

Happy New Year Everyone!

## Importance of Light!

What kind of light are we talking about? There are about 12 different forms of light but the one AHC is focusing on is the light that directly affects your overall health from natural sources such as the sun and not the artificial light you read or cook by. December, January and February have less natural light than other months thus negative things can happen to the body. Some individuals tend to get depressed, lethargic, sleep more, and eat less. During this time of the year there are many devices that are sold to help an individual gain the much needed light artificially. Also food alone cannot take care of the

situation as we need light to gain the much needed vitamins and minerals from the environment.

Note that Norway is considered to be the happiest country and yet they have a high suicide rate due to Seasonal Affective Disorder (SAD). WOW!

If you find yourself feeling depressed and with low energy take note of the month/day/weather. Keep a journal. Then approach your physician if you see a pattern in your notes that would lead you to feel you have SAD.

This Newsletter will go into other forms of light. Read on & enjoy! *Marti*

## Contest of the month

### CRYPTOGRAM

Ngm nt jht emb  
dmp sjppth - zmh nt  
jyy gjkt j bitvojoy  
yoagp nopgod cb.  
Jyymn pgjp yoagp  
pm bgodt zhms nop-  
god ? ytp op bgodt  
zmh jyy pm btt.  
Pgtd qmc noyy  
ltvmst j nopdtbb  
zmh mpgthb pm  
zmyymn.

*Winner will be notified on January 20, 2012 and posted in the February 2012 Newsletter.*

## January Focus "The Importance of Light"

**December's Contest Winner: Congratulations to Eddy. Here is his statement:**

*Sitting calmly engaged near the stream, a naked disciple strives effortlessly, nearing sublime ecstatic surrender.*

## Workshops

### "How to Talk to Your Doctor About Pain"

with Marti Sikes

January 23, 2012 at

Senior Life Services of Morgan County

January 28, 2012 at

AHC, 2nd floor Classroom

Both free & from 2 to 3:30 pm

### Meditation

with Beatrice

Every Saturday

from 1to 3 pm

Cost: Donation Appreciated

*Weekly Meditations will begin January 14, 2012*

Excerpt from "Anthem",  
*"There is a crack in everything. That's how the light gets in."*

Excerpt from "Random Soul..."

*"Light conveys both an absence of darkness and a quality that will help us to see -- and understand -- more clearly."*

## On Going Classes:

- On Demand: **Meditation** classes (individual or small groups) with [Beatrice/Allowing The Light](#) (donation-based)
- Every Wednesday, 10-11 am—**Qi Gong** class with Marti Sikes (\$10 )
- January 2012 Art classes with Mary Anne Haines. Call 304-258-6678 for Class Schedule.

Location: 35 Fairfax Street, Berkeley Street, WV, 25411

Contact info: 304-258-6678 or 877-382-0589

Web: [www.awakeninghealthcenter.com](http://www.awakeninghealthcenter.com)

Email: [awakeninghealthcenter@gmail.com](mailto:awakeninghealthcenter@gmail.com)

## It's all about the LIGHT! *Natural, Spiritual, Artificial...*

Light surrounds us whether we see it or not. How many kinds of light are there? More than one can consider, and yet when we think of light we only think of it in three ways: **Natural, Spiritual, and Artificial.**

**Natural Light** comes from the sun and the moon. According to Wikipedia: "**Sunlight**, in the broad sense, is the total frequency spectrum of electromagnetic radiation given off by the Sun." Totally understandable, right? Now the Moon, according to Wikipedia:

"**Moonlight** is the light that reaches Earth from the Moon. This light does not originate from the Moon, but from Sun." What a surprise! Moonlight is really sunlight. There is so much to discover. We humans can be directly affected by how much or how little exposure we have to sunlight. The effects are distinctly physical and can lead to mental and even spiritual positives and negatives.

**Natural Light** is also more tangible. We can see it and almost taste it or touch it. Light from the sun heats up our space, so much so, that sometimes it hurts to touch some items it touches. We can taste it when the heat from the summer dries out our throats, and we can

feel it when the heat of it, even on a freezing day, warms us through and though. What do we get from the sun that is good for us? Vitamin D is great for us. It helps us with our chemistry balance and aids in disease control such as cancer, arthritis and diabetes. But, as with everything, there is a negative side. Too much sunlight can harm us, burn us, dehydrate us and even blind us.

Now let's take a look at **Spiritual Light**. This is a topic so varied in thoughts and ideas. But in general there are many that possess the ability to see light in different ways. What type of light are they "seeing"? More people sense it or feel it rather than see it. It is the Light from within us, brought out by beliefs and joys, even heartbreaks and pain. The Light is the great connector, that finds harmony and union where there was discord and divisiveness. The Light brings healing and peace, where there was disease and discouragement. The Light sees plenty where one might see little or nothing. When you have faith, you see Light -- because the Light sees you. In this area of light, "seeing is believing" is hard to handle for a lot of people. Take a

minute to breath in, close your eyes and imagine a scene, a peaceful scene. It is difficult if not impossible to picture something without "light". That is the light that is within us. That is the light that takes care of us, helps us, heals us, brings us joy and so much more.

**Artificial Light** is something we are all aware of as we see it, use it and rely on it for a lot of what we do during the day & night. Just sit back and imagine that you do not have any artificial light. Where would you be? What would you be doing? How do you cook? Read? Heat and Air your home? Help with medical issues. Can a heart get replaced with out artificial light? It boggles the mind sometimes on how much we need and use artificial light.

We need all three. **Artificial Light** aids us in so many learning, healing and scientific ways. But given a choice, **Natural and Spiritual Light** is what we started with and what we need the most. However, science is always changing and in 20 more years we may have a whole new outlook on LIGHT!

*Marti*

## January 2012—the beginning of a New Year

Resolutions—will you make one? Will you keep it? If you are not sure, then make a resolution that is easy to keep. For example, choose to do one good deed a day. This is easy. Just holding the door for someone is a good deed. But if you already do that, then increase to two or three or more. But make it something doable.

Another good resolution is to take a few minutes each day to set up your day. Put positive thoughts towards your day. Allow nature's light to be a part of you in a positive way. Those few minutes each day will give a surprising and enjoyable outlook to your

day even if you get a flat tire or something!

If you are determined to do something about your weight—then try this. Pick a smaller plate to fill, then in time start filling it with half portions. After a time, you refill your plate with the veggie's! Whatever you choose to do, for your own sake, make it something you can accomplish and remember to do.

Resolutions—you have none? This would say you have not been successful with your prior resolutions or you think they are just a waste of time. Or, perhaps it is a little of

both. That is ok too. Make no resolution at all. It might be suggested that you do one thing though—do what makes you happy, whole and hurts no one. Take some time daily or weekly or monthly to just take care of yourself. At the "end of the day" you could find a great deal of peace being yourself.

As you bring in the year 2012 try to consider the possibilities of this year. Consider what you have and not what you don't have. Take time and enjoy!

*Marti*

### December Contest Winner

**Congratulations to Eddy, who came up with a sentence using all of the first letters in "Scents and Senses". See page one for his winning sentence. He has won a Tarot Reading from Pam Sanders.**

**Try your hand at our January Contest. Send your submissions to:  
awakeninghealthcenter@gmail.com**

To view our BLOGS please see our web site at: [www.awakeninghealthcenter.com](http://www.awakeninghealthcenter.com)

## Seasonal Affective Disorder—the physical effect for some individuals

**Seasonal affective disorder (SAD)**, also known as **winter depression, winter blues, summer depression, summer blues, or seasonal depression**, is a mood disorder in which people who have normal mental health throughout most of the year experience depressive symptoms in the winter or summer, spring or autumn year after year. In the Diagnostic and Statistical Manual of Mental Disorders (DSM-IV), SAD is not a unique mood disorder, but is "a specifier of major de-

pression". Information from Wikipedia.

The "Seasonal Pattern Specifier" must meet four criteria: depressive episodes at a particular time of the year; remissions or mania/hypomania at a characteristic time of year; these patterns must have lasted two years with no non-seasonal major depressive episodes during that same period; and these seasonal depressive episodes outnumber other depressive episodes

throughout the patient's lifetime. The Mayo Clinic describes three types of SAD, each with its own set of symptoms. This information is from the Mayo Clinic.

In the popular culture, sometimes the term "seasonal affective disorder" is applied inaccurately to the normal shift to lower energy levels in winter, leading people to believe they have a physical problem that should be addressed with various therapies or drugs. *Marti*

## Seeing, Feeling, Tasting, Sensing & Witnessing—LIGHT!

**See light.** It is all around us, it is visual. **Feel light.** It warms us. **Taste light.** From the sun—if you breathe it in you can taste it. **Sense it.** It is the feeling you have when you enter a room and feel better, or you walk down the street and are energized for no reason you can think, feel or taste. **Witness light.** See the shine in someone's eyes when they are happy, the look of a baby, the happiness you notice in others, the "twinkle" you find on other faces, a young lady going to the prom.

But what about the light that comes from within us. Can you see it, feel it, taste it, sense it or witness it? Sure, all of the above. One can even draw from it, heal with it, make great choices with its help, live by its guidance, and even ask it for help.

How is that possible? Meditation and breathing help with the process of connecting with your inner light. Release anger and receive love, release fear and receive hope, release greed and receive a

different kind of abundance, release yourself and receive who you are.

All it takes is faith, time, meditation and breathing. Plus....(there is always homework!), get in touch with who you are without owning anything; who you are if you are without family, friends or responsibilities. Just who are you? A good goal for the year 2012. Find your inner light and you will find yourself.

*Marti*

## AHC Received a Grant: "Prescription Drug Abuse"

AHC applied for and received a grant to focus on the subject of prescription drug abuse. For the next six months AHC will hold workshops on a monthly basis along with other events yet to be determined.

The grant was secured with the partnership of the Senior Services of Morgan County and with the assistance of Morgan County Partnership.

Both of the above organizations tackle this subject on a continuous basis and need all the help they can get.

At this point there are workshops scheduled every month through June 2012 to be held on the 3rd Monday of each month from 2 to 3:30 pm. This same workshop will also be held at the AHC offices on the 3rd Saturday of each

month. The place for the scheduled Monday workshops will be determined on a monthly basis and will be posted in this newsletter. All workshops will be open to the public and not specifically directed to the senior population of Morgan County.

Topics to be covered during the next six months are:

- How to talk to your doctor about the prescriptions being suggested
- How to ask the needed questions while in the physicians office regarding the suggested prescription.
- How to keep track of prescriptions once they enter the home

- What to do with old or outdated prescriptions
- How to keep these prescriptions out of the hands of the unauthorized individuals
- What to do if someone is taking a prescription drug and is showing signs of being addicted to that prescription or drug
- How to be a good advocate for one's own health, a family member or a friend.

Contact Marti at 304-258-6678 or email: [awakeninghealthcenter@gmail.com](mailto:awakeninghealthcenter@gmail.com) if you want to help in any way at all!



## *Services at Awakening Health Center*

### **Our Services**

The Awakening Health Center offers a wide range of modalities which allows our clients to benefit from a **whole and integrative approach to health**:

*"Our vision is to empower you to take better care of your body, mind and spirit."*

Massage

Reflexology

Reiki

Acupuncture

Shamanic Healings

Cyma Therapy

EFT

Inner Transformation

Tarot Readings

Intuitive Readings

Hypnosis

Therapeutic Facials

### **Our Team**

We are a team of entrepreneurial women offering a wide range of therapies guiding you to the therapies that better serves your needs. We share the same vision & dedication with all of our clients with respect to their overall good health. Each therapist pays particular attention to creating a safe & peaceful environment for each session.

Beatrice / Allowing The Light

Bobbie Rohn, CCT

Christina Page, LMT, CMT

Evelyn Garcia, LMT, CMT

Lin Wang, OMD, LMT, NCMT

Marti Sikes, CR, MA

Mary Hott, C.Ht.

Pam Sanders, RN, MA

Shafiya Eve

### **Our Pricing**

Our pricing ranges from \$35/\$45 for 1/2 hour and \$65 for one hour for most of our services.

The exception is Acupuncture at \$70 per hour.

Finances should never be a deterrent to good health. If your experiencing hardships please talk to your therapist.

### **Workshops**

AHC also offers workshops of all types, some scheduled and some by special request.

### **Our Story**

*The Awakening Health Center was founded in 2005 out of a desire to support more individuals in their quest for greater well-being. It progressively grew into an alternative health center offering a wide range of therapies which allow our clients to benefit from a whole and integrative approach to health. We pay particular attention to the needs and desires of each client. We are committed to respect our clients overall well-being and create a safe and peaceful space for each session. Our vision is to empower you to take better care of your body, mind and spirit. We are dedicated to keep The Awakening Health Center on its path of steady growth, serving our community and our visitors for the greater good.*

Marti Sikes, Founder Manager