

Isis Scrolls

Healing Occurs as Perspectives Shift

Who is Isis?

She is the **GRIEF** you feel when you realize something **Essential** is missing from your life

She is the **COURAGE** to begin the Search For Yourself

She is the **PERSISTENCE** to leave no part of you **Disowned** and **Uncollected**

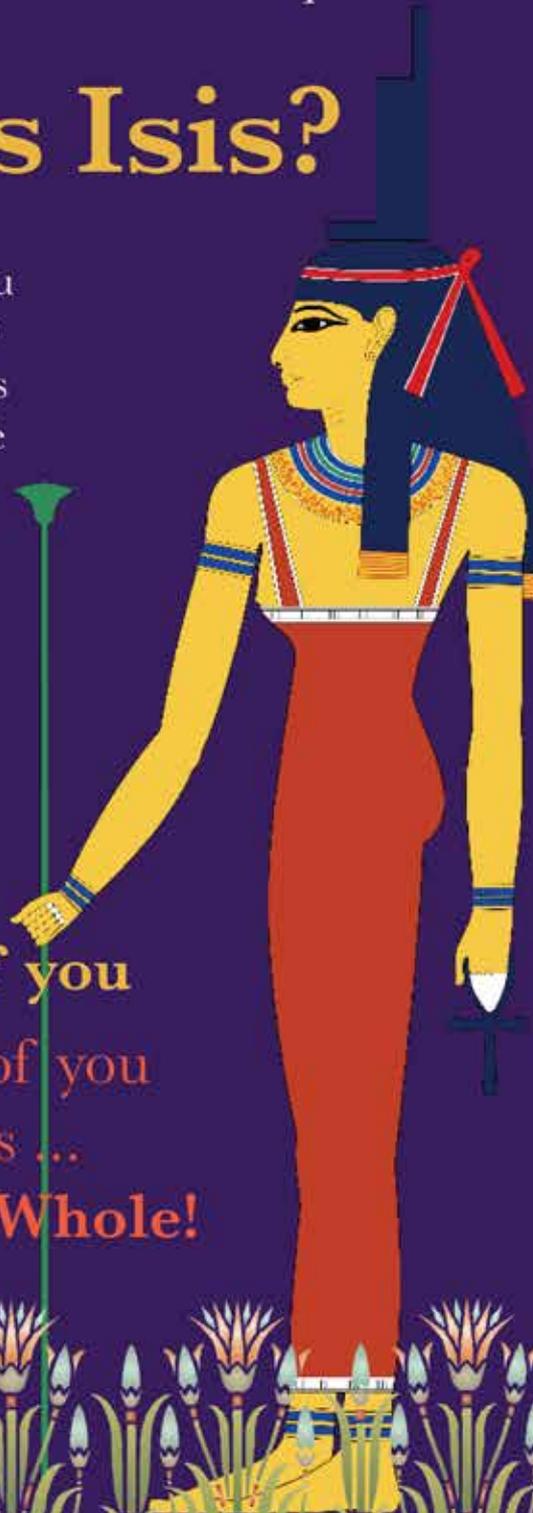
She is the **MAGIC** that **Breathes Life** Into You

Isis is a part of you

She is the aspect of you that remembers ...

You Are Already Whole!

She is the **RESURRECTION** of Your **Essential Self** Into Your **Everyday Life**



Celebrating Isis

By Maya Cooper

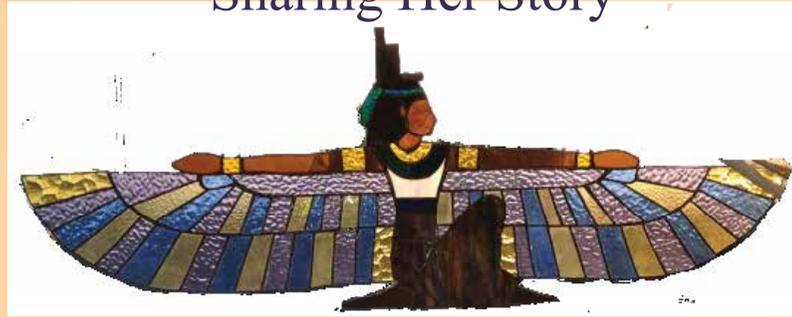
When we opened under the name The Isis Institute of Integrated Healing Arts in July of 2001, we never really imagined how strongly The Great Mother Goddess Isis would influence us.

Isis quickly became a grounding force within the walls of our healing rooms, influencing our lives and our healing practices and shaping our interaction with the community through The Isis Scrolls.

Now that I look back and reflect, I can see how Her story has woven itself through all areas of my life. She has become so much more than a name that I work under. She has become the Energy or the Perspective that I have immersed myself in, and is reflected throughout my life. (I will be sharing more about this in an upcoming issue of the Isis Scrolls.)

Examined from a metaphoric/archetypal perspective, I can also see that, throughout the years, the *Isis Scrolls* has attempted to collect the wisdom of the local healers much as Isis collected each valuable piece of Osiris. We created a format that brings these healers and healing places *alive* for our community. So wherever you are on your healing journey (the journey of Isis and Osiris), you have the tools and information necessary to choose the practitioner that resonates with your soul. You can creatively empower yourself (you are Isis) and become aware of the magic within: growing beyond your limitations; transforming your life; giving birth to your metaphoric Horus which is your wholeness. Wholeness is a state of awakened remembrance of our core essence in our daily lives.

Sharing Her Story



My Name is Isis

I am one of the most important goddesses of ancient Egypt. I am associated with motherhood, marriage, love, sexuality, health, healing, immortality and magic.

From before 3000 B.C. until well into the second century, the Egyptians worshiped Isis (eye-sis) as the Great Mother Goddess of the Universe. (She was also worshiped in the Roman Empire, Greece and Germany). In Egypt, She was considered the source of all life, the nurturer and sustainer of fertile soil, seeds (renewable abundance), water, medicine, weaving, architecture, magical wisdom, language, the arts, marriage and childbirth.

When the Egyptians gazed into the night sky, they saw Isis in the star Sirius or, as they called it, Sothis. This is the brightest star in the Canis Major constellation. Isis was actually named Au Set by Her people, the Greeks later translated the name to Isis.

Isis is often pictured with either a throne which denotes Her majestic position, or a disk nestled between two cow horns upon Her head. The horns are representative of the sacred celestial cow which provides the milk of life. The disk associates Her with the sun. She is seen as the Mother of the sun. She is also shown with the cobra, Ua Zit, on her forehead. Ua Zit is the wise Goddess who assisted Isis in giving birth to Her son, the Falcon God Horus.

As the legend begins, the elegant Mistress of Heaven, Nuit, Nu or Nut (who is pictured naked and arched over the Earth) and Geb the Earth God came together and gave birth to Isis, Her sister Nephthys, and two brothers Osiris and Set.

When Osiris was born, a great voice was heard at the temple crying that the Lord of All was entering into the light. His name was As-Ar or Us-Ar, and He was identified with the constellation of Orion the Hunter.

Eventually they were married off in royal pairs, Set to Nephthys and Osiris to Isis. Isis and Her husband/brother Osiris were very much in love and content with their life. It is said that they fell deeply in love with each other while in Nuit's womb. Together they ruled in peace and light. This enraged their brother Set who was jealous and unhappy to begin with. He

sought to destroy them and thus murdered Osiris, tricking him by sealing him in a wooden coffin and sending him drifting down the river which led out to the Great Sea.

When Isis heard of the news, She began the long journey to retrieve Osiris' body which had become ensnarled in a tamarisk tree in Byblos, Syria.

Isis returned home with Her husband's body and hid it on the Isle of Chemmis, in the delta. But before She could honor Him with a proper burial, Set stole Osiris and chopped him into fourteen pieces, scattering them along the Nile.

Isis, grieving, devoted and determined, floated on a barge along the Nile, retrieving each piece of Her beloved. The only part not found was Osiris' penis, for it was rumored to have been fed to the fish by Set. Undeterred, Isis fashioned a penis of gold and breathed the breath of life into Osiris' heart. Using Her magical powers, Isis fanned Him with Her holy wings, and with the strength of Her love she brought Him back to life (remembered Him), conceiving a child with Him.

The reborn Osiris could have reclaimed His throne, but He preferred to maintain His kingdom in the Land of the Dead which was not some dark and dismal place but one of light and love. From here He could help mediate the divine energies of the underworld and the earth realm. Osiris is the quintessential Sacrificial King.

Isis subsequently gave birth to Horus, "The Great One", whose eyes were the sun and the moon and who was considered the Savior who would bring light and love to the earth and subdue the malicious forces represented by Set. Sound familiar?



Isis ruled with Her son Horus on Her holy lap. When the temples of Isis were turned into Christian churches, Isis with baby Horus on her lap became The Virgin Mary and Her son, Jesus.

Isis serves as an example of the nurturing aspects of wife and mother as well as magical wisdom. You can honor Her by spreading your wings (arms) open wide in a gesture of awakening and receptivity, counting your blessings and remaining open to the abundance the Universe is offering.

**In 2005 we changed our name to "The Isis Osiris Healing Temple" to honor the divine masculine frequency as well as the divine feminine and bring balance to ourselves and our healing space. The energetic shifts we have made since inviting in this energy have been liberating.*

Resurrecting Osiris

I am watched over by goddesses as Isis concealed her husband in her curtain of hair, as she veiled my body in light. The fragrance of her perfume falls over me - her hair! I am under its spell, drunk with love, entwined in arms of splendor, born in magic, engendered in dream, caught up in a world of existence. The weight of the heart is severed from me. I am drifting off, spinning, burning, waxing, and waning. I am taking form. I am embraced in her thighs a million years. I am the body of her lover, full of awe and passion. And the mortals spin round and round beside me. I am refreshed. I come into being.

Now I seize darkness by its arms and shake it. The souls of ancient swallowed Gods fall out of the belly of obscurity. The old, the few and the forgotten walk back into being with me. I am bringing home the world. I am triumphant. My wife kisses me twice. I bring to form the man I am, the thoughts I imagined and the worlds I dreamed. The bones of my head burst into flame. I shoot fiery arrows into night's darkness and they are like falling stars, messages of light. I live according to what I know and love, the healing of words, the healing of herbs, the stealing of kisses, the pleasures and duties of men.

I live in the eye of the lady of flame. I am light reflected by Hathor's mirror. The words of goddesses are bright and shining in my mouth. I create myself. I am the God's secret. I have seen the great fire of perhaps, the beacon of possibility. I awake in the liquid light of a vision. Now Isis stands up and combs back her hair.

"Awakening Osiris: A new Translation of the Egyptian Book of the Dead," Translated by Normandy Ellis. Phanes Press 1988, pages 85 & 86

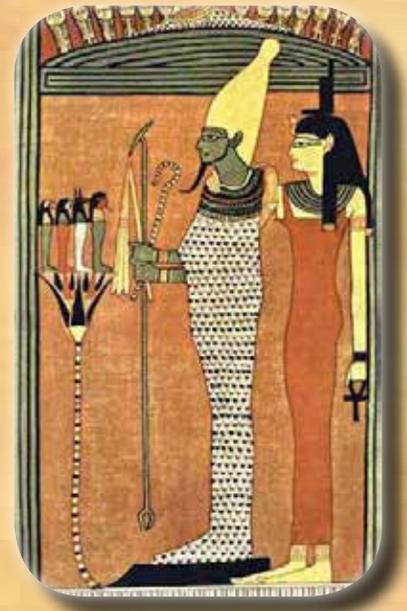


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Thom Alwell

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

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

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

Our Mission: Creating Opportunities That Nourish Our Wholeness.

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

Through the *Isis Scrolls*, we seek to inspire and educate the members of our community about our uniquely skilled and gifted healing arts practitioners and the rich variety of integrative healing modalities available to us. *Isis Scrolls* is a vessel through which the voice and heartbeat of the innate healing wisdom that lives within each of us can be experienced. While we may not share all of the beliefs expressed by our contributors, we do support them in sharing themselves.

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

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

A New Healing Center in the Heart of Arcata



Over the last 20 years, 940 9th Street has had many incarnations as a healing center. Within the walls of this long-standing healing arts space, a radical shift has taken place. A new center has emerged that is much more than a place to go for a quality massage; The Arcata Healing Arts Center (AHAC) has become a mecca for healing, a peaceful gathering place, a place of support for all of your healthcare needs. A diverse group of dedicated healing practitioners has taken up the mission of creating a unique healing arts center that provides quality holistic health care to the community. With a dozen highly skilled practitioners to choose from, AHAC provides a wide range of services including the following: acupuncture, several forms of massage, energy healing, nutritional counseling, Western and Chinese herbal medicine, doula services, sound healing, aromatherapy, feather tapping, craniosacral therapy, reiki, neuro~biofeedback, spiritual counseling and more.

The AHAC not only offers excellent individualized care: it will also be hosting regular classes and workshops. There will be special events, like monthly community days when practitioners offer sessions for donation all day long. With increased interest in holistic healing and an understanding of the limits of allopathic (Western) medicine, a real need for a center that can provide physical, mental, and spiritual care has finally emerged.

The members of the newly formed AHAC are working to create a successful cooperative business model, one where all of its members take on the role of leadership and use consensus for decision making. With such a diverse and well-rounded group, each practitioner brings to the AHAC their unique talents and expertise.

The Arcata Healing Arts Center

A healing cooperative serving the holistic health & education needs of the community.

By Stacey Small

In the new year, the AHAC will have regular business hours and a receptionist to answer questions and help assist people in finding a practitioner that best suits their needs. The community is encouraged to stop in to relax and enjoy a cup of herbal tea, check out our extensive library of health related books, and browse our wide array of herbal and healing related products.



The AHAC has opened its doors to the community in the heart of Arcata with LOVE and inspiration to create a center that provides care for all ages, all economic levels, and all levels of being.

Keep an eye out for the new sign soon being placed outside the building just across the street from the North Coast Co-op. Plans for a grand opening are scheduled for the spring to correlate with the energy of

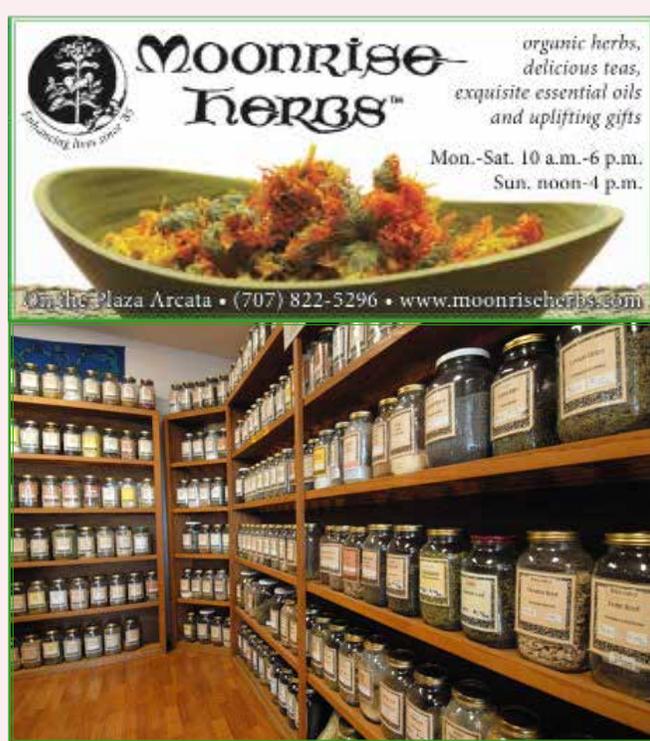
new beginnings and birth.

To find out more about the AHAC's practitioners and services as well as upcoming events, visit our website or check out the Arcata Healing Arts Center facebook page.

707.630.5047

www.arcatahealingartscenter.com





Your inner strength is your outer foundation.
-Allan Rufus

All Part of the One

Rev. Diane Decker



Spiritual and religious belief systems shape our world views. The current discord between and among cultures is a symptom of human woundedness brought about by a lack of understanding. When understood, the diverse wisdom of our spiritual legacies promotes healing, not divisiveness.

New Thought pioneer Ernest Holmes, the author of *The Science of Mind*, was a radical of the early social justice movement. They taught, and we continue to teach, a message of equality and prosperity for all. We teach that all religions contain important truths and that all people are divine creations of God. In the Old Testament, Malachi 2:10, we read, "Have we not all one Father? Hath not one God created us?"

Our New Thought philosophy promotes and works toward a world that works for everyone. Today we're in the middle of a planet-wide shift in values. The implications for religious and inter-cultural healing and personal development are profound. At the heart of this shift lies a need for a new understanding of peace and nonviolence, economic justice, human rights, and ecological sustainability.

Unity co-founder Myrtle Fillmore wrote that we humans believe in limitations and that it is that belief that fixes the inflow and outflow of the Divine in our experience. As we learn to use spiritual principles, we gain greater access to the Law of Good. We let down our walls, those mental limitations that we have placed on our lives, and allow Spirit to work in our lives.

The great spiritual traditions of the world have always told us that at its very root, human life is linked to its universal source. Emerson said there is one mind common to all people. This affirms our belief that we are all one in Universal Mind. When we discover our connection to the world around us,

we can re-align our life with the shift toward oneness and harmony in and through diversity. We can help to restore the divine spark in humanity and bring forth our innate love, compassion, wisdom, and joy, nurturing a flourishing life for all people.

That divine spark I speak of resides in our own hearts. Sometimes we might look out into the world around us and see the Charles Dickens character, Scrooge. Or maybe we even feel like Scrooge sometimes! If we remember, though, even this unloving, mean-spirited man was able to discover his greater self. He learned the power of love through giving. Love must be released and shared. Jesus left us with one great commandment, "Love one another as I have loved you." We're all capable of giving and receiving unconditional love. Just because we may have forgotten how doesn't mean that we can't remember.

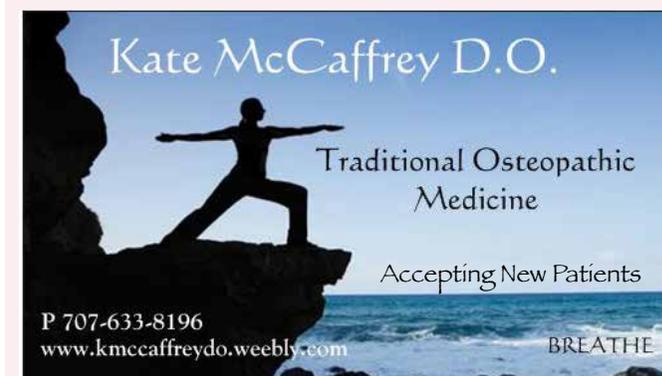
Alan Cohen tells this story -

As a young woman rummaged through her purse trying to find her wallet, she could smell the liquor on the man's breath as he waited patiently for a handout. As he walked away with a \$10 bill, a woman behind her said, "Don't you realize you just wasted your money? He'll be at the liquor store in 5 minutes." To this the young woman replied, "Maybe so, but I didn't give him the money with any conditions. He is free to spend it as he needs to. And, I gave it as much for me as for him.

Mahatma Gandhi said that we have to "be the change we wish to see in the world." We can't create a world that works for all until we practice and live it in our own lives. To activate the power of love, we have to expand the reality of love into the world. To put love in motion, we engage it with our actions. The young woman in the story affirmed her ability to participate in the flow of life. There is the give and take, a flow of appreciation. When we have something to give, we feel gratitude for having it. The receiver is feeling blessed as well. There is then an uplifting response that you feel in return.

Giving primes the pump for greater good in the world. Give time, give smiles, give money, give stuff, give hugs, give service, give rides, give respect, give love. Giving is blessed by its reflection as love, compassion, and understanding. We can release the vibration of love wherever we go: in line at the grocery store, in the workplace, on the highway, at home. Go on; be the change.

Rev. Diane Decker is a Minister of Religious Science. She is available for sacred ceremonies, public speaking and spiritual counseling. Rev. Diane is the facilitator of Spirit Talk every Monday evening at Isis. Join us at 7:00 PM to learn how to integrate a positive philosophy into your everyday life.



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

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Fortuna is bustling with healing energy these days. Isis Scrolls wanted to let you know about your options, so we asked Zanna to do a little neighborly investigating. Let's join her and take a fresh new look around Fortuna.



My Town

by Zanna Majerle

As a small-town girl from upstate New York I was excited by Maya's request to write an article about my newest hometown, Fortuna, and the opportunity to meet my neighbor healing arts practitioners. Fortuna is a small city nestled between the borders of the Headwaters Forest Preserve, an old-growth redwood forest, and the Eel River and pulsates with the synergistic energies created by both. I first visited Humboldt County two years ago and fell in love with the people, the landscape and the rhythmic pulsing I felt in my body and spirit. For the first time in many years, I felt alive—I could breathe here!

My family and I purchased a home in Fortuna in July 2014. We made a number of visits to the area to be sure that what we felt the first time is what we'd feel all the time, should we relocate. We have not been disappointed. In fact, it is here in Humboldt that we have at last found our true path and purpose and are living into the calling on our lives to practice healing work.

Moving to Humboldt meant more than a change of scenery for me. It also meant that I could devote my energy and time to follow my passion to have my own business and to bring all my life experience, education and personal spiritual growth into my life's work. I opened Living Oasis Healing Studio in early 2015 and have been discovering more and more of myself as I have laid hands on my clients. This has become more than bringing healing to others; it has become the vehicle for my personal healing and growth. Living Oasis Healing Studio has birthed me!

I offer my clients the benefits of all I have learned, the power of my intuition, my strong connection to Spirit and my deep yearning to empower others to transform their lives by connecting to the Divine. I do this with Holy Fire and Western Usui Reiki, through the use of essential oils

including, AromaTouch Technique, for healing on multiple levels, Spiritual Counseling and the reading of Universal wisdom through tarot cards. The synergy of working with these modalities is incredible and brings deep healing to my clients and myself. I believe that once the pebble of healing is dropped into the waters of community, the ripples reach out to all and impact everyone's life in that community. For this reason, I am committed to my town of Fortuna – to be at one with all who live in its boundaries, to enliven the spirit of the earth that holds us in her bosom, and to flow with the healing waters of the rivers and streams refreshing and nurturing us.

I invite you to meet the healing arts practitioners of Fortuna who graciously gave me their time and energy to speak of themselves, their passions and their practices. Here is what I've learned about **My Town**.

Fortuna is indeed fortunate to have Madame Fortuna's Lucky Heart Shop in our midst. The Lucky Heart Shop is located at 591 Main St. and is owned by **Takasha Young**. Coming from a family of entrepreneurs and self-employed business owners, Takasha opened her store on June 1, 2015. She lives in Fortuna with her husband and son and it seemed to be the perfect next step in her life. Her venture began as a venue to sell the orchids her family grows locally under the name Pangean Farms, but it soon became an amalgamation of Takasha's various studies and interests. The end result is a unique blend of orchids, locally made art, aromatherapy products, tea blends, cooking spices, and bulk dried herbs in an amazingly calm yet invigorating atmosphere. The store hours are 10 a.m. to 6 p.m. Tuesday - Friday, and 10 a.m. to 5 p.m. on Saturday. It is closed on Sundays and Mondays.



Takasha is also an intuitive card reader and a Kripalu Yoga instructor. She teaches yoga classes and offers card readings in classroom space adjacent to The Lucky Heart Shop. Her mission as a reader and yoga teacher are to honor and embrace each student's search for personal growth and well-being. Kripalu Yoga is both supportive and non-competitive. Students are encouraged to find their own rhythm and to move at their own pace. Takasha told me that yoga is both stress relieving and a daily practice. "Yoga is not just done on the mat. You take what you learn on the mat and bring it into your life."

Classroom space next to the shop is available to the community to teach classes benefiting the healing arts community. For more information please contact Takasha at **707-682-8080** or see her on Facebook/[theluckyheartshop](https://www.facebook.com/theluckyheartshop).

Kim Eubanks, a Fortuna resident since she was 2, brings her family's commitment to teaching and medicine into her multi-faceted practice. Kim offers Therapeutic Bodywork, Healing through Whole Foods Nutrition and Chinese Medicine, as well as childbirth and related services. Her certifications include Heartwood Institute – Asian Healing Arts: Zen Shiatsu, Chinese Medicine & Whole Foods nutrition; Swedish Esalen Massage, Polarity Therapy, and Somatic Emotional Release; ICEA - Childbirth Educator; FHFL - Infant Massage Instructor and Childbirth Doula. Kim also holds a BA from Humboldt State University in Religious Studies with a minor in Health education.

As a doula and childbirth teacher, Kim is committed to helping families build strong familial bonds right from the beginning. Along with childbirth education, Kim teaches new parents infant massage, a practice that helps parents read their baby's non-verbal communication as it builds strong parent-infant bonds.

Kim helps her clients live a more fulfilling and balanced life by bringing a calming, purposeful energy grounded in her own experience of physical injury and life struggles. Those realities deepen her compassion for her clients. Kim can be reached at **707-725-8788**.

Another long-time and beloved resident of Fortuna, **Bonnie Travis** practices chiropractic, cupping, and herbalism, teaches classes to the public, and is an instructor with Loving Hands Institute Massage School in Fortuna. Bonnie established her first chiropractic practice in 1985, although she's been adjusting people since she was a child.



At the age of 8, Bonnie had a bad fall from her front porch resulting in tremendous discomfort and pain in her abdomen. Her mother took her to a chiropractor for care. That became a pivotal moment in Bonnie's life as she remembers the amazing relief she was given. She was fascinated by the idea of adjusting a body to bring pain relief and health, and soon she and her sisters tried it on each other. Bonnie would go on to a life of adjusting spines and bringing balance into the bodies of her family, friends and, ultimately, her clients.

The addition of herbal remedies to her practice is the result of many of her female clients' additional health needs. As Bonnie recognized these needs, she decided to study with Michael Tierra of East West School of Planetary Herbology in Santa Cruz. She now brings the power of plants to her clients through the use of herbs. Bonnie also incorporates cupping into her practice – a method of moving toxins through the drainage systems and out of our bodies. These combined modalities are the foundation for Bonnie's healing art.

Bonnie shares her vibrancy and *joie de vivre* with the public through the classes she teaches on topics such as: menopause, osteoporosis, and herbal medicine making. She also teaches advanced abdominal massage, cupping massage, and facial cupping at Loving Hands Institute. You can contact Bonnie at: **707-502-5070**.

Fortuna is blessed to have the combined energies of husband-wife team **Chelsea Colby** and **Jeff Haloff**, California Licensed Acupuncturists and Oriental Medicine practitioners. Together they practice as Humboldt Acupuncture. Jeff and Chelsea also offer Chinese herbal medicine and nutritional counseling. Jeff is a Feng Shui consultant as well.



Humboldt Acupuncture is founded on the principle that our natural state of health is one of balance. Life's stress and trauma cause imbalance which can affect each of us in unique ways. Jeff and Chelsea practice Oriental Medicine as the tool to help one's body, mind and spirit recover their ability to bring us into balance. Jeff helped explain the concept of Oriental Medicine as the harmony of the cycles of nature. By bringing harmony into people's bodies, minds and lives, they witness it reverberating throughout the community. Acupuncture can help with any number of health issues.

Jeff and Chelsea practice from twin offices in Eureka and Fortuna and can be reached at **707-268-8007**. Currently, many insurance companies have acupuncture benefits. Jeff and Chelsea accept insurance.



Lisa McWaters, Certified Health Coach, is on a mission to help people get off the diet treadmill, to start appreciating the beauty of who they are, and to begin to feed themselves in a holistic manner—and change their lives! As a typical teenager, Lisa struggled with body image and eating disorder issues. She never felt “good in her body” and marveled at how many of her female friends suffered from the same concerns. She remembers committing with a friend to doing something about it by finding a way to help each other and other women feel better about themselves. After a number of years pursuing their family-owned business, Lisa decided it was time to step into the role of finding the solution to help others discover their way back to health.

Lisa’s business is THRIVE Wellness Center, and from her office in Fortuna she offers health coaching, (which often is more like life coaching) through movement, healthy eating, and body awareness. Lisa is a personal trainer and offers fitness sessions for those who are not comfortable in a gym setting. Through the use of equipment (not gym machines) such as free weights, bands and bosu balls, Lisa empowers people to find ways of becoming fit in a setting right for them.

Lisa is expanding her business with new classes, community events and is partnering with other healing arts practitioners in Fortuna. She can be reached for a free 50-minute session at **707-362-6774**.



A newcomer to Fortuna, **Alexandria Breeding** brings to our community her excitement and passion for finding healing through the power of plants. Alexandria grows and makes herbal teas and tinctures and partners with Takasha Young to sell them at Madame Fortuna’s Lucky Heart Shop.

Alexandria trained at the Dandelion Herbal Center in Arcata but has been planting herbs and using them for herself for

years. She began her journey with herbs while seeking healing for trauma she had experienced. She discovered the healing energy in plants that connect us to Spirit and uses herbs to keep herself grounded and to maintain her sacred connection to Earth and Spirit.

Alexandria can also be found at Fortuna’s Farmer’s Market selling her herbal products. Some of her favorite tea blends are helpful with: stress relief, sleep ease, and supporting a healthy nervous system. You can connect with Alexandria by calling **707-496-0748**.

Kim Chamberlain brings a unique and robust practice to Fortuna. Kim does advanced massage on land or in water! Attached to Kim’s home is a beautifully built watsu pool (see photo) where Kim does a type of weightless, gentle massage with the client floating in warm (salt) water. My visit to Kim’s pool made it clear that everyone could benefit from this beautiful modality.



Kim found watsu during a particularly difficult time of change in her life. She was looking for a way to reinvent herself and was drawn to massage. While at Harbin Hot Springs, Kim saw watsu and knew it was the type of therapy she needed and would be bringing to her community. Imagine being afloat in a warm pool, stretching your muscles while being gently cradled and moved through the water. That is the watsu experience. Kim is also a deep tissue massage therapist and often combines table massage with water massage. Kim offers waterdance, a type of therapy that works with the synchronization of breath and movement beneath the water, slowing the heart and breath to produce a deep meditative state.

Kim’s watsu pool is kept at 96 degrees (skin) temperature so that there are no sensations but the tension-less support of water that allows the body to relax deeply. Her pool is handicap accessible and has a pool lift. Kim strives to combine modalities to give each client the best therapeutic massage she can. Kim can be reached at **707-725-8867**. Gift certificates are always available.

Scott Kosarich, a holistic massage practitioner, has lived in Fortuna since 1976 and loves it here because of the mild climate. As in the Goldilocks story, he finds it’s just right!

Scott has always felt called to help people. While working in an office environment, he noticed most of his co-workers

were stressed and in pain from sitting for long periods of time. Scott knew that massage could not only make folks feel better in their bodies, but could help with stress as well. Scott’s initial experience giving massage came when he offered to massage his wife after she had fallen down some stairs at work and hurt her lower back. She soon had no more problems with it, and Scott was empowered. He continued for several years massaging friends, coworkers, and others who looked as if they needed it. When his wife and two friends suggested that he get certified in massage, circumstances allowed Scott to start classes with Loving Hands Institute. Not long after completing the primary class, he was asked to subcontract with Loving Hands as a massage practitioner.

He continues to work at Loving Hands. Scott is also being trained to teach at the Institute. Scott told me that he has a mutual relationship with his clients. As he works on someone, he also gets relaxation and healing. His favorite customer is a pregnant woman “because she carries the future, and because when I bring a pregnant woman relief, she is the happiest person in the world. She floats out the door happy and smiling.”

Scott offers these massage modalities: Swedish, deep tissue, lymphatic massage, reflexology, trigger point, myofascial release, and pre-natal massage. He owns Serenity Massage and works from his home. He subcontracts on Saturdays, and occasional Sundays with Loving Hands Institute in Fortuna. Scott can be reached at **707-725-5833**.

Kathleen McWhorter is a lifelong resident of Fortuna and a Certified Massage Therapist. About 16 years ago, while going through a transition in her life, Kathleen began receiving massage regularly as part of her personal healing journey. Her experience with massage changed her path and her life on many levels. She was able to release stuck energies, physically and emotionally. As she did that, she realized how much she would like to be able to do the same for others. What Kathleen loves about massage is the connection she has with other people. Kathleen believes wholeheartedly in the gift of laying on of hands. She knows that she is not the healer. The healing comes from God and is strengthened by the intention to heal not just the body, but the mind and spirit too. “I try to set a new intention before every client and pray that what they need, they receive.” As a committed Christian, massage therapy is the means for Kathleen to live out her faith. Although not part of her public practice, Kathleen’s faith is the foundation for her passion to bring healing through the power of laying on of hands.



Kathleen told me, “As for the people who come to me, we are meant to touch each other.” Kathleen offers Swedish massage, hot rock therapy, and light touch therapy for terminally ill

clients. She is excited to be partnering with Lisa McWaters at THRIVE Wellness Center where she hopes to be offering healthy eating and cooking classes in the near future. Kathleen can be reached at **707-599-2812**.

Kim Lockwood, who has called Fortuna home for 15 years, is a doula and childbirth educator who returned to Fortuna from Papua, New Guinea where she, her husband and sons were missionaries. Kim’s foray into childbirth doula and teaching began immediately after her fourth son’s birth in 2010. Kim and her husband had planned a home birth, but circumstances required that they deliver their son at Mad River Hospital. Kim’s home birth midwife accompanied her during the labor and birth as her doula. That birth experience was so dramatically different from her other three births that Kim began doula training just two weeks after the birth. She is a certified birth and post-partum doula.

After completing training, Kim brought her doula training and passion for laboring women back to New Guinea when she returned to the missionary assignment. She soon began accompanying native laboring women in the hospitals where family members were not allowed to be present. Kim was able to calm the birthmothers’ fears, help them to understand what was happening to them and their bodies, and then accompany them through the birth process.

Kim returned to the U.S. and started her business, Village Doula Services in 2014. She has accompanied 24 births since March 2015 and over 130 births total. Kim works with moms at Redwood Memorial, St. Joseph’s Hospital and Mad River Hospital, as well as at home births. Kim’s purpose is realized as she empowers women in the birthing room to make their own choices so that they are in control of their birth experience. She wants them to be “Queen For A Day!”

Kim’s doula services extend beyond the birth, as Kim offers breastfeeding education and support to new moms/parents. Besides childbirth education and doula services, Kim also offers placenta encapsulation, bengkung belly binding, and maternity photos. When asked what drives her passion, Kim told me, “I love the adventure!” Kim can be reached at **707-382-1329**. Her website is: www.villagedoula.com.

Karen Richardson has been practicing massage therapy in Fortuna for almost twelve years and considers herself blessed to have found her true path. Karen told me, “I didn’t choose massage therapy; it chose me!”



continue on page 12

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During a tumultuous time in her life as Karen was seeking a career change, doors for new jobs just weren't opening for her. After deciding to answer the call of massage therapy school, amazing opportunities started to present themselves to her. She realized she had found her calling. Upon completing training and becoming certified, Karen began teaching at Loving Hands Institute Massage School and has continued for 7 years.

Karen's menu of massage options reads: Swedish massage, lymphatic compression, acupressure, deep tissue massage, myofascial release and reflexology. Karen also teaches ongoing yoga classes she calls Stretch, Posture and Pose – a modified yoga class designed to increase muscle strength, ingrain posture techniques for easing pain, and stretch muscles and fascia.

I asked Karen what keeps her focused on her journey, and she told me that as she helps her clients achieve their health goals and manage pain in a holistic way, she is also healed and finds greater balance in her life. Karen can be reached at **707-832-6823**.



Alynda Lindley is a Fortuna massage therapist who splits her time between working as an elementary school instructional aide and providing customized massage. Alynda is a graduate of The Arcata School of Massage. She is California Certified and a member of AMBP Massage Association. Alynda's uniquely compassionate approach to her clients' needs is a blend of therapeutic touch, making each massage experience unique. Alynda provides clients with many different modalities: Swedish, hot stone, prenatal, reflexology, cranial sacral, deep tissue. She also practices a type of energy work that is used to balance the body's energy fields. She can be reached at 707-502-0779 or 707-442-7491.



There are more practitioners in my town; unfortunately I didn't have the opportunity to meet with them. I invite you to reach out to the practitioners included in this article and discover the powerful healing energies flowing from "The Friendly City" of Fortuna – My Town.

Zanna Majerle can be found at 707-599-3247. Her website is: www.livingoasishealing.com.



Solo Flight

Have you ever felt the glow of the amber light?
All senses retreat
To the clear of night
Stimulate, elevate
Heighten the soul
Feed that inner fire
A SOLO FLIGHT
of amber glow

Photo and Poem By Tambra I. Morgan Smith

Symbolism of my Day of the Dead Painting

The skull is one of man's oldest and most powerful symbols. It has a long and varied history of use. Most commonly it is seen as a representation of death and mortality, but it has many other uses such as celebrating the memory of the dead, celebrating life, symbolizing life after death, and symbolizing change and transition.

My angel is the guardian. She guides the soul to the realm of the unknown as represented by the sky and the light of the stars.

The flower symbolism associated with poppies is beauty, magic, consolation, and eternal life. The Egyptians included poppies at funerals and in burial tombs. Poppies denote sleep, rest and repose.

There is a small town in Mexico called Angangueo that associates butterflies with souls. It is to this town that Monarch Butterflies migrate every year, around the holiday known as the Day of the Dead. The people of this town see these butterflies as the returning souls of the deceased.

The composition of this painting echoes the Yin and Yang symbol. In Chinese and Eastern thought, Yin and Yang are two opposing and complementary forces that make up all phenomena of life.

The arched frame around the angel and sky is in the shape of a tombstone.

My color scheme is based on a tetrad, four colors on the color wheel that are equal distance from each other. The basic colors are blue, orange, yellow-green and red-violet. This scheme insures color harmony.

I hope you enjoy my painting and understand why I chose the elements within it. It took on a life of its own!

Journey of the Soul



By Artist: Barbara Edwards

To Begin Again

By Damion Sharpe

Following winter's call to go within. As the nightfall and the coolness of the air invite us to seek warmth, we nourish and build from within our foundation of presence and love.



Look upon the horizon to this New Year as a field of possibilities where your thoughts, prayers, visions, words, and beliefs are supported. Look upon the horizon as an empty canvas that you color and shape with what is within. To have more and more of our strokes upon this canvas of life aligned with our essence and what we truly want. This is what I want for you and me.

Over the last few years the practices I discuss below have helped me align with living in my genius more of the time and have supported me in completing many desired visions: I filmed a few short films, recorded many of my songs, wrote my first book, and am close to completing my second book.

I share these practices hoping they will support you in creating a joyous life!

Daily Meditation~ just sitting, breathing, and being. Even if you have a practiced meditation format, I find it helpful to drop it at times and practice the art of being with self and breath. This daily practice can open you to the vastness of the life and universe flowing within and through you.

Daily Passion~ After breakfast and meditation, spend 90 minutes (even 30 minutes is great if that's all the time you have) on your true passion. Whatever you do in the first 90 minutes of the day, that is what you are asking the universe for more of. For example, if I awake and begin cleaning the house, I am asking for more things to clean. I find that through this practice of spending the first 30-90 minutes writing or creating music, my whole day is sparked with creativity. It is as if I am fueled up from the inside and never run out of creative ideas and flow! Some days I don't make time for it,

but over the last year I have spent approximately 60-70% of my mornings on my daily passion. The results: the idea of writing a book became a reality and the second one is almost complete. I invite you to wake up a little earlier if need be and spend 30-90 minutes of your day on what you feel the most passionate about and excitement for. If you love your work and that is your big passion, spend the first 90 minutes of your workday on an account, project, or next step that is aligned with your passion and ultimately what you want more of. I know this idea may confuse those who thought, as I did, that it's better to do the things I dislike first and save the best for last. The challenge with this approach is that I usually run out of time and am unable to work on my passions, or if I had the time, I am often tired. I have very little if any success to show from this tactic.

Listen to your body's wisdom~ Imagine each cell in your body is a vast pool of wisdom that is tapped into the whole of the universe. Your thinking apparatus, the brain's logic land, is a great tool, but I invite you to let the body lead.

We have created a world that is mind dominant and the body is secondary. It's as if the body needs to be fixed, shaped, and tamed by the mind/dogma/beliefs/concepts. It is the body's wisdom that saves you from being hit by a moving vehicle or closing your eye right before a bug flies into it. Also the body knows in an instant if the answer to a question is yes or a no, before your brain does. It may not make sense to the brain at the time to turn down, let's say, an opportunity, but years down the road it may become clear why you said no. I came to discover that all the drama in my life is created by not listening to the clear no in my body, and then thinking my way to a yes.

All respect to your brain! I am just inviting you to level the playing field and let the body and mind work together to create your dream life.

Let food be your medicine~ Think of food as your medicine and your best health insurance policy! Eat local, fresh, organic, and non-GMO foods. Pay attention to how your body feels after a food choice and if you don't feel great, make a different choice next time. The way you feed your body translates into how you care for and love yourself. Do you give yourself the time of day? Or is it all fast food? Or is it just thrown together to get the eating business taken care of? Have a meal celebrating that you have a body. Cook a meal for yourself as if someone you honor greatly were coming to dinner —YOU!

Let media choices be your medicine~ Movies, shows, literature, and music are like food. You are taking it in and digesting it. Think about an image in a film that, after it flashes by, you think to yourself, man how do I get that out of my head? Or how an image from a show of something

you don't want to happen to you suddenly appears in your imagination in the darkness of the woods or while driving.

I invite you to ask yourself while watching or listening to media, "Is this really representative of what I want the world to be like for me or the generations to come?" and "Are these images or concepts what I want to continue and support?"

If not, begin to make new choices.

Turn problems and challenges into opportunities~ When you have challenges, problems, or triggers before you, take 100% responsibility for your part in creating them. Then you can position yourself to face the challenge and learn from it. Feel the feelings you have held at bay through drama, distraction or being busy all the time. Keep asking what's underneath that until you get to the *core feeling* that wants to be expressed and moved out of your body.

Life is constantly inviting us to live freely and heal old traumas. You can see it calling to us through the problems we keep cycling. If we blame the world and the people around us for a problem that continues to happen, it will never end. But when we see we are the ones riding in a circle, making the same choices and getting the same results, we can make a new choice.

Some of these experiences may bring up past trauma. If they do, take the time to go within, get support, and heal through clear, full, and kind expression of your feelings. I recently created a huge drama in my life that was my wake up call. I went into a major trauma response from something that happened at the age of nine. I took responsibility for my actions and got support from healers in the community to get through the trauma. I faced it and moved through to a new level of integrity and a calmer, more receptive nervous system.

Play with it all!~ Create playful moments throughout your life. From the serious to the mundane, find ways to playfully discover life anew. Notice how a child's curiosity looks with amazement at life; I invite you to take this stance throughout your day. With a childlike curiosity, feel the amazing opportunity life is giving you now to celebrate yourself and others. With your family or when at the grocery store, discover new ways to play and engage with life.

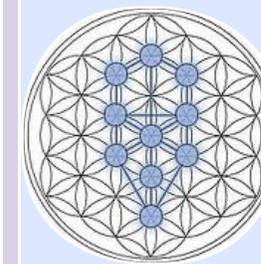
Let's live our dreams by listening to our heart and letting our song of joy fill the airwaves of life!

Oh I love that tune!

See Damion's class and workshop offerings in the classified section of this issue on page 38. He can be reached at 707-497-9039. Visit his website at www.damionsharpe.com

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The most common form of despair is not being who you are. -Søren Kierkegaard



Tarot Wise

By Carolyn Ayres

Will return in the March April issue

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Earth Mysticism

By Ellen Dee Davidson

It's in the rock and stone, the blood and bone, the leaf and tree. Everywhere, all around, the Earth holds knowing. We can access this directly through our communion with nature. For the past five years, this has been my main practice. I have been hiking miles, mostly alone, into old growth redwood forests, two to three days a week, and then sitting for a couple of hours at the base of one of my beloved trees. As my ability to deeply listen has evolved, the Earth has become a powerful guide, one available to all of us.

At the same time, I have felt a reaching out from my Celtic lineage. My maternal, Celtic line experienced much trauma over the past centuries, and our tree-worshipping tradition was, for the most part, broken. In meditations with the trees, I've had a recurring sense that the ancient Celtic mystical traditions are offering to come alive again for us. Perhaps it is because reverence for trees is so critical for our survival during these times. Certainly restoring our tree-worshipping traditions complements the necessary restoration of our forests.

Like our forests, many of us find ourselves in our second, third, fourth or even clear-cut spiritual traditions, and we seek ways to connect that were probably embedded in the culture of our long-ago ancestors. I have glimpsed what an unbroken, living spiritual tradition feels like through Tibetan Buddhist teachings. This gives me simple guidelines of love, kindness, compassion, and respect for all life to follow as I explore the wild path to the sacred heart.

You, too, can explore this path. Walk in the forest, opening your senses one by one. Hear the birds chirp. See them flit from branch to branch. Smell the damp mulch of the earth. Listen to the music of a singing creek or to the way the wind sashays through the canopy. Allow the fresh air to lure you farther down the trail with promises of more delights to come. In this state of presence, find a tree that calls. Ask permission to sit at her base. And sit until time doesn't matter anymore and you stop fidgeting! Sit until you feel your seat on the ground, a firm solid base. Sit until the back of your heart chakra feels the "ah-ha" of linking with the tree and sweetness pours in. Maybe

even sit until the lid comes off the top of your head and everything expands into light.

From this place of peaceful awareness, it's possible to discern various frequencies. For me, it's often earth elementals, star beings, ancestors, or the various personalities of the individual trees. But there are many more possibilities, as these primeval trees act as conductors and magnify the ability to commune with all sorts of realms. Here is where I sometimes am infused with the wisdom of my own Celtic mystical heritage. Some of the wisdom is simple and fun, like embodying an elemental energy and realizing that I am both the being and the being is also separate from me. Some of the wisdom is factual and of the more ordinary world, such as when I was told in May 2015 that the smoke in the air was from "sister trees burning across the world" and came home to Google that there actually were fires in Siberia causing haze here. Did the trees know about forests across the world? Or did the tree help me communicate with some intelligence that did?

I'm not sure, but all of us are part of the web of life, and it is an unimaginably intelligent web. Ancient trees are a fantastic way to tune in. Who knows where your inquiry might lead? Let yourself loose! Have fun. Go to the wild and let the Earth be your guide. She knows balance and can help each of us find our best way to contribute to the harmony of life on Earth.

Happy Note: *David Milarch of Archangel Ancient Tree Archives has been planting clones of ancient Oaks in Ireland. To find out more, check out this article in the Irish Times.* <http://www.irishtimes.com/life-and-style/people/jurassic-bark-ancient-irish-trees-brought-back-to-life-1.1971695#Vjc36314PcE.mailto>

A Book Review By Ellen Dee Davidson



THIS CHANGES EVERYTHING CAPITALISM vs THE CLIMATE

By Naomi Klein

It's so important in these times that we maintain a positive vision and do not lose hope. In *This Changes Everything: Capitalism vs the Climate*, journalist and activist Naomi Klein manages both to fearlessly explore the facts of our changing climate and to offer hope based on solutions that are actually happening right now. She shares the scientific facts: if we and many other species are to survive, the climate cannot warm beyond 2-4 degrees Celsius. This means that most of the oil, coal, and gas in the ground must remain there. That is in direct opposition to the goal of oil companies whose primary purpose is to continue making big profits. So, as Naomi brilliantly points out, we are in a situation where it really is a choice between the old capitalistic model of extracting maximum resources for maximum profit versus maintaining a climate hospitable to life on Earth. Fortunately, she is not the only one to realize this. In an effort to protect water, land, air, wildlife, and homes, unlikely alliances of diverse groups of people are coming together. The best part is that these flexible groups, without borders or nations, known as "Blockadia," have been winning environmental battles around the world!

Indigenous land use rights have been a key factor in many of these successes. Since Native Americans were given the rights to protect their water and other resources, there has been a legal way to stop some of the most environmentally threatening projects. Of course, historically marginalized and oppressed native people do not have the resources to take on the big corporations alone. Fortunately, indigenous people, environmentalists, scientists, housewives, students, grandmothers, ranchers, and all sorts of concerned people have been coming together to help in scientific and non-scientific ways like funding and legal help. Klein states,

The Nez Perce were the ones who were ultimately able to stop the big rigs on Highway 12 in Idaho and Montana; the Northern Cheyenne continue to be the biggest barrier to coal development in southeastern Montana; the Lummi present the greatest legal obstacle to the construction of the biggest proposed coal export terminal in the Pacific Northwest; the Elsipogtog First Nation managed to substantially interfere with seismic testing for fracking in New Brunswick; and so on.

All of us can take heart from these triumphs. When we allow ourselves to really take in and metabolize our successes, the model of the possible grows, affording us the energy we need to rise to the enormous challenges of climate change. As always, I offer my prayer, "May we the people of Earth come together and find ways to live sustainably in peace, health and harmony."

~Earth and Sky~

By Damion Sharpe

I see you in the clouds
I see you in the earth
Your dance is the
beating of my heart

I feel you in each breath
I feel you meeting me
In every moment inviting me
to connect within

I sit at your roots
Relax my spine to yours
Union of earth and sky
As I rest in your forest
Rich and abundant with life
Overflowing with grace
The wind through your branches
Singing to me a sweet lullaby

Damion Sharpe is the author of the forthcoming book *Shibumi*. Visit www.damionsharpe.com for more info.
Music~ www.soundcloud.com/damion-sharpe



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Healing is embracing what is most feared; healing is opening what has been closed, softening what has hardened into obstruction, healing is learning to trust life. ~ Jeanne Achterberg



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ANIMALS HAVE A SPIRIT, TOO

Why I'm Certain Mr. Fluffy the Cat has Reincarnated as a Rabbit



By Jessica Bryan

Readers of *Isis Scrolls* may remember "The Tenth Life of Mr. Fluffy," an article I wrote about how my beloved feline crossed over into Spirit but continued to communicate with

me. One of the things Fluffy said was that he would try to come back and live with us again.

About six months after he died, I began to look for him. I was hoping he would be a dog because then he might not be so vulnerable. My efforts were futile. Even though I am clairvoyant, I was too emotionally involved to be objective in finding him in a new body. Finally, in desperation, I told the Spirit of Mr. Fluffy that if he wanted to live with us again he would just have to show up in our backyard.

Another six months passed, and then one day I glanced out the kitchen door and was surprised to see a small grey bunny going nose to nose with Buster, one of our two remaining Himalayan cats. The rabbit was not much bigger than a large rat, and he could run faster than any animal I've ever met. We quickly gave up trying to catch him and began canvassing the neighborhood for his possible owner. Actually, "he" could have been a "she." We didn't know at that point.

Approaching a house down the street, we met the husband in the driveway. "If I had my way, we'd eat that stupid bunny for dinner." Knocking on the door, we met his wife, who tugged at her hair and screamed: "That bunny is driving me crazy. He won't stay in his cage and I have two children and a ten-hour-a-day job. You can keep him!" The kids were staring at their mother and seemed confused.

Keep him we did, and we named him "Mr. Pickles." At first, our other cats tried to chase him, but we were able to teach them to respect our new friend and not consider him as possible dinner. He's been with us for two years now, and we are convinced he is Mr. Fluffy reincarnated.

For one thing, he has occasional trouble remembering where his litter box is, and although he tries hard, sometimes he

misses. He refuses to be put in a cage and has the run of the house and fenced backyard. Also, he's in love with Buster the cat and follows him everywhere. When Fluffy was alive this relationship was reversed—Buster followed Fluffy everywhere. Well, I guess even animals create karma!

Mr. Pickles has taught us many things about how animals communicate, most of it being telepathic. He looks at me and projects his thoughts. Usually it's quite simple. For example, I was reading the paper when he nudged my foot. "What do you want?" I asked. He went to his food dish and shoved it halfway across the room with his nose. Then he looked at me and nudged my foot again. After I put food in the dish, he beamed me his little bunny "thank you."

He also likes to play. Just today I was digging in the garden with a small tool. I looked down and there he was at my feet. He gave me a penetrating glance and began digging a small hole right next to where I was digging. Mr. Fluffy was also very much into holes, whoever was digging them, so this was another confirmation. Mr. Pickles, like Mr. fluffy, favors picking up the plastic dustpan and carrying it around in his teeth and chewing on shoes.

Whatever Spirit lives in Mr. Pickles, we take great pleasure in having him in our lives, and we watch him closely to see what other lessons he has to teach. Perhaps someday I'll write a book called "Everything I Need to Know I Learned From My Rabbit!"

Jessica Bryan is an author, book editor, and spiritual medium. She does clairvoyant readings and a type of energy healing from the Philippines called "Magnetic Healing." Jessica lives in Ashland, Oregon and can be reached by e-mail: medium@mind.net. Read her blog: www.psychicsurgery.wordpress.com

Note from the editor: "The Tenth Life of Mr. Fluffy" is available to read online at IsisScrolls.com in the featured articles section in the Oct/Nov 2015 folder or you can put Jessica's name in the search bar.




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Mastering your Destiny, Energy Healing & True Healing Solutions

By Crystal Sage

Mastering your destiny is the single most important endeavor in life. It's absolutely imperative to your evolution for a positive outcome and to heal all disease. I know from my own experience as an energy healer that energy most definitely can be transformed! This is when true healing takes place.

For the purposes of healing and evolving, we need to transform energy. In my first book, *Heal Beneath the Surface*, I said, "In order for true healing to take place, you must change the way energy interacts, change it from disharmony into harmony."

Most disease is caused by long-term emotional stress (fear) which eventually affects the physical body. While experiencing stress, the brain may perceive anything nearby or in your body to be harmful, even if it's a healthy substance. The nervous system is alerted and sends a message to the body to activate the immune system to ward off the culprit. This conditioned response is then programmed into the brain, nervous system and every cell of the body. Until properly healed, a conditioned response (symptom) will continue to appear when the stimulus is present.



Avoidance and **Cleansing** only provide temporary relief. Transmuting or transforming energy gives more permanent results than avoidance or cleansing alone. Once the energy is transformed, the brain and nervous system no longer perceive the substance (toxin, food, person, etc.) as harmful. Thus a person can come in contact with that same substance that triggered the symptom without having any ill effect.

When I began down the healing road, the very first healing I ever did was to successfully eliminate my boyfriend's migraines. He had experienced migraines for over 30 years every single month. However, the healing did not prevent him from getting another migraine the next month until I learned how to transform the energy.

It's important to realize that evolution is inevitable. Constant craving, aversion and struggle are sure signs we need to reprogram some underlying limiting belief or fear. By erasing fears, limiting beliefs and general disease, we become more aware and deliberate in the creation of our life. Life becomes easier; intentional reprogramming (erasing all emotional

disease) breaks the cycle of all disease. No more grasping outside your self. That's when you will experience true peace, and awaken to your inherent love, beauty and worth.

Remote Energy Healing - Remote energy healing utilizes Universal Intelligence which exists beyond the physical realms of time, space and matter. Universal Intelligence is the non-physical Spiritual Life Force Energy or God that creates, connects and animates all living things. Like radio waves or electricity, this invisible energy travels instantaneously and communication is possible regardless of the distance. Energy healers utilize Universal energy to transmute negative programming, allowing your body to re-balance and restore its own natural energy flow and heal.

Some people have a difficult time processing their own disease because they are emotionally attached, are physically too weak from toxins and deficiencies and/or have too many blocks or limiting beliefs and fears.

Energy healers can help bypass the above problems, quicken healing and make the healing more permanent. Healers don't have limiting beliefs about healing, so they become a clear channel. This along with proper deliberate intention makes healers capable of facilitating the healing of others, even from a distance.

Ultimately, all healing comes from God, a Universal power, or whatever you call Divine. Healing practitioners "facilitate" a person's willingness to heal by tapping into Universal intelligence with focused intention and complete unwavering faith.

Healing goes way beyond just eliminating annoying, painful symptoms. Healing physical symptoms is just the beginning of a life-long journey of self-discovery, of your Soul's evolution to higher states of consciousness.

Author and expert energy healer Crystal Sage has over 20 years of experience healing humans and animals all around the world. She is the author of the book Master your Destiny and Heal Beneath the Surface. Crystal has healed herself, without drugs or surgery, from many chronic and debilitating conditions. During her journey to heal, she discovered her natural "gift" in energy healing and has become so proficient that she guarantees results! She has helped hundreds of others to heal with great success, all by only using natural nutritional remedies and energy! Visit her at TrueHealingSolutions.com.

The Role of Healers, Spiritual Teachers & Teachings

By Traci Webb



The role of spiritual teachers, spiritual teachings and healers is to guide us to connect with the Light within.

Our Inner Light is always connected to the Source of Light (Source). When we connect to our Inner Light, we are connected to the Source.

The experience of Source is one of true peace and true wisdom. This is the space where all healing happens. This is the space where wisdom resides and all teachings are known, the space where all questions dissolve. This is the space where the need for the outer teacher, the outer healer, the outer teaching is also dissolved. This is the space to be cultivated.

We are part and parcel of this Source, this ocean of peace. Just like the river water as it reaches the ocean shore, we dissolve back into the Ocean of Peace. We merge with It. We are one with It. We can never be truly separated from It. Trying to separate water from water is impossible.

As the goal of the river is to merge again with the ocean, the sand which helps guide the way should not be mistaken for the ocean itself. Any healer, teacher, or teaching which breeds dependency upon itself is falling short. The role of the healer, spiritual teacher, or spiritual teaching, although a very vital and often indispensable one, should not be mistaken as an end itself. The role of all of these is to point us to the Light.

There is a great story to demonstrate this: There is a mother holding her infant. The mother is attempting to get the baby to look at the beauty of the sunlight by pointing at the sun. The child, however, mistakes the mother's intentions. The infant gets mesmerized instead by the mother's finger. Those on the healing and spiritual path can be likened to this child: innocent and easily mesmerized by the one doing the pointing. This is true even when the one doing the pointing—the mother (healer/teacher/teaching)—intends for the Light of the Sun (the Light Within) to be the goal—not their finger.

In this season of outer "darkness," may we send a prayer of Inner Light, for our families, communities and world at large:

May each being experience the Love within. May each being experience the Beauty within. May each being experience the Peace within. May each being know the Wisdom within. May each being remain connected to the Light within. May that Light guide each being so that all their actions are Life, Health and Evolution supporting. May All Beings see All Beings in All Beings.

Photo by David Cooper

Full Circle

by Joe Shermis

For James Stutsman, RIP

As we elevate ourselves into the sky
as we jump from the earth into the air
as we skip the lights fantastic
with a hop to the stars
and a fall
from the dark side of the moon
we see how the sun angles
and shines as much light
as it takes
to cast a shadow ...

As we sink beneath the waves
as we swim to the bottom
our breath held deep
and force open our eyes
to see what comes between the wetness
and the surface above
we find out how long it takes
to become one with the water
that remains the same
after 5 billion years ...

As we release from given body
as we slip down into our hot tub
never to return
we see the lights we've heard of
and come full circle
to the warmth
just before our birth ...

The Bhagavad Gita

Part 24

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

by Krishna Jaya



Chapter Two, Verse Forty-Seven

“Do the work that comes your way, Arjuna,
But don’t pay attention to results.
Don’t be motivated by the fruits of your actions,
And never give way to laziness.”

Swami Satchidananda (*The Living Gita*):

Your duty is to perform action for its own sake, not for its fruit. Claiming the fruit of your action is the forbidden fruit spoken of in the Bible. Not to claim the fruit of action was the first commandment given by God to Adam. That commandment applies to Atman (the soul) also. Adam (before the “Fall”), Atman, and atom, too, all have a lot in common. Adam, Atman, and atoms merely function. Ask an atom, “Why are you constantly moving so fast?” If it were able, it would answer, “I couldn’t care less. I’m just doing what I’m supposed to be doing.” It just moves; it never worries about results. That’s what Krishna is saying here: do your actions for action’s sake.

Krishna Jaya:

The Sanskrit word for the infinite reality is Brahm. Because Brahm is infinite, it transcends conceptual description which is limited to the finite realm. Therefore, strictly speaking, it is only possible to describe Brahm negatively as timeless, space-less, formless, unlimited, infinite, seamless, non-dual (advaita), and so on. When we speak of Brahm, or God, as having qualities like goodness, for example, we are speaking analogically. Religious language is analogical.

It is helpful to get a feeling for the Hindu religion as it relates to a person’s place in the cosmos by considering

the universe to be a cosmic drama. In this analogy, each person is likened to an actor in a play with a particular role to fulfill, but there is essentially only one actor playing all the different roles. Carrying the analogy further, the thread of connection between the human being and the infinite reality is the Atman, the central self, a node of Brahm’s omnipresent consciousness that is the fundamental awareness in a person, the background of pure consciousness out of which all conscious activity springs forth via the Atman’s energetic power and impetus. The Atman is impersonal; it is the same in me as it is in you, as it is in everybody; and though two different words are used for Atman and Brahm, they are ultimately one boundless consciousness.

Before Adam and Eve ate the forbidden fruit, they were unconsciously identified with the Atman and therefore lived unselfconsciously, in spontaneous harmony with their environment. “Spontaneous harmony” is not meant to imply the absence of pain, struggle, and strife. The natural world consists of continuous bloodbaths up and down the food chain, but the point is that they all happen just so, in a blend of give-and-take involving all of the parts that make up Nature’s orderly whole in the unfolding moment-to-moment, flowing web of life. The story about what happened in the Garden of Eden has been told in different times under different cultural guises around the world. The common theme is the shift from unselfconsciousness to self-awareness and the birth of the human ego.

In the mid-1960s, when Uranus and Pluto were in alignment, film-maker Stanley Kubrick wrote a letter to writer Arthur C. Clarke and told him that he wanted to make the proverbial “really good” science fiction movie. Stanley asked Arthur C. for input, and in response the latter dusted off one of his short stories, *The Sentinel of Eternity*, from which emerged *2001: A Space Odyssey*. While the two of them were completing the screenplay, Arthur C. worked on the book independently and Stanley, as director, began shooting the movie. In the final version of the film, the first series of scenes, called “The Dawn of Man”, depicts the shift from unselfconscious ape to self-aware ape-human.

In the book, there’s a scene in which several ape-men return home, grumpy because they hunted all day without success. At the base of a cliff where their cave was lay an antelope with a broken leg. It still had a lot of fight left, and those antlers made things complicated. But the hunters moved in with their crude clubs and stones and finally the deed was accomplished. However, dusk was coming on, and there wasn’t time to harvest the meat before dark, the time when hunters always retreat to the safety of their cave. Then the leader made an imaginative leap. He visualized the dead antelope within the confines of the cave. This ability to stand

outside the stream of events and anticipate the future marked a human departure from primitive unselfconsciousness. Implicit in this human departure was the evolutionary promise of eventual mastery over the natural world with its discordant cravings for control, ego gratification, and psychic inflation.

A growing mastery of the environment granted the ape-people survival, but now all we have to do is look around us to see how survival led to the domination of Nature in so skewed a fashion that the whole, teetering human experiment hangs in the balance. The balance may be restored if we people with different skin colors and cultural backgrounds can feel in our hearts that we all share the same, non-dual essence. With mutual respect for our superficial differences and by focusing on the simple joys of life without undue anxiety for tomorrow, we will be well on our way toward self-conscious delight in the Atman in the eternity of the present moment.

There is a story about Krishna walking through a forest and encountering a Yogi deep in meditation. The Yogi’s attendant was nearby. Krishna waited patiently for the Yogi to finish his meditation. When he did so, Krishna asked, “Is there anything I can do for you?” “Yes, Lord,” said the Yogi. “Please tell me when I will attain Self-realization.” Krishna replied, “In three more lifetimes.” “What?” cried the usually sedate Yogi. “Three more lifetimes? With all the time I meditate, still three more lifetimes? You’ve got to be kidding me!” During this exchange, the attendant had respectfully retreated into the shade of a nearby tree. Krishna turned his gaze on the attendant and asked, “And is there anything I can do for you?” “Lord,” asked the attendant, “may I too someday become conscious of the *Atman* always working in my heart?” Krishna pointed to the hundreds of leaves on the tree and said, “In as many lifetimes as there are leaves on that tree.” The attendant proclaimed, “I knew I had it in me!” He began to dance in ecstasy as tears of joy streamed down his face. A big wind came up and blew all the leaves off the tree.



Photo of artwork from Wat Phra Kaew, (the Temple of the Emerald Buddha) in Bangkok, Thailand taken by Zachary Cooper

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DOUBT, DEATH—THEN TRANSCENDENCE ... WOW!

By Jesse Austin



Well, the doctor told you ... You've got it ... You're dead. You barely have time to get your affairs in order. (Not really. It is a benign cyst—you will be in and out of the office the same day.)

Dying is like running for a plane. Maddening, scary and timeless in the worst way. Death, however, is the wonderful foreign country where you sit in the quaint courtyard, breathing in the powerful scent of flowers.

But darn, you are not dead. Stretching out ahead, day after day, is the rearguard retreat of your various armies (dreams). Your consciousness flits with doubt, fear and frustration. No? You're happy, you say? You got it going?

But your foot hurts. Your daughter slapped a kid at school. And at work you fired Joe, then hired him back ... and Marci stormed home saying she's quitting. Effective immediately.

Last night you sat on your neighbor's deck. He's ancient, he smells and his wife, your dear friend, died last spring. Even outside the old man's stench is overwhelming. What is going on with Charlie? But you sit still, you listen, you offer encouragement.

"Oh, Helen loved you," you repeat several times.

You hug the stooped old man, gather your dishes, promising more cooked food by Thursday. When will you get it all done?

Walking next door, you see your daughter through the kitchen window. She is sitting at the table, leaning over a book. Is she studying or reading one of those simpleton graphic novels? You storm up the back steps. Your kid, by god, is going to college. That means grades, not cartoons, even in junior high.

You flash into the room, but before you can say a word you see that Ayanna is crying. Now what? More trouble at school? Is she hurt? Then you see the limp white cat spread on newspaper on the table.

"What happened, honey?" you say, bringing yourself back from the brink. Your tender daughter tells you she found the cat in the street. You touch the stiff white shoulder. Way too late for the vet. Oh, boy. Whose cat is it even? Why now? You have five calls to make tonight.

But you gear down. Your daughter needs your reassurance, your wonderful insight. But the dead cat on your kitchen table makes your stomach lurch. For a moment you are unsteady. You put a parental hand on your daughter's shoulder. Suddenly your daughter knows. She is up, out of the chair and sweeps her arms around you. You drop your chin on the top of her red hair; and the tears roll down your face. "It's Ok, mom," Ayanna says. "Get the flashlight, we will bury him tonight."

Death for you has always been the stark scream in the night. You can't deal with it. Out in the yard your daughter is breathing hard, digging the ground with William's oversized shovel. In his time your husband was a drinker. He died in bliss, drunk, driving off the state bridge into the Chonee River. Later that same week, a

psychic medium told you she saw him on his knees, begging your forgiveness. Ayanna was twelve when William died. Already three years ago—forever. You went to pieces. You couldn't remember eating or sleeping for two months.

"Do you want to say something, mom?" Ayanna asks about a prayer for the cat.

The night is so dark you can't even see your feet. But still a little glint of light finds its way down into the hole—or—is the white kitty glowing?

"Look, mom! You see it too!" A glowing cat shape jumps out of the small black pit and prances into the bushes by

the fence. You shiver. You want to scream. Your daughter hooks her arm in yours. She explains to you the facts of death. Apparently that is a sign—*glowing cats go to heaven!*

Where did sage Ayanna learn this? In one of those crazy graphic novels? Certainly it is not religion. But you saw it, you saw the cat's spirit. Right? *Does anything really die?*

Well, William did. Your bed is empty.

Back in the house your daughter wants to read you a poem. She wrote it for school. Has she already forgotten the cat?

In the morning you drop her off outside the brick building you attended when you were a kid. Ayanna gives you a quick kiss. "Have a good day," she calls, jumping on to the sidewalk. You take a breath and gird yourself for the day. Then Ayanna spins, bends down and looks into the car. "Have the best day," she says. "Because you are the best mom."

You mumble a humble thanks then watch the girl disappear into the crowd going up the steps. You don't want her to ever change, to leave you, to die.

Two weeks later you are sitting across from the psychic medium. There was finally a cancelation, and you were squeezed in for a morning appointment. But your mind is blank. You don't have a single question. Seeking? No, you're not seeking anything. Straight-away the medium describes a man, departed, with stooped shoulders, a lopsided smile and a clutch of flowers. *Pansies ... absolutely your favorite!*

Crying, this time you forgive William. Finally you ask your dear William what death is like for him? Wonderful, he says through the medium. There are schools, rivers, friends, family and unbelievable beauty and challenges. He tells you he is proud of the way you are raising Ayanna, that he is always there with you, watching, whispering, supporting.

Summing up, the medium reminds you—life is a school. And death is another school. Enjoy. Experience every morsel ... in every direction. The usual healer-practitioner song and dance, you think.

Back at work you arrange lunch for staff. They deserve it. Then in your office, alone, you sob. Why did William ever leave you? You wash your face, and look in the mirror. Abruptly, you think of friendly Mario in your chanting class.

"Grab him!" My god, that sounds like William's voice *in your head!* You mutter, but punch your cell.

"Ah, yeah ... hi!" you say with your best false voice of hope. "Are you going to chanting class tonight?"

It's arranged. You and friendly Mario are going to meet before class. You decide you are going to have a wonderful time—the best time! Maybe you will die and go to heaven, right in the sushi bar.

Jesse Austin is a Psychic Medium. He lives in Northern California. He does individual, group and phone readings. Call or text him at 503-929-8128.

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Photo by Zachary Cooper

Discernment:

The Big D – Part One

by Rev. Sue Annabrooke Jones

The universe is full of magical things, patiently waiting for our wits to grow sharper.
– Eden Phillpotts



Years ago, when I first began giving written Life Purpose Readings, I was surprised to discover how many of my clients were here on this Earth to increase their powers of discernment. Not exclusively, of course, they had taken embodiment for other important reasons. Yet the need to develop more discernment was written into their sacred contracts as firmly and clearly as all their other spiritual goals, obligations, and intentions.

Wishing to serve my clients better, I decided to add some commentary on discernment. But try as I might, I could say very little that was worthwhile on the subject. I revisited passages that I had read in various metaphysical and spiritual texts. But while they all emphasized the importance of exercising discernment, none offered any useful information about it, or on how to cultivate it. So I resolved to dig in and learn for myself something about discernment and to record my observations in a journal.

What follows are some of the basic understandings I have gleaned on the subject thus far. Many of these points will either seem obvious or of little practical value to some readers, but in the interest of thoroughness, I'll include them here anyway.

Discernment Defined

The term *discernment*, as you may know, has two definitions, one being to perceive or to mentally grasp something. The other, the one this article concerns, is *the ability to draw fine distinctions, or to discriminate, between one thing and another.*

An Example of Discernment

The 1948 classic American film *Mr. Blandings Builds His Dream House* offers up a festive example of discernment. In the “Mrs. Blandings Chooses Paint Colors” scene, Myrna Loy’s character walks the contractor through the family’s new home, delivering hilarious, hair-splitting color hue descriptions. (The living room, she insists, should be “a soft green. Not as blue-green as a robin’s egg, but not as yellow-green as daffodil buds.” The powder room? It should match “this spool of thread ... which, as you can see, is practically an apple red, somewhere between a healthy Winesap and an unripened Jonathan.”)

What Discernment Is

Discernment might be viewed as *a mental skill that stretches across the panorama of one’s consciousness and spills over into eternity.* (A discussion of the spiritual implications of discernment will appear in the second part of this article.)

How Discernment Presents Itself

The ability to see fine gradations usually blends effortlessly into everyday reasoning, often passing for what we typically regard as common sense. But at times when we must pause to examine a situation more closely and apply discernment with focused intention, it piggybacks on those mental processes we generally regard as taking a closer look, examining the details more carefully, or reading between the lines.

Discernment Can Be Value-Based

Often discernment interfaces with our personal value systems. For example, in cases where we have wide latitude of free will, we can choose to judge a situation as “weird,” or shrug and say whatever and walk away. At times when we are *obliged* to apply discernment (e.g., in public speaking, where one must answer a narrowly focused question), we must put some mental effort into it. In both instances, what we *care about*, what we *value*, are called into play.

Factors That Influence Our Powers of Discernment

Our ability and our willingness to discern is constantly in a state of flux, depending on our age, our personality type, the condition of our health, the extent of our activities, our everyday ups and downs, how much we have going on at any given moment, and countless other factors, exoteric and esoteric, too numerous to mention.

How We Learn to Discern

Discernment can be learned naturally, that is to say,

unintentionally. A child might learn discernment by growing up with a parent who possesses the ability to perceive fine distinctions and who verbalizes those observations generously. (How charming and amusing it is to hear a child mimic his or her parent’s pattern of thinking and verbal style of self-expression.)

What about grownups? An adult can spend a lot of time around someone with well developed powers of discernment and learn to draw fine distinctions through “osmosis.” Our qualities do tend to rub off on to others.

An adult might also advance his or her ability to discern (indirectly, and over a period of time) by working in a field that demands a high degree of precision with weights and measures or with the accurate application of force. Pharmacists, laboratory scientists, civil engineers, and individuals who work with explosives come to mind as examples here.

And of course discernment can be cultivated intentionally, a topic that will be covered in the second part of this article.

A Fun Fact From the Irony Department

In every situation calling for discernment, the *degree* of discernment required depends on the situation. Yet it is discernment itself that makes the call.

The Importance of Discernment

Without powers of discernment, we cannot grasp precise understandings.

No soul can achieve self-mastery within the human experience without developing powers of discernment to a high degree.

Discernment figures into our lives in profound and far-reaching ways. It might even be said to affect everything we think and do.

For these reasons, I have come to think of discernment as “The Big D.”

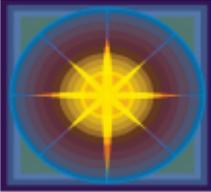
In the next issue of the *Isis Scrolls*, we’ll examine some of the ways discernment touches three important areas of our lives: work, relationships and spirituality.

By the way, the *Blandings* film clip referenced above runs about two minutes in length and is up on YouTube.com. Enjoy this uplifting scene in glorious black and white (and however many shades of gray you care to discern.)

Rev. Sue Annabrooke Jones is a metaphysical minister, a certified life coach, a gifted psychic-intuitive, a life purpose specialist, and a power animal specialist. She leads a weekly Transmission Meditation group at Isis. Visit her website at www.Life-Purpose-Readings.com.

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Loneliness: Three Practices To Help You Pass Through It

By Karena Wright



I lost my husband, the love of my lifetimes, three years before I moved to Humboldt in late 2014. Our bond was stronger than any I'd experienced before, and we both sensed it immediately. He proposed the day after we met—the day after we met!—and even then I remember wondering what took him so long to pop the question!

We married three months later. I have never known a more blissful life than the one we created together. That is, until his memory began to fail. After numerous visits to neurologists and after extensive testing, my sweet husband was diagnosed with dementia, a chronic condition of the mental processes that involves memory disorders, personality changes, and impaired reasoning. The diagnosis came nine months after our wedding.

Although they found no evidence of Alzheimer's disease, the end result would be the same. My husband's mental faculties would deteriorate. He would lose his ability to remember routine processes, including his memory for controlling bodily functions like how to swallow, and finally he would lose his life. We had been married less than six years when he made his transition into what he called Existence.

Since his death, I've been working on a book about my caregiving experiences and the transformational, spiritual, and mystical insights I gained during that time. During his lifetime, my unwritten and subconscious goal was to remain as present and as open as possible to whatever came up during our harrowing journey with the disease.

I have come to realize that what I learned would be helpful

not only to others who are in a similar situation but also to just about anyone living life. In reflecting about that time with my husband and wondering what got me through it, three guiding truths rose gradually from the ashes of my smoldering memories. I'd like to share with you my experience with loneliness and the three things I learned about feeling lonely and, then, what to do about it.

Between the time my husband was diagnosed with dementia in 2007 and the time he died in 2011, I watched him change from the wisest, kindest, and most caring man I'd ever met into someone I didn't recognize much of the time. Throughout his illness, and sometimes in escalating frequency, he was tortured by horrors such as night sweats, terrors, angry outbursts, bouts of weeping and carrying on, hallucinations, and delusions. This was not the man I knew, not the man who had earned a master's degree in mathematics and worked as a computer programmer, not the man I married. Often, I felt enraged, confused, puzzled, frustrated, isolated, and lonely.

When his physical and mental limitations deteriorated to where it required a team to take care of him, he was admitted to a nursing home, and I found myself living much of my life without him, going places and doing things without him by my side, our usual inseparability no longer a thing. Our "together" life no longer existed. We had been torn apart by the progressing symptoms of his disease, cut off from the life we had chosen to live together, frequently isolated from each other. My best friend had left me, through no choice of our own, and losing him upset me to the core. The internal loneliness that sometimes possessed me was daunting, seemingly never ending.

But I found hope, and there is hope for anyone sitting in loneliness and grief. Although there are many ways to face loneliness and isolation at any stage of life, I stumbled on three that suited my internal guidance system. You may be aware of others.

I've been told by a number of people that they've found comfort in putting these particular three techniques into practice. So when you feel the emptiness and hollowness of being lonely, keep these three things in mind:

1. Corral the love and marinate in it. Do you know there's healing power in love? You can use it, the superpower of the love that resides within you, whether it's love for another person, yourself, a pet, an idea, a place. Whenever you feel alone, when you're unstable, drifting like an untethered balloon bobbing in the wind, being thrown high into the sky, then being thrown to the ground, tossed about from all sides, remember that love. Call forth that love and simmer in it. Feel its energy, its power, its joy, and you'll soon find that

love is a mighty antidepressant. Call up the love. Ultimately, it's all there is, and it's plentiful.

2. Play and have fun. During one of the roughest times in my caregiving experience, my naturopathic doctor pulled out her prescription pad and jotted down this prescription for me: PLAY A LOT. Do anything and everything to nurture yourself and have fun!

Playtime is about refueling your imagination, being free, being social in an unstructured way. It's time set aside for grins and laughter. In play, we focus not on an end goal but on the process itself. The benefits of play are hidden within the process of doing it. Play relieves stress, calms us, and challenges us in a relaxing way.

After my husband started attending an adult day program, I began taking classes and learned to play the djembe drum. Not only was this loads of fun, but I also became immersed in a new tribe and the loving support they offered. I also got pretty good at the djembe (it felt great to take out my frustrations on the drum) and have played in several drumming performance groups, including one I lead. I have facilitated rhythm playshops for healing and therapy. I still play today and probably always will. At the time, I never dreamed my delightful passion for the djembe would have been born from the passion of my grief and loneliness.

In play we create, learn, and feel joy. It's crucial to our well-being. Go. Step out. Find your fun, and have as much of it as you can handle. Falling down laughing is optional.

3. Feel your emotions. This is the difficult part. You're sad and hurt, you're grieving, and of course you're lonely. And it's more than okay. It's normal.

As my husband approached the end of his life, I confided to a close friend that nothing I did anymore eliminated the stress and sadness I felt over losing him. I complained about my lengthy bouts of crying, my depression, and the agony of my loneliness. His response startled me.



"What?" he said. "You expect to feel good during the grieving process?" I paused, taken aback. That's exactly what I'd been trying to do; to feel better. How silly of me! Of course you won't be happy and carefree. It's perfectly normal to be a wreck.

It's also normal and necessary to express those emotions safely.

The most common way to do that is to cry. Cry! Sob, weep, carry on until you're dry. You may think that if you start crying, you'll never stop. This isn't true. Set a timer for 10 minutes, then cry until the timer sounds. My guess is you'll stop crying after three or four minutes. If you don't, keep going until the timer goes off. If you need to cry more, set the timer for another 10, and another 10 until you're cried out. Don't rush it. Just cry. Then repeat as often as necessary. Crying releases toxins and stress hormones from the body. A good crying session will give you relief.

The only way out of your grief and loneliness is to pass through it. It's true. Winston Churchill said, "If you're going through hell, keep going." He knew that you'll eventually come out the other side, and you'll be stronger from the experience. The boon here is that your new strength will then become the updated baseline from which you operate. You'll be more solid, more resilient, more able to help others as you help yourself.



Connecting with and being connected to others is a natural aspect of our lives. But loneliness gives us the opportunity to reflect, to heal, and to grow. It's the hero's path and the warrior's stance. Corral the love, play and have fun, feel your emotions. You can do it. This is life, and you'll get the most out of it by being fully present, even in the darkest of times.

Karena Wright has been a Oneness Blessing Deeksha Giver since 2010 and attends the Tuesday Healing Night at Isis to help give Deeksha when she can. She lives in McKinleyville. Connect with her at www.WrightingLife.com or 707.296.0045.



Help Yourself with Jin Shin Jyutsu: *The Prime Mover*

by Denny Dorsett, RN

*Non-living substance does not pulsate.
Living substance pulsates.*
-Wilhelm Reich, *The Biopathy of Cancer*

Down the front of the body and up the back, our life energy supports the breath in continuous exhale and inhale, expansion and contraction, pulsation. This primary flow of energy, which in Jin Shin Jyutsu (the Art of the Creator through the Compassionate Person) we name the Main Central Vertical Universal Harmonizing Energy, cycles every twenty minutes, 360 breaths more or less, through the six energetic levels or depths of our being.

“A depth is just a vibration of the Safety Energy Locks in that depth.” (Muriel Carlton, Jin Shin Jyutsu teacher, 6/10/2010, in class). There are twenty-six pairs of Safety Energy Locks, each one roughly the size and shape of an orange, located in the front and back of the body. Like circuit breakers in an electrical system, the Safety Energy Locks regulate the flow of life energy. When the flow is not in harmony, one or more Safety Energy Locks, or SEL’s, shuts down, and

we have a symptom. Be it pain or other dis-ease, the symptom lets us know something’s out of balance. Just as we check the circuit breakers when we have an electrical problem in our home, when we have a problem in physical, mental, or emotional being, Jin Shin Jyutsu sends us to the SEL’s before the house burns down.

Our subject here is Safety Energy Lock 1, located at the inner knee where the bones meet. I suggest you hold it while you read. Hold either one or both, using any part of your hand or hands. Make contact without pressing or rubbing. Just hold.



Jiro Murai, the early 20th century Japanese monk who retrieved Jin Shin Jyutsu (also called Now Know Myself) from the mists of ancient oral tradition where it was very nearly lost forever, called the Safety Energy Locks “Eki Ten,” Fluid Divine Beings. Mary Burmeister, his student who brought the art to the West, translated this as “Safety Energy Locks.” These beings, or energetic concentrations, live in the wateriness of our bodies to keep us healthy, or safe. Because they’re part of our divinity, they can’t be disputed. They’re locks. To open them, we simply need the right key, which is the spark of cosmic energy we’re all blessed to hold, quite literally, in our hands.

Right now, if you’re still holding your inner knees, you’re using your own healing hands to harmonize the Fluid Divine Being whose name is the Prime Mover. (At this point, experiment with crossing your hands while holding SEL 1, or, if your hands are already crossed, uncross them.) Consider, if you want to think about something, what needs to move for you. It could be your body, your will, or something you ingested, physically, mentally, or emotionally, that’s not agreeing with you. Help it move through.

Feeling stuck? Hold your ones. Hold them sitting or lying down, for two minutes or an hour. Use any part of your hand, front or back. Meditate, converse, watch a movie. If pulses arise under your hands, notice them. How do they feel? If you feel pulses at both inner knees, do the pulses feel different? Do they change with time? Later on, has something begun to move for you?

Jin Shin Jyutsu recognizes nine depths. If you take a Jin Shin Jyutsu class, you’ll hear about them all in their marvelous, reeling magnificence. Here, we’ll begin with the sixth, beautifully described in *The Touch of Healing*. The sixth depth is the transition between the “impersonal” universe and our own “personal” human experience. Accordingly, it is the source of our personal life energy. This source nourishes all of our organs as well as all of the materializing forms of energy within us. At the sixth depth the universal life energy is more dense and has become the “blueprint” that determines the building of our manifested form. This progresses from our outermost surface—governed by the first depth—to our innermost physical core, governed by the fifth depth.¹

Safety Energy Locks 1 through 4 comprise the first depth of Jin Shin Jyutsu. First depth enables us to accept and digest nutrients, including but not limited to food. The organs of first depth are the spleen and stomach.

The first depth creates our skin surface through which we perceive nurturing touch from other beings. Our skin is also

our container, literally the vessel in which we exist and through which we distinguish our identity as unique beings. It gives us a place in which to pulsate, a place from which to initiate movement.

Here is the connection to Safety Energy Lock 1, The Prime Mover. As one emerges from the zero field, its first impulse, the way it defines itself as a different energy, is to move. Here we begin to manifest our being.

“When the first depth is in harmony, we feel secure in our capacity to admit nourishment. The opposite feeling is worry, the attitude associated with the first depth.”—Alice Burmeister, *The Touch of Healing*

To balance the first depth, which you might want to do if you worry a lot or your stomach bothers you, hold your thumb.



Do this just as you held your inner knees, except that here you can hold your whole thumb by wrapping the other hand around it gently. Again, hold whichever thumb you’re inclined to, or both in succession. Each depth has a corresponding finger, which makes for a perfect, low-key way to comfort yourself in any

social setting. I use this hold so much for self-soothing that I often find myself holding my thumb without thinking about it. Do babies who suck their thumbs know more than we think?

Skin, digestion, security, worry, movement. Welcome to Jin Shin Jyutsu, the light touch energy work that connects widely different ideas to restore us to well being. Though it’s ancient, it’s easy to miss in the fascinating forest of modalities we live in. For me, along with the seminal work of Wilhelm Reich quoted at the beginning of this article, it’s one of the grandmother trees. I come to it again and again, as practitioner and recipient, nourished and sheltered by “Now Know Myself.”

Denny Dorsett, RN practices Jin Shin Jyutsu for individuals and teaches self-help classes at the Arcata Wellness Center. She delights in the surprising ways that her nursing and Jin Shin Jyutsu practices enrich each other.

Note 1. Burmeister, Alice, with Tom Monte, *The Touch of Healing*, New York, Bantam, 28-29

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-Mahatma Gandhi

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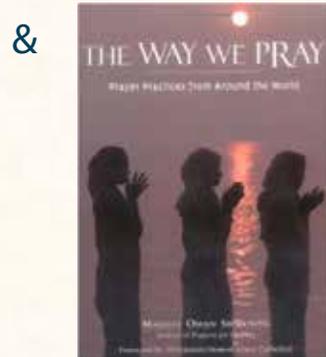
E-mail us your book review for inclusion in the next issue of the *Isis Scrolls*

Two book reviews submitted by Susan Hagemann



How Do You Pray

edited by
Celeste Jacoboni



The Way We Pray

by Maggie
Oman Shannon

How Do You Pray, edited by Celeste Jacoboni, and *The Way We Pray*, by Maggie Oman Shannon, are books that are deeply linked by their underlying intention. Like two trees growing side by side, with interconnected root systems and interpenetrating branching, each offers a unique exploration of prayer—one from the individual's perspective, the other from a cultural one—and both illuminate and nurture the understanding and expression of this foundational spiritual practice.

Ms. Jacoboni's book contains the answers to the question "How do you pray?" from a wide variety of spiritual teachers and practitioners, artists, writers, teachers, healers, activists and counselors. These are responses from individuals for whom prayer is an important and consistent part of their lives. The diversity, lyricism, and passion contained here are thought-provoking and possibly life-changing.

A few examples:

"The first thing I do when I wake up is to get on my knees and kiss the ground. I give thanks to God for another day, ask for the protection of my elders of my path, and sit in prayer. I put the Earth in my heart and ask that during the day, I will be her eyes and ears ..."

"The best thing I can do is just sit there and let God love me ..."

"In my tradition, whatever you say is a prayer that you send out, because sound is a powerful force that brings the hidden to light, and when you pray, something is going to say Yes ..."

"I have a set of thirteen musical instruments, which are thirteen prayers. I make my own musical instruments, searching for sounds that bring me closer to the Sacred. And what is prayer? That which allows you to come closer to the Sacred, to come closer to its inner part."

The 129 responses contained in this book inspire the examination of one's current prayer practices and offer ways of deepening and enriching them.

Maggie Oman Shannon's book gives the reader something of a global tour of prayer practices. Going in alphabetical order, Ms. Shannon gives a brief, but pithy, explanation of both more familiar approaches (creating altars, labyrinth-walking and fasting) to those that may be considered a bit more unusual, such as creating despachos (gratitude offerings) and god boxes, making treasure maps of your soul's spiritual journey, and using prayer wheels. At the end of each of the 50 prayer practices described, she offers very practical and enticing "Suggestions for Beginning the Exploration," helping the reader to further delve into the practice in an individualized way.

These books are quiet but potent invitations to examine, enhance and strengthen one's relationship with prayer and, therefore, the Sacred. Reading either of them during this time of the year can help transform and revitalize one's spiritual path.

Both can be purchased from, or ordered through, our local new or used bookstores.



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Fertility Awareness: *A Fountain of Feminine Wisdom*

By Caitlin McMurtry

Does ovulation occur on day 14? Can you get pregnant while on your period? What is that clear stretchy stuff you see sometimes? Can you get pregnant every day of your cycle? How can you know if you're about to ovulate? Is there a natural method of birth control that actually works?



Somewhere between high school biology, a visit to the gynecologist, and the occasional internet search, most of us have woven together a patchy understanding of how our cycles and fertility actually work. Unfortunately, the vast majority of women are never given the key to unlocking the answers to the above questions. I'm writing to tell you that the key is already in your hand. In fact, it exists every day inside you, waiting for you to look for it, turn it, and discover an entire world of knowing.

The key is Fertility Awareness, also known as the Fertility Awareness Method, or FAM.

I discovered this practice when I was 25, ignorant and scared of my female body and its workings. Inside, I was still a young girl who had never been taught and mentored with care about all the things my body did and why, other than the basics about period products and conventional birth control. Fertility Awareness sparked a flame deep within the unlit chambers of my womanhood; it was the torch that cast light on the cave walls so to speak, so I could see—for the first time in my life—the beautiful paintings that had been there all along.

Through Fertility Awareness, I became a woman. I didn't fear my cycles because I understood them in rich detail. My body spoke to me and its language was not one of randomness and mystery, but one of rhyme and reason. Suddenly I was the one I looked to for expert advice about my body. The self-respect and inner power I gained from this knowledge rocked me to my core. I cared immensely about sharing it with other women and decided to train

to be a teacher. For two years I studied intensely with Sarah Bly's Grace of the Moon Teacher Training Program, and I recently graduated as a Certified Fertility Awareness Educator. I have used FAM for five years, and it's an incredibly valuable, intimate, and precious part of my life. I'm so excited to introduce you to this empowering practice.

So what exactly is FAM? It's a simple daily practice that enables you to know the days when you are fertile and not fertile during each cycle by looking at physical evidence from your own body. Throughout the cycle, hormonal changes create physical effects,

known as fertility signs. FAM relies on daily observation and charting of the three primary fertility signs: waking temperature, cervical fluid, and, optionally, cervix changes. Checking your fertility signs from the outside of your body informs you of what your hormones are doing on the inside of your body. By tracking the changes in your fertility signs, you can know each and every day if you are fertile or not fertile, putting the power to avoid or invite a pregnancy directly in your hands. Your cycles are no longer mysterious but clear as day: you'll know when you're ovulating, why you have different types of secretions, how healthy your hormones are, and even the day your next menses will start.

A common misconception is that FAM is difficult and time-consuming, but I guarantee that once you learn it, it becomes as easy as tying your shoes. Checking all the signs and recording them on a chart takes less than five minutes per day. This small time investment yields huge benefits, such as avoiding pregnancy without devices or hormones and having an in-depth look at your gynecological health. What other activity gives you all that in mere minutes? (Try spending under five minutes on Facebook. I guarantee the benefits are not as great!) Learning FAM does require an initial investment, such as a class series with a teacher, in person or online. You need about three months of charting to learn the unique language of your fertility signs and confirm with your teacher that you're on track and ready

to use the method, or three to six months if you've recently stopped a hormonal method of birth control.

At its heart, FAM is a self-care practice that you do every day, like brushing and flossing your teeth. It necessitates an investment of time, energy, and money. Once you know it, however, the knowledge lasts your whole life. No matter what age you are or where you are at in your fertile years, charting your cycles has wide-reaching benefits. Maybe you're coming off of hormonal birth control and want to see how quickly your cycles return to normal. Perhaps you're breastfeeding and looking for a natural way to avoid pregnancy and synthetic hormones going to your baby. Or maybe you're in perimenopause and want to get a firm grasp on the fluctuations in your cycles. If you want to understand your cycle in full, illustrious detail and reclaim your reproductive and sexual well-being, FAM is your girl.

Isn't it incredible that we have access to such a treasure trove of wisdom and knowledge literally at our fingertips every day? It's also incredible that we aren't taught this essential information from a young age. Sadly, widespread and persistent confusion with the ineffective Rhythm Method has kept FAM out of the mainstream and estranged from the medical community. Both are often thought of as the same thing,

but they're more like distant cousins. The Rhythm Method relies on calculation to try to predict when your fertile phase will occur; FAM relies on observation of physical signs to tell you for a fact whether any given day is fertile or not. There's no predicting, guessing, or cycle lengths to consider which means that even those with irregular cycles can use FAM. As a method of contraception, Rhythm is about 75% effective with typical use and 90% effective with perfect use¹; FAM, when learned from a qualified teacher and practiced correctly, is 98.2% effective with typical use and 99.6% effective with perfect use.²

Of course, FAM is also effective for conception, too. Studies have shown that people who learn to observe fertility signs conceive more quickly than people who haven't learned. Furthermore, FAM often helps people avoid expensive and uncomfortable infertility tests and

treatments by identifying specific issues that can be seen on a FAM chart.

Becoming a skilled practitioner of FAM takes some time, and only when you've had solid training can you expect to see the benefits I've discussed. After reading this, you might want to run out and buy a thermometer and start checking for cervical fluid, but it's not that easy, nor is it safe to attempt to use FAM after glancing through a few internet articles or downloading a fertility app (beware – most apps are basically just the Rhythm Method). Instead, I warmly invite you to personally learn FAM with me. I offer private instruction as well as fun, interactive group classes that include all the information and materials you need to start charting. I welcome menstruating people of all ages and stages of life regardless of relationship status, gender identity, sexual orientation, religion, or lifestyle.

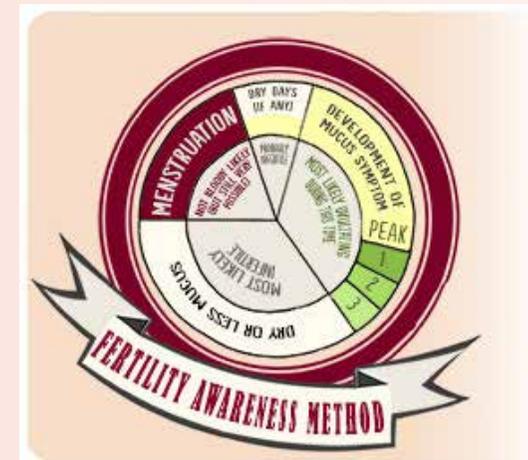
My next class will be a 3-part series beginning in late January. I would be thrilled and honored to have you join me. As the new year begins, I hope you'll consider a commitment to personal empowerment, life-changing cycle understanding, and fearless embodiment of your fertile self.

Born and raised in Mendocino County, I always knew I wanted to work with women's health in some capacity and found my calling with Fertility Awareness. I am a recent graduate of the Grace of the Moon Teacher Training Program run by Sarah Bly in Ashland, Oregon, and a member of the Association of Fertility Awareness Professionals. My approach to fertility is

detailed and personalized, taking in to account all the pieces that make up the whole woman and her cycles, from emotional well-being to nutrition. I offer private consultations for those who already use FAM, or for general holistic reproductive health consulting. I'm on the web at www.enlightened-cycle.com. See my ad on page 15 of this issue.

Sources:

1. Hatcher, Robert A, et al. *Contraceptive Technology*. 18th ed. New York: Ardent Media, 2004. Print.
2. Frank-Hermann, Petra, et al. "The effectiveness of a fertility awareness based method to avoid pregnancy in relation to a couple's sexual behaviour during the fertile time: a prospective longitudinal study." *Human Reproduction* 22.5 (2007): 1310 – 1319. Print



Vickie King

There are many wonderful teachers on the planet, the first one being you!



Life's journey is full of twists and turns. Learning to navigate one's self can be challenging. Through nutrition and self-care practices, one can have a healthy and fulfilling life. When your body becomes overwhelmed or suppressed, it sends out distress signals from mild to chronic ailments.

Our bodies have a built-in cleaning system or detoxification pathway, the route which toxins leave our bodies. These pathways need to be reactivated in a way that resets your body for deep and lasting transformation.

No matter what your past or current place in life is, health and happiness are obtainable. Every being is unique as should be their self-healing. By cultivating loving ourselves more, we learn the art of self-care.

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KaBooom!!! By Thom Alwell



The loudest firework we can hear on Independence day.

A tribute to our good friend, Ruth Farmer! In May, she celebrated her 100th birthday! KaBooom!!!

A year before that I asked her daughter, "Hey Jill, where's Ruth?" "Went to Michigan to visit family." Jill said.

"How'd she get there?"

"Drove her car."

"Who went with her?" I asked.

"Nobody."

"What??? Anybody else know about this???"

"She told me ... she says everybody else worries too much."

A couple of years before this, Ruth hired me to do some work at her house for the enormous salary of ten bucks an hour. Ruth snickered walking away, "If he takes too damn long, I'll be in the Poorhouse!"

So after working steadily for a couple of hours, I climbed back up the hill, sweating and catching my breath, I took a little break and sat on a rock in her driveway. That moment I saw a wheelbarrow being pushed in my direction—full enough I couldn't see who was pushing it—and it stopped right near me. It was Ruth with her work gloves filthy already; she gave me a stern look in the eye, saying, authoritatively, but kindly, "You think I'm payin you to sit on your ass, you got another think comin! Back in my day—workin for a buck and a half an hour—we drove Cadillacs!" I stood up, "You need some help taking that the rest of the way?"

Shaking her head with a smile, Ruth says, "Get back to Work!"

I heard her mumbling as she walked away with the mountain in her wheelbarrow, "I knew he couldn't keep up with me!!"

God Bless you Ruth, and we all love you!!!

To one of the youngest women I have met ... after her hundredth birthday!

Pablo Picasso said, "It takes a long time to become young!"

2016 Event Calendar

Events at Isis #48 Sunny Brae Centre in Arcata

Every Monday

SPIRIT TALK WITH REV. DIANE. All are welcome to join Rev. Diane Decker, Minister of Religious Science, for Science of Mind Spiritual Discussion, Meditation and Affirmative Prayer. Gathering every MONDAY 7:00-8:00 p.m. at Isis Suite 48, Sunny Brae Center. Donations welcome.

Every Tuesday

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

Every Wednesday

TRANSMISSION MEDITATION led by Sue Jones, Wednesday evenings from 6:00-7:00 p.m. Donation requested: \$2. Transmission Meditation takes about 15 seconds to learn and is practiced for the benefit of humanity, rather than the individual. Still, it's a most uplifting experience! Learn about it at www.SueAnnabrookeJones.com/transmission-meditation.php

1st and 3rd Thursdays

IMPROV AND ACTING CLASS with Damion Sharpe Increase your ease, skill, confidence, and joy through play. Every first and third Thursday 6:30-8:00 pm. Jan 7th & 21st/Feb 4th & 18th Sliding scale \$5-\$10. damionpanther@gmail.com and 707-497-9039.

2nd and 4th Thursdays

TAROT AS AN EVOLUTIONARY PATH Taught by Carolyn Ayres. For more information about her classes or private consultations, call 442-4240 or check her out at her website: www.tarotofbecoming.com.

Every Friday

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

Saturdays, Jan 9th & 30th, Feb 13th & 27th

A GROUP OFFERING WITH MAYA. Let's see what kind of magic and healing we can create together! On the second and fourth Saturday of each month, beginning Jan. 9th, from 11:00-1:00 pm. I have a few things I would like to share about helping us align into our lives in a more nourishing way and I am keeping it open to see what might emerge as a group of us gather. If you are interested in joining please text or call me at 707-834-6831 as space is limited. \$25.00.

2nd Sunday of the Month

POWERFUL HEALING AND TRANSFORMATIVE with Damion Sharpe. 2nd Sunday circle. Empowering your hearts gift to the world through exploration, visualization, movement, and shaman journeying. Begins Sunday February 7th 3:00-6:00 pm. Sliding scale \$10-\$20. damionpanther@gmail.com and 707-497-9039.

Special Events At Isis #48

Friday - Sunday Jan. 22nd - 24th

REIKI MASTER HEIRESS MORN will be offering the First degree of Reiki in the Usui Shiki Ryoho School in January at Isis. The class will be Friday Jan. 22nd - Sunday, Jan. 24th. 12 hours total, \$150. Please contact Heiress Morn for details: heiressmorn@gmail.com, or call 707-840-4022 and leave a message.

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1st Tuesdays & 2nd Sundays

ECKANKAR: ANCIENT WISDOM FOR TODAY! HU Chant, 1st Tuesday of the month, 7 - 7:45 PM at Jefferson Community Ctr., in Eureka. **Spiritual Discussions**, 2nd Sunday of the month, 11 AM - noon, Adorni Ctr., 1011 Waterfront Dr., Eureka.

Practitioner Pages



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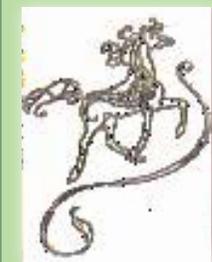


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You Are Invited! A Group Offering by Maya Cooper *Let's see what kind of magic and healing we can create together!*

Saturday mornings, **Jan. 9th and 30th, Feb. 13th and 27th**, from 11:00-1:00 upstairs at Isis in Suite #48, Sunny Brae Centre in Arcata. This is a bit of an experiment. I have a few things I would like to share about helping us align into our lives in a more nourishing way and I am keeping it open to see what might emerge as a group of us gather. If you are interested in joining please text or call me as space is limited. The cost is \$25 ~ **707-834-6831**



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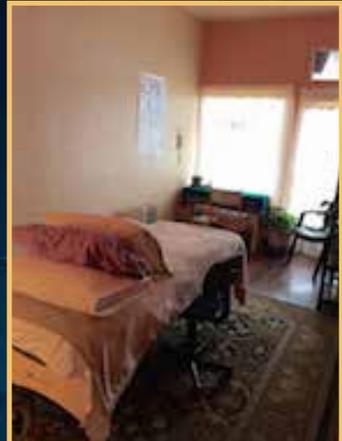
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leads to a fulfilling
life of service.**



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

Daytime Classes begin September 2016

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

Our Student and Professional Massage Clinic

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



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

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