



Naomi

KELLY'S CORNER

by Jan Kelly

Naomi Lake is the founder, practitioner, and teacher at Full Circle, a center for conscious health which is located at 3 Johnson Street in Provincetown. When you step into Naomi's work area and studio, you feel that everything was put there for you, for your comfort and to ease you. I was so relaxed that I found it difficult to systematically interview Naomi. I just wanted to enjoy the peace of the atmosphere. Naomi offered a session in massage therapy, aura drawing and analysis, and in chakra balancing. This further relaxed me so I will tell you the story of that passage of time.

Naomi is a healer. With the aid of crystals, Tibetan bells, sound, a pendulum, massage, and infusion of light, Naomi can give you clues to self-healing or clues to better body maintenance. That may sound a little strange to you but it is all so natural and pleasant to experience that it can only do good. When you first enter and begin your discourse, Naomi will color your aura on a sheet of paper. The aura is the color your being emits. It has been known and used since ancient times as diagnostic of the physical and emotional state of the patient. The eyes must be trained to see these colorations and they do accurately tell of the right and wrong of your being. There are seven chakras or wheels or spinning energy centers running along the spinal column. These centers are influenced by our

physiological and psychological processes. Any inhibition of these energies results in disease. By holding a pendulum over the spots on the spine where each chakra is, you can determine its condition. The pendulum swings clockwise when all is running correctly, counter-clockwise when there is a problem.

You, as a patient, cannot hide this. It is so and manifests itself. This is why psychiatrists have referred their patients to Naomi, "to find out what is going on." You can bluff the psychiatrist or psychologist for a long time. That is only intellectual. But your body energy tells wordlessly if there is an interruption of this energy. Next, therapeutic massage with the concentration of light entering your body through Naomi's healing fingers is experienced. And you do see light, white and round and total. You are feeling better and better as the session goes on. The sound of Tibetan bells, cast of 13 alloys, gold and silver included, is a bit strained at the first ringing, but clear and perfectly pitched the second time when the sound has entered your body. I then held a crystal in each hand as the recorded sound of yellow developed on an oscilloscope, was played. It was all very natural and promoted a feeling of well-being. I had had no idea what I was going to experience. I went for an interview; I went to learn so that I could share it with you

as a part of this series on alternative medicine. I know much of this experience might seem strange or too foreign to you, but my answer to you is to try it. There is something beneficial to you when you experience a session.

Naomi Lake was born in California, and was adopted by two physicians. At the dinner table each evening the cases of both would be discussed. Naomi was familiar with medical terms and health problems from an early age. But she always felt there was more to disease and healing than what she was exposed to. She grew up seeing auras or lights emitted from the body. She felt a natural attraction to healing and betterment. Naomi went on to study medical anthropology and the uses of healing with energy. Cross cultural healing results when we integrate the ancient healing practices with Western medicine. Naomi also studied Aikido, a martial art dealing with the extension of energy. This made her conscious of the power and control of energy. Naomi studied with herbalist Mildred Jackson in Berkeley, California. She still refers to Jackson's well-worn book *The Handbook of Alternative to Chemical Medicine*.

Roslyn Bruyere is Naomi's main mentor. Bruyere founded the Healing Light Center in California. Bruyere travels world-wide teaching healing techniques and the extension of light. She is also recognized as a healer or "medicine man" by three North American tribes. Quite an honor for a white woman. Roslyn Bruyere helped Naomi synthesize her knowledge and make it practicable. From here Naomi studied Swedish massage, Shiatsu, and Polarity. She has earned her degree in medical anthropology from Lesley College and her thesis is "Healing With Energy: A Cross Cultural Perspective."

Naomi arrived in Provincetown eight years ago and has been ever grateful for the town support she has received. When she first spoke of auras and chakras though, people rolled their eyes. So through carpentry and scallop shucking, she supported her family and left the healing to informal cases of healing friends. These grateful and convinced friends encouraged Naomi to practice healing professionally. Now, not only does Naomi Lake practice in her own office surrounded by her beloved books, loom, and wood stove, but she heals people. Arthritic patients are referred to her by doctors from all of the Cape. Naomi loves her work, is so committed to it. She knows it is beneficial and she believes in it. Now she has branched into teaching. For 7 weeks, ten students learn awareness of the body's exterior energy field or aura and interpretation of the seven chakras of the body. The classes are ongoing. Naomi will also be teaching at the 5-day intensive workshop that *Hearts* is sponsoring.

These cross cultural healing techniques, this synthesis of modern and ancient techniques, is the life work that Naomi chose so many years ago. It is now growing into teaching and public dissemination. Perhaps the most exciting project Naomi is involved with now is

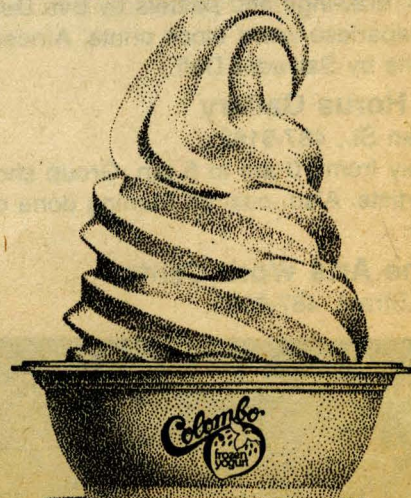
the research work which she will be conducting at the Cape End Manor with the help of intermediate and advanced students. The healing of pain on many levels and the detection of the energy flow of Alzheimer patients are of interest for Naomi to study.

Naomi is grateful to her three handsome sons Jacob, Aaron, and Nathaniel McKean (all students at Provincetown High School) for helping her to focus her energy on healing. Maternity and the healing of their "owies" moved her to a more conscious role as a healer. Naomi's office is open 5 days a week and she has a sliding scale for payment.

Any illness can be benefitted and possibly eliminated before it comes to a physical plane. The chakras were alluded to 5,000 years ago in Egypt and are still a viable medical practice.

Sprains, whiplash, arthritis, drug, and alcohol abuse, tumors, and kidney problems have all been treated successfully by Naomi. X-rays of tumor shrinkage and release of inflammation have been documented. Physical and psychological problems can and have been treated successfully. An interest in your conscious growth and preservation of health should have your highest priority. Each session is a lesson. Self-clues will be indicated. You will do the home work, the solving and, in the end, the permanent healing. Think about it.

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