

discovered holistic healthcare, which worked for her.

"The body is made to be self-healing," Wright said, "and many times this [fact] is lost in traditional treatment."

She created the festival as an effort to remind patients of holistic medicine as an option. The festival's attendance figures seem to indicate her efforts have been successful. Wright said the event usually hosts about 2,500 visitors, and this year, after adding a second day to the event, she's hoping for at least 5,000.

According to Wright, in recent years the division between traditional and complementary treatment has become less defined. "More and more doctors are using healing touch, bodywork

and massage," she said. "There is a body mind spirit connection; it's been proven."

With this knowledge, said Wright, the demand for more natural techniques has taken a quantum leap.

"People are more open," she said. "When the festival began five years ago, many people didn't know about [natural therapy]."

Paula Saffire, associate professor of classics at Butler, has opened herself to an array of complementary therapy techniques. She has practiced hatha yoga with



Photo courtesy of Festival of Light

THE FINEST THREADS: The Festival of Light will feature a variety of booths selling a plethora of products.

Ashley Shapiro, who will work at the festival, and said Shapiro "delivers the goods when it comes to peacefulness."

Saffire, who has taught classes in spiritual health and exploration at Butler, believes her health was improved by acupuncture, a treatment that will be offered at the festival.

"Although it's always hard to be sure of these things," Saffire said, "as far as I know, [my acupuncturist] cured me of a horrible allergic cough that had plagued me every September for years."

Also featured at the event this year will be practitioners, doctors and medical experts who serve patients through alternative therapies, such as homeopathy, acupuncture, massage therapy, aromatherapy, yoga, T'ai Chi and Feng Shui. Medical doctors from the area who specialize in holistic,

alternative and complementary medicine will speak at the event. Among them are Dr. Dale Guyer with the Center for Innovative Medicine; Eve Earley, D.C. in chiropractic and craniosacral therapy; Angelica Kokkalis, D.O.M. (Doctor of Oriental Medicine) practicing acupuncture.

Local as well as nationally known speakers, physicians and other health experts will offer free lectures, workshops and

seminars in the Broad Ripple Park Family Center. Wright said she believes the free lectures are the most beneficial part of the festival. Listeners get the opportunity to hear and speak one-on-one to some of the most respected and renowned practitioners in the country, she said.

The festival hosts various children's activities and live musical entertainment of assorted genres, including Native American, Celtic and jazz. Visitors can participate in interactive activities, such as on-site massages, angel readings, aura photography and a meditation labyrinth.


If a visitor works up an appetite practicing Qi gong, both vegetarian and traditional food-items will be available at vendors.

Take-home healing items, such as books, music, candles, jewelry, art, crystals, gems, beauty products, herbs, natural fiber clothing, musical

instruments and flower essences, can be purchased at the festival.

Gate admission is \$7; children under 10 receive free admission. Advance day passes for \$6 (one day) or \$10 (two days) are now available at Borders bookstore at River Crossing and Wild Oats Market in Nora.

To find out more about the festival, check out the Web site <http://home.earthlink.net/~vicwright/light/>.

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