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collaborative wholistic community

Humboldt Healing Path Presents

Healer's Tree

A Supportive Network For Healing Arts Practitioners

A DreamMaker Project of the Ink People

Please join us as we explore
a new path forward together

Next Healer's Tree Meeting

Wednesday
February 13th
7:00-8:30pm



Sponsored by
Isis Heals &
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Wholistic Heartbeat

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

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

Submit online at wholisticheartbeat@gmail.com

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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ISIS HEALS

THE MOON IS MY MUSE

ON THE COVER: I BELIEVE

2018 MOON SERIES - FIFTH MOON CYCLE
ARIES NEW MOON - SCORPIO FULL MOON
I BELIEVE, I TRUST, I LET GO

ACRYLIC POUR WITH PAINT-OVER
BY LINDA JOANNE



At this time of year, I am always looking for a new way

to enhance my existing spiritual outlook within my daily life. I consider myself to have a nature-based expression of spirituality that focuses on creating relationships with the world around me, which includes the influences of the Sun, Moon, planets, and the elements.

The Moon has always pulled me in. For decades I have lived with a “We Moon” datebook close at hand. Ever curious about the Moon’s cycles, her shifting sky times and shape configurations, her influence on the tides and my emotions.

The Moon’s repeating 28 day journey seemed such a mindful way go through the year, one cycle at a time, to deepen my spiritual aspirations. I also wanted to incorporate art of some kind.

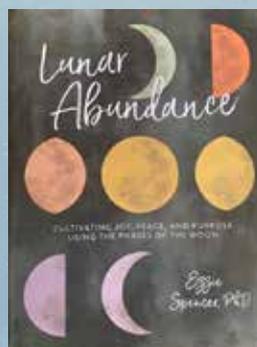
I have always said that my life must have an artistic ribbon running through it. Often this ribbon has been twisted to be very thin to accommodate a busy “doing-filled” life and yet there were always colors to journal with, crayons for coloring with the grandkids, glue sticks, scissors and colored paper. Making an art project out of my spiritual exploring is like my birth-chart or a tarot path on the Tree of Life.

Everything seemed to come together in December, as the first Moon cycle was about to start. My husband encouraged me to join with thousands of people in the acrylic pour craze. During a pour the paints are spilled, tossed, or smashed on to the canvas, board, or glass. As you watch with amazement, the paints mix, bubble and create abstract designs. It is in the

final stage of the painting, artists can manipulate the image and create their own unique style. No two paintings can be created to look exactly the same. We found this technique fun and an easy way to express ourselves.

I quickly expanded on this unique painting experience and explored bringing my spirituality into the material realm by painting images on to the pours after they had dried. Having my images rise from within these abstract designs brought me surprising joy.

So for 2018, The Moon became my guide, my muse. Each of the cycles inspired me to set an intention, hold that intention, and through her influences on my life, I created an image to represent that cycle. I found a method that divided the moon cycle into eight phases and a focus for each phase. Every four days I would focus on the next Moon phase and its affirmation, then reflected my feelings on to the painting that I kept in my sacred space. See *Celebrating Life through the Moon’s Cycle* on page 16 of this issue for more details about this method.



In March, I found a book that added even another layer and perfected my transformative Moon reflection, *Lunar Abundance* by Ezzie Spencer, PhD. This book not only divided the Moon cycles into eight phases, but also added yin/yang aspects to each phase. The author also taught me how to create a well-developed intention. This made my Moon practice deepen.

I soon realized I often did not hold my intention all the way through the last phases of the Moon cycle. Before this new process, I had only celebrated the new Moon and the Full Moon. I had left out the all the gratitude and releasing phases. I also found that holding the intention in the yin phases and not “doing” anything for days was challenging. At times, I felt I would burst. Yet, sitting with this building energy turned out to be important and taught me so much about living in this world of force and form.

I feel that my relationship with the Moon has deepened over this last year. I lived within her cycles, learned how to set a transformative intention, traveled with it through all her phases and painted what I felt during the process.

During the months of January and February you can view my 2018 Moon paintings at Wholistic Heartbeat 1660 Central Ave. Suite A, McKinleyville

If you have any questions about my art or pour painting classes please contact me:



Linda Joanne
707-834-1682
lindachaz@gmail.com

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The goal of Colon Hydrotherapy is to help the body in opening the natural pathways of elimination. This is achieved through the introduction of temperature-regulated, filtered water into the large intestine for the purpose of removing accumulated waste and toxins. Many health care practitioners include Colonics as part of a combined treatment for yeast infections (Candida), constipation, hypertension, arthritis, depression, parasites, allergies, toxic metals, weight loss, liver problems, and more.

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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.

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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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Come Receive a Mini-Session of Maya Abdominal Massage at Our Wellness Clinic

Jahnan Derso will be offering
mini-sessions on Mondays
January 7th - February 25th
from 10:00 – 12:30



Spotlight on a Body Work Modality

Presented by Jahnan Derso



For this Winter Issue, we are spotlighting Maya Abdominal Massage & the Arvigo Therapy. Winter is an appropriate time to focus on clearing and cleansing from the inside out. It's a time to slow down and turn your focus within. Body-work in general does this, but Maya Abdominal Massage is specifically focused on this internal shift and cleanse of the abdomen where we store pain and emotions. This modality has the gentle power of getting to the root of many pains that are being held in the deep layers of the body, the gut.

Maya Abdominal Massage, An Ancient and Revolutionary Body Therapy

Here are four Reasons to Receive Maya Abdominal Massage.

The Arvigo Techniques of Maya Abdominal Therapy (ATMAT) are used to address issues of imbalance, pain and dysfunction in the abdominal, pelvic and sacral regions of the body. Founded on the ancient Maya technique of abdominal massage, an external, non-invasive manipulation to guide internal organs into their proper position for optimum health and well-being. ATMAT helps to properly align the sacrum and pelvis, improve organ function by releasing physical and emotional congestion, stimulate the flow of lymph, blood, chi and nerve impulses throughout the body.

Four Reasons to Receive Maya Abdominal Massage

1. Aligns the Organs So They Can Function Properly
2. Heals Scar Tissue
3. Releases Emotional Stress
4. Improves Digestive Health

<http://bit.ly/mayamassage>

Why Receive Maya Abdominal Massage?

- Maya Abdominal Massage aligns all your organs.
- When any organ isn't in its proper place, it doesn't have optimal function.
- To achieve health, all organs must be aligned in the abdomen.
- Every organ benefits from this external, non-invasive, therapeutic touch.

1. Alignment vs. Tilt for Optimal Function

Each organ has a designated place within the abdominal cavity. When it's enlarged, tilted, or even removed, there are drastic consequences. The importance of an aligned uterus is profound because when it's not centered, it can cause a myriad of problems. This is specifically noticeable for the uterus because if it's tilted, a woman may experience symptoms ranging from feeling ungrounded, menstrual cramping, an inability to conceive and problems in labor.



Humboldt Healing Path's Wellness Clinic Begins!

Drop Into Wholistic Care - Mondays from 10:00 – 12:30

at Wholistic Heartbeat 1660 Central Ave, Suite A in McKinleyville.

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



Imagine what it feels like to have anything a little bit to the side. For example, if your house isn't quite on its foundation—the whole thing may crumble. Or if your pot isn't all the way on the burner—the food doesn't cook evenly. The body is the same way. Maya Abdominal massage can help correct the alignment of the uterus.

2. Heals Scar Tissue

If you have had any surgeries in your abdomen, this massage is right for you. Surgeries are very often necessary, however, one of the major side effects is scar tissue. This can cause pulling within the abdominal cavity amongst organs. Also, if an organ was removed, there will be even more scar tissue. Maya Abdominal Massage can help externally and gently remove the scar tissue.

3. Releases Emotional Stress

Life is stressful. Self-Care Tools are a way to reduce the effects of stress. Think about the commonly used phrases:

*It hit me in the gut.
I had a gut feeling about it.
I have butterflies in my stomach!*

Our gut is where we feel things. Especially right around the navel, things can get very tight. Maya Abdominal Massage is a therapeutic touch that aids in the release of old emotions that have been stored in the abdomen.

4. Improves Digestive Health

By touching the abdomen in a clockwise motion, you increase the energy. Maya Abdominal Massage is helpful for constipation and irritable bowel syndrome because it gets things moving in the right direction.

How to Receive Maya Abdominal Massage



There are two ways to receive this technique of massage.

1. You can receive a session from a practitioner.

Maya Abdominal Massage Practitioners

We have four practitioners in the area. You can learn more about them online in Healing Arts Guide and Magazine Sections on WholisticHeartbeat.com:

1. **Jahnan Derso**, Women & Healing their Wombs
2. **Amanda Moore**, Herbalist and Postural Integration
3. **Aria Simpson**, Fertility Specialist
4. **Janet Stock**, Therapeutic Massage

2. You can give it to yourself. (Each practitioner can teach you in your session!)

What to Expect During Your Session

In a session, the therapist will align your organs for you and teach you how to perform the abbreviated version on yourself in between sessions. There is nothing like having someone else do the work on you first. And it's such good self-care to continue to massage yourself.

It's all done externally and completely non-invasive. You will experience more space, increased blood and lymphatic flow, hip placement and perhaps stand differently, decrease of scar tissue, a softening of the pelvis, feeling more grounded and centered, and the list goes on.

Come Receive a Mini-Session of Maya Abdominal Massage

We invite you to go deeper into your abdomen. **We will be offer mini-sessions on each Mondays, January 7th - February 25th from 10:00am – 12:30pm at Wholistic Heartbeat 1660 Central Ave, Suite A in McKinleyville.** Come to our clinic and receive a free 15-minute session to get a feel for the work.

continue on page 8

Winter Mini Session Offering

Maya Abdominal Massage with Jahnan Derso,

Suggested donation \$5-20 but no one will be turned away for lack of funds.

Humboldt Healing Path is a DreamMaker Project of the Ink People

and is sponsored by Isis Heals and Wholistic Heartbeat





Meet Your Community's Maya Abdominal Massage Practitioners

Pick up the Annual Healing Arts Guide print magazine or
Visit the Healing Arts Guide pages at WholisticHeartbeat.com
to learn more about them.

Jahnan Derso



After my massage studies study at Heartwood Massage School, I discovered I wanted to know more about all the organs and muscles in the abdomen and wanted to find a technique to align each organ for optimal health. What a world the abdomen is and so many therapists don't touch it.

I traveled to Belize in the heart of the Mayan Rainforest to find Rosita Arvigo. She has learned this technique from her personal teachers including Don Elijo Pantí and Hortence Robinson, two of her biggest influences. She took her Western Medical Background of Anatomy and coupled it with their indigenous healing methods. Then, she went on to be the founder of the Arvigo Massage Technique, a true reflection of Maya Abdominal Massage.

After I completed my courses in 2005, I continued to develop my technique in Kauai, Hawaii. After a decade of my own abdominal and uterine changes due to two pregnancies and home vaginal births, my practice focuses on helping women heal their wombs.

Currently I am offering sessions at Wholistic Heartbeat at 1660 Central Avenue McKinleyville, California. Please, send me an email at: info@hibiscushealing.com to schedule an appointment with me.

Amanda Moore



When I was first introduced to this work, I wasn't prepared for the profound physical and emotional changes that were to occur. With my clients, I like to meet each person where they

are most comfortable. Using a variety of ways to give support and comfort to each individual has been incredibly helpful, whether it is an herbal consultation, vaginal steams, therapeutic touch, deep tissue work, digestive system support, emotional release, or laughter. Everyone of us needs to be heard, held, and loved. My contact information: 707 845-6431 and maniladunesmama@sbcglobal.net

Aria Simpson



My name is Aria Simpson; I am a licensed acupuncturist and herbalist as well as a practitioner of Arvigo Abdominal Massage. The Arvigo therapies are very dear to my heart. My journey in health and healing actually began as a young girl. My stepmother (who is also an acupuncturist) took me to Rosita's Ix Chel herb farm to learn about the jungle's medicinal plants. Returning many times throughout my childhood and adolescence, my love and dedication to the healing arts blossomed.

In my current acupuncture practice, I specialize in women's health and fertility. I regularly combine the Arvigo techniques and philosophy, with my Eastern and Western medical training. I find that a mixed modality and integrative approach bring the greatest opportunities for health and wellness.

Find Aria at www.rakudahealth.com or reach her at: 707-633-3848 and rakudahealth@gmail.com

Janet Stock



I began my massage practice in 1992 in San Francisco, California. I now live and work in Arcata and return to the Women's Health Resource Center in San Francisco for one week every five weeks. I began working at the Women's Health Resource Center in 1998 helping to establish this unique hospital-based massage program. In addition to extensive work with pregnancy and post partum, I do most of my massage work with the elderly, post-surgical, cancer patients and people in hospice care. This experience has enabled me to adapt to the needs of clients with specific health issues since I can provide massage in home or in a hospital setting for clients who are bedridden.

I am a certified practitioner of the Arvigo Techniques of Maya Abdominal Therapy, oncology massage, acupressure, pregnancy and post-partum, infant massage, and Swedish massage. I combine these techniques and my many years of practice and experience to find what is appropriate for each individual client.

For more information call 707-826-0817 and find her at www.janetstockcmt.com

Poetic Inspiration



Words for a New Year:

by Michael Cooper

I've often wondered what the snake feels just before it sheds, how those final hours of tight itchy old scales must chafe. What a glorious moment when dull dusty hide gives in and cracks apart, splitting to show bright new colors underneath. Does he mourn the old skin's comfy worn in feel or readily discard it, happy to be out?

How does the butterfly cope with those last nights as a chrysalis? Is she cramped? Is it stuffy within that casing, hardly being able to wiggle and turn over or does she cling to her last moments in the cocoon, anxiously anticipating when her safety blanket breaks exposing virgin wings to the sky?

Is the germinated seed strained in the tiny husk of its little universe urgently waiting for roots and shoots to burst from containment? Or are the seconds before the shell cracks nostalgic and bitter-sweet? Perhaps that countdown is spent looking fondly at the time encased by known boundaries and a bit fearful of how different everything must be when our leaves spread to the sun and grow.

Many blessings to you all in the year to come and thereafter.

Two offerings from Miranda M. Olberg
mirandao@humboldt.edu

Light Weavings

Saturday is a short shower in the sun, filtering through the frosted bathroom window, crystallized pixelations of brilliance making white the four walls of plaster, forming a prismatic container for this instance in time.

The hazy steam, the sunlight, the funnels of spider silk strung in geometrically perfect spirals across the panes of glass form the threshold separating you from the morning air, the world that you are, that is in all of you.



Purpose

Remember the safety of sleep;
don't let it leave you in wake.
Remember the pain of the past;
remember the marks that it makes.
Keep in mind a cathedral of trees;
the sparkling diamonds of lakes.
Most importantly, the presence of others;
don't ever forget what's at stake.

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Bridgit Tyler
 Tarot for the Soul

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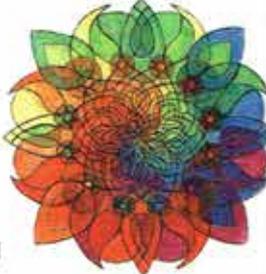
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 ~ Terrance McKenna

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Secrets of Natural Walking

Yes, It's actually a Thing!

By Susan Barrett



“Secrets of Natural Walking is a very joyful and engaging practice as it is a spiritual as well as a physical workout. Think of it as a kind of walking meditation. During the adjustment process, when your body is realigning itself, the participant allows energy from the earth to help the realignment, activate meridians and reflexology zones and to flush out all burdens and negative emotions to the core of the earth. The effect of this can be felt immediately. It feels really cleansing and you feel both alive, with a fresh and vibrant energy, and more grounded.”

-Secrets of Natural Walking: Unleash your body's full potential by Yashi Banyanmadhub, Originally published in Kindred Spirit Magazine and on kindredspirit.co.uk

Secrets of Natural Walking (SONW) began in early 2014 in Indonesia and was created by a spiritual leader named Irmansyah Effendi. Within two years time it grew to 150 instructors giving workshops in 21 countries in many different languages.

One could call this very slow walk a meditation. Each step is broken down into six very deliberate keys. (My husband calls me a moving statue.) Doing SONW connects the body to the earth; the earth energies activate the reflexology zones and meridians to help the body to heal. More importantly, your crown chakra opens to connect to the Divine energy that flushes negativity to the core of the earth.



In 2013, at age 62, I retired, to a house on a steep hill and was very disappointed to realize that I could not walk down the hill because of my bad knees which had deteriorated slowly since my thirties. That year, my knees only got worse and I found that I had to put two feet on every stair when going downstairs. I thought at that time I surely would be a candidate for knee replacement surgery within a few years time.

Let your body heal itself
deeply and naturally



I am very grateful that I heard about SONW and took the workshop in the summer of 2014, which is the first time it was offered in the USA. The workshop was very challenging for my knees. Muscles and tendons which had been tight for years were stretching. Muscles which had been dormant for years, were now being used. That day I became convinced that a lot of good results would come from this slow walk and I'm happy to report that after *only a half year* of walking at least 30-45 minutes a day, my knees righted themselves and now behave naturally as knees should. (The process of change does involve achiness, but never actual pain.)

Other success stories include help with scoliosis, hip/back/foot pain, diabetes, stroke, etc. (please visit www.natural-walking.com)

I became an instructor and live in Grants Pass, Oregon where I hold workshops a few times a year. A seven to eight hour workshop costs \$150. Seniors and full-time students get 25% off for a total cost of \$112.50. This is a one-time investment. As long as you are diligent in this daily walk your body will keep rejuvenating.

You can contact Susan for more info
at ob44osb61@gmail.com

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Love Letters From The Archangels

By Juna Berry Madrone

This month, four of the great Archangels come forward with messages to bring greater balance and harmony to our lives. These great beings effortlessly traverse between the realms of Heaven and Earth. Each has sovereignty over one of the four realms of human activity. Their purpose is to illuminate and guide our paths. This article is but one of the many seen and unseen ways that they share their gifts with us.

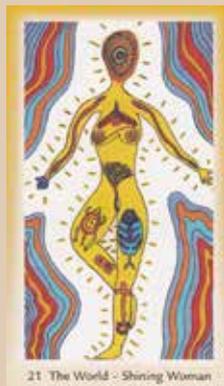
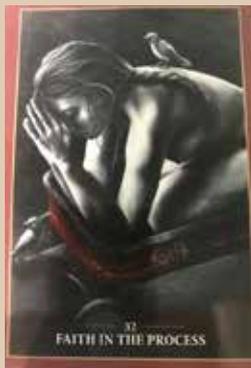
Archangelic energy is always present. Through prayer, meditation, and chanting we can tap more directly into this energy. Remember that the great Archangels, as well as any other of our Spiritual Guides, love us completely and unconditionally. They know us better than we know ourselves. They are completely in our camp and feel no judgment whatsoever concerning our behavior.

This information is being channeled through the use of the Sacred Rebels Oracle deck by Alana Fairchild and illustrated by Autumn Skye Morrison. Many of us can relate to the sacred rebel archetype. Here are souls who refuse to be bound by outmoded rules and conventions and the expectations of others. How can we each creatively awake to our unique sacred calling and express the highest, most authentic version of ourselves?

One card has been randomly drawn from both the Sacred Rebels Oracle deck and the Shining Tribe Tarot deck, by Rachel Pollack, for each of the four Archangels. The themes that we are exploring today are: Sexual Healing, Moving Past Fear, Hearing the Call, and Opening to My Gift.

Archangel Raphael: Sexual Healing

FAITH IN THE PROCESS
The World — Shining Woman



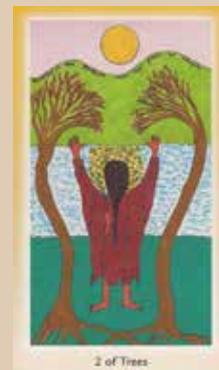
The televised account of one brave woman's relation of her sexual assault and a proliferation of 'Me Too' stories over social media has triggered and re-activated our own pain and shame. Each of us—male and female—have experienced sexual assault either in this lifetime or in past lifetimes. This mass proliferation of grief and pain has resulted in a oneness consciousness that begs to be healed. It is so much bigger than any of us individually.

Compassionate intervention through the Archangel Raphael, the angel of healing, helps us surrender to this unfolding of events with faith that ultimately we can heal. Raphael encourages us: May the disappointments of our lives be released. May we have faith that we will attract into our lives all that we need in the perfect time and in the perfect way. May we be empowered to receive all that we need without guilt or shame. May our lives become channels through which life may flow for the benefit of All That Is.

We recognize our own power. As we spend more time in nature and process old broken relationships, we learn to sing and dance again. We shine with wholeness and integrity.

Archangel Michael: Moving Past Fear

LEGACY OF LIGHT
Two of Trees



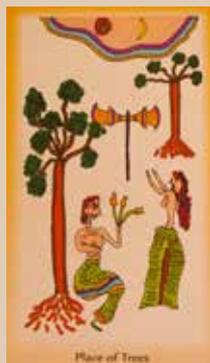
Our unique contributions that make the world a better place sometimes remain dormant because we are afraid. We may sense that we have something valuable to contribute, but we hold back. Fear of not being adequate, fear of being persecuted or mocked, fear of disappointing or hurting our families, fear of brooking the system or the tradition in which we have been raised ... are all real and legitimate forces that may immobilize us.

Unconditional loving support awaits activation. We need only ask. Our Spiritual Guidance teams stand by, anxious to fulfill their own purpose—that of assisting us in our spiritual growth and in the realization of our mission work. The Archangel Michael specifically brings ex-

ceptional strength, courage and protection to encourage us to make life changes that support our spiritual evolution. May we be open to receiving all that we need to succeed in bringing forward our unique creative offerings to All That Is.

The figure in the Two of Trees is stretching into a higher level of consciousness that emphasizes spiritual values. By tapping into the readily available support, a new, expansive vista opens before us. The sun is setting on an old way of life as a golden gateway opens before us. New opportunities beckon.

Archangel Gabriel: The Message IN THE WORLD, NOT OF THE WORLD Place of Trees



Archangel Gabriel helps grow into our soul purpose by orchestrating events and bringing insight and solutions to help with our spiritual growth. Prayer, meditation, and dream incubation are ways that we can elicit this assistance. We can pray specifically regarding an issue about which we need guidance. Focusing our mind on the subject we wish to dream on can call in insights as a flash through our conscious mind or through a dream.

Here is a message that is coming through for us all. In order to align with our soul purpose, we need to relax our defenses and become vulnerable. Release outmoded beliefs about money, productivity and time. Trust that we are worthy and ready to move more fully into our soul purpose. This could look like quitting that day job to find something that more fully reflects our interests and values ... or taking a day off and putting our feet up to rest and reflect.

Guidance and support are here for us now to provide practical solutions. Don't be afraid to say, 'I don't know.' The Place of Trees represents a sanctuary, a sacred grove in the heart where we may grow and flourish. Through our meditation and prayer life, we can cultivate this safe place. It can be an actual place, or a state of mind where we are free to explore and to be our authentic selves.

Archangel Uriel: My Gift GOING BEYOND NORMAL Ace of Trees



We each have one or more unique and special gifts waiting to be unwrapped and given full play in our world. A decisive moment beckons when we can choose to rise above the mundane. Mainstream mores may be safe, logical, and predictable. They also threaten to squelch our fire, our light.

Archangel Uriel brings a blowtorch to the map of our lives. We are encouraged to step off the pathway and to leave the plan behind. Plan less and live more as we operate in an organic flow that responds spontaneously to whatever life brings. The oracle Archangel Uriel instills us with the wisdom and courage to live from our hearts more deeply and expressively than ever before.

The world is an abundant and generous place that nurtures our souls and our practical material lives as well. Expect to be supported and fed as a deepening awareness of our own unique essence allows the truth of our being to be born and expressed.

Juna Berry Madrone, Natural Mystic Guide, is a mystic and Goddess priestess residing on the sacred island of Bali, Indonesia. Her highly effective long distance play/work can support you through Tarot, spiritual psychotherapy Soul Memory Discovery, and dream interpretation. Call Juna at (541) 973-6030 and visit www.naturalmystic-guide.com

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-W.B. Yeats

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See Dana's blog for a more Evolved Explanation

<http://safespacespiritualcoaching.com/blog/>

Reality Unveiled -

The Hidden Keys of Existence That Will
Transform Your Life (And the World)

by Ziad Masri



A Kindle Unlimited FREE Read!
Or \$2.99 for the Kindle purchase

Reviewed by Mari Wilson

This title showed up in my suggested reading feed while scrolling through my Amazon Kindle treats a few weeks back. I purchased my copy for \$2.99 and began reading it out of simple curiosity. After all, how many books can boast to provide you the keys to understanding existence for less than the cost of a good latte? I began the book as a skeptic, and found myself happily captivated within the first few paragraphs.

If you are a regular reader of the Wholistic Heartbeat publication you are most likely among that camp of folks who already have a deep acceptance that what we call 'reality' is far more expansive, delightful and filled with wild potential than what our mere sentient senses convey. And if you have acquaintances, family, friends or co-workers who 'know how you think' and find that they can't resist giving you the occasional good-natured argument against your belief system, you may find this book to be a marvelous resource to counter any argument that comes your way.

Ziad Masri is a self-identified seeker, who has meditated regularly for more than 15 years, has had his share of transcendent experiences and gladly sought out scientific (a.k.a. 'Believable') sources to support the beliefs that the Universe is a magical marvel full of wonder. His book sets out to uncover mystery, underpin it with evidence, and offers very grounded, stable practices that the reader can put to use to experience the magic.

This reviewer has been a student of mysteries and magical thinking for at least 50 of my 65 years. I found the book to be a beautiful amalgam of ancient texts, the precepts of *A Course in Miracles* and meditation practices that utilize pranayama, Kriya and gentle visualizations. Not a single moment of boredom was found among the 215 pages of this little delight. One of the most beautiful entries in the book is the story that relates the scientific study conducted

using 7,000 individuals meditating together and the effect it had on both local and global violence and crime.

You may find yourself clucking and nodding in agreement, or wide-eyed with astonishment as you read his tome. The book contains a decent bibliography and simple tools to be applied if one wishes to move beyond skeptic to believer in the magic of the Universe we are blessed to experience. Give this one a try!

Blessed be – Mari Wilson



the Love Tree

Poetry & Art by Catalina Moon - age 7



the Love Tree grows on Love Street
it's filled with love... hard to beat
the blossoms bloom every Valentine's Day.
when the Love Tree's leaves start to fall
the love is falling
and spreading to all !!!

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We came here to shape it.*

-Barack Obama

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Celebrating Life Through the Moon Cycle

by Linda Joanne

The Earth revolves around her own axis in one day. The Moon orbits the Earth in approximately 29 days. The Earth orbits around the Sun in one year. The relationship between the Sun, Moon and our planet Earth, influence every aspect of our lives. The Sun gives us light and is energetically seen as the masculine. The Moon, appearing in the introspective hours of the night, is seen more feminine in her perspective.

The Moon is the closest celestial body to our Earth. The Moon's forces on the Earth are immense. Her forces create gravity, which influence all the fluids of this earth, including the tides of the world's oceans, and those in our bodies. She is also credited with a woman's ovulation cycle and patterns in both plant growth and animal migration.

It is this dance between the Sun, Moon and Earth that create the ever-changing shape of the Moon and when she can be seen. The alternating waxing and waning of the Moon's cycles, when understood, can enhance and balance the way we choose to live our lives. Her influences during the 29 day cycle around our Earth remind us of the cycles of our life, and can offer us an inner guidance system into our own experiences. As the Sun/Moon angles change their reflection on to our Earth, we can divide the Moon cycle into eight phases, which can also reflect a gradual but distinct perceptual shift. The Moon changes her shape every 3.5 days introducing the next phase, giving us a clear delineation into the next phase of our life's intentional manifestations.

I have found many different systems of adding affirmations to each phase, increasing meaning to my own moon phase recognition. We can use these repeating cycles, of birth, maturing and death, to inspire us as individuals to set



an intention, refine the intention, follow it to fullness and then release it. A particular book that added even another layer and perfected my transformative moon reflection was *Lunar Abundance* by Ezzie Spencer, PhD. This book not only divided the moon cycles into eight phases, but added yin/yang aspects to each phase, deepening the experience even more. The Yang aspect being the phases of action and the releasing of stored energy. The Yin phases are those of resting, relaxing and holding the building energy.

The following are the descriptions of the Moon Phases and a variety of possible influences that you may want to incorporate into your own Moon cycle celebration.

New Moon: (Yang Phase) The Sun and the Moon are aligned in the same direction. They rise together in the East. The Moon is invisible because it is hidden by the morning Sun's brightness.

This is the "new" beginning. Rebirth. The cycle once more begins. Good time to set a new intention. Start a new project.

Waxing Crescent Moon: (Yin Phase) The Moon rises about midmorning and sets after sunset.

This rising, waxing energy brings rumination of your ideas. It may be time to relax into nurturing and supporting your intention or plans while sitting with the waxing energy.

Waxing First Quarter / Half Moon: (Yang Phase) The Moon rises about midday and sets about midnight. This is a period of growth, movement and action.

Waxing Gibbous Moon: (Yin Phase) The Moon rises just before sunset, setting just before dawn. Visible in a clear sky for the whole night.

This phase can be unbearable, holding the energy as it heads towards its maximum. Trust in the development. Re-evaluate your intention. Does it fit within what is developing?

Full Moon: (Yang Phase) The Sun, Earth and the Moon are aligned. The Sun and Moon are opposing each other, the Moon reflecting all of the Sun's light. The Moon at her fullest, rises at sunset and sets at sunrise.

Ripeness, Illumination, Fulfillment, Move ahead in fruition. This can also be a time of course correction, there is still the waning phase ahead to work through presenting challenges.

Waning Gibbous Moon / Disseminating Moon : (Yin Phase) The Moon now begins to wane. Rising mid-evening and setting mid-morning.

This phase can bring looking within and reflection. Receiving in gratitude.

Waning Last Quarter / Half Moon: (Yang Phase) The Moon rises around midnight and sets around midday.

Transforming, sharing, and the beginning of release. Finishing up the project details missed before.

Waning Crescent / Balsamic Moon: (Yin Phase) The Moon rises before dawn and sets mid-afternoon. This is the very last sliver of the Moon and can be seen in the early hours of the morning.

A time to Reflect, Rest and Ready for the Reseeding. Give Thanks. Listen and Observe to what may be coming into your consciousness to be illuminated in your next moon cycle of growth.

During the months of January and February you can view Linda's 2018 Moon paintings at Wholistic Heartbeat 1660 Central Ave. Suite A, McKinleyville

If you have any questions about her art or pour painting classes please contact her at 707-834-1682 or lindachaz@gmail.com

References:

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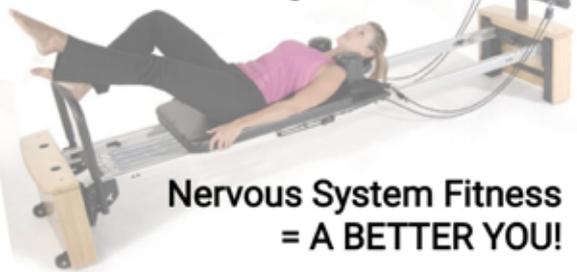
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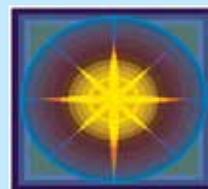
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Hatred as a Vehicle For Love

By T Jonathon Proctor



by Carmen Mensink, www.tibetanbuddhistart.com

Hatred is perhaps our most taboo human emotion; this can be especially true in spiritual traditions. Often easy to identify in others, it can be near impossible to see or feel ourselves. There is good reason for this taboo—acting from hatred has led to some of the greatest human atrocities, but it is a great loss to dampen our capacity to *feel* hatred directly and thereby understand and experience the underlying life force that lies within this universal emotion.

It is quite common for people to claim that they have no hatred within themselves; however, when we recognize the manifestations of this icy emotion—coldness of heart, hardness in the eyes, shutting others out, resentment, bitterness, and more intensely the desire to annihilate—it becomes clear how pervasive it can be in our lives. Think for a moment about someone you see as hateful . . . how do you feel toward them? How do you feel toward those who are violent, racist, destructive to nature, or cruel to animals or children? Can we be very honest and see how we wish that certain people, corporations, governments, would just disappear . . . forever.

When we begin to see that our contempt, aversion, and antipathy are all forms of hatred, and that this feeling has earliest precedent in our vomiting out what repulses our infant self, we can begin to admit and normalize this socially undesirable feeling of hatred.

“Feeling” is the key word here. Human beings, for very good

reasons, learn to suppress, repress, or over-express feelings to such a degree that simply “feeling” certain emotion seems undesirable or downright impossible. The collective emotional body of humanity dearly needs to learn that *whatever the feeling may be—it is just a feeling*. Our bodies have stiffened and densified, our breath becomes short or shallow in attempts to control the flow of feelings. On a very physical level, it is hard to accept that it is just a feeling and that feelings come and go and they don’t mean anything about us, nor do they need to be acted out.

So suppose that for a moment we can suspend our bias toward the feeling of hatred. It might help to understand that emotions are action orientated feelings meant to help us maintain regulation—much like the infant vomiting above. So what is the action that hatred is trying to accomplish? *Hatred seeks to remove obstacles that keep us from feeling states of equilibrium—namely peace and love*. How many times have we wanted to quiet our environment or spend some time in nature to experience peace? How often have we wanted someone we love to frankly just shut up and listen to us so that we could re-establish a sense of loving connection?

While the examples above seem a far cry from the bitter fangs of hatred that make our blood run cold, they give us a hint at what action the severe feeling is attempting. We want to feel safe, at peace, loving and loved. Throughout our lives we experience all manner of obstacles and downright insults to our sense of peace and love. While it is easy to identify trauma and grave injustice, it can be harder to see the effect of relatively minor mis-attunements, neglect, or invasiveness repeated throughout our lives.

Almost universally, somehow or other, we have become disconnected from our deep sense of love and peace—qualities we see so openly available in babies and small children. This leaves us cold, at least parts of us. We want to get rid of what is in the way—we hate it. Here’s the rub: we feel powerless to do anything about it. We cannot make the world come to peace; we are hopeless in our attempts to make others love us when they don’t.

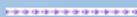
Powerlessness is a key ingredient to the emotion of hatred. The more powerless we feel to change a situation the more the natural energy of assertiveness and volition begin to compress within us. Without relief, the feeling of needing to take action becomes compressed, as surely as coal into diamond—becoming hard and losing hope; cold.

You may be able to feel this as you read. So what to do? First if you have followed to this point you’ll see the importance of normalizing the feeling of hatred, removing the

taboo. That can be a relief in itself but now we are faced with feelings and thoughts that are disturbing and difficult to tolerate. (Powerlessness being a prime example.) I will suggest now that you go further and see if it is possible to bring love and understanding to your hatred. Whether it shows up as contempt, resentment, revenge, or outright desire to annihilate, this is your feeling—it belongs to no one else. It can only be addressed with kind attention, self-care and time.

This kindness may need to come as a regular meditation practice or private work with someone who can hold and help to understand the communication of this powerful force within. It may be that changes are needed in your life, perhaps some retreat from daily life or a mediated reconciliation. It may seem cliché, but the world really does change from within you.

Finally, in reference to the point above about changing the world—often we can't. The deepest and most powerful discovery that can be made within feeling our hatred is that *peace is your own presence, love abides*. Situations are always changing. There is war and conflict, as well as pain, as well as broken heartedness. Again, hatred is simply a frustrated need to remove obstacles to peace and love. Our desire for peace is really about returning to our deepest self—our sacred nature. Our longing to be loved isn't wrong but it misses the mark—love is our innermost being. No one can do it for you, but sometimes a door opens. May you have the courage to step through that door.



Heartwood

poetry by Miranda M. Olberg

mirandao@humboldt.edu

Trees hold all their past selves
in rings, growing in almost
imperceptible amounts with
each passing year.
So too, with people -
embedded within the
folds of flesh, the
person you were, that
you still are, in some ways,
remains, whole and
unmarked by the
current state of things.



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The Soul's Progression

by Susan Vaughn



What is the soul? To my understanding, it is the deepest, most majestic part of who we are. It is our divine nature, incomprehensible complexity said to wear a feminine face, for it holds all our emotions, both expanding and contracting. My long-time teacher, Lazaris, says that our soul is a lovalic and that she just can't get enough love in all its forms and permutations. My newest teacher, Kaia Ra, who wrote *The Sophia Code*, says that the soul is a complete hologram of the Goddess and is an immaculate conception of Sophia's omniscient awareness.

When we incarnate, the egoic mind separates us from our soul, which blinds us to our soul's needs. This separation occurs at every level, as self from what we think of as others, and as self from our own nature as truly loving and compassionate beings of light who are wise beyond measure. When we incarnate into a world that the egoic mind created, we seem to separate from the soul, for we begin to experience an "us and them reality", or "me" and "not me", which gives us something to push against, or react to.

During our incarnation cycle, we will experience love in a multitude of forms. Since love is an incredibly complex energy, we incarnate into a variety of environments to learn the lessons that love has to teach us. This is not an easy journey, for, as I look behind me at the history of humankind, what I see is that most of us have experienced war, violence, gender, racial and religious inequality, slavery, poverty, ignorance, and abuse from the beginning of written history. Though I'm sure that we also have had pleasanter lifetimes that weren't so traumatic, it is also a given that we had plenty that were not. After the egoic mind develops, we must learn through lifetimes of experience how to reunite with our soul once again. This is what the spiritual journey is all about. We are all on a spiritual journey called coming home, which is nothing more than the reunification with our soul.

So, the perennial question is: how do I learn to love

when the appearance of lovelessness is strong and exists in me? The simple answer is that learning this takes an enormous amount of time and wisdom to achieve. In fact, wisdom is born of time and experience. Until we've had a lot of life experience and made a lot of mistakes that we have corrected with conscious self-reflection, wisdom is an unattainable goal that takes lifetimes to achieve. In other words, it could take thousands of incarnations before we master it.

The theory is that the separated soul takes "time" to mature. Therefore, it stands to reason that the maturity level of the soul is dependent upon how many lifetimes a soul has lived in consciousness. A soul that has just begun its incarnation cycle will seem young and immature. From there, it will progress lifetime after lifetime into greater awareness and love. I believe that we all start life as a child soul and then move through all the levels and stages until we land at the soul level we currently are in our incarnation cycle. Up until this point evolution has been very slow because we have been evolving unconsciously. When we evolve unconsciously, our evolution goes at a snail's pace, for we make the same mistakes repeatedly without a lot of self-reflection and correction. When we evolve consciously, however, the process is greatly accelerated.

I have no idea how soul progression really happens but being a practicing psychotherapist, an elementary school teacher who taught K through 5 in a one room school for 7 years, and the mother of 3 children and 3 grandchildren, I do know how human maturation progresses, and I suspect that soul maturation follows a similar trajectory. I also suspect that as we move through the levels, there is a lot of overlap until the soul awakens to truly progress consciously, this is inevitable.

Just like a child, I suspect that a child soul tends to be immature and ignorant, simply because they haven't yet had enough life experience to see a bigger picture. Consequently, the child and possibly the child soul, is self-centered, meaning that they believe the entire universe revolves around them and their needs. Like an infant who cries when they need nourishment or comfort, they are simply unaware that other people have wants, needs, and desires of their own which are of equal importance and value. They can't help this. It is simply the way they are made. Many of the developmentally disabled people I have worked with in my practice fall into this category.

Unlike the child, an adolescent, and possibly an adolescent soul no longer believes that they are the center of the universe. Rather, at this stage of the game, they have an exaggerated sense of self-importance. Although they know that their wants, needs, and desires aren't the only ones that exist, they still believe that they are more important than anyone else's. In childhood, forms aren't that important. Broken toys are just as fun to play with as new ones and sticks easily substitute as make-believe swords. In adolescence, however, this is no longer the case. Now, having the "right stuff" is all-important. They want the right designer jeans, the right hair-

do, the right expensive electronic devices, and the money you, as a parent, must spend on it, is irrelevant to them. In addition, whereas a child can run around naked in a room full of clothed people and not even notice, the adolescent examines the body through a magnifying glass. Everyone, including the self, is examined and either found to measure up to their high standards, or to be lacking. This not only produces a lot of judgment, competition, and comparison, it also produces anorexia, suicide, and low self-esteem.

Like all adolescents everywhere, I suspect that the adolescent soul thinks they know everything. They want what they want and do what it takes to get it. In childhood, this reflects as loud tantrums. In adolescence, it may include being deceptive, manipulative, and dishonest. Because an adolescent believes that all the adults in their life are clueless, they believe what they want to believe, and no one can tell them differently. They think in terms of absolutes, believing that all men are... All women are..., all Muslims are..., without considering the complexities of life and the endless shades of gray that exist within all forms and institutions. Because of these factors, they create a lot of conflict and friction. As examples I present you with the characters in any soap opera. Also, sounds a lot like our president to me. Because of these characteristics, an adolescent soul can do a lot of damage in the world, especially when they are in positions of power.

As the soul progresses, they move into young adult consciousness. You can recognize young adult souls by their strategies. Having just left adolescence with its black and white way of seeing the world, they come up with a strategy for how to keep themselves safe and comfortable, and then go about living their strategy until it falls apart. For a young adult, this usually happens in their thirties or forties. For a young adult soul having dozens, if not hundreds of young adult lives, it won't happen until they get to that series of tragic lifetimes that wake them up and shatter their dreams of safety and security seemingly forever. Until that time, if anyone should tell them why their strategy won't work, they will vehemently deny it and screen any proof to the contrary out of their awareness.

An example of a young adult strategy that all of us probably fell for was to believe that once we find prince or princess charming to rescue us, he or she will meet all our needs for companionship, comfort, safety, sex, income, happiness, and love, which will allow us to live happily ever after. Little did we know that that's when our struggles would really begin. Many of us also bought the education strategy. If I get a higher education, I'll get a great paying job and will live happily ever after. Not in this economy, we won't. Besides which, how many of us became employed in what we majored in, only to find out that we didn't like it, or that we hated our boss, etc.?

Here's a more serious example. If I follow all my doctor's (or priest's) orders, believe everything they tell me to believe no matter how ludicrous it is, do everything they tell

me to do, and swallow every bitter pill they tell me to swallow, I will be saved. But then of course you find out their bitter pills were all toxic and did nothing to heal you or the people you loved. So now what do you do? The young adult soul didn't understand that self-healing comes from within and is accompanied by deep communion with their higher selves, which they are still too immature to fully understand.

As time progresses, the mature soul is born. The mature soul has become disillusioned by past methods of success which have obviously failed to create the results wanted. (No surprise in that!) At this point (at last), they have become open-minded seekers who know they don't have all the answers. (Yeah!) Now they begin to explore the many divergent pathways there are for creating positive change. Therefore, they tend to be eclectic in their approach to life, picking and choosing positive, life-affirming beliefs and actions from a variety of sources. Discernment now becomes all important. This is the phase that most seekers are in. They are in all religions and no religion. They are now learning how to follow the dictates of their hearts and to listen for the truth that comes from within. Most everyone who is reading these words has moved into their mature soul stage of awareness.

The last stage of progression is what is known as an old or wise soul. Although they begin as a child as everyone does, they tend to move through the ages and stages with greater aplomb than younger souls, making less mistakes with fewer consequences. By the end of their lives, they are completely self-aware and self-responsible. They understand that the egoic mind has created the world of separation that has such a negative impact on everyone and everything and that they, themselves, are still part of that domain. This makes them mindful and self-reflective as they look for their own hidden motives, judgments, and negative beliefs in everything that they think, feel, say and do. This also gives them the ability to look beyond the illusion and to see that there is something greater and grander that is happening there beyond the surface of things. As they begin to glimpse the implicate order within the chaos, they begin to understand the grand scope and nature of creation. Having incarnated into a world of chaos, they understand that literally everyone is doing the best they can within the maturity level they've got, and that there is nothing whatsoever amiss, for everything is perfect the way it is.

Being an illusion that passes away with death, old souls are not attached to this life as anything other than a learning experience that has allowed them to live the journey of conscious awakening and to feel its effects in their own bodies so that they can fully understand its consequences. This leaves them in awe of the creation and in awe of each human being who comes here to partake in the heroic human journey of never-ending ascension which is unfolding like a flower before them. Finally, at one with their own soul, they realize that, "All for One, and One for All" is the truest statement that has ever been made and that each individual must come to its own awareness of this truth, in their own right



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time, and own right way, before they, too, can get off the wheel of karma and “go home.” With nothing to judge or condemn in themselves or anyone else, they relax into peace as they make their ascension into higher consciousness.

How many lifetimes does this take? Hundreds, thousands? Does it matter, for there is only One Lifetime, but it is huge and enormously complex. There is also only one of us here. It is us, all evolving together, helping each other learn the lessons of love our environment teaches us. Within this complexity, what we all must learn is that you cannot judge or blame a child for being a child anymore than you can blame a child soul for their immaturity. They just cannot do any better. All we can ever do is learn how to forgive, love and honor the people we have incarnated with, no matter their maturity level and set appropriate boundaries with them. Because setting boundaries is an important aspect of tough love, we must first love, honor and forgive ourselves, cultivating the connection with our hearts, truly knowing ourselves. That may seem like a paradox, but it is one that we all must grapple with, for its resolution is what evolves and unites humanity. Free of judgment and full of acceptance, we must also spread the good word of our union.

Susan Vaughn has been a spiritual seeker since 1987 when she awakened through A Course In Miracles. Two years later she began her hypnotherapy training. A year after that she began her work with the channeled being Lazaris, who taught her everything she ever wanted to know about reality creation.. After taking seventy-five 3-5 day workshops with him during the following thirty years, she believes that she can safely say that she is an expert in the field. She became a licensed Marriage and Family Therapist who regularly includes hypnotherapy in her sessions in 2003 and has been in practice ever since. You can contact her at 707-382-7050.

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*This is designed to be a four-week introductory class teaching the basics of reality creation. Far beyond the law of attraction, this class will include information on how we create 99% of our reality from unconscious beliefs. By using this information, you can create a powerful and authentic relationship with your higher self who will guide you into creating a better life. Eventually, it will also include information on how to begin experiencing the exquisite light of your own soul. For those who want to continue, more classwork will be offered for a total of 12 classes. After that there will be ongoing support provided through guided visualization, sharing, and a Q and A period that will help you process how this information relates to your life. This is a once-in-a-lifetime opportunity to mentor with someone who has **33 years of spiritual experience as a teacher and mentor.** By the end of these classes you will know everything there is to know about reality creation but was afraid to ask. **Classes will be held at Isis In Sunny Brae Center Arcata.** Contact Susan for more info at 707-382-7050.*

Sacred Seed Meditation

By Timothy Smith



One of the opportunities of working as a Doctor of Chinese Medicine is the ability to incorporate different traditions and modalities into my work. Both the Tantric Chakra system and the Taoist Dan Tien system offer much to help us reclaim our health and generate a vibrant and expansive life.

One meditation that I offer my clients is an amalgamation of two of these two honorable traditions, utilizing affirmations, subtle energy geography and grace.

For those that aren't aware of the location of the major chakras in the body, I would suggest a google search; we are blessed in this age to find quite a bit of information available to us concerning the subtle body, and it is rather easy to find an image or two of the system. One doesn't need to subscribe to notions of the centers in terms of their color, tone or such (as this tends to vary from person to person), but just simply knowing the location is enough for our meditation. If, however, you have worked with the chakras before, please feel free to incorporate what works for you into the practice.

The image that we are working with is a peaceful, soft pond. We take an energetic seed of Qi (Prana) and drop it into the pond and simply wait for a shift in state or a response, both are welcome. The pond here represents the body, the energetic center (chakra) and the mind. The seed is the statement that we choose to drop into that energetic field.

Choose a seed statement or phrase. Historically this is often given to you, but for our purposes we will work with whatever is in front of us. If you are challenged at this time, allow yourself to generate a word or phrase that you want to cultivate in your life to meet that challenge. Whatever goal you are working with, will work nicely. If you would prefer to not work with a specific outcome, you can simply use phrases such as 'letting go' or 'feeling good.' Note that some people prefer to use a phrase and others a single word, I would suggest trying both in different sessions to feel what works best for you.

In our meditation we can sit up, or lie down, whatever works is right and good for the body. Do a scan of the body, starting from the temples down to the toes, and just softly encourage the body to ... let go. Release what no longer serves and allow the body to relax. When you get to the toes, scan back up to the temples and then take notice of any changes in the body and mind.

In this relaxed state with your seed statement in mind, drop your attention into the pelvic floor, the Root Center. Simply allow your mind to sink into the pond of the energetic center. Without seeking, without striving, just put your mind here ... and drop the seed in.

If you are a visual person, see the seed as a unit of energy, charged with the intention of the statement, drifting into the area. If you are a feeling person, notice the texture of the statement, the felt-sense as you affirm the statement with your mind into the area.

And then ... notice what you notice.

If there is a response, varying thoughts, feelings, distractions, that's fine, it's all grist for the mill, as it is, nothing is restricted, everything is welcome. Simply return to the area of the body and recite the statement again. We are not necessarily looking for anything in particular, but often there will be a shift in consciousness into a deeper, more profound experience.

Having stayed in this area for some minutes, move on to the area around the umbilicus (belly button) and again, drop the seed in, and feel what you feel.

Progress in this way to the solar plexus, to the heart, the throat, the forehead and finally to the top of the head.

Note anything that comes up, but remember we are loving ourselves by not rehashing our stories, rather we are dropping in to our own present moment experience.

After working with the top of the head, bring your mind to your entire field (what the Chinese call your Yuan, or Source Qi), your energetic blueprint if you will, and feel the statement as a living force in your field. If there are areas in your field that are calling to you (which is often easier to see and feel at this point), it is well to work with them. Some people may feel a deficiency of energy, perhaps due to past experiences or medical conditions. Some may feel something that comes to mind, undefined, but the area feels that it needs attention. Whatever comes up, honor it, honor your experience and simply bring compassion and the seed statement or phrase to the area for a period of time.

Finish the meditation extending the peace and grace you have cultivated to anyone in your life, to those in your community, and for the peace and happiness of all beings.

Take care to notice any shift, clarity or heightened experience in your life. The meditation can be a catalyst to clarify your Qi, breathing intentions into your Energetic Field, and begin to generate a vibrant, healthy life.



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Our Revolution of Love

By Ellen Dee Davidson



As fires continue to rage in California, my heart seeks answers to our predicament. It seems that this destabilized climate with major floods, fires, and hurricanes is our new reality. I am looking for solutions—both the long-term solutions science offers with tree planting, a green economy, and reducing carbon emissions, and the solutions that could happen from a level of consciousness we can barely imagine at present. Charles Eisenstein's book, *Climate—A New Story*, offers the concept of a “revolution of love.”

Eisenstein explains that our current crisis of massive biosphere breakdown cannot be solved by targeting a single problem, even something as huge as climate change. Fighting against one problem, such as the war on drugs, terrorism, or climate change is to continue the reductionist, outmoded “us versus them” thinking that created this situation where life is threatened. Instead, Eisenstein suggests that what we actually need is a revolution of love.

A revolution of love would not put climate issues ahead of all the other problems we face, such as incarceration, mass shootings, unaffordable health care, minority, women and gay rights, or student debt. Instead, operating out of love, empathy and compassion would allow us to see that all these problems, including climate change, are related to a world view of separation. When we do not feel separate from each other and the living Earth, our choices will reflect that we do not value our own profit and comfort over the survival and well-being of other people, animals, birds, plants, fish and habitats.

As Eisenstein puts it, “*A world in which the last white rhinos are aging in zoos is also, necessarily, a world of incarceration, war, racism, poverty and ecocide. It is impossible for one to exist without the others. All*

are part of the same unholy matrix. Because each of these contains the others, when we grieve one of them we grieve them all. It doesn't matter if it is the rhinos or police brutality that pierces you. They are all expressions of the same underlying mythology: the story of a discrete and separate self in a desacralized world that is other."

Evolving our consciousness to perceive the sacredness of life is central to the revolution of love. It's a grass roots revolution, starting in each one of our hearts and the actions we take every day. How might a mass leap in vibration to one of love affect something that already has the huge momentum of climate change? Could this impact the actual karma of climate change?

Karma is the spiritual concept of the universal law of cause and effect and functions impartially, like gravity. Sometimes the causes are so far in the past—maybe epigenetic from ancestral trauma, even—that the link may be unclear. The causes of climate change began way back during the Industrial Revolution and have skyrocketed over the past fifty years of massive consumption. Now the effects of biosphere crisis and a warming climate are obvious. Science has ideas to slow warming down, but they will take time and political will, and meanwhile there seems to be a lot of suffering coming our way. From our current level of understanding, it appears inevitable that we are headed for Hell.

But what if there is a meta-level beyond karma? It might still be causal, but on a more primary level that transcends karma. Could this apply to something as huge as climate change? I imagine enough of us raising our frequency to LOVE (and here I am defining love as the dynamic, conscious, alive, intelligent awareness that is the energy of creation) and this potentially allowing us to influence and harmonize the climate. Or, maybe instead, it enables us to communicate with the Earth and let her guide us step by step out of this big mess.

Drunvalo Melchizedek says in *The Mayan Ouroboros*, "The Maya wish to inform you that the world that you know, that you live within, is not what you think it is. We modern people think that the world is solid and real, and that nothing can change it except external events. We believe it is fixed and will go on for eternity with or without our presence. The Maya wish to inform you that this is not true. The world is images that are created by consciousness and can be changed by consciousness through ceremony—especially consciousness that is connected directly into the human heart."

Do not despair. Instead, practice Fierce Love. Love is the most revolutionary path we can take to see us through these times of transition as we come into a new relationship with ourselves, each other, and the Earth.



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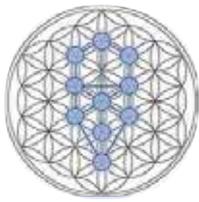
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Jan/Feb 2019

Tarot Wise

By Carolyn Ayres

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

A New Year reading on the Tree of Life!

Another year stretches before us And, it just gets more exciting, more intense You might say we are having a world-wide awakening.

Yes, terrifying and exciting. Evolution in the fast lane. And, how might this evolution affect you this year? Continuing my exploration of Tarot on the Tree of Life, I am offering a very abbreviated New Year reading on the Tree of Life. This is a very short version of what I offer, in a workshop form, to those on my email list in the first few weeks of each new year. This idea was generated from a workshop I took with Pamela Eakins, a renowned Tarotist and author. This is also a great way for those of you who have been following my column to get a little review of the Tarot on the Tree.

Why a reading on the Tree of Life? The Qabalistic Tree of Life is a glyph of our consciousness. It shows who we are as spirit, soul, etheric and physical reality. It also shows with the Lightning Path, the process of creation, of manifesting something from seemingly nothing. I have set up this reading to help you create something very positive for yourself this next year. We are using the Lightning Path of the Tree of Life to ignite this process. Instead of just responding to what the universe is sending our way, we will be asking how we can co-create with the universe. The universe is not sending anything we haven't asked for, but by becoming more conscious of what we are asking for, we can then create what we truly desire. For each month we will ask a question for an overview of the year. Then as the year progresses, you can revisit your reading and ask yourself more questions.

Before we begin the reading, it is important to understand some of the forces that will be affecting us this year. The Tarot has its own numerology and so the Tarot Cards for the Year of 2019 are The Hanged Man and the Empress. $2+0+1+9=12$ Hanged Man $1+2=3$ the Empress

These are the Yearly Growth Cards for the Humanity who lives according to the Gregorian solar calendar. Have fun divining what might be in store for those of us who follow this numerology.

Are you ready? Then get your Tarot cards, your favorite Tarot book, and a journal. Take yourself away to a quiet place and give yourself at the least an hour. Take a moment, close your eyes and center yourself, relaxing into the present moment. When you feel centered, ask this question: **What do you want to create, shift and transform this year so that you may contribute to a new world?** Be specific. Take a risk. Ask for what you truly desire for yourself and the world. When the words and images start to emerge, open your eyes and write about what comes. Make sure you hold on to this writing so you can refer to it throughout the whole year.

Take out our yearly growth cards, The Hanged Man and the Empress. **These are your cards for January and are placed above the whole reading.**

These cards feed the quantum field of infinite possibilities. Take a moment and write about what the Empress and Hanged Man cards mean to you personally as you take the leap into another year. **Ask: How might these cards be connected with your desire of co-creation? Write your answer in your journal. Then, draw a Tarot card asking the same question for a deeper dive.**

I advise that hereafter with this reading, you go to your books **ONLY** after you have written your own personal intuitive hit.

OK, Here we go down the Lightning Path of Manifestation. Look at the Tree of Life template for a diagram of how to lay out your reading. Write down the month

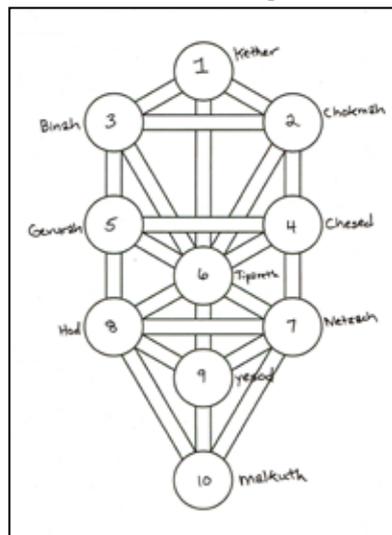
and the card you got next to each sphere on the Tree. This can also be a reference for a piece of art. More about that later.

Card One for February in Kether - Tarot Aces / Inspiration/ The beginning of creation/ Divine impulse to Be. Here is where the juices we began stirring in January begin to bubble up as we choose to explore and create with unlimited possibility.

Ask: What aspect of the deeper essence of my Universal Self wants to be brought forth this year to co-create? Place this card at Kether.

Card Two for March in Chokmah - Tarot Twos / Ignition / When another is added, the tension increases to birth something new. As the juices of inspiration bubble up within, everything around us is affected. This creates the tension of contrast which enables growth. The pot bubbles over to expand.

Ask: What tension of contrast or igniting force is needed to birth this possibility? Place this card at Chokmah.



Card Three for April in Binah - Tarot Threes / Gestation / This bubbling expansion ferments and gestates in joyous expectation of what awaits us, with no clarity of how it will work.

You are expectant of something wonderful, pregnant with possibility but have no idea how it will take shape.

Ask: How to gestate and nurture this essence of Self that wants to co-create for a positive birthing? Place this card at Binah.

Card Four for May in Chesed - Tarot Fours / Stabilization / We have taken the risk of birthing a possibility that can begin to take shape. A vision and purpose emerges. You can see that you are on track. You can see the possibility but it is still not known how it will manifest.

Ask: How to stabilize what is being birthed by your Spirit in the coming year? Place this card at Chesed.

Card Five for June in Gevurah - Tarot Fives / Challenges / It is through challenges that we truly come to commitment. And, it is through commitment that we are able to move through our own resistance and expand beyond self-doubt. Here we sacrifice the protection of Fear to manifest our vision.

Ask: What is the resistance already present to the process you are creating with this reading? What is challenging about how you want to evolve and what you want to create this year? Place this card at Gevurah.

Card Six for July in Tiphareth - Tarot Sixes / Balance / The heart of the Tree is our highest consciousness as a human. Here, we again remember our Soul's desire to evolve, as we realign with the Aces in Kether, our original inspiration about what we can create with our life. Here in the center of the Tree, we are in harmony with all of who and what we are. In the "moving meditation" of Tiphareth, we See and Feel all possibilities. We are in exquisite balance, poised to truly begin the work of bringing our vision into manifestation.

Ask: What to remember this year when I find myself out of balance, out of integration with my authentic evolving Self? Place this card at Tiphareth.

Card Seven for August in Netzach - Tarot Sevens / Human desire in pure form / The Feeling Body. Strong feelings pull us in many directions. We are pulled toward our higher Self at Tiphareth, our Intellect at Hod, our lower desires tied to cultural expectations at Yesod and our body, survival needs at Malkuth.

Ask: How might the drama of the physical world reality pull me away from my authenticity, my vision for myself and the world? Place this card at Netzach.

Card Eight for September in Hod - Tarot Eights / Human intellect and logic / The Mental Body. Here the plan of manifestation is clarified as we harken back to what illuminates our thinking at Tiphareth, even as we are pulled by our Feelings at Netzach, cultural expectations at Yesod and our body, survival needs at Malkuth.

Ask: What will illuminate my vision this year? Place this card at Hod.

Card Nine for October in Yesod - Tarot Nines / Foundation of this Reality, Template, Matrix. The vision is in place. It may not look like what you imagined in the beginning. For here, at Yesod, your vision is only an aspect of the unconscious human collective vision you already see manifesting. What is important is to continue to align with your vision, the one you glimpsed at Tiphareth. What is important is that you envision consciously.

Ask: By attending to and staying conscious to the process of my authentic evolution and deeper essence, what positive gift can I bring into the collective this year? Place this card at Yesod.

Card Ten for November in Malkuth - Tarot Tens / The Final Harvest / Physical reality. Here all the energy, light and etheric reality of our dreams is manifested in physical form. It has all come to fruition, consciously or not. Sometimes literally revealed by your body, your health. **Refer to your first card at Kether. Read again what you wrote about, what wants to emerge this year for co-creation.**

Ask: What might this emergence of Spirit, this Desire of evolution look like in my manifested world? What is the possible outcome at this point? (Notice I said possible outcome, change is ongoing):-) Place this card at Malkuth.

Card Eleven For December (Put this card at the top with your year cards as influences)

Ask: What to keep in mind the whole year? Advice from the Universe about this next year.

A fun activity with this reading is to create a piece of art. Make copies of the cards you drew and put them in the diagram of the Tree of Life on poster board. Decorate, make notes and hang your reading where you can be reminded of what might be going on in your life.

Come to my studio in January 2020 and experience this reading in a workshop form.

*As always, I am open to comments and questions as I am passionate about ongoing awakening for us all. So, if you have read this far, I encourage you to email me, Carolyn Ayres, and get on my email list, carolyn@tarotofbecoming.com. You will then receive my New Moon Message and Tarot reading each month and hear about my classes and workshops. **New Tarot classes for the year are starting the end of January, but there is still time to sign up if you are interested.** 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.*

The Art of Letting Go

By Sabrina Ourania



“I am in
service to
this heart.”

As we come to the end of 2018, many of us are reflecting on what last year revealed to us, and also what it may have repealed. Cracks began to show in those things which are not truly for us. Dreams, relationships, careers, and other cherished things have exited our lives, sometimes gracefully, but more often in messy ways, ways that remind us of our essential humanness. Maybe we were the agents of change, having learned a hard-to-swallow truth and choosing to take the path of integrity and self-love. Maybe we found ourselves cast out of a place where we earnestly believed we belonged—maybe both.

Either way, this year we were asked to offer up something that has been precious to us, to make a sacrifice, though that is only a partial truth. The deeper truth is that we ourselves had chosen to come to this crossroads on our journey and to evolve through this letting go, however challenging it may appear to be. Even if what you have been called to surrender seemed to come upon you like fate, such as the sudden death of a loved one, know that your soul had a hand in choosing this reality. It allowed you to grow beyond your established bounds, to liberate you from your limited beliefs about yourself and to stretch your heart beyond its familiar capacity.

Why must we make sacrifices of this nature, of something or someone so dear to us that we hardly know if we can survive it? As paradoxical as it may at first

appear, this is truly the work of the power we know as Love. This love is better understood as agape, a Greek term that refers to the highest form of love; a universal, unconditional, and transcendent love. And yes, it works in mysterious ways, often requiring great grief and harrowing heartbreak to tenderize us into experiencing deeper compassion than we previously believed possible.

Unfortunately, many of us have been conditioned to believe that all expressions of love must be self-sacrificing to be pure. That by being tolerant and fully accepting of a situation or another’s faults, and unconditionally loving or spiritual enough, we could alchemize even the most dysfunctional or hopeless of situations into love. I know because I have attempted this feat time and time again. It appears noble to our idealistic sensibilities but this is not true agape. It is what the spiritual teacher, Teal Swan, likes to call “endurism,” the willingness to endure suffering believing it to be virtuous. However, true love does not ask us to sacrifice ourselves for the cause, rather we may be asked to sacrifice that which we love most, releasing it to Spirit for the divine healing work to be done.

True love as a human being is not this idealized romanticized love, which is often a symptom of codependency and addiction. Rather, the greatest form of love the human heart is capable of is a compassionate love with firm boundaries. The love itself may be boundless and timeless, but bound in this human form and with our limited time here on Earth, boundaries are loving. True love trusts that the Divine is always there and none are forsaken or abandoned, and that our attention and love will be their only saving grace. We often overestimate our abilities, believing that it is up to us, that we must rescue others, and then underestimate other people’s abilities to handle their own lives or the Divine’s guiding presence in each moment.

During a class at Om Shala recently, the teacher shared a beautiful Metta meditation that included the affirmation, “I am in service to this heart.” Such a simple statement, yet one that is so often overlooked by us romantics and lovers. Spirit gave to each of us something so precious for safe keeping—our very own heart—yet many of us are all too willing to sacrifice the needs of our heart to those of another. This form of martyrdom is indicative of a self-worth issue, as many of us struggle with seeing ourselves as innately deserving of love, and instead believe that we need to earn it through selfless actions. Inadvertently, these so called “self-

less” decisions are in actuality being used for the self-serving purpose of proving that we are lovable human beings. Taking on the role of savior or martyr not only impedes our own sense of self-worth, it also inhibits other’s evolution and healing as we try to do the work for them, robbing them of the opportunity to grow. It accomplishes the opposite of what was intended.

So how do we learn the art of letting go gracefully? First, we must realize that in letting go we are making a sacred offering of what we hold most dear. Offerings are made with reverence and with devotion. When we offer up a relationship, a career, a life path, or dream, we are saving ourselves from the tragedy of becoming a martyr. We are making a sacrifice so we do not become the sacrifice ourselves. It is one of the hardest things we will ever do as human beings.

As we let go, we pray “Dear God/Goddess/Higher Power, I sacrifice this relationship/career/dream to you ...” We put faith in the Divine to transform that which must be transformed, and free ourselves of the obligation that would keep us bound. Letting go is our birthright and far from being a selfish or irresponsible decision, is deeply liberating and an expression of the highest form of love. In setting down that which we cannot continue to carry, we open ourselves to new possibilities and abundance as we step into the new year.

Sabrina Ourania is an Astrologer and Menstrual, Fertility, and Reproductive-Health Practitioner, Yoni Yoga Instructor, and Retreat Leader. She sees clients and teaches workshops locally and online. You can find out more about her and the work she does at www.goddessalchemist.com or on instagram at @goddess_alchemist



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Diving Deep into our Greatest Challenges

By Christine Johnson

When we start diving deep into our greatest challenges, we find things in the darkness that scare us, and we easily fear that everything in the darkness is scary. If we persevere through the muck and frightening things, we will ultimately find the layer of clarity and light where our issues make sense, and we're filled with peace. So keep going, dear diving buddies, there's a treasure in the depths!

Our greatest challenges ignite our pain bodies in such a way that we can feel like death, like all is lost and nothing matters. Our ignited pain bodies feel uncomfortable at best and terrifying at worst. Indeed, intense emotional pain triggers a part of us to return to the original time and place of the wound and it feels the same. These feelings can be extremely confusing because we often do not remember the original wound. It could have occurred when we were very young, before we were born, or even in another lifetime. Considering this multi-dimensional factor, it's clear why they are our greatest issues. And it's no surprise that most people avoid these intense feelings. Yet, our greatest challenges remain and haunt our lives and souls until they are properly dealt with.

I began to reflect on this topic after I read my Venus Retrograde Horoscope in Stephanie Stargazer's article in the November/December issue of Wholistic Heartbeat. Here's what it said:

This is an endurance test for you, dear Scorpio. Just when you thought you got to the last drop in the barrel, you find a false bottom. While you derive your sense of strength from your ability to dive deep into any issue, you also find that sometimes you question whether you are making life harder for yourself than it needs to be. There may be a crisis of faith as you stare further into the abyss.

Stay strong. This is part of who you are, and an essential gift that you bring to the world. As the rest of us turn to examine the collective shadow, we are following your lead.

My immediate reaction to this information was discouragement. I had already been working on my deepest issue for eight months and I was ready for resolution. I did not want to delve deeper into this challenge. After the moment of protest passed, I gained strength in knowing that my efforts to dive deeper had a purpose. It felt gratifying to know that I would

be helping others by persevering, so I continued to work on my greatest challenge in a process I'm calling Diving Deep. The technique works for every issue, it can be used as much as possible and it is best when used with an open mind. It's a simple, but not easy process. Diving Deep challenges us to thoroughly examine ourselves and open our minds. I've been a student of the healing arts my whole life and have found no other method that produces sustainable peace

and healing for our most gut-wrenching issues.

The technique:

Step 1: Feeling, identifying and accepting emotions that result from our greatest challenges

Step 2: Finding the belief patterns that created the emotions

Step 3: Challenging the belief patterns identified in the previous step

Step 4: Replacing those beliefs with broader truths

Diving Deep into my greatest challenge has not yet given me resolution, only more layers of muck to illuminate. But it is giving me freedom, healing and enlightenment (my definition of enlightenment = The human process of opening and allowing the presence of one's Higher Self to occupy and root into their being). Although I continue to encounter challenging emotions, I am getting centered in a deepening trust in the benevolent Universe and its divine child, me. I would like to share more about the Diving Deep technique and how you can use it to assist with your greatest challenges.

Before we dive in to the technique, we can extract more from



the process if we first examine our relationship with the Universe. Do we believe in a benevolent Universe, where everything happens for our most loving and highest good? Or do we believe that the Universe is a dangerous and chaotic place that is out to get us? This basic relationship we have with the Universe affects every experience we have. Once we accept that everything happens for the best, we can start observing our experiences from the broad perspectives of an open mind. Admittedly, changing our relationship with the Universe is difficult. It takes time, effort, reflection and a lot of surrender. I have been working on this for almost 10 years and it still challenges me almost daily. And it has been so rewarding to do this hard work that it motivates me to keep going and keep breathing.

Step 1: Feeling, Identifying and Accepting the Emotions

If we can persevere through this first step without drowning in the emotions, we will eventually overcome our greatest challenges. In this step we feel the ignited emotions, identify them by name and accept them for being there. Although difficult, going through with this step begins to give us a measure of peace. The Ho'opono'ono prayer can be particularly useful at this step because the deceptively simple technique *neutralizes any disturbed energy that is focused upon*. To use Ho'opono'ono, simply direct the phrases, "I'm sorry; Please forgive me; I love you; Thank you" at whatever disturbing energy catches our attention, like our raging emotions. The prayer is powerful, and it really works.

Step 2: Finding the Belief Patterns

This step can be uncomfortable because we must change our habitual ways of thinking to find the belief patterns that trigger our most challenging emotions. If we have done a thorough job in accepting our emotions in the last step, our minds are more peaceful and open, and our habitual ways of thinking can emerge. Once we are open-minded, we can explore our belief patterns. Limited beliefs hold us back, so we must dive down deep and discover them.

Step 3: Challenging the Beliefs

Once the belief patterns have been discovered, the next step is to look at those beliefs objectively and ask ourselves, "Do I really believe this is true?" If you don't get a clear answer, keep asking and asking. The answer will come in some form, and it may come unexpectedly, so stay open and keep listening to your senses. Usually the answer is no. It takes an objective and open mind to see that one has been accepting and believing ideas that aren't helpful or true.

Step 4: Replacing the Old with the New

This can be the most fun and creative step in the technique. It can also be hugely amplified by belief in the benevolent Universe. When we truly believe that everything happens for the best, it becomes easier to see things objectively. In the last step we speculate about what we truly believe about ourselves and our greatest challenges. It can be fun if we let our imaginations run freely. We can think up hilarious or ridiculous reasons we are so greatly challenged. Having fun with this step can even lead to startling realizations where the seemingly hilarious beliefs we came up with are actually true. If not sure what we truly believe, it is often helpful to ask ourselves, "What have I learned from this challenging situation?" Looking at our greatest challenges from a 'what am I learning' lens, automatically broadens our perspectives. After all, we incarnated on Earth to learn! Performing this last step deepens our relationship with ourselves and the Universe. Affirming our new beliefs as often as possible speeds up the process.

Here is a simple example of the Deep Diving technique:

Step 1: Feeling unworthy

Step 2: "I'm not good enough to fulfill my dreams."

Step 3: "I am good enough to fulfill my dreams."

Step 4: "Life wants my dreams to come true because I am a beloved child of the Creator."

By persevering with the Diving Deep technique, we can find freedom from the automatic and unhelpful patterns in our beliefs and make peace with the past. In this way we graduate from victim consciousness into creator consciousness. In all reality, we are powerful creators who have created our greatest challenges to learn from. Are we ready to submerge ourselves in the depths, grope around in the muck and have the grit to get to the bottom of our issues, where everything is clear and illuminated? We are definitely ready. And we will dive together until the depths are illuminated by our vigilant and loving awareness. Namaste.

Christine Johnson is a Quantum Healing Hypnosis Therapy (QHHT) practitioner with massage and energy work training, mother of three, and has her BS in marine biology. She is passionate about this incredible healing therapy and sharing it with the world. Sessions are typically 4-6 hours due to the therapy's in-depth nature. In-home sessions are available. She is available at 707 407-5050 (call/text) or qhhtfuture@gmail.com to schedule sessions and answer questions.

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Sunday Jan 20th @ 1:00pm

Email for location details

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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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I Am That!

By Bruce Berger

**There is a Self-Organizing Intelligence
which is at the heart of everything in Nature...**

**You can call it God... Life...
Or The Great Mystery...**

Sages call this Ubiquitous Intelligence...

**The Self. While everything else is changing...
this Consciousness...is an unchanging Presence.
It is this Presence, Cognizance, Awareness,
Lucidity of the Self that illuminates all experience.**

**Life and Consciousness are inextricably bound...
to be alive is to be conscious...
to be conscious is to be alive.
It is exactly the same Life...
exactly same Presence,
exactly the same Self
that is in every sentient being.
All Life is Divine... All Life is Sacred**

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Affirmation of the Universal Life

**I am that without boundaries,
limitations or separation.
I am a universal life of indescribable energy
and unlimited consciousness.**

**The stars and the planets are the cells of my body.
I am filled with indescribable energy
and unlimited consciousness.**

**I am willing energy from all that I am . . .
Maha Vishnu . . . The Great Spirit
Narayana . . . The Soul of The Universe
Maha Saraswati . . . Goddess of wisdom.
(Saraswati means essence of Self)**

**To manifest radiant health,
perfect health, divine health.
To manifest deep inner peace,
equanimity, serenity.
To manifest, Self-realization,
illumination, liberation.
May peace and justice prevail on Earth.**

Love and Fear

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

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

Love is energy that is gently moving, open and breathing. It gives, it shares, it is resilient and flexible. It is curious and aware as it flows out to greet the world and attempts to understand and contribute harmoniously to it. Love recognizes that everything is connected, and experiences this interconnectedness as joyful. It is accepting, understanding, kind and compassionate. It is conscious, responsive and awake.

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

- a touch of inspiration from maya

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