

News

on the Summer Weekend, Cannon Beach 12-14 August

Stress Relief and Healing Energy Therapist Will Be with Us

Lona Hinckley of Sumner, a remarkable figure in **Clear Point Therapy (Tel. 253 970-1577, <http://www.clearpointtherapy.com/index.shtml>)**, will join our weekend to learn Tai Chi and to give a demonstration and complimentary individual mini-sessions for all who wish them. Then throughout the weekend she will be available for anyone who wants to schedule an appointment.

If you only want to know what my session with her was like, skip to the bold type below. If you want to know what went into that experience, read the light type that leads up to it in the following paragraphs.

It is one thing to hear or read about or to even talk to a genuine therapist, a healer; it is quite another to experience them working on you. Yesterday I had that experience. In my teaching, as you might imagine, a lot of contact occurs with those in alternative therapies—particularly energy and healing—so I've had a substantial exposure to such sessions. And, in those where life issues involving one's mind and emotions in addition to the body's health were concerned, I've not felt much effect because, I think, I've been blessed with a robust emotional and mental outlook.

Yet Lona did say that everyone, no matter how well put together they are, has some stuff to deal with. That's one thing.

The other is, I'm extremely sympathetic to the rights, sensitivities and downright vulnerabilities my students may feel about their religious or spiritual path and the necessity to have it fully respected by any teacher or healer they may find in fields like Tai Chi and more *martial* martial arts, Yoga, stress relief, healing, energy. And I've frequently noticed, as I'm sure you have, the hidden agendas such people can insinuate into their relationships with their students or clients. A very important second thing!

Lona surprised with both. She found physical problems known to me that even my very good doctor is unaware of and also their related heart and mind dimensions—then conveyed the healing to them. She also, being so open and so free from having to convert anyone to her path, found the most central thread of my own path and was able to identify with it in her healing work.

I have to confess I was benevolently overwhelmed. She told me afterwards months of effort were achieved—her normal experience in a first session. My students and colleagues and friends: she is a person for the times in which we are living, and I am most happy and honored to introduce her to you at the Summer Weekend.

An indication of her level of work may be suggested by remote sessions she told me she has given as far away as Hawaii with results equal to those done locally in the same room. Also that her range of accomplishment includes successful action on fibromyalgia, depression, allergies, low self-esteem, Parkinson's disease, grief and suicidal movements, candida, anorexia and bohemia, sciatica, rape trauma, the trauma of parental sexual and physical abuse, and many more. It also includes the most serious diseases, publicly unmentionable ones due to government regulations.

Lona's coming to bring Tai Chi into her therapy. Come, integrate her therapy into your Tai Chi!

