

Wholistic Heartbeat

the power to heal lies within



WholisticHeartbeat.com

Wholistic Heartbeat

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

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

Submit online at wholisticheartbeat@gmail.com

Wholistic Heartbeat

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

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

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

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

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ISIS HEALS

CREATING OPPORTUNITIES THAT NOURISH OUR WHOLENESS

FROM NEW ORLEANS

Amilee is Only Here for the Summer

Don't miss your chance to experience this valuable healing opportunity

INDIGENOUS * TRAUMA * HEALING

Often, difficult situations in our lives hold us tethered, in that moment. In dreams, both day and night, we re-experience the dread of that moment. This has been labeled Post Traumatic Stress Disorder. We put this label on returning warriors. We carry and display symptoms of disconnection, depression, poor self image, nightmares and anger. We respond by overeating, overreacting, over use of substances, overt behavior.

Under our masks, we know our true selves. We need to know that trauma can be healed, that we have the tools within us to not only heal, but to take these poisons and make medicine with them. This means energy trapped in your past can become available now in your life.

Many people will not, cannot speak of these past violations. We will use art and poetry and dreaming as our tools for healing. As the release happens, many people find their previous habits such as over eating, substance abuse and various addictions fall away. Each session is followed by bodywork. As traumas are brought into the present they remain in our bodies until released.



This work is available to you by appointment:

Amelie Prescott, MA

504 385 1855 * moschukma@gmail.com

Greetings From Isis



Creating New Land Under Our Feet

Sometimes referred to as Madame Pele, or Tutu – grandmother – Pele is hailed as the powerful force behind Kilauea's decades-long eruptions. The volcano has been in a constant, on-off state of eruption since 1983, although this current eruption is a more severe case. Kilauea's constant stream of lava has so far added 120 acres of new land to Hawaii's Big Island and expansion is expected to continue.

...The personification of elements into akua is a long-held practice of Hawaiians who remain connected to their ancestors through chants, songs and prayers about the natural world. Kame'eleiwi said everything has a divine purpose, which Hawaiians take care to acknowledge and honor in their cultural rites.

-Pele: Who is Hawaii's volcanic fire goddess? By Hannah Wiley, USA Today May 10, 2018 <https://www.usatoday.com/story/news/2018/05/10/madame-pele-hawaii-volcanic-fire-goddess/594025002/>

Fred's (Mr. Rogers) faith surfaced in subtle, indirect ways that most viewers might miss, but it infused all he did. He believed "the space between the television set and the viewer is holy ground," but he trusted God to do the heavy lifting. The wall of his office featured a framed picture of the Greek word for "grace," a constant reminder of his belief that he could use television "for the broadcasting of grace through the land."

-Saint Fred by Jonathan Merritt, The Atlantic, Nov 22, 2015. <https://www.theatlantic.com/politics/archive/2015/11/mister-rogers-saint/416838/>

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

-Mara Freeman (www.loe.org)

I am issuing an invitation ... Forget About Resisting
it keeps us trapped and in relationship with
what we don't want.

Let's offer up our resistance and get busy Creating instead
but not by Ourselves...
Oh no, we have allies!

Living among us are
wise benevolent ancient spiritual beings
They are absolutely everywhere
They inhabit the invisible and visible world
For instance, the Spirits of friendship or grace (invisible)
The Spirits of the air we breathe (invisible)
or the spirit of a Tree, Volcano or blade of grass
(an invisible spirit occupying a visible form)

We are (accidentally) interacting with them whenever we
are soft and open and it feels really really good
It's a heart opening that feels like being moved
by love, beauty and kindness
We feel touched by something majestic when we are
enjoying a breathtaking sunrise
a delightful encounter with Nature or the smile of a child
We might think of these as spontaneous moments
that have the power to bring us a joy, peace or inspiration
A gift we have been blessed to receive

But they are not random moments
they are encounters

Encounters with wonderful invisible Beings
benevolent ancient spirits
Spirits who are our helpers and our guides

These encounters seem spontaneous
because we have oftentimes forgotten
that these spiritual beings even exist
And if by chance we do remember
we may have lost our ability to
properly cultivate relationships with them

Why?

Trauma, pain, suffering and fear

One of the side effects of trauma is that it fragments us
It causes us to forget who we really are
and what we really are a part of
We become lost and ungrounded
We seemingly lose a connection to essential parts
of our own Natural Self
and in doing so we lose our connection to them,
the wise benevolent ancient spiritual beings

This loss hurts!
It is a core pain

and it can lead us to feel desperately
unlovable, unsupported and unworthy

It is a pain like no other to feel separate
Separate from our essential nature
Separate from the support of these
wise benevolent ancient spiritual beings
and the perspectives, teachings and understandings
they have to share

Such as:

All living beings belong together
We belong to each other
Together we are an interdependent whole
We inhabit both a visible world
and an invisible world and
We have a need to be fully alive in both worlds

But take heart!

These benevolent ancient spirits and
these essential aspects of our true whole nature
have not forgotten us!
they are fully alive in the realm of our wholeness

Do you want to try an inner yoga exercise that can help
you

Remember
Repair
Restore
Reweave?

Next time you find yourself challenged and your desire is
to fight, resist, distance yourself, shut down ...

Instead

Slow down, take a breath and observe
Observe your reaction and ask yourself and
the spirits around you this question

What is missing here?

Is this situation missing the spiritual “ingredient” of
Safety, Kindness, Love, Happiness, Peace, Healing,
Mercy, Forgiveness, or Beauty?
(just to suggest a few)

Spoiler Alert: It’s really hard to switch gears from the
emotions you feel and the reactions you are experiencing
and move into contemplating the situation from this
angle, so be nice to yourself as you practice this approach.

Let’s say you feel like Safety is the missing ingredient
Now get curious about Safety being
a wise loving spiritual being

Not a word or a concept but an ancient living force,
an ally who is waiting for a door to open
An ally who wants to come in and help heal the hearts and
minds of everyone involved in this challenging situation.

Invoke the sacred spirit of Safety
Soften, open and invite it into the room,
Let Safety hold you
Open your inner doors and invite Safety in

Breathe Safety into your heart,
into any pain you feel or observe.
Embody Safety; let the light and wisdom of this wise
sentient being fill you up

You can ask the spirit of Safety for help and guidance
Stay soft and open
Keep your focus on what Safety feels like
in and around you
You can let Safety help you vision what
the repaired situation could *feel* like

Take a couple of minutes to commune with Safety
until you feel able to
Radiate safety out to the challenging situation
Safety would like to be a part of the solution
Safety wants to help
Safety wants to lend its gift, its love, its comfort
Let it soothe and heal you on it’s way out to the world

Let’s not waste time blaming or fighting or resisting
We are creating new land here

Remembering, Repairing, Restoring, Reweaving
ourselves and our worlds back together
Thank you for opening the door and inviting in the kindest
most loving response to the problem
In this practice you become the prayer

Sometimes as we open the door to these beings
we become inspired by them to create and offer something
in a very real world practical way.
Go with the flow, see what unfolds.

What shape would Safety like to take in the physical world?
What new holy ground
would you and Safety like to create together?
a prayer, a poem, a piece of art, a song, a ceremony,
an act of kindness....

Create, Create, Create
Life is an art project and
we have access to everything we need

Link in
Power up
Bring us your love

Blessings of Wholeness Upon You,
- Maya Cooper

Four Ways to Dismantle the Patriarchy and Reclaim your Inner Goddess

By Sabrina Ourania



Overthrowing the patriarchal society that we have inherited is a loaded topic. The nature of patriarchal conditioning is so insidious that ridding ourselves of it just can't happen overnight. Instead, we must evolve through it. That evolution happens first at the personal level, through us, and then it extends out into our communities and the culture at large. With the massive impact that the #MeToo movement has had towards speaking out against sexual harassment; we are beginning to feel the tide change. Yet there is so much more we can do right now to restore the sanctity of our bodies, recover our natural rhythms, and reclaim our Goddess nature.

Here are four keys to reclaiming your Goddesshood, including practices that women can do within the context of our own lives, to support this shift towards both gender equality and, more universally, towards greater harmony between the Masculine and the Feminine at large.

1. Reclaiming our Bodies

Two years ago, shortly after separating from my now ex-husband, I set off on a journey of liberation and radical self-acceptance. The journey was a cross-country road trip done entirely in the nude (Yes, you read it right. Butt naked.) and was aptly named the #Bodyssey. As you can imagine, some people thought I was nuts, especially my father, who was beside himself. A slew of others were avidly following the journey on social media and cheering me on.

A handful more decided to embark on their own naked adventures and shared their experiences with me.

I am not suggesting that road tripping around in our birthday suits is the only means to reclaim our bodies, in fact nudity is not required at all. What IS important is to understand that loving our bodies is a revolutionary act. It takes courage to go against cultural beauty standards, and love ourselves fiercely for all the ways we don't conform. This process takes time.

In college, it took me months to get comfortable with my own reflection without makeup. I used to think I looked heinous without foundation on. It also took me a long time to be able to post photos of my leg and armpit hair on social media, even years after I quit shaving. Even last month I reached a new level of body acceptance after frolicking around a gathering in my underwear without having shaved my inner thighs! But I did it! A huge win for the beauty of women's bodies just as they are!

You really don't have to do anything radical, just taking a step towards loving your body, just as she is, is an act of rebellion and a big "F U" to the man!

2. Menstrual Empowerment

It's time to stop blaming our periods and start blaming the system. Our monthly moon-time is a blessing, maybe not the most convenient of blessings, but it is certainly not a curse. It is because of this miraculous human menstrual cycle that we all got here in the first place!

The patriarchal world has sought to instill shame in us about our periods, making our natural female rhythms a taboo. No longer! Our cycles are sacred and so is our blood. If you haven't joined the reusable menstrual cup revolution yet, then my sisters, time to get on board. Our moon blood is not trash, and does not need to be wasted on a piece of non-biodegradable plastic such as most conventional pads are made from. Even organic tampons and panty liners get thrown into the garbage with the rest of the filth, but our blood is not filth. It is one of the most sacred substances on earth, originating from the holy grail that is our womb!

Our blood is full of living stem cells that researchers are studying right now for their healing potential. The high nitrogen and protein composition in menstrual blood also makes ideal plant food. So give it back to the earth. Make a monthly sacrament in gratitude for the gift of procreation.

Ok, so you might not be ready to free bleed or finger-paint with your menstrual blood just yet, and that's ok. Just com-

mit to yourself that you will no longer perpetuate the self-deprecating myth that you and your cycles are dirty. The patriarchy just hates that sort of defiance!

Instead, take a moment to listen to your menstrual symptoms and what they might be trying to tell you before you go blaming it on your PMS. Join a red tent circle where you can honor your moon-time together. Remember, menstruation is empowering! It's a power only we have! It is not to make us feel ashamed.

3. Lunar Cycle-Hacking

"Everybody I love knows how to bleed with me."

That line is from "The Period Poem" by Dominique Christina, which if you haven't heard yet, do yourself a favor and watch it on YouTube asap. Her point here is that as women, our vaginas can speak to each other and get in sync. Do you ever notice how your cycles synchronize with the women in your life? There is a divine intelligence at work in your body.

It doesn't just stop there. We can sync our day-to-day lives to our moonstrual cycles. Why should we do that? Great question!

Our menstrual cycles wondrously correspond to the 28 day lunar cycle that goes from new moon to full moon to new again. While the solar year goes from winter to summer to winter again and relates to a predominantly masculine orientation to time, the monthly lunar cycle is an inherently feminine calendar that should also be recognized as an equally important measure of time. The patriarchal influence has even extended to how we understand time, often as linear while ignoring its obvious cyclic dimensions.

Lunar Cycle-hacking, as I like to call it, is about being acquainted with the moon cycle enough to know how it corresponds to your personal monthly rhythm, and utilizing this information to plan your time accordingly. As an Astrologer, this is what I am tracking all the time. In the coaching work I do with clients, we begin by following the moon through its phases and through the zodiac signs, taking note of how we feel each day; physically, emotionally, mentally, spiritually, in relation to where we are in our menstrual cycle. Once you have successfully completed this practice for a few short months, you will be amazed at what patterns begin to emerge! Imagine being able to hack this code and build your life around your own inherent bio-rhythm instead of on somebody else's clock. I know several successful female "momprenuers" who plan their work schedules in accord with their monthly rhythm and it is so inspiring to see them thriving instead of just surviving.

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Aug. 8th - *Artemis*

Aug. 15th - *Athena*

Aug. 22nd - *Hestia*

Aug. 28th - *Hera*

Sept. 4th - *Demeter*

Sept. 11th - *Persephone*

Sept. 18th - *Aphrodite*

Sept. 25th - *Goddess Alchemy Initiation & Party!*



Location: Wholistic Heartbeat

1660 Central Ave, Suite A McKinleyville

Class Price: \$25/Drop-in \$180/Series

Sabrina Ourania, aka "The Goddess Alchemist" is a Menstrual, Fertility, and Reproductive-Health Coach and Astrologer, Yoni Yoga Instructor, Herbal Alchemist and Retreat Leader. She sees clients and teaches workshops locally at the Arcata Healing Arts Center and online. Her current offerings include Yoni Yoga 101 at the Community Yoga Center in Arcata on Tuesdays and Yoni Alchemy at Moonrise Herbs on Thursdays starting in August. You can find out more about her and what she does at

www.goddessalchemist.com

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Lunar Cycle-hacking is how we take our power back through reclaiming our innate faculty of timing. The timing of our womb. The timing of the moon. Syncing with our natural cycles is another simple yet revolutionary act against the patriarchy.

4. Natural and Alternative Healing

Lastly, but definitely not least, is reclaiming yourself as a Goddess of Healing by becoming the primary advocate of your own health and wellness. For too long, the allopathic medical model has over-diagnosed and failed to attain the root causes of our health issues. The medicalization of women's bodies and moods is a real thing. Just think about childbirth. The most natural thing in the world right? Then why are births mostly taking place in hospitals, with mothers being treated like sick patients? "We aren't sick Patriarchy! We are just birthing a new life through the inter-dimensional portal between our legs!"

Western medicine so often treats natural hormone fluctuations and emotional changes in women as diagnosable illnesses that require medication when, in many cases, the illness is really just the sick state of our society; highly toxic and so disconnected from the natural rhythms that nourish us and help us to flourish. Seven years ago I was diagnosed with Polycystic Ovarian Syndrome and nobody asked me about what I was eating or what changes were happening in my life, both of which would have yielded many answers as to what was causing this. Instead, I was advised to go back on birth control and begin taking a drug for diabetes (which I didn't even have!). Needless to say, this wasn't a good solution for me and I decided to go study Nutrition and Herbal Medicine in order to heal myself naturally which I did. Taking responsibility for supported self-healing in this way was a radical act of evolving greater harmony between my inner Masculine and the Feminine energies.

Don't get me wrong; I am not saying there are no benefits to seeing traditional western doctors, because there clearly are. What I am saying though, is maybe what you call your PMS isn't real. Maybe your cramps and bloating are just your body's way of telling you something needs to shift in your diet or lifestyle. Maybe it's that unsustainably stressful and hectic lifestyle you've been living, or the nonstop competitive work environment that is robbing you of enough sleep, regular meals, rest, and solitude, that is to blame for your irritability and moodiness. Maybe your wacked-out cycle is just trying to tell you "No more! Please stop this madness!" Just a thought.

Aside from diet and lifestyle changes, there are so many beautiful and ancient healing modalities for self care that

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we can explore such as breast and abdominal massage, womb sauna, and jade egg practices such as Yoni Yoga. By becoming advocates for our health and wellness, and pursuing natural and alternative means for healing, we are smashing the patriarchy yet again and shifting our consciousness from denial to acceptance of our power while healing ourselves and our world.

Beginning to courageously step outside of our comfort zones and into our power is not easy. However, the benefits go far beyond personal empowerment. By choosing to reclaim our bodies, and honor our cyclical natures and innate healing abilities, we are choosing to respect the Feminine in a world long overrun by a distorted masculinity known as the Patriarchy. It is yin in a world that has lost its balance, and has become yang to the extreme. It is choosing the Feminine in us, casting a vote for the resurgence of the Goddess smoldering within each of us, waiting to be liberated.

This is what I call Goddess Alchemy. Goddess Alchemy is the art and science of awakening the Divine Feminine in you, your sisters, and your brothers (because they have the Divine Feminine in them too!). The resurgence of the Divine Feminine is not just happening in and through the women of the world, it's also happening to our men as they heal the Masculine of the wounds of patriarchy, connect with their own inner Feminine, honor the cycles of nature (like the moon!) and begin to live in harmony with them. We are all vessels for the rising of the Feminine, here to bring the world into balance and create a sustainable future for the generations to come. So whether you burn your bras literally or figuratively, do so not simply out of defiance, but rather as a reclamation of that which you truly are, Divine.



Sabrina Ourania is an Astrologer and Menstrual, Fertility, and Reproductive-Health coach, Yoni Yoga Instructor, Herbal Alchemist and Retreat Leader. She sees clients and teaches workshops locally and online. Her current offerings are Goddess Alchemy: An Embodied Exploration of the Goddess Archetypes beginning on Monday evenings at the Isis Temple in McKinleyville and Intro to Yoni Yoga at the community yoga center in Arcata on Tuesdays in July. You can find out more about her and the work she does at www.goddessalchemist.com.

** Two Lunar Cycle tracking Apps Sabrina recommends are Eve and MyFLO. If you'd like a copy of the luna journal wheel she mentions, email us at wholisticheartbeat@gmail.com and we can send you one.*

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with Jolene Hayes



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Intro. Class on July 10th is FREE!!!

Dates: Tuesday July 10, 17, 24, 31, & Aug 7 from 7:15-8:30 PM

Location: Community Yoga Center in Arcata

Class Price: \$14/Drop-in \$45/Series

Sabrina Ourania, aka "The Goddess Alchemist" is a Menstrual, Fertility, and Reproductive-Health Coach and Astrologer, Yoni Yoga Instructor, Herbal Alchemist and Retreat Leader. You can find out more about her and what she does at

www.goddessalchemist.com



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Wholistic Heartbeat

1660 Central Ave Suite A in McKinleyville

A Poetry Offering from

Amber Dawn

On the fringe of a a-ha and a humbling.
Still loving for all the reasons and hurting and excepting.
Expectations are gone, gratitude; absent at best....
Making the Apple so sweet when they ripen.
This old tree seems to be ever bearing, unconditional.
My exponential potential is my credential.
Sun rays nourish and raise our creative mind bringing
new newness we could never have fathomed.
Lifting ourselves over this crowded city of nonsense we
remember this wild unknown of feeling and emoji's.
"Ouch" then stop it.
But..... Shhhhhh, feel it
Shhhh..... do you know what that is?
The soft emotional person of your soulbeinglightenergy
wants you to know it's just as important as what you
"think you know"
Gastrointestinal distress-
FEEL IT
it's you.
hi me.
Flushing is forgetful.....
Stop medicating your gut feelings.
My shadow stretches longer than my physical body.
Society gives me the go ahead on wiping that bad
memory or hurt feeling
right off "my pretty little face."
I'm OK with not being OK.
We all could be.
Cry for no reason but all the reasons. Unplug. Limit
how much other people
influence you. Susceptible, so far from your potential,
so distracted, you
have forgotten how to love, even yourself.
I want freedom to love myself,
my wild, different, perfect self,
so I'm taking it.
I have decided my eyesight is a forced metaphor
for my viewpoint.
So many silly details.
I'm able to navigate and I'm going.
Excepting. Forgetting, not regretting who I was knowing
she is not me now. Or you.
And I love us for that.

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Belonging

By Ellen Dee Davidson



A portrait of a Koguis Tribeswoman and child on one of the terraces at Ciudad Perdida, Colombia.

https://en.wikipedia.org/wiki/Kogi_people

We all long to belong, and we all do belong.

We belong to the moment of our birth, to the planets and stars, to the wind swept skies. We belong to the rivers and seas. We belong to the Earth where we took our first steps. We belong to the people who raised and nurtured us. We belong to our friends and families. We belong to the entire community of Life.

So how did so many of us end up feeling slightly left out, or like someone else belongs more so that we strive and strive for something we already have? It makes me think – we’ve been duped!

Post Industrial Revolution, our culture reified the world, turning everything into a dead “thing” and us into producers and consumers busily gobbling the world, instead of belonging to her. We were taught that we are separate from nature. But that’s just a delusion, not a truth.

The truth is life. Myriad, amazing, miraculous LIFE. So many brilliant forms exist that we haven’t even discovered all the species. Our response is awe, wonder, reverence, gratitude and, naturally, belonging, because we are clearly part of life.

Clare Dubois, founder of Tree Sisters, recently received a teaching on belonging from the Kogi elders. The Kogi elders are an indigenous people from Colombia who see themselves as “Elder Brothers.” They have been working to keep the energy of the Earth in balance. After centuries of seclusion,



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*Everything comes to us that belongs to us
if we create the capacity to receive it.*

-Rabindranath Tagore

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they came out in a BBC film in 1992, *From the Heart of the World*, to warn us “Younger Brothers” that we need to care for the Earth before it is too late.

While Clare was with the Kogi, they taught her that when we are born, we belong to our own unique Mother and Father parts of the land, such as a particular tree, mountain or river. They believe that, to keep the balance, we need to make offerings to these places, which they call payments.

It's an amazing concept to think that we actually belong to the places where we are born. I think we also belong to the places where we live. And it's time to make our offerings of love and care.

We are heard. We are seen. We are held. We are loved. Life is alive, conscious, aware, present, and just waiting for us to realize WE BELONG.

*** Tree Sisters is a UK charity devoted to nature based feminine leadership and reforesting the tropics. For more information, check out www.treesisters.org

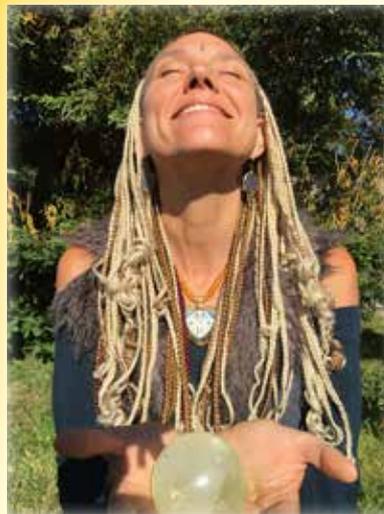
Feel The Music & Hear My Song

By: Butterfly Val

Music to my ears
Erase the fears
And feel the tears
Wash my soul
of the sadness
To a fresh new day
A cleansed soul sings
the song of gratitude
and abundance
We dance in the sun
of our father
With our mother and friends
Sing in the meadows
Dance in the fields
Joy, Joy, Joy
is our song!
For we are Life,
We are alive!
See Our Beauty
Feel Our Music
Hear Our Song

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Vacation From My Vacation?

By Juna Berry Madrone

Modern life can be intense. We crave down time that is deeply relaxing for every part of our being. Sometimes we cram so much into our vacations, that we return to our normal lives in a state of exhaustion.

We are looking for guidance so that our vacation, whether it's a weekend or several months long, can be a source of renewal. How can we 'vacate' the busyness that usually fills us? How can our recreation be a time of true leisure?

The Tarot of the Sephiroth by Josephine More and Jill Stockwell, and illustrated by Dan Staroff, will be our guide today. Let's relax and allow these powerful gateways to the Sephirot, and pathways of the Tree of Life reveal ways to replenish our bodies, hearts, minds and souls as we draw four random cards.



Body Princess of Swords

This vacation, we can enjoy getting in touch with our bodies with a new awareness. The human body is a beautiful instrument upon which the Princess of Swords loves to play. Enjoy! This is a great time for sensual exploration. If we have a play partner, then open communication helps us to navigate unknown

and deep waters.

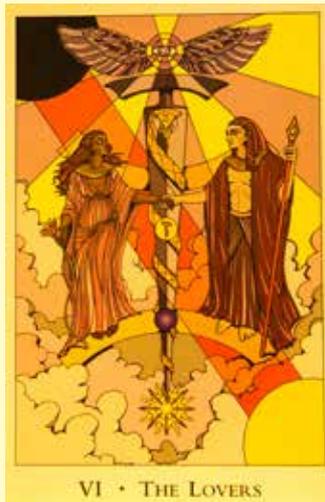
Our imaginative minds delight in novelty. To effectively relax our bodies, a playful and fun approach will bring the best results. We enjoy functioning within systems. We may wish to browse for reading material about a new diet, or exercise regimen, that we can bring along with us on vacation.

Right action begins in our minds. If we are logically convinced of the merit of a certain course of action, we can make a commitment. To optimize our natural inclination

to follow through and to get outside of our minds and into our bodies we will do best to set up a system for becoming re-acquainted with our inner Amazon that has lots of variety and fun rewards. This will keep us motivated and stimulated. Success is all about mental stimulation and fun, fun, fun!

Relax your body, and the rest of you will lighten up.

— Haruki Murakami, Norwegian Wood



Heart VI The Lovers

Three aspects of, "VI The Lovers" come to mind. At least one of these can bring each of us emotional contentment and fulfillment during this space in time that we have carved out.

The most fundamental meaning of this Major Arcana card is choice. Our 'lover' can be an actual

person, or a passion, desire, career, or avocation. Freedom from the demands of daily life and business as usual allows us to tap into our deep desires and hidden wishes. We can take responsibility for proactively shifting our reality by identifying a core desire and setting intentions for engagement. Let's joyfully galvanize our will. When we move forward towards our hearts' desires, support and inspiration will rush to meet us.

If we are single and looking to change our relationship status, The Lovers signals that this vacation may be a time to manifest our partner. Reflect upon the nature of what has attracted us to partners in the past. If we have an unhealthy pattern, then this may yield valuable information. Objectively make a checklist about our most important "must haves" and "can't stands". Send this energy out into the universe and let it guide us in quickly evaluating the potential of any prospective partners we encounter. Relax. Don't try too hard. Just the right person may be inspired to find us right where we are.

Thirdly, the snake that twists around the central column is a symbol of the senses. Down time helps us to deeply relax our bodies and gives us the leisure time to play. Self-pleasuring helps us to learn more about our own bodies and brings emotional satisfaction. A stronger sexual connection with a partner can build deeper intimacy.

What a miracle, that all we have to do to be beautifully loving creatures is just relax and allow.

— **Jay Michaelson**, *Evolving Dharma: Meditation, Buddhism, and the Next Generation of Enlightenment*



Mind - XVII The Star

XVII The Star promises true mental relief. We are entering a time of calm mental energy and balance. The relaxed nude figure posed at poolside is a metaphor for a mind that is unencumbered by the demands of normal life. The universe is giving us some time out. We are free to enjoy the now moment

without thinking about work, or the demands of home life.

A spaciousness of time opens up. We have the freedom to be comfortable with who we are without needing to cloak ourselves to meet someone else's expectation. There is no sense of urgency. If we can avoid scheduling activities to the hilt, we can relax and play. This is a great time for a little creative experimentation — perhaps we can take a class or two in something we are drawn to but don't have to feel goal oriented about. The Star supports a pure flow of creative expression.

Venus, the Morning Star, brings feelings of rejuvenation and rebirth. The energy of this card is unreservedly positive and optimistic and brings an abundance of ideas. By keeping a positive mental attitude and meditating, surprising solutions to problems may just drift into our mind.

Creativity is intelligence having fun.

— **Joey Reiman** [Thinking for a Living](#)

Soul - Nine of Cups

A deep feeling of emotional contentment and satisfaction characterizes the Nine of Cups. We have run the emotional gauntlet of ups and downs. There have been opportunities where we gave generously in service to community, friends and family. Now our spiritual lesson is simply to settle down into some guilt-free enjoyment.

The Nine of Cups signals partaking of the finer things of life with some well deserved indulgence. We have matured and are comfortable treating ourselves to the finer things in life. i.e. special food and drink; cultural experiences, relaxation in beauty, and luxury to the degree that we can comfortably afford.



Our rush free circumstances allow us to deeply savor and appreciate what life is presenting to us in the moment. This is a perfect time to renew, or refine our gratitude practice. As we begin or end each day, we can vocalize those things that we feel most grateful for. Gratitude is a pure emotion that can register as high as 900 on the Scale of Consciousness. A regular gratitude practice can greatly elevate our emotional vibration.

An interesting twist on gratitude is to, at some point in the day, hone in on one little (or big) issue that is tugging downward on our bliss. Perhaps we made a remark that we regret or someone else's behavior disturbs us. How can we find a way to convert this to a source of enlightenment and blessing? When we turn it this way and that in the light of curiosity and non-judgment we may find valuable insights.

Sometimes you do not find because you seek too much. Relax. There is so much more than you even dream of. You know only a small, finite corner of the vast, limitless, unknown domain called life. There is so little you can do.

— **Vikram Joshi**, [The Alchemy Of The Soul](#)

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Juna Berry Madrone, Natural Mystic Guide, is a mystic and Goddess priestess residing on the sacred island of Bali, Indonesia. Her highly effective long distance work/play can support you through Tarot, spiritual psychotherapy, and transformative ritual. Call Juna at (541) 973-6030 and visit www.naturalmysticguide.com



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Not a Passing Fancy

Elizabeth Rau (Ellie)



*Not a passing fancy,
my love for you,
But a dive deep
into unknown depths of heart
expansion.*

*A sentiment pure and true
bursting forth in infinite flame.
A soul recognition,
Transcending time and space,
steadfast, sure, sustaining.*

*Not a passing fancy,
my love for you,
But a luminous beacon
shining forth from safe harbor.
A song from my soul
in harmonizing resonance with
yours.*

*A boundless love,
An abiding love,
Joining my heart with yours
in a bond everlasting.*

MEDITATION FOR FINAL DAY OF BREASTFEEDING

By Jada Longwill-Lindsay



Relax. Ground.

Grounding cord is as strong and as thick as
an old growth redwood tree

Be Still. Listen.

Grateful.

Thank you Mother Earth,
for providing the setting for this physical
connection.

Thank you Universal Lights, for this
spiritual connection of our beings.

Thank you Body.

Thank you Breasts.

Thank you Mammary Glands.

Thank you Colostrum and Milk,
for allowing me to nurture and provide.

Thank you Generations of Mothers, who gave
forth the nectar of life.

Thank you first Chakra. Survival.

Be Still. Listen.

We are ready.

With Love and Light

May this be the end.

For we shall never nurse again.

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-Ralph Waldo Emerson

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How Will You Land?: A Mars Retrograde Survival Guide

by Stephanie Stargazer

Like a rainbow, humanity is the bridge between Heaven and Earth. May our thoughts be the light that filters the rain of sorrow into all its prismatic radiance.



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Everyone has wise and loving ancestors.

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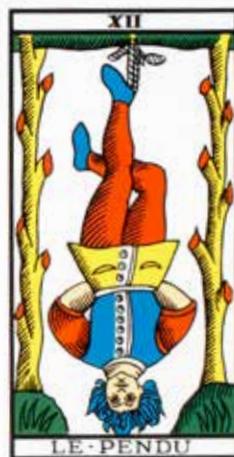
Ancestral healing can cause profound shifts in your experience of life. It can confer a sense of belonging and clarify your life purpose. It can help you express your gifts with confidence and resiliency. And it can improve your relationships with loved ones, communities, and the Earth.

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Maris Orelia Burgrune specializes in ancestral healing, Old Norse and Germanic animist practices, seiðr, and conscious mediumship. She is also a musician, ritual singer, and composer.



Astrologers have been all aflutter over this year's Mars retrograde. Various astrologers have compared it to, "running backwards at full speed" or, "falling through the air with no ground to meet." However, there is earth to greet you at the end. At approximately 2pm on June 26th, Mars began his retrograde cycle at nine degrees Aquarius; this is the air portion of his journey. For most of the summer he moves backward through the zodiac until finally landing at twenty-eight degrees Capricorn on August 27th (Capricorn, an earth sign; hence, the ground). Will it be a

soft landing, or a hard one?

Aquarius, the sign in which Mars spends the bulk of his journey, is related to ingenuity, mental breakthroughs, and the capacity of the mind to conquer any problems it may face. I am reminded here of the Apollo 13 mission. Mars retrograde through Aquarius is like those astronauts suspended in space, their engines frozen. It took all of NASA's creativity and collaborative ability to land those people safely. So too, will it be this summer. Mars rules initiative and passion. The emotion he's best known for is anger. This summer, expect to be confronted both with the source of your anger (an internal affair) and with things that might make you angry (external circumstances). Seek counsel in those you trust, and you just may land on your feet.

Alternatively, the Sambian symbol for nine degrees Aquarius, "a flag turning into an eagle," invites us to change our perspective. What we thought was one thing, will probably turn out to be another by the time this retrograde cycle is through. I am reminded here of the Tarot Card "The Hanged Man." When all else fails, stand on your head. By deliberately switching our perspective, we can begin to tap into the lessons Mars retrograde has to teach us. It's always

better to initiate change than to get side-swiped by events that force the issue.

What follows is a sign by sign guide on how Mars retrograde may affect you personally. While tidbits such as these are, by necessity, sparse and inexact, they can give a rough idea of what to look out for in the season ahead. This list is organized by sun sign; but if you know your rising and moon signs, it's a good idea to read those as well.



Sun Sign Aries: Lucky you! Your planetary ruler is pedaling backwards this summer. Take a breather. With Aries, that's like pulling teeth. Your sign is so focused on going forward; you might not see the roadblocks in front of you until you trip and break said chompers (ouch no, please be careful). Far be it for me, or anyone really, to recommend you to stop. Instead, this could be a good opportunity to practice moving your body in ways unaccustomed. For example, an activity that watches the breath, such as yoga, or one that lifts you off the ground, such as aerial silks, might be just what the cosmos ordered.



Sun Sign Taurus: Poor bull! Routed out of your comfort zone by Uranus, and now this. Well, if anything, this transit is going to bring more of the same; more confusion, more instability, more chaos. Consider the cosmos's not so gentle commandment to „Get out of your rut!” And what is the best way to do this? By tapping into your senses, of course. Let this Mars retrograde guide you to reimagine what feels good. Spend some much needed time with yourself and Gaia, reigniting the flame.



Sun Sign Gemini: Of all the signs, you are perhaps uniquely positioned to get the most out of this cycle. Already adept at back-and-forth, forward-and-aft flows of energy; this retrograde cycle is really nothing new. While it might slow you down a little bit, you're so masterful at creative problem-solving, you're likely to see each hiccup as more of a fun challenge than anything else. My recommendation? Bring a book with you wherever you go to stave of any boredom that may arise while waiting for things to move.



Sun Sign Cancer: Well, this is awkward. In a year that's invited you to reimagine everything you thought you knew about yourself, how about a little more of the same? The crab doesn't really move forward and backwards, but rather sideways, with eyes



MELINDA PEDERSEN
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My passion in life is to create healing space for individual and community transformation. As a healer I hold the lantern high with compassion and faith in your ability to access, trust and follow your inner wisdom. In sessions I partner with conscious and unconscious realms, using tools that offer **clarity** on your path,

insights for your journey, **self-awareness, direction** and **hope**.

Trained at the Findhorn Foundation in Scotland, I am a Certified Facilitator of the Transformation Game and licensed guide of *Entering the Healing Temple, A Day of Sanctuary for Women*.

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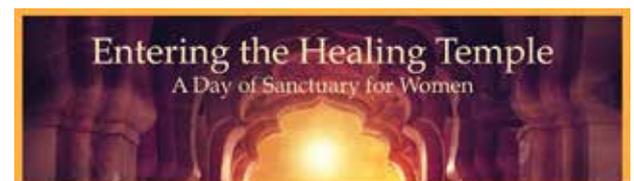
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Summon support from the Angelic realm to overlay a month, a relationship, a personal goal.

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that swivel round and round. You're already talented at seeing all sides of an issue, so why not embrace your mutability for once? While the whole world's going to be suffering from a terrible case of indecision, you're there to remind them that thoughts are overrated. Feelings baby, feelings. Embrace the flow.



Sun Sign Leo: Heck of time to be a Leo, huh? We're rapidly approaching your season Lions, and with the north node transiting through your home base, this is going to be the performance of a lifetime. My advice? Don't make your plans too public at this point. That way, when things abruptly change, you can always save face by turning a tumble into a somersault and say with a smile, "I meant to do that."



Sun Sign Virgo: Check, re-check; check again. This is Virgo's very nature. You are already planning for every scenario under the sun; *bathing suit in case it's hot, snowblower in case it's cold.* You were born waiting for the other shoe to drop. So events like retrogrades can be a bit of a relief for you, Virgo. While everyone else is floundering in the deep end, you brought your swimmy, safety vest, and your life raft. It's a good time to share the wealth and help others, but try not to gloat too hard. The next time someone scoffs at your bulging backpack, you can simply remind them of this retrograde, and sure enough, the eye-rolls will stop.



Sun Sign Libra: Like your friends in Gemini, you Librans know better than most that what goes forward must come back, planets notwithstanding. No sign handles the permutations of time with more grace and diplomacy than you, dear Libra. Now is the occasion to put those skills to the test. Friends turn to enemies and enemies to friends, that's just how it goes with people. This cycle will remind you that true balance comes from recognizing that we all have the potential to be anything we want to be. Choose accordingly.



Sun Sign Scorpio: Anger management, anyone? This Mars retrograde is likely to dredge up all the hurts you've suffered in the past year and a half, and inspire many creative revenge fantasies. As long as you keep this in the realm of thought, have at it. Alternatively, you may find this an excellent time to initiate a meditation practice. No one enjoys plumbing the depths more than you darling Scorpio, and with Mars going retrograde, you're going to want to do just that. My

only caveat? Be careful not to get stuck down there. This might be a good time to check in with your therapist, just in case.



Sun Sign Sagittarius: All work and no play makes... what? But remember that the reverse is true as well. If you've been working to the bone, get ready to party! And if you've been playing all day and all night, now's the time to put the good ole' nose to the good ole' stone. Enjoy events that expands your horizons. You're likely to benefit more than mose from whatever Martian hijinks might ensue, but now's not the time to hop on a plane with only your toothbrush and a wad of cash, if you know what I'm saying. Expect the unexpected. With every initiative taking you in wild new directions be careful of burning out more than anything. Make self-care a priority.



Sun Sign Capricorn: You thought you planned for every angle, beloved Capricorn, and now this? Well, the best laid plans of mice and men often go astray, and now is one of those moments. It's not your fault, so stop being so hard on yourself; true leaders adapt. Remember that life is just a series of, "fail, fail again, and fail better" opportunities and you're sure to keep a cool head.



Sun Sign Aquarius: Ah, the star of the show! Wait, where are you going? Don't hide! Now is the time to showcase some of that famous Aquarian ingenuity. Experiments are just that, experiments, and there's no such thing as failure when you're trying to discover something new, as long as you keep at it. Wasn't Silly Putty invented by someone who was trying to make airplane glue? Sometimes genius is just a matter of simple rebranding.



Sun Sign Pisces: You already know that life is a series of lessons, treasured Pisces, so consider this retrograde cycle another feather in your cap. The winds on the surface of the water may change, but the ocean floor remains calm and serene. Use this retrograde cycle as an opportunity to test whether all that self-work is, in fact, working. Any stress or anxiety that floats up is just another realm of the psyche to explore.

-Excerpted from my blog, www.starspangledcoven.com. Visit for weekly updates on the celestial weather, my monthly podcasts covering the lunations, and a link to contact me for consultations.

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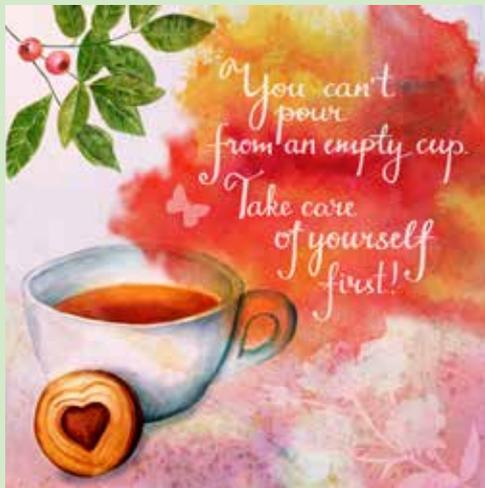
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Introduction to Your Self-Care Practice

by Jahnan Derso



Self-Care is a very personal practice. The whole idea is that it has to nourish you. It either gives you a break from what you are doing for the moment, or makes you more present with life. Both of these can be extremely healing depending on what's going on for you. Self-

Care is meant to feel good. If it doesn't feel good - don't do it. Yet if you have set a goal to be disciplined about a change, you may need to apply loving-kindness and encourage yourself to stick with it. As with anything in life, there is a delicate balance. Self-Care isn't linear, rather it's a spiraling of in and out breaths. Sometimes feeling connected to others nourishes you, and sometimes you are most nurtured by being connected to yourself in solitude. Be fluid in the moment because some days we have more time for self-care than others.

Many people think of self-care as related to the physical needs of eating well and exercising. Although this is true, the importance of mental and spiritual health is paramount. Another idea is that you need a big budget to afford self-care, but self-care can be totally free! A third idea is that you need heaps of free time to practice self-care. But in reality, we can incorporate it in just 1 minute sometimes. We need to consider all aspects of our well being: physical, mental, emotional, and spiritual in order to truly take care of ourselves each day.

The Spheres of Self-Care & the Importance of Addressing Them

I look at Self-Care in terms of four aspects or spheres: Physical, Mental, Emotional, and Spiritual. In order to feel balance within your self-care practice, and furthermore, your life, you can tune into these different spheres and make sure you tend to them each day. For example, exercise may be both physical and mental; meditation is Spiritual; and on some days, baking is emotional. On a day you are feeling super emotional, reach in to find those tools that nurture your emotional body more.

If you need more tools, let's discuss how to build your tool bag.

Here are some topics to guide your choices:

- Exercise & nature walks
- Self-love & massage
- Meditation and connection to self
- Spiritual practice and connection to your beliefs
- Connection with others
- Natural remedies, tea and healthy eating
- Nourishing activities like crafting, coloring, baking, sewing, etc.
- Creativity & sexuality
- Dance & music

5 Steps to Putting Self-Care into Your Life

1. **Prioritizing Time for You** – (Is this a hurdle to giving to yourself?) Let's talk about it. We may even do a round of Tapping to help clear any blockages. Or a simple re-frame may help you see that you are already doing forms of self-care!
2. **Treating Yourself Like a Baby or a Pregnant Mom** - What are things you did for yourself when you were pregnant that you no longer give yourself? How much easier was it to take care of yourself, and then your baby? You still deserve it! You are taking care of a family now.
3. **Replacing Unhealthy Habits with Positive Patterns** – You can make a list of unhealthy habits and find positive patterns to replace them. Then add in new things you want more of in your life. I'm happy to help you with this, too.
4. **Creating Time for Self-Care** - The key here is often scheduling it in! So if you want that weekly yoga class, sit down with your partner and choose the time that works for everyone and claim it for you! If you want to walk every day, set a time like 10:30 am rain or shine. "I'm doing it". Some days you might walk slower and shorter, other days longer and faster but stay disciplined. Think about, and then list, the things that you want to schedule into your self-care practice. It's the quality of the time we give ourselves, not just the quantity.
5. **Finding 5 Minutes a Day Just for You** - Now I'd like to encourage you to do my 5 min. a day Self-care Challenge. Pick one self-care tool that takes just 5-minute. Commit to doing that every day for the next 2 weeks.

I am happy to work with you to make sure you have done it. Sometimes finding those 5 minutes can be challenging. Here are some tips to utilize these moments:

- a. “waiting time” – you know those 5 minutes when you arrive early to pick your kids up from school.
- b. “found time” – someone cancels an appointment and you’ve got an extra hour.
- c. “extra time” – often this is early in the morning or after the children go to sleep.

Unfortunately scrolling on the phone often fills these gaps; but you can decide not to. You can choose your self-care instead.

Accountability

This flows into our next topic, Accountability. I know it isn’t sexy, but you have to show up to make self-care yours. Understand that your body is a temple, your physical dwelling place while here on earth is a mindset that paves the way for truly loving yourself. Self-acceptance leads to self-love, and only you can do it. Self-care is a choice. It’s that moment where you decide to honor your time.

If you want to move from surviving to thriving you have to make some changes to your daily lifestyle. You have to be accountable to yourself, your values and your goals. The foundation for change is love and wisdom. When working with me, I can give you both: the wisdom to know what your self-care is and when/how to use it, plus the loving, feminine quality of support. We all need help to get there and that is what sisterhood is for. Perhaps you need more support in your life to make these changes. That’s what I am here for, so lean in and let’s journey together!

Self-Care is now possible and attainable. Let’s find support in our hearty self-care tool bags and use it!

Jahnan Derso is a self-care coach with tips to help you boost your health and take care of yourself holistically. She also practices Maya Abdominal Massage on women who are looking to conceive, become pregnant, post-partum, and healing their wombs. She is the creator and author of HibiscusHealing.com where she combines her life experience and educational knowledge of the last 20 years to offer you healthy lifestyle solutions.

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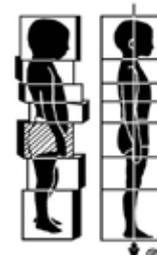


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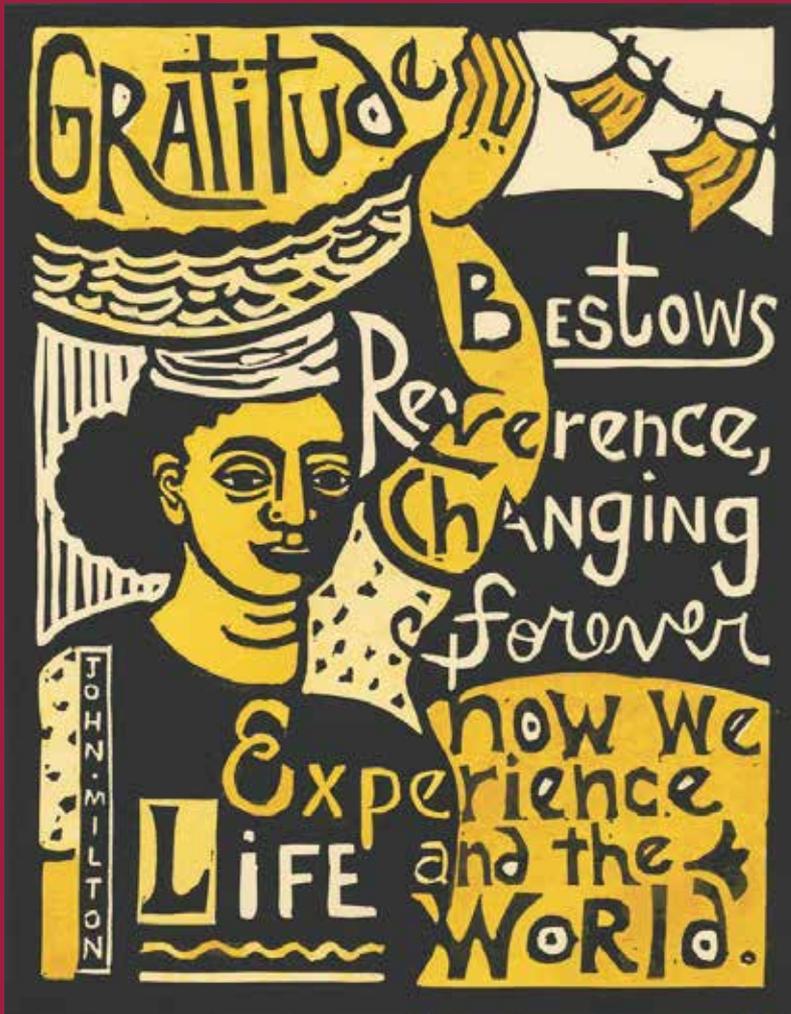


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Sharing Gratitude

with love from Susan Oneglia



Twelve years ago, on the Summer Solstice, I had an 11 and 1/2 hour surgery at UCSF for stage 3+ kidney cancer and survived. It has been a miraculous journey back to thriving, which included Dr. Donsbachs alternative clinic in Mexico, 2 visits to John of God, 2 stays, courses, initiations in giving Deeksha/ Oneness Blessings in Fiji, swims with wild dolphins and whales in Hawaii and Tonga, and many other courses and sessions with excellent local and global healers and teachers. I am so thankful to my brother and sister, dear family and friends, network and community that prayed, supported, loved and cheered me back to life and health. Much appreciation goes to Dr Konety and his team of surgeons, for giving me another chance, the amazing , devoted nurses everywhere, John of God and the Angels of the Casa, all my dear family and friends, healers, teachers, and community. Major thanksgiving to my strong resilient Body Deva, and beloveds Earth Mother and Divine Mother! On this 12th anniversary, in great gratitude, with many Blessings and much joy, I'd like to wish you all a Happy Solstice and a summer filled with Light! Thank you, I love you

We can only be said to be alive in those moments when our hearts are conscious of our treasures.

— Thornton Wilder



Block print "gratitude" by Anna Oneglia. Her work is available at Arcata Artisans or by studio appointment.
Email: annaon@earthlink.net - Visit: www.annaoneglia.com - and Above, Susan shares a dolphin kiss.



The Little Penny

Catalina Moon - age 6



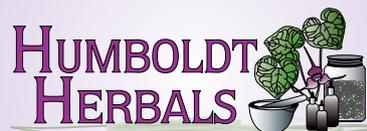
Art titled "Wishing Well" by Catalina Moon

I wished upon a penny
It made my wish come true, like any
The penny was like any penny

The penny was a lucky penny
My wish came true
I wished for love and peace
And good dreams, too.

Both abundance and lack exist simultaneously in our lives, as parallel realities. It is always our conscious choice which secret garden we will tend... when we choose not to focus on what is missing from our lives but are grateful for the abundance that's present — love, health, family, friends, work, the joys of nature and personal pursuits that bring us pleasure — the wasteland of illusion falls away and we experience Heaven on earth.

—Sarah Ban Breathnach



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I am giving at least 49 special Peace Deeksha/ Blessings and/ or teaching the Soul Sync Meditation for Peace to interested individuals, families, gatherings, and classes by 8/18/ 2018.



Please call Susan at 707-499-0589 to arrange receiving a Peace Blessing or Meditation. Look for me at the Arcata Plaza on Saturday's, and at the next Isis Day of Healing. For more information, please visit the O&O Academy and ekampeacefestival.com. Thank you.

Seiðr Initiation Intensive



Seiðr is a trance-mediumship practice attested to in Old Norse sources that possibly existed much earlier in the continental Germanic tribal areas as well. Early sources indicate a long history of Germanic seers who had prominent and respected roles in their communities. Medieval literature describes Norse staff-carrying seers who would be invited by communities to sit in trance on raised seats and convey information from the spirit world.

Modern seiðr is characterized by a relationship with a staff, the use of a simple journey song to enter trance states, the practice of sitting-out in reciprocity with nature, and the oracular High Seat which can be offered in service to community. Participants will learn conscious trance-mediumship and take initiatory journeys to only the most compassionate aspects of Freya, Óðinn, Hella, the Norns, the Ancestral Seers, and their own well ancestors. Upon completing the initiation, participants will be able to incorporate seiðr into their personal practice and possibly offer High Seats in service to community.

“A song came to her lips...”

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Maris Orelia Burgrune specializes in ancestral healing, Old Norse and Germanic animist practices, seiðr, and conscious mediumship. She is also a musician, ritual singer, and composer.

Tips for Calming Anxiety

By Jolene Hayes



I'd like to share three tips that can make a difference for those who suffer from anxiety. But first I want to say that if you are currently working under medical or mental health supervision, by all means use these tips in addition to your current treatment. While it might be possible that you can get to a point where you no longer need the treatment, it is best that you to stick with what you're already doing under professional supervision.

It is important to have a good understanding of anxiety. *Anxiety is a distress or uneasiness of mind caused by fear of danger or misfortune.* (<http://www.dictionary.com/browse/anxiety>) When you experience anxiety you are getting a rapid influx of fearful thoughts. Very often, the root cause of anxiety is a traumatic experience from the past. When you get into a state of anxiety, the cause was created in the past but your thoughts are actually a fear of something you think could happen in the future. Both anxiety and depression take you out of the present moment. Depression is the mind focusing on the past, while anxiety is the mind focusing on fear of the future.

Calming anxiety is about establishing a new pattern of thought. It's about shutting out the noise and the chatter in the brain, and getting yourself into a calmer mental state. Every little bit of work you do to try to get yourself to focus on calm thoughts has a positive effect.

These tips are not about eradicating what happened to you in the past, nor are they about getting to the root of the problem or looking directly at your fear. For deeper healing, you can work with a health care practitioner. But, if you practice these three things you will most likely be able to take better control over your life and begin to experience more peace.

1. Meditation. Meditation helps you train your mind into a calmer state. Oftentimes people who suffer from anxiety don't want to meditate because when they actually sit down with the intention to meditate they feel negative or worrisome thoughts. Just allow that to be ok. It's to be expected. Over time, however, meditation will help slow down the thoughts. There are many kinds of meditation, but one type I would recommend to anxiety sufferers is guided meditation. There are many guided meditations on Youtube,

MY LITTLE BOY

By Jesse Austin



The boy came out of the school, and with his round head down, he crossed the street. His name was William Wickham, and he carried with him his second grade reader.

It was a heavy book, with wonderful

pictures of Native Americans on horses, and great wooden sailing ships braving terrific storms at sea. There were also pictures of children, bright flowers, and little puppies on the beach. The reader was frightfully heavy, and William set it down on the stonewall bordering a sloping yard.

The boy, with his sandy blonde hair, looked up through the little trees at the large house across the street from Sunnyside School. Nothing moved at the windows. The boy walked away leaving his book on the low wall.

At home his grandparents made him wash his hands for dinner. His grandparents were quiet and dignified, and they asked him to eat without slurping his soup. After dinner he was allowed out in the yard to play. The boy ran around to the back of the garage, and got into the dirt and made a little city for himself.

When he was called to come in he was told he was dirty, and that he would now have to take a bath. On the other side of the bathroom door he heard them talking. His father had died in the fire, and his mother was in the hospital because she was insane. "We have to be patient with the child," the grandparents reminded each other often.

For two days the boy didn't go to school. First it was Saturday, and he played. Then on Sunday he walked with his grandparents to the wooden church on a bare hill. They said God was at the church, but the boy didn't see him.

Finally it was Monday. The boy liked school, and being with the other lively children. But what he liked best was the walk to school. First he stopped off in the garage. He opened the little side door, and stepped into the darkness. It smelled like oil, tools, cardboard, garbage and kitty poop.

"OK," the boy called. "I'm going to school now!" He stepped back outside. It was a gray day, but the boy walked down the driveway with purpose.

When he turned onto the sidewalk his father fell in step with him. "I'm proud of you, son. Everything is going to be OK." The boy smiled, a huge smile. He looked up at his tall father wearing his Sunday white shirt rolled up at the sleeves.

"Is that what everybody wears in heaven?" he asked. His dad laughed, and the boy knew his father was pleased.

Key, the dog, had died in the fire too. The boy walked in the middle. He knew he couldn't pet Key; that was one of the things that was different. But he could hear the dog's excited bark, and watch him romp up ahead and then back again.

It was the dog's barking that had woke the boy that night. William sat up in bed, and his room smelled smoky. He could hear Key's excited bark coming from down the hall. Suddenly the door was flung open and his father, wearing his underwear, rushed into the room.

"Are you going to be my brave little man?" "Papa?" the boy asked as his father lifted him, covers and all, out of the bed.

His father explained that the house was on fire, and he threw him out of the window. The boy remembered falling, his room was on the second story, facing the narrow side yard lined by low bushes. The boy loved his father, and he trusted him and he didn't know what game they were playing. Falling in the night, with the cracking fire behind him was exciting. It went on for a long time. The boy had all sorts of thoughts. One awful thought he remembered - "father is going to die in the fire."

The boy fell into the rhododendron bushes and then hit the ground hard. He felt a sharp pain in his arm, and he passed out. In the hospital he woke and found they had put a heavy cast on his left arm. After he got the cast off William returned to school, but his grandparents had not let him attend his father's funeral, nor was he allowed to visit his mother in the asylum.

The boy liked walking to school. Every morning his ghost father and the ghost dog walked with him. They talked. The boy asked questions.

"Why won't my mom come home?" "She is sick, honey. Her thoughts hurt her. But she loves you very much.

"What do you eat?" "I don't really have to eat, but if I want to I can eat anything I want."

"Cookies?" The boy said.

"Yes."

That made the boy smile.

When they were about a half a block away from the school the boy could hear the children playing. His father and the dog were already fading - the boy could hardly see them. He was excited to think he would soon be playing with the other children.

“Don’t forget your reader,” his father called. Key barked. The boy was eager to join in the play, but he didn’t ignore his father’s words. Across the street he could see his blue book where he had left it on the low stone wall.

After one of the bright yellow school buses roared past, the boy stepped down into the gray street. “Look both ways,” the boy clearly heard his father in his thoughts. He smiled.

William pulled the heavy reader off the gray stones. The cover looked the same, but he was surprised to find some of the pages clung together and made a big wrinkle at the edges. He toted the reader up the steps, whistling.

“William,” a girl at the top of the landing called. When the boy had mastered the last step the two kids looked at each other. The girl had black hair and she wore glasses.



“My mom said I should feel sad for you because your father died.”

“Yes,” the boy said. “He died in a fire.”

“Do you miss him very much?”

“Yes,” the boy said. His eyes got wet and he dropped his round chin. “Was his death terrible?”

“It was my fault,” the boy mumbled. “He saved me from the fire.”

“Did your father burn up?” the girl honestly asked.

The boy nodded his head, weeping, his thin shoulders shaking. The dark haired girl stood facing him, trembling as she listened to his woe.

Around them the other children were sliding past to get to the double doors. Then the bell went off, clanging loudly, and insisting that there be no more poetry.

Both the boy and girl gave a little jump, and turned towards the adult world.

“Do you want to eat my butter sandwich?” the girl offered.

“I guess so.”

She took his hand as they scooted through the heavy glass doors of the west entrance of Sunnyside School.

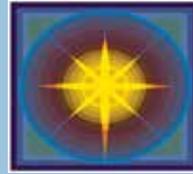
Psychic Medium Jesse Austin can be contacted by email or text: jesseyesse@gmail.com and 503.929.8128. Jesse credits his wife, Rita, for the story’s artwork

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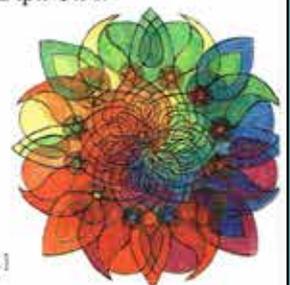
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Check out the Events Section of WholisticHeartbeat.com



2018 Event Calendar

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SANSKRIT MANTRA STUDY GROUP. Led by Andrew Christian. Featuring Ganesh and Gayatri mantras. In this study group we will learn about the origins, history, techniques and uses of sanskrit mantras in general. We also will study and practice recitation of the Gayatri and the Ganesh mantras in particular. The Ganesh mantra is used for removing obstacles to success and the Gayatri mantra is used to create calm and peace! Each group starts with a brief talk followed by an hour of group mantra recitation. By donation. Held at the Isis Osiris Healing Temple **Every Monday at 7:00** Call/Text Andrew for more info at 707-822- 2106, Jai MA!

Every Tuesday Evening @ Isis

REIKI COMMUNITY-STYLE is being offered at Isis #48. Everyone is welcome **from 6:30 - 9:00 p.m. No Appointments Necessary.** First Come, First Served. Suggested Donation \$5.00-\$20.00. Call/Text John Gracy at 406-223-2002 or Maya at 707-825-8300 for more info. **SUMMER BONUS!** Come for the Reiki and stay for a mini Tarot Reading with Bridget Tyler, Tarot reader, psychic empath, compassionate soul, and energy worker. Eight year student of metaphysical studies and even more experience in Interesting Life Circumstances. Let her share my experience and hope. A Tarot for the Soul reading is a way to look beyond your current situation to see possibilities where perhaps you thought there were none. Most participants feel relieved and comforted by the information revealed for them. Suggested Donation \$5-\$20

Every Other Wed. Evening @ Isis

July 11th & 25th Aug. 8th & 22nd

THE RELATIONSHIP MIRACLE- a new bi-weekly learning gathering run by a relationship specialist in the field for 20 years. Utilizing the work of Harville Hendrix, author of the bestseller, *Getting the Love You Want*, originator of Imago Relationship Therapy. **Come see a live demonstration of Imago Dialogue, a powerful communication tool that creates connection and clarity in any situation.** Adults and mature young adults welcome - couples, individuals, family members, friends, colleagues. \$15/person, \$25/couple. Drop-in or register in advance. Isis Osiris Healing Temple, 7-8:30pm. **Contact Yaj for questions/registration: (845) 641-8843, yaj@heartmindpartners.com.**

Every Friday @ Isis

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.

Friday July 27th @ Wholistic Heartbeat

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Every Wednesdays - Aug 1st, - Sept. 26th @ Wholistic Heartbeat in Mckinleyville

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Thursdays- Aug 2nd, 9th, 16th & 23rd @ Moonrise Herbs in Arcata

YONI ALCHEMY- 4 Weeks of Self-Care through Womb Love Thursdays in Aug from 6:00 - 8:00 PM **Location:** **Moonrise Herbs** in Arcata **Class Price:** \$25/Drop-in \$80/Series **Aug. 2nd - What's Your Yoni Trying to Tell You?** Learn what your vagina and womb are trying to tell you. **Aug. 9th - Yoni Self Care 101** Beginning with a guided meditation and womb blessing to connect with our own feminine wisdom. **Aug. 16th - DIY Yoni Steaming** Come discover the womb healing power of Yoni steaming, and how you can do this ancient practice yourself! **Aug. 23rd - WTF are Yoni Eggs?** we will introduce you to this unique approach to strengthen, heal, and activate your wombs for every stage of womanhood. **Sabrina Ourania**, aka "The Goddess Alchemist" is a Menstrual, Fertility, and Reproductive-Health Coach and Astrologer, Yoni Yoga Instructor, Herbal Alchemist and Retreat Leader. She sees

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clients and teaches workshops locally at the Arcata Healing Arts Center and online. You can find out more about her and what she does at www.goddessalchemist.com

Monthly beginning Friday Aug 10th @ Wholistic Heartbeat in Mckinleyville

WELCOME SISTERS NEW MOON SOLAR ECLIPSE.....6:00-9:00 pm RED TENT YONI WOMB TEMPLE- P.U.S.S.Y. LOVE EMPOWERMENT. Returning to the Ancient Future Sisterhood. Re-Connecting, Activating our SHAKTII (Feminine Creative Power) & SHANTI (Inner Peace) in the Body, Mind, Heart & Spirit. WOMB HEALING w/ or w/o a Sacred Yoni Egg ~ A Ceremony & Consecration. Please dress for Yin/Yoni Yoga, Dance, to Sweat, Smile, Relax and Celebrate Being a WOMBYN. **Location:** 1660 Suite A Mckinleyville, Ca **Investment:** \$44 for Drop In 3hr Playshop OR 5 Monthly Series \$165/ \$33 per 3hr playshop (Aug 10 /6-9pm Friday, Sept 9/ 5-8pm Sunday, Oct 8/ 6-9pm Monday, Nov 7/ 6-9 Wednesday & Dec 7/ 6-9 Friday) Please visit FB event page <https://www.facebook.com/events/230795991052525/> **Contact KaliShakti** for more info 707.775.7953 or shrikalishakti@yahoo.com

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