

A Course in Miracles

A unique, universal, self-study, spiritual thought system that also teaches the way to Love and Inner Peace.

COURTENAY

CLEAR MESSAGE 2311 Rosewall Crescent V9N 8R9 www.clearmessage.net 250-338-5531 info@clearmessage.net

Theresa Young * Tues 7pm, by donation * 250-338-8877 *ad pg. 24*

Acupressure

A massage technique using finger pressure to stimulate energy points on the body, the same points used in acupuncture. This can relieve pain, reduce stress, and promote general good health.

NANAIMO

Phoenix Holistic Healing Clinic * Shiatsu, Acupressure, Massage, Soft Heat® Infrared Sauna, Nature's Sunshine Products, Herbs and Nutritional Supplements * Lucy Taylor #6 - 4800 Island Hwy N. V9T 1W6 250-758-0660 info@phoenixhealing.com www.phoenixhealing.ca

NORTH VANCOUVER

West Coast Institute of Mystic Arts 604-982-0099 info@westcoastmysticarts.com 1-866-888-1591 *ad inside front cover*

Acupressure - Jin Shin Do

A pattern of gentle prolonged point holding of key acupuncture points on selected meridians and channels.

CAMPBELL RIVER/QUADRA ISLAND



Jeannie Schweitzer
Jin Shin Do®
Bodymind Acupressure™
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jeannie@gicable.com 250-285-3505
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Energy All Around Anna Christine Doehring 250-756-2235 www.energyallaround.com healing@energyallaround.com *ad pg. 4*

Acupuncture

This therapy stimulates points on the body's surface to effect the physiological functioning of the whole body or specific parts. Points are stimulated by insertion of very fine needles.

CAMPBELL RIVER

Acupuncture and Bodycare Niels Christensen, D.TCM, R.Ac. #6 - 522 South Dogwood V9W 6R4 nielschristensen@yahoo.com 250-286-1848

CAMPBELL RIVER/QUADRA ISLAND

Dr. Eileen Sowerby, M.B.Ch.B., M.A., D.TCM 250-285-2434 sowerby@mars.ark.com

NANAIMO

Nanaimo Acupuncture Clinic Elaine Murphy #27 - 55 Front St. V9R 5H9 250-755-1596

Acupuncture - Classical Five Elements

An ancient form of acupuncture that works by treating a person at the levels of body, mind, heart and spirit using the five elements of fire, earth, metal, water and wood.

NANAIMO

Ahmad Miles, B.Ac., R.Ac. 250-753-5656 *ad pg. 21*

Advertising

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Aloha Mai

Aloha Mai is a Sacred Heart Chant and Hawaiian Huna from Hawaii that increases and radiates our experience of love through sound/chanting.

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