

Making a Difference ... One Person at a Time

Stone Soup Project Holistic Wellness Services

The Stone Soup Project

The Stone Soup Project is a collaborative of holistic health practitioners who believe all individuals should have access to, and would benefit from, wellness services.

These programs are able to enhance the quality of life and provide demonstrated improvement to recipient's physical and emotional well-being. Members of the Project are accountable, and have the expertise and the professionalism in their chosen fields - e.g. massage therapy, meditation, life coaching - and volunteer their services to help others on behalf of the Project.

A division of the Stone Soup Project also provides volunteer therapies to local animal rescues.



Members of The Stone Soup Project are committed to ethically providing therapies and education in partnership with organizations that provide advocacy, education, and services towards improving the health of their target populations.

For More Information

If you are an individual who would like to receive wellness services, please contact a social service agency to inquire about possible sponsorship.

If you are an agency which is interested in partnering with the Stone Soup Project to benefit your members, please contact the Project in care of The Reiki Center.

If you are a wellness practitioner who believes that partnering with others in a shared dream can change our world, the Stone Soup Project needs you.



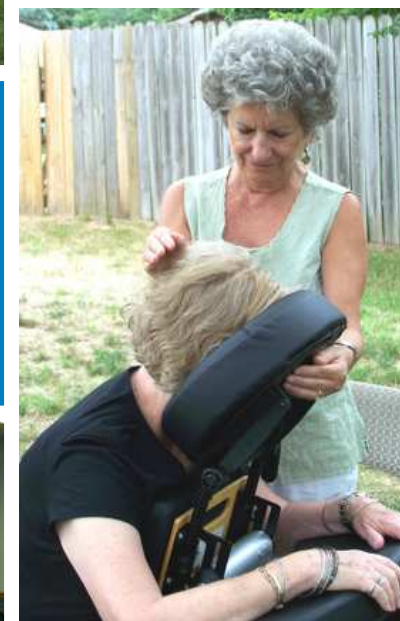
For additional information, please contact:



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Sometimes a little extra support can make all the difference.

How can you help me?

Many people believe that natural wellness therapies are a safe and effective complement to your medical care. Examples may include massage therapy to take away discomfort from your aching muscles or learning how to quiet your mind to become more relaxed.

The Stone Soup Project works with agencies to help bring greater wellness to their members using methods recognized by the National Institutes of Health. Some of these practices you know and perhaps have already thought about trying. Other practices may be unknown to you but might sound like something you would like to try.



What services are offered?

The National Institutes of Health groups complementary practices into the following general categories *:

- * **Natural Products**, including learning how to eat healthier meals and how to incorporate healthy supplements, vitamins and other supplements into your diet.
- * **Mind - Body Medicine**, which focuses on the interactions among the brain, mind, body and behavior. Meditation and yoga would be included in this.
- * **Body based practices** focus primarily on the bones and joints, soft tissues, and circulatory and lymphatic systems. Two commonly used therapies in this category include chiropractics and massage therapy.
- * **Movement therapies** are used to promote physical, mental, emotional, and spiritual well-being, and may include Pilates or the Trager Approach.
- * **Energy Therapies** are currently being studied by the NIH to identify how your body's ability to heal itself can be impacted by Reiki, healing touch or magnet therapies. Many therapies believe that illness results from energetic blockages anywhere in the body.
- * **Whole Medical Systems** may include Chinese medicine, acupuncture, or homeopathy to bring increased wellness to the entire body.

Why is this called the Stone Soup Project?

Remember the fable of the traveler whose boiled stone is transformed into a delicious soup through donations of a potato, a carrot, a cabbage from helpful bystanders? This timeless story reminds us that the contributions of many individuals can help us all reach our shared goal. Practitioners who are part of the Stone Soup Project believe that uniting our energies can create a healthier community and a better world.

How does this work?

The Stone Soup Project partners with agencies which seek to bring enhanced well-being and empowerment into the lives of their clients, members and constituents.

The agency serves as liaison in the logistics of service delivery, identification of potential wellness services and the selection of eligible recipients.

The focus is on helping each client, regardless of ability to pay. If the client is able, a nominal amount will be accepted. In other cases, the sponsoring agency may wish to underwrite costs or ask that wellness services be repaid through volunteerism to the agency.

The wellness of each client continues to be the most important aspect of the Stone Soup Project's mission.

* Information on all modalities included in the National Institutes of Health Center for Complementary and Alternative Medicine can be found at <http://nccam.nih.gov>.