depression can also benefit from massage.

“The world is a looking glass and gives back to every man the reflection of his own face. Frown at it and it will in turn look sourly upon you; laugh at it and with it, and it is a jolly, kind companion.”

- William Makepeace Thackeray

Why Weight! Getting to the bottom of your weight issues with EFT™

The Why Weight! Program continues to provide solutions for individuals that struggle with weight, exercise, and fitness issues. We have scheduled more workshops to teach the basic EFT technique, practice specific applications for health and wellness, and discuss the many ways to use EFT in a variety of life situations.

My own personal weight loss quest using EFT continues to be successful. I continue to lose pounds and inches, participate in a variety of exercise activities, and think about my health and wellness in more holistic and balanced ways. I continue to surprise myself with the number of sabotaging negative thoughts and emotions that come crashing down

when food is restricted or exercise becomes a chore. EFT is an extremely effective way of dealing with all of it.

Pre-registration is requested. For more information, or to sign up for our next Why Weight! Workshop call the office at (937) 431-3870.

Peer Power Group

Once again we will be offering the highly successful Peer Power Group. This is a 6-week group for boys and girls between the ages of 9 and 14. It will meet on Wednesday evenings from 5:30 to 6:30 and will start January 12, 2005. The last meeting for this session will be Wednesday, February 16th.

Participants will learn about and practice the following skills:

- Listening
- Following instructions
- Making eye contact
- Expressing your feelings
- Understanding the feelings of others
- Dealing with someone else's anger
- Negotiating
- Self-control
- Responding to failure

- Dealing with contradictory messages
- Accusations
- Friendships

Pre-registration is required. For most individuals, your health insurance benefits will cover at least part of the cost of the group. For more information, please call (937) 431-3870.

Director's Desk—continued

(Continued from page 1)

probably be clarified.

Our enemies hurt us and we generally don't get as frazzled since we expect it from them. When our friends hurt us, it seems to pack a bigger punch. It is likely that this is, in part, due to our mismatch of expectations.

I found this great poem about friends at www.concentric.net, and I wanted to share it here.

Definition of a Friend

1. In **kindergarten** your idea of a good friend was the person who let you have the red crayon when all that was left was the ugly black one.
2. In **first grade** your idea of a good friend was the person who went to the bathroom with you and held your hand as you walked through the scary halls.
3. In **second grade** your idea of a good friend was the person who helped you stand up to the class bully.
4. In **third grade** your idea of a good friend was the person who shared their lunch with you when you forgot yours on the bus.
5. In **fourth grade** your idea of a good friend was the person who was willing to switch square dancing partners in gym so you wouldn't have to be stuck do-si-do-ing with Nasty Nicky or Smelly Susan.
6. In **fifth grade** your idea of a friend was the person who saved a seat on the back of the bus for you.
7. In **sixth grade** your idea of a friend was the person who went up to Nick or Susan, your new crush, and asked them to dance with you, so that if they said no you wouldn't have to be embarrassed.
8. In **seventh grade** your idea of a friend was the person who let you copy the social studies homework from the night before that you have

forgotten about.

9. In **eighth grade** your idea of a good friend was the person who helped you pack up your stuffed animals and old baseball cards so that your room would be a "high schooler's" room, but didn't laugh at you when you finished and broke out into tears.
10. In **ninth grade** your idea of a good friend was the person who went with you to the "cool" party thrown by a senior so you wouldn't wind up being the only freshman there.
11. In **tenth grade** your idea of a good friend was the person who changed their schedule so you would have someone to sit with at lunch.
12. In **eleventh grade** your idea of a good friend was the person who gave you rides in their new car, convinced your parents that you shouldn't be grounded, consoled you when you broke up with Nick or Susan, and found you a date to the prom.
13. In **twelfth grade** your idea of a good friend was the person who helped you pick out a college, assured you that you would get into college, helped you deal with your parents who were having a hard time adjusting to the idea of letting you go....
14. At **graduation** your idea of a good friend was the person who was crying on the inside but managed the biggest smile one could give as they congratulated you.
15. The **summer after twelfth grade** your idea of a good friend was the person who helped you clean up the bottles from that party, helped you sneak out of the house when you just couldn't deal with your parents, assured you that now that you and Nick or you and Susan were back together, you could make it through anything, helped



you pack up for college and just silently hugged you as you looked through blurry eyes at 18 years of memories you were leaving behind, and finally on those last days of childhood, went out of their way to come over and send you off with a hug, a lot

of memories, reassurance that you would make it in college as well as you had these past 18 years, and most importantly sent you off to college knowing you were loved.

16. **Now**, your idea of a good friend is still the person who gives you the better of the two choices, holds your hand when you're scared, helps you fight off those who try to take advantage of you, thinks of you at times when you are not there, reminds you of what you have forgotten, helps you put the past behind you but understands when you need to hold on to it a little longer, stays with you so that you have confidence, goes out of their way to make time for you, helps you clear up your mistakes, helps you deal with pressure from others, smiles for you when they are sad, helps you become a better person, and most importantly loves you!



January 2005

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5 Intro to Reiki 8 pm	6 Tai Chi— 9:30 am Kick 2—4 pm Kick 1—5 pm	7 Reiki Circle 7 pm	8
9	10	11	12 Peer Power 5:30pm	13 Tai Chi—9:30 am Kick 2—4 pm Kick 1—5 pm	14	15 Reiki Level I 9a-5p
16	17	18 Girl in the Mirror 7 pm	19 Peer Power 5:30 pm Why Weight! 8 pm	20 Tai Chi—9:30 am Kick 2—4 pm Kick 1—5 pm	21 Reiki Circle 7 pm	22
23	24	25 Girl in the Mirror 7 pm	26 Peer Power 5:30 pm	27 Tai Chi—9:30 am Kick 2—4 pm Kick 1—5 pm	28	29
30	31					

February 2005

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Girl in the Mirror 7 pm	2 Peer Power 5:30 pm	3 Tai Chi—9:30 am Kick 2—4 pm Kick 1—5 pm	4 Reiki Circle 7 pm	5
6	7	8 Girl in the Mirror 7 pm	9 Peer Power 5:30 pm	10 Tai Chi—9:30 am Kick 2—4 pm Kick 1—5 pm	11	12
13	14	15 Girl in the Mirror 7 pm	16 Peer Power 5:30 pm Intro to EFT 8 pm	17 Tai Chi—9:30 am Kick 2—4 pm Kick 1—5 pm	18 Reiki Circle 7 pm	19
20	21	22	23	24 Tai Chi—9:30 am Kick 2—4 pm Kick 1—5 pm	25	26
27	28					

March 2005

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3 Tai Chi—9:30 am Kick 2—4 pm Kick 1—5 pm	4 Reiki Circle 7 pm	5
6	7	8	9	10 Tai Chi—9:30 am Kick 2—4 pm Kick 1—5 pm	11	12
13	14	15	16	17 Tai Chi—9:30 am Kick 2—4 pm Kick 1—5 pm	18 Reiki Circle 7 pm	19 Reiki Level I 9-5
20	21	22	23	24 Tai Chi - 9:30 am Kick 2—4 pm Kick 1—5 pm	25	26
27	28	29	30	31 Tai Chi - 9:30 am Kick 2—4 pm Kick 1—5 pm		



CHOICES CHANGES ATTITUDES

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Where life and success connect

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cca-strategies.com**

Dear Friends:

They say that the only real certainty is change itself. The last three months seem to agree. Each time I think I "know" what is going to happen next, something changes. Learning to embrace change seems to be the next big challenge I face. I've been learning not to fear it, but haven't yet learned to embrace it. How about you?

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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