

# *Eastwind Healing Center Newsletter, Number 11*

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*Iowa's complete complementary and alternative medicine center*

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Welcome to this edition of the Eastwind Healing Center newsletter.

This month, we're trying a slightly different format. We want to talk in more detail about a particular technique. Since May is a time of color, it seemed natural to highlight Light Language. It's an enjoyable technique that anyone can learn to use for anything from healing to personal growth. That's part of our mission: to teach what we know to others to increase self-empowerment. Light Language is very empowering. In fact, it can be life changing.

We welcome feedback on our newsletter, and would love to hear from you if you have a request for coverage of a topic from a holistic perspective.  
[So, email us already!](#)

### Staff Announcements:

- Our open house on April 11th was a rousing success. We want to thank everyone (the hundreds of you) that came. It was a great time to meet old friends and make some new ones. The staff were overwhelmed with this fabulous show of support.

- Kristin Bergman had a busy April. She was interviewed on April 2, on "Vox Uncommon", on KRUI with some other Friends of Iowa Midwives, about issues in obstetrical care and legalization of hospital midwifery in Iowa. She also attended a natural birth in late April at UI Hospitals as a doula.
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## May, 2008 Seminar Schedule



[See our website for more details](#) on any seminar.

May 14 - What Is Holistic Health? (6:30 - 8 pm) Ron Robinson. Cost: Free.

May 15 - Introduction to Meditation. (6 - 8 p.m.) Joseph Mizelle. Cost: \$20.

May 20 - Your Personal Power Grid. (6 - 8 p.m.) Michael Santangelo. Cost: \$33. [See below.](#)

May 21 - Being Your Own Best Friend. (7 - 8:30 p.m.) Janet Shepherd. Cost: Free.

May 22 - Labor Massage Techniques for Birthing Couples. (6 - 7:30 p.m.) Kristin Bergman. Cost: \$50/couple.

May 24 - Reiki II. (8 a.m. - 6 p.m.) Joseph Mizelle. Cost: \$225.

May 30 - Holistic Care Options for Common Health conditions. (6:30 - 8 p.m.) Ron Robinson. Cost: Free.

In other seminar news, Reiki III and Reiki Master classes are being formed by Michael and Candida. Anyone who has been attuned to Reiki II can take Reiki III, and all Reiki III practitioners can take the Master class. Costs are \$300 for Reiki III and \$500 for Reiki Master. Pre-registration is a must.

Michael has had requests to hold a Light Language III class. Anyone who has taken Light Language I/II is eligible. This class is a quantum leap above the I/II class and lasts for four days. Please [contact Michael](#) if you are interested. The cost is \$641 and includes three comprehensive manuals.

Other up-coming seminar topics will include nutrition, energy medicine, Light Language I/II, and collaging for self-expression, among others. Also, Eastwind will be hosting world-famous qigong master, author, and teacher Ken Cohen in August.

Call or [email us](#) for details on any of the above classes.

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## Light Language

by Michael Santangelo, ND, PhD, LMT



Deciding what to write about Light Language is always tough. It becomes too easy to sound flaky, and full of "new-age" ambiguity and strangeness. So, how does one talk about Light Language?

First off, think of it as focused intent, rendered symbolically as color and shape. All wisdom traditions talk about the advantages of focusing one's intent to obtain a goal or desired outcome. The means of achieving focused intent vary, but a popular one is to generate detailed images of the outcome - and I mean detailed. It seems that the more detailed the image, the greater the chance of achieving the goal. The problem is that generating detailed mental images can be difficult for many to do, and the concentration required is beyond what most of us are used to.

This is where Light Language comes in. By working with the colored shapes, it is possible to render the outcome symbolically. Groupings of these shapes working together

can bring various forces to bear on the goal. This helps the Universe's creative forces to work most closely with you, channeling energy in the desired direction.

Of course, some of the associations given to color and shape are well engrained in our psyches. For example, when one thinks of a sphere, expansion comes to mind, like an expanding balloon. A cube, on the other hand, is like a box. It contains things; holds them in place. A pyramid consolidates and sharpens energy (this topic is worth an article in itself). Similarly, colors can have well established associations. In fact, these have become part of the language. How often have we seen red, or felt blue? While all associations given to colors and shapes in Light Language aren't so straightforward, they work to give very specific energetic actions in the approach to a problem.

Light Language is a lineage-driven discipline. That is to say, the information is transmitted to a student by a teacher, both verbally and aurally (oops, straying close to new-age jargon). This is why there's so little written about it. Classes in Light Language are rather experiential, with students using the techniques learned to address goals and issues particular to them. The first step involves making a grouping of colored shapes (a grid) that becomes the student's personal grid, which is used to attract specific energies to them, while repelling others. Then more complex groupings are constructed, directed at goals such as abundance, health, healing, and personal growth. Students can make grids for themselves and others. The results can be quite dramatic.

This is such important work, in my opinion, that I am offering a brief class to anyone interested. This class will cover the basics of constructing a personal grid (the one that attracts specific energies). This is easily learned and gives students a life-time tool, as these grids can be changed as needed.

While the techniques needed to construct more complex grids would need to be covered in a longer class, this short class will give anyone interested an idea about what to expect of Light Language. I use this every day, both in my private life and in my practice, for myself and others.

At the risk of lapsing into flakiness, let me close by saying that this stuff is way cool and a lot of fun. I am available for consultation for a Light Language solution/aid to any problem. I hope to see you on May 20th for my "Personal Power Grid" class.

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## Chinese Herbs



An integral part of Traditional Chinese Medicine (TCM) is the use of herbal formulas. Some formulas in TCM are quite old, having been codified over 1000 years ago. This is when they were finally written down, as they were in common use well before then. They have certainly withstood the test of time.

Medicinal herbs in TCM are always combined as formulas for their synergistic properties. Typically, formulas will contain from 4 to over 15 herbs. Why so many? Chinese herbalism recognizes that groupings of herbs can perform more broadly and deeply than a single medicinal. For instance, a formula is traditionally divided into groupings such as the emperor, the ministers, the assistants, and the messenger. The emperor herb acts as the main thrust of the formula, while ministers support the emperor and broaden its effect. The assistants work to address the side-issues of the patient, or to tweak the formula in a more subtle way. Finally, the messenger coordinates the formula and harmonizes its action.

Herbal formulas are determined by the particular pattern of disharmony evidenced by the patient. What this means is that each person presents with a cluster of signs and symptoms that indicate a particular energetic problem. These problems are caused by various Organ systems not performing optimally. It is the job of the TCM practitioner to determine which Organ systems are affected, and in what way. From this, the formula naturally follows.

This is not to say that all herbalism in TCM is: take formula A for condition B. Each person presents with a general pattern or two, but there may be sub-patterns or an emphasis of certain symptoms within the general pattern. This is where the skill of the herbalist enters the picture. By adding herbs to or subtracting herbs from a basic formula, the practitioner can maximize its effects in the patient, resulting in a more complete rectification of the system.

Herbs are interesting in that they may work quite quickly, or go about their business slowly. It often depends on the chronicity of the problem, with acute conditions remedying more quickly. Of course, compliance in treatment is another issue.

Historically, herbal formulas were given in raw form to the patient. They were then prepared at home, usually by boiling (a decoction). There are problems inherent in this. Directions for preparation may not be followed closely, or the herbs may accidentally

burn. Even if prepared properly, the herbal decoction has to be drunk by the patient, and these preparations are often, shall we say, distasteful. But as Confucius said: If you don't drink the stuff, you won't get better.

Enter granules. These are herbs that have been prepared at the distributor, properly decocted and then dried, making a Folger's Crystals kind of herbal preparation. They are easily mixed with water and taken quickly, often with very little taste. Voila, patient compliance increases markedly. Confucius would have been proud.

When considering the use of Chinese (or other) herbs, it is wise to consult a trained practitioner. When misused, herbs can be ineffective, and occasionally harmful. But when used properly, they can be the missing piece to a full recovery.