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Harness the power of your intuition to heal

"Dr. Judith Orloff's Guide to Intuitive Healing" (Times Books, March 2000), \$24

BY KEELY WYGONIK STAFF WRITER

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Like a lot of people, I'm always looking for ways to live a health-ier, more balanced life. Every morning, as I sip a cup of coffee, I read something inspirational to get my day off to a positive start.

get my day off to a positive start. Lately, I've been rending "Dr. Judith Orloff's Guide to latuitive Healing," highlighter in hand so I can mark passages to remem-ber later, such as "positive attit-tudes accentuate growth, nega-tive attitudes impair it. We can-not always control the events of our lives, but we can determine our attitude."

our attitude." In her book, Orloff offers "5 Steps to Physical, Emotional and Sexual Welkness." Orloff's a pay-chiatrist with a private practice in Los Angeles and an assistant professor of psychiatry at UCLA. Orloff helps produce under Orloff holps roaders under-stand how to "trust their gut" and use intuition as a diagnostic and healing tool, along with tra-ditional medicine.

ditional medicine. She'll be visiting the Church of Today in Warren on Wednesday to diacuus her new book and intuitive healing. She's been traveling around the country dis-cussing intuitive healing and will address the American Pay-chiatric Association in May. Her topic is "How Intuition Can Be Used to Enhance Patient Care."

Used to Enhance Patient Care." "Finding that still, small voice inside that tells you the truth about things," listening to dreams and sensing warning signs so you can act on them is not a new idea. "Over 2,000 years ago in nncient Greece, dreams were sacred," said Orloff. "Healing

BOOK HAPPENINGS

Book Happenings features events at suburban bookstares, liberries and liberary gatherings. Send news leads to Kecky Wygo-nik, Observer & Eccentric News-papers, 36251 Schooleraff, Livo-nia, MI 48150, or fax them to (734) 591-7279 or c-mail to kwygonik@ oc. homecomm.net.

kwyganik@ oc. homecomm.net. BOOK SIGNINGS II Romance novelist Anne Eames will sign copies of her intest book, "Prognant Virgin," from noon to 2 p.m. Saturday, March 25, at Paperbacks & Things, S044 Wayne Road. Eames is well-known locally for her many books and other writings. Meet the author and discuss her work on this occasion. Call (734) 522-8018 for information. II Farmington Observer Newspaper reporter and Livonla Newspaper reporter and Livonia resident Timothy Smith will be signing copies of his book, "Miracle Birth Stories of Very Premature Bables – Little Thumbs Up! 7:30 p.m. Thursday, April 13, at

Borders, 45290 Utica Park Blvd., Utlcs, (810) 726-8555. 6 p.m. Seturday, May 13, Bolaton, Southand Mall, (734) 287-3533; 7 p.m. Thumday, May 18, Borders, 3527 Washtenaw, Ann Arbor, (734) 677-6948; 7 p.m. Fridaw. May 19 Utica. (810) 726-8555.

7 p.m. Friday, May 19, Waldenbooks, 30200 Plymouth Road, Livonia, (734) 261-7811. In addition, copies signed by Smith and Devin Scillian of WDIV-TV (who wrote the book's prof-TV (who wrote the book's prot-sco), recently were donated to the on-air and on-line versions of the Channel 56 auction, which is scheduled May 2-7. "Miracle Birth Stories..." would be a good item for hospitele and parent-sup-

port organizations to consider bid-ding on. Smith can be reached at (248) 477-5450.

DISCUSSION GROUPS

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II Reimagining Community — This book discussion series at the Carl Sandburg branch of the Livonia library will next look at the stories of John Cheever. The program, which features guest scholars from Madonna University and focuses on the changing con-cept of community, takes place 7 p.m. Tuesday, April 11, at the library, 30100 Seven Mile Road



shrines honoring them towered over the cobalt Mediterranean ... over the cobalt Mediterranean ... Prayer has been proven to enhance the recovery of cardiac patients in a landmark study conducted at San Francisco Gen-eral Hospital."

Frai Hespital." Many people would like to be more intuitive, but they don't know hew, Orloft tries to help in her book by offering five steps – notice your boliefs, be in your body, sense your body's sublic energy, ask for inner guidance and litten to your dreams." To ten its what he calls

ana neuen to your areams." To tap into what she calls "that still, small voice - our innate, intuitive intelligence - a voice so powerful that it can pre-vent illness, relieve anxiety, guide our choice of an appropri-ate doctor/friend/mate, help overcome depression ... and ate doctor/friend/mate, help overcome depression ... and onhance other life experiences," Orloff offers lots of suggestions including keeping a dream jour-nal, meditating, and taking care of yoursel? "It's a great honor to spread it around," said Orloff about her book and her mission to help people become more intuitive. "It's a dream come true."

west of Middlebolt. Coll (248) 478-0700. ■ The Friends of the Centon Public Ubray – host Informal book discussions each manth in the library meeting room. This monthy 3 discussion will be 7 p.m. Nenday, March 20. No registra-tion is required. The March selec-tion is Lisa Carry's The Mermäd's Singing. The Ubrary Is at 1200 S. Canton Center Road. Call (724) 397-0399 for details.

AUTHOR TO SPEAK

Michigen outdoor author Tim Smith will make a special appear ance at the Northville Barnos & Noble store. Smith, author of the Buck Wilder outdoor guides for children and a popular speaker for adult groups, will appear at the store 7 p.m. March 22. The event will consist of a Buck Wilder sto rytime. The store is located off Six Mile and Haggerty.

KIDS STUFF KIDS STUFF B Richard Paul uses humor and his expartences with his own physical disability to discuss ways children can be taught to approciate the uniquaness of each individual, Paul, an accom-plished inspirational specker and children's author, will appear at 7 p.m. Thuraday, March 23, et the Northwile Barnes & Noble, Heggarty and Six Mite Road. B Storytolite Mite Road performs an unforgattable characterization of Harrist Tubman, tailing wonder-ful stories punctuated by histori-cal fact. The program, for ges 4 and up, is sat for 7 p.m. Wednesday, March 29, at the Novi Borders. Cell (248) 347-4643 for Information. IDS STUFF III Richard Paul uses humor and

SHAMAN DRUM Noveliat Sarah Willis will take part in a reading and book signing 8 p.m. Tuesdoy, March 2.1 at the Shaman Drum bookstore, 313 S. State St., Ann Arbor, Willis' book, "Some Thinge That Stay," is the author's deeply moving first novel about a girl's coming of age in the 1950s. With a profound understanding of family dynamics understanding of family dynamics and adolescent anguish, "Some Things That Stay" uses an unfor-gettable narrative voice and marks the arrival of a distinctive, new American talent.

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She's learned that everyone has intuition, a "healing code that contains the blueprints for our health and happiness and for the survival of everything that is good here on earth." You just have to learn how to listen.

have to learn how to listen. Her 'Guide to Intuitive Heal-ing' includes stories about peo-ple who used their intuition to diagnose illnesses. There's Marc, who had a dream about 'an iron pot filled with red-hot coals hanging under his chin.' He felt the heat searing his throat, and went to see a doctor, although ho and no symptoms of illness. "A tumor that turned out to be here. Treatment was prescribed, preventing the spread of the can-cer."

Orloff offers lots of practical Orloff offers lots of practical advice such as "qualities to look for in a health care practitioner and qualities to avoid." Her questions for reflection will help you grow and think of things like death in a new light. If you're on the read to self-dis-covery and looking for ways to live a healthier, more balanced life, stop and spend some time

covery and looking for ways to live a healther, more balanced life, stop and spend some time with "Dr. Coloff's Guide to Intu-itive Healing." Her advice and suggestions will point you in the right direction, because "when it comes to your health or a loved one", trust intuition and you won't go astrny." Dr. Orloff will be speaking about intuitive healing at the Church of Today, 11200 E. 11 Mile Road (between Van Dyke and Hoover) in Warren. Ip.m. and 7,30 p.m. Wednesday, March 22. Open seating, there is no charge, but an offering will be taken. Call (810) 758-3050 for more information. Orloff is also been purchased by Mandalay Pictures to be developed as a made-for TV movie.

Winona LaDuke, author of "All Our Relations," an in-depth account of Native resistance to environmental and cultural degra-dation, will be at the store 3 p.m. Sunday, March 26. For Informa-tion, cell (734) 662-7407.

Dispective TALK Olympia Entertainment presents "An Evening with Sylvia," part of Sylvia Browne's book tour and psychic locture series. Included will be a discussion of the author's third book, "Life on the Other Side." Tickets are on sale now for the event, set for 7 p.m. Tuesday, Sepl. 26, at Cobo Arena. Tickets are \$25 and \$40. For more information, call the For more information, call the Olympia Entertainment event hot-line at (313) 983-6611 or Joe Louis Arena, (313) 983-6606. For tickets, call (248) 645-6666.

SPEAKER AVAILABLE

Mary J. Stevens, autobiographer of "it's All in Your Head," a book of "it's All in Your Head," a book relating her experiences as an identical twin, nun, teacher, wife and mother, as well as her "death" and recovery experience. To schedule speaking engage-ments or to purchase her book, e-mail Stevens at stevnj@oot.com

mail Stevens at steveny@voil.com LIBRARY PROGRAMS The Filint African American Quilters' Guild will put on display a .election of legacy-inspired quilting styles and patters at the Southfield Public Library. The quilting and be viewed any time the library is open, from 9:30 a.m. to 9 p.m. Monday-Thursday: 9:30 a.m. to 5:30 p.m. Friday. Saturday: and 1-5 p.m. Sunday. Cali (248) 948-0470 or visit the Web site at 222.statilib.org.

CREATIVE WRITING WORKSHOP Iris Underfood returns to Borders Farmlegton Hills 7:30 p.m. Thursday, March 23, to conduct one of her patented creative writ-ing workshops. There is no

charge. WORKSHOP

The Writer's Voice: 7:30 p.m. Wednesday, March 22, Charles Baxtor and Michael Zadoorian, at the Scarab Club, Detroit. Free. (313) 267-5310, ext. 338 or www.ymca-artsdetroit.org