

Kayla Bistrain

Mr. Greco

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## In Search of Equilibrium

### **Acknowledgements:**

I would like to thank my teachers, Mr. Greco and Ms. Parkinson, for helping me all throughout this process. I would also like to thank Marianne for being a good resource and role model to help teach me about myself.

### **Dedication:**

This book is dedicated to Marianne Nishifué for helping others find their balance and happiness in our crazy, ever changing world.

### **Preface:**

When I first met with Marianne Nishifué, I felt an unspoken connection to her. The more we interacted, the more I felt like she understood me very simply. Without making me talk about anything in particular, she was able to understand and help me with the parts of myself that I had never shared with anyone else. That connection and that unique feeling inspired me to choose Marianne as my subject. Being able to interact with her has changed me and helped me become more well rounded and emotionally intelligent. Marianne is such a special person who has an amazing gift for helping many people.

### **Anecdotal Lead:**

I met Marianne in February of 2021, amid the chaos in the COVID-19 pandemic. She was recommended initially by a family friend, and with the whirlwind around us, I agreed. After

hearing that she also discussed past lives, I knew I wanted to talk to her about this topic. Initially, I was very nervous, but nevertheless, Marianne did a good job making me comfortable. She started off by asking me mostly about my physical attributes. She inquired about a range of topics: if I freckled or burnt, how big my bones were, how my nails were, and my eating habits. Next, she told me a little bit about each dosha, which is a part of Ayurveda, a system of medicine which originated in India more than 3,000 years ago. Ayurveda has three main doshas—Kapha, Vata, and Pitta—that generally describe someone's personality and health, or what makes them up as a person (Ayurveda). The “goal” is to have an even combination of all three doshas, as that is the most balanced combination. It is common for people to have one dominating dosha, which makes them have to find and incorporate ways to bring in the other elements. After my mom’s meeting, she told me that she was Vata, which represents air. Kapha is earth-water, and Pitta represents fire. She then asked me which one I thought I was. Strangely enough, after just learning about the several different options, I immediately intuited what I was; I told her that I thought I was a Pitta, and she told me that, in fact, I was.

She then talked to me a little bit about things I should do to better suit my dosha. Although this initial conversation was pretty surface level, I was more and more surprised by how connected I felt to her. I felt like she didn’t need to ask me questions because it seemed like she already knew me. This was very helpful for me personally because I have a hard time opening up to people and talking about my emotions. Towards the end of the meeting, I asked her if she saw any of my past lives. She shared with me a very dark story about a past life and at first it was hard to comprehend. I had chills, and I felt very emotional during and after this discovery. When I was thinking about this conversation later, I found a lot of strange

coincidences that explained my personality to the past life that I lived. Through these findings, I could feel that connection and it made me feel very intrigued and captivated by her ideas.

### **Nut Graf:**

Marianne Nishifué is a woman who has developed her lifestyle to help people in different stages of their life, to help with their mental, emotional, and physical blockages. She is a self-described “Earth Ambassador” who has dedicated her life to helping people find their balance and create happiness. She uses non-traditional forms of healing that help the whole person heal from within. Marianne’s teaching modules are called Finding Equilibrium. She helps people find their own internal navigation system and internal compass; in other words, she aims to help create balance and stability so that people can better understand themselves in the world around them. In our Western world, it is important that we learn about alternative methods of healing. So many people who work in traditional business settings often medicate away their health problems in an effort to deal with the stress. It is important to acknowledge the benefits of holistic medicine and how it can be used for prevention.

### **Chapter 1: Sort Of A Sponge**

From a very young age, Marianne noticed and became captivated with how the Earth self-healed, and so she made it her goal to help everyone achieve that same level of balance.

In 1982, she graduated from UC Berkeley’s School of Social Welfare with an emphasis in psychology, social anthropology and economics.

In her late twenties and early thirties, Marianne felt as though she was always getting sick and suspected she had a mental illness. After a lot of time spent trying to figure out what was wrong, she found her answers away from the traditional doctor’s office. She eventually discovered that she is highly empathetic and sensitive, “sort of a sponge” (Nishifué). It was at

this moment that she thought “I'm more than my thoughts and emotions” and she “saw it as an asset to who I was and to perhaps help others to realize that they're just sensing what's outside of them” (Nishifué).

With her recently uncovered skills, Marianne started by first helping her neighbor's dog. Instead of being scared of her, Trixie connected with Marianne and allowed her to walk her and take care of her. “There wasn't any sort of spoken interaction like you would get from a human, but the dog clearly wanted to communicate with me” (Nishifué). It was that simple relationship which transformed Marianne's career and created her personal practice. “So I began to understand her language. And then from there, it just blossomed into all. Everything. Humans, plants, rocks, minerals” (Nishifué).

Her clientele expanded, and she began working with and helping many other people. As she gained more popularity and clients, she eventually started working with whole companies too. She has now been working for over 30 years as an International Business Consultant, and she helps people find the balance between work and life, so that they can become the best individual they can be. All throughout her life, she has worked hard to expand her abilities and become the most qualified in her practice. Over the years, she has built up an impressive resume that is very helpful for people looking to work on their health and wellbeing.

### **Scene 1:**

After graduating from UC Berkeley, she surrounded herself with the world of business, and found herself having to interact with many people. Unfortunately, the judgmental environment stifled her. Marianne recalls, “A lot of who I was was in stealth. I would use it in conjunction with working with big groups of people” (Nishifué). Some of the concepts that Marianne practices help an individual separate themselves from another person. One example that

she referenced was when someone said something hateful to her in a grocery store, she recognized those negative thoughts and emotions as theirs. In recognizing this, it helps her to feel less drained and upset by cruel things because those feelings are separate from her. Using this technique and simply thinking about a situation deeper can help people overcome their obstacles without the negativity dragging them down.

By using these conceptual parts of her practice, it allowed her to minimize the judgment that she faced while still being able to protect herself. Along with these ideas, she also uses her holistic medicine and different forms of Ayurveda in order to help balance herself in a work environment. She goes on to explain, “I never really put that out front, but it certainly was foundational when it came to bringing success to big groups of corporations, groups of people and corporations” (Nishifué). To this day, Marianne works in conjunction with businesses as an International Business Consultant and her practices can help her clients find their balance even through the stress of their jobs. For example, a company will hire her so that anyone that wants to talk with her in the company can do so. For people with anxiety-inducing and taxing work environments, it is especially important for them to find their own thoughts and recognize when they need a break.

Rima Shah, a teacher who practices Ayurveda, commented on how much the pandemic and the isolation has negatively affected people. With this new free time, many people had a lot of space to think about themselves. “So, I think in that whole process, people’s mental anxieties, mental challenges came up a lot, and I think their sense of worth, self-worth — where do they belong, how do they fit in, what’s their purpose?” (qtd. In Silver). It is even more important in these times that we practice Ayurveda and other holistic practices in order to help us resolve some of those internal conflicts.

Personally, I know that with myself and my life, I am constantly stressed. All the anxiety that I experience and the chaos can be very overwhelming. Ayurvedic treatments are crucial because they provide a clear cut plan based on our doshas. This is potentially helpful for people who might feel off-kilter even though nothing is seriously wrong physically. With this awareness, it allows them to try different practices so that they can feel their best. This is the key to generally improving happiness and sense of purpose, instead of only treating the physical problems when they arise.

Holistic medicine is based on prevention, which is important for maintaining a clean bill of health. It is vital to think of all aspects of health - mental, emotional, physical, and spiritual - because these acts of self care can provide a more fulfilling concept of health. Personally, while I think about what Marianne has taught me, it helps me understand more about myself and what I feel, when I would normally overlook my feelings.

## **Scene 2:**

Marianne uses a variety of tools to help her clients, including aura-soma bottles, tarot cards, aromatherapy, and tuning forks with different frequencies. These items are all crucial for her connection with her clients. Items that she uses frequently are called aura-soma bottles. These bottles are made up of two liquids, oil and water, and each bottle has two different colors. Since the oil and water don't mix, the colors separate into two layers. When looked at directly, both colors are visible, and when rotated, the colors blend together. There are 117 separate colored bottles, and each one is unique and has a different frequency. These bottles are often used to associate a feeling with a color or bottle, which can help make it easier for Marianne to connect with and understand her clients. She usually asks a question and then the client is prompted to choose a certain color and then explain their choice. She uses these items so that the

client can “create a language to communicate what they’re feeling” (Nishifué). She describes imbalances as blockages that make it difficult for people to express what they are feeling. This is where the bottles come in, because the client can much more easily choose a color to represent the feeling, instead of fully explaining it. She describes, “And in that moment, there's this wonderful synergy, not necessarily for me, but for the client who's come to see me, because then the aha moment happens. A light bulb goes on” (Nishifué). She also uses Apothecaria, which can come in different forms, body creams, essential oil perfumes, serums, balms, and many other remedies. It is derived from the word apotheca, which means a place where wine, spices, and herbs were stored (Origins). In modern times, apothecaria is a form of non-traditional healing involving spices and herbs to help heal an individual. As a certified Ayurvedic Aromatherapist and Herbalist, Marianne personally curates these items based on a client’s Ayurvedic constitution. She applies them as a gateway to deeper awareness. For myself, she provided me with an oil whose smell is curated to help ground me whenever I get anxious.

Along with working with individual clients, she also works with large groups of people. Currently, she works as an independent business consultant and she works with companies. She cultivates sales teams, art directs, manages supply chains, leads marketing strategies, and production operations. According to Linda Haskell, a High Tech Consultant, “Marianne is a hidden gem. She helped me to achieve a life in balance. Her diverse healing modalities; Ayurveda Lifestyle counseling, Massage and her organic plant based remedies from her modern day apothecary has kept me thriving in my busy life.”

Additionally, Marianne also delves into the unseen world. She believes that everyone is a “culmination of cellular experiences” (Nishifué), who have lived other lifetimes. These other lifetimes that we have experienced all become a part of who we are. In her personal practices,

she weaves these stories and past experiences into their current lives and connects those dots. She believes that the past lives are significant in the person's present lifetime, and that it is not a scary thing. These past lives can come up in dreams, be a déjà vu feeling, or just a feeling whenever a person goes to a certain place. "And whether you believe it or not, it's a great way of saying... you know what? I don't need a map. When I go to this city, I just kind of automatically know which way I'm going" (Nishifué).

Recognizing these experiences and being able to learn about these parts of a person is a very thought provoking process that teaches people a lot that they might not know about themselves. It allows them to think outside of themselves, and they are bound to discover new things. Personally, I was able to better understand and learn about why I may react a certain way. She helps me think intuitively and be able to recognize when these connections and moments arise. This has helped me become more aware of things that upset me, and so it makes it easier to deal with my emotions and face them. She also encourages me to follow my gut and my intuition and to trust myself. This has allowed me to begin to realize my self worth and help think more positively about myself. She stated, "I just see myself as kind of a cleaning lady, right? I help someone get rid of all of the filters and judgments about what they're sensing and feeling and actually start utilizing it as a way in which to go forward" (Nishifué). This connects to my personal experience because she helps me by encouraging me to help myself. She creates strategies that I can practice with my daily life, unreliant on her being present.

### **What Lies Ahead:**

In a world filled with billions of people, all trying to overcome their own fears, uncertainties, and stress, it is ever important that we learn to find our inner balance. If we separate our own thoughts and emotions from those around us, we can stay calm and better serve



the world around us. These forms of alternative healing that Marianne specializes in are crucial to overcoming the stress of western society. Every individual yearns to find happiness and to be fulfilled in their lives, and so by taking time for yourself, you can better yourself and the world around you.

Marianne believes she is completely happy and fulfilled with her life, and helping other people is something that she enjoys doing. “I don't consider what I do a job. I consider it something I love to do” (Nishifué). She later mentions, “It incorporates what I love to do, which is serving people, helping people find balance in their lives” (Nishifué). Her drive to help make the world a better place is just a part of what makes her such an amazing person.

**Closing Quote:**

“I'd like to be able to stretch time more because sometimes I feel like there's just so much I want to do and extend and I feel that there are more people, places, things, events, animals that I would like to meet and connect with” (Nishifué).

**About the Author:**

Kayla Bistrain is a Junior at Los Altos High School. You will often find her in the pool, as she likes to swim and play water polo. She enjoys sketching, painting, and hanging out with friends. She loves being creative and hopes to incorporate art into her college studies.

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