

Healing Willow

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*rooted in healing
reaching for grace*

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*Enjoy the twists and turns,
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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.

Begin With One Step

Journeys. Sometimes they are well thought out, planned. We know when they begin and exactly where they end. Other times the journey is more unsettled. We take that first step unconsciously beginning a journey first step. It is only much later that we recognize the journey began with that pivotal moment. A decision made in an seemingly inconsequential moment altered life in phenomenal, far reaching ways. *A journey of a thousand miles begins with a single step.* That single step may be unconscious or conscious. During the New Year look at each moment as an opportunity to take that first step...each moment becomes an opportunity to make a radical shift in your life and move ever deeper into this awe-inspiring journey.

The beginning of the New Year is a time to recognize the wealth of new possibilities in our lives. We may begin the year eager to make changes, to shift the path and begin anew. As the days march on, perhaps the enthusiasm wanes and each step becomes less a beginning and more of an onerous part of a lackluster attempt to attain a purpose. We may be buried in the necessities of the day and forget to revel in the joy, the tenderness, the beauty of each moment. We may see life unfolding and not make time to celebrate our successes. The essence of celebration is unveiled as we shift our awareness to the moment and consciously embrace even the slightest nuances of joy and love and rightness.

Catwalking is a Tai Chi move that settles you deeply into your body and pulls your awareness to the now. It is a way of moving from the exterior world and into the center of your being. Within the center you live in the present moment. Try this: take several deep cleansing breaths. Stand straight while holding your body gently. Next sink into your body by slightly bending your knees and allowing the weight of your body to rest on your upper thighs. Relax your body and hold your shoulders straight. Continue breathing as you become comfortable with this stance. Shift all your weight onto your left leg and foot. Pick up your right foot and take a step. Place your right foot down heel first and roll to your toes. When your entire foot is on the ground, shift all your weight to the right leg. Take a step with your left foot in the same way. Then alternate feet ensuring that your one foot is placed totally on the ground before you move the other foot.

How do you feel as you catwalk in the manner? On what do you focus? Compare catwalking with how you regularly walk. With your regular stride, are there moments when both of your feet are off the ground and you are literally floating in midair? Sometimes in life we are in such a hurry to get to the next place that we forget to breath and consciously walk in each moment. Through intentionally catwalking, you experience the nuances that the moments offers. With enough practice, catwalking can become your "normal" way of walking. As with all Tai Chi moves walking like a cat can help shift your awareness

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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of the rhythm of the moment.

The journey begins anew with each step that we take. We may not know where we walk or even when our steps draw us into a new part of our journey. It is not the destination that is important; it is the journey...each intentional step. I invite you, in each moment, to consciously affirm the journey that you are on. Embrace the wonder of this life. Recognize that a surprise of unknown proportions is embedded in this journey of a thousand miles. The surprise is visible only when you live in the present moment.

Enjoy the twists and turns, the joys and celebrations, the being on your journey.



God's Whispers: Jack Frost Kisses

Jack Frost scatters ice flake kisses upon the world. These crystal kisses of joy are unexpected treasures that await our discovery. Early one morning I got into the Jeep and peered out the windshield. What amazing ice crystal patterns twinkled at me. My thoughts strayed to Mr. Masaru Emoto and his work with water crystals. Emoto has researched the effects of emotions on the crystalline structure of frozen water. He has intentionally placed emotions into water. When uplifting emotions like love, joy, and compassion are experienced as someone holds water, amazing crystalline structures manifest in the frozen water. When other emotions such as sorrow or envy or mistrust are felt, the crystalline structures are less balanced and proportioned.

Our physical bodies are primarily composed of water. What we feel stimulates change in the water in our body. How do your emotional states affect your physical body? How aware are you of the power of emotions to shift your entire being to a place of incredible lightness or plunge you to a place of despair? Most of us live in the in between land where we have moments of lightness and moments of despair. Each emotion stimulates a change in our energetic pattern. When we are balanced and whole, we are better able to listen to our intuition and make choices to meet our life challenges. Our bodies are filled with the energy of those Jack Frost kisses.

I remember that chilly morning with a fondness for the gift of awe-inspiring beauty. Although my breath hung in the air and I was chilled, the twinkling of the ice crystals resonated in my being, and a smile tugged at my lips...I recognized joy as the emotion that permeated my being. I imagined the joy and happiness cascading through by body until I mirrored the crystal. I resonated with the same energy of the crystal and became a sister crystal. I became part of the chain reaction of lightness...one with the dancing crystalline structure of blessing.

Wishing you the time to bask in joy and beauty of these winter moments.

Vanessa