

# The Valley School of Healing Arts

## Let Your Light Shine!

When the twinkling decorations of the season are removed from lampposts, houses, and trees, the darkness of winter envelops us. Without the glow of holiday lights, the nights seem darker, colder, and longer, and certainly more difficult to endure. A light, no matter how small, makes the darkness less scary. We all need light.

When we encounter darkness in our lives, we don't have to wait for the light to come to us. It's already here. Within each of us a divine, healing light glows. If we recognize the light in others and ourselves and use it, not only to illuminate our individual paths, but also to brighten the lives of those we meet on life's journey, what a difference it would make in the world. 

"To shine your brightest light is to be who you truly are." ~Roy T. Bennett

"When you let your own light shine, you unconsciously give others permission to do the same." ~Nelson Mandela

"Dare to reach out your hand into the darkness, to pull another hand into the light."  
~Norman B. Rice

"Learn to light a candle in the darkest moments of someone's life. Be the light that helps others see; it is what gives life its deepest significance." ~ Roy T. Bennett

"As we work to create light for others, we naturally light our own way."  
~Mary Anne Radmacher

"Hope is being able to see that there is light despite all of the darkness." ~Desmond Tutu

*Be hope. Be love. Be peace. Be light.*



*"This little light of mine, I'm gonna let it shine  
This little light of mine, I'm gonna let it shine  
This little light of mine, I'm gonna let it shine  
Let it shine, shine, shine!  
Let it shine"*



To receive our digital newsletter, you may sign up for our email list in person at the Valley School or by sending an email request to [newsTVSC@gmail.com](mailto:newsTVSC@gmail.com).



*"We'll keep the light lit for you at our house."*

## **The Teachers Speak –An Interview with Cynthia E. Koons RN BSN**

*Cynthia Koons teaches Pathology and Herbal Simples at the Valley School.*

### **When and why did you become interested in Herbal Simples?**

At the turn of the century when my husband retired from teaching and studied massage therapy at the Mt. Nittany School in State College, I learned of another program there, titled Herbal Simples taught by Jennifer Tucker. Intrigued, I signed up and studied one full Saturday a month for an entire calendar year. It launched my continued interest in all things herbal and holistic, leading me to where we are today.

Having been an RN for many decades as well as having a few health issues, I learned to formulate various products to assist in solving some of these issues. I have also had a detailed background in allopathy, leading me to be far more interested in learning holistic solutions to some of life's common issues.

One of the first things I learned to make was St. John's Wort oil, a solar-infused oil I make from plants I grow in my garden. It quells my very annoying restless leg syndrome without any awkward side effects. Additionally, I learned the advantage of utilizing light in various forms to ward off the symptoms of SADD (seasonal affective disorder) without using drugs. St. John's Wort Oil is literally sunshine in a bottle, warming the skin and the muscles beneath, bringing soothing healing light to various body parts. Full spectrum lights and L5HTP made from gryffonia beans helped to alleviate the depression triggered by the dim winter's light.

### **What is your educational background?**

I first graduated with a nursing diploma from the Geisinger Medical Center School of Nursing in 1975. In 1998 I studied with Jennifer Tucker at Mt. Nittany. In 2010, I graduated from the University of Phoenix with a Bachelor of Science degree in nursing.

My herbal education is continuous and ongoing both on paper and online. I am a member of the American Herbalist Guild and have attended two national symposia of the AHG in 2016 and 2009.

### **When did you start teaching at the Valley School? Have you taught anywhere else?**

In the fall of 2015 at the behest of Ruth Steck, who teaches A&P at the Valley School, I started teaching at the Valley School when their previous pathology instructor retired. I have not taught officially anywhere else.

### **What do you enjoy most about teaching at the Valley School?**

Teaching keeps me tuned in to the current status of the subject in question. I am continuously challenged to maintain my skills and endeavor to present material in such a fashion that causes the students to absorb and learn in a pleasant (hopefully!) fashion.

### **What is the most important thing you want your students to take away from your class?**

In Pathology I emphasize in their position as massage therapist or other holistic healer anything causing them concern should immediately be referred upward for further evaluation. I point out that a person's masseuse may very well be the only person viewing large parts of that person's skin, and may be the critical identifying trigger for treatment. After all, who can see their own back?



*Cynthia Koons, continued*

**Describe your teaching style. Is hands-on typical or not?**

I'm not altogether sure I have a teaching style, being a beginner myself. I would hope my teaching style is hands-on, or at least personal and direct, though augmented significantly with the textbook, photographs and other teaching materials.

I started teaching Pathology by utilizing a projector and PowerPoint presentations. I received negative feedback concerning the PowerPoint. Students were not engaged, and were sometimes even sleeping during the presentations. I switched then to using a white board and various colored markers to punctuate the rather dry, but critical lessons in Pathology. It was my only alternative, at least of what was available. The textbook used in Pathology has a huge amount of online resources, but without Wi-Fi at the school I am unable to utilize it. Additionally, most students do not have computers and only limited Internet access from their smart phones. This is rather sad as there are incredible resources available online, both through the textbook publisher and other sources.

When I reflected on the ways I learned pathology in my nursing school days, I realized that my textbook/classroom learning was significantly augmented by the real-life pathology I saw on the floors of the hospital. When we studied the myriad issues presented in class, we then saw it in real life as we worked. The real and the visual served to reinforce the didactic information from the classroom. My massage therapy students taking Pathology today do not have the benefit of seeing actual cases of lichen planus, ichthyosis, CHF, pvd, and many other issues that plague the human body. Though I try to use lesson plans as presented in the teacher resources, my students frequently launch me into a tangent of real life examples – worthwhile digressions – of what they may encounter as massage therapists.

**In your opinion, who should take this class? Whom would it benefit? Why?**

Both Pathology and Herbal Simples are required for diplomas at the Valley School, and I feel that the Pathology piece is especially critical for holistic healers as they may be the first line of intervention in what might become a serious health issue. Herbal Simples is perhaps a bit more esoteric, but given the current state of DIY health care, can provide the holistic practitioner with the ability to understand various products their clients may be using.

**Other thoughts- anything else you'd like readers to know.**

While all control is an illusion (Who said that?), I prefer to be able to care for my state of health as much as possible by reading and learning the ancient and long-used methods of holistic healing. The classic means of sharing herbal healing methods is termed the "feminine tradition." This refers to the most ancient method of one woman teaching another woman (typically a younger one) what *she* knows about plants and their healing properties. Early in the 1960's a group of young hippies, both men and women, gathered in California to document and promote herbalism and the utilization of healing modalities available outside of allopathic medicine for preservation and use by future generations. Rosemary Gladstar, a prominent member of this group and author of our Herbal Simpling text, continues to be a shining star in the herbal world.

## Far Point –a Beacon of Light

by Gwynne Lebo

Five years ago I retired from my paying job and started a journey of volunteerism with Far Point Animal Rescue. Far Point was started as a beacon of light for abused, neglected, and unwanted animals. Horses, cats, dogs, and birds have all found sanctuary at this wonderful place on the hill since 1996. For the most part, I volunteer at the Equine Rescue facility of this rescue mission.

I feel that an aura of caring and giving to animals guided me to this safe haven for animals, and I am thankful each day that I arrive. Working with Cricket and all of the volunteers gives me a sense of purpose and personal fulfillment. I know when I get there in the morning that the horses are happy to have their breakfast prepared and be groomed and cared for before being released for a day in the pasture. Just being around the horses gives me a sense of contentment and quietness that I cannot achieve in my other endeavors. It is a special place up there on the hill, being surrounded by the scenery and the beauty of the horses. Whether it is the trust of the touch between me and the horse, or just being in the presence of these horses, there is a healing of the heart that cannot be denied.

Working with the volunteers from all different walks of life has definitely enriched my life. High school students, developmentally and intellectually challenged individuals, court-appointed individuals, and alcohol and drug rehab men and women all feel the same. The beacon of light that brought them to Far Point fills these people with gladness, happiness, and a sense of satisfaction from doing good for the animals. There is a connection, which is spiritual, and a trust between the horses and the daily caregivers. Some of these people have never been around horses, but within an hour or two, they feel the calmness, serenity, and the love that Cricket has for these animals. It is passed onto each and every person who comes here. I feel very blessed to be able to work with Cricket, the horses, and all the volunteers that I've had the pleasure to meet with each passing year of volunteering at Far Point Equine Rescue.

### Far Point Animal Rescue

1105 Red Hill Road  
Port Trevorton, PA 17864

Email: [farpoint036@gmail.com](mailto:farpoint036@gmail.com)  
<http://www.farpointanimalrescue.org>

#### Contact Us:

Re: horses: Marlana (570) 847-5514  
Re: dogs: Yvonne (570) 374-2742  
Re: cats: Nancy (570) 374-8268



**If you have a Far Point story that you'd like to share with others, please email it to us!**  
[newstvsc@gmail.com](mailto:newstvsc@gmail.com)

Your tax - deductible donations  
make a big difference!

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## Upcoming Classes & Events

**Flower Essences** (4hrs.) Saturday, January 20, 9-1. Required for massage therapy and alternative healing diplomas. Instructor: Vance Reynolds. Tuition \$85.

**Flower Essence Therapy** (4hrs.) Saturday, January 20, 1:30-5:30 pm. Prerequisite: Flower Essences. Instructor: Vance Reynolds. Tuition: \$90.

**Aromatherapy I** (6 hrs) Saturday, January 27 from 10-4:30. No prerequisites. This class is required for all diploma programs. Instructor: Linda Wehbrecht. Tuition: \$125.

**Reflexology** (30hrs) Wednesday, January 31 from 6-9. This class is required for the massage and reflexology diploma programs. Instructor: Marlana Flaherty. Tuition: \$495 (includes book and oil)

**Aromatherapy II** (6 hrs) Saturday, February 10 from 10-4:30. Prerequisite: Aromatherapy I. This class is required for diplomas in therapeutic massage and alternative healing. Instructor: Linda Wehbrecht. Tuition: \$142.

**Reiki I** (14 hrs) March 10 & 11, from 10-5:30. This class is required for diplomas in reflexology and alternative healing. Tuition: \$195. includes text. Instructor: Karin Phillips.

**Introduction to CranioSacral Therapy** (12hrs) Saturday, March 17, from 9-5 and Sunday, March 18, 8-3. Required for the therapeutic massage diploma. Tuition: \$325. Includes text. Instructor: Norma Hayhurst.

**Anatomy & Physiology A** (65 hrs) Tuesdays from 5:30-8:30pm starting April 3. Instructor: Ruth Steck. This class is required for all diploma programs. Tuition: \$590 plus textbook and workbook.

**Reiki II**(14 hrs) April 7 & 8, from 10-5:30. Prerequisite: Reiki I. Required for the reflexology diploma. Instructor: Karin Phillips. Tuition: \$240.

**Therapy for Cancer** (8 hrs) Saturday, April 28, 2018, from 9-5:30. No prerequisites. Required for all diploma programs. Instructor: Ruth Steck. Tuition: \$215.

**Herbal Simpling** (24 hrs) Saturdays starting April 14, 10-2. Required for alternative healing diploma. Instructor: Cynthia Koons. Tuition: \$350.

**Reiki III**(7 hrs) Saturday, May 5 from 10-5:30. Instructor: Karin Phillips. Tuition: \$265. includes text book.

**Magnified Healing** (14 hrs) Saturday & Sunday, June 9 & 10 from 10-5:30. Instructor: Karin Phillips. Tuition: \$310. includes text, practice CD and essence.

*Please call 570-374-2222 to register, we would love to hear from you! A deposit is required to hold a place in class.*

*The Valley School of Healing Arts*

1752 S. Susquehanna Trail  
Port Trevorton, PA 17864

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*The Valley School of Healing Arts*

A Pennsylvania Private Licensed School

**Diploma Programs:**

Therapeutic Massage (700 hours)

Reflexology (400 hours)

Alternative Healing (500 hours)

Classes may be taken individually as well.

**Private healing appointments are also available.**

**1752 S. Susquehanna Trail, Port Trevorton, PA 17864**

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To receive our digital newsletter, email your request to: [newstvsc@gmail.com](mailto:newstvsc@gmail.com)

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