

Wholistic Heartbeat

the power to heal lies within



Wholistic Heartbeat

Issue #108 Nov/Dec 2017

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ISSN 1936 119X

We are always accepting articles, stories and poems for our bimonthly issues.

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

Submit online at wholisticheartbeat@gmail.com

Wholistic Heartbeat

a FREE bimonthly magazine offered by **ISIS HEALS**, *Where we believe that sharing stories, wisdom, gifts and skills about love, healing and spiritual transformation, inspires and strengthens the overall health of our community.*

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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.

Through *Wholistic Heartbeat*, (formerly 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. *Wholistic Heartbeat* is a vessel through which the voice and heartbeat of the innate healing wisdom that lives within each of us, can be experienced.

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ISIS HEALS ~CREATING OPPORTUNITIES THAT NOURISH OUR WHOLENESS

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Cover Artistic

“Harmony” Tarot Card From the Dream Awake

Elohi Alia Shanti

Digital Mixed Media Print to Canvas 11” x 16” Copyright 2017 AJC Enterprise



Major Arcana VIII “Spirit”
Dream Awake Tarot

GIVING BIRTH TO ELOHI:

All art is created from the juiciest expression of existence. The expression of existence that is absent of fear, shame, victimization, worry, and lack consciousness. This place is a union of all energy and creates the Universe. From the throne of the Universal Creator, I learned that I would give birth to art and writing that brings forth, self-reflection, hope, and inspiration. Through the mediums of art and writing, I hone the ability to easily interpret and teach the Qabalistic Tree of Life in a way that activates the sexual creative center and opens the audience up to a grander perspective.

HARMONY:

The chosen card for the cover is “The Lovers Card” in the orthodox pantheon in the major arcana of tarot. Harmony is the fusion of elements that brings all fractals into wholeness. How does one fuse the self? By taking a candle lit journey into the dark layers and dungeons where you keep your demons and take a selfie. As, Nai Palm Saalfield of Hiatus Kaiyote sings in *Breathing Underwater*, “Call your demons aside Soak them in Chamomile.” The only way for harmony to manifest is to love ALL of you. Our family and partners do a wonderful job of showing us exactly who we are when we remove our biases and judgment.



Major Arcana V “Shaman”
Dream Awake Tarot



INTIMATELY CONNECT:

I send an edition of the Polymathic Gypsy Newsletter to all of my loved ones. They include my tarot “Spirit Communion” reading for the week, useful resources, and much more. Sign up at:

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Weathering the Winter With Chinese Medicine

By Donald Hughes, LAc.



Winter begins the time of ‘closing and storage’ according to the Yellow Emperor’s Classic. The qi naturally descends and spirals internally. Descending qi moves us towards rest and reflection, the time of hibernation, the time (in places with snow) when the earth dies and the seeds and animals hide in the ground until they are reborn in the spring. The winter also corresponds with an image of a child developing in the womb and a newborn infant, not yet mobile.

We associate the winter with the element of water and the force of cold. (Perhaps we can better translate the five elements as the five transformations or five phases, not as substances, but as verbs or states of action.) The seasons follow the generation cycle of the five elements. We begin the year in the spring which corresponds to wood and the force of wind. The summer corresponds to fire and the force of heat. The ancient Chinese viewed the earth phase two ways, first the earth as Indian summer, and second as the center around which the elements/seasons revolve. We associate earth with the force of damp. Indian summer gives way to autumn, which we associate with the metal element and the force of dryness.

In the Chinese calendar winter begins midway through the solstice and the equinox. It considers the solstice peak

yin, but at the peak we see the beginning of the end of yin and the birth of yang as the cycle begins to move towards summer solstice. If we view the yin yang symbol we see that the yang contains the seed of yin and the yin contains the seed of yang. We call this mutual transformation. I recently read a science article about the anomaly of the measurement of different gravitational constants (LOL at the word constant) being represented as a sine wave, in other words an oscillating yin and yang phase. The ancient Chinese viewed yin yang as the law of the universe. We may have much to learn from the ancients, as modern science seems to continually discover and then promptly ignore.

In Chinese medicine, we seek a long term strategy of health. As the folk saying goes ‘Dong zhi yang sheng you da dao, xia bing dong zhi shi miao zhao.’ ‘Nourishing life at winter Solstice is a great Tao, treating summer’s diseases in winter is very clever!’ Like doing the dishes, if one keeps the sink clear, maintenance is easy, but as the sink fills up, the dishes become harder to do. Consider this perspective in opposition to a model where we consider the body a machine and wait for it to break down and then put it back together. One teacher I had called it ‘savior medicine’: a person sins and sins until their body finally can’t take it and rebels. Then they go to a doctor who performs drastic measures in order to alleviate symptoms. Can we consider it wiser to treat disease before it happens? In Chinese medicine, we have the ideal archetype of the doctor reading the pulse and seeing potential disease twenty years in the future. This level ability gives us something to aspire to.

So how do we harmonize with the spirit and the forces



of winter in order to promote longevity and health? Recommendation number one, to quote the Su Wen 'Basic Questions, 'Zao shui, wan qi' 'Go to bed early, sleep late.' Yes, you lovers of sleep can take heart that indulging a bit in sleep is healthy for the winter, but all in moderation. Too much sleep can damage the qi. The meaning of qi here is your basic energy level. Another way to phrase it would be 'Sleep can make more sleep.' Seven to nine hours is plenty of sleep for a healthy person.

The second recommendation is 'Chi xu yun dong', 'persist in moving.' Though we want to move more internally in winter, we need to keep our movement up during the cold times. This means more gentle exercise like stretching, qi gong and yoga, just enough that we don't stiffen up, but excessive exercise can damage the yang. Think of yang as the body's metabolism and capacity to warm itself. Keeping the body warm, in particular our abdomen and necks, and investing in a haramaki (belly scarf) and a neck scarf are a good idea. Here in Arcata, we also deal with the damp as well as the cold. The damp is a sticky force which can help the cold penetrate straight to the bones, so stay dry too. Proper gear will save you health troubles down the line.

The bones and the kidneys are associated with winter, so we must look after the health of both. The basic symptoms of kidney troubles in Chinese medicine are sore lower back and knees. The key is keeping the energy from stagnating and keeping those areas warm. Again, gentle movement and stretching will keep the bones from freezing up and causing pain. We naturally spend more time indoors during the winter and seek warmth.



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What good is the warmth of summer, without the cold of winter to give it sweetness.

-John Steinbeck

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Proper food is another way to stay warm. In winter, we want to avoid cooling foods like fruits and raw veggies and eat more soups and stews. Winter is the time to eat well-cooked root vegetables and leafy greens, as well as beans and meat. Warming foods like ginger, cardamom, or cinnamon are also recommended. But the true key to nutrition in the winter is bone broth. Bone broth is easy if you have a crock pot or a slow cooker. But suppose you don't. How do we make bone broth?

Save your bones and roast them in the oven until they begin to turn golden brown and the fat begins to ooze out. Different types of bones take different amounts

of time to achieve this effect, but generally plan on 20 to 40 minutes. Then add water and root veggies and put them in a cast iron or ceramic or clay pot in the oven on 210 degrees for 12 to 24 hours. This will prevent the water from boiling out and will break down the marrow and ligaments to create a very nourishing tonic that can be added to dishes or taken alone, nourishing the jing qi.

The kidneys are the source of jing. Some translate jing as seminal and menstrual fluids, but the concept of jing also means a quality of fullness of energy. Jing is the most coarse form of qi. The Taoists speak of turning jing into qi and qi into shen. This means turning physical energy into electrical energy and turning that into spiritual energy. This riddle is the key to long life in the Taoist tradition. Think about restricting sexual activities, especially ejaculation, during



the winter. Do not deplete yourself. You will need to keep your metabolic strength to fight against the cold.

In the winter the qi spirals down and inward. If we allow this process, we will find harmony with nature. But anger is energy going up. We must watch our tempers, in particular during the winter. Anger will make our energy too external

and can damage the yin fluids and the blood and allow in the cold. Too much anger can cause frustration which can lead to depression. Depression is not a lack of energy. Depression is internalized anger depressing the liver qi. When the liver relaxes, the qi can flow. Maintaining a calm state will allow

for proper flow of qi. Meditation and reflection are key.

The final recommendation I will make is to reflect. The element water also represents the dream world. As we end the seasons of activity, the wise reflect on what they have done. It can be difficult to look at ourselves, especially when we never stop moving from obsession to obsession, but we must sit still and observe our own minds or we will never know our true selves. A good exercise is to close your eyes before going to sleep and replay the events of the day. Let your mind wander further into the past. Perhaps you will find something you forgot.

Another way to reflect is called sitting forgetting. This is a basic breathing meditation. To do this meditation, sit with a straight back. You can sit in some version of lotus or sei za



Isis is now offering Community Acupuncture with Donald Hughes, L.Ac Every Thursday from 5:00-9:00 pm.

Community acupuncture is a model where many people are treated at once in order to lower the cost. Acupuncture uses sterile needles to create flow in one's energy channels and has been shown effective for a wide array of health issues including but not limited to aches and pains, allergies, colds and flus, tummy troubles, women's issues, stress and emotional disorders, insomnia, post stroke recovery, edema, asthma and dizziness. Come and enjoy a treatment for 30 dollars. Expect to be there about an hour and to leave more relaxed and peaceful.

(sitting on one's knees) or in a chair. The important thing is to have a straight back. Keep your tongue on the roof of the mouth. This will help ensure that too much energy doesn't go into your head and get stuck by connecting the hot and cool channels. The hands can be sitting on the knees or in cosmic mudra, with one hand on top of the other and the thumbs touching.

To do this exercise, breathe into the hara, the area just below your belly button. Take a deep slow breath from the bottom of the diaphragm so that it feels like you are filling your lower abdomen with air. Breathe in and breathe out. Count each out breath up to 10. So breathe in. Fill the lungs from the bottom of the abdomen up, and on your out breath count 'one.' Then breathe in again and count each out breath until you reach ten. Then start over.

Do not concern yourself with whether or not you can still your mind. You probably will not be able to. Just do the work. If you forget where you are in the count, then start over. Do not worry that you forgot where you were. Just gently bring yourself back to one. This will tell your brain that you are trying to focus. Different thoughts will bubble up. Push no thoughts away and grasp at no thought either. Simply keep bringing yourself back to counting the outbreaths. Do this twenty minutes a day and you will change your life.

It has been a tumultuous year, this fire rooster year. We are trying to sort out the chaos of the previous fire monkey year which was full of tricks, action, and deception. The fire rooster puffs up its chest and squawks and pecks until refinement is achieved. We have seen a lot of polarization, especially in the political realm. It has calmed down during the autumn, but fire melts metal, so we are experiencing less rationality this time of year than usual. This tumultuous arguing will calm down during the winter as we enter the water phase which boosts the metal element of the rooster. Metal is more scholarly and rule abiding. So expect what has been a time of posturing and blustering to calm down. Next year will be a new cycle, the protector cycle of the earth dog. Let us reflect and nourish ourselves with stillness so that we might be ready for the next phase.

Donald Hughes is a licensed acupuncturist who earned his Master's Degree in Traditional Chinese Medicine from the Academy of Chinese Culture and Health Sciences in 2012. He has 20 years experience in the martial arts and energy work and 10 years as a body worker. Before that, he taught high school biology in Richmond, California. He can be reached at Kamiyodojo.ca@gmail.com or 510-923-0079. Visit his website at Shiningdragonancientarts.com

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-Rumi

A vertical advertisement for 'Wholistic Heartbeat'. The background is a vibrant, textured red. In the center is a woman with long dark hair, wearing a black headscarf and a gold necklace. She has large, golden, feathered wings extending from her back. She is holding a glowing blue heart in her right hand. The text is overlaid on the image in various fonts and colors. At the bottom, there is a row of small, colorful icons representing different elements or concepts.

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WHAT IS TANTRA?

by Robyn Smith



Most people think of sexual orgies when they hear the word, Tantra. At least I did. Because it has been popularized in the West as a scene for singles to hook up and explore their sexuality, the common Western understanding of Tantra has gotten pretty skewed. So let's look at what Tantra really is.

Tantra Defined:

One definition of Tantra is: *A technology for the expansion of Consciousness.* Another definition: *a spiritual text comprising a system of Tantrik practices.* Tantra is rooted in ancient spiritual teachings and body-based practices which guides a seeker to achieve liberation from suffering while embodied. Liberation is Union with the Divine, an experience of Oneness and Wholeness with everything. This is the freedom that comes from not fighting with reality. It is a resting into our inherent Essence-nature of peace and presence.

The Roots of Tantra:

Tantra arose in India around 600 – 800 CE as a reaction to the more conservative yoga of the time (the Upanishads and later, the Yoga Sutra). It is a type of yoga. But instead of insisting the yogi must transcend the body and the mundane through ascetic practices, Tantra embraced the body as a vehicle for transformation and saw worldly endeavors as potential portals to liberation. Tantra welcomed all castes and genders to partake, instead of just upper caste males. And Tantra in its non-dual form recognized everything as Divine and whole, with the goal of complete recognition of one's wholeness and oneness with everything. Modern postural yoga, which stems from Hatha yoga, is rooted in these Tantrik teachings.

Tantrik Practices:

Tantra often includes several types of practices: yogic meditation, mantra recitation, rituals, mandalas, and body-based practices like pranayama (breathing) and bandhas

(energy “locks”) along with visualization. The physical practices strengthen the energetic body so it can channel and contain more positive energy and ultimately support the expansion of consciousness. In traditional Tantra, initiation from a teacher is required. Other elements may also be involved.

Sexual Practices of Tantra:

In the immensely vast body of Indian Tantrik texts, practices that include working with sexual energy are mentioned only a few times, and there's only one comment on Tantrik sexual ritual, though it was and is taught more in the Buddhist Tantra of Tibet. Sexual practices were considered very advanced and esoteric, required initiation and intense concentration, and were mostly intended as a type of meditation, ultimately transmuting the sexual drive into more spiritual aspirations and sexual energy into higher states of consciousness. These practices, exported to the West and called Tantra, are largely focused on prolonging orgasm and expanding ecstasy. So they've largely been removed from their original context and intention by Western teachers. Nonetheless, they can offer powerful experiences of sexual healing, a spiritual experience of sexuality, prolonged experiences of bliss, as well as the experience of spiritual union with a partner through co-meditation.

What's in a Name?

While I think it's fine to draw from original sources and invent new practices, at some point, I think it's unfitting to use a name that denotes a vast range of ancient practices for something new and much narrower in scope than the original body of work. I think it's misleading and confusing to use the name Tantra for this new Western scope of practices. The same argument has been made for calling what we do in yoga classes by the name of Yoga. Most scholars now use the term Modern Postural Yoga to differentiate the yoga that focuses on postures from the vast body of teachings that Yoga encapsulates. Fortunately, the term Neo-Tantra is now catching on to define this Tantra focused on transmuting sexual energy into bliss.

Neo-Tantra that Aligns:

I had been reticent to try Neo-Tantra because of my negative preconceptions about it and because I was so immersed in the authentic Tantra of Kashmir Shaivism, focusing on meditative practices. But what I happily discovered is that there is at least one school of Neo-Tantra that aligns itself with the true vision and purpose of non-dual Tantra and is rooted in ancient teachings. It offers transformational body-mind practices for individuals and couples to cultivate ecstasy AND to experience spiritual connection with self and other. It is truly a form of yoga aligned with my previous experiences of

Tantrik philosophy and meditation. Patrick and I have together decided to study and teach in this highly ethical school called SkyDancing Tantra, because we have found the teachings to be so valuable and transformative, both personally and for our relationship. Our intention is to share these teachings locally and regionally, incorporating the knowledge we've gained from our studies in Tibetan Buddhism and Kashmir Shaivism over the last 21 years, and adding in more traditional elements of Tantra, like pranayama and seated meditation, to some of our workshops. So for me, Tantra is another branch of yoga, another doorway to purifying, harnessing and containing more positive energy, and ultimately, Union with Source.

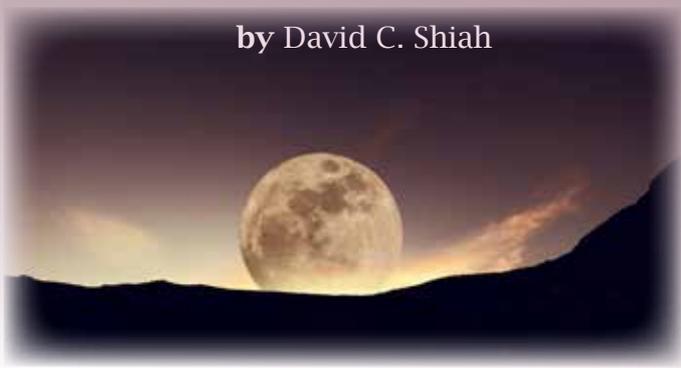
I hope this helps clarify Tantra for you. Check out our upcoming Arcata events: **Intro to Tantra workshop Nov. 25 and Chakra Wisdom, Saturday, Dec. 9, both at Om Shala Yoga.** Look for Embodied Radiance Women's Tantra Groups and Tantra for Couples in the New Year at www.innerfreedomyoga.com.

Robyn Smith has been teaching yoga in Arcata for over 22 years and is a body-centered life coach trained in developmental trauma. She supports women and couples with self-esteem and relationship issues and leads Tantra workshops with her husband, Patrick. (707) 440-2111.

Winter Solstice

Sun returns, sheds light but no warmth
 Mighty Orion commands the deep night sky
 Moon rides low, quiet
 Life-giving rains nourish the land
 Streams swell, forests rest
 Mountain peaks don their snowy blankets
 as woodstoves devour their offerings
 Timid deer and hoot owls hunker down
 Season of inner contemplation, renewal
 Ahhh, welcome winter's tranquility

by David C. Shiah




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



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Diving In: The Inner Journey of Being

By Devon Love



Most likely, you are feeling the cresting of the wave of awakening happening here on mother earth. There is only one way through this shift, for all of us ... to take the inner journey. This is what is missing, and all the signs are pointing us toward slowing down and exploring our inner dimensions. I have come to call this “diving in.”

There are so many ways we can do this. To begin is to desire to know your own being in a deeper way than you ever have before. You are your most deeply intimate relationship. In this moment, close your eyes, take a deep slow breath into your belly, expanding your inner space and awareness, and just feel this. Feel how close you are to your own being. Even if you feel lots of distraction, feel through that. You are right here.

For me, and in my work, it always starts with the breath. It is our most fundamental way to experience our deeper reality. We live in a time when so many of us, are often in a heightened state within our nervous system. We are on alert, in “fight or flight,” much of the time. In this state, our body is ready for danger to leap out at us. Our breath remains shallow and our body slightly tense and poised for action. Energetically, we are contracted, our chakras more closed and shielded. This lessens our experience of our creative life force. When we begin to breathe, deeply and slowly, we begin to relax, open up, and create space for ourselves. Our nervous system gets the message that we are safe, everything is ok, our muscles can let go of tension, and we can open our chakras and access our higher intelligence and creative potential.

Breath is the starting point for so many practices that take us on the inner journey via yoga, meditation, mindfulness, and so many more. It is really quite amazing how simple it is. When we breathe deeply, slowly, and follow that breath with our awareness, even for just a few minutes, we can begin to move inward. Try it. Try to actually feel, from the inside, your breath expanding your lungs, your chest, your ribs, your belly. Like a mini inner massage. When your awareness follows your breath, you can begin to activate your body and feel how your awareness is in your body, deep within, within the tissues and cells and organs and bones. When you breathe deeply with this intention, you awaken your body’s intelligence. The mind becomes more still, you begin to release oxytocin into your bloodstream, and your body begins to relax. Your chakras begin to open and function more optimally. You feel more settled, more grounded. You feel connected, and this is the point of access for diving more deeply into your own being.

We are so smart. Our intellectual development is at a peak. Yet this is just one piece of a larger system of intelligence, and, as a culture, we are often not sensing the bigger picture. We live in our heads and create our world and all our stories about “what is” from this limited and often even slightly delusional perspective. Even those of us who are fairly conscious, are on healing journeys and have developed tools are very often running on auto, and we may not even realize it. We are still deeply immersed in a, well, really, a slightly insane culture. When we begin to breathe and slow down, move deeper into the body, and connect with other dimensions of intelligence within us, we begin to find the missing pieces of ourselves. We can then sense into a deeper reality, one which is hidden by the hyper-drive culture we are often tuned in to.

Diving into this deeper reality within ourselves can bring us into a subtler body of awareness. Here we can sense any tension or resistance in our body. This shows us where to pay attention. When we move into those spaces with our breath and our attention, we can begin to move from thinking into feeling. When we feel, through our bodies, we are able to access our subtler energy field. In this way we can engage with our own intimate guidance system, our emotions.

I see the heart like a beacon, sending out waves of



energy with every beat. Each wave moves out from our heart and expands in a rippling motion through our entire body and beyond. The heart is a very powerful sensory organ. Wherever these waves of energy meet resistance in the body, (or even outside the body, which is the source of empathy) we feel emotion. Emotion, what is felt when the heart's energy waves meet resistance, actually shows us where we can breathe and let go of whatever we are "holding."

Try this. Close your eyes, put your hands over your heart, and breathe slowly and deeply, tuning in to your body. Feel your heart's pulsations. Next, feel in your body any resistance or tension. Now, drop into that place in your body, with your breath and your attention. It may sound strange to try to "drop in" to a body part, but just try it and see what happens. "Feel" into this area, and try to sense the emotion that is here. Your heart will actually "read" the emotion for you, and you will feel it in your heart center. You can then surrender to this feeling and experience it completely without any resistance. You will notice the tension shifts. Tears may come, sounds, or just deep breaths. Sometimes this can reveal another point of resistance or a deeper facet of what you are processing. Then you can move through this layer in the same way. This is a beautiful "diving in" tool which helps us tune in to our inner dimensions, the more subtle realms of our being, and to free up our energy to engage more deeply into our own moment by moment creative process.

When we set the intention to embark on this journey, we begin to have a more engaged experience of our emotional awareness. As our heart frequency waves move out in a constant, pulsating flow, we can gather the information we are receiving with more clarity. This connection brings online our emotional intelligence and takes us deeper into the subtler dimensions of our being. It heightens intuition and increases our experience of empathy. We are "diving in" to our more watery, feminine depths.

Energetic waves like the ones the heart emits are actually also being sent out by our whole body, by our entire nervous system, at different frequencies. The structures that are sending out these waves are known as the chakras. The chakras pull cosmic and earth energy into our bodies and attune these light frequencies to our own energetic resonance, emitting them as waves of energy. They are the source of our deeper levels of body-centered intelligence. When we begin to integrate our brain-centered intelligence with the rest of our body's guidance system, we start experiencing life in a more fluid, holistic way. We are increasingly aware of the ever present flow of information

from the living field. All of life is connected with us through this constant energy exchange.

Our bodies are light/frequency processors. We are immersed in frequencies, swimming in light, and our interpretations of this, gleaned through our highly attuned and personalized processing system, create our experiences. Our own unique perspective, genetics, memories, perceptions, beliefs, and intentions are shaping the light (through our chakra system) to create our lives in every moment. How can tuning in to this deeper reality change how we perceive and how we create?



Diving in is only the starting point. What can we discover when we engage with our whole intelligence? This is what excites me, to intentionally dive deeper and deeper into these unknown, unexplored dimensions of being and to share this experience with others. As this inner awareness ripples out and we sync our heart's frequencies with those of this mother planet, we step into a new dimension of reality where we create from a more awakened, enlightened, engaged state of being.

All these words reflect my interpretation of this reality. The truth is deeper still and can only really be accessed through your direct experience of it. In this moment, close your eyes once again. Place your hands over your heart, and breathe deep into your belly. Feel the journey inward as you touch this subtler dimension of your being. Let your mind expand and your resistances drop away, and see where that leads you. Then breathe deeper still, and dive in...

Devon Love, owner of OneHeart Intuitive Healing, is a spiritual mentor, intuitive healer and nurturing bodyworker practicing at Arcata Healing Arts Center, arcatahealingartscenter.com. She is currently focusing her work primarily on supporting women who are ready to learn to love their authentic and amazing selves and who want to expand their self-care skills. Though this is her main focus, everyone who is diving deep into their own healing journey is welcome! You can reach Devon at 707-825-1153, or on FB at oneheartintuitive/facebook.com.

Traveling to Tibet

By Jesse Austin

You can't decide between getting married or going on a trip to Tibet.

Danny G, your live-in boyfriend, is tall, reasonable looking and has a job with a future. But he refuses to be part of your dream and journey with you to amazing Tibet. He works happily in a bank as a loan officer. Danny is on just his 53rd incarnation, and he is still dazzled by the camouflage of earth life. Going to Tibet for him is a distraction from endeavoring to make a significant career splash.

"Well," you ask Danny, "Can you at least watch my dog?"

"Sure," he says spooning into his mouth a heaping load of eggs au gratin.

"We will get married when I get back," you explain.

"OK."

In Tibet you do a lot of climbing. You are 25, splendidly fit, with short, strong legs, dark hair and a nose an elephant wouldn't be ashamed of. You have also lived somewhere in the neighborhood of 1,800 lives. Your spiritual cup is very nearly full.

Nonetheless, you are still an ardent seeker of the light, of wisdom and various other hidden secrets of existence. Thus, trekking through stark Tibet, you are emboldened to locate a certain holy woman. Her Tibetan name translated means something like white flower in the dark mountain rocks.

Finally you come to a cliff village at 5,200 feet and the people there know of the holy woman. Two slim, smiling little girls

delightedly lead you up a terrifically steep trail you wouldn't let your dog attempt. Then you follow the nimble kids along a ledge not nearly as wide as a dirty dinner plate.

Finally the little rascals excitedly sing out a greeting. A woman older than the dead tree in your parents Oregon backyard pokes her head out of a cave. The narrow mouth of the cave is almost an optical illusion. Blinking, you both see it and you don't.



After drawing a huge smile from the ancient holy woman, the girls scatter, laughing, back along the ledge. You are alone with the saint. You feel greatly honored and lucky as heaven. Your journey from Northern California to this moment was much harder than expected. You decide the journey itself has cleansed your soul. You are ready for answers.

With gestures you are invited into the darkness. Inside the low cave you find it impossible to stand up straight. Stooping, you inch your way until you see a profusion of flickering lights. You have a math mind and you count 91 candles. You are signaled to sit on a ragged bit of gray rug. You drop down and remove your heavy boots, your feet hurt.

With trembling, gnarled hands the holy woman offers you liquid black gunk in a tiny earthen cup. The vessel doesn't have a handle, so you hold it in both hands and toss down the smelly concoction in one go. It is nasty stuff. Your large nose stings clear up into your sinuses.

Then you hear a voice in your thoughts.

"I will kill you and take for myself your splendid lightweight pack!"

"Ha, ha..." you shoot the thought right back through the window of your imagination.

"I will teach you to fly," you now hear in your mind. "Step out on the ledge, jump and you will find you have the wings of an eagle."

“Ha, ha...” you answer, a bit smugly. You know this game, and you won’t be bullied or bribed. You want real answers.

The old woman made a grimace of acknowledgement. Then she closed her eyes and settled into a trance. Time passed. A tiny fire you had not noticed crackled not far from your knees. Out of the corner of your eye you saw a ball of fur, a bat, flit-flit around the low, dripping cave. You felt an abrupt surge of delight. Existence suddenly seemed to you astonishingly stupendous. Wow, you whispered. Then, without preamble, you leaned over and crashed on to your side. Maybe, you decided, a nap would be providential.

The earthen cave floor embraced you with unconditional love. You were home. You were forever. You felt your mind-consciousness leap out in five directions at once. You were now fully in the inner realms, ready to explore the vast gestalt of unconscious existence. You were enormously proud of yourself.

The ancient crone put a bony hand on the back of your neck and leaped into your body. You found the arrangement a bit crowded. You stirred, sat up and placed your young, fresh hand on the back of the holy woman’s bent, wrinkled neck.

Ah, that’s better, you thought. You were in the crone’s body, it was empty, you had it to yourself.

In the morning the ancient holy woman, wearing your body, had left. All that remained were the boots.

Poor child, you thought to yourself, I hope she makes it home. Ah, it is all in the hands of God.

Later, the frisky little girls brought you a large piece of cooked rabbit. You blessed the children and told them to carry messages of love to their village.

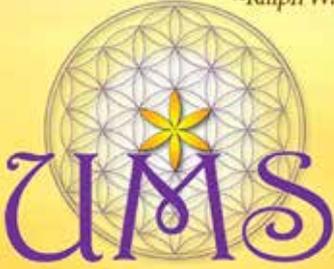
Your imagination was as stark and bright as a star. Pretending, you crept out on old legs to the ledge and leaped off.

Your wings were enormous, your hopes were like innumerable kisses and your dreams were brave tunnels into various, endless layers of reality.

Oh heavens, were you ever pleased.

Back home Danny G and the holy woman in the youthful body were duly married.

*“What lies behind us and what lies before us
are tiny matters compared to what lies within us.”*
~Ralph Waldo Emerson



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*Spring passes and one remembers one's innocence.
Summer passes and one remembers one's exuberance.
Autumn passes and one remembers one's reverence.
Winter passes and one remembers one's perseverance.*
-Yoko Ono



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Secret Treasure

By Ellen Dee Davidson



Hidden inside your being is a secret treasure. We all have this sweet kernel of the divine as our core essence. Cultivate your seed with care. Sow it with gratitude. In a grateful moment, there is no hurry or striving, no trying to get anywhere. Being truly thankful evokes presence and we naturally slow down.

When we are slow, our feelings have time to emerge. Tears may come. Let them. They soften and open hearts. We are releasing the trauma of centuries. It is possible to do this quickly without rushing or trying to go fast. The quickness happens in the slowing down, which allows time to stretch out and become spacious.

Take time to give yourself what you need to heal. Self-care is the first essential magic. Without it, we will not be able to sustain more. So take that nap, bath, or walk. Listen to music or birds. Watch sunsets and flowers. Go to yoga. Talk to a friend. Dance under the moon. Howl! Do whatever it takes to open and fill. Let your cells plump up with juice, like a thirsty plant receiving water.

Each one of us has this capacity to plug in and experience being part of ALL. The divine energy (call it what you will) is absolutely limitless. The intelligent universe is waiting as eagerly as a puppy for each one of us to wake up and consciously play with her. She offers us the power of connection. We are not separate or cut off in any way. Relax and find, as visionary pragmatist, Jean Houston, who has written many books and worked as an advisor to UNICEF, says, “You are in the universe and the universe is in you”.

We do not have to create this big, miserable, uncomfortable mess. We could have a lot more fun creating paradise. How good could it be? How beautiful? How sparkling the water, how happy the children, how diverse the species, how comfortable, sustainable, peaceful, joyous and creative might we be on our beautiful blue-green planet?

We can choose to put our time, energy, and attention into the green world we want and not into this nightmare that has been sold to us by a greedy few for their personal profit. No one can stop us from turning this around, climate change and all, if we come together and accept our real power – the power of the universe.

Just start wherever you are, right now, and plant the seeds of your love in the actions of every day. It can be as simple as offering a smile or a cup of tea. The universe is just waiting for enough of us to say YES to life.

Note to readers: You may ask, how do I know this? The answer is, I sat down and asked the universe to help me write what people need to know right now, and this is what came through. I will also be following this guidance!

A poster for a forest bathing event. At the top, it says "Susan Bearden Art" in the upper right corner of a painting of a forest. The painting shows a path leading through a dense forest of tall redwood trees. Below the painting, the title "FOREST BATHING IN THE ANCIENT REDWOODS" is written in a serif font. Underneath the title is the subtitle "A Day to Walk, Talk, Meditate and Find Your Own Special Tree" in a cursive font. Below the subtitle is a small photo of Ellen Dee Davidson sitting on the ground in a forest. To the right of the photo, it says "With Ellen Dee Davidson" and a paragraph of text: "Ellen has spent the past 7 years meditating several times a week with a few beloved old growth redwoods. She is ready to share ways you can develop your own intimate relationship with these wise beings and experience their healing, enlightening, and connecting power." At the bottom of the poster, it says "TBA, Usually on a Saturday, Weather Permitting, Space Limited" and "Contact Ellen to be Included in the Next Event at ellendedavidson.com".

Susan Bearden Art

FOREST BATHING IN THE ANCIENT REDWOODS

A Day to Walk, Talk, Meditate and Find Your Own Special Tree

With Ellen Dee Davidson

Ellen has spent the past 7 years meditating several times a week with a few beloved old growth redwoods. She is ready to share ways you can develop your own intimate relationship with these wise beings and experience their healing, enlightening, and connecting power.

TBA, Usually on a Saturday, Weather Permitting, Space Limited

Contact Ellen to be Included in the Next Event at ellendedavidson.com

“Dance heart”-heal
 long shadow of bronze tree
 Root new spirit



Spirit Dancer original art and Haiku poetry
 by Tambra Morgan-Smith



*I, the fiery life of divine essence,
 am aflame beyond the beauty
 of the meadows, I gleam in the waters,
 and I burn in the sun, moon and stars ...
 I awaken everything to life.”*

—H. von Bingen

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*Snow was falling, so much like stars filling the dark
 trees that one could easily imagine
 its reason for being was nothing more
 than prettiness.*

-Mary Oliver



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All Spirit's Day Feast

a children's tale

*In dedication to all my ancestors, all my spirits
and ghosts- I love you forever.*

By Michael Cooper



This is a story about people who are dead. You see, my dear, when your loved ones die- your family, friends, your dog or kitty or cockatiel, your horse or goat or fine shiny black duck, your sisters, brothers, cousins, aunts and uncles, mamas, papas, children, babies born and unborn, grandparents, and great great great grandparents—when they pass over, their lungs stop inflating. Their hearts stop pumping, the electricity in their brains stops sparking and their blood

stops flowing. But their spirit, oh no, their spirit never stops moving. In fact most dead people are happier being free of their bodies, for they can zoom around the universe unburdened by heavy flesh and bones.



These spirits become our personal angels, our ancestors, our beloved dead ones who live on the other side of life.

They play around in the land of the dead and secure blessings, good fortunes, and sometimes hard beautiful lessons for their living loved ones. The spirits have a whole different kind of life in that land and experience a beautiful, vibrant sort of party with more fun than living brains can ever imagine. They sing, they dance, they laugh and pray, but they cannot eat or drink. There is no real food over there where they live, no real coffee or tea, no cakes, no pies, no chocolate, no bread. There are a few pomegranate seeds around to snack on. However that is another story starring the queen of the Underworld, Persephone, and that story is for for another time. And anyway, we all know a few pomegranate seeds can't ever really fill a belly, not even a ghost belly.

Now don't sit around worrying about your dead ones, don't imagine them wandering and wailing on the other side ,moaning about their empty stomachs. The spirits don't need food, they are just fine without it, and definitely don't let the greedy ones convince you otherwise. Even your big-old-great-auntie-on-your-mother's-side who ate a cupcake or four every day in life doesn't need cupcakes to survive now that she is a ghost; she's over there doing great without them.

Despite not needing food, ghosts do remember how it tastes, how it smells. They remember homemade pork and ginger dumplings dipped in soy sauce and black vinegar with some chili infused sesame oil. They can still clearly recall fresh baked bread and melty butter with steam rising off the first hot-out-of-the-oven slice or a simmering pot of lentil stew with curry basted roasted lamb on the side. Ancestors do gather when you cook, especially when you serve up their favorite dishes. They flock to hang their ghost noses over your pan and remind you the shrimp scampi needs more garlic, more fresh parsley and an extra dash of lemon. Just listen next time. Especially listen to big-old-great-auntie-on-your-mother's-side when you mix up chocolate chocolate chip cupcake batter and whip vanilla and rum flavored buttercream frosting. Make a double batch, she whispers.

Luckily for both the living and the dead, we have the magical holidays of Autumn. This once a year spirit extravaganza allows our dead ones to come so close into our everyday lives, so close they almost feel the hot sweet coffee and cream sliding down their ghost throats when they sip. Every year, without





fail, Autumn equinox comes around at the end of September and opens a doorway between the living and the dead. At first the door is open just a tiny crack. Each day after the equinox, the door opens a little more. The boundaries and distance separating where we breathing people live and those beautiful shinning dead

people live get thinner, easier to hear and see through, like cheap apartment walls or dirty windows slowly being wiped clean. The sounds and sights of the ancestors bumping and rustling around over there get louder and clearer moment by moment until finally building to a full volume crescendo on All Spirits Day, November 1st. We celebrate this day and its eve each year with candy and witchy mischief. You can bet the dead get a kick out of us dressing up and fooling around in their honor. Each Hallows Eve night and the night after, they are so nearby that they can reach out to touch you, sending goosebump shivers up your arm and down your back. The barriers between worlds become silky veils, barely even separating us from them, falling open at times in their thinnest, gauziest moments.

Of course our family and friend spirits are overjoyed to be so close to us during this time, especially on their feast day, but let's not kid ourselves- they are also here for the food. Yes, they love sitting quietly with us, going out dancing with us, carving pumpkins and lighting candles with us... but they really really love All Spirits Day for the snacks. Being so near to the living world allows them one night a year for the closest they can get to eating real live people food.



Being so excited to be here, they will gladly just have a bite off your plate. But if you really want to tickle them, serve up their own meal. On all Hallows Eve and All Spirits Day, take a moment and create a little, beautiful space, place their photo or symbol of who they were, light a candle and offer up your food. Put out some tortilla, some steamed rice

or dinner rolls, an apple, an orange, a bowl of soup or plate of Shepherd's pie- whatever's handy. Pour a glass of wine or whiskey, a mug of hot cocoa or green tea, and don't forget dessert or you know who (great auntie) will whine all year.



Feast your glorious dead, honor your ancestors and tell stories about their lives, speak and write their names. Remind them of your love and your appreciation for all their hard work securing blessings for you from heaven. Cry fresh



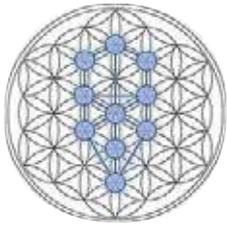
tears over them and laugh loudly over old jokes about them. Sit peacefully sipping mugwort tea and pulling tarot cards together, burning incense and praying together.

Enjoy this reunion

and know, of course, that the benevolent ancestors and loving spirits are always with you, with your each and every step. Trust that they are behind you for all breaths in and out, from your very first to your very last until finally one day your own lungs too will stop inflating. Your own fiery feisty heart will stop pumping, your crazy lovely brain will stop its sparking and your ocean of blood will cease flowing. And of course on that day, the beloved dead will be with you closer than they ever have been before.

They will shush your worries and sing you gently across to the other side onto brilliant shores. Over there, where you too will zoom and zip around the universe body free, you will wait for your blessed living family to feed you once a year while remembering you always, always, always.





Tarot Wise

Nov/Dec 2017

By Carolyn Ayres

Note: This column is an ongoing exploration of the Tree of Life which the modern Tarot is based on. Most of the thousands of tarot decks created since the 1960s copy the Waite Smith and the Thoth decks without the context of their connection to the Tree of Life.

The Lovers

Relatedness is the whole point of the manifest world. The universe was created so that relationship could occur...

Before the big bang, in that empty ground, there was only unbroken Oneness. But that One chose to become the many and in the birth of the many, relatedness became the very fabric of the emerging universe..

-Andrew Cohen



The Lovers (Lovers image courtesy of Cathy McClelland, The Star deck)

Ah, to snuggle in the depth, into the “relatedness” with one’s Lover. This is that time of year. And if one does not have a physical Lover? How about a metaphysical Lover? Dig into your Tarot deck and examine your Lover’s card. What is this card truly about?

Before we lie down in the arms of the loving Self, let’s do a quick review of the archetypal energy of Love as it descends and emanates to the center, the heart of the Tree of Life.

(Tree of Life image courtesy of soulguidance.com)

The Fool as Nothing Emptiness, infinite energy and possibility, “unbroken Oneness,” desires and so contracts to create. The Magus, the idea of this contraction, One, is then bound and held by the reception of the dark depth of the Priestess. This



depth of recognition, the first idea of Feminine, stabilizes the bright Light of the Magus, the first idea of Masculine, in the balance of opposition as a Two. The Three, as the Empress, is immediately born of the synergy of the One and Two. The Empress then gestates these ripening energies in the Supernal Triad of Kether, Chokmah and Binah of the Tree of Life for birthing as possible manifestation. Think Big Bang and the billions of years of swirling energy before particles began to come together to create atoms, molecules, then cells, etcetera.

Another way to view the Supernal Triad of the Tree would be as the Cosmic Womb, the infinite ocean of possibilities. When this mighty womb gives birth through the Empress, it crosses the abyss to the Four as the Emperor, the confident decider, who organizes the infinite ocean into a mighty river of potential with his force of stabilization. You could say the Emperor creates the banks of the river, giving it direction and the possibility of manifestation. The Hierophant, as a Five, then emerges as a focus for this confident emanation with its balanced moral authority of universal laws to give even more direction and control over this force emanating from the Supernals. The rushing river of Desire to Create then meets a great obstacle, the resistance needed to force duality, without which matter could not manifest. Think of the tension of attraction, the repulsion of quantum particles as they struggle to unite. Yes, we need to struggle to create. It is not supposed to be easy.



And, out of this great resistance comes The Lovers, Six, the separation described in Genesis: Adam and Eve as seen in the Waite Smith tarot, the archetypes of opposites who were One with each other and their garden until they ate of the apple of Knowledge. This “knowledge” was new consciousness of their individuality and thus separateness from each other. In order to create, to propagate, to manifest more, the Divine kicked them out of the Garden.

“Driven by the forces of love, the fragments of the world seek each other so that the world may come into being.” Teilhard de Chardin

No matter if man and man, man and woman or woman and woman, we are drawn together in Love to do the Divine’s bidding. Life is not about our separateness but instead about the process of coming together to create and relate as though we were One.

When you place the Lovers as a Six in Tipareth, at the center of the Tree at the Sephirot of Beauty, we make Love as the centering aspect of our existence. For here at the center of the Tree is where our Holy Guardian Angel lives. You are this Angel but just don't know it yet. And this angelic part Loves you more than you can imagine.

The Lovers is a Higher Love, unlike the corrupted idea of love and lovers in our manifested world. When reading this card, start with the opposites within. What aspects of yourself are you neglecting or even rejecting? This card is about learning to have a compassionate relationship with yourself before ever thinking you know how to love another.

The Lovers, as an archetype, is the Alchemical Marriage between the Empress and the Emperor, the opposing forces within: the dark and light; the yin and yang; the ego and the soul and on and on. 'Solve et coagula' is the alchemical process. We can "solve" or dissolve our "lead," our egos, in the arms of Love. In deep Love we can lose our self-importance, our sense of knowing, as we give over to something greater than our small selves. We can expand into someone whose heart has room for All. This new vision of possibility that Love brings to us then coagulates, comes back together, as someone changed, rearranged, much more authentic and closer to their "gold."

As Jason Shulman in Kabbalistic Healing says: "All of Reality lies invisibly within nested pairs of manifested opposites, which lie in each other's arms, inextricably linked. Reality is not about things but about the indivisible relationships between things. It is only when we deny this intimate Wholeness, tearing these lovers apart, looking at these facets as if they had a purely individual existence, that things appear. Then the wholeness that lies within is lost to our sight."

How have you lost sight of your Wholeness lately? Here is a spread to help you find it again.



Your Turn

Here we learn to fall in love with ourselves so that we may learn to fall in love with each other.

Reading for the Lovers

Card One You as the Empress

Card Two You as the Emperor

Card Three (Place next to Card One as your Empress)
What about your Empress needs to be recognized and Loved by your Emperor?

Card Four (Place next to Card Two for as your Emperor)
What about your Emperor needs to be recognized and Loved by your Empress?

Card Five Your Cupid or Angel, the impetus for you to "solve", join with your other in Wholeness. A helper card that will enable you to Love your Otherness.

Card Six What wisdom does your Holy Guardian Angel have for you about surrendering to the alchemical marriage? Draw a card and let it speak to you.

As always I welcome questions and comments.

If you are following my column and want to know more about the Tarot and the Tree of Life, send me an email at my site www.tarotofbecoming.com. I will put you on my email list so you can hear about my classes when they start up again in January, 2018. You can see my class schedules and read my latest New Moon Message and Tarot reading each month.

I teach "Tarot As An Evolutionary Path," a complete overview of the Tarot. I also offer more advanced classes for the Minor and Major Arcana on the Tree of Life. 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 email me: carolyn@tarotofbecoming.com.



First Eye Activation Made Practical

May I speak lovingly yet frankly with you? As I progress along my journey, I am uncovering deep inner truths that help me to shed all preconceived notions about how we spiritually progress during this earthly life.

An activated third/first eye is merely the gift of awareness. It is through the eye of awareness that you cease accepting illusions as truth and begin to see the miracles that exist all around you. This spiritual activation allows you to see beyond the third dimension; in that, your perception is amplified, your mind is open to the possibilities of more than meets the human eyes.

For example, seeing a lizard in nature while thinking about a deceased loved one, or seeing the numbers 555 as you go through major life changes. Moreover, thinking of someone and they call you. These examples of synchronizing moments are simply you, tapping into the field of consciousness by which all things are connected. You are simply recognizing all of the other aspects of you.

You, right here and now, are endowed with the ability to see the etheric string that ties everyone and everything together.



Photographic Arts By Chris Evans & Shanti Gumbo
Written by Shanti Gumbo
www.shantigumbo.faith

Spiritually Harmonizing Your Abundance Flow

WHY? It is important to embrace the fact that money is ENERGY. It responds to your vibrations, as EVERYTHING does, as it is reflected in the architectural design of your present reality. (i.e. your relationships, finances, health, living circumstances, etcetera.)

The intention is to increase the dialogue with the part of you that holds the “coding” or “programming” script of your life. Metaphysically we can interpret this aspect of ourselves to be the soul, subconscious, and other like terms.

Spiritually harmonizing subconscious limitations and acquiring financial literacy establishes a multidimensional relationship with financial energy.

Our financial currency is a gift of exchange for goods and services. It comes when asked and it shows up as a courtesy to serve our needs. When it is used for other purposes other than what is asked of it; then, spiritual discourtesy occurs.

Let's Do Some Emotional Body Alchemy!

Proceed forward with the following self-love practice:

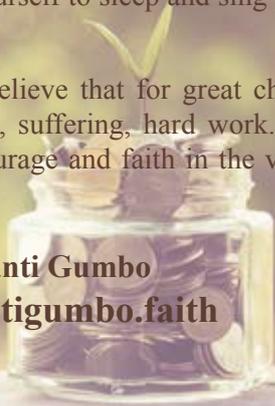
Humble Step One: Curate ONE affirmation that specifically encompasses your needs.

Humble Step Two: At the rise and fall of the day, take a moment in peace and quiet to breathe in and out slowly, gently rocking the torso backwards and forwards in a rhythmical ebb and flow while feeling the emotional body's bliss. Envision the efforts of a tree rooting down into the soil.

Humble Step Three: After envisioning, the rooting, begin to sing your affirmation aloud, sing it until you know it by heart, sing and rock yourself to sleep and sing yourself awake.

Final Thoughts: Many believe that for great change to occur, there must be pain, suffering, hard work. On the contrary, all it takes is courage and faith in the vision of abundance. Abracadabra!

By Shanti Gumbo
www.shantigumbo.faith



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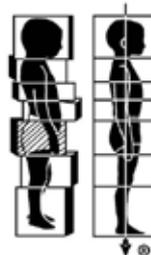
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The Bhagavad Gita

November/December 2017



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

By Krishna Jaya

Chapter 2, Verse 58

“The tortoise can draw in its legs.
Sages draw in their senses.
Their wisdom is steady.”

Paramahansa Yogananda:

When a telephone is turned off, its ring is silenced immediately. With practice, Yogis can cultivate the ability of a switchboard operator, enabling them at will to switch on and off the mind and the life-force (prana) flowing through the five message-carriers of sight, hearing, smell, taste and touch. When a soul is hungry to find its own lost peace, it cannot do so through the sense-life. Pranayama is the art of switching off the life-force from the five senses. Breath is the cord that ties the consciousness to the body and the senses. By deep stillness, the heart is released from constant work, becoming free to withdraw prana from the five senses. No sensations then reach the brain to harass the mind.

Krishna Jaya:

Pranayama is the fourth limb of Patanjali's Ashtanga (eight-limbed) Yoga as expounded in his Yoga Sutras. By controlling the breath through specific techniques, it becomes possible in a gradual way to shut out distracting sense-inputs during sitting practice, enabling the Yogi to more effectively focus on the object of concentration.

Swami Shivananda:

Withdrawal of the senses is pratyahara. The mind has a natural tendency to run towards external objects. A Yogi with the power of pratyahara will not be affected by outside vibrations. The senses have become obedient servants.

Krishna Jaya:

When a certain level of mastery of pranayama has been attained, the fifth of the eight limbs pratyahara is reached, as Swami Shivananda elucidates. A Yogi who has reached this stage of mastery can sit on the sidewalk next to an intersection of two busy thoroughfares in a large city and be able to focus within while being completely oblivious of all that is going on in the vicinity. It then gradually becomes possible to master limbs six (dharana, concentration), seven (dhyana, meditation) and eight (samadhi, super-consciousness). These stages correspond with states of consciousness in which the Yogi prolongs an intimate connection with an object of concentration to the point of merging with it (sajija samadhi, super-consciousness “with seed”) and ultimately goes beyond even that state in an ultimate and final release from the wheel of birth and death (nirbija samadhi, super-consciousness “without seed”). This is the goal. It is called kaivalya which can be translated as “liberation.” Patanjali's Yoga Sutras provides a map, and if a Yogi is devoted, dedicated and determined enough, success is eventually assured.

Sri Aurobindo:

The first movement must obviously be to get rid of desire which is the whole root of evil and suffering. In order to get rid of desire, we must put an end to the cause of desire, the rushing out of the senses to seize and enjoy their objects. We must draw them back when they are inclined to rush out, draw them away from their objects into their source, quiescent in the mind, and not desiring anything that the objective life can give.

Krishna Jaya:

Now Sri Aurobindo was a great sage, and I do not doubt that the spirit of renunciation that he is espousing in this commentary is based on his own experience and that he had success by getting rid of desire in himself. It is said that in the higher stages of samadhi, the karmic imprinting from the past, both in this and previous lifetimes, can be dissolved and made no longer binding. Karmic seeds are roasted, so to speak, and obstacles are removed as one proceeds towards ultimate liberation and freedom. This is work done on the inside where personal, evolutionary growth and expansion are attained in increasingly subtle and focused meditative states. Again, I do not doubt that this freedom-path is possible and recommended for those with sufficient, purposeful single-mindedness to follow the map to the end. I tried it and was unable, for various reasons, to muster the required drive and determination. Part of my difficulty was no doubt of a contextual nature. A psychology major in an American college and attracted to the work of Carl Jung, I was schooled in a point of view that runs counter to the one described above by Sri Aurobindo. According to Jung, the problem of evil and suffering is not solved by getting rid of desire, but rather by the recognition of one's own shadow side.

A few weeks after Jung's death in 1961, Alan Watts gave a tribute to him, and in it he said:

There's a nice German word – *hintergedanken* – which means a thought in the very far, far back of your mind. Jung had a *hintergedanken* in the back of his mind which showed in the twinkle in his eye that he knew and recognized the element of irreducible rascality in himself; and he knew it so strongly and so clearly, and in a way so lovingly, that he would not condemn the same thing in others and therefore would not be led into those thoughts, feelings and acts of violence towards others, which are characteristic of people who project the devil in themselves upon somebody else, the scapegoat. This made Jung a very integrated character, a man who was thoroughly with himself, having seen and accepted his own nature profoundly. He had a sense of unity and absence of conflict in his own nature.

Watts then quoted Jung from a lecture he had delivered many years earlier in Switzerland. What follows is an excerpt:

We cannot change anything unless we accept it. Condemnation does not liberate. It oppresses. I am the oppressor of the person I condemn, and not his friend and fellow sufferer. I do not mean in the least to say that we must never pass judgment when we desire to help and improve, but if the doctor wishes to help a human being, he must be able to accept him as he is; and he can do this in reality only when he has already seen and accepted himself as he is. Perhaps this sounds very simple, but simple things are always the most difficult. In actual life, it requires the greatest art to be simple, and so acceptance of oneself is the acid test of the outlook on life that I love my enemy in the name of Christ. That which I do to the least of these my brethren I do unto Christ, but what if I discover that the least of these, the most impudent of all offenders, is within me and that I myself stand in need of the arms of my own kindness, that I myself am the enemy who must be loved.

Alan Watts continued

One of the basic things which all social rules of convention conceal is what I would call the fundamental fellowship between “yes” and “no,” like the Chinese symbolism of the positive and the negative, the Yin and the Yang, like two interlocked fishes. The whole game of most societies is that these two fishes are involved in a battle between the “up-fish” and the “down-fish,” the good fish and the bad fish. They're out for a killing, and one of these days the white fish is going to slay the black fish, but when you see into it clearly, you understand that the white fish and the black fish go together. They're twins. They're really not fighting with each other. They're

dancing with each other. That, though, is a difficult thing to realize in a set of rules in which “yes” and “no” are the basic and formally opposed terms. When it is explicit in a set of rules that “yes” and “no” are the fundamental principles, it is implicit...that there is this fundamental fellowship between the two. ¹

When the understanding dawns that it is not beneficial to attempt to get rid of, once and for all, these “things” in ourselves that society tells us are dark and shadowy and shameful, but that it is much more sensible to make space for them to co-exist with our more noble attributes, much inner struggling will dissolve and life will flow more like a mountain stream, just so. The great teacher, Joseph Campbell, was addressing a group of physicians. He had an array of slides showing an assortment of religious symbols. When a slide of Nataraja, the Lord of the Dance in the Hindu tradition, appeared, a doctor asked Campbell to explain the dwarf-like person under Nataraja's foot. It appeared to the doctor that the little man seemed to be looking for something. Campbell replied, “The image of that little man captures our human predicament perfectly, searching in such earnest for the Divine when all along, we fail to realize that the living God is already here, dancing upon our very heads.” ²

Notes.

1. Alan Watts, Tribute to Jung, <https://www.youtube.com/watch?v=aCW3YFbjb8k>

2. This story is told in a book by John Astin, *Searching for Rain in a Monsoon*



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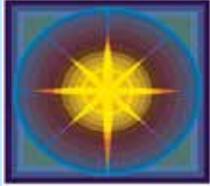
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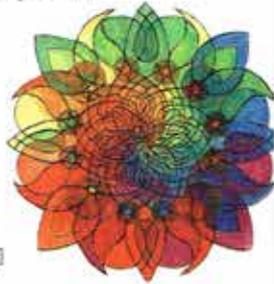
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Mrs Cooper, editor/publisher of Wholistic Heartbeat has requested context for my story/poem 'You Are Abortion'...

To Wit: I work as a psychic medium therapist...

When I read folks that have had an abortion, my guides show me a star, the spirit that visited in utero...

The spirit is, of course, wonderfully and lovingly always and forever available for insight and intimate connection - spirit never dies...

However, mothers who have had an abortion often have enormous anguish, even years and years later, about their decision to end a pregnancy...

They think the baby is forever lost, its chance to live eternally extinguished...That is not true...Spirit and the love connection are always available for exploration...

The story/poem I wrote is about the terrible anguish of being rejected by the mother, by the universe (you don't have to be aborted to have experienced this feeling)...

The wisdom of the story/poem is that curiosity, love and forgiveness lead to intimate connection, in all directions...That is to say: Your anguish is an opportunity for enlightenment...

You Are Abortion

Story Poem: Your Mother Didn't Want You

By Jesse Austin



Star Traveler

Your mother didn't want you. She said 'no' and sent you spinning off into space - a lost star, an abandoned spirit without home, family or love.

You are destined to range through the unseen universe as a tiny mite of nothing that will never, ever be something.

You are abortion, God's greatest sin. Not even the devil wants you. You shall never swim in a lake, eat a peach or hug your neighbor. You are the 'no' that rings through

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And darkness, oh my goodness, you know darkness. Dank darkness without pleasure or challenge that never ends. Not even the Christians will take you in - you are abortion.

But there are miracles. If God is too busy to find you, the angels are not. They awaken your mother, who has put you away in a little box, buried deep in her heart - the child that never was.

The locks to the box are guilt, remorse and separation.

The angels, oh the lovely angels, who are above and beyond God and the devil and humans too, have the key. The key is the miracle fashioned from forgiveness, love and, best of all, curiosity.

The mother only needs to stretch out her arms, to be curious about tiny, lost, forgotten you - abortion. If her curiosity grows to longing, and her longing grows to love, then the angels will reward her and save you.

The mother finally desires to know tender, scrumptious you. Deep in her soul she sends out a summons. And the angels, riding on splendid wings, criss-cross the vast regions of hopelessness.

And tiny you, riding a tricycle on a sidewalk beyond the caring laughter of grandmothers, mothers and sisters, see just ahead a giant with enormous wings.

The angel announces your name in festive song.

And God and the devil and even blighted Christians take notice of a sound so pure it makes light in the blackness.

But solitary spirit you knows you are abortion. You are dammed. With tear-stained face you look up into the black eyes of the angel.

“Mother,” you are told with divine sympathy. “Mother wants you home.”

In an instant you are in the loving heart of your mother. She embraces you like no other. Love and words and tears spill out of you.

Your mother, who blazingly welcomes your return, doesn't cry, she laughs.

“Child,” she croons, “Tell me everything. Where have you gone? What have you seen?”

And thus we learn, and thus we rejoice.



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*December's wintery breath is already clouding the pond,
frosting the pane, obscuring summer's memory...*
- John Geddes



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The Living Universe

Nourishing our inner world in order to affect sustainable change to the outer world.

by Maya Cooper



Earth From Space From The ISS by NASA

Remember, awakened spiritual beings, we are dismantling an old paradigm that we the people wove into a collective reality from our disembodied fear and we are replacing it with a new reality, one that is woven with the kind and colorful threads of our embodied love. Preoccupation with generous solutions for all living things will lead us into the new world. The new world is UNITY. Don't make anyone the enemy. Remember the mission: dismantle fear and create love. It's what we've been rehearsing for all this time.

The energy that fuels us is as important as the actions we take

We are multi-dimensional, powerful creators. We are creating all the time. Every thought, word and deed that pours out of us is contributing not only to our personal reality but also to our collective, shared reality.

Regardless of the quality of our thoughts, they produce an enormous energetic charge. Our undisciplined, unexamined mind-chatter has as much power and creativity as our conscious, collected, calm thoughts.

Our thoughts generate an energy that is transmitted to the world. This stream of conscious-thought-energy is caught in the web of life. The web of life is a responsive energy field that we, and all living things on this planet, are an inescapable, inseparable part of. It holds and weaves us together as one. It is a part of us and we are a part of it.

The web of life takes thought energy and forms it into a series of living pictures. These pictures are reflected back to us three-dimensionally. We call this reality. Reality is actually the projection of all our collective thoughts coming together into a series of living pictures. The web is lovingly

neutral and gives us a way to see our invisible thoughts. It turns them into form so we can experience and examine them and decide if we like what we have created. This is true in our individual lives and in our collective reality.

So then, can a better reality be created by better thoughts? Well kind of, but it's more helpful to talk about this first in terms of nourishment. A better thought would be a nourished thought, and it would come from a deeper place within us. A better thought is a more embodied thought. There are the disembodied thoughts that spring out of our brains in unconscious ways like unmanned fire hoses, gushing out wildly all over the place. Then there are the thoughts that bubble up from the core of our inner guidance and contain a wisdom which we have accumulated throughout our lifetimes. These deeper thoughts include more levels of our intelligence. They can contain our empathy, patience, passion, creativity, our refined vision and our love. Our prayers and good intentions, our visions of something better, these thoughts have a nourished quality. They are a fuller, more harmonized tone of our frequency. Quality, nourished thoughts are the fuel of a quality, nourished reality.

High quality fuel feeds and nourishes our deeper flow of intelligence

Imagine for a moment that there are two realities available to us and the fuel we choose to power ourselves with will bring one or the other reality into play.

By default and unconscious conditioning, we can, and most often do, tap into the powerful energy that is created by our undisciplined, unexamined mind-chatter. Traumas, reactions, fears, judgments and expectations, bouncing back and forth between ourselves and others, create what I call a horizontal power grid. It is a viable form of energy but it has massive side effects. The energy created by these types of thoughts moving back and forth between us is not only indigestible but it keeps us in the same trauma, reaction, fear, judgment and expectation. We can easily liken this type of thought fuel to fossil fuel. We pay a very high price for our fossil fuel usage, and it leaves a heavy trail of pollution, war and damage to the planet in its wake. It is ineffective, dirty and wasteful. Thought fuel from the horizontal power grid is just as unsustainable. Unsustainable fuel produces unsustainable thoughts that the web of life then reflects back to us in the form of an unsustainable reality.

This new era that we have entered since the election has awakened us to the unsustainable, largely unconsciously created parts of our collective reality. Many of us have been feeling alone and overwhelmed, operating in our own little bubbles, trying just to hang on and survive. All the while, we've been unaware that the thoughts generated by the stress

of surviving has had immense creative power in shaping our collective reality. Now we are looking around and seeing that this is not the reality we want. We are awake and ready to focus on creating an intentional reality, an empowered reality that includes the many levels of our awakened intelligence.

As we are responding to these fast-paced changes in our world, I believe it is the fuel we choose to power our actions and our activism that will ultimately dictate whether we recreate more of what we have had or if we will be able to usher in a new sustainable, loving, unified reality. This groundswell movement requires a high quality fuel source. Imagine what this world would look like if the majority of us were adept at fueling ourselves and creating intentionally with a nourishing love!

Practicing good “reality” stewardship

All realities are in play. We have two energy sources available to us in each moment. Every one of us will have to choose whether to stay tapped into the horizontal power grid or to up to the vertical power grid.

It is in the stillness of the soul, beneath the ceaseless chatter of the mind, that we can reconnect with the living powers of the Universe, to learn their language, hear their stories and songs, open to their wisdom- and pass the message onto our fellow human beings that the Earth is alive ... -Mara Freeman (www.loe.org)

The Vertical Power Grid

- There is an energy source that radiates out from the heartbeat of everything. It is the living power of the Universe.
- It is created by the way the Galaxy and the Earth breathe and share love back and forth between each other.
- This energy is freely and abundantly available to every one of us at all times, especially when we are present in the current moment.
- This energy unifies, heals, rejuvenates and nourishes whoever opens to it.
- It creates unity between the spirit’s and the body’s intelligence.
- It creates optimal conditions for full embodiment.
- It creates a feeling of calm and safety as it brings us into our body.
- Accessing it will greatly expand our definition of who we are and what love is.




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- It can be accessed through our willingness and curiosity.
- With enough exposure, this energy penetrates our core and enlivens our essential intelligence.
- Learning to consciously open and receive this living energy animates the divine feminine within us.
- Learning to consciously flow it back into the world animates the divine masculine within us.

Switch gears for a minute and notice the air around you. It is a living being. It is filled with light, with moisture, pollen from the earth, with color It is surrounding you and moving in and out of you. Shift your awareness to how it passes through your skin into your inner world. Notice how your skin is actively breathing it in. Your lungs are actively breathing it in. Without even paying attention, you are in direct, intimate relationship with this living air being, and it is keeping you alive. This is love, freely given.

Shift your awareness and imagine you can follow the air and the light into your blood, your organs, your bones. Feel your cells light up as your mind helps carry this energy deeper into you. Open, receive, let it in. Open your inner doors and windows and let it in. That receptivity is the goddess coming alive within you. Soften, open, receive, fill, and relax. As your mind softly assists in opening to the air, you strengthen your channels of receptivity and enliven your goddess energy. Feel into how alive your inner universe is! Singing a prayer of gratitude to breath, inhale light, exhale light, inhale the earth inhale the cosmos, exhale and honor and acknowledge these living beings, this energy. This clean eternal source energy feeds and nourishes us. Welcome to the Vertical Power Grid of sustainable Love.

We are meant to run off of love and love is freely and abundantly given. There are no rules, no rewards for good behavior, no earning the favor of a higher Source. Our right to this unlimited energy cannot be granted to us by anyone nor can it be taken away. It is so consistently, freely and simply available to us that we overlook it and don't realize the level of support we are held in minute by minute.

We and we alone control our access to this never-ending energy. It is up to us to learn how to open and allow it in. To do so requires that we slow down a bit, engage in mindfulness, and be willing to view our thoughts from a new perspective.

An inner yoga practice

Thoughts containing pain, fear, judgment, reaction, trauma or expectation create feelings in our bodies. These feelings carry a strong, uncomfortable charge. In our quest to understand the feelings, we are likely to guess, assume, imagine and create stories about whatever event was responsible for bringing them forth. Before we know it, we are having an inner conversation with another person and bam, the second we do that, we find ourselves smack dab in the middle of that horizontal power grid. By default we have begun swapping intense thoughts and feelings back and forth with another person or group in our own head as the charge within us builds.

To move to the unconditional love of the Vertical Power Grid we need to find a way to interrupt that natural horizontal response for a few minutes and try something new. With a little practice we have the ability to rewire ourselves, open and receive an unlimited flow of nourishment exactly when we need it most.

It is best to try this daily when you are already in a peaceful state of mind, like maybe before you fall asleep at night. If possible you want to get the hang of it when you are relaxed and then learn to apply it later when you become triggered.

Sit or lie down somewhere comfortable.

Take a deep breath and bring your attention and your imagination to your feet if you are standing/sitting or your back if you are lying down.

Notice gravity. Gravity is the Earth pulling you close to her in a big powerful hug. Let gravity help you settle into the weight of your body.

When you are ready, shift your attention down to the Earth.

Gently notice that the Earth is alive, aware, sentient and She is breathing.

From your heart, send gratitude and love to the Earth's heart.

Soften, open and relax into the breathing Earth, even if it feels like you are imagining it.

Your body is made of the Earth. The Earth recognizes you as a part of Herself. She knows and loves you.

Let your body blend into Her body.

Invite your breathing to synchronize with Hers.

You can feel, sense, imagine or experience that there are

flows of energy, colors, lights, patterns, warmth and more that radiate from the Earth up to you.

Imagine moving through your body, inviting it to relax and open its inner doors and windows to more fully allow this Earth energy to flow into you.

Sink deeper and imagine connecting with Earth's heartbeat. Let it soothe you.

This is a relationship. Notice the energy going back and forth between you and Her.

Hang out here as long and as much as you can, continuing to allow this energy to flow deeper into you, continuing to open your inner doors and windows, continuing to practice learning how to receive.

You can try this same exercise but substitute the Sky or the Cosmos, the movement of the Planets, the light of the Sun, Moon and Stars, or Breath for the Earth. All of these are alive, aware, sentient, breathing beings. All of these are different ways the love of the Living Universe expresses itself. They form the heartbeat that animates every living thing on this planet. They each recognize you as a part of them and hold deep and unconditional love for you. This isn't an exercise as much as it is a relationship-building suggestion. This is a true and constant Source of unconditional love.

To take this exercise into a moment when you are challenged I would offer this perspective. *Take a couple of deep breaths and just notice your thoughts. Witness as thoughts arise containing pain, fear, judgment, reaction, trauma or expectation. Understand that the thought is only giving you information. The thought does not have to be taken seriously, but it is giving you valid information that some part of you is malnourished. Activate your desire to help heal yourself. Take a couple of deep breaths and do your best to shift your focus to the living universal power. Be kind; the brain will want to keep running its stories, but gently bring your attention back to the way the earth is breathing and practice melting into Her breath.*

It is about letting go, but letting go safely into the arms of something that is already holding you and that has been holding you your whole life. Shifting your focus to the Vertical Grid requires a willingness to suspend the dualistic thought-story creations of right and wrong, us and them, and even good and bad. It is really big work. I call it my life yoga. It does take commitment and willingness to train yourself to soften and open to love when all you really want to do is react. Developing a curiosity about the Universe's perspective helps. Until it becomes second nature and we are continually aware that we are vitally connected to the living universe, we practice shifting our awareness from our

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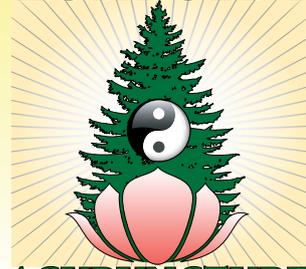
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*Come let's fall in love again
let's turn all the dirt in this world to shiny gold
come let's be a new spring a love reborn
find our aroma from the essence of all who emit
heavenly fragrance like a fresh tree bloom
and spread all the blessings right from inside.*

-Rumi

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limited thoughts into a soft state of receptivity. By doing this, little by little, we give power over to our hearts. We are putting our hearts in charge of our thoughts. Our hearts are already in a deep relationship with the heartbeat of the Living Universe.

Know that no matter what is going on around you, you and you alone have the sacred choice to open to Love. There is a real living field of love that you can say yes to no matter what is going on within you or in front of you. There is always unconditional love moving around and through you that you can shift your awareness and soften into.

Learning to live in the Vertical Power Grid requires that we practice being in a surrendered state of acceptance to the unlimited supply of love coming from the vertical grid. Our response to a challenge or a trigger can be to open wider and deepen our connection to this love. It is a surrender of expectation and conditioning but not of power and action. Learn to have conversations and initiate projects from this place of openness. To move with the flow of creativity and love in the river of the current moment is to know that this love is more alive and real than anything else we experience. The nourishment we receive becomes the currency we create and share with the world.

Make the world work for 100% of humanity, in the shortest possible time, through spontaneous cooperation without ecological offense or disadvantage of anyone.

- Buckminster Fuller

So how do we usher in a new peaceful reality? We energetically align with sustainable fuel. The energy of our thoughts informs and changes the web of life every second of every day. We 'think' into reality the world around us. To be awake on the planet at this time is to understand there is an unlimited supply of Love for us to use to cultivate the ability to shift our perspective from horizontal to vertical. Focusing our consciousness to bring out the best in each other is the radical activism these times call for, and it can be joyfully accomplished if we are tapped into the right fuel Source.

Maya is the co-founder of the Isis Osiris Healing Temple and publisher of the Wholistic Heartbeat and the Annual Healing Arts Guide. She can be reached for Spiritual Counseling and Energy Work at 707-834-6831. Visit the website, WholisticHeartbeat.com.





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COMMUNITY ACUPUNCTURE WITH Donald Hughes LAC every Thursday from 5pm to 9pm. Community acupuncture is a model where many people are treated at once in order to lower the cost. Come and enjoy a treatment for \$30. Expect to be there about an hour and to leave more relaxed and peaceful. Call Donald for more info at 510-923-0079.

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 Yoga-nanda. Please contact John at arcata.srf@earthlink.net.

1st & 3rd Sunday - Begins Dec. 3rd

BEYOND IMAGINE! Let's Create It! From 10 am-noon Sunday Morning Devotional Get-Together for Spiritual Expansion, Learning, Personal Growth & Healing, with Per Norell. We are in a fantastic growth phase on the plan-

et. Much will change in the next decade. We can all come together and give and receive support on our individual paths. Building a loving and caring community through shared experiences. This group is for connecting with the Divine Within, and Without through Experiences, Emotions, and yes, Knowledge and Understanding, but not head-tripping, it would ruin it. One cannot understand, or guide, the personal path by logic and reasoning. It's a Mystical Path! **Contact** Per Norell, Text and Message: 206-550-3263 and on Facebook at: Beyond Imagine Let's Create It.

Ongoing in the Community In Humboldt

1st Tuesday

EXPERIENCE A HU CHANT - ECKANKAR OF EU-REKA/ARCATA: The Path of Spiritual Freedom. HU Chant, 1st Tuesday of the month, 7 - 7:45 PM at Jefferson Community Center in Eureka. You're welcome to join us. Refreshments are served afterwards.

In Ashland

SPIRITUAL MESSENGER FOR THE 7TH GOLD-EN AGE. Humanity as a Whole is Transcending. My Mission is to Educate your Body, Mind, Soul with Honesty, Awareness, Re-Sponsibility - Re Creation! Awaken to True Self with Divine Light and Divine Intelligence. Om Mani Padme Hum! ♥ Contact Dana Biondo at safespace-spiritualcoaching.com or 541 499-4202.



ARCATA MASSAGE COLLECTIVE

Formerly Arcata School of Massage

Same Great Therapists
Same Great Price
NEW Online Booking
One-Hour Massage \$50

Find Your Therapist At
arcatamassage.com

We are no longer working at the massage school on South G, but we are still going strong. Now book your appointments directly with the therapists online, and work with us in our lovely private offices.



ISIS NOW OFFERS
COMMUNITY STYLE
REIKI AND ACUPUNCTURE

(Community Style is model where many people are treated at once in order to lower the cost)

REIKI

EVERY TUESDAY



**Drop in from
6:30-9:30 pm**

Suggested Donation
\$5-20

Per Norell, Reiki Practitioner

Come and receive Reiki healing from our gifted team of volunteer Reiki practitioners headed up by Per

Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by “laying on hands” and is based on the idea that an unseen “life force energy” flows through us and enlivens us.

Per Norell - 206-550-3263

ACUPUNCTURE

EVERY THURSDAY



**Drop in from
5:00-9:00 pm**

Cost \$30

Don Hughes, LAc., Masters in Traditional Chinese Medicine from the Academy of Chinese Culture and Health Sciences. Skilled in the use of Classical Chinese herbs, with 20 years experience in martial arts and qi gong

Acupuncture is a medical practice that entails stimulating certain points on the body, most often with a needle penetrating the skin, to alleviate pain or to help treat various health conditions.

Donald Hughes - 510-923-0079

707-825-8300

Isis Osiris Healing Temple Sunny Brae Centre in Arcata

