

The Valley School of Healing Arts

Lovingkindness Meditation

Every day the news and social media deliver an unhealthy dose of finger-pointing, blaming, and name-calling. It is so easy to get caught up in the *us versus them* mentality. When people identify their own beliefs as *right*, they make someone else *wrong*. When we are focused on defending our own interests, beliefs, thoughts, or political opinions, we are unable to truly see others. In order to heal our country and our world, we need to shift our attention toward our similarities rather than our differences.

Each of us begins life's journey as an innocent child eager to love and be loved. Close your eyes for a moment and imagine a baby cradled in the arms of a parent or grandparent. Does your heart feel a little lighter? Though it may seem silly to point out, each of us entered this world as a baby – even the person who is difficult to like and the person who hurt you or someone else. We **all** want to be happy, healthy, and safe. This is the truth. Just like you and me, all people suffer and long to be happy. When we recognize the humanity in others, we open the door to healing and peace.

"... We are biologically, cognitively, physically, and spiritually wired to love, to be loved, and to belong. When those needs are not met, we don't function as we were meant to. We break. We fall apart. We numb. We ache. We hurt others. We get sick."
~Brene Brown

"If we could read the secret history of our enemies, we should find in each man's life sorrow and suffering enough to disarm all hostility." ~Henry Wadsworth Longfellow

When you encounter another person, smile, make eye contact, and listen with your heart!

*May all beings know the joy of being alive.
May all beings be treated with compassion.
May all beings be filled with lovingkindness.
May all know peace.
May all awaken.
May all be free.*



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

The Teachers Speak –A Word from Curtis Green

Curtis Green teaches neuromuscular therapy at the Valley School.

Hello, my name is Curtis Green, and I teach trigger point or neuromuscular therapy (NMT) at The Valley School. I'm a two-time graduate of The Pittsburgh School of Massage Therapy (PSMT) where I finished the "basic" Swedish program in 2001 and the comprehensive program in 2009.

After practicing the basics of massage for years I found neuromuscular therapy in 2009 at Pittsburgh School of Massage Therapy when the program changed to a "comprehensive" approach. I was totally taken by it when I felt sensations in other locations seemingly unrelated to the area being touched.

Here was an adjunct to my Swedish that amazed my clients and myself with "referral zones" that accompany trigger points. I realized much of my client's pain was coming from different areas than would be expected. Sometimes the improvement (however we measure that) is immediate. Other times it may take a couple sessions and a lifestyle change (i.e. sleep position, posture), but it works.

I've taught neuromuscular therapy and sports massage at the Pittsburgh School of Massage Therapy part time since 2012 and was thrilled to start at the Valley School last fall. I've never been to such a warm and loving school as The Valley School of Healing Arts. The campus itself has a home like feel, and the small classes lend themselves to a feeling of warmth. Cricket radiates love! My classes are a mix of lecture and hands on muscle presentations with lots of time on the table to develop ability to locate and release trigger points.

In closing, I feel neuromuscular therapy is a great tool for our toolbox. It bridges the gap between our intuition and a real time subjective experience in our clients that instantly releases tension in the muscles. Any therapist working with clients who want less muscle pain should take a neuromuscular therapy series. Students take away a new confidence in their muscle palpation abilities and a new way to "listen" to the body.



Beautiful Souls We Meet on Our Journey

by Ron Schirk

Within the last year, I have traveled to holistic events with Cricket and Karin to give reflexology treatments. It is gratifying working shoulder-to-shoulder with my instructors as a peer working for the school's mission. Even more gratifying is meeting wonderful, inspiring people.

Three women in particular have made an impression on me over the last year. They seek out the Valley School's kiosk every spring and fall at the Mum Spiritual Holistic Expo in Allentown. During their treatments, they joke and giggle as they tell stories about their lives. Not only are they outgoing and funny, but they also share a love for one another and a zest for life that is contagious.

Although all three of these Musketeers suffer from multiple sclerosis in varying degrees and often experience physical setbacks, their love of life and positive outlook never fails.

These ladies are my heroes, and I look forward to getting to know them better. I would like others to know and be inspired by them too, so I plan to write more about them in the future. Because they like road trips, I'm hoping we can also encourage them to pay us a visit at the school.

A Walk on the Wild Side

by Lori G. Lupolt

In the classroom we sipped cups of freshly brewed nettle, peppermint, and hibiscus tea as we began our study of the fascinating world of herbal medicine. It didn't take long for me to realize that the Herbal Simpling class at the Valley School would be interesting, but also quite challenging. Too much information for my brain to absorb!

Before my mind could slip into a trance of self-doubt, Cindy, our instructor, announced, "We're going on a field trip!"

We piled into her truck and headed toward Verdilla Road Greenhouses. Along the way we made frequent stops, so Cindy could point out native plants growing along the road. "That's mustard. Look over there; see the skunk cabbage?"



In the field beside the greenhouse we identified and discussed broadleaf plantain, chickweed, shepherd's purse, purple dead nettle, cleavers-- Wow! I thought they were "just weeds." I had no idea that under my feet lay nutritious greens and natural medicine.



On the way back to school, we took a different route, which proved to be wonderfully serendipitous. Not fully understanding what was going on when Cindy suddenly pulled over and jumped out of the truck, we followed her. Along the side of the road, we shared a rare opportunity to admire the beauty of trillium, a fragile and endangered native plant.



For the next class, we traveled to Cindy's house in Muncy for more hands-on learning. We harvested hyssop, lemon balm, and oregano and made hyssop oxymel, an expectorant for cold and flu season. After a highly nutritious lunch of nettles pie, we ventured out to harvest motherwort for a tincture and wild yarrow for oil infusion.



I go home after every class feeling grateful for the opportunity to take this class and inspired to learn as much as I can about the native plants that exist to heal our wounds.



Far Point Featured in *Daily Item* VOICE

by Nancy Davis

Last month *The Daily Item* featured Far Point Animal Rescue in the column, VOICE. Founded in 2012, VOICE is an acronym for Volunteers Opportunities In Community Endeavors. It is a grassroots network of agencies and organizations that depend on volunteerism, with a mission to promote, develop and strengthen the role of volunteerism in meeting community needs in the Central Susquehanna Valley.

We were so pleased with the article that we wanted to share it with our readers. Thank you, Nancy D. for sharing this story!

Olivia Fischetti read about Far Point Equine Rescue in Port Trevorton about three years ago in VOICE. A retired kennel operator who loves animals and never considered herself a “horse” person, Olivia is a diminutive powerhouse of a woman who has come to appreciate the individual personalities and needs of 17 rescued horses who depend on her for food, water, a clean stall, and – more importantly – kindness and affection. Marlena “Cricket” Flaherty, whose mother Patricia Sterner founded the organization in 1996, says Olivia is an “energizer bunny” who comes daily to care for the horses “except when it rains”.

Gwynne Lebo, retired from Bucknell’s Development Office, formerly ran a therapeutic riding program, and enjoys being physically active and interacting with the horses, pointing out the value of feeding and mucking out as great weight bearing exercise and more fun than a gym! For five years she has been at the farm nearly daily, along with grant writing, and acting as the point of contact for potential volunteers like Kelsey Ritter, who began to visit Far Point a couple times a week about a month ago.

Under her ball cap, Kelsey sports a long colorful mane of hair herself and has only ridden a horse once in her life, but was drawn to the simple satisfaction of the striking location overlooking the Susquehanna River and its surrounding hills. She finds the routine of caring for horses that have been abused or abandoned soothing and physically invigorating. Despite infirmities such as vision impairment, lung disease, age, or injury, the horses exhibit their unique personalities and allow Olivia, Gwynne, Kelsey, Cricket, and other volunteers into their lives. Gwynne says, “Horses never judge, but you have to earn their trust slowly and patiently.”

Cricket says they are truly blessed with support from a wide variety of volunteers and organizations in the community. A carpenter from Elysburg, who read of Far Point in this column, performs repair work on fences and structures as needed. Clients of Shared Support with intellectual or development disabilities, people recovering from drug or alcohol abuse, pre-veterinary students from Bucknell University, all help from time to time. Members of Alpha Phi Omega, a Susquehanna University service fraternity, come reliably every weekend throughout the academic year and will be sorely missed as summer approaches! If you can lend a hand, contact Far Point at (570) 847-5514. You won’t be disappointed!

If you have a Far Point story that you’d like to share with others, please email it to us!
newstvsc@gmail.com

Email: farpoint036@gmail.com
<http://www.farpointanimalrescue.org>



Pictured: Kelsey Ritter, Olivia Fischetti, Cody, Gwynne Lebo

Upcoming Classes & Events

Summer Break June 24-July 7, 2018.

Acupuncture Meridians: Their Points and Energetic Dynamics (48 hrs) Friday, July 13, 5:30-8:30 Required for all diploma programs, Instructor: Trey Casimir, Tuition: \$610 includes text

Reiki I (14 hrs) Saturday & Sunday, July 14 & 15 from 10-5:30. This class is required for diplomas in reflexology and alternative healing. Tuition:\$195, includes text. Instructor: Karin Phillips.

Flower Essences (4 hrs) Saturday, July 21, 9-1, Required for massage therapy and alternative healing diplomas, Instructor: Jack Braunstein Tuition: \$85 Bring a glass bowl, cuticle scissors, and tongs.

Flower Essence Therapy (4 hrs.) Saturday, July 21, 1:30-5:30pm, Prerequisite Flower Essences, Instructor: Jack Braunstein, Tuition: \$90 Bring a glass bowl, cuticle scissors, and tongs.

Pregnancy and Infant Massage (12 hours) Friday and Saturday, July 27 and 28th from 10 to 430. Required for the massage program. Tuition: \$210. Instructor: Karen Stoner. Bring three pillows and a doll to class.

Magnified Healing (14 hrs) Saturday & Sunday, August 18 & 19 from 10-5:30. Instructor: Karin Phillips. Tuition: \$310. Includes text, practice CD & essence.

Myofascial Release II(32 hrs) Friday, Saturday, Sunday & Monday, August 31, September 1, 2 & 3 from 9-5 each day. Prerequisite: Myofascial Release I. Instructor: Sandra Snyder. Tuition: \$545

Yoga (16 hrs) starting Monday, September 10 from 5:30-7:30. Instructor: John Miller. Tuition: \$175.

Reiki II (14 hrs) Saturday & Sunday, November 3 & 4 from 10 to 530. Prerequisite : Reiki I Instructor: Karin Phillips. Tuition: \$240

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 next time you're at the Lewisburg Farmer's Market look for Pam Rosado, a Valley School graduate. Visitors to her Country Vale Alpacas stand will be greeted by her warm smile. In addition to alpaca products and hand-crocheted items, Pam sells beautiful T-shirts, both inspiring and funny, to benefit Far Point Animal Rescue. She donates all proceeds from T-shirt sales to Far Point. We are very grateful for her gifts!

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

Phone: (570) 374-2222 Fax: (570) 374-5153

Email: tvschealingarts@gmail.com

To receive our digital newsletter, sign up on our website or email your request to:
newstvsc@gmail.com

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