

# Healing Willow

March

*rooted in healing, reaching for grace*

The winds are whipping around the corners and jangling my wind chimes. As I listen to the wind, I am reminded of Elijah (1 Kings 19:11-13) who sat in the cave and waited for the Lord to appear. God was not in the wind nor the fire nor the earthquake. Elijah found God in the gentle whisper of the breeze. Sheltered in the cave, shielded from the barrage of nature, Elijah was able to calmly and accurately discern the true voice of the Divine.

Today we may feel like Elijah in those moments before the whisper. What comes to unsettle us? How do we discern the signs sent by God? Many times we are bombarded by a multitude of stimuli that threatens to overwhelm us and trigger chaos in our lives. It is often difficult to find the Source amid life's happenings and easy to miss the gentle whisper as it teasingly brushes the hair from our faces and opens us to the Breath of God.

Like Elijah we can enter a cave and take respite. We can protect ourselves from being buffeted by outside influences that overwhelm and cloak us in an unawareness of Divine Grace. It is in the cave that we sit calmly and quietly while intentionally listening with our entire being to God's voice. How do we create this haven? We create a cave of respite when we create an energetic shield around ourselves.

Shielding is a form of prayer in which we ask to be protected from things, events, and people that unsettle us. When we create a shield, we ask to be aware of how we are affected by others and request protection from the thoughts, behaviors, and emotions of others. A shielding meditation can be accomplished throughout the day. I often begin my day by shielding myself, and then I re-apply the shield as often as necessary throughout the day.

**To shield:** begin by noticing your breath. Move into a regular breathing pattern. Release your tensions and stress as you exhale. With each intake of air, breathe in peace and calm. Next, envision that you are surrounded by a pliable egg of translucent energy. Within this orb,

your body, mind, and spirit float. The orb of protective energy encases you from head to toe. Although you can press into the shell, most pressure will not be able to puncture it. Infuse the oval of energetic protection with any color you like. Finally, ask that this shield protect you from harm.

A shield does not prevent interaction with others nor does it stop stimulus from entering your aura. It is a porous shield that minimizes the detrimental effects of your interactions. What happens to those harmful emotions, behaviors, and thoughts that enter your field? If you are not shielded, they can become lodged in your aura and create patterns of imbalance. When you are shielded, the potentially injurious catalysts touch your energy field and then slide off it.



*We do not isolate by shielding;  
instead, we enter into community  
in deep, compassionate ways.*

The next step in the shielding process is to intend that you are a vessel of compassion and unconditional love. Fill your shield with compassion and unconditional love. Intend that anything that enters your aura is transmuted into compassion and love. This compassion and love leaves your field and flows back to the person with whom you are interacting.

Shielding is not only a means of self protection. It is a way of being an empty vessel for compassion. By shielding we do not isolate ourselves; rather, we enter into community in deep, compassionate, and loving ways. As shielded empty vessels we become conduits for God's Grace and become the peace we wish to see in the world.

Namasté, Vanessa

# God's Whispers

## Dancing Into Awareness

Spring has begun her tentative dance — glorious sun, warmer temperatures, thunder and rain. The Wheel turns, and the World is painted in hues of greens. After being in the cold grip of Winter, Spring offers unfolding ways to be aware. How many changes can we notice as nature unfolds in each moment? Dawn creeps across the horizon earlier and earlier. The earth begins to take on a fresh, loamy aroma. Even the creeks sing different tunes. The earth awakens in joyous splendor.

This time of year, to me, is filled with promise. The promise of life unfolding after a period of dark sleep. With the Vernal Equinox on March 20 spring officially arrives. On that day, we celebrate the end of the long night of preparation and dance into new birth, new life. I recognize that my actions during the long winter night create the stage for my dance. On this ever expanding, evolving stage I move to the rhythm of this newness through my awareness.

Awareness...the stuff that inhabits the long night and glistens in the new day. Awareness is the fuel that enables our dreams to take form. Awareness couches the answers to our prayers. These answers to our prayers are those intuitive nudges that we discern only when we are aware.

There are times when we are unable to hear the answers, the whispers of God. Perhaps we are too busy to notice the gentle breeze that lovingly teases us into awareness. Or, maybe, we are busily seeking one thing when the other is what we need. During this time, a guiding hand might be needed. Someone who will gently and intentionally walk with us and help us decipher and understand the whispers.

Is it time for an intuitive reading? This isn't a fortune telling service; rather, it is a way of seeing through the darkness and bringing clarity to aspects of your life. An intuitive reading brings you closer to understanding your life purpose and into greater alignment with your own dance.

Is it time? Time to move more in sync with your life? Call for an intuitive reading...502.599.7222.

# 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 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 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. March 7 in Bloomington, Indiana; April 4 in Evansville, Indiana.

**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](http://www.healingwillow.com).

## Level 2

### Walking Into The Room TBA

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

**Time:** 9 a.m. until 3:30 p.m.

**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.

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## God's Whispers:

Opening the Door to Intuition: March 7

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Name

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Address

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Phone

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Email

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

## Registration Form

Opening the Door to Intuition: April 4

Mail registration with payment to:

**Vanessa Hurst**

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

Email: [fyrserpent@gmail.com](mailto:fyrserpent@gmail.com)

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