

Mountain Healing Arts Association is an organization designed to promote healing in all areas of the human experience. The organization now offers luncheons and speaker presentations. Both are open to the public and offer wonderful ways to learn new things, network, meet practitioners and share ideas.

This is a directory of our members and we hope that the resources will be of service to you in learning more about what the mountain communities have to offer. Health is a surplus of energy and vitality and is a balance of body, mind and spirit. We strive for providing information so that everyone may find complete health.

A Place to Grow (909) 585-7228

Gina Weiss, MS, MFT

www.aplacetogrow.com

41945 Big Bear Blvd., Ste. 221, Big Bear Lake, CA
Transformational psychotherapy, personal and couples counseling. Access your inner wisdom to increase self-awareness and clarity of life purpose.

Bear Valley Center for Spiritual Enrichment

Rev. Diane Borcyckowski (909) 584-2040

www.bvcse.org

bvcse@earthlink.net

Sunday service 5 PM at 42324 North Shore Drive
(Episcopal Church Building)

Meditation group, practitioner counseling, Minister, Speaker, Ceremonials.

Change Your Mind Hypnotherapy

Mary Douglass, CHT (909) 585-8334

817 East Country Club, Big Bear City, CA

Specialist in Past-Life Regression Therapy

Let your subconscious help you improve your body, mind and spirit.

EarthHEAL (909) 866-4948

Humanity and Earth Alliance for Life

PO BOX 120821 Big Bear Lake, CA 92315

Therapy, Life Coaching, CORE Energetics, Energy Medicine and Life Essentials programs for adults, teens & children.

Women's Circle, ONLY LOVE Retreats, Wellness

Workshops.

Elevations Day Spa (909) 866-7405

Debby Dokter, BA, NASM, AFAA

42007 Fox Farm Rd., #1, Big Bear Lake, CA

The only full service Day Spa in Big Bear. Specializing in massage, skincare, nail care, hair care, body care and medi-spa treatments. Open seven days a week, 365 days a year. Packages available.

Essential Living (909) 866-4948

Robin Bradley, PhD Clinical Psychologist

PO Box 120821, Big Bear Lake, CA 92315

Psychotherapy, integrative energy psychology, multi-cultural healing, life essentials for adults, teens, and children, Women's Circle, Only Love workshops and retreats.

Flames of Faith Spiritual Center (909) 838-6407

Rev. Jean Sweet

41135 Big Bear Blvd., Suite D in the Black Forest Lodge

www.flamesoffaith.com

torevjean@yahoo.com

Sunday service 10:30AM & Monday evening 6:30PM

Classes, workshops, lectures, seminars, counseling for family, individuals and couples. We are an all-denominational metaphysical community encouraging conscious evolution.

The Lighthouse Project (951) 264-4737

Beth Gardner

PO Box 100, Fawnskin, CA 92333

www.bigbearlighthouse.com

Creating "child honoring communities" in which all members of the community feel safe, valued, and a sense of belonging, as well as a sense of responsibility for all children. Children are a top priority & are exposed to positive role models.

Live Pain Free, Inc. (909) 273-9267

Pamela Swanson, Certified Laser Therapist

501 Valley Blvd, Ste A-2

Cold laser therapy for pain due to musculoskeletal injuries (chronic and acute) arthritis, sports injuries and wound healing.

Mama Bear's Vitamins (909) 866-1132

Arlene Messineo

586 Bonanza Trail, Big Bear Lake, CA

Natural dietary supplements including vitamins, herbs, homeopathics and personal care products.

Massage by Lisa (909) 633-7795

Lisa Cameron, BA, LMT, NCTMB

501 Valley Blvd, Ste A-2

Therapeutic massage with a personal touch. Pain Reduction, Lymphatic Drainage, Age-Related Conditions, Injuries, Cranio-sacral, and visceral massage.

Massage Therapy by Rita (909) 561-3078

Rita McMillan, LMT, Nationally Certified

Customized massage therapy for each client's individual needs, outcalls, in -studio, and chair massage.

Mountain Mobile Massage (909) 800-8103

Daniel Morello, LMT

PO Box 1025, Big Bear Lake, CA 92315

www.bigbearmassage.com

Professional massage therapy available on-site or at our clinic. Intuitive, healing, effective techniques applied by highly experienced licensed therapists. By appointment only by calling or booking on-line. Hourly sessions, couples-together sessions, groups, weddings, special events. Helping Big Bear relax since 1999!

NLP-Instant Therapy (909) 878-3091

Sandy Steers

www.mypersonalmagic.com

Your subconscious mind is the key to your power and happiness. NLP lets you manage your subconscious mind, access inner wisdom, open to all you can be. NLP (neuro-linguistic programming), channeled readings, Shaman energy medicine. Sessions (individual or couples)—in person or by-phone. Classes available.

Pachamama Alliance Symposium

Sue Baker, Presenter (909) 584-9660

Joe Bradley, Presenter (909) 866-4948

www.awakeningthedreamer.org

Awakening the Dreamer Symposium-Changing the Dream. The Pachamama Alliance is dedicated to Bringing Forth an Environmentally Sustainable, Spiritually Fulfilling, Socially Just Human Presence as the Guiding Principle of our time.

ThePeaceAlliance.org (909) 816-5614

Barbara Jordan barbara@silvercloud.net

PO Box 5880, Sugarloaf, CA 92386

www.barbarajordan.com

Visual meditation videos, Dept of Peace initiative resources, visual relaxation.

Pramann Chiropractic (909) 585-2400

Calvin P. Pramann, DC

136 W. Country Club, Big Bear City, CA

www.pramannchiropractic.com

Quality holistic wellness. Addressing structural, nutritional, emotional, electrical pollution, toxins, & allergies/sensitivities.

Sol Food Market (909) 584-8301

Susie Lerma

1116 W. Big Bear Blvd., Big Bear City, CA 92314

www.bigbearhealthfood.com

Natural and organic products, locally grown produce.

S.O.U.L. (909) 866-0084

Cindy Dupre, MsD, PhD

PO Box 4244, Big Bear Lake, CA 92315

connectwithcindy@hotmail.com

Counseling & life coaching, representing individuals needing financial assistance regarding purchaser, refinances, home equity, construction loans. Referring Travel Agent

Spiritual Life Coach & Healer (909) 362-4104

Mary Bourdy

PO Box 957, Running Springs, CA 92382

Personalized coaching and healing based on the mind, body, and soul connection and all things related.

StarGazers Inn / SoulJourney Retreats

Doreen Wiggins

(909) 878-4496

www.stargazersinn.com

717 Jeffries Rd, P.O. Box 2819, Big Bear Lake, CA 92315

Personalized 3-7 day inspirational and fun vacation adventures for you to heal the Mind, Body, and Spirit.

Luxury accommodations at StarGazers Inn. Available for Singles, Couples and Small Retreat Groups.

Time-Out for Time Within (909) 878-4388

Carol Treadwell, LSCW

www.timeoutwithin.com

41945 Big Bear Blvd., Ste 221, Big Bear Lake, CA

Provides traditional clinical counseling, energy techniques, and hypnotherapy to adults. Individual, couples, and group sessions are offered with a focus on use of compassionate communication.

Yoga by Claudia

(909) 866-9700

Claudia Eads, MD, RYT

PO Box 368, Fawnskin, CA

Yoga through the BBV Recreation and Parks. Classes are an eclectic style of yoga for all levels. Speaker on self-care and co-dependency.

Resources in Big Bear Lake and Surrounding Areas:

Television

Channel 6 (K06MU) (909) 878-4886

www.channel6bigbear.com

Newspaper

Big Bear Grizzly (909) 866-3456

www.bigbeargrizzly.net

Big Bear Shopper (909) 866-7676

www.bigbeargrizzly.net/big_bear_shopper

www.bearvalleynews.com (909) 585-4661

www.bigbearnews.com (909) 866-4154

Radio

KBHR 93.3 FM (909) 584-7549

www.kbhr933.com

KWBB 105.5 FM (909) 866-4700

Christian Radio www.kwbb.org

KXSB 101.7 FM Lazer Radio (909) 584-1069

Chamber of Commerce

www.bigbearchamber.com

www.runningspringschamber.com

www.lakearrowhead.net

www.crestlinechamber.net

Big Bear Lake Resort Association 1-800-4 BIG BEAR

www.bigbearinfo.com

Discovery Center (909) 866-3437

www.bigbeardiscoverycenter.com

Hiking

www.mountaintophiking.com

www.sierraclubbigbeargroup.org

Post Office

37696 State Highway 38 – Angelus Oaks

472 Pine Knot Blvd - Big Bear Lake

247 Sandalwood Dr - Big Bear Lake

120 W Country Club Blvd – Big Bear City

39132 N Shore Dr – Fawnskin

28150 Highway 189 – Lake Arrowhead

2641 Palo Alto Way – Running Springs

501 Maple Ln - Sugarloaf

Road Conditions 1 800 427-Road (7623)

Mountain Healing Arts Association

PO Box 3840,

Big Bear Lake, CA 92315

www.mountainhealingarts.org

info@mountainhealingarts.org

Mountain

Healing

Arts

Association

Big Bear Lake

Surrounding Areas

Health and

Wellness Resources



Promoting
the healing and wellness
of body, mind and spirit.