

Healing Willow

November 2009

*rooted in healing
reaching for grace*

In This Issue

The Rainbow Bridge

God's Whisper's: Walking the Labyrinth

Healing Willow Staff

On the rainbow bridge discover the Divine and move into the joy of the next steps of the journey.



Healing Willow Offers

Intuitive Numerology

All of creation is based upon numbers. Each number holds a sacred vibration. Our names, the consonants and the vowels, can be reduced to a series of numbers. These numbers can provide insight about our life purpose and our next steps on this journey.

Discover the meaning of your name and how it resonates in your life. Gain insights about your life purpose and your next steps on this journey through an intuitive numerology reading. Reading includes a basic numerology sketch and a six month forecast. Cost: \$125

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

The Rainbow Bridge

The iridescent sparkles blew into my aura. As I brushed the divine twinkles from my eyes, my vision cleared. In the seemingly empty space before me, the iridescent shimmer coalesced into a rainbow bridge. The illuminations of the colors invited my cautious feet to tap the inviting rhythm. My feet danced further into the rhythm of the iridescent sparkles, and I ventured into a new found opportunity. With my dance partner, I journeyed to a recognized place.

On October 1st I accepted the position of director at Bethany Spring, a retreat center in New Haven, Kentucky. Working at Bethany is an opportunity for me to return to my retreat roots; an invitation to return to retreat ministry. I pondered little at the manifestation of this rainbow bridge; I was filled with certainty that this was the "right" dance for this moment. I eagerly accepted the position and took sure steps across onto the bridge.

While my duties will be primarily administrative, I will also have the opportunity to develop and present programs. You are invited to join me over New Year's for a contemplative New Year's celebration. Join us in quiet reflection and joyous celebration. From December 30 until January 2, celebrate what has brought you to this moment and recognize how you create your future with each moment. Acknowledge the importance of relationships (with your self, God, others, and nature) to your ability to live contemplatively. Participants will spend time with the group, on their own, and are invited to attend the prayer services at the Abbey of Gethsemani. As with all my programs, individuals of all faiths are invited to the celebration. More information: www.bethanyspring.org

I am still maintaining my private practice. Call me to schedule healing sessions and intuitive readings!

The rainbow bridge exists in each of us no matter where we are on our journeys. While it may be invisible to our physical, emotional, and spiritual eyes, the iridescent glimmer waits in eager anticipation to be noticed. When we become aware of its existence, the rainbow bridge manifests. During moments of quiet calm, we sense the bridge with our entire being, with all of our senses.

When the rainbow bridge seems invisible, dig through the layers of external noise and enter into the silence found at the root of the noise. It is at the root that we fully enter into the silence, hear the hum of its rhythm, see the luminous colors, and taste the delight of this divine rainbow bridge. In this place we discover the Divine and move into the joy of the next steps of this journey.

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.

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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As you enter into the Celtic New Year, sit quietly, take calming breaths, and invite the rainbow bridge to appear. As it appears, look with an inner knowing at the rainbow bridge. It provides clues to the next steps on your life path.



God's Whispers: Walking the Labyrinth

Have you ever walked a labyrinth? Took a couple of deep breaths, centered and calmed your self, connected with the divine, and then stepped into the abyss of the present moment. So deeply engrossed in your walk, you twine through the labyrinth losing all track of time and space. You walk with a single-minded determinism trusting that you are on your journey. Facets of your being are revealed with each life step, and you grow more fully into your spirit. Perhaps at some point you are gifted with a revelation; an "aha" moment. That epiphany is manifest through your intuition.

Early last week I attended a labyrinth making master class. We began by learning all labyrinths grow from a seed pattern. For me, the labyrinth was suddenly unmasked and this twisting, turning path became of pattern of twelve concentric circles. The key was to know where to place the *labrys* or turns. I am amazed when I mark the circles with color pencils and the labyrinth begins to appear. Next, I can walk, with my finger, through newly created labyrinth.

Walking a labyrinth with your feet or fingers invites you into a different place. During this walk, you can immerse yourself in the present moment and trust that you are exactly where you need to be. As you walk the labyrinth, release your thoughts and enjoy a multi-sensory experience. Explore the labyrinth with your eyes, your ears, your senses of smell, taste and touch. Enter into your inner journey; expand your intuition through a labyrinth walk.

Namasté,

Vanessa

*A Contemplative New
Year's Celebration*

facilitated by Vanessa

Bethany Spring
New Haven, Kentucky
December 30-January 2
www.bethanyspring.org