

Wholistic Heartbeat

Together We Heal



WholisticHeartbeat.com

On The Cover and On The Gallery Walls

at *Wholistic Heartbeat*

1660 Central Ave, Suite A in McKinleyville!

Patricia Sundgren Smith



I grew up on the East Coast and studied art at the Boston School of Fine Arts and Rhode Island School of Design. After traveling abroad, I moved to San Francisco to continue my studies, but then took a road less traveled by becoming an apprentice electrician in IBEW local #6. After graduating four years later, I worked in the construction trades for many years.

While doing this, I continued doing artwork and started fine art printmaking in 1990. I became a member of the California Society of Printmakers and served on the board for three years. Within 4 years I was teaching adult printmaking classes in my art studio two nights a week while working days as an electrician. I also studied papermaking and surface design.

I retired to Humboldt County from San Francisco with my husband in 2012. My art changed quite a bit as I became immersed in the natural beauty of the flora and fauna of Northern California. I started drawing birds and redwoods as well as carving and printing linocuts on my etching press.

I joined two art co-operatives: Trinidad Art Gallery in Trinidad and the Humboldt Artists Gallery at the Morris Graves Museum of Art in Eureka. Highlight Gallery in Mendocino started showing my raven and whale redwood drawings in 2015 and continues to exhibit them. I feel fortunate that I have been accepted into the local art community and have enjoyed showing my work at various venues, like Godwit Days in Arcata.

I am now learning lithography at Gruenwald Press in McKinleyville and am very fortunate to have Gruenwald Press etch the stones and print editions. This is a very exciting chapter in my life as an artist, drawing on limestone and seeing what can be printed from the stone is a revelation.



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

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

Submit online at wholisticheartbeat@gmail.com

Wholistic Heartbeat

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

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

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

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

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HEALERS TREE EVENT OFFERING



MISSION:

We provide an association for local healing arts practitioners to collaborate and network.

VISION:

Together we can create a new model of wellbeing

GREATER PURPOSE:

The healing arts practitioners are at the forefront of creating this new heart-centered infrastructure, making Humboldt County a renowned wholistic healing destination.

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.

The Spirit of Sustainability - Facilitated by Heather O'Connell

Coming together in sacred space.- Over the course of 3 hours, we'll explore an animistic approach to sustainability. Everything we need for our survival and well-being depends either directly or indirectly, on our relationship with Self, our community and environment. From an animistic perspective every person, place, business, etc. has a spirit and intelligence of its own. When we learn how to work in partnership and harmonize with these helpful energies, we gain insight, support and momentum in meeting our individual and collective intentions and goals.

Cost: Healers Tree Members no charge - Healing Arts Practitioner non-members \$20 (you can flow this fee into an annual \$50 membership, learn more <https://www.healingpathhumboldt.org/healer-s-tree>)

Date: Sun, January 19th 12:00-3:00 - **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

Introducing Our Communities Newest Healers Tree Members:

Maya Cooper, Jahnan Derso, Christine Johnson, MJ Griffin, Kristin Bradfield,
Janne Gibbs, Karen Ramsey, Marta Fabregas, Bruce Anderson, Amy Day,
Melinda Pedersen, Kiernan Powers, Yaj, Patty Vanourney, Mary Huddleston,
Kari Greene, Mari Lugh Ross, Larry Soll, Jaime Powell,
Maya Lin Carter, Laurie Birdsong

Email us at info@healingpathhumboldt.org ~ Visit us at HealingPathHumboldt.org ~ 707-496-6616

Envisioning Our Grove

By Amy Day



We have been taught that success comes from operating in the “survival of the fittest” mode. That we must compete with each other for resources, nutrients, space. Even in the last wave of our local economy, where many people were working with and

profiting from the natural world in the form of cannabis, we saw people take the model of scarcity and competition and apply it to their farming endeavors. Growing bigger and bigger. Moving out to their own private parcel of land to tend their own little, green empire. A hazy fiefdom on a hill.

But we know from nature that that’s not actually how things grow.

Trees don’t hoard resources. We know that there’s actually an entire mycorrhizal network below the ground where trees can actually communicate with each other and share nutrients and resources. They are made stronger by their connection to each other.

In fact, if we look at the case of our beloved redwood, we know that their roots don’t drive deep. They actually fan out and connect with the roots of the others growing around them. And this is how they are able to grow so tall.

Over a year ago, a duo of our local healers began to tap into a vision.

An image of a new flourishing. A new economy. A new ecosystem of sorts. One in which our local abundance of healers creates a network of support. One in which we are fostered, nurtured and supported by the work, presence and ideas of others.

They envisioned a Healing Tree.

A place where we could gather as healing practitioners to share in the tools and rituals of sacred space, but also aid one another through mutual education, business support, accountability & skill-sharing. Where we could begin to re-envision the health of our local community and economy.

Based, not upon the former model (think fishing, logging, ganga) of Resource Extraction. But rather upon a system

that is regenerative, generous and Whole in its approach. As we move into the framework of the coming year, we start to call in clarity about where our Energy should move. What is ours to offer? What types of resources and gifts do we have to share? And what type of nourishment, resources and support do we need & want to receive?

How do we envision our growing, healing biosphere? What type of model(s) do we want to build to replace the old ones are that are dying?

And how can we step into a system that supports not only our own, individual flourishing, but that of ALL?

The Healer’s Tree believes that healing arts practitioners are at the forefront of creating this new heart-centered infrastructure, making the Humboldt region a renowned wholistic healing destination.

We provide business, spiritual and self-care support for personal and professional growth.

We craft ways to connect and grow together through educational opportunities furthering professional visibility and access. As you contemplate where to share your unique gifts and energies this coming year, we invite you to take a look at this Vision we are moving toward. The Healer’s Tree is open to any and all healing practitioners who desire to work together create a new model of wellbeing. And, to create Abundance on a deep and lasting scale.

We’re all unique with our own imprints to make and space to occupy.

Some of us are redwoods. Some of us are orchids. Others dandelions. But we each play a vital role in the whole of this healing community.

If this speaks to your heart. If your vision aligns with our own. We invite you to step into our Grove.

Visit

healingpathhumboldt.org

to see how you can become part of the growth taking place right now.

Let your roots be nourished by our own.



T Jonathon Proctor

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& Retreats



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your transformation—awaken to the truth
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Enlightenment in Tatters: A Primer in Spiritual Maturity

By T. Jonathon Proctor



In an instant, all your illusions fall to the ground. All karmas, attachments, and life challenges are swept away. You, the awakened one, realizing yourself as pure love, awareness and emptiness walk through the world carefree, joyful and at ease. Flowers bloom in your wake.

So the enlightenment myth would have us believe. Reality dances differently. A moment in the mountains or meditation hall reveals that all of reality is luminous awareness ... immersed in a group chant or in the presence of a guru, we fall in love with everyone and everything ... peace and equanimity can blanket us so completely it is as if we never had a chattering mind at all.

And then in time or suddenly, the suffering and the calamity return. We struggle in relationships, lose a friend to addiction, suffer illness or financial collapse. Loss, dysfunction, agitation or depression can wash away our precious enlightenment making it seem as if it was all an illusion.

So what is spirituality all about anyway?

Often it can seem as if we stand between two lines of trumpeteers, one blowing the tune of growth and personal evolution, the other the sweet sounds of instant enlightenment—the realization that we are already whole and complete as we are—perfect spirit.

Should we head for the mountains and find a cave, perhaps we should just master manifestation? Maybe resolve our mother issues, or conquer a yoga asana? The spiritual marketplace can be as loud and disorientating as any other arena of life.

If, however, we can begin to grasp that there are two sides of the coin (at least) that is spirituality: 1. Our innate and

perfect nature from which we have become estranged, and 2. Our unique manifestation as a human being which is always growing and changing; we can more easily determine which areas of our lives require diligence and attention and where there is a need for surrender. Of course for the purist this coin is ultimately “one,” but for the sake of sanity let’s make a discrimination.

Spiritual practice is mostly geared to giving us experiences of the ineffable, invisible reality of love, unity, peace, universal truth, etc. Ultimately, we can come to realize that these are not simply experiences that we have, but *the essence of what we are*.

A few of the many pitfalls of spiritual practice are worth mentioning here:

1. The idea that spiritual experience will solve all our problems (or make us indifferent to and above them).
2. The dilemma of attaining lasting realization rather than a series of beautiful glimpses.
3. The ease with which we can become lost in the dogmas and dysfunction of our particular spiritual path.
4. The difficulty that some have even attaining a glimpse of their true nature, i.e. satori.

If we are lucky enough to find our way to an abiding, or at least consistent realization of our spiritual nature, other challenges will arise.

Pause for a moment to consider one particular, but fairly universal spiritual realization: *unity*. The realization that all forms of reality are the same fundamental nature or substance. This is usually a lovely and relieving concept and even more powerful experience. The implications, however, are beyond mind-blowing. YOU sitting here reading THIS are the universe—EVERYTHING—all that is, was, or ever will be!

You are the big bang, the supernova and the black hole; you are the setting sun, the cool breeze, the ocean of life and the lava flowing from the core of the earth. Once we begin to see through the veils of the separate person who has to earn a living, put her clothes in nice piles in drawers and get along with other people, we realize the immensity of what we ARE, the wild aliveness that animates everything starts to take over “your” life. *All the tidy piles, all the gnarls and knots that have been swept away or bundled in the basement begin to demand recognition.*

Fortunately all of these unresolved aspects of yourself are none other than spirit wanting to live, thrive and be creative. Unfortunately, it can be a real hell of a ride. The Greeks knew this all too well in telling the story of

Zeus sending Pandora with her jar of chaos down upon the family of Prometheus who “stole fire from heaven.” If you are going to realize yourself as everything, you are going to have to deal with everything!

This brings us to our unique individual self. One caveat here: we can endlessly philosophise about how oneness can also be an individual self, or we can suspend our disbelief and simply admit that it happens. Each of us is the universe walking around as a little four limbed version of ourselves.

Some new tools emerged in the twentieth century to deal with the unpredictable and elusive self: psychology and psychiatry. As rife with quackery and charlatanism as the spiritual traditions before them, these fields nonetheless offer tremendous insight into the human psyche. In particular: understandings of the subconscious mind, ego development, and more recently, trauma and the body/mind connection.

The practice of self-understanding rivals any spiritual discipline in *liberating the conditioned self*. It goes further than most spiritual practices in helping us cultivate a self that is capable of channeling the powerful forces of life into a coherent, creative individual; aka a self-actualized human being.

Psychological illumination can give us a clear and accurate understanding of who we are as a person. We can uncover the hidden motivators in our behaviour and learn to tolerate the strong emotions that lead to reactivity in our lives. With a skilled practitioner, we can come to trust intimacy and embrace vulnerability. Psychology gives us an understanding of how corrosive our judge and inner critic can be to our growth. The therapeutic relationship can cultivate a profound compassion for our “flaws, faults, and mistakes” and see them as *coping mechanisms needed for survival*. With tenderness and attunement, even the most contracted knots and traumas can soften, open and integrate into a mature adult self.

Unity will once again be useful here as we begin to recognize that spirituality and psychology are not really two disparate fields, but rather a continuum—the spectrum of our human experience. One portion of the spectrum inevitably informs the other. For example, someone who struggles with financial insecurity and worry, despite never having been in actual poverty, can begin to understand the psychological roots of this insecurity in their history. Perhaps their grandparents struggled during the depression and this was passed on through the mother as

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scarcity behavior around food, clothing, and expansion in general.

From the spiritual end of the spectrum, this financial worry may be felt as a painful lack of capacity or support. It may feel as if one is weak, devoid, and even empty of the ability to support oneself. This reveals a spiritual disconnect—an absence of the sense of trust that life itself has endowed us with the capacity that we need—the sense of “I can” and “I will.” Here, something more than mental understanding is needed. We need to “fall through” the beliefs, self-images, contractions, and fear in to a deeper sense of reality. A reality that is holding, abundant, positive, creative, and intelligent. Ultimately, we need not only to feel this, but *know it* as the indivisible core of ourselves.

The takeaway here is that there is an important distinction on the spiritual journey. The distinction is between the *ascending journey*, the movement of transcending ordinary thoughts, emotions, and desires and the *descending journey*, the process of developing and cultivating ourselves as a person.

We ascend to touch the transcendent love, peace, wisdom and intelligence of our true nature. We descend or embody our capacity for growth and learning in relationships, vocation and play. The flow of ascending and descending, expanding and contracting, forming and unforming is really life at play as YOU. The inner work, the practices, the nitty gritty of daily life are nothing more than the universal energy of life finding the best way of being the unique individual that you are.

Spiritual maturity is the degree of consistent connection and the feeling of being at home in ourselves. It is also an acceptance of and compassion for our quirky and sometimes clunky humanity. We see ourselves at the surface, we see ourselves at depth and we love what we see.

T Proctor has guided individuals and groups online and locally for over a decade to bring the courage, clarity, and heart needed to work through difficulties, traumas, and blockages to self-realization. Using the power of self-understanding and acceptance, as well as precise, present moment contact, his focus is on more than simply resolving problems, but the capacity of each individual to rest deeply in the peace, wisdom, and contentment of being. Info at BeingRealNow.org.

IMBOLC FEBRUARY 2ND



Imbolc has long been celebrated as a traditional Pagan holiday or festival, and is considered by some to be the Pagan New Year. Marking the end of winter and the beginning of a new life cycle, it is the mid-point between Winter Solstice and Spring Equinox. It's a time when the Goddess transitions from crone to maiden, representing the changing of the season.

Imbolc comes from the old Celtic word Oimeic, which means "ewe's milk," because this is the time when lambs are born. In Celtic mythology, the Goddess Brighid, (the exalted one) is a patron of healers, fertility, magicians, poets, watermen, and so much more. She is a solar goddess and her Gaelic name, Breo-Saighead, means *fiery power/arrow*. She is depicted with red hair and flames framing her head. We honor her during Imbolc, in many ways such as by having a bonfire, a well lit hearth, or candles - lots of candles. She was born daughter of Dagda, making her Tuatha de Danaan and had three sisters, also named Brighid. The three sisters created a single deity, which is associated with the Triple Goddess of inspiration, hearth, and the forge. It is said that Brighid was also Bridget born in mortal human form to a chieftain. Bridget refused to marry and instead turning to the monastery and to heal those in need. She is known for wearing a green magical cloak and was loved by many for her healing. It is said she petitioned the King for land to build an abby. She asked the King to grant her whatever land her cloak could cover. He easily granted her wish not thinking it would cover much ground but to his surprise her cloak grew and grew until she had the land she needed to build her abby. The King became a patron of her abby, attending, donating food and money. That is one story of how she became Saint Brigid of Kildare. Some say there is still a sacred fire where her abby is, and it has been tended to by the nuns who have lived there for generations.

There are many ways to honor Imbolc and Brighid. Some are more spiritual while others are quite practical. Some ideas are: stoking the fire, spring cleaning, baking, and helping those in need. Altar work includes: clearing your Winter altar and set-

ting up a Spring altar by lighting white candles, using white and red ribbon or yarn, laying out fresh twigs and potted daffodils, making a Brighid cross and dolly, as well as placing oatcakes and milk out as an offering for the Goddess.

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In order to help you embrace Imbolc...
there will be an Imbolc celebration for women
at Wholistic Heartbeat

1660 Central Ave, Suite A in McKinleyville

February 2nd from 1:00-3:00pm

We will be honoring the Goddess by way of meditation, tea ritual, craft project, and setting a specific intention. If you are interested in participating, please contact **Jaime Powell** at jl715@gmail.com before Jan 20th for further details and to sign up.

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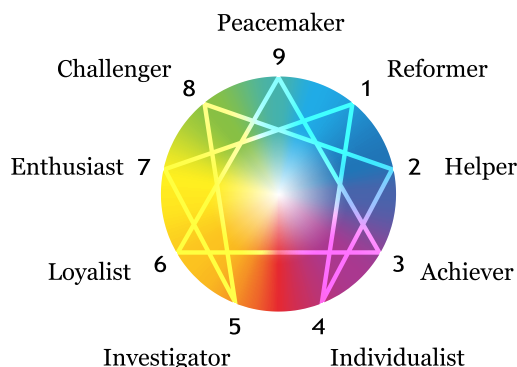
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Improving Relationships with the Enneagram

By Peter Zappel



It is axiomatic that the quality of our relationships will largely determine the quality of our lives. Lousy interpersonal relations, lousy life; fulfilling relationships, more fulfilling and joyful life. Hardly needing to be said, but in our culture focused on ego gratification, materialism, possessions, power and competition, we often forget that true lasting happiness cannot come from these things, but from a deeper connection with our own spiritual nature and with others.

But all too often life challenges us with problematic relationships with people who disturb our happiness and peace of mind and put us into reactive patterns, which fuel conflict rather than relieving it. Many of our relationships are like a broken record, repeating over and over again the same conflictual and painful theme. We wonder: "Why can't so and so see that.....?" (you fill in the blank).

Imagine if there was a way you could answer that question and open up the possibility of improving relationships. Relationships with significant others, spouses, children, bosses, parents, neighbors can improve through greater understanding of the issues they face, while at the same time, becoming aware of your own inner motivations, unconscious beliefs and repeating emotional landscape.

The Enneagram is a most useful tool in our awakening because it helps us not only understand ourselves better, but makes us acutely aware of how others see things differently than we do. We can walk in their shoes, so to speak. It helps us do this by pinpointing the specific ways each of the nine Types lose presence under the grip of ego. The Enneagram elucidates the 9 character structures, driven by a cluster of neurotic pre-occupations, unconscious motivations and compulsive actions which characterize each of the nine personality types. When

we understand, first and foremost, our inner workings, we can then begin to show greater compassion and empathy for others by understanding theirs.

Each of the nine Enneagram Types can be seen as a particular perspective about life. What is important, what is fulfilling, what is worrying, what is comforting, what is our focus of attention, where does our energy go, what motivates us, what turns us off?...etc. etc. To know the Enneagram is to have a useful tool in living a more balanced and joyful life. Without understanding what is driving us and what is driving others, we will remain stuck in the illusory world of ego and find ourselves repeating the same old, tiresome egoic patterns, unable to manifest the best in ourselves and find true and lasting peace and happiness in our relationships with others.

The Enneagram has been called a “liberation psychology” by the late Dr. David Daniels, professor of clinical psychiatry at Stanford University. It can be seen as a bridge between psychology and spirituality, which was the theme of the 1994 Stanford commencement address. Since then, the system has become widely recognized worldwide by psychologists, marriage and family counselors, spiritual teachers, psychiatrists, coaches and fortune 500 company executives as a way to improve relationships, further cooperation, stimulate creativity, boost productivity and generally make life worth living, instead of a drag.

We have ALL of the 9 Types within us, but have a “home base,” so to speak. This is our psychological default position, or the place we usually dwell and can be thought of as a filter through which we comprehend reality. This place has specific gifts and virtues and weaknesses and vices. Once we know where we are coming from and have an understanding of the places others are coming from, we can lighten up our reflexive judgments, projections and misperceptions of others and show more compassion and empathy, without which there can be no true and lasting joy and happiness in life.

Short Enneagram Type Descriptions:

- Type 1, The “Perfectionist” strives to be righteous and correct.
- Type 2, The “Helper” strives to be loving and helpful.
- Type 3, The “Achiever” strives to be outstanding and successful.
- Type 4, The “Individualist” strives to be creative and unique.
- Type 5, The “Investigator” strives to be competent and detached.
- Type 6, The “Loyalist” strives to be safe and secure.
- Type 7, The “Enthusiast” strives to be stimulated and excited.

- Type 8, The “Challenger” strives to be powerful and in control.
- Type 9, The “Peacemaker” strives to be peaceful and harmonious.

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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ENNEAGRAM REVELATIONS with Peter Zappel

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Homeopathic Winter Wellness Tips

By Jahnan Derso

Why Choose Homeopathy for Your Winter Wellness

What do you do when you're sick? Some may grab over-the-counter medicines, but these can have terrible side effects. Others may reach for herbal remedies, which can be great. This article is about how homeopathy is another viable, intelligent solution. Here are some reasons why I prefer homeopathy:

- It doesn't taste bad, unlike some herbal concoctions.
- It's not messy, also like some natural remedies.
- It uproots disease instead of suppressing symptoms, like most over-the-counter medicines.
- It's inexpensive, unlike many supplements.

Remedies for Colds & Flus

Let's dive right into remedies to help you this season.

At the First Sign of Colds:

- Bioron Cold Calm
 - There is a children's formula, too.
- Ferrum Phos 6x, which is a cell salt
- Bioplasma, which is a combination of all the cell salts

At the First Sign of Flu:

- Oscillococcinum also from Bioron
- Influnzinum 30c, which is a homeopathic preparation of the flu virus itself
- Nat Sulph 6x, cell salt

Cell Salts to Support You While Sick:

- Kali Mur 6x is for white mucous
- Kali Sulph 6x is for yellow mucous
- Ferrum Phos 6x for fevers

Homeopathic Cough Syrups:

- B & T makes multiple Cough & Bronchial Syrups:
 - Children's
 - Daytime
 - Nighttime
- Chestal

Be Prepared!

Don't wait until you are sick to get remedies. Stock up and have them at home because they are most effective if taken at the first sign of illness. Also, after illness, assess where you are at with your remedies. Think about what worked best and restock your remedies.

Where to Get Remedies

Euerka Natural Foods has a wide selection of these remedies. They can also order you remedies if you don't see them.

**I will be offering a free
Winter Wellness Class
Saturday, January 18th 5-6 pm
At Wholistic Heartbeat
1660 Central Ave. McKinleyville**

You can also connect with me for a consultation if you are ready to get started today. For now, check out the above remedies to have a safer, healthier winter.

Jahnan Derso is a solutions-oriented Health Coach who steers her clients to potent, holistic tools, solving their health issues naturally. Her consultations help people discover a new level of success within the natural health paradigm. Jahnan leads classes in Practical Homeopathy to empower participants with the knowledge of how to use homeopathy to remedy both acute and chronic health challenges. Please, contact her via email for more information: info@hibiscushealing.com and visit her website at HibiscusHealing.com

Alive in These Times

By Ellen Davidson



A friend of mine recently asked what it is like for me to be alive during these times. As Michael Meade says in his Living Myth podcast #142, "Uncharted Waters", we are living in liminal times both culturally and environmentally. The old systems are collapsing and no longer functional, and the new ones are in the process of emerging.

I wrote a poem in answer to my friend's question. I'd also like to invite all of you to consider what it is like to be alive in these times. It's a big question. When we share our many answers, I'm hoping we will build boats to carry us through these uncharted waters.

Becoming
Dissolving
Trying way too hard
To find my place
My community
The ecosystem niche
Where I might thrive
And offer the gifts of my being
While systems shift around me
So I never seem to get any footing
Before once again scrambling
For fragile balance
In a world unraveling
Clinging to fewer and fewer threads
Knitting some of them together
In new ways
With the might of my soul
And coming undone anyway
In the vanishing of Life
(So many species)
I know the depths of love
And rivers of grief flow
Even as I worship
The astonishing intricate beauty
Of what is still here.

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The Manifesting Current ... an offering

By Amy Day

*“When you do things from your soul,
you feel a river moving in you, a joy.”
-Rumi*



I sat with my words assembled before me.
What was the feel-state I wanted to move towards in the
year to come?

Over the past three years, I had been belly-deep inside the
hustle. Planning. Strategizing. Concocting and developing
and trying my best to channel my wants and needs and tal-
ents and time into the tiny container that had been modeled
for me.

I am not averse to hard work.
In fact, I relish it.
The scintillating feeling of plunging into a field of new
knowledge. Fresh insights and synaptic corridors opening
up inside the delicate container of a moving, steady hand.
The feeling of my lungs taking in the maximal amount of
oxygen, as my legs and limbs jettison me swiftly through
the woods.
Effort, for me, at times, has been a salvation and a balm.

And yet.
I do not crave rigor for its own sake.
Rather, I prefer to offer up my labor in service to a larger goal.
I long to feel like my energies have been spent in some
meaningful and fruitful way.

I want to know that the steps I’ve taken, however many
or few, have been guiding me down the path to which I’m
called in this life.

I want to know that the rhythmic footfall I cast upon the
pavement is somehow walking me home.

Innervated. Guided. Supported. Energized. Led.

These are the words that came after contemplation.
The ones I am choosing (or are choosing me?) to serve as a
compass for the year ahead.

And I sense in these a shift.
A sea change.

Rather than pushing, striving, grinding ...
There is a feeling of allowing myself to be swept up into
the Current.

Of stepping foot into a larger stream—of ideas, movement,
Spirit & momentum—and letting myself be carried on my
way.

When I worked as a theatre artist, I had a teacher who
would say to us, (as we were eyeball-deep inside the mess
of creation, and exhausted from the work)

“The piece already exists.

You must approach it like a piece of clay.

And you are the sculptor.

You do not have to dig into it and assert your will upon the
thing to reveal its form.

Rather, your work is to listen, chisel in hand, and carve
gently away at what is *not* It, until the beautiful thing is
revealed.”

*“Nature does not hurry, yet everything is accomplished.”
— Lao Tzu*

And now the unformed clay of the year ahead looms before me.
And I look at the tools I carry:

Of Art-Making.

Idea-condensing.

Speaking.

Connecting.

Synthesizing.

Movement.

Stillness.

Play.

And I see that there is another way forward.

One that does not ask me to hurl myself upon the altar of
efficiency.

To pull up my bootstraps and muscle my way into the
world.

I do not have to scream to be heard.

Rather, I can start to hum, to listen.
There is a band already beginning to assemble.
There is music within me—a veritable symphony, I think.
And my task is simply, to lean into it.

To open my mouth, position my fingers, attune my body,
and just begin to Play.

...

The chakras are said to be condensed forms of Energy (or Prana - Vitality/Life Force) residing at particular points along the Central Channel that runs along the spine. Within the yogic tradition, it is believed that once we can awaken that coil of Energy it will ascend through the chakras, weaving its way through the Central Channel, charting a course of awakening, expansion and liberation throughout your whole form.

As we stand on the precipice of a New Year and gaze out on what we hope to craft in the days and weeks to come, we turn our attention to the downward spiral of this flow: **the Manifesting Current.** Investigating the ways we can take our grand, esoteric and-heady ideas - and turn them into the stuff of flesh and form.

Turn your Prayers into Practice.
From Concept to Completion.
Inspiration to Perspiration.

Turning your Dreams into your Dharma (path)
and your Daily, Active Dance.

If you have a long-held goal or dream you'd like to step into in the year to come, I'd like to invite you:



The Manifesting Current is a guided 8-week course

In this course we will explore within a gentle container to see just how we move into the Flow that is awaiting us inside our lives.

- How we un-dam the vast, creative Energy within our bodies, hearts and minds.
- How we step into the waiting River and let ourselves be partnered with its tide.

Together, we'll navigate this system—from crown to root. Integrating specific movement and breathwork, herbal allies and taking gentle, inspired action each week toward refining and realizing your Dreams.

Above all, this course is designed to acquaint you with a Deep & Resonant Knowledge of the great Creative Power you possess.

Our culture is aimed largely at selling us things based on the premise that, "Everything you need for Happiness and Health lives Somewhere Outside of You."

These Practices are designed to lead you back Inside. To help you catch a glimpse of the vast Landscape and Current you contain.

To remind you, as often as needed, that you truly can Create whatever you can Conceive.

If you can learn to tend and nurture the great tributary you've been granted.

One piece & practice at a time.



The Manifesting Current

Time: Tuesdays, 6-7:30 pm **Dates:** January 21st - March 10th **Cost:** \$165
Location: Wholistic Heartbeat 1660 Central Ave, Suite A McKinleyville, CA 95519

Please register directly with Amy at TheWorkOfTheseHands@gmail.com

Healing and the art of Conscious Evolution

MEET SUSAN VAUGHN
at the Free Intro of class one
on Feb 22nd from 3:00-5:00 at Isis
707-382-7050

Healing and the Art of Conscious Evolution is a spiritual psychology based on the needs of the soul. The soul is that part of us that desires to love and be loved. It is also the part of us that longs for self-healing. By ignoring personal growth and self-development, many of us experience lives of conflict and strife, leading to an ultimate lack of self-fulfillment. During this 12-week course you will learn a new concept of creation that empowers you to take full responsibility for your life so that ultimate healing can unfold. With your higher self to guide you and your soul as witness, the information you receive will ground you into a spiritual world (beyond religion) that is truly magnificent.




ABOUT SUSAN VAUGHN: I have been teaching *Healing and the Art of Conscious Evolution* for 20 years. My focus is on personal growth and self-development. This privileged information comes from numerous sources including the channeled being Lazaris, *A Course in Miracles*, and what I've learned as a practicing psychotherapist and metaphysician since 2003. Through my own inner work, I've healed intense feelings of shame, as well as created a glorious, ever-expanding relationship with an inner guide I call the Beloved, which could also be called the Magnificent One that exists within. Full of light and unconditional love, this radiant being stands at the center of my life as guide, teacher, lover, and friend.

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Course Work

1. **Reality Creation Basics** discusses the core concepts of creation including the Law of Attraction, the role of emotions in creating magnetic resonance, and the role of both the unconscious and higher conscious mind in creation.
2. **Our Unconscious Creation** discusses the unchangeable aspects of creation that were self-chosen before birth. Some of these issues must be accepted as unchangeable, while others must be outgrown or transcended.
3. **The Soul's Path** is a specific trajectory of experiences that each human is destined to have in every lifetime. In this class you will discover the 7 faces of the soul that manifest in every lifetime.
4. **Personality Drive** is the 4th face of the soul. In this class we discuss the 9 personality drives with their negative and positive aspects.
5. **The Shadow** is the 5th face of the soul. Like everything else about the soul, it has polarity. It must be confronted if one is to evolve.
6. **Destiny, Life's Lesson and Life's Purpose** are given to us by our soul before we are born. In this class you will discover how to find the lesson you were born to learn, as well as the purpose it can become once you master it.
7. **From Victim Consciousness to Higher Consciousness** teaches you how to transcend the belief system of the world that gave birth to you by creating an alliance with your higher self.
8. **Detoxification and Physical Healing** teaches you how to heal your physical body by removing the toxins and parasites that are at the core of all degenerative disease.
9. **Healing the Inner Child and Adolescent** teaches you how to run a child rescue mission through meditative visualization. This will allow you to heal the traumatic incidents of your past.
10. **Past Lives:** we all have had hundreds, if not thousands of past lives, some of which are impacting this one. When we learn how to heal painful past lives, we can set ourselves free in magical and miraculous ways.
11. **Becoming Mindful of Negative Ego** allows us to take charge of our reactivity and set ourselves free from the prison of habitual responses that destroy loving relationships.
12. **Receiving Guidance from our Higher Selves:** to receive accurate guidance from your Inner Wisdom you must become a conscious observer. This is impossible to do without an accurate understanding of reality creation.



Please get the support of a qualified health care provider to assist you if you feel this is right for you.

The Two-Week Water Fast

Part I

by Susan Vaughn

“Who,” you might ask, “in their right mind, would willfully deprive themselves of food for 14 days by drinking nothing but water?” I would, for one, as well as thousands of other health advocates and spiritual seekers alike. In this two-part article I will be discussing not only the long list of health benefits that can be obtained from water fasting, but the spiritual and emotional benefits as well.

In today’s world we are programmed to believe, almost from birth, that there is a pill for every ill. At least that is what the pharmaceutical companies would like us to believe. Unfortunately, as many people have become all too painfully aware, the pills given do not cure us, but rather only mask symptoms that worsen and multiply as our disease state progresses unhindered.

Less well known is the fact that between 75-80% of all the most common diseases that plague modern civilizations are directly caused by poor diet and lifestyle choices. Simply ceasing to do what is making us sick can reverse these diseases. In other words, by eating a healthier diet and refraining from poor lifestyle choices, we get better. When you get out of your own way, the body does what it does naturally: heal itself. It is only in this context that extended water fasting makes any sense at all.

Water fasting comes naturally to humans. Back when we were hunters and gatherers, and even during more agrarian times when crops failed, humans naturally went through periods of feast and famine. Native Americans even had a name for the month in which natural fasting occurred. It was called the hunger moon when Spring came late and food was hard to find. In those days, infants, children and the el-

derly regularly died of hunger, for they could not sustain the weight loss required for extended fasting. Of course, in today’s society in which food is always plentiful, death due to fasting should never occur.

Though people fast for spiritual reasons, in my opinion, the best reason to do an extended water fast is for your health. To do it, you need to have enough weight to sustain you through the process. Anyone who is of normal weight can do a two-week water fast. An obese person can fast for 70 days or even longer with no ill effects. It all depends on how obese they are and how much they have to lose. A thin person can fast as well, but since all fasting involves losing weight, one should never compromise their health by losing too much of it. It is this caveat that determines how long one’s water fast can be. Since one loses between 1 and 1.5 pounds of weight per day while fasting, a 20-day water fast would cause you to lose from 20 to 30 pounds. How much you lose per day depends on your personal metabolism. Once you determine how much you can afford to lose, simply stop fasting once you’ve reached your limit. If you’re so thin you can’t afford to lose a pound, water fasting is not your path to self-healing.

In my opinion, losing weight should never be the goal of water fasting, especially since the weight will all be regained if you go right back to the same diet and lifestyle that caused your weight gain in the first place. To prevent this, **you must educate yourself on what a healthier diet and lifestyle is for you. Because there are so many contradictory beliefs regarding diet, this is not always obvious. That is because one size doesn’t fit all body types and metabolisms.** For example, I solved my diet problem by taking a Viome test, which can be done at Viome.com. By sending in a stool sample, Viome determines the RNA one has in one’s gut. From this, they will determine what your stomach can digest and therefore what the best diet is for you now. Although this can change over time, if you can’t digest it, even the most nutrient-rich diet will be wasted on you. For me, they discovered that my body was unable to digest any animal products or gluten containing grains. I also needed to stay away from all nightshades. When my daughter took the same test, she discovered that she also needed to abstain from nightshades, but that her best diet was to eat animal products 3 times a day. Though we had half the same DNA,



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our best diets were almost diametrically opposed. Despite our philosophies about dietary choices, each of us felt better once we ate the diet that was right for us.

Beyond food choices, everyone needs to abstain from eating added sugar, fat, and salt, for these foods simply aren't good for us. They also trick the brain into ignoring satiety so that we constantly want more. In fact, the inclusion of sugar, fat and salt in our processed food is probably behind the world-wide obesity epidemic.

It takes a great deal of reeducation to learn how to cook good tasting food without using these flavor-enhancing additives. YouTube to the rescue! I advocate watching videos by Chef AJ and other nutritarians who specifically address how to cook delicious foods without these additives.

So why is fasting so good for you? It turns out that water fasting is the quickest way there is to completely detoxify the whole body of heavy metals and environmental toxins. As you lose weight, toxins stored in the fat are mobilized and flushed out through the kidneys. In addition, after five days of water fasting a process of autophagy takes place all over the body. Autophagy is a natural, regulated mechanism of the cell that removes unnecessary or dysfunctional components. It is the body's way of cleansing itself of damaged cells in order to regenerate newer, healthier ones. This is the reason why water fasting can assist in reversing certain kinds of diet and lifestyle related cancer and heart disease. During a water fast, the body metabolizes the most dysfunctional cells first. Since an ounce of prevention is worth a pound of cure, for this reason alone it makes sense to include a yearly water fast in one's health maintenance regime.

Water fasting has many benefits. It not only improves body composition and fitness; it supports fat loss and ketosis. It then lowers blood pressure and decreases blood sugar and insulin resistance. This promotes satiety and boosts metabolism. It promotes heart health by lowering cholesterol and triglycerides as it cleans the arteries of plaque. It not only protects the brain, it supports healthier collagen production in the skin. It reduces harmful protein production and promotes a healthy response to stress. In this context it slows down the aging process and enhances longevity by increasing resistance to oxidative stress.



Because water fasting reverses diet and lifestyle- related disease, it has many benefits. There are over 27 different diseases caused by poor diet alone. They include all the major killers of heart disease, strokes, and many kinds of cancer including all the most common ones, such as breast, colon, stomach, liver, pancreatic, and esophageal cancer. If you add smoking, alcohol addiction, a sedentary lifestyle, inadequate sleep and a stressed-out life to a poor diet, the list of diseases that can potentially be reversed by an extended water fast multiplies. These lifestyle-related diseases are healed by the spiritual effects of fasting as much as by a fast's ability to detoxify the body.

The biggest downside to water fasting is that there's nothing fun about doing it. I know because I've done two 14-day water fasts in a two-year period. In the first one I thought I was going to die. I felt miserable, sick, and tired the entire 14 days. However, I didn't die and after it was over, I felt considerably better for my trouble. Although I didn't heal everything that ailed me, after the fast I noticed that some remarkable changes had taken place. When I did my yearly hair analysis 6 months later, I discovered that my body was free of all heavy metals. Although a hair analysis can't show you how toxic one is from environmental chemicals, I can only assume that these had also been removed from my body. This explains why I felt so bad during my first fast. It wasn't just that I was hungry, and fatigued, I was also feeling the effects of extreme detoxification at a very deep level.

Another thing that happened was that my chronic headaches improved. No, they did not completely go away, but they did reduce in severity to the point that I was able to get off the medication I'd been on for almost 30 years. Instead of taking Excedrin to deal with the pain, a little bit of essential oil rubbed into my temples was now all that I needed to deal with it.

Due to space constraints we have to continue this article online at www.wholisticheartbeat.com/blog-2 or wait to read part 2 in the next issue of Wholistic Heartbeat.

*Susan Vaughn, a teacher, healer, psychotherapist, detox coach and author, will be teaching a 12 week course entitled **Healing and the Art of Conscious Evolution to begin Saturday, February 22nd at 3 pm.** See details in her ad on page 16. She can be reached at 707-382-7050 for more information and to secure a spot.*



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Self-Connection is a Woman's Best Friend



The Journey Inward to Heal Self-Abandonment in Relationships

by Yaj, MA

The word introjection was one of the psychological terms I postponed trying to understand for many years. I was busy. And my graduate training didn't have that kind of thing on the test.

Twenty years of specializing in helping clients with their relationships has illuminated some fundamental aspects of human psychology in a hands-on, accessible way, and created readiness in me to grok their definitions. Now I delve more deeply into traditional psychological constructs.

I have witnessed for years a particular pattern of behavior in women – not that men don't ever demonstrate it; it's just more prevalent and observable in women, for reasons I'll get into later in this writing. I'm talking about women ignoring their gut instinct, dismissing their internal wisdom's messages of their truth, chronically sweeping red flags under the rug.

Other than to protect their children from harm, when it comes to relating to others in our modern society, it is common for women, upon hearing an internal warning inside of themselves, to tell it, "Yeah, yeah, yeah, I know, now shut up, I have to be nice on the outside and ignore you."

Or, "I have to protect myself and survive, so go away."

This mechanism of social self-protection has roots in primal survival instincts, but the degree of hyper-overdriven, self-abdication in women has roots in childhood imbalance. In other words, humans evolved to be social creatures for survival, but when we overdo letting others' needs guide our actions, above our own, there are emotional and psychological developmental issues in our past that overfed that reflex.

All people need groups and relatedness. And we do need to sacrifice some selfhood for the survival of the collective. Yet, there persists a gender (Yin Yang) difference. Female humans seem to have evolved to rely more heavily on group and inter-personal relatedness for survival than males – think of hunters and gatherers. And then there's society, which certainly has perpetually reinforced this reliance and orientation.

It's hard to say what is nature and what is nurture in this as much as in many debates over causation and origin of human behavior. I have been teaching for years that men's

and women's brains are wired differently. However, science journals have been coming out with articles lately reporting that that age-old construct is now considered false.

If men's and women's brains are actually the same, then one thing is still certain: women's over-functioning fear mechanism that blocks listening to and following their inner voice is very much embedded in civilization. A cave woman, or ancient human gatherer – pre-civilization, the written word, and private property – certainly needed to rely on her instincts for survival and those of her children and clan mates. This would include instincts for mate selection and self-determination.

So, what happened? Where did women's strong and consistent self-connection to inner instinct and intuition – and the willingness to act on it – go?

The answer is societal. It's economical and psychological. Developmental. Historical. Marital. Cultural. Religion-based. Patriarchal. It has been enculturated out of us.

We can only speculate on how supportive an ancient female human's male clan mates were of her freedom to act in harmony with her gut, but I'm going to go with once there was private property and marriage, keeping up with the Joneses, and saving face at church, etc., there were more restrictions to acting in harmony with her gut.

THE POD METHOD

WHEN YOU GET TRIGGERED
GET INTO THE POD
& GO FROM CLUELESS TO CONSCIOUS
IN YOURSELF & IN ALL YOUR COMMUNICATION

P **PIN-POINT YOUR PERCEPTIONS**
"WHAT AM I SENSING/ FEELING RIGHT NOW?"
VALIDATE YOURSELF

O **OPERATE ON OPINIONS & OBSERVATIONS**
"WHAT AM I THINKING RIGHT NOW?"
SEPARATE OPINIONS (STORIES, EVALUATIONS) FROM
OBJECTIVE OBSERVATIONS

D **DECIDE: DISCUSSION OR DISCRETION**
TO TALK OR NOT TO TALK.
DISCUSS OR DOCUMENT.

Communication can be safe.
We don't have to suffer as much as we do in relationships.
Most discomfort between people can be solved by using
Conscious Communication.
The POD Method is a helpful tool on the path.
-Yaj

HeartMindPartners.com

Many of us women know about this on some level, feel it in our core deep inside, have read about it, talked about it, watched documentaries and one-woman shows about it. We must keep deepening our learning and integration of our story – in history and over the arc of our lives.

It is an uncomfortable truth that, species-wide, women have, to a large degree, introjected – swallowed whole and unconsciously – the construct of woman, of female, as secondary, less-than, smaller and less important than male, containing a fundamental purpose of serving the comforts of men.

Twenty-first century, educated, professionally successful, financially independent women still largely are under an unconscious spell on the personal front, acting as pawns in the patriarchal system - deferring to their male (or Yang-dominant) partners' inadequate and inaccurate navigation of a place women are excellently designed and equipped to lead – the emotional field of the relational system.

This is not man-hating. It is clarity about the differences between men and women - the Yin Yang in people and relationship dynamics – and a sharp focus on a profound ailment in many women today, namely, disconnection from our self, and our truth. And a chronic abandoning of self that takes the form of not speaking our insights, needs and our leadership in relationship, which leads many severe problems in our bodies, our minds, our homes, families, children and overall well-being.

When it comes to relationships, there is a chronic epidemic of women in denial of their truth, afraid of it, contorted around what to do with it, and holding themselves back from expressing it. I see it over and over and over again in my practice, and in my own life journey. It is powerful, this willingness to go unconscious at the steering wheel of our very lives.

The challenge is undeniably confronting us daily in our individual lives, effecting society at large - how to find our way back to the core of who we are in our true nature, flowing in contact with primal instinct, relational awareness and smarts, self-possessed ease of trust within us that guides our actions.

Like most healing journeys, it starts with small steps, and takes us inward. We must begin with practicing self-connection, get stronger with it, better at it, and discern moments ripe to take it to the outside – with our speech, behavior, choices and actions.

I have developed a tool to use to get in touch with self in moments of feeling triggered – or just irritated or mildly distracted – and to be guided through it consciously, strengthening this long-lost muscle. It was designed for women in mind, but anyone can use it. I call it the POD Method, because my office is nicknamed Yaj Pod, and I want to make it easier for people to get into the elevated consciousness of the head and heart space we work with there.

A journey of one thousand miles begins with one step. Or, as I often say, we start digging the daunting mountain with a spoon in our hand, and two things happen: the spoon digs more than we realized it could, turning into a good shovel, and the mountain actually gets smaller from the top, not just from where we are digging.

The fundamental piece missing for many women in pain in relationship is a disconnect from her inner truth – her needs, her feelings, her clarity – and her fear of discovering, confronting, and listening to it, let alone acting on it. Fear of what will happen, of her partner's reaction, of being alone or unhappy. This is where she must get stronger. There is more to the journey, the work, of course. There are myriad psychological, mental and emotional blocks to work through, to heal, to adjust and adapt to. There are relationship communication ABC's to learn, communication tools to master.

For women, there is a crucial piece about going inward, recognizing how much self-abandonment we have been resorting to in order to survive – feel safe - and taking on the task, little by little, of turning that around – inside of ourselves first. The POD Method is a good start.

Since 2001, Yaj (also known as Amy Jay) has been in private practice seeing couples and individuals. A native New Yorker, now located in Arcata, CA, she has a Master's degree in Family Systems Counseling, is Certified in Imago Relationships, trained with John Gottman and is a Non-Violent Communication (NVC) practitioner. Her work is centered on training people to use reliable tools for having authentic life and love. Please, visit Yaj at www.HeartMindPartners.com.

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January/February 2020

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.

Here we are at the year 2020.

Feels almost like science fiction to me. And, when we look at the numerology of 2020 in Tarot terms, as we already know even without numerology, we have a lot of dynamism and infinite possibilities. First, we have two zeros, which gives us two Fools. Then, we have Priestess energy rising up in double digits, two Twos. Finally, when we reduce 2020 to its lowest common denominator, we get the year of the Emperor.

So what does it all mean?!!

Please, keep in mind that Tarot numerology is different from other numerologies. Tarot numerology is based on the Hermetic Tree of Life and the esoteric magical communities who made decisions about the order of the Majors. The earliest decks bore unnamed and unnumbered pictures of the Majors and so the order of cards was not standardized. You can see this with the cards Strength, which was traditionally the eleventh card, and Justice, which was traditionally the eighth. In the early 20th century, The Hermetic Order of the Golden Dawn in England switched the position of these two cards to make them a better fit with the astrological correspondences of the paths on the Hermetic Tree of Life. In other words, they messed with the original Hebrew Tree of Life so that their numerical order of the cards would make sense.

The iconic Waite Smith was the first Tarot deck to be based on the Tree of Life and at that time, Strength was switched to 8 to fit with the Path of Leo and Justice was made an 11 so as to fit with the Path of Libra. Today most decks follow the Waite Smith deck using this numbering except for the influential Thoth deck. Aleister Crowley chose to go with the more traditional numbering which brings in some confusion as the Thoth Lust/Strength card is an 11 and the Justice/Adjustment card is an 8. I read Tarot with the Thoth but when I do Tarot numerology, I go with the Waite Smith. Are you now thoroughly confused? (-: This just goes to show you that no system has it in the bag, so to speak. Any method of divination is pretty open-ended.

What does the year 2020 hold for us?

You can pull out your Fool, Priestess and Emperor cards. What energies do you see being released with these three cards? I look at the Fool as anything goes, anything is possible, a lot of freeing up of creative energies. We have choice: to be fearful about stepping off the cliff to a New World or Joyful about the adventure ahead. Thank goodness for grounding of the High Priestess and Emperor. The Priestess grounds us in the Abyss that separates us from our Oneness, our divinity. They remind us that we do have the deep knowing and memory of how to navigate the upheaval of our world. The Priestess tells us to drop into our depth and center when we feel like the Fool aspect is getting out of hand. The Emperor, on the other hand, grounds us in the vaster vision of what is possible. Very earthy, ready to construct a new world, the Emperor has the wisdom and wherewithal to give us the image of what it might look like. Their path on the Tree of Life (see Tree image) is the Hebrew letter, Heh, which means window, the Mystical Window of direct knowing. For the Emperor is a servant of the above and below. This is the year we have the opportunity to become our own visionary, “who serves by ruling and rules by serving” (Pamela Eakins). 2020 is about our willingness to explore all possibilities without fear, the Fool. It’s about dropping into our own depth of remembering of who and what we are, the High Priestess. The Emperor brings it altogether with vast positive vision for stabilization and possible manifestation.

Look at the paths on the Tree of Life in the image. The three paths of the Fool, Priestess and Emperor create a Triad of Possibility, high up in the Divine aspects of the Tree. This is the Cosmic vision. The Fool’s path leaps from Kether, our big bang beginnings to Chokmah, where this infinite possibility is witnessed. The Priestess’s path travels from Kether across the Abyss to the center of the Tree at Tipareth, at the same time as the Emperor’s path connects Tipareth with the fiery witnessing of Chokmah. And it is at Tipareth where the human mind can finally access these Divine messages. We have a fighting chance to figure it out this year, but we must tune in and give over to our higher guidance beyond the fearful, protective and limited conditioning of our personal knowing.

And now to something a bit more fun than the uncertainty of our future: your own numerology with the Tarot cards. This process is gleaned from Mary Greer’s classic, *Tarot For Yourself*. You can use tarot numerology to find the cards that express your personality, your Soul and what year of growth you are currently experiencing.

Your Personality Card: This card is your expression in the outer world, much like your astrological Sun sign.

Your Soul Card: This card represents your deeper more authentic Self, your spiritual inspiration. What you came here to express.

Your Yearly Growth Card: This card changes every year at your birthday and reveals opportunities for growth and possible challenges from birthday to birthday.

For your **Lifetime Personality and Soul Cards:** Add the day and month of your birthday. Then add this total to the year of your birth. Add this total horizontally and reduce to a single digit.

For Example: My birthday is October 26, 1951

My month 10	Your month	_____
My day 26	Your day	_____
Equals 36	Add yours up	_____
My year 1951	Your birth year	_____

Added all together 36+1951 -mine equals 1987

Added all together yours equals _____

This is how you add the birth year

Using 1987 as an example: You add across $1+9+8+7 = 25$

Reduce to a number under 22. When I added across, I had more than 22 so I had to reduce again. $2 + 5 = 7$. This makes *The Chariot* my Personality and Soul card.

If your final total equals a double-digit number of 21 or less, reduce to a single digit. The double-digit number is your Personality Card while the single digit number is your Soul Card.

For Example: Let's say your final number is 18 or $1 + 8 = 9$. Your personality card is 18, The Moon, while your soul card is 9, The Hermit. My Soul card is a single integer so it is the same as my Personality card. Double Chariot. Double intensity. (-:

Two special ones: If your final number is 19 or $1 + 9 = 10$ then $1 + 0 = 1$. Your personality card is 19, The Sun, while your soul card is 1, the Magician. The 10 becomes a special creativity card, the Wheel of Fortune.

A total of 22 reduces to 4 which becomes 0 because in Tarot

numerology 22 is the number for The Fool. So your personality card is 4, The Emperor, and your soul card is 0, The Fool. Notice how this fits in with the year of 2020!

Growth Card for the Current Year: Use the same formula as the Personality and Soul cards, but substitute the current year of your birthday.

For example: My birthday was in October and still in 2019

My month 10	Your month	_____
My day 26	Your day	_____
Equals 36	Add yours up	_____

Now add in the **Current year + 2019**
Added all together $36+2019$ -mine equals 2055

Yours equals _____

$2055 = 2 + 0 + 5 + 5 = 12$
(Remember you add across)

Card 12 is the Hanged Man, so **I am in my Hanged One year.** No reduction needed unless the total is over 22. **22 and 0 both can count as the Fool.**

Have fun and don't hesitate to email me with questions about this tool. carolyn@tarotofbecoming.com

My Tarot classes are starting up again. I will be giving an introduction to my classes, January 7 at Moonrise Herbs and January 8 at Humboldt Herbals. If you missed the introductory classes, you can email me for the class schedules or go on my website for more information. There may still be openings for my **New Year Readings on the Tree of Life Workshops**, January 4, 5 and 11th.

I encourage you to email me, Carolyn Ayres, and get on my email list, carolyn@tarotofbecoming.com. You will then receive my New Moon Message, 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 or check out my website at www.tarotofbecoming.com.

If you are on Facebook, please, "Like me" at www.facebook.com/Tarot-of-Becoming.



Isis Osiris Healing Temple Suite #48, Sunny Brae Centre in Arcata -707-825-8300
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

Healing Path Presents, by donation- **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

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 for details. Cost \$10/mo.

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.

Saturday, January 11th 2:00-3:30 @ Isis

Suite #48, Sunny Brae Centre in Arcata

GAIL COONEN, BREEMA INSTRUCTOR, is offering a **free** introduction to the practice of Breema body work and Self-Breema from 2:00 pm - 3:30 pm. Breema is done standing and sitting on the floor. Please bring a pillow for support while sitting. For more information contact Gail at 707-443-6934.

Saturday, Jan. 18th 5:00-6:00

& 6:30-8:00 pm @ Wholistic Heartbeat

1660 Central Ave, Suite A in Mckinleyville

Healing Path Presents, by donation - **A WINTER WELLNESS EVENING AT THE WHOLISTIC HEARTBEAT** FROM Beginning from **5:00-6:00 PM** , Gather some new tips on **Homeopathy** so you can stay strong during the winter. **Jahnan Derso** will share top homeopathic remedies to fight Colds and Flus. Contact Jahnan at Info@Hibiscushealing.com for more info....

Saturday, Jan. 18th 6:30-8:00 pm

@ Wholistic Heartbeat

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Then join **GAIL COONEN, BREEMA INSTRUCTOR**, as she offers a **free introduction to the practice of Breema body work and Self-Breema from 6:30- 8:00 pm**. Breema is done standing and sitting on the floor. Please bring a pillow for support while sitting. For more information contact Gail at 707-443-6934.

Ongoing Monthly Workshop Every

3rd Wednesday ... next few dates...

Jan. 15th, Feb. 19th & March 18th

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

Wednesday's January 15, Feb. 19th

@ 9:15-11:15 AM @ ENF 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. Next few 2020 dates: Jan. 15th, Feb. 19th and March 18th. Contact Maya for more info at 707-496-6616

8 week series begins

Tuesday, Jan. 21st 6:00-7:30pm

@ Wholistic Heartbeat

1660 Central Ave, Suite A in Mckinleyville

THE MANIFESTING CURRENT with Amy Day In this course we will explore within a gentle container to see just how we move into the Flow that is awaiting us inside our lives. **Dates:** January 21st - March 10th **Cost:** \$165 Please register directly with Amy at TheWorkOfTheseHands@gmail.com. See more details on page 14 of this issue.

Sunday February 2nd 1:00-3:00

@ Wholistic Heartbeat

1660 Central Ave, Suite A in Mckinleyville

Healing Path Presents, by donation -**IMBOLC CELEBRATION WITH JAIME POWELL**, We will be honoring the Goddess by way of meditation, tea ritual, craft project, and setting a specific intention. If you are interested

in participating, please contact Jaime Powell at jl715@gmail.com before Jan 20th for further details and to sign up. See more details on page 9 of this issue.

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.

Sunday February 29th 11:00-Noon

@ 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.

Saturday, March 7th 1:00-3:00

@ Wholistic Heartbeat

1660 Central Ave, Suite A in Mckinleyville

Healing Path Presents, by donation - **BULLET JOURNAL CLASS WITH JAIME POWELL**, This journaling method helps us stay connected to ourselves, our goals, ideas, to-do lists, and schedules. It's such a great way to be organized and stay on track because writing things down focuses our intent and declutters our mind. contact Jaime Powell for more info at jl715@gmail.com **Please bring a notebook or journal and a pen.**

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Artful-Poetic Inspiration

**forgiving is better
than forgetting**

Haiku by Catalina Moon
- age 8

forgive, don't forget
forgetting is a
big loss
forgiving is
best.



Original Artwork by Feather,

See more on Instagram @differentbreedcreations

Massage for One by laurie birdsong

She shows up with her gift
certificate in hand, petite
pushing seventy
her chin rollicks and her eyes
sparkle through her round glasses

On the massage table
a little small talk to smooth
the edges, she apologizes
for her crooked fingers -
"Mom had crazy bent up fingers
too" she says.

House cleaner by trade
she tells me
she loved to dance, and
I can feel that jovial rhythm
in her bones
her feet malleable as a child's.

"It's amazing where our feet
will take us," I say.

"I always thought I should do
something more
with my life" she offers,
"but as I look back
I've met some very dear
and caring people -
working alongside them
in their homes."

"Now as I walk around
this beach town,
I see the places I used to work
beautiful homes -
the people are gone
grown old
died."

"I loved making their places
beautiful, to me
that was important."
I imagine her standing
at a freshly scoured
kitchen sink,
gazing out
over the vast ocean -
orange glow of crab boats
dot the horizon -

a soft light spreads around her heart
her crooked hands
pause
as the quiet seeps in
on the tide, filling the room
the clean wooden floors
the spacious and clear
counters



Original Artwork by Feather

THE HAPPINESS SQUARE

by Roy Rosenblatt

Restless eyes recede
behind rolling clouds
of thoughts –
future ticks, past tocks.
The warming body of doing's red wine
already cold in his throat.

Upon the checkerboard
of his busy and passing life,
beneath the muscularity of moves,
wild pigs in his shoes unable to savor
the happiness square --
where he stands.

Always a bridge to the Siren's lure
of the next square and the next.
Squares blur into a sea of forgetting
while another square awaits -- radiant
silently listening,
a black one and spacious
with stillness he has tasted
only in sleep.

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are tiny matters compared to what lies within us."
~Ralph Waldo Emerson

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Featuring classes offered by our local Healing Arts Practitioners

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WITH THE KINDNESS OF AN AWAKENED HEART IS
THE MOST POWERFUL ACTION WE CAN TAKE TO HELP
HEAL THIS PLANET AND WORLD AROUND US.**

- We want to help bring the community and the Healing Arts Practitioners together in a safe, comfortable, professional space so we can learn, grow and heal together.
- Our intention is to offer a wide variety of quality information that will support all of us on our healing paths, providing tools and resources for personal growth, awareness and self empowerment.
- We are dedicated to creating opportunities that spark the wholistic perspective.

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