

# & Spirit

A monthly feature  
by Ouray County  
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Surgery couldn't help, and doctors had told the girl's mother that nothing could be done, but, Gilfoyle recalls, "her mother believed that one day she would see."

In the course of a short, 20-minute session, Gilfoyle encouraged the girl to breathe into the top of her head and down through her forehead, focusing the breath into a thin green beam of light. "I could see within her body, the light was splashing out," Gilfoyle recalls. "The strong focus was to guide the light into one laser-beam of energy into the area just beneath her eyes and create a triangle of light."

When the session was over, the girl lay there smiling, Gilfoyle recalls. "Her mom said 'Open your eyes.'"

The girl opened her eyes, and saw her mother for the first time. It was, Gilfoyle says, a shift that was not temporary. The girl's vision remained healed, and continued to improve with one additional session. "It was overwhelming for all of us," Gilfoyle admits. "When I describe these things, it's not as if I have anything to do with it; I'm just open enough to see what was offered."

Gilfoyle conducts a group workshop next Friday night from 5:30-7 p.m. at the Inner Mountain Yoga Studio in Ouray, and will be seeing clients individually on both Saturday and Sunday. Visit [www.oneheartworld.com](http://www.oneheartworld.com) or call (970) 490-2975 for more information.

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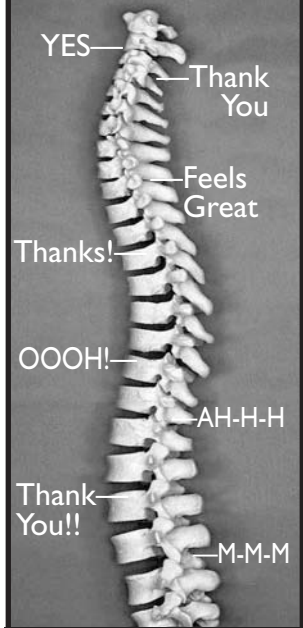
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## BMS HAPPENINGS

### Meditation

**Beginning Meditation**, Ouray Health Clinic, Wednesdays, 6 p.m. Sharon Sirotek, 325-4847.

**Satsang** with Joi Sharp, Ridgway Community Center. Sundays, 6 p.m. 626-3595.

### Support Groups

**Service of Healing** at St. John's Episcopal Church, Ouray, Fridays at noon.

**ANAD** (Anorexia Nervosa and Associated Disorders) support group meets every Tuesday at 7p.m. at the Dolphin House, 735 S. 1st Street, Montrose. 249-5034, 209-1275 or 596-1428.

### Workshops, classes & events

**Breath of Light** Chakra Breathing for Accelerated Healing, with facilitator Margaret Gilfoyle, coming to Inner Mountain Yoga in Ouray, March 26-28. Interactive group session on Friday, March 26, 5:30-7 p.m. and private sessions on Saturday and Sunday, March 27 and 28. 970-490-2975 or [www.oneheartworld.com](http://www.oneheartworld.com)

**Know the 10 Signs of Alzheimer's Disease.** Join a free presentation on recognizing signs of Alzheimer's. Wednesday, March 31, 11 a.m.-1:30 p.m. Led by the Alzheimer's Association Western Slope Director. Refreshments available. Free and open to the public. RSVP to 240-0600. Sunrise Creek Senior Living Community, 1968 Sunrise Drive, Montrose.

**The Path to Mediterranean Wellness.** An eight-week program that teaches the healthy eating behaviors of Mediterranean cultures. Wednesdays at 6:30 p.m. starting March 24, in the MMH conference room. Presented live, via webcast, by the founder and director of Mediterranean Wellness, Dr. Will Clower. Info: [www.MontroseHospital.com](http://www.MontroseHospital.com) or 240-7280.

### Volunteer opportunities

**CASA**, a program that helps abused and neglected children, needs volunteers to make a one-year commitment to help a child. Volunteers are screened, trained, and court-appointed, and report the child's best interests to a district judge. Volunteers are also needed for supervising parent visits and to help out in the non-profit office. Please call 249-0337 if you are interested. CASA is a program of Voices for Children, Court Appointed Special Advocates.

### Health Screenings & Services

**WIC Program.** The Women, Infants and Children (WIC) Program provides nutritious food vouchers, nutrition counseling, breast-feeding support, farmers market vouchers and medical referrals. Criteria is based on household size and monthly income. It ranges, for example, from a household of two and monthly income of \$2,111 to a household of five and income of \$3,721. Call 325-4670 to set up an appointment.

**Ouray County Public Health Department** provides the following services for Ouray County residents: child immunizations - \$14 per injection with maximum \$40 or sliding scale ability to pay; adult immunizations (hepatitis A & B, tetanus, pneumonia, flu and Zostavax.); free blood pressure checks, free pregnancy testing, test for strep throat, Handicapped Children's Program (HCP), homemakers services, TB screening and treatment, well-child care, preschool/kindergarten exams, WIC (Women, Infant and Children nutritional program), bike and ski helmets for sale. 302 Second Street in Ouray. Info/ appointments: 325-4670 X10.

**Walk-in immunization clinic**, Montrose County Health Department, Wednesdays, 8 - 4 p.m., 1845 South Townsend, 252-5000.

## Ridgway Christian Center Presents Our 8th Annual Authentic JEWISH PASSOVER SEDER (Kosher Style) Tuesday, March 30, 2010 Seder will be led by Mr. Ilan Sharon Doors open at 5:30pm Dinner begins promptly at 6pm This beautiful celebration is FREE and ALL Ages are welcome! \*Seating is Limited to 100!\* For Preparation of the Feast RESERVATIONS must be made by March 15th. For Info Call (970) 626-5243 Ilan & Cindy Sharon Ridgway Christian Ctr. 120 Redcliff Drive, Ridgway, Co 81432