

# Bridges To Healing Newsletter

October 2007



## Control...let it go, let it go, let it go

It's funny how we are given the opportunity to learn important lessons to help us live better lives. I was recently given the opportunity to learn a nice lesson of my own and it is my understanding that several people around me are being given similar opportunities. One day I was simply walking from point A to point B and within a split second I was smack down on my hands and knees with the interim experience of hearing a loud "snap, crackle, pop". I tore ligaments in my foot and damaged a tendon. The doctor held his index finger in my face telling me not to be stupid and to stay off of my foot so it can heal. Well...this became a struggle of letting go of control. I had to call a friend for help to the ER, ask other friends to drive my children to school, I even had

a friend pick me up food at the grocery store. You have no idea how hard it was to relinquish control over these daily tasks, how hard it was to ask for help and allow help to be received.

How many of us need help and struggle with asking for it or even better, receiving help? Is it pride or ego? Is it giving over control and letting someone else do it their way? On the other hand, isn't that why we have friends? Isn't this why we build a community around us? I was given the wonderful lesson of learning to appreciate my friends and all that they have to offer in care, concern, compassion and most of all, genuine friendship.

What a great gift to have such a generous community, isn't it?



**We Can Now Take  
Credit Cards!!!**  
Visa, Mastercard,  
Discover & American Express

\*Gift Certificates  
Always Available\*



## Save the Date

**We Celebrate You on Saturday Dec. 1st!!!!**

That's right, we want to show you how much we appreciate **YOU!** On **Saturday Dec. 1st** from **11am-2pm**, **Bridges To Healing** will host a **client appreciation Wellness Day!** Existing clients will enter for **free** to enjoy **chair massage, foot massage, spinal or nutritional assessments, class demos and psychic healings** from several different practitioners. All other visitors will be asked to pay \$5 to enjoy our services for the day. There will of course be **free drawings, gift baskets, and yummy holiday treats.** We look forward to showing you how much we appreciate you!

**Coupons Available** **Bridges to Healing**  
for clients on our Yoga • Massage • Wellness  
mail list...please for Adults and Children  
email to join (530) 320-3499  
www.bridgestohealing.info

## Ready to Challenge Your Thinking?

### Damon speaks on Addressing Back Pain Nov.15th 7pm

This discussion on back pain (and much more) is based largely on the work of Dr. John Sarno and his book "Healing Back Pain". Dr. Sarno is the Professor of Clinical Rehabilitation at New York University School of Medicine and attending physician at the Howard A. Rusk Institute of Rehabilitation Medicine at New York University Medical Center. He questions the conventional diagnosis of most back pain (& many other types of pain) and offers a theory based on 40 yrs of practice and research using 'mind/body' connection that is still largely ignored by much of traditional medicine.

Damon will weave in his education and experience as an athlete, massage therapist, personal trainer, and his work with movement and stretching therapies. Be ready to have your thinking and assumptions challenged about back pain, shoulder and neck pain, sciatica, fibromyalgia, allergies and much much more.

## Upcoming Events

**November**  
2nd Free Drop In  
Healing Clinic (6-8p)

15th Wellness  
Education: Damon  
Williams Addresses  
Back Pain (7-8p)

**December**  
1st Client  
Appreciation Wellness  
Day!!!!!! (11a-2p)

7th Free Drop In  
Healing Clinic (6-8p)

**Looking Ahead:1/12/08-**  
Business Marketing for body-  
workers and small businesses  
call for more info or to  
register 530-320-3499

**Who do you know  
that needs a  
massage?**

Refer 4 friends for 1 hr  
or more massage and get  
a **FREE** Massage!  
(talk about win win)

**Gift Certificates  
are a wonderful  
holiday gift!**

*Namaste*