



Iris Holistic Counseling Services

Fair focuses on alternative healing methods

By Soumitro Sen

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If you bought a crystal dome from Branch Ellison's booth at the Mind, Body, Spirit Health Fair this past weekend, you'd be doing yourself multiple favors.

Ellison, 27, claimed his crystal domes - ranging in price from \$2 to \$2,300 - "circulate the energies of the body and help protect you from electrical low frequencies. They're used for different spiritual practices. They enhance sleep and energize your food and your water."

A certain crystal block could even change the taste of wine, Ellison said.

Ellison was just one among several holistic healers, psychics, tarot-card readers and metaphysical market vendors at the fair at Miners Foundry Cultural Center in Nevada City.

This was the 18th anniversary of the fair.

"This is really one of the best fairs in the area, and I've been to quite a few of them," said Donna Fisher-Jackson, a 46-year-old holistic counselor. "The people who come here are really into trying things. They are really open."

Fisher-Jackson, who has a master's degree in counseling psychology, said she gives guidance to people to help them make choices in their lives.

"Most of them (her clients) are going through life transitions," she said. "They are looking for answers about the next step in their lives."

The foundry's rooms were redolent with the aroma of incense sticks, and every vendor seemed to have a solution for the elusive issues plaguing the mind.

Nani Betty Nelson, 61, used eight tuning forks to balance the energies of the metaphysical energy centers inside the human body - an idea espoused by Eastern religions. She'd make her clients sit on a chair with eyes closed, strike two tuning forks in front of them and then move the tuning forks in certain patterns over their bodies.

"I'm using the frequencies of the tuning forks to stimulate the balance (of energy inside a person's body)," she said. "Basically, all of our organs and endocrinal glands in our body need to be balanced in order to work properly. That's the basis of health."

Nelson was one of the less expensive healers at the fair; she charged \$5 for her services. Most vendors priced their services at \$20 for 20 minutes. A few charged more per minute. As the late morning rolled into early afternoon, a steady stream of seekers trickled into the foundry.



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"I think the purpose of the fair is to educate people that there are many alternative healing methods," Fisher-Jackson said. "Western medicine serves a purpose, but there are many other healing methods that can be more beneficial to a person."