

# Welcome to A Healing Place



Reception Room at A Healing Place

*“Healing has rekindled my heart’s ability to feel hope and joy. They had been buried under layers of physical, emotional and spiritual disconnection, illness, and dis-ease.”*

Thank you for choosing to share your healing journey with us at **A Healing Place**. As you enter our center you will find great care has been taken to create a healthy\* space that is beautiful, peaceful, and calm.

The center is a project of the Arasini Foundation, an educational, non-profit organization and is the result of over 20 years of commitment by individual donors and volunteers to create a place for people to come and receive healing. Currently the center offers energy balancing, psycho-spiritual counseling, massage, yoga classes, meditation, apprenticeship healing program, and other specialized classes that support wholeness and healing.

At the core of the work at A Healing Place is the concept that true healing is first an inside job which can be motivated by another person. Educating and helping someone to “consciously” be responsible for their health is where true healing begins. Here, we gently and caringly help others to learn about those parts of themselves (physical, emotional, mental, or spiritual ) that are in harmony with the health they desire. Our ability to teach with love and laughter and to approach each person as an individual with respect, kindness and compassion is well known.

## **Hours of Operation:**

9am-5pm Monday through Thursday

9am-2pm Friday

All phone calls will be returned during normal office hours.

If you have a medical emergency please contact your physician.

## **Office Etiquette:**

In support of our healthy space we request that you:

Please turn off your cell phone prior to entering the building.

Please refrain from wearing fragrances of any kind on the day of your appointment.

Please wear socks or shoes at all times in the building.

Please do not eat while inside the office.

\*Healthy means the office space was designed and created using less toxic substances, such as tile floors, low VOC paints, and minimal furnishings using natural fibers whenever possible. It is basically fragrance free. Those clients who have sensitivities related to indoor or outdoor pollutants will find the space reasonably comfortable. The property does not use pesticides outside or inside. Natural cleaning products are used for the immediate offices.

A Healing Place  
2011 N. Collins Blvd. Ste: 709  
Richardson, TX 75080  
Phone: 972.437.5332  
Fax: 972.437.5832

## About Arasini Foundation

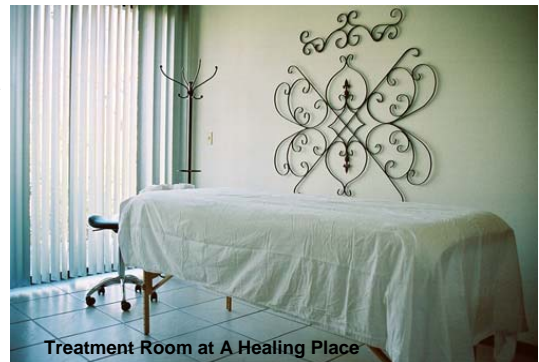
**A non-profit organization** based in Richardson, Texas, **Arasini Foundation's** focus is to educate people about healing. We do this by sharing the message of hope, healing, and peace in a very personal way to the global community.

**For over 20 years** we have offered healing in the form of classes, seminars, energy balancing, through individual counseling, our apprentice healing program, on the internet through a web-based healing center [www.ahealingplace.org](http://www.ahealingplace.org), and by appointment at the physical location, A Healing Place, in Richardson Texas. Contributing talent to the foundation include doctors, scientists, researchers, therapists, counselors, nutritionists, spiritual facilitators and many other recognized experts in related fields of study and practice.

Over the years donors enabled Arasini Foundation to offer hundreds of reduced rate and scholarship sessions at A Healing Place. Many people received life-changing services that they could not otherwise afford. Following are excerpts from some of their healing stories:

***“Healing has rekindled my heart’s ability to feel hope and joy. ... As my illness has been very deep, my medical expenses have been very high. Having a reduced rate for my sessions allows me to receive the care I need.”***

***“I am grateful to Arasini Foundation and all of its supporters for the experience that I have had at A Healing Place...Today, as I stand poised at the door of a whole new life, one of physical health and spiritual wholeness, I’m both filled with fear and blissful excitement. But it is the knowing . . . knowing that the love, the wisdom and the oneness with the Healing Team and my friends at Arasini, provides the very foundation from which I step into a brave new world.”***



We welcome your support of the Arasini Foundation and its mission to support global healing with a tax deductible financial contribution. To donate please visit our website [www.ahealingplace.org](http://www.ahealingplace.org) or contact Terri Ford at 972.437.5332 x 3.

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# Energy Balancing with Arasini Foundation

*“Debby and her team have brought gentleness, compassion, humor, and deeply excellent work to my process of healing, enabling me to heal in ways otherwise unimaginable.”*

At A Healing Place we practice a method of healing touch, “Energy Balancing,” developed by Debby Singleton over many years working with a variety of people and their lack of wellness whether that lack is present on a physical, emotional, mental, or spiritual level of energy. To enhance the energy balancing work and to engage the person in their own healing process, we also use and teach a series of custom exercises that open up a person’s energy field.

Energy balancing is based on the principle of the patterns of energy within and around the body that form a matrix which are used by the body to maintain a state of "wellness." The principle behind balancing is that every living organism is in constant movement, a vibration of energy, a contraction and expansion of the life force itself. Life energy moves within every cell of the body through channels called meridians or currents, generating energy fields both inside and outside the body. These fields may be influenced to temporarily alter the flow of energy within the body.

This temporary influence may be the result of illness, disease, injury, and/or emotional psychological factors. In the normal course of events, when a physical correction, such as the ingestion of proper nutrients is made, the body naturally corrects the flow of life energy. If, for some reason, the flow of energy remains out of balance, energy blocks may be established and chronic health problems arise. In energy balancing we work to release these energy blocks to balance and re-pattern the energy flow so that healing can take place naturally.

Energy balancing does not treat illness or disease. Balancing deals with the energy that flows through and energizes the body's organs and tissues. In practice when influencing energy, we use bi-polar contacts, that is, we use two contacts on the patient's body simultaneously, a positive and negative contact, using hands, fingers, or some combination of the two.

By temporarily influencing the energy flow, we remind the body of its natural state of health, a harmonious flow of life energy throughout the body, expressed physically in balanced cellular and biochemical activity. This remembrance of health allows the body to hold this harmonious flow as the body heals itself.

## Payment Terms:

Please make your check payable to **Arasini Foundation** prior to your appointment. Payment is due at the time services are rendered.

**Initial Consultation**

**\$150.00/hour**

**Subsequent Sessions**

**\$125.00/hour**

**Please call 972.437.5332 to schedule an appointment.**

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# Meet The Energy Balancing Team



As an Educator, Founder, and President of [Arasini Foundation](#) **Debby Singleton** brings knowledge and learning to people about their healing process through energy balancing and healing touch, presenting seminars, holding group classes, and working with individuals in counseling. From the 1980's to the present she has assisted thousands of people worldwide with her understanding, practical use, and hands on teaching about the energy fields of the body and their relationship to healing.

**Debby Singleton, MA**  
Director, A Healing Place  
President & Founder of  
Arasini Foundation  
[www.ahealingplace.org](http://www.ahealingplace.org)

Since 1985, Arasini's healing center, A Healing Place, now based in Richardson, Texas reflects Debby's guidance and growth of the non-profit foundation which includes the presence of a virtual healing center [www.ahealingplace.org](http://www.ahealingplace.org). Through her visual insight and expert experience with the human energy system she has developed a method for balancing the body which she has taught to the members of the energy balancing team, a certified\* group of people who have completed study with her.

Debby has also created and implemented a program of Conscious Healing that allows individuals to locate their areas of blocked energy and provides the tools to change the pattern that contributes to the blocks. Debby holds both BS and MA degrees from Northern Arizona University. Her current projects include President of the Arasini Foundation, Director of A Healing Place, and author of new educational material on the Human Energy System and healing.

\* Certified Practitioner of Energy Balancing signifies requirement completion of Arasini Apprenticeship Program.



**Terri Ford** has been studying with Debby Singleton since 1992.

A business owner since 1991, Terri has integrated her energy balancing work into the corporate world. She has experience with ownership of both service and retail businesses. She has earned a Bachelor of Science in Business Control Systems and worked as an accountant for individuals, small businesses and on staff at EDS.



**Terri Ford, Bsc**  
Arasini Office Manager  
Certified Practitioner of Energy Balancing  
[www.aheartgift.com](http://www.aheartgift.com)

At A Healing Place, Terri is a member of the energy balancing team, Arasini Office Manager, and Administrative Assistant to the Director. Terri is the owner of Heartsong Enterprises, Inc.



**Elizabeth Ellison** has studied with Debby Singleton since 1998. Elizabeth has earned RMT and (CD) Dona designations. She has helped to create protocols for a cold laser, worked at SMU in the Student Life Office, and as a recruiter. She graduated from the University of Tennessee with degrees in Art History, Philosophy, and French.

**Elizabeth Ellison, RMT, (CD) Dona**  
Certified Practitioner of Energy Balancing  
[www.aconsciousbody.com](http://www.aconsciousbody.com)

At A Healing Place Elizabeth is a member of the energy balancing team. Independently, she offers massage sessions, Doula services, pregnancy massage, gentle yoga classes and personal yoga practice design.

# Meet The Energy Balancing Team



**Laura Sarna**  
Certified Practitioner of Energy Balancing  
[www.dallastraining.com](http://www.dallastraining.com)

**Laura Sarna** has studied with Debby Singleton since 1996. Most rewarding for her is to teach others about their natural ability to heal and to manage their own energy. Her corporate background in sales, administration, leadership, training, and business ownership give her the ability to relate to all kinds of stressors. Using meditation and personal experience as a foundation she has taught hundreds of individuals about wellness and healing.

Laura is a member of the energy balancing team and works independently presenting classes on wellness.



**Judy Lyle** has studied with Debby Singleton since 1984. As owner of JALCOM, Judy manages a team of professionals for multiple web site design projects, creates content and copy for web sites, and optimizes sites for search engine placement.

Judy has earned a BA in English/Secondary Education and has worked in the public and private school systems at the secondary and junior college levels. Judy is a member of the energy balancing team and she also offers group classes and private instruction in healing through meditation.



**Judith Anne Lyle, BA**  
Certified Practitioner of Energy Balancing  
[www.jalyle.com](http://www.jalyle.com)



**Carol Cole, Ph.D.LMFT**  
Psycho-spiritual Counseling  
Certified Practitioner of Energy Balancing  
[www.drccarolcole.com](http://www.drccarolcole.com)

**Carol Cole** has studied with Debby Singleton and the Arasini Foundation since 1989 and is a member of the energy balancing team. Since 1988 she has worked as a counselor with a holistic perspective. She has additional experience as a teacher, a television and radio personality, and a public speaker.

Carol has earned a B.A. in Speech and Drama, a M.A. in Communications, and a Ph.D. in Marriage and Family Therapy. Carol currently is accepting individuals, couples, and families for counseling.



**Mark Michalica** has studied with Debby Singleton since 1991. From 1992 to the present he has gathered experience in the health field, studying complementary methods to healing with a special focus in bodywork therapies and the mind-body connection. He has earned an MEd in counseling, RMT designation, and is currently working to complete his LPC internship.

Mark's practice includes being a member of the energy balancing team. He is also accepting individual counseling clients as he works to complete his LPC-internship.



**Mark Michalica, MEd., RMT, LPC-intern**  
Certified Practitioner of Energy Balancing,  
[www.nat-you.com](http://www.nat-you.com)

# Resources

## THINGS TO KNOW BEFORE YOUR FIRST APPOINTMENT

- Turn off your cell phone prior to coming into the center.
- Refrain from wearing fragrance of any kind on the day of your appointment.
- Bring socks
- Wear comfortable clothing
- Please have your check ready in the amount of \$150 made payable to Arasini Foundation prior to your appointment time.
- Bring your completed forms:
  - 1.[client information](#)
  - 2.[emergency contact](#)
  - 3.[application and consent for treatment](#)
  - 4.[release form](#)

## OTHER SERVICES OFFERED AT A HEALING PLACE

**Massage**— Elizabeth Ellison (RMT) offers unique techniques of massage therapy. Cost \$125/ approximately 1.5 hours PH: 214.532.2261

**Healing through Meditation with Judy Lyle** - Experience healing through meditation using techniques of breathing, grounding, and guided imagery. Individual Session Fee: \$50/hour PH: 972.741.1817. Group classes available throughout the year. Contact Judy for more info.

**Psycho-spiritual Counseling** – Carol Cole, Ph.D., LMFT offers individual, family and couples counseling. She works from a mind-body-spirit perspective to support people in their total healing process. Fee: \$125/hour  
PH: 972.437.5870.

**Wellness Classes - Group and One-on-One** – Laura Sarna offers classes in meditation, choosing heart consciousness, living a less-toxic life, stress relief, and vision-creating your personal roadmap. Contact Laura for prices and scheduling. 972.727.0050 or 972.897.8166.

**Yoga with Elizabeth Ellison** – Experience your body through breath work, stretching, and movement; acquire tools to support your body in healing to create balance and health. Elizabeth will design a yoga workout just for you. Cost: \$100/session PH: 214.532.2261.

## OTHER OUTSIDE RESOURCES

**Doula Services**—Elizabeth Ellison has been a doula for several years. She combines her work as a massage therapist, energy balancing, and yoga principles to help women and their partners have a positive birth experience. PH: 214.532.2261 [www.doula-massage.com](http://www.doula-massage.com)

**EcoQuest Ozonators**—contact Judy Lyle PH: 972.490.3059 or 972.741.1817

**Austin Air Cleaners**— contact Terri Ford PH: 972.989.2591 [www.austinairfilters.com](http://www.austinairfilters.com)

**Heart-shaped Stones**—contact Terri Ford PH: 972.989.2591 [www.aheartgift.com](http://www.aheartgift.com)