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**On The Cover and
On The Gallery Walls
at Wholistic Heartbeat**

1660 Central Ave, Suite A McKinleyville!

Patricia Sennott



Sennott studied art at the University of Kentucky and in Denmark, and later graduated from Humboldt State University. She spent 3 years teaching art in public school on the small island of Tinian in the Western Pacific. During that time, the focus of her work transitioned from painting on silk with French dyes to traditional transparent watercolor. She then pursued various monotype workshops, including an introduction to the technique on Guam, a week at Bennington College in Vermont and at Kala Institute in Berkeley. Her current focus continues to be monotype print-making, in various methods, portraying native birds and botanicals, along with forays into acrylic painting.



Sennott has exhibited widely in Humboldt County, both in solo and in group shows. Her work can be seen regularly at Arcata Artisans Cooperative Gallery where she is a member. She has had solo exhibits at Morris Graves Museum of Fine Art, Sewell Gallery, Plaza, Garden Gate and Gallery Dog. Thanks to the City of Eureka, local patrons, and The Ink People Center for the Arts, two Eureka traffic control boxes now portray her flowers, insects and colorful shapes. Sennott has maintained a studio in Northtown Arcata since returning from Micronesia in 1993. Her studio is open, by appointment, for anyone wishing to experience monotype printing and private lessons are available. Fine Art Reproductions of many Sennott works and greeting cards are available at Arcata Artisans Gallery on the Arcata Plaza and from the artist.

See her art at Cafe Brio during July and August, with a reception during Arts Arcata! Friday July 12 and at Piante Gallery for a group show during August.

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Wholistic Heartbeat

Issue #119 July / August 2019

707-825-8300

44 Sunny Brae Centre, Arcata, CA 95521

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wholisticheartbeat.com

Publisher & Creative Director: Maya Cooper

Editors: David Cooper, Christine Johnson & Jahnan Derso

ISSN 1936 119X

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

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

Submit online at wholisticheartbeat@gmail.com

Wholistic Heartbeat

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

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

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

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Flower Fly and Nigella

Original Monotype by Patricia Sennott
(Monotype is one of a kind, handmade print)

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your dreams*



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Finding Yourself Amid the Noise of Life

By Mari Wilson



Well, that is a title, isn't it? As if this short tome might offer you some deep insight and a clever treasure map that will lead you to the place where you finally have that sweet clarity of purpose and vision that you seek so earnestly. Well, how about this: I'll do my best to share how I found my self and perhaps it will help you find yours.

I've been a seeker since I could navigate this world.

When I was barely able to crawl, I somehow traveled to the next-door neighbors' home to play with their dog! (Disclaimer: I have no personal recollection of this, but I am relying on the tale my mother told with giggles as I was growing up). I guess this was my first glance at who I am. I love animals and seek their company and comfort, most especially the furry ones, then the feathered ones, and on down the list there are the scaly and slippery ones, but the crawly ones not so much. As my own sense of inquiry grew along with my capacity to reason, I came upon the idea that animals are so special because they are so pure and without ego to interfere with simply being themselves.

At the age of about three and a half, a Sunday school teacher told me that animals don't have a soul and won't go to heaven. I told her I wanted my nickel back from the offering tray; that I did not in any way care to go to a heaven that excluded my dog. In some ways it went downhill from there.

At eight I recall gathering all of my friends together when we learned the power company would be coming through our favorite patch of trees to do some serious trimming. I got six of them to climb into our favorite sycamore tree and not budge until the cutters left for the day. It was a sweet victory!

As life carried forward I found that the inculcation of imposed beliefs caused some problems.

By ten and a half years old, I managed to find my way to a baptismal pool. I was at the age in life when incipient prurient thoughts begin to invade the brain of the pre-pubescent, and the preachers catch you like a giggled frog with your eyes wide open. I was sure that the Almighty cursed me for noticing that everything about me was changing, and I wanted it to be clear that I certainly despised myself for it, just as it was preached that I should do! Ah, sweet guilt and shame, what a powerful hold you have upon us: you keep us terrified and in our places, for a while.

The seeking went on and on with side trips to pursue mystical experiences without really knowing what I was looking to find.

full-blown adolescence, Edgar Cayce, self-hypnosis, Rosicrucian tracts, Khalil Gibran, meditation, marijuana and mescaline! What a world to explore, and I did with my usual fervor. The messages were consistent: it is ok to ask questions, to implore (the inner version of explore - per my definition), to talk and share and find delight in being alive. This phase brought a better way to find revelry in being alive and having gratitude for the gift of life, rather than flaying myself for simply being human.

Seeking Nirvana. What is Nirvana anyway? How will anyone know they have reached it if we don't have someone to guide us clearly to that place?

It got a bit scary the further down this rabbit hole I poked. And then I found *A Course in Miracles* by Helen Schucman. The book had the audacity to tell me that I am already perfect and that I have simply made some errors in my thinking; that perception is projection, and vision is the only true sight because it is based on the experience of certainty. It took another thirty years of digging to discover that the teachings of Schucman align with the Gnostics, who knew that the deeper you go the more courage it takes. They also knew that these things must be slowly ingested, processed and progressed through deeper and deeper layers of knowledge.

There has been lucid dreaming, Tarot, divination, astrology lessons, psychic readings from numerous realms and earnest therapy sessions in the process.

It was serious emotional pain and my own inner voice that finally brought me to finding my self.

She was hidden for a long time under all of those influences that I sought to ameliorate with compliance. She had to have some deep and painful solitude to come out of hiding and start to share herself. She needed to feel safe, and solitude was the only way that could happen. I had to face the demons of self-doubt that blocked my sweet little self from coming forward. And I found her; I found me; I am recovering from life and nurturing the One who had been hidden inside me for nearly all my life! Can you imagine that?

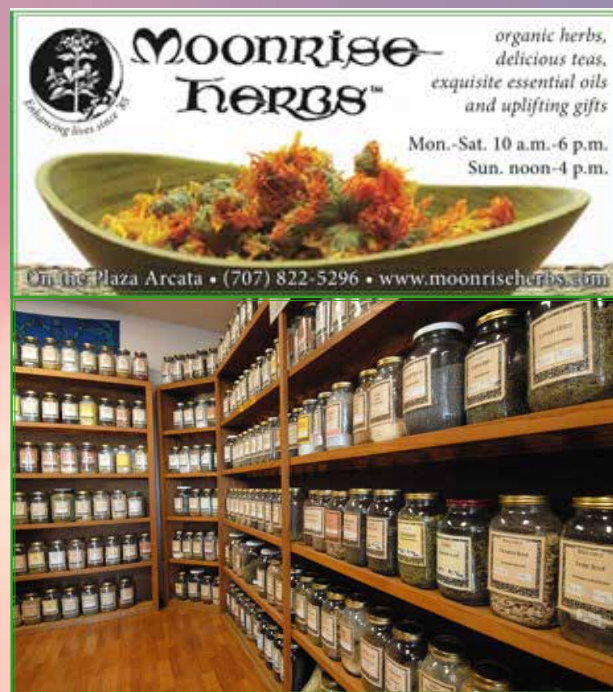
And you can find your self, too.

As Jung would say, you have to want it more than anything else and be willing to do your Shadow Work. You have to accept and be in this body you were blessed to inhabit and come to resolution with all of your doubts. Finding your self cannot be bypassed, side-stepped or affirmed into being. This is a jewel that has to be unearthed and rebirthed from deep within.

And so I learned this: ***I have been easily distracted by the Light, sought the Light and deeply desired the Light. But I found it only in my darkness.***

Serenely submitted by Mari Wilson. Mari is the facilitator of Sidereal Sisterhood, a tarot moon circle group that meets at Wholistic Heartbeat twice a month. She is also author of the soon to be published book, One Beautiful Thing: A Journey from Silence to Self.

NEXT SIDEREAL SISTARHOOD INTRO is Monday **July 22nd @ 2:30PM**: Come check this out and see if it's for you. We utilize the energy of the Moon phases and Astrology with Tarot to promote and manifest our dreams. We gather on the Balsamic Moon and Full Moon as a group. We receive information by email or Facebook in between gathering times. Enrollment is available to newcomers, and it is recommended that you begin at the Balsamic phase. You may contact the group leader, Mari Wilson, by email at sidereal.sistarhood@yahoo.com for details about the process to help you decide if this is for you. Cost for enrollment is \$20/mo.



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OUR PRESIDENT CALLED

Kindness as Courage

By Jesse Austin



I work as a psychic medium, who does a lot of phone readings. Recently I talked to the President of the United States. He was nervous, acted the bully, and said he would pay me immediately after the call with Venmo, my usual procedure (so far he hasn't paid). This is how the conversation went:

"What's going to happen?" The president wanted to know. I told the leader of the free world I would meditate for a moment. "Your guides say," I begin, "Your emotions are nearly out of control."

"What? Listen, you're the psychic, tell me will the dumb Demos impeach?"

My eyes are closed. I search my imagination for what guidance wants me to say. "I'm hearing that you are having difficulties eating, sleeping and pooping."

"That's nonsense, I poop like a king! Tell me what am I supposed to do to fight off these jerks?"

"A woman is telling me she is your grandmother," I say, my guides changing directions. "She is wearing glasses with large frames, a string of pearls and she tells me her left arm hurts."

"My grandmother was kindness itself. But she is dead, leave her out of this!"

"Your grandmother wants you to know, things are going to get better. Don't kill yourself: it won't help."

"You moron, how do you know what I have been thinking?"

I am silent a moment, then a light flashes, "Your guides are telling me you hate being president."

"I love being president!"

"They say that you know you are a monster and that you almost can't stand it. That the pressure you are feeling is tearing you to pieces."

"I am not a monster!"

"Are you terrorized by your dreams?" I ask later.

"I hate my dreams!" the President groans into the phone. "Big tractors get loose from the crowd and roll over my limo. Then I am lying in the street next to crying babies. Women with brown faces pick up the babies. They give me honey milk in a thick cup with a broken handle. We are all sitting in the shade of a wall. I see my limo parked down the street. It is O.K., I want to get in it and go back to being the greatest president ever, but I can't get my legs to move. I see my dad nearby leaning against a dusty tree. I go down on my knees to him. I beg him to let me come home. I don't want to be a monster any longer. Make it end!"

And with that the President breaks down sobbing. My guides say to wait not to interrupt. "Let's take a step back," I finally instruct. "Before birth you choose your general challenges, and what is happening to you now is something that you arranged at the deepest levels. I am hearing that you are part of a powerful soul, and the experiment you are making in this life takes both gigantic ego strength and a willingness to succumb to being a visible pawn, a true monster in the great thrust of history."

The President groans.

"You have willingly and bravely," I translate, "allowed yourself to be swept up into the highest political office in the world. You are the President of the most powerful, ruthless, self-serving country ever known on earth. Your very bulk, crude, racist, hateful attacks on others serve an important purpose. You are the face of the cruel, corrupt United States of America. At home and abroad you are seen as a lying, insanely powerful monster. No one can stop you. Not even the country's own constitution and duly elected officials can find a way to divert you from your swaggering, shameful abilities of inspiring fear, hatred and rage in the population. You are the visible monster. And it is important that the monster be

out in the open and strutting.”

The President groans, sobs, and protests that he doesn’t want the job; he doesn’t want to be the face of evil. I give him a moment, and then continue.

“Remember, you being the visible monster is helpful to this country and to the entire world. Yes, it is a tough road for you to follow. And, naturally, you fear that you will be pulled down from your perch. But you are part of a brave, powerful soul; the part you play in history is vital for our resurgence. You will be remembered as a monster, but we all are, each of us, grappling with our intrinsic unfairness. In this age we are learning the lesson of kindness. And presently it takes great courage.”

“I don’t understand you! You are not being fair. I want to know what is going to happen to me?”

“You will call the dogs of injustice down on you with your own words. Your hatred and bigotry is a form of self-attack. It is your nature, as it is the country’s nature, to swerve from self-reflection. And in the hour of reckoning, you dear President, will be the roasted, bloated pig hefted on a heavy iron bar and carried through the celebrating streets as a symbol of the downfall of racism, corruption and spiritual stupidity.”

“Don’t tell me that!” the President pleads. “Does this mean I am going to be impeached? Will the Senate vote me out?”

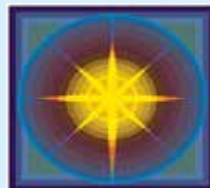
The President needed to rally. My guides told me it was important that he restore himself, so he could continue to play the role of the Villain Cain.

“If I don’t get a second term, will I be hounded into jail?” the President blurted. “I don’t want to be history’s monster. I never agreed to that. Why am I seen as the bad guy? I am a good President, the greatest President this country ever had. You are wrong, stupid. You are a fake psychic. I will be re-elected by a landslide. I have made America great again. You are a psychic jerk. No one will listen to you. I am the greatest white man who has ever lived! I’m better than that wig-wearing sissy Washington and Lincoln. Christ, what an idiot! No wonder they shot him in the balcony. He didn’t even know how to protect himself. I will be elected to a second term. My adoring core will follow me into hell. Then, after we change the screwy law, I will serve a third term, and again it will be a landslide. This country is a reflection of me. Back off, I am your ruler. God has so spoken. I have been chosen. Go on your knees before me. Fear me. I will make you prosperous and free. Bow before me. I am greater than Jesus and the other fools of the world’s dusty religions.”

Greetings to Conscious Seekers of Self and Spirit!

Psychic Medium Jesse Austin

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



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Will choose
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Original artwork by Linda Joanne

The President took a hiccupping breath, screamed his favorite obscenities and clicked off.



I took off the headset, trembled, then took a breath. The President, I decided, was the sick face of each of us! Deep in our 'for-the-greater-good' souls, we had elected him. And now America's evil was out in the open. Each of us were the dishonored, fat, white, corrupt male. We, the U.S., are the country that other countries fear. And with good reason; we kill and corrupt at every point on the globe. No one can stop us or help us.

My eyes blinked closed. I imagined a green ocean wave washing over my feet, clearing me of the tangled session with the leader of the free world. I left my office and heated water for tea. The cat marched into the kitchen, meowing and instructing me in the ways of love. Sipping, I got a feeling of incompleteness about the session with my client. The President had rushed off, raging and frightened.

My subsequent email to the White House:

You mentioned in our session, Mr. President, that you feared for your future. It is true that your challenges are monumental. You are lashing out like a crazed, tormented creature. You see no salvation, but to be more of what you are, objectionable. But there is a pinhole of hope where you can escape your looming, dire destiny. Are you ready? Start with this: on occasion, own that you chose to be a monster; you lust for power. But miraculously, built-in before birth, you placed the seed of your own later awakening. Yes, dear President, it is magically possible for you to end your nightmare. You powerfully contain within you great courage. And it is up to you, and soon you will dare the impossible—you will choose to act with kindness. You will be kindness itself. Your dramatic change of demeanor will electrify the world. 'Villain Embraces Universal Kindness' that alone will lead our Nation and much of the world out of darkness. Kindness in your heart and indeed, to yourself, to your enemies and to God. This will be your salvation!

Dear Mr. President, you have the very real opportunity to be a great soul on earth. Kindness will make you our hero. You can do it. Have fun!

Psychic Medium Jesse Austin can be contacted by email: jesseyesse@gmail.com.

Original artwork by Jesse's wife Rita

THIS WRITING LIFE

Roy Rosenblatt



I am a hunter, gatherer,
wordsmith by calling.
Threads of my imagining
hot-stirred in memory-mind.

I sit at the high window
build upon or whittle the lines
bringing light to inward treks
caressing outer worlds of form.

Trees are losing their leaves
while life and loves are set aside.
I return and return and listen for words
made of deep listening.

There is a deep blue canyon
that separates this writing life
from the music of living.

A canyon I return to day by day
where, in a rare and sudden leap
words weightless as wind
take flight and in that instant
I'm not there.



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Notre Dame – Torch of Transformation

By Nana Hendricks



Norte Dame

A sacred temple, a house of worship, a sight of brutal witch burnings and massacres. Seeing the flames engulf this globally recognized monument was surreal, but it felt divine to me. I felt a great rush of liberation and many oppressed energies leaving the earth from the portal that exists at that apex where there is such history and powerful ley-lines coming together geographically. I felt a res-

urrection. A torch being ignited. I heard these words from Spirit: *“The wood must burn for the Light to pour forth from the torch.”*

What does this sacred site represent in our modern day consciousness? What has it meant throughout history?

We witnessed a great transformation take place during the Catholic Holy Week of Resurrection and Easter. It is a time when the Christian faith celebrates resurrection and rebirth. *This massive monument going up in flames at such a symbolic time of year is like a torch that can represent the resurrection of our own consciousness.* We are coming out of the darkness of what religion has meant in its looming shadows of separation and oppression and into the illumination of Love and Oneness.

Notre Dame gave me this message of Love and Oneness

It was a dark, lonely night, and I was looking up at the full moon positioned right directly in between the two towers. It was a raw, vulnerable moment in my life when I had traveled to Europe with a friend who was suffering through a divorce and a broken heart. She had become very bitter during this trip, and I kept trying to help her gently and compassionately deal with her loss and grief. She was turning her anger and resentment toward me and was projecting all of her pain. After days of accepting it in an effort to help her heal, I broke away for a little nighttime stroll to clear my energy field.

Notre Dame Cathedral

I walked on to the cathedral courtyard and looked up at the full moon, closed my eyes and started to cry for all the pain I felt in my friend, in my own life and in all those who had stood in this spot before. The witch burnings, the massacres, the betrayals, the corruption and greed of the establishment; it had all taken place here. I could feel it in an eerie haunt-

ing way, the immense darkness that was shrouded by an elaborate architectural display of grandeur, the stained glass covering the blood stains. I wept with closed eyes feeling the grief flowing up from the earth, from the ley lines that converge here; from the history, from the present moment and all the suffering that exists in our modern day human consciousness.

After a long while and a really good cry, the energy subsided, and I opened my eyes to find someone had placed a big bouquet of red roses in front of me on the ground. I took the petals off of all of the roses and made a big heart out of them right at ground zero point where I was standing. I stood inside the rose petal heart and held an intention to send the healing energy of the rose into the earth. The Sacred Sisterhood of the Rose, the Spirit of Mother Mary, Magdalena and Isis joined me sending love into the Cathedral and rippling it out through the grid ley lines to all those who were suffering. I felt waves and waves of healing energy passing through me as I stood surrounded by the rose petals. Then I heard Spirit say very clearly to me:

“Like this Cathedral, you are a sacred Temple, honor yourself. Never be in service to another person to the degree that you allow them to abuse you.”

I wept again. Waves of relief passed through me. I was trying so hard to help my grieving friend that I was accepting all her projections of pain, her abusive energy toward me, her lashing out because she was suffering. I thought I was doing the right thing, having compassion, understanding and being kind. Then Spirit said: **“What about compassion, understanding and kindness for yourself?”**

Oh the tears really flowed, I had never thought of it this way. I just wanted to help. I want to live my life in service, helping people. I had not ever thought of having compassion for myself until this moment. Then I realized I had been putting myself aside to help someone else who was suffering. This was causing me suffering, and I was actually contributing to the suffering in the world.

The most loving thing that I could do is love myself and not allow anyone to abuse me. Then I would be demonstrating and creating love for the collective. The ripple effects of this experience took me deep into all the times in my life where I had put myself aside. As I stood in the rose petal heart that I had made on the earth, I experienced eruptions of memories and grieved deeply at how I had denied myself love and compassion in such an effort to give it to everyone else.

Hallelujah

At this moment a man with a guitar in the courtyard began playing a very personal sacred song for me “Hallelujah.” The lyrics began cascading through my consciousness along with the waves of healing energy: *“I’ve seen your flag on the*

marble arch and love is not a victory march, it is a cold and it is a broken Hallelujah."

My heart burst open for humanity and how we have fought and hurt each other through the belief that we are separate. We have all known that cold and broken place inside, that place where we were taken to our knees in defeat. That feeling that my friend was feeling, that the witches and the pagans must have felt, that the Knights Templar and that the ancient Egyptians before them felt. And, on some level, what Catholics of today are feeling. Defeat. I imagined the many broken-hearted lovers and cast-out sinners that must have felt it standing in this courtyard before me. *"Remember when I moved in you and the Holy dove was moving, too, and every breath we drew was Hallelujah."*

As the song continued, I felt grace wash over me. The Holy Spirit and the remembrance of Oneness emerged and comforted me. Then this knowing arose that it is the "broken hallelujah," that liberates us from the illusion. *It is the surrender to the pain that allows the wound to be addressed that accepts defeat fully and embraces the vulnerability to be healed. It is that surrendered willingness to let go and focus inward that bestows the grace of transformation.* The outward projections of pain have caused so much more suffering, judgment and separation. We can stop blaming, shaming, and judging and ask for sweet surrender and liberation that sings, *"Hallelujah, I too can be resurrected from this illusion of separation."* As the song finished I felt myself washed clean by Grace. Hallelujah.

I knew I could not finish the trip, for this was going to be a big shift in my consciousness. I had a deep knowing inside that I needed to go and focus in quiet solitude and stillness to let myself fully experience this great gift of The Notre Dame Cathedral. I knew that my friend was not ready to surrender and face her pain; she would want to keep fighting, denying and projecting it. I had to give her that space to sit in her transformation fires alone until she was ready to stop battling and give in to her own resurrection.

I left Europe the next morning on a flight home by myself. I canceled the next three weeks of my European trip and went back to a sacred place in Asheville, NC where I could focus deeply on my own healing process. For those next three weeks, I took a solitude retreat for Oneness. I focused on Self-Love. I refined my perspective on what it means to be in service. I healed and forgave myself in ways that allow me to demonstrate Self-love to others who have not embraced it yet in their lives. I forgave my friend and had a new degree of compassion for her, compassion without co-dependency or martyrdom.

Resurrection

The message of the Cathedral continued to ripple through me, peeling away the layers until I found my center and

entered the sacred temple of self-love inside myself. I was illuminated. I was free.

To this day, I have no regrets that I left Europe early. It changed my life in immense ways to make that decision and to follow through on what was best for me. Now, when I am feeling that I am giving too much, when I let my desire to help or to be in service take me into unhealthy circumstances, I remember Notre Dame Cathedral. It looms in my memory as a beacon of remembrance of my own resurrection out of the darkness into the light.

I am sure it is no mistake that it is burning at this time of the Holy Week of Résurrection. The flames can hopefully wash clean the bloodstains. With the rebuild, we have the opportunity for a fresh start, to purify that which looms as an oppressing force and resurrect it as a sacred temple again. Regardless of what the church organization decides to do in its own rebirth and resurrection, the burning torch or Notre Dame can represent to all of us our own liberation and personal transformation.

Notre Dame freed my own oppression and showed me that *I Am the temple.*

As it burns, I rejoice that fires of transformation are a torch of resurrection for all of us. We are all the same. We are the same in our pain. We are the same in our glory. It is the same story of "marbled arched victory march" that resides in all of us. We are the enduring Christ Lights, the heroic Knights, the enchanted witches, the earth-loving pagans and the mystical ancient ones who have been betrayed and burned at the stake, crucified, by the church and by life. Through accepting this, we are beginning to recognize our Oneness, and that in order to evolve out of separation, the torch that WE must bear among US is **Love**.

Torch-Light

As Notre Dame taught me, it begins within each of us. We have to ignite our own torch-light and shine it upon our world. May we all be freed to love self, to honor self, to have compassion for self and then to share these things with humanity. May we ignite the light of Self Love and illuminate the temple within again. May we all bear this burning torch of transformation with a proclamation that we are One. We are Love.

Thank you Notre Dame: you made a sacred temple out of me and showed me the torch that I am to carry, a torch of Oneness and Love.

Nana Hendricks is an Intuitive Visionary who uses her gifts to assist humanity with the evolutionary process. For twenty years she has led groups and retreats to sacred sites and to the core of their Being. As a compassionate spiritual teacher she is liberating, illuminating and celebrating the Soul Light of Oneness and the higher states of consciousness that exist within all of US.

Let's Ask the Trees

By Ellen Dee Davidson

Recently I was invited to do an interview for Tree Sisters about my book, *Wild Path to the Sacred Heart*. One of the first questions took me by surprise. The woman interviewing me wondered how I felt about the use of old growth trees to rebuild Notre Dame Cathedral. Originally, the cathedral was built with old growth and the goal was to replace the building in the same style. I stumbled around, saying something about how amazing it was so much money had been raised so quickly for the cathedral, and that I wished we could do the same for restoring our forest cathedrals. But I was unsatisfied with my answer.

Later, while meditating for a couple hours at the base of an ancient redwood tree, I felt a response to the question even though I was not, at that time, actively seeking an answer. Instead, I was sitting in a state of spacious receptivity. Still, the question was probably floating around in my energetic field because suddenly a thought came to me: the ancient trees deserved to be asked whether or not they wished to be part of this holy building. The knowledge seemed to come into me directly from the giant redwood I was sitting against, in images, sensations and whole body knowing. Somehow the redwood let me understand that she was aware of the other big trees across the sea.

My redwood explained that some of the old trees would volunteer to be part of such an iconic, sacred building as Notre Dame. They liked the idea of lending their vibrations to a place of worship that might be around for more than a thousand years. The ones most likely to offer themselves were those that were nearing the end of their long life span. But, my redwood tree continued, not too many would give themselves in this way. Redwood showed me that the big, old

trees of all species are working hard now, acting like antennas to help ground the higher frequencies raining down on Earth, as well as harmonizing those stirring from her core. It's a huge job, and it is made much easier with more old trees available to help. As the saying goes, "Many hands make light work."

Not only are the ancient trees absorbing and transmuting these higher vibrations, they are also transmitting them in a way that is calibrated to life here on Earth. If we are to survive, we need these old trees! Each one of them is more precious than we can even begin to imagine. We also, of course, need to plant more young forests. David Milarch, of Archangel Ancient Tree Archive told me we need to plant and care for at least two trillion more trees right away.

It's too late for me to redo my interview (Creative Inner-Views with Tree Sisters), but I thought the information I received at the redwood tree was worth sharing with

all of you. Our intuitive feeling that the old trees are sacred and deserve our respect and reverence is probably true on more levels than we realize. Scientists are only just beginning to understand the profound intelligence and consciousness of trees. Meanwhile, when we are unsure about whether it is appropriate to cut down a big tree for a building as special as Notre Dame, we can always ask the trees themselves. There are many people learning to tune in and feel into nature to find answers. Connecting with the natural world is a human capacity. Give it a try yourself, and see what the trees, or animals, tell you. I'm convinced the Earth is reaching out to all of us for deeper contact during these pivotal times.

Ellen Dee Davidson is the author of Wild Path to the Sacred Heart. For more about her book or to hear her Creative Inner-View, go to her website: www.ellendeedavidson.com. You can also download her free, channeled from the forest, piano music at www.ellendeedavidson.com/music.



Egret

A. Lanfield

Even though your legs are thin
To me you're very feminine
Hand painted on a dancer's fan
Wading through reflecting pool
It's with purpose that you stand
Dreams and blessings abreast
Pure white silken gracefulness
Cutting through the clear blue

Your Highness -
never leaves a trace
Such elegance kimonoed one
Daylight's brightest star
When I catch a glimpse of you
My heart
My heart becomes ajar

Mourning Doves

Laurie Birdsong

The mourning doves have found
the winter plum
their soft grey bodies
clump on stark branches
against a blank white sky

it is cold
and their heads draw in
to their downy coats
They know

the sun will come
in its golden dress -
spread warmth like fire
over the blades of grass,
melt the icy november
ground
and blue the sky again
with love



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Natural Remedy Tips Presents

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First-Aid for Summer: Your 5 Top Homeopathic Remedies for Success!

By Jahnan Derso

You are ready to head to the river this summer! Towel, bathing suit, snacks, water and then you grab your First-Aid Kit. What's in your kit: maybe a few Band-Aids, herbal salve, sunscreen and a bottle of arnica? Well, here is a chance to boost up your First-Aid kit to make sure you are ready for what could potentially happen out there!

1. Cantharis for sunburns

The first thing many think about is sunburn. Especially for people on the coast, the fog can be heavy, and we don't always prepare for the sun exposure. If you do get burned, homeopathic enthusiasts turn to Cantharis 200. You can take this every four hours until you are feeling better. Of course, you can use this alongside topical aloe vera or lavender essential oil, which are also good ones. The addition of the homeopathic remedy will help you heal faster.

2. Apis mellifica for bug bites

The second thing that seems to happen is bug bites. Depending on where you are at, it can be mosquitoes, flies or even bees. Once they've bitten and it causes a

red raised welt, Apis 200 is the remedy to turn to for help. This remedy can be used in faster succession in the beginning; in a mild case, you can stick to once every 4 hours. I do use herbal salve or even basil essential oil topically to help it feel better; but again, the homeopathic remedy goes to the root and eradicates the filth that bug just deposited into your blood!

3. BioPlasma after a long day in the sun

Often, a long day in the sun can make you feel slightly weak and dehydrated. For this feeling you can turn to BioPlasma. It is a combination of all Twelve Cell Salts. This remedy, along with a good electrolyte drink, will help you get your energy back!

4. Ledum for tick bites

Did you go for a hike and pick up some unfriendly guests? After spending time in the woods or meadows it's wise to double-check yourself for any ticks. If you do happen to find one, pull it off carefully (people have many opinions about the best method). I like to clean it well with Thieves essential oil. In order to prevent disease in your blood, Ledum 200 is the remedy. It can be used every 3 hours the first day, then twice a day for a week, and slowly weaned off.

5. Anacardium for poison oak

Most people turn to the wrong remedy for this one. Homeopathy literally means "*similar illness*." You don't use the same remedy for the same illness; that is called isopathy. Instead, you use a similar remedy that in its initial form would create an illness that looks similar. Thus, using poison oak or ivy to treat an acute case of it, is isopathy and not the best remedy. If you are trying to use homeopathy for prophylactic use, then most people turn to Rhus Tox, which is poison ivy itself. However, the premier remedy for an acute case of poison oak, is Anacardium Orientale which is the cashew nut. You can use it in a 30 potency, three to four times a day until all symptoms are gone.

Want to Learn More?

Did these five remedies stir up your mind? Perhaps you are eager to learn more because there is so much more! There are other remedies to turn to in most of the cases listed above. If you want to continue to investigate this scientific, intelligent and natural medicine, then I invite you to join a Study Group, and we will dive deeper! The goal of this 8 class series is to empower you to use homeopathy with knowledge and confidence.

Jahnan Derso will be offering free

Introduction to Practical Homeopathy Lectures:

Monday, July 29th 7-8pm
Saturday, August 10th 11-12pm

At Wholistic Heartbeat
1660 Central Ave. McKinleyville

This free introductory class will help you get an overall understanding of many concepts with homeopathy such as:

- History of homeopathy
- What it is and how it's made
- What different potencies mean
- How to take it with success for chronic illnesses and acute situations
- How is Practical Homeopathy different from Classical Homeopathy
- How to go deeper with your knowledge base in one of the Study Groups I teach, called Gateway to Homeopathy

The next Study Group starts in September! Please, come to a free introductory class to learn more information. You can also connect with me for a consultation if you are ready to get started today. For now, check out the above remedies to have a safer, healthier summer. Most of them are available at Eureka Natural Foods!

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Jahnan Derso is a solutions-oriented Health Coach who steers her clients to potent holistic tools to solve their health issues naturally. Her consultations help people discover a new level of success within the natural health paradigm. She is also a Maya Abdominal Massage practitioner who works with women that are looking to conceive, currently pregnant, and post-partum womb healing. She shares her extensive knowledge on her website, HibiscusHealing.com. Jahnan is now offering classes in Practical Homeopathy where she empowers participants with the knowledge of how to use homeopathy to remedy both acute and chronic health challenges. Please, contact her via email for more information: info@hibiscushealing.com

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The Magician's Tools

By Susan Vaughn

Lazaris

I began my work with my friend and spiritual teacher, Lazaris, in 1991. At that point, I had been studying *A Course In Miracles* for four years. After that, I branched out through reading books by Carlos Castaneda and Lyn Andrews, who wrote about the medicine traditions in the Native American tribes. When I became an alchemical hypnotherapist in 1992, I discovered very quickly that I was quite good at putting myself into an altered state of consciousness and creating the most magical and sometimes miraculous, life-changing visualizations that, over time, completely changed my life.

Tools of the Magician

I was intrigued with Lazaris because he not only gave us information about reality creation; he used the meditative visualization format to generate healing. Lazaris said, “We create our own reality, no ifs, ands, or buts; no asterisks and no fine print.” We literally create it all from subatomic particles outward. I had no idea how that was possible.

In many of our meditations, we worked with what Lazaris called the “tools of the magician.” Among them were sword and shield, chalice and cloak, blade and walking stick. Each has symbolic metaphysical significance, which is what I will elaborate on.

The Shield

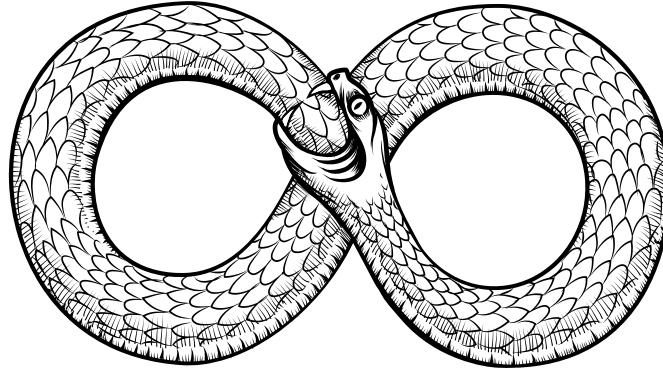
The shield, represents the deep spiritual truths you know. These truths protect us from the belief systems of the world. Spiritual truth states that we are not bodies, but spiritual beings living a material life. There is no death, but rather an endless stream of consciousness that merely changes in form.

Another truth that acts as a shield against the world is that each of us have a whole entourage of angels and guides, unseen friends, and an invisible higher self and soul that are intimately connected to us at every level. Being telepathic, they hear every thought we think and are aware of everything

we have ever done. Rather than being judgmental and condemning, they love us completely and feel deep compassion and enthusiasm for our experiences. They want us to know that they are here to help support us whenever we reach out to them and truly invite them in.

The Sword

The sword is symbolic of discernment. As you cut through the veils that keep you separated from spiritual truth, you will need a sword to separate the false from the true.



In this world of illusionary hierarchy, authority figures create rules and laws that serve some, while excluding others; in which those at the top prosper, while those at the bottom do not. In fact, it could be said that much of our world has a completely upside-down belief system that constantly leads people astray, and this belief system is woven into all facets of society, including our educational system, our medical and scientific system, and our religions. Without a

sword of discernment, who can say which are the truths and which the lies?

The Chalice

A chalice is a cup, bowl, goblet, cauldron, bag, basket, or even a womb. Obviously, it is something that you put things in. When you put things into a magician's chalice, they dissolve, mixing themselves together, creating a whole that is greater than the sum of the parts.

In Christian iconography, the chalice is called the Holy Grail, which was used to catch the blood of Christ that poured forth from Jesus' side when he was stabbed during his crucifixion. Why would it be important to capture blood? Is it because it contained the DNA and energetic signature of what is now thought of as Christ Consciousness? When Christians say they can be healed by the blood of Christ, or they are washed in the blood, maybe what they actually might mean is that Christ consciousness is a healing balm that wipes away all their tears and takes away all their shame and pain by literally changing their DNA as they are born anew?

Another helpful thing that can be put into the chalice is the wisdom that one has gained after living a lifetime of making mistakes and learning from the consequences. As we separate

lies from truth, we must hold onto the truth by putting it in a secret chalice or bag so we don't forget what we have learned and gained.

Private Truth and Ouroboros

When I went on my spiritual journey, my family thought I'd gone nuts. They couldn't understand why I was wasting all my money on taking dozens of costly workshops. They thought a cult leader who, in the end, would feed me poison in some Jim Jones-type scenario, was filling me with lies. Though I was learning amazing truths and healing myself in leaps and bounds, my parents were totally ashamed of me. If I had allowed it, they would have taken all my truth and healing away from me. Sometimes the truth you hold dear must be kept private. This produces an intimacy between you and your higher self that is exquisitely beautiful.

By the same token, some of the truths we hold near and dear to our hearts are lies. These kinds of lies can be very difficult to relinquish and can take lifetimes of inner work to let go of. There is a spiritual term for this phenomenon. It is called the ouroboros, which is the symbol of a snake biting its own tail. Ouroboros is also called the "ring pass not." In other words, until you've relinquished these lies, you cannot truly move to the next spiral of your spiritual growth, for your belief about what is possible will limit you.

The Cloak

The cloak is another important tool of the magician. The cloak represents your entire belief system. It is what we surround ourselves in. If we hold a non-spiritual belief system that only encompasses the material world, we separate ourselves from the richness and bounty of the unseen world. The material world alone can't sustain or nurture the parts of you that hunger and thirst for more. Since we are spiritual beings living a temporary material life for the purpose of soul growth, how could it? When you surround yourself with the love and nurturing of your unseen friends, you surround yourself with the unconditional love and support of majestic beings that are here to serve you. Though they won't do your growth work for you, they will move heaven and earth as they align you with the right people who can help you.

The Blade

The blade is the knife that the magician carries. It is used for lancing wounds so that the pus can be squeezed out and then cauterized for healing. For humans, our spiritual wounds are carried on the inside, where they are invisible to the world. As we heal, these wounds must be lanced and cauterized. This can be a painful ordeal for some. We all carry wounds and scars from the past, sometimes as far back as past lifetimes, that can be brought forward into this one. They are

invisible to the eye. Children have no ability to heal themselves emotionally or spiritually, so they wall off traumatic events into a secret compartment called the unconscious, as a protective device. There the wounds fester, causing pain and suffering. Sometimes these wounds affect our physical bodies as well. Other times, they manifest as risky or self-sabotaging behaviors. Still other times, they may show themselves as a mental illness. Because it hurts to lance the wounds, people will avoid spiritual growth-work like the plague. At some deep level, they know that they must deal with the pain that they've forgotten. This is the biggest thing that prevents most people from actualizing their spiritual journey.

For the journey to be an authentic one, you need to be willing to carry a blade to lance the wounds. This is easy to do when you are surrounded by a cloak of light that is filled to overflowing with spiritual nurturing and love, but hard to do if you live in a material world where true healers are few and far between.

continue on page 20



Susan Vaughn

Susan Vaughn is a psychotherapist, hypnotherapist, author, and teacher. Susan's work is a combination of numerous modalities including traditional psychotherapy, spiritual psychology, and hypnotherapy. As a teacher, she offers a course consisting of 12 classes entitled **Reality Creation and Conscious Evolution**. Class work includes basic information on how we create the vast majority of our reality from the unconscious mind, the soul's path, personality drive, shadow work, life's lesson and life's purpose, inner child rescue work, past lives, and instruction on how to do the trance work that can change your life. Individual therapy is best done in conjunction with class work but is also good for people who already have a spiritual/metaphysical orientation to life. Susan's next class will be offered in late September. Please call, text, or email her **707-382-7050**, or smcvaughn@gmail.com if you are interested in being notified of the exact time and date.

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The Walking Stick

Finally, the walking stick; by its nature and grace, it touches our physical earth. It is symbolic of the need to stay grounded in what's solid and real while walking into the light. The earth has gravity. It has weight and density. Gravity is symbolic of what really matters. It is the "mattering" of life, what is of true value and importance. The walking stick, therefore, reminds us to stay grounded in the truth. Does your truth improve the lives of yourself and others? My personal truth says what really matters is love. We are all One with the same needs and desires. We are all at varying stages on our spiritual journey, whether we know it or not, and each of us is making progress toward our goals. We are all children of light making our way home.

Sometimes a walking stick is seen as with a crystal attached to the top. Crystals amplify energy. They are also tools of co-creation for they hold thought and can be programmed to aid you on your spiritual quest. As you collect higher truths, putting them into your chalice, the crystal amplifies the light and helps to keep you grounded in what really matters.

Using Your Magician's Tools

Lazaris always used to call those of us who worked with him magicians. He also called us miracle makers and reality creators, as well as mapmakers and visionaries. I didn't understand this for a long time. It didn't seem to me that there was anything special about me. Rather, it seemed to me that I was just an ordinary person who had stumbled upon a rather extraordinary teacher. Besides being ordinary, because of the various wounds I had in my life, I was also someone who had a lot of emotional and physical pain and who needed a lot of healing.

The spiritual journey is a complex one, not bound by rules, but by general principles. By owning the tools of the magician, you can become a miracle maker and reality creator, for you will be surrounded by love as you heal your wounds and learn from the mistakes of your past. As you learn how to separate the false from the true, you will be gifted with a cloak of light that will illuminate the way. When you begin to doubt and backslide into pain consciousness, all you need to do is drink from your chalice of the truths blended together into the most magical and delicious spiritual brew. Drink of the cup. Remember who you are!



Perfect Peace's

By Ashley Winfrey

The space within becomes my friend
The dark shadows I merge with,
love time and time again
My energetic signature, be that of the cosmos
My thoughts, be infinite;
no limits to where my mind goes
Exploring the ability to make divine flow
Admiring the power I have to make time slow
Believing the illusion was all a righteous
part of the show
So I give it thanks, then let it all go

Ancient stories speak to me, unlocking a vault and
my DNA is the key
There's a deep resonation inside of me,
and despite outside forces
I am becoming who I am meant to be
Hidden deep in the branches lives our ancestors
When we quiet our minds
we can hear all the answers
Expansion and creation for the highest timeline I go
Always I will stay chasing rainbows

I am where the love grows,
time stops and illusion dissolves
I am the change I want to see in the world
I am aware imperfection is divinely perfect itself

Breaking through my own limitations
I unbound all self-doubt
I step into my power
I step into the light

I am where the Love flows
Creating space for the heaven inside

When I water myself I am able to grow
Allowing universal energy to flow
I am aware of the reality that I control
And the fear-based agenda virtually loses its hold
Never going back it's time to rise
The Phoenix I feel welling up inside
Shattering ceilings and admiring the broken pieces
It's all a beautiful disaster I feel lucky to dream in



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Aleah Howington, CFMP, CHNP, CNHP

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Breathing Life into Our Divine Selves

By Christine Johnson

We all have the same basic human goals: happiness, glowing health, fulfillment, and understanding our lives and purpose on earth. To reach these goals, we must overcome our personal challenges: our pain, wounds, confusions, distractions, confusions, doubts and fears. Admittedly, this is a monumental task! *Truly, overcoming our personal challenges is the reason we chose to incarnate into our human lives.* Additionally, at this point in history, time is accelerating; our deepest personal challenges are literally exposed from the murky depths that have hidden them from our awareness. Have heart! Life is not trying to make you feel crazy, overwhelmed and incapable. Quite the contrary. The personal challenges that we're all experiencing are tender and sacred opportunities to shed old ways of thinking, believing, being and living so that we may step into, embody and evolve into our True selves - our Divine selves in human form.

It is sometimes difficult and overwhelming to see our personal challenges as opportunities, and even more, to know how to overcome them. There is no other person who knows how to overcome them or who knows your personal path. The most anyone can do for you is to point out different directions or show you options you may not have been aware of.

Finding Your Shoes

Our personal challenges are like a worn-out pair of shoes. They got us to where we are, they're comfortable and familiar; but they are also tattered, ill-fitting and no longer serve us. We'd be better off barefoot! Letting go of the known and stepping into the mystery of the unknown can be quite uncomfortable and sometimes scary. Yet, here in the mystery of the unknown is where the treasure is! In the unknown there's a fabulous pair of shoes that fit like they were made for you (because they were!) and make you feel like dancing! Or flying!

Thankfully, the solution to overcoming our personal challenges and evolving into our Divine selves is not far away, not too unknown. It is already inside us! The solution begins and ends with *Self-Awareness*.

Before we dive into how self-awareness leads us on the path to evolving into our Divine selves, it is helpful to know how the world works, that is, how we humble and Divine beings create the material world, whether we're aware of it or not.

It's Clear that We Live in an Interactive Universe.

Thanks to the advances in Quantum Physics, science is finally catching up to spiritual wisdom. Quantum Physics has shown that the world is an illusion, matter is not solid; it is energy vibrating at different frequencies. The world is newly created every moment, and our thoughts, feelings, beliefs and expectations affect the Quantum Field, therefore, affecting the future world.

Life is an illusion. It is like a hologram, but instead of 2D light projected outwards, 3D matter is projected, creating the world as we know it. We are the projectors. Universal life-force energy flows through us. Whatever energies are inside us create the images of the world outside of us, and our experiences in the world.

We Hold so Many Energies on the Inside!

First, we hold our unique soul/spirit/vibration/essence. We hold our current life path, which was chosen before birth, imprinted on our soul and DNA, with the lessons, contracts and energies we incarnated to experience and master. We also hold our thoughts, beliefs, expectations and feelings. And finally, we hold whatever we focus our attention on (This may be the most powerful of all our internal energies. I will return to the power of focus shortly).

Humanity's inner energies are creating the outside world. The final result of this, the world that is created, is the sum/total of all people's inner energies. This explains why we don't manifest everything we think about or believe. And it may also explain the 100th monkey phenomenon. Additionally, our inner energies are the lenses that we experience life through; they influence the perception of our experiences. This explains why 10 people witnessing the same external event have 10 different experiences or internal perceptions of the one event.

When we are unaware of how we create our world and our experiences from the inside, whatever energies are inside and surround us, shape our world and control our lives. Like a ship without sails, we are under the mercy of the prevailing forces. Being unaware, it's unlikely that our ship will ever reach its destination—our Divine self.

Since our insides create the outside world, the most important thing we can do is focus on our internal energies, on what's on the inside. And so, we arrive back at self-awareness. With consistent and focused self-awareness, comes the power to take control of our lives; to observe, accept and transmute what is inside; to receive guidance from our Higher Selves to navigate our ship to its Divine destination.

The Power of Focus

Physicists have found that a consistent focus of energy in one direction creates cohesive movement in the building blocks of matter (Plancks), which changes the physical properties of material things. Focused energy applied to water, air and light illustrate this principle. Think of still water vs. water moving in a tsunami; still air vs. air moving in a tornado; gentle light that nurtures a tiny seedling vs. focused light in a laser that cuts through steel. Focused energy can be life-enhancing or deadly.

Our focus is truly our greatest power! This is the underlying mechanism of the Law of Attraction. We are given free-will to focus on ANYTHING we choose. *What we focus on becomes part of our internal vibration, and therefore is added to the forces of creation as life-force energy flows through us to create the world.*

When we direct our focus on our internal energies—being present and self-aware—not only can we observe, accept and transmute what is inside, we can consciously direct our experiences to be in alignment with the Divine, becoming what we were born to be: our Divine selves, powerful co-creators of the world.

The Breath of Life Meditation

I was given this guidance in a meditation a few months ago. One way to become our Divine selves is by doing a simple breathing practice (that I call The Breath of Life), which can be done almost anytime, and will allow us to stay in our Divine alignment. I was also shown that the highest thing I can focus on while doing the breath practice is to ***love and appreciate the perfection of what is, allow*** whatever energy flows through me, ***release*** any internal tensions, and ***take any actions that I am guided to take while in this alignment.***

Here's an example of how it can work. One day, I knew that I would be encountering a person that I have a difficult relationship with. Before the encounter, I focused on my internal energies and found him to be at his worst: critical, negative and attacking. Even though this was overwhelming and repelling, I reached Divine alignment by doing The Breath of Life and was guided into how to best approach him. I was guided into facing him with cheer, happiness and focus on my actions in his presence. I followed my guidance, which influenced his energy. By the end of the encounter, we were laughing, light-hearted and relating to each other. It was a truly remarkable experience!

What is The Breath of Life?

We can't live without breathing. It's one of the foundational

rhythms of life. Breathing is controlled by our autonomic nervous systems, that is, we don't have to consciously breathe to stay alive. Yet, we are given the power to consciously control our breath. Since breathing is often automatic and unconscious, most often it is overlooked, taken for granted and unexamined.

As I'm sure most of you are aware, there is great power in conscious breathing. It is the foundation of many yogic and meditational practices because it brings an internal self-awareness, as opposed to our habitual mental awareness. And mental awareness is where our fears, doubts, distractions, confusions and conflicts reside.

The Breath of Life practice uses concentrated focus and intention to generate internal energetic movement that is in alignment with the Divine.

The Breath of Life is a specific type of breathing through the energetic pathway that runs through our bodies in perfect vertical alignment from the crown to the root chakras. The energetic pathway is known in different spiritual traditions as the Hara Line, Prana Tube, Sword of Archangel Michael, Sushuma, or Spiritual Current Column. I call this the Central Channel.

The Central Channel is in the shape of a narrow cylinder or tube. It allows us to receive Universal life-force energy (Chi/Qi, Prana, Manna) and to release energies that no longer serve us. And this is just the tip of the iceberg!

With concentrated focus on The Breath of Life practice, the Central Channel expands at the top and bottom, transforming into an open column that connects Heaven (through your crown) and Earth (through your root), bringing these two frequencies into unification within your body. *The Maya believe that unifying the Heaven and Earth frequencies is Humanity's Purpose!*

A Torus

When the Divine alignment frequency is reached during The Breath of Life practice, the vibration compresses the hollow column to a singular point in the center of a torus. A torus is a donut shaped electromagnetic field. It's a circular ring of rotating energy that runs along the horizontal axis, has an opening through the central vertical axis and an equal balance of energy entering the top and exiting the bottom.

The torus may be one of the most important structures in the universe (I am only able to mention it briefly here). The torus is beginning to get the attention it deserves, thanks to the work of the physicists of the Resonance Science Foundation, Michael Tellinger, Drunvalo Melchizedek and oth-

The Breath of Life Practice

Close your eyes. Focus your awareness inside your body. Honor the sacredness of yourself and this practice.

Feel the Perfection of what is, including yourself! Feel grateful, for all you do in this sacred practice is notice sensations and breathe. Smile.

Sit with your spine as straight and tall as possible with your pelvis tucked under, as if you had a tail, you'd be sitting on it. Try to get your spine to the point where it feels supported from above, and effortless to maintain. Chin is slightly tucked in. Perfect body alignment supports Divine alignment of your internal energy.

Because this is such a simple practice, it's easy for the mind to wander. If you've experienced a lot of mind-wandering while trying to meditate, do this practice standing with the spine and pelvis alignment, with your toes, ankles and knees locked together and bent as much as feels comfortable.

Release all tension that you feel in your body.

You're ready to begin.

Breathe in, noticing the energy moving down, down, down the Central Channel, out your root, into the Earth.

Breathe out, noticing the energy moving up, up, up the Central Channel, out your crown, into the Heavens.

Breathe in, noticing the energy moving down the Central Channel, connecting you to the Heart of the Earth.

Breathe out, noticing the energy moving up the Central Channel, connecting you to the Cosmic Heart.

Breathe in, noticing the energy moving down, receiving life-force energy into your body.

Breathe out, noticing the energy moving up, releasing whatever is no longer needed.

Continue breathing in the vertical Central Channel, noticing the energy moving down on the in-breath and up on the out-breath, sensing the energy moving in whatever way works best for you.

Once you have reached Divine alignment, you are intimately connected to the Divine: your Higher Self. You can stay here marinating in the Divine if you wish, but this is the most helpful time to command energy. Do spiritual work such as asking questions, requesting assistance, manifesting, creating, connecting to Divine Guides or any other entity you wish, working out intentions, giving/receiving healing, or releasing difficult or disturbing energies.

ers. The torus is the shape of Plancks- the building blocks of matter, and the same shape as the electromagnetic fields of our hearts and the human light-body, the Mer-Ka-Ba. I believe that the Mer-Ka-Ba is ignited when Divine alignment is reached.

If you'd like to learn more about the power and infinite uses of the Mer-Ka-Ba, and the technical workings of energy and sacred geometry, check out Drunvalo Melchizedek's books, *The Ancient Secret of the Flower of Life, Volumes 1 and 2*.

The Power of the Breath of Life

Not only does The Breath of Life practice allow us to receive Universal life-force energy, release energies that no longer serve us, unify the Heaven and Earth frequencies and get us into Divine alignment; it begins to heal us, connects us with our Higher Selves, increases our Cosmic Antennae for receiving amplified Divine energies, magnifies our energy for Divine co-creation, transforms us into self-sustaining generators that are impermeable to outside forces and connects us to the Cosmic Heartbeat of the Divine - the force that unites all beings in Oneness.

Doing The Breath of Life practice under ideal and meditative conditions is the most potent and powerful way to do the practice. But it can also be done nearly anytime and still bring self-awareness, presence and grounding to help you get more in alignment with the Divine.

Here are increasing signs that you're engaging The Breath of Life and reaching towards Divine alignment:

- * Your awareness turns inward
- * Total body relaxation, while feeling held up in perfect alignment
- * Mind chatter stops being the dominant awareness
- * Your energy resonates with the rhythm of the breath
- * Feeling energy releasing in your body or energy field
- * Your energy increases
- * Feeling stillness, harmony and inner peace
- * Feeling the world fading into the distance: objective awareness vs. subjective awareness

Practicing The Breath of Life in Other Conditions

To continue practicing The Breath of Life, simply inhale down and exhale up through the Central Channel, putting as much focus as possible on the movement of energy through your body.

When done anytime outside of ideal conditions, the practice does lose some of its potency. Yet, it will always increase self-awareness, bring you closer to Divine alignment and

nourish you with life-force energy, whenever it is done. And the more focus you can bring to the practice, the more your energy will be in Divine alignment.

Getting Started

I suggest starting this practice slowly and working your way up because we get about 12,000 opportunities a day to do The Breath of Life. A solid way to begin is in a Bookend. These are the quiet moments before starting your day and going to bed, with the Ideal Condition practice. Then, incorporate the Other Conditions practice during routine times throughout the day, such as exercising, cleaning, driving, using the bathroom, etc. Doing this will habituate you to focusing on self-awareness and acclimate your energy to being in Divine alignment making it easier for you to notice when you are out of alignment and to cue you to do The Breath of Life to get back in alignment.

Please note: The Breath of Life is especially helpful to use during times of stress and imbalance! The Breath of Life practice is flexible and accommodating. Try different things and change it to fit your life until you find what works best for you! It's a deceptively simple practice so it's easy for our minds to minimize the significance and sacredness of it. Just keep going!

Remember the Miracle that is inside You

Yes, with sustained focus on self-awareness, we can take control of our lives to observe, accept, embrace and transmute what is inside of us. Our Higher Selves will show us the way, step by step, to overcome our personal challenges and get aligned with our Divine selves in human form.

The Breath of Life practice focuses our awareness on the inside, grounds us into presence and brings our energy into Divine alignment, accelerating us on our paths to our Divine selves. Once we begin to live as our Divine selves, we will dance with what is and guide it into a new reality. There will be no striving, no desire; there will only be Divine guidance, eternal peace, effortless love for yourself and all others, amazement at our unlimited depth and power, and heart-bursting joy at the beauty and perfection of everything. I'll meet you there.

Beginning Thursday July 25th from 1:00-2:00 pm I will be offering a weekly BREATH OF LIFE MEDITATION, Held at Wholistic Heartbeat 1660 Central Ave, Suite A in McKinleyville, Drop in, everyone is welcome. In this one-hour weekly meditation, we will deepen the understanding and use of the Breath of Life practice to bring peripheral energies into our center. This will ignite the heart that shines with courageous love, that

has compassion and tenacious devotion to the cause that matters most- the quest to align with and embody our Divine selves in human form. Suggested Donation \$5

Christine Johnson is a Certified and Insured Quantum Healing Hypnosis Technique (QHHT) practitioner with energy work and massage training, and a BS in Marine Biology. She lovingly practices out of the Isis-Osiris Healing Temple in Arcata, at the Wholistic Heartbeat office in McKinleyville, a beautiful, private location in Eureka and can accommodate in-home sessions. To ensure access to everyone drawn to this powerful healing therapy, she offers sessions on a donation basis. Suggested donation \$150-\$400. Please feel free to call/text (707) 407-5050 or email qhhtfuture@gmail.com to schedule sessions and ask questions. Thank you!

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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.

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SPIRIT GUIDES

By Gay Harrison

We think we are born into this world alone, hoping we have a good family to look after and guide us. This is far from the truth!

SOUL FAMILY

Before we incarnate on earth, we go through what we would like to experience and learn with the help of our soul family. This soul group consists of our ancestors, family and friends. Some of them do not wish to incarnate with us at this time, but say they will guide us and be there for us from spirit. Essentially they are our guides. They can inspire us, guide us and influence us to a certain extent, but they cannot take away our free will.

We choose our family on earth for what they can do to give us the right environment for this life, whatever it may be. Most of our friends and family are part of our group soul, meaning that as a group we may interact with each other in different relationships from other incarnations, like a soul family.

Life is all about experiencing things, and our reactions to experiences. We chose some of these experiences before we incarnated, and some we create through our actions and thoughts.

ATTRACTING SPIRIT GUIDES

As humankind generally is becoming more awakened spiritually, there is more awareness and curiosity about spirit guides. As we grow spiritually, we attract guides from a higher dimension in order to take us forward in our development. Conversely, this also means that people from a low spiritual vibration attract guides to them of the same frequency, as like attracts like. And there is no judgment being cast here. All vibrations come from the same creator and return.

Quite often, guides may be souls we have lived with in other incarnations, and I think the prevalence of Chinese or Native American guides may often be because we have had past lives with them. The prevalence is also possible in that the ancient Chinese are associated with wisdom, and Native Americans with a love of the earth.

CONNECTING WITH GUIDES

The fact that people are becoming more aware and interested in having contact with their guides is wonderful. It is so reassuring to know loving and wise beings are surrounding us, but we are still entirely responsible for our own decisions. Because guides have no ego, they are totally unconcerned about us knowing their names, or even being able to see them. It is their energy signature that makes us aware of them, once we can tune into the energy.

It is perfectly possible to see them clairvoyantly if they wish to show themselves. It is my experience that they may introduce themselves at the beginning of one's awareness, and then let us know they are around after that, in whatever way we may perceive them. Once we get to recognize their presence, it is lovely to be able to form a friendship with them. Know that when they are asked to work with us, they will never let us down, for like the universe, they have our best interest at heart.

We are never alone. Rather we are always surrounded by benevolent guides. You can learn to speak with them and listen for the answers. Guides communicate in many ways and will often communicate through symbols. These must be interpreted individually for no two people will have the same interpretation. Interpreting symbols is something entirely personal to you. Guides often speak through your intuition, so you can listen to it. You will soon find that they become an important, wonderful and necessary part of your life.

GAY will be coming all the way from England to host a Healing Workshop in February 27- March 1, 2020 at 2nd & C in Eureka. Stay tuned for more details!



Time Again - Tribute to Hokusai Laurie Birdsong

Tender huge rocks
along the river
hold my bones...
They are hushed yet jovial
each a different voice
a different temperament
if one listens

I drape my flesh
over their broad heat
kiss their deep stillness
This is why I have come -
to make love to the sky
the wind
the clear green water

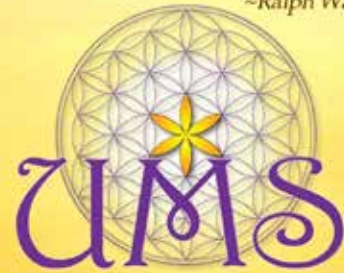
to float like a leaf
on the surface
carried by the current
into this wild turbulent
order of things

look-
see out the backs
of your eyes
be in this other
way of being -

carry it into the laundry mat -
drop stones like coins
into the slot,
draw the swirling green waters
into your kitchen
stir them in your soup,

with this deep stillness
scrub the toilet
your hands with purpose
hold the brush,
know
in this other way
of knowing

"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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The Bhagavad Gita

July/August 2019



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

By Krishna Jaya

Chapter 2, Verse 70

Desires enter the illumined ones
The way rivers flow into the ocean
And the ocean is never disturbed.
This is the condition of perfect peace.

Swami Nikhilananda's Commentary:

Waters from an untold number of rivers enter the ocean but this does not make the ocean change its nature, for it is based in stillness. Likewise, the illumined ones find true peace, whereby no agitation is created by contact with people, places and things. Such a condition is experienced by *never losing touch with their innermost core selves*. Those who look outside for fulfillment never know peace.

Krishna Jaya's Commentary:

In my Tarot spread yesterday, I drew the Empress card. The artist of the Osho Zen Tarot deck, Ma Padma Deva, renders the Empress kneeling by a flowing river, invigorated by the promise of co-creation, poised with a flower blossom in one hand and touching the Moon with the other. I think of the cards I draw as messages of loving guidance from my higher self.

One way of interpreting the Empress's message to me goes something like this: Abandon yourself. Empty yourself and be taken over by the creative life-force of my evolutionary impulses. Offer your co-creations as holographic expressions of the Whole. Do not claim exclusive ownership, while at the same time know that your thoughts bear the stamp of originality. Each thought has never before manifested in quite the present way because of its contextual uniqueness bringing something fresh to the table in each particular moment.

I respond to my higher self in return: Please, tell me more

about what it means to abandon myself to the Shakti, this universal flow of divine energy?

And the answer comes: When the personal will is congruent with the divine will, you become a spontaneous participant in the universally evolving energy-flow like other animals. They are spontaneous, too, as they guilelessly respond in the moment to stimuli from the environment. But your spontaneity is different in that it was lost as you grew up, only to be regained through a mysterious form of awakening that accompanies mature growth and development. The other animals are always naturally fluid with the Tao. When they come to a fork in the path, they don't have to make a conscious decision about which road to take like you often do. When you become an open channel of the Shakti, your own unique gifts blossom. You enter a flow-state of true freedom and are no longer swayed by egoic distortions.

Swami Satchidananda's Commentary:

The ocean is contented. It never sends invitations to the rivers. It's just happy by itself. The rivers say to the ocean, "You seem to be so happy while we are restless. By coming to join you, we'll be happy, too." So they all run into the ocean. The ocean doesn't want anything. It isn't after the rivers. Even after all of the rivers have flowed into the ocean, the ocean retains the same consistent contentment.

Krishna Jaya's Commentary:

Contentment is one of the five Niyamas in Patanjali's Yoga Sutras; one of five observances recommended to cultivate peace. It involves the recognition that objects pursued in the external environment for the purpose of securing happiness will never satisfy. The very perception, "I am not enough and need this particular thing to be complete," is a trap. We are always full. We are always enough. We know this instinctively as young children but we forget this fundamental fact as we grow and become socialized. Yoga reminds us to remember our fullness. We are full because we are fundamentally, seamlessly one with the Whole.

Swami Shivananda's Commentary:

The illumined ones are tranquil-minded in a state of poise and equanimity. When this state becomes steady, they perceive unity everywhere. Jealousy, petty-mindedness, narrowness of heart, the idea of separateness, all barriers that separate a person from another, prejudices of all sorts, and dislike for some thing or some person—all of these vanish into nothingness. Such devotees have extreme devotion for God, for the oneness of all life.

Paramahansa Yogananda's Commentary:

This stanza, Chapter 2, Verse 70, was a favorite of my mas-

ter, Sri Yukteswar, and was often quoted by him. His face would shine with a great inward light. At those times, those around him who were spiritually sensitive could feel Master's overflowing emanation of peace being transferred to them. I often inwardly hear him repeating this Gita verse in Sanskrit, just as I used to in years gone by.

Chapter 2, Verse 71

That person realizes peace who,
Relinquishing all desires,
Exists without craving
And is not identified with the separate ego
And it's sense of "mine-ness."

Sri Eknath Easwaran's Commentary:

I am not competent to perform a marriage nor funeral ceremony. But for the ego's funeral you may call me anytime and I will show up with bells on. When you have the ego lying on the funeral pyre, light the torch and give me the signal. I will set it on fire. Shanti is the supreme state of perfect peace in which we become love itself, loving not only this or that person but all of creation for we have realized the unity underlying all of life.

Krishna Jaya's Commentary:

Usually when I draw cards for a Tarot spread, I don't have a specific question, but today I did. I asked my higher self for some fresh insight into the two Gita verses being examined here.

What does it mean to know peace in my heart and not be identified with the separate ego and its sense of "mine-ness?"

The card that came in the place of the questioner was the Fool. The Fool is like a child who feels safe in his or her own skin. *There is faith in the workings of the natural order such that forethought is not required before action.* The Fool is innocently engaged with the moment and all of its possibilities. The intuitive function is peaking, bringing a natural harmony with the environment.

There is an idea in the Judeo-Christian tradition called kenosis, which means self-emptying. The idea is that at the beginning of time God emptied himself in such a way that he gave up control over angels and human beings. He took a risk by giving his power away. He gave angels and human beings the choice to love him voluntarily, or not; to follow his will out of love willingly and gratefully, or not. God was making himself vulnerable with this act, by relinquishing the power to control his creatures.

For example, when people ask you to do them a favor, you might answer: "No," or "What?" or "That depends," or "Sure," or some other variation. In the first case you've already decided: no way. In the second and third cases your answer is conditional. You're not ready to leap in and accede to the request. In the fourth case you make that leap of faith and trust. You give your power away. The paradox is that the more you give up your need to control, the more you are aligning with the divine principle of kenosis.¹

If the above example is expanded to include not just your attitude towards another's request, but also the way you respond to everything you encounter in life, you end up giving yourself to everything, as if to say, "I'm following your lead, life. Show me the way." This is the attitude of the Fool and a key to the transcendence of the self/other polarity and "mine-ness."

John Astin in his book *Searching For Rain in a Monsoon* writes:

I sometimes imagine that my skin is a barrier between me and the world, a subtle defense mechanism of protection. Alternatively, I imagine that my skin is made of the world. I am completely exposed. Nothing is shielding me from life anymore. I am like a heart without skin, intimately touched by everything. By invoking this profound vulnerability, I discover that my experiences cannot do me harm because they are not separate from me. I am marinating in my own heart's nakedness.

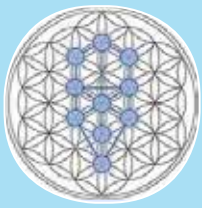
Krishna Jaya's Commentary:

The final card in my Tarot spread in the place of the answer to the question was the Knight of Cups. This card is about trust. It's about leaping into the unknown without a safety net. It is the leap of the vulnerable warrior who is unafraid. This is not unlike the Fool's leap into the unknown. There is an abdication of control when you say to life, now it's your turn. It gives you the sensation that life is living you. You give away control to everything and in giving away the control, you become one with all of life. Nothing and no one can rob you of this peace once it has become established and steady.

1. Again, this is only an example. If you say "sure" to a request for a favor, you're not bound to accede to the request once it is made. It may be that saying "no" to the request at that point is what the divine core self within is directing you to say.

Krishna Jaya is now offering astrology readings. Certified in Soul Level Astrology TM, he can be reached at 707-616-7361 or wmstrider@yahoo.com.





July/August 2019

Tarot Wise

By Carolyn Ayres

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

When resistance fails to produce the desired changes in our lives, we rarely let go, move into the present, and see other possibilities. We tighten more, tense harder, and attempt to control more completely. But resistance does not lead to change. Acceptance leads to change. - Cheri Huber



THE HANGED MAN CARD

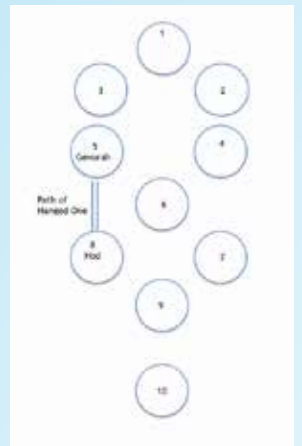
Have you ever said to yourself, I just want to get off the merry go round! I just want to let go of it All! And then you get the Hanged Man card in a spread and you think, "Oh, that looks uncomfortable," or "I didn't mean to let go that much!"

Ah, the irony of resistance when circumstances bring exactly what we asked for. Of course, it doesn't always look like what we thought it

would. Coming after the very upright and sometimes seemingly uptight Justice or Adjustment card, the Hanged Man can be somewhat of a shock. We thought we were ready for the Truth, for Cosmic balance. But when we cut through our illusory story of reality, we find ourselves without our usual comfortable construction of our knowing and so we fall, until by the grace of God, we get caught upside down in a Tree. Then, we can choose to hang helplessly or not. Did we already forget we asked for this? We chose to cut the karmic strings, to release all that was not True with the Justice card. So, now what? Do we dangle, struggling to find equilibrium or do we just relax and welcome the giving over, the allowing of What Is, allowing change, allowing our world to be turned upside down? And what happens when we allow, when we quit resisting the challenges of this existence? What happens when we release beliefs, release knowing? When we immerse in the deep waters of Higher Consciousness?

The Hebrew letter connected with this card is Mem, the primal element of Water, Divine Consciousness. What happens

when we allow ourselves to immerse in this awakened Primal Water? Perhaps a sense of that balance we were looking for. Foreshadow alert: the next card in this process is the Death card. We are asking for Death, you say? Yes, the way we come into karmic balance is with the release of our illusions, the stories that have held us in conditioned contraction, out of balance with the cosmic plan. So, at the Hanged One, we are asking for the death of an existence that is not enhancing our evolution.



YES

At the Wheel of Fortune, when you chose to crawl to the hub and no longer play out your karmic spin, you were saying 'Yes' to transformation. When you took up the sword of Truth with the Justice/Adjustment card and you expressed a willingness to cut out all that was holding you back from your destiny, your full expression; you said 'Yes' to the end of who you think you are.

With the Hanged One, you are given a chance to contemplate if we are truly ready to commit to this process of giving over to the higher urge of the Evolutionary Impulse. This is not an easy choice. If you look at the placement of this card on the Tree of Life, (see Tree Diagram), its path is on the Pillar of Form. As an evolutionary path going upwards on the Tree, we are moving from the density of Intellect 7 at Hod to the challenges of Gevurah, (think of your Minor Fives). Gevurah asks us to sacrifice who we thought we were. If we look at this card as a descending path, the head is downward, as in a birthing canal. But this is a birthing upwards into higher consciousness.



Look at this beautiful version of the Hanged One, shown with permission from Cathy McClelland. The Hanged Man is the chrysalis phase of spiritual evolution. The caterpillar, the ego self, has disappeared in a lump of protoplasm, dying to emerge as a butterfly, a lighter, more liberated self. Here, we give over to metamorphosis and die to be reborn. This is sometimes called the Great Sacrifice. And, what are we truly sacrificing? The false or small self. And what might be reborn? The Greater or True Self. Might this process be worth some sacrifice?

After the searingly honest look at our self and our motivations with Justice, we now become a “tool for overcoming our main obstacle to perfect freedom, our own attitudes” (Lotterhand). Hajo Banzhaf says that we hang from the tree like a ripening fruit, which unless it falls to seed a new life, will rot on the Tree and come to nothing.

The choice here is whether to consciously hang ourselves upside down. To interpret the world on inner rather than outer terms and see where we are stuck in old patterns, seeking a different perspective. Another choice is to let life turn us upside down, forcing the surrender so that the transformative energies can show us an entirely different way of seeing and reason for being.

If you have the Waite-Smith deck, place your World card above your Hanged Man card and you will see that together these two cards create the ankh, the ancient Egyptian loop cross, that symbolizes the final unification of the Feminine and the Masculine. Notice how these cards also mirror each other numerologically as Key 12 and Key 21, the revelation of standing upright in your Wholeness.



Here is a Reading for the Hanged One: The Unfolding of Your Greater Self

One card for: You, in Hod, your Illuminated Mind (Notice the golden aura on the Waite Smith Hanged Man)

One card for: Your old paradigm being squeezed and challenged in Gevurah.

Three cards asking:

What is the matrix you have nailed yourself to?

Your chrysalis?

What must be dismembered and dissolved in order to come into “New Life”?

Read these first five cards before continuing.

Now draw one card for: What is your ankh? What stabilizes you for this work?

One card for: How do you tend to crucify yourself in this process?

One card for: What is needed to break you out of your “trance?”

One card for: What is the importance of just sitting and being where you are? What might be realized in the cocoon stillness?

As always, I am open to comments and questions as I am passionate about ongoing awakening for us all. So, if you have read this far, I encourage you to email me, Carolyn Ayres, and get on my email list, carolyn@tarotofbecoming.com. You will then receive my New Moon Message and Tarot reading each month and hear about my classes and workshops. Private mentoring and consultations are always available on the phone, Skype, Zoom or in person at the Garden Studio in Eureka. If you are out of the area, I am also teaching privately online with Zoom. For more information about my classes or private consultations, call 707-442-4240, email me at carolyn@tarotofbecoming.com or check out my website at www.tarotofbecoming.com. If you are on Facebook, please, “Like me” at www.facebook.com/Tarot-of-Becoming.

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Wholistic Heartbeat 1660 Central Ave Suite A in McKinleyville - 707-496-6616

Every Monday @ Wholistic Heartbeat

1660 Central Ave, Suite A in Mckinleyville

Healing Path Presents, by donation - **HEALING PEACE MEDITATION WITH MAYA- 1:00- 2:00 PM** Drop in, no charge. Come for a brief teaching and grounding as we meditate together for peace and Healing. Text Maya for more info at 707-834-6831.

Every Tuesday Evening @ Isis

Suite #48, Sunny Brae Centre in Arcata

Healing Path Presents, by donation - **REIKI-COMMUNITY-STYLE** is being offered at Isis #48. Everyone is welcome **from 7:00-9:00 p.m.** **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. **Come for the Reiki and stay for a mini Tarot Reading with Bridgit Tyler or a Psychic Reading with Jesse Austin**

Every Thursday @ Wholistic Heartbeat

1660 Central Ave, Suite A in Mckinleyville

BREATH OF LIFE MEDITATION, From 1:00-2:00 PM - Drop in, everyone is welcome. In this one hour weekly meditation, we will deepen the understanding and use of the Breath of Life practice to bring peripheral energies into our center. This will ignite the heart that shines with courageous love, that has compassion and tenacious devotion to the cause that matters most- the quest to align with and embody our Divine selves in human form. Facilitated by Christine Johnson, Contact 707-825-8300 for more info. Suggested Donation \$5

Every Friday @ Isis

Suite #48, Sunny Brae Centre in Arcata

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 Carolyn at arcata.srf@earthlink.net.

July 1st - Aug 31

HEALERS TREE OPEN MEMBERSHIP ENROLLMENT: Annual Dues \$50 - Join now and get \$25 off an ad in this year's Annual Healing Arts Guide. Contact Maya for more info at 707-834-6831

Mon. July 22nd @ Wholistic Heartbeat

1660 Central Ave, Suite A in Mckinleyville

SIDEREAL SISTERHOOD INTRO is designed to see if this class is right for you. Drop by Monday at 2:30 pm and learn more. We utilize the energy of the Moon phases and Astrology with Tarot to promote and manifest our dreams. **Enrollment is available to newcomers.** Contact Mari Wilson, by email at sidereal.sistarhood@yahoo.com for details. Cost \$20/mo.

Tuesday's July 23rd, Aug. 13th & 27th, Sept. 10th, Oct. 8th, Wed. Nov. 6th, & Dec. 10th

@ Wholistic Heartbeat

1660 Central Ave, Suite A in Mckinleyville

MIDDLEWAY MEETING: A FREE WELLNESS GROUP WITH MIDDLEWAY MENTOR TOBIN MCKEE Two Tuesdays each month from 5:30-7:30 p.m. **No registration is necessary. Just come on by.** Listen to our introductory podcast at middlewaynetwork.org. **This is a whole-foods potluck – sugar-free, whole grains, no processed foods.** From 5:30 to 6:00 p.m., we chat and enjoy each other's company. Then from 6:00 to 7:00 p.m. we focus on an aspect of wellness practice. The last half hour is for eating with good company. The Middleway Network is a non-profit organization that provides free wellness training and free professional training. Healthcare is prohibitively expensive for most people, but wellness is free, because it is something that we can do for ourselves. Middleway Network is a project of free, community-based compassion.

Wednesday July 24th @ 9:15-11:15 AM

@ Eureka Natural Foods Cafe

2165 Central Ave in Mckinleyville

HEALER'S 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. Each month we will have a short presentation by one or two of our community's wholistic practitioners. This is a great opportunity to network and begin to collaborate with your fellow peers. Presented by Healing Path & Hosted by Janet Stock. 2019 dates: July 24th, Aug. 21st, Sept.

18th, Oct. 16th, Nov. 20th & Dec. 18th Contact Maya for more info at 707-496-6616

Mon. July 29th & Sat Aug. 10th

@ Wholistic Heartbeat

1660 Central Ave, Suite A in Mckinleyville

Healing Path Presents, by donation - **INTRODUCTION TO PRACTICAL HOMEOPATHY** with Jahnan Derso This free class will help you get an overall understanding of many concepts with homeopathy such as: History of homeopathy, See more details on page 16 of this issue. Please, contact her via email for more information: info@hibiscushealing.com

Tues., July 30th Yoga Seva 6:00-7:00 pm & Yoga Chats 7:00-8:00 pm

@ Wholistic Heartbeat

1660 Central Ave, Suite A in Mckinleyville

Healing Path Presents, by donation - **YOGA SEVA DROP-IN WITH JAIME POWELL** a guided Vinyasha flow for all levels. Please bring a mat. Jaime practices and teaches Yoga in Arcata, Mckinleyville and Trinidad. **YOGA CHATS** - drop in by donation - a coming together of yoga teachers and practitioners. It's a gathering of like minded community members to talk about all things yoga. Led by Ashley Paz and Jaime Powell.

Wed. August 7th 6:00-8:00pm @ Isis

Suite #48, Sunny Brae Centre in Arcata

WOMEN'S JOURNEYING CIRCLE - All levels of experience welcome. **RSVP Required** Come explore and experience the empowering practice of shamanic drum journeying in a small group setting! In this 2-hour women's circle you can expect to learn the basics of journeying or deepen your existing practice and journey to meet a unique Goddess that will bring you the support and

healing you need in your life now. Monetary investment \$35 Space is limited, RSVP required drop ins will not be admitted. Contact the circle facilitator Heather to reserve your spot theyewtree@gmail.com (707) 397-0018 www.theyewtreeshamanichealing.com.

Wednesday's Beginning Sept 7th @ Isis

Suite #48, Sunny Brae Centre in Arcata

Breema/Self Breema class starting September 18th - October 9th from 10-11:30 am. Breema is an ancient practice originating in the Near East. Breema Sequences will be taught and practiced with each other. Self-Breema exercises that you do on yourself will also be taught. For more information contact Gail Coonen at 707-443-6934.

Coming in 2020

February 27th - March 1st

2nd & C in Old Town Eureka

THE EAGLE HOUSE AND ISIS ARE HOSTING A PSYCHIC FAIR AND A HEALING WORKSHOP featuring Gay Harrison (page 26) who is coming al the way from England and a bevy of our own local psychic readers, including Jesse Austin (page 8) Stay Tuned for more details.

For Sale In Humboldt

9 ACRE WOOD: YOU PICK ORGANIC SHITAKE MUSHROOM FARM: Phone 707-499-3121

2017 KEYSTONE PASSPORT ULTRA LITE GRAND TOURING 2920BH Travel Trailer for Sale \$26,000 - 33 feet long; sleeps 10; features include: 3 burner propane stove inside and 2 burner outdoor, 3/4 quarter tub, microwave, double sink, indoor and outdoor fridge, propane and electric water heater, flat screen tv, winterized and A/C, like new - only used for 6 months. Please, email for details: wisdomiskey@gmail.com.



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contact us for more info

707-825-8300 * info@wholisticheartbeat.com



IT'S HEALERS TREE MEMBERSHIP TIME!



MISSION:

To provide an association for local healing arts practitioners of all types to collaborate as a unified force.

VISION:

Together, we can create a new model of wellbeing at the forefront of a heart-centered community.

GREATER PURPOSE:

To reshape the way wellness, healing and health are viewed, accessed and integrated into the community. To guide us into becoming a renowned wholistic healing destination.

GOALS FOR THE MEMBERS OF THE HEALERS TREE:

- * to further visibility, accessibility, and profitability in the community.
- * to connect and grow together through education opportunities.
- * to provide business and self-care support for personal growth.

Healing Path is committed to integrating a wholistic model of care into the everyday fabric of our lives. In order to fulfill this purpose, we have established the Healer's Tree as a main project of the Healing Path.

The Healers Tree provides the healing arts practitioners a way to network, collaborate with other practitioners, share client referrals and form workshop opportunities.

Membership helps you be seen as a professional healing arts practitioner and develop a sense of belonging, impact, and the benefit of being a part of something that's making the difference.

Membership Benefits Include:

- Invitation to the Monthly Healers' Breakfast - introduce yourself to the Healing Arts Practitioners AND receive a 5% discount at Eureka Natural Foods on the day of the Healers' Breakfast.
- Bi-Monthly Selfcare Meetings to nurture your tool bag and feel good at the same time.
- Bi-Monthly Meetings to share your voice and offer direction to the Healer's Tree.
- Bi-Monthly mention in the Wholistic Heartbeat Magazine
- Online listing of the current Healers Tree Members on HealingPathHumboldt.org
- Increased public visibility. We have many events, opportunities, and collaborations we are currently working up, all designed to help get the Healers in contact with new local and tourist clients.
- \$25 off a Healing Arts Guide ad
- An opportunity for your voice to be heard
- As the Healers Tree develops benefits grow!

OPEN ENROLLMENT: JULY 1 - AUGUST 31, ANNUAL DUES \$50.00

STOP BY OUR MEMBERSHIP TABLE FOR A FEW MINUTES AND LEARN MORE:

Saturday, August 17th anytime between 1:00-4:00 in Arcata at the Redwood Park Playground Area

We will be there to answer any questions and to help you sign up.

Email us at info@healingpathhumboldt.org ~ Visit us at HealingPathHumboldt.org ~ 707-496-6616

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