

# Wholistic Heartbeat

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Humboldt Healing Path presents

# THE HEALER'S GUILD

*A Dreammaker Project of the Ink People*

*Powered by Isis Heals and Wholistic Heartbeat*

Please join us for the next meeting

November 12th, 2018 5:30 p.m. - 6:30 p.m.

and

December 6th, 2018 7:00 p.m. - 8:00 p.m.

The Healer's Guild creates a sacred space for healers to share their diverse talents in collaboration with others in their profession, while promoting their own health and wellness. Through growth and educational opportunities such as trainings, panel discussions, and networking events practitioners will become leaders in their field to end the disparity of the access to healing. Instilled with the values of the guild, members will connect the integrity of their heart and mind to offer their services to those in need.

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# Wholistic Heartbeat

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

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

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

# Wholistic Heartbeat

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

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DISCOVER \* SHARE**

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

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

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**ISIS HEALS**

CREATING OPPORTUNITIES THAT NOURISH OUR WHOLENESS

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# On the Cover: Susanna Gallisdorfer

*My first interest is in Being,  
along the way I am a painter.*  
~Morris Graves

## The Calling

I first started painting in 2002 to answer a calling. Webster defines a calling as “a strong inner impulse toward a particular course of action especially when accompanied by conviction of divine influence.” I found myself in the midst of people I admired for their specific calling, their recognition of that calling, and the way in which they answered it, whether for causes of environment, education, society, healing, medicine, or spiritual. At that time, I felt the lack of such a calling as something missing, something incomplete and a source of deepening sorrow. Little did I know that it was this current of sorrow which was the messenger sent from my soul to bring me home to where the calling resided in me. Like a beacon, it lit the way to discovering a forgotten and unclaimed self waiting within me. Here was the welcoming of wordless wholeness, a union and communion with the mystery of Being. Here was the voice of my soul. It was from this voice that I began to paint.

For me, the process of coming home to myself has been gradual, continuous, often arduous, relieving and is lifelong. I discovered that the calling in me isn't to just paint. Rather it is a way to use painting as a way to commune with that which resides in the deeper self. The paintings that have resulted are, in a way, conversations with this self.



Tree of Life

## Mother of All Teachers

Although mostly self-taught, I bow to my constant and primary teacher, my root teacher, Nature. She keeps me grounded in the earth, in the sky and in the wonder of creation. For me, Nature is the mother of all teachers—her teachings are everywhere at every moment. Recently, it was the light on water, the gibbous moon, the bathroom spider, the smell of first rain, a wrinkled hand and paper in the wind. I have a note in my studio that says, ‘get out of the way.’ It’s a reminder to not get stuck on a concept, but to allow what is arising, its freshness and honesty, its voice. This instruction I received one day at the marsh and is one of the most useful teachings.

## Tree of Life

The cover piece “Tree of Life” is a computer enhanced version designed specifically for the dimensions of cards and prints. It was painted in 2014 just before a fallow period when I stopped painting for almost four years. The original painting, “Birth, Death, Tree of Life” is a hanging of acrylic paint on Tyvek material. I remember the sensation of painting this as it became a column of almost buzzing light. Not seen in the cover image is the grayness from which it rises, the ends of a torn white thread and a deep red finish at the bottom.

What I learned from this painting is that the dark births the light, and in the light is the dying of the dark. Together the light and the dark pour into each other, co-exist as one continuous movement—this is called life.

## On Display at Isis Osiris Healing Temple

Instead of in a gallery, numerous original works and prints are displayed throughout Isis Osiris Healing Temple in a partner/companion relationship with the healing rooms, the practitioners and in service to all who come to the Temple.

Ten percent of all sales on prints and artwork will be tithed to Humboldt Healing Path, a non profit organization whose mission is “to provide quality holistic healing arts services, connecting practitioners and the underserved in the community.”

**Beauty Heals – Come Visit Us in Sunny Brae Centre!**

**Isis Osiris Healing Temple - Open House - Saturday, December 15th - Noon to 4:00**

*Meet Susanna and the Practitioners who work at Isis.*

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For more information about paintings, prints, cards and prices contact:

**Susanna Gallisdorfer**  
keepingvigilpress@asis.com  
707-825-8751

.....  
or view more at  
**keepingvigilpress.com**

&  
on the walls of the  
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## Tithing

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.....  
*For A few years now, I have had the pleasure of interacting and becoming familiar with some of Susanna's art. Here at Isis, we have six healing rooms in three different suites spanning two floors. Her art is the beautiful ribbon of cohesiveness that runs through each of the rooms, harmonizing our Temple space.*

*Actually, I don't even really think of it as art. Each piece is very alive and personable. Experiencing her artwork is more like sharing space with a beautiful bevy of friendly relatable guides. Her art is filled with personality and presence and it supports all of the healing that goes on at the Isis Osiris Healing Temple.*

*Her art contributes its own unique depth and magic to the space and to the healing sessions that occur in the space. I see her artwork as portals through which multiple dimensions of peace, beauty and love flow out into the world.*



- Maya Cooper, co-creator of the Isis Osiris Healing Temple  
44 Sunny Brae Centre  
in Arcata, Ca.  
.....



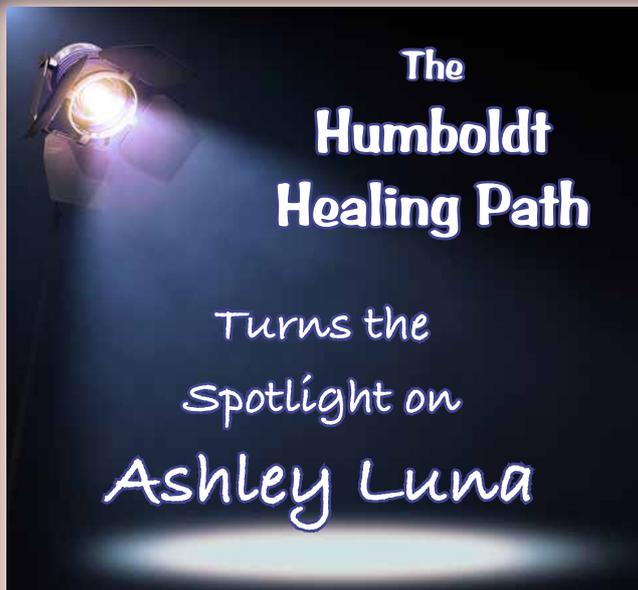
*It isn't more light we need, it's putting into practice what light we already have. When we do that, wonderful things will happen within our lives and within our world.*

-Peace Pilgrim

**Susanna's art, prints and cards will be on display and available for viewing and purchase at Wholistic Heartbeat through December.**

*Drop by, say hello and take a look around!*

**1660 Central Ave Suite A in McKinleyville**



## The Humboldt Healing Path Presents: Spotlight on a Healer

By: Jahnan Derso and Jessah Breault  
of the Humboldt Healing Path.

We are focusing on bringing you remarkable, new healers in the community in order to get a feel for what else is out there.

In this issue we feature, Ashley Brown - Ka - Luna Ki Ato. Ashley Luna is a Sound Healer, Ceremonialist and Theta Healing Practitioner. She teaches the path of embodiment and self-initiation through theta healing, meditation, sound healing, intuitive breathwork and movement.



We were blessed to receive a session with her and felt a wonderful, deep healing shift during our shared time. It lasted throughout the day and had a profound effect on the body, mind and spirit. We took some time to ask Ashley a few questions shared below.

### **How did you get started with your practice and what drew you to using sound as a medium?**

My practice began to develop three and a half years ago when I was in a personal health crisis. I was visited while in a trance/meditative state by an essence known as Hathor & Hathor Star Nation. These beings told me I was to use sound and singing to vibrationally heal my emotional, mental and physical bodies. In disbelief, I could not understand how that was possible because I had never sang in my life, but sure enough after this encounter I was able to start hitting notes and making sounds that I had never been able to reach before.

Understanding that this was something that had the potential to heal myself and others, I started practicing all day, every day, and it developed my voice and strengthened my emotional and mental state. I realized that emotion is energy in motion and when we repress our emotions due to trauma or fear, that energy gets stored in the body. After time, this stored energy has the capability to manifest physically. Sound allows for the release of these energy blockages. After six months of practicing sound healing, I was well. To help support this healing process, I also used the technique of theta healing to access my subconscious mind.

### **How do you combine Breathwork, Meditation, Sound Healing and Theta Healing in your work?**

I incorporate all or some of these techniques into each session depending on the needs of the individual desiring support. All sessions include a practice of intuitive breathwork to develop and strengthen the connection to the essence of life breathing through us. I work with a few different breathing techniques that either stimulates the parasympathetic nervous system for deep relaxation or triggers the sympathetic nervous system for trauma release.

### **What are the benefits of a Sound Healing Session with you?**

I use guided visualizations and sound healing to drop people deeper into their inner landscape and connect them to the theta brainwave state, which allows for deeper connection to their subconscious mind and creates a bridge for higher states of spiritual connection to be developed. The more consistent one becomes in accessing this state of consciousness through sound, meditation and breathwork, the easier it will be to access in times of high stress. Sound, meditation and breathwork have a variety of beneficial qualities. Sound combined with breathwork

techniques helps balance both hemispheres of the brain. Sound assists in training the brain to operate from more relaxing brainwave states such as Alpha and Theta. It allows for the emotional, mental, physical and spiritual bodies to harmonize. Other benefits include, stress reduction, improved sleep, increases in vital life force energy, creativity, intuition and motivation. Most of all, these sessions allow for an individual to be seen and heard from a safe non-judgmental space. It is a space of pure acceptance and appreciation. I have a deep passion for the mysteries of sound and the use of sound as medicine. I believe sound reconnects us to the sacred within, bringing us back to our natural rhythm.

### What are the benefits of a Theta Healing Session?

Theta Healing is a specific modality used for acknowledging limiting beliefs within the subconscious mind that are affecting behavioral patterns and emotional states and is used upon request. If you look at our brain like a computer system, the subconscious mind would be the hard drive where all memories, feelings and beliefs are stored and makes up 80% of our brains functioning. Our conscious mind is responsible for our day-to-day processing and is fed information from our subconscious mind. Theta healing allows us to go in and release old programs (stories, memories, beliefs) that limit our growth and create new programs that expand our growth. The benefits of theta healing include developing a relationship with the theta brainwave state so one can use it as a tool when needed. It creates a deeper understanding of self and has the capability to release emotional energy stored in body and mind due to trauma. Theta healing is a tool of empowerment and can assist in creating positive changes in behavioral patterns and emotional intelligence.

### How do you take care of yourself as a bodyworker?

I have a strong daily practice of meditation, breathwork, shaking therapy and sound healing that continues to assist me in keeping my mind, body and spirit in harmony. This is why in each session I offer these tools that have helped along my path.

### How do people get in touch with you for session?

You can find Ashley at [www.kalunakiato.com](http://www.kalunakiato.com) and schedule a session with her at: [info@heartsperspective.com](mailto:info@heartsperspective.com)

### How do I contact Humboldt Healing Path?

If you are interested in being interviewed and sharing a session with us, send us an email at [humboldthealing-path@gmail.com](mailto:humboldthealing-path@gmail.com).



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## Blind Date

Roy Rosenblatt

It happens in a tavern  
on a night sea of eyes –  
anxious eyes now meet.  
Beginner's ballet of awkward bends  
yielding to stumbles  
starched pauses eclipsing words.

Nervously she finger walks  
past the small goblet,  
selecting larger crystal  
which permits her to believe,  
watching waves of wine settle,  
that it's just a drop.

And then, cracking evening's cocoon,  
words spring lively butterfly  
movements with her hands.  
The air quivers. There is reply  
In his forward lean –  
and he quivers.

Halting eyes touch.  
Something breathes  
in her eye  
stolen from the iris  
sliding into secret places.

Time stretches like butternut taffy;  
aroused breath piercing words,  
sparks colliding, igniting  
a communion of light, as the world,  
peopled and noisy, ceases to exist.

Tossed into daze and held  
in the weightless silence,  
what speaks in her  
mystifies—

How she could have lived  
this road map of self denial?

## Nourishment

by Mari Wilson

Our Mother spins and curves across Her celestial track, once again bringing the days to shorten, and we beckon stillness into our hearts. Her companions across the heavens bring new energies into play, and we feel it within our own vibrations. With Mars at her side, Pluto and Venus, are working to bring major changes into our lives and we feel it deep within as we rattle, hum and wonder.

How do we go about integrating the plenty of the harvest season with the rattling of the celestial orbs? We need to be grounded now, nestling into our abodes as we warm ourselves with fires and enjoy the lengthening darkness with our stories and musings. And we need to be fed! So here are my heart offerings to your hearth. May all be well with you and with me!

Breath-work pulls energy within us and allows a divine co-mingling. Here is a cyclical breath-work practice that can be used upon waking or prior to undertaking an endeavor.

Prepare to use deep circular breathing (equal in-breath and equal out-breath). Close your eyes and become quietly comfortable in either a chair where your feet can touch the ground, or laying prone. What is important is that you are comfortable. Breathe down from the crown chakra and up from your feet as you inhale. Allow the breath to coalesce in your heart space before exhaling throughout your entire being. You will be releasing and imbuing with the exhale.

### Begin the breathing cycle by saying to yourself:

I breathe in Love, I breathe out Healing  
I breathe in Healing, I breathe out Strength  
I breathe in Strength, I breathe out Power  
I breathe in Power, I breathe out Protection  
I breathe in Protection, I breathe out Wisdom  
I breathe in Wisdom, I breathe out Love

This cycle can repeat until you feel yourself vibrating with Love, Healing, Strength, Power, Protection and Wisdom.

You may find it helpful to visualize a color for each of these, or an image of gentle remembrance. Doing so will deepen and infuse the experience.

Now that you are full of your loving essence, let's go to the harvest and make some delightful soup! The end of Summer brings loads of yellow squash to our tables. Let's make something delish and delightful.

## Nutty Summer Squash Soup

Prep time: 15 minutes - Cook time: 1 hour



- 3 cups sliced yellow squash
- 2 cups cauliflower florets
- 1 cup chopped or slivered sweet onion
- 1/2 cup sweet red pepper (diced)
- 2 Tbs minced garlic
- 3 Tbs oil or ghee
- 1/2 cup split yellow peas
- 1/2 cup red lentils
- 1/2 cup cashews or pistachios
- 6 cups veggie broth (or 6 cups water and 2 Tsp organic veggie bouillon)
- 1/2 tsp sea salt
- 1 Tbs Poudre de Columbo (or other turmeric/curry/cumin mix that you may have in your kitchen)
- Fresh ground pepper to finish

In a large soup pot, warm the oil on medium heat and add the squash, cauliflower, onion, sweet pepper and garlic. Add the salt. Stir the vegetables until they are soft and have released much of their moisture.

Add the veggie broth, lentils, split peas and nuts. Stir to blend everything nicely. Let the soup come to a soft boil for about 5 minutes. Reduce the heat to Low and stir in the spices. Cover the pot!

Allow the soup to simmer for about 45 minutes, stirring it every 5-10 minutes. The lentils will become very soft and thicken the soup. The split peas will retain some 'tooth' as will the nutmeats.

I like to add a dollop of yoghurt when serving this soup, as well as a handful of fresh raw greens. It becomes a balancing feast that will provide plenty of nourishment. And life is lived best when we are nourished.

Bless the food, (and the cook) as you partake. Gratitude is the bringer of blessings that connects us to all that is beautiful and good. ~ Blessed be!

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~Ralph Waldo Emerson

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# Sword & Shadow: Venus Retrograde Horoscopes

By Stephanie Stargazer

On October 5th, 2018 at 12:05pm PDT, Venus went retrograde. Unlike her friend Mercury, who goes retrograde roughly every four months, the Goddess of Love dances backwards through the veil only once every 1.6 years. In the process, she crosses over the sun, moving from evening star to morning star. While she is invisible during this leg of her journey, due to the brightness of the sun drowning out her light, she is also closer to the earth than at any other time during her cycle. This visual metaphor, of Venus being close but invisible, is especially apt during this retrograde, as she will be spending the majority of her journey in Scorpio. Scorpio rules those underpinning power structures that unconsciously control the bulk of human behavior: sex, death, and money. These are not subjects to discuss in polite company, and oftentimes, their power over our decision-making process is invisible even to ourselves.

When planets go retrograde, the standard advice is to re-think whatever actions are most closely associated with that planet. Moreover, we often advise not to make any big changes in these areas during a retrograde cycle. In the case of Mercury, this points toward travel and communication. In the case of Venus, we are looking at love and beauty. As Scorpio is a deep-diving sign, we can imagine ourselves scrounging around in the muck at the bottom of an ocean. And indeed, recently a news story surfaced of a young girl who pulled a pre-Viking era sword from a lake in Sweden. (While the find happened in July, it's significant that the story broke the day Venus went retrograde.) The key word here is excavation. Take time this retrograde cycle to unearth the roots of your behaviors, especially as they pertain to sex and power.

Venus dips back into Libra on October 31st, one of the two signs of the zodiac that she rules, along with Taurus. She will go direct on November 16th at 2:51am PDT and will remain in her domicile until December 2nd. She finally exits Scorpio for good on January 7th, 2019. The first half of November will be an excellent time to filter the observations you've gleaned about your inner workings through the sieve of your relationships, but I would not recommend talking to your partners about what you've learned until Venus goes direct on November 16th. Once Venus goes into Scorpio again on December 2nd, you can then begin to make whatever changes you need to the structure of your being.

What follows are more specific horoscopes about Venus' journey for each of the twelve zodiac signs. I recommend basing these on your rising sign, if you know it. While horoscopes are by design extremely basic, and no substitute for a reading from a trained astrologer, they can offer some insight into what general themes to expect from a particular celestial event.

## Venus Retrograde Horoscopes



**Aries/ Aries-Rising:** There's not a lot of nuance in this retrograde cycle for you, dear Aries. It's time to examine your power structures, everything that you've put in place to support your endeavors. The problem is, you may be particularly apt to cling to them at this time, not willing to read the signs

that are telling you to let go. Yes, the unknown is scary, and yes, the darkness is inky and prone to make a mess. But you need to cleanse right now, to purify, and you can't do that if you're unwilling to remove your external vestments. By the time Venus goes direct, Uranus will have retrograded back into your sign, and chaos will be unavoidable. Best to be the master of your own destiny in order to maintain a modicum of control over the imbroglio to come.



**Taurus/ Taurus-Rising:** This retrograde cycle is inspiring you to feel particularly wild and free. You want to roll around in the grass, you want to saturate your body with mud, in short, you want to be yourself completely. If your partner can't appreciate this unfettered side of your being, then

can they really love you entirely? That will be the essential question during this period. While you may need some time alone this season to let the corybantic side of yourself emerge, if your partner can't accept your unrestrained nature, then what on earth is the point? Allow time for yourself this retrograde cycle to figure out how to make unleashing your wildish nature part of your daily routine.



**Gemini/ Gemini Rising:** You are feeling particularly focused and determined at this time, dear Gemini, almost as if nothing can get in the way of your goal, not even feelings. This leaves you in a position that is more emotionally withdrawn

than is your habit. You find yourself saying no to social events and removing yourself from the crowds. You are currently bent on building up your material well-being, and everything that distracts from that will simply have to wait. This singular focus for you is rare, so embrace it while you can. By the time Venus goes direct, you'll be back to your old tricks, with even a few new ones up your sleeve.



**Cancer/ Cancer Rising:** As the seasons change, so do you, dear Cancer. As you gaze out the window at the darkening sky, you are feeling particularly in tune with the rhythms of nature. Venus' underworld journey comes naturally to you at this

time, and your eye is sharp for the glint of treasure in the darkness. You recognize that the deep waters of Scorpio ultimately lead to form, and you are content to let the content of such creation reveal itself in due time. Allow the fixed nature of Scorpio to lead you closer to what it feels like when emotional intuition rings true and is not just the result of your surrounding influence.



**Leo/ Leo Rising:** Your past is bubbling up to the surface in very literal ways right now, dear Leo, and you may feel confused about the choices you have made. Take special care to filter the opinions of old friends and family right now; it's possible that their image

of who you are is based not on truth in the moment, but on the past and old desires for you. You may feel at a creative impasse, as none of your boundless ideas are catching on at the moment. Keep in mind that the intention of this cycle is not to move forward, but to move within. Whatever comes up is doing so because you need to deal with it. Shine the light of your true heart on your demons, and by the time Venus goes direct, you will recognize them as teachers, and not foe.



**Virgo/ Virgo-Rising:** Oftentimes you plod along in life, making incremental changes and playing a supportive role to other people's ventures. However, now is a time when you are being pushed to make decisions about big plans in your own life. These are most likely

time-sensitive issues. You have a sharply critical eye, and it's likely that your honest appraisal may have ruffled some feathers in the past. You may be shy to expose this side of yourself, even afraid. However, now is the time when your openness and clarity will serve those around you — and yourself. Speak from the heart and communicate from a space of truth. Trust yourself. By the time Venus goes direct, this will begin to pay off quite literally.



**Libra/ Libra-Rising:** You frequently put other's needs before your own, which gives you the reputation of being easy-going and sweet. When asked your opinion, you likely defer to the other person's judgment without batting an eye. This may have seemed the paragon of

grace in the past, but in reality it's also been a way for you to escape the hard decisions, and in doing so, to give up agency over your own life. Right now, you are being asked to go deep within yourself to form your own basis of opinion. This does not mean that you have to sacrifice who you are, quite the contrary. By figuring out your own values, and standing by them, your beguiling nature will be more genuine.



**Scorpio/ Scorpio-Rising:** This is an endurance test for you, dear Scorpio. Just when you thought you got to the last drop in the barrel, you find a false bottom. While you derive your sense of strength from your ability to dive deep into any issue, you also find that

sometimes you question whether you are making life harder for yourself than it needs to be. There may be a crisis of faith as you stare further into the abyss. Stay strong. This is part of who you are, and an essential gift that you bring to the world. As the rest of us turn to examine our collective shadow, we are following your lead.



**Sagittarius/ Sagittarius-Rising:** As Venus goes through her retrograde journey, you will feel impelled to explore the aging and deterioration of the self. The focal point may be your appearance, or the relationships that you have lost. While more melancholy and

introspective than usual, like a snake shedding its skin, you will ultimately feel liberated by the knowledge that we are not wedded to the identities that we cultivate. The deep work that you do during this time will leave you feeling more grounded and embodied in the changes you'd like to make. Everything stale will have fallen away, and you will be born anew.



**Capricorn/ Capricorn-Rising:** This is an opportunity for you to explore your shadow side, particularly as it pertains to greed. The structures you have created around money and your lifestyle will feel more like shackles than support. You may begin to question the motivations of those who hang around you. If you lost everything, would they still be your friends? This is a good time to go

back to the beginning. What did you want to be when you grew up, and how close or far are you from that innocent reverie? By the time Venus goes direct, you will feel empowered to make changes that support your entire being, not just your financial goals.



**Aquarius/ Aquarius Rising:** With Mars moving direct through your sign you are feeling charged and potent. The only problem is the slow pace that occurs when making real change. You have grand ambitions, but it takes

time to pull all the pieces together. This is a marathon, not a sprint, and now is the stretch of the race where resources may be depleted. By pausing now to get things in order, you will ultimately be better equipped to win the race. Don't let impatience distract you from your goal. Once Venus goes direct, you'll be ready to go the distance.



**Pisces/ Pisces Rising:** You have seized Venus' invective in Scorpio to strip down to the most essential parts of your being with particular gusto. This is a place you know well, as you strive to remove all the assumed parts of yourself in your spiritual

work in order to touch your divine essence. Exploring the depths of your being is one of your favorite past times, so you are better situated than most to wring bounty from this retrograde cycle. That doesn't mean it's going to be easy, but you are well prepared for the challenge.

*Stephanie Stargazer is a writer and astrologer based in Eureka, California. She co-hosts a monthly astrology salon at the Arcata Healing Arts Center and sees clients in person and over the phone.*





pay a professional to listen to me. After all, the general reaction to this sort of news was and still is disgust, pity, doubt, or outright denial. And the message is clear that one ought to keep quiet as to not upset others.

With the guidance of my psychologist, I was able to tell my partner, and closest friends that my Grandfather had sexually abused many of the children in our family, including my sister and me. But this admission was mostly a means of explaining the sometimes urgent needs of a person suffering from PTSD, the same way that people in the immediate social sphere of a diabetic person are made aware of the sudden need for a glass of juice at times. But for me, back then, being in a crowd, or in close proximity to groups of men made me so nervous that I would lose the ability to hold a conversation, and I would feel the need to leave without much warning. If a man were standing too close behind me in line at the store, my body would want to run, my heart would race and my palms would sweat. Random sounds, like a zipper moving would cause violent flashbacks that would leave me trembling and confused. These are just a few examples of the myriad of symptoms associated with sexual abuse, and it made my daily life very much like tiptoeing through a minefield. Even though I had shared some of my story out of necessity, I was still far from believing that I deserved to speak my truth just for the simple purpose of being heard and validated.

It wasn't until the Me Too Movement began that I realized how validating it was to hear other women talk about their experiences surviving sexual violence. Learning to be kind to myself as a survivor is a continual process. And while my story is not unique, I now know that it is worth being told. If you are a survivor, I encourage you to write and talk about your experience, as you are also worthy of being heard, and believed.



**A note from Maya;** Along with the courage it took for her to write this, Heather also shared: *“I had an inspiration that maybe you could create a space in your publication that is meant for survivors. And my submission could be a part of that. You could have people write about surviving breast cancer, surviving PTSD as a combat vet, surviving any profound loss... etc. In this time of great suffering and rebirth, I believe people need to hear and be heard, and know that people can flourish after crisis and tragedy.”* **We agree, so let this be an invitation.** We welcome your stories. We want to support you releasing them from your hearts and minds and bodies so love and healing can flow in.



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# Gratitude as a Key to Your Self-Care Practice

By Jahnan Derso

In a previous article in the *Wholistic Heartbeat*, (Issue #112, July/Aug 2018, Introduction to your Self Care Practice) I shared about how to make time for yourself and set an intention for more self-care in your life. I discussed how to find time and offered to design a self-care plan with built in accountability. Following the suggestions in my previous article can lead to you loving yourself more deeply and feeling whole in your body, mind and spirit. Love and Wisdom are the foundation for your self-care practice.

If love is the foundation, then *gratitude* is the key. Gratitude ignites your passion and commitment to a *sustainable* self-care practice.

Perhaps you've heard that love and gratitude are the two highest vibrations. Japanese Scientist, Masaru Emoto, offers pictures of frozen ice crystals of love and gratitude to reveal their eminence. These photos have shocked the world because the human body is largely made up of water. Clearly, there's an impact on our mind and body when we cultivate these positive energies. So how does gratitude make it possible to help you love yourself more deeply?

When things are going well, many people forget to be grateful. Conversely, when things aren't going well, by nature people find it hard to see what to be thankful for. It's a challenging and curious opposition. Why we forget to be thankful doesn't seem as important as reactivating our "Attitude of Gratitude." How do we find the Gratitude keys when they are lost?



## Here are 9 tips on how to develop your Gratitude Practice to fuel your self-care.

### 1. Focus on what you have, rather than what you don't have.

Unless you are sitting down to seriously analyze what's working and not working in your life, it's a waste of time to spend your day consumed by negative thoughts. They just feed more negativity. Many people understand this mentally, but how do you avoid being sucked into negativity spirals? Journaling is a helpful tool to initiate gratitude. Using this time as a bookend on your day can shift your heart space so you sleep more peacefully.

I invite you to end each day with 15 minutes or so of journaling all the things you are grateful for. Here's a few prompts: What went amazingly well today? What little things are you grateful for (no matter how small)? What acts of random-kindness did you bestow or receive? How was your day changed for the better?

### 2. Celebrate your wins!

Again, no matter how small the details, feel gratitude when things are going well. Enjoy when the sun is out. Take pleasure when there is harmony, no traffic, or dinner goes easily. Or that you even have dinner for that matter! When you take time to be grateful in life, it's contagious and you continue to find more things to be grateful for. This spurs on the positivity mindset you are cultivating. You can also list them in your gratitude journal.

### 3. Make a list of all the people you are grateful for in your life.

The next one for your journal is as simple as it sounds. I invite you to make a list of all the people you are grateful for. Look at this list of your loved ones. Send a heartfelt connection to everyone on the list. Perhaps you want to do this every day or once a week. Feel how that resonates with you. See the effects!

### 4. Then look back through your list and see if you are on it.

Often, it's easier to give thanks for others, or things, or situations, but often we forget to thank ourselves. When you begin with yourself, you are delivering self-care to every cell in

your body. Start within and set the intention to find something new to be grateful for about yourself each morning. You can say it aloud and/or write it in your journal.

### 5. Use affirmations of gratitude.

Collecting inspiring gratitude quotes and affirmations in books or on the Internet is a healthy way to build up your wellspring. Here are a few ideas of what to do with them besides collect them in your journal. You can hang inspiring gratitude quotes around your house to keep you in that stream of consciousness throughout the day. You can make a vision board and include gratitude sayings. Using these tools when you fall out of the mind state can bring you back into the vortex of gratitude.

### 6. Write thank you letters to those you appreciate.

The cultural etiquette of writing letters, much less thank you letters is losing steam. You can bring back this lost art and send little notes to those who do nice things for you or ones you care about. It doesn't have to be a special card, or it can be! Even a simple piece of paper conveys the message. It's the act of cultivating gratitude and the energy of sharing it that will spread joy.

### 7. Cultivate gratitude when you do mundane tasks.

Use moments like pumping gas or fetching the mail, to feel your gratitude. Perhaps you can find songs about gratitude that lift your heart through the hard times or transitions. This one can be very helpful with children.

### 8. Spread the gratitude with your family.

If you do have children, how can you model your gratitude practice? Perhaps it's saying a blessing before meals or giving each other a hug and saying I am grateful for you as each person walks out the door. Find what resonates for you and yours and try to stay consistent with it. See what happens!

### 9. It's through gratitude that we connect with joy.

If you are looking for a more joyful life, look no further than your friend gratitude. I invite you to sit with it. *Brother David Steindl-Rast shared,*

*“It's not joy that makes us grateful, it is gratitude that makes us joyful.”*

This powerful sentence can be the pivot for your next turn towards joy. I invite you to sit with it.

Self-Care is giving to yourself so you can give more freely, stably and joyfully to others. When you feel gratitude, it helps to further uplift you and ignite your joy. I invite you to sit with these tips and make them your own.

If you want to work one on one with me to build or hone your self-care practice, please send an email through my website. My contact information is below.

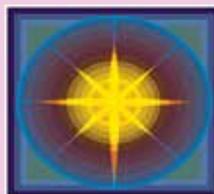
*Jahnan Derso is a self-care coach inspiring you to love yourself deeply. She offers tips to boost your health and take care of yourself holistically. Her bodywork practice is also designed to take you further—primarily practicing Maya Abdominal Massage on women who are looking to conceive, pregnant, post-partum and healing their wombs. Jahnan is the creator and author of HibiscusHealing.com where she combines her life experience and educational knowledge of 20 years to offer you healthy lifestyle solutions. You can also find her Rainforest Remedy tincture line that compliments her bodywork and homemade herbal products like salves and sprays.*

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-Og Mandino

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See Dana's blog for a more Evolved Explanation  
<http://safespacespiritualcoaching.com/blog/>

# Feeling Stuck?

By Jolene Hayes



Have you ever felt stuck in your life and couldn't quite figure out why or how to get unstuck? It's as if your external life appears to be fine, you are taking action to make changes but it's not how your internal life feels. Very often, the reason why you feel stuck is because it's stemming from emotions that have been back-logged from a past experience.

Before I talk more about how emotions are related to being stuck it's important to have a better understanding on how emotions work. We tend to think that when something happens that evokes an emotion within us it usually ends right there or shortly thereafter. For example, if someone insults you your reaction might be to get angry and defensive in that moment. However, there is another way that emotion works. There are times when we can't fully process and integrate our emotions. That's when they get stuck in our very Being. We can unconsciously hold on to them and they get back-logged internally.

Here is an example of how this can happen. Think of a soldier who is out in the field. He or she is constantly in protection mode; constantly looking out for the enemy. That person does not have time to feel fear or any other emotions because they are in survival mode. When you're in combat or any other traumatic situation you don't have time to be scared because all your energy is focused on just trying to survive. Think of people with PTSD. They can have a lot of social anxiety and there seems no apparent reason for it because they know they are safe. But, it was at some point in their past that they had a

really high, intense experience. They couldn't process it at the time. Therefore, those stuck emotions will come out sometime in the future in unexpected ways.

Additionally, our lives in the modern world are going so fast that we don't give ourselves enough time to process and integrate our emotions. We get so filled up on the inside that those emotions also get back-logged.

So how does this back log of emotions relate to feeling stuck? Think of when you're full of anxiety and wondering why because where you are in the moment is safe; you're in a safe environment and you can relax. So, when you finally relax the flood gates open and those past emotions from the trauma come up to the surface in order to be processed.

Now that you understand that being stuck is probably due to having a back log of unprocessed emotions, I want to share with you a way you can begin to pull yourself out of being stuck. First, you need to go back to the past event when you were in survival mode—a time when you literally had to take care of business and ignore what was going on emotionally. Go back and pick up that character in your mind, call her forth in your consciousness and ask her how she's truly feeling. Give that past experience a voice to express the fear, the anxiety and whatever else that may come up. Then, ask her what she needs. Ask her what would help make her feel safe in that moment. Build a relationship with the person who was you in that past experience. Let this process take however long it needs.

I find this process and other hypnotherapy processes work very well with my clients. I hope this helps you whenever you feel stuck with your life.

*Jolene Hayes,  
Certified Clinical Hypnotherapist*

\*\*\*\*

*Of all things that make people prosper, none can be compared to the act of love. Through your loving new life comes into the world. Please be careful. Hold the act high lest you degrade it to a "service" or "obligation." If you can find no magic in sex, the free flowing of life's yearning for itself grows stagnant within you.*

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but it is somewhat beauty and poetry.

-Maria Mitchell

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## THE HUMBOLDT HEALING PATH

# HEALER'S GUILD

By: Jahnan Derso,  
Program Coordinator  
and Jessah Breault  
Program Director

Our first Healer's Guild meeting had a bountiful turnout as we filled the room and our teacups. It was so wonderful to start this process and meet prospective members of the Guild. Here is what we covered at the meeting.

Program Director of the Humboldt Healing Path, Jessah Breault, offered an overview of the **Humboldt Healing Path non-profit, a Dreammaker Project of the Ink People.**

*The Humboldt Healing Path is a community healing arts nonprofit envisioning greater access to education, collaboration, and holistic healing services in Humboldt County. By creating valuable partnerships, we will connect practitioners and community members seeking services. Providing access to services based on need, The Humboldt Healing Path endeavors to foster a diverse network of innovative healing arts and wellness therapies.*

## Vision

The Healer's Guild will unite communities of healing practitioners, increasing access to professional services both locally and internationally.

## Mission

The Healer's Guild will organize and lead the efforts of individual clinicians, creating a cohesive platform to promote the benefits of the Healing Arts.

## Inspiration

*"A culture of excellence reflects a commitment to continuous growth, improvement, and understanding. It is a culture where transformation is embraced, and the status quo and mediocrity are not tolerated."*

*~ from the National League for Nursing*

The Humboldt Healing Path is leading the way with one of its first goals of creating and empowering the Healer's Guild of Humboldt County.

The Program Coordinator of the Healer's Guild, Sabrina Ourania, shared the vision, mission, and overview of the Healer's Guild:

*The Healer's Guild creates a sacred space for healers to share their diverse talents in collaboration with others in their profession, while promoting their own health and wellness. Through growth and educational opportunities such as trainings, panel discussions, and networking events practitioners will become leaders in their field to end the disparity of access to healing. Instilled with the values of the guild, members will connect the integrity of their heart and mind to offer their services to those in need.*

Our main business sponsor is Wholistic Heartbeat powered by Isis Heals. We are operating out of the Wholistic Heartbeat office space at on Central Ave. in McKinleyville. The Annual Healing Arts Guide is a wonderfully informational platform created by Maya Cooper. The Guild is meant to be a third and fourth dimension of the Guide, where local Healer are gathering to build a cohesive healing arts community.

We look forward to launching forward  
and holding our next meeting  
**November 12<sup>th</sup> from 5:30 -6:30 pm**  
**December 6th from 7:00-8:00 pm**  
for tea and discussion.

To learn more about being a part of the  
**Healers Guild**

please contact us at 707-494-6616  
or [humboldtthealingpath@gmail.com](mailto:humboldtthealingpath@gmail.com)

## Core Values

**Wellness:** promoting health, healing, and self care for those practicing the healing arts.

**Growth:** providing opportunities for professional and personal development.

**Respect:** cultivating an appreciation for the unique diversity of healers and their gifts.

## Collaboration

Working together to uplift and empower the healing community.



Jahnan, Jessah & Sabrina



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and The Moon, The Body Reflects  
and Mind And Soul.

- Rumi

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# Shine

by Ellen Dee Davidson



I don't want your shine, only mine. There's room for both. In fact, your shine lights mine. Please don't believe those old tales of scarcity; that there's only room for a few at the top to glow, and then we worship and admire them in awe, hoping for a little reflected glory. Truly our shine is found in our deepest authenticity, and in the ability to discover and unfold our unique blooms, which gives the universe more to celebrate. Let's not give our power away, but instead find the place where we each plug in to divine nature.

It is more important than ever that we do this now. Our challenging times call us to share our gifts. We can be like a forest, sheltering the younger trees from wind and weather, swaying in the breeze together and sending nutrients through our roots. The trees are more about forest than an individual tree, yet they all contribute whatever they have to the environment. Even the old, fallen trees still provide habitat to insects, and thus food for birds, as they slowly mulch nutrients into the soil. Whatever stage of life we find ourselves in, our greatest offering arises from the truth of who we are.

Central to our beings are core qualities: love, patience, forgiveness, courage, kindness, joy, truth, honor, mercy, respect, awareness, gratitude, and discernment. Naturally, everyone is stronger in some qualities than others, yet cultivating all of these virtues is to nurture our souls and those of everyone around us.

Sometimes we can find our own merits by paying attention to our yearnings. Our longings often reveal our biggest gifts. If you are dreaming of a loving relationship, or more com-

munity, perhaps this is a clue about what you have come to help create. Maybe you have a passion for justice, wish the world was more merciful, or want to laugh, play and worship the beauty of nature. It's a good idea to validate your heart's desires because *here* are the keys to light your path.

Another way to tune in is to pay attention to our bodies. While we are nature and nature is us, this is never more evident than in the case of our bodies, literally made up of the same elements as all life on Earth. Our minds can be in past memories or future expectations, our spirits may astral journey but our bodies live in the present. This is why your body always knows what it wants next: food, water, a nap, creative expression, exercise, or fun with friends. We each have a fabulous guide in our body when we tune in and listen.

One way to listen is to sit down on the earth and feel our elemental kinship. Earth is like our flesh and bones. Breathe and inhale the oxygenated air received with gratitude into our lungs. The air interfaces with our blood, where air and water meet inside us. Perhaps drink a little water and really feel your fluid being. Sit in a ray of sun and recharge in the warmth of fire that can rekindle passion. All this takes place somewhere, because our bodies are located in space. Relationship with the elements in our bodies is a way to ease into connection with the realm of devas, the nonphysical beings in charge of the blueprints that create matter. Devas vibrate in pure form with the elements to which they have affinity. When your body is in elemental balance, it is easier to surrender into a state of deep listening, an openness and letting go that allows reception. Be like a cat lying in the sun, belly open to being rubbed, and allow knowing to seep in.

Expand into this sensual attention. When we enlarge ourselves into communion, we know rocks and rivers, trees and sky in a new way that is an ultimate embrace. Our deepest grief, pettiest hurts and jealousies, worst fears are all tenderly held. There's no longer a small self and a higher self, just an infinite multiplicity of expression.

As more of us touch into our core nature, we can be like the forests, creating fields of nourishment, support and beauty beyond any of our individual abilities. Walking in a forest, we settle into the leafy green peace and our systems calm down. There's a palpable energy; together the trees create a field much bigger than their individual selves. We can do this too. Together we can be like a gazillion stars shining so brightly that we light up the night.

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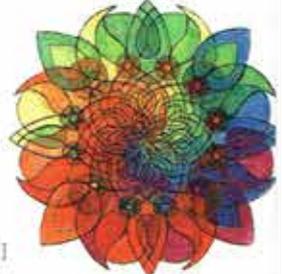
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The Old Ones say that the women will lead the healing among the tribes. Inside them are the powers of love and strength given by the Moon and the Earth...  
~ Native American Wisdom

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# Mastering Ascension

By Susan Vaughn

When our consciousness incarnates into the physical form of the 3<sup>rd</sup> dimension, we forget everything we knew about our existence as multi-dimensional beings. With great power and majesty we have an eternal consciousness that creates in a field of infinite possibilities. The forgetting of who we truly are is sometimes referred to as being veiled. Once veiled, we allow ourselves to be deceived many ways into believing that the 3<sup>rd</sup> dimension is all there is. To ascend means to raise our perceptions into higher consciousness beyond the limits of 3-D thinking.

It could be said that we are veiled ascended masters-in-training. By veiling ourselves, we have chosen to take part in a cosmic poker game. There is a wonderful reason for this. If we knew all the cards everyone was dealt, and all the possibilities, what fun would the game be, and what would we learn? The game of conscious evolution can't be accomplished without being veiled. If we didn't forget who we are, winning wouldn't carry any weight or have any meaning for us. It is only by dealing with the confusion and all the constricting emotions that erupt from chaos that we can prove to ourselves that we remember the truth about love's majesty. It is only when we begin to play our cards with the melting influence of love that we can win the game of spiritual ascension.

One way that we are strongly deceived into believing that we are limited 3<sup>rd</sup> dimensional beings is through shaming. We evolve from innocent infants that are open to infinite realities, to "bad little boys and girls" who don't do what they are told. We go from children who make endless mistakes and must be punished, to rebellious adolescents who don't believe they are either attractive enough, smart enough, or athletic enough to be accepted or lovable. And finally we become traumatized adults who have been shamed all their lives simply for being fallible humans. No one is to blame for this since those who shamed us were themselves shamed. However, this does not mitigate the damage that has been done to our brains and psyches.

The presence of shame causes us to criticize and condemn ourselves and others for being imperfect and flawed. Judgment becomes a way of life for those who are shame-based. As shame gnaws at us, it eats away our self-esteem and takes away our



**Kausalya (Denise) Payne-Ollivier**

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spiritual power to heal ourselves and others. Our shame also causes a shadow to form around us. Within the shadow are all the things we do to numb the pain of being flawed. Then we create an unconscious strategy for how to survive in our extremely challenging world despite our flaws. Unfortunately, for many people this survival strategy is less than loving.

To ascend, we must heal the damage caused by shame. We do this by learning to love, honor, and cherish ourselves unconditionally. And since everyone has been shamed, we must learn how to love, honor, and cherish them unconditionally as well, no matter how much they hurt or betrayed us. We must also come to know our true natures as inherently loving beings who are doing the very best we can at every moment with the knowledge we have. We must also come to understand our unconscious survival strategy, as well as our shadow, and bring forgiveness into every aspect of our lives. While this is not easy, doing this will help release shame and raise our vibration, which is what ascension is all about.

In addition, we must grapple with the reality of who we are: loving beings who were created exactly as is, by a loving creator. As we deal with the concept of God/Goddess/Source of All, we must come to understand that the apple doesn't fall far from the tree. No matter how far we think we've fallen, we remain as God/Goddess created us for we were given all the attributes of our creator. We must discover what has become of those attributes and do what it takes to authentically re-embodiment them. This takes enormous self-reflection and self-discipline, as well as continuous guidance from our higher selves. This is the journey of the spiritual warrior, which may take lifetimes to achieve.

In time we will learn that all things are One, and that there is no polarity, no right or wrong, and ultimately no disharmony, for we are all creating a reality that is consistent with a curriculum that we each set forth before birth. As we gain self-mastery, we slowly transform into the god-beings we are. This becomes reality when we see things from our higher self's perspective, at which time a whole new world emerges from the ashes of the old. No longer a world of good and evil, we will see one in which humanity is valiantly persevering to awaken to its full potential, while simultaneously being confronted by enormous obstacles. This is a heroic human journey that takes great courage to achieve. Though many are still lost in the illusion, it's exciting that ascension affects all whether they know it or not, and people are beginning to awaken to these concepts in droves.

Although the old prevailing paradigm was one of victim consciousness, the new paradigm is one of conscious creation. Therefore, the more one learns about reality creation

and conscious evolution, the easier the journey becomes and the faster they ascend. Sometimes one needs assistance. A teacher, either in the form of an embodied master or a holy book, can be imperative, for the consciousness held within the teacher or book can greatly accelerate one's journey simply by opening a Divine window of consciousness for them to enter and reflect upon. All of us are struggling to awaken. Because our higher selves are the highest authority, we must also take what we learn from our chosen teachers, mentors and from life's experiences into the prayer temple of our hearts and ask our higher selves to either help us understand or disregard false information that's not true. We don't progress until we have new information that transforms our thinking.

As you gain self-mastery, in time you, yourself, will become a teacher who leaves a legacy of love behind you. This is the way it has always been done throughout all time and this is what we have always been training for. In fact, we are all teachers and students to each other when we allow ourselves to objectively observe, reflect and learn. This openness creates expansion, healing and growth. Through this mechanism, like a flower, humanity will slowly unfold into the golden age of miracles we have all been waiting for.



## Reality Creation and Conscious Evolution



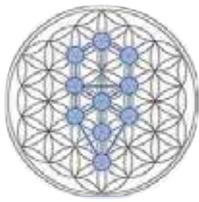
Susan Vaughn, MA, MFT and Master Hypnotherapist is offering a course on **Reality Creation and Conscious Evolution**, part 1 in Eureka, CA. Class begins Sunday afternoon,

**November 18th**

**from 3:30 to 5:30 pm and continues every Sunday afternoon thereafter for a total of 4 weeks.**

It will include information on how we create reality from the unconscious mind, and how to begin experiencing a meaningful communion with your higher self. Class is open to all true seekers. Cost is \$40 per session. Call or text Susan for additional information, exact location, and to reserve a seat. Sliding scale available upon request.

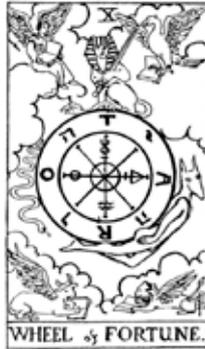
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# Tarot Wise

By Carolyn Ayres

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



Manifested reality on the Tree is represented by the Tens of the Tarot, at Malkuth, the Kingdom, the physical universe in totality which includes all energy, protons, neutrons, electrons, photons, stars, galaxies, black holes, and literally everything that proceeded from the singularity of the Big Bang. Here at the Tens, the Light of the Aces has become crystallized into matter. As a Ten, we can place the Wheel here at Malkuth, as the opportunity, the choice to either continue in this spinning madness of time, karma and limitation or choose to drop through the portal of the Hub of the Wheel and begin the upward path of the Tree. This is the path of remembering who and what we truly are. The path towards Unity of Consciousness.

All forms of life are based on a spinning, from the biology of the cell to the movements of solar systems. Based on the principle of rotation, we are either in involution or evolution. On the Tree of Life we can see consciousness descending in involution until it ascends again as evolution.

You as the Magician have sown your seeds and now, “As you sow, so shall you reap.” For here at the Wheel, linear time ends as the forces of evolution and involution take us to a new level of being. This card is always auspicious if we can release and trust in the inherent goodness of a benevolent universe. This is the cycle of the Soul, but sometimes we get caught up in the spin of this reality. If we can instead choose to sit in the center of the Wheel and observe the distractions, the drama of this reality, we can rise and expand to the idea that we are creating our own future and so our destiny. We are then no longer victims of our reality.

## The Wheel of Fortune ...

“Consciousness does not need physical form.

But physical form needs Consciousness.

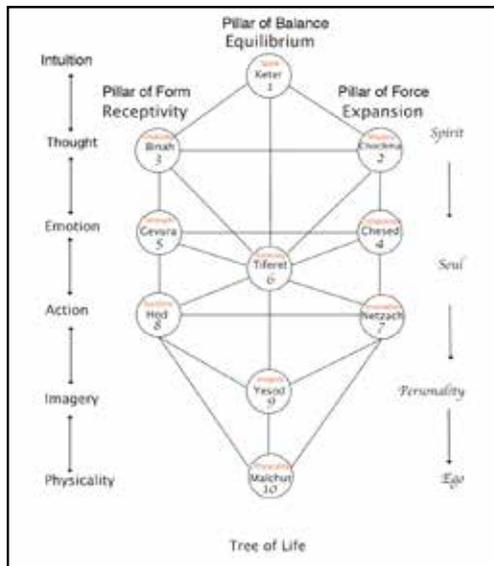
And Consciousness enjoys physical form

because physical form is the leading edge of thought”

- Abraham

(Follow our process down the Tree of Life with the numbers relating to the first Ten Majors of the Tarot with Heather Mendel’s rendition of the Tree) [www.sacredfemininekabbalah.com](http://www.sacredfemininekabbalah.com),

After we, as Infinite Consciousness, stepped off the cliff of incarnation as **The Fool** at the Big Bang of infinite possibility. After our intention of creating something we might call Heaven on Earth with our magical tools as **The Magician (1)**... After we fell into the depths of the deep Wisdom which mirrored our intent and so created duality, **The High Priestess (2)**... After we gestated all possibility as **The Empress (3)** and then gave birth to it ALL... After we received this birthing and began to stabilize it as the idea of 3D reality, **The Emperor (4)** ... After we took all these possibilities and gave over to a Higher Will as **The Hierophant (5)**... After we came face to face with our beloved Self as the masculine and the feminine at the heart of the Tree, in the Garden, **The Lovers (6)**... After we fell from the Garden into our instinctual, desirous aspect that drives us ever forward, **The Chariot (7)** ... After we found the strength and balance of Spirit/ Soul within a mind driven body, **Strength (8)**... After much soul searching and daring to explore the depths of our new found humanity, **The Hermit (9)**, we then manifested all we had experienced into physical reality. And so we now come to The **Wheel of Fortune (10)**.



Here at the Wheel of Fortune, we can realize that nothing ends, it simply transforms. For we are now back to a 1 and 0, the Magus and the Fool, whose paths began this journey to manifestation. We are now back to the infinite possibilities we started out with but have been too distracted by physical reality to realize this. What will you choose? To continue on the wheel of karma in your spinning mind, distracted by the ongoing drama of this reality? Or, will you take the time to sit quietly, open up to your multidimensional self and ask the big questions of: Why am I here? What is my purpose? Who and What am I really?

“Karma is the absence of Presence... Time does not clear karma, it is a wheel. The only thing to free it is for Presence to arise ... the arising of Presence transmutes karmic patterns...  
Going deeper into greater alertness enables one to do this transmuting. -Eckhart Tolle

The Wheel is karmic destiny. And what is our destiny? To continue spinning? I don't think so. I think we are here to create Heaven on Earth. So, why are we not seeing this progression? We seem to be regressing by creating Karma with our reactive, defensive fear. What stories are we telling ourselves so that we stay unconscious of the consequences of our actions, refusing to believe that we are the ones creating this physical reality? How will we move from the outer spinning wheel to the Hub, to our Center, where we can sit in Presence and open up to the infinite possibilities raining down on us?

## Wheel of Fortune Reading



**Card One** is the rim of the Wheel, that part of you that is spinning, caught up in the action drama of this reality.

**Card Two crosses Card One.** What "story" could be released so that you could slow down and begin to be Present?

**Card Three - Action card -** Once you have released your "story," how to move to the Hub of the Wheel?

**Card Four at the Hub** - What might you realize as you sit at the Hub of the Wheel...

**Card Five** - About where the turning of the Great Wheel might be leading you at this time in your life? Put this card next to Card Four and read them together.

**Card Six** Advice from your higher Self, the Sphinx who sits at the top of the Wheel.

*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. Classes for the year have already started but 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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# Quantum Healing Hypnosis Therapy

By Christine Johnson



I had never been interested in hypnotherapy, personally or professionally, until about a year ago when I first learned about Quantum Healing Hypnosis Therapy (QHHT), a new form of hypnotherapy that was pioneered and developed by research forerunner Dolores Cannon. I was in my senior year at Humboldt State University, taking Kerri Maloy's Native American U.S. History class, and the videos that we had to watch for class brought me through the rabbit hole to Dolores. I found many of her videos on YouTube, where she was sharing amazing historical and esoteric information from her books, which completely resonated with me. Later I learned this information came from her QHHT sessions. Additionally, I learned that QHHT was generating miraculous healing in Dolores and her students. I was enchanted by the wonderful possibilities for exploration and healing with this therapy, and as soon as I graduated last May, I took the QHHT practitioner course. I absolutely love this work, and I want to share some of the fascinating perspectives that I have learned through this amazing therapy.

It is called the healing technique of the future by Russian doctors and scientists, as the technique can heal almost any condition or individual and is uniquely tailored to the needs of the client. This technique is the only form of hypnotherapy that has built-in safeguards that keep the client in control of the session and safe. QHHT operates through the theta brainwave state, the frequency of our brains as we wake up and fall asleep. Additionally, it's the only therapy I'm aware

of that connects you directly and consciously to your Higher Self (HS = soul + Source of all Knowledge and Healing), the part of you that knows **everything** because it is multidimensional and exists outside of the third dimension. Finally, QHHT can produce *\*science-defying* healing in one session. I will explain how this is possible from a mostly esoteric perspective. (*\*current mainstream scientific paradigm that has not included Quantum Physics*)

**An Ideal Life** - All souls develop an evolution plan before beginning a life, which is the intended path for the soul's lessons and development, and the goal of the life. We are assisted by wise guides that understand individual challenges and limitations and know that once we incarnate into a body on earth, the third dimensional veil removes pre-life memories, making it difficult to stay in touch with the soul. Therefore, we are equipped with a heavenly communication system that gives us constant guidance from our HS throughout our lives. Therefore, if we can stay in touch with our HS and follow our path, we achieve our goal and feel fulfilled in our lives. Even though there are still challenges when we are living our path, we feel more enlivened, guided and persistent in solving problems.

**The Source of All Problems** - Conversely, when we are not able to listen to or hear the messages from our HS, we experience unending and increasing problems in our lives. This is because the HS messages do not reach their target and get stuck in our bodies. Over time the unreceived messages accumulate, densify and ultimately produce physical symptoms. Quantum Physics explains how this is possible, how an information blockage can produce physical effects, (i.e. The world is only composed of energy, vibrating at different frequencies. Solid matter is simply energy vibrating at very low frequencies). The symptoms begin as discomfort, increase to the degree that the messages are unreceived and can only be resolved when the messages are received, understood and followed. The symptoms are trying to get our attention and will go to the extreme if necessary, from severe illnesses to major accidents and injuries. Interestingly, QHHT has found that when a person receives and acts on an important message from their HS, the associated symptom goes away instantly. I love that Quantum Physics explains how QHHT has produced miracles.

**So Easy to Have Problems** - Staying in touch with the wisdom of our HS is extremely difficult. From the moment we're born, external influences vie for our attention and focus. Additionally, it is difficult to decipher messages from our HS from the voice of our conscious self/ego, as they usually are delivered to us in the same form and the distinguishing factor can be quite subtle. To further challenge us, after the messages are heard, understanding, accepting and following the messages takes courage, perseverance and surrender to the Divine- qualities of heroes and saints!

Thus, only the most powerful creator souls may incarnate upon earth. The challenges of earthly lives are great, and the rewards are greater, since souls massively increase their evolution by incarnating and learning earthly lessons.

Because it is so difficult to get and stay in touch with our HS, QHHT can be a powerful ally. It is a direct and reliable method to access the purest dimension of ourselves. When we stay in touch with our HS and follow the guidance we receive, we live our life's purpose, get our questions answered, enjoy perfect health and more. This is what all beings desire and someday will achieve—our Divine birthright.

*Christine Johnson is a QHHT practitioner with massage therapy and energy work training, mother of three, and has her BS in marine biology. As a practitioner, I learn about your current life and challenges, guide you through other lives, connect to your HS, facilitate your healing, ask your questions, help you receive your soul's messages with compassion and grace, and teach you how you can stay in touch with your HS. Sessions are a minimum of four hours due to the in-depth nature of this therapy. In home sessions are available. To schedule a session, or for more information call or text: (707) 407-5050 or email: qhhtfuture@gmail.com*

## Quantum Healing Hypnosis Therapy (QHHT)

**Christine Johnson** is a QHHT practitioner with massage therapy and energywork training, mother of three, and has her BS in marine biology.



Sessions are a minimum of four hours due to the in-depth nature of this therapy.

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- looked for surgery or traditional therapy alternatives?
- wanted to know your life's purpose?
- wondered about your past lives?
- wondered about the purpose of baffling situations or people in your life?
- wanted a reliable method for accessing the universal knowledge and healing inside yourself?

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## Invocation

Loving God,  
Call me to your Holy fire,  
Cleanser me in your eternal flame,  
Kindle in me your steadfast Love  
So that I may be a living reflection  
Of your Goodness True.

Gentle God,  
Shelter me with your flowering Grace,  
Nourish me with your constancy,  
Inspire in me the power of your Magnificence  
So that I may pour out the Loving Kindness  
Of your Radiant Heart.

Wondrous God and Solace Divine,  
Hear my prayer.

-Elizabeth Rau (Ellie)

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# The Bhagavad Gita

November/December 2018



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

By Krishna Jaya

## Chapter 2, Verses 64, 65

But those who are self-controlled  
Who meet the objects of the senses  
With neither craving nor aversion  
Attain serenity at last.

In serenity all their sorrows disappear  
When their hearts have become serene  
And their understanding steadfast.

Sri Aurobindo:

How is desireless contact with the sense-objects possible? It is possible by living in Yoga, a union of the whole subjective relative being consciously joined with the divine. Free from compulsive reactivity, you are delivered from the affection/aversion polarity, the duality of positive and negative. Calm, peace, clarity, and happy tranquility settle upon you. That clear tranquility is the source of your soul's felicity, an intense happiness connected to spontaneous self-expression.

Krishna Jaya:

Are ordinary people like you and me capable of experiencing this kind of tranquility? Is the Krishna-consciousness/Christ-consciousness/Buddhahood of the enlightened sage described by Krishna in these verses accessible to you and me? Can you and I realize the soul-potential that the awakened ones, down through the centuries, have actualized?

James Finley (From daily blog, cac.org, 8.20.18)

Siddhartha made a vow to sit there under a Bodhi tree until he resolved the human dilemma of suffering and the search for inner peace and fulfillment in the midst of life as it is. Through the night he sat there. At first light, he turned and looked at the Venus Morning Star and the Crescent Moon with awakened eyes, seeing life the way it really is, free from projections, distortions, delusions, and self-deceptions. He saw the boundary-less, trustworthy, spacious nature of what is.

Krishna Jaya:

It helps mightily to have these shining examples to hold before us, inspiring us forward. Krishna, Christ and Buddha have transmitted the transforming elixir to millions, if not billions, over the millennia. Besides these three, I have had many guides, mentors and teachers who have encouraged me on the path to my daimon, a term used by psychologist James Hillman and taken from a page of the Greek philosopher Heraclitus, to describe a person's seed-potential. Hillman uses the image of an acorn to describe this seed-potential at conception and the image of a full-flowering oak as a metaphor for the person who has actualized the potential hidden within the seed.

There are certain times in a life when guidance and encouragement from mentors in one form or another has special significance. I am currently going through such a time. In June of this year I lost my only brother, Rob, to ALS, also known as Lou Gehrig's disease. He was living in Massachusetts and when I got word that he was failing I drove across country to be with him at the end. After the funeral I visited relatives and friends who loved him from Maine to North Carolina before driving back to California. The two-month road trip was a rite of passage and initiation into life without my big brother in physical form. He was a powerful presence my whole life long and remains so.

One of my earliest memories is when Rob was 10 years old and I was 5. He told me that he was twice as old as me and that he would never be twice as old as me again. It's a conscious memory because he was my big brother and so much of what he shared with me in life stayed with me. As the years went by, the age difference between us became less important. He was no longer twice as old, twice as big, twice as smart, and twice as everything, but he will always remain in my heart, larger than life and death.

Often times older siblings are hugely influential in a person's life, for better and/or for worse. Usually there's a mixture of the two strains, and so it was with Rob. He mentored me with his wisdom born of experience. On the other hand, his psyche was populated by demons which at times robbed him of self-sovereignty. Now that he is no longer physically a part of my life I am able to reflect with more clarity on his influence. I am more able to shine a light on those good times with healthy impacts and also on experiences that stunted my growth and created obstacles and challenges to overcome.

There are an almost infinite number of ways that help people deal with adversity, gain insight into their struggles, and engage in the healing process. We are relational beings and it is through our relationships that we find the necessary insights and keys to the healing of our relationships with ourselves and others. Sometimes the guidance comes anonymously. The I Ching or Book of Changes has

its roots in the pre-historical mists of ancient China, long before writing existed, when teachings were orally handed down from master to student. From *Creating New Land Under Our Feet* in the July/August 2018 issue of *Wholistic Heartbeat*, Maya Cooper references the wise benevolent ancient spiritual beings in our midst. In the present context, I am reminded of the sages of Chinese lineage handing the wisdom of the I Ching down through the millennia, each adding new flavors to an ever-evolving stew. In only the span of my lifetime, there has been a proliferation of I Ching translations and commentaries offered by individuals from their own unique vantage points. By throwing coins or casting sticks, a person taps into the link between one's individual soul-journey and the universal flow-state of the Tao.

Usually when I cast the sticks no special question is asked. What I'm reverently seeking and finding is more of a general statement about my highest good in that moment instead of a response to a specific question. Recently when I cast the sticks, however, I added to this general invocation an appeal for this ancient living voice of wisdom and natural harmony to enter in to me and help heal my mind and heart as I come to grips with the reality of Rob's passing. Taking another gem from Cooper's column I summoned the sacred spirit of healing, softening, opening and inviting it into the room, letting healing hold me, breathing healing in to my heart, allowing its light and wisdom to fill me up, keeping my focus on what healing feels like in and around me, invoking a sense of love and comfort streaming from my higher self. Merging with the prayer and entering the universal flow-state, I cast the sticks and hexagram #18 comes up. An Interpretation:

Wind swirling  
At the base of a mountain  
Unconscious patterning below  
Conditioned inertia above

Becoming cognizant of  
The excesses of  
Human nature and  
Facing the challenges

What has been stunted  
Through false identification  
Can be redeemed  
Through self-surrender

Working energetically  
Patiently and gently  
To be faithful  
To the path of the Chun-tse <sup>1</sup>

A new wind blowing  
Dispersing old patterns  
Sublime and smooth

Like a hawk on the wind  
The Chun-tse stimulating  
The hearts of the people  
Nurturing their natural goodness  
The Way of the Tao

The Chun-tse calming  
The minds of the people  
As the mountain bestows tranquility  
To all under its umbrella of peace <sup>2</sup>

Brian Browne Walker writes in his commentary  
*(The I Ching or Book of Changes:  
A Guide to Life's Turning Points)*

A swirling wind, even a powerful one, disperses little. It only stirs things up. The wind that causes real change is the one that blows consistently in the same direction. Enduring accomplishments are won through gentle but steadfast penetration, like a soft wind blowing steadily in the same direction. The wisdom of the Chun-tse penetrates us in a similar way when we gently internalize the guidance.

And Hua-ching Ni in his commentary establishes a link between microcosm and macrocosm (The Book of Changes and the Unchanging Truth).

A new renaissance of humankind is not impossible but the strength of the collective goodwill of humankind has been misguided and misused. If each of us were to correct this in ourselves, who would say that a new renaissance of human nature in balance was an illusion?

Krishna Jaya:

Each of us is called to find the necessary help to heal ourselves and to confront the splits and divisions in our natures born of conditioning so that our natural goodness, underneath the discord, may shine forth. Because the Universe and everything in it, including you and me, are ultimately one with the All and with each other, every single healing impulse in every single human being aspiring for health and wholeness moves the larger whole towards health and wholeness. Each of us has a responsibility to ourselves and to the larger whole to manifest this health and wholeness. May we all work together to fulfill this responsibility and usher in our bright future together.

Notes:

1. Benevolent sage and voice of the I Ching and my higher self
2. These verses are my own composition based on the translations/commentaries in my library.

## November/December



November and December this year are times when much of the hard work and challenging processes we've been through since the start of 2018 are coming to fruition if we've been consistent, not losing focus or faith in whatever purpose has the most meaning. In any case, it is paramount to face whatever was most urgent in January-February 2018 and make sure we're right with it. October is particularly serious, and at times scary. Ultimately, enlightening events, along with possibly disturbing internal dive into the realms of intimate connections, self-doubt, distorted sexuality as a cultural norm, and financial conundrums may have left us feeling spent. What more can we endure may be the question, and yet if we're willing to awaken even further at this most crucial moment in time, we can see the wisdom in all that's unfolded.

**The Moon's nodal axis (North Node-South Node) shifts from Leo-Aquarius to Cancer-Capricorn** in early November with Cosmic Wild Card **Uranus** squaring the nodes right before their shift on the 6th, a highly significant day in the U.S., no coincidence! This describes a radical shift, a dramatic farewell of ego and pride and the application of the lessons of creative expression balanced with humanitarian concerns, community, and the important and unique role of the individual within the larger group. The nodes guide our collective path from past into future by showing what we need to learn to allow the evolutionary process to continue with the least resistance. They impact each of us in our own way as they mark a path through the personal natal chart. Uranus says "Humanity, be ready to release on a grand scale any attachment to the "great man" theory where one individual is worshipped as the king or savior." Willingness to allow only the higher good to be served through individual leadership and creative output is a nec-

essary awakening in order to move forward from centuries of concentrated power among the few to the detriment of the many. **North Node** now brings forth the lessons of inter-connectedness, mutual support in human societies, in families and tribes and the need to honor emotions and nurturing to create healthy communities. **South Node in Capricorn** for the next 18 months tells of our collective journey in the public arena where structure, restraint and order are most valued. Our mission now is to increasingly turn to the feminine mode of concern for self-care, care of the family, tribe, community and beyond as the welfare of all becomes the most important collective concern.



Jupiter

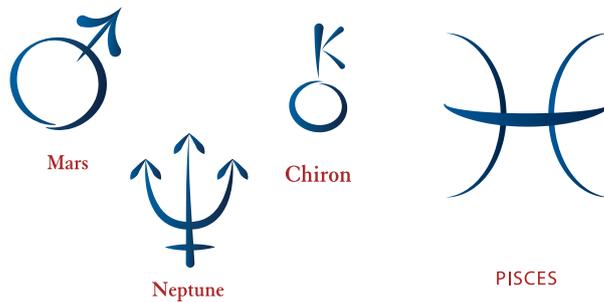
**Jupiter** completes its year long pass through the Dark in Scorpio as it's revealed the old self sabotaging beliefs personally and in the cultural paradigms of human societies. This has been necessary since there is no healing of ancient wounds in our world if we cannot face the collective and individual Shadow where these beliefs have operated for millennia. Jupiter rules the courts, higher education, international relations, and in the personal it reveals our connection or disconnection with higher mind, higher self. Those areas have all been showing up in the most unsavory light in order for us to transform the darkest manifestations into new strengths. Jupiter, the Greater Benefit, is entering its own sign, Sagittarius, for the next year on the 8th. Now we turn from Below to Above as Jupiter's



mission is to expand and uplift consciousness for each of us and all together. The mood becomes one of optimism as we envision a future where human values prevail and acknowledge that it's up to us to act on those visions.

**Asteroid Vesta**, Temple Priestess archetype, sacred prostitute, holder of sacred space both within us and in our world, travels in intimate connection with Pluto the Transformer in November. As Pluto continues to reveal and undo the old power structure in its decrepitude it has become an unstoppable force in taking apart and removing all that invades and destroys what is sacred individually and collectively. In addition, **retrograde Venus has shifted back into Libra**, one of the two signs she rules, for the entire month, making sure we tend to the lessons of equality and fairness in everything from personal relationships to financial matters while moving us further into the realm of social justice. What is our own role in the roiling mess of social injustices, how do we choose to help the new balance manifest in our own lives? As **Venus turns direct on the 16th Mercury turns retrograde in Sagittarius** (but will return to Scorpio for almost 2 weeks in December). The cosmic energy patterns are aligned to force us into the deepest places of denial or simply inattention, in all the above mentioned areas while requiring a thorough review of the hidden beliefs and stuck emotional patterns that have kept us from having authentic, healing interactions and profound personal insights. Interpersonal power dynamics have been under the microscope and continue to be through the end of the year, great timing for journaling and deep shamanic journeying. In the private and personal and in the masses, it is clear that human sexuality and understanding of the spectrum of gender expression/embodiment are up for major re-orientation.

From mid-November through December **Mars, Neptune and Chiron (Rainbow Bridge, Wounded Healer) travel through Pisces**, the sign representing the vast ocean of existence, the part of each of us where no boundary exists between us and that eternal reality. Our multi-dimensionality is more accessible as we've entered a whole new 26,000-year cycle from the December 2011 and 2012 end dates of the Mayan Calendar. The disorienting and frightening events of the past few years have been part of the massive unwinding of humanity's history over the last Great Age. It serves us all to begin to explore or go much further in our own experience of multi-dimensional self in a multi-dimensional world, especially encouraged and supported by **Jupiter's calling** for the year ahead. New Moons and Full Moons are always excellent points of renewal and greater understanding of our place in the earthly-cosmic dance. **Full Moon** this December arrives



just 16 hours after Winter Solstice, the 21st and 22nd, illuminating a most potent sacred turning at the end of yet another highly pivotal year. The world will never be the same. Acknowledging this reality is one of the best things we can do for ourselves as we move forward on this exceptionally provoking and enlightening journey into the unknown.



*Salina is a consulting professional Astrologer, Tarot reader, Reiki Jin Kei Do Master/Teacher. She completed a multi-discipline (Anthropology, Psychology, Women's Literature) academic thesis in 1991 on "Images of Female Power." Her weekly astrological forecasts and commentaries on KHSU and KMUD Public Radio are part of her dedication to community service. Salina can be reached for private readings, astrological and/or Tarot counseling (in any area of life experience) Reiki training or Master Healing Sessions at [astro@salinarain.com](mailto:astro@salinarain.com) or 707-668-5408. Visit her at <https://www.salinarain.com>*

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Suite #48, Sunny Brae Centre in Arcata

**REIKI COMMUNITY-STYLE** is being offered at Isis #48. Everyone is welcome **from 6:30 - 9:00 p.m.**

**No Appointments Necessary.** First Come, First Served.

Suggested Donation \$5-\$20 Call/Text John Gracy at 406-223-2002 or Maya at 707-825-8300 for more info. **Come for the Reiki and Deeksha and stay for a mini Tarot Reading with Bridgit Tyler** - Tarot reader, psychic empath, compassionate soul, and energy worker. or a **Psychic Reading with Jesse Austin**, *My psychic Medium therapy sessions are intended to promote the healing and happiness of the self, via the spirit ...* Sign up guidelines with Jesse: 30 minute readings - New clients - Donation. Established clients (with Jesse) -\$25 - \$45 (client chooses final amount after reading.)

### Every Friday @ Isis

**MEDITATION:** Self-Realization Fellowship Meditation every Friday from 7:00-9:00 pm. We practice meditation

techniques and chanting as taught by Paramahansa Yoga-nanda. Please contact Carolyn at [arcata.srf@earthlink.net](mailto:arcata.srf@earthlink.net).

### For Sale In Humboldt

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

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*"Rebirth"* by Darrell Holbrooks - A mixed media piece depicting the processing of emotions, and grieving the loss of ones mother, being forced to look internally for answers.



*May you be at peace.  
May your heart remain open.  
May you awaken to the light  
of your own true nature.  
May you be healed.  
May you be a source of  
healing for all beings.*

*Tibetan Buddhist Prayer*

Inside each of us there is a noble heart. This heart is the source of our finest aspirations for ourselves and for the world. It fills us with the courage to act on our aspirations. Our nobility may be obscured at times, covered over with small thoughts or blocked by confused and confusing emotions. But a noble heart lies intact within each of us nonetheless, ready to open and be offered to the world. Our task is to recognize this noble heart within us and learn to connect with it, to make it the basis of all that we do and feel. When we clear away all that blocks it, this heart can change the world. As you increase your awareness of your own noble heart in your everyday activities, it will become a central force in your life....You can take all experiences as a means of growing spiritually.

— The 17th Karmapa Ogyen Trinley Dorje

# A PRAYER FOR MY CHILD

Rise up in the morning, Rise up singing  
Be thankful and glad for all that we have  
We have clean running water  
We have trees for our fire  
We have food at our table  
Our family is together  
There are plants in the garden  
There are birds in the trees  
There are herbs growing flowers  
And sweet honey bees  
There is a forest, there is mountain  
There is a valley where horses run free  
There is a tipi, there is a sweat lodge  
There is a canoe on a lake just for you  
We are one, we are united  
We are one family, never divided  
We have each other, we have one another  
We have a Father and we have our Mother  
Our sisters and brothers, our friends and relations  
Gather in circles, lift our hearts in oblations

You are my child, I am your Mother  
Never to leave you for any other  
Be always with you  
To love and to hold you  
To cherish and guide you  
Be there right beside you

May you dream peaceful  
And wake up happy  
Always healthy  
Always laughing

by Blessah

# Love and Fear

There is only one energy on the planet though there are a multitude of different expressions of it. Love and fear are the same thing but they are shaped into different patterns. The pattern informs the personality of the energy.

**Fear** is energy that is stuck in a pattern of stagnation and contraction. Still, unmoving, and frozen, it is instinctive, protective and reactive. It isolates, defends, blames and tries to control the world around it in order to create a feeling of order and safety. It sees threat everywhere it looks. It is unconscious. It is a terrible state to be in.

**Love** is energy that is gently moving, open and breathing. It gives, it shares, it is resilient and flexible. It is curious and aware as it flows out to greet the world and attempts to understand and contribute harmoniously to it. It recognizes similarities the connections in the life around it. It is accepting, understanding, kind and compassionate. It is conscious, responsive and awake.

**Melting Fear into Love** - this is the mission of the awakened. Take time to feed the Love in you so it grows stronger. Weed out that which feeds the fear in you so as to hasten its transformation into Love. We have the power to create positive change by moving and acting as love moves. *Don't make people the problem,* understand that fear is the problem and seek to help it thaw in the warmth and light of love.

*- a touch of inspiration from maya*

## Winter Wisdom from the I Ching -

### OVERVIEW (Wind above, earth below)



Overview is a time for composure and contemplation. As a result of profound introspection, an invisible emanates from us, influencing others without their being aware of it. Do not underestimate the power of this force. Like the wind blowing across the treetops, its presence is perceived through the effect it has on everything it touches. Shallow wells rarely strike water, and shallow minds often come up empty.

The ability to keep still and deeply observe strengthens resolve and attracts good fortune. Discern the difference between what is deep and what is shallow within yourself and you will be able to distinguish between the two in the outer world as well. During a period between events, the practice of stillness with awareness is a good idea. Only by observing and absorbing the true nature of things—by apprehending the rhythms and cycles, which guide all creation—can we discover the laws that apply to our lives. Examine yourself and your overall situation, not just with the thought of discovering truth, but with the idea of focusing your personal power. This is a time to see and be seen.

**Visionary I Ching Oracle** by Paul O'Brien and Indie Goes Software. Now available for iPhone / iPad, [Android](#) and [Amazon](#). Learn more about Paul O'Brien at [www.divination.com](http://www.divination.com), and visit the official [Indie Goes Software site](#) to download other inspiring apps

## Messenger by Mary Oliver

My work is loving the world.  
Here the sunflowers, there the hummingbird—  
equal seekers of sweetness.  
Here the quickening yeast; there the blue plums.  
Here the clam deep in the speckled sand.

Are my boots old? Is my coat torn?  
Am I no longer young, and still not half-perfect?  
Let me keep my mind on what matters,  
which is my work,

which is mostly standing still  
and learning to be astonished.  
The phoebe, the delphinium.  
The sheep in the pasture, and the pasture.  
Which is mostly rejoicing,  
since all the ingredients are here,

which is gratitude,  
to be given a mind and a heart  
and these body-clothes,  
a mouth with which to give shouts of joy  
to the moth and the wren,  
to the sleepy dug-up clam,  
telling them all, over and over,  
how it is that we live forever.



# HUMBOLDT HEALING PATH

*A Dreammaker Project of the Ink People  
Powered by Isis Heals and Wholistic Heartbeat*

The Humboldt Healing Path is a community healing arts nonprofit envisioning greater access to education, collaboration, and holistic healing services in Humboldt County. By creating valuable partnerships, we will connect practitioners and community members seeking services. The Humboldt Healing Path endeavors to foster a diverse network of innovative healing arts and wellness therapies to those in need.

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