

# Healing Willow

March 2010

*rooted in healing  
reaching for grace*

## *In This Issue*

Reflecting the Divine

God's Whispers: Chaos Swirling

Healing Willow Staff

**Be Namaste  
in all  
that you are.**



## *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.

## *Reflecting of the Divine*

Look deeply the eyes of another or look deeply into a mirror image of your eyes. What do you see? Compassion, love, laughter, joy — the eyes sparkle with these feelings. The eyes are the windows to our souls, they reflect of what lies in the very core of our being. Through our eyes flow the light of the Divine. This iridescent shimmer of grace reaches out to mingle and weave with the divine shining from the souls of others.

Last weekend I became aware of the light that flowed from the eyes of others. At times I was surprised by the joy, love, and compassion that flowed from the eyes of a stranger and reached out to gently caressed my aura. On more than one occasion, I saw the other shift perceptibly as s/he met my gaze. A voice whispered, "they see the same in you — the joy, the love, the compassion." In those moments we shared a profound connection; we acknowledged one another as so-journers in this earthly life. We were moment friends without names, and we celebrated one another in that moment.

Later I sat with those surprising feelings evoked by the light filled gazes of others. Admonishing myself not to judge just to feel, I recognized how those minute glances triggered a cascade of emotions/sensations in my being. As the waves of unconditional acceptance flowed through me, I shifted, healed, and discovered a kernel of peace at the center of my being. With a joy-filled laugh, I blessed the feeling and those who had partnered in the dance that stimulated joy, love, and compassion.

Those exchanges reminded me of beaming, a Reiki technique. The intent of beaming is to share healing grace with another without physical contact or even being in close proximity to the other. The goal simply is to be a conduit for the healing grace as it flows through you.

To beam, allow your eyes to soften and relax you body. With each breath release tension and fill your being with joy, compassion, and love — the components of healing grace. Envision your gaze being like the gentle touch of a mother as she reaches to lovingly hug her child. When you are feeling warm, mellow, full of love and light and joy, train your gaze on another. Surround the other in a delicate energy embrace. Share your love and compassion with the other through your eyes. You don't need to say a word. After several moments or when you feel the time is right to release your visual hug, look away and release your energetic connection.

Beaming is a prayer; a means of sharing grace with the others; a way of showing respect; an avenue to providing loving support. Beaming invites the other, friend or stranger, into your circle if but for a brief moment in time. Beaming is a silent Namaste in which you honor the other.

During the windy days of March, practice the art of welcoming in each gazed filled with healing grace and sharing. Be Namaste in all that you are.

*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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## *God's Whispers Chaos Swirling*



The past two months have been filled with the beauty and destruction of chaos. The first snow storms were beautiful; the last ones just tiresome. The earth splintered with magnificent rumbling and subsequent destruction of the earth as it shook not once but twice. Mudslides wreaked havoc in California; hurricane force winds raged in France. Nature's magnificence unfolded in overwhelming and terrifying ways.

What lies at the root of these natural events? Are they part of a rhythm of the earth that we don't understand? Or, are they signs, symbols, whispers of something yet to happen? Perhaps the answer is neither and both. Maybe Gaia, our Earth, is crying out for help; reminding us that we are sustained through her offerings. She may be sending us some not so subtle messages that she too, would benefit from a different kind of relationship with us. That relationship could be a symbiotic healing one. Gaia, through these "symptoms" is pleading with us to tread more lightly on her...to reverence her as a creation of the Divine.

What can we do? How can we respond to Gaia's request? How can we move into a symbiotic relationship with her? A first step is to share divine healing grace with the Earth.

The following meditation will facilitate a deeper connection to her. Begin by breathing deeply and evenly. If you are outside, breathe in tandem with the rhythm of the breeze. With each breath affirm that you are connected with the earth and the sky and all of creation. All truly is one. As you breathe, envision a golden healing energy entering your crown chakra and flowing into your body. Notice how you feel with each breath as the energy winds itself deeper into your being. It cascades to the marrow of your soul triggering healing in you. Notice as the energy flows through your arms, torso, and legs. With each subsequent breath the energy permeates your entire being until it begins to stream from your pores and spiral into the world. Visualize this spiral of energy embracing to all of creation. Perhaps it drifts toward the trees and other plants, glistens in the water, and gently pours into the many beings on this planet. Moving with gravity, it slowly sinks into Mother Earth.

We truly are one with all. In each moment we share this grace with others even when we are unaware of the connection. The meditation is a reminder of the power of healing and the power of connection and the power of being community.

Dance in the matrix of life as you share the divine that is within. Connect with Mother Earth in a healing dance.

*Vanessa*