

Healing Willow

February 2010

*rooted in healing
reaching for grace*

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Healing Willow Staff

*Enjoy the twists and turns,
the joys and celebrations,
the Being on the Journey.*



Healing Willow Offers

Intuitive Reading:

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

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.

Festivals of Light

The days are growing longer, and the sun shines throughout the day. The light bounces off the snow, glistens in puddles of water, and showers us with a hope-filled intensity. The cold uncertainty of winter evaporates as the warmth of spring nudges the world to life. This is a time to celebrate the light as it edges out the dark. We dance with joy for the dark is losing its hold on the world.

February 2nd is Ground Hog Day. Will the ground hog see his shadow? If so, will he scurry into his burrow waiting for a less light day? As the light shines brightly upon us, do we refuse to look at our shadows and tightly close our eyes? Perhaps we chant our mantra, "if I cannot see it, it doesn't exist." Or, in a moment of courage do we stand with our eyes open, examine the shadow, and claim it as our own?

Carl Jung spoke of the shadow that is an integral part of our self. This shadow is filled with those parts of us that we may choose to deny the dark parts of our self that we do not like. These pieces of us may seem unpleasant; these facets of our self may bring embarrassment or revulsion. No matter how we label what lurks in the shadow, it is an important part of our being.

Within the shadow lays the seeds of our life lessons and challenges. The shadow offers us the compost with which to nourish these seeds of our spirit. When we turn to the light and feel its warm caress, we know the light illuminates our shadow. Without the light, we would be unable to see this part of the self that hides in the twilight of the soul. The soul is home to another part of our self. In the soul the courage it takes to peer over our shoulders and welcome the gifts the shadow brings resides.

February is a month of light festivals and love festivals. Each presents an opportunity to stand in the loving light of the Divine; welcome the gifts of shadow. February is a time of hope; even in cold mornings we know the earth is awakening; and, with her, so do we. February is a month to be showered by the iridescence of light and invite the shadow to dance with use across the bridge of transformation; commit to deeply and passionately loving where we find ourselves on this journey.

Spend moments sitting quietly and breathing deeply. With each inhale, ask for courage to recognize your shadow. Invite the shadow into a love-filled embrace. Welcome it as your partner in this dance. Your intent is not to be overwhelmed or led by the shadow, but to dance with the shadow and embrace, with joyous abandonment, the lesson it brings.

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.

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Lessons are not meant to drag us into the shadowy depths of our soul. The shadow propels us into transformation. Life challenges make us whole. Through the challenges we recognize we are body/mind/spirit. Through this physical life we deepen our spiritual life by learning from life challenges.

In the cold jack frost moments, in the sunny moments, and in the moments of midnight dark, may you have the courage to dance with your shadow self.



God's Whispers in the Heart

Sitting quietly hearing the buzz crackle of silence, I turn my awareness to my body and listen. A faint beat is audible and soon the drumbeat of my heart is heard not only through my ears but with my entire body. The beat resonates throughout my being. My heart speaks to me of my condition. Am I calm and serene? A steady beat affirms this. Or, am I excited or agitated? A loud fast beat brings me into an awareness of the need for change. "Shift the rat-a-tat, shift your being" my heart urgently whispers.

As my heart moves into a more calm rhythm, my attention flows to other parts of my body. Does my shoulder ache or my jaw hurt? Where is my body shouting for relief? When I identify those places, I breathe into the beat of my heart and invite its healing grace to resonate to stress-filled areas of my bodies.

Our hearts are the homes of our intuitive intelligence. It is through our hearts that the Divine whispers, and we respond. Our hearts are agents of healing for ourselves and others. Through our opened hearts we can share love and enter into communion through communication.

During the month, I encourage you to become familiar with the many voices of your heart. Discern which of her voices allow healing grace to flow through your body and spiral out to others. Dance in the joy of a love that begins with the self and flows to the world.

Transform yourself and the world is transformed.

Vanessa

All is well and in the manner of all things, all is well

Julian of Norwich