

Wholistic Heartbeat

the power to heal lies within



We can be whatever we have the courage to see
-Alexandria Ocasio-Cortez

WholisticHeartbeat.com

Wholistic Heartbeat Features

On The Cover and... on Our Gallery Walls



Karen Echegaray & Tyson Ritter

The Making of 'Mother Earth's Excrescence:'

Karen knew she wanted to do a look for Earth Day to highlight the importance of protecting our beautiful Earth, which protects and holds us all. In the featured image, this idea came to life with her artwork combined with Tyson's photography skills. Karen made a hairpiece out of trash, got flowers from her friend Heather and spent over 6 hours on this detailed makeup art. The result: her face split in two as a representation of how our world fights against its own inhabitants to survive. Tyson did a magnificent job bringing her idea to fruition in the completed look: a face-off between Nature's beauty and Humanity's toxicity, which are ultimately both part of the same Whole of this vibrant and complex place we all call our Home.

About the Artists:

After being inspired by the murals in Eureka created during the First Annual Street Art Festival in 2018, Karen Echegaray (makeup artist/model) and Tyson Ritter (photographer) started working together on creative projects. The community response to their first project was so supportive that they delved fully into what would become their Mural Makeup Series. It has 15 different segments so far and is an ongoing project of 'Face Art inspired by Street Art.' They continue to combine their efforts in other makeup art composite images. They are honored to be highlighted this publication's cover image.

Karen is a self-taught, dynamic makeup artist whose passion for art has developed into using her face as a canvas for her creations.

She has been dabbling in varied fine arts since she was a child, but her love of makeup art really blossomed after being the makeup artist for North Coast Repertory Theater's production of Hedwig and The Angry Inch.

Since then she has done makeup artistry and design for various theater companies throughout Humboldt County and started delving into more innovative projects late last year. The mural makeup series has led into more creations with her partner, branching out into really intricate looks inspired by the world around her.

Makeup is her creative outlet, and she looks forward to continuing to reach and inspire people with her art.

Tyson is an award-winning, nationally published photographer with a formal education and background in journalism.

He specializes in capturing dynamic and stunning images that are all part of his unique brand of photographic storytelling.

Tyson has studied his craft for nearly twenty years and has been professionally active in the field for over a decade. His creativity and innovation as well as his mechanic inclinations lend themselves brilliantly to this technical art while his relaxed and empathetic nature puts his subjects at ease.

A broad range of interests have led him to mastering a vast array of photography genres including portraiture, fashion, commercial, sports and wedding photography. A journalist at heart, Tyson's passion to "get the story" produces photos with a poignant and touching realism that blends seamlessly with the artistry he employs during editing.

To follow this Dynamic Duo: [Facebook.com/MuralMakeupSeries](https://www.facebook.com/MuralMakeupSeries)
[Instagram.com/Dynamic_Canvas](https://www.instagram.com/Dynamic_Canvas) (Karen's Makeup Art Page) [TysonRitterPhoto.com](https://www.tysonritterphoto.com)



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

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

Submit online at wholisticheartbeat@gmail.com

Wholistic Heartbeat

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

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

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

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

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Healing Path

Extends an Invitation to Healer's Tree Members

Healer's Tree

A Supportive Network For Healing Arts Practitioners

A DreamMaker Project of the Ink People

Next Healer's Tree Meeting Dates:

Wednesday May 22th - 7:00-8:30pm

Private Business Coaching

Presented by a Special Guest Amy Day

Bring a Healing Arts Friend and Come Join
us at Wholistic Heartbeat

Event date and location to be announced

June Membership Enrollment Party!

Details to follow by email

Are you on our Healer's Tree email list?

Are you interested in becoming a Healer's Tree member?

email us at info@healingpathhumboldt.org

May Meeting Location: Wholistic Heartbeat

1660 Central Ave, Suite A in McKinleyville

Sponsored by Isis Heals & Wholistic Heartbeat
healingpathhumboldt.org



You Don't Have to Try!

By Ellen Dee Davidson

Guess what? You don't have to try. You don't have to try to be worthy or loved or good enough. You don't have to try to have a mystical experience. You don't have to try to connect to the spirit world, nature, or the divine.

You already are.

The universe is not waiting for your resume. The universe is celebrating you exactly as you are right this very second, adoring your unique, ephemeral, once ever expression of being.

You don't have to try. All you have to do is be. And you are already being. This means you are inherently connected to divine nature.

Nature, this beautiful Earth we inhabit along with such an astonishing plethora of biodiversity, is the manifestation of creative energy into matter. The separations between the nonphysical realms where we can access divine guides, angels, elementals, spirit guides and other intelligences and the physical world is a matter of vibrational rate and frequency. What we call the divine is a bit more subtle and less 3-D, but it permeates the physical plane manifestations, which include us, right now, in our glorious, miraculous, amazing and beautiful bodies of all shapes, sizes, colors and ages.

So, if we don't have to try to connect to the divine since we are already part of the creation, what is it we are yearning for? I realize there is a lot of potential inquiry into this question, and maybe you'd like to sit with it for a while. What do you long for?

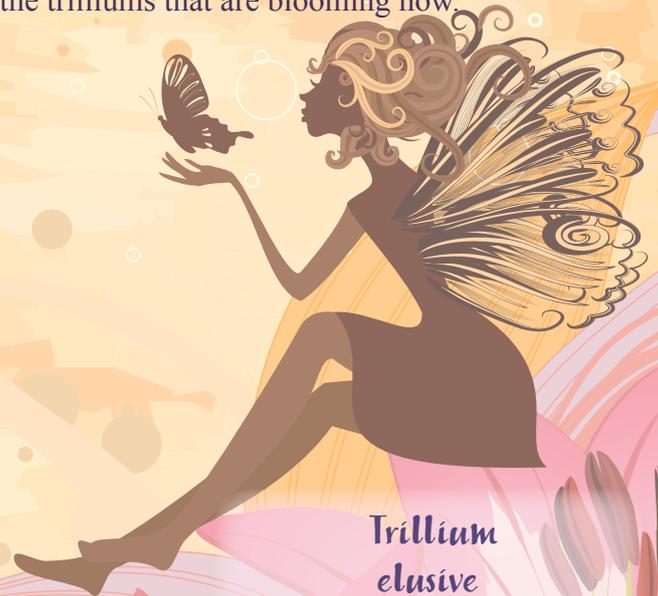
Many of us have a deep desire to consciously experience more indivisibility with divine nature because it feels so blissful when we do. And there are ways to do this.

Almost all the techniques, from yoga to meditation, involve coming into more presence. The Institute of Heart Math offers one simple, yet effective, means. Put your hand over your heart and focus your atten-

tion there, taking long slow breaths in and out while thinking of someone or something you love.

It's really easy to connect when we are outside in nature because beauty has the power to seduce us into presence if we just pay a little attention. A hummingbird, flower, caterpillar, tree, or the way the light shines on the water calls us. Really, Gaia is calling us all the time to notice her brilliant display. Rainbows and whales, dolphins and turtles, the way the wind sashays through the canopy. How can we resist?

Once you've allowed yourself to be pulled into active presence with divine nature, she can carry you into an infinity of love and connection. She knows you. She IS you. And she can guide you, joyful step by step into your own full bloom expression, just like the trilliums that are blooming now.



Trillium
elusive
unicorn of flowers
found in forests
Singing a note of grace
elegant beauty
pure simplicity
She shows us a way
not to over-complicate
being

Spotlighting Various Techniques to Help You Get Connected!

This issue contains several articles written specifically to help you gather new tools for your spiritual quest.

We are bringing it alive
as a Workshop!

Hosted by the authors to Help YOU
Learn In Person!

- Making The Connection -

Workshop Includes:

Calling on Your Guides

with Maya Cooper

Working with Your Higher Self

with Jahnan Derso

Setting Sacred Space

with Devon Love

Centering Your Breath

with Christine Johnson

Saturday, June 1st

from 10:00 - 3:00 With a break for lunch

Hosted by Michael Cooper



Please, join us.

Cost \$40

Wholistic Heartbeat

1660 Central Ave,

Suite A

McKinleyville

text/call RSVP to Maya @ 707-834-6831

Calling in Our Guides ... Not For the Faint of Heart!

By Maya Cooper



The field of energy that connects us to each other is invisible. Though unseen, it is as rich with life as the ocean, and we are influenced by it much the way we are influenced by the tides of our emotions. There are many ways we can strengthen the parts of ourself that can tap into and communicate with this invisible energy field in order to help make it come alive for us in a more tangible way. In doing this, stepping into the invisible with willingness to experience it more fully, we come to learn just how deeply intelligent and supportive this living Universal Field is. Like breath, we will find that we cannot live a truly nourishing life without building a relationship with it, for in actuality, it is an extension of us.

Are you ready to reposition
yourself in your life?

To seize an opportunity to engage your
imagination and creativity?

To bravely carry the light of your awareness
into the shadows of old stories
you have about yourself?

To risk opening to loving support
in a new way?

Yes?

Good, because change and transformation
favor the willing!

**We are the beating heart
of this vibrant earth and the
swirling symphony of star dust
shaped into form by stories.**

Stories give shape to energy. The invisible life force that we are swimming in every second of every day is shaped into the form of our lives by stories.

The ones we tell *about* ourselves.
The ones we tell *to* ourselves.
The ones told *to* us by others.
The ones *passed* down to us.
The ones *we tell* about others,
and the ones we tell about the world.

Stories shape us into being. Stories form the lens through which we view our life and the world around us. Life shapes itself into being, as instructed by our stories. The quality of our stories determines the quality of our lives. If we change our stories, our lives will change. If our lives change, the world around us will change.

We are an essential part of a living universe.

What does all this talk about stories have to do with calling in our Guides? Well, many times in the healing room when I ask a client if they invite in their guides to help support them, I hear a range of responses from a flat out no, or I don't know how, or I can't figure out who my guides are, or I don't believe in Guides, or even Guides? I have Guides? Who knew?

The very act of calling in our Guides may be a radical idea for some of us as it **may challenge some of the very fundamental stories we hold about support and belonging**, or the lack thereof. Are we willing to open and communicate with something that is (seemingly) invisible? Do we understand that we can be a co-creative agent in our own transformation?

Right off the bat, even just entertaining the concept of having a bevy of Guides at our service, we might need to address and unravel some of our old stories. And yet, this is the fundamental beauty of this whole Guide business: Building a relationship with largely unknown or unseen forces takes us on a magical journey, a journey that can teach us how to be co-creators in our own lives in playful, imaginative, empowered and supportive ways.

**How we live in a story of
connection and belonging**

Working with our Guidance team gives us a great opportunity to structure some self-reflecting and self-evaluating meditative time into our lives. Honestly exploring ourselves, what is working and not working, where we are content and where we are struggling, takes on a whole new meaning if we know we are doing this **as prep work**, an important part of a larger process. This includes the next step of taking our findings to a group of wise hearted beings who have access to broad perspectives and solutions and inviting them to intervene and guide us towards better outcomes.

**Healing happens to the degree that
we can imagine it healed.**

Imagining new outcomes, especially while stuck in old stories, is made much easier when we have fresh new



streams of energy flowing to us and through us. Fresh nourishing energy is needed to create healthier stories and for change to occur.

This is where the Guides come in.

Once we uncover what isn't working in our lives we can share this information with our Guides. ***They then can get to work supporting us in reimagining our lives.*** They can help us unravel our counterproductive stories and pull back the curtains so the light of new perspectives can appear.

When the door to our Guidance team is opened, vital stories from their unconditional love flow directly to us. **These Guides are our own personalized team of ambassadors, here to bridge us to the living Universe.** They may communicate through:

- healthy, wise, strong new images that can lead us to new understandings
- loving feelings of warmth, encouragement and acceptance
- new stories filled with their perspectives about who we really are at our core
- solutions that seem beyond our grasp but which are completely obvious to them because of their ability to view the larger picture.

Their guidance arises from an intimate awareness of our soul's journey. Who would we be if we were to live in the stories whispered to us by our Guides?



And just who are these Guides?

Once we begin to develop the art of relating to the spirit that dwells within all life, we find that virtually everything we come in contact with has wisdom and guidance to offer us. But for now, we shall focus on our personal Guidance team.

My understanding is that our Guidance team can be composed of:

- Master teachers, guides, healers, angels and other high frequency, multi dimensional beings with whom we have made supportive pre-birth agreements.
- Benevolent ancestors, beings from our physical lineages, who love us and have healing to share for our wellbeing.
- Various people/friends of ours who have died

or others we may not even know. These Guides reside in dimensions closer in frequency to our own and are able to be helpful in short term or spontaneous ways.

- Our own inner guidance. We each have a wise guidance system within.
- Nature Herself in the form of trees, animals, rivers, wind, sunlight, etc. offer guidance and can flow into us from above, below, and all around!
- Our fellow humans with their waves of love and prayer. *Anyone who is sending high quality stories infused with peaceful feelings from their hearts into our shared atmosphere.*
- There is a guiding field of love that is abstract and impersonal. It is like an ongoing, living prayer. I see it as a field created by every being who has ever been on Earth. It animates the soul's purpose. This field vibrates in our atmosphere and is available for us. It is a field of love, healing and guidance that we are able to draw support and guidance from.

And did I mention that this is a two way street?

Working with our Guides does take an investment of our care and time, just like any other important relationship.

Our Job

If you are just learning how to connect with your Guides, it is helpful to be very deliberate and intentional. I love the idea of setting aside a few minutes every day to take time to cultivate this relationship. At some point you may not need such an elaborate ritual because your connection will come more effortlessly, but this is a great way to start.

- Take it seriously. Set aside a special time to connect, ideally about the same time each day.
- Do something that signifies that you are stepping into sacred space. You might light candle to celebrate your intention to connect.
- Center yourself using a couple of long deep breaths.
- Invite in your Guides. (a sample invitation is shared below)
- Go inward and ask yourself 'where do I hurt' or 'where do I need help or clarity?' I often talk

this part out loud, freely sharing my situation, telling the story about what is going on that has left me troubled and confused.

- Know that help is always available, but because of the highest regard for free will, no being can interfere or offer assistance unless invited.
- Open and allow yourself to receive the help. Since we often have 'shields' and 'protections' around us, it helps to take a couple more deep breaths and open the door of your heart so the guidance has a way in.
- Ask for help. Form a careful, thoughtful question. Asking shows a willingness to change.
- Be willing to change. Know that engaging in a relationship with your Guides will shift your perspectives on life.
- Ask your Guides to help you heal whatever is necessary, to help you shift into a healthier story.
- Imagine what life in a better story might FEEL like. You don't have to know how you will get there. Your job is to reach for a new feeling, try on a new story, and have the courage to imagine a better outcome.
- Guidance does not always come instantly. We initiate the process and sometimes the answers and solutions come right away, but often they drift in later when we are in an even softer, more open state. Our Guides will use every resource imaginable to get support to us; be prepared to be positioned in the right place at the right time for the perfect solution to appear in a myriad of ways.
- Offer your gratitude and thanks. Blow out your candle, to close down your sacred space and as you move back into every day time, maintain the awareness that the Guides are with you and around you always.

Forming a relationship with our Guides can help us awaken the parts of ourselves that are able to experience this invisible, but very alive field of consciousness. Learning to live in a story that says wisdom and support are with me where ever I am, and that I am a part of a loving responsive living Universe is very healing. All healing includes awakening to an ever deepening understanding that we are a part of something loving.

Simple Invitation for Calling In Your Guides

I honor, acknowledge and engage my inner guidance.

I invite in all my master teachers, healers, guides, and angels.

I welcome all the wisdom, love and healing that flows from the benevolence of my ancestors.

I welcome all beings who love me from all dimensions, all time and space.

If you have love and healing to share with me I am open to receive it.

I have invited you here because:

*I need help changing a story that I have outgrown.
I am stuck and need a new way forward.
Please support me, comfort me, inspire me.
Help me see the solution that lies within my problem. I want to experience the world through a better story...*

May your journey be richly rewarding and your heart open to a wondrous new world of loving connection

Maya is the co-founder of the Isis Osiris Healing Temple, Wholistic Heartbeat Healing ARTs Center, and Healing Path non-profit project. She is the publisher of the Wholistic Heartbeat and the Annual Healing Arts Guide. She maintains a private practice and can be reached for Spiritual Counseling and Energy Work at 707-834-6831. Visit her websites, WholisticHeartbeat.com & HealingPathHumboldt.org.



Maya Cooper

Facilitating the Birth of Your Emerging Core Essence

*Spiritual Guidance, Energy Readings,
Hands on Healing & Publishing*

707-834-6831

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Creating Sacred Space

By Nicole Love and Devon Love

Where we walk is Holy...Sacred is the Ground



Life offers so much, and sometimes it may feel like too much. Creating sacred space for yourself, in the form of an altar, prayer shelf, meditation room, a workspace, a garden, or even the area around your bathtub, can bring in a new way of being. Imagine a space in your home that is a daily re-

minder of your connection to the Divine, or 'Source Energy.' This space is a loving, peaceful, and nurturing setting for you to receive in, it is your sacred space.

SACRED SPACE IS PERSONAL

It is an expression of an intimate relationship with yourself and with life. It is your conversation with sacred in form and is a way of honoring creation. It is, in essence, your natural way of being. When you honor your life and find your inner sanctuary, it shows up around you. It flows from within. It flows from Source. It is the creator speaking through you into your space. Your sacred space expresses your personal understanding of our origins, and your love and devotion for the Divine source.

Many people from all walks of life create sacred space to honor the people and beings they love, cherish, and connect deeply with. This is an ancient practice which feels necessary, especially in the super-speed-tech-age we are in, for finding the 'pause or still' moments. In sacred space, we connect with our inner wisdom, our inner peace, our inner healing, and so much more. These sacred spaces create soulful moments for us when we can sit with and connect into them. The energy created from this connection resonates throughout our lives. Sacred space remind us that life is sacred, you are sacred, all is sacred.

SACRED SPACE IS EVERYWHERE

In nature, sacred space is everywhere. Imagine the ocean, the forest, the river, a mountain, the vast open starry sky.

Creating sacred space is remembering that we are the earth, we are nature, and we are the co-creators of the grand design of the Divine dream. Sacred space contains and expresses all of this. It sings of oneness, in many forms, all pointing to this truth.

HOW TO BEGIN

When creating sacred space, begin simply. Within sacred space, as it is in nature, you can find a harmony of the ingredients you choose, balanced with open space. Create a space that invites reflection, movement, the flow is beautiful and inviting, but not overwhelming or overstimulating. Create a space that becomes a map which points to the intention that is embedded into it. Design it to reflect and invite your calm, meditative, awakened self. This is your sanctuary. As it is within you, in the essence of your soul's offering, so it is in your sacred space.

Sometimes, sacred space is hard to create. Maybe this is a reflection of your busy life, your busy mind, your crowded thoughts. Maybe it is a reflection of your broken heart, your hesitance in trusting life. Maybe it is a reflection of how you feel disconnected, alone, and afraid. Maybe it is a reflection of not feeling worthy to give this gift to yourself, or to create harmony in your life.

Sacred space is created within us through our understanding that we are precious, we are holy, we are needed by the world as we are, gifts, wounds, and all. Cultivating this understanding, and engaging in radical self-care to heal these holy and broken-open hearts of ours, are the first steps to creating the kind of sacred space that gives us what we truly need and what nourishes us. So, today, decide that you are enough. That you deserve and are worthy of sacred space. That when you are deeply nourished, you can bring your best self to the world. And trust me, we need you.

TENDING TO YOUR SACRED SPACE

When you have begun to create sacred space for yourself, protect it. Attend to it. If we can clean and floss our teeth, wash our dishes and wear warm clothing when it is cold, we can do this for ourselves, too. We attend to our sacred space because it needs to be kept clean in form and in energy. Move things around regularly. Bring in new items and move out what is no longer resonating. Dust. Smudge with sage and incense. Bring light and air into the space as much as possible. These ways of tending this space keep it a living, breathing, healthy, vibrant sanctuary for you, a clear mirror that reflects your true nature.



Bring in plants and flowers, crystals, rocks, and water. Bring in your relatives, ancestral lineage,

loved ones. Bring in candles and symbols of the Divine, of the Mystery, of Oneness. Bring in the beauty and nourishment of nature. Bring in your own unique flavor, essence, soul. Then invite your favorite friend in for a cup of tea. Blessed Be!

SHARING OUR SACRED SPACES

- From Nicole:

Sacred space may be the key element for my spiritual practice. There is an altar I built to meditate with every morning. This altar has a photo of my children and I, many pieces from nature, photos and items of spiritual teachers, a candle, some plants, and incense. The altar is also decorated with beautiful fabric and flowers, honoring the beauty of all that is there. Every morning, I sit on a pillow in front of my altar. I light a candle, burn herbs and/or incense with the intention of clearing and cleansing the items on my altar and myself. Af-



ter the little fire ritual, I stare at my altar items, acknowledging what they are to me, and offer gratitude and love for them. When I am complete with my offerings, I then receive love from them. The

ability to sit and receive love from the divine beings I love has been transformational for me. Receiving love from your altar, your sacred space, is a transformational experience. Feeling waves of love washing over and through you is deeply nourishing and healing.

Even immersed in all the goodness during meditation, my mind can wander. Gently bringing my awareness back to feeling the love and to offering gratitude is so simple and re-connects me into grace again and again. When focused meditation time is complete, at least 15 minutes, I give a bow of respect for all that is, blow out the candle, and start the rest of my day. If for some reason I get distracted or rushed and miss this morning practice, I definitely feel it. A loss of the sacred I suppose. The sacred space and meditation practice is essential for me to live in a more loving, graceful, 'Source' connected way.

My home now has many altars with specific intentions because creating sacred space is so fun, and it brightens up everything. Bringing the sacred into daily routines stems from the sacred space created on my altar, in my home, and in my consciousness. Feeling Life Is Sacred, You Are Sacred, I Am Sacred, and All Is Sacred, is the space, the life, I am

creating. So grateful for this Healing community and all the Sacred We bring in together. In whatever ways you bring in the sacred, I give gratitude. More and more of this please!

- From Devon:

I keep a sanctuary of healing, dedicated to the Goddess Quan Yin. It is her temple. I attend to the temple each day, and all my healing work happens in this space. Every item within the space has a purpose. Everything is intentionally placed. When you enter, you can feel the spirit of it.

This space nourishes me. It nourishes all who enter it. Like a beautifully prepared, vibrant whole food meal, in which every ingredient is added for its life affirming qualities, including nutrients, flavor, smell, color, form and beauty. Each ingredient has a purpose, and is included for its unique essence and ability to support a deepening relationship with all that is. Sacred space is created from a soulful, alchemical recipe.

My sacred space contains prayers and visions and intentions within it, within the placement of things, and within all the activity that takes place here. It contains the earth and all of her sentient intelligent life-force, the birthing, cycling rhythms of unconditional love. It contains all the earth teachings and is the earth's classroom. It contains the star teachings, the Divine mystery, the light of unknown blessings already on their way. It contains the ancestors, our lineages, the wise ones, the council of elders who sit with us and support us in every moment of our lives. It contains the 4 legged ones and the crawling ones, the winged ones and the ones who swim in the waters of life. It contains the tree people, rooted deep and reaching for the light. It contains the flowers and all the green growing things, the medicines and sacred herbs. It contains the Divine Feminine as the infinite ocean of compassion, and the Divine Masculine as right relationship and right action, in perfect balance and harmony. It contains the Mystery. It contains you. It contains me. Within this space, my soul bows deeply in gratitude for my life, that I can be aware, and love, and sit with you.



Making the Connection

Learn more about creating sacred Space from Devon at our workshop on June 1st from 10:00-3:00

Cost \$40 - held at Wholistic Heartbeat in McKinleyville.

See more details on page 6 of this issue

Self Care Tips Presents

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How Your Higher Self Can Connect You To Self Care

By Jahnan Derso



Scheduling sacred time with your Higher Self has the power to transform your perspective and offer you new insights. As you establish this consistent practice, you are enriching your connection to the Living Universe and filling your cup up from the source. Let's tap into the breath to connect with your Higher Self for the answers in a self-care ritual.

A Meditation to Find Your Self-Care Rituals

Set aside a time of quiet stillness for yourself. You will need a candle, journal and pen with you. Take a comfortable seat and light the candle. Set the intention that you would like to connect to your Higher Self for guidance on nourishing self-care habits. First connect into your breath. Slowly count from 1 to 10 following the rise and fall of each inhale and exhale. Now visualize white light surrounding you. Allow this light to be a shield of protection that comforts you and allows you to feel safe. Connect to your breath again and slowly count to ten following the rise and fall of your inhales and exhales. See the white light around you as a sphere of connection to the Living Universe. As you do this, imagine dropping your cord down from your tailbone into the earth. With each breath drop in deeper and deeper. You can count to ten again if this helps you stay connected. Once you feel centered here, call upon your Higher Self. Imagine a purple light from your third eye projecting out in front of you where your low gaze is comfortable, but your eyes are mostly closed. Now breathe with your Higher Self again, counting to ten to stay connected to your breath. Invite your Higher Self to share with you how to best stay connected to it. In this place of deep connection, ask your Higher Self to help you list what fills your cup and how to stay connected to the Living Universe, all that is, source, (fill in your word).

Now using your journal, write down anything that comes through to you during this time. When you feel complete, thank your Higher Self. If you called in any other Guides, thank them, too. Using your breath, count with each inhale from ten back to one, slowly coming back into your body. Gently open your eyes, gradually move your legs and arms to do some fluid stretching. You can blow out your candle when you are ready.

Establishing a Self-Care Practice from Your List

Now for your list, the key is to find ways to incorporate what you've discovered. As a Self Care Coach, I am happy to help walk you through this step if you need more support. For the sake of this exercise, the first thing I recommend is making a date with your Higher Self. Set a regular time that you plan to sit quietly and connect, to give yourself this heartfelt connection.

Healthy Patterns and the Art of Ritual

True selfcare is the art of listening to yourself and discovering what will best nurture you in that moment. It is the development of healthy patterns that can evolve into ritual ways of being throughout your day thus connecting you to something greater than yourself.

We have all collected unhealthy habits or fall into patterns of being that we think help us relax. For example, scrolling through the phone may feel like a release or an in breath, but it's not the true sensation of connection most of us are seeking. If you are feeling overworked, something like a pedicure isn't going to solve your overall feeling. It may seem like a good solution in the moment, but often it's right back to the life you put on hold while you checked out. So, how do we refrain from "checking out" and instead "check in?"

Checking in to Your Higher Self

When we hear the phrase "calling in your guides" your primordial ally is your Higher Self. The Higher Self is a genderless, pure life force that is centered inside you. It is a powerful guide to gather information for your daily life, to get re-grounded or to connect to something bigger than you. This type of support is unique because it's a free source of self-care. You just have to show up;)

Your Higher Self, and all your Guides for that matter, are here to meet you half way and serve your best interests. In order to experience your Higher Self, you have to get to know your inner self in a different way. One of the most sustainable and attainable methods is by using your breath.

An Example of “Higher Self” Self-Care ~Bookends~

When you wake up and before bed, light a candle and utilize this quiet time to meditate. Even doing this practice for 1 minute holds a powerful intention to start and end your day peacefully. This consistent ritual is a necessary component of your personalized self-care practice. The idea of having a spiritual connection time at the beginning and end of your day is called Bookends. Doing this allows you to re-center yourself in what you feel divinely connected to at these two still points. Enjoy this magical time!

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 at Wholistic Heartbeat.

Making the Connection

Learn more about Connecting to your Higher Self from Jahnan at our workshop on June 1st from 10:00-3:00
Cost \$40 - held at Wholistic Heartbeat
in McKinleyville.

See more details on page 6 of this issue

Fiddlehead

A woman is fiddlehead
Spiraling softly into herself
having the strength to recognize
her own tenderness
She opens
full-bellied
like the moon
while dancing ribbons
on a sea of ripe light
She receives directions eternal

A. Lanfield 2004



“Most obstacles melt away when we make up
our minds to walk boldly through them.”

—Orison Swett Marden

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

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Seeking Connection to Our Higher Selves

By Christine Johnson

We are One. We are sparks of the Divine Creator, innately and irreversibly connected to each other. Yet, most of our awareness exists in the mind-boggling and illusionary 3D game of separation. Our Higher Selves exist outside of the 3rd Dimension with total awareness of the game and our purpose within the game. Additionally, all Higher Selves are connected and have access to universal knowledge and healing. This is why we seek to connect with and ground our energy into our Higher Selves. Doing so will allow us to find our life's purpose, heal ourselves, solve our greatest challenges, and ultimately, experience our connection with all life, i.e. Oneness.

Quantum Healing Hypnosis Technique (QHHT) is a form of therapy that directly connects us to our Higher Selves, and helps us experience the fact that we always have access to this internal and eternal part of ourselves. Very few people are familiar with QHHT, so I keep receiving the same question from curious future clients: "What should I expect from a QHHT session?" Instead of continuing to answer the question individually, I've been guided to share the answer en masse.

WHAT TO EXPECT FROM A QHHT SESSION

It's important to first understand that QHHT was created with the client's safety and well-being as the number one priority. This is profoundly important in the realm of hypnotherapy, since the client is in the theta brainwave state, an altered state of consciousness where ANYTHING can be experienced. Therefore, it is my job as a QHHT practitioner to create a safe and embracing space for all clients. I do everything possible to create a place of unconditional love, compassion, and understanding. This leads the client to open up and trust, which allows the Higher Self's information and healing to come through and reach us.

Most people are surprised to learn that a first QHHT session is around five hours. This makes sense when they learn what a session entails. Most clients need only one session to get all the healing and information they need, although some choose to return briefly for increasing depths of understanding and validation. Each one of us is



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707-382-7050

smcvaughn@gmail.com

a complex, multidimensional being with unique life experiences, patterns and challenges. It takes time to really get to know you! And it's important that I know you well because I am your representative and guide when you're in the theta brainwave state. When I know you well, I can accurately represent and guide you, and you get the healing and information that will assist you the most.

After I know you well, I assist you into, and hold you in the theta brainwave state, which allows us access into the multidimensional parts of yourself. First you are guided through an experience. The experience you have will always be whatever is most helpful for you to experience because your Higher Self, who knows everything about you in all your existences, guides it. It knows exactly what you need to learn and experience to heal yourself and your life. After this experience, we connect directly to your Higher Self to find out why you needed this experience, and to ask your questions. Anything can be asked! Then YOU answer the questions through the energy and voice of your Higher Self; the session is recorded so that you can remember and hear yourself speaking the wisdom of your Higher Self. Listening to the recording again and again has unlimited healing potential, as does following the wisdom of your Higher Self.

Deep down, each one of us seeks to heal ourselves, find our life's purpose, solve our greatest challenges, and to feel our connection with all life. The answers are already inside, yet we sometimes need help clarifying what they are and trusting ourselves. This is why I'm so passionate about QHHT because it empowers us with unlimited potential and validation. Through allowing the healing and following the wisdom of our Higher Selves, we eventually experience and ground into Oneness. Then we have beaten the illusionary 3D game of life and can sit back in awe and laugh in celebration and joy!

Christine Johnson is a Certified and Insured QHHT practitioner with energy work and massage training, and a BS in marine biology. She practices mostly out of the Isis-Osiris Healing Temple in Arcata, and also practices at the Wholistic Heartbeat office in McKinleyville, a beautiful, private location in Eureka and can accommodate in-home sessions. She offers a sliding scale rate of \$150-\$400, with payment options, to ensure access to everyone drawn to this powerful healing therapy. Please feel free to call/text (707)407-5050 or email qhhtfuture@gmail.com to schedule sessions and ask questions. Thank you!

Making the Connection

Learn more about Centering Your Breath from Christine at our workshop on June 1st from 10:00-3:00 Cost \$40 - held at Wholistic Heartbeat in McKinleyville.
See more details on page 6 of this issue

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.



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- wondered about your past lives?
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When You Want That Breath

By Tymothy Smith, L.A.c



There is an ancient Taoist story of a mentor and his student walking along the road by a river. The young lad was lamenting for quite some time on how he just wasn't enlightened yet. "How can this be that it is taking so long, I truly thought I would be enlightened by now ... ?"

The mentor walked, hands softly placed on his lower belly (dan tien), listening thoughtfully. All of a sudden, the mentor grabbed the student and pushed him into the river. He jumped on him and held his head under the water, to the point that the student thought the master wanted to kill him. Finally, he was released, gasping for that vital breath. The mentor quietly walked to the side and sat on the bank of the river.

"What the ... why did you ... how could you ... ?"
the student angrily stated.

"When you want enlightenment, as much as you wanted that breath, then you will achieve it."

I feel as though I've had a similar story ...

It was the year 1996, and I was living at Heartwood Institute in Garberville. At the time, a Texas corporation came to Humboldt and forcibly bought Palco Lumber and were divesting of all its assets. In other words, they were cutting all the old growth for a quick buck. At the time there was a strong resistance to these short sighted actions and one particular day there was a rally for the Headwaters, a pristine area that was slated to be cut. As I and quite a few people

from the community drove to the rally, the radio – as oft is the case in Garberville – wasn't quite getting the signal, the driver (I was in the rear seat), went to change the channel, and in a Zen moment, we went rolling down a hill. I think we rolled three times, but in truth, I can't be sure.

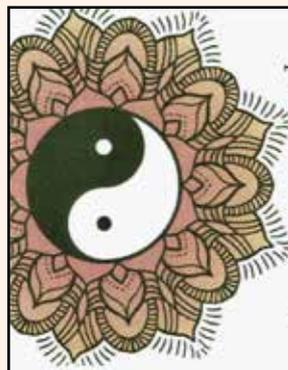
Fast forward to two weeks later when I was playing with my beautiful niece, I had a very strange feeling in my solar plexus. I went to Open Door Clinic, which at the time actually was open-door, and was told it was probably nothing; to be sure they sent me to Mad River hospital to get an x-ray. The unfortunate truth was that my lung had collapsed, and I was only using one lung to breath.

After a week in the hospital with a tube in my chest, fortunately, my lung lived to see another day. However, and this is common for such things, on two more occasions, both due to blunt force trauma, the lung collapsed again. Each time, returning me to the hospital to have that tube put back in there to draw out the fluid, which gave room for the lung to do its magic and actually bring oxygen and such nutrients into my body/mind.

In Chinese Medicine, we think of the lungs as the "delicate organ," as they communicate immediately with the outside world. To say that my Lung Qi was weak (which was actually a more accurate description of the symptoms than the western medical textbooks described), cannot be understated. Needless to say I have a very special relationship with breathing. I understand that is a rather strange sentence, but through my stories, you can see why.

It is said that one form of gratitude is based on the realization of potential loss (in Chinese this term is GanXie – to acknowledge what is), and I can tell you that when you have lost your capacity to truly breath, you understand why every ancient culture has tied the terms for life-force energy to the breath. More than just physiology, more than just base anatomy; when you can't breathe properly it is deeply spiritual, beyond mere cognition and well beyond my ability to communicate in words.

Let us all take a moment to be mindful in our breathing and understand that it is a profound gift. In a moment, it can be taken from us. If we are to live a life of gratitude, we would do well to start here, with every breath.



Tymothy Smith, L.Ac.

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Whenever eminent physicians treat an illness, they must quiet the spirit and settle the will, they must be free of wants and desires, and they must first develop a heart full of great compassion and empathy. They must pledge to devote themselves completely to relieving the suffering of all sentient beings.

— Sun Simiao, Bei Ji Qian Jin Yao Fang I.2 ==

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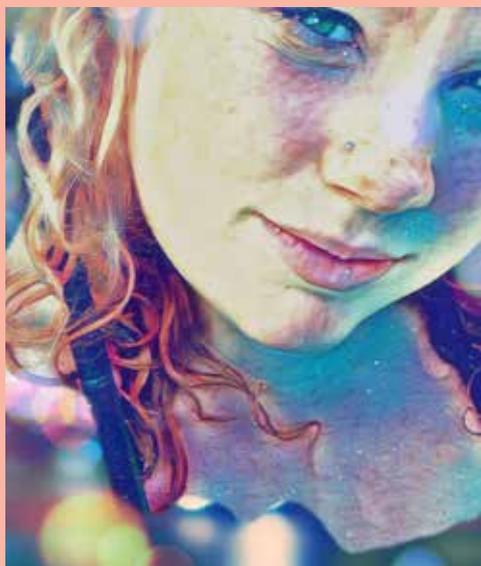
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Tomorrow Makes 7 Years

Zoe Cooper



To
my
sister
with
all
my
love



by
Michael
Cooper

4/6/19

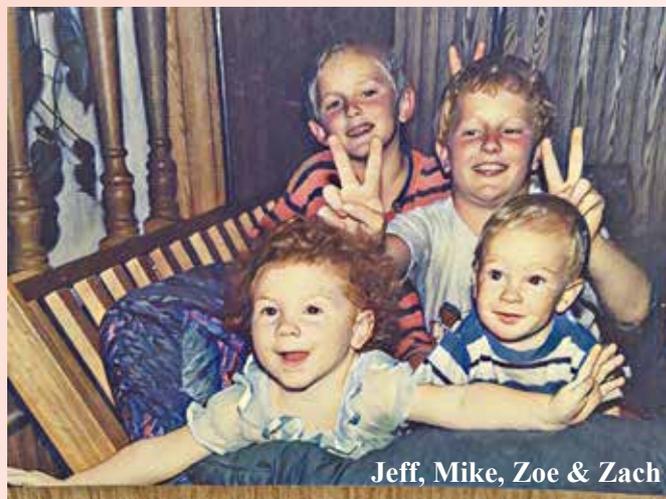
This is a story about a girl who lived until she died. She lived in the normal sense of the word, like the way puppies and flowers and humans do. But, she died in a very special way, like the way saints and angels and empresses do. Here is her journey.

She was born in a chaotic bloody splash much like all of us, but for her this splashing was in a living room, under water while her mother labored in an inflatable kiddie pool. While she was being squeezed through the narrow bones of her mother's pelvis, her father hovered close by. Her brothers played on the floor with trucks and ninja turtles next to the tub, wondering if they should be afraid of all the commotion or just excited for their new baby sister. Her midwife oversaw each step of delivery wisely and without assistance. The girl came out blue with her cord wrapped twice around her neck, oxygen rushed into her tiny lungs and life affirming screams came pouring out as soon as the midwife calmly untangled her. Mom cussed loudly and then rocked the little girl. Dad was overjoyed and overwhelmed. The brothers held her tight against their little naked chests. The midwife was exhausted and slipped away once all seemed right.

Then the family moved to a new town, weeks after the little girl came into the world. The father had seen it fit to buy them a home and all settled in with much joy, but also some struggle and strife, as accompanies all big moves. The girl grew for a bit. Her bald head slowly began showing red curls and soon enough the mother was pregnant with another baby, the final and littlest brother

of the family. The two youngest grew together, inseparable, almost twins. They shared their mother's milk and kept their parents awake for days at a time. The father worked hard to support his family, and the mother worked day and night to learn the mysteries of this world and the spirit world while still remembering to cook dinner most of the time. As Dad made money, Mom crossed the borders of Life and Death. By day she kept a house and by night she tended to the spirits of herself and her family. Father dispatched big trucks for a paycheck, and Mother listened to the Earth and the Heavens and taught her young ones all she could while learning all there was to know of the worlds beyond this one.

The children played in the yard that turned with the seasons. A great big sycamore tree oversaw their make-believe battles and imaginary adventures and all the while observed and loved the whole family. The tree dropped her leaves on the house in autumn, stood bare and watchful all snowy winter, burst bright green in spring, and shaded them with big wide leaves that would daple the hot summer sun. The kids grew and swung from the simple swing their father had hung from the tall, tall branches of the great big tree. They raked and played in the fallen leaves, they made snowmen under her watchful winter gaze, they plucked flowers in the spring. In the summer they picked tomatoes and broccoli from the mother's garden, mowed the lawn sometimes, and caught fireflies in the warm evenings.



Jeff, Mike, Zoe & Zach

All this life and learning progressed until one interesting day when the little girl was sick and told her mama that she had been hurt. She told Mom that the grown-up neighbor had touched her, that he'd kissed her like adults do and told her not to tell anyone. The mother and father got sad, they got angry, and then they got sad again. The two of them vowed to do what they could to make things right and the mother remembered her own pain caused

by grown-up men when she was a little girl. As fast as they could they sold the house with the big tree where the children had played imaginary games and had also been hurt beyond sense. The mother and father dug deep into their courage and imagined a new life, in a new place far from the painful memories of that house they bought.

And so the family moved. They flew across the country and found a magical land right by the ocean. This place had big trees taller than you can imagine and wide-open pastures, sandy beaches, warm rivers and lots of healing. The children continued to grow in this new special land; they played in the forests and the high pastoral grasses. The father continued to work, and the mother found a whole new way to support her family with all the mystical knowledge she had studied. They all moved to a beautiful farm that supported the life and love the family shared, this time under the watchful eye of a great cedar tree, who guarded them unconditionally.

I digress; this story is about the girl. Her life went on. She was touched by coastal fogs and heavy rains, by stolen sunlit moments and swollen full moons that turned the pastures silver. She played with ducks, she rode horses, she collected warm eggs from her chickens, she pet her cats, she was even once attacked by an overzealous lamb. Her life was beautiful, and it unfolded gracefully despite the pain of the past. The young girl grew into a young woman, whose fiery red hair and sharp tongue was a lesson to all who knew her. She always loved her mother (despite their arguments); she always looked after her father; she always teased her brothers and defended them ferociously. There was another girl, and made her family, a wild child of the wind and saddle, and together they formed a bond as close as sisters from separate mothers could. All these people she held in her heart, and all these people she prepared in a special way for the day that she would die.

Finally, we come to the end that would only be a beginning. On a certain Saturday, when the sun was in the right place and the other stars aligned in perfection, this girl chose to leave us. She did so with her littlest brother, her beloved twin, her didi. The girl stepped up into the car that would be her chariot into death, and she did so bravely and without fear (though in her heart she held a special remorse for the grief she was about to cause). As she buckled her seatbelt her grin shined across to her brother in the driver's seat, "Are you ready?" she asked him, "This is going to be a wild ride!"

With those words a journey was set in stone. The two siblings drove through the forests, they wound through the sunlight breaking through trees, they snaked along

the twisty roads deep in the woods along a path that paralleled the river they had always swam in each summer. When the time came, she told her didi to take his hands off the wheel, she demanded he release his grip on her knowing that truly, he was the only one who loved her enough to do so. As his hands lifted and the car swerved, she reached out and took the wheel, she told him how grateful she was and that he would be ok someday. When the car twisted and flipped over the railing, she was serene. The ceiling connected with her beautiful skull and all the Universe spilled out from her fractured body. Stars and rainbows and blessings and her own sweet sacred blood poured forth, drenching her brother in love. Soaking and sanctifying the land where she fell. The girl guarded her little twin and as the car stopped rolling (caught in the embrace of a majestic young redwood tree) her spirit finally slipped off into heaven. On her way out, she paused to bless the land that held her passing, stopped a moment to kiss her little brother once more, soared up and above the clouds to hug her parents, stood in one brother's kitchen to tell him she was done, and then flew across the ocean to tease her oldest brother one last time. Her death happened suddenly and gracefully, it was perfect and holy.

The girl shed her body like a snake. She fulfilled her final wish—to usher in a new type of love for her family and the whole wide world. The trees and bushes and grasses, the river and the soil drank in her holy blood as sacrament. Her sacrifice washed everything clean. The family was left to endure the breaking, they cried and moaned and missed the girl everyday, but she fulfilled her purpose. She sees her family always from the land of spirits (that same land that her wise mother learned to travel to so long ago and then passed such knowledge on to her husband and children).

So, her story ended, but then only truly began. This girl, who lived like a human, but died like an angel, finally started her real life—a life with wings that fly her around the universe. A life with a heart big enough to encircle the world.



Making the Connection

Michael Cooper will be offering wisdom at our workshop on June 1st from 10:00-3:00 Cost \$40 - held at Wholistic Heartbeat in McKinleyville. See more details on page 6 of this issue

Screw You Astrology: You're Not The Boss of Me

By Isaac Bluefoot

The entire notion of astrology is frustrating.

My ability to communicate is somehow determined by the placement of Mercury during my birth. My sense of love and beauty is at the influence of Venus. My emotions are hinged on the orbit of the Moon. Each planet, nay, even each significantly sized asteroid is said to have some effect on our personalities and relationships.

It leaves one to wonder:

Do we have any freewill at all if our very personalities are determined by heavenly bodies whose movements through the solar system are entirely predictable and calculable?

It is an absurd proposition that these planets, moons, and asteroids have any effect on our lives, and yet, after three decades of study, it is hard for me to deny. Overall, this has made me a bit salty toward astrology. Or maybe somewhere in my birth chart, it is indicated that I was eventually going to feel this way.

To be clear, I am not suggesting we disregard the sublime system we call astrology. I am suggesting we all take it with a grain of salt. There are just too many factors to consider. One could spend their entire lifetime doing nothing but calculating every last factor that goes into their birth chart and I have no doubt that if they did, their chart would indicate that they are prone to delve into data and esoterics at the cost of life's other needs.

I have given up on reading my horoscope. I used to read it weekly, but since I have an Ascendant at the twenty-second degree of Scorpio and rather extreme ellipses, it seemed I had to read both Scorpio and Sagittarius and take bits and pieces from each. Eventually, thanks to my Virgo Moon, I came to read transitions and apply them to my own chart. I had to give up on that because I would much rather live in the present. I'd like to think this change was a choice I made, but I suspect that my chart would already indicate that I would feel this way as I got older in life. My Saturn is in the Ninth House after all; or could it be Neptune in the First House?

I like to say that you can tell more about someone's chart from observing them as a person than you can tell about them from reading their chart. Anything I say as I read someone's chart is mostly guessing. It can be frustrating how often these guesses are correct. When the readings are a little off, it can be helpful if someone describes their experiences to me in relation to their own chart. I can learn more about what it is like to have those aspects, and frankly, you cannot imagine how similar "daddy issues" can be shared by everyone with Saturn in some kind of opposition in their Seventh House. My heart goes out to all them, yet I am left in shock and dismay every time I meet another person with these aspects. It seems to be my own particular luck how many times I have found them; probably a result of my Pluto being opposite to my Venus. Damn you, Pluto.

It is not all in vain, and it is not all oppositions.

And even when there are all these oppositions there is much we can learn from them. For example, my daughter with her Sun in the Tenth House, is fulfilled by meeting and surpassing the standards set for her in society. Her Moon, being opposite to her Sun is in the Fourth House, so she gets her emotional replenishment from nurturing home activities. This comes into conflict for her when she has big deadlines, but knows that what she needs are a hot bath

and a good nights sleep. I, having a Sun in Aries opposite her Sun and conjunct with her Moon, would side with her need to take care of herself. This could lead to long arguments, having our Suns AKA egos in opposition. When I finally took the time to compare our charts and consider this aspect to be at the crux of the conflict, I told her about it and now I know to not involve myself in her process. We argue a lot less as a result, though I must admit we did find ourselves back at it during that last Aries New Moon square to both Pluto and Saturn. Damn, Pluto again, just when I thought I was making educated choices based on astrology.

Astrology and Forgiveness

Even if I really don't have any actual free will and my choices are all somehow predetermined by too many gravitational forces to fully calculate, I have found that if nothing else, astrology has helped me learn to forgive people for the way they are. I have a friend that I have known for years and at one time worked together and had great comical banter in and out of the workplace. But



no matter how close we seemed, I never really felt like I could bring up the matters that were most delicate to me and share how my friends become closer to me. During some hard emotional transitions, I didn't really reach out to him. My sister noticed this and asked me why she hadn't heard anything about him for a while. I told her about this feeling I had toward my friend, and how I felt that somehow he seemed emotionally unavailable on those matters, and that it was weird because we had common friends that I went to for emotional support.

Right then, I spontaneously did a comparative chart reading for my friend and I and immediately noticed his Saturn was opposite my Venus. Upon looking up this aspect, I found that it is common for the Saturn member of the opposition, my friend, to see the Venus member, myself, to be immature, while the Venus member saw the Saturn member as cold and distant. At that moment I not only forgave my friend for how he is with me, but I began to forgive everyone else for everything else. Surely there is someone in my life that has their Venus square to my Saturn and to them I am the one that is emotionally cold and distant while I am thinking they are immature. I wish it were so simple as that. We could all learn this lesson from astrology to forgive each other, but I fear that those who cannot bring themselves to forgive, have aspects in their chart that keep them from doing so. Or at least I have to forgive them because perhaps it is some aspect our planets share that prevents me from seeing them when they do forgive.

Damn You Planets

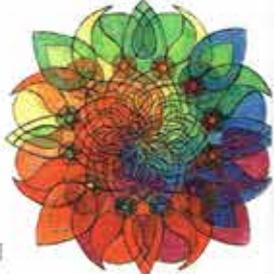
No matter how many idealistic visions of humanity my Third House in Aquarius may inspire in me, I have to expect that people will always be born at different times of day, on different days, and at different places on the Earth. For the damndest reason, the placement of these gravitational forces in accordance with the horizon itself have some bearing on the glands in all of our bodies (or some other explanation) confirms that yes, I have a Sun in the Fifth House and am ever fulfilled by the expression of art, theater, and play; and yes, I have a Tenth House Moon in the Midheaven and am emotionally invested in how "Society" is doing; and yes, my Pluto is opposite to my Sun and Venus, and I have a really hard time with unbalanced power dynamics. In the end, I can just choose to be single for years just to prove to Pluto that I don't need to be trapped in a power struggle.

Damned you, I cry out, shaking my fist to the stars. I do what I want.

Isaac Bluefoot is an artist, performer, writer, and astrologer based in Arcata. Isaac reads natal birth charts and does synastry chart comparisons, but he will warn you, take it all with more than just a grain of salt. He can be reached at 707-267-4084 or isaac.bluefoot@gmail.com

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Reiki and Improved Quality of Life

By John Gracey

Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by "laying on hands" and is based on the idea that an unseen "life force energy" flows through us and enlivens us.

Within the last few decades more and more Americans have been seeking alternate forms of healthcare and healing such as Reiki and other "Eastern," non-traditional, modalities. Thankfully, due to the increased interest, the effectiveness and the overall popularity, many doors for research and advanced studies of Reiki have been opened. Reiki and other energy healing modalities are difficult to study and quantify, so have often been wrongfully portrayed and often just dismissed as nonsense; despite the fact they've been helping people and in practice for thousands of years. Naturally, views are shifting, as the results are hard to dispute, in some cases clinically, and for sure if you've experienced Reiki for yourself. In time, more substantial evidence will present itself, through additional research, but until then I would like to share with you a little bit about what Reiki is, how it's now being studied and utilized, why it works and why you might add it to your busy schedule for improved quality of life.

What is Reiki

The name itself, broken down, translates into two Japanese words, Rei and Ki. Rei, which means "Higher Power/Universal." Ki, which is "life force energy" also known as Qi/Chi and Prana. By definition it is actually "spiritually/universally guided life force energy."

This energy flows through and around all living things and is not affiliated with any religion or religious practice, and therefore, should not be confused with nor should one be concerned as such. Reiki isn't dependent on belief and will work regardless of whether you believe in it or not. Though it has nothing to do with religion, it is still important to live and act in a way that promotes healing and harmony with others, as recommended by Dr. Usui.

Reiki is merely and beautifully, a non-invasive Japanese technique of stress reduction and relaxation that promotes whole body health and can start and sustain self healing. There are

many beneficial schools and styles of Reiki. At one point of research last year, I counted 38 different schools/styles. Usui Reiki Ryoho is one of the more common in the U.S., and the school through which I was taught and attuned as a Master Practitioner. Reiki was discovered by Dr. Mikao Usui in 1922. It entails the "laying of hands" on the recipient wherein the practitioner acts as a conduit through which the 'all surrounding universal life energies' flow through the practitioner into the patient and go to where these energies are most needed for your heightened well being. Reiki energy assists with healing on three levels: physical, mental and emotional.

Reiki as Healing for Veterans

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



Reiki has been life transformative, for me, especially in conjunction with acupuncture, as one who experiences chronic pain from spinal/neck and neuro-damages and the associated mental 'bags' one picks up from such damages that had been incurred during my time and service in the US Army. This pain led to years of fooling around with the Veterans Administration (VA) and varied Western medicine band-

aid approaches and potentially harmful pharmaceuticals resulting in little help or benefit. But over time, thankfully, the Department of Defense and VA began to broaden their perspectives and began research into alternative healing modalities devoid of harmful side effects.

The Department of Defense, Military Medicine Journal, National Institutes for Health, Veterans Administration and other leading edge hospitals and health institutions began doing and accepting research into Reiki, which they generally refer to as 'healing touch,' as a possible solution in healing trauma and Post Traumatic Stress and saw results that could not be denied. There were dramatic drops in PTSD symptoms as well as other healing results. This has led to Veteran clinics and many other veteran outreach programs, as well as American health clinics and hospitals, to make Reiki available to their clients fostering significant quality of life improvements.

Due to some of these studies and huge thanks to amazing Reiki Masters and practitioner volunteers, like my Reiki

Master Kausalya, (Denise) Payne-Ollivier, Reiki for Veterans started being offered at the Redwood Veterans Center in Eureka, CA, in 2009, which started me into a path of healing, training and now sharing Reiki with others. I began receiving Reiki sessions at the Vet Center monthly and felt results after the first session. Years later I'm still seeing, feeling, living and sharing the effects of this ancient practice, which has been slowly but surely gaining acceptance into western medicine thanks to research studies. According to a UCLA study, today, more than 76 major hospitals, like Columbia University Hospital, Yale New Haven Hospital, The Harvard Cancer Center, Johns Hopkins Hospital and George Washington University Hospital and many others are now accepting or making available Reiki as part of their patient services. Reiki education is offered at more than 800 hospitals. It's estimated that more than 30,000 nurses in U.S. hospitals are currently using Reiki practices every year. I trust due to the positive results that this trend will continue to rise. Many insurance companies will now cover Reiki treatments, generally when offered in conjunction with other healing modalities and treatment plans.

What Reiki Helps Heal

Currently, no fully verified theories exist that explain how Reiki or healing touch work. There are scientific explanations for Reiki's effectiveness waiting to be found perhaps in quantum physics and further study of bio-energy and subatomic particle interaction and likely through the field of neuroscience in the future, but for now, the proof is in the body. When you receive Reiki, studies have shown significant decreases in heart rate and diastolic blood pressure because it triggers a parasympathetic (auto-immune nervous system), relaxation response. People that have experienced trauma, physical or mental, and illness can have difficulty reaching this or staying within a healing state on their own. The parasympathetic response fosters a state of peace that can allow the body and mind to let go and reset itself to where innate healing can begin and continue. Your body wants to be the best version of itself that it can and sometimes needs a bio-energetic nudge. Reiki in this nudge to assist people who have experienced or are experiencing: trauma (PTSD), anxiety, depression, chronic pain, chronic fatigue, fibromyalgia, cancer treatments, sleep disorders, post operative healing, stroke rehabilitation, terminal illness and, well, whatever might be ailing people. Plus it's a whole body energetic boost. I'm not saying it'll cure you, but it will assist you and your body to help you better deal with and overcome illness.

With ancient beginnings, growing popularity, increased study, more evidence and usage Reiki is becoming more and more mainstream in and out of hospitals and healing circles because of the positive results recipients have and continue to show. Offering a whole body, passive energy solution, Reiki has dramatically improved my quality of life, and I'm confident that it can for you too!

How to Find Reiki in Humboldt

I hope after reading this you'll consider further exploration into Reiki, talk to a Reiki practitioner or book a Reiki session from a practitioner near you. If you are in Humboldt County you have many options to choose from. I would encourage everyone to check out these Reiki offerings at:

- **Reiki for Veterans-** 1st Friday of every month at **Eureka Redwood Veterans Center**. For times and eligibility info please contact 707-444-8271
- **Healing Path Clinic-** Mondays from 10:00 am to 12:30 pm at **Wholistic Heartbeat** 1660 Central Ave, Suite A in McKinleyville
- **Community Style Reiki Clinic-** Tuesday from 7:00 to 9:00 pm. at **The Isis Osiris Healing Temple** 44 Sunnybrae Center in Arcata

These Healing Path clinics are brought to you by the passion of the teachers and practitioners who are donating their time and expertise to help support and inspire growth and well-being in our community. These are by donations clinics; all donations go to support Healing Path.



COMMUNITY STYLE REIKI & MORE

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John Gracey

John Gracey is an Intuitive Reiki Master of the Usui Reiki Ryoho tradition and has been giving distance and local Reiki from Humboldt County for the past 4 years with the intent of healing and helping to make our community a more positive place. He is currently offering Reiki at Reiki Healing Nights at The Isis Osiris Healing Center Tuesday evenings from 7:00– 9:00pm.

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Isis Osiris Healing Temple, 48 Sunny Brae Centre in Arcata

Trauma and Spiritual Integration

by T Jonathon Proctor



The meaning of life is to live it.

~Joseph Campbell

Spirituality, psychology and neuroscience are waking up. There is no enlightenment, no actualization, no optimization of potential without addressing trauma. This is true for single incident trauma and is equally true for *developmental trauma* or as it is being called, *the trauma of everyday life*.

The awakening is this: Our bodies must not be left out of the healing process. Our bodies are the storehouses of every unresolved/traumatic experience in our lifetimes. These living organisms must be held, encouraged and understood. Their expressions and communications may be shaken out, danced or vocalized. Body regions that have been hardened, numbed, or gone slack need the reinvigoration of conscious breath and movement, in such a way that the light comes through our eyes as a reflection of the fire in our belly, and soft easy smiles radiate from our warm hearts.

The consequences of trauma: anxiety, depression, panic attacks, addictions, unstable relationships, personality disorders, physical ailments and chronic shame are overwhelming our personal lives and our culture. It is increasingly clear that abuse (physical, emotional and spiritual), neglect, abandonment, enmeshment and witnessing tragic events in young life is crippling, not only to the individual and the society, but is even passed on to future generations through DNA [Wiki ACE study and *transgenerational trauma*].

You cannot talk your way out of trauma.

~Peter Levine

Our Bodies and Our Stories.

Trauma is increasingly referred to synonymously as fragmentation. We are *torn apart, go to pieces,*

heartbroken, shattered ... we lose coherence, we are no longer integrated. Our sense of wholeness and belonging are compromised.

Trauma is stored as two types of memory. We have both *explicit* memories and *implicit* memories. Explicit memory deals with our conscious sense of the past. Essentially it is *our story* and is also referred to as narrative memory. The narrative can be more or less accurate or coherent. Talk therapy often involves working to create a coherent narrative memory and although some modern spiritual teachings advise *dropping the story*, having an accurate and coherent narrative is an important capacity of a functioning adult.

Implicit memory is the raw sensory data of memory below the level of conscious thought—the body memory. These are the memories that are stored, not only in the lower brain, but in the muscles, fascia, cells and even DNA. Implicit memory not only holds your capacity to walk or drive a stick shift but also our beliefs about reality—the safety of the world and others, our lovability, capacity for expansion and abundance, etc. Complex constellations of memory become unconscious *schema* or maps for our behavior. This is why in spiritual traditions we are often invited to *awaken from the dream*. These schemas are the basis of our *reactivity*; responses programmed into our implicit memory. Fight, flight, freeze, faint or some combination, forms the basis of our reactivity. These basic survival impulses drive a diverse array of human behavior in the form of rigid or chaotic coping strategies.

Like our narrative memory, our implicit memory can be clarified. The result in this case is not a clear and accurate story of ourselves but a capacity to respond to life situations in a way that is appropriate to the moment rather than what our bodies have come to “believe” from the past.

This embodied liberation is where healing can happen most quickly. As we regain connection to our bodies, the potential is to realize our true spiritual nature: boundless love, luminous awareness, immanent presence or vast emptiness. The body, however, is more than just a portal, it is *living spirit*.

The following steps may prove useful for awakening to body as our spiritual ground:

- 1. Physical practice:** Consistent physical exertion is incredibly potent for our well-being. Cardio and weight-bearing exercise, as well as, dancing, singing, drumming or quiet walks in the woods are regulating and sustaining. Professional methods like Myofascial release, structural integration, breathwork, etc. also bring awareness into the body, as do yoga and EMDR (eye movement desensitization and reprocessing). The key is *interoception*: attunement to the inner feelings of the body both gross and subtle.

2. **Self investigation:** As the capacity for interoception grows, we must also come to know the meaning of our feelings. What is the guidance within feeling? What emotion or physical movement does the body want to express? What action, growth or development needs to happen? Sensing our inner experience can guide us to actualizing our potential, whatever that may be (doing a triathlon, digging a garden, or starting a business or a family).
3. **Shadow work:** Feeling ourselves more deeply and understanding these feelings will reveal old wounds that need attention and compassion for healing. We need to see how we are living out our past in present day schema or *enactments*. This will likely require the help of a skilled teacher or therapist but it will support the next step.
4. **Building trusting relationships:** With good fortune, even those of us with difficult childhood relationships can find safe and secure relationships in adulthood. It is also important to be realistic about our expectations for healing within our intimate connections as there are limits. Relationship with a teacher or therapist can provide the openness to explore and unravel contractions and dive deeper into healing presence. Engagement in an open and supportive community is also a healing for the unfolding soul.
5. **Connection to the ineffable:** Meditation, mantra, music, satsang, sky gazing, silent retreat or anything that takes us beyond our limited sense of self while remaining connected to our interoceptive vitality can be a vehicle for healing. There is also a growing body of research to support the use of psychedelic medicine in working with both single incident, and developmental trauma [maps.org].
6. **Cultivation of the subtle:** For those that connect to ineffable presence there is a bottomless well of subtle qualities and capacities, a spacious inner world of love, compassion, power, intelligence, fortitude and value. Ultimately, to know our innermost being is to know ourselves as timeless, loving and indestructible radiance.

While we certainly live in challenging times, many of us have access to support and freedom for being our true selves that is unique to this time in history. Even taking the time to read an article like this is a testimony to your drive to be true and free. Of all that has been mentioned above, by far the most powerful tool you possess is your heartfelt, sincere desire to be real, and to be liberated from soul-limiting beliefs and reactions. Take a moment to feel inside—

What it is like to desire freedom.
Allow the breath to enter that feeling.
Let it expand, let it grow.

T Jonathon Proctor

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your transformation—awaken to the truth
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SOULFUL BUSINESS

By: Amy Day

I believe in the work of the healer.
I believe it is our time to rise and share our work and our wisdom.
I believe in building a vessel that will carry it to the larger world.
I believe the time is now.
And I am ready to step in with you.
Because together, as one of my many teachers reminds me,
We RISE.

OFFER IT UP

Nearly 10 years ago, when I completed my first yoga teacher training, the advice I received around teaching, finding a gig, getting paid and figuring out a way to make some semblance of a “living” off this newfound skill of mine, was simply:

Offer it up. Teach anywhere, everywhere. Give it away. Give a class on the plaza. Your bedroom. Your friend's garage. Put it out into the Universe and trust that It will provide.

With all love in my heart and due respect to the wonderful women who trained me, I can now say, a decade down the road, that this is some of the worst advice of my life.

I spent the first 6 years as a yoga teacher following this advice. I taught anywhere that would take me. Made next to nothing for my time. In turn, this added tension and frustration to my marriage. Furthermore, it made me doubt the value of my gifts, my skills, and my time.

Our work is valuable. Our gifts are needed in this world. And yet the same care we've taken to learn and hone these gifts needs and deserves the same self-care to share them with the larger world.

Time.
Visioning.
Consistency.
Curation.
Skill.

WASTED MARKETING ENERGY

We spend so much energy as healers learning, honing and investing in our craft. We travel the country, oftentimes the world, taking workshops and seminars and extended certi-

fications and trainings from teachers in our field. We invest hours, thousands of dollars, and our life's energies to step fully into the work we're called to do. And yet, all too often, when we're called upon to turn this work into a viable and sustainable livelihood, the best we're offered for marketing and sharing our work is a spitball formula of hackneyed and unproven methods that don't serve us or take us to a place of sustainable growth.

We hang flyers. We print up our cards. We hold free events that don't garner the type of inquiry or attention, or the right type of engaged and hungry clientele we seek. We dabble in the online arena. Toss money at Facebook ads and fill our feed with “Live Videos” and all caps-style “status updates” that are basically an ill-cloaked ad for our services. We throw the book at it, hoping that one of these avenues will yield something.

I remember at a certain point I made the decision to gain some expertise inside this area so I could translate my skills and passion into something that no longer felt like an expensive hobby. I've spent the past three plus years studying everything I could get my hands on: from marketing, to pricing structures; from building joy and ease into my work life and routine, to honing my message so as to reach the right people (*my* people who want and need what I have to give).

WHY VISUALIZING YOUR PERFECT CLIENTS ISN'T ENOUGH

A while back when I asked a friend and client of mine what her particular marketing strategy was, she mentioned a goal she had was to generate a few more private clients. She told me that her main strategy was to close her eyes, take a deep breath, and clear a space internally for those perfect people to find her and her work. That was it.

I love this perspective. It is paramount that we get good and clear and aligned with our purpose and our calling in order to do the work of the healer. The first work we do must be an INSIDE JOB, before anything else. But the Inside work is not, in and of itself, *enough*.

Let me repeat.

The Inner/Inside work: visioning, holding space, calling in, communication with Source, invoking the Light, Opening

to Grace, whatever this process entails for each of us, is not enough.

The Inner work must be met with the Outer work. The Vision must be fed by Action. And the holy jam sessions with Spirit must be followed up by conversations with our fellow (wo)men. Such as finding the people that need what we have to give, offering it up with language that they can understand, and crafting a clear and open Invitation for them to step in, say Yes, and inhabit the healing space that we've envisioned for them.

Beyond the vision for what we want to create, we must craft the space in which that vision can unfold. Just as we carefully select our music, our lights, our temperature, our tools and our accoutrements for the perfect healing to take place, so too, must we do the work of setting our work up to flourish and take flight. Craft a vehicle, a *marketing vehicle*, where optimal communication and engagement can take place.

I am learning still.
And I have so far to go.
But I have amassed some knowledge in this realm thus far.
And I want to share it with you.

WON'T YOU JOIN ME?

Here in this community, we are surrounded by healers of all stripes and shades, many of whom are barely able to scrape by. I do not want to promise you instant riches. I cannot promise you success overnight. But I can promise you some insights and skills and community around this topic. I can promise you a renewed sense of hope and possibility inside your business and your calling and maybe even by extension, your Life.

Join me and learn about:

- matching our inner vision to the outer work
- crafting a vision for the type of work and livelihood we wish to create.
- building up a clear voice and message around the work that attracts the people we desire to our field.
- building support and camaraderie and skill-sharing along this path (we need it).
- creating a reliable and sustainable method for generating clients;
- creating livelihood around the work we're called to in this world.

Amy Day is a longtime yogi, writer, herbalist, mama & lover of all things creative. She believes in crafting practices and communities, which supports us inside this Life right now and creating rituals and relationships that liberate, activate and sustain us. She works with groups and individuals that are hungry for transformation. The type that shows up, not just on the cellular or soul level, but that ripples into the world beyond. Through her work as a teacher, podcaster, healer, storyteller, etc. she hopes to inspire us all to use the mighty tools we all possess - to craft the type of world we wish to inhabit. One faltering and bless-ed step at a time. She offers her services as a holistic coach and creative business consultant. You can find out more about her, and the work she does over at TheWorkOfTheseHands.com

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We'll come together to share, envision, and hone our messaging and strategies about our work. I'll share a brief bit about what I've learned in the past few years of studying these things and offer opportunities for learning and growth in your own healing enterprise. If you resonate and want to learn more, I'm offering you beautiful *Wholistic Heartbeat* readers & healers a chance to go further and deepen this work together with a **four-week, deep-dive coaching package to help you gain some momentum and clarity in this area of your work and world.** Inside this container, we'll meet once a week for an hour or so, and streamline your priorities, your message, and your outreach strategy so that you can gain some much needed traction & success. Right now it's a discounted rate of \$325.

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Gift of Return

By Amy Gundersen



We are all wounded, lost aspects of Light shimmering in the darkness of our programming ... awaiting a remembrance. We agreed to experience the great separation from Source and all of our experiences are part of our journeys.

As I lay here in the early morning hours, my mind races with these thoughts that I'd like to express to my dying father. For so long, I wished he were a different dad. I wanted a dad who loved cuddling me when I was little, who called me cute nicknames and other terms of endearment, who playfully teased me, but I felt safe with, and held me when I cried. But my dad wasn't any of these things; I always blamed myself for not being enough for his love.

As time passed, that sadness turned into anger that grew into something I didn't understand nor did I want to. I pushed away the aching feelings; I pretended I didn't really want his attention and love, and inside of me a void developed. A void of loving myself in ways I didn't know, ways I'd never been taught. So over time it grew, resembling a rose bud guarded with prickly thorns.

Feeling unsure of myself in many ways, I forged ahead, diving into the prickly art of growing up into a teenager out of the hurtful memories of my childhood. In many ways the intention of burying my pain of feeling unwanted by him worked well. Very well, in fact I had nearly forgotten it myself as it laid there buried in my shadow. It took descending back into the dark waters of my youth to discover my own feelings of lack originated in the unintentional pain programs that he too received in his childhood.

As I explored my shadow, I saw his fear. I saw his hesitation in all that he attempted to accomplish. I saw him hold back words he wanted to say. I saw him forsake his dreams due to self doubt. I watched his mind race with intelligent thoughts only to never have the confidence to put ink to paper.

As I grew into becoming a parent myself, I caught glimpses of the wounded child within and saw that it often was a reflection of him. We were two of the same, both shrouded in self doubt, fear and hurt. He, too, experienced the lack of emotional connection, tenderness and compassion from his own parents who lifted the bottle too often.

I now see a man on his deathbed, who like myself as a child, wants to be cuddled, cherished and loved unconditionally. I have come to see that he was wounded and scarred by hurts to painful for words ... and I also see myself. Acknowledging the pain and facing the thorns of the past, I soften, dissolve, and heal the anger, blame, shame, hurt and lack that goes back generations. I forgive the man he was not and love the man he was able to be. I also forgive myself.

This experience was a major part of my journey. From the nothingness I felt has given rise to a new freedom in embodying the sovereign Being I AM. I've been given a gift of return by remembering the Divinity within. All is forgiven. All is loved.



Just a Dream Away
Song from Fraggle Rock
Episode: Gone But Not Forgotten

Feel the water flowing
Feel it coming, feel it going
In the river, in the rain, or in the sky!

One day it's an ocean
One day ice in motion
One day it's a teardrop in your eye.

Once I wasn't here
and then I suddenly appeared
And now I seem to be at home in earth and air!
Just like water flowing, I know where I'm going
Look beneath your boots and I'll be there.

It's just a dream away
You've got to leave to stay
We'll meet again someday
Just a dream away.

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Electro-Lymphatic Drainage

The lymphatic system, also known as the secondary circulatory system, is one of the body's natural waste removal systems. Toxins can accumulate in the lymphatic system due to poor nutrition, dehydration, pollution, constipation, and lack of exercise. When this happens, the body becomes sluggish and possibly sick. Electro Lymphatic Therapy is an accelerated method of moving stagnant, sticky lymphatic fluid out of the body. The healing frequencies break up congestion, re-balance the cells and enhance the immune system.

Ionic Foot Spa

These naturally stimulating and relaxing treatments are based on the ionization of water and osmosis to draw toxins from the body. This offers a way of approaching healing through saturation of the blood, tissues, cells, and organs with negative hydrogen ions. These ions act as both an energy carrier and an antioxidant in the body.

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A Message from the Spirit of Cannabis

By Nana Hendricks



Walking through my friend's garden one day, I heard the Spirit of Cannabis say "Can you please tell them to refrain from adding that mixture to my soil?"

I looked around to see that there were empty containers of fertilizer on the ground next to me. She went on to explain "when added too soon, it keeps me from growing my roots."

When I shared this with my gardener friend, he said "It makes sense, roots grow because they are seeking nutrients." This was the beginning of my relationship with the Spirit of Cannabis.

ROSE QUARTZ ESSENCE

Since then she has shared more with me. Her true essence, she says, is like rose quartz: she is calming, nurturing, and healing. She likes to have rose quartz in the garden with her and pink rose bushes, too. She says that they are helping to release the negative stigma that has been placed upon her. The vibration of the pink roses and rose quartz lift and cleanse the negativity associated with her while she is growing.

SHE IS OF SERVICE

She has also been showing me how regulating her light is not something that she enjoys, but that she endures it because it is serving. Her greatest desire is to be in service to the planet & humanity and to share her healing abilities. She has been shunned, shamed and labeled in negative ways, but actually she is a sacred plant medicine that has more healing abilities than any other plant species on the planet.

A SACRED NATURE DEVA

She understands that there is an evolution occurring and that we are beginning to truly understand how she can assist humans. She is patient with the process, but would like for us to know that there are ways that she prefers to grow. She flourishes the most when she is in her natural rhythm with nature and the cycles of the season. There are things that we can do to honor her too, like seeing her as a sacred nature Deva, not just a cash crop. We can create a sacred space in our gardens to celebrate our relationship with her and all the blessings that she brings into our lives.

HARMONY IN GROWING HER

One day a friend called me and said that they were having weird things happen with their plants; they were flowering too soon. They asked if I would come and communicate with her and determine the cause of the problem. When I arrived she shared with me that she was "showing the growers the vibration that they were creating." She went on, "There is too much emphasis on production." She explained that she could feel all of the stress and anxiety in the people handling her and that they were not honoring her process. They were just focused on the results with "too much pressure to produce." So, she did, she flowered too soon. This was her way of communicating with them. I asked her what they could do to fix this problem; she said that she wants to have a peaceful growth process with people enjoying working with her through every step, not just rushing and stressing to get end results. My friends agreed to change the way they were handling her and to take it easy. We said a prayer and held intentions to change the approach to her growth. Over the next few days, the problem fixed itself naturally because there was harmony instead of disharmony in her handling. In the process the gardeners learned to slow down, relax, and do things with a pace of grace and a greater sense of presence and reverence. It was healing for them in more than just the ways that they grow plants. It affected how they live their lives every day.

MEDITATIVE HEALING

Cannabis is healing in many ways. Recently, she began asking me to bring people to meditate with her. She said that they need not ingest anything and that her vibration alone would create the healing. When we sat in the greenhouses and in the fields, she amplified her frequency and sent waves of healing energy into our bodies. We were altered consciously and felt the nurturing energy soothing us physically, emotionally and mentally. It was amazing. She then shared a beautiful analogy.

She said that currently her light is being regulated artificially and that tarps are placed over her to disconnect her from the natural light source. She said that we humans do this, too. We “tarp” the light that we carry within and cover it with false beliefs, unhealthy patterns and programs. We separate ourselves from the natural source of light and block the flow of our Soul with these accumulated densities that collect as blockages in our bodies. We can remove these tarps that we are wearing and let the light shine forth from our core, from our inner-Source. She said, like her, “The tarping is serving and that growth is occurring.” We can tune into ourselves and see how we are tarping our own bodies and begin healing. It is a process and we are making progress. Eventually, there will be no need for tarping our plants or our bodies. We are all evolving to becoming more transparent and free to live openly in the source-light that exists within all living things.

PLANT WHISPER

After being an intuitive visionary for 20 years, I never imagined that I would wind up here, a plant whisperer. I have had this gift of great sensitivity that can tune in and receive any subtle frequency. My greatest passion has been connecting people with their own inner Soul Light and helping them heal what blocks the inner divine source-light from shining forth. Now I see that the Cannabis deity has a similar mission: she is here to heal, to soothe the soul and nurture the mind, body and spirit of humanity. That day in the garden changed things for me. I love being an intuitive visionary guide, a bridge to the “other side” and now, I am so honored to also be a voice for this sacred plant spirit and to assist her on her journey of healing humanity.

HEAR YOUR PLANTS

If you would like to hear what your plants have to say or if you would like to heal with her in a sacred way, I would be honored to assist. Please email me at CannabisRose@yahoo.com Namaste’

Nana Hendricks is an Intuitive Visionary who uses her gifts to assist humanity with the evolutionary process. For twenty years she has led groups and retreats to sacred sites and to the core of their Being. As a compassionate spiritual teacher she is liberating, illuminating and celebrating the Soul Light of Oneness and the higher states of consciousness that exist within all of US.

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The Bhagavad Gita

May / June 2019



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

By Krishna Jaya

Chapter 2, Verses 68, 69

“Use your disciplined mind,
Arjuna, to free the senses
From attachment and aversion alike
And live in the full light of the Self
Which is dark night to the ignorant.
The ignorant are awake in their sense-life
Which they think is daylight.
To the seer it is darkness.”

Paramahansa Yogananda’s Commentary:

The worldly person is alive and awake in material pursuits while the yogi slumbers indifferently amidst material desires. The sense-hypnotized person sees nothing but the world and is unable to sense the presence of God. The wise wakefully enjoy the presence of God permeating all things.

Sri Eknath Easwaran’s Commentary:

Most of us look at life through the lens of our own prejudices. This ultimate narrowing of vision occurs when we look at everything as pertaining to ourselves through an isolated ego-slit. If we could have asked Ramana Maharshi what he saw when he looked out on the world, we would have been heartened to hear him say that he saw it whole. He was aware of the turbulence and violence in the world but for him the world is a hospital where we are all being treated and made whole.

Krishna Jaya’s Commentary:

When sages like Paramahansa Yogananda and Ramana Maharshi see the world whole, they are awake in a steady stream of unifying Spirit, perceiving all the phenomena of manifested reality as resting in the totality of the Self. This is day for the sage, but night for the rest of us. Day for us is a life occupied by body/mind identification, which is night for the sage.

A teaching from Ramana Maharshi (reported by A.D. Mudaliar in *Day by Day with Bhagavan*):

You who put self-reliance on a pedestal wish to be accountable only to yourself. To restore balance, enquire, who am I? When other thoughts arise, without trying to complete them, immediately enquire to whom are they arising. As each thought arises, be watchful and ask to whom is this thought occurring. The answer will be ‘to me.’ If you persistently enquire as to the source of this “me,” the mind will return to where it issued from. As you practice this more and more, the power of the mind to remain consciously situated in Source will be increased. Practice ceaselessly this meditation on the Self. However great a sinner you may consider yourself to be, instead of lamenting, “I am a great sinner and progress is impossible,” earnestly pursue meditation on the Self.

Krishna Jaya’s Commentary:

Maharshi maintained that to realize yourself as an evanescent expression of Source is the culmination of the journey from darkness to light. This is the crux of Krishna’s teaching to Arjuna. Arjuna is asked to take refuge in Krishna, in Source, in the Higher Power and in his higher self, which are different descriptions of his essential being. When Arjuna realizes this in his innermost core, he will, like Maharshi, see life whole. He will be swimming in the Self in which all thoughts, events and experiences arise and into which they all subside after running their courses.

Arthur Osborne, Ramana Maharshi’s student for many years, writes in his book, *For Those with Little Dust*:

The one thing that all of us are absolutely certain about is our own existence. We may come to believe that we are sitting at a solid table or at a cluster of whirling electrons around sub-atomic nuclei. However, what we know from personal, first-hand experience is that we exist. From this apparent certainty, we make the unwarranted deduction that we are limited individual beings, identical with and located within a particular body/mind instrument. Therefore, we start to worry about what will happen to this limited individual when, at death, the body/mind instrument dissolves. Will it continue to exist without a body? Will it get an ethereal body in place of a physical one? Will it take form as a new identity in a new physical body? An awakened being knows that these are unreal questions, for the hypothetical individual about whom they are asked never actually existed. The unreality of the theoretical individual forms the starting point of Buddhism. Its final realization is the culmination of all religion. A religion like Christianity, which does not say outright that the ego does not exist, comes around to the same point by insisting that it must be sacrificed. When you give up your life (ego) for the sake of Christ, you will find

“it,” that is, the true universal life of Spirit; whereas, when you cling to your life, you will lose it, that is, pure Being, your divine inheritance. To give up the ego is the hardest thing to do, even though you may be convinced theoretically of its unreality. People cling emotionally and tenaciously to this false hypothesis of separation.

In Relationship to Tarot

While preparing this column, from early March to early April I drew 36 Tarot cards and the Ace of Cups appeared 4 times. When a card appears again and again and again within a short stretch of time; it's a sign. The Osho Zen Tarot deck calls the Ace of Cups Going With The Flow and in the image a person floats downstream, in tune with the Tao, the watercourse way: At ease in the stream, taking you where it will; filled with Spirit's Love; mastering the art of receptivity; floating now, trusting life to hold you up; taking you where you need to go; Nature's way.

This fits nicely with a passage from Richard Bach's *Illusions*:

And he said to them, within each of us lies the power of our consent to freedom or slavery. A mill-man said, easy words for you, Master, for you are guided as we are not, and need not toil as we toil. The Master then told them a story. Once there lived a village of creatures along the bottom of a great crystal river. The current of the river swept silently over them all, young and old, rich and poor, good and evil, the current going its own way, knowing only its crystal self. Each creature in its own manner clung tightly to the rocks of the river bottom, for clinging was their way of life, and resisting the current was what each had learned beginning in childhood. But one creature said at last, I am tired of this clinging. Though I cannot see it with my eyes, I trust that the current knows where it is going. I shall let go and let it take me where it will. The other creatures laughed at her and called her a fool. But she heeded them not, and taking a deep breath let go and the current lifted her free from the bottom. The creatures downstream to whom she was a stranger cried, see a miracle! A creature like ourselves, yet she flies! See the Messiah, who has come to save us all! And she, carried in the current, said, I am no more Messiah than you. The river delights to lift us free, if only we dare let go.

Krishna Jaya's commentary:

We dare not let go until we have been healed of our wounds, in the fullness of time, through our experiences in this hospital of a world. We are conceived whole in mother's womb, immersed in the oneness of the amniotic fluid. We burst forth as air-breathing mammals at birth and for a time remain in a blissful state of union where the boundaries between self and other are not delineated. Inevitably, boundaries appear, and we are taught to differentiate self and non-self, and to think

of ourselves as special somebodies in an alien world. Painful blows are delivered by life's happenings. Those who are sheltered from life's blows are spared wounds but never heal the split within themselves. The wisdom that comes from suffering and the consequent healing, if we are lucky, brings with it the insight that dissolves the split of self and other in a higher unity which nevertheless acknowledges the presence of diversity within the Whole.

Osborne expresses the paradox in this way:

The nearer you approach the universal truth of your Self, the more your phenomenal individual self will be molded into its true form. Without any vows, without arrogating to yourself the control of your destiny, you will act according to your innate nature truly and rightfully.

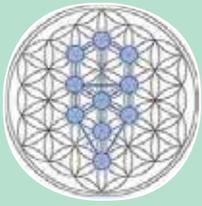
Krishna Jaya's commentary:

No longer divided within yourself, growing into the mature expression of your higher self, awake in the Self and in tune with God's presence, you will have relinquished the need to control your life. What was a metaphorical acorn in your mother's womb will have become a full flowering oak, providing shade and sustenance to all under its umbrella. But here's the thing: the journey from acorn to oak, from a floating oneness in the amniotic fluid to a flow-state of conscious immersion in the stream of life cannot happen without struggle, pain and suffering, imaged in the struggling creatures grappling with those rocks at the bottom of the crystal river. It is these struggles that yield the wisdom which ready us through cycles of time and space to let go of the rocks and flow freely down the stream. This is the loving message beckoning us onwards and upwards from our higher selves outside of time and space.

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



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May / June 2019

Tarot Wise

By Carolyn Ayres

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



Poem by Portia Nelson:

Chapter One of My Life. I walk down the street. There's a deep hole in the sidewalk. I fall in. I am lost. I am helpless. It isn't my fault. It still takes forever to find a way out.

Chapter Two. I walk down the same street. There's a deep hole in the sidewalk. I pretend I don't see it. I fall in again. I can't believe I'm in the same place! But it isn't my fault. And it still takes a long time to get out.

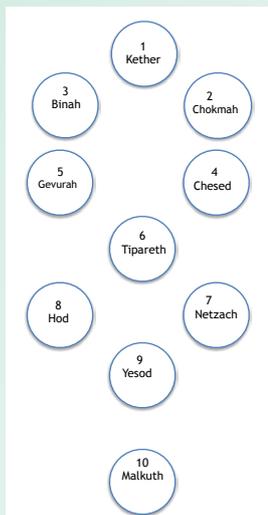
Chapter Three. I walk down the same street. There's a deep hole in the sidewalk. I see it there. I still fall in. It's a habit! My eyes are open. I know where I am. It is my fault. I get out immediately.

Chapter Four. I walk down the same street. There's a deep hole in the sidewalk. I walk around it.

Chapter Five. I walk down a different street.

JUSTICE – Choosing A New Path

Here at the bottom of the Tree of Life at Malkuth, the Tens, we can choose to walk down a different street (see image to your right). We can choose to stop the spinning, the distractions of this reality. With the next Major Archetype, **Justice** (or Adjustment in the Thoth deck), we can choose to begin the ascension process, moving out of the mind and into the Greater Self. In this image by Cathy McClelland from her Star Tarot deck, you can see a combination of the Thoth and Waite Smith images. Justice is balanced on the Sword of Cosmic Truth and holds



the scales of the Goddess Ma'at of the Egyptian Hall of the Dead. Ma'at weighs your heart against a feather to see if you have done the work to ascend the wheel of karma. These days I would say that it is our own Self who weighs our hearts and find them wanting. In that realization is born our Desire for evolution, to come back to the Self who truly knows how to live in Balance as the Divine in human form or simply as Love.

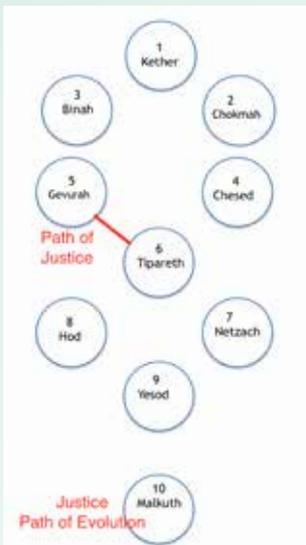
SPARKING JOY

I suppose that many of you have heard of Marie Kondo's book or Netflix series *The Joy of Tidying Up*. Well, one could say there are some parallel ideas here. For the "Justice" card is one of paring away to the essentials; getting rid of stuff that does not delight, enlighten and serve you. For here, you begin a long, uphill journey of releasing and renewing and you do not want to carry all your stuff with you. The Sword of Truth is two sided, and the balance is exquisitely purposeful as we begin the process of cutting away all false realities and mind deceits so that we see the Path clearly with a balanced mind and heart.

Cosmic Justice is exacting. It does not veer to the right or the left, but is perfect. Karma is, in the long view, a balancing force even if the temporary results are disruptive. This means that, according to cosmic justice, we must account for and atone for all of our behaviors. -Eakins

COSMIC JUSTICE & KARMA

Traditionally, the Justice card is about courtrooms, paperwork and contracts, but when placed on the Tree of Life, it becomes Cosmic Justice, that is, Karma. On the Tree, its path lies between Gevurah (5), on the Pillar of Form and Tipareth (6), at the center of the Tree. Tipareth is THE place of balance on the Tree, the place of our Higher Consciousness. But, in order to come into this Balance, we must travel to Gevurah, the sephira of Severity, Strength and Awe where we are challenged and refined over and over. Look at the Fives in your Tarot deck. Notice these always "difficult" cards, and now you know why, and who or what is challenged here for it is only the mind's perceptions of its reality. Going towards Gevurah (5) from Tipareth (6), Justice is the path of struggling to stay balanced as we navigate the circumstances of our lives. Going back toward Tipareth from Gevurah, we discard anything that keeps us from standing in the Light of Source, that is Kether (1). The Lightning Path of Manifestation has joyously zigzagged from Kether (1) to Chokmah (2) to Binah (3) to Chesed (4). So at this point the severity of Gevurah (5) can feel like a brick wall. But it is with the challenges and seeming limitations of our lives that we are truly shaped. Binah (3), the first sephira on the Pillar of



Form is the first limitation, but its containment acted as a loving womb. Now at Gevurah (5) we have crossed the Abyss and are separated from our Source. We come into the challenges of individuation, that is, we are being molded by our life experiences into our uniqueness. This is important, for we are here to bring our own gifts to the great diversity of this planet. As we travel this Path of Justice /Adjustment, of pristine balance, we are asked to once more come into alignment with Divine Desire at Tipareth. This is the perfect

balance of our Soul/Spirit and our Mind/Body, which is an ongoing process of constant adjustment.

You may choose to move beyond karma, beyond the same old drama, the spinning of the Wheel...

Here is a Reading for Justice/Adjustment:

1. **Pick a card** for you in Malkuth.
2. Cross with **a card** for the gravity of Malkuth, the whirling of The Wheel, your Resistance to the challenge of moving beyond your known world.
3. **The Path of Justice/Adjustment: One card for Gevurah (5) and one card for Tipareth (6).**
What are you challenged to balance at this time in order to move forward?
4. **Pick One card** for how to center with this challenge of balancing and come to a state of rest. What does this look like for you?
5. **Pick a card** for how this process of centering is influenced by the collective at Yesod (9).

If you want to be on my email list, you can receive my New Moon Message and Tarot reading each month and hear about my classes and workshops. Also private mentoring and consultations are always available on the phone, Skype, Zoom or in person at the Garden Studio in Eureka. If you are out of the area, I am also teaching privately online with Zoom. For more information about my classes or private consultations, call 707-442-4240, email me at carolyn@tarotofbecoming.com or check out my website at www.tarotofbecoming.com. If you are on Facebook, please "Like me" at www.facebook.com/Tarot-of-Becoming.

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

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

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Remote Healing

by Dana Biondo

What is Remote - Distance “Energy Healing” and How Does It Work?

Remote or distant healing is an intent to send harmless, harmonious healing energy to another person, place, plant, animal, situation, condition or object. As you can see from my explanation, it has no boundaries and it can and does release, remove, and recalibrate living and nonliving things. This may sound unlikely because traditional medicine, dogmatic religion, and some scientists say it’s not possible. However, more and more concrete and scientific research is proving it does in fact work and physical distance is not a constraint.

Think of it this way: We Are All One. Like the Butterfly Effect, when a butterfly flaps its wings on another continent it is felt thousands of miles away. Or when a tsunami hits Indonesia, it has repercussions in the United States. We are all interconnected, interrelated and interdependent. Most of you know this, and the rest of you are contemplating it. This is not new information if you are aware of what is going on around you.

Examples Of “Energy” At Work

If you’re still uncertain about this unseen energy, think of something like the cellular phone which we have about 4 billion worldwide as of now. This is an example of energy at work. The Merriam-Webster dictionary has several definitions for the word “energy,” and one of them is especially relevant to this discussion: “a usually positive spiritual force; the *energy* flowing through all people.”

Notice the term “positive spiritual force.” What does this mean to you? If you think about it, the definition explains how energy is in the spirit realm yet with intent, can be used for positive results. And it does not have any boundaries. If it’s spiritual, it’s “invisible.” You cannot see it. However, on some level you know it’s real. *Charles Dickens’ classic story, “A Christmas Carol,” perfectly illustrates the invisible soul.*

Invisible Yet Tangible

Here is another definition from the Merriam-Webster dictionary that explains energy very well: “a fundamental entity of nature that is transferred between parts of a system in the production of physical change within the system and usually regarded as the capacity for doing work.”

Notice the similarity between the words “fundamental entity of nature that is transferred between parts” and my explanation of the intent to send energy to another person place or thing. So, you see again it is something tangible, even though it is invisible. All energy is invisible.

Another excellent example is something you and I take for granted: electricity. Electricity is energy being transferred from one place to another. The intent to heal or recalibrate at a distance is no different. Change the frequency and you change or alter the structure or object or person or animal or plant or situation. And again, distance makes no difference. One mile or 10,000 miles has no relevance.

For example, pray for a friend who can use an uplifting thought. Have them be as far away as possible—even in another country—and wait for the results. You can prove it to yourself by calling them or writing them, not revealing what you have done, and asking them if they are “feeling” better.

Remote viewing has and is being used by the military and independent agencies like the police who hire remote viewers more to solve crimes. Here is another example of intention to use Energy Without Boundaries: Have you ever had a phone call from a long distance, say from in another country, and know who is calling? I have, and it is very common for me now. This demonstration is how you can “tune into” someone using the energy called knowing or feeling, which is unseen invisible Energy.

Biblical Proof That God is Energy

From John 1:1, in the King James Version of the Bible: “In the beginning was the Word, and the Word was with God, and the Word was God.” Also from John 1:3 “All things were made by him; and without him was not any thing made that was made.” The Bible is, of course, is the primary source document for the Christian faith. As of 2015, 2.3 billion people identify themselves as Christian. It’s the largest religion on earth. (You may wonder why I make this quote and I will tell you.)

As you see, the King James Bible says clearly that “All things were made by him.” And the secret is the word “God.” If you break it down to the simplest form or structure, God is everything, and to me this means God is “Energy.” Think about it.

Without him nothing was made that was not made. Break it down again to a scientific explanation: the atom is what makes up “everything” in the universe. Then take the etymological

meaning of “universe.” It literally means “One Song.” So if the universe is “One Song,” how can anything be separate?

Whatever name you call it, distance healing, “Reiki” or whatever - does not matter; it has been used from the year 2000 more than any other form of holistic healing in the United Kingdom, the United States. (*See article: <https://www.collective-evolution.com/2016/03/11/how-reiki-actually-works-the-science-part/>*)

Spiritual Power

Another term is the Force or the God Force. It all is the same thing. I love that Orin says there is only One Power. It’s not a power over or power against or power under. It’s not a power that comes from a force of will or rigid determination. Spiritual power has been called that which has no power, not in the traditional way of understanding power.

Spirit, the Divine Self, the source of all life, is omnipotent. That means there is nothing else that can have power over it, for it is all power. There is no opposing power, there are not two powers. There is only one power, the power of the Light, the power of consciousness, the power of the God within. There can be no power in anything of the material world that is more powerful than that of Spirit, for Spirit is omnipotent.

It clearly states that again, with the right intent, this One Power, which is in every one of us—the Kingdom of Heaven Within—can be used for good will and good purposes. It is infinite and omnipotent. Infinite means no boundaries. Omnipotent means unlimited power of GOD. All possibilities.

My Experience With Remote Healing Sessions

When I first began, I was the one receiving remote healing, and it took awhile for me to accept it and allow the healing to happen. This is extremely common due to the conditioning of our society and “religion” which repeatedly says it is better to give than receive. We have been told, taught for centuries and to this day, to sacrifice yourself and to give-give-give. This is a huge mistake and misunderstanding. It’s also a paradox. I had always loved to give, yet how can you give something you do not have? It was a lesson that took me time to learn. I gave until I was completely depleted with nothing to give anyone including my Divine Self.

And the paradox in life is exactly the same thing how can Life /God give us anything if we cannot let it in? Which of course comes down to the question, how much can we receive versus how much do we believe we deserve? Do we believe the lie or do we believe the truth? Something to ponder.

For a clear understanding, experience it yourself. Call Dana at 541-499-4202 to have a remote session in the comfort of your home at a time that is just for you. Remote sessions are 99% effective! It may even be better than in person because you can pick a time where you can receive that feels safe for you and gives you space to be relaxed and receptive.

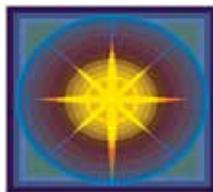
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Every Monday @ Wholistic Heartbeat

1660 Central Ave, Suite A in Mckinleyville

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

Every Monday @ Wholistic Heartbeat

1660 Central Ave, Suite A in Mckinleyville

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

Every Tuesday Evening @ Isis

Suite #48, Sunny Brae Centre in Arcata

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

worker. Also **Psychic Reading with Jesse Austin**, “*My psychic Medium therapy sessions are intended to promote the healing and happiness of the self, via the spirit ...*” Sign up guidelines with Jesse: 30 minute readings - New clients - Donation. Established clients (with Jesse) -\$25 - \$45 (client choses final amount after reading.)

Every Friday @ Isis

Suite #48, Sunny Brae Centre in Arcata

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

Tues May 28th & June 25th

6:00-7:00pm @ Wholistic Heartbeat

1660 Central Ave, Suite A in Mckinleyville

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

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- All donations received go to support Healing Path, a non-profit DreamMaker Project of the Ink People

contact us for more info

707-825-8300 * info@wholisticheartbeat.com



Wild Path to the Sacred Heart

By Ellen Dee Davidson

For the past nine years, I have been running off to the wild woods several days a week to hike and meditate alone. Along with wild animal encounters, there have been even wilder spiritual experiences. The trees talked to me! They also acted like antennas, connecting me with spirit Grandmothers.



Over and over, the Grandmothers pestered me to write a book to share. At first I resisted (it was more fun to hang out with the ancient trees than sit in front of the computer), but they were a bunch of insistent old ladies!



Weaving wilderness adventure, mystical experiences, personal memoir, and a bit of science, **Wild Path to the Sacred Heart** explores how we can thrive during these pivotal times. As the Grandmothers told me, *"Your bodies are nature. They are always in the here and now. Your minds can remember the past and plan for the future, but your bodies are always present."*

When you put mind over matter, and force yourselves to do what you do not want to do, your bodies can put on the brakes fast by getting you sick or hurt. When you listen to your bodies, you can create a balanced life. Taking care of your bodies is not different than taking care of the Earth. The two go together."

There's a lot more the trees and Grandmothers have to say in the book. They show us how connected we all are, even when we think we are alone in the forest.

Wild Path to the Sacred Heart

is now available to order paperback or e-book.

www.ellendeedavidson.com

Mtoto Mdogo

[Swahili: Small Child]

**Rising wingbeat carries
Dawn's tender dreams
*Come out,
Mtoto mdogo!***

**Morning dew delights
The inner eye
*Come out,
Mtoto mdogo!***

**Forest sun splashes surprise
The shadows within
*Come out,
Mtoto mdogo!***

**Heavy blossoms burst
As heart awakens
*Come out,
Mtoto mdogo!***



~Mary Ann Hytken
Dedicated to Miranda
& my inner mtoto mdogo.

STAR FIRE

I run outside naked
in the rain
fetch wood for the fire
to warm my children's
bones

I only do this
after midnight
which is why the cops
don't have my number,
and why my neighbors call me
"eccentric"
or "witch"
depending on which side
their window cheeks
sidle up to mine

East or West
a thick curtain
clouds the stars -
I call to them

draw their fire
into my cave
where I whisper
in deep
purple
and indigo tones
my vast and luminous
love for them

Laurie Birdsong 2018

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with Jolene Hayes



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Your gift belongs to the village
-Rickie Beckwith



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Integrated Energy Therapy®

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at

Wholistic Heartbeat Healing Arts Center
1660 Central Ave, Suite A in McKinleyville CA 95519



Integrated Energy Therapy (IET) is the next generation healing system that activates and optimizes your 12 Strand Spiritual DNA to “power up” to transform and “get the issues out of your tissues”!

You will receive throughout this 5 day retreat:

The ability to *use IET for your personal healing* or help others to heal in an energy therapy practice. *No experience necessary!*

4-12 strand DNA activations and attunements to magnify your ability to work with Integrated Energy Therapy for healing & alignment with your divine purpose.

Learn ALL IET techniques to clear physical, emotional, mental and karmic blockages for this & past lifetimes.

Receive & Give a FULL Basic, Intermediate and Advanced IET healing session!

Learn & practice all *Master-Instructor techniques to accelerate healing*, plus complete instruction to *attune & train others in Basic, Intermediate & Advanced IET!*

Complete detailed instruction, illustrated manuals & certificates!

Basic Level - Wednesday, June 19th - 9:30-5:30

Intermediate Level - Thursday, June 20th - 9:30-5:30

Advanced Level - Friday, June 21st - 9:30-5:30

Master Instructor Level - Sunday & Monday, June 23rd & 24th - 9:30-6:30

Class size is limited to 8 students and 2 reviewers, register with deposit by 5/25/19 to save your space!

**ATTEND
FREE INTRO
TO IET!**

**Tuesday June 18th at
12:00 noon or 6:00pm**

**For Retreat
Discount**

Karen Simpson RN, IET Master-Trainer, CPRP, CYT has offered and taught IET since 1999. She is a Director of Mind-Body Services and offers Integrated Energy Therapy to an underserved community at The Family Practice Network in Philadelphia, PA

FULL INFO? <https://www.learniet.com/classes/class-details/?id=106>

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Healing Path

- Try Something New * Meet Your Wholistic Community -



Wellness Clinic

Drop Into Wholistic Care
Donation Requested

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

Early Summer Sample Session Offerings:

Stay tuned to our weekly email updates as we have
Various Special Guest Healers and Readers lined up along
with exciting new drop-in educational mini class offerings

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

Join our mailing list to stay informed * Text/Call for more info
Clinic is Located at Wholistic Heartbeat - 1660 Central Ave, Suite A in McKinleyville
707-496-6616 * info@healingpathhumboldt.org
HumboldtHealingPath.org



Inspiring Wholistic Wellness in Our Community



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

Our Vision:

The Healing Path envisions wholistic healing at the center of our modern lives.

Current Projects:

Wellness Clinics - We currently offer alternative healthcare clinics twice a week - drop-in, no appointment needed. Donations are requested.

Healer's Tree - We provide a network for local healing arts practitioners of all types to connect and grow together through education, business support and self-care opportunities.

Wholistic Education - We offer education in the form of:

- free and paid classes, day and weekend long workshops.
- multi media "Spotlight" educational opportunities to teach about different healing arts modalities and highlight local professionals.
- content in the Wholistic Heartbeat magazine providing information on overall wellness.

Are You Looking for Opportunities to Help Our Community Grow in a Heart Centered Way?

As we continue building a solid foundation to carry out the next stage of our vision, we could use some volunteer help.

Healing Path Wish List:

Grant Writers – proficient in writing grants for non-profits

Marketing Enthusiast – someone to help with our website, email, FaceBook and online calendar events

Local Art - for our magazine and the gallery walls of our McKinleyville office

Funding - Your tax-deductible donations are always welcome. Visit our website to contribute. HealingPathHumboldt.org



a DreamMaker Project of the Ink People

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



Contact us at Info@HealingPathHumboldt.com

Visit us at HealingPathHumboldt.org