

## **CAROL CAIN OAKLAND SMALL BUSINESS: Couple opens shamanic healing practice**

**CAROL CAIN**

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If people are skeptical when they hear about Ellen Ostroth's fledgling business, **Stonewisdom**, she certainly understands.

Ostroth, 48, a former corporate attorney, and her husband, Dr. Thane Ostroth, a dentist, together opened Stonewisdom, a shamanic healing practice, which they've been running part-time from their Troy home since July.

They spent more than three years training and taking classes in shamanic practices to be able to open their enterprise.

Shamanic and other alternative practices have generated interest, particularly on the East and West coasts. But it's rather novel here.

"The Midwest is a hard sell, as is the Bible Belt," says Ellen Ostroth. "On the East Coast, or the West Coast -- everyone has their shaman."

A shaman moves between the visible and invisible worlds on a client's behalf to assist in times of turmoil or illness, bringing healing or guidance. Sometimes that includes laying of stones on a person; other times, it can involve talking to someone over the phone.

Which brings up the question: How did an attorney and dentist become shamans?

Six years ago, Ellen Ostroth was experiencing health issues related to being exposed to chemicals at a building where she was working.

Her doctors were unable to offer much help and, after exhausting all Western medicine had to offer, she heard about shamanic healing.

Though admitting to being a skeptic herself, she visited with Alberto Villoldo, a shaman who lives in Los Angeles.

After one session, she felt better and began regular meetings with him.

She was so inspired, she and her husband later began to explore the Shaman practice with Villoldo, who has written numerous books including: "Shaman, Healer, Sage."

Contact Stonewisdom at 248-816-9135.

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