



Guest Booklet

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A Note from Katherine Willow

Thank you for your interest in the Carp Ridge Healing House.

Healing Houses are professionally supported, individually owned and operated by people who are trained to care for others in their homes.

At the Carp Ridge Healing House guests are encouraged and supported in their own healing journey with an individualized healthy lifestyle plan designed according to their constitution. Hosts provide nourishing meals, an environment that promotes healing, superior care and access to a variety of resources.

A typical Healing House guest is seeking a safe, therapeutic place to recover from stress, rest/rejuvenate/detoxify, heal a serious or life threatening illness, resolve a significant emotional issue or die peacefully.

Located in rural west Ottawa, Canada, only 35 minutes from downtown, the well-appointed Carp Ridge Healing House can accommodate up to six guests in a peaceful and relaxing setting. Nestled on 190 acres of natural woodlands, its amenities include extensive walking trails, sprawling gardens and easy access to the healing professionals at the Carp Ridge EcoWellness Centre (www.ecowellness.com).

Short and long-term stays have an initial screening to assess your needs. Book a trial night or weekend. The Carp Ridge Healing House has one wheelchair accessible entrance. We offer you the choice of two bedrooms with queen-size beds, and two bedrooms with twin beds (one with a small ensuite). Two full baths are shared.

A wide variety of physical and emotional needs can be accommodated. At least one specially trained host is in-house. Professional alternative health care services are available in our natural health clinic only minutes away. We offer several Healing House Packages that include a variety of natural health services.

We understand that from time to time an attendant may be required, or a spouse or friend may choose to accompany you. Our shared accommodation rates reflect this.

If you require any further information, or would like to book a private tour, please do not hesitate to contact us at the number below.

Towards Better Health!

Katherine Willow, ND
Director, Carp Ridge EcoWellness Centre and Carp Ridge Healing House

relax. heal. let go.

Guidelines for a Positive Healing House Experience

1. *Please read this whole guide.* It contains the foundations of the healing process, and in some cases the information may be quite new to you. If you have questions do not hesitate to ask your Host for an explanation.
2. *Self responsibility:* As a Healing House guest you will have the best experience possible at a Healing House when you stay informed and open. This means being aware of your body, feelings and needs -- including when you need help -- and clearly expressing this so that your Host, your health practitioner and your loved ones can be supportive in ways that nurture you as you would like.
3. *What to expect:* Hosts are primarily trained to offer you a supportive healing environment tailored to your individual needs. This includes healthy meals, movement, guided meditation, a caring ear, material for creative activities and encouragement to slow down, rest and sleep easily. These basics alone can have a dramatic effect on most illnesses, stress and fatigue. Hosts are here to help you feel rested and recharged by the time you leave. We urge you to incorporate new lifestyle habits as a result of your positive experiences at our Healing House.
4. *Healing House Hosts are not medical practitioners:* Healing House Hosts are not trained to offer you treatments for any illness or conditions other than safe, simple, common sense measures that anyone could follow in their home.
5. *Bringing a helper:* If you need assistance in your daily life or with individual procedures such as IV's, you will need to bring an extra person. We offer affordable packages for guest support people.
6. *Emergencies:* Although our hosts are CPR/First Aid trained, their response in case of an emergency will be to immediately call 9-1-1. If you have any questions, please don't hesitate to ask your host during the screening process.

Our Philosophy

Because we are a multiple room facility and have guests with a variety of conditions, you will be part of other people's healing experiences from which you can learn and grow. What at first may seem like a difficult situation can become an amazing healing catalyst for all concerned.

Note: Please refrain from bringing or wearing anything that may have a scent. Many of our guests have environmental sensitivities. We do our best to keep the Healing House a scent-free zone.

Healing Principles at Carp Ridge

1. *Self responsibility.* This comes from tuning into your own body, feelings, needs and desires. Ultimately, healing comes from inside us. When this is realized, not just as an intellectual concept but as a real feeling of empowerment, healing is already taking place.
2. *The promise of "soul".* We use the word soul to describe the part of ourselves which we access when we are quiet, calm and centered. This is our "happy place", independent of outside pleasures or pain. Qualities which naturally arise from this state include wisdom, truthfulness, love and peace. Just becoming aware of this place is healing. Living from our hearts, another way of describing

soul, allows the process of healing to continue. For this reason, all of our practices ultimately aim to help us get in touch with soul. Simply put, this is spirituality at its most basic, independent of any particular path or method.

3. *Spiritual perspective.* When we are healthy our soul expresses itself through our mind (if we let it), warms and deepens our emotions, and manifests itself in physical action when our body is in line with our deepest perceived (soul) purpose. All of our life experiences can be used to strengthen our connection with soul and create a life with greater meaning. This is one of the two greatest factors in longevity (the other is movement). We all do this in our own way.

4. *Body, mind and soul.* Simple lifestyle practices, which calm and nourish all of our parts, leads to healing. In other words, when we are balanced at each of these levels, our deeper self can shine through. These practices include rest and rejuvenation, detoxification, movement, rebalancing, reflection and creative expression.

5. *Integrative healing and medicine.* By combining mainstream medicine's knowledge of the body with new and traditional methods of healing, we support ourselves with all means available.

6. *Healing symptoms.* As we clear away blockages, baggage and toxins, we may experience symptoms such as temporary fatigues, headaches, spike of emotional distress and even fevers. These are signs that you are well on your way to more health and vitality. Please let your Host know if you experience any of these or other discomforts, so that they can reassure you and offer simple methods to help you move forward.

7. *Death is a healing opportunity.* There is growing evidence which shows that human existence continues beyond the body — both before birth and after death. The time before death is a chance to clear out issues which have blocked us all of our lives so we can die peacefully. Healing prior to death can help us see our experiences of suffering as meaningful and even worthwhile — no matter what one believes comes next.

Typical Daily Activities

After rising you may participate in experiences such as yoga, light movement and stretching, led by the Host and geared to the guest's ability and comfort level.

Breakfast. Whenever possible the Host will prepare breakfast with the guests, answering questions and providing guidance. The Host is trained to help the guest understand what they are eating, why they are eating it and how it will benefit them.

Guests are encouraged to do something creative/nurturing/healing after breakfast. Depending on the guest's interest level, these activities might include reading, journaling, hiking, knitting, gardening or simply resting.

Self-guided pre-meal calming and centering — to provide an optimum mood for digesting!

Lunch. A meal prepared, as much as possible, from organic, locally grown products in a way that best suits the healing requirements of each guest. All are welcome to participate in its preparation.

Free time or nap. The hosts will not be available for approximately 2 hours in the afternoon. This time is theirs to do with as they see fit and is flexible.

Mid-afternoon is a low time of the day in the human biorhythm. Activities at this time may include “centering” exercises, music or spiritual practice.

Dinner. As with breakfast and lunch, a dinner will be prepared that best suits the healing requirements of each guest. Also see *Meal Basics* below.

Participating in an activity each evening is encouraged. This may be a walk around the property or sharing with your Host while relaxing in one of our comfy sofas by the fire.

8 pm is the recommended time to wind down and prepare both mentally and physically for sleep.

The suggested bedtime is 9 pm.

There is no television viewing unless watching a healing DVD or an uplifting movie. Computer time is limited to the morning hours. Guests are encouraged to read any time until 8pm.

Although we realize that this sounds a bit like “rest boot camp”, these guidelines are based on the body being able to rest properly and best recharge during sleep occurring before midnight. As with most things at the Carp Ridge Healing House, there is flexibility. Please also read *The Importance of Rest & Sleep* section further on.

Meal Basics

1. For reasons having to do with sustainable agriculture, we try to serve local organic foods as much as possible.
2. We offer a wide variety of unprocessed foods ranging from fruits and vegetables, whole grains, healthy animal based and vegetable protein, cold-pressed oils and natural sweeteners.
3. Meals are served at 8am, noon, and 5pm. Snacks are served as needed, in accordance with our biorhythms. This will optimize digestion and cleansing, which in turn tends to optimize our energy, clear our minds, and settle moods.
4. Foods and substances we tend to refrain from include:
 - ✓Caffeine ✓Refined sugar ✓White flour ✓Deep fried foods
 - ✓Junk foods ✓Excess salt ✓Wheat ✓Dairy products
 - ✓Alcohol ✓Tobacco ✓Recreational drugs
5. Your menu plan will be created based on your Ayurvedic constitutional type, your goals for staying here, input from your health practitioner (if appropriate) and your own preferences/habits.
6. Detoxifying programs can range from simple meals to juice fasting, depending on your strength, assessed condition and experience.
7. We will show you simple relaxation exercises to be used before meals to calm your nervous system to allow for better digestion.

The Importance of Rest & Sleep

Your body cannot heal if it is too tired or too active. For this reason we recommend Healing House Guests go to bed early and take rest breaks or naps as required. Going to bed at too late an hour causes the body to skip the healing sleep that occurs before midnight. After midnight the inner organs move into the process of cleaning, which is not a time for rebuilding.

Our culture creates pressure to be constantly active, even to the point of feeling guilty when we need to stop and slow down. The Healing House experience is designed to make resting and early sleep a pleasure, and the resulting energy a motivation to continue this practice at home.

Creative & Spiritual Expression

Discovering activities which trigger our creative juices is one of life's greatest pleasures, and healthy pleasure is the opposite of stress. To this end, we have a whole menu of activities for guests to experiment with and lose themselves in — from simple scenic walks in nature, to arts and crafts, reflective exercises and access to a collection of information about possible self-guided outings to local museums, art galleries and historic sites. You can paint, go bird watching, dig in our gardens, visit the local ski hill or try your hand at drumming to music.

It is well documented that creative pastimes add to our ability to heal as well as making the healing process more enjoyable. We include spiritual processes to open ourselves to deeper awareness of soul. These might include studying spiritual books, listening to spiritual teachers on CD's/DVD's, learning new methods of prayer and meditation or experimenting with native methods of enchanting Spirit art in nature. We provide materials to guide you in these areas.

Healing Resources

In addition to daily activities, there are a variety of books and audio-visual materials offered at Carp Ridge Healing House. Particular books we have on-hand that are well worth reading are: *Nourishing Traditions*, *Perfect Health*, and *Enlightened Eating*.

Health Services in the area:

Carp Ridge EcoWellness Centre

Carp Ridge Healing House is part of CREWC. At our Natural Health Clinic we offer Naturopathic consults, massage therapy, CranioSacral bodywork, lymphatic drainage, acupuncture treatment by Naturopathic doctors, Reiki, diet & lifestyle counseling, sauna, Bowen therapy and B12 injections. Also offers testing such as Reams (metabolic analysis), Biotron (food sensitivity), Regutherm (body diagnosis) and hair analysis.

Carp Chiropractic Clinic

422 Donald B. Munro Dr., Carp Ontario *Tel: 613-839-5316*

Carp Medical Centre

119 Langstaff Dr., Carp, Ontario *Tel: 613-839-3271*

Jim Dowling, CranioSacral & NLP

3744 Carp Road, Carp, Ontario *Tel: 613-839-2490*

Healing Retreats:

New Life Retreat

453 Dobbie Road, Lanark Highlands, Ontario *Tel: 613-259-3337*

Galilee Mission

398 John Street North, Arnprior, Ontario *Tel: 613-623-4242*

Note: Carp Ridge Healing House is also a short drive from Ottawa, Kanata (west-end Ottawa), Stittsville and Carleton Place, all of which have a variety of healing resources.

Guest Notes: