



Jenni Flowers has been teaching Reiki to kids. She is a Reiki Master and a Massage Therapist.

You have been doing Reiki with kids. How's that going?

The response has been wonderful. The kids are so enthusiastic and interested in healing. They are excited to do what comes natural to them and to be given the opportunity to explore and learn more about themselves in a new way.

Have you worked with kids of all ages?

I have used Reiki with infants, toddlers and school age children for a variety of reasons. We've worked on anxiety, autistic behaviors, broken bones, sleep disturbances and many other concerns. My experience so far is that from around the age of 7 (younger for some) children really begin to understand the concept of energy work, although you don't have to "understand" Reiki in order to use it.

What kind of things do kids say after a Reiki session?

Sometimes the kids say they want to sleep. Other times they share neat things they saw like colors or felt tingling. One boy told me after a session, "This must be what heaven feels like."

Do kids ever look at you after a session, and say "I didn't feel a thing", or "I don't understand", or "This was weird"?

I think most kids relax into Reiki without any expectations. The younger kids don't have any preconceived ideas about what should or shouldn't happen or what's normal or abnormal. They are very open and accepting to receive what feels like pure love. I have not had a child give any negative feedback about Reiki.

Do you have kids of your own? If yes, have you done Reiki on them? If not, what about on nieces or nephews?

My husband and I have a blended family of 5 children, ages 3 to 18. I actually give them some form of Reiki on a regular basis. I'll treat headaches, scrapes, burns, sleeplessness, hyperactivity, hurt feelings... and the list goes on. It is a blessing to be able to offer some form of comfort to my family when you can't "fix" things such as these.

What was the most fun thing you did this summer?

One weekend my family and I went up north to visit my grandpa and then my dad. We went on the paddleboat, caught minnows, laid in the hammock, and my eight-year-old went fishing for the first time and brought back five fish (and gave them back). The kids also went for rides with my dad on his property on an old tractor from the 1940's. It was so fulfilling to see the kids have so much fun.

Therapy & Support Groups

Introduction to Neurofeedback: An Alternative to Psychotherapy with Michael Andes • Mondays, 7-8 p.m. • There will be a description and demonstration of neurofeedback, a high-tech means for addressing cause of symptoms and providing lasting change. Free. Call 662-5215; mandes@comcast.net.

Mothers Healing Together: A Group for Mothers who are Healing from Physical, Sexual or Emotional Trauma with Sierra Hillebrand • Alternate Tuesdays, 5:30-7 p.m. • This group offers mothers and mothers-to-be the opportunity to heal from the negative effects of trauma so that they can open to greater joy and ease in their lives as parents and as women. Mother Healing Together combines personal sharing and support with introspective, creative, and experiential exercises. \$300 for ten sessions. Call WomanSafeHealth at 477-5100; sierra@womansafehealth.com.

The Art of Thriving: A Women's Psychotherapy Group with Lisa Wolf • One or two evenings per month, 7-9 p.m. • This process-oriented therapy group will guide women to move beyond "surviving" life. Participants will have the opportunity to explore the resistances, fears, and doubts that block one's ability to "thrive" and block the expression of your most genuine self. Education, emotional release work, spiritual practice, and experiential exercises will be some of the interventions used. This group will be both psychological and spiritual in nature. \$40 per session. Call 930-0864.

Creating Internal Emotional Resources with Cam Vozar • Sept. 24, 7:30-9 p.m. • An opportunity to create internal emotional resources to cope with stress and increase well-being. Learn to connect to nurturing, protective, and spiritual internal resources. \$10. Call 747-9073; cam.vozar@gmail.com.

Falling Awake: Mindfulness for Depression and Anxiety with Lynn Sipher • Thursdays: Sept. 18-Nov. 20 • This eight-week class is intended for people who have one or more episodes of depression or live with anxiety. You can participate whether or not you are taking medicine or are currently in psychotherapy. Each week, you will learn new skills to help you stay out of the negative thoughts that come with anxiety and depression. \$320 includes *Mindful Way Through Depression* and 30 minute individual meeting. Call 332-3365; lynn-sipher@gmail.com.

From Crisis to Wellness: In Search of the Real Self with Kathy Blough • Twelve Wednesdays starting Sept. 24, 1-3 p.m. • A group for people who feel lost and suffer from chronic depression, anxiety or general unhappiness. This group teaches participants how to reduce pain and suffering, recover their lost selves, and move from crisis to wellness. \$75 per group. Call 913-5404; katblough@verizon.net.

Ongoing Group Psychotherapy with Mark Blough • Mondays or Tuesdays starting Sept. 15 and Oct. 20, 7-9 p.m. • This group helps people learn about themselves and improve their interpersonal relationships. It addresses feelings of isolation, depression, guilt, and anxiety and helps people make significant change to improve their lives. \$60 per group. Call 769-8283; markblough@comcast.net.

Transpersonal Psychology

Ann Arbor Ken Wilber Meet-up Group with Dennis Hunt • Sept. 13, Oct. 11, Nov. 8, Dec. 13; 2:30-4:30 p.m. at Crazy Wisdom Community Room • Discussion of the philosophy of Ken Wilber and related topics. Suggested \$5 donation. Call 734-658-7619; dhunt98@earthlink.net.

Travel

Yoga, Meditation, Walking, and Swimming Retreat at Lake Ohrid, Macedonia with Ena Stefanova of Ann Arbor Yoga and Meditation School • Sept. 9-15 • Travel to pristine Lake Ohrid and experience the historical beauty and nature of the Macedonian countryside and towns. Practice yoga and meditation for one week. Enjoy wonderful meals, walks, and swimming, and visit well-preserved historical monuments. \$1,400 excluding airfare. Possible trip in March 2009 as well. Call 665-7801; emastefanova@cs.com.

Women's Health

WomanSafeHealth Open House: Gynecology and WomanCare with Elizabeth Shadian and Staff • Sept. 9, 5-6 p.m.; Sept. 27, 11 a.m.-Noon; Oct. 22, 6-7 p.m.; Nov. 7, 1-2 p.m.; Dec. 6, 10-11 a.m. • Each informal open house is an opportunity for community members to check out our innovative space and learn about the WomanCare services we provide. These include gynecology and general health care, psychological services, health education, and our SelfCare room, which includes a Migun thermal massage bed, relaxation and exercise equipment, and other valuable resources. Free. Call 477-5100; info@womansafehealth.com.

Medical Empowerment Workshop with Sierra Hillebrand • Oct. 11, 9:30 a.m.-4:30 p.m. • This one-day workshop offers women a holistic, multi-faceted approach to developing resources, skills, and techniques for coping with challenges and navigating medical settings with greater confidence. Topics include communicating with caregivers, developing positive alliances and support systems, mind-body approaches to anxiety reduction, and strategies for informed decision-making. \$180. Call 477-5100; sierra@womansafehealth.com.