



June 2009

*rooted in healing
reaching for grace*

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A Joy-Filled Adventure

God's Whispers

*Joy shifts us into a place
of wise openness
filled with
life's unlimited possibilities*

Summer Classes

June 6th **Registration Deadline June 3**
God's Whisper I
Bloomington, Indiana
Cost: \$79

June 20 **Registration Deadline June 17**
First Degree Reiki
Louisville, Kentucky
Cost: \$99

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**

A Joy-Filled Adventure

Mother's Day dawned auspiciously...crisp and cool with sun sparkles. This beautiful day filled with celebration invited me into the moment. After breakfast Merlin and I purchased colorful plants for our balcony. There seemed to be no rhyme or reason to what we bought. Intuitively we chose what we liked. Pots filled, we stepped back to view our selections. In that moment we were part of the beauty of spring.

With the showers of May, and some watering from us, our balcony garden is flourishing. The color complements instead of clashes, and the potted plants are growing to fullness. The trepidation of choosing has given way to the joy of being in the delight of Spring beauty and knowing that we chose well.

Pema Chodron talks about being comfortable with uncertainty. Trusting our choices was a practice of resting in that comfort amid the uncertainty. Neither of us were expert gardeners, but we listened to the whispers of our intuition and allowed our hands and hearts to be guided. Were the choices the "best"? Does it really matter? What matters to me is the response to my intuition: the beauty and peace evoked by our garden.

Listening to intuition alters our lives in profound ways. When we listen to the whispers with our entire being, our awareness shifts from the narrow constraints of this physical reality to the recognition of life's unlimited possibilities. Life does not become more certain; we become surer...more confident that our intuition guides us through moments of uncertainty. Ultimately making choices and moving into the unfolding moments with confidence brings comfort. Within this place of comfort, we dance in the natural movement of the unknown. Life is reframed as a joy-filled adventure.

In this moment the beauty on the balcony brings joy. As I bask in the joy, it imprints itself upon my being. Each time I experience joy and consciously infuse my aura with it, I strengthen my armor of joy. And, in each moment of uncertainty, I can don the armor of joy and shift not the uncertainty but my attitude toward uncertainty. The joy helps me to shift into a place of wise openness in which I can make choices based on my intuition instead of choosing based upon my reactions.

During this month celebrate the joys that are inherent in this life filled with uncertainty.

Namaste, Vanessa

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!

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God's Whispers

Infallibility

Do you ever wish that life came with directions? That with each decision you make, the road map of strands twining through the Great Weave of Life would appear? That, somehow, without a doubt, each chosen action would bring you closer to a seemingly elusive goal? There are times when I wish for infallibility. Other times I marvel at the wonders that life offers just around the bend in the road of detour. In those moments I realize how much of life I would have missed if I have taken the shortest route — the straight line between two points.

Intuition is an incredible tool. It is a GPS that leads us on a meandering journey through life. The GPS of intuition is not set for the shortest route; rather, it is set for the most meaningful, enriching journey. We don't lessen the number of challenges by following our intuition. Through intuitive awareness, we enhance our ability to respond to our life challenges and learn from them.

Intuition is not always understandable. We may feel that we are missing an important piece and without it cannot see our life picture with any clarity. We may lack the knowledge or the confidence to decipher the whispers. Responding to intuition is not about responding in the "right" way. Responding to intuition affirms our willingness to be intuitive and embraces our connections with the Divine. With each response, we commit to being intuitive and this further opens us to guidance. Through each successive response, the next steps on our journeys are revealed with surprising clarity.

Being intuitive is being willing to embrace our intuition however it manifests in our lives. The adventure is to respond to this intuition wherever we are in the moment trusting that intuition is our constant companion in this unfolding journey. Each time we embrace intuition we are given subsequent opportunities to gain clarity and move more fully into the wonder of our lives.



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.