

Healing Willow

December 2009

*rooted in healing
reaching for grace*

In This Issue

Vision of Sugar Plums

God's Whisper's: Twinkling Lights

Healing Willow Staff

Visions of Sugar Plums

My hope was like the bits of color that cling to the late autumn trees. Like the fading leaves, I was not quite ready to let go and be in the stillness of the skeleton trees. I feared what I would see as I peered into the vista of the present moment. But, then, a voice reminded me to think of this time not as one of dashed hopes but as a time filled with dormant seeds of opportunity. Although this holiday season might not be as I envisioned it, this season would be exactly what I needed.

In that quiet moment of calm, the vision of sugar-plums danced in my head. Each sugar-plum vision manifested a possibility, and more of the illusion of hopelessness fell from me until the illusion lay like brown, dried leaves scattered near the bole of my tree. I became not a skeleton of a tree, but a tree lay bare of festive fall dress whose roots grew deep into the fertile, sleeping soil; a tree who willingly danced in the stark beauty of winter grace. With a joy-filled laugh I gazed upon the hills covered with barren trees and felt their kinship. God's breath surrounded me and them. We, the barren trees and I, became community. Within this Divine community, the joy of unknown choices beckoned me to release disappointment and live in the wonder of the moment.

So many opportunities exist for me to be a gift for others; and for them to gift me with their presence in my life. A divine message reverberated through me as I became calm and accepting. The divine resonance filled me with the courage to ask the question, "Where can I find joy?" The answer: "By giving yourself to others."

Maybe I'll make cookies using heirloom recipes gifted to me by my Grandmother or visit friends and family to share laughter and memories. Maybe I'll plan holiday outings with my son and volunteer as a family. Maybe I'll share a smile with a stranger. Each maybe I realized became a part of the vision of sugar-plum possibilities dancing in my head. Sorrow released as joy poured over me.

As we edge closer to the shortest day of the year and the celebration of light — Winter Solstice, Chanukah, Christmas, Kwanza, and others — I invite you to spend a few moments in quiet contemplation. Move in tune to the vision of sugar plum possibilities that dance in your spirit. What can you do throughout this month to share the gifts of light, joy, compassion, and love to all? How can you join with others in community to amplify these gifts?

"Where can I find joy?" I asked.
"By giving yourself to others,"
was the whispered answer.



Healing Willow Offers

Intuitive Reading:

50 minutes and a written summary of the reading. Cost: \$75.

Prepare for the
the New Year
with a reading

Quantum Healing: Identify triggers and release patterns at the root of the imbalance. Re-pattern your energy body to gain balance and wholeness. Cost: \$65 per session. (3-6 sessions per Quantum Healing Sequence)

Reiki: Experience relaxation during this 45 minutes session. Cost: \$65.

Intuitive Numerology: Discover the meaning of your name and the importance of your birth date to your life journey. Gain insights about your life purpose and your next steps on this journey. Reading includes a basic numerology sketch and a six month forecast. Cost: \$125

Transformation Guidance: Create a successful plan for personal or professional growth. Receive an intuitive reading and 3-10 additional guiding sessions during which you and I develop a plan of success. Cost: initial session: \$75; subsequent sessions: \$65. (3-10 sessions per Transformative Experience)

Healing Willow Staff

Vanessa Hurst has integrated natural health techniques into her practice since 1995. She incorporates Reiki, Medical Intuition, Quantum Healing, and Healing Touch into healing sessions.

Having earned her master's degree in Natural Health in August 2006, Vanessa is now a PhD candidate. Through knowledge learned and experience gained, she works with each client to develop a personalized plan that balances the whole person through energy healing and lifestyle changes.

Vanessa empowers both her students and clients to recognize the miracles of intuition in their lives and respond to the whispers in ways that will align them with their greater purpose.

Vanessa Hurst
425 South Hubbards Lane #444
Louisville, KY 40207

fyrserpent@gmail.com
www.healingwillow.com
502.599.7222

In this moment, I invite you to shed the illusions of the world and be filled with the joy of living. Be the dancing bare tree whose being is firmly rooted in the possibilities of love and laughter and life. Those possibilities waft into your life on the whispers of Divine breath.

May sugar plum visions dance not only in your heads but in all of your life this joyous season of light.



God's Whispers: Twinkling Lights

Mystical, magical twinkling lights. One of my favorite holiday traditions is sleeping under twinkling Christmas tree lights. In the hush of a darkened room the aura of the lights reach out to me in soft, glowing invitation. Through the twinkling lights I move more fully into the mystery of the season; into the sparkling dance of light and love and joy. Hope dances in the lights encouraging me to believe in me; to know the joy of being in the moment; to celebrate with passion this great gift I have been given — ME!

As I wrapped the lights upon the tree, my thoughts returned to last Christmas. That was David's last year, and I strung thousands of lights on his tree as he supervised. Stringing the Christmas tree lights was a poignant ritual for my friend. His glorious tree filled with so many lights brought smiles to all who entered the room. The Christmas tree was a symbol of the joy of the season; a great beacon shining upon the world and banishing darkness. This year as I strung my lights round and round, I felt love permeating the tree and reaching out to me. Gone but not forgotten, his love still surrounds each of us.

Lights twinkling, my ritual complete, it is my son's turn. He carefully adorns the tree with carefully selected ornament memories. In the next weeks I will sit by the tree and be aware of the love, joy, and compassion that flow from the lights and feel peace seep into my being.

The lights reflect the truth behind this season that all too often becomes hectic. They invite me to remember this time of nurturing relationships and sharing love. Listen to the voices of the divine and follow nudges that bring you closer to others. Follow your intuition in each light filled moment. Bask in the boundless love and joy of this season of light.

Namasté

Vanessa