

# Wholistic Heartbeat

the power to heal lies within



[WholisticHeartbeat.com](http://WholisticHeartbeat.com)



**On The Cover and On  
The Gallery Walls**  
at Wholistic Heartbeat  
1660 Central Ave, Suite A  
in McKinleyville!

# Zack Stanton

Carpenter with a Camera



I'm a Humboldt native and amateur photographer. I am eternally grateful to live amidst all of the natural beauty that is Humboldt County. I truly hope that you enjoy looking at my images as much as I have enjoyed capturing them for you.

See more on  
Instagram [@zackatak71](https://www.instagram.com/zackatak71)

Contact him at  
(707) 601-4428  
[scorpioz71@hotmail.com](mailto:scorpioz71@hotmail.com)

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# Wholistic Heartbeat

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707-825-8300

44 Sunny Brae Centre, Arcata, CA 95521

[wholisticheartbeat@gmail.com](mailto:wholisticheartbeat@gmail.com)

[wholisticheartbeat.com](http://wholisticheartbeat.com)

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

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

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

## Wholistic Heartbeat

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

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

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

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

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# IT'S HEALERS TREE MEMBERSHIP TIME!



## MISSION:

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

## VISION:

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

## GREATER PURPOSE:

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

## GOALS FOR THE MEMBERS OF THE HEALERS TREE:

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

## Next Healers Tree Gathering!

**Attention Healers Tree Members and Healing Arts Practitioners non - members:**  
**This event is created to bring us into sacred space together.**

**Preparing for the Autumn Equinox** Facilitated by Theresa Horan-Sapunar, Jahnan Derso and Maya Cooper

**Coming together in sacred space.**- Join us as we slow down and enter into a reflective ceremony as a way to prepare ourselves for the changing of the seasons. We will sing, journey, reflect, create, open our hearts and sing some more.

As Machaelle Small Wright of Perelandra Gardens explains regarding honoring the Equinox: "This is for anyone who cares about nature's role in our lives and on our planet. Gardeners, soil-less gardeners and non-gardeners will all benefit from acknowledging this change of season, the start of a new cycle. The planet will benefit too."

**Cost:** Healers Tree Members no charge - Healing Arts Practitioner non-members \$20 (you can flow this fee into an annual membership, learn more <https://www.healingpathhumboldt.org/healer-s-tree>)

**Date:** Saturday Sept 21st 1:00-3:30 - **Location:** Wholistic Heartbeat 1660 Central Ave, Suite A in McKinleyville

**We'd love to see you there! Please RSVP to Maya at 707-834-6831**

**OPEN ENROLLMENT: JULY 1 - SEPTEMBER 30, ANNUAL DUES \$50.00**

Introducing Our Communities Newest Healers Tree Members:

Christine Johnson, MJ Griffin, Kristin Bradfield, Janne Gibbs, Karen Ramsey,  
Marta Fabregas, Bruce Anderson, Melinda Pedersen, Kiernan Powers & Yaj

Email us at [info@healingpathhumboldt.org](mailto:info@healingpathhumboldt.org) ~ Visit us at [HealingPathHumboldt.org](http://HealingPathHumboldt.org) ~ 707-496-6616



# Power Animals & Spirit Guides:

## A Path to Authenticity

W

Throughout history humans have been navigating how to live well and in balance with the natural world. Many of our Ancestors achieved this by establishing a direct connection and communication with the elements, land, animals and plants through some form of journeying. Our Ancestors understood that having a working partnership with the essence and spirit that resides within all things is essential for survival. Today, so many of us have become divorced from the practices and traditions that aided our Ancestors in living healthy, balanced and sustainable lives. We've become dependent on technology and having what we need when we need it. In the process, we move further away from the wisdom and healing that we need, not just to survive, but to thrive in these changing times. Our Power Animals and Guardian Spirits are eager to work with us and the practice of journeying is still here and it still works. Is it ready to reawaken within you?

**It was an ordinary day... aside from** it being the day that I was going to meet a Shaman and learn how to journey. At this point in my life I had no context for what a Shaman's role was outside of being a Healer of some sort and that they could teach me a practice referred to as "shamanic journeying." Although I only vaguely knew what I was signing up for at the time, somewhere deep inside me it was clear that I needed to learn this practice. Also, I had always wondered what a Power Animal was... so... I got in my car and headed up the mountain to meet the Shaman.

*I had no idea that I would leave that session with the key and the doorway to the answers I had been seeking most of my life. But that day I met my navigator, my friend and my protec-*

tor also known as my Power Animal.

I felt vital and full of life for what felt like the first time. With my Power Animal by my side I began to learn how to navigate these "invisible" worlds that are home to helping spirits who so generously offer an abundance of wisdom and healing. I recovered lost parts of myself, discovered my purpose, my physical, emotional, mental and spiritual health improved, and I found deeper connection and meaning in life. I was never what I would consider "good" at meditation, having tried many different forms



and practices, however, journeying fit for me. The experience of a drum journey felt more like an active form of meditation. I was still allowing input to come in, engaging my brain and all of my senses. It wasn't like reading a textbook or doing a tarot card reading, when I received input in a journey, it became alive within me and began to

be expressed in my life.

### The Role of a Power Animal

A Power Animal or Guardian Spirit is a personal guide and protector that has a unique and personal relationship with the person whom it chooses to help. Some believe that when we are born at least one Power Animal or Guardian Spirit volunteers to be our guide and protector, sort of like a Guardian Angel. Our Power Animals are compassionate "helpers" who have our best interest at heart and help guide us consciously or unconsciously towards balance, harmony and wholeness. Furthermore, the presence of our P.A. or Guardian Spirit can help to ease anxiety, insecurity and serves as a form of protection from outside influences that distract us from living an authentic life. What a wonderful gift to receive when coming on to this Earth! We need all the help we can get, right?!

If one chooses to continue journeying with their Power Animal, the potency of their presence becomes even more effective in navigating the many curve balls life can throw at us. In journey work, our Power Animal can reflect the things we may be blind to, what is and isn't working in our lives, illuminate the gifts we came into this life with,



and help us remember who we truly are and the infinite potential life holds. Would you like to meet yours?

## The Power Animal Journey Workshop for Children and Adults

**Saturday, October 12th**

**10:30am - 11:15am Ages 7-12 yrs - Cost \$15**

**12pm - 3pm Adults (13 yrs and older) - Cost \$45**

In this highly experiential and fun class participants will learn the basics of shamanic journeying and embark on a drum journey to meet their Power Animal. Please note a parent or guardian is required for the children's class.

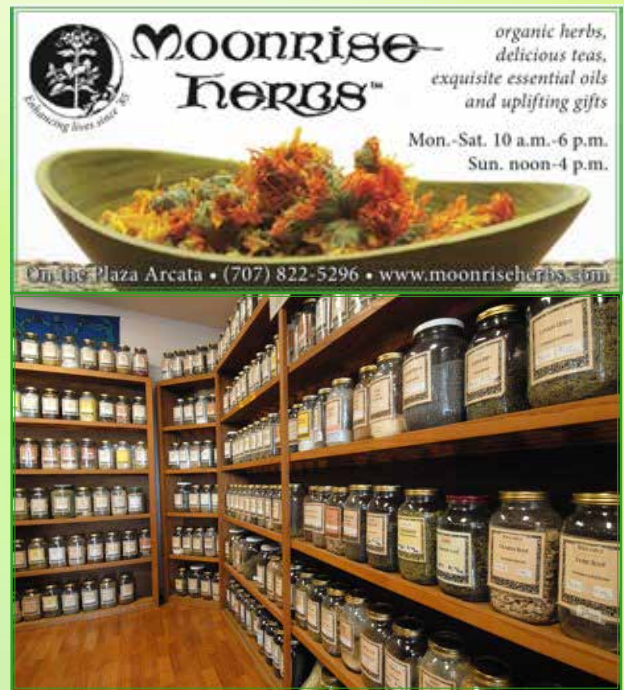
Space accommodates up to 9 participants - **RSVP**

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THE NIGHT**

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-Amanda Jane Pollock

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## The Ancient Hawaiian Practice of Forgiveness

By [Jonathan Davis](#)

### Ho'oponopono Can Help Restore Harmony within and with Others

When I first encountered the practice known as Ho'oponopono, it was with Haleaka Hew Len PhD, a Hawaiian psychologist and shamanic practitioner. I took on the simple yet profound forgiveness practice and found immediate benefits in my personal life.

#### What is Ho'oponopono?

**Ho'oponopono:**

*I'm sorry, please forgive me,  
thank you, I love you.*

On the surface level, many people have understood Ho'oponopono to be a mantra where one repeats the words 'I'm sorry, please forgive me, thank you, I love you' as a form of mental and spiritual cleaning that could be compared to Buddhist techniques for clearing karma. It has been defined as a forgiveness and reconciliation practice, cleansing of 'errors of thought'—the origin of problems and sickness in the physical world, according to the Hawaiian worldview. The literal translation is 'to put to right; to put in order or shape, correct, revise, adjust, amend, regulate, arrange, rectify, tidy up, make orderly or neat.'

#### *The mantra at the heart of Ho'oponopono.*

At first glance, I found it hard to remember the order of the words or even discern if there was a specific order for them at all, so I tried them in every possible combination as well as repeating them on their own. I chanted them over and over in the hope of discovering whether they were useful in

some way and if so, what was it about these words that made them helpful.

As I did so, I found that many questions arose, with different questions coming up depending on the order I said them. "Why should I be sorry? What do I have to be sorry for? What do I need forgiveness for, in this moment and in my life? What do I have to be grateful for? When I say 'I love you' am I really feeling it? If not, what is in the way?" I worked with these words both to directly address something I was finding challenging, as well as just chanting them with no purpose in mind at all.

I found that by simply chanting these words that my inner discordance, my *stuff*, would come up. Not only would it come up, but it was as if my inner disharmony was being tuned to the frequency of these words and the intention they carry. Over time I found these four simple concepts acted like tuning forks, each carrying a different tone of purity that I could use to tune the disharmonious parts of myself. Best of all, I found that applying this chant to the chaos of my mind brought about stillness and calm.

*The only problem with human beings is that they are arrogant because that's what thinking is. This is in essence 'I know.' Wisdom is being in the void. To be thoughtless. Only by being in the void can the Light come through. As long as I have something going on in my mind the Light can't come through. The Light can only come in when the mind is cleared – in a state of silence. – Dr. Hew Len, Shamanic Wisdom-keepers*

#### Why is Ho'oponopono powerful?

*Forgiveness has the power to bring  
harmony within and with others.*

Throughout human history, we have been divided by distance, language, cultural and religious beliefs, class and economic hierarchy. Whenever someone comes up with a perspective there seems to always be someone else there with an opposing opinion. To me, the power of Ho'oponopono comes, in large part, from the fact that it's a really rare thing for the



vast majority of humanity to be in agreement about anything

Across all cultures practically all of us agree that the concepts of thank you, I'm sorry, please forgive me and I love you are all valuable and important. If there is such thing as a collective consciousness, as Jung and many eastern traditions have suggested, then the basis of the power of Ho'oponopono may come from the sheer volume of people throughout human history who have agreed that these concepts are valuable, important and useful to humanity. In this way, Ho'oponopono may be tapping into a level of awareness that extends far beyond its Hawaiian roots into perhaps every culture that has ever existed on Earth.

*In common with other shamanic traditions, the Hawaiian tradition teaches that all life is connected. Ho'oponopono is, therefore, not only a way of healing ourselves, but others and our world as well. – Timothy Freke, Shamanic Wisdomkeepers*

### **Can Ho'oponopono affect more than Our Internal World?**

At the core of Dr. Hew Len's perspective is the idea of taking responsibility for more than your personal self because 'you are in me and I am in you.' His way of expressing Ho'oponopono contains an awareness that the discordance we find in others and in the world outside ourselves is due to 'errors' in thought stored in our personal and collective memories. The belief in these errors existing in some form of collective memory accessible to all allows for a person practicing Ho'oponopono to clean these errors, whether the error originated in their personal thoughts or not.

*I don't see myself as a kahuna, I see myself as a garbage collector. I'm only here to be responsible, and it's often very hard to do that. – Dr. Hew Len, Shamanic Wisdomkeepers*

### ***The power to change the world around us.***

The paradox here is that he is advocating de-

velopment of personal power to change the situation around us through increasing personal responsibility, which involves a willingness to take on responsibility for cleaning discordance that was not created by oneself, i.e. doing other people's inner work for them (which doesn't seem like the other taking personal responsibility for them self). As usual, the paradox is resolved with the awareness that separation consciousness is not the only reality and an underlying unity also co-exists, after all: 'you are in me and I am in you.' This is where Ho'oponopono truly steps into being a shamanic practice, where the reality not only within but around the practitioner can apparently be adjusted.

*No one wanted the job I did with the criminally insane. They were averaging about one psychologist a month. But I got asked. We had about 25-30 people. Half of them would be in shackles at the ankles or the wrists because they were dangerous. They could either kick you or slam you. Everyone would walk with their back toward the wall so that they wouldn't get struck. They had no family visits. No one could leave the building. A year and a half later there was none of that. There were people going out on bus rides. Nobody in shackles. The level of medication dropped. What did I do? I worked on myself. I took 100% responsibility. – Dr. Hew Len, Shamanic Wisdomkeepers*


While the rational part of me would still like verification that this story really happened, it evoked enough curiosity in me to get me to try the technique and find out for myself if it might be helpful to my life.

### **Ho'oponopono as a Family Therapy Practice**

For people living in Hawaii today, Ho'oponopono is less about it being a personal shamanic practice through chanting a mantra internally or externally, and more about a traditional system of dispute resolution. It's a practice that still holds the values of making things right and correcting errors, however in this incarnation it is focused on







making things right with our relations; coming back into right relationship by correcting errors with living relatives, ancestors and deities.

### ***Ho'oponopono as a family therapy practice.***

*Today Ho'oponopono is just like family therapy. This has been really influenced by the Christians. But I'm talking about the real Ho'oponopono from before they came. [Back] then the Hawaiians didn't need to talk anymore. They could go straight to the Light. This is very ancient. It goes back to the start, because that's where Hawaiians came from. – Dr. Hew Len, Shamanic Wisdomkeepers*

The ritual for group reconciliation itself involves an elder in the family convening the process, or if this isn't possible an elder from the wider community. The ideal situation is for the ritual to be conducted by praying priest (*kahuna pule*) or healing priest (*kahuna lapa'au*) particularly if illness was involved.

*The process begins with prayer. A statement of the problem is made, and the transgression discussed. Family members are expected to work problems through and cooperate, not 'hold fast to the fault.' One or more periods of silence may be taken for reflection on the entanglement of emotions and injuries. Everyone's feelings are acknowledged. Then confession, repentance and forgiveness take place. Everyone releases (kala) each other; letting go. They cut off the past ('oki), and together they close the event with a ceremonial feast, called pani, which often included eating limu kala or kala seaweed, symbolic of the release.*

*– Nana I Ke Kumu (Look To The Source) by Mary K. Pukui, E.W Haer-tig, Catharine Lee.*

### ***Creating space for confession, repentance, and forgiveness to take place.***

#### **Testing the True Power of Ho'oponopono**

Like many spiritual practices, such as meditation, it's not the practice you do while you're in the crisis, it's the practice you do on a regular basis between the crisis that makes it effective when the storm hits. A couple of years ago I was at a spiritual retreat where the practice I was engaged in triggered what I would now describe as a state of spiritual emergency. I use this term in the context that Stan Grof and other transpersonal psychologists might use it, as an alternative way of describing what others might call psychosis.

I was in a mindset where I felt emotionally and spiritually assaulted and was by far feeling more threatened than I had ever experienced in my life. Upon the realization that no one was coming to help me, I knew that it was up to me to deal with the situation. I sat down on the spot and went into meditation. Out of the many chants and tools I have learned over the years, it was Ho'oponopono that came to me as the solution to my situation.

Within moments of implementing the practice, the feeling of all-out assault on my consciousness cleared as easily as the smell of burnt toast when one opens the windows on a day with a fresh breeze. When I was found I was meditating quietly in a state of peace and gentleness and the challenge of a potentially full-blown psychotic episode had dissolved and has not since returned. I share this not to state what will definitely happen to others who choose to use this practice but to simply illustrate what may be possible.

**You can find more content from Jonathan Davis at Wild Open.**

<http://Facebook.com/wildopen.net>

<http://www.wildopen.net>

# Poetic Inspiration

*I tried for decades  
centuries  
I tried for over 2,000 years  
to please  
as if my survival depended upon it.*


*I learned many pleasing tricks  
and forgot myself.  
I was told I was ill,  
unhappy, unsuccessful, not good  
enough,  
too fat, too thin, too quiet, too noisy  
and I'd have to try harder  
if I wanted to please.*

*I wore girdles, bound my feet,  
mutilated my pleasure  
I tried and tried  
and was still told  
Shame.*

*Until I took my shattered self  
into the woods  
Listened to thrush and wren  
buzzing bee and swaying tree  
and began to piece together  
the notes of my own song.*

*In the quiet forest  
the shy wild creature that I am  
spoke to me in a soft voice.  
A voice we all have  
but seldom hear,  
The part of us that knows the path  
to the sacred wellspring  
where holy waters refresh the soul  
and Life sings herself into  
blissful being.*

~Ellen Davidson



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Nature does not hurry  
and yet everything is accomplished.

~ Lao-tse, *Tao Te Ching*



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# Bee Transcendental

By Brian Dykstra



veals our potential.

Bees play vital roles in world-creation stories, moral parables, and understandings/appreciations of healing, community, love, beauty, fertility/regeneration, higher spirit and afterlife. Honey and bees sweeten and buzz in the background for religious figures such as Buddha, Jesus, Muhammad, Zeus, Ra and the Dalai Lamas. Importantly, a myriad of female deities and goddesses have distinctive, fundamental bonds with bees.

The anima of bees within human thought has become oppressed and simplified. It has dissipated and waned as patriarchal religious and philosophical trajectories disregard, discard, and hierarchically marginalize females, animals, plants, and natural balancing principles. It is precisely because bees originally connected humanity with a diversity and depth of core values and vibrantly colored our human ethos that reconceiving our relationships with bees will actively transform us and our participation in environmental and social solutions.

Marija Gimbutas, P.L. Travers, Hilda Ransome, Stephen Buchmann and many other authors have called attention to the compelling sacredness of bees. Scientists and spiritual seekers alike see the human-bee relationship as integral to our well-being. Scientist Dr. Marla Spivak speaks about hungry, pesticide-laden bees holding up a mirror so we can see our true human selves. Bees and their homes, in many languages, have corresponding terms relating to humans and even our internal human anatomy. Martín Prechtel speaks of how Mayan words for bee, village, and earth are synonymous. Harm to a bee is an injury to ourselves. Karl Von Frisch, the Nobel laureate scientist who described the 'tanzsprache', or waggle

dance language of honey bees wrote, "The bee's life is like a magic well, the more you draw from it, the more it fills with water."

Like a human transformed in to a bee by an avadhūta, we can grow eco-consciousness and change our egocentric actions. Bees can provide a context for contemplative/centering prayer to and for the earth and all relatives.



Brian is teaching

**'Messages from Bees'**

**on October 19**

**and again on October 26**

at Wholistic Heartbeat 1660 Central Ave, Suite A

in Mckinleyville from 1-4 pm. Cost: \$30.

Messages from Bees can constellate your aspirations and help them shine brighter. The single-session class is a global journey of convergent yet diverse, meaningful and real bee stories from a variety of traditions. A tailored resource list for continued learning will be shared with each student. [brianjdykstra@gmail.com](mailto:brianjdykstra@gmail.com)

.....



**Your soul is an invisible bee  
Look how desire has changed in you,  
how light and colorless it is,  
with the world growing new marvels  
because of your changing.**

**Your soul has become an invisible bee.  
We don't see it working,  
but there's the full honeycomb.**

**Your body's height, six feet or so,  
but your soul rises through  
seven levels of heavens.**

~ from *An Invisible Bee* by Rumi

# Mwanamke

[Swahili: Woman]

Mwanamke  
walking alone in the forest  
sing uninhibited  
sweet bird

Mwanamke  
walking alone in the forest  
seeking balance  
river rock ballerina

Mwanamke  
walking alone in the forest  
flow effortlessly your  
river of joys and sorrows

Mwanamke  
Walking alone in the forest  
yield to our leafy bed

Mwanamke  
walking alone in the forest  
hear our whispery wisdom  
in the sun splashes and shadows

Mwanamke  
walking alone in the forest  
toes to earth... hands to sky  
breathe... BE

karibu sana  
mwanamke

- Mary Ann Hylken



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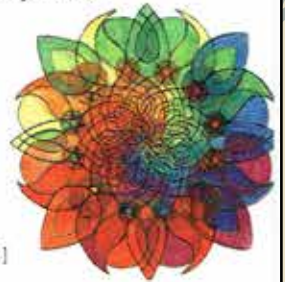
*Healing, said the poet, is not a science  
but the intuitive art of wooing nature.*

Sherwin Nuland, a surgeon, quoting  
"W.H. Auden's perceptive precis of all medicine:  
found in Krista Tippett's book, *Einstein's God*.

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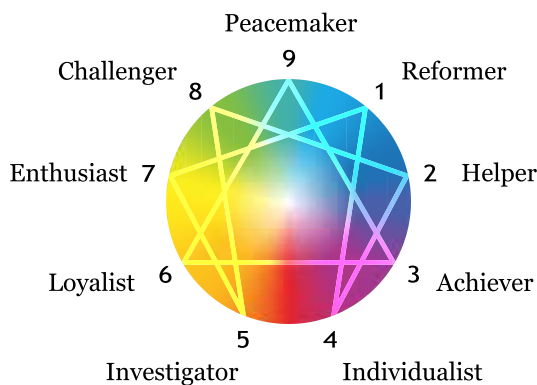
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# WHY KNOW THE ENNEAGRAM?

By Peter Zappel



***“KNOW THY SELF.” ~ Socrates***

Sometimes in life, important information arrives just when we most need it. Introspective and spiritual seekers notice that their lives seem driven by a “theme,” a repeating pattern of thoughts, feelings and actions. We are vaguely aware of a stubborn personality tendency which surfaces with remarkable predictability when we are faced with challenges and the stresses of life, taking us out of the present moment and into the trance of our ego. The Enneagram reveals exactly what is going on within us. In this way Dr. David Daniels, clinical professor of psychiatry, Stanford University, has described the Enneagram as a “liberation psychology” and is an important step in our spiritual awakening. The Enneagram can be seen as a bridge between psychology and spirituality with the power to awaken our essential self and unmask the false self of ego.

***Until you make the unconscious, conscious,  
it will rule your life and you will call it fate.***

~ Carl Jung

Paraphrasing Russ Hudson, we all want to manifest our “best self,” but usually feel we are falling short so we keep striving (a highly admired quality in our culture). We want to believe that better things are still possible for us. But it seems there is always something interfering with our fulfillment and happiness. Even when we get what we want, happiness is short-lived, and we stay unfulfilled. We wonder why we are seemingly unable to find true and lasting happiness. In lucid moments we may ask ourselves: Why am I so convinced the future, what will be, will surely be better than what is? Why so much investment in the future when we know that in the future we will die?

Now, however, in the present moment, we are alive! How easily we forget. This situation is not surprising given the fact that the ego reflexively rejects the present moment in favor of an illusory future. We believe that we do not even exist apart from our emotionally-charged personal storyline

filled with fact and fiction, pride and drama. We have a deep and profound attachment and investment in the “story of me,” which is at the root of our discontent. Even though the past is long gone, we can’t let go of it. We live as if the suffocating past were a reality, now. Nor can we let go of our fear of the terrifying future and our certain death.

This is the painful world of ego, with its tiresome repertoire of obsolete responses, automatic reactions and self-defeating attitudes. We desperately cling to illusions about our hoped-for “tomorrow,” filled with the gratification we desire, while ignoring the actual satisfactions available now. Between the past and the future, the present moment becomes the “rock and a hard place” for the ego, instead of the only place happiness can be found.

## THE ENNEAGRAM AS A TOOL

The Enneagram can help us on our journey of self-discovery by offering specific information about our mental, emotional and instinctual inner states and help lead us to higher levels of awareness and personal fulfillment. The first step is the desire to be free. The second step is understanding the predicament we are in. The third step is developing honest self-observation, which offers us the critical opening needed in awakening to the truth of who we are apart from the trance of our personality.

The Enneagram can be seen as a hybrid, combining ancient wisdom traditions with the insights of modern psychology. It is not a “method” or technique, but rather a road map of our inner workings, and therefore, a revealing diagnostic tool, essential to know for our awakening and growth. Most of us are usually surprised to learn just how differently others see things. In fact, we’re often amazed, even shocked, to learn that others’ interpretation of the exact same event or phenomenon is the opposite of ours. The Enneagram explains why. It gives us deep insight into the nine “distortion filters” through which human beings see the world and how these “perceptual lenses” drive our attitudes, fuel our emotions and influence our actions. The Enneagram is explicit in elucidating the nine mental, emotional and behavioral patterns human beings possess. It reveals the nine “focuses of attention” and how they can distort a clear perception of objective reality and undermine our full potential by pointing out our blind spots.

It is important to understand that we are NOT a TYPE, but essential unified consciousness. However, our incarnation brings separation, individuation, and a particular orientation to how we see the world, a perceptual lens through which we view reality. This lens triggers consistent emotions, beliefs, presuppositions and compulsive actions, which characterize our point on the Enneagram symbol. It is critical to know that we all have ALL of the nine Enneagram types within, but one type is our default position, our home base. However, because the Enneagram is a dynamic circumplex model (not merely static categories), we have access to all of types to various degrees and under certain circumstances.

But our Type is the place we usually dwell, habitually making predictable judgments, triggering strong feelings and motivating repetitive compulsive, often self-defeating actions. It could be said that each Enneagram type is searching for something in particular, striving “to be,” one might say. This explains why we too often misunderstand each other.

This is a short summary of what each Enneatype pays most attention to and strives for. Where our attention goes, our energy and actions follow. (Please note that everybody, to some degree, has ALL of these “strivings,” but one in particular has most of our attention most of the time. For example, everybody wants to feel “peaceful” and harmonious, Enneapoint 9, but for Type 9 this is the MAIN “striving” in life.)

**Type 1**, the Reformer, seeks perfection and strives to be correct

**Type 2**, the Helper, seeks connection with others and strives to be loving and helpful

**Type 3**, the Achiever, seeks accomplishment and strives to be outstanding

**Type 4**, the Individualist, seeks a special identity and strives to be unique

**Type 5**, the Investigator, seeks to be informed and competent and strives to be detached

**Type 6**, the Loyalist, seeks assurance and safety and strives to be secure

**Type 7**, the Enthusiast, seeks positive experiences and strives to be excited

**Type 8**, the Challenger, seeks control and independence and strives to be powerful

**Type 9**, the Peacemaker, seeks harmonious relationships and strives to be peaceful

The Enneagram is a gift for those interested in self-realization and spiritual awakening. It is NOT the territory, but a useful map. It shows us the existential predicament we are in while revealing the pathway to greater awareness, fulfillment and happiness. These can only be found with “presence.” When we lose presence, when the chips are down, we sink into the various neurotic patterns of our false self, the ego. The Enneagram is NOT about improving our personality or polishing it up to make us more successful and desirable in the world, but about understanding our inner landscape so that we can find balance in our lives as our compassion, love and kindness blossom.

*Peter received his professional Enneagram training at the Enneagram Institute in New York from Don Riso and Russ Hudson, the world’s leading Enneagram authors and teachers. Peter is the author of numerous in-depth articles in the Enneagram Monthly, the leading publication in the field and has written hundreds of blogs as co-founder and administrator*

*at Enneagram Openings and Enneagram Daily, top online Enneagram communities. He has been teaching the Enneagram for ten years and is presently offering classes and workshops in Humboldt County. He offers both individual consultations and group sessions. For more information call or text: 408-645-9673*  
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**Ready to learn more? Here are some suggestions.**



## Begin Your Enneagram Journey Here:

### COME TO A CLASS:

Peter is hosting four, by donation INTRO CLASSES. These will lead into a more in-depth study series for those who are interested.

**Thursday, Sept 26th at 6:00 pm** at Isis

**Saturday, Oct 5th at 1:00 pm** at Isis

**Sunday Oct 13th at 11:00 am** at Wholistic Heartbeat

**Monday Oct 21st at 2:30 pm** at Wholistic Heartbeat

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**Cost:** Suggested Donation \$5; no one turned away for lack of funds.

**Location Addresses:** **Isis**, Upstairs in Suite #48

Sunny Brae Centre in Arcata. **Wholistic Heartbeat**

1660 Central Ave, Suite A in McKinleyville

**Contact:** Peter at 408-645-9673 or [peterzap@msn.com](mailto:peterzap@msn.com)

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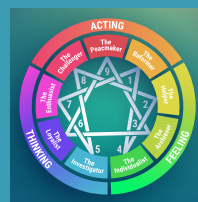
**Take an online test:** The Riso-Hudson Enneagram Type Indicator is a great one. This test is free [www.9types.com/rheti/index.php](http://www.9types.com/rheti/index.php) This test is more comprehensive and costs \$12 [www.enneagraminstitute.com/rheti](http://www.enneagraminstitute.com/rheti)

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**Pick up a book at your friendly local book store.**

One of our favorites is: *The Wisdom of the Enneagram: The Complete Guide to Psychological and Spiritual Growth for the Nine Personality Types* by Don Richard Riso and Russ Hudson

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# Gateway to Homeopathy Study Group:

With Jahnna Derso



Because let's be real, we get interrupted all the time.

If we don't carve out the time to commit to learning something, we often forget about it ... until the next wave of crisis hits ... then we remember.

That can often lead us to feeling disempowered and resentful on so many levels.

Yikes! Thankfully there's another way.

That's why I decided to host a study group, and I'd be honored if you'd join me.

You don't need any prior experience, just the intention to learn how to use homeopathy with your family. I will help you:

- learn how to use homeopathy
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Have you ever been frustrated by trying to decide which homeopathic remedy to use?

There are literally over 6,000 of them.

Looking for safe and effective solutions to solve your family's health crisis while under the stress of the condition can be so challenging!

Few things throw off your family rhythm more than an acute illness or a chronic condition.

I feel for you! I'm not new to raising a drug-free family, and it's still challenging for me at times.

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Joette Calabrese has designed an effective, easy to learn Homeopathy 101 course called

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To get the most out of it, it's best worked through with a group.



# THE AUTUMN WIND

By Roy Rosenblatt

A deer that comes each year  
hasn't this time—  
it is only the Autumn wind chasing leaves  
across the garden stairs.

I turn to other joys and their light  
though I keep imagining my old friend  
weightlessly stepping through long  
shadows of trees,  
delicately grazing in the bushes.

Falling nuts from the oak  
never fail to draw him.  
Anyway, in scampering heists,  
the squirrels are well fed.  
Through overhead branches,  
sun's passing

casts in brief slants of pale light  
the disparity between hope and presence.  
All at once I am swept up  
present stitched with past.

I never planned to fall  
that first day  
into a wild embrace  
with a whitetail deer—  
his sudden appearance

as if carried by a cloud  
the giant doors of his ears  
balancing on those tall, wobbly  
sticks for legs

and the small boy in me  
pulling back the curtains  
from his eyes  
as that heaven-sent body  
in the trance of the moment  
slowly approaching

standing before me  
while I held my breath  
as if it could halt time  
as if it could bottle this  
gladness

and just then I knew the world  
in a new and wonderful way.  
Lost in the deepening tangle  
of moment and memory  
the hand moves to the eyes.

Why does it seem the softest lives  
move us the most?  
What can you say to the quiet  
indifference of the world?

On the wind, the hum  
of a prayer. It is mine  
and drains the full cup of thanks  
for my old friend  
as boundless as his highest

most joyful leap  
suspended there still  
in the mind's wonderous eye.



# An Inner Climate of Compassion

By Theresa Horan-Sapunar



**Treating ourselves with warmth and gentleness does not come naturally to most of us.**

We are much more familiar and even comfortable with a mixture of self-judgment and self-neglect. This unfriendly inner attitude towards ourselves can be difficult to unlearn and to replace with a deeper, more compassionate internal climate. It is generally a pattern that has built up over a lifetime of subtle and not-so-subtle messages from those around us.

We learn early that there are certain aspects of ourselves that seem to please others (parents, teachers, peers, society in general), and other parts of us that are met with disapproval, withdrawal, or hostility. As we learn to suppress those “negative” parts and hide them from others, we gradually lose touch with them ourselves, including all their potentially positive facets. They are relegated into our “shadow,” and then projected on to people and circumstances around us. We resist opening into our internal world because we would invariably encounter these uncomfortable, scary, and painful feelings. Some examples of things that might be in the shadow are feelings of: anger, resentment, sadness, tenderness, needing, desire, and vulnerability.

Take a moment, if you want, to look inside yourself and see what may be present inside you that is difficult to accept, some part you may judge or avoid. A couple of clues that can help you know what you do not accept in yourself are either to think of those things in others that you judge, or that anger and annoy you, or think of those times when you feel embarrassed or ashamed of your thoughts, feeling, or behavior.

**What harm does our tendency to avoid and disown these “negative” parts do?**

Why look inside at these things? What do we gain from these self-observations? First of all, we end up causing a deep split within ourselves, resulting in an internal conflict between our “good” and “bad” parts. This is very energy consuming, since this inner battle drains much of our natural vitality. We then have less energy and enjoyment for our lives. Not only is there the energy output to keep these parts suppressed and to wage the internal battle, but we also lose the energy of the positive aspects of these disowned parts. For example, if we cannot allow ourselves anger, it is very difficult to be assertive and have clear boundaries. If it is not okay to be tender, there is not much chance for nourishment and intimacy with people. Finally, if we turn against ourselves and are split internally, we simply do not possess the quality of wholeness and wellbeing that can enrich every moment of our experience.

**How can we reconnect with our disowned aspects and thereby get to know and accept all of who we are?**

In my work with others and myself over the years, I see three essential ingredients. First, we need to want to do it; that is, we need to have the desire and the commitment to make the journey home to ourselves. It is not a smooth, easy journey and having a sense about the greater purpose and value helps us along the way. Secondly, we absolutely must set aside time to be with ourselves. Many of us are so swept up in the hectic pace of our lives that we fail to set aside the time to touch into our deeper selves, from which we gain our spiritual sustenance.

In addition, it is crucial to create an inner climate of warmth, acceptance, and gentleness. Without this inner tone of kindness, we tend to avoid the necessary “letting down” process as soon as we reach those uncomfortable and scary places within ourselves. If we have not yet developed the inner resources to be present with what we find inside us, we tend to turn back outside and distract ourselves through busy-ness, television, work, food, alcohol and drugs, feeling victimized, giving to others, the list is endless. Or we convince ourselves that taking such time to be with ourselves in a warm, friendly way is selfish, non-productive, emotional wallowing, non-spiritual, etc.

**How then can we begin to cover our inner selves with a blanket of caring and warmth so that the disowned parts and scary places can trust enough to peek out, tell their stories, grow, and re-integrate into the whole of who we are?**

We need to develop what Ed McMahon and Peter Camp-



bell, in their book, *Bio-Spirituality*, call “Caring-Feeling-Presence.” Although there are many names for this state. Caring-feeling-presence describes an alternate way of being with difficult feelings inside ourselves. It is a presence that says to those uncomfortable and scary places, “You are not alone. I am right here with you and I care.” It is a presence that is felt *in our body, by our body*.

We all know what a caring body presence is. Imagine coming across an abandoned baby or a lost, frightened kitten in a thunderstorm. We do not explain rationally to them that everything is okay now, the appropriate people will be called, etc. No, we instinctively pull them to our body and let the warmth and gentleness of our physical presence do the communicating. Our body and our tone of voice say to them, “You are not alone. I am here and I care. I will take care of you.” We carry them qualitatively different than we would carry a sack of groceries. We hold them, rock them, and our body soothes them.

**Our body attitude of caring says to those aspects of ourselves: “I am with you—I see you,” and this is what makes it possible for those parts to feel safe enough to come out of hiding.**

This is the type of body attitude that we need to develop towards our own unfamiliar, uncomfortable, and confused places. These places need to feel our acceptance, our availability, and our caring presence, in order to express themselves, to unfold, and to change in the way they need. The irony is that only when we truly accept ourselves as we are, can change happen.

The point of the caring-feeling-presence is not to anesthetize, “get rid of,” or bypass these hard places. On the contrary, it is to embrace them fully and to surround them with affection so that we can become reconciled with feelings that we have made into the enemy. The vulnerable parts that still need to tell their story are now able to surface.

**The development of the caring-feeling-presence is simply a matter of practice.**

In my experience as a therapist and teacher, I have never encountered a person who was not able to tap into that deeper place of affection. Some people, who have seldom been the recipient of this type of care from significant others in their life, must devote a little more time to developing this part. I have found that the use of imagery is very valuable in this regard.

One client who swore she could not remember ever feeling this type of body affection finally remembered this scene:

One day, after playing in the snow all afternoon, she came inside, where her visiting grandmother gave her hot chocolate, wrapped her in a soft blanket, and sang to her, as she slowly thawed out. She was able to deeply feel, in her body, what it had felt like to be so cared for. This image and its accompanying body-feel were the entryway into what became an ability to receive affection. This capacity for receiving affection is the key to opening the wounded and neglected parts of ourselves so that healing energy can enter and transform us. This energy is sometimes referred to as grace.

It is also important to learn to generate the active part of the caring-feeling-presence, that is, the part that can surround the internal object of affection with acceptance and warmth. This same woman, whose almost-grown son had drowned the previous year, could remember how tenderly she would hold her favorite stuffed animal as a child, how much she had loved and cared for “Bunny.” This became her bodily-felt model for the expressive side of her internal caring-feeling-presence. When feeling this body affection, we are much more able to simply be with those inner aspects that need our attention and care, without needing them to move on or be different. We can be quiet, very present, and patiently wait for that place within us to express itself and change according to its timetable, not ours.

This woman became able to hold her own pain and grief over her son’s death in the same way she had held her beloved childhood friend Bunny. Her hurting places inside were able to receive this tenderness and love in the same way that the little girl in the blanket had received the affection from her grandmother. Her body-climate of warmth and compassion enabled her to, at last, let down into the enormous pain of her loss.

Caring-feeling-presence is a term that encompasses many body-approaches that can aid us in opening to the gift of healing change. Affection is at the center of this body attitude, and with the warmth and gentleness of affection we can much more easily feel a deep sense of self-compassion, of just letting ourselves be. Through this self-care, we support our unique unfolding/healing process to proceed in exactly the way and at the right speed that we need. It is our body’s way of inviting grace.

*Theresa Horan-Sapunar has been creating and leading workshops and retreats for enhanced wellbeing, creativity, and spiritual development for over 35 years. She also maintains a psychotherapy practice in Eureka.*



# HEALING BY THE LIGHT OF THE MOON

By Susan Vaughn

## THE GODDESS AND THE MOON

Historically, the Goddess-worshipping world occurred during an era of enchantment before “scientific evidence” was needed to prove anything. During this phase of human consciousness, the earth was seen as an extension of the divine, in which all life, including plants, animals, the elements, and the earth, herself, were believed to be sentient beings who could communicate with us telepathically via their symbolic natures. Though I believe this is true, in fact, there is no “scientific” way to prove it, which is why our modern world feels justified in treating these sacred aspects of ourselves as inferior and therefore inconsequential and worthy of desecration and enslavement.

In the ancient Goddess traditions, one of the ways the Goddess was symbolized was as the moon, with its many phases. Like the new moon, sometimes Her Love seemed dark and illusive, while at other times, like the full moon, Her Love flowed bright and clear, an ever-present beacon of divine guidance.

Light, itself, is symbolic of consciousness. It is said that the more conscious we are, the more light we hold. Humans hold varying amounts of light depending on one’s evolution in consciousness, and even this ebbs and flows from day to day. Some days I am self-confident, believing that I understand the Divine Guidance I’ve been given, and on other days I feel like I’m lost and alone, walking in a dark wood without any Light to guide me. Thus is the essence of our spiritual journey on the physical plane and why our human experience can be such a challenging one.

The symbolism of the moon’s waxing and waning was used as a prototype for how to become conscious for thousands of years. Because of the rape and murder of 13 million Goddess-worshipping women during the Burning Times, which lasted about 300 years from 1450 to 1750, this knowledge was all but extinguished. However, the diligent research of

many people has brought it back to life again. This has allowed us to piece this ancient religion back together to create a full cosmology. In this article, I will attempt to explain how one evolves through the archetypal symbolism of the moon’s phases.

## WHY DOES THE MOON HAVE PHASES?

Science tells us that this is related to the rotation of both the earth and the moon. Whereas the earth revolves around the sun, taking 365 days for it to move through the 4 seasons, the moon revolves around us (the earth) taking only 28 + days for it to complete its cycle.

Though the sun constantly shines upon the moon, when the sun and moon are on the same side of the earth, we can’t see the moon because the side of the moon that is illuminated faces away from us. Humans have called this the New Moon since ancient times, and it is the way that ancient people kept track of the passage of time.

## THE NEW MOON

According to astrology, the new moon occurs when the sun and moon align in the sky. Being bigger and stronger than the moon, the sun was symbolized as a masculine energy and the moon feminine. During the new moon, the sun and moon conjoin, which means to join together for a common purpose. In a way, it is like they are making love. This is why, in the ancient Goddess traditions, the new moon is a time in which one plants seeds of manifestation, for it is symbolic of what happens as a man and woman make love when he plants his seed in her womb.

All humans plant seeds of manifestation in the unconscious. Being vast, the unconscious can be symbolized in many ways—as a vast ocean where unknown things lurk beneath the surface, the vast darkness of space, or as the dark soil of earth, which is teeming with unseen life. A good metaphor for planting seeds in the unconscious is that of a farmer who plants seeds in soil where germination magically occurs beyond our view. The seeds that human’s plant are their



unconscious (and thus unknown) beliefs, which eventually germinate to produce the visible forms of our life.

Manifestation always begins with belief, and since most of our beliefs are unconscious to us, we don't really understand how we are creating our life experience. As no one would consciously create pain and suffering, this must be true. Beliefs turn into attitudes, which then become thoughts and feelings, which in turn produce our actions. What we do determines what we manifest. Just like a farmer who plants tiny seeds in the soil, our seeds manifest to create a visible result. It is our belief system that is our ultimate creation, for it is the only thing that is under our conscious control.

Because most of us are unconscious of the vast majority of beliefs we hold, the spiritual journey is about becoming more and more conscious of how we are crafting our life. This is accomplished through self-reflection, or by reflecting on the Light that exists within. However, like the phases of the moon, that light varies in intensity from non-existent to bright and full. Another complicating factor is that there are a lot of things that are necessary to know. For example, one can master the creation of physical health and well-being by learning how to eat right and detoxify, while being ignorant of how to make a decent living or maintain loving relationships. Consequently, our evolution into light is never-ending. When humans are "dark," meaning full of fear and victim consciousness, their manifestation will reflect this. The plants that grow from this form of consciousness will be "sickly." When one takes on more "light" or consciousness, in metaphysical terms, their emphasis is on acquiring greater love and becoming more loving by doing things in a right way with "harm to none," which is an ancient saying that comes from the Goddess religion. When these beliefs become the seeds you plant, one's manifestation is more pleasant for everyone. In the ancient Goddess religion, this time of "Light" or illumination was symbolized as the full moon shining in the darkness, which shed light on the "substance" of creation, or what really matters. As above, so below.

As one becomes more conscious of the fact that manifestation is the result of their belief system, they begin their evolutionary journey into full consciousness, which I believe takes lifetimes to achieve. In this cosmology, the moon's phases became a path of evolution. This is why the new moon has always been seen as a time for planting seeds, both literally and figuratively.

We know from ancient almanacs that a farmer planted seeds in the dark of the moon and harvested during the full moon. All farmers learned their craft by assessing the result of their actions. A sickly crop might need more fertilizer or water. Land needed to be rested, crops rotated. Companion or protector plants like garlic or calendula that repel insects, needed to be planted with every crop. They learned this from other farmers after years of experimentation. When they fol-

lowed this course, the result was a more substantial yield and a healthier crop.

There is nothing like learning from the consequences of our actions. As we are mistake-making people who learn through trial and error, this is ultimately our path for becoming more conscious.

Of course, farmers have to constantly deal with Mother Nature, or their environment, which is fixed and beyond their conscious control. During drought years, they needed to learn how to irrigate their crops. During a frost, they needed to figure out how to keep their crops warm. In addition, crops needed to be saved for the winter. From these needs, science and technology was born, requiring a whole different level of "light."

In metaphysics, humans also deal with an environment that is beyond their conscious control which causes storms and hardships. In this context the storms and hardships are sickness, aging, which takes away your vigor, attractiveness, and ability to work, death or departure of the people you depend upon for support and love, accidents of all kinds, relationship failure, abuse, bureaucracy, corrupt governments,



## Susan Vaughn

Susan Vaughn, a teacher, healer, psychotherapist and author, will be teaching a **12 week course entitled Healing and the Art of Conscious Evolution to begin Saturday, October 5th at 3 pm.**

Curriculum will provide information on how to consciously evolve by understanding how and why our life experience unfolds as it does. We will be examining our unconscious creation, the soul's path, personality drive, the shadow, life's lesson/life's purpose, how to heal traumatic events of the past via inner child rescue work and past life regression, how to transcend victim consciousness, how to detoxify the body of heavy metals, environmental chemicals and parasites, and how to create an authentic relationship with your higher self, and also with your own soul. Each class sheds light on a different aspect of creation. **Classes are \$20 per class, but the first class is free.** No commitment is required. Call Susan at 707-382-7050 for more information and to secure a spot. Classes are held at her house at 3546 Summer Street in Eureka.

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war, famine, etc. As science and technology have evolved, humans have developed many ever-evolving strategies for dealing with these kinds of storms that we are all challenged with. In addition, many people are motivated to seek God or a higher power simply because they have no other way to deal with the emotional pain their hardships produce. As they find that inner voice that is ever-present, unconditionally loving and kind, they are soothed. This allows them to hope for a brighter future. Hardship is also the way humans find their compassion for others who are also in pain because of the emotional burdens they bear. Consequently, at our level of consciousness, hardships are necessary for our spiritual evolution.

## THE WAXING MOON

Following the new moon is a **waxing moon**, or one that is becoming ever brighter and fuller. This is what happens as we gain in consciousness. By deciding not to do what doesn't work, we take a different course of action. In the analogy of the farmer, we will fertilize and water our crop with faith and hope. During this time, we might say affirmations and visualize the result we want, knowing that we've done the best job we could with the ever-evolving consciousness we have now. If one believes that all creation is animate and sentient, a farmer may "talk" to his crop, encouraging it to grow and "asking" what it needs. This is the belief behind biodynamic farming.

## THE FULL MOON

The **full moon** is the time of harvest when one fully realizes the result of their actions. The full moon is symbolic of "illumination". If the harvest is good, one can celebrate by enjoying the fruits of their labor. If the harvest is poor, then one must deal with the consequences of their action by putting their thinking cap on to figure out what went wrong. The goal is always to correct the **consciousness** that resulted in the actions that produced the manifestation. Via this understanding, all harvests are good if they result in positive change. For the remainder of the cycle, as the light wanes, this becomes the "work" that humans must do to create a better result. In metaphysical terms, this is called processing one's creation via self-reflection. Using the light one has, one must assess and constantly re-evaluate.

## EVOLVOING THROUGH THE MOON CYCLES

The path to a healthier manifestation takes many moons, and I believe many lifetimes to accomplish. Progress is only made through illumination as we consciously reflect upon exactly which unconscious beliefs resulted in the consequences of our actions. For example, the challenge of substance abuse is not the substance per se. Rather, the challenge is in uncovering and healing the many erroneous unconscious beliefs that led to the action that resulted in harm

As we trial and error our way through life, we slowly evolve. As we develop greater expertise in receiving inner guidance, and the unconditional love that comes with it, the journey accelerates. All spiritual traditions have these concepts at their core. The Goddess religion is no different. In fact, it is a direct reflection of the shamanic traditions that gave birth to all religions.



Because many religions have been corrupted by ego-driven leaders who had another agenda, many people have strayed from this original blueprint. However, once you scratch the surface, all hold the same basic truths. No matter how you cut the cake, God/Goddess is Love, Light, and Illumination. To become like Him/Her, and thus inherit your true inheritance as the child of a loving God, you must discover the unconditional LOVE that exists within. Once you do, you will forgive yourself for your transgressions and take the right actions whose result is harm to none for the good of ALL. At the conclusion of your one expanded lifetime that may have included thousands of incarnations, you will become fully enlightened.

As you can see, the symbolism of the waxing and waning moon has many lessons to teach us. As the moon cycles continuously through its phases, we, too, evolve eternally. I suspect that there is no end to it and that even God/Goddess/All That Is is evolving, learning more from each new experience. How could it be otherwise?



*Susan Vaughn, a teacher, healer, psychotherapist and author, will be teaching a 12 week course entitled **Healing and the Art of Conscious Evolution to begin Saturday, October 5th at 3 pm.** See details in her ad on the previous page. She can be reached at 707-382-7050 for more information and to secure a spot.*



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# THE POWER OF MIRRORING

By Michael Jason Sherman



Many of us are wondering about our communication habits. This includes how we interact with others in our life, and how we communicate with ourselves on the inside. The opportunity to practice high frequency, healing communication in a partner practice is something that can bring us into a state of relief, and a sense of being seen for who we really are. This kind of work will help us in our life and in our work, and it will help us find wisdom and well-being in only a few minutes.

## **This work is called THE POWER OF MIRRORING.**

My name is Michael Sherman. I'm an author, coach and workshop leader and the teacher of the upcoming monthly series every second Wednesday of the month at Isis Osiris Healing Temple in Sunny Brae. What I like to do with my workshops is present Mirroring Communication Practice as a method of energy healing; demonstrating "mirroring" as an ongoing learning technique that helps us feel heard and understood, while learning how to provide the same.

It's my intention to give the local community and the readers of Wholistic Heartbeat a quality evening of learning and fun every month. Please, join me for this workshop. In the meantime, here is more about mirroring and what it can mean for you in your life and work.

## **DIALOGUE CHAIRS**

When you come to one of my workshops, you're probably going to see 2 chairs facing each other. These are dialogue chairs. We are learning a practice much like yoga or tai chi, only in this case, the practice is dialogue. And we do it with a partner (meaning any other person, not necessarily your life or work partner). And the reason we

do it is that it helps us to feel really good, deep, powerful, positive, honest, real feelings.

Dialogue can be pretty cool to watch as well. You will see me facilitate a dialogue between any two people in the class. One participant might "send" on something like a concern about a decision they have to make. While the other partner, the "receiver," will mirror back exactly what they heard the sender say.

Why so simple? Because the practice, with its specific protocols and structure, gets us out of negative emotional reactivity and instead focused on emotional energy. The sender will feel relief being heard, but even more, they will gain access to a deeper part of themselves that is telling them the truth through their body.

Meanwhile, the receiver will be focused on being fully present, having a quiet mind, and an open heart that allows for an energetic validation of the sender. It can be breathtaking when we all witness it. We all feel more human and a whole lot wiser.

## **WHAT MIRRORING WILL GIVE YOU**

If you come to my class, and especially if you come back to my class, you'll get a handle on an issue that affects you in your relationships or in a place within that feels out of balance. The process of mirroring, will help you understand where you want to be emotionally, how to understand negative reactivity, and how to not only listen to others, but to also your own authenticity and intuition. This solves a lot of problems for us. It helps us find peace about disturbances and change. It gives us self-confidence. And it helps us see the spiritual aspect of our daily lives in ways that have unique meaning to ourselves.

Mirroring helps us know what was previously unknowable in relationships because we simply couldn't see the other person. This class helps us move past that and into the energy field of the heart.

## **COMMUNITY**

As best as I can, I try to give The Power of Mirroring a community feel. The reason is the work is aligning with the energy of nature that is moving between us. When we see a mountain sitting above a lake, we also see the mountain in the lake. Just as you read these words, there's a little bit of me now being mirrored in you. And so in some small way, by you letting me in, we are now in connection.

This is mirroring. It is a practice that helps us to under-

stand connection and how to naturally create it. It's a way of experiencing the power of your own authenticity, simply by being heard. We all need that, which is why building and sharing in community is an important part of this work.

I hope you come check it out!

Michael is the author of *The Zen of Solo Travel: A Journey from Anxiety to Enlightenment* and the creator of the HEALING POWER OF THE ROAD online program. Learn more about Michael at his website: [www.MichaelJasonSherman.com](http://www.MichaelJasonSherman.com)

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"The world has become a market, and its this market we have to deal with, this idea of boundless and endless resources. When you say resources you are talking about our relatives, talking about our family. Fish are not a resource, they are our family and require respect..."

The structure of the world itself, it functions on natural law, and the natural law is a powerful regenerative process. Its a process of regeneration that continues and grows and is endless. Its absolutely endless if everyone agrees to the law and follows the law.

But if you challenge the law, and you think you are going to change the law, then you are bound to failure..."

~John Trudell (American Indian Movement)  
We Are All One (Native American Prophecy)  
<https://www.youtube.com/watch?v=hWtVTu6S51M#t=11>



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Time you enjoy wasting  
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~ Abraham Maslow,  
*Toward a Psychology of Being*

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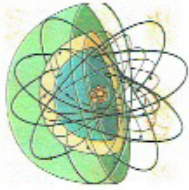


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# WATCHING THE SKY

By Jessica Bryan



Crossing the bridge from Hood Canal, Oregon into Washington, I felt a lifting of energy, a shift. Everything was brighter and sparkling. The trees seemed greener and more alive. Mind you, I went with no expectations regarding UFOs or alternate realities, but I was hopeful I would see something unusual during "Skywatch Weekend."

We were twenty miles from Trout Lake and ECETI Ranch, founded by James Gilliland to study UFOs and other paranormal activity in the area around Mt. Adams. My primary purpose for making the trip was to meet Peter Maxwell Slattery, a world-famous Ufologist from Australia who was visiting The Ranch. I had recently worked on three of his books. These books were "channeled" through Pete by "Shi-Ji," a Light Being from the star cluster Pleiades.

It was quite cold the day we arrived, so we took long, hot showers. Afterward, I decided to sit alone in the shower room for a while and enjoy the warmth. Closing my eyes and falling into meditation, which for me is more like a clairvoyant trance, I had a vision of the large field in the center of The Ranch. This field is where the human visitors sit at night to watch the lights in the sky, and also the lights going in and out of Mt. Adams.


*In my vision, the entire field was filled with different colors and inter-dimensional beings (or entities). They appeared to be having a party, a meeting. They were laughing and singing and dancing. In the center of the field, an "elevator" reached from the ground up into the sky as far as I could see. Everything appeared as scintillating light.*

*On the left, some beings were floating gently downward. Arriving at the party, they were greeted by those already in the*

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*Knowing your own darkness is the best method for dealing with the darknesses of other people. One does not become enlightened by imagining figures of light, but by making the darkness conscious. The*

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field. On the right, others were floating upward.

According to my travel companion, the “elevator” is a “portal,” a point of intersection between our physical reality and other worlds.

This vision was magical and indescribable, although some might say the beings in my vision were coming and going to a “mother ship.” I had heard other visitors at ECETI talking about the enormous extraterrestrial ships that sometimes appear over the field, and also the other worlds and dimensions that connect to earth in the ECETI field. Another way to explain this psychic phenomenon is that the UFOs and the beings that inhabit them are in the same space as we are, but in an alternate universe that vibrates at a higher frequency.

I cannot explain this experience, not even to myself, nor do I understand it completely. I merely accept it as a beautiful experience of a peaceful, loving, compassionate presence, a vision of a happy place.

The next day, I met Pete Slattery, who also seems to vibrate at a higher frequency, even higher than some of the great gurus and teachers I’ve met, but in a different way. Like most of the people I met at The Ranch, Pete is fully heart-centered and focused on service to humanity.

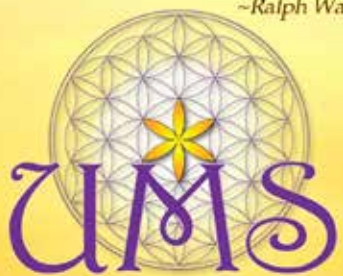
On Saturday night, I braved the cold and sat at the edge of the field for Skywatch with about thirty others. Pete and James Gilliland had laser pointers, and they would flash them up into the sky and shout, “There’s one! [Referring to a UFO.] And, “WOW, look at that one power up.” Everyone was cheering and laughing. I loved it!

My view of reality and the planet we live on was forever changed when Pete handed me his night vision goggles to watch the sky. I could hardly believe how much was going on above me. I observed several bright lights cross the sky and then blink off abruptly. There were also brilliant lights going in and out through apparent openings on Mt. Adams.

I feel profoundly changed by my experiences at the ECETI Ranch. I’m more centered in myself, and I’m hopeful for the future of humanity and Planet Earth. It really did seem—at least for a few days—that we are not alone in our struggles, and that unconditional love is available to all life forms in all worlds and dimensions.

Videos and explanations of the concepts in this article can be found on the Internet here: [www.eceti.org](http://www.eceti.org) and [www.petermaxwellslatterly.com](http://www.petermaxwellslatterly.com).

*“What lies behind us and what lies before us  
are tiny matters compared to what lies within us.”*  
~Ralph Waldo Emerson




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*most terrifying thing is to accept oneself completely. Your visions will become clear only when you can look into your own heart. Who looks outside, dreams; who looks inside, awakes. ~Carl Jung*



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# *The Bhagavad Gita*

September / October 2019



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

By Krishna Jaya

## **Chapter 2, Verse 72**

“This, Arjuna, is the absolute state.

On experiencing it, there are no further questions.  
Established in this awareness at the time of death,  
There is only the merging into the oneness of God.

**Krishna Jaya’s commentary:** This verse concludes the second chapter of the Gita. The second chapter contains the essence of the whole work. Since this is so, what is the purpose of the following 16 chapters? Chapter 2’s distillation is pithy and difficult to digest. Further elaboration is needed so that all kinds of students may find the teaching practical and accessible. And so, through repetition and consequent refinement, 16 more chapters follow to flesh out the themes briefly touched on in Chapter 2.

**Swami Satchidananda’s commentary:** Isn’t it sweet to study the Gita? But please remember that the entire Gita is right there in front of you. The best book to read is the book of life. With that book, you will be constantly learning everything.

**Krishna Jaya’s commentary:** Twice this week I cast sticks for the I Ching oracle and hexagram #20, called Gwahn in the Chinese, came up both times. This is my own take on the hexagram after incorporating elements from my commentaries (Richard Wilhelm, Carol Anthony, Al Huang, Hua-Ching Ni, Thomas Cleary, John Blofeld, Brian Browne Walker, and Ma Deva Padma):

### **20 Experiencing**

Wind above  
Earth below  
Towering tree  
Swaying and dancing

Commanding a view  
Of the countryside  
A landmark  
Seen for miles

Like the Chun-tse (sage)  
Contemplating the law of Heaven  
And the ways of the people  
Setting a lofty example

The Chun-tse  
Embodying Heaven’s law  
With the power  
Of presence

Bringing influence  
Without conscious intention  
Spiritual clarity working silently  
Swiftly yet not hastily

Penetrating the imaginary barrier  
Between yin and yang  
Yin and yang in harmony  
Inside and outside are one

Advancing with alert observation  
Gradually with proper timing  
And clarity of mind  
Without rashness

Examining inner motives  
Attuned to the responses of others  
Anchoring the primordial  
In the midst of the temporal

**Alan Watts discusses this heightened experiencing in his book, *Nature Man and Woman*:** When it is said that the Tao has no shape, we are not to imagine a uniform blank so much as a pattern without clearly discernible features. Spiritual power cannot be seen. We do not see Heaven command the four seasons and yet they never swerve from their courses. (Unfortunately, human-induced climate change has something to say about that).

The Chinese character for Gwahn, which can be translated as wordless, silent experiencing, is an ideograph of two parts. On the left is a front-view of a bird with its two bright eyes wide open. The name of the bird is Gwahn. On the right is an image of an eye, a sign for radical “seeing.”

A heron stands stock still, gazing into the water. It does not seem to be looking for fish and yet the moment a fish moves it dives. Gwahn, then, is to experience silently, openly, and without seeing any particular result, a mode of intimate participation in which there is no duality of seer and seen. There is only seeing. The heron and the pool are in seamless union.

Gwahn is no more a mind that is merely empty than the pattern of Tao is a featureless blank. Gwahn is experiencing at work without the sense of the seeking subject, for the sensation of the ego is the sensation of an effort of consciousness. Mental “trying” does not enhance understanding.

In theological circles “mysticism” is associated with “mist,” a vagueness, a clouding of issues and a blurring of distinctions. This point of view insists that Taoist mysticism reduces the significant distinctions of the world into a vapor of uniform oneness.

I am God  
You are God  
Everything is God  
God is a featureless and boundless sea

Those who make fun of this caricature belong to a psychological type which is gleeful about having a clear-cut and rigid philosophy of life. They find a deep sense of security in believing: The clear and authoritative teaching of some traditional scripture is thus and so. This point of view is often represented by a somewhat aggressive and hostile personality which employs sharp definitions like a hammer’s head. There is more in this than just a metaphor, for going back to science, its laws and hypotheses are not so much discoveries as instruments, like hammers, for bending Nature to humanity’s will.

We are not meant to be intellectual porcupines, meeting our environments with a surface of spikes. We meet the world with a soft skin, with a delicate eyeball and eardrum; and we find communion with it through an undefined, warm, melting, caressing touch. The world, then, is not set at a distance like an enemy to be shot, but embraced to become one flesh, like a beloved spouse.

Co-creation is predicated upon sensitive organs of perception bringing the “outside world” into our “bodies,” as feelings. How does feeling work? It works as it feels from the “inside,” a more intimate knowing of our true nature than anything word-based descriptions can provide, which are of necessity superficial, being knowledge of surfaces.

Respect for the unknown is the attitude of those who, instead of raping Nature, woo her until she gives herself. What she gives, then, is not the cold harshness of the surface but the warm inwardness of mystery and wonder. She gives wholeness, the unified field of relations which escapes description and interpretation because description and interpretation never get to the bottom of anything. The natural world will reveal its fullness when humble respect prevents us from investigating it in such a way as to shatter it with abstractions. Gwahn is acutely sensitive to the conditions of the immediate moment in all of their infinite changeable inter-relatedness.

**Krishna Jaya’s commentary:** The trouble with any scripture, be it the Gita, the Bible, the Qur’an, the Tao Te Ching, and so forth, is that it can be taken by the seeker to be so sublime as to be absolute truth. Absolute truth as a concept, a thought, a mental creation, is an oxymoron, a contradiction that cannot be resolved by thinking: Oh, there’s another

paradox for you. It’s not a paradox. More clearly, it is an impossibility to capture the miracle of life with words, because the thinking mind dissects, categorizes and interprets that which cannot be dissected, categorized and interpreted.

**Sri Eknath Easwaran’s commentary:** Ramana Maharshi experienced complete illumination when he was a high-school student and not a very good one at that. One day he had some difficult exercises to do in English grammar, and he skipped school that day. Instead, he just lay down in his room and his ego receded into the distant background once and for all. It happened in half an hour. What retreated to the fringe was the separate finite ego. This is nirvana, the destruction of the finite boundary of separateness. Past and future are understood to be illusory and life is lived on the pinpoint of the moment. In this complete unification of consciousness there is deliverance from time into eternity.

**Alan Watts’s commentary:**  
(<https://www.youtube.com/watch?v=TucyzpHDNIE>)

When the curtain goes down at the end of the drama, the hero and villain step out hand in hand and the audience applauds both because they know that the hero role and the villain role are only masks. Behind the stage there is the green room where after the play is over the masks are taken off. And so behind the scene, that is to say, in reality, under the surface, you are all the Actor, marvelously skilled in playing many parts and getting lost in the mazes of your own mind and the entanglements of your own affairs, as if this were the most urgent thing going, but behind the scenes in the green room, you always have a very tiny sneaking suspicion that you might not be the you who you think you are.

**Krishna Jaya’s commentary:** The trick is not to try to kill the ego and its mazes of mind-states because they are an essential part of what it means to be human. You can’t kill the ego. Instead, an understanding gradually dawns that the experiencing of the mind’s machinations is, too, part of life’s seamless mosaic, arising in one moment only to vanish in the next in a ceaseless flow of moment-to-moment instants where divine presence is the only constant. You can never be apart from this presence and you are complete in it, lacking nothing, with nowhere to go. This is what Jim Carrey says in so many words in the YouTube video referenced above. He points out that everything we perceive is a relative manifestation of consciousness appearing. We are ourselves threads in a seamless tapestry and in reality we lack nothing because the whole tapestry is us. At that point life becomes a play of form to make something good, for our own peace and for peace in the world.

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





Sept/Oct 2019

# Tarot Wise

By Carolyn Ayres

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

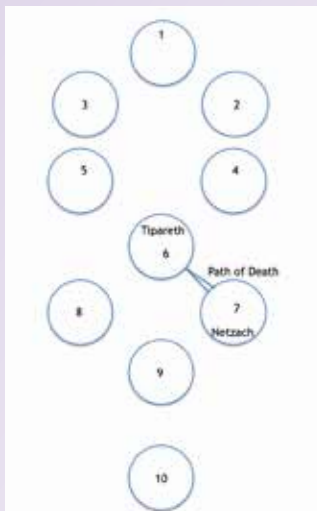
***Death is the pain of the world and also the recipe for its Illumination.*** - Jason Shulman

## The Death Card

Ah, Death, your favorite Tarot card, right? Didn't you say you wanted to make some changes in your life? Haven't you asked to awaken, be enlightened? If so, then don't be too surprised or dismayed when the Death card shows up. And, I would add, the best way to bring in more Life is to allow more Death, that is, more releasing of identity.

You might reread my last column about the Hanged One when we prepare ourselves for huge change, for Death. And, look at what is happening in the world right now. A lot of Death, which can only mean big transformation is at hand, is the only way I can look at what is happening or go crazy with grief trying to comprehend it all.

***We must let go of the life we have planned, so as to accept the one that is waiting for us.*** - Joseph Campbell



## How do we participate in the Death of the old paradigm and the birth of the New?

We surrender. We let go. We purge. We Joyously dance with Transformative Change, that is, Death.

## The Death Card on the Tree of Life

On the Tree of Life, the Death card is on the Path of Peh, one of three initiatory paths into Tipareth and the higher



dimensions of our Self, our Soul Self, our Awakened Being.

The lower aspects of the Tree, numbered 7 through 10 on my diagram, can be seen as our personality, our thoughts, feelings, the unconscious collective which creates the reality we experience. On the Path of Death, we begin to move out of a very limited way of experiencing reality into the Upper Tree. So this is rarely a card of physical Death. This is about ego transformation, the surrender of the personality's will to the Greater Will of the Divine.

Moving upwards on the Tree this path breaks through to the Sun of Divine Light, Tipareth, as we move out of the focus on "me" to "We." We awaken to service to the whole rather than just our self and the small circle of humans who think like we do. (-:

## How can we work together for the common Good?

I believe that all this trauma we are experiencing can go several ways: more self focus, fear and defense and or as an opportunity to open to the Other, to Love, to the question: How can we work together for the common Good? But first, an old paradigm must die.

Hajo Banzhaf writes in *Tarot and the Journey*, that we must take the opportunity of the Hanged Man and surrender completely or we will find ourselves in a viscous circle of life, bouncing back and forth from the Hanged Man to almost letting go with Death, but truly letting go. Back in the same type of relationship, lives in a rut, we will never seem to move forward into real expansion. It's the madness of continuing to try the same strategy over and over to solve the same problem. If Death appears in this madness, it can be a blessing bringing redemption. One of my favorite metaphors from Banzhaf is the Hanged Man as a piece of fruit on a tree that has become ripe and now must let itself fall in order to produce new fruit or it will gradually rot without ever having lived out its potential. We are at this point. Our way of living with each other on this planet must change or we will all perish.

## Thoth Interpretation of the Death Card

On the Thoth Death card, which unfortunately I cannot share a picture with you for copywrite issues, there are three distinct creatures, which symbolize the Scorpio aspect of Death's journey of transformation. First is the scorpion, our first fearful ego reaction to big change, our fear. Then the serpent, symbolizing the realization that one must change and so the shedding of the old self. Last is the eagle soaring, the authentic Self-emerging from the shedding of the small, limited self. Yes, much like physical death. For at our core we are made of the light that fuels all existence. After we die, our Light is set free once more to soar into its Soul



Self, from darkness and contraction to light and expansion. Keeping this in mind can help keep things in perspective.

Are you interested in how to begin this process of “shedding” our old identities? You can try out this Tarot spread:

(Cathy McClelland’s Death card with permission from the artist.)

### Reading for the Death Card

1. The scorpion protects itself with its shell and deathly sting: **Draw a card for how you have protected yourself from too much change up until now.**
2. The snake sheds its skin as a matter of life so that it may grow. **Draw cards to represent each the masks, beliefs, habits, situations, relationships and fears you must shed to transform more fully into your greater Self.**
3. The phoenix or eagle symbolizes the bigger vision and perspective that will be manifested if you surrender to ego transformation. **Draw a card to represent this possible manifestation.**

**Draw a final card for advice from the Universe about how to begin this process of surrendering to Death.**

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



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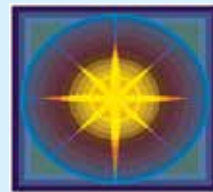
Peculiar travel suggestions  
are dancing lessons from God.

~ Kurt Vonnegut, *Cat's Cradle*

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

**Healing Path** a non-profit, by donation event - we are a DreamMaker Project of the Ink People

### Every Monday @ Wholistic Heartbeat

1660 Central Ave, Suite A in Mckinleyville

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

### Every Tuesday Evening @ Isis

Suite #48, Sunny Brae Centre in Arcata

Healing Path Presents, by donation - **REIKI-COMMUNITY-STYLE**, at Isis #48. Everyone is welcome **from 7:00-9:00 p.m.** No Appointments Necessary. First Come, First Served. Suggested Donation \$5-\$20 Call/Text John Gracy at 406-223-2002 or Maya at 707-825-8300 for more info. **Come for the Reiki and stay for a mini Tarot Reading with Bridgit Tyler or a Psychic Reading with Jesse Austin**

### Every Thursday @ Wholistic Heartbeat

1660 Central Ave, Suite A in Mckinleyville

**BREATH OF LIFE MEDITATION, From 1:00-2:00 PM** - Drop in, everyone is welcome. In this one hour weekly meditation, we will deepen the understanding and use of the Breath of Life practice to bring peripheral energies into our center. Facilitated by Christine Johnson, Contact 707-825-8300 for more info. Suggested Donation \$5

### Every Friday @ Isis

Suite #48, Sunny Brae Centre in Arcata

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

### Through Sept. 30th

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

### Ongoing @ Wholistic Heartbeat

1660 Central Ave, Suite A in Mckinleyville

**SIDEREAL SISTARHOOD OPEN CLASS:** We utilize the energy of the Moon phases and Astrology with Tarot to promote and manifest our dreams. **Enrollment is available to newcomers.** Contact Mari Wilson, by email at [sidereal.sistarhood@yahoo.com](mailto:sidereal.sistarhood@yahoo.com) for details. Cost \$20/mo. **We meet from 7:00-8:30 pm on Sept. 13<sup>th</sup> -Full moon, Sept. 24<sup>th</sup> -Balsamic Moon, Oct. 13<sup>th</sup> -Full Moon & Oct. 25<sup>th</sup> -Balsamic Moon.**

### Wednesday Mornings

#### Beginning Sept. 18th - Oct. 9th @ Isis

Suite #48, Sunny Brae Centre in Arcata

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

#### Wed. Sept. 18th 12:00-1:00 am

#### @ Wholistic Heartbeat

1660 Central Ave, Suite A in Mckinleyville

Healing Path Presents, by donation - **INTRODUCTION TO PRACTICAL HOMEOPATHY** with Jahnan Derso. This free class will help you get an overall understanding of many concepts including how to use it with your family. **HOMEOPATHY STUDY GROUP** with Jahnan Derso begins on Thursdays **STARTING SEPT. 19TH FOR 8 WEEKS.** Please contact her via email for more info: [info@hibiscushealing.com](mailto:info@hibiscushealing.com)

#### Tues. Sept. 17th & Oct. 1st - 5:30-6:45

#### @ Wholistic Heartbeat

1660 Central Ave, Suite A in Mckinleyville

Healing Path Presents, by donation: **DROP IN YOGA** from 5:30-6:45, Bring a mat. Class is led by Mary Huddleton, creator of Ahimsa Holistic Healthcare, specializing in Ayurvedic Medicine, Bodywork and Holistic Therapies. Contact her at 707.296.0122 [MaryHuddles@gmail.com](mailto:MaryHuddles@gmail.com) or visit [www.MaryHuddles.com](http://www.MaryHuddles.com)



**Sat. Sept. 21st & 28th -10:00 am-12:00 pm**

**@ Wholistic Heartbeat**

1660 Central Ave, Suite A in McKinleyville

Healing Path Presents: **MINDFUL MOVEMENT WORKSHOP** featuring developing an intention, practicing Pranayama, meditative Movement, and Sound Healing with Mary Huddleton creator of Ahimsa Holistic Healthcare, specializing in Ayurvedic Medicine, Bodywork and Holistic Therapies. \$30 suggested donation. Contact her at 707.296.0122 [MaryHuddles@gmail.com](mailto:MaryHuddles@gmail.com) or visit [www.MaryHuddles.com](http://www.MaryHuddles.com)

**Thursday, Sept. 26th -6:00-7:30 pm &**

**Saturday, Oct. 5th 1:00-2:30 pm @ Isis**

Suite #48, Sunny Brae Centre in Arcata

Healing Path Presents, by donation: **INTRO INTO THE ENNEAGRAM** with Peter. With enough interest, these intro classes will lead into a more in-depth study series for those who are interested. **Read his article in this issue on page 14.** Suggested Donation \$5, no one turned away for lack of funds. Contact: Peter at 408-645-9673 or [peterzap@msn.com](mailto:peterzap@msn.com) **This is the same class offered on four different days.**

**Saturday, Oct. 5th from 4:00-5:00 pm**

**SOUND OF SOUL EVENTS** offer the opportunity to chant HU, engage in spiritual conversation and enjoy community. You can meet others of like-heart who share a desire to explore their own connection with God or Divine Spirit. Locally, there are two upcoming Sound of Soul events at the Redwood Lounge in Redwood Park, 499 Park Ave. Arcata. ALL are welcome for Free! On the Fridays following a Saturday Sound of Soul there is another offering at a Eureka Residence at 7 PM. For More Information contact: 707-798-1868 [eureka.arcata.eck@gmail.com](mailto:eureka.arcata.eck@gmail.com) & [www.eckankar.org](http://www.eckankar.org)

**Tues. Oct. 8th, Wed. Nov. 6th & Tues.**

**Dec. 10th @ Wholistic Heartbeat**

1660 Central Ave, Suite A in McKinleyville

**MIDDLEWAY MEETING: A FREE WELLNESS GROUP WITH MIDDLEWAY MENTOR TOBIN MCKEE** Two Tuesdays each month from 5:30-7:30 p.m. **No registration is necessary. Just come on by.** Listen to our introductory podcast at [middlewaynetwork.org](http://middlewaynetwork.org). **This is a whole-foods potluck – sugar-free, whole grains, no processed foods. From 5:30 to 6:00 p.m., we chat and enjoy each other's company. Then from 6:00 to 7:00**

**p.m. we focus on an aspect of wellness practice.** The Middleway Network is a non-profit organization that provides free wellness training and free professional training. Healthcare is prohibitively expensive for most people, but wellness is free, because it is something that we can do for ourselves. Middleway Network is a project of free, community-based compassion.

**2nd Wednesday of the month on**

**Oct 9th, Nov. 13th & Dec. 11th,**

**7:00-8:30 pm @ Isis**

Suite #48, Sunny Brae Centre in Arcata

**THE POWER OF MIRRORING** led by Michael Jason Sherman, MA, Certified Imago Educator and professional healing coach with over a decade experience on both coasts. Suggested donation is \$5-20, but no one will be turned away for lack of funds. Learn more about Michael at his website: [www.MichaelJasonSherman.com](http://www.MichaelJasonSherman.com) Read his article on page 24 of this issue.

**Saturday, Oct 12th @ Isis**

**For children 10:30-11:15 am**

**For adults 12:00-3:00 pm**

Suite #48, Sunny Brae Centre in Arcata

**POWER ANIMAL JOURNEY CLASS** In this highly experiential and fun class participants will learn the basics of shamanic journeying and embark on a drum journey to meet their Power Animal. Please note a parent or guardian is required for the children's class. Space accommodates up to 9 participants - **RSVP REQUIRED Ages 7-12 yrs Cost \$15 Adults (13 yrs and older) Cost \$45** contact Heather (707) 397-0018 [theyewtree@gmail.com](mailto:theyewtree@gmail.com) or visit [www.theyewtreeshamanichealing.com](http://www.theyewtreeshamanichealing.com) to reserve your spot.

**Sunday, Oct. 13th 11:00-12:30 pm &**

**Monday, Oct. 21st 2:30-4:00 pm**

**@ Wholistic Heartbeat**

1660 Central Ave, Suite A in McKinleyville

Healing Path Presents, by donation: **INTRO INTO THE ENNEAGRAM** with Peter. With enough interest, these intro classes will lead into a more in-depth study series for those who are interested. **Read his article in this issue on page 14.** Suggested Donation \$5, no one turned away for lack of funds. Contact: Peter at 408-645-9673 or [peterzap@msn.com](mailto:peterzap@msn.com) **This is the same class offered on four different days.**

Continue on next page



**Wednesday's Oct. 16th, Nov. 20th  
& Dec. 18th @ 9:15-11:15 AM  
@ Eureka Natural Foods Cafe  
2165 Central Ave in Mckinleyville**

**HEALERS BREAKFAST** - The THIRD Wednesday of EVERY month from 9:15-11:15am. **Held at Eureka Natural Foods Cafe inside their McKinleyville Store** This event is an opportunity for our healing arts practitioners to come together and get better acquainted over breakfast. Each month, we will have a short presentation by one or two of our community's wholistic practitioners. This is a great opportunity to network and begin to collaborate with your fellow peers. Presented by Healing Path & Hosted by Janet Stock. 2019 dates: Sept. 18th, Oct. 16th, Nov. 20th & Dec. 18th Contact Maya for more info at 707-496-6616

**Sat. October 19th - 1:00-4:00 pm &  
Sat. October 26th -1:00-4:00 pm  
@ Wholistic Heartbeat  
1660 Central Ave, Suite A in Mckinleyville**

**MESSAGES FROM BEES** can constellate your aspirations and help them shine brighter. This single-session class is a global journey of convergent yet diverse, meaningful and real, bee stories from a variety of traditions. A tailored resource list for continued learning will be shared with each student. Shared by Brian Dykstra, Cost \$30. Contact him for more info at [brianjdykstra@gmail.com](mailto:brianjdykstra@gmail.com) **This is the same class offered on two different days.** Read his article on page 12 of this issue.

**Tues., Oct 29th Yoga Seva 6:00-7:00 pm  
& Yoga Chats 7:00-8:00 pm  
@ Wholistic Heartbeat  
1660 Central Ave, Suite A in Mckinleyville**

Healing Path Presents, by donation - **YOGA SEVA DROP-IN WITH JAIME POWELL**, a guided Vinyasa flow for all levels. Please bring a mat. Jaime practices and teaches Yoga in Arcata, Mckinleyville and Trinidad.

**YOGA CHATS** - drop in by donation - a coming together of yoga teachers and practitioners. It's a gathering of like minded community members to talk about all things yoga. Led by Ashley Paz and Jaime Powell.

**Coming in 2020  
February 27th - March 1st  
2nd & C in Old Town Eureka**

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

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## BRINGING THIS MAGAZINE ALIVE IN THE WHOLISTIC HEARTBEAT CLASSROOM

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