Welcome to 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 space that is beautiful and clean.*

A Healing Place is a project of the Arasini Foundation, an educational, non-profit organization. The center is the result of over 30 years of commitment by individual donors and volunteers to create a place where people can come to receive healing. Currently the center offers energy balancing, psycho-spiritual counseling, massage, yoga classes, meditation, 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 people to be responsible for their health “consciously” 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:
10:00 a.m. to 4:30 p.m. Monday through Friday
12 noon to 3:30 p.m. Saturday
All phone calls will be returned during normal office hours.
In case of emergency please contact your physician.

Office Etiquette:
We request the following:
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.

*Clean 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. The property does not use pesticides outside or inside. Natural cleaning products are used for the immediate offices. The personnel practice fragrance-free living.

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 a message of hope, healing, and peace in a very personal way to the global community.

For 30 years we have offered healing in the form of classes, seminars, and energy balancing; through individual counseling, our apprentice healing program, and a web-based healing center www.ahealingplace.org; and by appointment at the physical location, A Healing Place, in Richardson, Texas. Doctors, scientists, researchers, therapists, counselors, nutritionists, and other recognized experts in related fields of study and practice contribute their talent to the foundation.

Over the years donors have enabled Arasini Foundation to offer hundreds of reduced rate scholarship sessions as the funds are available 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.”

“Deborah 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.”

We welcome your support of the Arasini Foundation and its mission to support global healing with a tax deductible financial contribution.

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At A Healing Place we practice a method of energy balancing developed by Deborah Singleton over many years of working with a variety of people on all energetic levels: physical, emotional, mental, and spiritual. To enhance the energy balancing work and to engage people in their own healing processes, we also use and teach a series of exercises that open up a person’s energy field. These exercises are taught according to individual needs and physical capabilities.

Every living organism is in constant movement, as a vibration of energy, a contraction and expansion of the life force itself. Patterns of energy within and around the human body form a matrix used by the body to maintain a state of “wellness.” Life energy moves into and out of every cell of the body through channels called meridians or currents, enhancing cellular and biochemical activity. This process generates energy fields both inside and outside the body. These fields may be influenced by illness, disease, injury, or psychological factors, temporarily altering the flow of energy within and around the body.

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 occur and chronic health problems arise. In energy balancing we work to release these blocks to re-pattern and thus call the energy flow back into balance. The energy balancing practitioner uses hands, fingers, or some combination of the two to establish bi-polar contacts on the client's body simultaneously, a positive and a negative contact.

Energy balancing does not treat illness or disease. By temporarily influencing 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 maintain a harmonious flow as the body heals itself.
Meet The Energy Balancing Team

**Deborah Singleton** is the founder and president of the Arasini Foundation and director of A Healing Place, a healing center and an educational institution. Through visual insight and longtime experience with the human energy field, Deborah has developed an approach for balancing the body, which she has taught to the members of her healing team. Her unique focus and healing methods form the core curriculum for the apprentice healers who study at the center. Deborah has 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 patterns that contribute to those blocks. Deborah has been teaching about the healing process for over thirty years. She has touched the lives of countless individuals through energy balancing and healing touch, seminars in the United States and in Europe, group classes, and individual counseling. She has a worldwide following.

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

**Carol R. Cole**, Ph.D., LMFT has studied with Deborah Singleton and the Arasini Foundation since 1989. Since 1988 Carol has been privileged to work as a counselor for individuals, couples, families and people living with chronic illnesses through a truly holistic perspective. She is a sought after speaker on spiritual growth and has additional experience as a teacher and a television and radio personality. At A Healing Place, Carol provides counseling services and volunteers weekly as a member of the energy balancing team. She is currently accepting new clients for psycho-spiritual counseling.

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

**Judith Lyle** has studied with Deborah Singleton since 1984. She works with the team as a practitioner of energy balancing. She practices her spirituality from moment to moment through continuous awareness and consciousness work, meditative moments, and energy balancing. Everything around and about her life is a symbol for growth and health. By degree she is a teacher and a small business owner who offers her unique teaching and healing abilities to others on their journey towards wellness.

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

**Laura Sarna** has studied energy under the mentorship of Deborah Singleton since 1996 and is a member of the energy balancing team. Laura brings to the healing arts a corporate background and personal history that brought her to a desire for her own healing and then to support others in their journey to wellness. With meditation as her foundation for life, Laura continues to learn and teach about energy, wellness, and healing.

Laura Sarna  
Practitioner of Energy Balancing  
Teacher of Meditation and Stress Relief  
[www.healingdirections.net](http://www.healingdirections.net)

**Mark Michalica** has studied with Deborah 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. Mark is a member of the energy balancing team. Also, he has earned an MEd in counseling, RMT designation, and offers private LPC therapy.

Mark Michalica, LMT, LPC  
Practitioner of Energy Balancing and Counseling  
[www.nat-you.com](http://www.nat-you.com)
Things to know for your first appointment at A Healing Place

- Wear comfortable clothing.
- Please refrain from using fragrances or fragrant products of any kind on the day of your appointment.
- Please bring socks.
- Please have your payment ready.
  - Initial 2-hour session which includes evaluation and balancing is $280.00.
  - Subsequent 1-hour session is $130.00.
  - Private session is $150.00

Arasini accepts Visa, MasterCard, and Discover. If you write a check, please make payable to: **Arasini Foundation**

- Bring your completed forms available on this website.
  - client information
  - emergency contact
  - application and consent for treatment
  - clinical release

- Please turn off your cell phone before entering the center.

Thank you and we look forward to working with you!

Arasini Energy Balancing Team