



Eva Crow uses her sixth sense with patient Nancy Paris.

## HANDS-ON HEALING

When your body and spirit stall out on the road of life, Eva Crow offers a jump start.

“One minute he was here. The next he was gone.” With those words, Nancy Paris calmly describes a day that is nightmarish for most women to even contemplate: her husband’s sudden fatal heart attack, instantly leaving her with two small children to raise and a grief that showed no signs of abating. So the 49-year-old vice president of the Georgia Cancer Coalition sought a holistic approach for her pain, turning to spiritual work with Decatur resident Eva Crow. “Here I had this excruciating loss at a time when life was busy and full,” she recalls. “It just didn’t fit. I wanted help to open my heart, so I could continue to communicate with my husband in a new way.”

Paris is far from the only self-described “mainstream” person embracing alternative approaches to physical and psychological wellness. Nationally, healthcare professionals trained in Oriental

by **Andrea Sarvady** photography by **Jennifer Fox Armour**

medicine will increase to 24,000 by the year 2010. Closer to home, the National Institutes of Health has given Emory \$5.7 million for the medical school’s Complementary and Alternative Medicine program (CAM), where Parkinson’s disease is being treated with everything from tai chi to hands-on healing.

Just down the road from Emory, Crow, 55, takes the hands-on approach as well, administering to Paris and others by reading vibrational changes in the energy around their bodies. This native Brazilian calls herself a Medical Intuitive, but only because, she says, “America needs a title for everything.” What her devoted clients say they experience is personal and spiritual growth of the highest order. As one client laughingly put it, “To use a cliché, and I know it’s a cliché, this has really changed my life.”

What exactly does Crow do? Enter her colorful, beautifully appointed home and you might guess a myriad of things — she may be an artist, a teacher or even a lawyer with a sense of style. Nothing about this educated mother of two grown children hints at her unique profession. So Crow explains in detail how she works: A client calls, and the appointment is made. Perhaps they're coming in to "access happiness," as one client put it, or because they're experiencing troubling physical symptoms. Either way, the approach is the same: Touch first, ask questions later.

"When a person comes [in], they [lie] on the table. I quiet myself down and then I hover my hands over their body. It's almost like certain organs will talk to my hands — there's a surge of energy. When there is cancer, it feels like I am putting my hand on a hot pepper. Very peppery, spicy. If it's a brain tumor, I get kind of disoriented. If the liver energy is such that it calls my attention, I will ask the person, 'Who in your family was an alcoholic?' Because what the liver is telling me is that it is genetically weakened. It's carrying that memory. So this person better not get enthusiastic about alcohol."

As Crow speaks in her lightly accented English she never takes her eyes off your face, and you note her calm self-confidence. Her earliest memories include seeing spirit guides and people's ailments, though she ignored this trait for a long time, in a desire to be "normal." Years later, Crow finally saw her vision as a gift and opportunity. Perhaps it was this period of repudiation that enables

her now to easily tolerate cynicism in others, usually men whose wives drag them to her office.

"Sometimes I go through a whole reading and the person insists: 'No, no, no, I don't have any of that,'" she explains. "I say, 'that's fine. You go home, and you dig.' Then they'll call me and they'll say, 'Oh, you're not going to believe this ...'"

"I say, 'No I believe. I hope *you* believe.'"

One believer is Leigh, a 43-year-old college professor who says that working with Crow is "amazing," adding, "It's hard work. When you're carrying around emotional baggage, as we all are, Eva's going to take you right into the middle of it." In addition to



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sometimes discussing painful memories and situations in session, clients are often given homework. Journaling, meditation and reflection are all intended to accelerate the healing process. Leigh contends that despite one surprise benefit — her suddenly improved marriage after a trip with Crow to Brazil —

most healing occurs when the client is really willing to listen, go through emotional fire and make concrete changes in her life.

Many people hear stories of spirit guides and unseen energy and think such beliefs run in opposition to mainstream religion. Yet try telling that to the religious leaders who quietly visit Crow's office, or Paris, who is proud to call herself both a Christian and true believer in energy work. "I believe in the spirit and the soul as much as the body. I believe our focus

on the body has convinced us that it's the only thing that's real. This experience has affirmed for me, in a profound way, that it is not."

Despite their devotion to Crow, her clients know better than to treat her like a miracle worker, understanding that she is simply the catalyst for their own hard work. Crow

herself insists on this perspective: "It's not about me, Eva Crow. But if you want to give me a title, why not Jumper Cable? Because that's what I'm really good at. When your battery goes dead, I seem to have the ability to reconnect with your source. From that, the healing happens." ♀