



CARING CENTER
— INTERNATIONAL —

offers you...

***A Gift of Deep
Relaxation***

Relaxation

Powerful Support for Your Health

All healing is self-healing. When you have finished your session, you will feel more deeply relaxed. When your body relaxes, your immune system is enhanced, your stress is reduced, and your body is more able to naturally heal itself. These beneficial effects will continue for several days following your session.

In all energy modalities, the energy practitioner acts as a catalyst balancing and enhancing your personal energy field. Some of the time we'll touch you lightly, some of the time our hands will be close to your body without touching. You may experience warmth, coolness, or tingling as this enhanced energy moves through your body.



By entering a state of deep relaxation, you can influence your biological rhythms, such as heart rate, blood pressure and brain wave states. As you deeply relax, setting your daily concerns and worries aside, your body is able to more fully utilize all the treatments you receive, optimizing your entire healing process and enhancing your sense of well being.

Join us for one of your most relaxing and love-filled evenings. Be nurtured by our energy practitioners and feel the comfort in being among others who are seen as their true selves.

Many Positive Experiences

"Without any medication and without any other changes in my lifestyle (with the exception of some Yoga and meditation) my cholesterol level dropped 80 points and my LDL cholesterol (the "bad" cholesterol) dropped 100 points. When my medical doctor saw my blood work results, he called me and asked me how I did it. I told him the Caring Center has helped me."

Jeff

"I feel much better (less stressed, more at peace – giddy even). I wish there was a Caring Center near me in Florida!"

Tiffany

"I was surprised by the depth of my relaxation. I felt energy more within me, which I didn't expect."

Kevin

"I've been coming to the Caring Center for around 6 months now. After suffering for over 5 years from chronic pain, I no longer have the severe pain I had been dealing with. I don't take pain-killers or muscle-relaxers anymore. I have become closer to God and feel better than I've felt in 20 years."

Chuck

"My experience was very healing. I asked for the release of emotions which I had buried. The results were almost immediate. All week long the issues and emotions were released through many tears. I feel that the walls I had built are coming down and that the tears that finally came were very healing. Thank you for making this available!"

Cindy

"Over the past year, I have attended the Caring Center every Wednesday when possible. Each time I have experienced deep relaxation and, as I gradually understand the role of energy in my life, I'm tuning into the spiritual/physical healing I am receiving. I find that peace is replacing fear and excise illness in my mind."

Mary

Caring Center Volunteers

The Caring Center is a volunteer organization that provides Alternative and Complementary Care to the community at no cost. Since its onset in October of 1996, the center has provided thousands of treatment sessions to people who have come seeking relief from a host of different challenges including daily stress, depression, radiation and chemotherapy.



Your experience with the Caring Center begins with your Practitioner greeting you, and taking you to the session area. You will see massage tables with one to three practitioners at each table. Relaxing music can be heard as you lay down on your table. You will be asked to simply close your eyes, breathe deeply and relax while our practitioners use their skills. As you leave your table, you will feel more relaxed and calmer, with a deep sense of peacefulness. Balancing and enhancing your bodies' natural energy flow will help you to deeply relax, easing your stress. When you relax, your immune system is enhanced, and your body can more efficiently heal itself.

Following your session

Drink plenty of water to help your body continue to release toxins. You may feel sleepy after becoming deeply relaxed. Please be sure you're focused before you begin to drive



CCI Vision

Caring Center International awakens people to integrate wholistic health care into their lives and create caring communities.

Mission

Caring Center International is dedicated to the establishment of a network of Caring Centers throughout the world. We provide training and materials to assist in the establishment of independent Caring Centers.

**To start a Caring Center in your area
write to:**

Caring Center International

6114 Explorer Ave.

Bartlett, TN 38134-5512

or email -

rjford@bellsouth.net

Visit our web site:

www.caringcenter.org

Caring Center International, a non-profit corporation, supports the development of Caring Centers with training, materials and individual support.

Your donations are deeply appreciated