

rooted in healing, reaching for grace

Joyous, Prosperous New Year!

2009. As the new year dances into our Weaves, I am aware of the people and happenings that were indelibly imprinted into our Weaves during 2008. During the last waning moments of 2008, I was aware of the preciousness of time and treasures with whom we share time.

Last Saturday my son and I journeyed to the hospital to spend time with my father who had been admitted via the ER. As the family crowded into his room, and the grace danced between his children present; each of us unconsciously accepted our roles as healers and stabilizers of the loving space that we, as family, had created. Looking at Dad, I saw the years of his life etched into his face. Almost 83 years of living carved into the magnificent beauty of the wrinkled landscape.

Life is precious; time is precious...life shared with others most precious. Yesterday is a memory; tomorrow is a dream. This moment is the only time that we truly have. These were my thoughts and feelings as Merlin and I journeyed home. We can gently be in these moments as the sparkleys of Divine Love glisten in our unfolding lives or we can stay lodged in the past or rush into the future.

Today, in this moment, I reflect upon the 47 years that I have wandered through this life. Much of the time I've either had one foot in the past or one in the future. At times I've been a half asleep explorer. In those rare moments of knowing, the sparkle in my eyes reflects the secret knowing of the preciousness, the true treasure, of each moment. In those moments I wonder how I can be a grace-filled presence. And, I wonder how I can extend those moments of awareness into the whole of my life.

I remember the fifth Reiki Principle: just for today I will show gratitude for all living things. So, just for today

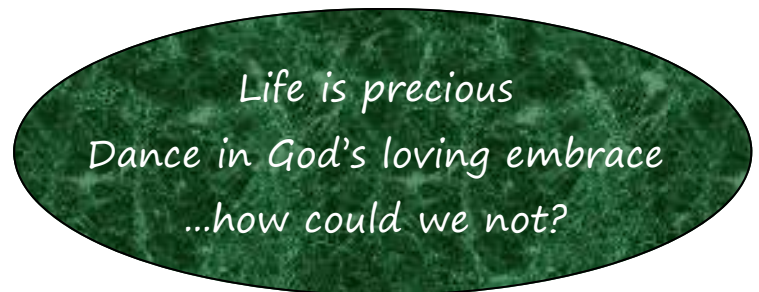
- I am appreciative, loving, and responsive to life and those people in my life
- I consciously and intentionally sparkle with healing energy

- I willingly accept life gifts, challenges, and lessons no matter how they are wrapped
- I dance in God's loving embrace...life is precious and how could I not dance?

These are confirmations that are engraved into my being. (A confirmation is an acknowledgement of something that I am in the present moment.) **What confirmations will you make as you dance into 2009?**

Just for today, in this moment and the moments that follow, I invite you to join me in showing intentional gratitude for all in our lives.

Vanessa



God's Whispers Upcoming Classes

January 31, 2009

Level One: Opening the Door to Intuition held in
Evansville, Indiana

February 21, 2009

Level Two: Walking Into The Room held in
Louisville, Kentucky

March 7, 2009

Level One: Opening the Door to Intuition held in
Evansville, Indiana

Flyer attached

God's Whispers

The Unfolding Gift

Life unfolds in truly remarkable, wondrous ways. While we may believe we have a plan, it is often disrupted...a new strand in our Life Weave entices us to consider a different way of being. Life may seem mundane, but it is really a dynamic, effervescent gift. As the gift unfolds much like the petals of a flower, how do we know where to focus our attention? Can we learn to trust that when we are aware, our attention will naturally focus us? Attention and awareness are intimately woven together.

Awareness is deceptively simple. It blossoms when we take a step out of the hectic pace of our lives and intentionally feel the rhythm, our unique flow through life. One way to accomplish this is to sit quietly with your eyes closed and intentionally listen, feel, see...all without judgment. How do you sense life bubbling in you? Describe these sensations using as many of your senses as you can. Through your awareness allow your attention to be drawn to where it needs to be.

When you open your eyes, how does the world appear to you? How do you feel? Calm and peaceful? An edge of anxiety? Acknowledge these feelings. Then consciously move into a calming rhythm.

Peace-filled calm is a cornerstone of awareness. When we are calm and at ease, we see things for what they are and not what we want them to be. Life becomes transparent...suddenly we see through life happenings and are aware of its flow. We move into a way of being that shines unconditional love and compassion not only to others but to ourselves.

As each moment unfolds, I invite you to celebrate your awareness of the world and chose to live within the gusto that the world offers.

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

Opening the Door to Intuition
January 31, 2009: Evansville, Indiana
March 7, 2009: Bloomington, Indiana

Topics include:

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

Date & Time: from 9 a.m. until 3:30 p.m. January 31 at 3029 N. Green River Road, Evansville, Indiana; March 7 in Bloomington.

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.

Level 2

Walking Into The Room
February 21, 2009: Louisville, Kentucky

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: 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.

God's Whispers:

- Opening the Door to Intuition: January 31
- Opening the Door to Intuition: March 7

Name

Address

Phone

Email

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

Registration Form

- Walking Into the Room: February 21

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.