

*rooted in healing  
reaching for grace*

## *In This Issue*

### Unlimited Possibility

### God's Whispers

*Allow divine love  
to ignite  
your divine spark  
through re-framing*

#### Summer Classes

July 18  
Second Degree Reiki  
Louisville, Kentucky  
Cost: \$129

August 15  
God's Whispers I  
Louisville, Kentucky  
Cost: \$79

September 19  
God's Whispers II  
Louisville, Kentucky  
Cost: \$79

Download a brochure  
and registration form at  
[www.healingwillow.com](http://www.healingwillow.com)

## *Unlimited Possibility*

Unlimited Possibilities. Say those words out loud. As the words roll from your mouth, notice how they resonate in your body. How does your body physically feel? What emotions do you sense? What thoughts enter your mind? When I say those words, the world becomes brighter and filled with the abundance of undiscovered treasures. In that moment of awareness I realize that unlimited possibilities are not residents of the mundane world. They serve as the doorway to the world of the extraordinary.

A number of years ago I created my first business, *Possibilities Unlimited*. The name reflected my desire for the business to be driven by my creativity and my openness to the many avenues of professional success. When I unconsciously listened and responded to my intuition in those early days, an infinite treasure trove of business opportunities was made visible. Even then I was listening to my intuition.

Fast forward to this summer and a conversation with a friend. I am amazed at the nudges that come from friendly dialogue! Susan mentioned a book she had discovered on her book shelf: *The Art of Possibility*. Reading the book brought back the feelings of my youthful exuberance...my belief in the abundance of unlimited possibilities.

The book encourages the reader to pursue practices designed to open him/her to the world of possibilities. The first practice involves a process called re-inventing. *This practice I call re-framing*. We live our lives based upon assumptions and create our life scenarios using these assumptions. Our assumptions include what we believe to be true and the limitations we place upon ourselves. The author of the book encourages us to re-frame our beliefs and assumptions.

Through this re-framing we recognize the many the possibilities of joy and happiness in our life. During this process we re-frame our life challenges from ones of suffering to opportunities of growth and harmony.

Each month when I write my newsletter, I reframe my assumptions about my writing. As the words are grounded through ink on paper, I affirm that what I write will touch another. Through this reframing, I become eager to share my thoughts. When I believe what I write is of value to myself and to others, I create the possibility of being a catalyst for transformation.



## Services Available

### Intuitive Readings

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

### Quantum Healing

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. Cost: \$65 per session. (3-6 sessions per Quantum Healing Sequence)

### Reiki

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

Experience a session  
in your own home!

### Healing Willow

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What is an assumption that you have about your life? Spend a few moments submersed in the assumption and the tendrils of emotions and thoughts that flow from it. Notice how the assumption makes you feel. Then reframe the assumption in ways that are life affirming and filled with abundance.

In this moment we can bind ourselves with our assumptions or we can dance abundantly with life's many possibilities.

Hoping that you dance within your Life's Weave by reframing and allowing divine love to ignite your divine spark, Vanessa

## God's Whispers Independence

233 years ago the Declaration of Independence was signed. This document is a tangible representation of the freedom of a nation and heralded the birth of a new way of being.

Throughout our lives each of us has moments during which we choose freedom. In those moments we are not bound by uncertainty or confusion. Our intuition sparks clarity and we know the next steps on our paths. We choose to be ourselves; to do what is right for us. Intuition serves as the guide that coaxes us from the mundane world and into a new way of being. When we bask in this world made new and extraordinary through our awareness, we are no longer confined or limited by our beliefs. We declare our independence from our limitations by responding to our intuition. Intuition provides the power to break the bounds of fear and fill us with courage to journey through this life time. We embrace the love, compassion, and joy available to each of us by accepting we are intuitive.

During this month grab a pen and note pad. Keep it with you. Jot down each time you recognize your intuition. Notice what your intuition reveals and your attitude toward those revelations. Identify the times you were able to respond to the gentle whispers. Listening to your intuition is your declaration of independence. Release the bonds of fear as you enjoy the courage that is coupled with your intuition.



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.