

Awaken the Body's Natural Ability to Heal

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Welcome to Currents

As Winter holds us yet again in its icy grip, each day the sun brings its healing rays to us all. We are blessed in Alberta with one of the sunniest climates in Canada so even on the coldest days the sight of the sun is always a pleasure to behold.

And, of course, even in these northern climes any sun is good sun bringing with it, however slight, increased production of that vital vitamin D through our skin -assuming you don't get frost bite!

Welcome this month to **Maegan Carney, Psychotherapist and Life Coach**. We are soon to welcome a beautiful and already gifted addition to Magan and Grant's world on 1st May, their first child! We'll keep you posted...

I hope you enjoy this Winter edition and welcome your feedback. Any questions or comments please feel free to e-mail me any time on info@canmorewellnesscentre.com
In Health
Neil Blacklock



*"He who has health has hope; and he who has hope has everything."
~Arabic Proverb*

Introduction to Psychotherapy with... Maegan Carney

Each edition will feature a treatment modality briefly describing what it is and how it can help. Information is submitted by the practitioners themselves.

Contact Details:
(403) 609-8363
maegancarney@telus.net

Further details can be found on our website.

Maegan has been a Psychotherapist and Life Coach for over 15 years and has a Masters Degree in Transpersonal Counselling Psychology. Her approach is heart-centred and holistic, fluidly addressing the mind, body, spirit, and emotions. She is very intuitive and compassionate yet also willing to confront distortions in people's thinking that are keeping them stuck.

Ultimately, the support of psycho-

therapy can help relieve your suffering and draw you towards appreciating yourself more fully. If you have prioritized personal and spiritual growth, this work provides clarity and direction to your journey.



Calling All Therapists / Practitioners



- MEDICAL DOCTOR
- COLON HYDROTHERAPIST
- REFLEXOLOGIST
- AROMATHERAPIST
- MEDITATION TEACHERS
- ETC. ETC.

If you are a self-employed and a qualified **Complementary Alternative or Integrative Medicine practitioner** you may be interested in joining our team of talented and dedicated therapists here at the CHWC. 24 hour access to top quality therapy rooms in our **2,200 sq.ft facility**. Very reasonable and flexible rental terms (monthly, daily or hourly).
Please call Neil Blacklock on 609 3367.



A Celtic Winter by Maegan Carney

Practitioners of Celtic Spirituality honour the cycles of the season as a way of staying balanced in their lives. The winter is the time of death making way for rebirth, the critical season for completing projects so that you can make room for that which is yearning to emerge.

The perfect image of this spirit is seen in our coastal areas where we see old dead trees supporting the green shoots of new growth. This is the season where we best

Colds and Flu ...

Echinacea:

stimulates the immune system to help combat bacteria, fungi, and viruses that are invading the body. Helps with almost any common infection, including colds and influenza, and enhances wellness. The source of most Echinacea remedies comes from the roots and aerial parts of the coneflower.

Honeysuckle: a very cooling remedy, used for high fevers. Its use can be extended by frying the herb to reduce its cold nature.

Elderberry: reduces flu symptoms.

Garlic: helps fight bacterial and viral infections.

Ginger: helps settle upset stomachs. Ginger tea is helpful in a cold to warm the body, increasing perspiration in order to reduce its intensity.

Goldenseal: fights bacterial infections.

Peppermint: helps settle stomach and fight fevers.

understand that it is only through one door closing that the next one can open. It is the time of finishing, of tying up loose ends, then incubating our new beginnings, knowing that deep clarity in our next step might not solidify till spring.

Winter is also a time of spirit when we are closest to the unseen world. Because the veils between the worlds are thinner, we have a greater ability to hear what our soul is beckoning us

towards. It is critical that we nurture ourselves during the winter because we are a bit more fragile due to this etheric pull. If you choose to do a cleanse this season, always practice gentleness and do it while the moon is waning when it is easier to let go and release.



Winter Green Man

Events

Winter Colds?

Try pressing the Upper Lung Point -this point will be especially tender if you are 'coming down' with a cold.



Seasonal (Winter) Trees

To the Celts and many other people of the Old World, certain trees held special significance - as a fuel for heat, cooking, building materials and weaponry. In addition to this however, many woods also provided a powerful spiritual presence. The specific trees varied between different cultures and geographic locations, but those believed to be "sacred" shared certain traits. Some of these traits may have an astrological significance may therefore be applied according to your birth date.

GORT (Ivy) September 30 to October 27 - Born under this sign your abilities further your personal goals and your personal causes. Be sure to use this talent productively.

NETAL (Reed) October 28 to November 24 - Born under this sign you have secret strengths, as well as secret motivations. Use your detective abilities wisely.

RUIS (Elder) November 25 to December 22 - Those born under this sign are able to live and prosper under any conditions. You live many lives during your time here and will carry memories into every venture. You are a gypsy and a student gathering experience and knowledge to eventually become a great teacher.

December 23 is not ruled by any tree for it is the traditional day of the proverbial "Year and a Day" in the earliest courts of law.

BETH (Birch) December 24 to January 20 - Born under this sign, you have unwavering inner strength and gladly lend support to those who rely on you. Purity of thought and a knack for realistic evaluation and quiet determination are also associated with this tree sign.

LUIS (Rowan) January 21 to February 17 - Born under this Magickal sign, you use your intuition and higher understanding to enchant and protect. Quite often you are seen as unusual by others, mainly due to your ability to envision the future.

NION (Ash) February 18 to March 17 - Born under this sign are those who have a knowing of the connection between ourselves, our planet, and our universe. You feel the pain and joys of all living creatures, which makes you most compassionate.

Apple Cleanser Juice Recipe

- 2 apples
- 2 kale leaves
- 1 celery stick
- 1/3 long cucumber
- 1/2 beet (beetroot)

NUTRIENTS

Beta-carotene, biotin, folic acid, vitamin C, calcium, magnesium, phosphorus, potassium, sulphur

The fruitiness of the apples offsets the more challenging taste of the greens to produce this beautifully red detoxifying juice.



Mistaya Place
105, 1001 6th Ave
Canmore, AB
T1W 3L8

(403) 609 3367

www.CanmoreWellnessCentre.com