

Wholistic Heartbeat



the power to heal lies within

Kris's lies

Wholistic Heartbeat



wholistic: variant spelling of holistic;

1. From wholism; the philosophy that parts of a whole are in intimate connection, such that they cannot exist independently of the whole.
2. Healing treatment which considers all aspects of health including: physical, mental, emotional, social, economic and cultural factors.

heartbeat: expansion and contraction of the heart.

1. The rhythm of the pulse.
2. An animating or vital unifying force.



WHOLISTIC HEARTBEAT
the power to heal lies within

On The Cover Out of Chaos Comes Renewal, Balance and Harmony by Lyn Risling



ARTIST'S STATEMENT

Lyn Risling's work reflects the renewal and continuation of cultural traditions and the natural world of her tribal peoples, the Karuk, Yurok and Hupa of northern California. About her work she says:

Renewal has always been at the heart and core of our tribal ceremonies and our spiritual beliefs. Our ancestors had ceremonies every year to "Renew the Earth" to get rid of sickness and to restore balance to the world, as well as to give thanks for what the Earth and Heavens have provided for our survival and well-being. These ceremonies, as well as other parts of our cultures, have survived or have been revived and are continuing today. This renewal of culture is in spite of the ongoing damaging effects of historic trauma to our people caused by genocide and disease brought by the gold rush and settlers in the 1800s and later by the loss of culture and language through forced

assimilation of children who were sent away from home to boarding schools.

This cultural and spiritual reawakening has been the main source of my artwork. Our ceremonies are about healing and bringing balance to the whole world, not just for our own people. Today we all need healing. It is difficult at times not to feel sad or angry thinking about the destruction caused by humans to the Earth and all that it provides. We are all children of the Earth. Like our ancestors, we humans have a responsibility to help restore balance to the world. We must take care of and protect our water, our animal and plant life, and all of our natural environment if we are to survive as a species. When we make efforts to heal or renew our own spirit, we can also help others in our families and communities and beyond. In spite of the many obstacles in our way, we must work together to heal and remake our world to one of balance and harmony.

You can find Lyn at www.lynrising.com.





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Wholistic Heartbeat is always accepting articles, stories and poems for our bimonthly issues.

Wholistic Heartbeat is an embodiment of the evolving awareness of our wholeness. We appreciate your contributions and are glad to offer a place for your joyful expression. All submissions are welcome. We print what is in the flow of each unfolding issue.

Submit online at wholisticheartbeat@gmail.com or drop them off at 44 Sunny Brae Centre, Arcata

Our Mission: Creating Opportunities That Nourish Our Wholeness.

Wholistic Heartbeat is a free bimonthly magazine creation offered from the **Isis Osiris Healing Temple**.

Through the *Wholistic Heartbeat*, we seek to inspire and educate the members of our community about our uniquely skilled and gifted healing arts practitioners and the rich variety of integrative healing modalities available to us. *Wholistic Heartbeat* is a vessel through which the voice and heartbeat of the innate healing wisdom that lives within each of us can be experienced. While we may not share all of the beliefs expressed by our contributors, we do support them in sharing themselves.

Our intention is to offer a wide variety of quality information that will support all of us on our healing paths by providing tools and resources for personal growth, awareness, and self-empowerment. Sharing our stories, wisdom, gifts and skills strengthens the overall health of our community.

Exercise your free will and discernment to ponder, embrace, or release what you find throughout these pages. Once you complete an issue, please pass it along,

WE ARE BEING CALLED

BY ELIZABETH "ELLIE" RAU

We are being called to rise up

We are being called

to wake up

to stand up

We are being called to rise up

We are being called

to show up

to speak up

We are being called to rise up

Now

To arise from the fire

and ascend ever higher

To inquire, aspire, inspire, and

rewire.

We are being called

to care, to share,

to repair, to dare, and to declare.

We are being called

to shine, to balance,

to forgive, to heal, to unite, and

to love.

We are being called to rise up

Let us rise in love!

Let us heed the call!

SOLSTICE PHOTO BY SUSAN PEARSON

Kausalya, Denise Payne-Ollivier, RASi

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Quan Yin photo above by Chelsea Danielle



Where are you on your journey to your deepest desires? How do your ambitions compare to last years? Take a moment to recall your goals from last year. When you reflect on this, have you grown in this area of your life? Why or why not? What are your deepest desires today? 2017 is here and the time to be your most authentic self is now.

Each year we become more ambitious to make goals and stick to them. We believe in ourselves enough to start a new routine, change a habit or behavior. I commend you all for even having the awareness that there is room for growth, because there always is. One thing that is consistent is change, so why do we hold on to the things that only hinder us from being our most authentic self?

The new year begins with your best intentions to follow through with goals you set in place to be your authentic self. You create some routines, begin to change some behaviors and you are feeling great! A week or two goes by , maybe even a month, nothing can stop you. Then this happens: you have a bad day at work, you get into a disagreement with a family member or friend, you’ve been working really hard and feel you really deserve a break. Whatever it is, when you start to feel stressed out and the new routine just isn’t cutting it anymore, what is the first thing you turn to?

Soft addictions

Soft addictions are anything from surfing the internet to obsessively checking your phone, email, texts, watching you tube videos for hours, overworking, overeating, sugar binges, watching excessive TV, focusing on your looks, working out every day of the week ... the list goes on.

When we give into the temptations of our soft or hard

addictions, we end up fogging our deeper desires just to get a quick fix and feel good.

Can you name your soft addiction? How much time do you spend on this habit or behavior? Is it worth your time? How is this habit benefiting the goal you set at the beginning of the year? This habit may be costing you your health, time and money. It may be disconnecting you from your mind, body, and emotions which can lead to a manifestation of dis-ease. Your behavior could also be costing you your friendships and intimacy with your family. When we indulge in these behaviors we are ignoring what’s really happening in our current reality, and it affects everyone around us.

There is always a good reason to indulge in these ways of coping; they are deeply grooved patterns in our brain and it takes training to create a new pattern. Recently I identified a habit, drinking alcohol, that I wanted to release. Although I did not have a hard addiction, it was something I turned to during casual evenings, social outings and when I was emotional or stressed.

I chose to let go of this habit for many reasons. It was easy for me to make excuses for my habit when I was working, traveling and studying all the time, or when I would go out with friends or even go out to eat. I never understood why I would get into such a habit when I knew it was not beneficial to my highest and best self.

When I let go of my soft addiction with alcohol, there was plenty of clarity, energy and space to make time for the things my heart really longed for. I now wake up earlier, journal, pray, meditate, listen to my favorite music and dance in my room just because it makes me feel alive. There is more time for walks in nature, intimate time with myself and friends, and I even started playing piano and learning Spanish.

Not only am I able to travel, study, and work full time, but I have even more time to create a workshop I’ve been imagining for a couple of years. Now that I am out of my fog, I am truly living a life of MORE because I choose to live a life alive for myself, the benefits extending beyond myself to others around me as well.

It’s important to reprogram our minds and replace old habits with a positive and more productive attitude. The reprogramming itself can be the hardest part. Those grooves in our brains are real, and when we are triggered, the urge to indulge can be very strong. I guarantee you that your will is stronger. NO, it won’t be easy at first.

You have to make sure you have a very good reason to change this behavior for yourself and find the right support to assist you in this process.

Sit for a moment and imagine your soft addiction and all that time you spend on it. How could you use that time?

When you remove the old negative habit with a new positive one, there is room to begin activities that align with the person you imagine yourself to be. When we live as our authentic selves, others in the community are inspired to do the same. If other people do not understand your decision to live more, do not worry, they are being positively affected just by you BEING you. Remember we are Human BEINGS, not Human DOINGS. The idea is to fill our time with the things that make us feel alive rather than with more things TO DO which only leave us feeling more drained and unfulfilled at the end of the day. I will give you an example of what I do with my time.

I am studying to get an Associates degree in Mind Body Transformational Psychology, with a focus in Spiritual Studies and Transpersonal Hypnotherapy. I have one more year to go. I also travel for work once a month, up and down the coast of California, working out of a couple different salons. I maintain clients and friendships everywhere I go.

As I settled into that routine, I began feeling the urge to create my next move in the health and wellness realm and started thinking about how to share my knowledge with the community at large. The question I keep asking is, How can I serve?

My answer: lead by example and share my gifts and talents with others. I am ready to begin my Transformational Life Coaching practice. I want to assist others in becoming their authentic self. While all the business stuff is great to focus on, I also need to pay attention to my own needs. Since I have let go of my soft addiction there is more time in my day to begin doing yoga and dance. Body movement will be a part of my wellness practice and in order to incorporate that, I have to live it myself. All these things are helping me to align with my most authentic self and create a life of much more than just day-dreaming how I want to be in my outer world. As I continue to follow my heart, I feel lighter, happier and free from my own fog.

My challenge to you is to discover what it is that is desiring to be expressed through you. How can you live a full life for yourself? Would you be willing to start today?

Prayers to you all on your journey,
May your hearts be full and warm.

Alexandra L. Seymour BCR, CBEST

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Collective Healing Path

Collective Healing Path is born from a desire to open avenues of wellness through wholistic and alternative forms of medicine to individuals in illness, in pain, and in need. We exist to support our community, serving as a bridge uniting modern challenges to health and happiness with the wisdom of our highest selves and the ancestral knowledge of how we as humans heal.

Collective Healing Path brings you :

- Spotlight articles highlighting local individuals, businesses, and events that serve our community and personal journeys in attaining health and wellness.**
- Consultation services to assist you in navigating our abundance of alternative healers and healing modalities here on the North Coast.**
- Community outreach and events to unite those in need with those who offer healing services. We believe that radiant health is our right as humans and wish to support our local healers in a system that allows for abundance and prosperity for all involved.**

We serve to educate and empower the individual in the belief that strong, healthy communities are made up of individuals who feel supported and cared for, especially in times of disease or crisis.

As your ambassadors for alternative health modalities, we work to give you a voice and restore your sovereign role as the creator of your own wellbeing.

Collective Healing Path Turns the Spotlight on Sacred Seeds



Sacred Seeds is currently working on the Water Protectors of Humboldt County Project

As we begin this new year and enter into the heart of the rainy season on the North Coast, the focus on water as a vital resource becomes personal. The care of the water on this land is intricately tied to the wellness of our physical bodies, our spirit, and the health of our communities. The consequences of mismanaging water is seen dramatically in the poisoned waters of Flint, the severe drought throughout California, and of course in the struggle at Standing Rock Reservation. We now bring the matter of protecting our sacred water home to Humboldt, where our abundance in the resource places a great responsibility on us all as its caretakers. The Collective Healing Path team was honored to interview founding members of **Sacred Seeds** Len Perry and Nikki Hicks about their **Water Protectors of Humboldt County Project**. We encourage our readers to get involved locally.

Collective Healing Path (CHP): Tell us a little bit about the history of your group, or the inspiration behind forming it. In the process, please introduce yourselves and give a little background about your journey to this land and this work.

Len: I was born in Aurora, Colorado, but I remember very little of it. Before I was three, my family relocated to San Diego where I grew up until the age of 14. I always felt very alienated by the fast pace of the rat race down there and the mentality that came with it; I knew something wasn't quite right, but I didn't know exactly what it was. When I moved to Arcata, it all became clear to me. For the first time in my life I felt able to express myself fully—not only artistically, but spiritually and politically, as well. I was able to wear what I wanted to wear and

say what I wanted to say. I truly believe I never would have felt the courage within myself to stand up and speak out to this degree had I not moved to Humboldt.

During my 16th summer, I held my first series of protests down at the Arcata Plaza, speaking out against police brutality and the prison industrial complex. Our regularly deadpan society was angry and electrified by the murder of Michael Brown, and I have always viewed anger as a catalyst for change. Unfortunately, people were too angry to gather in unity, and debate within our protests tore us apart and discouraged me from organizing action for years.

Fast forward to 2016 and I see within our society an overwhelming transition of emotion without the anger. The movement at Standing Rock sent shock-waves around the world, filling many, including myself, with a sense of faith. Faith for change and faith for a second chance, faith that maybe, just maybe, we can bring ourselves and Mother Earth back to health. I used this faith that was energizing our society to organize a protest on the fifth of November, and this time there was no destructive debate. We had seemingly silently agreed that we were there for one reason and one reason only: to save our Mother Earth and future generations from needless suffering and certain demise.

Nikki: I spent a good majority of my life partying and drinking, though from a young age I have always been attracted to spirituality. Growing up in the bible belt, it started as a love of church and Jesus and has evolved from there into a more earth and heart based spirituality. Around 2011, as I was turning 30, I took a look at my life and knew that I had more to offer the world. I booked a five week pilgrimage to Santiago de Compostela, starting in France. I walked over 500 miles across Spain which turned into a seven month soul journey. During this time I began to meditate and see how the wounds of the past were holding me back. After returning to Arcata, through a recommendation from Maya Cooper, I found a therapist who was spiritual and the most loving and strong woman I have ever known. With her guidance, I have been on an awesome and sometimes heart-wrenching journey of self discovery and healing.

Soon after returning home I attended a ten day meditation retreat and began a daily meditation practice. I faced the sins of my parents and came to terms with a far less than ideal childhood. I even began to see how my difficult childhood had given me qualities I loved about myself like tenacity and empathy. As my heart healed, and I took in the world around me, I ached at the destruction of our earth. But I felt overwhelmed and didn't know what to do. I tried to just ignore it but there was no denying the pull to act. Around this time I became familiar with the Work That Reconnects

taught by Joanna Macy (an empowerment process that builds motivation, creativity, courage and solidarity for transition to a sustainable world—Facebook). After a seven day retreat with her where we engaged in interactive exercises, my life was forever changed. I felt a connection to earth and fellow humans that I had never experienced. I no longer feared failure, knowing I had the strength of ancestors and future beings guiding my path. For the first time in my life I felt free from a lifetime of shame and insecurity that had kept me small. (A note from CHP: we’ve shared more information along with a few excerpts of this profound work at the end of this article)

I met Len at a Black Lives Matter Protest and immediately knew I had found a kindred spirit. Later, as we watched the events at Standing Rock, we shared a sense of hope and despair in our world. In November of this year, Len took the initiative and founded Sacred Seeds. We planned a march to the courthouse in Eureka. I thought maybe 20-40 people would attend, so when the numbers began reaching the 200 mark, I knew people were ready to act on behalf of life on earth. From there, we began the work of building The Water Protectors of Humboldt County Project.

CHP: What are some of the issues we as a community face in protecting the waters of our beautiful Humboldt County and the surrounding lands?

Len: From the early clear-cutting of our old growth forests and subsequent soil degradation to the highly pollutive pulp industry to the spraying of toxic herbicides in our watersheds, Humboldt County is no stranger to environmental catastrophe. In fact, thousands of pounds of highly carcinogenic forestry herbicides are still washed into our watersheds each year after being sprayed by the Humboldt and Mendocino Redwood Companies. It is no surprise that our county has some of the highest cancer rates in the state, despite our famed clean air. On top of highly toxic, unnecessary logging practices, we are presently facing the threat of losing our Mad River watershed to the unquenchable agricultural dust bowl in Southern California. Our organization intends to put these unsustainable operations to rest—hopefully for good—in order to protect future generations as well as our economic integrity.

Nikki: The best way to protect our county and our water is to help people see themselves as part of life on Earth—we are the Earth standing up to protect itself. The Work That Reconnects is a great way to wake to the pain of our world and also to the love and compassion for all that surrounds us. It is this place of love that inspires us to act. And rather than dealing with each individual threat to our precious ecosystem we must pass an anti-fracking community rights ordinance, similar to Mendocino’s Measure S. We would

join over 200 communities passing into law our right to Community Self-governance, Clean Water, Clean Air, Safe Soil, Freedom from Toxic Trespass, Peaceful Enjoyment of our Homes, Grant Rights to Natural Communities and Ecosystems, and Mandate a sustainable Energy Future. We would then be setting the precedent for how we want to care for our precious ecosystem and community.

CHP: Where do you feel most connected to the essence of the element of water (swimming in the Trinity, walking on the beach, fishing in the bay, sunset at the marsh etc.)? What draws you to work specifically with this resource?

Len: The ocean is my place of solace. Whenever I feel out of place, its seemingly infinite expanse never fails to send chills down my spine and fill any void that was growing in my mind. The reflection of our powerful auric sun off her many waves never fails to leave me speechless. Even the sand is illuminated, though only for a moment, turning to otherworldly colors as it reflects the last setting shades of our solemn sky. All water brings life, however, so all bodies of water are sacred in my eyes. A resource as sacred as water needs to be extensively protected.

Nikki: My most vivid memory of connecting to water in Humboldt County is summer time on the Trinity River. I love to jump out of the raft and find myself held by this precious gift of life. Wind gently blowing over my skin, only tree and sky above and, when I’m lucky, an eagle flying overhead. It is here that I’m reminded that we are on taken land, land that for thousands of years thrived while being held by the local tribes. My heart longs for each of us to return to loving our Mother Earth and remembering we are her children.

Most recently I’ve also felt the precious life-giving energy raining upon us almost daily. I’m reminded of Humboldt County over a decade ago when this was the norm. Each day I’m grateful as I watch the previously parched earth turn green and come to life.

With the rising oceans and corporations’ attempts to buy up water rights, it has become increasingly clear that water will become more and more scarce. I firmly believe we all have a right to clean water. Without clean, fresh water to drink we will die—water is life—and I vow to protect life on earth in the name of the ancestors for those living today, and all future generations.

CHP: How do you see protection of our waters as a social justice issue? How does protecting these resources affect the wellness of our community?

Len: The quality of water is directly related to the health of life surrounding it; when waters are polluted, life gets sick.

Historically, the people coming down with life-threatening dis-ease as a result of water contamination are almost always economically disadvantaged. The poor are purposefully misled time and time again by industrial corporations who never care to right their wrongs. The greedy industry giants know they can get away with poisoning the poor, as the poor often cannot afford effective legal representation or adequate, objective investigation. However, in the end, the rich and poor alike will be paying for the destruction of our water sources, as cancer affects everybody regardless of income. The crimes being committed against our planet and the life that lives on it are heartless, to say the least.

CHP: How do people become involved in supporting or working with your group? Do you have meetings that readers can attend or other contact information to pass on?

Nikki: The community can become better involved in the movement to protect Humboldt’s water by joining our Facebook group by searching: «Water Protectors of Humboldt County” or by going directly to www.facebook.com/mniwiconihumboldt or emailing us at: WaterProtectors@SacredSeeds.Org. Currently, we hold regular meetings every Sunday in the Green and Gold room #166 in Founder’s Hall at HSU. Everyone is welcome to join our meetings.

A closing note from Nikki on *The Work That Reconnects* and its creator:

The Work That Reconnects—an open-sourced body of work created by Joanna Macy—is an essential aspect of our group. I’ve been the mentee of Joanna Macy’s executive assistant, Anne Symens-Bucher, for the last six months, learning invaluable information regarding the work through her. We use Joanna Macy’s interactive exercises during our meetings to connect deeper and to heal. We will be holding a Work That Reconnects Workshop early next year. We will let you know when we have the details solidified. Here are a couple of quotes from her book.

From the Preface of the book *Coming Back to Life* by Joanna Macy:

This is a guidebook. It maps ways into our innate vitality and determination to take part in the self-healing of our world. It presents a form of group work that has grown steadily since the 1970s helping hundreds of thousands of men and women around the globe find solidarity and courage to act, despite rapidly worsening social and ecological conditions. This work can be done alone and has reached into countless individual lives. It is most effectively done in groups, for its methods are interactive and their power synergistic. Workshops vary in length

from one day to a full lunar cycle; but even in briefer time frames such as in classrooms or churches, the practices can yield openings to the truth of our common condition. They can bring us into fresh relationship with our world, and not only arouse our passion to protect life, but also steady us in a mutual belonging more real than our fears and even our hopes. -Joanna Macy

From the Foreword of *Coming Back to Life*:

This is spirit work. It heals and it gives us hope, thereby empowering us on the way to a healing life. Meister Eckhart, the Dominican mystic and prophet of the Middle Ages who was condemned by the papacy because he supported peasants, women, and other outcasts, once wrote that “a healing life is a good life.” A healing book is a good book. -Matthew Fox



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 **Jin Shin Jyutsu**



Denny Dorsett, RN
Certified Jin Shin Jyutsu Practitioner
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Little East Village

By Manya Orescan

In honor of all the brave protectors of water at Standing Rock

1.

Is that the smell of freedom
On the river's tongue
Or the spill and rapture
Of wild buffalo
In an epic face-off
With bodies and machines
Nomadic heart rivers that
Stop by in cars,
Campers, caravans
And hollowed out canoes
Four hundred sisters
Nations sun-dancing
Their backs hot against
The sacred black hills

2.

Stone camps erect on salt cedar
And wailing bones
Brittle with tellers of the future
Big oil greed
Bullets and allies
Who's fighting and why
Has all become a reality show
With more than four hundred arrested
Backs muddled against chain-link fencing
While dogs feast on ankles
And eat arteries like appetizers
It's back to cavalry riding
Through dark blue nights and
Hands left unwashed

3.

Pipes stacked like dominos
Big horn-mountains watch
Quietly aging
As prayer sites unbury themselves
Under dog's jaws and
Stern mouths of riot gear

Children search through tent city
For rediscovered power
And ancient ones
Carve their language
Into the stone hearts
That lay all around
The cross-tribal sea
Of raised fists

4.

Dressing bullet wounds
With wild plants that leak
Like mother's milk
Tattooing history as
Pink-tongues wag
From all four corners, and
Obsidian teeth scatter like confetti
Across burnt down plains,
Sashaying mountain hips
And strawberry stained hills
That stand tall
In the uprising against
Paper rights that float by
Sun-burned feet

5.

Assimilate back into the black
Flesh of elderberries
Outside the pointed toes of
Aging pipes
That groan and grunt and sigh
And threaten to break stomachs
Heavy with toxic jewels
That bring the scent of poison
And genocide
To one's lips
Instead of cool clay and
The medicine of dogwood
That thrives on the sandbars
Of the Missouri river

Photo by Zachary Cooper



Art is a whisper. An essence. A glimpse of our soul. It is a place where fear exists only if you invite it and one is allowed the freedom to create the reality of their own choosing.

Art is a reflection of our connection to the universe and far-off dreams that are so familiar. It is a lasso that is cast out into the stars, catching distant memories and bringing them back to earth. These images are reminders of our roots and connection to the magic of life.

As each of us looks within ourselves we realize that we are all artists of our own lives. What we create is our choice as well as our future. I am so grateful to share my visions with you. I celebrate sharing this journey with you. We are so fortunate.

Heather Brunetti www.manifestmagik.com - Coming Soon! manifestmagik@gmail.com

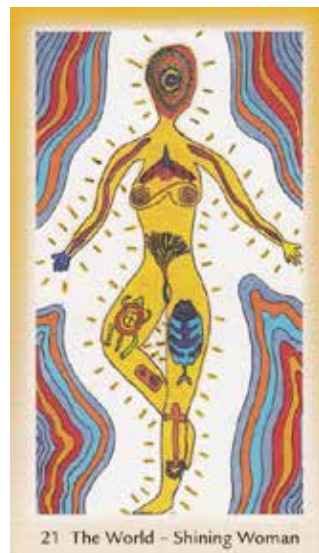
FROM STANDING ROCK WITH LOVE

By Juna Berry Madrone

The aftermath of a victory that may in the short term appear more Pyrrhic than actual has a story to tell. The drama of unarmed Native American protectors and allies standing up to heavily militarized law enforcement is compelling. This is no ordinary engagement.

A template for victory against overwhelming odds is embedded in this story. Similar stories all around the world pit indigenous populations against those who are extracting resources for profit. All people desire and deserve lifestyles of comfort and abundance.

What are the lessons? Can we ride this momentum and bring solutions to ongoing crises both personal and planetary? How can the little guys, the underdogs, face off and defend Mother Earth against impossible odds? Four cards have been randomly drawn from the Shining Tribe Tarot by Rachel Pollack.



GLOBAL CONSCIOUSNESS: 21 THE WORLD – SHINING WOMAN

Like the human body, the world is a closed system. Damage to one part of the body is not isolated. It affects the whole. If one waterway is poisoned, all waterways are affected. All rivers pour into the great oceans to evaporate and recirculate again throughout the planet.

One of the great boons of the Information Age is that it helps us to develop planetary consciousness. Localized issues can quickly go

global. Standing Rock illustrates the need for responsible, citizen-powered journalism and social media.

Many spiritual traditions tell a creation myth of a perfect whole that has become broken. Humans can then take on the task of putting the pieces back together. ‘The World’ card speaks of a bright and shining future of joy and perfect awareness.

Be the change that you wish to see in the world.

~Mahatma Gandhi

GATEWAY:

TWO OF TREES

The trees before us form a gateway that opens to new experience. A golden pathway beckons. An old way of life ends with the setting sun.

The woman portrayed in this card recalls the many indigenous nations who populated this land before the European conquest. Contemporary revival of native teachings rekindles our spiritual awareness of nature. Earth-based spirituality engenders an awareness of and reverence for the earth. People who continue to live close to the earth in their daily lives realize their dependence upon the integrity of natural systems.

Forgiveness and the setting aside of old animosities allow for a new opening and breakthrough. As we forgive the unforgivable, we pass through the gateway to a new way of being. Each mending creates a gateway through which others may follow.

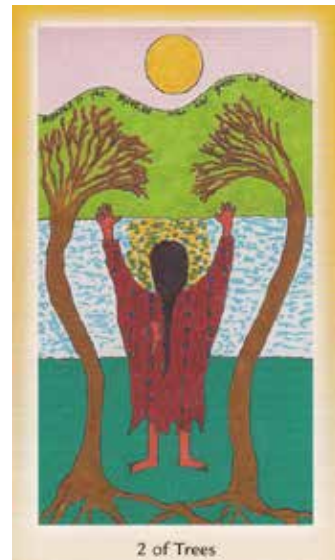
Love is the gateway to cosmic energy and wisdom.

~Dr. Asoka Jinadasa

INDIVIDUAL AWARENESS: ACE OF TREES

Our individual lives may seem simple and ordinary. Seen from a different perspective, all of our moments can open to the perfection of spiritual strength. When we root our perceptions in our own unique truth instead of the strictures and structures imposed by society from without, we can begin again.

Our world can grow from our own truth. Our thoughts and our interactions with each other can make a difference. Believe that we will succeed in what we attempt. We



are coming into awareness of our own wholeness and our own worthiness. When we recognize the sacred roots of our own being, we become powerful. Our power does not come from physical might and weaponry. Our power comes from another source – that of the Great Goddess and Full Source.

The fearful seek to serve themselves by mastering the world, while the fearless seek to serve the world by mastering themselves.

~Eric Micha’el Leventhal

INITIATION: 16 THE TOWER

A transformation of massive proportions is needed to bring our world back from the brink of destruction. Only a huge change of heart and awareness can supplant the greed that drives the rape of Mother Earth.

Evolution to higher consciousness is often precipitated by an initiation. This can take the form of gentle insight or of a rough and violent awakening. Which is it going to be?

We are often impervious to the inner promptings of spirit. Complacency is normal when nothing serious disrupts our world.

Recently a friend and I recalled how the Kent State Massacre 45 years ago was a turning point that shifted public opinion against the Vietnam War. National Guardsmen fired 67 rounds into a crowd of protestors killing four students, and wounding nine others.



How much tragedy? How much injury and loss of life? How many oil spills will it take before enough is enough? The tragedy of Kent State underscores the importance of adhering to non-violent principles, prayer, and compassion.



What does lie within our power as individuals is to do the most we can, coming from a place of integrity. Peaceful non-violent action and prayer are the most effective tools. Only a change of heart can transform greed. May we each practice forgiveness and compassion for those with whom we disagree. Each transformed relationship brings us one step closer to a solution.

A bit of advice given to a young Native American at the time of his initiation: “As you go the way of life, you will see a great chasm. Jump. It is not as wide as you think.

~ Joseph Campbell

Juna Berry Madrone, Natural Mystic Guide, is a mystic and Hebrew priestess in Ashland, OR. She supports you in creating the future you want through Tarot imagery, spiritual psychotherapy, and transformative ritual. Call Juna at (541) 973-6030 and visit www.naturalmysticguide.com.



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The Stages of the Twin Experiences of a Companion Soul Mate

by Lisa Peronne



“What greater thing is there for two human souls than to feel that they are joined for life-to strengthen each other in all labour, to rest on each other in all sorrow, to minister each other in all pain, to be with each other in silent unspeakable memories at the moment of the last parting?” – Adam Bebe, George Eliot (1859).

Companion soul mates, without a doubt, will change your life. They will peacefully fulfill you in ways no other relationship ever has before. They will magnetize you to a level of intense sharing and caring, of dedication and commitment, and of respect and consideration. A deep attraction occurs, with each of you knowing you are on the same path in life. You have a strong sense that your life will never be the same.

Throughout history, many religions have referred to the soul mate theory as a means to finding your life partner.

-In Hinduism, it's stated that the soul becomes conscious of itself and its need for companionship, and so it brings forth from its own being the male and the female.

-In Judaism, The Midrash states that God created Adam as “two faced” and then decided to cut him in half to bring forth the male and the female.

-The Old Testament speaks of God fashioning an androgynous being, which is where the spirit was created. God then creates Adam, wanting to give this spirit a living form, and Eve is created from his rib.

-The New Testament states that God created humans that were once whole but then were divided to create their mate. This isn't to say that soul mates can't be the same sex. In fact, many karmic and companion soul mates are platonic relationships that are forged through relatives and friendships. But even deeper than that, the ancient Greeks stated that

their god, Zeus, split humans in half as punishment for their arrogance and this caused us to seek our other half. For the seeking, Zeus allowed us the comfort of sexual interactions, with no restrictions as to sexual preference. The theory of soul mate connections, while often times being depicted as male and female, is open to a wide interpretation of platonic and romantic connections.

Many different cultures have references to soul mate theories. A simple internet search will bring up tales such as the East Asian story of the Red String of Fate, the Chinese story of P'an-Ku and the yin and yang, the Sumerian story of Anu and Ki, the ancient Akaddian story of Marduck and Tiamat, the New Zealand story of Ranginui and Papatuanuku, the Kaua'i legend of Pele and the Naupaka flower, the Indian mythology of Radha and Krishna, and the Egyptian Atum myth of Geb and Nut. The ancient Greek philosopher Plato wrote in his Symposium, “The original human nature was not as they are now, but originally three in number: there was man, woman, and the union of the two.”



In the last article, “The Stages of the Twin Flame Soul Mate Journey”, the “union of the two” connection was explored. It is a rare experience when you manage to find and even reunite with the other half of your soul in this lifetime. With a companion soul mate there are a lot of the same feelings of magnetism as with a twin flame. The experiences, however, are not a tumultuous, chaotic intensity of learning and breaking down the inner core only to rebuild it again on a transformational journey. Instead there is a feeling of ultimate companionship. The key point of a companion soul mate is to have a separate soul to share the rest of your life with. This person is not a mirror of you but instead has the qualities that you may lack so that together you complement each other and are able to complete your life journey together.

Life partner or companion soul mate connections must be a mutual experience in which both individuals feel strongly about each other and are willing to connect for the long-term. Companion soul mates can be either friends or lovers, but either way, the entire relationship is based on support, equality, and harmony.

Life partners feel a great physical attraction to each other and are fascinated with each other's values, beliefs, ideas, tastes and experiences. Both usually come from different, often opposite backgrounds and yet feel at complete ease and comfort being with each other. They crave learning more about the other while enjoying both the similarities and differences overall. Most desires and goals in life are very similar.

Life partners can be spiritually and emotionally connected, but they are not infused with ego issues because both are ready to create a oneness while still holding individual thoughts and beliefs. Life partners are physically and psychologically connected. Their experiences must be combined in order for the relationship to flourish. Shared memories and emotions play an intricate and essential role.

There is a mutual feeling of love, trust and respect and being in touch with each other's needs and wants. Both are dependable, stable and secure individuals who are considerate of each other. This is a peaceful kinship of lending support and guiding each other through life.

With a companion soul mate, freedom of choice is present. Love and friendship are constantly evolving for the better.



A life partner or companion soul mate comes to you in this lifetime when you have learned the lessons that are needed from contracted karmic soul mates in order to enter into this relationship. You may have other lifetimes yet to experience, but this lifetime with this person is needed to fulfill a part of this life's journey. You possibly have not have met your twin flame in this or other lifetimes either, but for whatever reason, this lifetime is not meant for the reunion with your twin. Companion soul mates are fulfilling connections that allow a soul to feel a sense of peace with another soul who happens to be on a similar path. They allow a time of reflection to better understand the parts of you that are still needed for your soul's final completion after many lifetimes. They teach you to be accepting of these differences so when you enter into a life where reunion with your original twin becomes present, you have a deep seated knowing of what it is you need to embrace within yourself.

Companion soul mates have beautiful relationships and are some of the most happy and content people on the planet. These soul mates can grow apart but some true companion soul mates will often willingly go separate ways while still remaining friends throughout their lives. It's just within this lifetime, they are done with the chaos and unpredictability of life's difficult lessons in order to complete a soul overhaul required for transformation. Instead, they choose to quietly and peacefully continue their spiritual journey for this life.



An inspirational submission contributed
by Susan Hagemann

Avowal

by Denise Levertov

As swimmers dare
lie face to the sky
and water bears them,
as hawks rest upon air
and air sustains them,
so would I learn to attain
free fall, and float
into Creator Spirit's
deep embrace,
knowing no effort earns
that all-surrounding grace.

Shimmering Solstice Tree tops Photo
by Susan Pearson

Feeding the Earth

By Ellen Dee Davidson

The Earth has a heartbeat. I feel it sometimes when I sit with ancient trees; my whole body relaxes in rhythm with her pulse. I'm invited to open and surrender to the bliss of the Earth's embrace.

Everyone can tune in; it is our birthright. The Earth is mother to us all. She loves, nurtures and supports each one of her children. She is calling us, and it is important we heed the call. The stakes are so high now – literally life on Earth.

The times we are living through have long been prophesied by indigenous peoples around the world. Tibetans, Hopis, Mayans, Aborigines, Lakota, and many more native cultures speak of an era when life on Earth is threatened. Today, scientists around the world warn us against potential mass extinctions from climate change if we don't find more sustainable ways to live. If we are going to survive, we must listen to the Earth Mother and allow her to be our guide.

At the same time, we must also heed the voices of the ones who, for the most part, have not been heard, honored, or valued during more than 2,000 years of patriarchy. This includes women, Muslims, people of color, the poor, and LGBT people. Perhaps most of all, it means giving our respect and attention to the Native Americans who have experienced much brutality over the past many hundreds of years and have never been given a voice in our Councils. To save life on Earth, a Hopi Prophecy states, "The last test of the Indian people will be to forgive the unforgivable."

It's a lot easier to forgive when those who inflicted the pain, or their heirs who benefit from the giant land and resource grab, are willing to listen and try to make amends. Let's not let this burden of forgiveness rest solely on the shoulders of those who have been the most abused! If we stay present and witness old hurts, the pain can at last be released and transmuted. At the same time, let's also forgive ourselves, our ancestors, and those who are still so misguided they are

acting out of anger, hatred, scarcity, and fear. Of course, even as we hold the wounded ones in our love and forgiveness, we will do everything we can to stop harmful actions.

Chief Arvol Looking Horse of the Lakota, Dakota and Nakota Nation, says, "In our Prophecies it is told that we are now at a crossroads: Either unite spiritually as a Global Nation, or be faced with chaos, disasters, diseases, and tears from our relatives' eyes." Each one of us has a part to play in this. As Chief Arvol says, "Did you think the Creator would create unnecessary people in a time of such terrible danger?"

Know that you yourself are essential to this World. Believe that! Understand both the blessing and the burden of that. You yourself are desperately needed to save the soul of this World."

The actions our individual loves lead us to will be different for each of us. Attending to our own hearts and minds, we can receive guidance for the best way to contribute. Sometimes it can be as simple as a nap, a kind word, a prayer, or singing a song. We may sign petitions, write letters, send money, or use our education, talents and skills to protect endangered people and environments.

For some of us, sometimes, it might actually involve the enormous courage to stand up to the bullies the way the people at Standing Rock are now doing.

Fortunately, we have been well prepared for these times. For the past forty to fifty years, spiritual teachings previously reserved for the elite few have become available to many. We have learned meditation, yoga, hypnotherapy, massage, nonviolent communication, and other healing practices. Understanding of psychology, neurobiology, and environmental science has grown by quantum leaps. Indigenous peoples have shared some of their most sacred teachings. Never in recorded history has such a large population been gifted with so many tools to create enlightened awareness and a lifestyle in balance with the Earth.

Lee Brown of the Cherokee shared a teaching at the 1986 Continental Indigenous Council in Alaska. "The Creator gave each of us a responsibility that Indigenous peoples call the Guardianship." Brown goes on to explain that the red

people were given guardianship of Mother Earth. The yellow race was given guardianship of the wind, the black race water, and the white race fire.

It's easy to see how each race has learned from its guardianship. The red, Native people have long traditions of living intimately in harmony with the Earth. The yellow, Asian race has explored breathing, meditation and yoga techniques that contribute to our spiritual advancement. The black race, given water which Carl Jung often refers to as a symbol for emotions, spirituality and the collective unconscious, carries heart and soul. White people, with our science, electricity, and invention, have obviously been all fired up for a very long time. Unfortunately, out of balance fire leads to horrors like nuclear bombs. In order to bring ourselves back to life-creating harmony, the white race must be tempered by the teachings and wisdom from the other races—and from the divine feminine which has been suppressed and ignored.

The Earth is the ultimate
divine
feminine.
She's our
Mother,
our source of
life, and full of creativity, beauty,
humor, resilience and intelligence.

And she loves all of us, without exception. This we, too, must learn to do, braiding ourselves into one weave of diversity, beauty, color, strength, talent, and joy.

As I sit beneath an ancient tree-friend, smelling the damp mulch of the forest floor and feeling the heartbeat of the Earth Mother, my own heart swells with gratitude. I'm grateful to be alive, to be here, and to be part of these dynamic times. I feel starry energies rain down on me like cosmic dewdrops, filling me with grace. The spirit world is all around: ancestors, elementals, devas, star beings, and angels. We have so much help. I feel their delight and joy in my presence here at the base of this tree. They send sweet nectar down my juicy spine right into the ground, and I know we can feed the Earth with our love.



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Honoring Winter Solstice



Eyes sparkle with the delight of Play
as we enter this co-creation
with the Great Mystery.


WIND carries ocean air to our lungs.
Together as One Breath
we inhale the new moment,
exhale the past.

The world around us
glistens in SUNlight.
Our glowing sphere settles
toward the horizon.
Each day to come will be a
longer visit than the last,
until its peak in summer.


The vast world of WATER
leaps toward the
darkening sky
booms on rocks,
rolls toward our feet.
Billions of bubbles burst in song.

Stone silhouettes
rest solid in unwavering presence.
EARTH holds our bare feet while
forming a large spiral path.


We enter.
Silent contemplation,
mindful steps.
We release what we have outgrown.
The spiral leads us toward
a flame in the middle.




Photos by Susan Pearson



We arrive at the center.
cleansed,
clear,
Pausing
to notice this new
spaciousness
in our Beings.



One at a time new
candles are lit.
With each, an intention
is spoken.
The new flames are
placed along the path.
Light expands
from the center.
Illumination grows,
spiraling out
along the sand.



The sky has now
darkened,
allowing the flames
to shine brightly.

Light is full in our hearts
and spirits.
Benevolence extends out
through the Beyond.

Deep gratitude to all that
has joined with us in this
Creation.
Hearts tingle, leap, radiate
with peaceful potency.

~ By Terra Pearson

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IMBOLC: *The Festival of the Bride and Awakening*

by Monika Carless



(Imbolc is celebrated at the end of January and the beginning of February in the Northern Hemisphere, while the Southern Hemisphere celebrates at the end of July and beginning of August.)

This is one of my favorite Pagan Wheel of the Year celebrations. It is a hopeful time when we are so very ready to leave behind the dark days of winter and herald the promise of spring. We can even feel the transition happening, our bodies more awake towards action, our hearts delirious with dreams of sprouting greens and early flowers.

Imbolc is also known as Oimele, referring to lactating ewes and the onset of the birthing of lambs. Our ancestors celebrated the new life that would soon be bursting forth in the fields and in the barns, ending winter hardships and even starvation. For the most part, we no longer are tied to the seasons as we once were. Food is widely available year round. We have, as a society, become disconnected with the vibrancy of life as it transitions through the seasons. At Imbolc, I like to meditate on the abundance we now enjoy and practice gratitude for the many ways we are protected from winter's follies. I feel fortunate that, at one time in my life, I farmed a small homestead and was able to touch the seasons in a very visceral way. It made the lives of my ancestors real and poignant.

The goddess Brighid is at the center of the Celtic Imbolc celebration, her name possibly coming from the Vedic Sanskrit word Brihati, meaning the Divine. Brighid had two sisters, Brighid the Physician and Brighid the Smith, that is the Triple Goddess of poetry, healing and smithcraft. She is the patron of weaving, dyeing and brewing, the Goddess of Abundance connected with livestock and domesticated animals, especially dairy cattle. Creatives everywhere can call upon Brighid and her sisters at Imbolc to summon their own inspiration, and, just like Mother Earth, birth new gifts for the consciousness to feed on.

In the early days of the Church, Imbolc was renamed 'Candlemas Day', celebrated on February second. Candlemas is dedicated to the Catholic Goddess, Mary. Candlelight processions marked the day, and in essence, it remained the Festival of Light and Awakening with many of the original Pagan elements intact, if re-appropriated to fit the newly adopted religion of the land.

At one time, in a place called Drummeague, Ireland, at ' The Mountain of the Three Gods', the Druids worshiped a stone head of Brighid.

This stone head was hidden in a Neolithic tomb at the coming of Christianity. The Church later erected it at a local parish and canonized it as St. Bride of Knockbridge.

There are many folktales attributed to Brigit, one of Ireland's most popular saints—a mingling of Druid legends and Christian adaptations. A variety of healing wells are named after St. Brigit, although there is no solid evidence of her actual existence. At the convent of Kildare, once thought to be the place of a pagan sanctuary attended by priestesses, nine nuns, (vestal virgins) kept watch over a sacred fire said to be St. Brigit's. This is reminiscent of the Welsh poem *The Spoils of Annwn*, in which the fire warmed the magical cauldron of the Underworld. And so the Goddess of the Sun/Hearth and the Christian saint of the Eternal Fire are invoked respectively at Imbolc and Candlemas celebrations.

The symbolism of the archetypal Young Sun rising to dispel the darkness mid-winter, as celebrated by Pagans and later becoming the Divine Son purifying the darkness of sin, is one of the many ways we can still see Pagan influence in religious rites. New Christian festivals arising directly from pagan tradition were blessed as holy, and yet many a woman

and child (an estimated four million) suffered a fiery death under a mandate to eliminate pagan practices.

In memory of those women and children, one can light a candle during the Feast of the Bride, invoking forgiveness and compassion for those who led them to the stake. Above all, let us practice loving-kindness as we participate in such an exciting part of the year and be respectful of the many ways humanity worships the essence of God/Goddess.

A further extension of The Festival of Light and Awakening is Groundhog Day (February 1) which draws upon the customs of Scotland where a rhyme about the Feast of Bride begins with:

*This is the day of Bride
The queen will come from the mound...*

Celebration Ideas

Although Imbolc is traditionally celebrated on the first of February, you do not need to despair if have you missed it, for whatever reason. The Energy of Imbolc will last until the Spring Equinox, so there is time to be flexible with your schedule. We are not bound by rules, but by intention. Celebrate using one, some or all of the ideas below, alone or with family and friends, as spirit moves you.

If you live in the United Kingdom, your celebrations will most likely be performed outside, as weather permits, but if you happen to live in Canada or the northern United States, you may be forced to stay inside, depending on the amount of snow cover and whether or not you are able to create a bon-fire outdoors.

1. Light a candle for someone who enters your thoughts or dreams at this time.
2. Light a fire in your hearth, dedicating it to a cause that is dear to your heart.
3. Prepare on paper a list of things that you wish to let go of and things you wish to draw into your life. Perform a smudging ceremony using Sacred Sage, smudging yourself and then your paper, offering your list to the fire. Breathe in three breaths of Gratitude.
4. Clean your house, letting go of all that is no longer necessary in your home. This can be followed by a house smudging or incense burning to cleanse the energy of your home.
5. Gather a group of women, share a potluck, and lead a meditation for healing Humanity and the Earth.

6. Organize a day of poetry reading and writing, and perhaps of individually or collectively organizing this year's garden(s). The day can end with an outside fire, singing, dancing, and playing of drums.
7. Gather willow branches and either weave them into a ring or place them into a vase. Then add water and watch them sprout as spring approaches. When the ground is soft, you can plant the willow branches as part of a living hedge.
8. Dance a spiral dance, (a copy of music and steps can be purchased from the Findhorn Foundation, Scotland) or walk a labyrinth, connecting with God/Goddess.
9. Take a nature walk looking for signs of spring, birds nesting, willows budding, crocuses blooming, depending on your area.

Imbolc is about emergence, transformation, cleansing, forthcomings, energy shifts and, most importantly, for releasing old hurts, replacing them with feelings of love, forgiveness and healing.

A SPELL FOR IMBOLC

Light three white candles at the new moon during February or March, arranging them in a circle on your table or altar.

Place a clear quartz crystal in the middle of the circle. Write a desire of your heart (in the positive) on a small piece of paper and place it under the crystal. Breathe in three deep breaths of Gratitude and Acceptance. Repeat these words:

*By the energy of the rising moon
By the light of the rising sun
By the pull of the rising tide
I invoke the dreams of my heart
So mote it be*

Remove the paper and burn it in your hearth or a safe container. You may wish to add the ashes reverently to the earth once all is burned.

Crystals and Herbs:

If you like to work with crystals or herbs during Wheel of the Year celebrations, choose dark stones for ritual or to keep at your side, such as garnet and ruby, or

amethyst, moonstone and rose quartz if in the mood for something lighter.

My favorite herb for this festival is basil. Add it to your soups or stews cooked for your evening meal.

There may be snowdrops in your garden by now or other early bulbs peeking above ground. If so, make a little bouquet and place it in a circle of lit candles (white) to celebrate new life.

How do you celebrate Imbolc? Do you dance naked around a wild fire with sisters of the heart? Do you light a fire in your hearth and share the warmth with family? Do you stoke a fire in your heart that is sacred and secret, incubating it until it is time to give it birth?

No matter how you choose to celebrate this Festival of Awakening, be it a small or extravagant affair, feel the promise of February's lengthening days. Let go of the darkness into which we have sunk in order to unearth our soul's yearnings. Now is the time for dancing and laughter, for the sun to begin warming our bones again.

As the wheel turns, so does our soul, whispering in our ear ... Awaken!

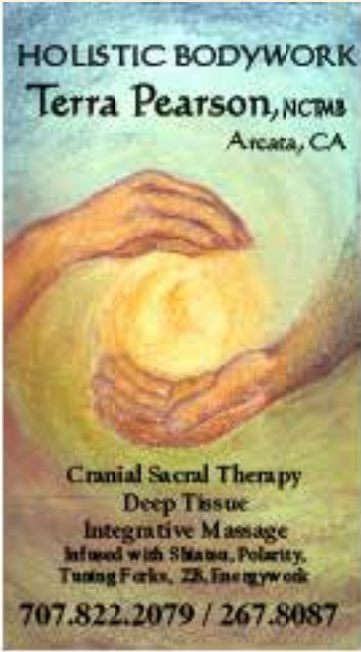
Blessings on your journey.

Monika is an incurable writer and dreamer. She lives on Bear Mountain, tucked against the woods and moss covered rocks on the southern edge of Vancouver Island, Canada. Her search in life is for the Divine as expressed by nature, and on this path she found her joy as a solitary witch. Monika is the author of The Dark Pool Trilogy, an erotic journey into magic, past lives and polyamory.

Writing is really a vehicle for Monika to teach and to encourage authenticity, love and courage. Originally from Poland, Monika uses her experiences as an organic farmer, Reiki practitioner, Holistic Nutritionist and environmental activist to color the stories and poems she pens. Currently she is a columnist at Elephant Journal, an online magazine.

She is inspired by love, by culture, books and the beauty of nature. There she finds solace and healing.

Monika can be reached through her website www.simplysolitary.wordpress.com or on FB at [The Raven and the Mystic](https://www.facebook.com/MonikaCarlessAuthor/) (www.facebook.com/MonikaCarlessAuthor/) Her book is available on Amazon in Kindle or paperback editions. (www.amazon.com/Dark-Pool-Monika-Carless-ebook/dp/B019S17VU8/ref=asap_bc?ie=UTF8)



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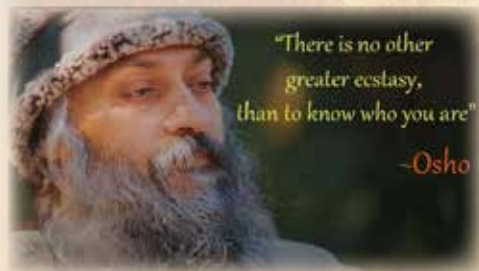
Wherever you are, be there. This is the door to the divine ... ~ Osho

Osho — Be Here and Now Without Any Goal

I do believe this talk is the summation in twenty minutes of the real nature of the entire spiritual adventure. The people who came to Osho have said that just by being quiet within and listening to the evening talks, they would very often get a taste of the Divine. And Osho has said that the style, the way he spoke, and the long pauses and elongations of words were a purposeful pattern to interrupt the expectations of the listeners in order to create a space, much like the space between the breaths.

Or the space we invite by chanting the Mantra in which the mind can just Stop for a moment at that “here-now doorway to the Divine” (or whatever word or concept appeals to a listener). For me, what does the trick is the unexpected sound of the birds and the beautiful long train whistles evident throughout the talk.

And it works like Magic!



I do hope you take a few minutes to experience this talk. It just takes a small adjustment to attune—to tune in—to slow down and relax in that wonder-full pattern of speech of Osho. That pattern also shows us how our mind is always rushing ahead. Kinda like how many of us are always formulating what comes next, what we will say or think, and hurrying so fast we miss what is actually being said. Like the scenery as you speed by in a car missing what you could see at a slower pace.

And so the mind protects itself against the threat of going quiet!

Yes! The very same *quietude* that appears once the Mantra starts running on its own and the mind just relaxes and listens. And Yes, similar to what happens upon unexpectedly hearing the birds chirping and the train whistling in the background as Osho speaks!

It does give pause for thought as to what it is we are “doing” when we sit. Doing and desiring and searching instead of relaxing and enjoying and celebrating! Like dancing! Like listening to music. Playful. The real no-purpose of sitting and allowing the mind to approach the Home Base I have mentioned. Always available by just allowing stillness—allowing a pause in the breath and in the activity of mind.

Enough for today!

The Talk (20 minutes)

www.youtube.com/watch?v=nB8TGW_hZ-I

If anyone has any thing to share from reading about or being around Osho, I would enjoy hearing from you. Please connect with me at yoga1don@yahoo.com

Om Shanti



Prayer Flags © Nutsiam | Dreamstime.com & Tibetan Singing Bowl © Nito100 | Dreamstime.com

Wedding

by Laurie Birdsong

Rain falls wet and heavy
this October,
scent of decay hangs
from the old rotting barn
a little closer to the earth
this season

White Widow Creek swells
churned up with mud,
the sign to the trailer park
slips a little sideways
paint peeling,
green mold blossoms
on white metal -
mobile homes leak
at the window seams

Damp leaves darken
and become the forest floor
rich dank humus
littered with the yellow
glow of banana slugs
their furtive journey
to devour
what has died

and Yet
the naked stalks of Solomon's Seal
bear their ruby breasts
triumphantly
along the trail
shouting:

Yes growth!
New growth
ensues from these long nights
of reseeded
receding into the earth
rich dank humus
a wedding
consummate with rain

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*I wonder if the snow loves the trees and fields,
that it kisses them so gently? And then it covers
them up snug, you know, with a white quilt; and
perhaps it says, “Go to sleep, darlings,
till the summer comes again.”*


— Lewis Carroll, Alice’s Adventures in Wonderland
& Through the Looking-Glass



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Being Present at the Birth
A love letter to Constance

by Star Pahl



I will never forget visiting you in your earthy cottage with the stone circle in back. You were creating ceramic angels when I met you.

You, as so many other women at that time, felt connected to Nicole Simpson. Her husband murdered her in 1994. Both of us had experienced violence by the hands of men. You took to creating angels to mend your pain. They were of the divine, your angels.

The cottage was small and precious. Lavender grew outside. Your home was a sanctuary and I found refuge within its walls.

Once when I came to visit, your eyes were shining bright with a touch of magic to them. The Goddess Timeline had come to you! You beckoned me into your workroom to see the unfolding of Herstory.

You showed me the beginning stages of your precious creation. I looked in wonder at the hand-painted backdrop taped to your wall. You had carefully cut out the individually painted goddesses and pinned them into place on the time line backdrop.

I was privileged to be present for the rebirth of Herstory. It would take you thirteen years to fully create and build the Goddess Timeline. Thanks to you, we can now see the archaeological stories of times past and come to understand how women were honored and worshipped.

How lucky I am that you took my hand and walked with me into the Herstory of the ancient Goddesses unfolding and coming alive again in our world.

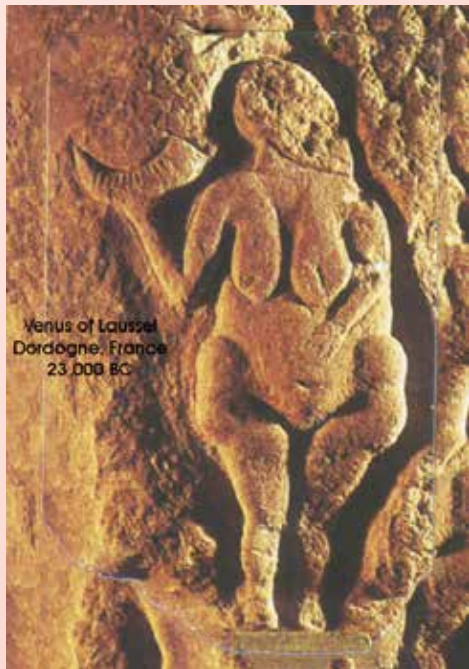
Thank you Constance.

Constance is a full-fledged Goddess Nerd, creator of the Goddess Time line and a spiritual mother and mentor to Star. She has agreed to share her knowledge and wisdom about woman’s ways with us over the course of the next several issues.

From the Desk of the Goddess Nerd When Women Meet

By Constance Tippet

Women have been meeting in groups since the Paleolithic Age. How do we know? They left archaeological evidence. Most Paleolithic Art representing humans was of women. Hundreds of small female figures have been found in Europe. What does all this mean and what were these women doing?



The oldest meeting place is in the Dordogne in France in a Paleolithic cave where there is a shelter which is more than 80m long, 5m high and almost 20m deep (a meter equals about 39 inches). It was a sacred space within the sheltering cave. In the space of 30 square meters there were found four, maybe five, reliefs, mostly of women, chiseled on the rock face. The most famous is the Venus of Laussel. She has one hand on her bulging belly while the other is holding a horn with thirteen marks. Some believe this represents the thirteen months in a lunar year and the thirteen days necessary for

the waxing moon to become full on the fourteenth day of a 28-day month. Ask any premenopausal woman why she would be interested in the moon/month and she will tell you, ”to understand when I will have my period.” So it is not a huge jump to surmise that this was a meeting place for women to talk and compare their experiences of their bodies and to understand the process of pregnancy and birth. Since birth was a life and death matter, knowing how to count the moons would be critical knowledge for survival during this harsh Paleolithic time.

In the Amazon jungle of South America, the Wasusu Indians have a legend about a long-vanished tribe of warrior women that lived there 9,000 to 12,000 years ago. The present-day tribe led the archaeologists to a rock slab which greatly resembles a woman’s vulva. Underneath are a series of large rock tables covered with vulvas. This was obviously a place where women met and spent enough time to carve their mark in rock. The legend tells how this tribe of women ruled the jungle and possessed magic flutes called the jakui, but in time the men took them away. Now, no woman is allowed to even see the jakui. The men play them in secret ceremonies. Even today, Brazilian tribes hold ceremonies and dance to the women warriors of old.



What was the meaning of this tribe of independent warrior women’s meeting place and the vulvas carved in the table rocks?

Again, the most natural reason a tribe of women would gather at a specific site would be during menstruation. When women live together, their menses tend to synchronize with the lunar cycle. The concept of synchronized menstruation was foreign to modern women until Martha McClintock’s study in the 1970s which studied women living in dormitories. But menstrual synchronization was well known in indigenous cultures.

The Yurok Indian women of Northern California have stories of their grandmothers’ moon times synchronizing. If a woman became out of sync with the moon and other women, the remedy was to sit in the moonlight and talk to the moon. After their menses, the women ritually bathed in a sacred pond.

The Australians have their legend of women being swallowed by the Rainbow Serpent and the synchronizing of their menses. And for the present day Kalash women of Afghanistan, the menstrual house is the domain of women only. It is the place where they give birth, resolve disputes, educate the younger women, elope, and have female companionship. In many of these societies women did not see menstruation as something to be ashamed of or afraid of; it was part of their natural power of creation. The menstrual house was a place for introspection, rest and even shamanic experiences. I believe these menstrual gatherings were the beginning of women councils and a natural place to discuss tribal concerns and solutions and steer the community.

In what is now Bulgaria and Romania, 6,000 years ago there was a culture that actually recorded women’s meetings on small clay tableaux. Professor Emeritus Marija Gimbutas, who taught at UCLA, called this culture “Old Europe” and wrote many books on its archeology and culture which she believed was matriarchal. Unlike patriarchal societies where the feminine is oppressed, matriarchal societies are egalitarian, meaning the sexes are equal. This society created amazing pottery and thousand of human figures, mostly of women.



There have been at least three separate discoveries of groups of figures. These appear to be meetings. No one can say for sure what the meetings were about, but they have similar traits. The first one, from Ovarouo in NE Bulgaria, appears to be a re-creation of an actual event. Was it a ceremony or ritual? There are tables, chairs, pots of food, drums, plus screens which appear to provide a setting. Some say that the markings on the screens depict lunar calculations. There are four figures of women, painted with designs in red ocher, with their hands raised as if dancing and singing, Two large bowls suggest bathing was involved in this ceremony. At the very least, it looks like we have stumbled upon the first potluck drum circle.

The next site is Isaiia Baita Popii in Moldavia in Romania. Marija Gimbutas called these figures snake goddesses. This

group has twenty one simple figures of various sizes. One appears to be a child. All are made of clay covered in a red engobe and engraved with simple lines. They have no arms, small heads, and large hips. The figures are made to sit in the chairs, some of which are horned. Several of the figures have indentations or dots running down the legs, which could be imprints of actual seeds. Snakes represent transformation, the juxtaposition of life and death. Was this ritual transformational? Was the very act of meeting in a group seen as regenerative?



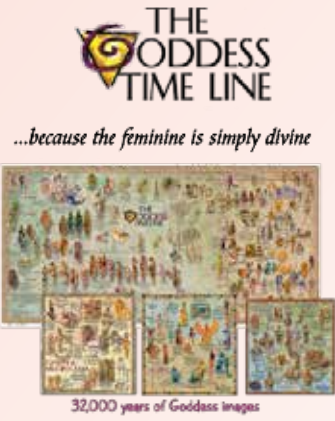
My favorite is from Poduri-Dealul Ghindaru Moldavia, NE Romania. Marija Gimbutas called this “Assembly of Snake Goddesses.” Fifteen adult figures with large hips, elongated bodies, and no arms are seated on chairs. The main figure is the only one in the group with arms and is distinctly an older woman. There are also six children included in this gathering. These voluptuous women wear large belts elaborately painted with red ocher in a snake motif. Why snake? Again, snakes represent transformation, life and death and regeneration. A snake may shed its skin, but it is regenerated and stays alive. A belt like this, placed over the womb, would signify that the womb is like a snake. During birth it can take the life of the mother while creating the life of a child. On the thighs is a painted dot in the center of an enclosed triangular area. This is a common motif in figures from Neolithic Europe and represents a fertile field where seeds are planted. In this case, that field is multiplied into six, all planted with seeds and emanating from the vulva. This was the beginning of language and tells of the sacredness of woman, whose body has the ability to create and regenerate the human race.

It is unlikely that all these tableaux represent the same ritual. Just like today, women meet for various reasons.

But as Marija Gimbutas says about these figures of Old Europe, “Females are shown as supervising the preparation and performance of ritual dedicated to the various aspects and functions of the Goddess. The routine acts of daily existence were religious rituals replicating the sacred models.” In their matriarchal cultures, women were free to take their natural positions as compassionate, responsible, and peaceful leaders. Hopefully by studying the example of our grandmothers, we can do the same. We must, because more than any time in history, civilization needs peaceful leaders who will lead in a reasonable way.

Recommended reading:
The Language of the Goddess, by Marija Gimbutas
The language of Ma, the primal mother: The evolution of the female image in 40,000 years of global Venus Art.
By Annine van der Meer

Constance Tippet is the creator of *The Goddess Timeline* which is a poster showing the evolution of the Goddess. She also makes museum quality replicas of Goddess figurines. Visit her at goddessstimeline.com and imageofthegoddess.com



To encounter the sacred is to be alive at the deepest center of human existence. Sacred places are the truest definitions of the earth; they stand for the earth immediately and forever; they are its flags and shields. If you would know the earth for what it really is, learn it through its sacred places. At Devil’s Tower or Canyon de Chelly or the Cahokia Mounds, you touch the pulse of the living planet; you feel its breath upon you. You become one with a spirit that pervades geologic time and space.

— N. Scott Momaday

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WATER AND FLESH

Roy Rosenblatt

Within the hollows of these deathless waters
bejeweled in sun's embrace
pulse feeds impulse
the surface seeding of ripples
swells coil.

From the moist coolness of sand
I am
on the threshold of the sea, witness
to this joy of birth thrust
from her foamy radiance; Wave
in the sputtering infancy of her form

informed by the unbound creativity
from which she flows.

Rolling within the curve of adolescence
smooths the awkward edges
childhood's chop.

Pelicans drawn to this flush of becoming
skim the freshness spouted
in Wave's wild spray
a song of strength growing
the salting of self.

Propelled by the arousal of wind
Wave rises full crest
her curl slick as sculpted glass, mirror
to the power of the sea that spawned her.
Crest becomes crash as Wave unleashes
the full sweep of her fury

a great spewing in its wake
the guttural roar sounding
everything gained in a life.

White water tumbles towards the beach
and gathers there.

It is the moment when our lives
intersect,
water and flesh. Wave
what remains of wave laps gently
like foamy wreaths around my ankles
cold to the touch.

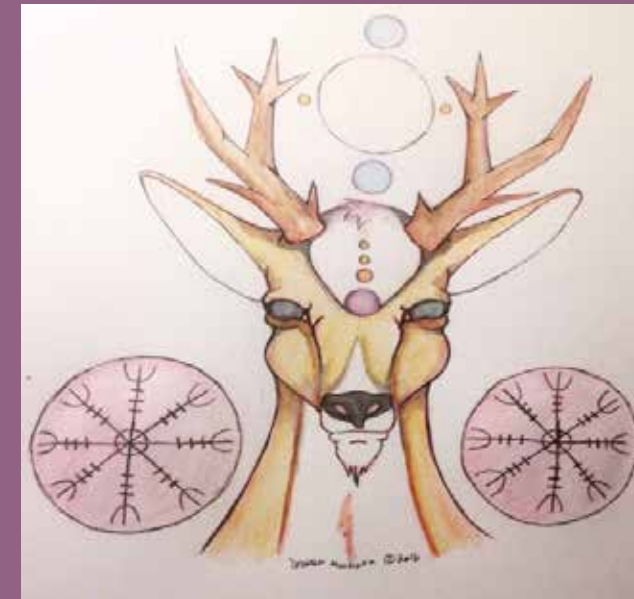
The long arms of undertow merge
with the bodily remains of Wave
the slow slide home
dragging along the soft tumble
of shells and stones

a returning without ceremony
emptied of will or want
to the body of wholeness
from which it all began.
It is a wonder to watch

this merging met by the eternal
embrace of the great depths.
We are lovers of land
and yet we are drawn to the sea
the secrets held there in the dark deep
of mysterious silence.

Beneath every mystery is
the longing to solve it
yet all around me
the flow of life unburdened
from harvesting meanings
for the life lived between
the noise and the silence.

Photo by Susan Pearson



Original Artwork by Draken Munson

I am a graduate of Columbus College of Art and Design. I majored in fine art. My focus was watercolor, but I have always had a love of illustration and comics.



I'm an eclectic pagan and an active member and supporter of the LGBT community.

I use art as a form of meditation, stress management, and self and spiritual expression.

The two pieces are micron pen, watercolor and watercolor pencil done on mixed media paper. I don't have titles for

either of them. The symbols are Norse, Chinese and Wiccan. The paintings were done after meditation.

You can reach me at saxamophone17@yahoo.com.

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*Snow flurries began to fall and they swirled around
people's legs like house cats. It was magical,
this snow globe world.*

— Sarah Addison Allen, The Sugar Queen

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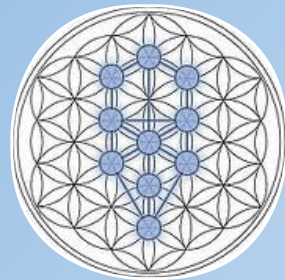
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Tarot Wise

Jan/Feb 2017

By Carolyn Ayres



Note: This column is an ongoing exploration of the Tree of Life which the modern Tarot is based on. Most of the thousands of tarot decks created since the 1960s copy the Waite Smith and

the Thoth decks without the context of their connection to the Tree of Life.

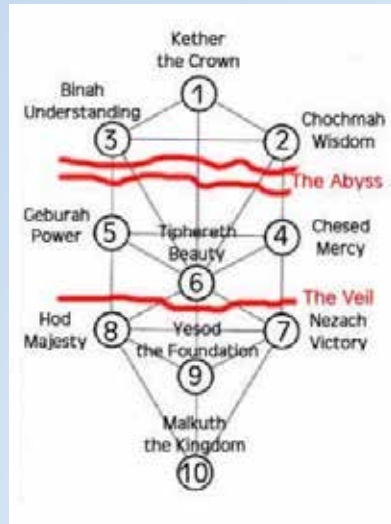
You must be the change you want to see in the world ... As human beings, our greatness lies not so much in being able to remake the world—that is the myth of the atomic age—as in being able to remake ourselves. ~Ghandi

I love how in sync we are with this column as we explore the Tarot Majors. Here we are the Emperor card and guess what? We, the people, have elected an Emperor as President, an Emperor of the old paradigm who exhibits great wealth and power, who rewards loyalty over expertise. And believe it or not, this gives me hope, for this is the last gasp of an old system and see it galvanizing us to action. This chain of events is waking up our own Emperor within, that aspect of ourself with a much bigger vision than the Old Empire ever had. If your vision does not match the vision of those in charge, then it is time to take action and begin to manifest the world you want to see.

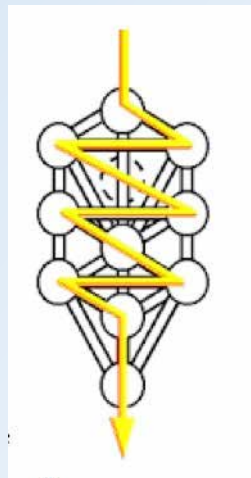


The Emperor on many tarot decks shows the familiar old white guy, but when you put this card on its path on the Tree of life, when you place it as a Four on the sephiroth, Chesed, you have a whole new vision. (See the Guy in Red to your right) You have an enlightened Emperor who would sacrifice his life for his subjects. You have the Divine masculine principle of Right Action, ruling with love and compassion, using its power to envision tremendous possibility. The Emperor has the fiery, masculine energy to manifest that vision.

What happened to that beautiful, fecund Empress, the vision of a better world? Well, she is still here. The Divine Feminine isn't going anywhere. In fact, I am willing to predict that the election of an old paradigm Emperor will initiate birthing, with the help of Empress energy, of the enlightened masculine. When placed as a Three on the Tree, the Empress is the sacred womb of the Supernal Triad at Binah, and when she gives birth all that has been imagined in the Universal, Infinitely Creative Mind falls across the great abyss which separates the Oneness of the Divine from the Individuation of the Soul. (See glyph above). This is the beginning of the idea of manifestation in physical form.



And now I must digress a bit so you may clearly understand what the Empress and Emperor are up to. The Tree of Life, among many things, is a diagram of how pure energy manifests as seemingly solid matter. It is only recently that our physicists have caught up with the Kabbalists! This process of manifestation is called the Lightning Path, for this pure energy zig zags across the Tree from Sephirot to Sephirot, from the Divine to the Soul to the Mind and then, finally, to its densest form as our world at the very bottom of the tree.



Infinite Possibility, which has been swirling with Kether, Chochmah and Binah at the top of the Tree, falls into a lower level of density and begins the possibility of manifestation at four, Chesed, with the Emperor. This Emperor is a great visionary, the masculine principle which catches and sustains all the possibility the Empress has birthed. Like a father catching a newborn from its mother's womb, the Emperor nurtures this possibility of manifested energy with Love, Compassion and Mercy. The Empress and the Emperor cannot fulfill their

function without each other. The Emperor brings order to the disorder of the natural creativity of the Empress, verbalizing and bringing structure to her creative force. Together they are the same energy as the Magician and the High Priestess, only now on planes of physical existence. The Impulse (Magician) meets a willingness to receive (High Priestess), the fruit matures (Empress), then takes on its own concrete form (Emperor). More metaphors: sperm, egg, fetus, birth and idea. "Positive resonance, fertile ground of resonance, maturing of project and translation into reality." Hajo Banzhof, *Tarot and the Journey of the Hero*

So what vision do you want to see manifested? Now is the time to take action and begin to manifest the world you want. For if we don't do it, our President will!

A Reading for the Emperor

What are you envisioning for yourself and the world at large? What actions are needed to nurture and stabilize your vision?

Card One: You, in this moment, holding your vision.

Card Two: Draw one card for the vision itself (Place above card One)

Look at Card One: How is your inner Emperor doing? Are you envisioning with confidence? Or are there some doubts? Is this card open or closed to expansive possibility? What does your Emperor need right now? Draw more cards as needed.

Look at Card Two: What does this card, as the embodiment of your vision, tell you about what you are envisioning? Is your vision clear? Is there more work needed to clarify where you want to put your energy and leadership skills?

Now draw Three cards asking: What actions are needed to nurture and stabilize my vision? Do I need to get more expansive and trusting or more practical and pared down about my vision?

As you turn these cards over, what actions do you see? Look at these cards as verbs.

Now draw One card asking for advice from the Tarot about your vision for yourself and the world. Spend a moment just absorbing the card, then close your eyes and ask for a message from the card about this reading. Listen carefully to what it tells you.

As always I welcome questions and comments.

If you are following my column and want to know more about the Tarot and the Tree of Life, my classes are starting up again in January. "Tarot As An Evolutionary Path," a complete overview of the Tarot, meets twice a month at my studio in Eureka. I also offer more advanced classes for the Minor and Major Arcana on the Tree of Life. Private students are welcome and I create Tarot Circles for groups who want a deeper knowledge of the Tarot. Private consultations on the phone, Skype or at my Tarot Studio in Eureka are also available. For more information about my classes or private consultations, call 442-4240, email carolyn@tarotofbecoming.com. Class schedules are at my website: www.tarotofbecoming.com.

Image of Tree of Life from www.soulguidance.com Emperor card is from the *The Star Tarot* with permission by Cathy McClelland

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The Bhagavad Gita

Jan/Feb 2017

A compilation of Bhagavad Gita verses, comments from the masters (sometimes paraphrased), and personal introspections presented for your pondering and enjoyment.

By Krishna Jaya



Chapter Two, Verse Fifty-three

Indifferent to *Shruti* [Scripture],

The mind of the sage
Stands by itself, unmoving,
Absorbed in deep meditation.
This is the essence of Yoga.

Sri Aurobindo:

“*Shruti* is a general term for the *Vedas* and the *Upanishads*. This criticism of the *Shruti* is so offensive to conventional religious sentiment that attempts are naturally made by the convenient and indispensable human faculty of text-twisting to put a different sense on some of these verses, but the meaning is plain and hangs together from beginning to end. It is confirmed and emphasized by a subsequent passage in which the knowledge of the knower is described as passing beyond the range of *Veda* and *Upanishad*.¹ At the same time ... the Gita does not treat such important parts of the Aryan Culture in a spirit of negation and repudiation.”²

Krishna Jaya:

Scriptures across wisdom traditions are not to be denigrated just because they are no longer of any use to the illumined sage. For the rest of us, reflection on and contemplation of scriptures sometimes have a significantly transformative and emancipatory effect. I would like to offer a personal example. A baptized Christian in the Episcopal tradition, I reached my teens and veered away from the teachings of the Church until my mid-twenties when I had such a visceral experience of Spirit manifesting in my life that I began

attending church voluntarily for the first time and, in about a year's time, felt a vocation to be a priest. Unfortunately at the time or perhaps fortunately with hindsight, I was denied entry into seminary. Instead I embraced Yoga philosophy and practice under the direction of Yoga masters, first in Santa Cruz and later in Florida, as an active member of their respective communities.

The decades whisked by in the blink of an eye the way they do. Six years ago, while working at a group home in Arcata for the developmentally challenged, I became reacquainted with the Christian community. One of the residents had a vibrant personal relationship with Jesus, and, because of it, one of his counselors gave him a book of prayers. When the resident showed me this book, I recognized immediately that it had been assembled by someone who was familiar with the Episcopal tradition. Shortly thereafter, the resident expressed a wish to become more involved socially outside of the group home and his regular day program. A light bulb ignited. I looked up the local Episcopal Church in Arcata (St. Alban's in Sunnybrae) in the Yellow Pages. Perhaps, I thought, the extra sense of community my friend was seeking might be found there, so I took him to a Sunday service. He didn't care for it, but I did. Six years later, the St. Alban's community continues to be an important fount of spiritual nourishment for me.

About a year ago I was riding my bicycle up G Street in Arcata. As I approached 11th Street, a fellow cyclist on 11th was approaching. We slowed down as our respective stop signs loomed. Just then a large SUV pulled up on her left, effectively screening us from each other's view. I stopped and started again as the SUV pulled out into the intersection. The other cyclist said to me, “That's the second time I've seen you cruise through an intersection.” “I just stopped,” I calmly replied. “We have to obey the traffic laws just like cars,” she chided. “I just stopped,” louder now. She continued her agenda. “I JUST STOPPED!” I screamed at the top of my lungs.”³

I couldn't help but wonder, “Where did THAT come from?” The seasons ran their courses, and from time to time I would think of the incident with various intellectual theories about its meaning. And then I re-read one of Christ's parables (Luke 16: 1-9) about the unfaithful manager. It is the story of a rich man and his chief helper. The manager cheats his boss. When the rich man learns of it, he fires the manager. Instead of dismissing him outright, he stays in touch with the ex-manager who is doing his best to get through the crisis. The rich man even praises him for his shrewdness, though it is at his own (the rich man's) expense. Because of his former boss' behavior, the ex-manager feels much better about the way things are working out.

On the one hand, Christ's parables are timeless metaphors about universal truths transcending culture and epoch. On the other hand, they can be profoundly personal and timely in the way they reveal insights about our inner workings and our experience. It is always interesting to hear one of the many multi-dimensional levels of interpretation, whether in a sermon, out of a book, or in conversation with a friend or acquaintance. It is even more interesting to discover a new level of interpretation for yourself.

Reflecting on this familiar story, I focused for the first time on the relationship between the rich man and the manager. I imaged the rich man as the conscious persona in each of us, the way we view ourselves in relation to our values, our routines and rituals, our hopes and aspirations, and all the things which motivate us to become better people. I imaged the manager as the thief inside each of us, that inner adversary and what Jung called the shadow. The inner thief is ordinarily hidden from our conscious awareness. It is unconsciously repressed because it contradicts those things with which we consciously identify.

The rage that I felt and expressed towards my fellow cyclist—yes, she was out of order and condescending—was over-the-top precisely because it triggered in me that same sense of superiority, unconsciously repressed, which I exhibit when I have an agenda about something. It's as if I have blinders on and am unable to grant the legitimacy of an opposing point of view. In those moments I may pay conscious lip service (“yes, yes, I must learn how to put myself in the other person's shoes ...”), but it does not reach down into the heart. Sometimes lip service doesn't do it, and I fly off the handle.

All praises to the Living Word of God, revealed in the scriptures of all wisdom traditions, for opening the heart to the inner thief.⁴

Notes:

1. The verse referred to is Chapter 6, Verse 44: “... the seeker after knowledge of Yoga goes beyond the range of the *Vedas* and the *Upanishads*.”
2. From Wikipedia: “The source of the English word, Aryan, comes from the Sanskrit word, *arya*, which is the self-designation used by the Vedic Indic people who migrated into the Indian subcontinent about 1500 BC.”
3. After the scream I noticed a pedestrian on the sidewalk shrinking away from me the way people do when in the presence of a lunatic.
4. From Carl Jung's memoir/autobiography/personal

myth, *Memories, Dreams, Reflections*: “What happens within oneself when one integrates previous unconscious contents with the consciousness is something which can scarcely be described in words. It can only be experienced. It is a subjective affair quite beyond discussion; we have a particular feeling about ourselves, about the way we are, and that is a fact which it is neither possible nor meaningful to doubt ... Whether a change has taken place as the result of the integration, and what the nature of that change is, remains a matter of subjective conviction. To be sure, it is not a fact which can be scientifically verified ... Yet it nevertheless remains a fact which is in practice uncommonly important and fraught with consequences.” p. 287.

When we work with an archetype, in this case the archetype of the shadow, we are participating both with a transpersonal component of the collective unconscious and with a component of our own personal unconscious. There is an interpenetration. Jessica Garfield-Kabbara, an archetypal astrologer, made the following comments regarding the participatory nature of this engagement in a lecture (*The Participatory Vision*) at the California Institute of Integral Studies in San Francisco in October, 2011:

Something is archetypally potent for you to the extent that it has an emotional effect on your being. Presented with a metaphor, not only do you want to see how applicable it is to your life, you want to see how much it affects you. Does it come alive? Can you step inside of what is being presented to you so that it becomes a part of your embodiment, opening up your path in a new life-enhancing way? Is it a living symbol? How much critical self-reflection do you engage in in that moment and outside of that moment to be able to bring as much awareness as possible to the depth, complexity, and intricacy of what is going on?





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Grown up from snow-crowned land
Mountain ranges
Wildflower hillsides

Lavender
Whispering wind
White sage
Silver soil
Dandelion
Spinning song
Self heal
Heal thyself

Lay deep in fog's gray mist
Keep close to father mountainside
Rise high in redwood grace
Reach out along ocean edge
But never eyes look past
The jewels of everworld-
Those who live in green
Who crawl in showy splendor
Beauty the blossom
Worn loose and freely
No guise nor pretense
No discontented leaf
Full of love in being
Absolute meaning

The call of the cricket and crow
Your greatest of treasures
Is found in the measures
Of the heartsongs
Where you and the garden grow.

Photo by Zachary Cooper

A New World

By Manya Orescan



I want to paint a new world
I want to paint a new world for our daughters
I want to paint round women, thick women
Brown women, black women, red women
Their faces splashed across freeway billboards
Without Bacardi
Or Betsy Johnson fashion lingerie
But proud women
Natural haired women
Happy women,
Unapologetic women
No aprons or stilettos
But bare feet women
Tall, short, queer, straight
Round breasts, long breasts, no breasts
Mohawk, afro, braids, ribbons
Bald women
Women who define their own beauty
And claim their power
Women who think for themselves
Women who feel the world pulse in their hands
Women who take charge
Women who hear their calling
Walk with purpose
And wander confidently too
I want to paint a new world for our daughters.

Original Art by Heather Brunetti
manifestmagik@gmail.com






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— Vera Nazarian






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2017 Event Calendar

Ongoing And Special Events
Upstairs at Isis Suite #48
Sunny Brae Centre in Arcata
707-825-8300

Every Tuesday

REIKI is being offered at Isis #48. Everyone is welcome from 7:00 - 9:00 p.m. No Appointments Necessary. First Come, First Served. Suggested Donation \$5.00-\$20.00. Opportunity to receive healing sessions from 2-3 Reiki Practitioners at once. Call Per for more info at 206-550-3263.

Every Wednesday Afternoon

TRANSMISSION MEDITATION NEW TIME! Led by Sue Jones, Wednesday afternoons from 2:00-3:00 p.m. Donation requested: \$2. Transmission Meditation takes about 15 seconds to learn and is practiced for the benefit of humanity, rather than the individual. Still, it's a most uplifting experience! Learn about it at www.SueAnnabrookeJones.com/transmission-meditation.php

Every Wednesday Starting Feb 1st
Downstairs in Suite 40

Give yourself a Valentine -- Join in our weekly Spiritual Living Circle beginning on Wednesday, February 1st at 6:30pm. Lovingly guiding ourselves through the ups and downs of life, using universal Principles. Led by Rev. Angelica Jayne Taggart, spiritual director of the Eureka Center for Spiritual Living. Cost: Love offering. For more info revangelica@gmail.com.

Every Friday

MEDITATION: Self-Realization Fellowship Meditation every Friday from 7:00-9:00 pm. We practice meditation techniques and chanting as taught by Paramahansa Yogananda. Please contact John at arcata.srf@earthlink.net.

2nd Sunday of each Month

POWERFUL HEALING AND TRANSFORMATION with Damion Sharpe. 2nd Sunday Circle. Empowering your heart's gift to the world through exploration, visualization, movement, and shaman journeying. Sunday



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January 8th & February 12th From 5:00-7:00 pm.
Sliding scale \$10-\$20. damionpanther@gmail.com and 707-497-9039.

Special Event at Isis

7 Saturdays Starting Feb 18th

Cycle Wise is a coming of age course for girls 10-13 that seeks to welcome them to their young womanhood with reverence, joy, and ease. Topics include healthy emotions, healthy relationships, and menstrual care and wellness, with plenty of games, activities, art, and journaling. Special Moms Circle included! Led by Caitlin McMurtry, Certified Fertility Awareness & Reproductive Health Educator and JOYW Girls' Mentor. Learn more at www.enlightened-cycle.com.

Ongoing in the Community

HOLDING SPACE FOR THE HUMAN RACE! Creating Safe Space for You, Your Family. Spiritual Coaching, Divine Energy Sessions. Angelic Heart, ♥ Vortex® Healing. safespacespiritualcoaching.com Dana Biondo 541 499-4202. ♥

1st Tuesdays & 2nd Sundays

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