

# Connectives... November/December 2005

Published for Members and Friends of *Mind-Body-Spirit Connected*, Cleveland, Ohio

*Mind-Body-Spirit Connected (MBSC)* is a 501(c)(3) nonprofit association that promotes health and wholeness through an understanding of mind, body and spirit connectivity. While many organizations focus on various aspects of holistic practice, *MBSC* strives to bring together all disciplines and to bridge the gap between the holistic and conventional healing communities. *MBSC* encourages an understanding of both eastern and western philosophies.

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**Founder/Executive Director**  
Donna Nowak

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*MBSC's* newsletters are posted online bi-monthly at [www.MBSCOnline.org](http://www.MBSCOnline.org). Non-members who would like to receive this newsletter by mail may subscribe for \$10/year to help defray printing, postage and handling expenses. Please contact the *MBSC* office if you have questions or comments related to the newsletter.

## Important Reminders

1) **Dr. Andrew Weil** is coming to Cleveland in just a few days (December 6) for a "Town Hall Meeting" at the InterContinental Hotel on Carnegie Avenue downtown. As of 11/28, approximately 300 tickets were still available. Call Friends Health Connection at 800-483-7436 if you are interested in attending.

2) **Membership renewal payment** is due by year-end, i.e., Saturday, 12/31. Invoices were emailed before Thanksgiving, and hard copies are available upon request. Please note lower rates of \$100 for associates and \$150 for practitioners. Patrons can demonstrate their leadership (and success) at \$175, versus the higher rate of \$200 previously.

3) Please submit any **directory changes/updates** by 12/31 as well. Profiles are available upon request by mail, email, or fax.

## Speakers Bureau Gets Accolades

Following is a letter received from the Goodrich Gannet Neighborhood Center, an organization which contacted us concerning a speaker for their health fair on October 29. VIP Neal Szpatura managed to turn in an impressive performance both for Goodrich Gannet and at the *MBSC* Masquerade Ball that same night. So, please accept our sincere thanks, Neal!

"This is just a note to express my appreciation for leading me to Neal Szpatura. I called Neal, and he was extremely accommodating. He offered a 20-minute session on Guided Imagery which was well received by the group of elderly and students we had attending the fair.

As you may imagine, the attendees do not have any extra money, so Neal's techniques were wonderful suggestions for reducing stress without a cash outlay. He even referred them to tapes at the local library to help guide them through additional sessions.

Again, thank you for your organization and the opportunity to have speakers at no cost for constituents who cannot afford to pay for such wonderful services. Best of luck to you in the future."  
Elizabeth Petrequin

## Welcome

A warm welcome to new directors, elected at our October 6<sup>th</sup> annual meeting: André Bryan, Judith Carlin, Kathryn Carlisle, Jennifer Corlett and Ellen Mattingly.

## Highlighting our Sponsor

Dee Wolk's Weight Solution is the sponsor of our December 8<sup>th</sup> holiday social and year-end program. This is the third or fourth event that Dee has sponsored in the past couple of years, and it seems that her generosity and desire to help others is paid back in the form of a nicely thriving business.

Since 1983, Dee has taught thousands of people how to lose weight immediately, consistently and safely. She educates and motivates clients so that they achieve "thinner" permanently by changing their relationship to food.

We are pleased to have this opportunity to thank Dee in writing for her continued support of *MBSC*. You can read more about her work in the "I Love My Job" feature of the next issue of *Balanced Living Magazine*.

## Member Spotlight

Many of you have had an opportunity to meet member Barbara Daniel, who is the publisher and editor of *The Cleveland Women's Journal East*. We'd now like to tell you a little more about this member whose mission is to help other women...to empower them through knowledge.

Barbara began college when she was 40 and completed her Master's Degree in English at Cleveland State University in August 2004. In the fall of 2004, she made a bold career move by purchasing *The Cleveland Women's Journal East*, a free publication that offers objective educational information to women in northeast Ohio. "It's a wonderful paper which has a positive impact on the lives of women," she says. Through this paper, she is providing valuable information that contributes to a woman's self-esteem, self-confidence and independence.

Barbara has been active in *MBSC* since January 2005. She and our Executive Director met through the

Women's City Club of Cleveland, where both women were volunteers. Barbara is currently serving her second term as President of the Women's City Club, and she has been instrumental in the organization's restructuring and financial turnaround. She mentors senior college women through the WCC Mentoring Program and helps develop the Club's members into leaders both in business and in the community.

*MBSC* is especially proud of the fact that the Cleveland business community recognized her extraordinary skills and commitment by naming Barbara a Finalist in the Athena Awards hosted by *Inside Business Magazine*. That's no surprise since she has a solid track record of ground-breaking work for women, and she's always been willing to stand up and make a little history herself!

In 1975, Barbara was involved in a class action lawsuit against the City of Columbus for discrimination. It seems that when she went to take the Civil Service exam, it was only given to women every two years; yet the clerk informed her that it was given every month to men. Although clearly a discrimination issue, it took Barbara several years to win and receive a settlement. No surprise that her mantra is, "Well-behaved women rarely make history."

Prior to entering the publishing world, Barbara was in the financial services industry supporting insurance agents, insurance agencies and financial planners. This is a predominantly male industry, but Barbara worked hard in the local insurance association and became only the third woman President of the Cleveland Association of Insurance & Financial Advisors.

Barbara is also a member of the YWCA; the National Association of Women Business Owners; Business Exchange, Inc.; the Convention & Visitors Bureau of Greater Cleveland; the West Tech Alumni Association, and the Women's Committee of The Cleveland Play House. She is also moderator of her church Board of Trustees and serves as an elder there.



Congratulations to Maggie Busser and Bob Perkoski, co-publishers of *Balanced Living Magazine*, on being named as finalists in COSE's business plan competition. These two talented and hard-working *MBSC* members were honored at a Gala Awards event at Playhouse Square on November 14. In addition to receiving a cash award of \$1,000, the magazine also received a variety of gifts and prizes from event sponsors.

It is delightful to know that the business community recognizes the value of Maggie and Bob's efforts, but it's also important that you as readers know the magnitude of this particular recognition. Significant time, thoughtfulness and discipline go into the writing of a comprehensive business plan, but it's far more challenging to enter one into a community-wide competition and come out a winner!

Again, our most heartfelt congratulations to *Balanced Living Magazine*, and best wishes for continued success!

## Thank You Practitioners

Thank-you *MBSC* members for your overwhelming response to two recent inquiries from the public, seeking help for troubling health issues that had previously been unresolved through conventional means. This is a wonderful example of the positive results from having a powerful network like that which is offered by *MBSC*. Typically, within 24 hours, we are able to provide valuable feedback and encouragement to help individuals restore their health and well-being.

## MBSC Masquerade Ball

Yes, it is clear that we know how to throw a grand party. The 2006 annual benefit was absolutely delightful.

While the attendance was quite disappointing at only 80 guests, and we failed to meet our goal of \$20,000, we still netted nearly \$15,000 after tithing to The Littlest Heroes. This positive result was due largely to an incredible Silent Auction, generous bidders, and financial support from a variety of corporate sponsors and private donors. The \$15,000 represents a 35% increase over 2005!

The decorations were fabulous, food was delicious, the DJ was very entertaining, and the array of 155 auction items was very impressive—if we do say so ourselves!

Special thanks to a hard-working committee for its energy, creativity and diligence in order to pull off a really classy event. Guests loved the finishing touch which was a Kleenex pom-pom with a thank-you note, placed by valet parkers on each car's steering wheel.

FYI, costume winners were:

### Best Couple

See photo to right above.

### Most Outrageous

Yes, his buns were clearly visible and was that a chicken in the front of his pants? Louis Diaz (?) stunned guests with his bold Rocky Horror Picture Show attire.

### Funniest

Pinky (no, we don't know his last name) came dressed as Henry VIII, with an incredibly realistic costume and demeanor.

Photography services were provided by Jerry Masek and Nick Tullio.

Sorry, pics are not available in this online version of the newsletter.

### ← Best Couple

Member and our Website Manager, Rodney Dawson (alias, Hot Rod ) and his girlfriend, Jennifer Ragland (alias, Betty Lou)

### Honorary Chair →

Author (and new member)  
Sandra Anne Taylor

Sorry, pics are not available in this online version of the newsletter.

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### ← Tango Dance Demo

Member, Jennifer Potts and her guest, Rick Ramos, who was her first instructor

## Healing Katrina: Blending with Disaster in Mind, Body & Spirit

By Tim Warneka

Nowhere have I experienced the truth that people can be impacted by events in mind, body and spirit more than in my recent two-week volunteer trip to southern Mississippi with the American Red Cross.

The damage caused by Katrina was, in the words of one Red Cross staff member, "completely off everyone's charts." With the affected area being roughly the size of Great Britain, the Red Cross, along with every other American organization, has simply never been faced with a disaster of this magnitude.

In my role as a mental health professional, I listened, chatted, talked, laughed and cried with the residents of Mississippi. With the Red Cross volunteers, I did these same things, as well as offering them relief through massage and NSEW (Nervous System Energy Work).

True to the flexible spirit of holistic and integral approaches, I spent my days in various roles. Community outreach meant driving around the community in a van, distributing food and drinks and attempting to discover, in the absence of power and phones, who needed what kind of help (Think case management on steroids.) On other days, I worked in the role of "Hotshot", basically a mobile crisis unit responding to wherever the need was greatest. On other days, I worked exclusively with Red Cross staff, supporting, encouraging, debriefing and simply offering a listening, attentive presence.

In the face of such extensive damage, all of my experience (as a holistic counselor, as energy healer, as executive coach and even as a consultant) was distilled to the essence of my holistic training in the non-violent Japanese martial art of Aikido: blend, breathe, center, extend.

*Cont'd on next column*

- **Blend** as I sought solutions and healing in the "what is" of the present moment.
- **Breathe** as I witnessed the incredible destruction firsthand and was shaken to my core.
- **Center** as I listened to people's stories of surviving Katrina, a nightmare that came in the day.
- **Extend** as I worked 17-hour days, listening, sharing, crying, laughing, massaging, healing, touching and being touched.

Blending with disaster: healing mind, body and spirit.

Note: Thanks, Tim, for this wonderful contribution to the "Healing Katrina" effort. Thank you also for donating 10% of the proceeds from the sale of your new book to the American Red Cross' Disaster Relief Fund.

*Leading People the Black Belt Way: Conquering the Five Core Problems Facing Leaders Today* is available at [www.blackbeltconsultants.com](http://www.blackbeltconsultants.com).

## Membership Committee Meets its Goal

Chair, Tanya Edwards and the 2005 Membership Committee are excited to report that its goal of attaining 115 members by year-end has been exceeded. The Reach-Out campaign which was introduced in late August was tremendously successful, and a revised dues structure for 2006 will carry that theme forward.

We will continue to focus on adding conventional healthcare providers, as well as non-practitioners as associate members in the coming months:

	<u>2006</u>	<u>2005</u>	<u>Same firm or family</u>
Associate Member	\$100	\$150	2 <sup>nd</sup> member \$75; 3 <sup>rd</sup> member \$50
Practitioner	\$150	\$175	2 <sup>nd</sup> member \$125; 3 <sup>rd</sup> \$100
Practitioner Patron	\$175	\$200	2 <sup>nd</sup> member \$150; 3 <sup>rd</sup> \$125
Students	\$ 75	\$ 75	

The 2006 Membership Committee will soon be ramping up for vigorous recruitment plans. If you are interested in joining the committee which will meet every month or two, at 8:30 a.m. in Broadview Heights, please contact Chair, Tanya Edwards at the following email address: [edwardt@ccf.org](mailto:edwardt@ccf.org).

## Welcome 17 New Members

We're growing by leaps and bounds, and we love the mix of associates and practitioners. Please welcome these new members:

André Bryan	Business Consultant	Lakewood
Judith Carlin	Reiki Master, Attorney	Beachwood
Kathryn Carlisle-Kesling	Attorney	Middleburg Heights
Laura Chapman	Counselor/Energy Practitioner	Cleveland
Jennifer Corlett	Psychologist	Pepper Pike
Sharon Anne Klingler	Medium/Clairvoyant	Westlake
Diane Kopp	Reiki Practitioner/Usui Master	Timberlake
Norma Kotler	Reiki Practitioner	Pepper Pike
Ellen Mattingly	H/R Consultant	Shaker Heights
Douglas Moore	Psychologist & Life Coach	Independence
Helen Nagosky	Reiki Practitioner	Moreland Hills
Mary Ellen Ott	Holistic Life Coach	Avon Lake
Dr. Harry Pepper	Psychologist	Oberlin
Beth Steinberg	Hellerwork Practitioner	Pepper Pike
Kitty Sommers	Director of Marketing	Bay Village
Sandra Anne Taylor	Energy Consultant	Westlake
Paula Vetter	Holistic Nurse/Reiki Master	Medina

## TAKE THE AUTHENTICITY CHALLENGE

By Karen Raven

I have been struck recently by the number of people who struggle with the challenge of living authentically. I meet them as friends, colleagues, and clients. For some reason, the notion of being genuine eludes many people. Most of us grew up learning that “Honesty is the best policy”. Frequently, though, when faced with a potential disagreement, many people shy away from giving an honest reflection of their reaction. Why is this? One might think that honesty would be the easiest response. It’s the response closest to what the individual is thinking and feeling at that moment. But access to and expression of this genuine experience has become obscured.

While we’re taught that honesty is best, we have also been told that “If you can’t say something nice, don’t say anything at all”. Most people have learned to censure authentic reactions in certain circumstances. Children are taught not to hurt other people’s feelings and to use others’ reactions to guide their behavior choices. The intention is to develop social skills and emotional modulation, as well as build empathy and personal awareness. We carry these lessons into adulthood, living polite and socially appropriate lives, perhaps lives that are in contradiction with our beliefs.

At some point, however, each person must consider the balance he has designed for himself by asking questions such as: How often do I replace an authentic statement with a socially correct, and perhaps, less meaningful comment? How aware am I of my visceral reaction to these choices? Is my body telling me that the sacrifice of genuineness is too great? Why do I choose automatic replies over authentic ones?

How can mature individuals find their way back to a life of authenticity? One place to start is with a personal exploration of the situa-

tions in which social correctness is used in place of authenticity. Do you find yourself saying “I would be more authentic if only...” or “If it weren’t for so and so, I could live more honestly.”? Or perhaps you think, “It’s too risky to say what I really feel.”? or “People don’t care what I really think.”

The truth is that events and people need to be evaluated and reckoned with. How one does so is a personal decision. One who possesses a desire to birth a more authentic self must evaluate how much of his apprehension is based on fact and how much is based on projections and unexplored fear. Past events color a good deal of current thinking, and when left unprocessed, they can have a powerful influence on future choices. Perhaps spontaneity was received as crass or insensitive, and it resulted in harsh feelings among friends. Maybe you were ostracized because a genuine response portrayed you as a rebel rather than a team player. Perhaps saying no to yet more responsibility at work resulted in a demotion. All of these very real events have the potential to corrode our decision-making process in the future. We may begin to second guess ourselves and worry about how others will react. Over time we may lose our psychological flexibility and our sense of intuition.

What can be gained from experiences such as these? Consider these questions: How much was the loss of friendship, negative perception, or demotion a direct result of my words or actions? How much lies with the other person? Does the majority of responsibility belong with me or with the other person?

Honesty can evoke defensive reactions in others. A genuine reply can catch people off guard; unscripted words can precipitate a strong desire to restore the status quo.

I invite you into a personal inquiry process. Reflect and begin to recognize where your fears and apprehensions lie. Where, when, and with whom are you most likely to respond in a genuine way? What circumstances make it less likely for you to react authentically? Use these questions to start: What experiences from the past remain with me? What did I absorb as a child that no longer serves me? What prevents me from discarding these beliefs? Where do my skepticisms about living authentically lie? What can I do to build the courage necessary to change?

The *MBSC* community can be a safe group for exploring and experimenting with authenticity. Speak authentically and listen authentically. Do what you need to free yourself of undo resistances and automatic responses. Enter dialogues in a spirit of trust. Keep in mind that most mistakes are not irreparable. Expect deeper, more substantial relationships. Expect to develop a feeling of greater trust. Expect to feel more ease with yourself. Whether in personal or professional affairs, relationships deeply grounded in truth, trust, and mutual respect can only reap positive outcomes.

### Did you find this article interesting?

If so, then you may wish to explore these additional resources.

“Radical Honesty” is direct communication that leads to intimacy in relationships. See books by Brad Blanton, Ph.D, including: *Radical Honesty*, “a fresh look at how we live, love, and attempt to heal ourselves in modern society” and *The Truthteller*, “Stories of success from people whose lives have been changed by Radical Honesty.” Visit [www.radicalhonesty.com](http://www.radicalhonesty.com) for other titles and/or more information.

*Clean Talk* from Shadow Work® Seminars, Inc. “A process that will provide you with a way to communicate authentically and cleanly when faced with having to deliver difficult feedback or unwelcome messages.” Contact 888-406-0703 or [shadowwork@frii.com](mailto:shadowwork@frii.com)

Your *MBSC* directory and website shares the names and contact information for many *MBSC* members who are psychologists and life coaches. Let them help you become your authentic self!

## Medical Students Ask for Help

Would you like to help students from Case Western Reserve University who are interested in learning about complementary and alternative therapies?

A group of students have formed the "Complementary Medicine Interest Group" to educate themselves and their peers about therapies not normally taught in medical school. They hope that this education will allow them to provide broad-based medical care to their patients and strengthen the relationship between medical practitioners of all approaches and backgrounds.

Previously, students were able to take elective courses in CAM therapies at Case, with our very own Dr. Tanya Edwards serving as faculty sponsor. Although Case administration is no longer supporting the classes, the students are determined enough to learn about complementary approaches that they have assumed responsibility for their own training.

In addition to bringing in CAM practitioners for lectures throughout the year (members of *MBSC's* Speakers Bureau have participated in the past), a group of students also meet about once a month to discuss the strengths and weaknesses of scientific studies on complementary therapies. As an example, this month they have been reading an article on St. John's Wort.

Tanya is helping the students find \$50 "event sponsors" in order to cover modest costs related to the lectures, and she will be leading their monthly discussion group. Several *MBSC* board members have already volunteered financial support, and this article extends the invitation to you, too. Isn't it great to see this kind of energy coming from the next generation of doctors!

Please contact student leader, Daniel Einstein, at [daniel.einstein@case.edu](mailto:daniel.einstein@case.edu) if you are interested in making a donation so that these Cleveland-area medical students can continue their exposure to complementary and alternative medicine.

## Your Opportunity to Get Involved

Committees for 2006 are now getting ramped up, so if you want to be involved in *MBSC* behind the scenes, please let us know. It is a combination of hard work and play that contributes to the vitality of an organization, and there are a variety of fun ways that you can both give to and get more out of *MBSC* in the coming year. Committee participation is a great way to expand your leadership and team-building skills.

If you would like to participate in planning next year's Benefit, please contact Kathryn (Katie) Carlisle IMMEDIATELY at [kcarlisle@carlislekeslinglaw.com](mailto:kcarlisle@carlislekeslinglaw.com) or 440-842-3500. Here are a variety of ways that you can get involved:

- Administration** (helping with clerical duties, directory, mailings, newsletter) Education/Community Outreach (directing the efforts of our **Speakers Bureau**) Chair, Eileen Coan
- Fundraising** (gaining financial support from the community through private donations, sponsorships, grant writing, etc.) Chair, Andre Bryan
- Public Relations/Event Marketing** (advertising and promoting *MBSC* and its activities) Chair, Maggie Busser
- Programming** (implementing a variety of educational and networking events) Co-Chairs, Jennifer Corlett and Terrilyn Hatton
- Special Events (**Mother & Daughter Tea** in May: Chair, Linda Droblich; **Masquerade Ball** in October) Co-Chairs, Judith Carlin and Kathryn Carlisle

Please contact committee chairs directly, or email [Help@MBSConline.org](mailto:Help@MBSConline.org) or call the office at 216-321-9181 to express your interest.

## "Alternate Spirituality & Wellness Project" Survey Closes

Thank you to the nineteen *MBSC* members who participated in the survey that we co-sponsored with researcher, Dr. Louis Busacca. The deadline was extended twice in order to increase participation, so in October, we advised Dr. Busacca that from our perspective, he might as well go ahead and close the survey.

He received a total of 126 responses, far fewer than desired for a meaningful study. He agreed to run the analyses, however, and to write an article for *Balanced Living Magazine* using the lower numbers. The survey report will be valid, but limited in analysis for the area participating. And unfortunately, it cannot be generalized to other areas in Ohio. In other words, the study won't end up in an academic journal, but perhaps it can at least be considered a pilot study for future research.

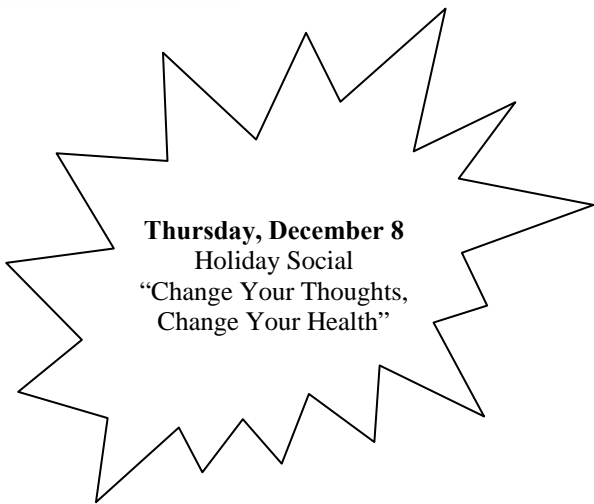
## Programs for 2006

Details are still being worked out, but here is a glimpse of some exciting programs being planned for you in the coming year:

- |              |   |
|--------------|---|
| February 1   | "Alternative Approaches to Pain"                  |
| March 23     | "Family Health: Nutrition & Environmental Issues  |
| May 13       | Mother & Daughter Tea                             |
| June 29      | "Let's Get Physical" (Fun Ways to Get Fit)        |
| September 14 | "Clinically Controlled Trials & CAM Implications" |
| October 28   | Masquerade Ball                                   |
| November 15  | Annual Meeting                                    |
| December 13  | Holiday Event & "Head, Heart & Soul"              |



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Co n n e c t i v e s . . . a bi-monthly newsletter for the holistic community (Nov/Dec '05)

*Do you have a friend who would benefit by joining Mind·Body·Spirit Connected? Now is an especially good time since members paid as of 12/31/05 will be included in the 2006 directory.*

**MBSC** offers individuals interested in a holistic approach to life, and integrative medicine, the opportunity to:

- Learn more about complementary and alternative medicine (CAM)
- Exchange knowledge, opinions and ideas through organized activities
- Improve existing skills and/or develop new ones
- Network to become familiar with holistic services offered in the community

Whether you are an **MBSC** member, a friend or guest attending one of our educational programs, you have an opportunity to learn more about issues in integrative healthcare and to support **MBSC** in enhancing the community's awareness of holistic practice. Your involvement and support is appreciated.



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*Promoting health and wholeness  
through an understanding of  
mind, body and spirit connectivity*