



# Wholistic Heartbeat

Together We Heal

[WholisticHeartbeat.com](http://WholisticHeartbeat.com)





**On The Cover and  
On The Gallery Walls**  
at *Wholistic Heartbeat*  
1660 Central Ave, Suite A in McKinleyville

# Joyce Jonte

Fine Artist

Born in Berkeley, California in 1957, I grew up in the Bay Area, moving to Arcata in 1974 to study art at HSU. In 1979 I graduated with emphases in watercolor painting, representational drawing, and life drawing. I have pursued a passionate study of watercolor technique and life drawing in the ensuing decades, establishing myself as a valued member of the local art community.



I facilitate the Arcata Life Drawing Circle ([www.drawing.nu](http://www.drawing.nu)) with artist friend Steven VanderMeer at StewART Studios in Arcata. I spend up to 12 hours weekly in life drawing sessions, honing my skills and encouraging local artists of all ages. I work en plein aire in the summer months and from photos in the winter, describing the natural beauty that surrounds us.

**I am available for commission and have an open studio by appointment.**



My paintings can be seen year round at the Arcata Artisans Gallery and Hot Knots on the Arcata Plaza, also in Arcata at Movewell, Los Bagels Bungalow, and The Holly Yashi Store, and in McKinleyville at the Central Avenue Edward Jones office. My work will be featured at the Wholistic Heartbeat office for the months of March and April

**Follow me on  
Instagram @joycejonte,  
on Facebook, and at  
[www.joycejonte.com](http://www.joycejonte.com)**



# Wholistic Heartbeat

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

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

Submit online at [wholisticheartbeat@gmail.com](mailto:wholisticheartbeat@gmail.com)

## Wholistic Heartbeat

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

**CONTRIBUTE \* READ \* LEARN  
DISCOVER \* SHARE**

Our intention is to offer a wide variety of quality information that will support all of us on our healing paths by providing tools and resources for personal growth, awareness, and self-empowerment.

Through *Wholistic Heartbeat*, (formerly the Isis Scrolls) we seek to inspire and educate the members of our community about our uniquely skilled and gifted healing arts practitioners and the rich variety of integrative healing modalities available to us. *Wholistic Heartbeat* is a vessel through which the voice and heartbeat of the innate healing wisdom that lives within each of us, can be experienced.

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## - On The Cover -

Original Art by local artist

**Joyce Jonte'**

**Page 02 ~ Meet the Cover Artist**

*Joyce Jonte'*

**Page 05 ~ A Message from Isis And Maya**

*Maya Cooper*

**Page 06 ~ Year of the Yang Metal Rat**

*Karen Abler Carrasco*

**Page 08 ~ Pregnancy Eduaction**

*Amanda Ring & Jahnan Derso*

**Page 09 ~ Spring Equinox**

*Jaime Powell*

**Page 10 ~ Tap Away Stress and ...**

*Sarah Grace Powers*

**Page 13 ~ How Mirroring Practice ....**

*Michael Jason Sherman*

**Page 14 ~ Bhakti Yoga: The Path of Love**

*Sitaram Dass*

**Page 17 ~ Treasured Vases**

*Ellen Dee Davidson*

**Page 18 ~ Dearest Boobs,**

*Brenna Monahan*

**Page 20 ~ Next Healing Tree Gathering**

**Page 20 ~ Moment of Divine Connection**

*Clare Vettes*

**Page 21 ~ Poetry**

*Ryan Van Lenning*

**Page 22 ~ Grief Support Group**

*Hospice of Humboldt*

**Page 23 ~ Event Calendar**

**Page 26 ~ Tarot Wise Says Goodbye**

*Carolyn Ayres*

**Page 27 ~ Poetry**

*Laurie Birdsong & Mosiah Derso*

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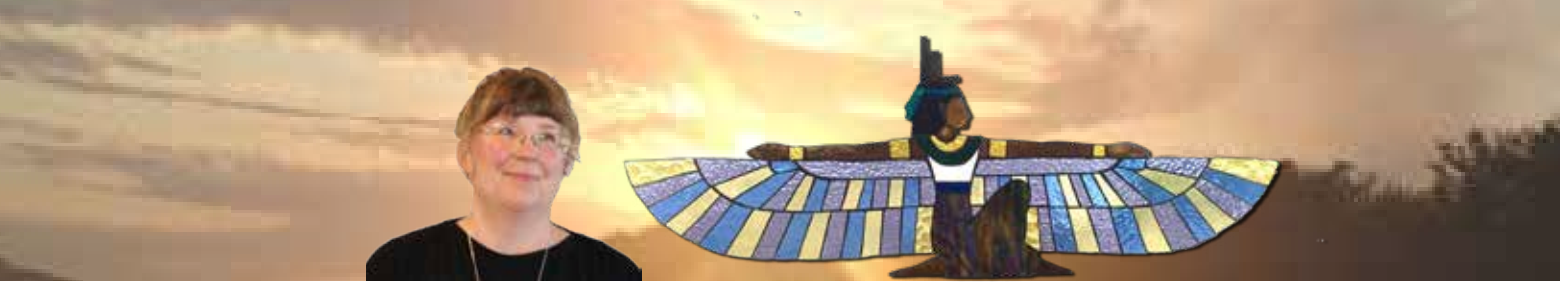
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## Isis and Maya are stepping into the *Heartbeat*

I'm excited to share with my community and all of the wonderful friends of Isis that a great and vibrant change is in the air.

My time as the caretaker of the Isis Osiris Healing Temple has come to an end. For 19 grace-filled years, I have had the honor of serving, growing and learning while being held in the embrace of the strong warm wings of my beloved Isis.

Now it is with joy that I share that my apprenticeship with this holy Goddess has shifted, and like a butterfly emerging from a cocoon, I am ready to leave this temple space in Sunny Brae and fly into the next expression of my soul's work. I will be moving over to Wholistic Heartbeat in McKinleyville this April.

The many extraordinary healing practitioners that I have shared Isis with are all finding their new way forward too. At the time of this publication it remains unknown who will continue to practice in Sunny Brae and who may venture out and find new healing spaces in the neighborhood. We, of course, will keep you updated as all of these details unfold.

What I do know is that my mission to *Create Opportunities That Nourish Our Wholeness* remains in the forefront of my life. I have many exciting things I want to try, and I have already begun to seed the new garden. I am excited to tend to its growth.

Isis opened her wings to me back in 2001, and she has nurtured, healed and awakened me. She has been a masterful teacher. As I step out of the Isis Osiris Healing Temple, I step into the Temple of our community, where I feel well prepared to continue to serve, contribute, grow, learn and share at a whole new octave. Isis is alive within me and we are ready to create in newly winged ways.



### **Practical Information - These Things Will Not Change -**

The Wholistic Heartbeat Magazine & The Annual Healing Arts Guide

Healing Path - Our Non-Profit Dream Maker Project of the Ink People

Healer's Tree - A Supportive Network for Healing Arts Practitioners

Wholistic Heartbeat Center - We have classroom space rentals

WholisticHeartbeat.com - A Resource Center for the Healing Arts

I'm still available in all the ways I have been to help with personal sessions, referrals, networking ...

These are still the best numbers to reach me - my cell # 707-834-6831 or Isis's # 707-825-8300

### **This Will Change -**

My address will now be: Wholistic Heartbeat 1660 Central Ave. Suite A McKinleyville, CA 95519

I will not have access to as many personal healing rooms to rent by the hour

My sincerest blessings of deep wellbeing upon every being who has ever stepped through our doors or been an Isis supporter from afar. You have contributed to my healing in ways I will never be able to fully explain. You have each been a cell in the body of Isis guiding and healing me. You have each been the physical shape of my apprenticeship with Her and you have each created a lasting tone of love throughout my life. You are the gift. You are the body of Isis. You are the teaching. You made it all possible. I cannot express how incredibly grateful I feel to have been able to be in relationship with my community in this sacred way. You know where to find me. We will continue to see each other in the Heartbeat,

*All my love, Maya*



# On Purpose – The Year of the Yang Metal Rat

By Karen Abler Carrasco



On January 25th, 2020, a new cycle and a new decade began with a built-in metaphor for clear, sharp, 2020 vision. This particular decade also starts with the Chinese lunar astrology sign that most perfectly represents clear, sharp, focused intent and action: the Yang Metal Rat year. This synchronistic combination of vision, intent and bold action portends success for a social restructuring that is nearly unprecedented.

**“It was the best of times, it was the worst of times.”**

The last Metal Rat year was 1960. The decade that followed has held an almost mythological place in history for the breadth and depth of the changes it brought to the modern world. In the West, societies tore apart at the generational seams as cultural expectations were questioned, governmental policies protested, moral hypocrisies exposed and “business as usual”/status quo was rejected. Science and technology challenged religions, corporations began to control public resources and rampant consumerism became the recipe for world-wide economic success. Altruism and hedonism both battled for ascendancy.

Drawing from the lessons of those turbulent times, we see that one needs a rock-solid inner guidance system to navigate the shifting terrain ahead. We are in the midst of a polar

shift in every aspect of life as we attempt to reconcile the starkly interdependent realities of a global economy with the old structures of independent nations. Just as the 1960’s examined social justice within human diversity, so the 2020’s will inevitably focus on ecological justice within the diversity of all the other species on the planet. The ultimate “bottom line” of ecosystem fatigue is becoming too evident to ignore any longer. *With 2020 vision we see that reweaving ourselves and our entire civilization back into the world-wide web of life is the critical priority now.* Fortunately, the Yang Metal Rat energies support this exact and exacting task, as they bring precise focus, keen wit, and a remarkable talent for self-preservation and species survival.

**With razor sharp precision, the Metal Rat slices through any obstacle to realize its goals.**

It is a clever, opportunistic creature, with a compulsion to thrive regardless of the difficulties. Endless willpower, tireless persistence and a reliance on bold action are the Rat’s tools for success. The Metal Rat year combines grounded practicality with inspired action to achieve a most formidable position of safety and comfort within any environment. Thinking on one’s feet, making lightning quick decisions, altering course whenever the advantages shift, the Metal Rat’s energy offers the perfect strengths to those who latch on to its tail. It seeks the best possible placement to face the unpredictable years ahead.



**The Metal element highlights the ability to sniff out what is truly useful and valuable as well as to identify what must be jettisoned as useless and unworthy.**

Use this quality to redefine your future, asking:

“What is my time here worth?”

“Which are my highest values and most cherished relationships that I wish to nurture?”

“What is my authentic response, based on my inner truth, to the clamoring choices facing me?”

**This is THE year for this vital revisionist work.**

Evaluate every facet of your life and get crystal clear on where solid, life-sustaining value lies within it. The energy of this year promises to move swiftly, so do not procrastinate in reviewing everything that currently sustains you and your family’s security. Things like: food, housing, finances, health and support network. Determine what is essential for you and your beloveds; locate the cleanest, best quality

sources and procure them. Some peripheral interests or involvements may not make the cut, and this is good. Be pragmatic. Anchor your core choices with daily and weekly goals to meet your needs and carefully guide your steps along the new, precarious path towards global transformation.

**2020 is ruled by the Metal element.**

Metal represents the mental body, the common sense of smell and precise boundaries in time and space. The Rat's native element is Water. Water signifies the spiritual body, the sense of hearing, timelessness and fluid movement. Metal supports Water in the Nourishing Cycle of the 5 Elements. Such a unique harmony of qualities means that this year has a stronger influence than years that have elemental and animal energy conflicts. We can embody the Metal and Water elements ourselves this year in how we approach every moment. Picture the clever Rat, with its long nose to the air, whiskers twitching, ears wide, locating the faintest smells and sounds leading to food and safety. Metal means keep your nose alert to the winds of change. Water says listen for guidance and be fluid in your response.

**The final overriding quality to understand about this amazing year is its yang aspect, which is that quality of big, bright, loud, fast, up and out, social ACTION.**

Be quick about setting up your guideposts of values and goals for the year, and the decade, because yang years offer actionable opportunities in rapid succession. Here comes a great chance to do...oops, there it goes. No worries, another will come along soon, but not endlessly. Use the Metal Rat's talent to define what's truly useful to secure your future. You can trust that the clarity provided by the bold, noisy yang energy will light up the most excellent choices for you like a beacon. Venture out into the wider world and leap into the fray with confidence, once you have your internal house-keeping done. Armed with fresh clarity of purpose and redefined lifestyle priorities, you can face the coming decade of change and transformation with a secure, well stocked home base and the generous grace to help others do the same.




*Karen Abler-Carrasco is a local feng shui teacher and consultant. Enhancing beauty and harmony everywhere is her passion. She can be reached at 707-825-8859. Visit: [westernschooloffengshui.com](http://westernschooloffengshui.com)*

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**Christine Johnson** is a QHHT practitioner with massage therapy and energywork training, mother of three, and has her BS in marine biology. Sessions are a minimum of four hours due to the in-depth nature of this therapy.

**In home sessions available  
HAVE YOU EVER...**

- experienced a baffling challenge that is not helped by traditional methods?
- looked for surgery or traditional therapy alternatives?
- wanted to know your life's purpose?
- wondered about your past lives?
- wondered about the purpose of baffling situations or people in your life?
- wanted a reliable method for accessing the universal knowledge and healing inside yourself?

**707-407-5050**

☞ [qhhtfuture@gmail.com](mailto:qhhtfuture@gmail.com) ☞

# Pregnancy Education

with Amanda Ring and Jahnan Derso



Have you considered there is more to conscious conception than wanting to intentionally conceive?

Have you been trying to get pregnant and wondering why it hasn't happened yet?

Or perhaps, you are looking for more tools to aid in your conception, path of pregnancy, labor, and postpartum?

*Join a team of mothers, conception specialists, & prenatal birth and postpartum specialists while we demystify the mystery of entering motherhood.*

From conception to birth and beyond are multiple rite of passages. In fact, each step of this process is an initiation that leads to the next. This metamorphosis deserves honor, guidance and support. In this afternoon workshop, we will look at the soil of the womb, the importance of herbal & homeopathic support, the myriad of questions that come up, the inherent goodness in wisdom and more ways than you can fathom on how we can help you get started or continue on this journey.

Please, treat yourself to this experience. You will walk away with a new awareness. You don't have to be pregnant or even on the path to becoming pregnant to come. It's an event open to all interested in this topic. The grounds of this season are fertile for opening to this information. The cost is \$45 per person or \$75 for a couple. You are invited to join us on:

**Saturday, April 4<sup>th</sup> from 12-3 pm  
at the Wholistic Heartbeat  
1660 Central Ave. Suite A, McKinleyville, CA**

This class leads to a workshop  
**"A Mother's Rite of Passage"**  
coming this Spring, which includes an in-depth study on:

- ♥ Pre-Conception
- ♥ Fertility
- ♥ Pregnancy
- ♥ Immediate Postpartum
- ♥ 4<sup>th</sup> Trimester Postpartum

## More about the Coaches:



**Amanda Ring** is a home-centered and mother-centric Doula. She specializes in prenatal, birth, postpartum, and lactation. The birth of her own twin daughters illuminates her desires to walk with Mothers as they cross the threshold of life's greatest Rite of Passage.

In February 2018, Amanda received her Doula certification with the local and gifted Midwife and Doula Kate McGuire and Jodie DiMinno. Amanda has also completed a clinical apprenticeship with Certified Nurse Midwife Tessa Stone, which included hands on training and education of human lactation.

Amanda is eager to continue supporting the strong Mothers of our community by attending to them at home where the bonding and healing happens. Her mission is to witness Mothers in Power bringing their baby or babies earth-side.

**Jahnan Derso** Maya Abdominal Massage Practitioner & Pregnancy Health Coach

Jahnan Derso is a solutions-oriented Health Coach who steers her clients to potent, holistic tools, solving their health issues naturally. Her consultations help people discover a new level of success within the natural health paradigm. She specializes in women's health during pregnancy through postpartum care with mama & infants.

Jahnan is a certified practitioner of the Arvigo method of Maya Abdominal Massage. She works with women who are looking to conceive, currently pregnant, or in need of post-partum womb healing. Her hands-on healing sessions steward in the creation of order within the body temple. She shares her extensive knowledge on her website HibiscusHealing.com where you can also find the complete Rainforest Remedy Tincture line.





# Spring Equinox



The coldness of winter fades, and we again feel the heat of the sun through our clothing instead of the biting wind. The coming of Spring warms the ground and life bursts forth. Welcome! All around we glimpse the fertility of the land. The sacred birthing, renewal of vitality is seen in the re-birthing of plants, as the young tender shoots unfurl, reaching for light.

These days are balanced between light and dark, equally giving us both. We ourselves can finally unroot from hibernation and stretch towards the brightness promised by Ostara.

It's the time of planning and planting our hearts and gardens. What will you grow? What will take root and reach as you do for the sunny sky? Make the best of your vernal Equinox and create the inner and outer landscape that calls you. Spring cleaning? Redecorating? Smudging the corners of your rooms and heart? Dusting? Cleaning the shelves in the fridge or cleaning the garage out? Now is the time to mull over all the ways you can implement and celebrate Spring.

I invite you to take a meditative walk deep in nature free from your phone and distractions. When you find your sweet spot, start by closing your eyes. Then set your intention to just observe. Take 3 deep breaths as you smell the earth, listen to the sounds around you and then begin your observational journey into Spring. Take your time on this walk. Deliberately plant your feet with each step. Keep your listening skills attuned to your surroundings, sharpen your gaze like a hawk and take notice of the new growth. See the rebirth of fresh tendrils, the bright green of new growth on the trees, the new emerging colors of flowers and just feel the newness from Mother Earth. Feel the warmth, the energy of the earth as you take your slow meditative steps and allow peace to enter your being. When you are done, make your way onward or homeward. Allow the newness of Spring enlivened inside you to grow into your life. So much awaits you, dear one.

....

**In order to help you embrace Spring**  
there will be an Equinox Celebration for  
women at Wholistic Heartbeat  
1660 Central Ave, Suite A in McKinleyville

**March 21st from 10:00-1:00pm**  
Join us in honoring the spring season in sacred ritual

We will be honoring the Goddess by way of meditation, tea ritual, craft project, and setting a specific intention. If you are interested in participating, please, contact **Jaime Powell** at [jlj715@gmail.com](mailto:jlj715@gmail.com) for further details and to sign up.

....

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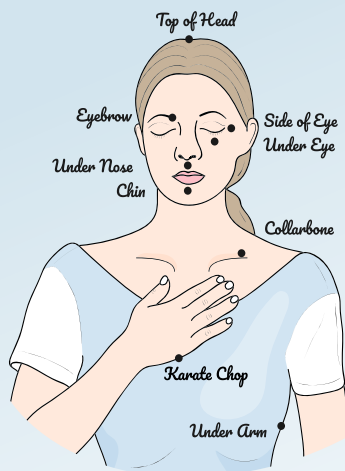
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## Feel Better Fast with EFT

### Sunday March 29<sup>th</sup>, 3:00-4:30 pm

\$5 - \$10, suggested



*EFT Tapping Points*

### Space Limited!

Email Sarah at [sarahgracecoach.com](mailto:sarahgracecoach.com) to register

**Location:** Isis Osiris Healing Temple  
Upstairs in Suite #48 Sunny Brae Center in Arcata

Do you sometimes feel that, no matter how hard you try, you are unable to change certain emotional and physical patterns? Come learn a simple but powerful technique to help you release subconscious blocks that hold you back from sustaining positive change in your life.

EFT (often called meridian tapping) stands for Emotional Freedom Techniques.

It can help you to:

- **Release Negative Emotions**
- **Increase Self Esteem**
- **Reduce Food Cravings**
- **Eliminate Emotional Eating**
- **Reduce or Eliminate Pain**
- **Implement Positive Goals**

Based on the Chinese meridian system, EFT can give you the benefits of acupuncture without the needles. It has been proven successful in hundreds of peer-reviewed studies and you can learn how to do it in a matter of minutes!

You will learn the basics of EFT, how and why it works and how to do it. Then we will practice together, and everyone will have to experience personal results!

Even if you've tried out EFT in the past, come along to learn more and to benefit from the group energy of a Tapping Circle.

## Tap Away Stress and Limiting Beliefs

By Sarah Grace Powers



Spring is almost here. New green shoots are poking up from the earth and buds appear on your favorite plants and trees and burst into bloom. It's such a season of hope, of promise, like a fresh and bright new beginning. But wait? Wasn't it just a new beginning a couple of months ago when the calendar turned to 2020? What happened to those New Year's Intentions that you set just back then?

Many people find that they get very inspired to make a change in their life, habits, or some other behavior, but then, it just doesn't stick. Something seems to get in the way and derails your best intentions. This can be downright frustrating; sometimes even causing you to just forget or give up setting goals and intentions. I understand how you feel because this used to be a syndrome in my own life until I was able to turn that around with EFT Tapping.

### EFT stands for "Emotional Freedom Techniques."

It's a versatile modality that can be used as a self-help technique or with a practitioner. I personally experienced significant breakthroughs using a combination of Tapping, along with a similar, but deeper acting modality called Matrix Reimprinting. EFT Tapping was the magic catalyst that shifted that dynamic in my own life. And I've seen the same thing happen for so many clients.

### What Is Tapping?

Tapping is both a cognitive and somatic modality. This means it works with both your mind and your body. By lightly tapping specific acupressure points with the fingertips, while speaking out loud, you are able to communicate with both



your conscious and subconscious mind. Your subconscious does NOT understand words. It speaks a different language.

Tapping gets into the subconscious mind, which is key, because that is basically your 'Operating System.' It's like when your computer starts getting all glitchy and nothing seems to get it working normally again until you get into the operating system and start deleting corrupted programs and apps.

Between the ages of 0 and 7 our minds are like sponges; they simply absorb everything we observe, hear or feel, which forms the bedrock of our belief system. This bedrock of beliefs is about ourselves, about the world and about life, and it is just hanging out there in the Operating System of the mind. *All of those old beliefs were installed for a reason. It often has to do with keeping you emotionally or physically safe when you were very young*, but sometimes they are just the same beliefs that you absorbed from your parents, teachers, caregivers and community. The problem is many of these beliefs simply don't serve you in your current life. And, in fact, they may be doing just the opposite of keeping you safe!

This is true even when you have overlaid new, more rational and desired ideas and beliefs. This explains so much about why old patterns of behavior and old beliefs are so resistant to your most earnest attempts to shift them. But EFT and Matrix Reimprinting can go right into that operating system and delete those old programs once and for all. Better than that, it can reinstall new programs that serve you better in your current life.

### How Does Tapping Work?

EFT Tapping is simple to learn and easy to do. Anyone can learn it and regular practice will make a significant difference in your stress and anxiety levels. This is because it is proven to reduce cortisol levels in your body. Cortisol is often called the 'fight or flight' hormone. It has a practical purpose, but unfortunately most of us in the modern world generate way too much cortisol.

Fight or Flight is a conditioned response meant to save us from predators when we had to watch out for saber toothed tigers as we left the cave. Oddly enough, a part of our brain is still wired to escape these tigers. And that's probably a good thing, because there are those occasional circumstances when we are faced with true danger (perhaps a fire or an attacker) and that rush of cortisol and adrenaline can save our lives.

Unfortunately, our brains can't tell the difference between a real emergency and the perceived emergency of being yelled at by the boss or realizing we're running late for an impor-

tant meeting. It goes ahead and initiates that 'fight or flight' response anyway, and all that cortisol will temporarily shut down other important functions like your immune response, your digestion, and more. This is one reason why 'stress' has such a bad rap for negatively impacting your health.

### Time out for Tapping

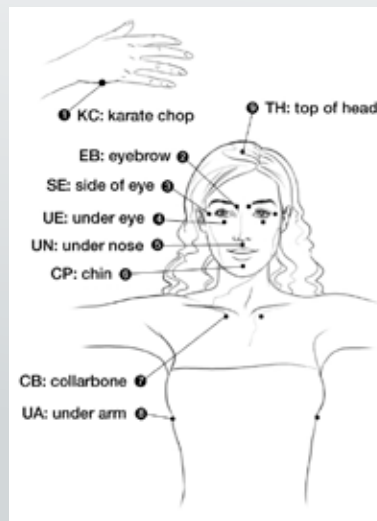
When you take a minute or two to do some tapping around your anxiety or stress, it sends a signal to your brain that there can't be a life or death emergency. The same thing happens with deep breathing techniques. With no emergency, the cortisol levels begin to drop, which in turn allows you to access the more creative and solution-based part of your brain.

In addition to calming the nervous system, Tapping has been shown to reduce or eliminate food cravings, get rid of phobias and calm physical pain. Many people have experienced positive results with relationship problems and issues around money and abundance.

Many of the benefits can be experienced simply by tapping on your own. If you are going for the deeper reprogramming work your best results will come by working with a trained, professional EFT Practitioner.

Tapping is a completely harmless technique, can be done by anyone who has use of their hands and arms, and it even works for young children. One of my favorite things about EFT is you have it with you wherever you go. Another great aspect of this modality is you can't really get it wrong. It's not a complicated system that you must study and memorize before you receive any benefits. You can start Tapping today and notice a difference!

### How Do You Tap?



There are nine commonly used 'tapping points' that most practitioners use, which are all located on the face and upper body. All you need to know is these nine points, although there are several other points that can be used, including some of the fingers and hand, and a few other locations. However, the main nine points are enough to get results with Tapping.

Yasmin Spencer LAc, DAOM, Dipl. O.M.

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This diagram shows the points, and you can learn how to do a tapping sequence by watching the two short videos here:  
<https://sarahgracecoach.com/how-to-do-eft/>

Although YouTube tapping videos abound, many people struggle to get their own tapping practice going. You can certainly get a benefit by following along with a scripted video or audio, but the real transformation comes when you are getting specific about your own issues and memories.

If you want a better understanding of how all this works, and to get a jumpstart on your own EFT practice, come to my workshop, **Feel Better Fast with EFT on Sunday, March 29th from 3-4:30 pm upstairs at Isis in Suite #48 Sunny Brae Centre in Arcata**

You'll learn more about Tapping, why and how it works, and we'll tap together so you can practice and understand how to use it yourself.

If you'd like personalized training in EFT Tapping, or you want to do the deeper work, such as reprogramming those stuck old belief systems, contact me at [sarah@sarahgracecoach.com](mailto:sarah@sarahgracecoach.com) to discuss my introductory rate for new clients in Humboldt.

Whether you use Tapping casually to calm your stress and anxiety or take it to the level that can invoke true transformation on the deepest levels, you can't lose if you add this trick to your emotional health toolbox!



*Sarah Grace Powers (formerly Sarah O'Leary) is a Certified Life Coach, EFT Coach, Matrix Reimprinting Practitioner, and founder/former owner of Moonrise Herbs. She works in person and online to help clients who feel stuck in outdated beliefs to break free and take leaps in creating the life they want. As a life and wellness coach, her specialty is helping women over 40, who are unhappy with their changing bodies, to release excess weight, develop a positive relationship with food and their body, and discover their personal ageless radiance. Find her at [SarahGraceCoach.com](http://SarahGraceCoach.com), or join her private Facebook Community: Ageless Radiance: Light & Healthy Living for Women Over 40. Visit her at [sarahgracecoach.com](http://sarahgracecoach.com).*



# HOW MIRRORING PRACTICE CREATES NEW LIFE

By Michael Jason Sherman



## **Many of us are looking for ways to experience deep healing in our lives.**

Often, we find ourselves returning to practices of the body, such as Reiki or massage, in order to release negative blockages and feel a sense of emotional restoration. While bodywork is a beautiful thing to both give and receive, sometimes it doesn't get to the root of what we are going through in life and work. Our patterns of thinking and our relationships with others at work and home have a massive impact on our emotional energy. This is where mirroring communication practice comes in to help us create new life energy.

### **Mirroring is a process of transformational listening.**

In my workshops (which now happen every 3rd Wednesday at Wholistic Heartbeat in McKinleyville), I teach this structured communication activity, which centers around any two people choosing roles of sender and receiver. The sender speaks one sentence at a time about an issue they want to explore, while the receiver mirrors back exactly as each sentence was sent in order to demonstrate that the content was heard, and to provide the sender with a safe space to continue to express themselves. The sender is given the gift of safe exploration about a topic without worry of being cut off, rejected, talked over, offered suggestions, being told "oh yeah, me too," and so on.

This exercise in itself is a healing experience. Being heard "as is" rarely comes to us from others in our lives, and it brings us emotional relief. But mirroring work goes deeper. It creates new life for us.

### **The real art is in the receiving.**

Yes, the sender must focus on the "right posture" for this practice to be effective. They work with tempo, pausing, collecting themselves, focusing on best words to use and allowing their mirroring partner the easiest path to repeat back what was heard.

But for the receiver, even though their role is seemingly simple (i.e., "please mirror back exactly as you heard without adding any of your two cents or opinions"), the focus they put on their partner's words forces them to detach from their busy minds. They stay mindful and present. It's not about, "what can I possibly say to this person that will help them," but rather, "what did they say so I can simply say it back?"

This detachment from everything that pops into the receiver's mind, this willingness to demonstrate to another person that everything they say is important (so important that they are going to repeat it exactly as they heard it), leads to a shift that transforms the emotional energy of the dialogue partners and the other participants of the workshop. By detaching from the restless mind that always wants to: help, fix, prevent, deny, and so on; the receiver accomplishes something subtle yet uniquely powerful.

**Like a loving parent nourishing a child by simply being present, the receiver's mirroring generates a feeling of understanding that similarly nourishes the body of the sender.**

It is as if the receiver is saying, "I can show you that I am quiet, open-hearted and curious about what is important to you." This leads the sender's body to relax and perhaps access a deeper feeling or an unrealized expression of inner conflict, confusion or hurt that is stuck in the body.

### **The mirroring doesn't fix the sender and their issues.**

#### **Rather, the mirroring creates connection.**

This connection does the healing work for us and sprouts forth light energy to the practitioners and the audience of the work. The sender gets much from this practice. They feel heard, relief, safe, hopeful. However, it is the receiver, having provided this gift to someone, that ironically gets the most benefit. The receiver demonstrates to their own mind that they have control, focus and willingness. The receiver doesn't need to feel what the sender is going through. Rather the receiver organically awakens to their own innate senses of compassion, openness, possibility and inner power. The receiver learns that through mirroring, there is more to their own thinking patterns. They now prove to themselves the ability to stay centered, grounded and present while in the presence of another human being, perhaps someone they never met before. When this occurs, the mirroring has done something to the receiver beyond the gift they have given the sender. They have practiced a unification of the mind and body in connection with another --- as is. This posture of understanding deepens their own humanity and brings forth new energy into their lives.

**This is what happens through mirroring practice. By mirroring others and you become a better version of yourself.**

Mirroring someone else's words puts you in connection not only with another human, but with all of humanity. You can step through a doorway into the world of someone else's experience. Following this mirroring practice is like engaging in a challenging yoga pose. As soon as you leave the stretch, you feel energized knowing you have moved beyond where you thought you could go.

And that, my friends, is an attitude that creates new life. See you in class.

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# Bhakti Yoga: The Path of Love

By Sitaram Dass



## **Kirtan is a practice of Bhakti Yoga, the path of love and devotion towards God.**

As it says in Ram Dass' *Be Here Now*, "The way Bhakti works is you just love until you and the Beloved become One." Kirtan is the call-and-response chanting of the various names of God/dess from the ancient Sanskrit language. All of these Names point to the deepest reaches of our own heart where our True Nature resides.

Kirtan has seen a steady rise in popularity in yoga studios around the country. Many of us have come to kirtan and feel inspired, have sorrows lift, or even experience a deep healing or surrender. These are beautiful experiences that are meant to be cherished, but they are also ultimately just initial doorways into a rich and satisfying journey to God. Kirtan is more than just a temporary experience or emotional high. It is an opportunity to gain a taste of the nectar of devotion.

Just like in any worldly relationship, we first feel an attraction to someone, and some "high" in our body tells us we like them. If this initial attraction turns into a relationship, then over the years it has the opportunity to deepen into something even more satisfying than we could initially imagine. It has the possibility of offering an incredible healing and deeper sense of safety in the world. If this is true for a worldly relationship, then what to say of a Divine one?

## **What if our Lover was Perfect?**

What if They had no desires of Their own, save maybe for us to attain our own liberation? What if this Lover lived in our own heart as our True Nature? What if falling in Love with Them meant falling in Love with everyone, including ourselves? What if this Love Affair fostered a sense of safety

that stayed with us? Even through our most difficult times? Even through sickness, old age, and death? This is what kirtan can offer us: a chance to gain a taste of this Divine nectar and to deepen this Holy Relationship.

## **The core of all spiritual traditions shares a common mystic heart.**

I find myself sitting comfortably within the inter-spiritual movement. There are many paths to the mountaintop or maybe endless wisdom streams flowing to the sea. I like the second analogy better, it shows that the path and the destination are not different. It's all water, and as we travel the path it expands and deepens until it opens into the Endless Sea itself, where all boundaries seem to dissolve in an infinite horizon.

Though it's true that all paths are of the same essence, each one meanders and flows by its own internal logic. Each path requires its own map to successfully navigate the unique bends, rapids, shortcuts and pitfalls. To allow a stream to take us with its Holy Current, we need to accept it on its own terms. I find that when many of us say "it's all One," rather than deeply drinking the wisdom of multiple traditions and reveling in that Universal Ineffability, we instead take our current map, often inherited from the culture of our upbringing in the form of assumptions and projections, and we overlay it over each tradition we come in contact with.

A recent *Psychology Today* article called Kirtan the *Easy Meditation that can Improve Your Brain*. But this greatly limits the potential of what kirtan can offer us. I find that many of us in the West think of kirtan as a form of secular mindfulness practice.

With the influence of the modern mindfulness movement, we might not know that ancient meditation practices can show us the interdependent and groundless nature of reality, but we can at least wrap our minds around how focusing on the breath can relieve anxiety or stress. In this same vein, by making kirtan into a mindfulness practice, we claim that its purpose is to "improve your brain." I often hear people say things like "Meditation is not a belief system. It is a science." However, in this line of thinking, devotion to a Higher Power seems to require beliefs and dogma. But is this even true?

## **"The map is not the territory."**

In 1931, Alfred Korzybski said this now famous line. It means our ideas about the universe are not the same as the universe itself. All of us have belief systems or working models for how the universe works. We use these maps to make sense of this unfathomable reality and to walk in it with some clarity and purpose. But just as a topographic



map shows us a different aspect of the terrain than a political map, our belief systems are going to unravel different aspects of reality and offer us different paths to traverse them.

### **Are we mistaking our map for reality?**

I believe that the secular mindfulness movement, in comparison to other spiritual practices, has had its heyday, not because it is without beliefs and assumptions, but because those beliefs more closely align with that of our dominant culture. Because the beliefs are reflected and validated everywhere, those deep assumptions become invisible to us, and we mis-



*Shemaia Skywater*

take our map for reality. This can make it harder for us to engage in devotional practices or other spiritual traditions whose assumptions about reality don't fit neatly within our dominant map.

Some of us have a natural intuition about devotional

practice. We are able to grasp the possibility and give it a try. For myself and others, we needed to first let go of our conceptual maps so we could gain a glimpse of the Ineffable Reality behind it all. Maybe we try out kirtan or the practices of meditation and self-inquiry. At some point during this exploration we come to a fundamental realization: that all of our ideas, thoughts, self-conceptions, identifications, attachments, aversions- all of the stuff that we usually refer to as our "identity," are not actually as solid as we once thought. So, we keep exploring and letting go until we contact something deeper than our thinking mind; we catch a glimpse of the Eternal Light of Consciousness itself.

This self-realization is ineffable. It can't be contained in words, but we realize that there are certain concepts that can point us beyond the thinking mind. All of a sudden, words and phrases that once seemed dogmatic now feel like the most appropriate descriptors for Ultimate Reality: Love, Truth, Perfection, Eternity, God. These words become mirrors for the heart that orient us towards the Ineffable Presence within.

### **Then something else often happens that we never saw coming.**

We fall deeply in LOVE with It. This doesn't happen for everyone, and it doesn't have to. We live in a diverse human

family with diverse needs and inclinations. The Bhakti path is not better than any other, but for those of us who are ripe for the Love-filled path, this relationship with the Divine becomes our primary method for our awakening.

Now our practice takes a new form. Rather than *trying* to meditate or *trying* to purify our consciousness, instead we have fallen madly in love and want nothing more than to crawl as close as we can to our Beloved. This means we willingly let go of anything that gets in the way, including our addictions and unskillful habits of mind.

We also start reading about the great Bhakti saints, and we hang out with other devotees. This is where the path opens up in an even stranger way. Even though we are experiencing more love than we ever thought possible, we learn that there are people who are even more in love than we are! Just as we might seek relationship advice from older, more experienced couples, we begin to look to elder devotees for guidance on how to enter into Divine Love Plays.

What once seemed like childish practices are now enthusiastically engaged in. We make an altar for formal worship with pictures and statues of deities. There we offer flowers and incense, sing to God, look at God, and maybe we even Bathe God!

But it's not so weird anymore. We recognize that by actively wooing our Beloved we melt into the Divine Romance. This Love Affair continues to purify our mind and heart until we approach what the Narada Bhakti Sutras calls Parama Prem, or "Supreme Love." This is the state of full-blown addiction when Love has penetrated our entire being. Love takes control, and we become like God-intoxicated drunkards.

### **As Ram Dass once said,**

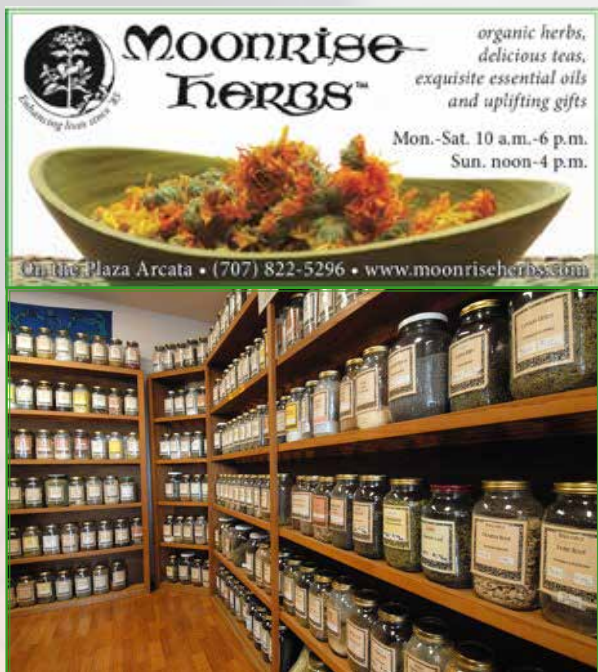
#### **"Everyone you meet is God in drag."**

This has an impact on every other relationship. Because through this Love we learn to see the Beloved everywhere. The world opens up to us in new ways: service becomes our primary motive and Love our primary practice.

In the second verse of Pattanjali's Yoga Sutras, yoga is defined as "Chitta Vritti Nirodha," or the cessation of the whirlings of the mind that cause us suffering. In the Bhakti Yoga Sutras, Narada states that the Supreme Love of Devotion contains the essence of this Nirodha. For this reason it is self-fulfilling.

We don't practice Love to achieve something else. It is its own reward. Even the tiniest glimpse of this Love is more satisfying than anything else we will ever know. It is the





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

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

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truth of Reality, God, the Universe, and the constant changing flux of experience we call life.

Every few years I go on an extended silent Buddhist meditation retreat. I love these opportunities to enter into deep practice and touch upon the true nature of things. I honor all spiritual paths, and I will practice within any tradition that is open-minded and helps me to calm my mind and open my heart. But Buddhism is not my root tradition, and I have long wished for more opportunities to dive deeper into the practice of Bhakti.

Sometimes when you want something bad enough, the answer is to just create it! I am excited to say that I have teamed up with my dear friend Shemaia Skywater.

**Together we have developed an intensive  
weekend immersion into the practice of  
Bhakti Yoga at Om Shala Yoga in Arcata,  
this Summer. The Date TBA very soon.**

More than just a workshop, this is meant to be an immersion into practice, where people from all stages of the path (as well as musical comfortability) can take a short break from their daily lives, enter into the *bhav* (devotional mood), and reflect on what it means to use relationship with the God-of-our-own-Being as the vehicle for our awakening. By gaining more tools and understanding, we can return to our daily duties with a little more clarity, ease and an increased capacity to make our lives into a devotional offering. We will cover the basics of puja (ritual worship), mantra, visualization, Sanskrit pronunciation, and how to bring bhajan and kirtan (devotional chanting) into your daily practice.

*Sitaram Dass served his beloved teacher Ram Dass for several years on Maui, where he committed himself to the path of Bhakti Yoga. Now he spends his time singing kirtan, writing, teaching and serving wherever he can. His settings range from homeless shelters, prisons, and mental health centers to yoga studios, retreat centers, and festivals.*



*Sitaram and his dear friend Shemaia Skywater to offer a  
Bhakti Yoga Weekend Immersion at Om Shala Yoga in Arcata  
this coming Summer. For more details, go to:  
[www.omshalayoga.com](http://www.omshalayoga.com) or email [sitaramdass108@gmail.com](mailto:sitaramdass108@gmail.com).*





# Treasure Vases

By Ellen Dee Davidson

I participated in an online Treasure Vase meditation with people around the world hosted by the founders of Tree Sisters, Clare Dubois and Cynthia Jurs, Tibetan Buddhist Lama (and Dharmacharya in the order of Interbeing of Zen Master) Thich Nhat Hahn. In 1990, Cynthia went on a pilgrimage to a remote cave in Nepal to meet a 106-year-old meditating hermit. She asked him, "What can we do to bring healing and protection to the Earth?"

The hermit told her to fill simple clay pots with prayers, sacred seeds, holy water, jewels, leaves, lichen, mantras, soil and more, and then to bury them. So far, there have been over 70 of these vases placed around the world, including one in Headwaters Forest. Cynthia has another 14 currently seeking homes. Some are buried in locations that need energy and healing, like Hiroshima. Others are in sites that contribute energy to the growing mandala, such as Avebury, England. Good energy radiates from wherever these vessels are buried. Cynthia told a story of how in one spot a vase was buried, a separate group of people, knowing nothing about the vase, spontaneously decided to plant a forest right there!

My participation was in the group offering prayers, intentions and material items into a vase that will be buried at Tree Sisters' new planting partnership in the Amazon. Cynthia lead us in a guided meditation, and I felt my cherished ring asking to be given to the holy vessel. The essence of my ring went into the vase along with my prayer for the trees and their connectivity with each other around the world. After we finished, I realized it didn't feel right to offer the spirit of my ring and then just keep it on my finger.

Instead I buried my emerald ring at the roots beneath a pine tree on Lido Key in Sarasota, Florida. A three-week-old bald eagle was being nested in this tree, and I'd been coming every day to watch the parents fly in with fish to feed the baby. After I tamped the moist earth down over my ring, my finger felt bare. I'd worn this ring for a decade, playfully calling her my Elf ring. She's come with me a thousand times to meditate with the ancient redwoods. It was at this point I realized this was an act of connectivity with the trees.

Before I came to Sarasota, Florida for my husband's medical treatment, I would go to a favorite old tree in Redwood

National Park to meditate. That tree had taught me so much, smoothing and raising my vibration as if I were in the presence of a guru. I felt so sad to leave the tree.

Contemplating my beloved tree, into my mind came the image of my returning and anchoring some sort of violet light at the base of the tree that would help with worldwide tree connections. Then I was told by inner guidance that so many old trees have been cut down, they need us humans to help fill in the energetic gaps while at the same time planting new forests. This idea seemed far-fetched to me, but the image was vivid in my mind.



When I came to Sarasota (known for being on Ley lines and under a Star Gate portal that transmits violet light), it was the glorious light I most admired; subtle colors shifting and changing, reflecting on the water peach, violet and gold. Ever since I've connected with the inspirational colors and light of Sarasota, I've felt like I've been absorbing this light, through my physical senses as well as in more subtle ways. Now, with my ring buried in

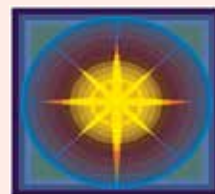
Florida, the upcoming return to my beloved redwoods and the Treasure Vase to be buried in the Amazon, I can't help noticing a triangle of connectivity. Somehow, it seems beautifully potent.

Cynthia Jurs and Clare Dubois invite all of us to give back to the Earth: our prayers, tears, blood, treasures, seeds, blessed water, and whatever calls to each individual. No offering is too small. The Earth is incredibly aware of us and our intentions do matter. Sharing the treasures of our hearts will contribute to the restoration of the Earth and be part of creating a more beautiful world.

Greetings to Conscious Seekers of Self and Spirit!

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# Dearest Boobs,

by Brenna Monahan



When I was eight, I told you that I didn't like you. You weren't as pretty, perky or pronounced as Kristen's. I remember watching my friends grow and change.

When I started my period at 11, you seem to expand overnight and drop. Hard. The purple stretch marks screamed, "stop growing!"

You reminded me of an old maid. I didn't have anyone in my class that looked like me, so I compared my boobs to the moms around me. I was 13.

Janelle's boobs were perfect. I didn't know if you would be liked by others. I didn't really like you myself. I was scared to show someone else. You didn't look cute and your nipples were bigger than my friends.

I covered you up when I changed.

At 15 I didn't know how to buy you bras that fit. I wanted something cute and pretty. I opted for full coverage and ugly.

You were wide set. I could put my palms between you... absent of cleavage.

I invited others to see... We laughed at you. Mollie pressed her hand between you. We laughed cried together.

I admired perky ones, overly big ones, small ones, and narrow cleavage. Long... spread far and away from each other. That's us.

Do you remember when we went bra shopping with mom at 17? I squeezed you into cute bras that my small chested friends easily wrapped around their bodies. My mother yelled at us to "come show me!" We learned about exhibitionism and isolation.

When we were 22 we undressed in front of a crowd, reclaiming our stereotypes. It was the first time I believed we both looked sexy. The rose covered corset made you look fun and inviting.



When we were 24 we got to understand the hype of titty f#@king.  
Yes, hype.

We were never sensitive. As we let people touch and grope us...  
nothing really happened.  
The delightful look on peoples' faces helped us connect.

We started to become more connected to each other with each  
year. I liked watching you float on water.

At age 30 I let you out into the wild.  
Spreading and bathing in the sun on nude beaches.

At age 33 we discovered we had the BRCA gene.

At age 34 you grew as I grew a baby inside of me.

December 21, 2015. I finally got your use.  
Nourishment. You worked well and the suckling felt powerful.  
And then I felt used. My identity in crisis. It was my own fault for  
not liking the idea of being a milk machine.  
You were doing great. I sabotaged you.  
I am sorry about that. 35 years old.

At 36 I underwent several surgeries... We said goodbye to body  
parts, and we shrunk together. You grew closer. We grew closer.

The next step drawing near... saying goodbye to you.  
I think I have been actively doing that?

I have taken more pictures and appreciated you in the last two  
years. Letting more people understand how you feel.

I have tried to look at you more...  
I have stood in front of the mirror. Taking you in. Taking us in.  
Wonder if nipples are that important?

I am throwing you a party. Because.  
Because you deserve it. We deserve to celebrate you.  
I have spent too much of my life wishing you looked like  
something else.

I will lean into the new quilt. I promise.  
I love you.

Xo  
B

*Joyce Jonte  
2020*

*Above and background original art work is by our cover artist Joyce Jonte. She  
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Together we can create a new model of wellbeing

## GREATER PURPOSE:

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*Love is love. And you are that. HU is the Sound of Soul.*

—Sri Harold Klemp



## Moment of Divine Connection

by Clare Vettes

**Isn't it such a special moment when you connect instantly with someone?**

Even a simple smile or making eye contact when opening a door for someone can lead to heart-to-heart recognition. For me, singing HU, a love song to the divine, helps me become aware of these synchronous moments, and opens my eyes to life's joyful everyday miracles.

Pronounced "HUE", HU is an ancient mantra, or love song to the divine. When you sing it from your heart you open yourself to receive more divine love and infinite blessings.

***HU is an ancient mantra and a sacred sound that anyone can sing to bring more love, peace and creativity into your life.***

Recently, I was alone in the sauna at a local gym, so I began singing the HU song freely. When a young woman entered the spa I immediately sang only inwardly, and the sauna filled with silence.

As the woman stepped up to the top level bench, she turned to me and said, "You can keep singing, but I'm warning you I just might join in!" There was an instant connection and our eyes met with surprise and sparkle! We both laughed heartily like teenagers at a slumber party. Deep belly laughs. Silence once again followed the hilarity.

So I tentatively replied, "Well OK, I was just singing HU." I began a soft chant and she joined me. "HU-U-U-U-U...."

The woman's voice was strong, sweet and harmonious. We sang HU together for a few minutes allowing this divine sound to fill the heart of our being. The atmosphere shifted from mirth to solemn sacredness.

When the room became silent again, I looked up at the woman. She was lying down with her eyes closed. The sauna was extremely hot, so I slipped out happily, grateful for the surprise Soul-to-Soul connection I was gifted through the HU.



***"HU is the Sound behind all sounds, woven into the language of life. It is the wind in the leaves, falling rain, thunder of jets, singing of birds, the awful rumble of a tornado. Its sound is heard in laughter, weeping, the din of city traffic, ocean waves and the quiet rippling of a mountain stream. It is a word people anywhere can use to address the Originator of Life.***

From <https://eckankarblog.org/sound-of-soul/>



## MY NAME IS BELONGING

-Ryan Van Lenning

**They say the first step is admitting  
you have an addiction**

**So here goes —**

**My name is Mystery,  
I've been here a million times  
and Yes, I take heaping spoonfuls  
of galaxies straight out of the jar  
when I should be sleeping**

**I gulp in the seasons  
whenever I see one sitting out  
on the table**

**My name is Abundance,  
and I swallow fat Oceans  
calorie-dense forests  
and whole fields of lupine  
when I think no one is looking**

**My name is Curiosity,  
and I look under rocks  
and climb through dark caves  
running my hands against the wet walls**

**My name is Insatiable  
and I chew on entire mountain ranges  
just to get high**

**I have no idea what they say  
about the second step,  
I wasn't listening.**

**I was too busy sitting  
on the edge of the cliff  
watching the sun retire  
and caressing the bark  
of the madrone tree.**

**My name is Belonging.**

Ryan Van Lenning lives among the diverse forests and rivers of Humboldt County, ancestral Wiyot and Yurok territory. He is an ecotherapist and inner/outer wilderness guide. Founder of Wild Nature Heart, whose mission is: to support people to connect with the wisdom of inner and outer wild nature, to embody their wholeness and to live their soul callings into the world in this time of the Great Turning. Wild Nature Heart facilitates courses and workshops, 1-on-1 earth-rooted mentoring, wilderness and rite-of-passage ceremonies, and community gatherings (full moon hikes, eco-grief circles, nature connection meetups).

Ryan's collections of soulful earth poetry, Re-Membering: Poems of Earth & Soul, and High-Cooing Through the Seasons: Haiku From the Forest can be found at local bookstores and the library.

## DEEP BELONGING 6-week series begins

**Sunday, April 5th – May 10th from 10:30-Noon**

**@ Wholistic Heartbeat 1660 Central Ave, Suite A in McKinleyville**

**Deep Belonging is a course for people transitioning to a  
deeper earth-centered life and eager to cultivate wholeness  
and a deeper belonging to place and purpose.**

Over 6-weeks we will explore these topics: Deep Belonging, Sacred Pause and Deep Listening, Living the Seasons, Befriending Your Watershed and Local Flora & Fauna, Nature-based Map of Human Wholeness, Wilderness Rite-of-Passage and Other Self-Designed Ceremony, Joanna Macy and The Work That Reconnects, Returning to Our Wild Purpose.

**Discover more and register here:**

<https://wildnatureheart.com/product/deep-belonging-6-week-course-in-person-humboldt-april/>

## WORDS IN THIS FOREST

Ryan Van Lenning

**There are words in this forest  
older than your grandfather  
older than the grandmother tree on his farm**

**Words even older than the soil  
holding her up  
since before she was a seed**

**They're entangled together here  
forming silent poems  
called root and flow  
called change and be  
called here and now.**

**You can't pronounce them with your tongue.**

Helping create a cleaner, clearer, lighter you!



### Colon Hydrotherapy ADVANCED IACT Certified

The goal of Colon Hydrotherapy is to help the body in opening the natural pathways of elimination. This is achieved through the introduction of temperature-regulated, filtered water into the large intestine for the purpose of removing accumulated waste and toxins. Many health care practitioners include Colonics as part of a combined treatment for yeast infections (Candida), constipation, hypertension, arthritis, depression, parasites, allergies, toxic metals, weight loss, liver problems, and more.

### Electro-Lymphatic Drainage

The lymphatic system, also known as the secondary circulatory system, is one of the body's natural waste removal systems. Toxins can accumulate in the lymphatic system due to poor nutrition, dehydration, pollution, constipation, and lack of exercise. When this happens, the body becomes sluggish and possibly sick. Electro Lymphatic Therapy is an accelerated method of moving stagnant, sticky lymphatic fluid out of the body. The healing frequencies break up congestion, re-balance the cells and enhance the immune system.

### Ionic Foot Spa

These naturally stimulating and relaxing treatments are based on the ionization of water and osmosis to draw toxins from the body. This offers a way of approaching healing through saturation of the blood, tissues, cells, and organs with negative hydrogen ions. These ions act as both an energy carrier and an antioxidant in the body.

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## Grief Support Group Meets at Wholistic Heartbeat



Are you grieving and need a place to go and talk about it? Every Wednesday afternoon, from 3:30 to 5:00 pm, you are invited to join us as two trained grief support volunteers co-facilitate a grief support group.

It's held in the beautiful, open space of the **Wholistic Heartbeat in McKinleyville at 1660 Central Avenue, Suite A.**

Like all weekly grief support groups offered by Hospice of Humboldt, the group is free and open to the community. It is a safe place to express your thoughts and emotions of grief with other people having a similar experience. Simply telling your story and being genuinely heard is *healing*.

The group also serves to reduce isolation and to allow you to notice that you are not alone in your experience. In hearing that other people are having similar challenges normalizes what you are going through, which can be a huge relief. Most importantly, the group is a place to be supported and accepted; where loss, grief, and death are not words to be avoided, but are welcomed and attended to here.

If you are grieving, welcome to this group. It is here for you.

Thank you, Wholistic Heartbeat, for your generosity in offering this group sacred space to gather!

**Hospice of Humboldt offers six other weekly grief support groups across Fortuna, Eureka, and Arcata.**

Please, call 707-267-9801 for more information  
or visit our website at

**[hospiceofhumboldt.org](http://hospiceofhumboldt.org)**



# CLASSIFIEDS

## HEALING PEACE MEDITATION

Every Monday From 1:00-2:00 pm

@ Wholistic Heartbeat 1660 Central Ave, Suite A in McKinleyville

Healing Path Presents ~ **HEALING PEACE MEDITATION WITH MAYA**. Come for a brief teaching and grounding as we meditate together for peace and Healing. Drop in, no charge, but open to donations for the space. Text Maya for more info. at 707-834-6831.

## On Pause - Will Resume In A New Location REIKI-COMMUNITY-STYLE

Every Tuesday From 7:00-9:00 pm

@ Wholistic Heartbeat 1660 Central Ave, Suite A in McKinleyville

Healing Path Presents ~ **REIKI-COMMUNITY-STYLE**. Come for the Reiki and stay for a mini-Tarot Reading with Bridgit Tyler or a Psychic Reading with Jesse Austin. Everyone is welcome. No Appointments Necessary; first come, first served. Suggested Donation: \$5-\$20. Call/Text John Gracy at 406-223-2002 or Maya at 707-825-8300 for more info.

## GRIEF SUPPORT GROUP

Every Wednesday from 3:30-5:00 pm

@ Wholistic Heartbeat 1660 Central Ave, Suite A in McKinleyville

Healing Path Presents – **GRIEF SUPPORT GROUP**. Are you grieving and need a place to go and talk about it? You are invited to join us as two trained grief support volunteers co-facilitate a grief support group. It is a safe place to express your thoughts and emotions of grief with other people having a similar experience. Simply telling your story and being genuinely heard is healing. Hospice of Humboldt offers six other weekly grief support groups across Fortuna, Eureka, and Arcata. Please, call 707-267-9801 for more information or visit our website at [hospiceofhumboldt.org](http://hospiceofhumboldt.org).



## BREATH OF LIFE MEDITATION

Every Thursday from 1:00- 2:00 pm

@ Wholistic Heartbeat 1660 Central Ave, Suite A in McKinleyville

Healing Path Presents ~ **BREATH OF LIFE MEDITATION**. In this one-hour weekly meditation, we deepen the understanding and use of the Breath of Life practice to bring peripheral energies into our center. Facilitated by Christine Johnson; contact her at 707-825-8300 for more information. Suggested Donation \$5. Drop in, everyone is welcome.

## New Location beginning in April -TBA SELF-REALIZATION MEDITATION

Every Friday From 7:00-9:00 pm

**SELF-REALIZATION FELLOWSHIP MEDITATION**. We practice meditation techniques and chanting as taught by Paramahansa Yogananda. Drop-in free event. Please, contact Carolyn at [arcata.srf@earthlink.net](mailto:arcata.srf@earthlink.net) for more information



## SINGING CIRCLE

Every Sunday in March from 1:00- 3:00pm

@ Wholistic Heartbeat 1660 Central Ave, Suite A in McKinleyville

Healing Path Presents ~ Singing Circle Study and Practice of **MUSICAL PRAYERS AND MEDICINE SONGS**. Join us for ongoing Communion Circle by donation; all are welcome. For questions call or text: Deva 70 –362–1351.

## New Location Starting April 15th THE POWER OF MIRRORING

Every 3rd Wednesday From 7:00-8:30 pm

April 15th & May 20th & June 17th

@ Wholistic Heartbeat 1660 Central Ave, Suite A in McKinleyville

**THE POWER OF MIRRORING** is an ongoing monthly workshop about communication and well-being. **Break negative patterns of emotional reactivity in life and at work**. By learning the practice of mirroring, you will improve your ability to listen and understand others, especially the people who trigger us. Taught by author/coach, Michael Jason Sherman, MA. \$5-20 suggested donation. For more information go to [www.MichaelJasonSherman.com](http://www.MichaelJasonSherman.com).



# CLASSIFIEDS

## SIDEREAL SISTARHOOD - Ongoing

@ Wholistic Heartbeat 1660 Central Ave, Suite A in McKinleyville

**SIDEREAL SISTARHOOD:** We utilize the energy of the **Moon phases and Astrology with Tarot** to align our intentions with Nature. Enrollment is available to newcomers. Cost \$10/month, which includes 2 meetings on the Full Moon & the Balsamic Moon and all the corresponding handouts. Contact Mari by email at [sidereal.sistarhood@yahoo.com](mailto:sidereal.sistarhood@yahoo.com) for details.

## HEALER'S TREE MEETING

Saturday, March 14th from Noon- 2:30 pm

@ Wholistic Heartbeat 1660 Central Ave, Suite A in McKinleyville

Healing Path Presents, **HEALER'S TREE MEETING: The Stories We tell about MONEY...** The stories you tell about money affect how you think about money, feel about money, and your behavior with it. Lorna McLeod, Certified Financial Coach, will lead us through steps to recreate our money story to one of self-empowerment. Learn more at: [HealingPathHumboldt.org/Healerstree](http://HealingPathHumboldt.org/Healerstree). Contact Maya with questions at 707-834-6831. **SAVE THE DATES:** Our next two meeting dates are April 16th at 7:00 pm and May 30th in the afternoon. Details to be announced.



## HEALERS BREAKFAST

Wednesday's March 18th & April 15th 9:15-11:15 am

@ ENF Cafe 2165 Central Ave in McKinleyville

**HEALERS BREAKFAST** - The **THIRD** Wednesday of **EVERY** month from 9:15-11:15am. **Held at Eureka Natural Foods Cafe inside their McKinleyville Store** This event is an opportunity for our healing arts practitioners to come together and get better acquainted over breakfast. Network and begin to collaborate with your fellow peers. Presented by Healing Path & Hosted by Janet Stock. Next few 2020 dates: Contact Maya for more info at 707-496-6616

## JOURNEYING CIRCLE FOR ALL

Every 4th Thursday from 6:00-8:00 pm

March 26th, April 23rd & May 28th

@ Wholistic Heartbeat 1660 Central Ave, Suite A in McKinleyville

**JOURNEYING CIRCLE:** Learn the basics of shamanic journeying or deepen your existing practice and embark on a series of drum journeys to receive the guidance and healing you most need now to support yourself on your unique path. Cost \$25-\$35, self-determined sliding scale. Space accommodates up to 9 participants, **RSVP required**. All levels of experience welcome! Contact Heather O'Connell [heather@hearthoftheheart.org](mailto:heather@hearthoftheheart.org) or (707) 397-0018 to reserve your spot. visit: [www.hearthoftheheart.org](http://www.hearthoftheheart.org).



## SPRING EQUINOX CELEBRATION

Saturday, March 21st 10:00-1:00

@ Wholistic Heartbeat 1660 Central Ave, Suite A in McKinleyville

Healing Path Presents, by donation —**SPRING EQUINOX WITH JAIME POWELL**, Join us in honoring the spring season in sacred ritual. We will be honoring the Goddess by way of meditation, tea ritual, craft project, and setting a specific intention. If you are interested in participating, please contact Jaime Powell at [jlpl715@gmail.com](mailto:jlpl715@gmail.com) for further details and to sign up. Learn more on Page 5 of this issue.

## FEEL BETTER FAST with EFT TAPPING

Sunday, March 29th 3:00-4:30

@ Isis upstairs in Suite #48 Sunny Brae Centre in Arcata

**FEEL BETTER FAST WITH EFT TAPING** hosted by Sarah Grace Powers Holistic Life Coach Creator of The Ageless Body Blueprint [SarahGraceCoach.com](http://SarahGraceCoach.com) \$5 - \$10, suggested Space Limited! You will learn the basics of EFT, how and why it works and how to do it. Then we will practice together. Even if you've tried out EFT in the past, come to benefit from the group energy of a Tapping Circle. Email sarah at [sarahgracecoach.com](http://sarahgracecoach.com) to register.

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## New Location Starting April 1st WOMEN'S JOURNEYING CIRCLE

Every 1st Wednesday from 6:00-8:00 pm

April 1st, May 6th & June 3rd

@ Wholistic Heartbeat 1660 Central Ave, Suite A in McKinleyville

**WOMEN'S JOURNEYING CIRCLE:** Learn the basics of shamanic journeying or deepen your existing practice and embark on a series of drum journeys to receive the guidance and healing you most need now to support yourself on your unique path. Cost \$25-\$35, self-determined sliding scale. Space accommodates up to 9 participants, **RSVP required**. All levels of experience welcome! Contact Heather O'Connell [heather@hearthoftheheart.org](mailto:heather@hearthoftheheart.org) or (707) 397-0018 to reserve your spot. visit: [www.hearthoftheheart.org](http://www.hearthoftheheart.org).

## SHAMANIC SELF-CARE

Saturday, April 4th & Sunday April 5th 10:30-5:30

@ Isis upstairs in Suite #48 Sunny Brae Centre in Arcata

**SHAMANIC SELF-CARE AND WELLNESS** All levels of experience are welcome! In this 2 day highly experiential and transformative self-care & wellness intensive, we'll explore self-care and self-healing practices that can support you in cultivating and maintaining balance and harmony within yourself and your relationships in your daily life. **Cost \$150-\$225** self-determined sliding scale, \$100 non-refundable required. Space is limited - Registration required Contact Heather O'Connell to register (707) 397-0018 [heather@hearthoftheheart.org](mailto:heather@hearthoftheheart.org) or visit: Learn more here: [www.hearthoftheheart.org](http://www.hearthoftheheart.org)

## PREGNANCY EDUCATION CLASS

Saturday, April 4th 12:00-3:00

@ Wholistic Heartbeat 1660 Central Ave, Suite A in McKinleyville

**PREGNANCY EDUCATION CLASS** with Amanda Ring & Jahnan Derso: \$45 per person or \$75 for a couple. Join a team of mothers, conception specialists, & prenatal birth and postpartum specialists while we demystify the mystery of entering motherhood. Contact Jahnan Derso at [info@hibiscushealing.com](mailto:info@hibiscushealing.com)

## SOUND OF THE SOUL EVENTS

Every 1st Saturday of the Month - April 4th, May 2nd  
4:00-5:00 pm @ Redwood Lounge

**EXPERIENCE THE SOUND OF SOUL** You are welcome to Sing HU amidst the beautiful Redwoods of Redwood Park! **Sound of Soul events** at the **Redwood Lounge in the Redwood Park in Arcata, near HSU**. Sponsored by Eckankar of Eureka/Arcata: Free materials about Eckankar: The Path of Spiritual Freedom are available. [TheSoundofSoul.org](http://TheSoundofSoul.org) and [eckankar.org](http://eckankar.org). And [eureka.arcata.eck@gmail.com](mailto:eureka.arcata.eck@gmail.com) for local connection.

## BASIC BOUNDARIES & PROTECTION

Saturday, May 2nd from 10:30-6:30pm

@ Wholistic Heartbeat 1660 Central Ave, Suite A in McKinleyville

**BASIC BOUNDARIES & PROTECTION** ~ A shamanic approach to self-sovereignty. In this highly experiential workshop we'll cover a range of key topics to support you in assessing, cultivating and maintaining healthy boundaries and protection in your everyday life. **All experience levels welcome. Registration required.** Tuition \$125, \$75 non-refundable deposit reserves your spot. Note this class is a pre-requisite for Intermediate and Advanced Boundaries & Protection. To register contact Heather (707) 397-0018 [heather@hearthoftheheart.org](mailto:heather@hearthoftheheart.org) or visit: [www.hearthoftheheart.org](http://www.hearthoftheheart.org)



## ARCATA MASSAGE COLLECTIVE

Formerly Arcata School of Massage

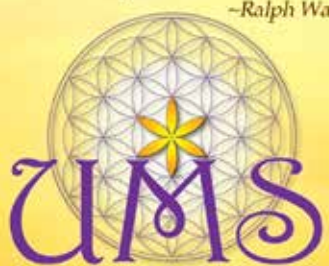
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"What lies behind us and what lies before us  
are tiny matters compared to what lies within us."  
~Ralph Waldo Emerson


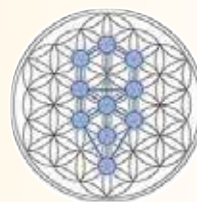


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March/ April 2020

# Tarot Wise

By Carolyn Ayres

*This column has been an ongoing exploration of the Tarot on the Tree of Life. Thank you Carolyn for all the wisdom you've bestowed upon us for all these years. We are richer and more connected for having learned so much. Deep prosper blessings upon you as we both shift to new highs!*

## To the Readers of my column Tarot Wise, 2020 Double whammy!

I invite you to take out the Judgment card, number 20, from any Tarot deck and check out the image. Big changes! We are all being called forth out of our limited thinking and being into a new world. A world our minds cannot comprehend at this time. Heed the call! You don't have to know where it is taking you. You can be lifted up and out & expand your capacities. And don't freak out if it feels like you are being pushed.

This is my last message to the readers of the Tarot Wise column. The Wheel is turning, and I am going with it. Do not resist! I have been writing this column for years. I don't know how many. And, despite the deadlines or because of them, I have spewed forth a lot about the Tarot. I have so appreciated this opportunity, and I hope to finish our trip through the Majors on the Tree of Life in another venue. Perhaps a blog on my website? At this point I do not know.

If you want to stay in touch, I encourage you to get on my email list, [carolyn@tarotofbecoming.com](mailto:carolyn@tarotofbecoming.com). You will then receive my New Moon Message and Tarot reading each month, hear about my classes and workshops, and I will let you know if and when I begin writing again. You can read the New Moon Message on my website: [www.tarotofbecoming.com](http://www.tarotofbecoming.com)

Thank you for engaging with me all these years. And thank you, Maya, for giving me the space to talk about all things Tarot.

With Joy and Possibility, Carolyn Ayres  
707-442-4240 [carolyn@tarotofbecoming.com](mailto:carolyn@tarotofbecoming.com)  
[www.tarotofbecoming.com](http://www.tarotofbecoming.com)



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**BOKASHI COMPOSTING** is an anaerobic process that relies on inoculated bran to ferment kitchen waste, including meat and dairy, into a safe soil builder and nutrient-rich tea for your plants. Bokashi is probably one of the least expensive composting systems around. We have been using this method with great results. We'd love to share if you are interested in learning too! This is great for homes without yards big enough for compost bins. Contact Dave & Maya for a free demo to help you get started at 707-834-3830.



# Poetic Inspiration

## Stepping Out

by laurie birdsong

I bare my naked feet  
to the wet grass  
feel the cold drenched  
earth squish beneath me

had I not stepped out this morning  
I would not have noticed -

white petals of cherry blossom  
delicately hung for spring

burly dark clouds  
slowly herding past

the Japanese Maple -  
tiny furred green  
begins to breathe

A small crack of blue  
lifts the heavy sky  
and finally

the blessed masterful Sun -  
who has been missing for days -

lights up every living thing  
with its sharpening gold

shadows become distinct  
hope rises in the throat

Mourning Doves chortle  
in the calm

and Raven returns to the broken top  
of skyward Cypress  
a sentinel  
for the light of dawn

As warmth touches my skin  
I drop for the complete embrace

## The Prayer for the Earth

By Mosiah Derso, age 8

We pray to the Primordial Mother Earth.

The one who we all share.

We share her water, land, air and fire.

We use them, but we don't own them.

We borrow them for a time.

We eat her food,  
so we must grow it organically.

We drink and swim in oceans and rivers, so  
we don't want to pollute them.

We breath in air and it's precious,  
so we need to keep it pure.

We use fire carefully,  
so it doesn't start a forest fire.

We want people to stop littering on the earth.

We want the bees to pick up the pollen  
from the flowers and bring it  
to another flower.

We want the fossil fuels to stay in the earth.

We don't want them all over the place.

We care for the environment.



*Wholistic Heartbeat Presents*

# WHOLISTIC EDUCATION IN YOUR COMMUNITY!



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## BRINGING THIS MAGAZINE ALIVE IN THE WHOLISTIC HEARTBEAT CLASSROOM

*Featuring classes offered by our local Healing Arts Practitioners*

**LEARNING HOW TO TEND THE GARDEN OF OURSELVES  
WITH THE KINDNESS OF AN AWAKENED HEART IS  
THE MOST POWERFUL ACTION WE CAN TAKE TO HELP  
HEAL THIS PLANET AND WORLD AROUND US.**

- We want to help bring the community and the Healing Arts Practitioners together in a safe, comfortable, professional space so we can learn, grow and heal together.
- Our intention is to offer a wide variety of quality information that will support all of us on our healing paths, providing tools and resources for personal growth, awareness and self empowerment.
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