



Healing Times

September 2009
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Available at Enhance Your Life

SRI with Dr. Brian Dickert

Dr. Brian is available by appointment for private Somato Respiratory Integration sessions. Developed by Dr. Donald Epstein, SRI uses touch, breath and movement to assist people in moving through the 12 Stages of Healing. Our goal is for you to learn the exercises and develop a strategy for self assessment.

Call or e-mail Dr. Brian at 434-971-5433 or drbrian@eylc.com.

Feldenkrais Class - Marsha Robertson

Awareness Through Movement®

Every Tuesday, 12:30 – 1:30PM

Your First Class is Free!

Walk-ins Welcome!

Call Marsha at 434-970-1066 or e-mail her at marshaerobertson@cs.com for more information on classes, or to schedule a one-on-one Feldenkrais session.

Energy Restructure - Jolly Stickley

Experience Jolly's amazing natural intuitive gift for helping people heal old emotional wounds and release stored memories. Jolly is working in our Cville office on Saturday, 9/12. Call 540-255-3519 to schedule.

Emotional Freedom Techniques & Rapid Eye Technology

Join Patricia Ducharme, RN, using EFT and RET to gently and easily release deep stress and trauma. For appointments call: 434-985-1832 or email: MRETech@aol.com.

Mariclaire Hession - Hands of Healing

A certified Reiki practitioner, Mariclaire is also an amazing clairvoyant. Call her at 703-999-5425 or e-mail at mchession@yahoo.com to find out more and make an appointment.

New! Tuesday Morning Yoga Class!

Gentle Yoga classes begin Tuesday, September 15th at 10AM, in our big room. Sara O'Hare, who is certified in the yoga traditions of Structural Yoga, Integral Yoga, and as a teacher of the Alexander Technique, will teach the classes.

Sessions are six weeks long for \$60, or you can drop-in for \$12.00 per class. Classes are one hour long. Please bring a mat for lying on the floor.

Please call Sara at (434) 984-3503 for more information and to register. Walk-ins welcome.

Welcome Sara!

Perception and Priorities

By Gene Weingarten

Excerpted from *The Washington Post*

He emerged from the metro at the L'Enfant Plaza Station and positioned himself against a wall beside a trash basket. By most measures, he was nondescript: a youngish white man in jeans, a long-sleeved T-shirt and a Washington Nationals baseball cap. From a small case, he removed a violin. Placing the open case at his feet, he shrewdly threw in a few dollars and pocket change as seed money, swiveled it to face pedestrian traffic, and began to play.

It was 7:51 a.m. on a cold Friday in January, the middle of the morning rush hour. In the next 43 minutes, as the violinist performed six classical pieces, 1,097 people passed by. Almost all of them were on the way to work, which meant, for almost all of them, a government job. L'Enfant Plaza is at the nucleus of federal Washington, and these were mostly mid-level bureaucrats: policy analysts, project managers, budget officers, etc.

Each passerby had a quick choice to make, one familiar to commuters in any urban area where the occasional street performer is part of the cityscape: Do you stop and listen? Do you hurry past with a blend of guilt and irritation? Do you throw in a buck? Does your decision change if he's really bad? What if he's really good? Do you have time for beauty? Shouldn't you? What's the moral mathematics of the moment?

No one knew it, but the fiddler standing against a bare wall outside the Metro was Joshua Bell, one of the finest classical musicians in the world, playing some of the most elegant music ever written on one of the most valuable violins ever made. His performance was arranged by *The Washington Post* as an experiment in context, perception and priorities – as well as an unblinking assessment of public taste: In a banal setting at an inconvenient time, would beauty transcend?

So, what do you think happened?

Three minutes went by before *anything* happened. Sixty-three people had already passed when, finally, a middle-age man altered his gait for a split second, turning his head to notice that there seemed to be some guy playing music. Yes, the man kept walking, but it was something.

A half-minute later, Bell got his first donation. A woman threw in a buck and scooted off. It was not until six minutes into the performance that someone actually stood against a wall, and listened.

Things never got much better. In the three-quarters of an hour that Joshua Bell played, seven people stopped what they were doing to hang around and take in the performance, at least for a minute. Twenty-seven gave money, most of them on the run – for a total of \$32 and change.

That leaves 1,070 people who hurried by, oblivious, many only three feet away, few even turning to look at Joshua Bell, one of the greatest musicians in the world, playing some of the most intricate pieces ever written, on a violin worth \$3.5 million dollars.

It was all videotaped by hidden camera. Watching the video weeks later, Bell finds himself mystified by one thing only. He understands why he's not drawing a crowd, in the rush of a morning workday. But: "I'm surprised at the number of people who don't pay attention at all, as if I'm invisible. Because, you know what? I'm makin' a lot of noise!"

Bell wonders whether their inattention may be deliberate: "If you don't take visible note of the musician, you don't have to feel guilty about not forking over money." It may be true, but no one who was interviewed gave that explanation. People just said they were busy, had other things on their mind. Some who were on cellphones spoke louder as they passed Bell, to compete with that infernal racket. People who were in line to buy lottery tickets, standing just 100 feet from Bell, never turned around to look at him.

And then there was the man who was interviewed and didn't even realize a musician was playing four feet from him. He's not deaf; he had buds in his ears. He was listening to his

iPod.

For many of us, the explosion in technology has perversely limited, not expanded, our exposure to new experiences. Increasingly, we get our news from sources that think as we already do. And with iPods, we hear what we already know; we program our own playlists.

In reading this article, what questions arise within each of us? In a common-place environment at an inappropriate hour, do we perceive beauty? Do we stop to appreciate it? Do we recognize talent in an unexpected context? If we do not have a moment to stop and listen to one of the best musicians in the world, playing some of the finest music ever written, with one of the most beautiful instruments ever made, how many other things are we missing?

If you'd like to see a video or read the entire article on the web, follow this link: <http://www.washingtonpost.com/wp-dyn/content/article/2007/04/04/AR2007040401721.html>.

Dr. Brian Hosts "Sample Night"

**Free demonstrations for the curious:
7PM on Monday, September 28th
Please RSVP by Noon on the 28th**

Do you want to share the great changes you've experienced with a friend or family member? Do you know someone who could use more ease in his or her life? Do you have a skeptical spouse you've been trying to get in to see us?

Sample Night is a great opportunity for you to help them discover the power of gentle Network Spinal Analysis Entrainments and experience the difference Network Care can make! During Sample Night, Dr. Brian will describe Network Care, answer questions and provide a demonstration of an entrainment.

We love to help your friends and family achieve greater health and wellness, and your kind referrals allow us to continue to focus on our practice members.

Thank you! Your referral is the nicest compliment we receive.

September 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31 C'ville 8-Noon & 3-6 Afton By appt.	1 12:30-1:30 Feldenkrais class-C'ville	2 C'ville 8-Noon & 3-6 Afton By appt.	3	4 C'ville 8-Noon & 3-6 Afton By appt.	5 C'ville 10-1
6	7 Both Offices Closed Labor Day	8 12:30-1:30 Feldenkrais class-C'ville	9 C'ville 8-Noon & 3-6 Afton By appt.	10	11 C'ville 8-Noon & 3-6 Afton By appt.	12 C'ville 10-1
13	14 C'ville 8-Noon & 3-6 Afton By appt.	15 10-11AM Yoga-Cville 12:30-1:30 Feldenkrais class-C'ville	16 C'ville 8-Noon & 3-6 Afton By appt.	17	18 C'ville 8-Noon & 3-6 Afton By appt.	19 C'ville 10-1
20	21 C'ville 8-Noon & 3-6 Afton By appt.	22 10-11AM Yoga-Cville 12:30-1:30 Feldenkrais class-C'ville	23 C'ville 8-Noon & 3-6 Afton By appt.	24	25 C'ville 8-Noon & 3-6 Afton By appt.	26 C'ville Office Closed
27	28 C'ville 8-Noon & 3-6 Afton By appt. 7PM Sample Night	29 10-11AM Yoga-Cville 12:30-1:30 Feldenkrais class-C'ville	30 C'ville 8-Noon & 3-6 Afton By appt.	October 1	2 C'ville 8-Noon & 3-6 Afton By appt.	3 C'ville 10-1