



Isis Scrolls

Healing Occurs as Perspectives Shift

*In the embrace of infinite space,
Awaken to your true form—
Divine creative energy
Revealing Herself as you.*

—Lorin Roche, *The Radiance Sutras*



Now Offering Middleway Method™ Massage Certification

**Our 650-hour
Middleway Method
Massage Certification Program
leads to a fulfilling
life of service.**



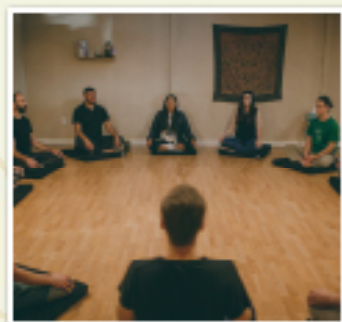
"This is a community of assessing, being, caring people who supported me through an extraordinary year of healing." — Anna Park

Daytime Classes begin September 2016

- We offer immersive year-long training.
- Small class sizes with compassionate instructors.
- We emphasize sensitivity and professionalism.
- The training is based in meditation and energy work.
- Includes comprehensive science and business training.
- Graduate ready to work with our integrated clinical internship.
- Work-trade internships available.
- Choose either morning or evening classes.

Our Student and Professional Massage Clinic

- One-hour student massage \$25.
- One-hour professional massage only \$50.
- Choose from many massage and bodywork styles.
- Open seven days a week.
- Afternoon and evening appointments available.



Arcata School of Massage
707.822.5223
145 G Street, Suite E
Arcata, CA
www.arcatamassage.com

California Bureau for Private Postsecondary Education Approved School. National Certification Board for Therapeutic Massage and Bodywork Approved School. American Massage Therapy Association School Member. Department of Veterans Affairs Approved School.

On The Cover - Atherton Botanical Gardens, Koloa,
(Kauai) Hawaii by Maya Cooper

Isis Scrolls issue #97 May/June 2016

707-825-8300

44 Sunny Brae Centre, Arcata, CA 95521
isis_scroll@earthlink.net & IsisScrolls.com

Publisher & Creative Director: Maya Cooper
Editors: David Cooper, Marny Friedman & Rebecca Palm
Layout Support: Becky Blanco

ISSN 1936 119X

**Isis Scrolls is always accepting articles, stories
and poems for our bi-monthly issues.**

Isis Scrolls 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 isis_scroll@earthlink.net
or drop them off at 44 Sunny Brae Centre, Arcata

Our Mission: Creating Opportunities That Nourish Our Wholeness.

Isis Scrolls is a free bimonthly magazine creation offered from the Isis Osiris Healing Temple.

Through 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. *Isis Scrolls* is a vessel through which the voice and heartbeat of the innate healing wisdom that lives within each of us can be experienced. While we may not share all of the beliefs expressed by our contributors, we do support them in sharing themselves.

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

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

Page 04 ~ Meet Them Where They Are
Jessica Bryan

Page 06 ~ Are You an Emotional Empath?
Dr. Judith Orloff (Excerpt)

Page 08 ~ Gatha
Susan Hagemann

Page 10 ~ Just Sing HU to Open Your Heart
Clare Vettes

Page 11, 16, 24, 25, 31 ~ Art & Poetry
Various Artists

Page 12 ~ Discovering Your Genius!
Damion Sharpe

Page 14 ~ Inside Out
Jay and Kiernan Powers

Page 15 ~ We Live in Paradise
Meredith Aldrich

Page 17 ~ Beauty
Ellen Dee Davidson

Page 18 ~ North Coast Men's Gathering
The Gathering's 2016 Planners

Page 20 ~ Our Wonderful World
Fhyre Phoenix

Page 21 ~ Pain. Oh My God, Pain
Cate Classen

Page 22 ~ Tarot Wise
Carolyn Ayres

Page 26 ~ The Bhagavad Gita, Part 25
Krishna Jaya

Page 28 ~ The Holistic Chamber of Commerce
Zanna Majerle

Page 30 ~ Heart Connection Exercise
Sophia Hansen

Page 32 ~ The Mysterious Economics of Giving ...
Monica Ballard

Page 34 ~ Opportunity of a Lifetime
Lisa Carpinelli

Page 36 ~ Hilarion The Healer
Jessica Bryan

Page 38 ~ Calendar of Events 38

Meet Them Where They Are

By Jessica Bryan

A deeply troubled woman came to me for spiritual counseling several years ago. I’ll call her “Melinda.” She had severe emotional problems and was addicted to narcotics. Her primary complaint was “Howard” who, she believed, lived inside of her. Howard was sometimes kind and loving but more often cruel. The poor woman was locked in an ongoing battle to maintain a harmonious relationship with Howard.

Of course everyone who knew her thought she was crazy. I suspected she had a walk-in, an entity, or a lost spirit that had somehow attached itself to her etheric field. Then again, perhaps she was afflicted with multiple personality disorder.

I have long held the belief that anything a person can think or communicate in any way—no matter how outrageous—is possible, although not necessarily probable. This way of relating to others offers great relief, because it enables me to suspend judgment when faced with people and situations that might not be considered “normal.”

When Melinda described her difficulties with Howard, she expected me to react as so many others had. She assumed I would attempt to deny or change her inner reality. But instead of trying to coerce her or tell her she was “wrong,” I simply accepted that Howard was in the room with us and let her know that I honored his presence. Although I did not speak with him directly—as is sometimes the case in multiple personality disorder—Melinda spoke for him, saying, “Howard likes you and says it’s okay for me to be here with you.” A lively discussion ensued, followed by energy healing during which she totally relaxed. Our encounter might not have produced life-changing effects, but during our time together Melinda seemed happy that someone had accepted her without judgment and “met her” where she lives.

When I was involved in Siddha Yoga in the 1980s, I met a beautiful child at the ashram. Ganesh was about ten years old. He had been born with Fragile X Syndrome, a genetic disorder similar to autism. Ganesh didn’t walk until he was four and has never spoken more than a few words, although he has always communicated quite well in a nonverbal, nearly telepathic way.

One day, I visited Ganesh and his family. When I arrived, he was lying on his back on the living room floor. Above him floated a red helium balloon with a string that went down into his mouth. His fingers were also in his mouth and he was fiddling with the string. He was laughing hysterically.

At first, I said something like, “Ganesh! I’m here!” Of course, what I really meant was, “Pay attention to me!”

He continued to giggle and chew on the string.

After a few frustrating minutes of trying to draw him out of his experience, I had a stunning realization.

Lying down on the floor next to him, I took the string of another balloon and put it in my mouth. As I imitated Ganesh, my consciousness expanded out into infinity and soon I was in a state of total bliss. I was right “there” with him.

Turning my head, I looked into his sparkling eyes which told me, “You’ve got it! Let go of your expectations. It’s much more fun.”

Many people in the ashram community have speculated that Ganesh is an enlightened being who chose to incarnate for the purpose of teaching others. He received his name in India, and it refers to the Hindu deity Ganesh, the remover of obstacles and bringer of success.

Children learn by imitation, but in this case the adult learned by imitating the child, and was better for it.

Good therapists understand that people don’t react well to force. Only by loving acceptance can we influence others. If we “meet them where they are,” the possibility arises to gain their trust and lead them out of their difficulties.

Milton Erickson (1901-1980), an American psychiatrist and psychologist, was noted for his ability to utilize anything about a patient to help them get well. Once, when he was working at a mental hospital, there was a patient who told everyone he was Jesus Christ. All of the other doctors and nurses had tried but failed in helping him understand that he was not, in fact, Jesus.

One day, Dr. Erickson approached the man and said, “I hear you’re a good carpenter.”

“Yes, I am,” replied the patient, who seemed surprised that someone had acknowledged his “true” identity.

“We need help in the woodshop. Would you be willing to assist?”

Because Erickson had acknowledged the patient’s belief that he was Jesus—who was a carpenter, as we all know—he was able to interact with the patient in a positive way and begin leading him out of delusion.

The concept of embracing another person’s reality is especially useful in relating to people with dementia. For many years, families, therapists, and other caregivers were encouraged to orient Alzheimer’s patients to “reality,” meaning the reality that is commonly accepted. When my mother had dementia, I tried the “reality orientation” method, and the outcome was quite upsetting for both of us. Quoting from my book *Love is Ageless: Stories About Alzheimer’s Disease*.

Irma roams the small bedroom in Billie’s bungalow asking urgently, “Where’s my mother? She never comes to see me anymore.”

What can I say? That her mother died twenty years ago? I say it, and she begins to weep. She can’t comprehend twenty years or even twenty minutes. She lives in the moment and in this moment, for her, her mother has just died.

Damn! Why didn’t I just lie and tell her, “Your mother’s coming tomorrow.” By the next day she would have forgotten, and tonight she would have been reassured.

When my partner’s Aunt Betty was in her seventies, she had a procedure on her heart that resulted in damage to her esophagus. This was followed by a year of receiving nourishment through a feeding tube. After the tube was removed, however, she didn’t want to eat. It was as though she had forgotten how. Betty’s husband and children were quite concerned because she had become so thin.

We visited the family during that time, and all of the relatives came for a big lunch party. I happened to be sitting next to Aunt Betty when she was served with an enormous plate of food. There were about six different food items on the large plate in front of her. Everyone was sitting around the table talking loudly and eating, but I was watching Betty closely as she picked at the food with her fork. Actually, she seemed to be pushing it around on the plate as if she were pretending to eat, while hoping no one would notice.

Without thinking too much about it, I said in a neutral tone

of voice, “You must be really tired of everyone telling you to eat.”

She gazed at me, wide-eyed with amazement, and whispered, “Oh. Yes.” Then she gave me a huge smile and began taking tiny bites, as though my recognition of her dilemma had restored her will to eat.

My favorite example is the man who hated his house. I heard about him from his daughter while working on my *Alzheimer’s* book.

Edward had lived in his house for over forty years when, unfortunately, he developed dementia. Everyone in the family was taking turns caring for him so he wouldn’t need to be put in a nursing home.

At least once a day, Edward would pound the arm of his easy chair and shout, “I hate this house. It’s ugly. Look at the horrible old furniture. I WANT TO GO HOME!”

Struggling to his feet, Edward would head for the door, only to be met by the caregiver on duty.

“Okay,” she would say. “We’ll go home right away.”

Then she would take him outside and walk him around the block until they arrived at his front door. Back in his comfortable chair, he would sit for hours, content to be “home” again.

When you find yourself having a similar interaction with another person—especially someone who is mentally or emotionally challenged—stop for a moment. Take a deep breath, quiet your inner dialogue, and listen to what the person is really saying. Look for the message, the “feeling tone,” underlying the verbal communication. Interact with the person at the intuitive level, rather than from your own mental perspective. Chances are both of you will have a more satisfying and meaningful experience.

* * *

ISIS READERS are invited to send Jessica an e-mail asking for a FREE E-BOOK copy of *Love is Ageless: Stories About Alzheimer’s Disease*.

JESSICA BRYAN is an author, book editor, and spiritual medium. She lives in Ashland, Oregon and can be reached by e-mail: medium@mind.net or phone: 541-708-0729.

Read about Jessica’s editing services here: www.oregoneditor.wordpress.com, and if you enjoyed this article, similar articles can be found on this website: www.psychicsurgery.wordpress.com.



Are You An Emotional Empath?

Adapted from Dr. Judith Orloff's New York Times Bestseller,
*Emotional Freedom: Liberate Yourself From Negative Emotions
and Transform Your Life*

A Free Article courtesy of www.drjudithorloff.com

Empaths are highly sensitive, finely tuned instruments when it comes to emotions. They feel everything, sometimes to an extreme, and are less apt to intellectualize feelings. Intuition is the filter through which they experience the world. Empaths are naturally giving, spiritually attuned, and good listeners. If you want heart, empaths have got it. Through thick and thin, they're there for you, world-class nurturers.

The trademark of empaths is that they know where you're coming from. Some can do this without taking on people's feelings. However, for better or worse, others, like myself and many of my patients, can become angst-sucking sponges. This often overrides the sublime capacity to absorb positive emotions and all that is beautiful. If empaths are around peace and love, their bodies assimilate these and flourish. Negativity, though, often feels assaultive, exhausting. Thus, they're particularly easy marks for emotional vampires whose fear or rage can ravage empaths. As a subconscious defense, they may gain weight as a buffer. When thin, they're more vulnerable to negativity, a missing cause of overeating explored in my book [Positive Energy](#). Plus, an empath's sensitivity can be overwhelming in romantic relationships; many stay single since they haven't learned to negotiate their special cohabitation needs with a partner.

When empaths absorb the impact of stressful emotions, it can trigger panic attacks, depression, food, sex and drug binges, and a plethora of physical symptoms that defy traditional medical diagnosis from fatigue to agorophobia. Since I'm an empath, I want to help all my empath-patients cultivate this capacity and be comfortable with it.

Empathy doesn't have to make you feel too much all the time. Now that I can center myself and refrain from shouldering civilization's discontents, empathy continues to make me freer, igniting my compassion, vitality, and sense of the miraculous. To determine whether you're an emotional empath, take the following quiz.

QUIZ: AM I AN EMPATH?

Ask yourself:

- Have I been labeled as "too emotional" or overly sensitive?
- If a friend is distraught, do I start feeling it too?
- Are my feelings easily hurt?
- Am I emotionally drained by crowds, require time alone to revive?



- Do my nerves get frayed by noise, smells, or excessive talk?
- Do I prefer taking my own car places so that I can leave when I please?
- Do I overeat to cope with emotional stress?
- Am I afraid of becoming engulfed by intimate relationships?

If you answer "yes" to 1-3 of these questions, you're at least part empath. Responding "yes" to more than 3 indicates that you've found your emotional type.

Recognizing that you're an empath is the first step in taking charge of your emotions instead of constantly drowning in them. Staying on top of empathy will improve your self-care and relationships.

Emotional Action Step. How To Find Balance. Practice these strategies to center yourself.

- *Allow quiet time to emotionally decompress.* Get in the habit of taking calming mini-breaks

throughout the day. Breathe in some fresh air. Stretch. Take a short walk around the office. These interludes will reduce the excessive stimulation of going non-stop.

- *Practice guerilla meditation.* To counter emotional overload, act fast and meditate for a few minutes. This centers your energy so you don't take it on from others
- *Define and honor your empathic needs.* Safeguard your sensitivities. Here's how.
 - If someone asks too much of you, politely tell them "no." It's not necessary to explain why. As the saying goes, "No is a complete sentence."
 - If your comfort level is three hours max for socializing--even if you adore the people--take your own car or have an alternate transportation plan so you're not stranded.
 - If crowds are overwhelming, eat a high-protein meal beforehand (this grounds you) and sit in the far corner of, say, a theatre or party, not dead center.
 - If you feel nuked by perfume, nicely request that your friends refrain from wearing it around you. If you can't avoid it, stand near a window or take frequent breaks to catch a breath of fresh air outdoors.
 - If you overeat to numb negative emotions, practice the guerilla meditation mentioned above, before you're lured to the refrigerator, a potential vortex of temptation. As an emergency measure, keep a cushion by the fridge so you can be poised to meditate instead of binge.
- Carve out private space at home. Then you won't be stricken by the feeling of too much togetherness. (Chapter 8 discusses nontraditional living settings compatible with an empath's comfort zone.)

Over time, I suggest adding to this list to keep yourself covered. You don't have to reinvent the wheel each time you're on emotional overload. With pragmatic strategies to cope, empaths can have quicker retorts, feel safer, and their talents can blossom.

Judith Orloff MD is a psychiatrist, intuitive healer, and NY Times bestselling author. Her latest national bestseller is The Power of Surrender: Let Go and Energize Your Relationships, Success, and Well-Being (Harmony; Reprint edition, September 22, 2015). Dr. Orloff's other bestsellers are Emotional Freedom, Positive Energy, Guide to Intuitive Healing, and Second Sight. Dr. Orloff synthesizes the pearls of traditional medicine with cutting edge knowledge of intuition, energy, and spirituality. She passionately believes that the future of medicine involves integrating all this wisdom to achieve emotional freedom and total wellness. www.drjudithorloff.com. Visit Dr. Orloff's YouTube Channel at www.youtube.com/judithorloffmd.

Kausalya, Denise Payne-Ollivier, RASi
Usui Reiki Master/Teacher -
Western Usui Lineage
Jikiden Reiki - Japanese Usui Lineage
Singing Bowl/Sound Healer

Services Offered

- Western Usui Reiki classes, Level I, II & Master Level -All Western Usui lineages honored—Private & Groups.
- Jikiden Reiki Healing - Classes offered in July 2016
- Singing Bowl & Sound Alignments—Private & Groups
- AromaTouch® Technique, Crystal Healing
- CA. Board of Registered Nursing Approved Instructor Provider # CEP15539



JikidenReikiCourses:JikidenReiki is the authentic original Japanese Usui lineage uninfluenced by other healing modalities or cultures. Jikiden Reiki is as practiced in Japan since the 1930's by Chiyoko Yamaguchi (Hayashi sensei student).

- Shoden Level (level I) Saturday, July 9th & Sunday, 10th from 10am to 6pm. Location: McKinleyville Ca.

- Shoden Level (level I) Saturday, August 27th & Sunday, 28th from 10am to 6pm. Location: Mount Shasta Ca.

Cost of classes \$350 - Open registration begins June 3rd

Denise's CD Sounds For Healing Vol I is available on iTunes and Amazon

707-382-2779

See website for events, classes & other modalities offered

www.reikimastertouch.com

Bach
INTERNATIONAL EDUCATION PROGRAM

**Learn to be a
Bach Flower Practitioner**
All 3 Levels will be held in Astland, Oregon

Learn to help family,
friends and clients
overcome worry, fear,
lack of confidence, poor
concentration and more.
A tool for personal
growth, the remedies
have been in use for over
80 years worldwide.

Level 1 May 21-22
Level 2 Aug. 27-28
Level 3 Oct 20-23

*CE's available
Courses approved by
The Bach Centre, UK*


www.bachflowereducation.com

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

**HUMBOLDT
HERBALS**

Effective • Natural • Economical • Over 500 Organic Herbs & Teas

Exceeding expectations since 1998



We Help You Understand Nature's Pharmacy

300 2nd St., Old Town, Eureka
(707) 442-3541 • www.humboldtherbals.com

Gatha

By Susan Hagemann



into my daily spiritual practice many years ago when my path was aligned with the teachings offered at a Zen Buddhist Monastery. There, the monks would chant a gatha as they donned their training robes in the morning, using it to, in effect, re-dedicate themselves to their Bodhisattva vows. Throughout the day, all trainees were encouraged to use gathas to help bring their attention fully into whatever activity they were engaged in, such as eating, sweeping the floors, beginning meditation, etc. Through that experience, I realized that, when recited often within the cycles of daily or repetitive tasks, gathas can help calm the mind, open the Heart, cultivate gratitude, and deepen one's sense of interdependence and interconnectedness with Mother Earth and all sentient beings.

Although gathas have traditionally been written by those in spiritual settings, their simplicity and efficacy have secured them an honored place in the secular world and are now often composed and recited to help people cope with illness, grieve losses, express awe, or simply to celebrate the joys of everyday life. The power of the gatha comes from what is usually said in the second line where the author makes a vow or commitment to use their individual experience or perception to deepen their empathic connection with all beings.

The following are just a few examples. This first one is by Gary Oberst, poet, printed in "The Body," from the AIDS Project Los Angeles.

A gatha (gah-tuh) is a short prayer-poem used in many spiritual traditions to help generate both awareness of and gratitude for, the sacredness of "this moment." It is a Sanskrit word meaning "verse" or "hymn." I first learned the benefits of incorporating gathas

"When I think of friends who have gone before me,
I vow with all beings
To draw on the essence of who they were,
And feel blessed that they have
Shaped who I am."

and:

"When life gets painful or contentious,
I vow with all beings
to hold fast to my breath as a tiller
and take each wave as it comes."

(by Robert Aitken, Roshi, from his book "The Dragon Who Never Sleeps)

These small "love poems" are relatively easy to compose and can be a powerful tool of healing, especially when one is going through challenging experiences. They don't have to be long or complicated to be effective. They simply have to authentically express a person's intention to praise, heal and connect with the Sacred in "this moment."

Susan Hagemann is an Intuitive Reader working with the Akashic Records. She teaches meditation, visualization, chanting and Sacred Healing-Arts. She can be contacted at (707) 599-7959 by either telephone or texting.



*A human being is a part
of the whole called by us
universe, a part limited
in time and space. He
experiences himself, his
thoughts and feeling as
something separated from
the rest, a kind of
optical delusion of his
consciousness. This
delusion is a kind of
prison for us, restricting*

*us to our personal desires and to affection for a
few persons nearest to us. Our task must be to free
ourselves from this prison by widening our circle
of compassion to embrace all living creatures and
the whole of nature in its beauty.*

— Albert Einstein

Support for the Healers

Weekly Reiki Share and Practitioner Support every
Wednesday at 7:15 PM!



Greetings Reiki Practitioners
and students of Reiki. We are
starting a weekly Reiki Share
upstairs at Isis, Suite #48 in
Sunny Brae

Practitioners and students
of Reiki, any level, are welcome to share for
the benefit of our own healing, sustenance and
expansion.

We each provide and receive Reiki each time
Wednesdays at 7:00 pm upstairs

There is **No Charge**
for this ongoing event.
Contact Per for questions
or more information at
206-550-3263



*In the spring, at the end of the day, you should
smell like dirt. — Margaret Atwood*

Wisdom of the Soul
with Jolene Hayes, CCHT

**Soul
Realignment
Practitioner**

**Akashic
Record
Reader**



**Certified
Clinical
Hypnotherapist**

**Life
Coach**

Serving Humboldt and Mendocino Counties

Learn about your own, unique Soul's Blueprint

"When you do things from your soul, you feel
a river moving in you, a joy." — Rumi

jolene@wisdomofthesoul.com (707) 499-9207

www.wisdomofthesoul.com



Just Sing HU to Open Your Heart

By Clare Vettes

*The HU is a very real, spiritual vitamin.
It is a holy name of God which will lift you
into the higher worlds.*

—Harold Klemp, *The Awakened Heart* p. 47

I found HU (pronounced hue) indispensable a couple of years ago when I was at St. Joe's getting ready to be wheeled into surgery. I had experienced a bout of jitters lying in the hospital bed for what seemed an interminable length of time without any update of what was about to happen. I began to chant HU internally, which I'm sure lowered my blood pressure, and shortly thereafter a physician's assistant came in to explain the upcoming procedure and time involved. The nurse came in to escort me to the surgery room. My dread and jitters melted into a feeling of well-being, knowing that considerate care was being given by the medical community.

A couple of weeks later I was walking with a friend who told me of a book in which you could look up your ailment or symptoms, see what areas of your life need attention and get suggestions and affirmations for making improvements. We went back to her house and looked up my ailment (ovary now removed). The book said ovaries represent points of creation and creativity. So I understood that I was blocked in my creative expression. So much so that I had to have an ovary surgically removed from my body!

I took this information to heart as I know that when you chant HU regularly, you open yourself to divine guidance and will be shown what you need to improve or heal your life. You just have to pay attention to the messages from Spirit and test them for yourself. I went right from my friend's house that day and bought a journal, a small notebook to write down what I'm grateful for, some pens and stickers.

I began chronicling minutiae and profundities of my day. I registered in a storytelling class at Humboldt State University. I found I enjoyed telling a story with twists and turns to an audience, even those commissioned to critique my performance. After a year of journaling self-discipline, I began to slacken my resolve. One day the symptoms of a damaged ovary hit me full force again as I was standing waiting for a signal to cross the street. The symptoms persisted. I decided to pick up writing again. With renewed commitment I took pen in hand for at least 6 minutes each evening. I started that night and the symptoms disappeared the next day. A quest for creativity worked that quickly and made me wonder how many of our health issues are actually spiritually based?

Singing or chanting HU regularly tunes me into messages from Divine Spirit. When I pay attention I receive guidance in many life-changing areas in my life. My sense of knowing and trusting my intuition has increased tremendously since I began to HU on a daily basis.

Would you like to experience the sacred sound of HU?
FREE HU Chants are offered every first Tuesday of the month from 7:00 to 7:45 PM at Jefferson Community Center, 1000 B street in Eureka. Chairs are arranged in a circle and usually personal introductions are made. A short introduction to HU is followed by a 20-minute HU Chant and then 5 minutes or so of quiet contemplation. Afterward tea and cookies with casual conversation are offered. HU Chants are sponsored by ECKANKAR of Eureka.

HU is one of the most sacred names for Divine Spirit. We sing it with reverence and love in our hearts. Chanting will bring spiritual insight but not necessarily overnight. As with anything else, it develops and grows with practice. Possible feedback you may receive includes light, sound, feelings of peace and calm, a subtle sense of being loved, or solace during times of grief or broken-heartedness. Answers to questions you've been pondering may surface. One of the inner sounds I experienced was a soft tinkling of bells. Each such experience expands your consciousness and uplifts you spiritually.

HU Chants are sponsored by ECKANKAR: Ancient Wisdom for Today. Free *Spiritual Wisdom* books are available for anyone who is interested in topics such as: *Karma & Reincarnation*, *Dreams, Health & Healing*, *Relationships*, *Conquering Fear*, and *Life After Death*. The *Spiritual Experiences Guidebook* has a CD in the back with a sample of the HU Song and pages to record dream symbols, past life experiences or other spiritual experiences.

But the main thing is to experience HU. A friend of mine likes to say, "HU takes 30 seconds to learn, 30 seconds to practice and then you have it for a lifetime."

Call for more info (707) 444-2536 or visit
MiraclesInYourLife.org or ECK-ca.org



Photo by Nayyer Reza

Magic

By Damion Sharpe



The very thought of it tickles me
The rhythm of it moves me
Its fragrance lifts me
As I create a dance of form and spirit

To chew in my imagination
the unlimited possibilities
To bathe in the magic of life
And to laugh as a God
With the clouds in my belly
The sun at my brow
The earth at my feet



Miracles Abound

Reiki, John of God crystal bed sessions,
chakra readings, spiritual counseling

Nancy Courtemanche
707-407-6968
nancycougar@gmail.com



Seabury Gould

"Live Music is Best!"

✦ Vocals	✦ Bouzouki
✦ Guitar	✦ Storytelling
✦ Bamboo Flute	✦ Singalongs


seaburygould@hotmail.com (707) 444-8507
www.seaburygould.com cell (707) 845-8167

Diverse Music for Adults and Children

Isis wants to know ... What are you reading ?

Inspire others with your life!

E-mail us your book review for inclusion in the
next issue of the *Isis Scrolls*





HUMBOLDT ACUPUNCTURE

707.268.8007
123 F St., Suite F
Old Town, Eureka
(office also in Fortuna)

Chelsea Colby LAC.
Jeffrey S. Haloff LAC.

Acupuncture
Chinese Herbs
Tuina
Feng Shui

HumboldtAcupuncture.com



Soul Feet

Communication with Touch

CONNIE McDONALD
Reflexology & Reiki Practitioner, ATP - Certified by Doreen Virtue™, PhD
Young Living Oil Independent Distributor #992086

✦ Reflexology ✦ Reiki ✦ Hot Stone Therapy ✦ Ear Candling
✦ Color Light Therapy ✦ Energy Balancing ✦ Raindrop Therapy
✦ Aura Imaging with Bio-Feedback Analysis ✦ Chakra Therapy

1059 9th Street, Suite A • Crescent City, CA • 707-465-3029 • Cell 707-954-2686

Discovering Your Genius!

~Insights, clues, questions, and exploration into your genius~

By Damion Sharpe

How can you organize your energy and actions to match what your heart wants to manifest in the world?

What is the legacy you want to leave and weave into the world?

Behind this curiosity and drive to create from the heart is your unique design — your Genius!

I had clarity at the age of 13 of what I wanted to do: create music, act, create films, and open a restaurant. I spent some energy in creating this but wasn’t always sure how to go about it. I had a strong desire to bring my truth and essence into my visions of my life. When I looked upon Hollywood, I had a clear feeling I didn’t want to be supporting many movies that I saw, ones I judged as continuing the stories of violence and unawareness, stereotyping life and people.

Over the many years I have found the way I want to create films. Though it took me more time and experience than I imagined it would at the age of 13, connecting with my genius has supported me in locating a path towards my vision that is connected to my heart.

On my journey facilitating Genius Activation, I have met many who don’t know what they want to do. Asking, “**What is my purpose in life?**” can help.

Take a moment and float this question in your mind as you curiously open to your whole body answering the question. Allow the answer to come in the form of a word or a short statement.

“What do I long to give and share with the world?”
Float this question for three or more easy deep breaths.

Next question, “What is the essence of my gift to the world?” Float this question for three or more easy deep breaths.

What is the medium you enjoy working with? If you enjoy creating music, math, science, construction, food, business, management, customer service, or art, that is your medium. Your essence is what you weave into and through your

medium. It is what others can sense or feel through your artistry, the way you are as a manager, florist, clerk, director, gardener, and so forth.

The benefit for me in finding the essence of my genius has been in shaping the way I create in my various mediums, a way that supports my essence. What I discovered as I breathed into the question of what is underneath each doing

of my genius, was an image of myself creating a glorious meal. I saw how I take various ingredients and combine them into one piece of artistry. This is what I love about improv performance; I am playing with all the suggestions, feelings, and moods of the audience and myself in the moment. I do the same in my music, facilitation, and literature creations. The way I now structure my creative mediums is in alignment with this discovery. I may write out a plan or

structure, but it is much looser than before. I mainly focus now on what is truly flowing and wants to emerge in the moment. From this place I am consistently surprised, amused, and inspired by life!

Now, right now, is a good time for you to venture into your genius and its essence. For me, it has been an ongoing discovery, as more is revealed as I take action in my genius zones. So, let’s explore for a few minutes and discover the unique gift you have and are to this world!

This can be done alone or with others! Fun in numbers! If you do it with others, after your group celebration dance, share your discoveries through the exercise and ways you plan to take action to support living in your genius more!

1 – Take a few easy deep breaths, feeling the weight of your body. Notice where your breath lands with ease and allow that ease to expand through your whole body and beyond. Three or more breaths.

2 – Continue this easy breathing and close your eyes as you float this question in your mind, “What do I truly love to do, that when I am doing it, I lose track of time? Where, when doing it, I feel every cell in my body come alive? Where, in doing this activity, I feel a sense of freedom and spaciousness within and without?”

Let the answer float to the top of your mind. The practice here is to not focus on figuring it out but allowing the body and heart to answer. Use your mind to formulate the words to describe it.

Ask this question 3+ times until you feel the answer

really lands and lights you up.

You may come up with a few activities that you feel this way about. Now you can write these down if you want. These are your genius zones. These are the things that would greatly benefit you and the world if you did them 50%-90% of the time. Increasing the time you spend in these zones will work wonders and open the floodgates for more opportunities to be a genius creator.

3 – Now with these genius zones on your mind and continuing your easy deep breathing, float this question, “What is underneath that?” or “What is the essence of my genius?” Try both questions if you want. Allow the body and heart to float up the answers. You will float this question 7+ times, continuing to go deeper. Your answer to this question may come as a movement, an image, a feeling, and/or words.

Thinking upon your genius, close your eyes as you float this question, “What is underneath that?” Breathe, feel an answer arise, then float the question again. Continue 5 more times.

This is the essence of your genius. If you want to write down what arose, now is a good time

4 – Now stay with the feeling of the essence of your genius; we are going to take another journey. Breathing deep and easy, close your eyes as you float this question, “What is the thing about me that, regardless of what school I went to, who my parents were or where I grew up, would always be there?”

Ask this question 3 more times until a clear answer comes.

As you connect with this, feel it as your essence. Witness how, through your whole life, it has been there. As you breathe and close your eyes again, allow your life from birth to now to flash through in a matter of a minute or more, focusing on how your essence has always been there as has your innocence. Your unique powerfulness is always present, even if at times you hid it due to fear or needing to protect yourself.

If feelings come up around certain key events or around hiding your gift, give them space to move through you. Feel them fully without attaching a story to them. Then continue the journey to the now.

This is your essence, your unique song you have brought to the world. It is your unique deep vibration that is unmatched and unchanging. Notice how this connects or dances with the essence of your Genius we discovered earlier. Notice

how this connects through all the things you experience as your genius zones.

5 – Integration

The first thing to do for the integration of this experience is to breathe easy and deep as you appreciate yourself for your experience. Then create a sound for creating completion of this exercise. Next write down your experience or just highlight it in your mind.

Now make a commitment to live in your genius 10%, 20%, 50%, 70%, 90% of the time. Say it out loud and share it with someone.

Then think about how you can weave the essence of your genius into how you create in the world.

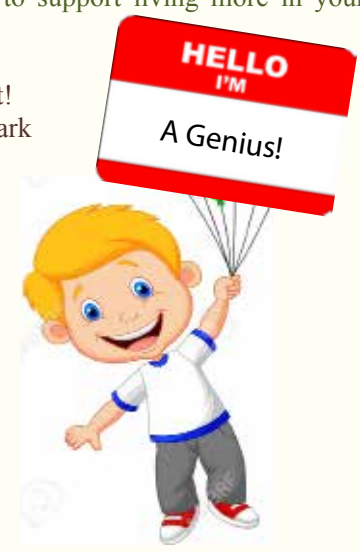
If you are doing this exercise by yourself, create a celebration dance of your essence. Try dancing to your unique song and rhythm.

If you are doing this exercise with others, create a circle and take turns going into the circle as you and everyone celebrate your essence. Each person will take turns in the center of the circle until all have had a turn.

Now, back in the circle, share your discoveries and ways you plan to take action to support living more in your genius!

Let your life be a work of art!
Creating from within, the spark
That activates
And ignites
Genius to flow
From the heart

Into the world
Your song is heard
Inspiring us all
To listen deeply
And share from there
Our music
Our essence
Our Genius



*If interested in taking this deeper with the support of others, please contact me as we begin to form the first ever: **Genius activation and support group.** Discovering our genius, Creating daily and weekly goals, Getting a buddy of our choice for extra support and accountability. **The commitment is:** 1-2 meetings a month and one or more buddy calls/ meetings a month for 3 months. Plus a willingness to expand into leadership and success! **If interested call or email me at 707-497-9039 or damionpanther@gmail.com***



Inside Out

by Jay and Kiernan Powers

What you are, the world is. And without your transformation, there can be no transformation of the world. -Krishnamurti

Over the past thirty years Kiernan and I have each created our own forms of healing work. She has developed a practice focusing on Energy Medicine, whereas I was for years a mental health clinician. In our personal lives we have always valued a spiritual perspective as we raised our four children. Recently, invoking and integrating the Divine has become more significant to both of us in our work. We affirm the unity of life in all its forms and encourage others to develop and deepen their relationship to spirit as they each define it. Loving and accepting oneself, building a healthy body, respecting others and honoring all life forms are potential outcomes of what we do.

About this time last year we became aware of a healing modality known as PSYCH-K®. We had read the book, *Biology of Belief* by Bruce Lipton, PhD, and were fascinated by his assertion that the driving force within cellular life is not genetics, but epigenetics. As a cellular biologist, Lipton discovered the expression of our genes is determined by our beliefs and our internal environment. This epigenetic view of natural processes implies that we are the masters of the quality of our lives.

We then discovered Rob Williams, MA, a businessman and psychotherapist. Business taught him how to get results, while therapy taught him compassion and motivation to facilitate growth in others. Frustrated by ponderous and incremental changes wrought by talk therapy, he called out to God and received a “download” or channeling of information. This provided the core material for PSYCH-K® to facilitate deep, effective and, often, rapid change in people.

Kiernan was drawn to the spiritual, profound and rapid transitions possible using this technique. I was attracted to a mode of change that called on our subconscious conditioning

to work with our conscious desires and aspirations. We both noticed pretty quickly that this was a methodology we both could embrace and use for ourselves and others. Here was a way we could use all our individual professional experience to collaborate whole-heartedly in learning about and using PSYCH-K®.

We signed up for what came to be three separate trainings last Spring and Summer to learn how to use PSYCH-K® at home and at work. All of what we learned in the trainings is what was given to Rob and has been unchanged since 1988. The process uses muscle testing to communicate with the subconscious in order to determine beliefs. The “balances” (a variety of simple activities Rob received as part of the downloads) incorporate the use of Whole Brain Theory as a way to re-write our inner dialog. As Rob says, “This is a spiritual process with psychological benefits.” In short, we learned how to change our limiting beliefs that keep us from recognizing our Divinity.

During the training, the magic began as our ideas and memories of healing shifted. I felt the negative energy drain out of one, then several, then all of my life’s issues. Personal growth transitioned from being laborious and painful to one of curiosity and openness. Mental and emotional issues became less gruesome and more readily faced. As we were the only couple there we were used as the volunteers for a Relationship Balance. Later that evening we found ourselves bickering inexplicably over nothing for a brief time as though we were having an emotional detox.

Since then I have desired and created a more meaningful and enjoyable marriage. We accept and love each other deeply and sensually. We each facilitate the other’s growth. We are blessed to have our eyes looking in the same direction. We’ve continued this process of strengthening and enlivening our partnership ever since. Our differences of opinion and misunderstandings are more easily processed. Our connection evolves and deepens as inhibitions around giving and receiving dissolve.

Delightfully, this spirit of awakening and embracing change is spilling into other areas of our lives. Finances are stabilizing and increasing. I’m feeling more positive in my emotional life. My relationship with Divinity is more rich and enlivening. As with virtually every other healing modality on offer these days, this one is not for everyone. Having personally investigated dozens of these over the years, I have selected only a few and discarded the rest. PSYCH-K® is one of those that is working beautifully as we practice it throughout our days.

In the coach’s chair we have witnessed significant and

empowering changes in others. We’ve experienced results such as accelerating healing, finding the perfect job, improving intimacy in relationships, and reducing anxiety and panic attacks, among others. I, as facilitator, and the client, as full partner, search, share and move through issues with determination, focus and humor.

There is much more to offer about this phenomenon which we will be sharing both in these pages and in the community. Best wishes on your journey to self-discovery and authenticity.

Kiernan can be reached at 707-496-8218. Jay can be reached at 541-232-9036.



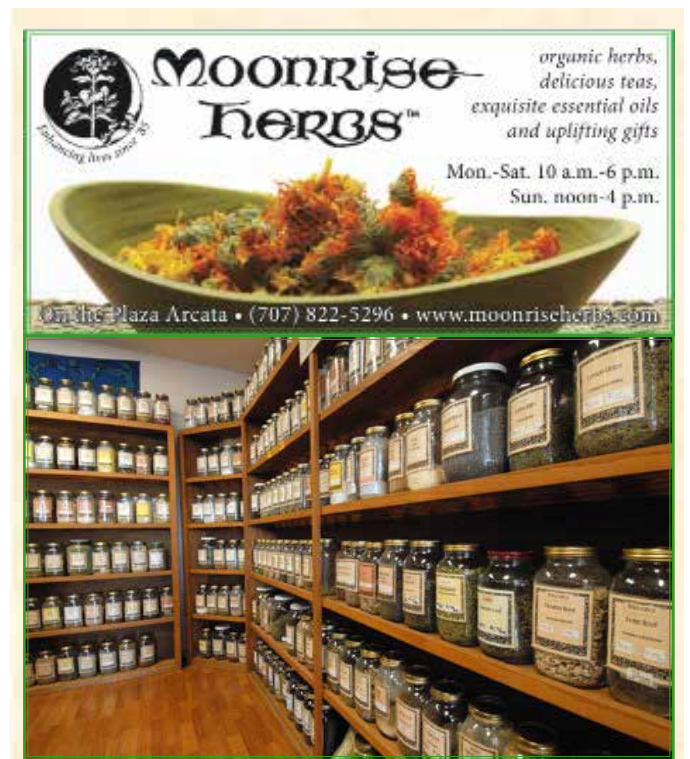
We Live in Paradise

By
Meredith Aldrich

When I visited the Big Island of Hawaii four years ago, I was impressed by how many residents there, including a stewardess on the flight, referred to Hawaii as “paradise”. After I came home I spoke with Nancy Only, then minister at Unity of the Redwoods, about the good sense it made to follow their example and call Humboldt our “paradise”. She agreed immediately and we have been doing it ever since.

Driving to work the other morning I was thinking about home as paradise when I had an epiphany: my body is my home and I can think of it as “paradise!” When the cells of my gross material being receive the frequency of my status update and upgrade to “paradise”, they will align as cooperative components to make it so. I live in my body. My body is my home. I live in paradise! It is a choice we all can make.

Photo: Arcata Marsh by Maya Cooper



Adopt the pace of nature: her secret is patience.
— Ralph Waldo Emerson

Now Open!

TRINITY HERBALS & WELLNESS CENTER

- BULK HERBS & TEA
- AROMATHERAPY
- BODY CARE
- CONSULTATIONS
- WORKSHOPS
- YOGA
- HERBALIST SUPPLIES
- TEA ACCESSORIES
- BOOKS & MORE

10% Off Your Purchase!

All detox & allergy related herbs, tinctures, essential oils and teas!

39025 HWY 299 • Willow Creek, CA • (530) 629-4300

Artwork and Inspired Words of Carol Pidgeon

Ahhhhh, Leonard Cohen
Who hasn't fallen into a state of wonder
When he talk-sings into the microphone
All of his accumulated wisdom
Given so freely ... we only have to listen
My heart swells whenever I hear
His throaty rendition of *I'm Your Man*
My beloved brother-in-law Norbert
Requested that at his memorial
Only Leonard Cohen would be played
And so it was ... all day long
In the gorgeous house he built
along with my sister Judy
Leonard in his magnificent charity
Sang him all the way home
Namaste'



Beauty inspires me to paint and write poetry. I think we all feel it and then express it in our own unique ways. I have always created art for my own pleasure as well as for my family and friends. Creating art has saved my life, literally, for which I am so grateful. It conveys for me what I don't have the words to express. I hope my art helps you on your journey in some way.

I do commissioned work and sell originals as well as prints. Please contact me if you would like more information by email at: roseoncow2@gmail.com or by phone at either 707-444-2556 or 707-496-1980.

A Poem by Rumi

Submitted by Susan Hageman

Sometimes, you hear a voice through the door
Calling you, as fish out of water
Hear the waves, or a hunting falcon
Hears the drums,
"Come back, Come back."

This turning toward what you deeply love
Saves you. Read the book of your life
Which has been given to you.

A voice comes to your soul saying,
"Lift your foot. Cross over."

Move into emptiness
Of question and answer
And question.

Beauty

by Ellen Dee Davidson



Beauty is one of the graces. She's free to all and everywhere to behold. Nature puts on a constant show. It only takes a moment for us to pause and notice—the light on water, the moon in sky, the unfurling tendrils of new green growth.

We can breathe beauty in and let her fill us up. No matter what is going on in our lives, beauty offers comfort, joy and solace. When we attend to her, beauty brings us back to the magic of the present moment. Perhaps that's her biggest grace, but it's not her only one.

She's mysterious, elusive, and ubiquitous. She's in small details and a universe so large it may be infinite. Beauty has a sense of humor, and she's certainly fun. She's in every species, every rock and crystal, and every particle of creation. There's no escaping beauty. No matter how we shut our eyes and ears or how we close our hearts, eventually, when we least expect it, beauty will find us and seep into our souls, healing us with a glance.

Beauty grows on a person. The more we sense her, the more beauty we perceive until the abundance of it begins to sink in, and we feel humbled with the vastness of it all.

Our love for beauty fills us with the beauty of love and then we, too, radiate beauty.

Living Our Divinity
Acutonics Sound Healing, Holistic Massage Therapy,
Reiki Master, Yoga Instruction, Medicinal Essential Oils
Jamie Kessloff
(707) 460-0103
www.LivingOurDivinity.com jamie@livingourdivinity.com

Dandelion Herbal Center
Petaluma
2016 CLASSES & EVENTS with Jane Rothwell
● Medical Cannabis Conference: April 23 & 24, 2016
● Intermediate Herbology: April 20 - June 8, 2016
● Beginning with Herbs: Sept. 14 - Nov. 2, 2016
● 10-month Herbal Studies: Feb. - Nov. 2017
707-442-8157 • www.dandelionherb.com

*Should you shield the canyons from the windstorms
you would never see the true beauty of their
carvings. — Elisabeth Kübler-Ross*

SANDRA SCHAFF, LCSW
LICENSED CLINICAL SOCIAL WORKER
**PSYCHOTHERAPY
FOR THE SOUL**
SOUL MEMORY DISCOVERY
TRADITIONAL AND ALTERNATIVE
THERAPIES
707.845.3563
LCS 19331


Kate McCaffrey DO
Traditional Osteopathic
Medicine

707-601-5216
www.kmccaffreydo.weebly.com

Sheridan Richardson Lac
Lotus Acupuncture & Healing Arts
 827 Bayview Rd.
 Arcata, Ca 95521
www.sheridanacu.com
 tel 707.633.4005
 fax 707.633.1758
contact@sheridanacu.com



Phoenix Rising Yoga Therapy
 A Bridge Between Body and Soul
Jennifer Brown
 Certified Practitioner
www.innerjourneyyoga.com
begin-within@hotmail.com
 (707) 396-8776
 Everything you need to know
 is already inside you.



He was mastered by the sheer surging of life, the tidal wave of being, the perfect joy of each separate muscle, joint, and sinew in that it was everything that was not death, that it was aglow and rampant, expressing itself in movement, flying exultantly under the stars.
 — Jack London

Mary O'Leary
 Tarot Readings, Angel Readings,
 &
 Soul Coaching
 Oracle Card Readings
 Phone: (707) 499-9879 Email: moleary71@yahoo.com



PETER MOORE for guidance in
**Character analytic and
 organomic therapy**
Classical Reichian therapy
 Call (707) 442 7228 Ca Lic # MFC 23507
 The Energetic Healing Center 527 E Street, Eureka, CA 95501



North Coast Men's Gathering *Living the Mystery*

**Friday May 27th
 through Sunday May 29th**

By: the Gathering's 2016 planners



The North Coast Men's Gathering is a weekend retreat in which men of all ancestries, ages and orientations can take stock of their lives and explore new paths with the support and respect of other men. It is an opportunity to let go of daily responsibilities and embark on a journey of personal discovery and transformation. It is also a chance to hang out, play music and games, swim and enjoy the serenity and magnificent beauty of the Mattole River Valley.

Held at the Mattole Camp near Petrolia, the weekend will include a sacred opening ceremony, fire circle, sweat lodge, Qi Gong practice, workshops and much more.

This year's workshops will focus on strategies and tools to move us forward in our inner work and to make bolder moves to free ourselves from the isolated, workhorse model of manliness. With the theme "Living the Mystery" we'll explore how to live harmoniously in the realm of possibility.

Men face a multitude of challenges and changes each day. Our hope and goal with these workshops is to provide men with the support and empowerment to meet these changes and challenges and create a path to flow with the mystery.

Bring whatever you would like to share—musical instruments, poetry, an idea for a workshop on a favorite topic. Your imagination is welcome. But above all, bring your authentic self and join us in an atmosphere of openness and acceptance. Boys of any age are welcome with their father or other responsible adult.

Please arrive Friday between 4 and 6 PM for dinner and the opening ceremony at dusk.

The fee for this amazing weekend is \$50 to \$200 on a sliding scale (our cost is approximately \$125 per man).



Accommodations include cabins with bunks and hot showers (bring a sleeping bag and pillow). There is space for tents and you may camp out as well. The main lodge is wheelchair accessible. Food is supplied for the weekend.

Carpooling is encouraged. To pre-register and for directions visit our website. Call Tom or George for any further information.

Is this the year you'll give yourself some time away to gain balance and perspective and to explore what it means to live the mystery?

Tom 707-499-9341
 George 707-839-2792
ncmensgathering.org

I look only to the good qualities of men.
 Not being faultless myself, I won't presume
 to probe into the faults of others.
 ~Mahatma Gandhi

Vickie King
 Massage Therapies
 Wellness Practitioner
 2332 Harrison St. phone: 707-672-2516
 Eureka, Ca. 95551 email: Ayurvedaofyou@gmail.com
 Massage ~ Reiki ~ Ayurveda ~



Arcata Healing Arts Center
 940 9th Street arcatahealingartscenter.com
 Eden Energy Medicine
 Reiki
 Maori Body Work
 Spiritual Counseling
Tina Ball
 707-496-8606 wholenow866@gmail.com



Don't be ashamed to weep; 'tis right to grieve. Tears are only water, and flowers, trees, and fruit cannot grow without water. But there must be sunlight also. A wounded heart will heal in time, and when it does, the memory and love of our lost ones is sealed inside to comfort us. — Brian Jacques, Taggerung

Graphic Design Services
 Ads & Logos Cards & More
www.thecreativeflower.com
 Becky Blanco 707-702-1144



prana holistic wellness
 therapeutic massage &
 ayurvedic oil treatments
 chandra murray
 707-834-9060 chandamurray@aol.net



Our Wonderful World

By Fhyre Phoenix



We live in a wonderfully mysterious world. Those who have practiced shamanism, Wicca, and other forms of spiritual practice that commune with the other worlds recognize more than the normal person's senses can register and see more worlds than those readily apparent. Those of us who have spent time "exploring" have experienced time travel, body possession, literal vision from parts of our bodies that are not our eyes, mental telepathy, communication with trees and other non-human sentient beings, and have communicated with and helped the spirits of humans who have died but who are stuck between worlds.

Of course, I am speaking about states of being that have to do with "paying attention" and reverence and not anything related to the use of drugs or alcohol. I am also not speaking about dreams or imagination but rather middle-of-the-day, stone-sober, real-life (though very unusual) experiences.

In the course of exploring "The Mysteries," I embarked upon a project called: "Tell Me Your Strange Stories." I have spent four years (so far) collecting people's stories from Portland, Oregon to southern California. The stories are of people who defied gravity, who passed a physical location while driving in their car and, a quarter-mile later, passed it again, who saw the (apparently living) fully physical forms of friends who had died hours earlier, who encountered beings from other worlds, and so much more.

Before I started having these experiences myself, I was a huge skeptic. Certainly, anyone who had experienced anything strange had been dreaming, was on drugs, wasn't well mentally, had mixed up their own memories with a movie, was embellishing on a much smaller, easier to explain event, etc. After all, none of these things could be explained logically or scientifically. I had every reason to be skeptical.

Then I got lucky and it happened to me, something crystal clear yet unexplainable and strange. Many of us who have such experiences often don't tell anyone what happened for fear that we will be labeled "crazy." Yet our skepticism gets badly shaken. And if we are VERY lucky, "it" happens again ... and again. Very quickly, the skepticism fades away. You cannot explain what has happened but you also cannot deny that it DID happen. You become a believer, and your appreciation for those who have also experienced something

unexplainable becomes a special affinity, a secret club of those who "know."

My exploration into the unexplainable—not to try to explain but to experience more—has become a focus of my life. If there is anything more fascinating than exploring the mysteries of life, I don't know what that is.

If you have experienced something strange, something with an element of inexplicability, please share your story with me. I won't think you are crazy. Rather, I'll think that you are gifted or have been gifted. Either way, you are very lucky and I'd love to hear your story.

The Mystery beckons me and I must answer her with my time, attention, and effort. To find her again, in whatever way she chooses to manifest herself to me, is my life's quest. For all of the readers of Isis Scrolls, whether or not you have experienced something "special," I offer free Tarot readings. This is my gift to you. I expect nothing in return. I celebrate that we are all lucky enough to be living in this wonderful, mysterious world.

You can contact Fhyre at fhyrephoenix@gmail.com.

Graphic © Toma Bonciu | Dreamstime.com -
Mirror through another world in a foggy forest

PAIN. Oh my God, pain....

By Cate Classen



*I've learned
that pain is
a priceless
gift that
ought not be
squandered.*

I see human pain all around me. Pain has a pretty bad reputation, but it can reap rewards if we can let go and let God when it arrives. Trusting in every moment that we are in good hands, pain is simply our roadmap to deep, deep, transformative healing.

I learned a lot about pain during the 1½ years of catastrophic pain that I managed while naturally healing a pretty broken down body of cancer and entitlement. I would have done anything I could think of to make it stop. Slogging through it taught me endurance, fortitude, trust, faith, reverence. I found Truth.

I looked through my life everywhere. I found times when I could have tried harder and asked for forgiveness of myself for not always doing my best. The pain caused me to dig in deep and un-trench the pains that I had caused others and take them back with God's grace as the guiding force. Instead of blaming, which was my previous method of living through my chaos, I spent endless hours taking stock of my behavior and sent thoughts of love and prayers and healing out into the world and to those I had wronged. As my heart softened from hardship, I learned how not to judge myself or others, something I am still learning. Practice, practice, practice. All of this because, through Divine wisdom, I finally couldn't see any other way to make the pain stop. I just followed my heart and found forgiveness and profound healing.

Taking "it all" back healed me. Letting God refine me healed me. Once I said "Yes" to natural healing, I spent the following years learning about what it takes to be a Trusting Creature. It was as if God broke off my arms and beat me with them until I could see my way through enough forgiveness to understand that EVERYTHING is meant for our highest good.

There are NO mistakes,
Let go and let God
If we TRUST, everyone wins ... I promise!

Connect with Cate: 415.265.3708 or healingwithcate@gmail.com

Come Join Us for Healing Nights

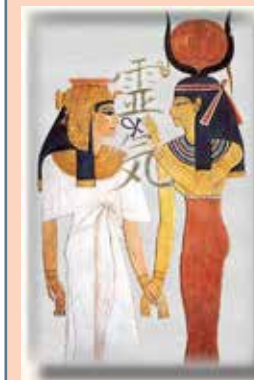
Empower Yourself!

Everyone is welcome to join us.

It's an **Energy Spa** for
your Body, Mind and Spirit!

**EVERY TUESDAY AT
Isis Osiris Healing Center
#48 Sunny Brae Centre**

Join Us Weekly ~ By Donation
7:00 - 9:00 pm



**Reiki
Healing**
with a team of
Reiki Practitioners

**Deeksha
with
Cheryl Ash**



Oneness Blessing -DEEKSHA

*Through wonderful community
service we offer a space that is
uplifting and full of practitioners
who honor themselves and you!*

**Let the healing of this evening relax you
and allow positive generated movement to
assist you in opening up to your authentic
soul self.**

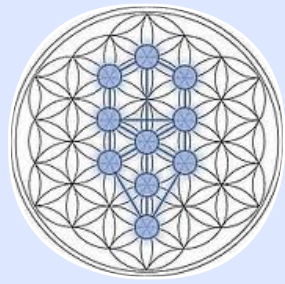
Call or text Per if you want to participate
as a practitioner or if you have any
questions.

206-550-3263

Tarot Wise

May/June 2016

By Carolyn Ayres



Note: This column is an ongoing exploration of the Tree of Life on which the modern Tarot, that is the decks of the Waite Smith and the Thoth, is based. 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.

Yes, the last two years of this column have focused on the Minor Arcana, the four suits or worlds of the Tarot. So if this is your first time at my tarot table, I would suggest reading the previous two years of this column. Or, hey just jump in and contact me if you are interested in understanding more.

Okay, so we have looked at the Minor Arcana in detail and now we are embarking on the Major Arcana. So what is an arcana? A secret. A mystery. Something quite magical when seen in the context of the Tree of Life. And what is the difference between the Major and the Minor? When you put them on the Tree, they are seen as equals, the Minors as Form, the Majors as Force. Both Force and Form are needed to create. But when we read the cards, the Minors tend to represent our mundane world while the Major Arcana, the 22 grand archetypes, are seen as cosmic forces, pushing and pulling at us, telling us we are so much more, pushing us to create so much more than we ever thought possible. We have some control as far as the Minors are concerned, but the Majors are like being in a canoe in the middle of a mighty river. All you can do is stay present, steer away from the rocks and go with the Flow.

I plan to take an in depth look at each Major card. This could take several years or more, and oh, what a glorious journey! Who knows where and what we will all be doing by then. I certainly don't know because I, and you too, are already on the Journey of the Fool, though you may not know it, and the Fool, from the Tarot's point of view, is: Who Knows? If you spend all your time trying to control your outcomes, you leave out infinite possibilities.

In the beginner's mind there are many possibilities, in the expert's mind there are few. -Suzuki Roshi

And so we begin with the Tarot Fool as one with infinite potential, the potential of the entire universe. For the Fool is a Zero, the field of all potential. Pamela Eakins in her book, *The Lightning Papers*, calls it the Panoriginal field. In Greek pan means All, and the Latin origo meaning to rise. The Fool then could be seen as Space itself, a "continuous generation of matter in the form of particles and antiparticles which foam into existence and as quickly melt back into the field." Space is not only up there but is all around and even within us. We are composed of this generating "space." Quantum physicists even describe a zero point field comprised of photons popping in and out of existence. Just look at a zero as a portal to infinity, the egg of existence waiting to bust open.

The Fool is a symbol of ***pure potential not yet set into action. It is potential in search of first experience.*** -Isreal Regardie.

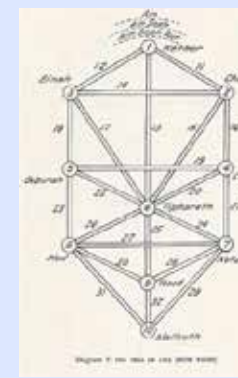
The Fool is our innocence, the open mind of a beginner. When we look at most Fool cards we see an androgynous, happy-go-lucky type seemingly about ready to step off of a high precipice. This personage usually has a small animal of sorts, a hobo type bag on a stick. He seems to be paying no attention to where he is going and is usually holding a white rose. Crazy, you might say. Well, yes, the original French title of this Trump was *Le Mat*, the madman. But the Fool is on the highest spiritual level and named by the lowest, that is, our contracted human mind. Just think about it. Who do we call a Fool? Someone who ventures places we surely wouldn't, whose actions seem ludicrous. Someone who just doesn't seem to care what others think.



Then again, what might be the advantages of being the Fool? You would dare where no one else would. Your enculturation wouldn't limit you because you wouldn't care what people thought. You would follow your intuitive higher knowing with no particular expectation so would never be disappointed. Or maybe for just a fleeting moment before you shrugged your shoulders and said, "Well, that didn't work, did it? Okay, so what's next?" You would be ultimately **Free**.



On the Tree of Life the Tarot Majors are placed on the paths between the Sephiroth as the force needed to move from one level of consciousness to another, either downward into incarnation or upwards to transcendence. The Fool is path number 11 as seen to the right, as the path between the sephiroth Kether and Chokmah, the first force to emerge after the big bang of possible existence. You could say the Fool carries all the potential of our known universe in his bag as he descends the Tree to Chokmah. You could say that at Chokmah this bag of possibility is thrown open and swirls for millennia until it is birthed as possible matter in Binah, the opposite Sephira. Are you already lost? Not to worry. Be the Fool and not have to "get it."



Another important aspect when looking at a Tarot Major on the Tree of Life is its corresponding Hebrew letter. A Kabbalist would say our universe is vibrational, created by sound, the sound of the Hebrew alphabet. Modern Tarot majors are all connected to a Hebrew letter. If you look at a Thoth deck major, you will see the letter on the card. With the Waite Smith deck, the Hebrew letter is more of an occult secret. But if you understand a tarot major's correspondence to a letter, you have more information for reading the card. The Fool's letter is Aleph, and since all Hebrew letters are consonants, Aleph is literally a breath sound, Ahhhhhh, the first breath, the first vibration of sound and from that sound comes all other vibrational sounds which create the earth. "And the Elohim(mother/father God) said ..." Our existence came into being through vibration of the Word ...

When looking at the Fool in a reading, I look at him/her as our evolutionary impulse, that part deep within which must grow, and which has no choice but to hold on to this desire to become. You could think of the Fool as our soul, our Divine consciousness, unobstructed by knowledge, or



"The pregnant cosmos giving birth to its Self"(Pamela Eakins' interpretation). The Fool can be seen as cosmic consciousness exploring, leaping forth to incubate as human form, trusting in life as a glorious adventure. Or, from Jan Frazier, "There is a presence within you that has never suffered. It lives in joy that has no cause. It is who you most deeply are."

So how is your Fool doing these days? Do you celebrate this aspect or hide it away, afraid that others will make fun of your silliness, your naïveté, your childishness? Do you feel this compulsion to explore all that exists? Are you restless and always seeking new adventures? Are you having too much fun and not being responsible enough? Or have you locked up this aspect so you can be more grown up?

Get out your Tarot cards and, as you shuffle, ask yourself:

**What am I most afraid of?
What makes me joyful?**

*Close your eyes.
Draw these cards from the
depths of unknowing.*



Card One: A card to represent where you are right now on your evolutionary path, your Fool's journey. You, on the precipice of possibility.

Card Two: A card for your precipice. Ask: What might you leave behind by leaping forth and committing to the journey of evolution?

Card Three: What is the challenge? What is your fear?

Card Four: Who or what is the helper in your bag? Your excellent potential?

Card Five: What might happen if you commit to this process of evolution, if you trust and begin to live the life your Soul asks for?

As always I welcome questions and thoughts about this column. You can contact me through my website www.tarotbecoming.com

If you are following my column and want to know more about the Tarot and the Tree of Life, I teach "Tarot As An Evolutionary Path," a nine month gestation for the emergence of spirit, at my studio in Eureka. I also offer more advanced classes for the Minor and Major Arcana on the Tree of Life. I also welcome private students and create Tarot Circles for those who want a deeper knowledge of the Tarot. Private consultations on the phone, Skype or at my Tarot Studio in Eureka are also available. For more information about my classes or private consultations, call 442-4240 or check me out at my website: www.tarotofbecoming.com.

Essence of Belief
 Transform limiting beliefs at the subconscious level.



Jay Powers & Kiernan Powers
 Advanced PSYCH-K® Facilitators
707.496.8218

Carla Yvonne BS CMP
 Reiki Master/Teacher
 Usui, Karuna & Holy Fire Reiki
 Classes and Sessions

Reiki Healing
 Relax • Release • Renew
 using Young Living Oils,
 Brazilian Crystals
 and the warm Amethyst Biomat
 long distance sessions available

707.601.8095
www.reikirocks.us
reikirocks@icloud.com

Locations in Arcata, Redway and Shelter Cove

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...



Individual readings –
 In person or by phone
 I am also available for
 Group Sessions
jessevesse@gmail.com
503.929.8128

Rebecca Owen
 Chakra Energy Work
 Personal Evolution Coach
 Intuitive Hands-on Healing

707.822.5253
 1085 I Street, Suite 107 Arcata, CA 95521

Love's Real Gem

By Diamond Guide



It was you, the super nice guy
 Who swore that you loved me while hiding the lie.
 I thought that I got the best guy to be found
 Not knowing, in fact, he was sneaking around

Lying and cheating for years on his wife
 I thought he was faithful and with me for life.
 Some lessons return for one more go 'round
 True love and real joy, just where are they found?

We look and we're sure
 that it's 'out there' somewhere
 In somebody else who has so much to share
 But really, in truth, perhaps now I see
 That, like the rough diamond, the gem – it is ME.

The gem that I seek will never be found
 In all of its brilliance by shopping around
 By trial and error and the lessons I've learned
 Once I truly love me I will not get burned

Let go of the past and move, somehow lighter
 No more lies and deceit
 will make life so much brighter
 Be true to yourself from now 'til the end
 And then you will know
 you have found your best friend

Look to the light that is always inside
 For that is true love, when you're on your own side
 Turn it up bright, feel your heart heal again
 You are your own diamond,
 your best love and friend

The Monkey

By Damion Sharpe



I was young when I first adopted my monkey
 He was fun and playful with many spins
 on the ways of the world
 He loved to be on my shoulders
 and as I grew he did too!


Oh but the weight of carrying him everywhere
 At times I just want a little relief
 But my monkey and me have built a way
 for how to see and be in the world
 He even helped me figure out who I am by
 pointing out my differences with others

My monkey seems to hunger for more rules
 And at the same time seems so unruly:
 When I want peace
 he reminds me of what I must do.
 When I want comfort
 he reminds me of what I've done.
 When I want sleep
 he gets on a hamster wheel running in circles
 bumping into all my edges.

I heard someone say they are trying to get rid of
 their monkey!
 But where do they go?
 Is there an island we send them to?

Where did I actually get my monkey?
 Or is it all in my mind?

REIKI FOR PEOPLE & ALL ANIMALS
 Come Ride The Windhorse



LINDA S. WAHLUND
 Intuitive Reader
 Reiki Master/Teacher
 Animal Communicator

707.445.0207
www.creaturespeak.com
clanmother@humboldt1.com

Come Alive with Roling Now in Arcata!



Lee Tuley, CR, RCC

- Move effortlessly, with more flexibility
- Resolve bad backs and other challenges
- Feel more energy and youthfulness
- Reduce stiffness, aches and pains
- Be more grounded and present, with less stress
- Experience wellbeing and personal growth

Complimentary Body Analysis
 Find out what Roling can do for you

541-251-1885

For profound and satisfying change

Andrea Sanger, LCSW
 Psychotherapist



CA Lic # LCSW 64243
707-267-5240
andie_61036@yahoo.com

The Bhagavad Gita

Part 25

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 Two, Verse Forty-Nine

*Works done with anxiety about results
Are far inferior to works done without such anxiety,
In the calm of self-surrender.
Seek refuge in the knowledge of the Self.
How poor are those who work for a reward.*

Swami Satchidananda (*The Living Gita*):

Imagine that you have arrived at a hotel. A porter immediately opens your car door, picks up the luggage and takes you to your room. Isn't that nice service? Picture his face; so much joy is there, particularly if you got out of a luxury car and are dressed very well. After you get to your room, if you simply say, "Thank you," notice his expression. He'll be completely dejected and maybe even angry.

What if, as you get out of the car, you see a good friend of yours staying at the same hotel. He just picks up your suitcase. "Please, I'll take it for you." He brings it to your room and leaves. He won't even wait for your thanks, let alone a tip. Both men did the same job. Who really enjoyed what he was doing and kept a calm mind? It was the one who did it for the joy of doing. The other one is downcast. If he doesn't get a tip, or even if it's a little less than he expects, he's unhappy. ¹

Krishna Jaya:

I grew up in Maine and played sports. The four seasons are delineated there much more sharply than they are here in Arcata, California. After Labor Day, warm summer gives way to crisp, chilly autumn, colorful foliage, and then the smell of burning leaves. It's football weather. After

Thanksgiving, the ground freezes, and then the ponds freeze. It's time to lace up your skates and play hockey. After the spring equinox, the days start becoming longer than the nights, the Sun regains its strength, the snow melts, and the baseball glove is oiled and made ready to play ball.

I tried out for little league baseball in my first year of eligibility (age eight) and made it on to a team that was sponsored by the local Lions club. That first year I wore number one, the smallest uniform (they got progressively larger as the numbers went up), and still I almost swam in it. It's natural for a young player to look up to that teammate who is the star of the team, usually a twelve year-old in his last year. This "looking up" is both literal and figurative!

The star of our team was a boy named Jerry Strout, clearly the best player on the team. When he wasn't pitching, he played shortstop. However, I don't remember Jerry for his physical skills so much as for his leadership. One incident in particular stands out in my memory as epitomizing how unusual Jerry was as a person. It was the last inning of a tight game in which we were ahead by a run. We were the home team, and the visitors were batting with their last chance to either tie the game or take the lead. Baserunners were on first and second, there was one out, and the hitter smashed a ground ball to Jerry at shortstop. He scooped it up, tagged the runner going to third and threw to first for the double-play to end the game. I was on the bench with two other boys, and we looked at each other as if to say, "Jerry's done it again!"

Players were coming off the field, but wait a minute. Jerry was out by second base talking to the umpire. He had gone over to the umpire and done something unthinkable. He told the umpire that he had missed the tag on the boy running to third. The umpire, who looked lost in a fog, called our team back on to the field. The baserunners were moved to second and third, and the game continued.

The game of baseball is a microcosm of the game of life. There is a natural order in the unfolding drama, and the umpire is there to interpret the flow, kind of like a traffic cop who stands in the middle of a busy intersection when the traffic light is on the fritz. Jerry was intuitively aligned with this natural order and in the full bloom of youth was not yet influenced by a core value of American sports culture: the importance of winning. With the game on the line, Jerry corrected the umpire's bad call. This never happens in the big leagues. A player would be laughed off the bus, or worse, if the action turned a victory into a loss.

In the little leagues, after a game, the players from both teams line up opposite each other, move through the line tapping gloves or high fiving, and congratulate their opponents with

variations of "Good game," "Nice game," "Good job." In the big leagues, the losing team heads for the locker room, while the winning team gathers on the field, lines up, and congratulates each other on the win. What a contrast! ²

In the calm of self-surrender. Seek refuge in the knowledge of the Self.

As we learn how to let go of the ego's demand to win (in here) over an alien world (out there) and get our way, the illusory boundary between inside and outside begins to dissolve into thin air. This process of dissolution may be disorienting at first. If you find that to be the case, take heart. Know that this sign is the gateway to that immediate knowledge of the Self that is different from all other kinds of knowledge, for it is the knowledge of your true nature and of the true end of your existence: your inseparability from the All.


I don't remember how that game ended over fifty years ago. What is etched in my memory is the sight of Jerry talking to the umpire and our team being called back on the field. The message behind Jerry's conversation with the umpire has grown on me over the years: play your role in the cosmic drama *du jour*, and give it your best shot; but always remember that it's not about winning or losing. It's *how* you play the game.

Thank you, Jerry, and thank you, too, Mr. Beach (the umpire).

Notes

1. I presently have a job in the service industry. Swami Satchidananda's story has been very helpful on those occasions when I do not receive a tip. When I pay attention to my response, it gives me a barometric reading of sorts for how far or how close I am to doing my job for the sake of doing in that moment. When work is done for the sake of doing, it becomes play. That's the ticket!

2. Alan Watts (*The Book: On The Taboo Against Knowing Who You Are*): Life can be lived as a game in the spirit of play rather than work, and the conflicts which it involves are then dealt with in the realization that no species, or party to a game, can survive without its indispensable opponents. For to "love your enemies" is to love them as enemies and not as a clever device for winning them over to your side. The lion lies down with the lamb in paradise, but not on Earth. "Paradise" is the tacit, off-stage level where, behind the scenes, all conflicting parties recognize their interdependence, and, through this recognition, are able to keep their conflicts within bounds. This recognition is the absolutely essential chivalry [a combination of qualities including courage, honor, courtesy, and a sense of justice] which sets limits within all conflicts with human and non-human enemies alike, for chivalry is the debonair spirit of the knight who "plays with his life" in the knowledge that even mortal combat is a game. No one who has been hoaxed into the belief that he is nothing but his ego, or nothing but his individual organism, can be chivalrous, let alone a civilized, sensitive, and intelligent member of the Cosmos.



monica ballard
harmonizing - body - mind - spirit - relationships

- * HEART COACHING
- * LOVE & RELATIONSHIP COACHING
- * MENTORING FOR WOMEN
- * PERSONAL WORKSHOPS

TEACHING THE ANCIENT ART OF THE YOGI EMB
TO CULTIVATE WOMEN HEALTH &
A RADIANT, DREAMING LIFESTYLE

DISCOVER MORE & SIGN UP FOR EMAIL UPDATES
ABOUT EVENTS AT WWW.MONICABALLARD.COM

ColonHydrotherapy

With Molly Leuthner



Lotus Acupuncture and Healing Arts
707-672-3590
mollywog13@gmail.com
lotusaha.com

Take an Internal Bath!

The Holistic Chamber of Commerce



Did you know that Humboldt County has a new organization poised specifically to support Holistic Businesses? And that this organization is led by a local healing arts practitioner?

Hi! I'm Zanna Majerle, owner of Living Oasis Healing Center in Fortuna, CA. I've been active as a local healing arts practitioner for the last few years. You may have seen me as a Reiki practitioner during Healing Nights at Isis Osiris Healing Temple or as one of the energy workers for the November healing event – *Entering the Healing Temple: A Day of Sanctuary for Women*. Or you may have read one of my Isis Scrolls articles. I have been working as a healer for many years in various settings and communities and am now committing myself to nurturing and supporting the Humboldt community of healers and holistic business owners. My goal is to help us all become better healers, better people and better business owners and to reach our professional goals through networking, growing our influence, and supporting each other.

That is why I have established our own chapter of the Holistic Chamber of Commerce. Although our chapter carries the name “Eureka,” we serve all of Humboldt County and outlying counties as well.

The Holistic Chamber of Commerce is a nationwide organization (with chapters in Canada also). Our primary purpose is to promote our members' financial, emotional, physical and spiritual wealth. We do this by committing ourselves to creating and leading a conscientious community of people who, through education and sharing, benefit from the open exchange of best holistic business practices. We are committed to healthy profits while holding true to our ideals of wellness, personal spirituality and respect for the environment.

The Eureka Chapter of Holistic Chamber of Commerce is in our pre-launch mode. We're interested in hearing from you so we can select the perfect day and time and place to hold our monthly meetings. For now, you can find out about our meetings at our website:

www.holisticchamberofcommerce.com/ca-eureka

By joining the Holistic Chamber of Commerce, you are saying “yes!” to a professional organization representing holistic, sustainable, natural and eco-friendly professionals, practitioners and businesses internationally. We ALL benefit from our ‘strength in numbers’ and collaboration. We can draw more attention to our shared message by coming together.

Together, we create healthier people and healthier businesses on a healthier planet!

Membership Benefits Include:

- Member listing in our reference-checked HCC online directory, searchable by location, name and keywords
- Promotion through social media on [Facebook](#), [LinkedIn](#) and [Twitter](#)
- Network with like-minded professionals and practitioners on Facebook and LinkedIn
- Member Website Badges to enhance your website

Business Building:

- [Professional Liability Insurance \(US\)*](#) is available for Energy and Bodywork Practitioners
- Discounts on business-related products, services and advertising, including Constant Contact and MINDBODY Software
- Access to our office for business-building questions
- Business-building education

Live, Local Meetings:

- Discounts on attendance
- In-person networking
- Business-focused speakers, panels and round-robin dialogues

*We are still looking for an insurance option for other areas of expertise.

Membership is \$177/year for businesses with 1-2 employees; \$377/year for those with 3+ employees, with monthly options of \$16/mo. and \$37/mo., respectively. There is a one-time \$35 processing fee. (Find out how to have the processing fee waived when you attend our meetings!)

Read what members say about Holistic Chamber of Commerce:

I joined for: networking with local practitioners and creating referral networks; learning about quality services and products that are available; forging professional relationships with practitioners, suppliers, vendors, and colleagues; reinforcing and improving legislative influence to counter AMA control over healthcare; and establishing a learning environment with other practitioners. Here, I can become a better practitioner and improve the presence of alternative options in healthcare. Plus, we can have some fun! -Aaron Root, DC, DACNB, <http://www.neurobalancesa.com>

The HCC is a great way to find holistic practitioners who are reputable, reliable and caring. -Barbara Schiffman, C.Ht., <http://www.YourLifeandSoul.com>

Zanna's testimony of her experience: *I joined the Holistic Chamber of Commerce as a means to strengthen my business. The membership directory is a valuable tool to connect customers to my business, and the resources and tools help me save time. I want to support and help other Holistic Businesses to thrive and join with them as we grow a strong presence for those seeking holistic answers for their health and lives.*

You can find out more about us by attending our meetings. Networking and support is critical for small business owners. That's what you will find in our chapter.

If you have any questions, please call me, Zanna, at 707-599-3247. I hope to see you at our next meeting!

Ready to join the Eureka Chapter? Visit **www.holisticchamberofcommerce.com/ca-eureka** and click on the **Join Now** button on the left.

Living Oasis Healing Studio
REFRESH, RENEW, AND REVITALIZE YOUR LIFE.
YOUR BODY AND YOUR HEALTH

Zanna Majerle
REIKI MASTER

2020 MAIN ST. FORTUNA IN ALLURE DAY SPA
707-599-3247
WWW.LIVINGOASISHEALING.COM

doTERRA ESSENTIAL OILS WELLNESS
ADVOCATE #2400620

REIKI – A UNIVERSAL LIFE ENERGY THAT
RELAXES, RESTORES, AND CATALYZES HEALING
IN ALL ASPECTS OF YOUR LIFE AND BODY.

Guiding Your Spirit
Inspiring, Uplifting and
Transforming Your Life!

Dianne Sherman
Spiritual Life Coach, Intuitive Counselor,
Vibrational Healer

GuidingYourSpirit.com
dianne@guidingyourspirit.com
707-407-0309

Scott H. Winkler D.C.

Network Chiropractic Analysis
Deep Tissue Therapy
Biofield Integration™

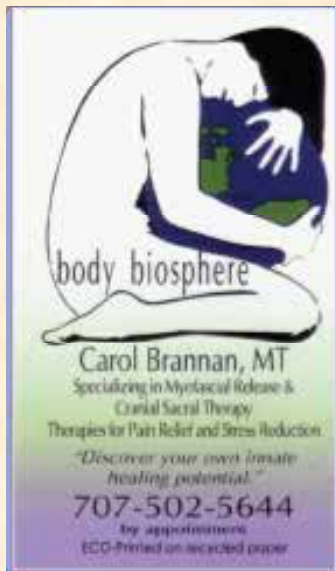
Rebecca Owen Biofield Integration™

1085 I Street, Arcata
Suite 109

(707) 822-1676

Jin Shin Jyutsu

Denny Dorsett, RN
Certified Jin Shin Jyutsu Practitioner
Arcata Wellness Center
707.825.0824



See Carol in her New Location!
The Simpson Bldg
922 E St, Suite 207 in Eureka, Ca

Let Us Clean



Residential and Commercial Cleaning Services
Reliable, Fast, Friendly, Conscientious & Thorough
Eco-Friendly Products

David Cooper 707-499-4811

F R E E D O M
Marny Friedman
~ Healing the Heart ~
~ Aligning with Soul ~
707-839-5910
iamalso@hotmail.com

intuitive readings
*
past life regressions
*
chakra exploration
*
hands on healing
*
opening third eye
*
ongoing inner work
*
classes

Heart Connection Exercise

By Sophia Hansen, MA



Your ability to express love to others is essential for healthy relationships. Embodying the vibration of unconditional love promotes a strong immune system, keeps you in the natural flow and rhythm of life, and strengthens your connection with Unity Consciousness.

The following Heart Connection Exercise is designed to nourish your capacity to give and receive unconditional love. You're invited to practice this exercise with anyone you wish to cultivate a healthy, unconditionally loving relationship with: your partner, children, friends, family members, anyone.

1. Sit face to face with your loved one.
2. Place the palm of your right hand over the heart of your loved one.
3. Ask your loved one to place their right hand over your heart.
3. Place the palm of your left hand over your loved one's hand that's held over your heart.
4. Have your loved one place their left hand over your hand that's held over their heart.
5. Then gaze tenderly and lovingly into each other's eyes while keeping your hands over one another's heart and hands.
6. After a few minutes, allow yourselves to close your eyes. At this time you both may feel a strong feeling of closeness, love and connection. Remain in this position for as long as you wish.
7. Then open your eyes, smile at each other, and slowly remove your hands.
8. If inspired, share with each other what you both felt and experienced during the heart connection exercise.

This is just one simple way to share pure loving energy with another. It doesn't matter how you choose to express your love, it only matters that you do. Remember, the only thing that truly lasts forever is love.

Sacred Energy Healer, Sophia Hansen, MA specializes in Reiki, shamanism, meditation, spiritual intuition and holistic education. Her gentle, non-judgmental, down-to-earth style creates a sacred space of comfort, safety and support for maximum healing opportunities. Since 2004 Sophia has provided thousands of healings and spiritual guidance to people all over the world. Connect with Sophia at www.sacred-energy-healing.com.

Earth Barely Alive

By Yogadon



by the time she was a Two-legged two
sara' already knew why she had to be Three
swati' was the Stone who had not to be shown
the Fire in its pattern was there to be known
and sara'swati' was the Wise young Owl
who could See from the Tree
Earth barely alive

and the Moon was just right and the time in the Night
had arrived had arrived Earth barely alive
for the Three to be One and change into The Wolf
and cry out in the Dark with a mournful howl
and cry out in the Dark with a how how how
why why why
who who who

and Three held the Soul of the Earth inside
and Three knew now they would no longer hide
the Old and the Cold were mean mean mean
Oh! my my my

so the Fangs of the Wolf and the Wise of the Owl
and the Fire in the Stone with a sigh from the Wind
grew grew grew
and there was nothing that they could do do do
to stop the frenzy the feeding the pleading!
Oh! die die die

and the pleasant surprise
they could feel feel feel
as they looked in the Eye of the Eye in the Sky
it was real real real

and not a Dream at all



The Mysterious Economics of Giving and Receiving Love

by Monica Ballard



I think we've become afraid of loving.

We are afraid of being hurt. We are afraid of being lonely, even as we lay next to another body in the bed at night. We are afraid of betrayal. Abandonment. Being smothered. And more. Our fears about love don't stop us from trying though. We smuggle all of our dusty, mildewed fears and our best intentions into our hopeful (sometimes ~~not~~ so secretly cynical) attempts at love.

Of course we're afraid! We *have* actually been hurt in relationships, and we have the scars and the resolutions to prove it, dammit. We might catch ourselves holding back—wondering how we can ever trust another as *deeply* as we desire to trust.

I have come to experience that when we cultivate a radically loving relationship with ourselves first, we will feel more loved by the people in our lives!

There is no shame in wanting to *feel* LOVED. Really truly seen, heard, accepted, and loved. Because what good is it to **be** loved but not to **feel** loved?? After talking to people about it, I think this happens a lot. We are created from love and we need to feel it in our very cells to be optimally well. The world seems to offer us a lukewarm, heavily photo shopped story of redeeming love coming in the form of lovers. Tragically dependent on others, we are incomplete in our worthiness until we are chosen by someone outside ourselves.

This story might play out something like... You give and give (did I mention you give?) the kind of love you want

to receive. You're extra thoughtful. You're generous with your time, money, and affection. You're attentive. You feel your lover in your very bones, and you're basically a fucking *mindreader* when you *really* love someone. But... you might get exhausted more than you'd like to admit. You adore your partner and consider yourself mostly happy, but you long for more intimacy. More connection. Maybe you long for more organic passion— the way it bubbles up from nowhere and fills everything to overflowing. You secretly wish that someone would love YOU the way you crave being loved, the way you try to love your beloved. After a certain point, you might wonder if this is just *how love goes*. Maybe consistent, deep satisfaction is ~~impossible~~, overrated. Your trust in love is littered with doubt.

We are taught that we receive by giving. You know, it is better to give than to get? So we give most of our energy to everyone *but ourselves*! We are longing for our partners (or someone, or something, or some experience) to give us what we are not giving ourselves. This can be very subtle. We don't always know we're doing it! Oftentimes our partner is feeling the exact same way we are feeling on some level! The terrible thing about this story is that it can actually blind us to the ways love is manifesting in our life and relationships. When we don't feel loved (lovable), we can actually repel love, which can lead to despair and hopelessness, or, even worse, apathy and numbness. I have found that self-love is a magnet for love in every area of my life! For me, self-love can look like but is not limited to ...

Listening to my feelings as signals for what I might need instead of ignoring them. Practicing radical self-acceptance. Practicing understanding what I need to be my best. Practicing giving myself what I need to be my best, moment-by-moment. Sometimes I'm wonderful at understanding what I need to be my best in body, mind, and spirit, and execute self care like a boss, and other times I eat too much cheese and wine and too many cookies and wallow in a bad attitude. It's a process of rising again and again.

I have a little ritual I do now when I notice I'm looking for love from an outside source. For example, if I notice I'm feeling even a little resentful of my partner or one of my sisters (why doesn't he/she ever do this for ME?, etc.) I ask myself, "What do you really want right now? What do you need?"

And then I go and do whatever it is I really need.

Intentionally, I practice choosing to treat myself the way I long to be treated. It is a practice. A habit that can be strengthened the way we strengthen a weak muscle. When we fill our own cup we have energy to offer freely, creating a true flow of generosity. We can choose to take responsibility for meeting our own needs because we understand that to live in fullest integrity (integration!) we must in fact *give what we expect to receive from our loved ones*—loving, caring attention and presence. We become convinced of our own lovability then, not because of what we receive from another, but what we consciously choose to give ourselves. We build trust with ourselves and find our security from within when we develop habits of giving ourselves what we need to be our best in every way.

A lot of times, loving attention and presence might look like the extras you consider frivolous non-necessities. A latte alone at the cafe in the morning, people-watching for 15 minutes, reading a book about something that captivates you. Making love instead of jumping out of bed to be productive. Doing yoga before you start on last night's dishes—*without feeling guilty*. Doing *anything* you enjoy without feeling guilty!

How can you really live in a radically self-loving way? Practice noticing what gives you pleasure and makes you feel alive and healthy, and do those things *at least as often* as you give your energy and attention to others! Watch how the quality of attention you receive from your loved ones will increase as you increase the quality of attention you offer yourself daily in the simplest of ways!

To *feel* truly loved, we must become that which we desire. We teach the people in our lives how we want to be loved by example. We give from true abundance and generosity. We are more appreciative of the special people sharing our lives. We must have access to the Love inside to feel loved.

I recently shared a realization I had with my fiancée during one of those intimate late night talks lovers have sometimes and it went something like this ...

... I can only really trust you if you are committed to always falling deeper in love with your Self. Are you willing to be committed to an ever-deeper realization and gratitude of your own Divinity and total worthiness? Are you willing to be committed to always deepening the vastness of your heart to receive more Love? I've made a commitment to falling deeper in love with my Self. I am committed to cultivating gratitude for the Divine living as me and my innate worthiness. I am wildly committed to surrendering open the deepest depths of my being to receive more Love. I will not ask you to give to me what I will not give myself. I will not give resentfully from a perpetually empty cup. I will not be afraid to love. I will not be afraid to Love myself. Loving myself will give me the courage and skills to love you well, as you deserve to be loved! I will open to receive Love and then I will shine it back out into a thousand rays of Light.

A second is equally important: Love your neighbor as yourself. -Matthew 22:39

If your kindness does not include yourself, it is incomplete. -Jack Kornfield

Searching all directions with your awareness, you find no one dearer than yourself. In the same way, others are dear to themselves. So you shouldn't hurt others if you love yourself. -Buddha

There is no fear in love; but perfect love casteth out fear... -1 John 4:18

This article is from Monica's blog at:
<http://www.monica-ballard.com/2016/02/20/the-mysterious-economics-of-giving-and-receiving-love/>

If you're a woman interested in more practical ways to love yourself, you might be interested in the **Yoni Workshop** I have coming up **Thursday May 26, 7-9 PM. Preregister at Moonrise Herbs or at monica-ballard.com**

I'm passionate about the amazing benefits of Radical Self Care and Radical Self Love! I have one on one sessions available in person or Skype to empower you to identify your deepest desires, values, and feelings and to align your daily habits and choices with them. Contact me for a free 30 minute consultation if you're interested in learning more about working together. May all beings benefit from practicing self-love.

The Opportunity of a Lifetime

By Lisa Carpinelli

Greetings! I have some very special news for you! Today, you are being gifted with the opportunity of a lifetime!

Are you ready for this?

WAIT FOR IT ... WAIT FOR IT ...

(Are you tired of waiting for it? I am!)

Good! Cuz ya don't have to! You got it! Now and now and now . It is your LIFE and it is your TIME! I lovingly invite you to fully embrace it!

Wanna hear the great cosmic joke?—Stop reading if ya don't—Hide the obvious in plain sight! Breathing through a physical form equals opportunity that is ever present and can't be got or lost!

The opera-TUNE-ity of a LIFE-TIME!!

Sing it just like when you were a kid, still in the honeymoon phase of being human, before your identity became separate from who you truly are in essence! Remember how you could make up a song about anything at all, on the spot, simply for your OWN amusement?!!! Teeheeeehooooooo...bee bop a loo bop a bee bop boo!!! Bzzzzz...I'm alive! Even if you have forgotten how rich you are, the essence of you remains the same under all of the cloaks that culture, media, parents, etc. unconsciously gave you, that you were no longer enough as is: a fix it project. Too much/not enough, etc. In turn, slowly seducing you to sleep, hiding the be-you-tee of your unique flavor! Hmmm...suddenly strip-tease is taking on a new meaning to me! Teeheeeheeee...what if we look at our return to essence as just that! A sensual dance of revealing our self to our self, slowly taking off one garment of unconscious limiting beliefs at a time, in our own playful dance! For none other than ourselves! Now that's sexy!

So this all sounds great, but geesh! How the heck do we fully utilize this incredible opportunity?

Practice + experience = expansion/growth. This includes: Get up, fall down, get up, fall down...pull the covers over your head for a day or a year. GET BACK UP! It's never too late no matter where on the time line of your life you are! Even if your alarm has been going off for a few decades and you have been pressing snooze! HA! One step forward, a couple back—salsa salsa salsa! It is a dance not a destination! By enjoying the dance we do arrive, but not as our minds would say! Burn the “myth of arrival” book with whatever its latest greatest title is...I will enjoy my life ONCE I get there, when I lose a few pounds, when I find my dream job, find my soul mate, conquer this disease, etc. What's your favorite title? Problem is we never get there because we are never present in the only moment that truly exists. NOW! Our north star in a world of constant changing form. Presence in every moment with “what is” is true arrival. It is acceptance, not a destination. With the practice of cultivating awareness, we do enjoy the refinement of our dance as we keep showing up for ourselves. We arrive, but not in a place out there. The thing is, when you are operating from the myth of arrival, even when you do arrive at the external place, without the cultivation of acceptance, you will never be satisfied! Exhausting!

You are gifted the opport-UNITY of a lifetime!

Let's start simple! This is a come-as-you-are party! We are all invited home to ourselves! One of my favorite sayings is by a woman named Sark: “Marry yourself and promise to never leave you!” I do believe that our greatest relationship is with our-selves. Getting to know yourself truly and learning how to really love, honor, and value “you being you” is one of your greatest investments and sets the tone for all other relations! Love the one you're with! You can procrastinate and stall, but there is no getting “away.” The choice is always yours. The garden of “you” does require commitment, discipline, and good practical skills that unite your precious mind with your body! Like any thriving vital relationship, it requires an active presence and vigilance to maintain connection and curiosity as well as skills for



relating consciously...(Not to mention a great composting system!) The art of meditation is the way we learn to weed our limiting thoughts which, when left unattended, keep us from creating what we truly want to grow in our garden!

Attention is our greatest power tool! The practice is learning how to become a master of wielding our attention! We cannot always control the outer circumstances, but we can control how we respond to what we are perceiving. Guess what? This genetic space suit we call a body is an amazing ally that is communicating with us all the time! Learning to truly listen to the signals the body is communicating (emotions, body sensations, etc.) is of great service in learning to stay present in the body with every breath and make response-able choices that serve our aliveness! This is where safety lives. Full embodiment!

Our minds are a muscle like any other in the body. With practice, wielding our attention brings strength, endurance, flexibility, and tone. Master the skill and create your life how you would truly like, by conscious vs. unconscious commitments. We are always committed to something; whether we are aware of it or not is the question! If you are not sure what you are committed to, take a look at your life. Without judgment or blame, simply notice. It's a great way to take inventory. The definition of commitment: To bring energy together and send it forward on a chosen path. Nothing happens without commitment, and the true power is in the re-commitment! There is a famous saying that I love by Nelson Mandela, “Do not judge me by my successes, judge me by how many times I fell down and got back up.” Yup.

An example of an unconscious commitment: I know someone who was a smoker and also in a lot of physical back pain. When I would suggest that perhaps it would be helpful to get a massage at least once or twice a month, they said no, they could not afford it. I mentioned, hmmm... somehow you are committed to affording cigarettes that harm you, but how interesting that you are resistant to spending money on something that could help you. (No judgment by the way). Awareness is always the first step in shifting a habitual pattern, accepting what is without trying to change, interpret or figure it out.

Another way we learn to love and never leave ourselves is by building trust in ourselves...first and foremost! Trust is showing up fully for yourself. Congruency = As with-in, so without. Trust is doing what you say you are going to do and following through. When we live in completion, we let go with completion. We live debt free, and this frees up energy to be fully present in the moment. Learning to listen and honor our yeses and no's and willingness to speak truthfully about our experiences = valuing ourselves. Cultivating self-response-ability and favoring connection over reaction. When we live

in this way, we learn that we are a reliable source of safety for ourselves. Trust.

If you want to live the ultimate high, commit every breath to the present. This is an all-inclusive, grounded kind of high that maintains consciousness with roots that sink deep. It isn't escapism into oblivion to avoid the inevitability of being with ourselves. It is the abode of true peace, our willingness to love and face those parts of ourselves that we deem unworthy. Learning the skill of emotional literacy, we experience our core emotions of sadness, sexual desire, anger, fear, and happiness consciously by facing each fully, instead of resisting. I have learned that resistance is truly what feeds and prolongs my fear. Sometimes fear casts a shadow that appears looming and threatening. Frozen in fear, we contract around it, which in turn hijacks our ability to connect with reality as it is. Eventually tired of living this way, we turn inward, and there it is: a tiny little troll with a runny nose who is scared of not being loved, a part of yourself that has been cast out and is seeking refuge.

Learning to use your internal compass to come back to center is a constant practice, for you will drift often. As we continue coming home to true self, interrupting the patterns that would bind us, we develop the taste of our soul and diminish the taste of our tongue. We lose the desire to be anywhere else, simply because it feels better to be home in the still center vs. the chaos of the outer spinning wheel! (It's the same with any addiction.)

There is a saying: you can read about swimming, but you will never truly learn how to swim until you jump in the pool! It is not to say reading is not of any benefit, it is just to say that experiencing is where it becomes tangible, embodied. Once you have an experience of something, you are a true knower of it. Knowing follows experience, not vice versa. Sometimes it can be real messy, but this is how we find out what works and what does not. Life is a continuum! And so it goes—make a mess, clean it up! Might as well sing your opera-tunity or whistle while you work ... just sayin'!

Blessings on your journey, I bow to you with NAMSTE (the spirit of me salutes the spirit of you), and NO-MISTAKES. Not as in don't ever make any, but as an invitation to start perceiving them as opportunities to learn.

If you would like any support on your journey of self-discovery, it is my honor to be of service! I am a body/mind life coach, certified with the Hendricks Institute, and hold a BA in Psychology. Utilizing my skills, intuitive nature, humor and play I offer a compassionate loving presence to facilitate transformation and share practical skills! I can be reached at 707-498-5007.

Graphic © Marina Pissarova | Dreamstime.com.

HILARION THE HEALER

Two Lifetimes, Different Names

By Jessica Bryan



Have you felt the soft touch of angel wings while you were sleeping? Did you dream of a beautiful garden? This is your true home. For now, you can live on the earth peacefully, knowing that someday you will go to the Lord’s beautiful green garden in the Golden City. So hold fast to your faith. Let not the mercurial, shifting winds of fate in the physical world lead you this way and that. Keep to the true path that will bring you closer and closer to your true self, to who you really are, and to God.

– Master Hilarion

Master Hilarion was a hermit, mystic, and healer who lived in the fourth century. He performed countless miracles including the casting out of evil spirits in ritual exorcism. In his lifetime as Hilarion, he was able to fulfill the healing mission he had begun in a previous lifetime when he was known as the Apostle Paul. Now referred to as “Master Hilarion,” he helps prepare us to receive the gift of spiritual healing. It can be said that the Apostle Paul, as he exists now in spirit, is contained within the group consciousness known as “Master Hilarion.” Paul and Hilarion represent different aspects of the same soul, their names stemming from separate lifetimes.

To understand Paul in Spirit—who channeled spiritual information through Jessica from 2008 to 2012—the concept of *reincarnation* must be understood to mean each soul experiences many incarnations before they *ascend*. Souls that have *ascended* to the spiritual realms no longer need to incarnate in physical bodies, although they sometimes choose to physically take birth in order to continue serving

in the physical dimension, rather than from the spiritual world. Some people believe Paul reincarnated as Hilarion in order to complete his earthly karmic lessons.

The messages given in this article were originally published in my full-length book entitled: *Mediumship and the Flow of Grace: Messages from Paul*. This book was later shortened and renamed: *The Wisdom of Hilarion: Healing Messages for Modern Times*.

Other books have been written about Hilarion. In *Hilarion the Healer: The Apostle Paul Reborn*, Mark L. Prophet and Elizabeth Clare Prophet discuss the relationship between Hilarion and Paul in detail. *Lords of the Seven Rays* by Mark L. Prophet and Elizabeth Clare Prophet, about the *Ascended Masters*, is also recommended.

Hilarion has channeled other books through a medium. Maurice B. Cooke, who channeled *The Nature of Reality*, *Seasons of the Spirit*, and many other books by Hilarion, stated that the earthly lives of this soul included incarnations as Plato and John, the author of the Book of Revelations in the Bible.

It is interesting to note that Hilarion’s poetic writing style in “Message to the Reader” from *Seasons of the Spirit* is remarkably similar to the messages channeled through Jessica; for example:

“You are a child of the Living God, even as are the angels, the stars of the Cosmos, or the tiniest flower that perches on a wind-whipped rock.”

We are born of spirit and are spiritual by our very nature even as we learn to live in flesh and blood bodies. As human beings, we are a bridge between the seen and the unseen, the physical and the spiritual dimensions. Lack of harmony at the soul level affects every part of us, causing imbalance and illness. Thus, our healing needs to begin with who we are as spiritual beings. It’s not a matter of *doing* something. It’s also not a matter of practicing a technique or sitting at the feet of a learned teacher or guru, although these practices are useful, but rather allowing ourselves to be receptive and listening from the heart to our own inner guidance. Hilarion’s wisdom is about this inner listening.

So who, in fact, dictated the spiritual messages in these books? The Apostle Paul or Hilarion the Healer? In the end, it matters only that the messages can assist humanity in healing – collectively and individually – and that through them we can grow in love and compassion for one another and ourselves.

HILARION’S HEALING MESSAGES

— Focus on the wider view as you meditate and explore the vast universe that lies inside of you. Imagine you are in a beautiful garden and you are picking fragrant flowers made only of scintillating golden light. As you pick them, sing to yourself, I am a holy child of God, beloved of the One who made me.

— Imagine there is a beautiful flower with green leaves in the very center of your chest radiating peace and love. Each time you sit for meditation, let the petals of the flower begin to open, one at a time. When you feel angry, remember the flower in your heart. Put your full conscious attention there, and then just let go. Even if someone provokes you, love will lead you beyond all hatred and strife.

— While you are still on the earth plane, remember to enjoy yourself. Don’t be too serious. You will see your loved ones again after you cross over because we are all born into life after life with those we love. We are together between lives in the City of the Lord. No one is ever lost to another. Everything will be lighter, different when you are no longer constrained by the dense vibrations of physical matter. You will think of some place and then you’ll just be there, so don’t be in a hurry to “get dense” again.

— Ever searching for meaning in even the most simple of happenings, there is a sense of exhaustion. Try to slow down. Just take a deep breath and relax. You are safe now and nothing can harm you. Even if you are standing still, you cannot be violated. Humans have free will and free choice, and this is very important. In finding your destiny, you have the power to create and make changes according to your own will.

— You can rest now from running. Take a deep breath and know that the Supreme Being of your heart loves you very much. The negative influences you experience can be shifted with sacred love and healing hands. Rather than “running” away from your pain, visualize it dissolving in the brilliant light of divine love. Truly, evil cannot exist if we allow God’s Light to shine in the darkness.

— Spirit is asking you to write love letters to that small girl inside you until the “well runs dry.” In this way, you can reclaim your birthright as a

beautiful creature created by the Lord. The adult woman will not be fulfilled in relationship with the adult man until the child within is acknowledged, loved, and reclaimed. When you write your love letters, imagine you are writing to that small girl who is standing alone in her party dress. Be her friend, and tell her she is loved and lovely.

— Remember to thank the spirit helpers who cluster all around you. Visualize them picking away and discarding the cancerous cells in your body, very carefully separating the distorted cells from the healthy ones. Later, the final physical removal of your sickness will be almost an afterthought, just a cleansing of some old dead, diseased tissue you no longer need, for your illness will have served the purpose of opening you to the Light, to God.

— You can let go now. God loves you just as you are, even when you feel like you have made a mistake or when you feel ashamed. Remember to walk always in the Light of the Holy Spirit. Clean out your closet and buy some new clothes to wear in bright colors. Your time of darkness is over.

— Remember how you felt as a child—so close to the breathing, living world. How you saw the wonder in even a blade of grass or a worm. Try to find something of this essence and innocence in your present life. Peel off the shroud of sadness and heaviness that burdens you. Dip your feet once again in the living water of God’s Infinite Grace, for you are much loved and supported.

* * *

ISIS READERS are invited to send Jessica an e-mail asking for a FREE E-BOOK copy of *THE WISDOM OF HILARION: Healing Messages for Modern Times*.

JESSICA BRYAN is an author, book editor, and spiritual medium. She lives in Ashland, Oregon and can be reached by e-mail: medium@mind.net or phone: 541-708-0729. On the Web: www.oregoneditor.wordpress.com, and www.psychicsurgery.wordpress.com.



2016 Event Calendar

Ongoing And Special Events Held Upstairs at Isis Suite #48 at Sunny Brae Centre in Arcata ... 707-834-6831

Every 1st, 3rd and 5th Monday

EMOTION CODE AND BODY CODE -Take advantage of receiving the energy of personal clearings that benefit the entire group. We share the energy of the group clearings and everyone receives the benefit of it. 1st, 3rd and 5th Monday Evenings 6pm -8pm. with Cate Classen.

Every Tuesday

REIKI and ONENESS BLESSINGS are being offered at Isis #48. Everyone is welcome from 7:00 - 9:00 p.m. No Appointments Necessary. First Come, First Served. Opportunity to receive healing sessions from 2-3 Reiki Practitioners at once. Call Sarah for more info at 407-545-9931. Offered by donation.

Every Wednesday

TRANSMISSION MEDITATION NEW TIME! Led by Sue Jones, Wednesday afternoons from 2:00-3:00 p.m. Donation requested: \$2. Transmission Meditation takes about 15 seconds to learn and is practiced for the benefit of humanity, rather than the individual. Still, it's a most uplifting experience! Learn about it at www.SueAnnabrookeJones.com/transmission-meditation.php

SUPPORT FOR THE HEALERS-Weekly Reiki Share for Practitioner Support every Wednesday evening at 7:00 PM Practitioners and students of Reiki, any level, are welcome to share for the benefit of our own healing, sustenance and expansion. We each provide and receive each time. No Charge. Contact Per for questions or more information at 206-550-3263

1st, 3rd & 5th Thursdays

IMPROV AND ACTING CLASS with Damion Sharpe Increase your ease, skill, confidence, and joy through play. Every first and third Thursday 6:30-8:00 pm. (March 3rd, 17th, & 31st and April 7th & 21st) Sliding scale \$5-\$10. damionpanther@gmail.com and 707-497-9039

Every Friday

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

Saturday, May 28th, June 11th & 25th

A GROUP HEALING OFFERING WITH MAYA.

10:30-12:30. Intuitive readings, wise sharing, questions and answers and healing energy. Each group is its own experience and you need not have participated in prior groups in order to come join. If you are interested in joining please text or call me at 707-834-6831 as space is limited. \$25.00.

1st & 3rd Sundays of the Month

SACRED PREGNANCY CIRCLE - Releasing birth fear through discussion. Basic birth education - Holistic stages of labor - Sharing birth stories - Postpartum knowledge. FIRST & THIRD Sunday of the month at 10:30 am. Please feel free to bring your little ones. Tea provided. \$5-\$10 suggested donation. Contact Kaitan for inquiries at 599-4207.

2nd Sunday of the Month

POWERFUL HEALING AND TRANSFORMATION with Damion Sharpe. 2nd Sunday Circle. Empowering your heart's gift to the world through exploration, visualization, movement, and shaman journeying. Begins Sunday March 13th & April 10th from 3:00-6:00 pm. Sliding scale \$10-\$20. damionpanther@gmail.com and 707-497-9039.

Sunday, May 22nd

SPIRITUAL AWAKENING & Enhancement Meditation class with Young Living Essential Oils hosted by Kathleen Scott hat from 1:30-3:30. Contact Carla to register at 707-601-8095.

Thursdays, June 2nd, 9th & 16th

THE FERTILITY AWARENESS METHOD: Cycle Wisdom for a Lifetime. Understand your menstrual cycles in deep, amazing detail for body literacy, effective natural birth control, and pregnancy planning. Contact Caitlin at awesome.ovaries@gmail.com or 707-616-4820

Available From Isis

BALANCE YOUR BODY WITH PRO-BIOTIC RICH NOURISHMENT. Fresh Coconut Water Kefir (\$10 a pint) and plump happy Water Kefir Grains (\$10 for 1/2 cup) are both available now. Full instructions included with the grains. Call or text Maya at 707-824-6831.



2016 Event Calendar

Special Events Held In The Community

1st Tuesdays & 2nd Sundays

ECKANKAR: ANCIENT WISDOM FOR TODAY! HU Chant, 1st Tuesday of the month, 7 – 7:45 PM at Jefferson Community Center in Eureka. Spiritual Discussions, 2nd Sunday of the month, from 2:30-3:30 at the Adorni Center, 1011 Waterfront Dr., Eureka.

Friday & Saturday, May 20th & 21st

BACH FLOWER REMEDIES, LEVEL 1 ASHLAND, OREGON- Learn to help yourself and others overcome worry, fear, lack of confidence, poor concentration and more. A tool for personal growth, the remedies have been in use worldwide for over 80 years. This three tiered program leads to practitioner registration with the Bach Centre, UK. NCCAOM approved PDA provider, NCBTMB approved CE provider. www.bachflowereducation.com.

Sat & Sun July 9th & 10th and August 27th & 28th

JIKIDEN REIKI COURSES: Jikiden Reiki is the authentic Japanese Usui lineage with no influence by other healing modalities or cultures. I am grateful to teach and facilitate healing as Jikiden Reiki has been taught in Japan since the 1930s by Chiyoko Yamaguchi (Hayashi sensei student). Shoden Level (level I) Saturday, July 9th & Sunday, July 10th from 10am to 6pm Location: McKinleyville Ca. Shoden Level (level I) Saturday, August 27th & Sunday, August 28th from 10am to 6pm. Location: Mount Shasta Ca. Cost of classes \$350. Open registration begins June 3rd Call Kausalya at 707-382-2779.

Ongoing Events Held in the Community

CREATING A SAFE SPACE FOR YOU with Life - "Love" Coaching, Vortex Healing® and Young Living Oils. Body, Mind, Spirit! Dana Biondo 541 324-4176. safespacespiritualcoaching.com

COURSE IN MIRACLES FREE STUDY GROUP meets Every Wednesdays at Babes Pizza in Cutten from 11:00-12:00. Contact Sheree for more info at (707) 601-1158

HEALING ROOM SUBLEASE-Furnished massage studio centrally located in Old Town. Spacious corner office, just remodeled. Light and airy feel with a view. Sublease Sundays and Mondays for \$200/month. Possibility of adding alternating Saturdays. Your rent would include use of: Adjustable massage table w/memory foam face cradle, Hydraulic rolling stool, Bolsters/ blankets, Table warmer, Double hot towel cabi, Storage space, Aromatherapy diffuser, Parking space, And more! Contact Katharine at (707)840-5533 or kdmcabee@gmail.com

SOMEDAY SERVICES PROFESSIONAL ORGANIZER HUMBOLDT~Free Evaluation. Compassionate. Strong. Confidential. Haul away service available. Call: (707) 672-6620. email: Laura@SomedayServices.com. Visit my website www.SomedayServices.com.

INVITE A FEW FRIENDS OVER for a lecture/ demo about PSYCH-K and receive a free session. Kiernan and Jay Powers would love the opportunity to share this fun and easy way to help you create more of what you want in your life. Please call 707-496-8218 for more information.



Lotusaha.com

Lupine M. Wread, LAc
Lotus Acupuncture and Healing Arts

Traditional Chinese Medicine
Japanese Acupuncture
Chinese Herbal Medicine

827 Bayside Rd. Arcata, CA 95521



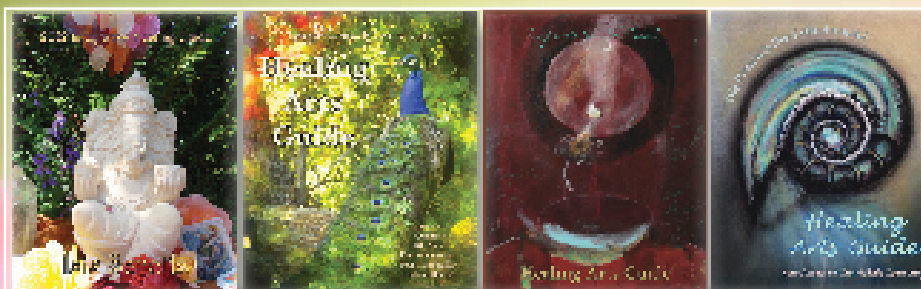
707-633-4005



Isis Presents Our 14th Annual Healing Arts Guide

Submission Guidelines

- Submit your text, picture and if desired, business card
- A Half Page ad is about 350 words
- A Full Page ad is about 750-875 words
- We put the whole ad together for you and email it back for review at no extra cost
- Ready to go PDF's are also happily accepted
- Choose your cross-reference categories from a list we provide, and we handle the rest
- Your ad will be featured in both the Print Magazine and the Online Directory
- This year we are launching a BRAND NEW WEBSITE to better showcase the Online Directory!
- Additional Professional Layout Design Support is available from Becky Blanton



Submission
Deadline
May 30th

In the summer we publish our Annual Healing Arts Guide. This issue offers an in-depth look at the many skilled and gifted members of our healing community. It consists of profiles written by our healing arts practitioners describing who they are and what modalities and services they offer.

The Guide is free and is distributed throughout Humboldt, Del Norte, Mendocino and Southern Oregon for the entire year. We will be printing up at least 8,000 copies this year with an expected readership, conservatively estimated, to be around 30,000. This issue is an important resource for anyone who is looking to take an active role in his or her own health and well-being. The Healing Arts Guide is very well received and used all year long by our community.

The total price is:

\$175 for one column (½ a page, 3 ½ x 9 ½)

\$275 for a full page, 7 x 9 ½

(Payment plans and deadline extensions are available)

Details at IsisScrolls.com, on Facebook or contact 707-825-8300 / isis Scrolls@earthlink.net