

Creative Relaxation

Skills can be learned to maximize performance

"I hear so many people say that they are daytime people or nighttime people. Why can't we all be anytime people?"

— Dr. Deborah Bright

By LORAJNE McCLISH

Dr. Deborah Bright, founder of Creative Relaxation and author of a just-off-the-press book by the same name, comes to Southfield to conduct a high intensity workshop on how to turn stress into positive energy.

The nine-hour session runs from 7-10 p.m. Tuesdays, from March 11-25 in Sun and Sail, 28620 Northwestern Highway.

"The art of creative relaxation is a highly personalized technique," said the Farmington Hills resident. "Each individual tailors the techniques and uses those components that work best for him or her. The technique is versatile, enabling its user to be attuned to his or her own needs throughout a busy, active day."

She adds that her philosophy was put to its ultimate test during a whirlwind tour of promoting her book, managed by its publisher, Harcourt, Brace, Jovanovich.

"I was able to get through it without jet lag," she said. "I have techniques for what I call quick-charges, and I have techniques to help you get to sleep while your mind is still spinning with what is on your agenda for the next day."

WHEN DR. BRIGHT was Debbie Tomberg in 1969, she was a high ranking prospect for the women's diving team in the Olympics.

But a brush with blindness shattered those dreams and sent her back to Arizona State University for her bachelor's degree in physical education. Yet, she says the first seed of Creative Relaxation began with her career in platform and springboard diving.

At present she is an adjunct professor in the physical education department at Wayne State University and a therapist at Woodland Hills Center, an outpatient clinic, where she works with clients who suffer from anxiety, headaches, insomnia, high blood pressure and other psychosomatic complaints.

She stresses, however, that her March seminar will be addressed to those "who have too many activities and not enough time and isn't that pretty much all of us?"

"I hear so many people say that they are daytime people, or nighttime people. Why can't we all be anytime people," she says. "I'd like to see all of us doing all we can and more, and living long enough to enjoy it."

DR. BRIGHT begins all of her workshops with a session on the definition of stress because she believes it is a widely misunderstood word.

"Stress is necessary to our existence though most of us do not understand how it functions," she says.

"When stress is applied in a negative way, it becomes distress, and after a period of time it leads to undesirable physical effects. But there is a whole positive side of stress that can be learned to use to enable you to more easily and more quickly reach your goals."

Participants in her workshop will learn how stress is relating to illness and disease, and ways to channel that stress into positive energy. And they will learn how to recognize when they are in danger zones and determine their optimal stress level.

Summed up, she says, "The workshop is a how-to approach to learn ways to minimize stress in certain situations, and in other circumstances to channel stress in ways that are positive."

It is designed for the person who is interested in a logical and practical approach to learning how to successfully channel stress.

HER BOOK is endorsed by Dr. Norman Vincent Peale. The two met while they were on a lecture circuit and he is the minister who performed her marriage ceremony.

In addition to lecturing, she has taught Creative Relaxation to executives at General Motors, Ford Motor Co. and the FBI, and to members of Detroit Red Wings.

Most recently she has produced, with Magnetic Video Corp., a 30 minute videotape presentation which answers the questions of "what to do about stress."

The tape concentrates on helping persons learn to unwind, deal with negative or worried thoughts, "and eliminates the knots that form in the stomach," she said.

"The videotape can easily be incorporated into courses that deal with mental health, dealing with stress, illness and disease, performance in sports and athletics and in subject areas that revolve around dealing with change and maximizing the quality of one's life," she said.

The fee of \$90 for the workshop includes her book, one audio-cassette learning album, to be used for at-home reinforcement and all workshop materials.

"Confirmation of registration can be made over the phone, by calling 661-4411, and by writing a check, made payable to her, addressed to her in care of P. O. Box 44, Franklin, Mich. 48025.



Deborah Bright illustrates how to un-tie a knot in your stomach, one of the techniques used in "Creative Relaxation." Her how-to approach teaches ways to minimize stress in some situations, and in other situations, how to channel stress in ways that are positive. (Staff photos by Randy Borst)

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COL. ROLAND SHARETTE



COL. JAY HAROLD ELLENS

Christians give perspectives on American defense system

Two senior military officers from Farmington Hills, a senator and two professors of philosophy will debate the issues involved in a Christian's relation to the American military forces at 8 p.m. today in Calvin Seminary auditorium. The college is in Grand Rapids.

Speakers for the conference, called "Christian Perspectives on the American Defense System" are Chaplain Colonel Jay Harold Ellens and Colonel Roland J. Sharette, both from Farmington Hills; Sen. Steven Mousa of Grand Rapids and professors Richard Mow and Nick Wolterstorff, both of the college's philosophy department.

Chaplain Ellens and Colonel Sharette represent the U.S. Military as senior officers in the Army Reserve.

Sharette is the commandant of the 5032nd U.S.

Army Reserve School in Southfield which train 400 military personnel a year in various advanced staff and command courses.

Ellens is the command chaplain of the 123rd U.S. Army Reserve Command with responsibility for Reserve Chaplains in Indiana and Michigan.

His talk is called "A Christian's View Toward the Military." Sharette's talk is called "The Military's View Toward Christianity."

Sen. Mousa will speak on "The Politician's View Toward a Christian Military."

Mow, active in Evangelical Christian causes championing social and political change, will talk on "The Christian's View Against the Military."

Wolterstorff, chairman of the department of philosophy at Calvin and author of six books on philosophy and Christian studies, will act as moderator.



Chocolate goodies

Diane Fowler will mold chocolate into sizes and shapes suitable for any occasion but for her visit to Farmington Community Center, she zeroes in on all things suitable for Easter. Participants will learn how to get professional-looking results in creating decorative confections when Fabulous Fridays continue at 1 p.m. March 14. Reservations, at \$6 each, are now being taken by calling the center, 477-8404.



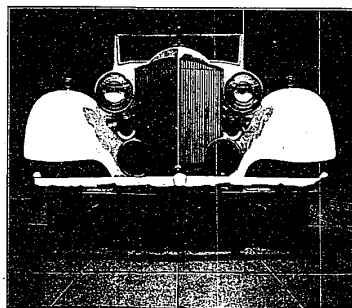
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ART LAMP & GALLERY



"The Straight Eight was inspired by a Packard I had seen at a car show on Long Island. After many compositional sketches, this car and background changed considerably from the original subject."

— Robert Bidner

The Straight Eight is just one chromograph in a series by Robert Bidner. This Designer portrays cars with unerring attention to detail, lending them abstract rather than realistic. His most recent one-man shows include: Far Gallery, New York City - '75, '77 Mickelson Gallery, Washington D.C. - '70, '72, '74, '77 The Brownstone Gallery, New York City - '73

To introduce you to Robert Bidner's newest collection, we're making this special offer:

15% off any chromograph in this car series. Remember, our Art Gallery is at our Main Showroom. Be sure to look for March Red Tag Specials throughout both of our stores.

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