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**Extends an Invitation to Healer's Tree Members**

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**Details to follow by email**

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**email us at [info@healingpathhumboldt.org](mailto:info@healingpathhumboldt.org)**

**Meeting Location: Wholistic Heartbeat**

**1660 Central Ave, Suite A in McKinleyville**

**Sponsored by Isis Heals & Wholistic Heartbeat**

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



# Wholistic Heartbeat

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

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

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

# Wholistic Heartbeat

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

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

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**ISIS HEALS**

# On The Cover and... on Our Gallery Walls

## Carol Pridgeon

### TO SEE CAROL'S ART ON THE WALLS:

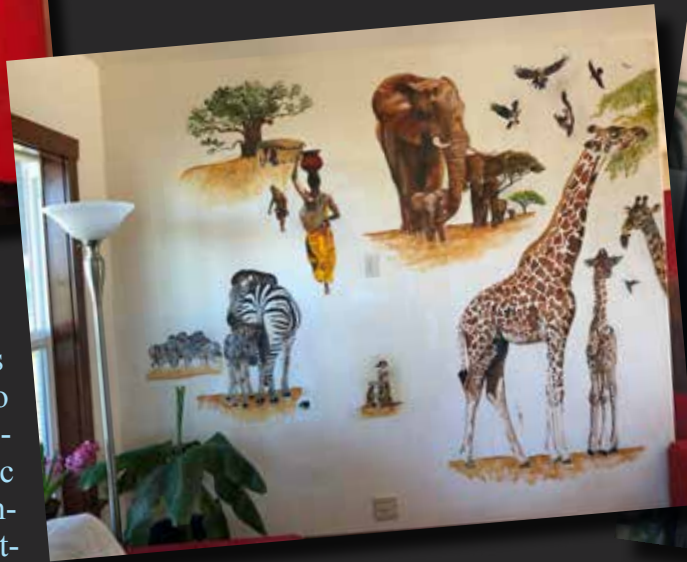
Stop by during our Wellness Clinic every Monday from 10:00-12:30  
or come to our **Spotlight: Meet the Artist** event featuring her on

**Saturday, May 11th from 2:00-4:00 at**

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



**Publisher's Note:** As we prepared to feature Carol's art on this issue's cover and to showcase it on the gallery walls of Wholistic Heartbeat in McKinleyville, we were invited to her home to hand pick from her prolific and varied collection. Carol's passion for art and beauty transcends the canvas and literally splashes over onto the very walls of her house. Colorful scenes come to life all around us. The flamingo and chick featured on the cover is actually a picture taken of her bathroom door! Her creativity is boundless, her heart is alive with her care for every being on this planet and her art is a tribute to the richness of life. -Maya



and on as an adult, but it was upon sweet retirement that my art took off. 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.

**CAROL SHARES:** Beauty inspires me to paint, and write poetry. It is so visceral it is hard to explain. However, I think we all feel it and then express it in our own unique ways. I started drawing as a child, as all children do. However, criticism from a schoolteacher and at home diminished my interest. I drew off

I do commissioned work and sell originals as well as prints. Please contact me for more info.

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## True Nature By Carol Pridgeon

Did you hear it too? That soft footstep outside the door. The tentative sort of footstep that sends little puffs of dust up that land softly back on the ground. Who could it be? What is it? It is too dark to see and I hear nothing. I wait. Another step. My heart starts to beat wildly as I imagine the danger lurking there. It feels as though that quiet footstep has always followed me, into my dreams, into my life.

I stay away from the windows? What would happen if I opened the door? I am too frightened to call out. What if someone answers in a voice that doesn't sound natural, doesn't sound human?

Clutching my crystal necklace for a protection that I don't feel, I hesitantly start toward the front door. My legs feel as though they are made of rubber. I am amazed that I don't collapse.

I manage to get to the door and slowly turn the handle. The door opens with a soft creaking sound. I look out. I see the night sky full of stars. Then I see a form that is hazy. It seems to shift with the gentle breeze. I can feel my throat tighten as I croak out, "Who is there?"

The form approaches, and as it does a sudden light is visible, radiating from the heart area. I back up in panic, away from the door...the figure still advances and suddenly my body relaxes and my mind quiets down.

"Who are you?" I ask. This time with more curiosity than fear.

I can see the figure now. It is a woman dressed in a flowing blue robe that weaves and shifts as she walks steadily toward me. She reaches out her hand. She is translucent. She looks familiar to me although I can not place her. Her fingers beckon to me to come closer. Her wrists hold bracelets that sparkle and wink at me. I look into her face and see peaceful compassion and love.

I hear her voice but it doesn't come from her lips. "Come My child," I hear. "You have been looking for me a while now. It is time to receive."

Something is happening to my heart. It feels full of love. Tears are streaming down my face in recognition. I am sobbing as I reach toward her hand. When she takes my offered hand in hers I feel a vibrational shift. A coming Home. I receive.

"I am your true nature. You are not alone. You are one with all. Come and join your family." With that invitation I awake and fall to the floor in humble gratitude, full of grace and full of love.

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# Healing Path



**Presents:**  
**Spotlight on a**  
**Body Work Modality**



**Come Experience an**  
**Introduction Session at Our**  
**Wellness Clinic**

**... A Special Polarity Technique ...**

## **Rainbow Chakra** **Waterfall Tune In**

**Presented by Jahnan Derso**  
**Mondays March 3rd - April 28th**  
**from 10:00 – 12:30**

## **Rainbow Waterfall Chakra Tune In** **By Jahnan Derso**

This issue we turn the Spotlight on a more metaphysical aspect of bodywork, the chakras. There are many modalities that interact with this ancient, Hindu Yogic system. As we turn our eyes toward spring, a Chakra tune up is a bit like a spring cleaning for the spiritual body. Going within and seeing each chakra spinning and shining brightly can bring restored healing to the whole body and spirit.

For March and April, the mini sessions at the Wellness Clinic will focus on traditional Polarity Therapy techniques. Polarity Therapy utilizes the chakra system as well as many other energetic currents in the spiritual body. I pay homage to my teacher Bruce Burger, who grounded me in my Polarity Therapy classes at Heartwood Institute in 2003. These methods have stayed with me and influenced all my bodywork.

For this head to toe healing session, I utilize the visualization technique of the water element cleansing while rotating each chakra allowing rainbow light to stream through the body. The reason why this is important is because when there is holding or unmet need in a chakra, it prevents a person from moving up to the next chakra. These blockages can manifest as pain, disease, or general discomfort and *ungroundedness*.

Bruce Burger shares in his book *Esoteric Anatomy*:

"The more disturbed the flow of energy in the body, the more inefficiently the body functions. The body's energies shift from their concentric flow around the ultrasonic core toward an increasingly eccentric motion. The intent of the Polarity practitioner is to assist the body's re-establishment of concentric energy movement by releasing blocked energy in the body and guiding the client to do the same in



## **Healing Path's Wellness Clinic**

**Drop Into Wholistic Care - Mondays from 10:00 – 12:30**

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

**Followed by a Free Peace Meditation with Maya from 1:00-2:00**



all aspects of his or her life. Once blocks to this free flow are released, energy naturally returns to its source, whether in the body, in nature, or throughout the domain of consciousness.”

Find more about Bruce Burger at his website: [www.weare1.us](http://www.weare1.us)

In order to grasp a better understanding of what is happening within your spiritual body, here is a basic layout of the chakra system. There are seven main chakras with Sanskrit names, but for the sake of simplicity we will refer to them by color.



**1. Red Chakra** – The root chakra is where the kundalini energy begins its journey up the spine. Sitting at the tip of the tailbone, the coccyx, we can extend a red chord down into the earth energy. Here lies the embodiment in groundedness of physiological needs of shelter, food and water. The root chakra is ruled by the element of earth and resonates with the tone Lam.

**2. Orange Chakra** – The pelvic bowl is home of creativity and sexuality and shines through a carnelian, orange hue. This sacral energy is ruled by the element of water and resonates with the tone Vam.

**3. Yellow Chakra** - Behind the navel, this is the luminescent home of the will. Golden light is reflected in the element of fire. The third chakra resonates with the tone Ram.

**4. Green Chakra** -The emerald green heart center allows for unconditional compassion for one’s self and then extends out to all beings. The forth chakra utilizes the air element and resonates with the tone Yam.

**5. Blue Chakra** – Speaking one’s truth comes through the fifth chakra, the area of the throat emanating a lapis lazuli light. It’s ruled by the element of ether and resonates with the tone Ham.

**6. Purple Chakra** – The third eye is where one houses knowledge of self. Filling with amethyst light, it is often referred to as the spiritual seeing eye. This sixth chakra resonates with the tone Krishnam.

**7. White Chakra** – The crown, where one fully surrenders to the Divine Power, emanates a supreme white light and all the colors of the rainbow unify in oneness. The seventh chakra resonates with the tone OM.

Please come experience a 15-minute “Rainbow Waterfall Chakra Tune In” mini-session at our Wellness Clinic for March and April. Open to the community, our clinics are on a “drop in” basis, by donation, **every Monday from 10am – 12:30 at Wholistic Heartbeat 1660 Central Avenue, McKinleyville.** Healing Path, a DreamMaker Project sponsored by the Ink People, continues to offer you heart centered, accessible healing. See you there as we step into spring filled with rainbows!

### Spring Mini Session Offering

Rainbow Waterfall Chakra Tune In with Jahnan Derso, Reiki and Special Guests!

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# Poetic Inspiration

Hearts break like storms do.  
Rolling in from ocean waves, crashing  
foundations, swelling rivers to flood,  
wiping the lands clean.

Hearts burn like stars do.  
Brilliant flaming giants forever consuming their  
own cores, gazed and wished upon but each one  
alone, separated by light years from one another.

Hearts mend like scars do.  
Ugly and stiff, a lattice work of old wounds  
we can trace with our fingers and remember the  
pain, remember the strength it took to heal and  
love the sewn up body again.

Hearts sing like lovers do.  
Harmony and frequency weaving a tune that  
is sometimes a duet, sometimes a solo, whose  
honey sweetness and tearful griefs are always  
missed when the singing is done.  
And always looked back upon as having  
enriched the ears and taught the tongue new  
words, new notes to someday sing again.

-Michael Cooper



## Young Trees

By Ellen Dee Davidson

The old mother trees are  
reduced to stumps  
here,  
in this second growth  
redwood forest.

Young trees, some two or even  
three hundred years old  
thrive,  
growing out of stumps,  
shooting up fast and tall.

Young trees connect  
into the stumps, feeding them  
through  
their twined roots, keeping the remnants  
of once mighty trees alive.



Young trees know  
this is not a waste as they  
glean  
knowing from millennia,  
through the still living roots.

The old mother trees ask us now  
to listen and  
Search  
the ravaged roots  
and stumps of our own ancestry  
to find the living sap of ancient wisdom.

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If you believe it won't,  
you will see obstacles.  
— Wayne Dyer

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# "What is the Breath of Life?"

by Ashley Ross



Franklyn Sills, co-director of the Karuna Institute of Craniosacral Biodynamics says; "the breath of life mediates the creative intention and connects what is created to the source of creation. When its presence is directly perceived, one's heart opens and the incredible compassion present in all of creation is known."

This healing force, when listened to in a safe and supported space, allows the whole being and their many layers of existence to unwind from various forms of trauma and imbalance in ways our human minds are incapable of "figuring out." It is the ordering force of inherent health.

Biodynamic craniosacral therapy rests on the principle that listening to the breath of life in a place of true stillness allows healing to happen from the deepest layers. With an appreciation of anatomy, the practitioner maintains spacious awareness and an open heart; what has been ignored or forgotten can easily be listened to and the natural healing process unfolds in whatever

ways are most appropriate for the person on the table.

Try this: Wherever you are, relax into a comfortable position. Rest your body; rest your mind in a way that comes naturally to you. Now, allow an area of your body to come into awareness—it could be a tense spot that's been bugging you or a completely random one that just emerges to the forefront. Maybe it's your hands, or your left foot, or your right thigh.

Really allow this area of your body to consume your attention. You may gently place a hand there if it feels comfortable. Settle into a place of stillness for several moments. You may begin to feel subtle, yet dynamic movements that you are not initiating with your mind. Try to abstain from controlling these movements, and simply let them happen.

Perhaps your hand or foot or thigh seems to be swimming in its own ocean. Allow it to swim, and see where it takes you; you may be surprised by where you go together. When you feel ready, slowly bring your awareness back to your seat and note the ways you might feel different.

If you were able to detect these subtle, yet dynamic movements, you have caught a glimpse of the breath of life.

*Ashley Ross is a biodynamic craniosacral therapist, clinical herbalist and certified end of life specialist (CEOLS) with a background in massage therapy. Her passion is to foster empowerment over our own health and well-being through nature, intuition, trust in ourselves and others, and remembering who we are. To schedule a session, or for more information call or text: (703) 919-5736 or email: [ashley@fulcrumhealarts.com](mailto:ashley@fulcrumhealarts.com) or visit [www.fulcrumhealarts.com](http://www.fulcrumhealarts.com)*

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# Welcome the Earth Pig 2019!

By Jeffrey Haloff LAc.



**Happy Chinese Year of the Yin Earth Pig!** Breathe a sigh of relief and pat yourself on the back. We have weathered the playful seriousness of the Dog, experienced the guardedness of the Guard Dog, and now we are ready to cut ourselves some slack. The good-natured, easygoing and Lucky Pig is here!

Chinese Lunar New Year began with the new moon on February 4, 2019.

This is Chinese year 4716. There are 12 astrological animals and 5 elements, which combine to make the 60 Year Cycle. The last Earth Pig Year was 1959. The Pig (or Boar, or Sow), is the 12<sup>th</sup>, and last of the animals. Legend says that the Buddha called to all the animals to come and join in the creation of this astrological system. Crafty Rat and determined Ox were first and second, and the untroubled Pig was the last. There is a relaxed quality to Pig's year, as lighthearted Pig is unconcerned about competition and status, and more interested in the joy of experience. The final animal of the family teaches us about the appreciative enjoyment of life, and that generosity causes good luck. Lucky Pig is here, and the time is perfect, so let's enjoy ourselves.

As a farm animal, it is known that pigs are smart. Pigs are peaceful, getting along with everyone. The order that the Pig perceives is not like the alert cautiousness of the loyal guard Dog, nor the loud proud banter of the determined Rooster. The Pig is fed, but doesn't work, and so considers life to be a rich and sumptuous feast, with oneself as the gracious host. The Pig eats well, enjoys, gets fat, and then...gets sold, which provides the family with wealth, or, is sumptuously feasted upon, generously bestowing good health, and giving joy. Pigs are great blessings that enrich and enhance life greatly.

A person born in the year of the Pig tends to be sincere, generous, cheerful and content. Pigs are comfortable living in the moment. They are honest, kind, easygoing and intelligent, and do not use their intelligence in a domineering way. Pigs may have squabbles with people, but they do not harbor grudges, and like their most harmonious friends, Rabbit and Sheep, Pigs seek universal harmony. Pigs undoubtedly enjoy life, heartily appreciating, and indulging in the sensual aspects of life, and generously sharing in culinary delights, art, and luxurious indulgences. Pigs may over-indulge, as it is said that they can tend toward gluttony and laziness. But persons born in the year of the Pig focus enthusiastically on projects and are able to accomplish goals. Then they like to relax and reward themselves.

The home is a place where the Pig person puts passionate effort, creatively decorating so one's family can live in stylish comfort. Exceptional enthusiasm is directed toward the kitchen, as the Pig loves to create delicious food and drink to share with family and friends. Generous Pigs love to share whatever they have and "the more they give, the more they seem to have." Generosity and compassionate action is what begets the Luck of the Pig. The honesty and generosity of the Pig allows it to overlook shortcomings, to give someone the benefit of the doubt. This engenders optimism, innocence, and trusting that life provides not only what is needed, but also the occasional extravagant indulgence. Is the trustworthy Pig naïve and gullible? At times, it is likely. But being a Pig, even with the knowledge that one can become bacon anytime, one retains the gratification of living in the moment and enjoying life to the utmost. The saying, "as happy as a Pig in mud" suggests that even in a difficult situation, Pig finds contentment.

Mud. Can we expect mud this year? Mudslides? Mudslinging? Well, it is an Earth Pig, and the element associated with Pig is Water. (The Pig month is Nov. 8 to Dec. 7, a wet time of year, and Pigs are excellent swimmers.) Expect mud. In 5 Element Theory, Earth blocks or inhibits Water, like an earthen dam holds back flowing water. There is a conflict with the elements, and things may not proceed smoothly this year. There is instability. There may be flooding and drought, earthquakes, and mudslides. Sixty years ago, the last Earth Pig year, there was a 7.2 earthquake in Yellowstone, that caused a huge mudslide that dammed a river. We expect earthquakes, deadly typhoons, floods and also drought.

This, however, is a Yin Earth Pig year. Less like a strong dam, Yin Earth is more yielding, softer and nourishing, like a garden, like Mother Earth nourishes us. Earth and Water are good for growing crops. Yin Earth can be like a valley, with Water flowing like a current in a river, and fish are like

currency. The Pig is an optimist, and this year is generally an optimistic time. But this year is missing the Fire element, which relates to joy and promotes optimism. Optimism fuels the economy. So, even with optimistic and lucky Pig ruling this year, there will be some pessimism, which shall affect the financial system. Earth on Water also suggests an unstable foundation. There may be an appearance of stability, but underneath is muddy water.

This year of the Lucky Pig is a good one for launching projects, travel or moving. Following the Earth Dog year (double Earth), the Pig's Water element gets things moving. But the Pig likes to move at a somewhat relaxed pace, so have a patient attitude about results. Persons who may expect to charge forward rapidly, such as those born in the year of the Horse or Dragon, Monkey or Snake, will likely need to relax their pace. The innocent Pig is known for being gullible, so use care in reviewing business contracts and proposals. Things may not be as they appear on the surface, so if buying a house, check for termites, etc. Generally, though, conditions are favorable, and auspicious opportunities arise. Travel is indicated this year, even luxurious vacations, but use caution, and expect delays.

Earth pertains to the digestive system according to Chinese Medicine. Pigs love to eat and indulge, at times to excess. Yin Earth pertains to the pancreas and blood sugar regulation, so try to use some caution and have balance in your diet. As there is no Fire in this year's astrology, introduce warm foods to aid digestion such as ginger, cinnamon, cardamom, etc. Earth inhibiting Water may cause some stagnation of the elimination system, so stay hydrated and get regular exercise. Stagnant Water can indicate depression and isolated Pigs get depressed. Socialize, celebrate, participate and partake. Pigs, though shy, flourish with social camaraderie. Pigs are clever, artistic and perceptive and they revel in sharing their unique and peace-loving perspective. Festive gatherings are healthy for the heart.

What can we expect politically? Donald Trump is a Fire Dog. Earth Pig has no Fire, and no Wood to fuel Fire, so it suggests that Trump's energy will continue to weaken. Last year's Dog seemed quick to bark aggressively, contributing to angry online vitriol. The Pig is not so quick to zealously react, but is more comfortable with an unhurried and mindful response. Mudslinging? Pig likes mud, avoids anger. Yin Earth Pig is more considerate, maternal and humanitarian. Pig's Water, combining with Earth, suggests we will be less stubborn than during the previous Earth/Earth Dog year. More compromise, and more thought shall be given to peace and harmony in international relationships. That being said, President Trump will give the State of the Union address on the first day of the Pig year. Will he try to unify, or will he

fan flames of partisan discontent? We know that Earth over Pig's Water is a situation with an unstable foundation. An appearance of presidential humanitarian concern may be like the lipstick on a Pig, and we should continue to examine the muddy and encrypted depths of intention, alliances and relationships. Peace is fragile and there are secretive hostilities. However, the optimism of the Yin Earth Pig is undaunted and will continue to work tirelessly for the good of humanity and the planet. Selfish greed is unsustainable, and the Pig's perspective of compassionate generosity shall provide the balance needed.

The Pig is the 12<sup>th</sup> and final animal of the zodiac. The gift of the Pig is a positive outlook, optimism and compassion. If you barked angrily at someone during the year of the Dog, this is an appropriate time to repair friendships. The gift is the gratitude for the completion of the cycle, gratitude for the blessing of life, and the enjoyment of the senses. With a relaxed and optimistic view, inspiration comes effortlessly from the heart, and one can determine which direction to move with enthusiasm. Projects are designed, and initiated, though they may progress slowly. However, inspiration originating with the Earth Pig, can continue to develop and take form next year, the Metal Rat.

Now we welcome the Yin Earth Pig! The Brown Boar! The Golden Sow! It is a time to relax, enjoy the beauty of life, partake of the sensory delights, gather socially and celebrate, and also apply oneself to making the world a beautiful place for all to thrive. The Pig bestows the gift of Slack, which may be misunderstood as laziness, but actually is closer akin to compassion. When the modern, muddy world is infectious with obscurity, be still, and remember that turbidity settles in stillness. But then, also remember, the Pig finds joy in the mud. The nourishing Pig nurtures oneself, one's family, community, etc., with a vision of harmony. Be generous, including with yourself. Work with enthusiasm, and play with joy. Get some acupuncture. Watch "Babe" again. "That'll do, Pig." Let's Eat!

And to quote Martin Luther King Jr. (born year of the Dragon), "...Hate doesn't conquer hate, only Love conquers hate."

**Happy New Year,  
May we Thrive Joyfully in Good Health!  
Gong Xi Fa Cai! Losar Tashi Delek!**

*Jeffrey Haloff LAC. operates HUMBOLDT ACUPUNCTURE with his wife, Chelsea Colby LAC., at 517 3rd St., Suite 18, Eureka CA 95501. They can be reached at (707) 268-8007 and [humboldtacupuncture.com](http://humboldtacupuncture.com)*



I learned that courage was not the absence of fear, but the triumph over it. The brave man is not he who does not feel afraid, but he who conquers that fear.


— Nelson Mandela

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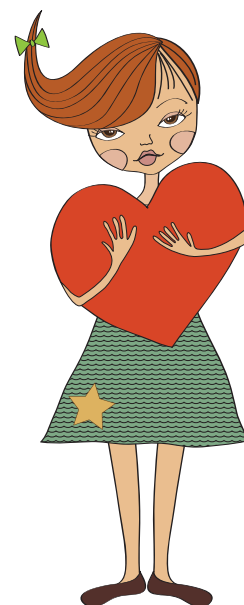
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# Self Care Tips Presents

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## Introduction to Practical Homeopathy By Jahnan Derso



As a Self Care Coach, I am inherently a gatherer of tools. Especially ones that bring you closer to true health and self love. Because of these seeking ways, many of us are drawn to old healing traditions for solutions.

Over the past two decades I have traveled the globe searching for those things and ways to lead to the greater healing within each of us. One of the most powerful remedies I have ever used is homeopathy. Homeopathy has safe guarded my family against disease, uprooted chronic health issues, and brought comfort and ease in first-aid situations.

When I first heard of homeopathy back in 2005, it was elusive and complicated, and I had to go to a homeopath to have her treat me with a remedy. It didn't seem accessible or user friendly. In 2008, I dove deeper into homeopathy because I found it to be a safe and natural over-the-counter option that helped alleviate symptoms in children who had no interest in strong herbal concoctions. With the beginning of my own family in 2012, I began a more serious study of homeopathy. I have found teachers that have expounded upon the science and use of homeopathy in ways that are concrete and replicable.

One teacher in particular, Joette Calabrese, has achieved the ability to disseminate information on a different version of homeopathy called "Practical Homeopathy." Although she is a classically trained and registered homeopath of over 30 years, I am not. I am a student who has been seriously taking her courses for the past three years. Her current work stems from the Banerji Protocols, a group of multi-generational doctors in Calcutta, India whose work and documentations have lent to a new method within homeopathy known as Practical Homeopathy.

All I am really saying is if you have found homeopathy to be confusing and you haven't gotten results, all is not lost! What I offer you is a path to getting started with homeopathy. If you find yourself wondering things like:  
~how can I ~

- help my child not get sick as often
- heal quickly from a burn or other basic first-aid issues
- fight off insomnia

to name a few ... then homeopathy could be your new best tool, too!

**I will be offering two introduction classes on  
Practical Homeopathy this spring.**

**Thursday, March 28th at 10 am  
and Saturday March 30th at 2 pm**

**In this one-hour introduction I will elaborate on:**

- the history of homeopathy
- the differences between classical and practical homeopathy
- a brief explanation of dosage, potency, and frequency
- and how you can attain the ability to confidently use a premiere remedy

From this Introduction to Practical Homeopathy, you can decide if you want to learn more. The next step is Joette Calabrese's that I will be leading this spring. It is divided into 8 lessons and graduates have access to a homeopathic pharmacy as well as a strong foundation in homeopathy. It is just the beginning! But the overarching goal is for families to be able to take care of basic injuries and sicknesses at home. This study group is designed to empower you on your self-care path. So if you are ready to take your health by the horns and put on your student's cap, then this Study Group is for you.

**If you would like to sign up for this Introductory to  
Practical Homeopathy Course, please contact me at  
[hibiscushealing@gmail.com](mailto:hibiscushealing@gmail.com).**

.....

*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, pregnant, post-partum and healing their wombs. She is the creator and author of [HibiscusHealing.com](http://HibiscusHealing.com) where she combines her life experience and educational knowledge of 20 years to offer you healthy lifestyle solutions.*



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– Chantal Sutherland

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# \* (A) FABLE \*

By Ellen Dee Davidson

There came a time when it was clear things could not go on as they had been. The people were hungry and clean water was becoming harder and harder to find.

But there were a few people, known as gold counters, who liked the way things were. They were accumulating lots and lots of gold. These gold counters could have anything they wanted: toys, vehicles, five or six homes, and trips to exotic places—maybe soon, even the moon. Every day, their stacks of gold grew. They were so busy counting their gold that they did not notice the weather.

It was changing.

Cutting down forests and drilling the Earth for her black blood had earned the gold counters lots of gold, but it had also changed the climate. In the west, fires raged. In the north, people froze. In the east there were floods. And in the south, fierce winds blew. People were hungry and losing their homes. Animals were also hungry and losing their homes. They tried to tell people this drilling and cutting just had to stop.

Whales called people with songs. Turtles came out from the sea. Trees whispered loudly, inviting people to come close, listen and learn. Birds swooped down from the clouds. Gaia spoke in myriad ways, “Wake up! Wake up! Come home to me now!”

At first, not too many people heard. Most were busy working longer and longer hours for shelter and food.

But there were some who did hear: mystics and scientists found out that plants can feel, think and speak. Whale singers and dolphin divers, bear dreamers and shamans, mothers and grandmothers, children who wanted to grow up in a world with giraffes and men who loved women all heard and began to wake up.

People started to say, “Maybe we could live in a different way.”

Friends and family asked each other, “What do we really need to be healthy and happy?”

Voices chorused in conversations all over the world, “Clean water and air. Food and shelter. Beauty, nature, music and art. Each other and the wildlife too.”

The people stopped buying things they did not need.

The gold counters were not happy. Their stacks of gold were beginning to shrink. “We have to do something!” said one man who, along with his eight friends, owned as much as half of the people on Earth combined. “We are losing

money!”

So they made big advertisements and put them on radio, TV, and billboards. “Consume! Buy more! It’s a deal!”

But the people did not want their deal. With the money they’d saved by not buying things they just didn’t need, they were planting trees.

“Let’s buy the rights to all the fresh water,” said the oldest gold counter.

“We’ll profit on that,” agreed the one with the beard.



“Oh no you won’t!” said the people, and they sent the ones who knew the rule of law to speak in the courts of power so the water in holy springs, sacred wells, streams and lakes would be protected for all.

The gold counters looked down at their dwindling piles of gold. “We will start another war,” said the oldest gold counter. “That always boosts our wealth.”

“Yes,” said the one with the beard, “we’ll tell the people how afraid they should be of the other people across the sea.”

So they made big advertisements and put them on radio, TV, and billboards. “If we don’t kill them, they will kill us!” The gold counters said. “Send your sons and daughters to fight and we will give each one of them brand new boots and three meals a day.”

This time the people weren’t fooled. They’d gone outside and talked to the trees. They’d listened to birds and whales. They said, “No! We will not send our sons and daughters. Another war will not stop the fires, winds, or floods.”

“But...but...but you need our war,” spluttered the gold counters, “and you need to buy our stuff!”

The people shook their heads. They laughed. “We know what we need now,” they said. “Clean water and air. Food and shelter. Beauty, nature, music and art. Each other and the wildlife too. When you’re done counting gold, please come join us.”

The people went outside, linking their love filled hearts, in a wave of light that traveled the world. They all rose up together and said, “We have only one precious planet. We need to care for the Earth.”

Earth Mother heard and she asked one of her favorite forests, “I think people are waking up now. Do you think they are ready for my miracles yet?”

“Yes,” said the forest, “they are planting more trees.”

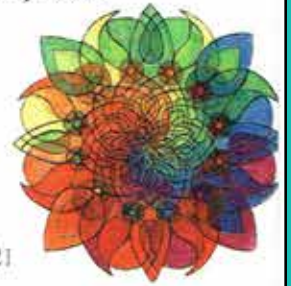
Where a few trees were planted, whole forests sprang up. Birds, animals and fish came back. Woodlands changed the climate, bringing more rain. Springs and wells filled with fresh clean water.

Earth Mother smiled. “And now it begins.”

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

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# Condors Dream of Coming Home

By Maya Cooper

I was ushered into condor form by my daughter Zoe, who lives in the Otherworld during a dream I had while sleeping at the Requa Inn on the Klamath River in late February 2014.

My star daughter Zoe  
in the form of the velvety night sky  
reaches her giant sky wings  
down from the heavens  
and envelopes me in a gentle hug.  
I relax into her strong moon-lit starry wings.  
I feel the warmth of the heavens  
embrace and heal me.

I want to know what it feels like  
to have wings as big and vast  
and as never-endingly beautiful as the night sky.  
I open my heart and stretch myself to imagine  
that I am she, I am winged like Zoe.

To my delight I actually succeed  
I sprout big, full earthy wings!  
I watch myself unfold  
into the form of a magnificent condor.

I am a condor swimming through the air  
above the wild waters of the Klamath River.  
My powerful wings beating  
I lift higher and higher into the atmosphere.

My mind merges with the vast,  
expansive, acute condor's mind.  
From this condor place  
I hear myself answer a question  
that I don't remember being asked,  
"How many children do you have?"

"Four", I hear myself respond,  
"three sons who live with us  
and a daughter who transitioned  
into the Otherworld  
during the year of the water dragon."  
Oh, I like that answer! My Maya self smiles.

These words are like magic.  
The Otherworld invoked and recognized  
responds by revealing itself.  
I instantly begin seeing openings  
into it everywhere I look  
the parting of clouds, the shafts of light,  
the space between the raindrops  
the blue sky peeking through the fog,  
the shimmer of the water ...

Everywhere there are openings  
into other worlds.  
Everywhere the veils are parted.  
My wings beat effortlessly and I fly higher still.  
Looking down, I see life pulsing,  
sparkling, and bubbling.  
Every spoonful of water, air, earth, light  
is teaming with majestic life.

As a condor, I know there is no death.  
I see all life below me as a  
beautiful kaleidoscopic field of  
ever-changing patterns.  
My condor job is to assist life in changing forms  
we are the midwives; we transform life  
from one expression,  
from one experience to the next.

Everywhere I look I see life but  
I am only interested in the life that is ready to  
change into something new.  
I have a deep wise instinct for knowing  
where that change wants to happen.

**We condors honor life above all.  
We know where the openings  
in-between the worlds are.  
We are sacred ambassadors of transition.  
We are seeing if there is a place for us to  
return home to. We haven't gone away,  
we soar in other dimensions.**

**We are watching to see if humans  
are ready to transition.  
To change their thoughts around life  
and death and to once again remember  
that every speck of everything  
is teaming with life.**

**We hear your prayers  
we are waiting for the gateway  
back into the world to open.  
Our way into the world that you humans  
occupy is though the keyhole of your  
fearful thoughts about death, dissolving.**

**If enough humans can make room within  
themselves to not fear death,  
but to instead view life as a sacred series  
of ever changing forms,  
an opening will occur  
and there will be space for us  
to return and resume our rightful place  
as the guardians of life that we are.  
May it be so.**

*This is information I bring back from my  
dreamtime. The condors teach us the level of  
awareness that is required for us humans to  
embody if we are to make room for the condors to  
return to this area. I have been called to witness  
the condor consciousness and to share it so we can  
all participate in bringing these birds, who are  
portals to the Otherworld, back.*

They are watching us,  
urging us on in love.  
~ Namaste

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# The Bhagavad Gita

March/April 2019



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

By Krishna Jaya

## Chapter 2, Verses 66, 67

“The undisciplined lack wisdom.  
They lack one-pointed concentration;  
With no concentration, no peace;  
With no peace, how can there be joy?

When the mind constantly runs  
After the wandering senses,  
It drives away wisdom  
Like a ship blown off course.”

Krishna Jaya:

Krishna is teaching that the way to keep the mind from constantly running after the wandering senses and getting distracted from living in accordance with one's true nature is by one-pointed concentration which ushers in a profound state of meditation and a condition of peaceful calm.

Swami Shivananda:

The mind that constantly dwells on sensual objects and moves in company with the senses, destroys discernment altogether. Just as the wind carries away a boat from its course, so also the mind carries away aspirants from their paths and turns them toward sense-objects.

Sri Eknath Easwaran:

The purpose of meditation is to lead us to joy. It is understandable if we are skeptical in the early going. We may be unable to associate joy with meditation. We may feel the discipline dull and dreary in the early years but the

goal is abiding joy, releasing great capacities for service which lie untouched in all of us.

Krishna Jaya:

This path is classically presented as a long gradual road. It certainly has been for me. If my guru had not plainly told me that I was experiencing a lower stage of *samadhi* (trance) in my sitting practice, I would not have recognized it for what it was because of its very nature: there is no distinguishable separation between self and non-self. To recognize “something” you must identify it as “other.” Mastering the latter parts of the eight-limbed *Ashtanga* yoga path described in the sutras of Patanjali is arduous by any measure. Once you get to the eighth limb, *samadhi*, a long gradual road still remains with the many gradations and subtle stages of *samadhi*. During the journey, you necessarily solidify the foundation of the previous 7 limbs.

Why didn't I get further on this path?

I was too distracted by other things to harness the energies necessary to maintain the one-pointed focus in a sufficiently sustained fashion. Though there have been times in my life when I have had a regular, sustained meditation practice over extended periods of time, there have also been times when the practice has been much more sporadic and haphazard.

I began to go through a shift about a year ago during which I called into question for the first time the whole rationale behind aspiring “to get somewhere” with the practice, that is, to attain a goal of ultimate liberation in some misty future. The implication was anytime I was in some moment of aspiring, it was not good enough. Instead of being grateful for the magic of a moment, any moment, there was an aiming forward in pursuit of release and liberation, a state of consciousness called by many names, but until you abide in it, it is little more than an imaginative exercise intended to motivate sufficiently to provide the impetus to attain. There is the implicit belief that what is being experienced in the present is not enough.

The shift began for me through a re-connection with an old friend. A former roommate of mine when I lived in Santa Cruz from 1975-1985, John Astin, was and still is a singer-songwriter. About a year ago I found myself humming one of his tunes from the old days. Because the technological innovation of youtube makes it possible to access a seemingly infinite number of phenomena both past and present, I thought right away of searching for him performing the song I was humming. Sure enough,

there it was, which then led me to an interview he gave in 2016. Intrigued, I graduated to some of the books he has written. His way of looking within and without in a co-creative dance with life aroused new questions. He writes:

Imagine your thinking is like the wind. Sometimes it blows quite strongly, gusting with a mighty force and power. Other times it's more of a gentle breeze, barely perceptible or maybe even completely still. Whatever it is, make no effort to stop the wind from blowing. Howling or quiet, simply let the air dance, however it dances. Just as the air is never wrong for moving the way that it does, so too with the winds of thinking. Simply let the winds of the mind blow. (*Searching for Rain in a Monsoon*)

This is a radically different point of view from the traditional method given by Krishna in these verses and elsewhere in the Gita. John's suggestion has more in common with Buddhist mindfulness meditation. My sister recently told me about a friend of hers, who is a Buddhist, had reached a stage on her journey where the instruction from her guru was to alternate daily practices. She was to start with a *sadhana* (practice) of concentrated centering with visualizations, mantras, etc., (not unlike the kind of concentration taught by Krishna in these verses) and the next day a *sadhana* of simple awareness experiencing. She was having trouble with the new regimen and went to the guru, describing her blocks around trying to mold the sitting practice in a certain direction, coaxing the thought-process to enter certain channels to produce meditative states deeply beneath life's hustle and bustle. The guru put her mind at rest by saying in so many words: Both ways lead to abiding joy. You need not continue alternating daily, but may stick to awareness experiencing.

My exposure to John's ideas led me from what had been an exclusive reliance on a *sadhana* of inner concentration to simple mindfulness practice. An aid in the process has been a re-acquaintance with some of the teachings of Buddhist teacher, Pema Chodron. Eighteen years ago, I transcribed sessions from a workshop she facilitated (*Awakening Bodhichitta*). My takeaway at that time was how important it is to actually feel your feelings. When feelings are pushed away, you fall out of touch with your heart. This is what had happened to me in my unconscious efforts to repress childhood trauma and other unpleasant memories. I had used Hindu practices to plunge beneath the waves of ordinary thought and feeling in the pursuit of becoming one with the Sanskrit mantra. But

the waves of ordinary thought and feeling are just as real as the ocean's depths. They are not separate. I began the sometimes painful but at the same time healing practice of tuning in to what I was feeling moment to moment, while continuing my Hindu practices.

Pema Chodron said something about mindfulness practice in that workshop that did not hit home then but did this time around: "The goal is to set you free rather than to put you in another cage, rather than to take you out of an uncomfortable cage and put you into a comfortable one."

The deeper chord that was struck upon reading this afresh produced in me an awareness that my focused practice on a form, though instilling in me a peaceful calm, was just another cage of sorts. There is a story about a monk who was living alone in a mountain cave meditating away. He came down into town about once a week for supplies. One day the outdoor market was especially crowded and in the hustle and bustle our monk was stepped on by a passing shopper. He blew his top. What good was all that meditating if he lost his temper over such an insignificant event? There is no reference in the story regarding his method of meditation, but whatever it was, perhaps it's safe to say that some kind of an adjustment was in order.

Pema Chodron continues:

When you meditate mindfully, you spend hours with yackety-yack mind. By getting to know this ego-mind, this small mind, by becoming intimate with it, you begin to connect with the limitless quality of your true nature. Mindfulness practice acknowledges where you are. You see that you have both these things, narrow mind and open mind, and you embark on the journey from a limited and narrow view to a gradually more and more open one.

This year, with the grace of John and Pema Chodron's teachings, I have shifted my approach to meditation and my search for abiding peace and joy. There are many practices offered to find peace of mind amidst the turbulence of life. The trick is to take the correct fork in the road when it presents itself to you. What works during one stage of your life may or may not keep on working. The challenge is to remain open to new promptings and new possibilities so that you may successfully traverse the ebbs and flows of changing times in accordance with the inclination of your daemon's guiding spirit.



# MOON CYCLE AND TAROT

## Partnered Up for Manifesting!

By Mari Wilson



For the last couple of years I have been working with the moon cycle and using Tarot cards at each phase of the cycle to build a practice of manifesting. Several adepts at this practice offer books and guidance, and there are groups online that work with these principles. I want to share some thoughts

about it with you, and include a tidbit of new information that has been taken from a book that was recommended to me by our local healers, Jahnan Derso and Maya Cooper.

Basically, each New Moon occurs within a zodiac sign. As the full cycle of phases unfolds, the beautiful moon glides through each of the signs, offering an opportunity for us to see how our own natal chart is being touched and impacted. By using Tarot as a divination tool, we can go a bit deeper and glean out the wisdom the card is offering us, and whether it be encouragement to go with greater strength or caution to move with contemplation. The process allows us to begin the cycle by setting an intention, and then use each of the phases to nurture that intention into manifestation. Using a journal to keep track of the Tarot messages also gives us an additional tool to aid in meditation, contemplation and action.

Before the New Moon, be intentional. Decide what you would want to create and think of planting that intention like a seed. At the Crescent moon, see that seed taking root. At the Full Moon see it come to flower, and at the Last Quarter see the fruit that is produced. Using the Tarot to offer insight into the energy we have surrounding us and how our intention is energized by what surrounds us is a fun way to stay in tune with the cosmic turnings, connect ourselves to that rhythm, and gain sweet insight into our Tarot learnings.

As I write this, we are in the Aquarius lunar cycle, which began on February 4th with the New Moon. It's not too late to play this game, so here are the rules:

Take your Tarot deck and select an intention, or seed card. Set it aside. Shuffle the deck and separate it into four stacks of cards.

**From stack One** take a card from the middle. This will be your Root (Crescent) card.

**From stack Two** take the card that is on top. This will be your Shoot (First Quarter) card.

**From stack Three** take the middle card. This will be the Flower (Full Moon) card.

**From stack Four** take the bottom card, this is the Fruit (Last Quarter) card.

Lay the five cards out in a pattern that resembles a circle, with the Seed card at the top, the Root card next to it, the Shoot card at ninety degrees from the Seed, the Flower directly opposite the Seed and the Fruit card opposite the Shoot. If you are familiar with the meaning of each card, apply that meaning to inform you how it will impact the completion of your intention, or use the associated guidebook that comes with most decks to give you insight. At the Balsamic moon (that last sliver of light before the moon goes dark for the next New Moon) you can select your next intention as you prepare for the next opportunity to manifest!

Now, for the book! The book titled, *The Invisible Garment (30 Spiritual Principles that Weave the Fabric of Human Life)* by Connie Kaplan was recommended to me by Maya. Although it is listed as being out of print I was able to obtain a copy from Amazon in two days. In this book, Kaplan details how the degree placement of each planet in the birth chart relates to a principle that guides us and creates this invisible garment.

I applied the information to this New Moon in Aquarius. And it was stunning. I could not NOT share it! It works like this:

### **The garment is constructed in the following priority:**

**Sun** the primary life purpose

**Moon** the principle of mastery we bring into this life  
As represents our personal ethic

**Mercury** represents how our personal mind communicates to the Cosmic Mind

**Mars** indicates how we relate to the body we inhabit

**Venus** represents our emotional body relationship

**Jupiter** supports luck and expansion

**Uranus** supports our uniqueness and authenticity

**Saturn** offers support for limitations in our perception

**Neptune** assigns our connection to group support  
**Pluto** tells us our ultimate victory over life  
**Mid Heaven** is our essential self

SO, for this New Moon the following statement sums up the garment principles (and I am planning to apply them for the entire year, since the Chinese New Year coincides with this New Moon).

The main purpose of this cycle (year) is to live TRANSFORMATION; TRANSFORMATION is the primary support in this project called life. GRATITUDE, SERVICE, RANDOMNESS and INNOCENCE create the personality through which this cycle will best express TRANSFORMATION. FOCUS, LOVE, TRANSFORMATION, TRANSFORMATION AND HARMONY are the Cosmic silent partners in this cycle (year). And on behalf of ECSTASY will the blessings of this cycle be delivered.

Alright, you need to know the full set of associations, so here they are:

**0: Placement 15: Resistance (Transformation)**

**1: Innocence 16: Unity**

**2: Purity 17: Attraction**

**3: Memory 18: Focus**

**4: Beauty 19: Service**

**5: Extension 20: Gratitude**

**6: Regeneration 21: Harmony**

**7: Generosity 22: Dreaming**

**8: Goodness 23: Randomness**

**9: Awareness 24: Humility**

**10: Reciprocity 25: Desire**

**11: Flowering 26: Silence**

**12: Creativity 27: Peace**

**13: Intelligence 28: Love**

**14: Ecstasy 29: Movement**

Of course the book offers wonderful deep details, and I am only teasing you with this tidbit. But, ain't it something!?!

We are being cosmically energized for major transformation. The word for the principle is actually 'resistance', but when you read the description of the principle it is actually transformation, because it is resisting what is old and no longer functions.

With Venus in Capricorn this seems so wonderfully full of capability; we can transform what no longer works into something beautiful, delightful, sensual and nurturing. Let's do it!

Love to all.

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**Tarot** carries us into the arcane to teach us about our souls, our hearts and draws us into contemplation that can bring beautiful insights.

**Astrology** gives us a picture of our purpose, our gifts, our hardships and struggles.

- Are you interested in learning more about our beautiful Luna, and her cycles?
- How to use the cycles to set intention, plan, act and harvest your goals?
- Would you like to understand more about Tarot, and how your energy is passed into the cards when you choose them?
- To see how the energy and message of the Tarot informs you in the cycle of intention through harvest?
- See how the movement of Luna within her cycles can be used to help in manifesting with intention?
- Learn how planetary alignments impact and activate different houses in your natal chart?

If you said yes, then you may want to attend one of the introductory sessions I am offering about the blending of these mysteries.

## **An Introductory Class Offering**

**Monday April 1st at 2:30**

**Saturday April 13th at 12 noon**

This introductory session will give an overview of how we will work as a circle of souls to set intentions, see our energy as it is found in Tarot and combine this with astrological energies to build a path toward creating our own life as we intend her to be.

Following this introductory session you will be able to decide if participation in this circle each month will be something you wish to continue. See full class description in the calendar online at [www.wholisticheartbeat.com/events](http://www.wholisticheartbeat.com/events)

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## -TRIALS OF UNREST-

BY OAT JONES



This world will hit you with test after test,  
Until you start to wonder what's next.  
Will you be knocked down or blessed?  
Just stay strong and keep doing your best,  
When you get put through these trials of unrest.  
Most people will choose to stay in their nest,  
But the truth is,

You learn more when you stretch  
your wings out instead.  
We all have a choice and we decide everyday.  
Most will give in to this game,  
But there are still few that will decide to play.  
There will be people looking over your shoulder  
trying to cheat.

Don't let them bring you down  
and remember they are there  
Because they are too weak.  
Stay humble and be grateful  
for where you are everyday.  
Remember who you are and know  
you are always rising to your peak.  
You control your tomorrow  
by the things you do today.  
Never look down and learn to embrace defeat.



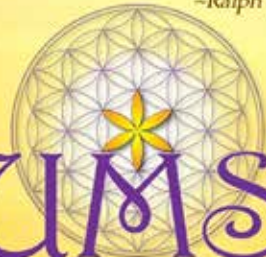
Artwork and Poetry by Carol Pridgeon

## Freedom's Pace

They thunder past  
We stand in awe  
A mysterious knowing we can't recall  
Begins unwinding in our breast  
This powerful force feels like death!  
We gasp and writhe as we transform  
We are made new  
We've been reborn  
We've shed the veil of what's not real  
It is our Truth that's been revealed  
We are the same  
It is our Grace  
To run with them  
At Freedom's Pace



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




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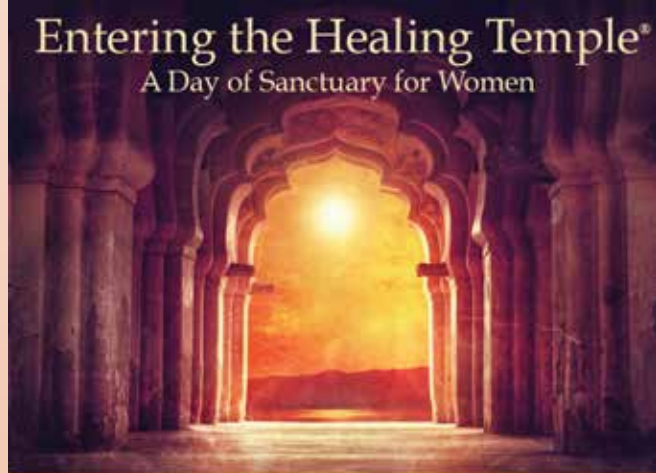
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Hardships often prepare ordinary people  
for an extraordinary destiny.  
- C.S. Lewis

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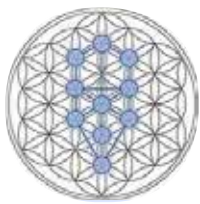
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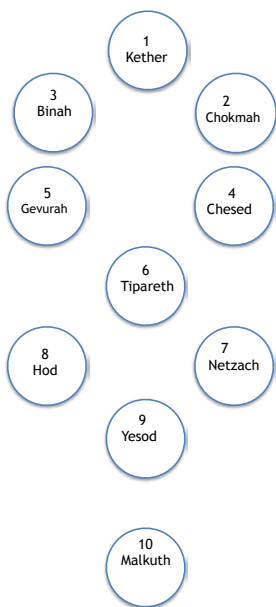
March/April 2019

# Tarot Wise

By Carolyn Ayres

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

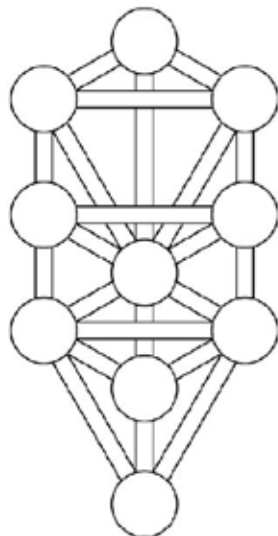
## The Journey of Ascension



So the last Major tarot card we looked at was the Wheel of Fortune in November of 2018. With the Wheel of Fortune we are at the bottom of the Tree of Life with the Tens at Malkuth in our physical reality. **(See image to the left)** The next card in our exploration of the Major Arcana of the Tarot on the Tree of Life would be Justice, or Adjustment in the Thoth deck. But that card will need to wait until my next column because I first want to explain how I teach the Majors on the Tree of Life. And, it is

time for a review. I have been explaining the Tarot on the Tree of Life for maybe five years now. A quick review might be a good idea. :-)

The traditional way that the Majors are explained on the Tree comes from the magical society of The Golden Dawn from which our modern Tarot sprang. This group of men and women were the first to officially place the Tarot on the glyph of the Kabbalistic Tree of Life in the late 1890s. They made several changes to the Hebrew Tree of Life, which I won't go into here, but the Tree of Life has 22 paths which correspond

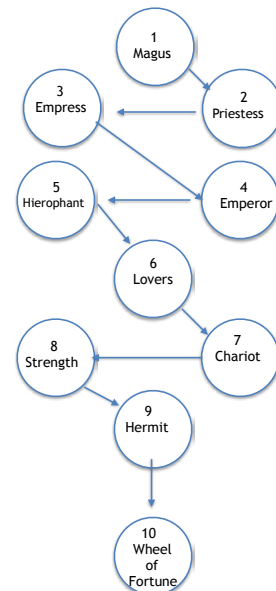


to the 22 Hebrew letters. These paths connect the ten sephirote, symbolized by the spheres, which can be seen as aspects or dimensions of the Divine, Cosmic Source or God. **(See image below left with paths connecting spheres)** There are 22 Majors in the Tarot, so a connection was made between the paths or navithoths and the Tarot. You can find great images online of the cards on the paths. **(Just Google Tarot Major Arcana on Tree of Life image.)**

You might vaguely remember, several years back, my columns about the Minor Arcana. How the sephirote number One through Ten and that there are four Trees of Life for each world or dimension of Spirit, Soul, Mind and Body. This idea of four worlds with ten dimensions corresponds with the Tarot Minor Arcana with its Ace through Ten in four suits. And Voila! A pack of cards with a mysterious past is magically transformed into a map of an extensive esoteric system.

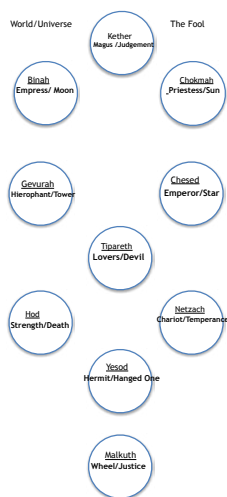
As I began my research to teach the Majors on the Tree, I discovered another way of looking at these Archetypes which originated from an essay in the classic *Tarot of the Bohemians*, written by Papus around the time of the Golden Dawn, 1896. This essay by Francois Charles Barlet connects the last ten Majors to an ancient initiation process of the Greek Neopythagorean philosopher, Apollonius, a contemporary of Jesus of Nazareth. Apollonius of Tyana was said to have been initiated into the Arcanum of Egypt in the Great Pyramid. I am not going to get into detail here which can take you down a wonderful rabbit hole, but I found that this approach is much easier to understand then just focusing on the Majors as Paths, that is, the experience of moving between the dimensions of the sephirote.

In this approach, theorized in the essay by Barlet and then expanded by Michele Jackson online, the first eleven Majors, the Fool to the Wheel, can be seen as the process of Involution, the Divine coming into human form on the Lightning Path of Manifestation. This method aligns each Major's number to a Sephirote. **(See the image here to the right).** With this method, the Lightning Path of Manifestation still corresponds to the Minor Arcana, Ace



through Ten, but as you can see, the first ten Majors are also numerologically connected. The Fool, as the 0, as the essence which travels is then placed outside the Tree.

In this system, we come to the bottom of the Tree in our physical reality of Malkuth, we are with the Tens of the Minor Arcana, the end and the beginning. And, we are also in the process of the Wheel of Fortune, which is also a Ten. At the Wheel, if you remember, we can choose to continue our spinning karmic lives or choose to crawl to the hub of the Wheel and begin the process of ascension. We can then walk through the paws of the Sphinx as a neophyte preparing for initiation into the Mysteries. Or, in alchemical terms, the Great Work of shedding the entrapments of existence on the physical plane so we can come back



to our divinity, our “gold.” The next ten Tarot Majors from Justice/Adjustment to the World card show the way back as the Path of Evolution, an initiatory path of Remembering, the Path of Redemption. It is on this path that we come back to the realization of our multidimensional Self. But we don’t really go anywhere. We are still here in this reality. But, by going through the process of coming back to our divinity, we can then create Heaven on Earth.

And as Joy Vernon says in her Tarot Tree House post, as we climb up the Paths of the Tree “toward the Divine, so the Divine can reach down toward us.”

You may also remember, from my past columns, that each sephira, sphere, emanation on the Tree diagram, represents a level of consciousness. With the Wheel of Fortune as a Ten we are in Malkuth, the lowest level of consciousness, our physical reality. So when we place the last ten Majors on the sephirote going up the Tree, we end up with a pair of Majors in each spheric dimension. **(See image above right)** We are then given a tiny sense of what it might mean to ascend the Tree, to come into our Whole Being as Spirit, Soul, Mind and Matter.

Enough talk, let’s do a reading about this idea of becoming All of who we are, of what it might feel like to begin that process.

## Reading at the Turning of the Wheel

The Great Work of returning to our Divinity begins when we recognize that our perception that we are separate from All That Is, is not true. Are you ready for the Great Work? Are you ready to stop cranking up the Wheel of Karma?



How can we practically use the intention of Kether, number One on the Tree, to manifest our Highest Self here on Earth? Refer to one of my diagrams in this article to orient yourself. Notice I am taking you up through the worlds of Pentacles/Disks, Swords, Cups and Wands.

1. Draw a card for you in Malkuth at the bottom of the Tree, in the body, the Temple of the Holy Spirit.
2. Draw a card for your tension/resistance around this choice of ascension.
3. Draw a card for your Intellect trying to grasp the concepts of spirituality, the Tree of Life.
4. Draw a card representing any egoic tension getting in the way of your understanding.
5. Draw a card for your Soul in dissolution of Karma.
6. Draw a card for any egoic tension around this dissolution.
7. Draw a card asking for a message from your Spiritualized Self. First, look at the card. Then take a moment to go within to receive this message.
8. Draw a card for how to turn up the volume in order to hear more clearly the Call of Ascension from your Higher Self.

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

# Diving Deep: Facing our Greatest Challenges - part 2

By Christine Johnson

The past few months have been so intense that the need to augment the technique described in last issue's article is clear. Pieces were missing. Isn't it funny how when you talk the talk, life makes you walk the talk?

The first piece to add to the technique is an addition to Step 1: Feeling, identifying and accepting the painful feeling. The addition is Embracing the feeling. Embracing the feeling is such an important part of healing that an entire book comes to mind on this topic, Loving What Is, by Byron Katie. This book is wonderfully helpful if you're challenged by embracing challenging feelings. After the feeling is acknowledged, named and accepted, it leaves a void. A void devoid of heart. It needs to be filled with love. The feeling was meant to be there because it's there. It has a divine purpose. Embracing the feeling will lead to new revelations and deeper acceptance. This is the essence of the Ho'opono'ono prayer, creating a void where there was disturbing energy and filling it with love.

Embracing the feeling "worthless," which was used as a simplistic example in the last article, brought up the question, "What does have worth?" Contemplating this question allowed me to solidify my belief that everything has worth, simply because it is here. And it brought up the fact that some things feel like they are worth more. These are our values. They are unique to the individual, subjective, and help define our identities. Yet, all things are created

equally, all have worth. Embracing the feeling brought me new revelations and deeper acceptance. Ahh!

Another piece that came since the last article is the need for us to stay detached from the process and outcome of this healing technique. When we go into the Unknown with this technique, divine solutions will come from our Higher Selves. These solutions are likely to exceed our expectations.

Honoring the healing process helps us stay detached. Each healing process is unique, so it will look different for each

of us. It probably won't help us to compare our process with others, unless it helps us to understand our process. Additionally, no matter what someone else's process appears to be, the healing process is equally difficult for all. In fact, healing our greatest challenges is Supremely Difficult! Our greatest challenges are the lessons we came to Earth to learn. Let's honor ourselves for tackling such huge challenges!

Holding onto ideas of what our healing process should be like keeps us attached to the process, and will limit and hinder our healing. Sacrifices may have to be made. We may not be getting what we want from someone. Since we can't make them, we need to give it to ourselves. Then we can feel better and they'll be more able to give it to us too. Staying in touch with, trusting, and acting on our feelings will navigate us through the healing process.

Beliefs have revealed their power over our lives over these past few months. This motivates me to again emphasize the importance of our basic beliefs about the world, i.e. our relationship with the world. These beliefs innately influence our every thought and experience. Truly, our beliefs are the only lenses in which we can see. It is worth the time and effort to work with these beliefs, and doing so has profound effects. Trust that everything is happening for the best, because it really is! Once we truly trust, no fears can shake our grounded knowingness. It's an awesome and powerful feeling, and available to all of us.

The Diving Deep process can be profound if we are committed to doing the healing work. And there will probably



be more pieces to add along the way. If we are diligent and love ourselves very much, we will find peace and acceptance. We will find what we are supposed to find. Namaste!

Christine Johnson is a Quantum Healing Hypnosis Therapy (QHHT) practitioner with massage and energy work training, mother of three, and has her BS in marine biology. She is passionate about this fun and incredible healing therapy and loves sharing it with the world. Sessions are typically 4-6 hours due to the therapy's in-depth nature. In-home sessions are available. She is available at 707 407-5050 (call/text) or [qhhtfuture@gmail.com](mailto:qhhtfuture@gmail.com) to schedule sessions and answer questions.

....



In the medicine that I practice, Traditional Chinese Medicine, it is understood that sex governs the heart. By this I mean that the energy responsible for nourishing the heart comes from your sexuality.

When sexuality is nourished, when you live in that part of yourself, when you feel pride and richness and curiosity and satisfaction sexually, your reality changes. Your view of the world improves. The heart, again, from the TCM frame of reference, is responsible for regulating your perspective of life. The heart is the lens through which you see all things. This is a primary energetic dynamic in all people, in all cultures.

Honoring the majesty and holiness of your sexuality.  
-Felice Dunas Ph.D.  
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— George Addair

# Why Mirroring is So Important

By Michael Jason Sherman, MA



You ever find yourself in this situation?

You ask a friend, “Hey man, I went on this great hike. Can I tell you about it?” And your friend says, “Oh man, I went on this great hike, too. We went up to the top and had this great view. Oh man. It was so cool. Anyway, hungry? There’s Thai somewhere.”

Situations like this happen to all of us. We want to be heard and wind up getting spoken to. And it’s really an epidemic in our society that we don’t know how to receive another person. Nor how to be received.

That’s why the practice of Mirroring is so important. Mirroring Communication is a practice that involves doing something crazy. Totally insane. Get this. One person asks to send a message, and the other says, “I’ll receive.” And the sender sends the message. And the receiver says, this is what I heard you say. And repeats it back.

Whoever would have thought it could be that easy to be understood?

Well, actually, it started with Dr. Harville Hendrix, who developed a theory and therapy style called Imago, the latin word for mirror. He wrote a book called *Getting the Love You Want: A guide for couples*. But what I have seen is that mirroring as a practice—think Tai Chi, but with listening and communication—then we’re simply working with energy by hearing what the person has to say.

Yes it’s that easy.

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Mirroring as a practice leads to the development of a muscle that makes just about anyone you interact with feel heard. It puts you in a place as a loving, honest presence, who simply likes connecting, and especially—interacting with you. You learn it so that you can see people as is instantly, and that is as much a fascinating joy for you as it is soothing and validating for them.

It is a worthy practice. But it also is so super uplifting to feel the ease of being you—and being seen as is. I teach **The Power of Mirroring as an ongoing drop in free class every Thursday at noon in Eureka, at The Connection**, the holistic space associated with the soon to open second HPRC dispensary on 4th and F. I hope to see you there.

*Michael is the author of The Zen of Solo Travel: A Journey from Anxiety to Enlightenment. Check out his book at <http://www.thezensolotravel.com>.*

\*\*\*\*\*



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*\*Marina is a Grandmother Earth Keeper, Lightworker, Feng Shui Master and Reiki Master*

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teams.**

I have 36 years in my healing practice and have multiple tools to support your awakening. I am inspired that in this unique time on Earth, the Beings of Light, Angels, Elemental Kingdoms, (to name a few), and our own High Selves, are quite accessible to us for support, healing and insight.

### New Communion Class in April

Learn Kinesiology (commonly called dousing/muscle checking) as an ascension tool.



**ORACLES**

**Marina Pierce, CMT, CMH, MA**

707-496-9568 \* [marinapierce@gmail.com](mailto:marinapierce@gmail.com)

# ISIS OSIRIS HEALING TEMPLE

Suite #48, Sunny Brae Centre in Arcata -707-825-8300

## Wholistic Heartbeat & Healing Path

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



### Every Monday @ Wholistic Heartbeat

1660 Central Ave, Suite A in McKinleyville

Healing Path Presents, by donation - **WELLNESS CLINICS- 10:00 AM - 12:30 PM** Drop in, by donation, no one turned away for lack of funds. Come for a cup of tea, a sample of holistic bodywork and a healing reprieve to your week. Suggested donation \$5-20. Join our mailing list (email us at [info@HealingPathHumboldt.org](mailto:info@HealingPathHumboldt.org)) or Check the event page on [WholisticHeartbeat.com](http://WholisticHeartbeat.com) for up to date info about current Practitioner offerings.

### Every Monday @ Wholistic Heartbeat

1660 Central Ave, Suite A in McKinleyville

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

### Every Tuesday Evening @ Isis

Suite #48, Sunny Brae Centre in Arcata

Healing Path Presents, by donation - **REIKI-COMMUNITY-STYLE** is being offered at Isis #48. Everyone is welcome **from 7:00-9:00 p.m. No Appointments Necessary.** First Come, First Served. Suggested Donation \$5-\$20 Call/Text John Gracy at 406-223-2002 or Maya at 707-825-8300 for more info. **Come for the Reiki and stay for a mini Tarot Reading with Bridgit Tyler** - Tarot reader, psychic empath, compassionate soul, and energy worker. Also **Psychic Reading with Jesse Austin**, "My psychic Medium therapy sessions are intended to promote the healing and happiness of the self, via the spirit ..." Sign up guidelines with Jesse: 30 minute readings - New clients - Donation. Established clients (with Jesse) -\$25 - \$45 (client chooses final amount after reading.)

### Every Friday @ Isis

Suite #48, Sunny Brae Centre in Arcata

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

### Sat. March 24th 2:30-5:30pm @ Isis

Suite #48, Sunny Brae Centre in Arcata

**SHAMANIC JOURNEY AND ACRO YOGA:** Water Element Workshop - Let the magic of the water element connect you deeper to your emotions and your own empowerment. Facilitated by Chelsea Varin and Marta Fabregas. Contribution \$20 - Book your space by contacting Marta at 415-314-3492 or [saranandainti@yahoo.com](mailto:saranandainti@yahoo.com)

### Tues March 26th & April 30th 6:00-7:00pm @ Wholistic Heartbeat

1660 Central Ave, Suite A in McKinleyville

Healing Path Presents, by donation - **YOGA SEVA DROP-IN WITH JAIME POWELL** a guided Vinyasa practice for all levels. Come early, space is limited. Jaime practices and teaches Yoga in Arcata, McKinleyville and Trinidad. She believes that growing into conscious evolution takes a lifetime and that with an open heart we can transition through the growing pains with love, awareness, and grace.

### Thursday March 28th - 10:00 am & Saturday March 30th - 2:00 pm @ Wholistic Heartbeat

1660 Central Ave, Suite A in McKinleyville

Healing Path Presents, by donation - **PRACTICAL HOMOEOPATHY WITH JAHNAN DERSO:** She will be

offering two introduction classes. In this one-hour introduction I will elaborate on: the history of homeopathy, the differences between classical and practical homeopathy, a brief explanation of dosage, potency, and frequency, and how you can attain the ability to confidently use a premiere remedy.

**Saturday April 20th 11:00am-1:00pm**  
**@ Wholistic Heartbeat**

1660 Central Ave, Suite A in McKinleyville

Healing Path Presents, by donation - **SAFER PERSONAL CARE AND WHY IT MATTERS:** Environmental toxins can greatly impact our health. Specifically, daily exposure through our personal care products. Please join us on April 20th from 11:00am -1:00pm to learn how you can make safer choices in this dangerously unregulated industry. Beautycounter is changing the industry by advocating for more health protective laws, empowering consumers, and offering beautiful, effective non toxic products!

**Sunday April 14th & April 28th -**  
**1:00-2:00pm @ Wholistic Heartbeat**

1660 Central Ave, Suite A in McKinleyville

Healing Path Presents, by donation - **BULLET JOURNALING - DO YOU JOURNAL?** Do you have multiple journals, planners, notes, or post-its everywhere? Are you looking for a new way to stay organized with thoughts, ideas, schedules, and plans? If this is you than perhaps you'd like to learn about the Bullet Journal method? A method of keeping track of it ALL in one place! This concept was created by Ryder Carroll to "track the past, order the present, and design the future." Check it out online [bulletjournal.com](http://bulletjournal.com) or come to an intro class. Be sure to bring a journal or notebook and a pen or pencil. (A more in-depth class will be offered on May 5th from 1:00-2:00pm for a sliding scale fee of \$10-20.)

**Tuesday April 23th - 6:00-7:30pm**  
**@ Wholistic Heartbeat**

1660 Central Ave, Suite A in McKinleyville

Healing Path Presents by donation - **YOGA CHATS - ETHICS -a coming together of yoga teachers and serious practitioners.** Like minded community members gathering to talk about yoga. Mutual Communication, collective listening and group sharing. Presented by Jamie Powell and Ashley Paz.

**Friday April 26th - Monday April 29th**

Contact Kausalya for location directions

**ORIGINAL JAPANESE USUI REIKI** Teachings with Kausalya - **Jikiden Reiki Shoden Level I** on Friday, April 26th & Saturday 27th from 10am to 6pm price \$350. **Jikiden Reiki Okuden Level II** (practitioner level) on Sunday 28th & Monday 29th from 10am to 6pm, price \$400. Please call Kausalya (Denise) 707-382-2779 for information & registration

**For Sale In Humboldt**

**ARTS 9 ACRE WOOD:** SUSTAINABLY HARVESTED: firewood, redwood lumber, simple cheap rocking chairs, redwood shelves and bookcases, oak shiitake mushroom logs, silent wind chimes, free sawdust! Phone 707-499-3121

**Ongoing In Ashland**

**SPIRITUAL MESSENGER FOR THE 7TH GOLDEN AGE.** Humanity as a Whole is Transcending. My Mission is to Educate your Body, Mind, Soul with Honesty, Awareness, Re-Sponsibility - Re Creation! Awaken to True Self with Divine Light and Divine Intelligence. Om Mani Padme Hum! ♥ Contact Dana Biondo at [safespace-spiritualcoaching.com](http://safespace-spiritualcoaching.com) or 541 499-4202.



**ARCATA MASSAGE COLLECTIVE**  
Formerly Arcata School of Massage

Same Great Therapists  
Same Great Price  
NEW Online Booking  
One-Hour Massage \$50

Find Your Therapist At  
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We are no longer working at the massage school on South G, but we are still going strong.  
Now book your appointments directly with the therapists online, and work with us in our lovely private offices.





growing together in a heart centered way

Offering a supportive network  
for healing arts practitioners, wholistic  
education and drop-in wellness  
clinics for our community.



a DreamMaker Project of the Ink People

Proudly sponsored by *Wholistic Heartbeat* and **ISIS HEALS**



[HealingPathHumboldt.org](http://HealingPathHumboldt.org)

# Healing Path

- Try Something New \* Meet Your Wholistic Community -



## Wellness Clinic

Drop Into Wholistic Care  
By Donation

Drop-in Monday Mornings  
from 10:00-12:30

Spring Sample Session Offerings:  
Polarity Therapy with Jahnna Derso  
Reiki with Maya Cooper & Special Guests

Followed by a Free Healing Peace Meditation  
with Maya from 1:00-2:00

These services are brought to you by the dedication of our healing practitioners.

Suggested donation \$5-20 but no one will be turned away for lack of funds.

Join our mailing list to stay informed \* Text/Call for more info

Clinic is Located at Wholistic Heartbeat - 1660 Central Ave, Suite A in McKinleyville

707-496-6616 \* [info@healingpathhumboldt.org](mailto:info@healingpathhumboldt.org)

[HumboldtHealingPath.org](http://HumboldtHealingPath.org)





# Healing Path Offers

## Healing Nights at Isis

Energize Your Week ~ Energize Your Life!



Come and receive Reiki healing from John Gracey and our gifted team of volunteer Reiki practitioners.

## COMMUNITY STYLE REIKI & MORE

EVERY TUESDAY  
Drop in from 7:00-9:00 pm



Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing.

It is administered by "laying on hands" and is based on the idea that an unseen "life force energy" flows through us and enlivens us.

More than 60 U.S. Hospitals have adopted Reiki as part of patient services, according to a UCLA study, and Reiki education is offered at 800 hospitals

- The Washington Post



Suggested  
Donation  
\$5-20

Pictured here:  
John Gracey - Reiki  
Cheryl Ash - Deeksha  
Ellie Rau - Reiki  
Bridgit Tyler - Tarot



Reiki  
Deeksha  
Tarot  
Sound  
Healing  
Readings



Call John 406-223-2002 or Maya 707-825-8300  
Isis Osiris Healing Temple, 48 Sunny Brae Centre in Arcata