

Our Hometown Authors

Interview by Alissa Lukara



Alissa Lukara is the author of *Riding Grace: A Triumph of the Soul* (Silver Light Pub., March 2007), writing coach and facilitates *Writing Grace — Writing as a Path to Transform Your Life* workshops in Ashland and internationally. She also offers individual and group family constellation sessions specializing in helping writers and other creative people fully live their creative dreams. For information: www.ridinggrace.com, alissa@ridinggrace.com or 541-482-7877

One was inspired by her dog, the second by horses, and the third was sparked by a lineage of self healing passed on for thousands of years. Each of these Rogue Valley authors answered her call in her own way, and the result is three diverse and unique books.

When Deborah Davis, a practitioner of Oriental Medicine and medical Qigong, ran a clinic with her Qigong master in Santa Barbara during the early 1990s, she saw infertile women become pregnant, cancer patients go into remission, and all types of pain, depression and illnesses disappear through Qigong practice.

“That was the inspiration for launching my Qigong journey,” says Davis, author of the new book *Women’s Qigong for Health and Longevity: A Practical Guide for Women Forty and Over* (Shambhala, 2008). “Qigong, an ancient Chinese system of self-healing, has been the source for women’s health and longevity for thousands of years. These gentle exercises, which can be done in 15 to 30 minutes a day, combine focused breathing, slow movements, self-massage, and meditation to increase vitality, slow aging, and reduce stress.”

Davis specifically wanted to write a book for women. “Most other Qigong books are written by men or martial artists. They also don’t address specific protocols for different ailments and imbalances. My book offers routines, exercises, stances and meditations for various ailments facing women today, including PMS, hypertension, depression, insomnia, cancer and osteoporosis.”

Davis’s healing program focuses on three stages of a woman’s life: Dynamic Woman (late 30’s through 40’s), Wise Woman (50 to 65), and Sage Woman (65 and beyond).

“I wrote a lot of the book in Lithia Park

sitting by the stream,” she says. “It’s so peaceful and full of healing energy. The book’s images are local Ashland women.”

Davis previously released a DVD called *The Spirit of Qi Gong—Chinese Exercises for Longevity*. Davis will be teaching women’s Qigong in Ashland this summer. Visit her website at www.womensqigong.com or call 800-723-6966.

