



# Old L.A. News

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Publication of the North Figueroa Association

## YOUTUBES' "HEALING FAIRY" TALKS WITH SHOPPERS OLD L.A. FARMERS MARKET IN HIGHLAND PARK



Photo by Christopher Nyerges

Christopher Nyerges is the author of "Self-Sufficient Home," "Extreme Simplicity," and other books. He can be reached at [www.SchoolofSelf-Reliance.com](http://www.SchoolofSelf-Reliance.com).

Highland Park resident Michelle Williams is a "healing fairy," a term she came up with a few years ago. "A fairy," she explained, "is a spirit which takes care of the earth and everything that lives on the earth, and protects it. A healing fairy also provides uplifting energy which makes people laugh," she says with her broad infectious smile.

These days, Williams spends time sharing her message on YouTube, with private counseling, and at the Highland

Park farmers market where she has a booth.

Born in Pasadena, Williams was raised in Covina where she went to primary school. She earned a Bachelors degree in Dance at UC Riverside, and is certified with the Royal Academy of Dance and the Progressing Ballet Technique. She worked as a ballet teacher for five years. But she felt that she was in a narrow cycle of working, driving home, working, driving home, ad infinitum. And she also realized that she had a problem with anger.

To break out of her narrow cycle, she decided om 2016 to attend swing dancing sessions in Pasadena. It was there that she met the love of her live, musician Tommy Trujillo.

Trujillo, who trained in macrobiotics in Japan, attempted to introduce Williams to the dietary lifestyle of macrobiotics [a word based on "macro" meaning "big," and "bios" meaning "life"]. It's an ancient lifestyle based on the philosophy of yin and yang, meant to bring balance, health, and harmony to those who observe its principles.

"I wasn't interested at first, because I

was very sensitive to diet culture messages," explained Williams, "and I told him I didn't want to hear about it."

Then, Trujillo gave Williams a copy of "The Hip Chick's Guide to Macrobiotics." "I was skeptical at first, but I started reading it," she explains.

"That book explained food to me in a way I'd never heard before. Remember, I had an eating disorder," explains Williams. "I'd tried many diets in the past and gone to many nutritionists, but I knew I still wasn't eating healthy. The Macrobiotic book moved me to begin eating healthy and even to think about my life in a different way," she says.

Her main dietary change was quite simple: she began to eat brown rice, with vegetables. "I slowly cut out sugar, eggs, meat, and dairy products, and the change to my state of mind and feeling of health was surprisingly profound," says Williams.

Williams explains that she had also suffered from depression, anxiety, and bipolar disorder, and drugs given to her by her doctors did no good. She was taking many medications which she stopped as of 2014, and – with the addition of brown rice and vegetables – noted that she no



**Security**

**2nd Quarter 2022**

Patrol calls for service	59
Patrol BID contacts	1,350
Public contacts	776
Vehicle patrol hours	1462
Bike patrol hours	0



**Maintenance**

**2nd Quarter 2022**

Trash Bags (removed)	1,685
Trash weight lbs	59,064
Graffiti tags removed:	408
Bulky items:	268
Pressure Washing hrs	24

**Annual Meeting  
November 16, 2022  
Zoom info to follow**

longer felt depressed, and noted to her surprise one day that she was no longer experiencing road rage. "One day, when I normally would have been in a rage on the freeway, I realized I was calm. I thought, This is new! And all I did differently was to eat whole grain rice!"

Today, as the Healing Fairy, Williams shares the science underlying her new-found perspective with her Patreon fans on Youtube. Find her at [Patreon.com/the\\_freedom\\_fairy](https://Patreon.com/the_freedom_fairy). "I deal with topics like healthy food, astrology, our connection to nature, and good health," she explains with a big smile. "The main thread to my program is the concept of energy. Everything is made from energy and there are a lot of different types of energy. Everything is moving energy, and when we understand that, we have a better understanding of ourself and our world. It allows us to realize that things will not always be bad," she explains. Too many of us, according to Williams, are too caught up in only

our personal issues, or, on the other side, caught up only in external things that are not personal. Williams hopes to bring balance to our thinking, and helping her followers to overcome their fears.

Learn more about Michelle Williams on YouTube at [TheFreedomFairy](https://TheFreedomFairy.com).



Photo by Christopher Nyerges

### NFA Goals

- Provide Educational, Cultural, Artistic, Charitable, Social Service and public improvements.
- Increase economic well being for property owners, employees and businesses.
- Provide improvements and activities to assist in economic and commercial revitalization.
- Provide clean, safe and beautification programs to improve economic prosperity for property owners, businesses and the community.
- Bring about investment of public and private capital within the Business Improvement District and surrounding area for public benefit and charitable purposes.

### Mission Statement

North Figueroa Association is the management organization for the Highland Park Business Improvement District and is an advocate for the North Figueroa Property owners by empowering and aiding in the stimulation of growth, development, revitalization and maintaining the historic value of the North Figueroa Corridor.

The North Figueroa Assoc. will support an environment in which stakeholders can conduct commerce, live and play.

## North Figueroa Assn. Board of Directors

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Misty Iwatsu, Executive Director  
Contact: 323-255-5030

**website: [www.oldla.org](http://www.oldla.org)**

<b>Annual Budget 2022</b>		
Public Right of Way	\$376,854.64	(65%)
Corporate Identity & Organization	\$110,000.00	(35%)
<b>Total Annual Budget</b>	<b>\$486,854.64</b>	<b>(100%)</b>

### How You Can Help

You can help keep the district clean, safe and pedestrian friendly by:

- Making sure your businesses do not place their trash in the sidewalk receptacles. These receptacles are for pedestrians only.
- Keep windows & awnings clean
- Take down any old, torn or faded signs or banners.
- Sweep your store front. While the crews sweep the streets, they do not sweep private property
- Post store hours in windows.
- Call security with concerns. The number is: 800-350-1944. Report to LAPD, as well.