



Practitioner Corner:

Deva Michelson

Coming home. That feeling of deep peace when we are living in harmony with the deepest aspects of our soul / spirit. This is what I believe healing is about and it has certainly marked the stepping-stones in my growth and development as a practitioner, and in my own healing.

One of the most prominent characteristics of mine is an insatiable curiosity and passion of learning. To find something interesting is pretty easy for me, things unknown are tempting to learn; so I found much of my life tasting and delving into many things and projects: from alternative schooling, fine arts, furniture and building construction, political and social activism, to psychology and more. I enjoyed and was even passionate about these paths, but something unknown to me was missing, I wasn't home.

My earliest experiences of this sense of wholeness / connectedness were in nature, as a child merging and feeling my oneness with nature. My first deep and transforming experience of this was as a teenager standing on a hillside overlooking the Old City of Jerusalem when spontaneously I felt my feet grow deep into the Earth as my body elongated until my head was in the Heavens and for some moments I was a polestar, connecting Heaven and Earth and the whole

history of the Earth, past present & future was one. Many years later, in the practice of Qigong, I learned to purposely cultivate something similar to use as a daily practice to "hook-up" with the



energies of Earth, Heaven & the Divine in preparation for treating clients.

There is so much that people do that is of such talent and brilliance, it fills me with deep respect and a bit of awe as my mind twists and cramps with the effort of trying to understand and figure it out. Like at my computer lessons in the Apple store!

Yet when I found myself in classes, first in massage school, then at acupuncture school, it was as if every cell of my body opened to some ancient and deep cellular remembrance: Yes! This I understand! In referencing to Nature and nature's cycles in the study of 5 Element Acupuncture, and in the study of the Dao and Qigong, I found myself home.

People have often asked me: How did you come to do what you do? I never quite know where to start the answer. Of



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the teachers that have honed me as a practitioner, the first was my father; as a child watching his total focus and dedication to quality and excellence in every stitch and scribe as he hand made braces and fit them on to children to straighten their scoliosis. Next was Toshio Odate, my first art teacher when I was 12 years old at the Brooklyn Museum Art School. We sculpted in clay from live nude models and he taught me how to feel with my eyes and see with my hands. And many other remarkable teachers in my studies in the healing arts have helped me to understand structure, energy, spirit, and the interface between.

How does this all come into the treatment room in what I do?

This coming home I speak of is one way of describing treating at core or constitutional level; bringing the body/mind/spirit into balance and harmony so healing occurs from within. This is the basis of 5 Element acupuncture. Medical Qigong has been an incredible gift of learning to cultivate qi, in personal development as well as being able to bring so much more through the needles, and as a treatment on it's own (without needles). I am currently working on clinical trials for my Doctoral thesis in Medical Qigong with a specialty in treating cancer. At present, I am the only certified Zero Balancer in

South Florida: a gentle touch yet powerful bodywork system that works at the interface of energy and structure, opening the flow of energy through the joints and bones. I find all of these tools honoring and profound. And, I am a teacher. Not only am I on the faculty and a clinical supervisor at the Academy for 5 Element Acupuncture, and a teacher for the International Institute of Medical Qigong, I am a teacher in the treatment room. I value helping people to learn to listen, understand, trust and respond to their own body/mind/spirit. In our healing, we find ourselves. I work with people who are ill and in pain, people interested in prevention and spiritual growth, and a special place in my heart working with pregnant women helping them bring their babies into the world safely and naturally.

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