

Wholistic



Heartbeat

the power to heal lies within



Do You Remember the Mission?

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

- Buckminster Fuller

Wholistic Heartbeat



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707-825-8300

44 Sunny Brae Centre, Arcata, CA 95521

wholisticheartbeat@gmail.com
wholisticheartbeat.com

Publisher & Creative Director: Maya Cooper

Editors: David Cooper & Marny Friedman

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

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

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

Our Mission: Creating Opportunities That Nourish Our Wholeness.

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

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

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

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

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The Living Universe

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

by Maya Cooper



Earth From Space From The ISS by NASA

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

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

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

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

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

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

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

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

High quality fuel feeds and nourishes our deeper flow of intelligence

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

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

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

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

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

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

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

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

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

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

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

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

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

An inner yoga practice
Thoughts containing pain, fear, judgment, reaction, trauma or expectation create feelings in our bodies. These feelings

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

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

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

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

Notice gravity. Gravity is the Earth pulling you close to her in a big powerful hug. Let gravity help you settle into the weight of your body.
When you are ready, shift your attention down to the Earth.

Gently notice that the Earth is alive, aware, sentient and She is breathing.
From your heart, send gratitude and love to the Earth’s heart.

Soften, open and relax into the breathing Earth, even if it feels like you are imagining it.
Your body is made of the Earth. The Earth recognizes you as a part of Herself. She knows and loves you.

Let your body blend into Her body.
Invite your breathing to synchronize with Hers.
You can feel, sense, imagine or experience that there are flows of energy, colors, lights, patterns, warmth and more that radiate from the Earth up to you.

Imagine you can move through your body, inviting it



Kausalya, Denise Payne-Ollivier

Jikiden Reiki Shihan -Japanese Usui Lineage

Usui Reiki Master/Teacher

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Quan Yin photo above by Chelsea Danielle

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to relax and open its inner doors and windows to more fully allow this Earth energy to flow into you.

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

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

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

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

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

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

are already in a deep relationship with the heartbeat of the Living Universe.

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

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

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

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



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

Everywhere You Are

by Laurie Birdsong

"we revere God's creation with the full knowledge that it is consciousness"
--Gurumayi Chidvilasananda

I walk upon
your soft sand face
where waves pull back
sunset fires remain -
pink and orange glow
dance on the wet slope

I could be Jupiter -
first star bursting
in this still light sky
hovering near
crescent moon
a dish of milky light

Or bedrock,
solid as iron
heavy in the earth
further and further inward
finally melting into
oozing magma

I could be Tree
stately Redwood
needles brushing sky
roots weaving a basket
beneath the ground,
a web of strength
for the entire stand

all I know is
where ever I am
you are
Clear air
deep in my lungs
your whisper
calls me
into this
sweet love

For profound and satisfying change

Andrea Sanger, LCSW
Psychotherapist

CA Lic # LCSW 64243
707-267-5240

andie_61036@yahoo.com



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One love, one heart, one destiny.

— Bob Marley

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Take an Internal Bath!



**Gabrielle Zeitlin, Certified Massage Therapist #49142
of Breathing Heart Healing Arts
521 E St. Eureka, CA
707-362-1717**

Gabrielle Zeitlin of Breathing Heart Healing Arts sits nestled in a divan-like arrangement of pillows as I enter her bright and beautiful healing space near Old Town, Eureka. Sunlight streams through the windows casting rainbows across the sky blue walls. I’ve come for the first round of our Healing Spotlight interview to receive Gabrielle’s specialty, Chi Nei Tsang, an ancient Chinese form of bodywork focusing on the abdomen, treating the organs and core muscles to a cleansing, vitalizing, and soothing type of massage. After a warm greeting, I settle myself on her table and prepare my breath and body for what I imagine will be a nice, relaxing way to start my day. After a few minutes of preparation, Gabrielle gets to work and I begin to see just how deep Chi Nei Tsang can get. With intuition and radiant compassion, Gabrielle guides my breath and my journey down into the soft underbelly of my gut. I feel her touch my very core, literally, witnessing her support of transformation and release in my body and heart. As with many types of Chinese massage, the work is very therapeutic and productive, focused more on the process of healing than just muscle relaxation or making me feel warm fuzzy. Afterwards, I rise from her table feeling gentle and soft, not weak or vulnerable, but open, as though I had more space in my belly to breathe and feel, more room in my heart for forgiveness, and a clear tranquility in my mind. I wander out to greet the rest of my day with a sense of adventure and excitement.

Chi Nei Tsang is a form of abdominal massage with roots in the ancient Daoist healing traditions of China. Through touch and breath, it helps to vitalize the internal organs and supports all of the body’s major systems. In addition to improving the digestive and elimination system, it can strengthen the immune system, support detoxification, regulate imbalances in the reproductive system, address postural and muscular problems. It brings intention and focus to the breath, the belly, and therefore one’s self. I return to Breathing Heart Healing Arts to talk with Gabrielle more about the work she does.

Michael: Tell us a little bit about yourself. How did you come to be practicing your healing arts here in Humboldt?

Gabrielle: I actually have a background in visual and performance art, poetry, and other kinds of creative work. I never thought I’d be a body worker! Eventually, I started to have belly issues, bad indigestion and other problems. I went to the doctor and no one really knew what was going on. In the middle of all that I remembered receiving a massage years earlier. The woman had worked on my belly and told me that she was doing Chi Nei Tsang. Something happened that day, deep in my psyche: emotions moved and were processed during the session and never came back. After hunting for her, I realized she was no longer practicing. An online search led me to the Chi Nei Tsang Institute in Oakland. I called them directly, not knowing what else to do. It turned out they were offering a fundamental Chi Nei Tsang workshop the following week!

Michael: Wow, what timing!

Gabrielle: It was perfect. I decided I could make that happen and ended up spending two weeks down there studying and learning about my own belly. I didn’t have an intention of practicing at that point. I just went with a curious, open mind in hopes that I could work something out with my own indigestion. From the first day of class I had profound releases from the powerful healing in my body and heart. I continued to study and practiced on myself and my family, slowly but surely moving in the direction of becoming a practitioner. That was eight years ago. I had always been interested in different aspects of holistic medicine. I read about it and received different types of healing, but I still never put it together that I would be practicing it. It wasn’t until my gut started hurting in a way I couldn’t ignore that I was guided to the work I was supposed to be doing. I’ve come to believe that our work is where we are wounded. If we are willing to go into that space and into that pain instead of trying to avoid it, it can make all the difference.

Michael: Thank you, I think that’s an important lesson to share.

Gabrielle: Yes, it takes a lot of support to do that kind of healing work. It can feel difficult or scary unless you have some sort of network of healers around you. Exploring that wound can lead you in the right direction. Follow your gut!

Michael: Exactly! I know that you have studied and practiced many different types of bodywork and massage. What has kept your focus on Chi Nei Tsang? What makes the belly special for you?

Gabrielle: I’ve always been pro-belly! Belly dance, pilates, anything that empowers this part of our body that too many of us have so much shame about. Women especially bear this shame, but certainly men feel it too. Growing up in Los Angeles, near Hollywood, there is lots of pressure to mold yourself into an image that doesn’t really exist. I always rebelled against that concept. I’m also a vocalist and a singer and my father was a music teacher. He taught me how to breathe into my belly and be present with my diaphragm, how to focus on this powerful place inside me and not run away from it. As much as I help and empower others with their bellies, I also have had to work with my own shame about my belly. Instead of running away from that, I wanted to face it. The belly is our internal universe, our intuition. It is such an important place and, because so many of us are afraid of it, we are not accessing a tremendous power inside ourselves. It is our voice, our identity, and our core sense of self. I’ve noticed how this work centers clients in their authentic self and true voice again. It taps them into their internal wellspring of power and stability. Chi Nei Tsang especially interests me because I’ve always been interested in supporting women and women’s health issues. The belly is the seat of our womb and the energetic, very creative potential that resides there. It centers us and brings our whole being into alignment.



Michael: How does Chi Nei Tsang relate to other types of Chinese Medicine?

Gabrielle: The organ systems, the meridian systems, and the Five Elements system all work in conjunction with each other. In Chi Nei Tsang, we work with the internal trajectories of the meridian system. When we look at the meridians in diagrams, we see separate lines on the skin and we think they have beginnings and ends. But it’s actually all one big interconnecting knot, weaving in and out of itself. It flows internally into the organs, and when we work with the viscera we touch these internal pathways. We also focus on the balancing and supporting aspects of the five Chinese elements: earth, water, metal, air, and fire. The work supports awareness of the patterns these elements follow in our bodies and lives. I see it as the poetry of Chinese Medicine.

Michael: When we first spoke, you said “Chi Nei Tsang is like Chi Gong for our organs.” Can you explain what that means?

Gabrielle: Chi Gong is an ancient practice which includes postures, movements, breath and intention to focus and transmute your internal energy. Chi Nei Tsang translates loosely into ‘internal organ chi transformation’. It engages with the breath and works with your own energy. Developed originally by the White Cloud monks two to five thousand years ago in China, it was a way to clear and focus their internal energy enough to attain higher states of awareness and connection to nature and the universe. When I perform the Chi Nei Tsang, I work with my own energy, engaging in meditations and visualization, even sounds sometimes. These are Chi Gong practices that are applied to the process of abdominal massage. Often I’ll have my client do them with me.

Michael: In addition to the physical benefits of Chi Nei Tsang, it seems like it works with the mental, emotional, and spiritual parts of us as well. Do you think it helps people deal with the world around us, especially with all the turmoil we have experienced recently in the United States?

Gabrielle: We live in a world that appears to get more and more complicated every day. When we take into consideration the access we have to information through social media, it becomes clear that there is an assault on our nervous system. So much stimulating energy is coming at us from so many different directions making it important to realize that this environment affects our digestion and not just in a physical sense. We don’t just eat food, we are eating our lives. Our gut takes in everything around us. There is so much indigestible information in the world today. Whatever your beliefs or convictions are, the division that is now

happening is not easy to process. In a Chi Nei Tsang session, we take time to breathe and be present with our emotions, seeing them for what they are. When we allow ourselves to witness our emotions and don't try to judge or change them, we can truly release them. Emotions are like wind. They come in and out, but when we block them we get sick. We get stomach aches, constipation, anxiety; the energy can't move down and out of us. A client may come in with irritable bowel syndrome. After a few sessions they realize that there are actually a lot of feelings inside them that they have not felt and released. The space I hold and the work I do allows them to cry or shake or laugh hysterically or whatever is needed to free those stuck feelings. It allows us to take those trapped or hidden parts of ourselves and bring them up to our hearts and our minds so we can witness them and then compassionately let them go. That movement frees up space inside of us for a little bit more joy, a little bit more freedom in these tough times we live in.

Michael: That process seems like a helpful tool.

Gabrielle: Yes. One of the things I love about this work is that it isn't just about coming in and receiving something from somebody else. It's about coming in and learning about what we can do to help ourselves, which is in itself empowering. We can't massage our own backs very easily but, interestingly enough, it seems like we are meant to massage our own bellies. Our hands naturally want to rest on our stomachs. I love helping people learn to touch their bellies. It was a hard process for me to learn to hold space for myself and touch my own core. It is such a joyous gift to give, teaching people self-care for the belly. Deep feelings can be addressed this way. It can be a very intimate process. My hope is that this work will help people have the courage to go within and listen to these hidden pieces. At its core, Chi Nei Tsang isn't about fixing anything; it's about witnessing. It's the art of seeing what we have been hiding from ourselves. Once we see and hear, we have an opportunity to continue our healing.

Michael: Give us a few helpful tips and tricks for home belly care.

Gabrielle: One of the first things I talk to my clients about is their navel. The navel is considered the original wound, our original scar. In utero, our fascial system forms around the navel as its center point, like a net that spreads out through our whole body. You can access the fascia of the whole body from here. The navel marks this umbilical link to our mother and is where we originally receive our nutrients and expel our toxins. Because of this, there is cellular memory in the skin around our navel and toxins tend to pool here. I encourage clients to explore their navel, beginning with very light touch, circling the rim of the navel while breathing

deeply. This massage can begin a detoxification process, boost metabolism, and provide a deeper inner awareness. You will notice different sensations from various parts or sides of the navel. After a couple of minutes you can begin to increase the pressure. I also encourage people to just feel around and explore their belly. It's amazing how uncomfortable some of us are with touching this place, especially in a nonjudgmental and loving, healing way. If nothing else, lie down for a few minutes and place your hands on your lower abdomen and breathe into the weight of your hands, exhale and let their weight sink into your core. It so common to avoid this place in our bodies yet so central to who we are. Think about how often you hear things like "I was so sad or heartbroken I couldn't eat" or "I knew in my gut ..." or "I couldn't stomach it!"

Michael: Thank you for helping us embrace our bellies, even though it can be scary sometimes. Is there anything else you'd like to share with our readers?

Gabrielle: One of my dreams is that Breathing Heart Healing Arts becomes not just a place for my own work but also a space for the community. I'm excited to offer this beautiful group room for events and classes. It's important to me to support the healing arts here in Eureka and help to create opportunities for people to tap into all the amazing resources around us. Breathing Heart Healing Arts is a wonderful place for workshops, classes, meditations. I'd love to host these types of healing events. Our community is important to me. I want to help people get involved in supporting each other's wellbeing, to just be with one another in a healing way. I'm very open to how this space grows and develops.



As well as Chi Nei Tsang, Gabrielle Zeitlin CMT #49142, practices Swedish, Deep Tissue, Trigger Point, Accupressure, and Energy Work. She is passionate about what she does and looks forward to sharing it with as many people as possible. To get in contact with her, you can email her at gabriellezeitlin@gmail.com, or call her at (707) 362-1717.

Sacred Soil

Roy Rosenblatt

Crushing news that would undress
the poise of others is still
ringing in your ears when
compliant to your will
dis-ease recedes into pools
of charity in your eyes.

The razz-matazz of chit-chat
laughter like lightning all around
you adrift on this darkening cloud
of conversation
the roaming eyes of others drawn by
your beauty in the light
of crystals just above you

gliding between poles of your nature;
being and being seen.
Taking up these moist hands
limp with worry
you cradle them to your breast
a tenderness
and warmth most welcomed.

Then with rare grace and effort
as if guided by divine inspiration
you seek to revive the sacred soil
of the heart—hope's renewal
so great is the wellspring of your
compassion.





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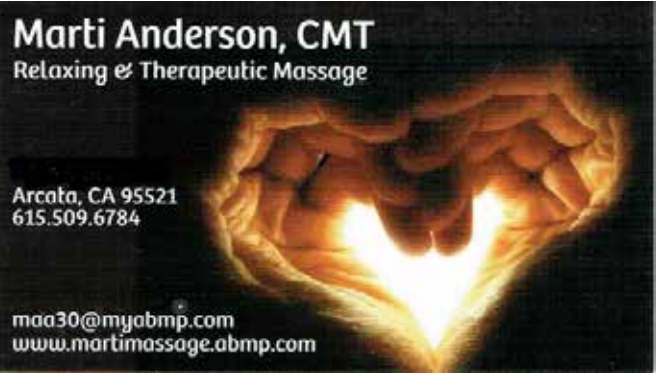


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HAPPY CHINESE NEW YEAR!

Rally Around the Rooster - Prognostications and Provocations

by Jeffrey S. Haloff LAc.

Happy New Year of the Fire Rooster! Chinese New Year began with the new moon, Jan. 27, 2017. We welcome the Rooster and bid farewell to the trickster Monkey. It was a wild ride, full of surprises, and not an easy one for many people. There are 12 animals in the Chinese zodiac family, and the Rooster is the ruler of this year. We now respectfully examine the qualities of the Rooster, and those born in the Rooster year.

First, let us say goodbye to the beguiling, egotistic and clever Monkey who has given us a new president, fake news, and alternate facts. We now heartily welcome the honest, courageous and hard-working Rooster. Roosters loudly and clearly announce the coming of the new day. The Rooster is on time, and it is time to wake up! Wake up early and get organized. Maybe last year you got rich quick by scheming like a Monkey, maybe betting on the outcome of the presidential election, but this year, like the Rooster, it takes focused and determined effort to achieve goals and prosperity. The Rooster struts around a functioning farmyard, keeping order and protecting the hens, and, like the Rooster, we must consider the well-being of the community our responsibility.

This is a Fire Rooster year. There are five elements (fire, earth, metal, water, wood) and 12 zodiacal animals which create a 60 year cycle. Rooster is associated with the Metal element. Fire can weaken or melt Metal. Fire generally pertains to the light that illuminates us, like the sun, and Rooster is very aware of how he or she is seen—elegant and proud. This, however, is a Yin Fire year, not as bright, more in line with candlelight or starlight, relating to an “inner light.” Fire is the element of the heart and associated with the emotion Joy, so we can cultivate warm-heartedness and optimism. Follow the path of your heart with diligent and enthusiastic action, yet be aware of excessive sentimentality and emotional disharmony. By working attentively, like Rooster, to improve quality within one’s community, one can limit internal discord.

The Metal element of the Rooster has an aspect of clarity, refined like the pure sound of a bell. The bell can awaken us as the sound of the Rooster awakens us. Metal also pertains to form, or order, and can represent a “pecking order” of harmonious relationships such as in the Confucian ideal. Roosters are said to be conservative in their approach,

working hard and keeping peace and order in the farmyard for the benefit of all. In our current, ever-smaller world, the global economy and community are dependent on each other for mutual success. Self-oriented, monkey-like strategies, such as “America First”, run counter to the Rooster’s concepts of justice and community. Indeed, this year is a Yin Rooster, or Hen, and so the qualities of kindness and caring, like a mother for her family, are certainly appropriate to counter current concepts of hatred, lies and fear. Clarity of intention is of crucial importance to the Rooster. So be clear about your intentions and request the same of others.

Fire relates to Joy and optimism. Market economies are fueled by optimism. In the spring and early summer when the wood element can fuel the Yin Fire, we should see global markets prosper modestly. However, as the fuel dries up in late summer and fall, optimism may wane and the economy may get volatile. (On August 21 there is a total solar eclipse, visible across a large swath of this country, and all hell may break loose as Rooster crows the dawn twice on one day!) Being financially responsible, Rooster plans accordingly and conservatively, working with determination to create a lasting stability for self and community.

Considering the conflicted relationship between Metal and Fire and the overall divided quality of this country, there is certainly cause to be worried and nervous. Rooster tends to get in arguments as it can be a perfectionist with strongly held convictions. It is crucial to express one’s opinion and communicate values, but it is important to avoid anger. Loud and brash Rooster can demonstrate some patience. And tact—possibly. Remember, Roosters love to be complimented (and you look marvelous!).



Certainly Roosters do love adornment and beauty, strutting around, being admired. The Yin Metal quality is symbolic of gold and jewelry, beautiful on the outside merging with the Yin Fire to cultivate warmth and joy within. There is a balance to be found with the brash, outward dramatics of the colorful “barnyard king/queen” and the thoughtful designer of long-range plans. Roosters are good at organizing and managing finances. They are comfortable with a schedule, for it is the Rooster that wakes everybody up on time.

In matters of health, Rooster seems to have endless stamina, but it is always important to get enough rest and seek balance. Rooster’s planning and strategizing can cause some worry, and it is very important this year to de-stress oneself. Exercise, time in nature away from the maddening crowd, and joyful socializing all help us find balance. The Metal element is connected with the lungs and skin. Take Cordyceps mushrooms to help boost lung function. The Fire element is connected with the heart and nervous system. Avoid excessive use of coffee. Get ample rest and employ heart calming methods; a little bit of cardiovascular exercise goes a long way. Try a “news fast” from time to time, and see how you feel. If you have difficulty sleeping or troubling dreams, avoid sources of news before bed. And of course acupuncture is a time-tested modality assisting one in finding balance and peace.

What can we expect this year? Probably not World War Three, given the Yin Fire, although we seem to have some unpredictable, impulsive and vindictive people in positions of power now who do not want to be called “chicken.” The loud posturing of the self-confident Rooster may likely lead to an increase in arguments. Country may squawk at country, and politicians will continue to surprise us with arrogant and impudent rhetoric. Be sure to communicate the truth from your heart. Be loud and clear. Tap into the great passion of the Rooster in your work. Success comes from long term laboring for the benefit of the community. Short-sighted, greedy, get-rich-quick schemes are unlikely to succeed this year. Ideological extremists with intentions that do not have the greater community’s needs in mind are likely to fall out of favor. Communicate honestly in order to, as Madonna said, “wake us the fuck up!” Be loud, be proud. Create your beauty. Stay together. Choose love. Happy New Year!

Jeffrey Haloff LAc. operates Humboldt Acupuncture with his wife, Chelsea Colby LAc., in the newly refurbished Carson Block Building at 517 3rd St., Suite 18, Eureka CA 95501. They can be reached at (707)268-8007 and www.humboldtacupuncture.com

© Dobrynina | Dreamstime.com - <https://www.dreamstime.com/stock-illustration-rooster-rooster-year-chinese-new-year-rooster-watercolor-card-image73909999#res6778021>>Rooster. Rooster Year. Chinese New Year Of The Rooster. Photo “Life is to be lived, not controlled; and humanity is won by continuing to play in face of certain defeat.”

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The Imaginal Realm

By Ellen Dee Davidson



I have a magical story to share. It's a true story and it happened to me. But this tale is not just for me. This modern day fairy tale brushes the mythic and borders on the imaginal realms which we share in our collective consciousness, where the possible emerges into the reality of being. This is a story that widens the view and allows us to see that spiritually we are not alone.

The beginning is about six years ago when my youngest child goes off to college and I find out that the empty nest is a real thing. After the happy chaos and commotion of twenty-three years of children and their friends filling my home, it is suddenly quiet. The party is over, and I have time. Lots of time. I'm not sure what to do, but a very wise Lama tells me, "Follow the juice." By that he means to do what is juicy, exciting, and heart-filling for me.

So when I wake up in the morning, I think, "What do I really want to do today?" The answer is usually hike. One day, when I'm hiking with a friend in Redwood National Park, we stop beneath an ancient redwood tree. "Let's see what it is like to meditate with one of these trees," suggests my friend, and we sit.

The deep hush of the old growth forest opens my skin and lures me into awareness of bird song and creek babble. My spine tingles with aliveness, and my heart beats in rhythm with the tree. A slow, creaky voice speaks in my head, "Come again and sit with me."

Returning to more ordinary consciousness, I tell my friend, "The tree just told me to come back!" We stare at each other, mystified. "Can a tree actually do that?"

We don't know, but I am intrigued and decide to return, at least once. Once becomes twice, and twice becomes thrice, and thrice becomes a magical odyssey that changes my life. For the next six years, I hike two or three times a week, usually alone, deep into the wild woods to sit with one of a half dozen old growth trees who become friends. Individual trees "wake up" to my presence and seem increasingly

conscious of me. In turn, I get to know them better. Each tree feels unique, with a slightly different personality—some hard to wake up, even a little grumpy at being disturbed and others right there, warm and melting, friendly, eager to get to know me.

At times, hiking alone is a little scary, but my husband and friends can't always get away to accompany me. Often I encounter black bears, and sometimes rutting elk lower their antlers and block my trail. A few times I even see mountain lions. They do...not...run. But the trees are irresistible and I visit again and again.

Sitting at the base of one of the giants, I settle into presence. The tree acts as a conductor between the starry energy of the heavens and the earth beneath me. She is like an antenna holding me steady in the present, my spine supported securely against her trunk as the back of my heart chakra fills with pleasurable currents of energy that warm my body, even on cold days.

One brisk winter day, I feel a new energy—Grandmotherly. There are more than one of these Grandmothers, and they work on my auric field. I'm not sure if any of this is real. After all, I write fantasies and even like to pretend I'm Lady Galadriel, Queen of the Elves, from Tolkien's Trilogy. But I don't care if it is real or imagined because my adventures in the woods are juicy!

So I continue meditating with the trees, allowing myself to sit in a simple state of peace and presence for a while before letting the visions roll. The Grandmothers continue to visit. They show me a net of starry light. Swimming through that light, I feel the way it connects all of us to each other, the earth, and the starry sky. Somehow, my body, sitting at the foot of the tree, is helping the Grandmothers anchor light frequencies to earth. I'm enjoying offering my human body in this service because, besides being an entertaining fantasy, it feels blissful.

The Grandmothers ask me to sew a rip in the net by stitching it together with my intent. Another time, I am given a Star Cloak. Afterwards, it's true, I feel comforted and more protected. Once, in a clearing beneath the overhanging redwood boughs of two huge twin trees, companions through thousands of years, I lay on rusty, soft duff and stretch in the dappled sunshine. Suddenly I no longer feel alone. There's a circle of benevolent Grandmothers around me. I can feel their beaming presence, hear a faint hum in the air, and see their faces in my mind's eye. They stay with me for a while, and I breathe in something like grace before they quietly fade away, and I'm left with something good.

Each time I come to the trees, it is different. It is not always the Grandmothers I sense. Usually it is the intelligence of the tree and her connection to the forest which seem to include me in the most healing way. I learn later that science has been proving that trees do communicate with each other, are intelligent, and release chemicals that actually boost our immune system and lower stress hormones. But this is a story about meeting the Grandmothers.

For nearly a year, the Grandmothers "tell" me that I'll soon be meeting with them as a Grandmother on the physical plane. Once, when I bring a friend with me, she comes out of her meditation and says, "I was told that you're going to be connecting with the Grandmothers on Earth soon".

"I've been getting that too!" I say, surprised. I can't figure out how any of this can possibly be real. I've heard of the 13 Indigenous Grandmothers who Council the World and their remarkable healing messages, but I'm not indigenous and not even a grandmother. So how can I be one? And, besides, aren't the experiences I am having at the trees more imaginary than anything? They are probably just great ideas for my next novel!

But then it happens. I read an article about the times we are living in, the Kali Yuga, and the "Moy" (not a man, but a grown boy) coming into political power, and the guidance of the Grandmothers for how we can stay loving and kind during these times darkness visible. It dove-tails with what the Grandmothers at the trees have been telling me! I Google Net-of-Light and read A Call to Power: The Grandmothers Speak by Sharon McErlane. Turns out there are women all over the world working with the Net-of-Light, sending out healing through power spots, and they are given something that sounds exactly like my Star Cloak called a Caul. Net-of-Light groups help anchor divine yin onto the planet. Hopefully, two thousand years of patriarchy are coming to an end, and now the receptive, holding, healing energy of the Sacred Feminine is emerging with the guidance and support of the spirit world.

I can't believe it. My fantasies aren't just fantasies! Or maybe they are, but they are *collective* visions, shared by women all over the world. A friend explains to me that Carl Jung's Imaginal Realm is different from just regular fantasy or imagination. As Mary Pat Mann says in her article, The Door to the Imaginal Realm, *A thing—or a place like the Imaginal Realm—is ontologically real if it persists in some kind of space-time location and can be perceived by independent observers at different times. It might not be physically present to our ordinary senses, but is accessible in a consistent way to those with the skill to get there. This is the sense in which some kinds of mystical or psychic events are real.*

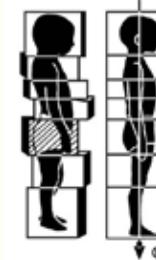
It seems so wonderful and magical to me that there is a level where we are being guided by Grandmothers and other spiritual beings. We have help! All sorts! Perceived in all sorts of ways, because this is an intelligent, interactive universe and anything at all can arise. Yes, things look super dark in some ways right now, but we have each other, the Earth Mother, our lives, our time here, and the unseen helpers from so many realms.

For more information about the Grandmothers, check out www.netoflight.org for more information.

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SpringRenewal

By Donald Hughes, LAc.

In the Chinese calendar we mark February 4th as Li Chun, the qi node for the first day of spring. In the Chinese calendar, what the Gregorian calendar refers to as the first day of spring is actually the middle of the spring season when spring begins to yield to summer. Li means the hibernating insects awaken. Chun means the fish swim upward through ice. The energy of spring is like a seed breaking through the ground.

Spring is a time of renewal. Chinese medicine associates the energy of spring with the wood element, which is associated with flexibility, curiosity, courage and anger. The wood energy corresponds to the energy of a toddler in the life cycle, a child just learning to crawl and walk and to defend their own ego and territory with the word ‘No.’ Too much of this can be like the terrible twos, but not enough can lead to depression, fear, and sluggishness.

The energy of spring is open-hearted like a child, like the new-born animals taking their first steps into a larger world, like the new plant growth reaching towards the sun for warmth and energy. The energy of winter is the water element which we associate with hibernation and the subconscious, like a seed buried in the ground, like a child in the womb or a new-born baby not yet capable of crawling. It is now the time to shake off this hibernation and begin moving around again. It is time to let the old and the stale dissipate and give way to the new.

To honor the qi of spring, rest at night and rise early. Go for leisurely morning walks and indulge in the feeling of new freedom. Be open and foster life. Be generous and agreeable. Forgive old grudges and debts. The energy of the yin fire rooster will tempt us to be overly expressive and aggressive and rigid in our dogma. We can see this in the political polarizations surrounding our newly elected president and the backlash against him. But during this rooster year, what pays is to foster learning both of ourselves and others. What pays is to be harmonious. Spring is the time of being more open-minded and less dogmatic. This is the perfect time to go back to school or learn a new hobby or simply to listen openly to others. Feed your brain something new. Remain open. In going against the openness of the

spring qi, one risks diseases of the liver. If one indulges in dogma and inflexibility, one will not be in harmony with the springy element of the wood.

In Chinese medicine, liver disease means the maladies of the energetic liver. It is important not to confuse these metaphors with those used in Western allopathic, modern medicine. The energetic liver-gall bladder complex does not refer to the physical organs, though there is some overlap. The energetic liver wants ‘orderly reaching of qi.’ When we receive a fright or when we swallow our anger and hold it in, we disturb the orderly flow of energy. Getting angry is healthy and natural, but we should let it dissipate and not nurture it, as the Buddhists say. It is healthy to express anger, so long as we do not indulge in it too much. Repressed anger leads to frustration which can cause conditions such as depression, cold hands, rib side constriction, auto immune diseases and inflexibility of the sinews. Alternating diseases that come and go are also generally associated with the wood energy. When there is free flow, there is no disease, but when constriction occurs, the illness comes back.

The warm rays of the new sun will call up that which was previously below. This means new life, but it also means that all of the crud that got stagnant during the winter will also have more of a tendency to come to the surface. Don’t be surprised if you find yourself coughing out more phlegm or being more sniffly than normal. This is your body shedding the winter yin. Chronic ailments will have a tendency to flare up around this time. These are best remedied by nourishing a balanced and peaceful attitude and eating more bland foods which will help to gently return the body to balance. Bland foods include those that have little color such as potatoes, shiitake and maitake mushrooms, and the polyporous mushroom (fu ling). Adzuki beans are also good to eat as they both drain accumulated heat and dampness and also nourish the earth energy. Green foods are also great for this time of year as green is the color of the springtime wood element.

Avoid too much sour flavor as it will astringe the yin and inhibit circulation of qi and fluids. Eat more onions. The wood element breaks up the earth. The earth element represents the spleen and stomach, our ability to digest food and store nutrition. You can now eat more mildly sweet foods in order to boost the earth. Note, this does NOT mean processed sugar. Sweet foods that nourish the spleen can include whole grains (not processed flour which can be hard to digest and can trouble the spleen/stomach earth network), nuts, dried and cooked fruits, and honey. Bone broth is always

an excellent tonic for all the organs. Semi-sweet herbs one can take include cinnamon, licorice, red ginseng, astragalus, and milk thistle. Boiling herbs like these for ten minutes can be a good way to lightly release their properties. Generally, you can get two or three boils with the same herbs.

Spring is the time to leave the cave after a long winter. Imagine yourself as a lumbering bear waking up from hibernation, all crusty with icy snow. You need to shake off all the crusty ice from winter. The wood element relates to the sinews. The first thing we should do in the morning is stretch. Spring is like waking up from a long night. If you don’t have a stretching practice such as yoga, tai qi or qi gong, now is a good time to start. Stretch the sinews and release the wind from the joints. Gas bubbles literally get caught in our joint fluids, causing crackly limbs. Lengthening the muscles and sinews can release these ‘evil winds.’

In spring time, the name of the game is circulation. Rub your belly 36 times clockwise and 36 times anti-clockwise, then 36 times clockwise again to promote good digestive flow. Touch your toes and reach for the sky as high as you can. It is good to do eye exercises, as the eyes relate to wood. Relax your eyes watching some beautiful scenery. Fill your eyes full of green tranquility. Get off the couch and out of the house and go into nature. Don’t worry so much about covering ground. Rather enjoy strolling as you enjoy the scenery. Feed your eyes as you walk through the panorama of lovely sights. Let yourself be loose, at ease with yourself and the world.

While drinking too much alcohol is never a good thing, it is okay to go out and have some drinks with friends. Let your hair down, even be a bit boisterous. Make hearty laughter. Break bread with others. Share in the joy. Don’t take life so seriously. The energy of the year, the yin fire rooster, is indulging in the shouting energy of wood, but there is

nothing to back it up. People are feeling fear due to the tricks of last year’s fire monkey and are making bluffs and shouting and talking tough. This is like a rooster puffing out his chest and squawking in mock threat. Try to see the comedy in the dramas unfolding. The fire rooster is here to sort out the messes made by the trickery of the 2016 fire monkey, so have faith that things will somehow work themselves out. The fire rooster may be overly dramatic with its expressive crows, but ultimately the rooster’s job is refinement. The seeming chaos of last year will give way to a more ordered flow as the year continues. So relax and embrace the newness. It is a good time to start new projects, especially those involving learning.

But be careful, the qi of wood can be erratic. One needs to be on guard against this. In order to navigate this energy, one must harmonize with the flow. It is a good time to get acupuncture and get your internal organs working well together again. Acupuncture can promote both relaxation and adaptability, important attributes for this moment in time. The wood element is flexible. In this new season, be like bending bamboo or a willow tree. Do not get too rigid. Stay harmonious to move with the changes and get out into the world. If you do so, you will ensure your health and success in this new year.

Donald Hughes is a recent transplant from Oakland who received his Masters of Traditional Chinese Medicine from the Academy of Chinese Culture and Health Sciences in 2012. Before that, he practiced massage and worked as a teacher in the West Contra Costa Unified School District in Richmond California. He specializes in classical Chinese herbs and acupuncture and also teaches traditional martial arts in Arcata at Core Pilates. He has 20 years experience in the martial arts and in qi gong (gentle energy movement and breathing) exercises. He teaches qi gong classes at HSU and at Arcata Zen Center.



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

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

Manifesting Our Soul Partner

By Juna Berry Madrone

The strong desire for a soul partner usually indicates that indeed there is such a person for us. By soul partner, we mean a person who is a perfect energetic match for us. This is a romantic relationship. Soul partners support each other's spiritual evolution and life mission.

There are steps to optimize the chances of meeting our soul partner, recognizing one another, and engaging. I am playing with the Tarot of Transformation by Willow Arlenea and Jasmin Lee Cori and have drawn four random cards to explore the way.



16 KALI: SHATTERING THE STRUCTURE

Kali energy speaks to the complete dissolution of an existing structure or paradigm in order to create something new. Be on the alert for an experience out of the blue that jolts our physical reality like a ton of bricks. Examples are a medical diagnosis, an accident, or a job loss.

When the initial shock wears off, we can begin to process this landmark event as the initiation that it is meant to be. Our natural impulse is to get rid of the effects of this experience as soon as possible and get on with life as usual. Instead, let's strive for the presence of mind to dig in deep. Why has this particular experience happened to me? What is it trying to teach me?

Something present in our life now is impeding our ability to be in relationship. Perhaps there is a health issue that needs to be addressed. Our employment may exact too high a price on our personal life and may need adjusting. Maybe we need to move to another home or geographic location.

Developing and maintaining a healthy, intimate relationship takes time and energy. Recognizing a person who has the potential to be our partner takes awareness and maturity. Whatever big change hits us is exactly what we need to clear the decks and gain the sensitivity to engage in a dance of love.

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"True initiation is a response to an inner calling; it requires that you face personal challenges heroically and experience a genuine rebirth into a new way of being."

-Alberto Villoldo

TEACHER OF WANDS: SPIRIT IN MATTER

Enjoying activities of embodied spiritual practice is one of the best ways to grow personally and to meet like-minded, high quality people who can make good relationship partners. Activities like sacred dance, yoga, and spending time out in nature are gateways to divine consciousness.

Experiment with different embodied spiritual practices to find those that resonate personally. Wholistic Heartbeat is a great resource for spiritual exploration. Look for classes, talks and volunteer opportunities that bring different people together in one place.

The ascendancy of the Divine Feminine in our times brings an end to separation consciousness. The integration of mind and body supports healing on both a personal and societal level. Organized religion long viewed the physical body and emotions associated with the feminine as dangerous and dirty. The resulting denigration of feminine people has historically colored how we do relationships. Let us heal now.

*"A Wild Woman embodies spirituality.
A Wild Woman's body is a sacred temple.
Dedicated to the Spirit of Life and Love
When a Wild Woman breathes she exhales
A prayer of gratitude."*

*You are that Wild Woman and part of an
Ever growing Sisterhood ..."*

-Shikoba



SEVEN OF DISKS: INCUBATION

Timing is everything. The seven of Disks recommends that we be patient. Trust that development is taking place even though it may seem that little is happening.

Sometimes in our haste to be in relationship, we engage with someone who we know is not entirely right for us. We rationalize that they have potential. If they could just change this one thing, everything would be perfect. Gradually we realize that this person is not right for us. It can then take six months to several years to extract ourselves and heal. How much easier it is to be clear about our requirements from the beginning.

Let's be patient. A very compatible person is right around the corner. Most of us find the dating process to be extremely frustrating. The natural development that leads to being in a terrific relationship can be undermined by our restlessness and interference. Honor the natural rhythm of things.

"The psyches and souls of women also have their own cycles and seasons of doing and solitude, running and staying, being involved and being removed, questing and resting, creating and incubating, being of the world and returning to the soul-place."

— Clarissa Pinkola Estés,

Women Who Run With the Wolves



ONE OF SWORDS: POINT OF ORIGATION

Manifestation first begins in the mind. To create a new reality in our lives, that of being in relationship with our soul partner, we can play with cultivating a new mind. Our thoughts shape our experience. What thoughts can manifest this new person in our life? Playing with affirmations



is one powerful way to change our inner landscape. We can come up with a simple phrase that encapsulates our desire. This will be unique for each of us and may change over time. One I like is: I am loving and loveable. We are looking to replace any negative beliefs that may be blocking us with positive ones. We can literally change our minds. Write the affirmation out daily at least ten times. Then stand in front of a mirror and say the affirmation at least ten times. If in the course of our day we become aware of negative thoughts such as 'all the good men are taken', 'I'm too old', 'I'll be alone the rest of my life', it's time to insert our affirmation. Envision the best possible outcome for your future.

"All that we are is the result of all that we have thought."

-Buddha

Juna Berry Madrone, Natural Mystic Guide, is a mystic and Hebrew priestess in Ashland OR. Spiritual services include personalized consulting to attract your soul partner through removal of spiritual blocks, release of negative belief systems, ritual and the activation of a k'li hanicha or sacred container to optimize chances for a successful meeting. Other services include play with Tarot and spiritual psychotherapy. Call Juna at (541) 973-6030 and visit www.naturalmysticguide.com.

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- Full Participation
- Mutual Support
- No Judgment
- Single Moment/Single Activity
- No Hurry/No Pause
- No Force

Breema: Presence and Harmony

By Elaine Pendergrast
Staff instructor here at the Brema Center in Oakland

The practice of Breema offers us practical tools we can use to move from wherever we are, in a healthier direction so that our mind, body, and feelings begin to function together in a balanced way.

- Jon Schreiber, *Waking Up to This Moment*

Coming to Balance

I recently did a Breema bodywork session at an open house event. The person I worked with had no idea what to expect but was enthusiastically invited by a good friend who had received Breema often. Before greeting her, I noted that I was preoccupied with thoughts about meeting a deadline at my job. I was holding my breath, and there was a lot of tension in my face and shoulders. I decided it was a good time to apply Breema’s practical Principles.

My recipient lay down on the carpet. I sat at her feet. I took a moment to come to body-mind connection until I knew that my body was breathing and had weight. When I felt more connected to myself, I connected to my recipient. As I started to lean into her feet, the simple movement of my shifting weight deepened my body-mind connection. As I raised her legs, I remembered the Breema Principle *Body Comfortable* and adjusted my position as needed. Thoughts and worries went to the background; my

mind became quiet, and my feelings calmed down. Employing the Principle *Full Participation*, the pressure of an upcoming deadline lessened as I fully engaged in leaning, brushing, tapping and holding the recipient’s body, as if it were the only thing I needed to be doing in the moment.

After the session, I recognized that I now had more energy and availability to finish the project at my job. As we parted, the recipient expressed gratitude for the relaxing and revitalizing effect of the bodywork she received, and I was inwardly grateful for the balancing effect I experienced. I learned how to benefit from coming to a body-mind connection using the two Principles *Body Comfortable* and *Full Participation*.

Headquartered in Oakland, California, Breema is practiced and taught around the world. It consists of two forms of bodywork—one with another person and one by oneself—with the aim of becoming present. This comprehensive system is based on a profound yet accessible philosophy epitomized by the Nine Principles of Harmony. Many massage therapists and other body-based practitioners have found it extremely useful in their work with clients as the emphasis is on the body as a vehicle for presence.

Connecting to Oneself

In a Breema class, the first step is to connect with body-mind to support becoming and remaining present. As we learn and practice bodywork sequences with another student, or do the Self-Breema movement exercises that the Instructor demonstrates, our aim is to bring the mind to be with what the body is doing. We practice this over

and over, yet it does not become stale at all. In fact, when we have an actual moment of being present—when our essential feelings connect to the body and mind and bring in fresh energy and aliveness—that moment is totally new and we have a taste of our own existence. We also discover that giving Breema is as nurturing and beneficial as receiving Breema.

Mary Cuneo has been a Breema Instructor for over 25 years. She described her first Breema experience this way. “When I received my first Breema session from Jon Schreiber, director of the Breema Center and the Breema Clinic, it seemed like a dance for two. No effort was required of me, yet the movements had a balanced give-and-take of body weight, a naturally rhythmic flow and an unexpected variety. I didn’t at all feel that someone was doing something to me or for me, but rather with me—an active partner and a receptive one.”

Once I decided to take a Breema class I was again amazed. One night in class I was practicing a very simple rhythmic leaning motion that was a component of that evening’s Breema sequence. I heard the instructor saying once again, ‘Do Breema for yourself. Register that your body is breathing and that your body has weight and movement. Participate fully in what you are doing.’ At that moment, I became willing to include myself in my activity instead of performing it for the benefit and approval of someone else. What a new experience that was. I could have kept leaning all evening, there was such joy in being so connected to my own body. That simple bit of bodywork gave me one of my life’s most deeply fulfilling moments and led to many more.

Guidelines for Harmonious Relationships

Local resident Gail Coonen, who is a Breema Practitioner and Self-Breema Instructor, expressed how she benefits from Breema.

Along with doing bodywork with another person, there is Self-Breema, another form of Breema I teach and do by myself, for myself. Whenever I am restless or in conflict or become tense or tired, doing one or two Self-Breema exercises restores me to balance, physically and psychologically. I feel refreshed and grounded and can go forward with more clarity and direction.

Coupled with the bodywork are the Nine Principles of Harmony which are taught in class as guidelines to giving and receiving Breema. These principles also apply to the events of one’s life. I found this unique when I started studying Breema.

Presently when I practice Breema and Self-Breema,

Mutual Support and *Single Moment/Single Activity* are Principles that often come alive for me. They deepen my participation in and appreciation for the time I am alone or with someone else.. As I integrate the Principles into my life, I apply their wisdom to daily

issues: interacting with others, taking care of health concerns, and meeting the demands on my time, energy, and money.

Arlie Mischeaux, a Staff Instructor at the Breema Center and a practitioner at the Breema Clinic, has seen how Breema's philosophy and Principles create an atmosphere that

benefits both practitioner and client.

At the Clinic we don't see the client as a body with a set of symptoms which would diminish them. Our approach sees that they have a body, but they are not just the body on the level of matter and energy. They are also the consciousness that created and sustains the body and which is connected to the source of all that exists. Acknowledging this essential aspect—who they really are instead of who they think they are—makes receiving the bodywork a profoundly freeing and transformative experience.

In each session, I start with body-mind connection, then work with the Principles. *No Judgment* is an important key. I wish to have *No Judgment* of the recipient, but I can do that only to the extent that I have acceptance of myself. With *No Judgment*, I can move toward accepting myself as I am. As I accept myself, wordlessly, the client may do the same and let go of anything they don't need. This is the beginning of real health.

Essential Support for Daily Life

To support our wish to be more present, our mind, feelings, and body must work together. If only the mind is in charge, our life is limited by habitual thoughts. If only the feelings are in charge, our life is limited by reaction to the events of life. If only the body is in charge, our life is limited by our physical need for comfort and pleasure. When the mind,

body, and feelings work together in harmony, we may come to a taste of being present. The mind is clear, the feelings are calm, and the body is vital. In that state, we accept things as they are and we exist as part of a greater whole. We can participate in our lives with more balance and harmony for ourselves and others and bring more meaning to whatever we do.

On Saturday, May 6, a workshop titled "Breema—The Art of Being Present," will be offered by Arlie Mischeaux, Mary Cuneo, and Gail Coonen at the Arcata Yoga Studio, 920 Samoa Blvd. Ste. 212, from 9:30am-5pm. Experience Breema beforehand for no charge at the Open House on Friday, May 5, from 6-7:30pm at the same venue.

For more information and to register, please visit breema.com or call the Breema Center at (510) 428-0937. Continuing education is available for massage therapists and bodyworkers.



Photo credits: The Breema photo with the two ladies was by Felipe de Oliveira. The Self-Breema photo of the young gentleman is by Sibila Savage.



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Horses as Agents of Healing

by Holly Scaglione, MSW

Imagine for a moment that you can see a huge energy field around each person.

You might see rings of translucence, each extending out 30 - 100 feet—much like a large bubble. You can't see it with open eyes, but you can begin to feel it with your hands, your skin, your intuitive senses and your heart. Others can feel you enter their field. Your presence pushes on that membrane and they will turn and look at you. Once inside this invisible field, you have access to a communication link with that person. You open the connection to all kinds of information about their past, present and maybe even future.

Horses living in wild herds can sense other beings (horses or humans) much like this. Their sensory fields of awareness are large. This is because horses are prey animals. They survive by being able to sense the respiration, heart rate, and impulses of other animals, hundreds of feet away.

When we enter into a horse's energy field, our thoughts, feelings and behavior become available as information to them. Like a giant x-ray machine, we present them with our own information-rich, energy fields. In entering their field, we become stripped of all that we use to cover up who we are and what our rational minds think. We are fully exposed to horses. This intuitive sense lets the horse know if we are going to be caring and safe or if we pose a threat.

In our culture, in order to survive, we are taught not to reveal what we truly think or feel. Horses are the opposite. Their survival depends on knowing the whereabouts, feeling states, and mental conditions of each member of the herd. Here is where horses have so much to teach us. They can help us return to the more natural world of feeling, with our intuitive and sensory intelligence telling the truth, and remembering who we really are.



Being with horses in any way is healing for humans. Ask any horse person and they will tell you how they have been healed, saved, or somehow nurtured by their relationship with their horse. Horses provide what Carl Rogers, one of the founders of Humanistic Psychology, called unconditional positive regard; they love you no matter what you did that day, what you said to your kids,

what mistakes you've made, even if the mistakes were with them! They have endless forgiveness.

I read a story the other day about a pregnant mare and the subsequent birth of her first foal. It was a powerful story because it was told from the perspective of the horse's owner—a first-time pregnant mom herself. The anxious, uncertain woman watched her horse remain calm, rested, and patient through her pregnancy. She was in awe of how unconcerned the mare seemed, despite it being her first time pregnant and delivering. Her labor was very natural: breathing, focused, rhythmic, patient, trusting in the process that was occurring. There was no fear, anxiety, intervention

or distraction. This is what horses teach us: that we can still be connected to our instinctual nature—a peaceful, trusting, loving, intuitive nature.

Most people who are not horse people have some terrifying story about riding or being with a horse. They were seven years old and put on a horse. The horse inevitably took off and they went flying. They were left fearful and mistrusting of horses ever since. Some people don't have such a specific story, but they experience fear and discomfort around an animal so large and intimidating. I am a practitioner of equine-assisted personal growth work. Often when we facilitate sessions with people and horses, these fears show up; people are visibly uncomfortable and anxious. In the type of work we do, there is no riding, it's all done 'on the ground,' but those early experiences or fears of horses stick with people nonetheless. We often see a miraculous turnaround by about session three or four. Folks who were fearful and mistrusting begin to develop a relationship with the horses. We as facilitators can literally see them open up to trust this huge, intimidating animal. They begin to let the horse in and allow themselves to be vulnerable in ways most of us are not allowed to be in our sick, armored, defensive culture.

There is so much we can learn from horses. There is so much I learn each time I'm with them. I learn to trust, to be more authentic, to allow more depth, to create healthy boundaries, and to connect on a deeper level. As stated earlier, horses are prey animals, so they respond authentically to our inner emotions, fears, joys, anxieties, and pain. Horses cannot lie. Through our work with them, we can learn to be more honest, trusting, and have clearer communication. Equine-assisted work uses deep metaphor as its base. The horses become our mother, husband, child, or grandfather. Sometimes the activities we do with the horse become our recovery, our childhood, or our career goal. The sessions we have with horses can help us work through blockages we have from challenging relationships or experiences in our lives. They help us see what we contribute to this situation or just give us the unconditional positive regard that we want but might never get from a loved one.

I gain so much joy and clarity from being with horses. I am honored to be able to facilitate and hold space for other people's healing journeys and to watch them connect to not only another animal but to themselves and to their human experience. I am grateful to be able to share this gift with my community and look forward to continuing my own healing journey with the horse as my guide. If you are interested in this type of work or would like to contact us, please visit our website: www.flyingchangeshumboldt.org or email me at flyingchangeshumboldt@gmail.com.

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If we have no peace, it is because we have forgotten that we belong to each other.

— Mother Teresa

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Yoga Don's Inspiration Corner

The Vampire in Your Mind

*Love is what we came here for,
No one could offer you more,
Do you know what i mean,
Have your eyes really seen?*
-Lesley Duncan

Anthem of the Love Generation ... Now needed more than ever.

Why Practice?

What would you do if you found you were infected with a virus that sucked your life energy until you were nothing but a creature of darkness who was eternally hungry but could never be filled, a Vampiric being who unknowingly then sucked the life energy of others and lived in fear of the Light? A Light that burned and you were always retreating back into the darkness of....wait for it...back into the addiction to...it's coming...back into the world of the "conditioned mind"! The mind that demands your constant energy and attention, gives you no rest from constant, inane thoughts, one right after another. And you longed for another way of being, another world of Light, where you could escape the Dark Other, the Vampire. A Book or a Teacher, a something, anything that could release you from the torrent of thought that comes from you-know-not-where or why but you know is not the real You. That "knowing" is such a rare blessing and that is where you start. And why.

The Conditioned Mind as Vampire!

The "conditioned mind" (the Vampire) is not your friend and has been implanted in you by the culture, the family, the schools, the media, all without your conscious consent, at least in the beginning, in your youngest years. Yes, there were times when you resisted valiantly: the terrible twos and the teenage years as examples. But there was little, if any, support for your efforts. There was no education as to

how to actually "live" your life, enjoy your life, fill-full your life. Train your mind. And so, many of you began a search for the cure, a search for the Light. A search for a way out of the constant chatter and demands of your thought-infected mind. The addiction to thought being the hardest addiction to overcome, you tried and failed time and time again.

Looks pretty bleak, pretty dark, doesn't it, this picture I have just painted of your life? But the first step is to recognize, to become aware of the situation. To know that you are not your thoughts. Not even the "thinker!"

And the remedies you have tried so far, the talks and the retreats, etc., have not worked so well or have given you a false sense of knowing. That oh-so-tricky Vampire is just in hiding and you kinda know that or you would not still be searching for a cure would you? Another why.

The Cure!

First know that there is nothing wrong with your original mind. It is an amazing instrument and can be used by you for extraordinary, playful, positive purposes. But the conditioned mind, created as mentioned above, is using you by always demanding your attention, your Light of Attention, and it is not playful at all. It is serious and negative. It has become your master rather than your servant and robs you of the only place and time that you can truly exist—your here-now life!

Now back to the Vampire metaphor. First we know from the myths and the stories that it only comes out at night in darkness. The Light of the Sun can vaporize it and burn the old conditioned neuronal pathways given a long enough exposure. Next, we know that a wooden

stake to the Heart of the Vampire can kill it, so add Heart-Centered practices to your "recipe." That combination of Light and Heart is recommended by every classical tradition as the Way out of the "Matrix," the way to create new neuronal pathways of your choosing. Or you can say it is the Way of the Pilgrim ... or just The Way. The Way Home to the Original Mind, The Presence Within, The Awareness of Self, Nirvana, whatever you would like to call it. Or give it no name at all. And in the end you realize that that Way or that Path goes where you already are, where you began the journey within, the Home-base I have been mentioning in all these columns, the Anchor in the Storm of Thought and Anxiety, the Safe Harbor. And you don't have to do anything or add anything or learn any more stuff! It is already there once you drop the attachment to the chatter of the conditioned mind and rest in the Silence of your natural inner quietude. A huge way to practice quieting the thought train. A huge reason not to click-on the pop-ups in your mind!

Next Time

So enough for now. Next column I will discuss some of the ways you can escape the trap of unwanted thoughts that fill you with soap-operatic chatter! Ways to generate that inner dialog with the thoughts of your choosing or quiet the mind entirely when it is not needed (most of the time). You can make a fist and then relax your hand by command. You can learn to do the same with your mind; that is what the spiritual practices and disciplines are all about. If you wanna play beautiful music you have to practice. Same with sports or the arts. And there are some amazingly simple and effective techniques you can bring to the training of your mental instrument, and that is coming. And that is why I write this column.

Eckhart Tolle at his best about the "baggage of the mind!"

Of course any Eckhart is amazing at liberating you from the Vampiric Mind!

<https://www.youtube.com/watch?v=a0EO9UJ0kX0>

Questions or comments are welcomed at
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Om Shanti



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Embracing the vortex

Vortex Healing

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by Claire Gillman, Kindered Editor, August 8, 2011



Ric Weinman, founder of VortexHealing, tells us about the vibration of divine energy healing.

According to Vedic writings, the universe was manifested from primordial sound and vibration. As human beings, we are a microcosm of that universe—an almost infinite mix of simple and complex vibrations crammed into a small bio-conscious body. If you were to take the package of vibrations that you consider to be you and translate that into a song, consider what that song would sound like. Full of conflicting emotions and body sensations, full of restless and chaotic monkey-mind thoughts, full of eons of past-life history and millions of years of genetic survival history, continuously vibrating out of our consciousness and DNA—consider what that song of yourself would sound like. That’s why we are so drawn to nature. The harmony of nature reminds us of our own lost harmony.

Yet, the great wisdom teachers have always taught that we can save ourselves from our own misery. Many paths have been offered through the ages. VortexHealing is one such path. It is the path of divine magical transformation. This is not the magic of manipulation and sorcery; this is the divine, primordial magic that created the universe, manifesting itself from mystery into a living lineage through an ancient living avatar (a direct incarnation of the divine), whose sole intention was transforming the vibrational consciousness of humanity.

VortexHealing accesses this transformational magic through the divine energy and consciousness that is the source of the lineage. For instance, even in Basic level class, there are 49 unique forms of Vortex energy that can be channeled, each with its own vibration and consciousness, each with its own ability to transform some aspect of out-of-harmony energy into an energy that is harmonious. All out-of-harmony vibration is chaotic, which lowers our vibrational consciousness. All harmonious vibration makes us feel better because it has raised our vibrational consciousness. If someone is ungrounded, for example, we can channel Grounding Vortex. As they become more grounded, they have more harmony, they resonate with the earth, and their vibrational consciousness goes up. For someone who is filled with the vibration and emotion of fear, we can transform that fear by channeling our Peace Vortex energy. And so on. And these 49 possible Vortex energies do not simply get added to the mix of energies that are already there. Rather, they transform the emotional consciousness that is creating the disharmonic vibration. Fear is transformed into peace; it is transformed with divine energy and consciousness.

With enough focus of divine energy and consciousness, you can even transform physical matter. VortexHealing is well known for its ability to transform the sound of musical instruments (as well as heal difficult body conditions). Richard Beaumont, editor of Kindred Spirit, in an article about VortexHealing in 1998, wrote, ‘Ric had proved beyond doubt that no matter how he may explain it, he had the power to change an instrument’s quality, and teach that skill to others.’

Yet it is actually harder to transform the vibrational reality of emotional consciousness than that of a musical instrument. The difference is ego. Although we know that All Is One, we experience ourselves as an individual package of history, emotion, mind and identity. We experience ourselves as a personal story, a person, an individual. And that, as Buddha realized, is the source of all our suffering, which is the source of all the chaos and disharmony that lowers our vibrational consciousness and energy. To truly raise our vibrational reality, we have to address the ego.

But what is ego? Ego is created when the One—there is only the One—looking out through a living form, ‘hypnotizes’ itself into identifying with that form and its consciousness. This creates the sense of a localized, separate ‘I’ and ‘me’. Without addressing this identity directly, emotional consciousness can only be ‘softened’, not transformed. It is the difference between relaxing anger versus what happens to anger when the ego has gone out of it. It is the difference between relaxing fear versus what happens to fear when there is no separate someone in the centre of it.

So, the self-induced hypnotic trance of ego needs to be broken to transform our emotional consciousness. But only that which is not in trance can do it. Divine consciousness—the awake consciousness of the One—is needed. In VortexHealing, we use the divine consciousness of our lineage to transform emotional consciousness. But this transformation, which raises our vibrational consciousness, is just the preparation, not the goal. It is the ‘ripening’ that prepares for a more profound kind of transformation—awakening from the core of the ego itself. This is the deeper intention of the VortexHealing lineage. At a certain point—in our Core Veil class—students have become ripe for this kind of spiritual awakening, and the grace of the divine consciousness of the lineage manifests it. True spiritual awakening is rooted in mystery, which is what we are—it is our being. Nothing raises our vibrational reality like that which is beyond all vibration. Mystery has no vibration, yet is the source of all.

More information: Ric Weinman is the present-day founder of VortexHealing. For more information on VortexHealing, or classes, or to find a VortexHealer, visit www.vortexhealing.org. VortexHealing is a registered service mark of Ric Weinman. All rights reserved.

My personal experience with VortexHealing

by Dana Biondo



It is not always fun to be real with yourself. It takes complete dedication and commitment to face everything you have avoided. VortexHealing (VM) has pushed me to my furthest boundaries which has helped me to see all my limitations. Through classes offered by Ric Weinman, the founder of VortexHealing, I’ve been able to make progress on my Soul Agreement to go as far as I can in this lifetime. These classes

offer the opportunity to wake up and remove the excess karmic baggage hidden in the deepest recesses of your soul. VortexHealing has helped me through some of the darkest and most magical times in my life.

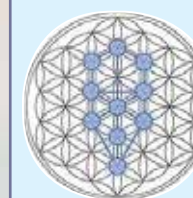
One such time was when I had purchased a plane ticket to Boston to attend a class in VH called Core Veil, one of the paths to spiritual healing. Two months before the class, I ended up homeless and unemployed and had to sleep in my car. Although I had the travel tickets, I didn’t know how I would come up with the rest of the expense money.

Another time, I had to travel 3000 miles and endure Hurricane Matthew to participate in the VH Jewel class. Both times it took hard work and determination to complete my journey. It was the deep love and commitment the students in the classes had for each other that brought us together.

The beauty of it all is when you see yourself and the souls you share this gift with transform before your very eyes! VortexHealing is the path to that transformation.

Dana Biondo maintains a private practice in Ashland, Oregon offering Spiritual Coaching, Divine Energy Sessions, Angelic Heart, and Vortex® Healing. He holds 22 certifications in the Healing Arts (<http://www.safespace-spiritualcoaching.com/education-and-certification/>). You can contact Dana at safespacespiritualcoaching.com or 541 499-4202.

♥♥♥♥♥



Tarot Wise

By Carolyn Ayres

&

The Bhagavad Gita

By Krishna Jaya

Will return in the
May/June issue.



From the Desk of the Goddess Nerd



Earth Based Spirituality

By Constance Tippet

I love studying matriarchal societies because of their peaceful and egalitarian attitudes and their connection to nature. I think if we

could return to matriarchy, we would save the world.

I may be a bit naive, but it is my dream.

I remember being shocked to learn that Europe had a peaceful and matriarchal egalitarian culture at one time. They honored a feminine deity. Archaeologist, Marija Gimbutas, called it Old Europe and it existed some 6,000 years ago. On a trip to England, I toured stone circles and found the land formations very similar to the Native American Hopewell sites in Ohio where I was born. Both were old, indigenous cultures that had strong feminine influences. That is when I became interested in studying the Goddess.

You can find matriarchies hidden, among the indigenous people and their spirituality in many countries; holding on to their cultures while trying to withstand white patriarchal colonization. Native American shamans searching for a natural and indigenous spirituality are models for us. Our own European culture is hard to look at because it is drenched in the blood of one war after another, concocted to gain money and power. We export our European oppressive ideologies into every country that we invade, killing off the very cultures we would do well to emulate.

So, as non-indigenous Westerners, where do we look for our own authentic, earth-based spirituality?

First, we have to understand the earth-based mind set, and perceive the difference between the philosophy of the older earth-based spirituality and the newer Western religions. Much Western religious theology teaches that one lives one's life specifically for the afterlife, that this earth is not our home. It is said Heaven is our real home. But this philosophy often has the consequence of promoting disdain for the earth. It also teaches that we have dominion over the earth. We reduce her to a commodity for our enjoyment

and profit. Since we are not staying, we can dump our trash wherever we choose and destroy whatever we choose.

But, if we understand that this earth *really is* our home, the “here and now“ is all we really know, and what we do *now* will have an affect on future generations, we end up behaving well and respecting each other and the earth, including the animals and plants. Seeing ourselves as a small part of a larger picture and stewards of the earth promotes humility.



So in this column I will explore The Wheel of the Year. Doing so may show how our ancestors honored and understood the seasons of the earth. I may also throw in juicy tidbits about some old pagan goddesses of Europe who may relate to these seasons. Maybe we can even find some white shamans and mystics in our own culture. And for those gentle-men who may think I am excluding them, let me just say, matriarchies do not exclude men. We women gave birth to you, we love you. That's what this is about: balancing the war-weary earth.

Indigenous White Culture of the Month

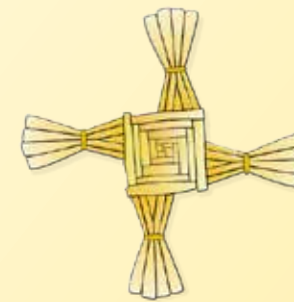
The Sami people, traditionally know as Lapps or Laplanders, are the indigenous Finno-Ugric people of the north. They inhabit the far northern parts of Norway, Sweden, Finland, and the Kola Peninsula of Russia, following the reindeer herds. Petroglyphs dating from about 10,000 BCE can be found in the their lands. They have a drum called a noitarumpu, which translates into witch's drum or shaman's drum, which is painted with beautiful shamanistic designs. Many of our Fairy Tales involve these Sami People. More on them later. Look them up.



Imbolc

I am covering two holidays. By the time this article comes out we should be on the second one. As we come out of

winter, we head toward spring and the holiday called Imbolc (also called Imbolg). It is a Cross Quarter Day and can fall between the second and seventh of February. It is calculated as the mid point between the astronomical Winter Solstice and the Spring Equinox. It's a time to plan for the future.



In Scotland, the Old Woman of Winter, known as Cailleach, was seen as an actual landmass of rocks overlooking the sea. At Imbolc, She was reborn as a goddess named Bride who was the Scottish incarnation of the Irish Brigid (pronounced Breet and is also known as Brighid, Bridget, Brid and others) and also the Maiden of Spring. The metaphor was that the earth magically transformed and changed from an old hag into a beautiful young maiden.

February is a harsh month in the north, with food stores dwindling and winter still present and seemingly never-ending. The Goddess of hope and light, Brigit, was honored at this time to encourage people to hold onto the hope for spring. The word Imbolg means "in the belly" and pointed to the thought of humans and the earth awakening with the promise of renewal.

This was usually a small celebration with cakes made by the women with the grain from the last harvest. Men were invited, and match-making occurred in an attempt to overcome the deaths the tribes had suffered during winter and to celebrate the possibilities and beginnings of new life.

Brigid's Cross was a traditional wheel made from reeds and placed on the hearths of homes in Ireland for protection. Candles were lit denoting the hearth fire. This was later called Candlemas. Bridget's flower was the Snowdrop which is the first spring bloom bursting up from the ground in the melting snow.

Brigit has survived through the ages and is known Brigandu in France, Ffaid in Wales, and Brigantia in England.

Equinox Spring Fever

Imbolc is the Vernal Equinox or Ostara, named after the German goddess of Spring, Eostre. The Vernal Equinox is the day when the hours of light equal the hours of darkness. This is the earth beginning to



bloom and grow anew. Usually seeds started in a cold frame are starting to sprout.

To understand the similarities among the earth-based cultures of indigenous spirituality, contemplate what Chief Sitting Bull said. “Behold, my friends, the spring is come; the earth has gladly received the embraces of the sun, and we shall soon see the results of their love.”

When we see sacredness in nature, every season is worth honoring.

Celtic peoples did not celebrate Ostara as a holiday. For them it was a time to celebrate planting and the new crop season and ... planting other *seeds*. Spring fever made people “mad as a March Hare.” Every living entity became sexually active. Rabbits were certainly a symbol of fertility, as were eggs.

Christians trying to emphasize the resurrection superimposed their celebration onto Ostara and then renamed it Easter.

But the origin of Easter Bunny has a longer explanation. Hares in the wild give birth to their young in nests which they later abandon. Plovers later use the nests to lay their eggs. Finding eggs in a rabbit's nest created the folklore of the Easter Bunny. German children were encouraged to make “nests” and then later were rewarded with colored eggs. German immigrants settling Pennsylvania in the 1700s brought this tradition with them. Many Slavic countries still have a tradition of elaborately painting and coloring eggs for spring.


Stewardship

If we care about earth's fertility, then we must become active in her stewardship. We cannot become complacent and let corporate backed politicians dictate the agenda of raping earth's resources and polluting the air and water. We must strive to bring about earth consciousness in both the large and small things in life, both the political and the personal. Live your intentions for the world at large, even in the things you do privately. Recycle your bags and bottles as you work for a global awakening. It's the little things, as well as the big, that will make a difference if we want a clean a earth, clean air, and water.

Constance Tippet is the creator of The Goddess Timeline which is a poster showing the evolution of the Goddess. She also makes museum quality replicas of ...because the feminine is simply divine Goddess figurines. Visit her at goddess timeline.com and imageofthegoddess.com




“Vases” Original art and “Sami Drum” photo by Constance Tippet.



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From now on it is only through a conscious choice and through a deliberate policy that humanity can survive.

-Pope John Paul II





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March Insights

By Rev. Angelica Jayne Taggart



March—in like a lion, out like a lamb—right? I’m talking about external and internal weather. Not only the rain, but politics, the ‘heavy cold’ (as Queen Elizabeth called it) that so many have, the despair, the anger at the possible loss of our rights, etc. Let’s set an intention that, regardless of appearances, everything will be all right.

I know it’s hard to avoid today’s politics. I am constantly getting sucked into what happens next. My opinions about that lead me into getting angry or depressed or excited. My imagination goes wild thinking of a world that is hostile, whether I’m winning or losing. Then, if I’m ‘awake’, I get to observe where I’m attracting whatever it is I am predominately thinking and feeling.

Dr. Ernest Holmes, author of *The Science of Mind*, a classic book written in 1924 and then revised in 1938, and the founder of the teaching that’s offered at Centers of Spiritual Living around the world, wrote this:

The intellect first decides what the emotions are to respond to. After the intellect has made this decision, then the imagination is called into play, and the game of living commences.

Here’s an example: The other day I read something on Facebook that made me angry about the patriarchal system that was seemingly being forced on me. I huffed and puffed about it to myself while getting ready for work. I had to stop for gas, and as I was pulling into the correct lane for pump access, a jeep swung around me and backed up to the pump I was approaching, causing me to slam on my brakes to avoid being hit. I got out and said “Excuse me, I was just pulling up to that pump.” The man sneered at me and said “Should have been faster.” I got back in my car, fuming. His fueling seemed to take forever and by the time I got to the pump, my mind and emotions were working overtime!


My imagination had taken me into the realm of thinking that since the election, everyone seems to have gotten meaner, there’s no respect or compassion, etc., etc.


Not liking what I was feeling, I knew I had to do something to change my experience, so I let it go ... or thought I did. As soon as I got to my appointment, I shared the story and all the emotions came flooding back in. I had to take a breath and look at this at a deeper level. Though I had taken that experience personally, it really wasn’t. That person didn’t know me. One person’s actions didn’t mean that everyone has gotten meaner. I realized I had set myself up for that experience by what I’d been angry about earlier. I could either carry on with the story and continue to feel angry and imposed upon, or I could really let it go. I chose the latter.

How did I do it? How can you do it? One, by choosing to live in the present moment instead of the past, and two, by giving our intellect something else to work on.

I decided to focus on what I am grateful for. I have a car, I have money to get gas, I love my vocation, I love my home and living in Eureka, I love my friends and family—all things that are so much more important than the few minutes I was allowing myself to be angry over. I could honestly say that regardless of appearances, everything was all right.

Angelica Jayne Taggart is the Spiritual Director of the Eureka Center for Spiritual Living. Their Gatherings are on Sundays, at 10:00 am, at 239 Buhne St. Angelica is also hosting a Spiritual Living Circle at Isis on Wednesdays from 6 – 7 PM in the downstairs room.






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Love and compassion are necessities, not luxuries. Without them, humanity cannot survive.


— Dalai Lama XIV, The Art of Happiness



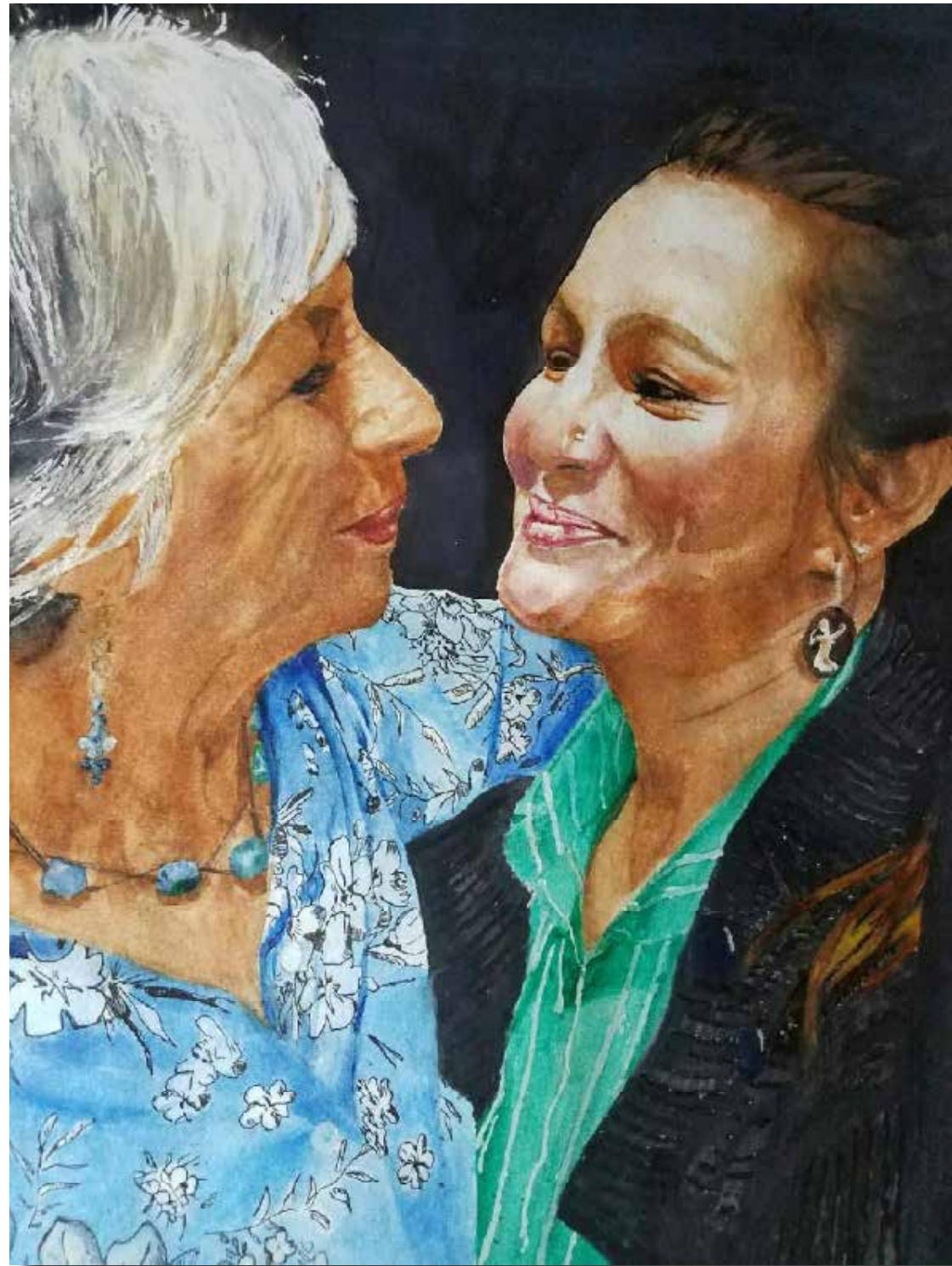
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Looking Into The Eyes of The Future ~ Original Artwork and loving words to her daughter by Carol Pridgeon. She can be reached for consignment work at 707-496-1980

For the waters, and of the brave ones that protect them:



I am speaking to,
And of,
And for,
And about ... the waters.
The mutiny out of oppression,
Trying to take me,
All of my grandmothers' voices,
Sung wind through dancing trees.
Singing, "I will never be taken, stolen,
Or truly lost."
As the ancients' tongues,
Tied, and tugged
Into a slung bow,
Aim their stakes on me. you, US.
Light keepers,
Unite,
Find,
Collaborate,
Discover the possibilities
That come from experiencing
A deep enough union to the above,
And the belows,
And all of the in-betweens that contribute.
Relationship of all nations coming together,
Together talking,
Talking to,
And of,
And for,
And about ... the waters.
Oldest form of matrixed puzzle,
Splashing in the blood puddles
Of our history.

I call out
To the waters in me,
The waters in you,
And all of the waters
In all of the lands
That still have the courage to speak.
I call to conference
A steady type of tide,
For the swelling seed
Is just beneath the surface in wait,
To expose the inevitable,
Bloody core,
A breathing moon-machine
Spiraling around
To the lead of a much larger rock.
I beseech you, rise,
Meet this,
Bright water,
Sparkly against the fire up high.
In gratitude and love I speak,
thank you, thank you, thank you.

-Gabrielle Zeitlin

photo by maya



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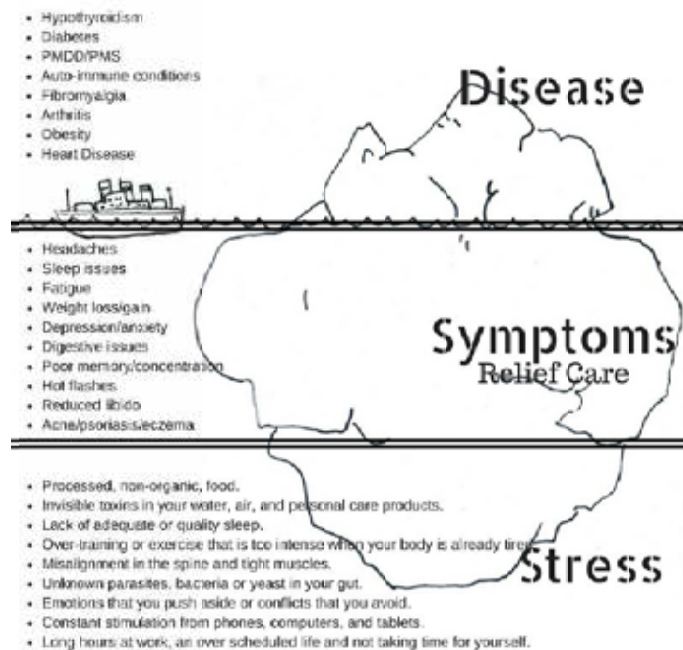
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How Stress Can Lead to Disease:

A Functional Health Perspective and Self Case Study

By Amanda Malachesky, FDN-P



At age 39, I found myself living in day-to-day pain, anxiety, depression, fatigue, and constant digestive upset. I woke up in the morning hurting, and every activity was a struggle. Though I didn’t know what was wrong with me, I truly felt like I was on my way to dying. Though I have never been suicidal, in the midst of all these symptoms I was suddenly aware of how someone could consider that an option. It seemed I might never find my way out of this deep, dark place.

Being a fighter, and a mom to two young kids, however, I began a quest to find out what was going on. I started with my primary care provider, who through imaging and testing determined I likely had endometriosis, a disease where tissue, like the lining of the uterus, is residing outside the uterus in the body cavity. This tissue responds to a woman’s monthly hormonal changes and causes pain, inflammation, adhesions, scar tissue, and, often, digestive upset.

Birth control pills or other hormonal treatments are usually offered for endometriosis, but this does nothing to address the underlying causes of the disease, and it often doesn’t even help reduce the symptoms. I embarked on a mission to eradicate endometriosis from my body by having wide excision laser surgery. I was very hopeful that this would solve all my problems.

Sadly, though the surgery lowered my anxiety and severe pain, many of my symptoms remained, especially the digestive, cyclical hormone, and food sensitivity symptoms. So even though I had a diagnosis and a surgery, it wasn’t enough. I began a quest to find out why so that I could uproot the trouble at its source and finally be free of all these health issues.

How Did I End Up with Stage IV Endometriosis?

The broad answer to the question of how I arrived at this bleak place can be summed up in one word: **Stress**. When you hear that word, you may be thinking of the frazzled feeling you get when you are worried about money or getting somewhere on time or feeling the weight of responsibilities stacked on top of you. These are certainly stresses, and they need to be managed. Doing so is very important for our health.

But I am also referring to stress that you may not yet be aware of lying hidden inside your body. Things like pathogenic infections in your digestive system, a liver and other elimination organs not adequately detoxifying your daily exposures to toxins in your food or environment, hormonal imbalances, or undetected food sensitivities. Though they aren’t visible to the naked eye, these types of hidden stresses underlie virtually every disease process and every illness you can think of.

In my particular case, severe stress began at a very early age: I lost my parents in a small plane crash when I was nine and went to live with abusive relatives afterwards. Ordinary stress through my early adulthood as a college student placed more of a burden on my stress response system, and as a young adult, I began homesteading 50 raw acres while having my two children.

My first major health train wreck appeared a little while after the birth of my older child. The exhaustion of giving birth and caring for a newborn is overwhelming for anyone. But for myself, the sleep deprivation and lack of self-care coupled with major hormonal changes destroyed the precarious balance I had created in my life. I began having major mood issues and digestive troubles when my daughter was two.

What Stress Does to the Body

One of the first major impacts of stress is the way in which it directly erodes digestive function. The inside of our intestines is coated with mucous called Secretory IgA. This mucous layer is a significant part of our immune system and is our first line of defense against incoming pathogens. When we are stressed, our Secretory IgA declines and we are eventually susceptible to infection. It can take months or years to get to a critical place, but once there, the body is vulnerable to a deeper level problem.

Ongoing stress also destabilizes the levels of two very important hormones: cortisol, and its partner, DHEA. Cortisol and DHEA have a wide-ranging impact on all areas of metabolic and hormonal health including weight gain or loss, sex hormone levels, immune function, fat and carbohydrate metabolism (think insulin resistance), muscle maintenance, sleep and mood, and so much more. When cortisol and DHEA abnormalities are ongoing, function in these areas of health begins to erode.

Our stress response system is designed for short-term life or death situations such as a confrontation with an enemy or a wild animal. It is not designed for long-term, low-grade stress, day in and day out. This type of stress slowly but surely unravels our exquisite hormonal symphony, eventually leading to symptoms and then disease. In the beginning, the effects may not be so noticeable, and your body is able to adapt. You experience a stress, and your body returns to a calm and balanced state afterwards. But with chronic stress, symptoms emerge as a warning sign that something isn’t right.

Symptoms are Not Normal!

Symptoms usually appear long after healthy function is lost. They indicate that something in your underlying physiology isn’t working properly. Collections of symptoms are eventually given a label, called a diagnosis, but the conditions that made the diagnosis possible began much earlier.

Our current medical model is centered on symptom reduction, primarily using medication as a means to this end. If you have allergies, you will be offered allergy medication to control your congestion. Yet whatever created those symptoms or may still be contributing to them, such as diet and lifestyle, is, at best, acknowledged but not given adequate support or, at worst, ignored.

When we ignore symptoms, we allow the disease process to continue without impediment and we generally continue to get sicker. Any symptom, from headaches to bellyaches or joint pain to mood swings, is indicating that you may be experiencing a loss of function that needs to be addressed for optimal health.

The Functional Care Model

My severe pain and mood troubles had been developing for at least fifteen years, and there were many signs and symptoms showing me that my health was not right, but I didn’t know where to start the process of restoration. **But here is my key takeaway message: your symptoms are important information that help illuminate the path to wellness.**

Accessing true health restoration requires a whole picture approach that explores the underlying, root causes of the signs and symptoms. A full and complete medical history

which includes examining your timeline of life events that led to the present situation is the place to begin. The timeline places signs and symptoms in an important context and includes not only physical illnesses and symptoms but mental and emotional aspects as well.

Diet and lifestyle adjustments are very important modulators of symptoms and are an essential part of any protocol or plan. Making targeted changes can illuminate the places where we have leverage over our own health and returns power over our symptoms back to ourselves, inspiring hope for a better future.

Finally, using specialized functional lab tests enables a practitioner to uncover some of the hidden causes of stress that you weren’t aware of and to make a plan to remove them. Parasites, bacteria, and viruses and the resulting malabsorption and inflammation they created, hormone imbalances, food sensitivities, and liver dysfunction were some of the underlying stresses I wasn’t aware of that were making it impossible for my body to feel better and heal from endometriosis.

Once I began addressing my health on these levels, I was able to slowly regain function and health. One year after I began seeking my root causes, I have significantly reduced my anxiety and depression, rebalanced my daily cortisol pattern, dramatically reduced my uncomfortable digestive symptoms, reduced my pain and fatigue, and generally feel better.

It’s important to note that repairing these functions can take some time, often much longer than we hope. It took me years and years of living in distress to create the dramatic health problems I was faced with, and I’m not done unraveling the puzzle. But applying this process of problem solving and inquiry allows me to continue to explore the underlying causes of my issues and to make course corrections as needed. As nice as it would be if a simple prescription of pills would solve my problems, there is no shortcut to creating deep, vibrant health. Doing so requires active engagement and commitment in our own health care.

See page 39 of this issue for more info about Amanda’s Saturday March 18th Free Class about Stress and Hormones

Amanda Malachesky is a dedicated Functional Health Coach who is passionate about helping women restore hope and regain their life from stress, pain, fatigue, anxiety, hormone, and digestive issues. She works both in person and long distance over phone and Skype from Petrolia, CA. She is a Certified Functional Diagnostic Nutrition® Practitioner, Integrative Nutrition Health Coach, Certified Massage Therapist, and owner of Confluence Nutrition (www.confluencenutrition.com). You can reach her at amanda@confluencenutrition.com or at (707)-629-3533.

2017 Event Calendar

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Every Wednesday in March Downstairs in Suite 40

Join in our weekly Spiritual Living Circle Every Wednesday in March, at 6:30 pm. Lovingly guiding ourselves through the ups and downs of life, using universal Principles. Led by **Rev. Angelica Jayne Taggart**, spiritual director of the Eureka Center for Spiritual Living. Cost: Love offering. For more info revangelica@gmail.com.

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2017 Event Calendar

Every Friday

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

Special Event at Isis

Saturday March 18th

A Free Class: Stress and Hormones: What You May Not Know About Balancing Hormones Naturally- How hormone imbalances may relate to PMS, Fatigue, Hot flashes, Weight gain, Loss of libido, Pain, Insomnia, and more with **Amanda Malachesky**, Certified Functional Diagnostic Nutrition® Practitioner and Integrative Nutrition Health Coach. For more info, contact amanda@confluencenutrition.com, visit www.confluencenutrition.com, or call (707)-629-3533.

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