

This issue of the Olympian is
Sponsored by:

Fall 2005



Celebrating 30 Years Of Service To Our Community

- New Products
- Classes
- Events

We're Celebrating Our 30th Anniversary!

To Say "Thank You" We're Giving Away a Grand Prize of
"One Free Massage a Month for a Year" and other great prizes.

When Radiance opened its doors back in 1975, who knew that we'd be here 30 years later, still providing our community with professional, therapeutic massage and the best herbs and nutritional supplements available! Over the years we've added many other wonderful products including natural body care, books and unique gifts. But what we really want to acknowledge is that we couldn't have done this without the steady and loving support of our community. Radiance has continued to thrive as a small business in



Our Retail Staff members are here to assist your exploration of our wide range of products and services...
Front Row from left: Carolyn, Jeanne, Carol, Kristy, Judy.
Back Row: Victoria, Tracy, Diane, Calista, Amy, Michael, Teri, Ariel.
Not shown: Tia, Teresa, and Corinne.

downtown Olympia because you have been there for us year after year. By continuing to support us, you've confirmed that the quality and ethics we work hard to maintain for our products really do matter. We wouldn't be here without you; we couldn't do what we do without you! We offer our most sincere thanks, and we look forward to serving you for many years to come. So, let's celebrate a great relationship!

The Grand Prize Winner will be announced on September 18th and you need not be present to win. All coupon prizes will be valid on your next visit to Radiance.

Visit Radiance between September 10th and the 17th to draw from our *Anniversary Jar* for discount coupons and other prizes. While you are here enter our Grand Anniversary Drawing for "One Free Massage a Month for a Year" and other great prizes.

How Can You Most Fully Benefit from Green Tea?



Organic "Edible Green"™ Sencha Green Tea

Ingesting the leaf itself (rather than making tea and discarding the leaves after brewing) gives you up to 100 times more of the beneficial antioxidant catechins green tea is known for, according to a USDA comparison. Sencha Green Tea powder can be mixed into hot or cold water, juice or smoothies for an easy and delicious nutritional boost. Just 1/8 teaspoon gives you the same benefits as four cups of brewed green tea.



Reflections of the Sacred in Our Lives

Our world is filled with distraction and busy-ness. Images of the sacred—be they jewelry, hand-made pocket stones, or statues of your favorite deity—will help you stay centered and in balance as you travel through each day. Radiance strives to be a bridge between cultures and therefore offers representations of the sacred from many different belief systems.



Left to Right: K Robins Designs: woman-crafted jewelry made in America; Bronze Buddha; Quan Yin; Open Heart

Delight Your Senses and Those Around You, Too!

"Roll-On" Aromatherapy Blends

Wild Carrot Herbals has now created an exquisite array of roll-on essential oil blends called "Essential Infusions". Perfect for every day aromatherapy, spot treatments for skin problems, or simply to smell divine. Each comes

with a gift bag and information card. "My favorites are *Soul Shine* for its luxurious fragrance and *Rooted* for its grounding sensation." – Calista (our Body Care Team Leader).

(New Products Continued on Page 4)



Weleda Body Care

In Harmony with Nature and the Human Being

Weleda has been a pioneer in organic body care since 1921. Their ingredients are biodynamically grown, free of artificial preservatives, colors and fragrance; never tested on animals.



Iris Facial Care line:

(cleanser, toner, day cream, night cream) is formulated for all skin types and is especially helpful for combination, oily and acne-prone skin.



Skin Food:

Weleda's answer to pampering extra dry skin.



Shaving Cream:

For face and body, made with goat's milk and extracts of almond and pansy for moisturizing sensitive skin.



After Shave Balm:

Chamomile and Myrrh calms skin and soothes after shaving (wet or dry).



113 5th Avenue SE • Olympia, WA 98501

www.radianceherbs.com

Store Hours:

Mon-Fri 10am-7pm, Sat 10am-6pm, Sun 12-5pm

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Fall Classes & Special Events 2005

Each Fall and Spring Radiance staff members and friends focus their creative energies to offer a wide range of classes and events for you. The enthusiastic response we are receiving tells us we're on a good path. We hope you enjoy this season's offerings... **Meet our class instructors:** You'll find photos and information on our website at www.radianceherbs.com or ask for this information in the store.

September Classes

Lomi Loku o ka Lani (deep tissue upper body)

September 16-18

Friday: 10am-6pm, Saturday & Sunday:
9am-6pm

Lomi Loku o ka Honua (deep tissue lower body)

November 18-20

Friday: 10am-6pm, Saturday & Sunday:
9am-6pm

Lomilomi-Hawaiian bodywork is a sacred dance, embracing the body, using intention, prayer, and focus as a moving meditation. You will learn a full-body massage—using hands, forearms, and elbows like the ocean washing over, stretching and opening the energy flow throughout the body. You will learn the meaning and story of each area of the body, bringing the gentle hand of the Mother, the focus and protection of the Father to the table, calling forth the Inner Child to unite with the Higher Self in complete alignment. Classes are limited to 12 students. 23 CEU credits and certificate of completion presented.

The teachers, Kim & Jim Hartley, have been students of Hawaiian Massage for 12 years. Their assistant Barbara Helynn Heard brings her love of Hawaiian language and hula along with her eight years of study of Lomilomi.

Cost: \$325 (\$275 for retaking),

Couples special price: \$550.

A \$50 non-refundable deposit is required to hold your spot.

To register and for more information:

Call Kim and Jim at 360-956-1169.

Jin Shin Jyutsu Self-Help

Thursday, September 22 or November 10
7-9pm

Invite health and happiness into your world through the practice of this life changing healing art. You will learn how to use your fingers for vitality and relaxation, how to apply an energy flow for yourself, and how to experience the effortless reality.

Jin Shin Jyutsu employs 26 "safety energy locks" along energy pathways that feed life into the body. When one or more of these paths become blocked, the resulting congestion can disrupt the local area and eventually disharmonize the complete path of the energy flow. Placing the fingertips on these locks in combination can harmonize, release, and restore the energy flow as it facilitates the reduction of tension and stress bringing balance to mind, body, and spirit. The art works with all labels of body and mind from depression to cancer. Taught by Linda Marie Watt.

Cost: \$25

To register: Call Linda at 360-357-3070.

Rejuvenate Your Skin

Sink Into Blissful Relaxation with a Dr. Hauschka Therapeutic Facial

Kerri has been trained in the U.S. and Germany and specializes in the Dr. Hauschka classic treatment, a holistic therapy that revitalizes your skin and helps you sink into blissful relaxation. Appointments are available on

Wednesdays, Fridays
and some Saturdays.

For more information about this unique experience, call Radiance at 360-357-5250

and leave a message for Kerri. She'll call you back to answer your questions and schedule an appointment.



Long Life, Happy Life: Staying Vibrant with Herbs

Wednesday, September 28

6:30-9pm

Many of the common complaints that often accompany aging can be transformed or prevented by utilizing herbal and nutritional support. After all, green plants are the earth's most basic gifts of life! In this class, we will look at general considerations for working with herbs, as well as discuss natural approaches to maintaining vitality and stamina, flexibility and joint health, bone/skin/hair changes, cardiovascular health, sexual desire and function, restorative sleep, eye health, digestive complaints, urinary incontinence, constipation, and more. Whatever your current age, if you plan to live a long and vibrant life—this class will guide your steps to a vital and vigorous present as well as future. Herbal samples and detailed handouts will be provided. Taught by Carol Trasatto, herbalist.

Cost: \$35

To register: Call Radiance at 360-357-5250.

October Classes

Herbs for Winter Health

Thursday, October 6

6-8pm

Come join us for this hands-on herbal workshop in the kitchen. We'll discuss good cold and flu remedies to have on hand this winter and we'll craft some homemade medicine together. Taught by herbalist Tracy Looman.

Cost: \$20

To register: Call Radiance at 360-357-5250.

Northwest Medicinal Plants Intensive

Saturday, October 8, 11am-5pm

Sunday, October 9, 1-5pm

Saturday, October 15, 11am-5pm

This class will be an in-depth study of some of our common, yet rarely used, native plants. The first day we will build a *materia medica* of six to eight plants including their energetics, pharmacology and clinical applications. The following day we will go in the field to meet the plants and learn gathering and medicine making techniques. The next weekend we will continue to deepen our understanding of the plants and try different medicinal preparations made from them. Taught by Elise Krohn, herbalist.

Cost: Sliding scale \$110-160

To register: Call Elise at 360-485-3848.

Basic Soapmaking

Sunday, October 16

1-4pm

Make soap the old-fashioned way. In this hands-on class you will learn how to safely handle lye, which oils make the best soaps, and tips and tricks for making two different batches—so wear your grubbies. Students will take home their creations after they are fully cured (about three weeks). All materials are supplied. Class size is limited. Taught by Kerri Ward Merrill and Michelle Lopardi.

Cost: \$40 includes materials

To register: Call Radiance at 360-357-5250.

Birth of a Sacred Drum

Saturday, October 22

12-4pm

Come give birth to your own sacred drum. You will co-create this sacred tool of healing and transformation, using the power of intention and prayer to weave magic into your drum. Drumming was used in many ancient cultures to draw upon the rhythms of life and to create a connection with the natural world. At one time the beat of the drum was used to invoke

the pangs of childbirth, to quicken the growth of the plants, and connect with the spiritual realm. Join yourself to these ancient knowings and all that your creative heart brings to this process. Limited to five participants. Taught by Lori Boess. Lori made her first drum in 1992 under the teachings of Grandmother Berniece Falling Leaves. She has been offering drum making workshops since 1995. Lori is also a massage therapist in Olympia.

Cost: \$175, materials included: 16-inch frame, hide, lacing, beater

To register: Call Lori at 360-280-2117 and to discuss hide choices.

Cell Level Meditation

Saturday, October 22

1-5pm

"Cell meditation has allowed me to feel more connected to my own body and the greater mystery of life at the same time."

"My doctor said, 'I don't know what you're doing, but keep doing it. You're doing great!'"

Sound strange? Perhaps what we can achieve is only limited by our own lack of imagination. Meditation is such a powerful tool. And it's pretty simple to do. The most difficult thing about it is giving up our ideas about what it's supposed to be like. Come and learn a simple meditative tool: Cell Level Meditation. We take the breath to the cells of our bodies. Perhaps they like the attention, and they respond. Cell Level Meditation is a wonderful adjunct to any healing modality.

Level 1: This class is to get some basic experience with this type of meditation. During four hours, you'll get some information to satisfy your mind and some practice to satisfy your body. You'll also receive a booklet (*Cell Level Meditation: A Primer* written by Patricia) with some ideas to help you on your inner journey to the cell where healing takes place.

Taught by Patricia Kay, MA, HMC, and continuing student of Dr. Barry Grundland, a psychiatrist with over 40 years experience in psychoneuroimmunology (mind/body healing) and the founder of Cell Level Meditation.

Cost: \$42

To register: Call Patricia 360-866-6974 by October 15. Class size is limited to 10 participants and it fills up fast!

Level 2: This class is for people who have already taken the first level and want to practice and deepen their experience. It helps you trust yourself more deeply. We'll gather for two hours a week on four consecutive weeks.

Wednesdays: October 26, November 2, 9, 16
7-9pm

Cost: \$60 includes all four sessions

Taking Care of Yourself as Healer or Teacher

Saturday, October 29

10am-5pm

Working as a health care professional or educator offers the opportunity to share the gifts of our time, talents and energy. Participating in this journey, as caring and compassionate providers, requires us to be mindful of balancing these same gifts in our own lives. This class will focus on strategies and skills to support mindful balance and avoid burnout. Students will learn to determine their current energy level, determine when they are burnt-out, what to do about it and how to maintain daily balance in work, play, rest and spirit. We will work with art, music, mindful meditation and creating sacred space during the class. This is a wonderful opportunity to focus on taking care of yourself and filling up so you can continue to be the amazing healer or educator that you are! Taught by Beth Wilder, Occupational Therapist.

Cost: \$50

To register: Call Beth at 360-493-2006.

Mehndi: Introduction to the Art of Henna Body Painting

Sunday, October 30

or Saturday, November 19

1-3pm

Learn the art of Mehndi and how to apply the designs to your skin. Hear about the history of Mehndi and learn how to care for the applications. You'll have an opportunity to try a simple design on yourself or another class participant, using the Mehndi products that are available at Radiance. Taught by artist Joan Aitken.

Cost: \$12

To register: Call Joan at 360-493-8343.

November Classes

Advanced Soapmaking

Sunday, November 6

1-4pm

For those who have mastered the basics of soapmaking using lye and are ready for the next level. In this class you will learn marbling techniques, how to create superfatted soap and an exfoliating soap. We will talk about cutting, curing, forming, packaging, and decorating. All supplies provided. Taught by Kerri Ward Merrill.

Cost: \$40

To register: Call Radiance at 360-357-5250.

The Miracle of Homeopathy

Tuesday, November 8

7-9pm

"I found I could think clearly and didn't feel so scattered. What a relief!"

"My fever went down. I slept through the night and I was fine by the next morning. It was amazing!"

"Finally, I'm getting my life back after 15 years of living with Chronic Fatigue Syndrome."

"Homeopathy is like a miracle when you find the right remedy."

Homeopathy is a philosophy of healing which respects the body's ability to heal itself. And, frankly, there is quite a trick to finding that "right remedy", especially in the complex world we live in. In this presentation, Patricia Kay, longtime classical homeopath, will talk about this philosophy. It shakes up the way we usually think about healing and inspires a deeper appreciation for the intelligence of the body.

Cost: \$15

To register: Call Patricia at 360-866-6974 by November 1.

Changing Woman:

Flourishing through Menopause

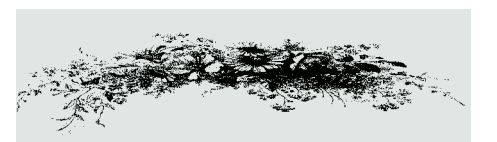
Saturday, November 12

11am-3pm

Spend an afternoon exploring ways to navigate menopausal changes without losing your mind, your job or your relationship! Specific herbs, foods, essential oils, flower essences, and other approaches can be of great assistance in dealing with the many manifestations of this powerful transition. Bring your concerns and your questions. You will walk away empowered and with lots of specifics to help guide you on. There will be an assortment of tasty supportive foods and teas for you to sample. Please join us and bring a friend. This investment of a few hours out of your busy life will offer you years of benefit. Taught by Carol Trasatto, herbalist and changing woman.

Cost: \$65-75 (includes supplies and many handouts)

To register: Call Radiance at 360-357-5250.



Luscious Lotions and Lip Balms

Tuesday, November 15
6-9pm

Making your own lotion and lip balm is easy and incredibly rewarding! Learn to use pure body care ingredients that support the skin and make you feel like royalty. We will gather in the kitchen to share favorite recipes and techniques. Together we will create rose face cream and a healing lip balm. Be prepared—these make wonderful gifts and your friends will be knocking on your door for refills. Taught by Elise Krohn, herbalist.

Cost: \$30 includes samples and handouts
To register: Call Elise at 360-485-3848.

Preparing and Healing from Surgery:

Herbs, Foods, and More

Wednesday, November 30
6:30-9pm

We hope, of course, never to come to the place where surgery is necessitated. But should it be indicated to improve quality of life or the possibility of continuing to live at all, we can embrace it with the fullness of our wisdom. Intentionally preparing our bodies and spirits for surgery can greatly ease the trauma of the procedure; recovery can be expedited by the judicious use of herbal medicines, vibrant foods, and other approaches. In this class, we will discuss numerous ways and means for enhancing the success of any surgical procedure—Adaptogenic herbs to strengthen physical and emotional resilience, immune system tonification, dietary preparation, enhancing nutritional status, vibrational hygiene, recovery from antibiotics and anesthesia, herbal anti-inflammatories, dealing with trauma, improving recuperation, communicating with your physician, herb/supplement contraindications, and more. You will leave with a detailed handout—compatible with your surgeon's instructions—guiding you through preparation, the day of surgery, the first few days post-surgery, and beyond. Whatever your current health situation, there are plants both as medicines and foods which can improve the outcome of such interventions. Taught by herbalist Carol Trasatto, who brings 25 years of working with plants and people to this offering.

Cost: \$35
To register: Call Radiance at 360-357-5250.

New Feature

Introduction to Ask the Herbalist

Some months ago, we introduced a new feature on our website that we wanted to announce here in print. The column is called "Ask the Herbalist" where long-time staff herbalist Carol Trasatto will discuss questions commonly asked in the store — or questions you'd like to have her address. No question is too basic — our goal is to help you become more comfortable with working with the wonderful herbs and nutritional supplements we stock on our shelves.

We must remind that our role is not to prescribe for health complaints, but rather to educate about the gifts of the plants themselves and to explain the way herbal medicine has proven itself of benefit in improving well-being. We are happy to explain the differences between plant preparation formats such as teas, tinctures and tablets, and to provide help in choosing the form for a particular plant that will be most efficacious in a given situation.

So... if there's a question you've wanted to ask but have been too shy to do so, here's another forum where you can. Please either email your question to radiance@radianceherbs.com or jot a brief note and deposit it in our Suggestions & Comments box near the front door of the store. Please note that we will not use your name in our response. Check this column on our web page periodically to see what's new. And thank you for appreciating the blessing of plant medicine.

Ongoing Classes

Plants & Planets: Aligning with Celestial Influences

3rd Thursdays: September 15,
October 20, November 17, etc.
6:30-8pm

A look at the month ahead and the celestial energies in store for us. We'll discuss how to support ourselves through the planetary transits with herbal medicines, gemstones, flower



essences, and other gifts of the Earth. Come join this lively community happening which is celebrating its seventh anniversary this

Fall—exploring how

the big picture relates to our town and our lives. For those unable to attend, the eight-page monthly handout is available by subscription. For non-subscribers, handouts will be on sale at Radiance each month. Presented by astrologer Rosie Finn and herbalist Carol Trasatto.

Cost: \$10 includes the newsletter (Drop-ins welcomed!)

Location: The café at Traditions Fair Trade, 5th and Water St., downtown Olympia

For subscription info: Call Carol at 360-705-1430.

A Look at Cycles in Astrology

September 2005 to March 2006
One Saturday a month
10am-2:30pm

Each class will be a unique look at planetary cycles and what that has to do with us. We will connect what astronomers are discovering with the myths and archetypes of astrology. Through attunement with the movement and patterns of celestial bodies, we will find affirmation for our most extraordinary and mystical experiences. Taught by Rosie Finn, astrologer.

Cost: \$54 per class
To register: Call Rosie at 360-867-9177.

Energy-Work: Empowering Ourselves through Personal Healing

September through February (6 classes)
One Friday evening a month
5:30-9:30pm

The difference between an ideal life and a practical life is in the living of it. Practical idealism is a personal choice to liberate ourselves from our limiting beliefs and emotions and open to the health, relationships and lives we want and deserve. Sometimes we attempt to change our lives, as if they were movies, by altering the characters and events on the screen. Yet changing the external projections is impossible. We must change the film, the origin, and ourselves for our lives to change. Learning HOW to effect change in ourselves and transform thoughts and emotions in a safe environment is what this class is about. Energy-work, self-witnessing and more will be explained, experienced, and made practical with tools you may easily incorporate into your life. Taught by Aria Taylor. For more information visit www.ariataylor.com

Cost: \$65 per class
To register: Call Aria at 360-866-8780.

Energy Work: Tools for Healing Guided Practice CD

This CD is an affirmation of nurturing self-love and a relaxing opportunity to learn deeper self-care tools. Three tracks include a discussion of energy work, a 42-minute energy-work session, and a 16-minute session. Local practitioner Aria Taylor has devoted much of the last year creating this gift to her community. Stop by and listen to our demo before purchasing your copy.



Ask the Herbalist

I want to begin working with herbal teas in my regular self-care routine but I really don't know where to begin when I walk into your store. Please help.

If you're feeling shy about asking one of our herbal educators for assistance, take a look at the bulk herb wall—particularly the jars with green labels. These are tea blends, most of which we formulate in-house, to address various common complaints. There you'll find 29 teas with names such as: Lung Tea, Liver Tea, Nerve-ease, Sandman's Sleepytime, Pregnancy Tonic, Nursing Tea, Women's Nutri-Tea, New Man Tea, Throat Coat, Cold Comfort, Intesti-Flu, Flu Re-Leaf, Tummy Tea, Into the Dreamtime, Relaxing Tea, and so on. Most of these teas are made from leaves and flowers and can simply be steeped as you would teabags when you choose to enjoy them. Some consist of roots and barks and require simmering for 20 minutes or so. Feel free to ask for suggestions as to the best preparation for each tea.

Each jar has a label that lists the ingredients. All Radiance house blends are composed of organically cultivated or ethically wildcrafted herbs. Please be assured that a bit of blessing and healing intention are also added when the blends are created!

What's the best way to store herbs once I get them home?

Herbs stay freshest when stored away from light, heat, air, and moisture—these will degrade the flavor and healing constituents over time. An ideal storage choice would be an airtight glass jar such as a canning jar that is kept in a cupboard or otherwise away from sunlight. Amber jars

are great when herbs must be stored on an open shelf. Paper bags are another choice, although best for short-term. Plastic containers or bags are not recommended for long-term storage, as potential contamination with harmful substances might occur. Be sure to label all herb containers with the plant or tea name and the date. This may help at some future time when all the green leaves begin to look alike!

What's the shelf-life for dried herbs?

This depends on the condition and age of plants you start with. If freshly dried and still vital (as ours mostly are), most herbs will keep their taste and effectiveness for about one year. Flowers and more fragile herbs need to be used sooner, generally within six months. With ground spices, it's best to buy small quantities and replace them more frequently. Again, be sure to store herbs in effective containers away from light, air, heat, and moisture.

How do I prepare these herbs? What's the difference between a tea, an infusion, and a decoction?

Preparation really depends on the person's intention and the plant in question. The distinction between tea, infusion, and decoction lies in the proportion of herb to water, the length of time the herb is in contact with the water, and the amount of heat the concoction is subjected to.

For beverages and most acute health situations, teas will suffice. For tonifying purposes, infusions are generally indicated. Decoctions are used in either case when dense plant material is used.

SPECIAL EVENTS

Dr. Hauschka
Skin Care



Where Science and Spirit Meet™

Dr. Hauschka Skin Care Free Consultations

Thursday, October 13
3:30-7:30pm

Combining the wisdom of science with the vital forces of plants from biodynamic gardens and minerals from the earth, Dr. Hauschka Skin Care preparations bring harmony to the skin. To introduce you to the purity and quality of Dr. Hauschka products, licensed aesthetician Kerri Ward Merrill will offer complimentary 30-minute consultations and samples.

To reserve your space call Radiance at 360-357-5250.

Note: Kerri is also available in the store from 1-4pm on the second Saturday of each month to assist your exploration of natural skin care products.

Dr. Hauschka Free Mini Make-Overs

Thursday, October 27
3:30-7:30pm

Dr. Hauschka offers a complete line of decorative cosmetics that work in harmony with the true nature of your skin, fine-tuning those thoughts and feelings that are reflected in your face—colorfully, beautifully, and uniquely. Kerri will offer complimentary mini make-overs using colors derived from biodynamically and organically grown plant extracts, safe mineral pigments and protective rice oils.

To reserve your space, call Radiance at 360-357-5250.

Teas—are made from leaves and flowers primarily. To prepare tea, add 1 tsp. to 1 T. dried herb to each cup of water. Boil water. Pour over crushed, crumbled herb. Cover to retain the herb's volatile properties. Steep 5–15 minutes. Strain and enjoy. Assorted utensils for making teas include—Tea balls, tea pot/mug, jars, strainers, muslin bags.

Infusion—An herbal extract in which the plant is steeped in water for an extended period. This method is used for leaves, flowers, and roots (if they contain highly volatile constituents). A therapeutically beneficial infusion generally involves both more quantity of herb and more steeping time than a beverage tea. To prepare an infusion, use about 1/4-1/2 cup of herb for each quart of water. Place the herb in a canning jar or teapot. Cover with boiled water and let steep from one hour to overnight. Strain and store unused portion in the refrigerator for up to three days. Utensils for making infusions—Canning jar, lid, strainer or cheese cloth.

Decoction—A preparation made by gently simmering plant parts in water for 20 minutes or longer. In general the harder, denser parts of plants are prepared this way—roots, barks, seeds. To prepare a decoction, use about 1/4-1/2 cup of herb for each quart of water. Add roots, etc., to cold water. Allow to hydrate for 10 minutes or more. Bring to a boil, then reduce the heat. Simmer gently for 20 minutes or for as long as several hours, depending on the plant[s]. Utensils for making decoctions—glass, ceramic, or stainless steel pot; strainer or cheese cloth; jar for storage.

*Carol celebrates her 13th anniversary with Radiance this September. Her manual **Conscious Caregiving: Herbal Medicine, Nutrition, Flower Essences and More** is for sale at the store.*

Feature Products & Special Events 2005 - 30th Anniversary Edition

The 15-Minute Solution for Pain

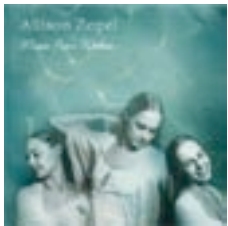
"Skin & Joint" Ultra Relief MSM Cream

It's hard to believe the testimonials about this product, but we encourage you to give it a try if you suffer from arthritis, athletic injuries, carpal tunnel syndrome and a number of other chronic pain issues and skin conditions. MSM is an organic sulfur compound that plays a major role in healthy body functions. Found in many common foods, it is easily destroyed during processing. MSM helps eliminate toxins, nourishes skin, relieves pain and inflammation, reduces swelling and speeds healing. It even comes in a trial size for skeptics.



Music from Within Relaxing Piano by Allison Zopel

Inspired by the music of George Winston, David Lanz and Sarah McLachlan, Allison has created a beautiful CD of relaxing piano originals. An accomplished musician by the age of 17, Allison suffered brain injuries in a car accident at 20, and spent four years in a healing process. "Music from Within" is her gift to us in the hope that we can slow down and let what's inside truly emerge.



Calling All Jigsaw Puzzle Fans



These 1000-piece puzzles are sure to

delight with images by Maxfield Parrish, Susan Boulet, Waterhouse, plus Japanese Silk Screen Art, Tibetan Mandalas, Amazing Bugs and more.

Overnight Relief for Dry Hands & Feet

Apply an extra dose of your favorite moisturizing lotion and don these special gloves and socks – enjoy softer hands and feet overnight! Even callused, cracked, extra-dry skin can improve with an extended moisture treatment while you sleep. Soft natural cotton.



Moisture Mitz



Manly Mitz



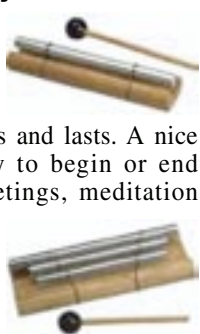
Sleepy Feetz

Relax, Re-Focus, Re-Energize with "Zenergy" Chime

Just a gentle tap with the mallet and the Zenergy Chime emits a beautiful tone that

lasts and lasts. A nice way to begin or end meetings, meditation

or yoga sessions, etc. Available in Solo, Duo and Trio models.



The Best Calendars for 2006

Due in early September. Not only will we have the ever-popular We'Moon Calendar (now in full color), but you'll also delight in these perennial favorites: *Original Papercuts* by Nikki McClure, *Shaman* and *Goddess* by Susan Boulet, *Live with Intention* by Renee

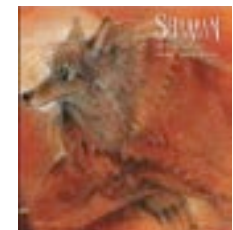


We'Moon

Lock, plus Rumi, Thich Nhat Hanh, Georgia O'Keefe, *The Witches' Almanac* and many more. If you can't find your favorite calendar, we welcome special orders!

Two new titles include:

Imagine: The striking art of Cynthia Loudon illuminates our inner and outer lives, gently and gracefully evoking the multi-faceted mystery at the heart of being.



Susan Boulet "Shaman"

Perennial Grace: Sharon McCartney's collages evoke the intricate, multi-layered and stunningly beautiful nature of life while text gives voice to the wisdom of the natural world.



Georgia O'Keefe

You Can Have Beautiful and Natural Make-up



Logona Naturkosmetik proudly introduces its new line of natural color cosmetics, continuing the innovative tradition it began 20 years ago. Its new line offers sophisticated cosmetic options for every look and it does so using certified organic botanicals, vitamins, and natural colorants. Every product fully complies with the rigorous European criteria for certified natural cosmetics. Let us show you everything new about Logona!



Fly Your Colors

The Original Earth Flag: Now made from recycled plastic, the fabric feels like canvas and holds up to heavy use. Three sizes: 9" x 12", 2' x 3' and 3' x 5'



Prayer Flags: West Wind Prayer Flags™ are created in the spirit of the ancient Tibetan Buddhist tradition...where it is customary to give and display prayer flags for special occasions, new beginnings and always for the New Year. For over a thousand years the Tibetans have been hanging Prayer Flags to benefit all beings. Traditional Tibetan Prayer Flags including *Medicine Buddha* and *Wind Horse*; plus English-Language Prayer Flags, Diversity Flags, Peace Flags, and a blank flag set to create your own prayers.

Now on DVD

What the Bleep Do We Know?

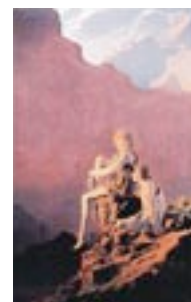
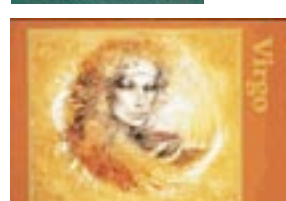
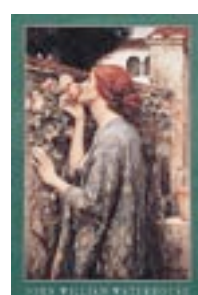
A genuinely upbeat movie with big questions and hopeful answers. Embark on a life-changing journey with Amanda (Marlee Matlin), who tumbles down a metaphysical rabbit hole.



Ultimately, Amanda's perception of reality is turned inside out and the meaning of life becomes clear. Not rated. Also available is *The Little Book of Bleeps*, a collection of quotations from the film.

Art Posters Create a Mood

Adorn your walls with art that creates a mood, sends a message, educates, and generates discussion. Great for home, classroom, office, etc. New designs include informational posters on the rainforest, wetlands, endangered animals, trees, etc., along with our usual assortment of Waterhouse, Maxfield Parrish, Susan Boulet, etc.



ArtsWalk XXXI

Friday, October 7, 5pm – 10pm

Featured Artist

Karen Howard Wearable Art



Karen says about her work, "Many life connections flow throughout my work: sewing, beading, hand-dyeing fabric, hand and some machine embroidery, intarsia crochet

to make fabric, photography, painting, and sketching. I do not remember a time when I was not doing one of these. All of my past



stages, ages, and skills are incorporated into my full-time business of making women's clothing: wearable art!" Karen and her

beautiful clothing will be at Radiance Friday, 5-10pm.

Children's Art

Mixed Media from Lincoln Elementary will be on display in our front windows. Michi Thacker's 3rd and 4th graders present their creative works of art – an annual favorite!

Treat Yourself to a 15-Minute Massage



After you've been walking for a couple of hours, a relaxation break is just what you'll need. Whether it's your feet or your shoulders that are in need of a little TLC, our practitioners will be on hand from 6:15-10pm. The cost is just \$12. While you're here, get a tour of our massage facilities (have you seen our soaking tub yet?).

The Art of Mehndi

Mehndi is the art of henna body painting. Artist Joan Aitken will offer hand or wrist designs (\$7) from 6-9pm. Note: if you are sensitive to eucalyptus or clove essential oils, this probably isn't for you.

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