

# Isis Scrolls

Healing Occurs as Perspectives Shift

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The world dances in your hand!

-Pamela Eakins

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**Isis Scrolls is always accepting articles, stories and poems for our bi-monthly issues.**

Isis Scrolls 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 [isis\\_scroll@earthlink.net](mailto:isis_scroll@earthlink.net) or drop them off at 44 Sunny Brae Centre, Arcata

**Our Mission:** Creating Opportunities That Nourish Our Wholeness.

Isis Scrolls is a free bimonthly magazine creation offered from the Isis Osiris Healing Temple.

Through the *Isis Scrolls*, 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. *Isis Scrolls* 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, recycle it, or save it for reference or posterity.

Cover Photo Credits: Monk and Monkey at the Wat Phnom Sambok Temple in Kratie, Cambodia by Zachary Cooper

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# 2016, the Yang Fire Monkey Year

by Karen Abler Carrasco

On February 8th, we said farewell to the introspective Yin Wood Sheep year of 2015 and opened to the expansive Yang year of the amazing Fire Monkey! We have another “big shift” year ahead. Switching from yin to yang, from the inner world to the big outdoors is always a noticeable event, and when we add the expansive movement of the Fire element in bold Yang form to that shift, it becomes an even bigger jolt.

Knowing how the Five Elements of Chinese medicine work together to support each other can assist us to flow into this shift more easily. We are leaving two successive years of Wood energy which encouraged us to stretch into new and unexplored territory, to use our intuition and to reach for fresh inspirations. During this time, dreams of new ways to live on the earth more sustainably presented themselves. We were encouraged to use the inner compass of intuition to make new choices or at least to clear away old, irrelevant debris that no longer served us.

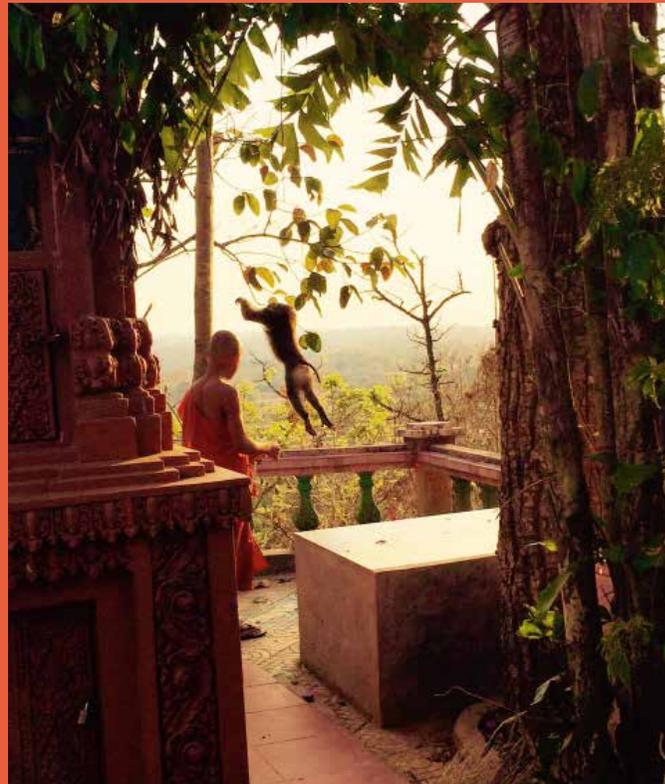
We will now move through two years of the passionate and generous realm of heart-centered Fire. Wood feeds Fire in the nurturing cycle of the Five Elements, so any new choices or decisions made in the past two years will ripen and bear their fruits in 2016 and 2017. If we have allowed our True Selves to make those choices, the harvest will be delightful to us, and the generous nature of Fire will encourage us to share the abundance of whatever we manifest.

Wood energy is a bit idealistic, a bit airy, and shifting away from it into Fire energy means getting down to business—Monkey business! Hold on to your hats, folks, the circus is about to begin. The Monkey is one of the most intelligent signs of the Chinese zodiac, with an unerring talent for snatching up the best opportunity in any situation. A Monkey character can act so quickly because he acts for himself

first<sup>1</sup> and thus does not waste time wondering how others may react. Monkey sees and Monkey does what is best for Monkey! Add to this character the powerfully bold qualities of Yang and Fire, and you have triple-strength simian: incredibly quick, elegantly astute, flamboyantly extroverted, and ultimately successful. Failure is barely a blip on this Monkey’s horizon, just a slight delay before a more precise second or third attempt manifests the desired goal. Plus, the exuberant Fire Monkey has a big heart and is always happy to share his gains with those around him.

The Monkey’s energy is highly innovative and opportunistic. The Fire element encourages collaboration and philanthropy. These qualities acting together on the global scene mean we will see some truly amazing marvels of technology, with Monkey expertise making it happen in real time. Look for new tools and products for creating a cleaner and more sustainable environment. In money matters, the global financial scene is still rocking and rolling, requiring some careful adjustments for us all. The Monkey year brings excellent momentum for managing your finances very intelligently and personally. Being diligent and regular with your budgets and planning will bring success.

Normally the self-interested Monkey year is not focused on community well-being, but the Fire element balances this, bringing in a passion for socializing and communicating heart-felt concerns. When we collaborate with others this year, we can turn that self-interest into profound social change since what helps one, helps us all. This is an excellent year to meet with friends and neighbors to find innovative solutions to the most pressing local problems. The Fire Monkey loves this kind of hands-on problem-solving, especially when the goal is direct action rather than mere brainstorming. Keeping such work local and small-scale allows the human heart to open more directly and the magic of its generous spirit to pour out.



Monkey energy is persistent, sometimes compulsive, and can be impatient with those who don’t see the solution as quickly. This is a good reminder to be patient with ourselves, and others. Be sure to make plenty of time for creative play, a favorite Monkey activity. Health-wise, pay closer attention to what you are ingesting. Avoid feeding the Fire of inflammation in the body, something the standard American diet already does to excess. Reduce excess Fire with the stable Earth-y actions of regular mealtimes and serenity around the table. Increase Water-y flow with calming yoga, tai ch’i, ch’i gong, and meditation. Add some deep breathing exercises into each day. The Yang energy of the year wants to fly up and out, so consciously pull down and in throughout the day to keep your balance.

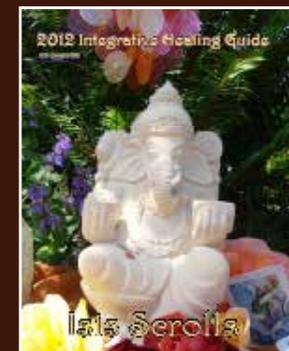
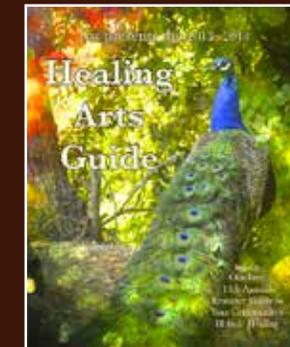
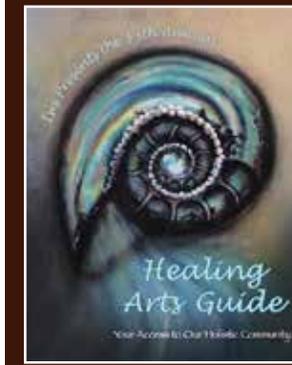
It promises to be a bonfire of a year, and through it all the wily Fire Monkey will be skillfully swinging along, constantly looking ahead for the best opportunities to make his inspired dreams come true. As we collectively embody this Yang Fire Monkey energy in 2016, we can reach for the stars. The phrase “Carpe Diem” says it all—seize the day! Large or small, profound or mundane, line up your desires this year and ACT on them. Let the Yang Fire Monkey energy carry you across the bridge between the seen and unseen worlds to reach those goals for yourself and for us all.

Karen Abler-Carrasco is a local feng shui teacher and consultant. Enhancing beauty and harmony everywhere is her passion. She can be reached at 707-825-8859.

1. Traditional Chinese astrology designates the animal signs as male or female according to whether it is a yang/masculine year or a yin/feminine year. It describes the quality of the energy, not the gender.



Photo Credits: Monk and Monkey at the Wat Phnom Sambok Temple in Kratie, Cambodia by Zachary Cooper & Monkey On Fence at Sunset in Bali by Erin Renée Zickefoose



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# Discernment:



## The Big D – Part Two

by Rev. Sue  
Annabrooke Jones



In Part One of this article, we examined some of the qualities and characteristics of *discernment* — *that ability to draw fine distinctions, or to discriminate, between one thing and another.* Discernment also means *the ability to perceive degrees of difference within a singular thing.*

Discernment is that part of our intelligence that compares, measures, weighs, sorts through and narrows down, then seeks that just-right place on the continuum to fit the situation. Let's look at some of the ways discernment figures into our everyday lives.

### Work

Nearly every occupation requires the ability to draw fine distinctions. A line cook, for example, must perform tasks like transferring hot liquid from one large vessel to another at the ideal speed. Pouring too slowly dissipates heat and momentum; too quick a transfer invites an unwanted splash that could ruin whatever is happening on adjacent burners, or worse, burn himself or others. Whether or not we are aware of it, we “learn the ropes” of a new job by applying our powers of discernment to various tasks.

Some jobs compel the use of discernment in all directions at once. An orchestra conductor comes to mind here. Maestra must be able to differentiate by degree important musical dynamics—tempo, rhythm, loudness, tone, harmonics,

orchestral balance, etc.—and work them simultaneously, as they change throughout the piece.

And many occupations necessitate the ability to work well with others, which brings us to our next subject.

### Relationships

Relationships of every kind require discernment. The greater one's grasp of another person's precise meanings, the stronger the foundation of trust and understanding can become. Failure to understand another's exact feelings, ideas, or intentions can lead to a lost opportunity to connect, misunderstanding or a conflict.

The value we place on discernment itself might even come into play. A person who views a ruler as having 192 marks might have a tough time building rapport with someone who perceives only 12. And *vice versa.*

What about boundaries? All relationships require them. Discernment is called for both when setting boundaries between ourselves and others and in respecting those boundaries established by others.

Sometimes we find ourselves boundary-challenged when it comes to helping others. Wanting to help someone compels soul-searching questions like, *Who is the best person to help this individual? If I'm that person, should I wait until help is requested, or should I offer it? Is this interfering? What kind of help is most appropriate in this situation? How much help, and for how long, should I be prepared to give?* Applying discernment to degree-laden questions like these can give us the confidence we need to take appropriate action.

### Spirituality

These days, more and more people are choosing to identify themselves as “spiritual but not religious.” And today's spiritual path isn't about believing, it's about becoming a knower. Discernment is integral to this process, because practicing discernment stretches the mind and ultimately produces an expanded, finely-tuned consciousness, one from which one's own realizations may emerge.

Stepping onto the contemporary spiritual path typically begins with taking command of one's own education. One must choose which metaphysical books and articles to read, which spiritual traditions, if any, to investigate; which workshops and seminars to attend. This is no small task these days, and a person only has so much time, so much money. ...

At some point in the self-education process, the light seeker will inevitably realize that this business of separating the

temporal from the Eternal won't be figured out in one day.

Or he will run across conflicting “truths” put forth by equally respected spiritual teachers. The would-be knower must now square these differing viewpoints somehow.

Then there's that pesky spiritual imperative, “Know Thyself.” To the spiritual seeker, this involves far more than just identifying one's own personality traits, strengths and weaknesses, likes and dislikes. Excavating the Self requires relentless courage, honesty, and fortitude.

Another thing: these ideas and impulses that flash in the head with increasing frequency. Where are they coming from? The soul? The lower mind? The ego? The emotional body? Someplace else?

In these and all other circumstances, The Big D is there, to help us sort things through and reach that just-right place of understanding, and also to assist us in becoming the knowers we are destined to be, if we will only engage with it.

### Cultivating Discernment

The greater our powers of discernment, the more clarity, strength, and understanding we bring to all areas of our lives. So how do we go about cultivating this valuable mental skill?

We can make a conscious choice to listen to others a bit more carefully and to extend a little more effort towards understanding the precise feelings that another is experiencing or expressing. In some cases, it might also be appropriate to ask for more information. (Of course, it's discernment itself that makes that call.)

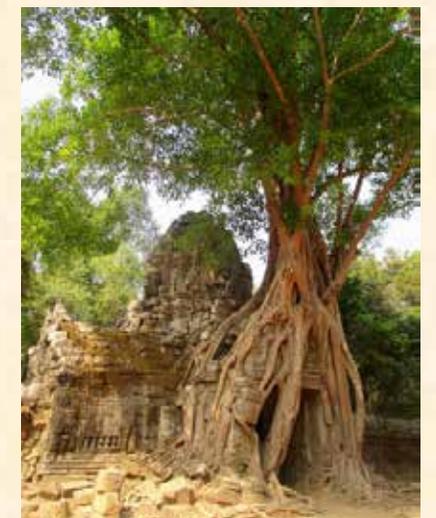
I said in Part One of this article that discernment might be viewed as a mental skill that stretches across the panorama of one's consciousness and spills over into eternity. The application of discernment helps us by giving us the strength and clarity we need to take action. And actions, as we know, have consequences—ones that send all kinds of energies rippling out in all directions. So giving more thought to situations before acting on them is another way to build discernment muscle.

Resolving to anchor one's consciousness in higher mind, as much as possible, as often as possible, is good also.

And we can train ourselves to be a little less dismissive, a little less quick to judge.

We mustn't forget to apply love to the process, love greases all the wheels.

*Rev. Sue Annabrooke Jones is a metaphysical minister, a certified life coach, a gifted psychic-intuitive, a life purpose specialist, and a power animal specialist. She leads a weekly Transmission Meditation group at Isis. Visit her website at [www.SueAnnabrookeJones.com](http://www.SueAnnabrookeJones.com).*



Angkor Archaeological Park, Cambodia by Zachary Cooper

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# DARE YOUR SUBLIME ADVENTURE

By Jesse Austin

You are excited. Your dreams have alerted you. For days you saw signs: hummingbirds, gigantic cloud formations, and flickering lights in the kitchen, your estranged sister even called ...

You quit work. During the exit interview, you told your dumbfounded boss that you intended to save the world by becoming a dream scientist. By becoming a quantum physicist of consciousness.

You separated from your cuddly husband (for a while) and moved with your cat, computer and an assortment of clothes to the little cabin your grandfather left you. The small, solid cabin is on a lonely hill by a loud stream. Sitting on the long porch you watch the hawks tormenting the chipmunks.

At night you smell your grandfather's pipe smoke. Then you see him in his chair. His smile is huge. Your heart is beating. His presence reminds you that love and life never die. Your grandfather and you and your cat Eclipse will all continue—for something like forever.

That night you have the dream again. You are carrying a flag, marching, smiling you go around and around the globe. Scores of people in many countries are frightened. A few souls, with light gleaming from their eyes return your gaze and nod, indicating they are on the team.

The next day you weed in the sloping garden with a fury. What are you supposed to be doing? You are puzzled, hurt and angry. In your agitation you don't feel the hand on your shoulder right away. When you do notice something you look around, but no one is there. Somehow that still calms you, it helps you set your resolve, you are going to do whatever you are led to do.

After lunch you lie down for a nap. Immediately you find yourself in an out-of-body moment. You are floating in the cabin's short hallway. You are delighted to be aware. You round the corner into the tiny living room where there are two old stuffed chairs. The twins are sitting, swinging their legs and grinning mischievously at you.

Yes, your daughters died in a terrible car crash when they were seven. It was the tragedy of your life. It took years before the gigantic boulder in your chest became something manageable. For a long time your anger at all of creation was overwhelming ...

Then there were the small miracles. You went back to school. Your husband stopped drinking. You found a wonderful job doing PR for a startup holistic healing cooperative. Suddenly you were the delight of the community. You were outgoing, helpful, loving and engaged in the good fight.

Now, in your something other than earth body, you float down, and on your knees, you hug each of the tender girls, over and over ... Crying, you look at their innocent, wise faces. They both smile at you with compassion and with love so pure you know, even dreaming, that love is the reason for the universe.

Floating, you rush around the room looking for a notebook. The girls are telling you of their adventures since death. You want to write it down, you want to remember every word. The twins laugh at you, "Oh, mommy," they squeal, "That's not how things work!"

Suddenly the curtains dance. The wind has gotten into the cabin. You are pushed back down the hallway. Your astral body slips into your sleeping form. All is well. Your heart is breaking with joy. You sit up. "Oh, my god," you say, over and over, "Oh, my god!"

You drink a ton of water and write down everything you can remember. You hear your darlings laughing at your efforts to record the events. You grin back, you are the mother, you know how things work on earth. Well, sort of.

At sunset your agitation returns. You are on the porch. Looking out over the long valley, you don't see the smoke, houses, or trucks delivering food-stuffs to gigantic stores. You are stuck in your angst to be heroic. You desire a world of fairness for all and of consciousness expanded beyond even the wildest dreams.

At dark, back in the kitchen, you feel as though you are in a cage, trapped, stupid, worthless. When the moon comes up you stumble around in the garden, yelling. Your chest-screams scare the owls and they hoot back at you. You go silent, and the thought, the solution rides into your imagination. Your salvation is certain. You have a bold plan. You laugh wickedly under the moon.



Life is one surprise after another; if there weren't any dead ends, there would be no heroes ...

On the kitchen table you write wildly. In the morning you fashion a mockup poster. You drive your gramps' pickup for forty minutes to a little artsy coastal town. You make copies of your poster and put them up in the coffee shops, post office, shops, etc.

Saturday is the solstice. You are offering a seminar titled: SAVE THE UNIVERSE WITH SUBLIME EXPLORATIONS OF YOUR OWN DEAR, TRUE CONSCIOUSNESS.

Looking at one of the bright posters stapled to a telephone pole you pause. You give a rueful smile, is this another dead end or will it make you a hero?

Walking back to your car you hear someone calling your name. Doubtfully you swing around. It is a young couple. She has a guitar strapped to her side, he is carrying a puppy. They want to know about the 'Sublime Seminar'. You love their faces. You pet the puppy. Words rush out of you. The seminar is about experimenting with spirit, with consciousness, with the fundamental concepts of existence. You watch their faces light up. They are drop-outs from the university, now wandering, searching for truth, beauty and justice.

On Saturday, at the little dance studio, you look out at a small sea of folks. You see old and young, some in ties or dresses and some in jeans and T-shirts. You introduce yourself; you laugh, throw out your arms and welcome everyone. You close your eyes. Out loud you invite spirit to participate in the evening. Then you float into the deep cavern of your imagination. It is here where you can see, hear and feel spirit. It is game time, you are connected, both to the folks in the room and the spirit folks surrounding all of you.

You feel wonderful, expansive, and wise. It is a good place to begin. Others will follow. You are being of service and you are learning yet more wondrous aspects of existence.

The evening is filled with chanting, visits from the beloved departed, with encouragements and challenges for the living, and with your own thrilling contentment. You are alive in several realms. You are facilitating the reality adventures of others. You are held in Love.

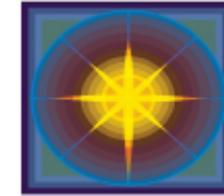
*Jesse Austin is a wandering psychic medium. He is available for dynamic group seminars exploring spirit, personal intuition and quantum physics. And Jesse is available for private phone or in-person sessions. He can be reached at 530-929-8128.*

*Original artwork by Jesse Austin*

Greetings to Conscious Seekers of Self and Spirit!

## Psychic Medium Jesse Austin

My gift is helping you understand and bridge the gap between your dream self and your earth self...



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Artwork and Poetry by Carol Pridgeon

Beauty inspires me to paint, and write poetry. It is so visceral it is hard to explain. However, I think we all feel it and then express it in our own unique ways. I started drawing as a child, as all children do. However, criticism from a schoolteacher and at home diminished my interest. I drew off and on as an adult, but it was upon sweet retirement that my art took off. I have always created art for my own pleasure as well as for my family and friends. Creating art has saved my life, literally, for which I am so grateful. It conveys for me what I don't have the words to express. I hope my art helps you on your journey in some way.

I do commissioned work and sell originals as well as prints. Please contact me if you would like more information by email at: [roseoncow2@gmail.com](mailto:roseoncow2@gmail.com), or by phone at either 707-444-2556, or 707-496-1980. Namaste'

### Freedom's Pace

They thunder past  
 We stand in awe  
 A mysterious knowing we can't recall  
 Begins unwinding in our breast  
 This powerful force feels like death!  
 We gasp and writhe as we transform  
 We are made new  
 We've been reborn  
 We've shed the veil of what's not real  
 It is our Truth that's been revealed  
 We are the same  
 It is our Grace  
 To run with them  
 At Freedom's Pace

## Living From The Overflow

By Damion Sharpe

Every breath is an invitation:  
 To live from your wholeness  
 To be with what is  
 To release  
 To embrace  
 Life

Over the last 5+ years I have been experiencing a feeling I can best describe as living from the overflow. Through meditation I have tapped into this more and more. It is an experience of fullness and begins with self-love. In the overflow one drops into the truth that they are whole and complete; nothing needs to be added, fixed, or taken away. I have found it easiest to create from the overflow in areas that I am most passionate about.

The bigger image I have of this is a world where we all are feeling whole and complete within; thus there is no energy of trying to grab from without: healing, attention, acknowledgement, comfort. All connections with others and the world are about sharing and celebrating from wholeness.

#### Some "wonder" questions to live into:

What would my life be like if I didn't see myself as a fix it project?  
 What would I do with all of that freed up energy and time?  
 What would it be like to see myself as whole?  
 What would it be like to witness others as whole?  
 How would I connect with others and the world from wholeness?

#### Take some time to create your feeling of the overflow in this breathing exercise.

- Sit or lie down and take slow easy breaths. Being with all that is. Feel the weight of your body. Notice each area of your body that feels contracted and send it expansive love with your in-breath.
- Notice the areas that feel expansive in your body and expand those more with each in-breath.

- If there is anything that comes up as incomplete in your life, create a completion through your breath. When you are complete with this exercise you may decide to complete it with another person. Perform this breathing exercise if it still feels charged or scary, and do your best to create a completion through your breath.

As you continue to notice incompletions and create completions you may experience even more space within.

- Take 3+ breaths, feeling a deep love for yourself. If this part feels challenging, think of someone you love without a doubt—a person or pet—and feel that love for them and send it to them. Then feel and send that same love to yourself.
- Take 3+ breaths feeling how you are loved and held by the earth.



• Now imagine there is a center place within you with all this love and energy, an ever flowing spring. It could be in the area of your heart or wherever it feels easiest to visualize it. Imagine as you are breathing in and out that this energy is overflowing like a beautiful fountain. Another image is that of an ever-overflowing chalice.

- Give yourself the gift of just breathing and experience the magic and wholeness of life flowing into you.
- Then begin to spread your awareness to how each drop of the overflow contacts the earth. Feel the overflow and how you are contacting your world.
- Create a sound of completion that represents how you feel in this moment. Appreciate yourself for your experience.
- Then slowly open your eyes.

You are complete! Practice this before creating music/art/writing, calling someone, going into the store, playing with your children, and so on. Let this place of wholeness in you create new, fun ways to connect and play with the world.

Let living from the overflow guide you in your choices and path. Follow your passion ~ Love full~ Live full~ Play full!

See Damion's class and workshop offerings in the classified section of this issue on page 37. He can be reached at 707-497-9039. Visit his website at [www.damionsharpe.com](http://www.damionsharpe.com)

# MIDLIFE AND MEANING

## The Reclamation of the Authentic Self

By Marc Takaha

*We must let go of the life we planned, so as to accept the one that is awaiting us.*

– Joseph Campbell

Once upon a time, in a land not too, too far away, there was a man named Zusa who was a highly respected elder of his village. He was regarded as a wise and honorable man whose reputation was the natural outcome of a lifetime of hard work and dedicated service to his family and community. The fruits of his labors had ripened into a rich and bountiful life that centered around a loving marriage blessed by several children who, once grown up, left home to make it on their own.



His sons and daughters often returned seeking his advice and wisdom. And they weren't the only ones; Zusa's counsel was sought by many. Not only was he someone who had accomplished most anything that a man was expected to do, but he was also someone you could safely place your trust in. After sharing a pot of tea, his visitors often left with a weight taken off their shoulders, the wind at their backs, and the sun warming them from within.

Then one morning, in the midst of what many could consider an idyllic life, Zusa awoke after a long, restless night. There wasn't anything specific he could put his finger on, but he was deeply stirred. Instinctively, he felt called to ascend the holy mountain of the ancestors which towered above the village. He didn't know why, but something deep and profound was compelling him to leave his safe and familiar routine to venture out alone into the wilderness for a time of deep reflection and contemplation. He told his wife and then prepared himself to face what had kept him awake in the

night. With provisions in one hand, and his walking stick in the other, Zusa slowly began his ascent up the sacred mount. . . .

Sometime later, a young shepherd tending the flocks in the pastures above the village spotted Zusa descending out of the dense forests that bordered the alpine meadows. Jubilant, the boy raced down to the village and breathlessly announced, "He's back, he's back! Zusa has returned!" An enthusiastic crowd of villagers quickly gathered to greet their returning friend. But as Zusa slowly approached, they saw in his eyes that something was troubling him. They quietly encircled him to hear what he had to say.

Finally, his wife asked what everyone was thinking, "Zusa, what did you learn while on the mountain top?"

He gazed into her eyes and replied softly, "I'm concerned about how my life has turned out."

"But Zusa, you have been the one we have looked up to! You have been exemplary as a successful provider, trustworthy protector, committed husband, loving father, loyal friend, and wise counsel to all. What on earth could you be worried about?"

Trembling, he replied, "I now know what the angels will ask when I die."

"And what is that?" she asked.

Hesitating, he whispered, "The angels, they will ask, 'Zusa, why weren't you Zusa?'"

I first heard a variation of this traditional Jewish folk tale while on a vision quest retreat led by one of my mentors, cultural anthropologist Angeles Arrien. She introduced it as a midlife tale. One evening as we sat in the amber glow of a camp fire beneath the vast Arizona sky, she incanted the story in rhythm to the hypnotic chorus of crickets. Up until the punchline, Zusa sounded like someone I wanted to emulate. He had achieved most everything I was aspiring to: a stable lifestyle, material security, a solid marriage, a loving family life, and a respected station in his community. I mean, weren't we *supposed* to work towards these things?

The ending seemed to have a twist to it that reminded me of a Zen koan in that I couldn't fully grasp it on the level I was interpreting it. The point of the story eluded me that night, and for years afterward.

Like most teaching parables, this tale can be interpreted on several levels. Looking back, I see how I wasn't yet ripe to fully comprehend Zusa's revelation. In my 40s, I was one of the retreat's younger participants as most of my companions were in their 50s and older. I was still in the stage of life, the first half, where the emphasis is very much on proving one's self through personal achievements that are measured against society's standards. On a mission, I took my vocational responsibilities very seriously, often bringing my work home with me (just ask my very patient wife.) I now see that over time I had slowly *become* the role, not just wearing it while on the clock. But as I entered into the second half of life, there were fissures developing in my once well-ordered agenda. Something was beginning to stir inside, and I felt restless. After the retreat ended, I left that desert with more questions than answers.

Many of you have your own versions of disappearing into the roles you've stepped into as adults, especially the ones that have generated productive and satisfying results. By midlife we are often well-seasoned as providers, protectors, and nurturers, the roles which serve the basic householder functions that sustain our personal lives, families and communities. But once that chapter comes to a close, those responsibilities become less urgent and even lose relevance.

In our story, after his own children were launched, Zusa continued to live life with purpose by mentoring the next generation. Then, as the tale's ending implies, he was unexpectedly faced with yet another stage of personal growth. He was asked to honestly answer a Big Question, "Who am I?" and hopefully satisfy his curiosity before he died. In our modern society's cult of personality, we are often under the mistaken belief that we are our groomed, external personalities. That is an unfortunate, even tragic misunderstanding that diminishes the magnificence of who, in fact, we actually are.

Asking the Big Question of ourselves opens the door to begin what many spiritual traditions refer to as The Work, which may facilitate a return home back to our true nature. This is the transformative work of excavating and reclaiming the Authentic Self which has always existed within, only buried beneath the accumulated layers of a lifetime. The Work involves retracing our steps back through the strata of our personality or "false self," and shining the light of consciousness upon the illusions we've lived in, as well as discovering lost or disowned parts of ourselves. There is the

potential to become truly sane and whole again, with the advantage of having the wisdom that comes with a lifetime of experiences.

On our way back home to the Authentic Self, some of the things we have learned and embraced on our way out into the world can actually become unnecessary baggage and even impediments for our return journey. Our attachment to the roles we've taken on is one such example. When the roles are no longer relevant to living authentically in the present moment, they become liabilities that limit our aliveness and squelch our creativity. So like Zusa, we need to leave our "safe and familiar routine to venture out alone into the wilderness," the Unknown. As with him, this can be quite scary and requires a certain kind of courage to act on. But the ultimate prize for surrendering our outmoded ways and taking the risk to venture into the Unknown is Life itself.

*Glass Bottles* by the 19th century British novelist, D.H. Lawrence, beautifully describes what is awaiting us:

*When we get out of the glass bottles of our own ego,  
and when we escape like squirrels from turning in the  
cages of our personality  
and get into the forest again,  
we shall shiver with cold and fright  
but things will happen to us  
so that we don't know ourselves.*

*Cool, unlying life will rush in,  
and passion will make our bodies taut with power,  
we shall stamp our feet with new power  
and old things will fall down,  
we shall laugh,  
and institutions will curl up like burnt paper.*

*Marc Takaha lives and works in Maui where he maintains his bi-coastal counseling practice. He is currently completing his spiritual healing memoirs. He can be reached at (808) 874-1049, or email [mtakaha@earthlink.net](mailto:mtakaha@earthlink.net).*



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# The Softness of Life

by M. Camille Brody



Could there be such a plant,  
that every inch is covered in the soft downy fur of  
pure snugliness  
that to gaze upon her leaves is to gaze upon the silky  
white of

reflected moonlight?

Such a magical plant indeed graces us each day  
A place-keeper and peace-emanator in the garden of the  
soul

Lamb's Ear is the essence of life's simple softness  
that which can easily be overlooked, passed by,  
un-heard

but which offers the most lovely lap of gentle calm  
the enveloping of a maternal safety  
and the returning to trust

Trust

in the natural existence of life's softness

soft in the midst of harsh

soft in the face of ache

soft in the depths of empty

soft as a choice

Do you choose to stop and notice the small patch of  
silver-white Lamb's Ear leaves at your feet?

Will you choose to allow their generosity of gentle to  
caress your finger's touch?

To place a small smile of relief and nurturance on your  
heart?

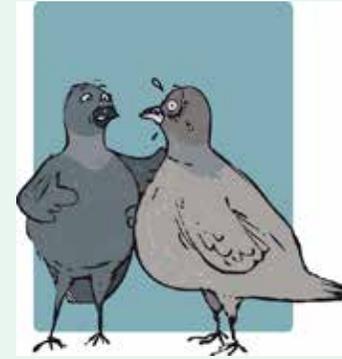
Welcome Lamb's Ear Devi into this moment of being

Welcome Lamb's Ear into your garden.

# Talking is Overrated

## Therapy is Not for Everyone!

By Jeremy Rhoades



Sometimes we, as therapists or as people, feel that our friends, family, or lovers would benefit from talking through their issues with a therapist. We fail to realize that talking, analyzing, or processing is not everyone's cup of tea. Some people find that physical activity puts them right-as-rain. Yoga, tai chi, going for a run or a swim, an intense workout, etc.

Afterwards you feel better and the feelings of frustration, anxiety or depression clear of their own accord, like a weather system. A good night's sleep or a night out with friends might afford a similarly beneficial outcome. For the rest of us who seem to find meaning in the psychological and spiritual questioning and questing, it may seem unfathomable to just "let it be" and focus elsewhere for a while.

There is an old joke that the art of therapy involves the therapist distracting the client while they wait for time to heal the presenting problem. But even in therapy, it's not all about talking and analysis. There is the need to be seen, the need to express emotion, and the need to see yourself through different eyes. I am particularly interested in how these things can happen through forms other than talking: by focusing on tension in the body, by creating art, through a tarot reading or consulting the I-Ching, by guided meditation to clear the mind and observe our energy system, or by being in nature.

What is the potential of the mind when it relaxes into the present?

*Jeremy Rhoades is a Licensed Marriage and Family Therapist and Licensed Professional Clinical Counselor in Arcata, California. He offers mindfulness-oriented psychotherapy that is built on a supportive, caring relationship, respectful of individual choice. He can be contacted in the following ways: Office location: 839 Ninth Street. Websites: Curiousjourney.org and JeremyWRhoades.com. Email: jeremy@curiousjourney.org. By phone: (707) 385-8068.*

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—Robin Williamson

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Adriana is an AJ'KI'J (Mayan Priestess), mother, traditionalist, healer (using the Ancient Mayan healing technique of Kan Kueb), and expert in the CHOLQ'ij (Sacred Mayan Calendar). She is a female shaman who has been walking the Mayan Path over 20 years.



## A NEW CYCLE – THE TIME HAS COME

By  
Adriana  
Tata Rojas

Ok, so December 21, 2012 came and went. What happened? I'm still here, you're still here, the Mayans are still here. Was there more to the story than we were told? Yes, there is. First, to clarify, the Mayan people never said to anyone that the world would end on that date. What was said was that we would be entering a time on earth that has never been known before. a time to heal what has been broken, a time to join together what has been torn apart for so long, a time for balance.

So what does this all mean as a woman or a man living in our world today? How do we learn to find balance within ourselves and the world we live in? How do we stand together when there is so much tearing us apart every day? Where do we begin to unify and see our own reflection in each other's eyes? At what point do we stand strong for our children and the next generations to come? When will we begin to recognize that our Mother Earth and all her creatures are part of our living family?

We must begin within our own selves. The energy on the planet is already shifting. It is up to us to realize that no matter where we are born, regardless of our spiritual beliefs, social status or personal experiences, we all carry within us a force, an energy waiting for us, waiting for us to simply open and receive this opportunity to arise and come together.

The time has come. The energy has shifted and our priorities are changing.

Known in the Mayan world as the CHOLQ'ij, or Sacred Mayan Calendar, it is perhaps the most important legacy of the Mayan elders. With the ending of the cycle in 2012, the grandmothers and grandfathers of Guatemala tell us the energy has shifted and we have reached the fifth cycle, or

the age of the fifth sun. Never before has humanity reached this level of evolution. According to the Mayan elders, when the sun rose on December 21, 2012, our solar system joined the path of the Milky Way and the plane of the ecliptic, creating a cosmic cross. This cosmic cross is considered to be the embodiment of the Tree of Life, a sacred tree, a symbol remembered in all the world's spiritual traditions.

The grandparents tell us there have been four cycles before, each lasting 5,200 years. The first cycle held the energy of the feminine and the element fire. The second held the energy of the masculine and of earth. The third held the energy of the feminine and of air. The fourth cycle, our most recent, held the energy of the masculine and the element water. With the end of the calendar we have shifted and moved into the fifth cycle where Feminine and Masculine energy are present together. Balanced. The Mayan tradition holds this time as a time where we can achieve harmony and spiritual growth, moving to a higher level of vibration where growth and unity can occur.

The elders have told us there would come a time when we would learn the value of our essence and would return to a time of harmony in which every being would know their true nature and every being would be respected for who they are.

There is hope, for buried deep in the heart of every woman, the seed of the feminine energy has remained intact, rooted there to germinate and flourish. The time has come. Truth emerges more powerfully. Our words will be the food of our children, and they will broadcast the seeds of change, of transformation. Slowly the light that is emerging from our hearts will become the guide to those who are still lost.

During the cycle we just completed, the masculine energy manifested strongly and gradually moved the feminine energy into hiding. The woman began to be used, vilified, abused to the extent that we forgot our origin. Our senses were closed to avoid the embarrassment generated by ignorance.

There was a time, not long ago, when people wanted to forget that every human being comes from a mother. We fed those babies from our bodies as the earth feeds us. We must remember our strength as mothers, daughters, aunts and grandmothers as the feminine energy rises to balance with the already steadfast masculine energy. We must remember our strength as fathers, sons, uncles and grandfathers and open our masculine energy to embrace the rising and complementary feminine energy. We must build a strong base upon which a new foundation can be built.

The Mayan elders left us a very precious gift. They gave us the Cholq'ij, the Sacred Calendar. It is so much more than a

countdown to the end of days. It is a calendar that shows us a simple way to connect with our energetic essence, allowing us to make an inner journey to discover the reason we came into the world and help us to find our personal power. The Cholq'ij consists of 260 days or energies. It is formed using the 20 energies: Batz, Ee, Aj, Ix, Tzikin, Ajmaq, Noj, Tijax, Kawok, Ajpu, Imox, Iq, Akabal, Kat, Kan, Kame, Kiej, Qanil, Toj, Tzi, and the numbers 1-13 in a cycle creating 13 months of 20 days.

Why 13 and 20? The ancestors considered these numbers sacred. The number 13 is sacred because of the 13 joints in the human body. Two at the ankles, two at the knees, two at the hips, two at the shoulders, two at the elbows, two at the wrists, and one at the neck or head. The number 20 symbolizes the 20 "fingers" of the human being, 10 on our hands and 10 on our feet.

When a child was born within the traditional Mayan world, the first thing the parents would do was to take them to the Aj'ki'jo, or counter of days. This provided the parents and the entire community with the necessary information about the potential of this being and the role she would have in society. If this child was born to a family of lawyers, but was born with the energy of a healer, she would spend her childhood being taught and nurtured by the healers and sages so she could develop her skills, should she choose to use them in her lifetime. Every person was celebrated for the unique energy they brought with them into this world. From this perspective the Cholq'ij becomes a beautiful gift of personal consciousness that allows us to take the first step towards achieving harmony within ourselves and our environment. It is time to leave behind the patterns learned over many generations. It is time to reconnect with ourselves and each other. A new cycle has begun, one where feminine energy and masculine energy will meet again and remember how beautiful working together in harmony can be.

Ukux Kaj, Ukux Uleu, Ukux Iq, y Ukux Poloj (heart of heaven, heart of earth, heart of wind, heart of water) Maltiox and Blessings to each and every one of you.

Adriana will be in Arcata the month of April and will be available for Mayan Birth Sign readings, Kan Kueb energy healings, a workshop on the Mayan calendar and balancing the feminine/masculine energy within each of us and the world we live in. Look for dates and more information at the Isis Scrolls facebook page, Adriana's facebook page at Ancient Mayan Teachings and Ceremony with Adriana Tata Rojas or call Joy @ (530)-643-6440.





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## Take an Internal Bath!

# An Alchemist's Musings: Embracing the Eternal

By Ahimsa Tiana



In some ancient spiritual traditions, the concept of the wheel of existence (samsara) is contrasted with the cessation of that wheel and the liberation from the cycle of lifetimes (nirvana). Many spiritual practitioners have worked very hard to try to attain liberation because of the association of life with suffering. As we live in a

world of contrasts and opposites, it makes sense that we have polarized samsara and nirvana. For many of us in many lifetimes, samsara = suffering = bad, while nirvana = freedom from suffering = good. Many of us have been devotees of the practice of shunning samsara while attempting to chase down nirvana as quickly as possible.

As the wheel spins, one lifetime and another and another, over and over again, we are shaped and molded by our experience. As a jagged stone falls into the ocean and is turned and ground down over countless years, so are our souls tumbled and turned in the flow of samsara. And as the ocean is so much more vast and powerful than one small stone, so is the turning of the wheel so much more vast and powerful than one soul. It is so powerful that there is nothing we can do about it other than to go along for the ride—and pray. If we try to take ourselves out of it, we will fail. It just keeps going.

Sometimes life gives us suffering that is so intense we don't know what to do. We just want it to be over. Other times life gives us joy that is so great we are overwhelmed and want it to last forever. Moments of deep love and connection that make us yearn for more interspersed with moments of pain; such is life's ride, the wheel of samsara. And at first, and for who knows how long, we may be very reactive to our experience—hold on to this, push away from that, strive for liberation from it all. But somehow, as all the years and lifetimes go by, we are tumbled down to such a smoothness that nothing sticks to us anymore. And still the cycle keeps on going.

In the middle of all this hullabaloo, some of us begin to sense that the chase is futile, that there is no such thing as stopping this ride. We begin to consider the possibility that the relationship between samsara and nirvana is different from what we thought before, that it is not so much an either/or thing as a natural and inevitable process of transformation. That the ocean will eventually wear the stone all the way down. It is inevitable. The forces at work are vast, natural and powerful.

We begin to get in touch with something that feels like a center. Like a clay pot on the wheel, shaped by the potter's hands, samsara turns us around and around. Sometimes we might fall down, but the center of the wheel is always there, a point of perfect stillness. Like a storm, a mighty hurricane, tearing whole cities to the ground, at the center there is a place of calm and clarity, a point around which everything else revolves. While everything else might howl and blow and shatter and break, the center is still there. And from the center we can witness it all unfolding.

We begin to let go of our pursuit of nirvana, because it doesn't matter so much anymore. We begin to feel more content. As our contentment spreads into all the corners of samsara, we begin to let go into that feeling—deeper and deeper into contentment—until there is nothing more to hold on to, and freedom is all that is left. In this way, samsara itself becomes nirvana when we are truly ready.

Experiential awareness of the center is the key. It is the alchemical substance from which all of the deepest transformation and healing arises. It is the diamond body, the dorje, the vajra, the most precious of all stones, the lightning rod which allows us to channel limitless energy and emerge unscathed. It is the key to the true reality which allows us to penetrate all illusions.

Ancient spiritual traditions discuss the difference between the conditioned and unconditioned realities. Some say that when we die the conditioned reality dissolves and only the unconditioned remains. This means that everything we think we have learned, all our stories that we have told ourselves, all dissolve in time. The only thing that is left is the truth of who we really are.

*Ahimsa Tiana, RN, BSN, MA, CCHT is a certified Clinical Hypnotherapist specializing in Alchemical Counseling and Hypnotherapy. For more information or to schedule a session, contact Ahimsa at (707) 267-5812. You can also visit her website, inner-guidance.com. See her ad on page 38 of this issue.*

Photo Credit: Angkor Archaeological Park, Cambodia by Zachary Cooper

## Afternoon in the Meadow

by M. Camille Brody



You radiate  
the sunshine radiates  
the dew radiates  
and I am lit  
by the fire of you and we  
straight through  
not one corner left dark  
this prismatic moment  
you are the mirror of nature  
vibrance of the  
spring camelia blossom  
clarity of the songbird's voice  
audacity of the redwood sapling  
warmth of morning's sunray  
rhythm of the crystalline creek  
you radiate weaving in and out  
in your body and in the beauty  
this grace lights my core.

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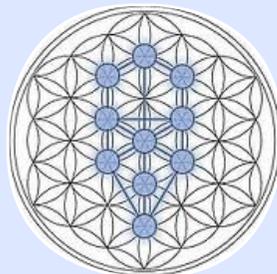
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# Tarot Wise

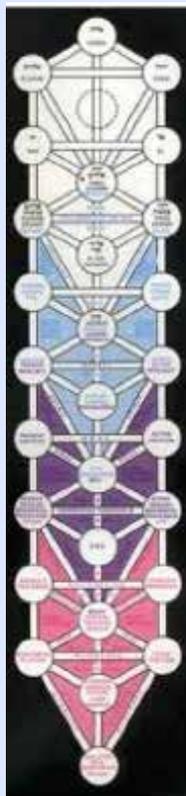
By Carolyn Ayres



*Note: This column is an ongoing exploration of the Tree of Life on which the modern tarot, that is the decks of the Waite-Smith and the Thoth, is based. Most of the thousands of tarot decks out*

*there copy these two decks without the context of the what the Tree of Life truly is. See the last two years of TarotWise for an in depth look at the Minors on the Tree of Life.*

At this time of the year, we are awakening from our slumbers of winter and the juices of spring are starting up. This may well describe the Tree of Life's four layers of consciousness, the four worlds recognized in the Tarot world as the four suits: Wands, Cups, Swords and Pentacles. Each world of the Tree of Life has the same ten sephiroth or emanations which correspond to the ten cards found in each suit of the Minor Tarot, Ace through Ten. Though each Tree looks the same, they each symbolize a consciousness beyond our comprehension—the super consciousness of the Cosmos energy which brings the magic of the season of Spring to our lives, to our ego-driven minds here on Earth. It reminds us of the Light that shines within us. The Tarot shows these levels of consciousness with the Elements, starting with the Fire of the Wands followed by the Water of the Cups. Then comes the Air of the Swords and, finally, the Earth of the Pentacle/Disks. These four Trees of consciousness overlap creating what is known as Jacob's Ladder, seen to the right, from Genesis 28:12 where Jacob dreams, "and behold, there was a ladder set up on the earth, and the top of it reached to heaven; and behold, the angels of God were ascending and descending on it!" More recently, Jacob's vision has been used as an analogy for spiritual ascent. The Tree of Life can show ascension and the seamless emanation of Cosmic Energy that animates our world.



The first world of the Tree of Life is Atziluth, (seen on the Ladder as white), the world of Divine Fire, of archetypes, the possibilities of all existence, or, in Tarot, the Wands. Traditionally, people think of the suit of Wands as creative energy, inspiration, ambition, Will; but whose Will is it? This world of the Fiery Wands comes long before the world of Swords or the Intellect, so we have to stretch our imagination to a Cosmic Mind and Will whose desire for existence animates our own physical world. The Wands can also be seen as our Divine Self, our essence of Light and Desire, that propels us forward with its Fire.

The next world emanating from the Tipareth, the center of the world of Atziluth, is Briah or Beriah, (seen as blue on the Ladder of Trees), the world of creative imagination where the possibilities generated by the Wands are gestated in the form of Water or the Tarot Cups. Traditionally the Cups are about relationships and Love, the world of pure Feeling that permeates our Universe. You could say that Love and Desire are the driving forces of the Universe. And then you might say, "Well, what happened? Why the lack of Love and connection to the Divine here on Earth?"

The answer is termed the Separation which begins when the world of Yetzirah, the world of Air, Formation, our intellect, the Tarot Swords, (seen as purple on the Ladder) comes into play. Originally we were given a mind for communication with the Divine so that we could understand and express this Cosmic Love and Desire, plan and create Heaven on Earth. But something got lost in the translation; our intellect got bogged down in our physical reality.



The final world on the Tree, (seen as pink on the Ladder of Trees), emanating from the Tipareth of the Yetzirah of the Sword world, is Assiah, the world of action. This is Earth, the Tarot Pentacles or Disks, where all that came before is manifested in our sensory world of seeming solidity. This is our reality from the smallest particles in the atom to the huge planets circling our Sun, from stars exploding millions of light years away to the earthworm digging in our back yard. And what seems to happen to the pure desire of the highest consciousness when it reaches our reality? It is manifested here in the Glory and Beauty of unimaginable variety and diversity of life.

So a reading of you in all your vast glory would look at how you are doing at every level of consciousness: in your world of Essence, the Wands; in your imaginative, Feeling world, the Cups; in your Intellectual, personality-driven world, the Swords; and with your physical body, your ability to live abundantly in Manifestation, the Disks.

## Reading for the Vastness of You

**Card One:** What inspiration is gestating in Atziluth, the world of Wands, with your essential, spiritual Self?

**Card Two:** How does this inspiration Feel in your imaginative world of Briah, the world of Cups?

**Card Three:** How is your Intellect dealing with the inspiration of your essence at this time? Or what is being created with your intellect concerning this inspiration, the world of Swords

**Card Four:** How is this inspiration manifesting in your physical world? Is it affecting your body? Or your situations here in this reality? The world of Disks

**Card Five:** Look at each world to see where there might be resistance to your essential inspirational Self and draw cards for what might be limiting your Divine Inspiration here in this reality.

**Card Six:** Advice from the Universe: Ask for help for tuning in more openly to your Divine Inspiration.

As always, I welcome questions or comments.

*If the Tree of Life and the Tarot interest you, I am starting new classes for all levels of experience starting January 2016. "Tarot As An Evolutionary Path," a nine month gestation for the emergence of spirit, is offered in Arcata and Eureka. I offer more advanced classes for the Minor and Major Arcana on the Tree of Life in Eureka only. I also welcome private students and create Tarot Circles for those who want a deeper knowledge. 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 or check me out at my website: [www.tarotofbecoming.com](http://www.tarotofbecoming.com).*

*To love yourself right now, just as you are, is to give yourself heaven. Don't wait until you die. If you wait, you die now. If you love, you live now.*  
—Alan Cohen

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—Paramahansa Yogananda

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~ The Newness ~

By Damion Sharpe

The new dance  
Of this moment  
Unlike any  
The new breath  
Full and ready  
To live - To live

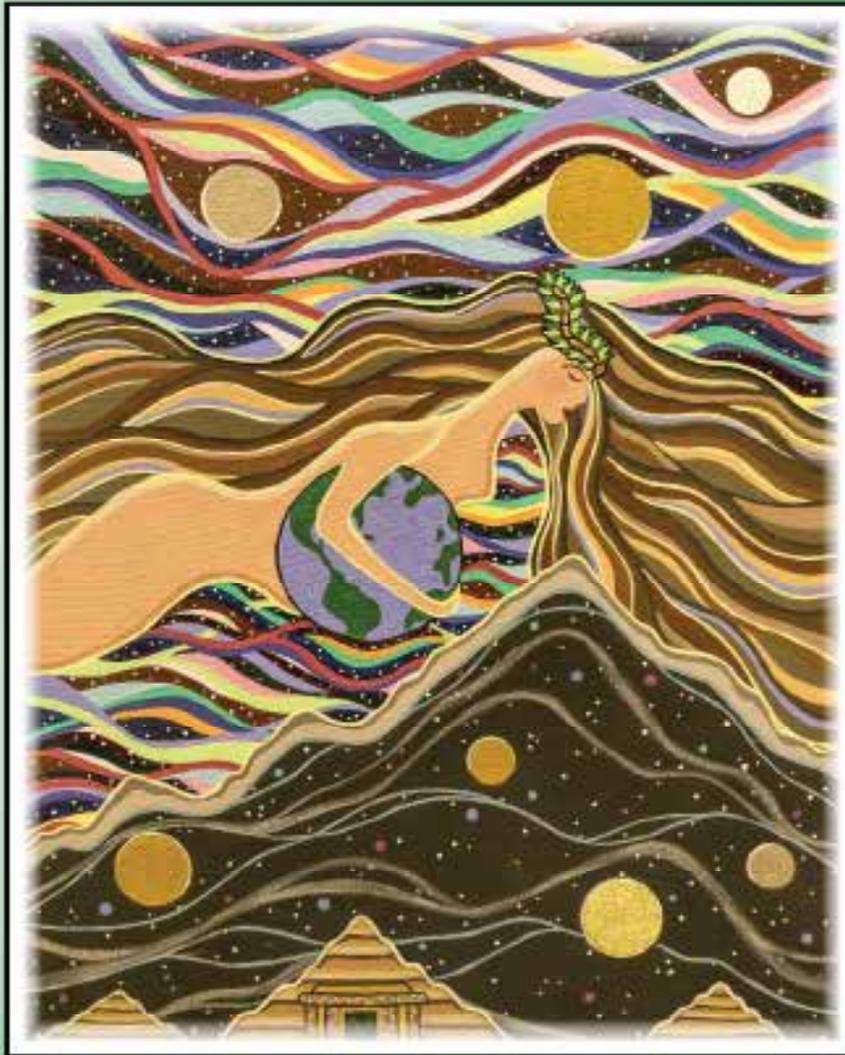
The new life  
Upon this sacred ground  
Little feet and hands exploring

The New Year  
A chance to begin again  
And renew our vows  
To our heart  
Our beloved  
Within and without

The newness of every second  
To release the past  
And step into this new story  
You have woven together  
With your beliefs  
Intentions and love

What wants to emerge  
From your depth of being?  
To make full contact with life  
Expanding light and magic  
With your every conscious step  
The newness of you

Damion Sharpe [www.damionsharpe.com](http://www.damionsharpe.com)  
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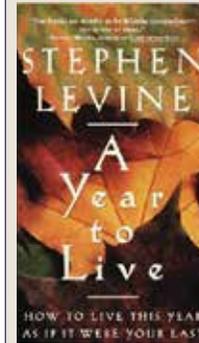
Artist: Heather Brunetti

Art is a whisper, an essence, a glimpse of our soul. Art 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. It is a reflection of our connection to the universe and far off dreams that are so familiar. It is the 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 our connection to this precious earth. As each of us looks within ourselves we realize that we are all artists of our own lives. Will we invite fear or will we create beauty? It 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.

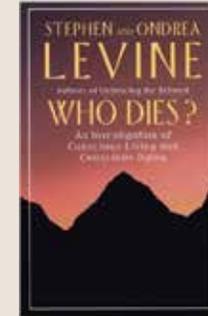
Manifest Magik Ashland, OR [manifestmagik@gmail.com](mailto:manifestmagik@gmail.com)

Submitted by Seabury Gould  
for Our Enjoyment and  
Inspiration



The following excerpts are from *A Year to Live: How to Live This Year As if it Were Your Last* by the late Stephen Levine, who recently left his body on Jan. 17 at the age of 78. Seabury shares that this book has been a "lifelong companion" to him for the last 18 years or so.

Stephen, along with Ondrea Levine, wrote insightfully about spiritual life, psychology, self-actualization and death and was also the author of the perennial best seller *Who Dies?: An Investigation of Conscious Living and Conscious Dying*. Elisabeth Kubler-Ross said it well: "Stephen's work restores the heart and clears the mind, it offers an opening which even death cannot close."



*When death, the big wind, blows out our birthday candles, only the wish remains, and only that longing which deepens our wisdom and compassion will be of much use.*

*There arises a sense that only this moment has any reality and all else, including the very instant passed, is a dream that, if unmindfully dreamt, obscures our true nature.*

*Our life is composed of events and states of mind. What we describe as "our life" is not the sum total of what has passed through our hands but what has passed through our minds.*

*To know your life is to be aware of what state of mind predominates in consciousness. This noting of mental states encourages a deeper recognition of what is happening while it is happening. It allows us to be more fully alive to the present rather than living our life as an afterthought. It enables us to watch with mercy, if not humor, the uninvited swirl of "mixed emotions" not as something in need of judgment but as a work in progress.*



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# The Bhagavad Gita

## Part 24

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 Forty-Seven

“It is equality that is meant by Yoga.  
Having abandoned attachment (to results),  
Even-minded in success and failure,  
And immersed in Yoga,  
Perform your actions.”

Sri Aurobindo (*Bhagavad Gita and Its Message*):

It is because we act ignorantly, with a faulty intelligence and therefore a faulty will, that we are, or seem to be, bound by our works. It is because of this faulty intelligence that we have hope and fear, wrath and grief and transient joy. However, it is possible to perform actions with serenity and freedom in the light of an undistorted intelligence. Therefore, it is the Yoga of the *buddhi* that is first enjoined on Arjuna. To act with clear discernment and a will in harmony with the divine will, fixed in the non-dual, aware of the Self in all, acting out of this sense of equality, and not running about in different directions under the myriad impulses of the superficial, mental/emotional self: this is the Yoga of the *buddhi*, the Yoga of the intelligent will.

Sri Krishna Prem (*The Yoga of the Bhagavat Gita*):

Fixed in Yoga, the desire-prompted compulsions of the senses no longer hold sway, and the divine knowledge blooms. This impersonal knowledge shines freely through the clear *buddhi*. Below this level it is obstructed and broken up by the play of the seemingly isolated individualities. It is only when they are united with what is beyond them that the unifying divine wisdom can become manifest and the fetters of duality fall away.

Krishna Jaya:

As told in *The Mahabharata*, Krishna’s instruction for Arjuna and the rest of us took place on the eve of a great war five thousand years ago. The outcome of the war was a resounding victory for Arjuna, his four brothers, and their supporters. Arjuna’s oldest brother, Yudhishtira, was crowned king of the land, and he performed an elaborate ceremony as part of the coronation celebration. At its conclusion, dignitaries and guests from all over the realm praised Yudhishtira for a ceremony superbly performed. Just then a strange-looking mongoose entered the hall. The mongoose was the usual brown color on one side of its body, while the other side glowed a golden-brown. He rolled around on the floor in front of the altar where food (*prasad*) had been offered to the Deity and crumbs had spilled. His strange behavior prompted inquiries, and he told this story...

“I was in a part of the land where there was famine,” he began. “My travels had taken me near the home of a teacher, his wife, their son and daughter. They were starving. One day a former student of the teacher stopped by with some flour. Four little loaves were baked. As the family sat down to partake of the meal, there was a knock at the door. The teacher opened the door and welcomed God in the form of a guest. The teacher offered him his loaf of bread to eat. The stranger ate the bread and still seemed hungry, so the wife offered her loaf, and so on until all the loaves had been eaten by the stranger, who blessed the household and continued on his way. The family then lay down on the floor together in each other’s arms and, over the course of some time, one by one, exited the material plane with beatific expressions on their faces. The divine knowledge of their union with God was reflected in their ecstatic passage from this world into the beyond. After the bodies were removed, I entered the house and rolled around on the floor. Such was the purity of their ceremony that the part of my body which touched some crumbs on the floor turned golden-brown. Since then I have wandered throughout the land, looking for another ceremony with such purity and power. As you can see, this was not it, because part of my body is still plain old brown.” The mongoose then exited the hall and continued on his way. Yudhishtira was crestfallen. Maybe there had been a tinge of pride in his ceremony. Perhaps he had not completely emptied himself and seamlessly tuned his will with the divine will.

In Hindu cosmology God empties himself in the act of creation. He pours himself into the world and does such a complete and thorough job of it, emptying himself so utterly, that he forgets who he is and becomes identified with the bodies of the beings that he inhabits. So it is that we humans forget our divine heritage and identify with our limited bodies and egos. However, it is possible to remember our

holy birthright and rediscover our union with Spirit, which is Yoga.<sup>1</sup>

It is the quality of self-emptying that St. Paul refers to in his letter to the Philippians when he describes Jesus as one who did not regard equality with God as a thing to be grasped, but rather he emptied himself, taking the form of a servant.

Paramahansa Yogananda (*God Talks With Arjuna: The Bhagavad Gita, Royal Science of God-Realization*):

The little minds and hearts of people attached to little things cannot properly identify with the universal consciousness of God. Just as a dusty mirror cannot properly reflect the objects in front of it, so those minds and hearts which are preoccupied by success or failure are unable to reflect the divine whose image is present and alive within them as the divine pattern of their true Self.<sup>2</sup>

Krishna Jaya:

A question posed by Lao-tse (*Tao Te Ching*) comes to mind. Can you polish your mysterious mirror and leave no blemish?

Or, more directly, can you die before you die and enjoy Eternal Life right here, right now?

\*\*\*

Notes:

1. Alan Watts (*Beyond Theology*): The world-view of the Hindus is a dramatic, mythological presentation of the Cosmos as the hide-and-seek game of the Self. The presupposition is that originally and fundamentally there is but one Self common to us all, which is at once *reality*, what there is and all that there is, and one’s own being at its deepest level. Just because it is the very essence of the Universe, and has nothing beyond or outside it, the Self can never be an object of knowledge, nor can there be an accurate conception of its nature expressed in positive and descriptive language; for it is much too close to be observed. The “game” or *lila* of the Self is, rhythmically and regularly, to forget itself in the creative illusion (*maya*) that it is all these separate beings, things and events which we call the Cosmos. Thus each being seems to itself to be only the separate one. When the game has run its course, the Self awakens to its original identity.

2. Piero Ferrucci (*What We May Be*): There seems to be a way for things to happen which is intrinsically *right* for them. Whether it appears in a butterfly flying out of its cocoon or in the development of an acorn into an oak, the process clearly indicates the presence of intelligence. According to the Eastern doctrine of *dharma*, we are each called upon to actualize a particular life-pattern. The aim is to discover the pattern and cooperate with its unfolding.

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When you do things from your soul,  
you feel a river moving in you, a joy.

—Rumi

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## EXCERPT FROM *PSYCHIC SURGERY AND FAITH HEALING:*

Revised Edition

By Jessica Bryan

### THE CARABAO

*Kung kalabaw ay sa lubid, kung tao ay sa bibig.  
A carabao is caught by his rope, and man by his word.*



I wake at three or four in the morning when I am sleeping in the nipa hut and lie silently in bed listening to the wind whispering in the grass roof, the stirring of the dreaming dogs, the intermittent crowing of the cocks, and the

ducks and chickens grouped in a circle outside my window in the moonlight. They make soft cooing sounds and appear to be having a meeting, a discussion, or maybe they're just laying eggs.

About this time, Joseph comes out of his house—white shirt against dark skin—rubbing his sleepy eyes. He unties his carabao and leads him into the irrigation ditch for a bath. Speaking in low tones, he murmurs “duh, duh,” and the massive creature lies down so Joseph can pour buckets of cool water over his hairy back. Hitching the carabao to a wooden cart with enormous wheels, Joseph leads him towards the fields, where they will cut and haul sugarcane until the mid-morning heat becomes oppressive.

The beast is large, very large, brown, and slightly hairy with enormous horns. I have tried hard to understand the docile carabao, stared longingly into his eyes seeking knowledge of who he is, seeking communion with him. But his nature is more mystical than mine, and he is beyond my reach. Sometimes in the afternoon when Joseph is sleeping in his hammock and everyone else is sitting on the porch eating sour, green mangoes spread with fresh molasses, I sense the carabao is thirsty because of the beads of sweat rising up on his large flat nose. So, I carry a bucket of water from the irrigation ditch and

offer it to him. He drinks it quickly in big slurping gulps, eyeing me suspiciously. He tolerates me only if I move slowly.

Wandering towards the river one morning, I meet Buyat, Minchu's father, who is plowing the field for the next crop of sugarcane. The smell of the overturned dirt is intoxicating, and I beg him to let me try the ancient metal plow. He hands me the curved wooden handle, worn smooth by years and perhaps centuries of use. The children, who follow me everywhere, laugh when they see me barefoot in the dirt with plow in hand and carabao standing ready. Tugging on the rope tied to his nose ring, I shout, “Duh.”

This is supposed to make him move, pull the plow, but he only turns his head around to look at me in surprise. Again I shout, “Duh,” and again the same reaction. Minchu and the other children point at me and roll on the ground screaming with laughter. I look to Buyat for help. He smiles respectfully and, taking the rope from my hands, murmurs, “Duh.” His deep voice rings with quiet authority, and the carabao responds immediately, trudging down the field with me scrambling along behind him trying to hold on to the plow and dig an acceptable furrow.

Later, when the sun is low in the sky and we are walking back to the house, Minchu gently takes my hand and looks up at me. Her face radiating love and total trust, she whispers “Thank you.”

This is a simple life lived close to the land. Things happen in a concrete and sequential way that requires significantly more effort than driving to the supermarket. The farmer digs the ground, plants the seeds, waters them faithfully, harvests the crops, and then later his wife prepares dinner.

I feel peaceful in a way I have never felt before, and I want to hold on to this feeling. Perhaps I will plant potatoes when I get back to Berkeley.

Jessica Bryan is an author, book editor, and spiritual medium. She does clairvoyant readings and a type of energy healing from the Philippines called Magnetic Healing. Her books include *Psychic Surgery and Faith Healing, Revised Edition; Mediumship and the Flow of Grace: Messages from Paul; The Wisdom of Hilarion: Healing Messages for Modern Times*, and *Love is Ageless: Stories About Alzheimer's Disease*. Jessica lives in Southern Oregon and can be reached by e-mail: [medium@mind.net](mailto:medium@mind.net), or by phone: (541) 708-0729.

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## ~ The Great Muse ~

By Damion Sharpe

The fire burns what is ready for release to ash  
 Ash moistened by the waters  
 Seeps to the soil  
 Nourishing the rebirth  
 The evolution of life and spirit

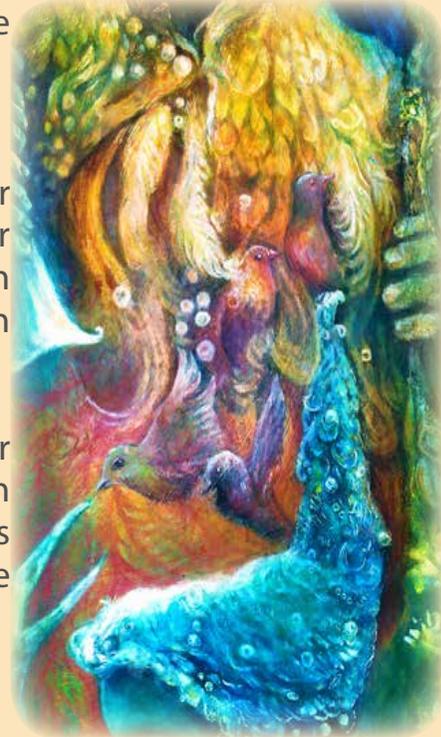
Feel her grace in the mist of the moon  
 Feel her grace in the sweet air filling your lungs  
 Surrender into her arms  
 The mother divine

Feel his light penetrating and warming your skin  
 Feel his powerful wind  
 directing your precision of being  
 Surrender into his arms  
 The father divine

The earth contains all the mystery and beauty  
 Each cell of you is the very magic  
 of spirit manifest

It's that magic that lives beyond the physical  
 And through the  
 physical

Within you are  
 both divine father  
 and divine mother  
 The sacred union  
 is dancing within  
 you  
 Awaiting your  
 sweet surrender  
 into the unknown  
 As you build this  
 union within—the  
 world without  
 aligns to meet  
 you.



 **Mynd / Flow**  
 By Dominic Jones

The ink tip  
 Hits that papyrus  
 I'm hoping that the flow  
 Spreads like a virus  
 Gotta keep this going  
 Hang on to this vibe  
 Show this writer's block  
 Behemoth standing before me  
 That it's mind over matter  
 Even if it's a bit o' chatter  
 The angry monkeys  
 Will soon be subdued  
 Then I can begin  
 Giving my cranium food  
 Mynd / Flow  
 And get it to go  
 Back to my origins  
 Reach deep down into myself  
 Harness this creativity  
 Embedded into my subconscious  
 I get to mix my insanity batter  
 Pour that viscous liquid  
 into the mold  
 of my imperfect dome  
 Make sure it don't spill  
 That shit's hard to produce  
 Now there's ideas and words

  
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*Let the Beauty we Love be what we Do.  
 There are a hundred ways to kneel  
 and kiss the Ground.*  
 —Rumi

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# We Can Do This

By Amy Day

*We become the stories we tell ourselves*

— Michael Cunningham,

*A Home at the End of the World*



## I want to tell you a story

Here are these Sacred Syllables which you cannot pronounce, of nebulous origin, which awaken the latent Kundalini-serpent energy coiled at the base of your spine and are said to invoke the energies of the goddess Lakshmi and unleash the attributes of wealth and beauty into your Life. ...

Passed down from another teacher, life has handed me a sweet snippet of a gift that has lingered with me since it was given. It was a lesson on the question of mantra; in the yogic tradition believed to be the sacred sound(s) or combination of sounds and verse that contain the seeds of immense spiritual or psychological power.

I grew up in a church-goin', Bible-toutin', conservative-leanin' pocket of California. On Sunday we offered up our hymns and sang His praises. We opened the Good Book and read the words aloud. We were taught specific language to conjure the presence of the Lord. We read passages of scripture to elucidate the mind and set our paths back upon the straight & narrow way.

When I was older, my mother continued this tradition of holy verbiage throughout the discourse of our workaday rhythm. Were I to request an afternoon playdate with another girl from my Christian private school, my dear

Ma would extoll the virtues of *gathering in fellowship* or express joy at the *communion of saints* displayed in miniature as we attended to the sacred task of positioning Barbies just so inside their bright pink dreamhouse.

She would greet us with Jesus songs in the morning. Rousing us from our slumber with strains of "This is the Day that the Lord Hath Made" tumbling from her open mouth, she put her second cup of coffee into the full service of her Creator.

Some people rely upon parenting books to inform the words and ways they impart to their children. Mine took them straight from the Gospel Source. Were I to let loose with a little youthful vitriol, my Mother, God's servant, would vehemently remind me from high atop her perch at the top of the staircase, "Thou shalt honor thy mother and father!", catapulting the gravity of the King James language down to where I stood. In my teenage years, she would root her feet into that same, righteous ground and remind me that in the ancient times before our Savior's birth, children were brought out into the square and stoned to death were they deemed too disobedient or strong-of-will.

When I fumbled into the auspices of the yoga world with its hushed voices, hands folded sedately in a posture of repose or lifted up in the form of a prayer, a throng of expectant faces turned questioningly, welcoming the outpouring of wisdom from the lycra-clad human at the front of the room. So much of this foreign topography felt oddly just like home.

And yet ... not: The notion that yoga had a sweetness and reverence for the human body was totally at odds with my spartan upbringing which tended toward a spirituality that mortified the flesh. There was also the secular appeal of it, drawing in everyone from the practiced Buddhist looking to deepen their contemplative toolkit, to the brawny football player who just wanted to stretch his hamstrings and nurse an old shoulder injury. It was a place for all. And mostly, one finds, you can happily float away on that wave, carried by the rhythm of sweat and breath and camaraderie and athleticism and funky-little-monkey tricks that keep you coming back for more.

And then one day, without your asking, your beloved teacher drops the bomb of mantra in your lap. Here, she says. Here are these Sacred Syllables which you cannot pronounce, of nebulous origin, which awaken the latent Kundalini-serpent energy coiled at the base

of your spine and are said to invoke the energies of the goddess Lakshmi and unleash the attributes of wealth and beauty into your Life. And as the Sacred Syllables were put forth, there were only two which my head offered in reply: Bull-shit!

If Established Anything can manage to leave an imprint on a soul, it is to engender a distinct disliking and mistrust of anything handed down as the Word of God. Here.

Take this.

Don't question it.

Don't ask me what it means or where it comes from or what's intended by it or why we do it this way.

Put it in your mouth, swallow it down and spit it back out.

There.

Abracadabra.

You're healed.

Just like that.

I spent years seated politely upon my mat, doing the little *mouth watermelon* silently until it's over spiel. There was enough good to be found here, I reasoned. I could patiently wade through this little puddle of nonsense for a spell.

It wasn't until a kindly teacher, by the name of Don, broke it down for me that something suddenly clicked inside my heart. What are the words you have to spell in front of your dog, he asked?

Excuse me????

Think about those words that are so powerful you have to choose just when to use them in the presence of your doggy pal.

Ohhhh-kay.

Think about the word 'walk' or 'beach'. If you have a canine, you know how you have to use those words with care, how you can change the entire energy inside their bodies—inside the room—by uttering those sacred sounds. Their breath starts to deepen. Their pupils dilate. Suddenly, they've gone from forlornly seated on the floor, inching toward sleep, into Bam! Ready for action. Alert and spry. In eager anticipation of what's to come!

And I had to admit, he got me there.

Don went on to explain that mantra, shrouded in all its Eastern mystique, boils down to little more than this: simple words or phrases repeated over and over again to awaken something deep inside the heart. Something as simple or exotic as you choose. Something all your own or a treasure you've borrowed.

Yes. No. Hello. Goodbye.

Here are these Sacred Syllables which you cannot pronounce, of nebulous origin, which awaken the latent Kundalini-serpent energy coiled at the base of your spine and are said to invoke the energies of the goddess Lakshmi and unleash the attributes of wealth and beauty into your Life. ...

Om Namah Shivayah. Me Ke Aloha. Hallelujah. Amen.

Thank you. F\*#k you.

Whisper. Scream.

I can. I can't.

Our words have power, regardless of the language in which they are spoken. What matters perhaps is not even the words themselves. It's the frequency. The repetition and the rhythm that you build inside the thing. Just as you can summon visions of gleeful saltwater skirmishes and sweeping vistas of sand on which to run and

bray inside the swirling canine confines of your four-legged friend's mind, so you can summon powerful energies inside your own heart and mind and inside those around you.

I love you. I hate you.

We can do this.

I just ... can't.

Our language doesn't have to be ancient or borrowed from a holy text. But it does wield power. Perhaps the greatest gift that Don unleashed for me that day was the ability to acknowledge my own strength, the nuggets and tools I carry inside. No matter what tongue I choose to utter them in, if I repeat a thing often enough, I am slowly ushering it to Life.

May these words land in the soft spaces inside you where they can bloom and take flight. May they carry healing. May your own words rise up from the wisdom you carry. And may the stories we tell draw us to the Light.

# Energy Medicine

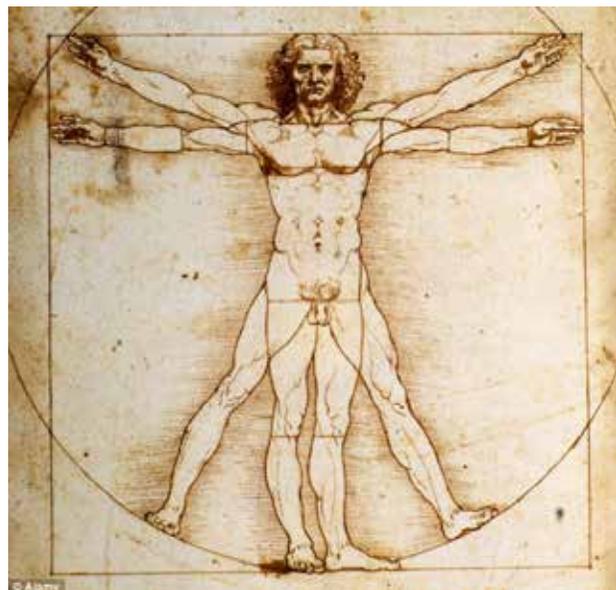
## and other non-woo-woo information

By Cate Classen

To take yourself through healing an illness by natural means, heck, through any means, you are going to want to look at the fabric, not just of your physical body but of your spiritual, emotional and energetic makeup. As a person who loves to check with science on all matters, I have the understanding that we are not simply solid bodies. Science tells us that our bodies are made up of pure energy. This is no longer an abstract concept; it is verifiable. We can see that we are pure energy through the lens of an Electron Microscope.

Let's just say that if you were to put your hand under an electron microscope and turn up the power of magnification, your physical hand would no longer be visible. The empty space between the nanoparticles that make up your hand is all that you would see. The pure energy of your physical body becomes "visible" with an electron microscope. Through science you can discover that you are made up of pure energy. I am not just some crack pot energy worker to be made fun of with woo woo jokes, (although I do not mind). By the way, I did not know any of this until I was forced four years ago to learn and to figure it out in order to heal my cancer naturally. I had to change my beliefs too. Changing your beliefs may well be key; it was for me. Untrapping stuck energy allowed my whole being to shift and accept higher truths and let go of old, false beliefs. It is my intention over time to help us enter into the wondrous and sometimes treacherous realm of healing ourselves through and through by shifting our energy patterns.

You may ask how can you "see" energy? Let's remember that we are still looking at your hand through an electron microscope. Now that you can see nothing in the view finder except the space between the nanoparticles of your magnified hand, you could say to me that "nothing is there." Science says that "empty" space is not empty; there is energy there. Energy must be there, you can move, can't you? You cannot see the wind but you know when its energy is there wreaking havoc in the midst of a ferocious storm. Let's stop and think



of what real damage can be done by an unseen force like the wind because energy is moving. Now, if you ask while pondering the view of your missing hand, "there is nothing there because I cannot see it," then explain to me how you can move if nothing is there? Energy provides the power for getting things into motion, and you can still move even though you cannot see yourself in the viewfinder. You can learn to move the energies in your own being with intention and practice. As you do this it raises your vibration, and with a higher vibration, you have more awareness, etc. It just gets more and more interesting and empowering.

This leaves me to postulate that looking at the space between the nanoparticles of your hand is actually getting a peek at your energy body. The energy body inside of your skin is your human garage or your physical body. The energy

body also extends out from your human skin garage as far as your hands and feet can extend from your physical body, as though you are in the middle of your own personal energy globe. Think of DaVinci's David.

Consider how you feel when someone stands too close to you. They are in your personal space, a common energetic human experience we all recognize. Because someone who stands closer to you than your hand can reach is indeed in your personal energy field, and unless they are invited there, we generally do not welcome them to be so close. Consider one more idea. Have

you ever had your eyes focused on the back of someone's head while in a crowd? How long does it take for them to turn around and look you straight into your eyes? Try it sometime, you will see. We are pure energy and we are always communicating ourselves to others and them to us.

This brings us to energy medicine. Illness does not come from the physical realm alone. It comes from the realm of your whole self. Illness in the body manifests through behavior and thought patterns that have been in place for many, many generations. Like breathing, it is just there in our informational field of life. We are actually the living material of the past when it comes to the kinds of energies that we carry in our physical forms. We are absolutely at risk for the health conditions of our ancestors because we carry the energy of experiences and emotional traumas from past generations that get imprinted on our strands of DNA

and in our chemical/emotional reactions. These imprints can manifest in a gene or in an attitude or in a stuck belief system handed down from your family, your community, your nation, your gender. This does not mean that you are stuck with them! Not at all!

The genes are carriers of energy through time into the manifest form of your body. There is a way to change the patterns in the energy fields, and this practice is called Energy Medicine. What I am referring to is the issue of who we are in our energy bodies. You will need to shift the energy by accepting new information and practices, letting old information clear out, and open to the flow of life; this raises your energy vibration, and it feels really, really good to be lighter. This said, we are not our genes in the same way we have come to think about it. We are not simply a physical charge that gets carried through because of how the genes express themselves from our parents; we are completely independent energy beings who can become our own highest and most joy-filled selves, fully on purpose, with a cleared out energy history, ready for creative action.

To change my energy body I used the tools of *The Emotion Code* and *The Body Code*, authored by Bradley Nelson. I learned it, used it, and I am mentoring it.

Join me for Emotion Code and Body Code and Your Life Is Recipe ~ Add In Good Ingredients for mentoring, learning and clearings and natural healing tips. Take advantage of receiving the energy of personal clearings that benefit the entire group. We share the energy of the group clearings and everyone receives the benefit of it. **Monday Evenings upstairs at the Isis Osiris Healing Temple, 6pm -8pm.** (Across from Murphy's in the Ace Hardware parking lot, Sunny Brae, Ca)

*Cate Classen can be reached for Private Sessions, Group Sessions, Energy Medicine, Intuitive and Nutritional Counseling, Cancer Coaching, Emotion Code & Body Code at 415.265.3708.*



Angkor Archaeological Park, Cambodia by Zachary Cooper

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—Lewis B. Smedes

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## Grand Opening Celebration!

Arcata Healing Arts Center invites you to celebrate with us as we officially launch this beautiful new community wellness resource. We will have an All Day event which will include an eclectic blend of rejuvenating fun, and free healing classes and sessions to activate, cleanse, and balance the body, mind, and soul. We will also be sharing tea, kombucha and a selection of healthy treats. Come on out, bring your family, and relax, heal, play, and celebrate with us.

**Sunday May 1st**  
**Everyone Welcome!**  
**All Offerings Free!**

CLASSES OFFERED	SCHEDULE OF MAIN EVENTS	MINI-SESSIONS
Gong Meditation Heart Centering Meditation Tribal Chakra Dance Sound Healing w/ Didgeridoos, Flutes Singing Bowls, Drums, Tuning Forks Energy Medicine Self Care	Opening Ceremony 11 am Prayer for Center and Community 1 pm Closing Celebration 6 pm	Intuitive Energy Healing Massage Intuitive Counseling Acupuncture Reiki Eden Massage Herbal Consultations Sound Healing ZenTouch Shiatsu

## Anti-Fracking

“Community Bill of Rights”  
 Ordinance For Humboldt County in 2016



Hydraulic fracturing, or “fracking,” consists of methods of extracting petroleum from sand and shale using dangerous solvents and enormous quantities of water. With many of these methods, the water used is unrecoverable, and the solvents can contaminate ground water used in households and on farms. There are no regulations on the reuse of this contaminated water so it could end up being used in organic and conventional farming. Fracking raises concerns in communities not only for water pollution but also for degraded air quality, earthquakes and land use devastation.

Government policy is generally favorable toward oil companies fracking wherever they want. Consequently, there is no effective way for communities to prevent it or to protect our right to clean water as guaranteed by our state constitution or to honor the rights of Nature.

As it turns out though, it might be possible: In November 2014, the citizens of Mendocino County voted in overwhelming numbers to pass Measure S, a “Community Bill of Rights” making fracking illegal, reinforced with fines and incarceration for breach of the law. Humboldt Community Rights (HCR) network has submitted a similar initiative to our County Counsel and is waiting for them to issue a title and summary. If you are ready to insist on our sovereign right to prohibit fracking in Humboldt County, you can join HCR in this effort to put an anti-fracking “Community Bill of Rights” on the November 2016 ballot. Check the HCR website for a copy of the proposed initiative and to volunteer to carry petitions for signatures or help inform the public of this opportunity to exercise local self-governance. [www.humboldtcommunityrights.org](http://www.humboldtcommunityrights.org). Thank-you!

Alexandria Wood  
*I am here to assist humanity through this time of awakening.*

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## 2016 Event Calendar

### Ongoing Events held at Isis #48 Sunny Brae Centre in Arcata

#### Every Monday

EMOTION CODE AND BODY CODE -Take advantage of receiving the energy of personal clearings that benefit the entire group. We share the energy of the group clearings and everyone receives the benefit of it. **Monday Evenings 6pm -8pm.** with Cate Classen.

#### Every Tuesday

REIKI and ONENESS BLESSINGS are being offered at Isis #48. Everyone is welcome **from 7:00 - 9:00 p.m.** **No Appointments Necessary.** First Come, First Served. Opportunity to receive healing sessions from 2-3 Reiki Practitioners at once. Call Sarah for more info at 407-545-9931. Offered by donation.

#### Every Wednesday

TRANSMISSION MEDITATION led by Sue Jones, Wednesday evenings **from 6:00-7:00 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](http://www.SueAnnabrookeJones.com/transmission-meditation.php)

#### 1st, 3rd & 5th Thursdays

IMPROV AND ACTING CLASS with Damion Sharpe Increase your ease, skill, confidence, and joy through play. **Every first and third Thursday 6:30-8:00 pm.** (March 3rd, 17th, & 31st and April 7th & 21st) Sliding scale \$5-\$10. [damionpanther@gmail.com](mailto:damionpanther@gmail.com) and 707-497-9039

#### 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](mailto:arcata.srf@earthlink.net).

#### Saturday, March 26th & April 23rd

A GROUP HEALING OFFERING WITH MAYA. **Note Earlier Start Time 10:30-12:30.** These group sessions are unfolding with intuitive readings wise sharing, questions and answers and healing energy. Each group is its own experience and you need not have participated in prior groups in order to come join. If you are interested in

joining please text or call me at 707-834-6831 as space is limited. \$25.00.

#### 1st Sunday of the Month

SACRED PREGNANCY CIRCLE - Releasing birth fear through discussion. Basic birth education - Holistic stages of labor - Sharing birth stories - Postpartum knowledge. **FIRST Sunday of every month at 10:30am** Please feel free to bring your little ones. Tea provided. \$5-\$10 suggested donation. Contact Kaitan for inquiries at 599-4207

#### 2nd Sunday of the Month

POWERFUL HEALING AND TRANSFORMATIVE with Damion Sharpe. **2nd Sunday Circle.** Empowering your hearts gift to the world through exploration, visualization, movement, and shaman journeying. Begins Sunday March 13th & April 10th from 3:00-6:00 pm. Sliding scale \$10-\$20. [damionpanther@gmail.com](mailto:damionpanther@gmail.com) and 707-497-9039.

### Events In the Community

#### 1st Tuesdays & 2nd Sundays

ECKANKAR: ANCIENT WISDOM FOR TODAY! **HU Chant**, 1st Tuesday of the month, 7 - 7:45 PM at Jefferson Community Center in Eureka. **Spiritual Discussions**, 2nd Sunday of the month, from 2:30-3:30 at the Adorni Center, 1011 Waterfront Dr., Eureka.

#### Sat & Sun July 9th & 10th and August 27th & 28th

JKIDEN REIKI COURSES: Jikiden Reiki is the authentic Japanese Usui lineage with no influence by other healing modalities or cultures. I am grateful to teach and facilitate healing as Jikiden Reiki has been in Japan since the 1930s by Chiyoko Yamaguchi (Hayashi sensei student). **Shoden Level (level I)** Saturday, July 9th & Sunday, 10th from 10am to 6pm Location: McKinleyville Ca. **Shoden Level (level I)** Saturday, August 27th & Sunday, 28th from 10am to 6pm. Location: Mount Shasta Ca. Cost of classes \$350. Open registration begins June 3<sup>rd</sup> Call Kausalya at 707-382-2779.

#### Every Monday

FREE QIGONG ~ AN ANCIENT CHINESE MEDICINE PRACTICE, which enhances the health of body, mind and soul. Mondays, 11 a.m.-12 p.m. at Sun Yi's Academy of Tae Kwon Do, 1215 Giuntoli Lane, Arcata. Contact 707-822-5254 or Email: [Shullie@shulliema@yahoo.com](mailto:Shullie@shulliema@yahoo.com) No prior experience needed. Wonderful practice to slow

## 2016 Event Calendar

down your brain, be in the now, open your heart and breath, as your life depends on it! :) Bring inner peace one step and one gentle movement at a time! Build your inner peace and wellness with this free community class!

### Ongoing in the Community

SOMEDAY SERVICES PROFESSIONAL ORGANIZER HUMBOLDT~Free Evaluation. Compassionate. Strong. Confidential. Haul away service available. Call: (707) 672-6620. email: [Laura@SomedayServices.com](mailto:Laura@SomedayServices.com). Visit my website [www.SomedayServices.com](http://www.SomedayServices.com).

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BALANCE YOUR BODY WITH PRO-BIOTIC RICH NOURISHMENT. Fresh Coconut Water Kefir (\$10 a pint) and plump happy Water Kefir Grains (\$10 for 1/2 cup) are both available now. Full instructions included with the grains. Call or text Maya at 707-824-6831.

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\$115	1/2 page	3 1/4 x 9 1/4
\$175	Full page	7 1/4 x 9 1/4

(half inch bleed all around on full pages ok)

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- Lao Tzu

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