

rooted in healing, reaching for grace

Welcome to the Month of Growing Light!

The trees were singing as their limbs swayed to a wind-blown melody. The iridescent sparkleys glistened in the ice coating the trees. After days of snow and ice and still more snow, the beauty of the landscape encouraged me to be aware. Grace beckoned me with each dancing color-filled sparkley, and I, well I, with a laugh, stepped out of the mundane world and joined Grace amid the glistening iridescent sparkleys.

Grace...a shimmering that flows toward us, wraps herself around us, and fills us with Divine calm. Grace is a prayer before meals; a way of holding ourselves; an unrequested gift from God. Through God's grace we heal. Grace is simply and profoundly God's unwavering presence in our lives.

A friend of mine recently shared that the relationship with her husband was a grace. I was humbled by the image that was conjured in my mind's eye. A relationship, a gift for two, filled with God's unwavering presence. How many times, known and unknown, have I been gifted with Grace. The Divine empowering presence patiently nudges me again and again into a new way of being...with others and with myself. Grace exists in each moment whether or not we choose to notice. When we are aware of these grace-filled moments, we shift into a space of openness and acceptance. And, in those moments our lives expand, and grace fills every nook and cranny. The Divine smiles, and we laughingly dance into the joy.

Find a place where you will not be interrupted. Close your eyes. Sit comfortably and become mindful of your breathing. Don't try to slow your breathing...become aware of your breath as it enters your nose and flows throughout your body. Feel the rhythm of God's breath as it flows through you. When you can feel the rhythm, open your eyes. Feel the flow as it dances from you on the exhale and is embraced by you on the inhale.
(Practice this breathing until it becomes second nature, and you enter the rhythm of your dance with the Divine within a few conscious breaths.)

Divine grace dances on ruach, God's breath, into our lives. What graces can you identify in your life?

- in relationships
- in your skills, talents, and abilities
- your possessions
- your emotions and thoughts
- the smiles and kindnesses of friends and strangers

At times, grace brazenly shines forth, and we cannot deny her presence in our lives. In other moments, grace is the subtle nudge that invites us to slow down and be in the present. Grace invites us to notice her in times of chaos and in times of serenity. During this month be a treasure hunter and uncover graces in your life. Share your grace-filled treasures with your life companions!

With the Grace of God, *Vanessa*

*Grace is found in the
Divine Embrace of Love and in
the Starkness of Suffering.*

*God's Whispers
Uncertainty and Hope*

January passed in a whirlwind of hope and uncertainty. Many shifts occurred both on personal and communal levels. Updrafts suddenly blew us high, and just as suddenly we plummeted to the ground only to have our fall cushioned by the wings of angels. Grace is found both in the Divine Embrace of Love and in the Starkness of Suffering. Both are necessary lights for our journeys and provide food for growth toward God.

In this time of uncertainty, do you yearn for guidance or clues to the next steps on your journey? Would you like to discover meaning in your unfolding life? By becoming more aware of the messages embedded in your current life situations and circumstances will assist you in making life choices. Gain awareness through an intuitive reading.

What is an intuitive reading? An opportunity to identify life patterns (thoughts, emotions, and behaviors) that stymie the realization of your dreams and create mental/emotional, spiritual or physical imbalances and obstructions in your life. An intuitive reading can nudge you past your fears and on to accomplishing your goals and desires. It can uncover the limitless possibilities and abundance in your life.

Are you ready to step through your uncertainties and discover your life possibilities? Schedule an intuitive reading and move into a more harmonious, decisive way of being. Call 502.599.7222.

God's Whispers Intuition Workshops

God's Whispers is a series of four workshops designed to encourage you to

- discover how you receive intuitive nudges
- hone your ability to understand the nudges
- respond to your intuition
- fully and courageously know that intuition is the channel through which God communicates with you and you respond.

Each workshop level includes a manual filled with information about intuition, activities to stimulate your intuitive abilities, and resources to further hone your intuition. Discover the satisfaction that comes from recognizing and responding to your intuition by attending these workshops.

Current classes scheduled:

Level II: February 21 in Louisville, Kentucky
Level I: March 7 in Bloomington, Indiana

Coming this spring: Level I in Evansville, Indiana, and Louisville, Kentucky.

For information on upcoming classes, please call 502.599.7222 or email fyrserpent@gmail.com

Create the Life You Deserve!

Intuitive Readings

Does your life seem opaque...no clarity of where you should take your next step? Is there a density or a fog that prevents you from clearly seeing your life path? Are you unable to see around the next curve in the road? Do you feel stymied? Unable to make any decisions? Are you ready to move from the foggy opaque of uncertainty and gain answers?

Turn the opaque of your life transparent with an intuitive reading. Ask specific questions or discover how life is unfolding. Give yourself the gift of understanding your life's possibilities.

Cost: \$75

Quantum Healing Sessions

Each of us have certain patterns or habits we would like to clear from our lives. Is this the year to release unwanted patterns and restore balance in your life? A series of quantum healing sessions can help you identify triggers and release patterns from your energy body and bring you to a place of wholeness. Intend to clear patterns and move into a place of wellness.

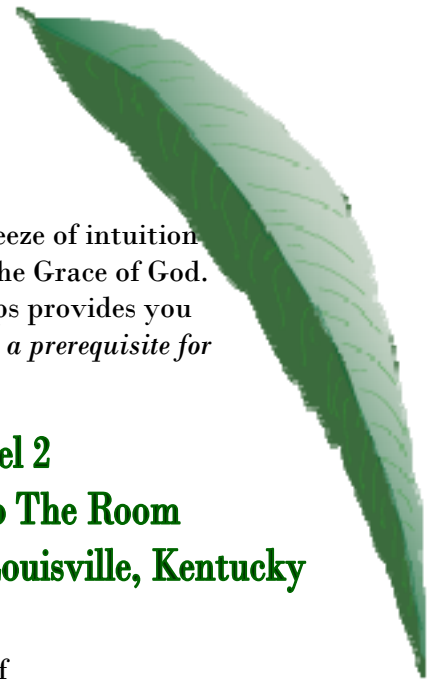
Cost: \$65 per session (3-6 sessions per Quantum Healing healing sequence)



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.

God's Whispers



With every breath we speak with God. The Divine responds on the shimmer of the breeze of intuition wafting gently through our being. Embracing intuition is listening to that shimmer, the Grace of God. It's discovering how to dance in the Flow of Grace. This series of 4 hands-on workshops provides you with skills to recognize and celebrate the many ways you use your intuition. *Level 1 is a prerequisite for Level 2.*

Level 1

Level 2

Opening the Door to Intuition

Walking Into The Room

March 7, 2009: Bloomington, Indiana

February 21, 2009: Louisville, Kentucky

Topics include:

- Understanding and practicing awareness
- Recognizing 5 doorways to intuition
- Becoming an objective observer
- Practicing bare attention
- Being instead of doing

Topics include:

- Shielding yourself
- Grounding into your body
- Discovering 14 doorways to intuition
- Attending to the intuitive nudges in your body
- Sharing your insights with others

Date & Time: from 9 a.m. until 3:30 p.m. March 7 in Bloomington.

Date & Time: February 21 from 9 a.m. until 3:30 p.m. at the Clifton Center, 2117 Payne Street, Louisville, KY

Cost: \$79 per person which includes program, materials, and light snacks. Attend with a friend: 2 or more registrations in the same envelope: \$69 per person.

Cost: \$79 per person which includes program, materials, and light snacks. Attend with a friend: 2 or more registrations in the same envelope: \$69 per person.

Presenter: Vanessa Hurst has a Masters Degree in Natural Healing. Through her natural health consultation practice, Healing Willow she teaches techniques that provide relaxation and healing at deep levels. By stimulating your body's natural ability to heal itself, your energy level increases, stressful situations affect you less, and it is easier to make healthy lifestyle choices. For more information go to www.healingwillow.com.

God's Whispers:

Registration Form

Opening the Door to Intuition: March 7

Walking Into the Room: February 21

Name

Address

Phone

Email

Mail registration with payment to:

Vanessa Hurst

425 South Hubbard's Lane Apt . 444
Louisville, KY 40207
502-599-7222

Email: fyrserpent@gmail.com

Upon receipt of your registration form and payment, you will receive an email confirming your registration.

Program fee is refundable minus a \$30 administrative fee 3 days before the program.