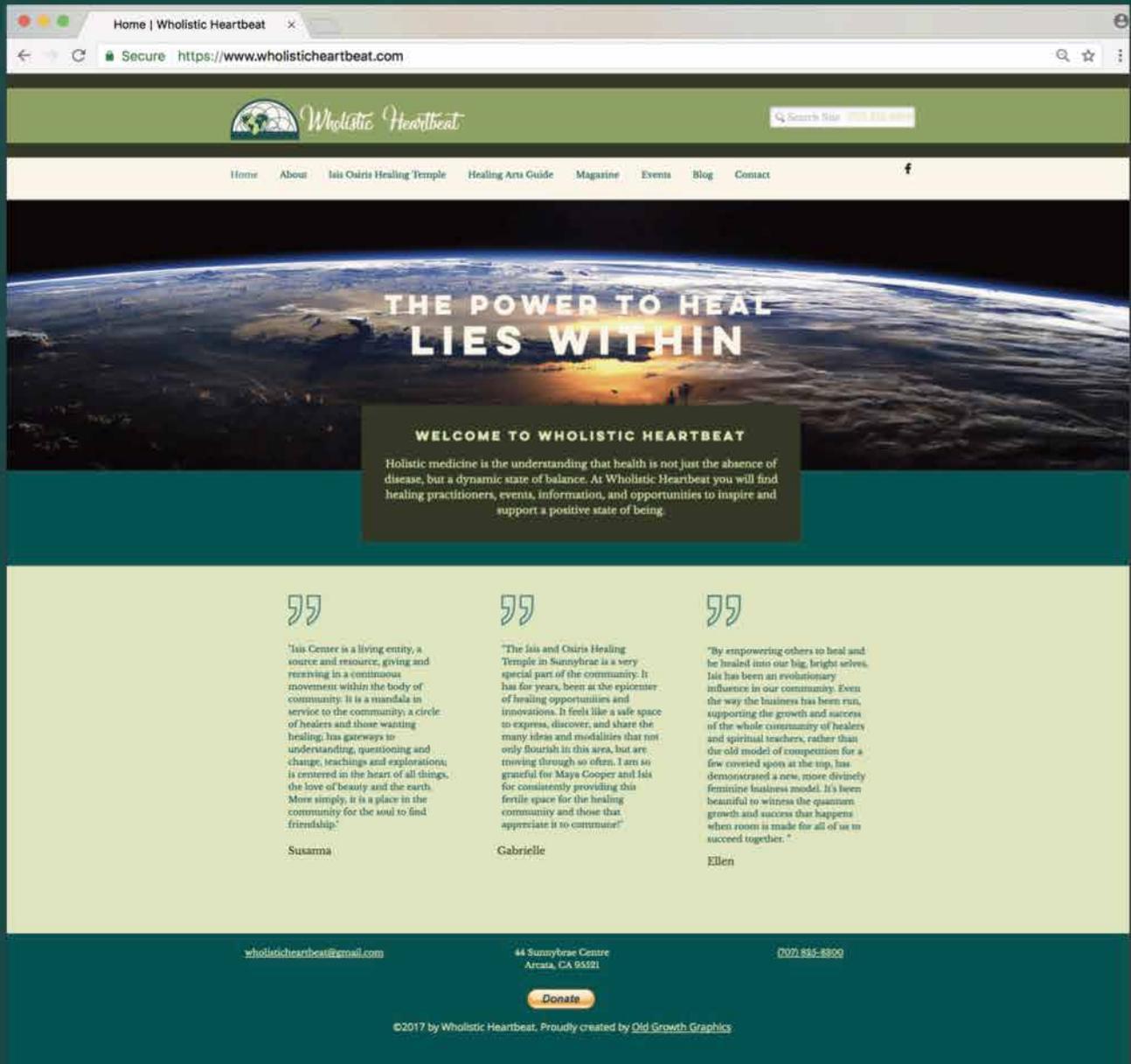


# Wholistic Heartbeat

the power to heal lies within



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## THE POWER TO HEAL LIES WITHIN

### WELCOME TO WHOLISTIC HEARTBEAT

Holistic medicine is the understanding that health is not just the absence of disease, but a dynamic state of balance. At Wholistic Heartbeat you will find healing practitioners, events, information, and opportunities to inspire and support a positive state of being.

“Isis Center is a living entity, a source and resource, giving and receiving in a continuous movement within the body of community. It is a mandala in service to the community, a circle of healers and those wanting healing, has gateways to understanding, questioning and change, teachings and explorations; is centered in the heart of all things, the love of beauty and the earth. More simply, it is a place in the community for the soul to find friendship.”  
Susanna

“The Isis and Osiris Healing Temple in Sunnybrae is a very special part of the community. It has for years, been at the epicenter of healing opportunities and innovations. It feels like a safe space to express, discover, and share the many ideas and modalities that not only flourish in this area, but are thriving through so often. I am so grateful for Mays Cooper and Isis for consistently providing this fertile space for the healing community and those that appreciate it so immensely!”  
Gabrielle

“By empowering others to heal and be healed into our big, bright selves, Isis has been an evolutionary influence in our community. Even the way the business has been run, supporting the growth and success of the whole community of healers and spiritual teachers, rather than the old model of competition for a few coveted spots at the top, has demonstrated a new, more divinely feminine business model. It's been beautiful to witness the quantum growth and success that happens when room is made for all of us to succeed together.”  
Ellen

wholisticheartbeat@gmail.com 44 Sunnybrae Centre Arcata, CA 95521 (707) 835-8800

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# Wholistic Heartbeat

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707-825-8300

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wholisticheartbeat@gmail.com

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

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

Submit online at [wholisticheartbeat@gmail.com](mailto:wholisticheartbeat@gmail.com) or drop them off at 44 Sunny Brae Centre, Arcata

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

Wholistic Heartbeat is a free bimonthly magazine creation offered by **Isis Heals**.

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

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

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

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*WholisticHeartbeat.com*  
Committed to inspiring  
a wholistic approach to life!



*Wholistic:* we are all one;

1. From wholism; the philosophy that parts of a whole are in intimate connection, such that they cannot exist independently of the whole.
2. An approach to life, which has at its center, an intention for the inclusive health and wellbeing of every living thing we share our lives with.

*Heartbeat:* expansion and contraction of the heart;

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

*WholisticHeartbeat.com*

May it serve. May it grow to be beautifully influential.  
May it be a source of abundance for our community and beyond.

If you would like to experience The Soul Movement Method® for yourself, Tal will be facilitating a workshop at the Isis Center in Arcata, California on \*Sunday July 9<sup>th</sup> 2017 from noon -3:30. To learn more and register, visit [www.HealYourMoneyWounds.com](http://www.HealYourMoneyWounds.com)

\*If you missed this workshop you can still participate in Tal's online offerings at [www.HealYourMoneyWounds.com](http://www.HealYourMoneyWounds.com) or [www.TalShai.com](http://www.TalShai.com)



psychology, she was already established as an integrative holistic practitioner. Her practice blended many of her skills as a professional reflexologist, massage therapist, aromatherapist, advanced Three-In-One Brain facilitator (muscle testing), hypnotherapist and Reiki Healer, a bag of tools accentuated by her own personal healing journey that transpired during her year and a half travel and living adventure in India, Nepal, Thailand and Taiwan.

I have since come to know Tal's work intimately as a client, colleague and friend and continue to be impressed by her gifted ability to bridge the gap between the energetic-metaphysical realms and the physical world of money, business strategy and relationships. She has a unique way of facilitating deep energetic shifts and "soul movements" that culminate in felt, grounded and palpable results. I have experienced this first hand during my many sessions with her.

Since my relationship to money has been a core theme on my own healing journey, I am particularly curious to explore the topic of "money wounds" and how we might heal them with The Soul Movement Method®.

**Anael: Tal, you work with many entrepreneurs, coaches and transformational facilitators who want to create substantial results in their income, business and life. I have always been impressed by your primary focus on doing the energetic work via your "Soul Movement Mapping® Sessions" to facilitate this. I can personally attest to the quantum shifts available through this work. Can you talk more about why this approach works?**

**Tal Shai:** Absolutely. I will start by sharing a quote by the 13<sup>th</sup> century poet Rumi who wrote: "Maybe you are

searching among the branches for what only appears in the roots." As a society, at least in western culture, there is a tendency to focus primarily on the branches—on the symptoms—rather than the roots that hold up and nourish the fruits. We all know that a rotten root simply cannot produce a healthy fruit and yet, when it comes to so-called practical matters in our business and finances, it is still culturally engrained within us to automatically look towards fixing or managing the visible aspects of what seems to be broken. We try on new strategies, look for advice from outside authorities and invest in yet another quick-fix program promising to get us out of our rut.

While there certainly is a season for all the above, no amount of strategy, outside advice, or step-by-step protocol can compensate for an entangled energetic field. Try planting the most life-giving seed in arid ground. It will never sprout! This explains why ten people sitting in the same mastermind program, working on similar projects, studying with the same teacher, and receiving the exact step-by-step guidance, often present with radically different results. I see this with clients every day which is precisely why I lead with the energetic piece first.

**Anael: So why do you think so many people still think the answer is out there? I know that when it comes to business decisions and financial matters, which are supposedly serious and practical, the last place people tend to look is at their own energetic field.**

**Tal Shai:** There is a folklore tale told in many traditions and conveyed in many variations of a man who loses his ring in the living room. He spends a long while searching for it to no avail. As a result, he proceeds to look outside, in the backyard. His wife, who sees the trajectory of his actions, asks: "My dear husband, you lost your ring in the living room! Why are you looking for it in the backyard?" Her husband answers: "The room is too dark and I can't see very well. I came out to the backyard to look for my ring because there is so much more light out here."

As entrepreneurs and business owners, myself included, we are culturally programmed to look for solutions to so-called real-world matters in places "where there is more light" – where things make more sense to our five-sensory ego – rather than where they actually reside. Our misguided focus, although temporarily gratifying to the survival part of our brain that manufactures a false sense of safety by engaging with what is known and recognizable, actually keeps us looping, like a broken record, within an energetic imprint or movement that hinders our forward movement, actualization and growth.

Let me exemplify how our limited perspective might keep us searching for answers in all the wrong places and looping in a futile movement that will never lead us to the sustainable income, success and well-being we seek: A few years ago, my three-year-old niece strolling with me in the mall, insisted I buy her a doll in one of the store displays. In my attempt to move her along, I automatically blurted out that I did not have any money. She, in turn, wisely pointed me in the direction of a nearby ATM machine, educating me in her three-year-old vocabulary that I could pull money out of this machine with the card she saw in my wallet. Having observed her parents repeat this action many times over, in her mind she was well versed in "where money comes from". From her three-year-old perspective she was one hundred percent sure that the art of making money involved an ATM machine and a card. Although this picture of five-sensory truth was accurate by all appearances, it portrayed only the final process of an entire chain of actions and processes needed to generate income - processes that ranged anywhere from acquiring a valid ID card to having the know-how and skill- set to exchange services for money.

If, like my three-year-old niece, our level of awareness has us believe that "money comes out of a machine", when one day money stops coming out, guess what we'll want to fix? The so-called ATM machine of course! Without the awareness that there are other processes at play, we could potentially spend years looping in a futile cycle of trying to fix the golden egg rather than the goose that lays it, trying to save the fruit rather than tending to the roots!

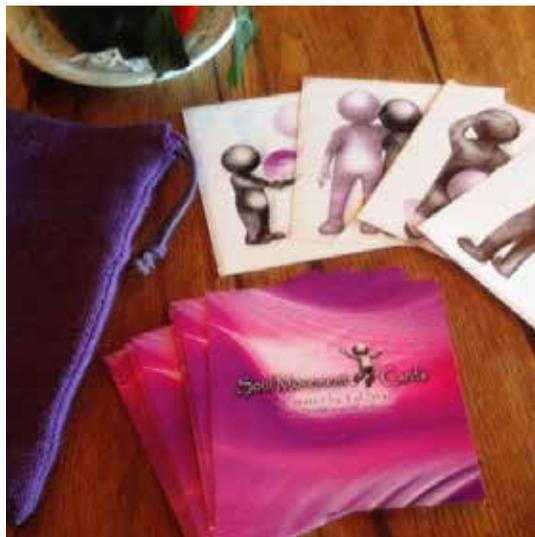
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One of the great benefits of working with a methodology that harnesses a larger field of consciousness is that we enter a fascinating process of discovering what we “don’t know that we don’t know”. As we open our energetic body and inner filters to more possibility, our energetic frequency expands and more opportunities organically ground “in” and “as” our reality. It is always beautiful to witness each person’s unique “felt” experience of this sacred process.

**Anael: Can you share more specifically how you harness The Soul Movement Method® to help your clients heal their money wounds?**

**Tal Shai:** From an energetic perspective, money serves as a potent gateway into a much larger, multi-layered territory within our own psyche and soul field™. Since both the manifestation of money and our healthy relationship to it are fruits or by-products of a healthy root system, healing our money wounds requires a deep-dive into the root cause of our wounding. The root cause includes anything from childhood conditioning, archetypal imprints to inherited multi-generational trauma, all of which cannot be accessed through linear-based modalities that depend primarily on the faculty of our mind to connect the dots.



This is where The Soul Movement Method® comes in. The Soul Movement Method® harnesses a larger field of consciousness—what I have coined the soul field™—to access core dynamics or movements that fuel our financial well being or lack thereof. I liken the soul field™ to a bowl of “all that is”, a bowl that holds the entire gamut of our soul memory throughout all time, allowing past, present and future soul trajectories to exist as one interconnected soup of “is-ness”. Essentially, if a soul memory were added to the soup yesterday (in the past) and yet again today (in the present), both memories would exist as part of the same soup. By the same token, if an ancestor seven generations back experienced unresolved trauma, that too would exist within the “energetic soup” that either feeds or detracts from our well-being.

The Soul Movement Method® provides a highly effective container to quickly and effectively access core wounds by activating our somatic intelligence and bypassing the conditioned rationale of our mind. Addressing core wounding is key to creating quantum shifts. In the same

way that pulling on the core thread of a piece of fabric will unravel the entire piece, resolving a core money wound will organically unravel and resolve the more surface ones.

It is not uncommon for a client to experience quantum shifts relative to a specific issue in one or two sessions. That said, an integration and refinement process is crucial for these shifts to fully ground and manifest as sustainable results. For this reason, I no longer offer stand-alone sessions and only take on clients who are willing, eager and committed to move through an arc or journey of transformation. A journey allows us to move through thresholds in consciousness and address multiple layers that have held a pattern in place. That is when clients begin to feel the transformation and juicy results they came for.

**Anael: Since you facilitate clearing of wounds that are also sourced in ancestral trauma or collective soul memory, does one need to believe in past lives or in a soul field™ for this methodology to work?**

**Tal Shai:** Absolutely not! This methodology does not hinge on any particular belief system. Rather, it honors each person’s direct experience of soul as it shows up through their body intelligence. It bypasses the conditioned mind and facilitates direct access to a distilled truth within, a truth that transcends

any particular belief system or cultural conditioning.

**Anael: To conclude, would you be willing to share how a Soul Movement Mapping Session™ might differ from therapy?**

**Tal Shai:** Each Soul Movement Mapping Session™ organizes itself around a specific intention or goal and is therefore solution-oriented. Since we cannot compartmentalize consciousness or separate our psychological structures from our soul memory, tending to as many aspects of our consciousness as we can is key to the clearing process. During a Soul Movement Mapping Session™ we tend to what shows up in direct correlation to the intention set. What shows up may be rooted in childhood conditioning, a collective archetype, ancestral wounding, a past life memory or even a future vision. We honor and tend to whatever is ready to reveal itself as a direct, felt experience in service to each person’s unique intention and soul trajectory.

Material that surfaces typically does so in response to a somatic trigger or inner movement rather than a function of “trying to remember or figure things out”. The nature of this work is somatic, radically non-judgmental and compassionate. It is sourced in a soul-centered worldview that life is a journey, not an event; that we are not broken, but rather “breaking open” in an evolutionary trajectory towards our highest actualization; that healing involves the application of love to those places that hurt the most; that we are powerful co-creators in this playground called life ...and that as we master the process of co-creation, our life becomes a huge playground of exciting possibilities.

I like to think of The Soul Movement Method® as a multi-dimensional homecoming to what Mary Oliver describes as “the soft animal of our body”(i.e., our human nature) and our true self or soul essence (i.e., our divine nature). When we learn to radically embrace and celebrate the entire spectrum of our human and divine experience, “heaven on earth” becomes a felt reality, not an illusory dream to be attained.



**Tal Shai** (M.A. Counseling Psychology) is a Psychotherapist turned **Intuitive Business Coach** and **Founder of The Soul Movement Method®**. She helps visionary entrepreneurs and transformational facilitators manifest a thriving lifestyle and business by harnessing The Soul Movement Method®, **a somatic-based methodology** designed to reveal hidden blocks, clear ancestral entanglements and **access the root cause** of what holds one back from authentic freedom in business and life.

Tal certifies coaches, therapists and holistic practitioners in The Soul Movement Method®, helping them add a powerful system to enhance and expand their own practice. She is also a certified therapist and supervisor with the European Transpersonal Association (EUROTAS).

Having studied, worked and lived in Africa, Asia, the Middle East, Europe and the USA, she is a conscious global citizen who passionately serves her tribe from wherever she resides on this planet.

To learn more and Claim a **FREE 6-Part Online Workshop: Soul Movements For Financial Freedom™**, visit [www.TalShai.com](http://www.TalShai.com)



**Anael Harpaz** is a peace practitioner, healer and author of *From Pieces To Peace* and *My Dream Pillow*. Learn more about Anael and her offerings at [DreamingPeace.com](http://DreamingPeace.com)

“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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and your joy a lovely temple.*  
—Aberjhani, The River of Winged Dreams

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# Achieving Salvation

## Your Brave Song

By Jesse Austin



The young Phenom Professor at Princeton

You reside in St. Camille, Oregon.

These are the last, glorious years of your life. Sleepy St. Camille is near Chonee University, where you still have an office. Your wonderful lawyer wife, friend Raven, died three years ago. You were partners for 48 years.

Not that Raven has gone silent; now and then you still hear her clear, carefree voice. Your colleagues indulge you and quietly shake their heads.

You are still active at the university, and you continue to publish in various scientific journals. Let us mark you down as a proud old man, a scientist, and in your mind you have never really retired.

Recently you, a long-time noted quantum physicist, were awarded a plum prize. The President's Distinguished Science Award. You heard about it on NPR news, driving into the university. You immediately felt a sick wave of anger.

You did not want your name mentioned in the same sentence with the U.S. president's name. You swallowed in revulsion.

To you, the president was a shallow symbol of gross and irresponsible fear. Nightmarishly, he was a grotesque goblin slithering across the face of any reasonable sense of truth. You were absolutely convinced the president was not mentally balanced.

But also, you reasoned, the president was the yellow canary deep in the mine pit. That he even got elected convinced you

that public fear was growing out of control across the land.

Hearing your name thus associated on the radio, your heart skipped in fright. What were you supposed to say? Coming to a stoplight, you gripped the wheel.

In science your speculative theories are discussed, challenged and celebrated worldwide. You originated the privileged *Theory of Minute Black Holes*.

A clarifying statement you made during a recent public lecture at Chonee University has been widely reported in the media; *you said*: "Time is simultaneous ..."

*You said*: "All of our selves exist at once. It is possible to talk, self to self, and gain information on how others in our reality spectrum are either avoiding or transforming global warming."

Lately many of your writings and lectures have been on the cutting edge of the 'Crime of the Time—*growing global insanity*.' The pressure of creeping global warming was driving populations crazy with fear. *You said*: "We have in general terms planned what is happening for eons. Now, the insistent pressure of global warming is divinely driving us to reconsider consciousness. Our salvation of civilization *sanity* is not in the stars, but in our way of perceiving reality. Infinite possibilities of the imagination exist. We either explore or we go insane."

Those words were your quantum physics legacy—the *pure fire of genius*. Absolutely, you had a right to be proud.

Before you arrived at your usual parking spot behind Velky Hall you had decided to turn down the President's Distinguished Science Award.

On the NPR broadcast, the pundits were already announcing the award as a sop. The president's administration was dismantling many of the science oversight and regulatory boards. Your name via the award was being used to beguile the deplorable masses.

After parking you notice your splotched hands shaking on the wheel. How could you keep your distance from this whole thing?

You turn off the radio, now on world news. "Gone to darkness," you mutter, attempting to routinely distance yourself from the dark, sad news from around the globe.

Walking, suddenly bile comes up in your mouth. What sort of man were you? You were sick of yourself. The world marched on, chewing itself to pieces and what did you ever do about it?

On tired legs you weave side to side, like a small craft at sea, agonizing across the Chonee University parking lot.

You suck in a breath before ducking into Velky Hall. You were not in your office three minutes before Donald rushed in and solidly hugged you. Donald shouted congratulations, laughed and yelled out into the hall the good news.

You took a dizzy step backwards. In the glass wall of your corner office, you saw the reflection of your sagging face looking grave with concern.

Large Dr. Donald Huff, the enthusiast, was the Dean of University Affairs. Dr. Huff was a force at the school and in state politics. So were you. But on the other side. For Dr. Huff, wonderfully, the announcement of the president's science prize was a huge event for his cherished Oregon school.

Your office filled quickly with colleagues wildly smiling and congratulating you.

Even though you are a balding man of average height, your indignation at being hugged and bumped made you stand stiff, chin high. In a bitter, imperial voice you announced that you had no intention of accepting the award.

Dr. Huff narrowed his eyes, turned red and immediately began texting. Around you faces fell to the floor in hurt silence.

You waved everyone out of your office, sat down and checked back a sob of emotion.

In hot agitation, you fashioned a highly reckless press release - starkly stating your views - *and you pushed the button to have it printed!*

Marching down the hall on creaky knees, you are dying to reconsider. *You have consulted with no one!*

"Courage," you hear your dead wife Raven say. "What?" you mumble.

Two colleagues pass you giving each other significant looks.

"Courage," Raven repeats, laughing.

If you had to swear in court, you would swear you heard Raven's carefree laugh there on the first floor of Velky Hall.

Hunching your shoulders, you turn into the department secretary's office. With your right hand shaking, you drop the single page into the basket marked 'Immediate Attention'.

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*Shine your soul with the same egoless humility as the rainbow and no matter where you go in this world or the next, love will find you, attend you, and bless you.*

—Aberjhani, Journey through the Power of the Rainbow: Quotations from a Life Made Out of Poetry

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Then you make straight for your car, walking in your usual weave.

*For Immediate Release:* “Dr \_\_\_\_\_, quantum physicist ‘Pro Omni Dictum’ at Chonee University declines to even consider an award from a racist, fascist, sexual pervert.”

Driving home, you had an urge to pull the car into the river. Instead, you slide into the dirt turnout just before the bridge. Without getting out of the car, you peer down at the brown water.

Sitting, befuddled, you fall into a brief snooze. Then you wake alarmed. You think of your dead wife, crazy, tender Raven.

You had always been fascinated by Raven. At Princeton you had your doctorate by age 25, and you presented your famous white paper on the direction of ‘simultaneous time’ that same year. A story appeared about you in Time Magazine. The power of your amazing theory was discussed, including the views of the dissenting old guard.

You were the young Princeton phenom professor, but you were miserable. You did not drink, make small talk, nor had you even held the hand of another young person. Evenings at dusk you roamed the campus, often standing alone on the little bridge over Princeton’s one notable stream.

You had long since concluded that in the social marketplace you were not a fancy package. You had pinched shoulders, tiny ears and a shiny forehead the size of a mountain.

However, there are miracles. How else could you explain it? At a Princeton colleague’s birthday party for their seven-year-old, you met the family’s beloved babysitter. Everybody raved about her loving good sense, her bold ambition and her young beauty.

Raven was twenty-two and putting herself through law school by babysitting, cleaning swimming pools and any other jump and go jobs she could find.

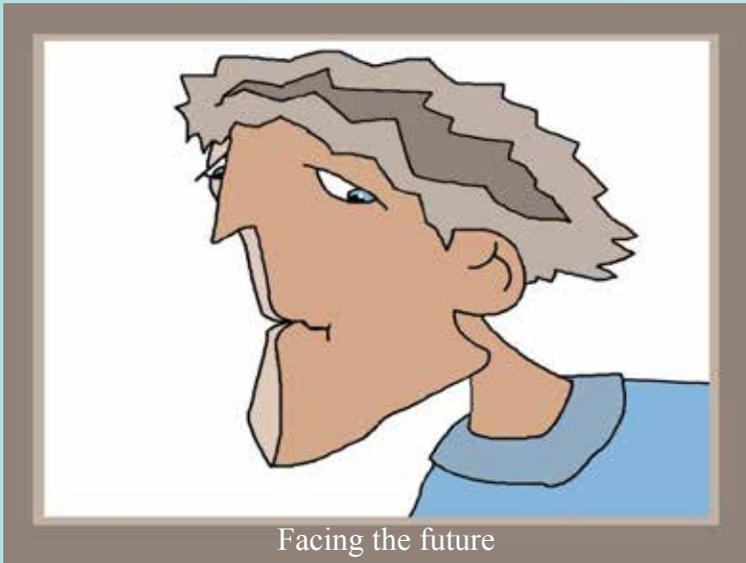
“Are you the genius?”

At the BD party you were sitting by yourself watching the

gang of adults talking, while the kids ran around them in circles. You had a piece of cake on a white paper plate in one hand. Suddenly you discovered a bit of frosting on your pant leg just above the knee.

“Yes,” you answer abruptly, not really understanding the social play aspect of the question. Then, with an involuntary jerk, you quickly look away from the enquiring oval face.

The young woman gave a carefree laugh. Your neck flushed hot.



Then, amazingly, the young woman maneuvered the conversation around to kissing.

“I read you said time has only limited meaning,” she boldly proclaimed.

“Well...” you answer, not entirely following the operative thread of the conversation.

You were nervously aware the young woman was about your age. You noted, in a quick glance,

her green eyes, dark hair, and her sly smile, as if she intended to pull you into a lake.

“OK, in this exact moment of time...” she dipped her face towards you. “What is your response to this...?”

Then you were kissed, as lightly as a butterfly on your upper lip.

Your eyes opened wide in surprise.

“Haven’t you ever been kissed before?”

Your face flushed, your shoulders lifted and brushed against the lobes of your ears.

“Why did you do that?”

“Everybody is talking about you, the young genius,” she laughed. “But this afternoon, every time I looked over, you seemed lonely, like a dog without a master.”

Finally, after driving home, you were still mulling over your

ill thought out press release. You don’t eat but limp out into the backyard garden. Your face felt hot. Your mind jumped to all the usual irrational places. Then you noted your chest felt tight, you could feel the storm coming.

You were sure the media would portray you as unprofessional, unpatriotic, and *likely loony!* Your work, your ideas, what you stood for, would be twisted by this sideshow shouting match. Because surely the president’s people and the public would answer back.

Finally, you ease down on the lopsided little bench your wife had been fond of sitting on before she died. You close your eyes and concentrate on your breathing. What was wrong with you? You had ordered your colleagues out of your office. And what embarrassment would your press release cause the university?

As the noon shadows fell across the patch of garden, you fretted on the bench. Your chest hurt, you take in a long breath. What was bothering you?

You had better eat, you think, but you don’t move. Your stomach is as tight as a catcher’s mitt. Your thoughts have gone cloudy.

“What, honey?” you say out loud. “What? What? What?”

But for the moment your imagination was silent. You would have to make your own decisions, and stumble through this president’s award stuff as a lone woof. “The genius of the ages.” That is what Raven always called you when she saw you suffering.

Sometimes she would kiss your cheek or forehead over and over until you had to laugh and were forced to push the tickler away. Her eyes, her green eyes; you would remember those soft, loving eyes for eternity.

You had a good cry, and scuffled your feet like an eleven-year-old as you crept around the garden, pulling the odd weed. Since Raven passed, you have tried to keep up the little patch.

Back in the house, you finally heat soup for lunch. A thought jumps into your imagination: “We are each a dream scientist, researching the nature of consciousness against the *clock* of global warming!”

You make a gesture with the wooden spoon as if noting an occasion. To you, ideas found in your imagination were proudly important.

You set the spoon down, cross into the hall and pick up your

phone. Your stomach flips over. The face of your tidy cell was jammed with red numbers. Everybody and their dog had responded to your press release naming the president of the United States as a ‘pervert’.

As you scan, your shoulders pinch up to your neck. There are scores of messages from the university, all aspects of the media, and dozens of other organizations, individuals, and bored morons. The Chonee campus police had even left a message asking you to contact them.

All of this in a few hours. And the university had made it clear they expected you to hold a clarifying press conference tomorrow afternoon. Dr. Huff’s text was explicit, the press conference would be held in ample Robin Hall, at 2:30 PM.

Your lower back jumps making your kidneys hurt.

You return to your duties at the stove. The soup needs lemon juice you decide. You are hot, you feel dizzy, you reach and pull open the window. The smell of the garden rushes into the kitchen.

Suddenly you toss the wooden spoon into the sink.

Fuck the president. You would survive. Anyway, you were old. Why not, more or less, tell the truth?

You heard carefree Raven laughing. She always loved you when you were foolish.

Just three powerful years later, you would be dead ...

**Greetings to Conscious Seekers of Self and Spirit!**

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# Spirit Messages From Animal Totems

By Juna Berry Madrone

Animal totems are volunteering information to assist us in moving forward in four key areas of our life. How can we create a more comfortable home? How can we nurture our human relationships? How can we be more effective communicators? How can we move forward in our personal spiritual evolution?

The Pearls of Wisdom Tarot deck by Roxi Sim and Caeli Fullbrite will guide us to the respective animal and their message for each question. We give thanks for this information.

## Ace of Pentacles – Tiger Cowrie



### How can we create a more comfortable home?

Goddess protection and powerful feminine energy are associated with the Tiger Cowrie. Protection is the primary purpose of a shell in nature. Each dweller in a home needs to have her or his own clearly defined space. Safety and privacy are basic needs that can be overlooked when we share space with others.

The Ace of Pentacles represents an opportunity to begin anew. Have a family meeting and communicate clearly the desire to delineate personal space and the protocol for

approaching that space. This space could be a drawer, a table or a desk or an entire room or suite.

When we have our own space, we feel validated and worthy. We each need a safe space to store our written thoughts, personal mementoes, treasures and works in progress. People of all ages need to have private space where they will not be interrupted or overheard – even if this can only be created temporarily by agreement. Safe and private personal space supports our creation of abundance, development of music and art, and a vibrant sex life.

*Though the terror of the sea gives to none security,  
in the secret of the shell, self preserving, we may dwell.*

-Muhammad Iqbal

## Five of Cups – Butterfly

### How can we nurture our human relationships?

Transformation, change and development are constants both in our own lives and in the lives of those to whom we relate. The one thing that we can control is how we respond to the changes that life brings. Can we accept with grace the inevitable changes that occur in our bodies, in our environment, and in those we care about?

Sometimes we get stuck in our relationships. We share a certain history. When we expect someone to respond in the same way that they always have in the past, we relegate our relationship to stagnation. It can be challenging to approach a situation with a fresh mind and heart. How different are we from the people we were five, ten, or twenty years ago? May we extend the same expectation of growth and development to those we have known for a long time.

The mentoring relationship is one where we intentionally seek to bond with someone who models attributes and behaviors that we wish to make our own. This is a wonderful example of nurturance and transformation that is available to us through relationship. We can give some thought to a change we would like to see in ourselves. Survey our acquaintances for someone who exemplifies the new quality we wish to embrace. Communicate out loud to them your desire for a mentoring relationship. When we find ourselves in the position of mentor, we strive to be our best. All move forward.

*Patience with the caterpillar  
is patience with the butterfly.*

— Matshona Dhliwayo



## Six of Wands – Hummingbird



### How can we be more effective communicators?

Keep it light and keep it playful. Think before we open our mouths and ask ourselves if what we are about to say is positive and optimistic? Hummingbird energy is about being present in the moment. The hummingbird can hover in place before the object of its attention. Hover in the moment. There is no rush. Savor the sweetness of the present moment and of those with whom we are sharing space. Deeply imbibe the sweet nectar of this life.

The tiny hummingbird invites us to take a look at our vibrational frequencies. A little self-monitoring will help us become aware. Are we wasting our mental energy in worrying about things that we are powerless to change in the moment? Are we experiencing fear and lack? As we move up the vibrational ladder into the higher realms of love, joy, peace and enlightenment, people naturally become receptive to who we are and to what we say.

We can emulate this joyful bird messenger by seeing ourselves as messengers of hope and jubilation. When we set the intention to bring more joy into our world, we will intuitively be drawn to those who need inspiration and renewal. Assume hummingbird energy by phrasing our honest communication with beauty and delight.

*Like the hummingbird sipping nectar from every  
flower, I fly joyfully through my days,  
seeing beauty in everything.*

— Amethyst Wyldfyre

## Knight of Wands – Horse

### How can we move forward in our personal spiritual evolution?

Horse energy is all about power. By calling upon horse deva energy, we acquire the impetus and strength to move bravely forward in our exploration of other dimensions and worlds. This trustworthy ally anchors us, insuring our safe return from spiritual adventuring.



As we develop our ability to receive and express divine compassion, we can call upon the equine attributes of loyalty, devotion, unconditional love and companionship. Horse medicine lends us endurance, stamina, freedom of mobility and mastery over the environment. As we bond with this gentle and sensitive being, we acquire assistance in interspecies communication, astral travel, clairvoyance and awareness of impending danger.

We can look to the example of the horse totem and recognize the value in harnessing our energy through submission to spiritual practice and discipline. When we learn to master our various desires, we can experience freedom, joy and support in our forward movement.

*A horse is the projection of peoples' dreams about themselves -  
strong, powerful, beautiful - and it has the capability of giving us  
escape from our mundane existence.*

-Pam Brown



*Juna Berry Madrone, Natural Mystic Guide, is a mystic and Hebrew priestess located in Ashland, OR. She supports you in creating the future you want through Tarot, spiritual psychotherapy, dream interpretation, and transformative ritual. This work is equally effective face to face or long distance. Call Juna at (541) 973-6030 and visit [www.naturalmysticguide.com](http://www.naturalmysticguide.com).*

*\*The riotous inundation of symbols painted in a nearly hallucinogenic style makes the Pearls of Wisdom Tarot a wonderful tool for intuitive readings. It is my preferred deck for relationship readings. The Pearls of Wisdom Tarot by Caeli Fullbrite & Roxi Sim and published by [www.7th-House.com](http://www.7th-House.com) is reproduced by permission.*

# This Love has Room for Our Protest

## Kirtan with



## Sitaram Dass

Without my even noticing it, the conversation evaporated into silence. Ram Dass simply looked at me, and I melted into the chair, filled with love. I looked across the room towards him, and our eyes met. Just a few minutes ago he had told me the story of when Maharajji instructed him to meditate like Christ. Ram Dass asked him how Christ meditated, and Maharajji said, “He was lost in a sea of love.”

I was absolutely head-over-heals in love with the man before me, not because he was Ram Dass, but because his presence pulled me into a depth of Being that could love anything. I realized that this is what it meant, at least in some small way, to meditate like Christ.

Ram Dass often says things like, “I love the wall, and the carpet, and this chair. I love my wheelchair.”

And when he says it, he means it. I saw this, not just in my darshan with him that day, but during the following two years that I lived with him. I would often see him sitting by himself, not reading, or napping, or thinking, or even meditating, but just sitting there, truly present and content. Because of his stroke, he is confined to a wheelchair, and his body is often in pain. Yet, he has a lightness about him that transcends his physical body. There is a joy and a contentment that can be at home with the pain.

Some of my fondest memories are of driving him to his various appointments. I would try to make him laugh, or he would crack me up with his great sense of humor, but most of the time was spent in silence. With Ram Dass, this silence is not an awkward void but a rich delicacy to be savored. Once, while sitting on his back porch, he broke the silence to say, “See this? Don’t you see? Look how beautiful it is ...” He waved his hand across the scene in front of us, caressing the scenery with his finger tips and painting each tree, shrub, and cloud with the stroke of his hand, exhaling a long and slow, “Ahhhhhhhhh ...”

I saw it in the eyes of the guests who came to do private retreats with him. They too knew what it meant to be lost in the ocean of love, and I learned from them just how contagious this is. Ram Dass made a splash in them so large that its ripples could be felt in my own body, and I benefited

just from their smiles. I went to almost every talk that Ram Dass gave, and I can’t remember how many times I heard him say, “Bhakti [love] is spread from one soul to another. Those who don’t have it catch it from those who do.”

I have experienced this same thing with Siddhi Ma, an elderly woman saint from India, who, just from sitting in the same room with me, not even looking my way or giving me the slightest acknowledgment, could wash waves of Love over me as if she herself were the gravity of the moon.

Of course Ram Dass and Siddhi Ma both have pointed me, like all of us from our satsang, towards Maharajji, a perfect form of this Love. He is the Sun that lights up the moon. He is the gravity that holds all things in their perfect place, and he is the True Self within every heart.

Maybe twenty minutes or so passed before Ram Dass spoke the next words. They were very slow and deliberate.

“You are Jesus and Maharajji,” he said.

“So are you,” I answered.

At that moment I knew the Truth of what we were saying. I immediately remembered the words from *Be Here Now*: “This is Buddha meeting Buddha. Over toast and coffee. Over milk and porridge. Over mu tea and brown rice.”

Because Ram Dass rested so deeply in his heart, it pulled me right into mine. He showed me a possibility, and he also left me with a practice- to see everyone as Jesus and Maharajji, to see them as God. “For those with the eyes to see...” It is truly possible to love everyone. That’s what he has taught me and what I keep trying to return to.

Sometimes God will surprise me and remove one of her many disguises, and then it’s as if the lighting softens, revealing the most beautiful person to ever walk the face of the earth ...

Sometimes it is a homeless youth screaming at me, calling me a fucking idiot for minutes on end ... or an angry teen I

am working with who weighs over 200 pounds and could knock me out with one punch if he wanted to and is telling me he wants to bash my face into the wall ... or the grocery clerk for a moment when our eyes meet and the world stops.

Ram Dass keeps a picture of Donald Trump on his altar, and this is not a cop-out. It’s not a spiritual-bypassing or an attempt to normalize a monster. It is the ocean, and it has room for all things, including Donald Trump. It doesn’t mean we don’t protest, of course we do. We fight for Truth and Justice and Peace. We fight for it with all of our being. Christ not only sought forgiveness for those who crucified him, he also threw the money changers out of the temple.

During that meeting Ram Dass told me to study the *Bhagavad Gita*. Since then I keep returning to its ancient words, and it constantly shows me its timely relevance. The *Bhagavad Gita* invites us to protest as if our life depended on it as an offering to God, and this includes God in the form of Trump.

The way you offer love to someone who is screaming at you is to remain calm and not react. Expressing love in any other way, even the slightest smile, would not be appropriate or well received. The way you show love to the oppressed is to fight alongside them for justice. The way you offer love to an oppressor is to tirelessly fight their oppression.

But, for it to be a true offering, our hearts must remain open. An open heart can give us the courage to act with strength and the gentleness to act without cruelty. It creatively finds the path of least resistance that will do the most good. Whereas anger burns hot and fizzles fast, Love is a long-lasting fuel that can keep us warm through even our burnout and despair.

The message you communicate  
with another human being  
has nothing to do with what you say  
It has nothing to do with the look  
on the musculature of your face  
It’s much deeper than that  
Much deeper!  
It’s the vibrations that emanate from you!

-Ram Dass, *Be Here Now*

I once worked in a group home for young kids who had gone through severe trauma in their lives. My experience was that it was easy for the staff to love the kids. It was so clear to us that the behaviors we saw from them were not their fault. A violent youth was physically beaten by a step-father. A sexually-aggressive child had himself been sexually abused for years.

But the understanding for the kids did not extend to their parents. In fact, sometimes the staff expressed a vitriolic anger towards them. And isn’t it reasonable to feel that way towards someone that could be so brutal to an innocent child? Yet, when looking through the case files, I would often find histories of trauma that went back generations. A father who had abused his son had also been abused when he was a child. A perpetrator of sexual abuse was once also living in a group home just like the one I was working in. It dawned on me that these adults were once children, and that at least some of the kids I was working with would grow up to perpetuate the same behaviors they had gone through. At what point could I say that it is now their fault? At what age does cause and effect become minimized? Not that I would ever condone any atrocity that one person commits against another, but if a kid I had worked with grew up to commit a terrible act, how could I not feel for them and weep?

“Do what you do with another person,  
but never put him out of your heart.”

-Neem Karoli Baba

(paraphrasing the poet Kabir, from *Miracle of Love*)

That’s what Maharajji said. This is a guide post, a statement of what is possible, and also a path to walk. A judge can sentence someone to jail, a police officer can make an arrest, and a protester can protest. We can act in this world, working for justice, peace, and the end of all oppression, and still never keep anyone out of our hearts.

This is not poetry to soothe broken hearts that cannot hold the weight of the world. This is a deeper weight that can tear the last pulsing seams apart. Let the seams rip and the heart shatter. When we can fully drown in the world’s pain, we are ready for its love.

This love has room for our protest. In fact, it demands it.



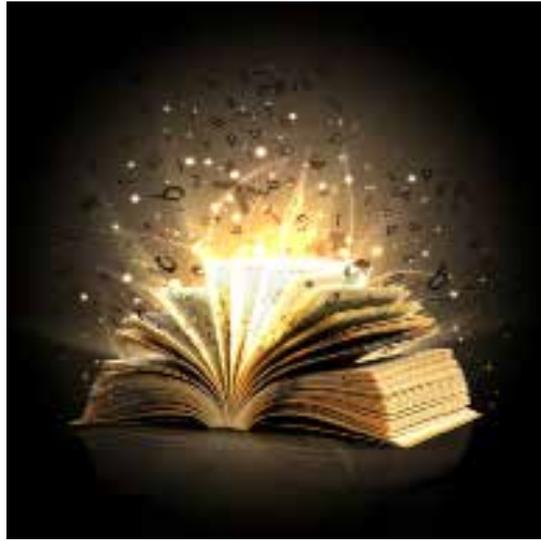
(Note: because of the nature of the work I do with youth, all identifying information has been changed to keep confidentiality)

*Sitaram Dass served his beloved teacher Ram Dass for several years on Maui, where he committed himself to the path of Bhakti Yoga. Now he spends his time singing kirtan, writing, teaching and serving wherever he can. His settings range from homeless shelters, prisons, and hospice centers to yoga studios, retreat centers, and festivals. Find out more at: [Sitaramdass.com](http://Sitaramdass.com), and check out his new album, “The Puja Room Recordings,” out now!*

# Re-Write Your Own Myth:

Heal Your Past, Author Your Future

By Sabrina Ourania



Since the beginning, human beings have been the storytellers and meaning-makers of planet Earth. This gift of symbolic consciousness has given rise to the very constructed humanity we see around us and interact with everyday. Our personal understanding of our lives, our relationships, our history, our culture - all have mythic dimensions. For example, are you the hero and heroine of your life story or do you always seem to be the unsuspecting victim? Oftentimes we find ourselves unconsciously repeating a mythological motif, especially in our relationships with ourselves and with others.

The Divine Feminine and Divine Masculine and their eternal dance within us all have been illustrated through myths for thousands of years. These enduring patterns, on the one hand, are timeless and on the other a product of patriarchal conditioning going back through history. (Notice even here the patriarch, HIS-story, claiming authorship.) In this current time of awakening, how are we to evolve into a conscious future with new ways of interrelating without also re-imagining the archetypal motifs that weigh so heavily on the subconscious? It is time to re-write our myths about ourselves to empower our divinity as well as activate our agency within ourselves, our relationships, and our world. In a phrase, "It is time we claim our birthright as myth makers of our own life stories and liberate ourselves from the oppression of HISToric patriarchal oppression!"

In psychology, there is a technique known as "Cognitive Restructuring" which refers to the reframing of our thoughts and stories to make them more life-affirming and healthy. By examining our lives through a mythic lens and identifying the archetypes and motifs present, we can increase our understanding of the relational dynamics at play. By restructuring our personal myths, and how we relate to the Divine Feminine and Divine Masculine, we are also helping to restructure the cultural myths that impact society as a whole. As you become the hero of your own story, you empower others to do the same.

This past week I had the pleasure of leading a workshop at Om Shala Yoga Studio in Arcata on Goddess Alchemy & Invoking the Divine Feminine. The next night I attended a ceremonial bonfire at Mad River Beach to honor and integrate the Divine Masculine. These events offered me plenty of opportunities to witness and participate in the paradigm shift happening in, through, and around me regarding Divine Union.

At the workshop, I introduced the central Greco-Roman goddess archetypes, shared some of their mythology, and gave participants an opportunity to invoke and embody these aspects of themselves through yoga, visualization and movement. The women were asked to identify these archetypes within themselves and personalize these myths. The following night, I found myself releasing outworn stories into the fire about my own identity as a woman and the qualities that I have traditionally, readily projected onto men. Through this I found myself dropping old myths about being "abducted" or victimized and began to look at my inherited and adopted prejudices towards the Masculine which were ultimately leaving me inwardly oppressed.

Through this process, I harmonized with what I believe is a universal desire to discover within our lives new mythic motifs. These reimagined myths can give empowered meaning to us and simultaneously release old outworn stories keeping us from our true potential. Taking time to re-evaluate and re-write our own myths can be an important part of locating where we are in this process, releasing what no longer serves, and seeing what is newly possible in the potent space created.

Though myths inform how we make meaning in our lives, they need not be lifeless or unquestioned. Myths are living stories and, as such, can and must be reworked to reflect how we are growing individually and as a people. As in my previous article on Sleeping Beauty in which we re-imagined the waking of Sleeping Beauty (Divine Feminine) as an inside job with the support of the Prince (Divine Masculine),

we can re-imagine all our cultural myths into ones that seek to balance the Sacred Feminine and Masculine.

We are in the midst of a tremendous paradigm shift, one that is moving us out of the patriarchal ways that have proven detrimental to our planet and geo-culture. Never before have the stakes of redemption been so high. This isn't to say let's just throw out all the old myths for they have lost their relevance. We cannot simply tear down our archetypal legacy. We must look honestly at where we've come from before we can heal those wounds and carve a new and conscious path into uncharted territory.

## Re-Writing my Myth:

I often told the story, to myself and to others, of my marriage, as though it were Persephone's abduction into the Underworld. My ex-husband of course played the role of the Dark God, and I the innocent victim. For a time, this version of the story served my understanding of the ways I had been manipulated and helped me to be angry enough at my ex to leave him. I also forgave myself my naivety. Even so, that version still left me as Persephone, disempowered by an Underworld Lord, unfortunate and fallen on dark luck. I am now once again cognitively re-structuring this myth and consequently rewriting my role in the Persephone story:

*Persephone, ever in love with mystery, had within her soul a desire to know herself better; to understand her deepest yearnings and hidden motives. Her soul's asking brought forth a reflection, someone to see herself in contrast to and ultimately to more clearly understand her own soul. Hades, God of the Underworld, the introverted recluse, represented all that she believed she was not. Her mirror, however, was also a part of her, her own shadow, that which she disowned and was unconscious of. Hades was knowledgeable of deep desires and hidden motives. He saw all that she, in her youth, could not. He taught her of many things, some pleasant, many unpleasant, yet all answering her soul's request for self-knowledge to further her growth. Hades himself was not inherently good or bad; actually he and Persephone were but two sides of the same coin. He never forced her to eat his pomegranate seeds. In fact, she loved how ripe and juicy they were. And so she chose to eat them herself to learn the power of receptivity, innocence, and staying true to herself.*

I have both within me, the innocence of Persephone and the rich inner world of Hades. In my interactions and relationships, I am not one at the expense of the other, I am both. My ex was not Hades but the underworld itself from which I had failed to recognize my true agency. In re-telling this story this way, I am able to honor and integrate both God

and Goddess and bring the Divine Feminine and Masculine back into sacred union.

## Steps to Re-Writing Your Myths:

If you have a good grasp of some mythology, be it Greco-Roman, Indigenous, Hindu, Celtic, African, Egyptian or any other, finding a myth or archetype that resonates may be fairly easy. If not, don't worry! We all intuitively recognize these mythic motifs in the images and icons that inundate popular culture today through movies, television and social media. So even if you don't know the details of an actual myth, certain patterns and character types should be familiar to you.

**Discover.** Identify a myth with a character that seems to have parallels in your life, even if only some of the character traits seem to resonate. Oftentimes understanding which God/Goddess/Archetype you are embodying in a particular situation/relationship can help get you started.

**Reflect.** Ask yourself, what is the outcome of this character? Is he or she more empowered and fulfilled in the end, or has he/she ultimately been victimized in some way? If so, how? By considering the weaknesses of traditional archetypes you've been embodying, you can identify where you may still have room to grow.

**Reimagine.** What other outcomes or processes are possible? Is there an alternate ending or an addition to the story that would be more empowering, offer greater freedom, or just intuitively feel better.

**Write it out/Live it up!** Re-envision a myth that is expansive and empowering, making you the hero or heroine of your own journey, rather than a victim.

Often we adopt meaning to our life events without thinking if it is empowering, if it is healing? We forget that we are the authors of our destinies, free to choose what an experience means or where to go from here. No one can assign meaning to our lived experience but us. We are the destined author of our own myth.

*\*Sabrina Ourania is a menstrual, fertility, and reproductive health coach, yoni yoga instructor, archetypal astrologer, and transformational retreat leader. She is the founder of Goddess Alchemist, dedicated to the erotic art and science of invoking the Divine Feminine through myth, movement, massage, menstrual mysteries, and moon magic.*



# The Heart of the Horse



by Connie Carter

a sense of gratitude, and a tentative yearning for more connection.

This way of relating can be healing, with the horse experiencing for the first time a new sense of themselves and of humans; of being witnessed and felt. Simultaneously, the human participants experience a parallel process; there is permission to be and feel a positive integration and exchange between human and non-human.

There is understanding of being equal at Heart.

You may have had experiences with the non-humans in your life that give clear glimpses of their true nature as Beings. Maybe your cat never fails to come running to be with you when you sit to meditate, sensing the Space; maybe your dog always “knows” when you’re hurting and is there by your side, gazing into your eyes with deep compassion. Maybe you’ve been hearing about forms of counseling that feature horses as naturally empathic partners in the healing process.

Stuart Camps, whose very name means “keeper of the animals and the open fields,” was born and raised in Papua, New Guinea surrounded by animals and nature. He has spent his life developing a profound respect for non-humans, and has developed a way of being with them that fosters a connection of heart and spirit, while dissolving man-made limiting views of nature.

This way of being is not a technique but a relationship based on respect, trust, confidence and leadership. His “Heart of the Horse” seminars, offered world-wide, exemplify this honest way of relating to non-humans. So many horses have lived lives in neglect and abuse, bought and sold as commodities and always seen as inferior. In the seminar, the horse and the human are recognized as intelligently thinking, feeling partners that look out for each other. There is nothing about riding or any utilitarian objectives, nothing to facilitate control; the horse is free to leave, or stay. As participants listen and feel their way into the heart of the horse, there is a familiar recognition,



## The Heart of the Horse

With Stuart Camps  
of SacredCamelGardens.com

**The Heart of the Horse**, seminars are about building trust, respect, confidence, and leadership in which the horse and human are intelligently thinking, and feeling partners, who look out for each other. The horse remains loose, unattached, free to leave, or stay on his/her terms. We listen, feel, act and find our way into the heart of the horse, where we find our heart also

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Seminar is for anyone 14+. These seminars are for horse people, and non-horse people alike,  
as long as they have interest in learning how to relate to non-humans regardless of form and appearance.

BYO Lunch - non-alcoholic beverages are included.  
**All proceeds go to support the Sacred Camel Gardens**



## NOCTURNAL

He sat on the moist coolness of sand  
arms encircling knees

dressed only in the evening  
of his waning years

eyes lit like inward flames  
in the full white moon  
  
so circumspect there  
gazing at the tumble of waves

churning at times  
calm at others

endless repeating patterns  
his glass was empty

his heart was full

Roy Rosenblatt

**Danielle Orr**  
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*Then came the healing time, hearts started to shine,  
soul felt so fine, oh what a freeing time it was.*

— Aberjhani, Songs from the Black Skylark zPed Music Player



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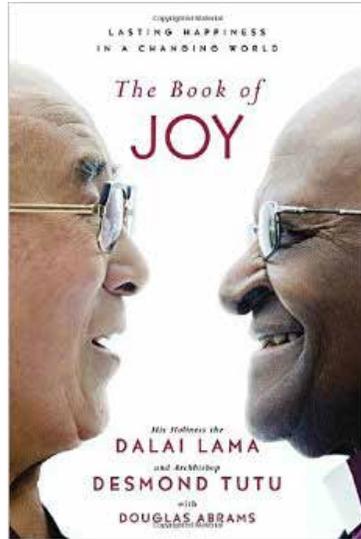
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Ellen Dee Davidson reviews  
**The Book of Joy**

By The  
 Dalai Lama  
 and  
 Desmond Tutu

With Douglas Abrams



We all need a little light and guidance to encourage our inner peace, love, well-being, happiness and joy during these extremely challenging times. *The Book of Joy*,

a long conversation between His Holiness the Dalai Lama and Archbishop Desmond Tutu, written by Douglas Abrams, offers this in abundance. If you were only going to read one book in your entire life, this would be a good choice. It's basically a map for how we can stay joyful no matter what is happening in the world around us.

The Dalai Lama and Desmond Tutu agree on eight qualities, which they call pillars of joy, as the foundation for being able to live a joyful life. The four mental pillars are **Perspective, Humility, Humor, and Acceptance**. The four pillars of heart include **Forgiveness, Gratitude, Compassion, and Generosity**. Cultivate these qualities, and watch your life improve no matter what the circumstances.

**Perspective** is about our view and the way we see our lives and situations. The Dalai Lama says, "For every event in life, there are many different angles. When you look at the same event from a wider perspective, your sense of worry and anxiety reduces." Examples are taking something traumatic from our past experience and seeing all the blessings that have arisen from it. Another shift in perspective is to shift the focus from I, me, and mine to we, us and ours. This is a bigger view and literally has physical effects on our bodies; those thinking mainly of themselves have a higher risk of heart attacks!

**Humility**, according to both of these brilliant moral leaders, is essential to live a life of joy. Humility involves not taking

ourselves so seriously or thinking we are extra special. The Dalai Lama makes the point that he'd be very lonely thinking of himself as the only Dalai Lama, but when he considers himself one of over seven billion people, he realizes he has lots of friends. Abrams states, "The word humility actually comes from the Latin word for earth or soil, humus." Staying humble literally keeps us grounded and down to earth. "Sometimes we confuse humility with timidity," says Archbishop Tutu. "This gives little glory to the one who has given us our gifts. Humility is the recognition that your gifts are from God, and this lets you sit relatively loosely to those gifts."

When we are humble, we find it easier to laugh at ourselves, and enjoy the third mental pillar of joy: **Humor**. Throughout the book, the Dalai Lama and Archbishop Tutu are constantly teasing each other, joking and laughing. They definitely don't take themselves too seriously. Again, humor, like humility, comes from the same root word, humus. The kind of humor they are describing is never mean-spirited.

According to both these spiritual teachers, **Acceptance** is the only place we can begin to change anything. Acceptance means we start right from where we are, with what is really happening. Acceptance is not, however, denying, giving up or being resigned to negative situations. But, as the *Book of Joy* clarifies, even though it's important we stay aware of what is happening now for ourselves, others and the earth, we do not have to be miserable about it. We can do whatever we can to improve situations but, as the Dalai Lama points out, "Why be unhappy if it cannot be remedied?"

**Forgiveness** is the first pillar of the heart. It is the one capable of freeing us from the past. "Forgiveness," the Dalai Lama says, "does not mean we forget." We keep the discernment to avoid harmful situations, and maybe even seek justice, without reacting with negativity. The Dalai Lama says, "... there is an important distinction between forgiveness and simply allowing others' wrong-doing." Later he adds, "We stand firm against the wrong not only to protect those who are being harmed but also to protect the person who is harming others, because eventually they, too, will suffer." But we don't have to carry the poison of anger, hatred, and the desire for revenge in our hearts. Archbishop Tutu sums it up in *The Book of Forgiving*, "Without forgiveness, we remain tethered to the person who harmed us. We are bound to the chains of bitterness, tied together, trapped. Until we can forgive the person who harmed us, that person will hold the keys to our happiness, that person will be our jailor."

**Gratitude** is perhaps one of the easiest pillars for most of us to access. We all can be thankful for the amazing experience

of life as well as the beauty of nature. Abrams says, "Gratitude means embracing reality. It means moving from counting your burdens to counting your blessings." The Dalai Lama points out that we can even be grateful for our enemies because they help us develop spiritually. Gratitude takes us out of fear, and tends to make us more compassionate and generous towards others, as well as releasing feel-good endorphins into our brains.

All of us love being treated with **Compassion**. Compassion is empathetic feeling towards others that leads to acting kindly. Fortunately, compassion is a pillar we can cultivate. According to the Dalai Lama, "Too much self-centered thinking is the source of suffering. A compassionate concern for others' well-being is the source of happiness." Recent scientific evidence points to the fact that our basic human nature is one of compassion. Concern for others is instinctual. Consider the most primary bond of mothers and infants; for nearly everyone it is an overwhelming, biochemical love affair. Archbishop Tutu comments, "We are growing and learning how to be compassionate, how to be caring, how to be human." Of course, it's essential to also be compassionate towards ourselves.

**Generosity** is the final pillar of joy. Like all of the other pillar qualities, generosity is encouraged by religions around the world. Scientists are also discovering that being generous boosts the immune system! We can be generous with our time, energy, money, and spirit. Abrams writes, "When we have a generous spirit, we are easy to be with and fun to be with. We radiate happiness, and our very company can bring joy to others." And, later, "When we practice a generosity of spirit, we are in many ways practicing all the other pillars of joy. In generosity, there is a wider perspective, in which we see our connection to all others. There is a humility that recognizes our place in the world and acknowledges that at another time we could be the one in need, whether that need is material, emotional, or spiritual. There is a sense of humor and an ability to laugh at ourselves so that we do not take ourselves too seriously. There is an acceptance of life, in which we do not force life to be other than what it is. There is a forgiveness of others and a release of what might otherwise have been. There is a gratitude for all that we have been given. Finally, we see others with deep compassion and a desire to help where there is need. And from this comes a generosity that is "wise selfish," a generosity that recognizes helping others as helping ourselves."

*The Book of Joy* is a huge offering by some of the kindest and wisest teachers on the planet. It's quite literally a road map to happiness. When we cultivate the qualities of the eight pillars, we give them to ourselves as well as everyone else. May we all grow in joy!

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# Sage Advice for the Summer Season

By Donald Hughes, L.Ac.

The ancients knew that keeping healthy meant staying in harmony with nature's seasonal changes. The classics say that as people became civilized, they began to diverge from nature's ways and thus invited disease into their lives. Everything moves cyclically. The sun rises in the morning, warming the earth, we call this baby yang. As it ascends we reach big yang, noon. At the highest point yang begins to wane and turns into yin. At dusk, it pivots into baby yin. Baby yin grows into big yin at midnight, beginning the waning of yin. At dawn, yin pivots into yang.

Much of health revolves around proper opening and closing of the pivots. In an oversimplified explanation, when yin can't pivot into yang, a person gets chills or feels cold. They have stomach aches and difficult digestion. When yang can't pivot into yin, a person gets feverish and contracts ailments of constraint and blockage. This pattern of opening and closing is also reflected in the seasons.

We have another model called the five elements or, more properly, the five transformations. These are very different from the Egyptian or Khmetic elements we are used to that appear in Western mysticism. Each element corresponds to an organ. Five element theory is a way of understanding the relationships between the organs. We have two cycles, the generative cycle of creation, which looks like a circle, and the control cycle which looks like a pentagram.

The generative cycle mirrors the development of the organs in the womb as well as our human life cycle. The cycle begins with water. Water corresponds to the kidneys, which are the first organs to develop in the womb. We can imagine water like a seed, the subconscious, a fetus floating in the womb, also a new born baby. A new born will hold their breath and start making swimming motions if put in the water, evidence of our aquatic ancestry. Water deals with basic survival instincts, the realm of fear and willpower. Water generates the wood element.

Wood corresponds to the liver. We can compare wood to a toddler who begins to explore their world headstrong and curious. We sometimes talk about the terrible twos, though in my experience we could say the terrible threes, when children are learning about ego and how to say 'No!' Wood

has a flexibility to it. Wood is curious, courageous, and insightful. Wood issues revolve around anger and ego games. If we can let go of our anger, our bodies will relax and energy will flow. If we hold on to anger or if we swallow our frustrations instead of properly expressing anger, we might develop issues of stagnation and heat. Wood generates fire.

The fire element (which we will be focusing on later, along with the earth) corresponds to the heart. The heart deals with the emotion of joy. The fire element corresponds to the time in a child's life when they are just awakening to their rationality and beginning to become skillful about the world; roughly ages 5 to age 11. Fire is a laughter energy and brings peace and calm. However, too much indulgence in the fire element can lead to mania and exhaustion. The fire element generates the earth.

The earth element corresponds to the spleen and the sexual awakening that occurs at adulthood. In China, the spleen is considered the hardest working organ. Some Chinese teaching combines the function of spleen and pancreas together to explain what the ancients meant by spleen. The spleen transforms food and air into qi which moves and carries out metabolic functions. The spleen moves the fluids that spill out of the blood vessels and into the interstitial tissues. White blood cells governed by the spleen move these fluids into the lymph system to be recycled or evacuated. The emotion of the spleen is compassion. The earth element deals with making a home, a little nest. The downside of the spleen is worry and over thinking, which can create knots in our qi, often making us slow and sluggish. The earth element generates the metal.

The lungs are the last organ to form in the womb, still somewhat incomplete even at birth. Lungs represent the final stage of life. Metal represents letting go of all that we have accumulated in this life. The emotion of metal is sorrow, but also cosmic awe. Ultimately we have to give this body we have borrowed back to the earth. Resistance to this will only make us brittle like a dead tree branch. Metal also represents heaven which is our true home. We come to this earth to incarnate into solid form so that we might have a stable platform upon which to carry out certain work that is not possible as a spirit.

Our life cycle and our organ development are also represented in the seasons. The winter is the water, a seed buried in the cold ground. The springtime is the wood, the seed bursting out into the world. The summer is the fire, the flower and the fruit that comes from the mature plant. We sometimes consider the earth as representing late summer and

sometimes we consider the earth as the center of the wheel around which the seasons cycle. The metal represents the fall, the time of restriction when we must begin conserving our energy or face the consequences during the winter when we are supposed to be holed up with all our stored food.

In the Chinese calendar, the seasons begin between the equinoxes and solstices. What we consider the beginning of summer is actually the peak of summer, when yang is at its highest and is beginning to yield to yin.

As we said before, summer is related to fire. The yin organ is the heart and the yang organ is the small intestine. The small intestine deals with choice and refinement. Physically, the small intestine is filled with what are called goblet cells, perhaps more aptly named 'gobble it' cells. They reach out with their little flagella and grab the bits of food they deem nourishing and let them enter the blood stream. In order to support the small intestine in this function, summer is a good time to eat lighter foods like fruits and vegetables, rather than the heavier meats and greasy fried foods.

Summer is the time of year we need the least sleep. The classics advise us that we can stay up later in the evening, but we still should rise earlier. Sorry you will have to wait for winter for Chinese medicine to tell you it is okay to sleep in. Resting at midday is advised. Take a little cat nap on your lunch break if your job won't let you do a full siesta.

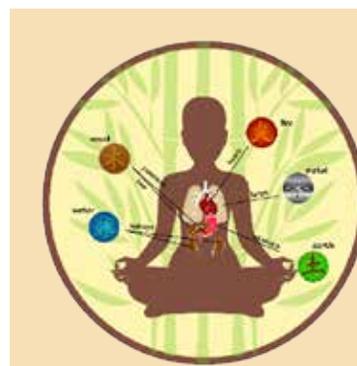
Summer is about abundance. The energy is at full yang. Fruits and vegetables are at highest variety. Generally in Chinese medicine we want to avoid too much fruit as the sugars can tax the spleen, but the summer is a time when you can indulge. In fact, it is recommended as heat is at its highest but does not include processed sugars or over indulgence in grains. Excess of these leads to heat, which can be especially bad for us in the time of heat. Fish, other seafood and duck are the recommended meats

for this time of year as they are more cooling. Pork is a good neutral temperature meat which can be indulged in all year round. Seaweed is a great thing to add to a summer diet. It is important to stay cool and hydrated during the summer. In the classics it says to avoid sweating too much, which can deplete the blood and lead to palpitations, orthostatic hypotension (feeling dizzy like you will pass out when standing up), nervousness, heart burn, poor memory and insomnia. Too much sweating will injure the heart, the commander of blood, so don't exercise too vigorously and stay hydrated.

Some foods to eat during summer listed in the classics are apricots, cantaloupe, watermelon, strawberries, tomatoes, lemon, peach, cucumber, orange, asparagus, sprouts, bamboo, bok choy, broccoli, cabbage, corn, white mushrooms, snow peas, spinach, summer squash, watercress, seaweed, mung beans, lotus root, and Job's tears.

Avoid anger as it can create more heat in the body, evidenced by the red face some people get when overindulgent in anger. By the same token, heat can fuel anger as people become more irritable and fuzzy-headed as the temperature goes up. Remember, the emotion of fire is joy, so summer is a time to be joyful. It is a time for healing and letting go of old wounds. So get out there this summer and indulge in the yang energy. Following the advice of the sages will help cultivate a long and joyful life! Happy summer! Stay cool!

*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 [Kamijodojo.ca@gmail.com](mailto:Kamijodojo.ca@gmail.com) or 510-923-0079. Visit his website at [Shiningdragonancientarts.com](http://Shiningdragonancientarts.com)*



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# When Will It Be Your Turn To Die?

*Baby, time to learn patience!*

by Jesse Austin

You don't like to complain. But a lot of people, here and there, are dying, and you are not!

You see it on the news; four people dead in bridge collapse, man dies from drug overdose, woman succumbs to pneumonia, couple dies horrifically when their elevator flies out through the hotel roof into space, etc. Even, on occasion, dogs, kids and mosquitoes die. But not you.

Is that fair? You are well over fifty. You certainly have been patient. And, truly, you do not like to complain - but when exactly will it be your turn?

It is true that you are in good health, have a tidy home and friendly friends. But you never die, what's the deal?

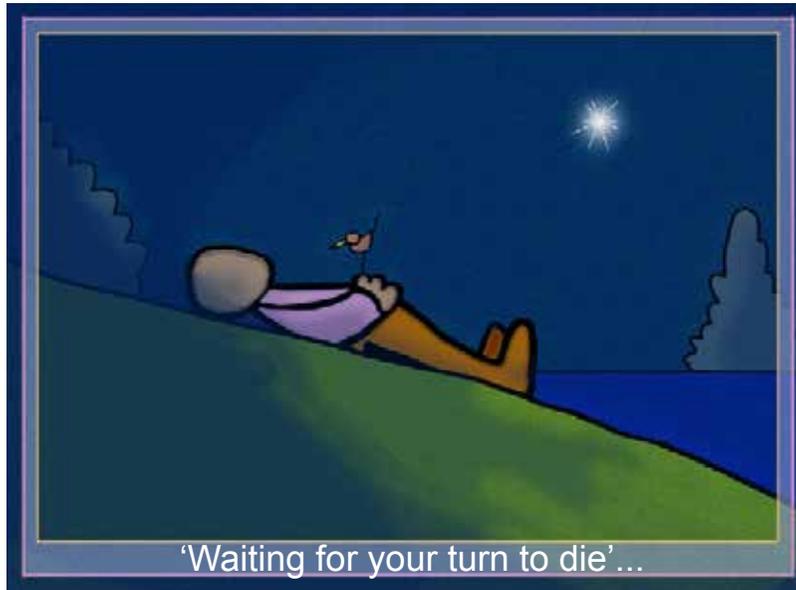
Every time you hear of a new death, you think: "That could have been me." Why wasn't it? You paid your taxes, you raised your kids, and you had an OK career. And over the years you have learned much about yourself and the nature of existence.

You feel complete, full and ready to go.

But you are stuck in an earth life. Certainly you make every reasonable effort to be of service to others and to the general good. And you attempt to pay earnest, playful attention to what you are learning each and every day.

You are a good person. And you very truly believe you deserve to die. But you don't die. You try not to get upset.

You hear about other people dying and you experience the dreaded pang of envy. You can't help but ask yourself what they are doing right? Are they better than you? Better looking, more intelligent, more spiritual—just what is it that they are doing that you are not?



'Waiting for your turn to die'...

Your spouse thinks you are nuts. And maybe you are. But you have heard about death. It sounds wonderful. As you understand it; you will be able to be in multiple places at once, you will be able to view your history and your future, you will get to be a child and hold your little grandma's hand again, and you will create worlds—and then play and learn in

them. What could be better?

But, alas, darn, darn, darn you are not dead.

You don't like to complain, and you make noted efforts to play along, to be a good spor—but your eyes are always on the long red glorious streak of the horizon!

*\*Original artwork by Jesse Austin*

*Love taught me to die with dignity that I might come forth anew in splendor. Born once of flesh, then again of fire, I was reborn a third time to the sound of my name humming haikus in heaven's mouth.*

— Aberjhani, The River of Winged Dreams

*To create art with all the passion in one's soul is to live art with all the beauty in one's heart.*

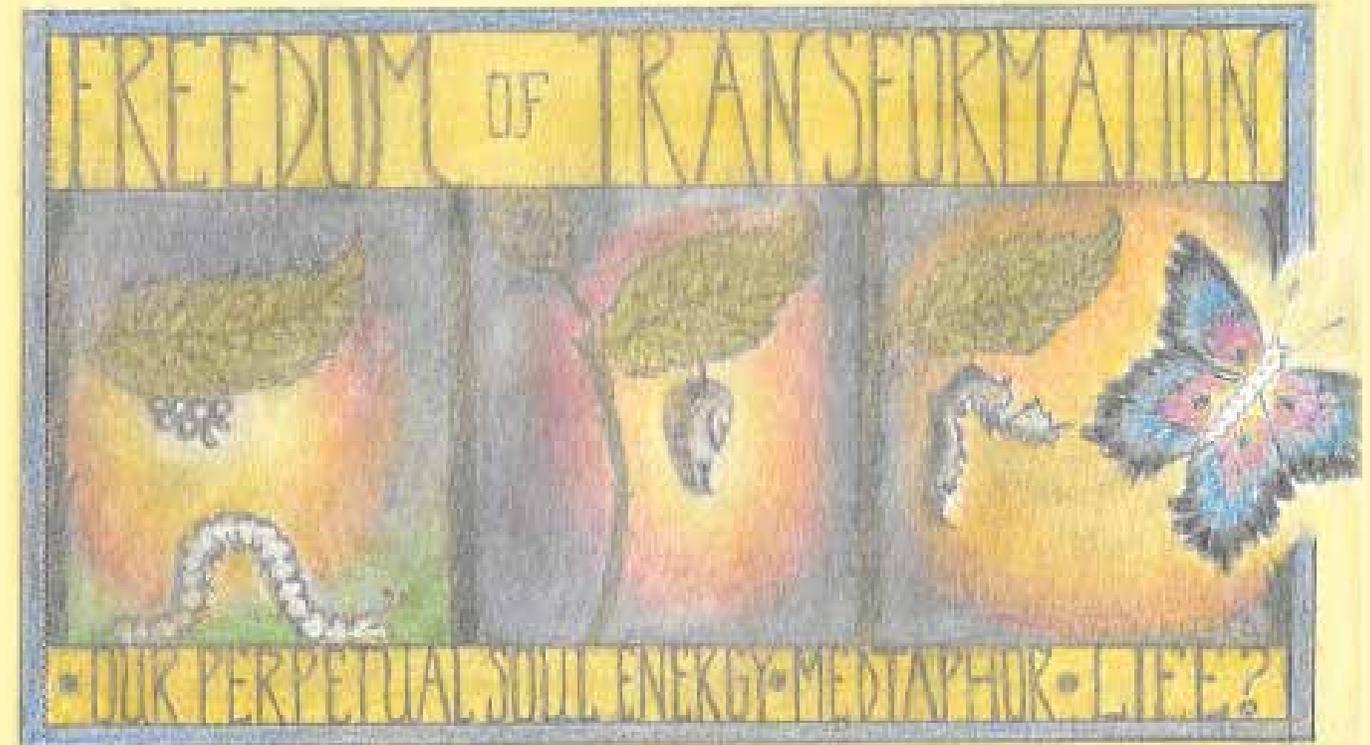
-Aberjhani, Journey through the Power of the Rainbow: Quotations from a Life Made Out of Poetry

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*Oh what a wonderful soul so bright inside you.  
Got power to heal the sun's broken heart,  
power to restore the moon's vision too.*

— Aberjhani, Songs from the Black Skylark zPed Music Player

# Time Travel & Other Miracles

By Maya Cooper

(Reprinted from issue #91 May/June 2015)



Zoe, Maya and Dave

It is very early one sweet morning in January that I find myself dropped right into a vivid recurring dream. I have had this dream at least four times since our daughter Zoe died three years ago. I think one of my sons has even had the same dream. For me, these dreams have felt more like working visitations from her than dreams. It begins the same way each time; we have been transported back

to the day before Zoe is going to die, with full awareness that this is her last day with us. Every other time I dreamt this I have been so preoccupied with what I knew was about to come that I was unable to enjoy our last bits of time together. My grief dominated. We just sat around crying, emotionally hiding from each other and resisting the truth of what was happening.

This time, the dream was different. Zoe and I are sitting on the floor together. The pending loss of her is thick and terrifying. We both know that we have only a few short hours together before she will be gone. I start to cry but then, from inside the dream, a lucid part of me recognizes that we have once again been blessed with the gift of this experience. Some wiser aspect of myself begins to give the crying me a firm talking to. Buck up Maya! Your daughter is about to let go of everything she loves and go on a journey into the unknown. Set your grief aside and help her this time. What do you want to share with her? How do you want to soothe her and help her prepare? How can you honor her courage and hold space for her to express herself?

Being brought to my senses and in touch with her experience is enormously helpful. I am able to buck up. As we sit and hold each other, we talk and share about silly things and profoundly deep things. Wisdom is pulsing in the room with us, and it seems like there is a bigger truth unfolding all

around. The Divine Mystery is alive and crackling like the beginnings of a thunderstorm.

I feel that from our place on the floor, we visit the cosmos together and a deeper understanding penetrates both of us about the events that are about to take place. Her departure is going to catalyze us and drop kick every single one of us who loves her dearly into a new way of being. She is our teacher, our transformer, she brings clarity, and it feels like we are following an intelligent plan.

I am aware that while all this is going on, the observer part of me is wondering why we are sitting and sometimes lying down next to each other on the floor. I am also aware that being able to focus on her is bringing me into deep realms of calmness, feelings of rightness and even, dare I say it, excitement for what is to come next. I am feeling proud of myself in the dream for being able to set aside my grief and extend myself to her. How wonderfully unexpected it is that, by approaching this dream differently I have been granted access to so much grace and clarity. So much so, that when it is her time to go, I feel no urge to resist or cling or hold her back. I feel a greater purpose, even though I don't understand what it is; I am soothed by the purposefulness of her going. We hug, and as things often happen in the mutable dream world, she gets up and departs via a closet door.

Though I cannot yet clearly bring to waking consciousness the depth of what I learned and experienced in this dream, I am aware that I am soothed by the love and new awareness we touched and experienced during our dreamtime visit.

This next part is a bit difficult to read but it is an important part of the dream so I am going to share it. It turns out well in the end, so bear with me for a paragraph.

Through the closet she goes and I think it's about to happen. Shortly I will get the phone call that she has been in a car accident." I am calm as I wait. Then, as the minutes go by, an unexpected fear suddenly arises. I sense that she is going to commit suicide and I am filled with panic. NO! This isn't how you are supposed to die! I run to the closet and yank the door open. It is as though there was a trap door in the ceiling of the closet. I see Zoe from the waist down, dangling from the ceiling; her upper body is in the attic and not visible to me. I fear she has hung herself and I call frantically for help. Help arrives. They gently get a hold of her and begin to bring her body down out of the closet and lay her on the floor next to me. As soon as her body touches the floor she morphs into a brand new, fresh from the birth canal baby! I scoop her, naked and tiny into my arms. Cuddling her, I begin talking and singing to her. I look back at the closet and realize it was a birth canal. My heart is full of splendor and awe.

At this point in real life my phone rings and I am awakened.

I answer the phone. A woman named Patty is calling. She says we have met once; she came to me for a session. Patty says, "You may remember that I am a medium. I hope I am not bothering you, but I have your daughter Zoe here with me and she has been asking me for several days to get a message to you." Patty shares that she was trying to be respectful and not interfere, but that Zoe was so insistent that she call, that she finally gave in and did. I remember laughing, yes, that is my daughter all right, she is anything but subtle. Truth be told, she can be pushy. Patty goes on to tell me that Zoe wants to communicate that she will soon be reincarnating! She wants me to understand that, as she goes through preparing for this reincarnation, the level of communication that she and I shared since she crossed over might shift, but not to worry. I share with Patty that I actually just dreamt this and that I am so grateful to her for having the courage to follow her guidance and call me with this message.

As we hang up, I feel that I am about to get a big teaching on the subject of reincarnation. I have the feeling that it isn't so cut and dried; it's not like you die and you come back. I can feel intuitively that there is so much more to learn. Everything I think I know will be challenged and refined. I am suspended in the mystery of it all (much like Zoe in the closet birth canal), and I hang out here in this exciting space until another event begins to unfold ...

\*\*\*\*\*

Less than a month after the dream, on a beautiful evening with the sun and moon both in Pisces, I awake to find our old dog Jake standing outside in our backyard peering deeply into all of the corners. He is restless and unwilling to come inside. I watch him from the window; this is unusual behavior for him. He walks slowly into the shadows, stands still, looks deeply for a moment, turns and faces a different direction and repeats this deep peering into the darkness. Minutes go by and I try and help him come back inside to rest. He refuses. At that moment I intuitively know he is looking to go home, and that home is no longer in the house with us. I grab several blankets and pillows and go outside to be with him. I make a big pillow bed and, as we sit down together on it, I am instantly transported back into the dream. I instinctively realize this is my last day with Jake. The dream about Zoe had prepared me; it enabled me to recognize that Jake and I were in our final hours together. I knew in that moment why, in the dream, I was on the floor with Zoe: because I would soon be on the floor with Jake. I also wondered why there was a hint of suicide: it would be up to us to help Jake make the transition. We would have to participate with a visit to the vet. I look deeply into his eyes and tell him that we would be honored to help him go home today.

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**Yoga Don Shares:** Here is a link to an amazing short talk by Alan Watts. PLEASE give a "Listen Very Attentively" 15 minutes to it and I promise you it will benefit your meditations and your moment to moment experiences. The last part is the best "vision" of what meditation can be.

[Pineal Gland -The Secret To Everything Alan Watts](https://www.youtube.com/watch?v=ubtrjDsFOa8)  
<https://www.youtube.com/watch?v=ubtrjDsFOa8>

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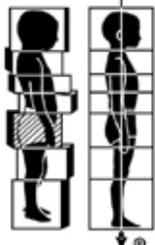


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We spent all day on the floor together. I lit the candles on my ancestor altar and called in all the love and healing that was available to us. We cuddled and napped and communed. We ate beef stew and pears as I told him stories of his life: who he was and always will be to me, how he had shaped and transformed our family. We reviewed our creation story; my version is that I willed him into being with my love, his version being that he came because he knew I needed him. I suspect they are both true. We pulled tarot cards to help advise the next steps of our journey together.

- 1) What do we need to know at this moment?  
**6 of waters** -Have faith, take an emotional risk, renewal.
- 2) What is of value for Jake to know?  
**10 of waters** -Deep fulfillment, everything is in perfect order.
- 3) What is of value for me to know?  
**10 of earth** -Inner treasure brought forth into the world.

Understanding that everything we interact with holographically contains everything that exists, I also flowed in and out of seeing and interacting with Jake as if he were Zoe. I seized this opportunity to make the dream come alive in everyday reality. So much of Jake was already on the other side and had been for months that he was like a bridge to Zoe. She was fully present with me in a different earthier way than she had been since she left. She was temporarily reincarnated onto the floor with me, through him.

When my husband came home from work at the end of Jake's and my day together, David and I took Jake to the Sunny Brae Vet and laid him outside on a sweet patch of grass. Venus hung beneath the Moon which had just transitioned into Aries, signifying a time for action. Soon Mars slid between the two them and formed what our friend Julian called Jake's galactic activation portal, just as our wonderful dog shifted from our patch of grass over to the patch of grass that Zoe had prepared for him. Last I saw him in my mind's eye, he was running over rolling hills and getting some mighty fine belly rubs from her.

I feel enormously blessed by this whole amazing experience. I



honoring the power that death wields over each and every minute of our lives. I have seen and felt Death and I know Death to be an immense and fierce love. I have no doubt that Zoe died in the exact right moment and that there were signs everywhere that she was being held and suspended in Death's love weeks, months, even years before she actually left. I look back and am aware of many of the signs I of course was unable to comprehend at the time. But now, in hindsight, I recognize that Death was pregnant with her. Death nurtured, cared for and birthed her into a different dimension of life.

This April marked the 5th anniversary of Zoe's death. At this moment I am happy. At this moment I do not miss her or Jake because I do not feel separate from them. I don't expect to always feel this way, but it is my truth in this moment. For me they are alive in everything I interact with, because today it is my experience that everything I interact with holographically does contain everything that exists. It is impossible to be separated from anything. Staggering miracles are everywhere. They are normal for all of us.

Thank you death, you are wise and beautiful.  
You introduced me to the holiness of grief.

Thank you grief, you are kind and tender.  
You opened me up and softened my edges.

Thank you Self, you are a consistent source of light.  
You embraced the opportunity to reach beyond  
the veil and discover Divine Love

Thank you Divine Love, you are eternal.  
You held me while I came to know completely  
that we are one.

~This prayer/poem arose out of a walk with Linda Joanne.

\*\*\*\*

Patty Davis, the intuitive medium who called me after the dream, is available for readings and can be reached at 707-834-0286.

Linda Wahlund, whose support and skill helped us tremendously as Jake was in his final months, can be reached at 707-445-0207.

Maya Cooper is a founding member of Isis and the publisher of the Isis Scrolls. She offers Intuitive Guidance, Hands-on Healing, In-Depth Energy Reading and Personal Mentoring at the Isis Osiris Healing Temple in Sunny Brae Center. She has been doing energy work for 20 plus years and can be reached at 707-825-8300.

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## Yoga Don's Inspiration Corner The End of Living and the Beginning of Survival

through the trees carries the memories of the red man.

The white man's dead forget the country of their birth when they go to walk among the stars. Our dead never forget this beautiful earth, for it is the mother of the red man. We are part of the earth and it is part of us. The perfumed flowers are our sisters; the deer, the horse, the great eagle, these are our brothers. The rocky crests, the juices in the meadows, the body heat of the pony, and man—all belong to the same family.

But in your perishing you will shine brightly, fired by the strength of the God who brought you to this land and for some special purpose gave you dominion over this land and over the red man.

That destiny is a mystery to us, for we do not understand when the buffalo are all slaughtered, the wild horses are tame, the secret corners of the forest heavy with scent of many men and the view of the ripe hills blotted by talking wires.

Where is the thicket? Gone. Where is the eagle? Gone. The end of living and the beginning of survival.

### How to Answer the Call?

And so I call you to respond to this speech of Chief Seattle. I will be back with more about the Science of Yoga next issue. Let me know of any ideas or solutions you and your circle of friends are coming up with, will ya?

Questions or comments are welcomed at [yoga1don@yahoo.com](mailto:yoga1don@yahoo.com).

Om Shanti



Instead of my regular column I need to share something I read a few days ago that fits perfectly my mood right now and perhaps yours too, considering what is a "right-now-threat" to the survival of our homes, our families, and our beautiful blue oasis of a planet.

You do not need me or anyone else to tell you what you need to be doing about that because you already know. And now the call is unmistakable! Those spiritual whispers are getting louder and louder and soon their call to compassion-in-action will be impossible to ignore anymore. Even that monkey-mind, that conditioned self, is joining in the call. Even that Vampire in your mind is getting pissed! Ha!

Here is how Chief Seattle described his view of what was being done to his tribe, his people, his home! Sound familiar?

### "How Can You Buy or Sell the Sky?"

This is a speech made in 1851 by Seattle, chief of the Suquamish, in response to a treaty proposal under which the Indians would sell two million acres of land for \$150,000. Buckminster Fuller calls it "one of the most beautiful and profound environmental statements ever made".

How can you buy or sell the sky, the warmth of the land? The idea is strange to us. If we do not own the freshness of the air and the sparkle of the water, how can you buy them?

Every part of this earth is sacred to my people. Every shining pine needle, every sandy shore, every mist in the dark woods, every clearing and humming insect is holy in the memory and experience of my people. The sap which courses

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# The Bhagavad Gita

July/August 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 56

“Inwardly undisturbed by sorrows,  
Not hankering after pleasure,  
From whom fear and wrath have passed away,  
That’s a sage of steady wisdom.”

Paramahansa Yogananda:

The mastermind is one who can dissolve the mind in God and who remains in the calm depths of soul-bliss beyond the reach of common human emotions. Afflictions do not distract the flow of steady wisdom. Affluence does not arouse attachment to the pleasures which ordinarily accompany that condition. The consciousness has been withdrawn from the distorted testimony of the sense-mind and has become focused on the deathless soul. The searchlight of wisdom is thrown steadily on the inner kingdom of abiding joy.

The sage of steady wisdom, finding the nature of the soul to be different from the nature of transitory bodily experience, does not become inwardly ruffled when trouble accosts the body, nor unduly elated over impermanent worldly joys. When the ego-self is settled in the Self, wisdom-paralyzing emotions cannot impinge upon the consciousness.

Krishna Jaya:

In these final eighteen verses of Chapter 2, Krishna is painting a picture of the enlightened sage. The impression given is one of a finished product, but that is misleading. It is the nature of a human being to be constantly evolving in each moment. When Paramahansa Yogananda wrote the above commentary near the end of his life, he was a sage of steady wisdom, yes, but that does not mean that he was not learning new things, nor does it mean that he had stopped growing.

There have been and are Master Teachers from all the wisdom traditions who, because they have experienced up-close-and-personal union with the Self or God more or less uninterruptedly, remain grounded in this Awareness. In the issue we explored a method prescribed by the South Indian sage, Sri Bhagavan Ramana Maharshi, whereby, with regular, devoted practice one may gradually become steadily and consciously merged in divine union.

In this issue we consider a teaching by a Master Teacher from the West who is steeped in Christian tradition. When he was a teenager, James Finley was at school one day when his teacher mentioned Thomas Merton in passing. Something quickened inside Finley in that moment. When classes were over for the day, he went to the school library to see what he could find out about Merton. He found a book written by him, and by the time he graduated from high school, Finley had read everything that Merton had ever published.

Shortly after graduation, Finley made a pilgrimage to the Trappist monastery in Kentucky where Merton was living. The eighteen-year-old made the monastery his home for six years during which time Thomas Merton was his spiritual director. After their first session together, Finley walked out of the room and wandered on the monastery grounds in somewhat of a daze. During his walk, a vision came to him of the front-page of his hometown, Akron, Ohio, newspaper. The headline read, in big bold letters, “LOCAL BOY MAKES GOOD.”

James Finley is presently on the faculty of the Center for Action and Contemplation based in Albuquerque. In an online blog on February 25, 2017 (<https://cac.org/meditation-weekly-summary-2017-02-25>), he offers a guided meditation. Included in the offering is the following ...

“Your efforts in following the path of breath awareness might be enhanced by repeating a word or phrase with each breath. A practice I have found particularly helpful is to pair breath awareness with the phrase “I love you.” As you inhale, listen to the incoming breath so intently that you can hear in it God’s silent “I love you.” In this moment, God is flowing into you as the Source and Reality of your very being. As you exhale, breathe out a silent “I love you” back to God. As you inhale, be aware of the air as being God flowing into you, as the divine gift of your very being. As you exhale, allow your silent “I love you” to be your very being, flowing back into the depths of God. Simply sit, open to God, breathing divine love into the depths of your being, as you breathe your whole being, a gift of love, back into God. You will begin to realize how foolish it is to imagine that God is, in any way, distant from you. You discover how foolish it is to imagine that you could in any way hide from God.”

The practice described here and the one in my last article come from different vantage points. In the latter the emphasis is on the undifferentiated continuum, the substratum upon which all of the multifarious phenomena of the visible world appear, run their course, and dissolve back into their divine foundation. The latter practice comes from a place of self and other, I and Thou. It is an expression of the divine, co-creating relationship between a person as a self-determining individual and God, of whom a person is part and parcel.

For a balanced life, it helps to recognize that each of these two orientations is rightful and truthful so long as one is not claimed exclusively at the expense of the other. About a year and a half ago, I fell prey to such an unbalanced outlook. I had submitted a current Gita installment to *Isis Scrolls*, and when the issue came out (January/February 2016), I was surprised to see that the eight endnotes had not been included. The mystery remained until submissions for the next article were solicited online. For the first time, guidelines were suggested. Fifteen hundred words for an article was recommended as a limit. My endnotes had been deleted, because their inclusion would have made the article too long.

I sent a copy of the magazine to a friend, printing out the endnotes as supplementary material, along with indicating in pen the points in the article where the endnotes were germane. While completing this task I was re-reading the article, and it was hitting home in a new way, not from the point of view of an author, but from the point of view of one who is reading it as if for the first time. I came to the section, “The thread of connection between the human being and the infinite Reality is the *Atman*, the central Self, a node of *Brahm*’s omnipresent consciousness that is the fundamental awareness in a person, the background of pure consciousness out of which all conscious activity springs forth via the *Atman*’s energetic power and impetus. The *Atman* is impersonal; it is the same in me as it is in you, as it is in everybody; and though two different words are used for *Atman* and *Brahm*, they are ultimately one boundless consciousness.” I was struck by the insight that there is no “other”. Any suggestion otherwise I perceived as self-deception.

Months went by during which the idea of being in relationship with God rang falsely in me. It’s just an analogy, I thought, based on a false separation and not the way things “really” are! Or is it? It was a period of deep soul-searching which was resolved unexpectedly when I attended a retreat weekend in Sonoma County. The retreat theme was a dialogue between Christian and Buddhist ways of looking at Reality. On the last evening of the retreat, the facilitator plugged one of her favorite books, an edited anthology having to do with the same subject. She passed the book around the circle so that

everybody had a chance to touch it and look at it.

After the session, people went their separate ways, but I remained in the empty hall and explored the contents of the book that had been so highly recommended. While browsing, I came across a story a Zen Master had told at a similar retreat in another time and place. It was the story of a friend of his who had become perplexed because two of his teachers, both of whom he trusted deeply, had given him seemingly contradictory teachings: God is personal; God is impersonal. He had utmost respect for both teachers. How could they both be right? He puzzled over it. It became his own destiny-riddle. Then one day, in a library of all places, the answer came to him in a flash of intuitive insight. It wasn’t either/or. It was both/and. As I read that story, my months of wrestling with that same conundrum was resolved in a similar, awakening flash.

In our polarized culture, we all can use a strong dose of this kind of intuitive insight, because it encourages respect towards those who hold contrary views at a time when tensions are rising on local, national, and global levels. It is impossible for people to work together when they fail to understand the relative nature of their own viewpoints. Conversely, a recognition of this landscape encourages mutual appreciation, thus creating a healing space for constructive dialogue.

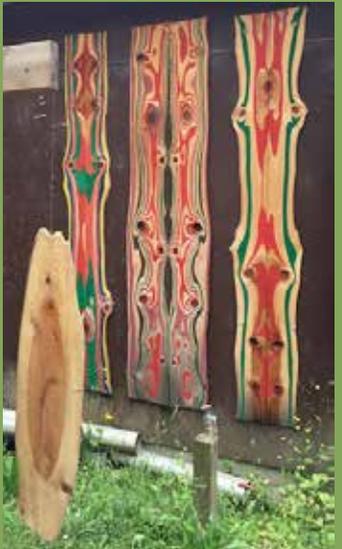


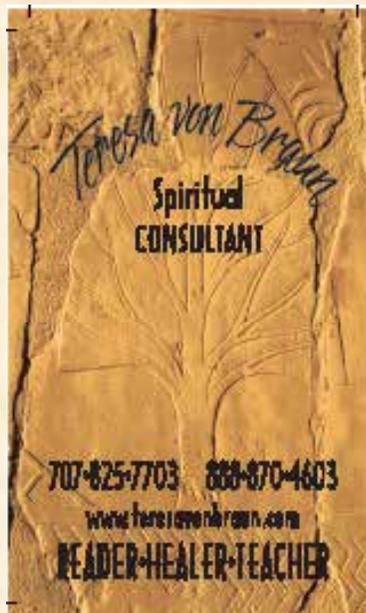
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## Yoga For The Inner Ecosystem ... There's an App for That!

By Maya Cooper

I love staying informed, learning and knowing about all the beings I share this planet with.

I dislike how quickly I can slide out of love and into us and them patterns of thinking. On some days, it can take only a minute or two of news on the radio and I am launched into right and wrong, good and bad, he said she said arguments in my head.

I don't want to flood my unconscious, reactionary, fear pictures into the world. I also don't want to tune out, disassociate or bypass the stuff that hard to know about, though I do at times because it is difficult to stay aware. It takes real spiritual fortitude for me to be present in these fast-paced, changing times. Practicing how to stay grounded in my ability to consciously respond, as opposed to unconsciously react, to challenging news and information in an ongoing practice.

**Grounded** - to connect with and maintain an aware sense of my own compassion, power and creativity.

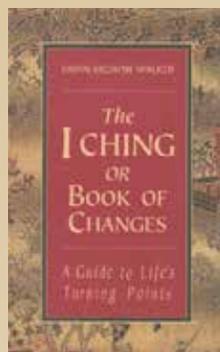
**Respond-ability** - the remembrance that I am in charge of what flows out of the gateway of me and into the grid of light that connects us to each other and all living things.

**Power and Creativity** - I can choose to add a more harmonious pictures of reality into the grid in response to painful things I learn about.

Put it all together and what do I get? I can take a deep breath, calm my reactionary instincts, focus my mind, call forth my guidance, remember that I am influential and, well, sometimes I open up my app!

I discovered this great **I Ching** app for my phone, and when I am flustered, upset, or just plain confused it is often just the thing I need to help me shift my perspective.

I simply ask, *what is of value for me to know or remember in this moment*, tap the coins on the screen 6 times and this very wise portable, pocket-sage gives me a clear and simple message that redirects me back home to my more mature self every time.



Today as I put this issue together, I thought it would be fun to provide an example and an introduction to a way in which this ancient spiritual teaching is alive and fully relevant in this technological way. I will ask, in a prayerfully, ceremonially intentional way what might be of value for us to know at this time. The answer always comes in pairs.



**What do we need to be reminded of so that we can, in this now moment, be our truer essential selves?**

We are given TUN and TA KUO



### Hexagram 33: TUN RETREAT

*This is a time for disengagement and retreat.  
In stillness you are out of the reach of danger.*

It is inherent in the design of life that forces of darkness and disruption come into prominence from time to time. This hexagram indicates that this is such a time and advises you to respond by quietly retreating. To struggle or resist in anger now is to add fuel to the fire of negativity which threatens to consume you.

The superior person accepts that there is a natural ebb and flow between the forces of light and dark in the world. Wisdom lies not in resisting these movements, but in responding to them appropriately. Just as a plant which sprouts in the dead of winter is doomed, and one which sprouts in spring flourishes, so it is with us. Success and prosperity accrue to those who advance in times of light and retreat in times of darkness. To retreat now is to benefit, in the end, from the changing tides.

Retreat is not the same thing as surrender, capitulation, or abandonment, which are desperate and unsatisfying measures. Neither is it characterized by a hardening into angry or punitive emotions. It is instead an acceptance and a choice: we calmly accept that the energies of the moment

Continue on page 36

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*In a rich moonlit garden, flowers open beneath the eyes of entire nations terrified to acknowledge the simplicity of the beauty of peace.*

— Aberjhani, Elemental: The Power of Illuminated Love

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*Beneath the armor of skin/and/bone/and/mind  
 most of our colors are amazingly the same.*

— Aberjhani, Elemental: The Power of Illuminated Love

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are against us, and we wisely choose to withdraw into the safety of stillness. In this dignified and balanced manner we protect ourselves from negative influences and arrive rested in a more beneficial hour.

SECOND LINE: One cries out for a just resolution. This can only come if we quietly observe proper principles. Avoid placing demands on the universe, and success will come.

SIXTH LINE: When one cheerfully accepts the necessity of retreat, the path becomes easy and clear.

**Further guidance from the  
 Wei Wu Wei Ching**

Your  
 spiritual light  
 can be compressed  
 into a pinpoint, or it can  
 flood and wash the known and  
 unknown universe. The principal  
 task of a master is to respect  
 the oneness of her spiritual  
 light with all spiritual  
 light and to care for  
 it accordingly.

Where is  
 the best place to do this?  
 In quiet simplicity.



**Hexagram 28: TA KUO  
 PREPONDERANCE OF THE GREAT**

*There are great pressures at work.  
 By meeting them with modesty and patience,  
 you avoid misfortune and meet with success.*

The image of this hexagram is that of a beam under a great load: it sags in the middle and is in danger of giving way. You are in a similar situation now. The pressures of the moment are enormous, and there is a temptation to wriggle away and flee, or to resort to the plotting, conniving, and aggressive actions of the ego. It is by resisting this temptation and holding firmly to proper principles that you survive and succeed.

This is in fact a moment for which you have been preparing yourself for some time. A powerful energy has been accumulated—imagine a flood pressing against a dam—and it is up to you to direct its flow. If you succumb to fear, desire, or anger and resort to incorrect behaviors, the dam bursts and the pent-up energy causes destruction and misfortune. If, on the other hand, you cling to what is correct—modesty, balance, patience, independence, and gentleness—then you will obtain the aid of the Higher Power and the accumulated energy will be directed toward creating a profound success.

What is called for now is quiet integrity. With others, no matter how they may assault you, remain modest and patient. In your actions, seek to penetrate gently and steadily rather than forcibly and explosively. Meet the difficulties of the day cheerfully and resolutely. By taking great care now, by remaining correct in every moment, by embodying the principles of the Sage, you make possible the arrival of good fortune.

**Further guidance from the  
 Wei Wu Wei Ching**

In every moment,  
 your enlightenment is  
 directly in front of you,  
 being handed to you. All that's  
 necessary to receive it is  
 to empty your hands  
 and relax your  
 mind.

From the app, *I Ching, or Book of Changes: A Guide to Life's Turning Points*, by Brian Browne Walker

And I will add to that this quote:

*I too have felt despair many times in my life, but I do not keep a chair for it ... In any dark time, there is a tendency to veer toward fainting over how much is wrong or un-mended in the world. Do not focus on that. Do not make yourself ill with overwhelm. Let us be a light for each other and not lose heart. Remember, we were made for these times.* -Clarissa Pinkola Estes

May we be well and may we remember that we hold within us a benevolent field of love, light and power that is ours for the sharing. Namaste`.

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*Diversity is an aspect of human existence that cannot be eradicated by terrorism or war or self-consuming hatred. It can only be conquered by recognizing and claiming the wealth of values it represents for all.*

— Aberjhani, Splendid Literarium: A Treasury of Stories, Aphorisms, Poems, and Essays

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They do this by recognizing and working with our whole selves—body, mind, spirit and our inter-connectedness to our homes and the planet.