

Healing Willow

October 2009

*rooted in healing
reaching for grace*

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Amid the brilliant hues of fall, the Earth invites you to dance with her, to celebrate in joyous abandonment.



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.

Autumn's Brilliant Hues

Autumn slipped in one late September morning. As I left the apartment in the pre-dawn hours, the breeze was stroking music from the tree limbs. The leaves sang with that peculiar crispy croak that is a native rhythm in the fall landscape. The wheel of the year turns to another month and another season of nature begins. The turning of the wheel and the changing season provides opportunities to look upon the transforming landscapes — external and internal — of our lives with new eyes.

The beautiful hues of autumn invite us to ground deep into our bodies. Our bodies are comprised of energy centers called chakras. Each chakra corresponds to a place in the physical body and to a color on the spectrum. The root chakra is located at the base of the spine and spins the color red; the sacral chakra is about two inches below our navel and is orange; the solar plexus chakra spins yellow. The colors of autumn, reds, oranges, yellows, invite us to settle into our lower bodies and find our center. Do our roots plunge deep into the earth holding us steady and balanced? How are we creating in the splash of fall colors? Are we filled with positive self esteem and the awareness that we are cherished gifts of the Divine? Does our harvest provide sustenance and empower our body/mind/spirit to thrive?

We are nearing the end of the time of harvest festivals. Now, in these moments unfolding, we celebrate what has matured and prepare for the coming season of quiet rest. But, we are not yet ready to rest. This is the time to be gleeful, to laugh in the wonder of the dancing leaves and feel the cool kiss breezes send shivers through our beings. We can bask in the crisp bright blue of autumn day and gaze in wonder at the sparkling starlit nights. October calls us to become children who marvel at the newest face of nature.

These moments invite us to be aware, to listen with the ear of our heart. Within the heart lives not only compassion and unconditional love; it is the place where our intuition awakens and reaches out with compassion and unconditional love to all. In the present moment we are invited to see with the eyes of our souls...to see without judging; to be open to all life; to be grateful for our journey's challenges. Now we are invited to walk between the worlds of spirit and material while being mindfully aware that in each moment the Divine answers our prayers.

The veil between this world and the spirit world continues to grow thinner during the month of October. This is a time of opening not only the spirit world but also expanding the loving, generous spirit in our hearts. The Divine whispers through our hearts and souls and within these whispers lay wisdom. Open your self to Divine wisdom as it manifests

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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through the sights and sounds, the smells and tastes, the feelings and sensations evoked during this time of transformation. Allow the resonance of these experiences to permeate deeply into your spirit and aid in your autumnal transformation.

The Earth invites you to dance with her, to celebrate in joyous abandonment and embrace the messages hidden amidst the bright hues of fall. Immerse yourself in the myriad of autumnal sensations and unexpected gifts. Autumn speaks in the language that is deciphered only with your intuition. In this moment become the leaf that changes from green to gold to orange to red to brown. Move to the rhythm of this transformation. Be.



God's Whispers: Navigating

God's whispers are like a ghost caress in our lives. Often we miss their gentle touch by having one foot hopelessly in the past or by groping blindly at some wished for future. God's whisper is a persistent breeze that teases our senses while reminding, "I'm here, pay attention, be aware, notice." In that moment of recognition and response to your intuition, your feet move away from the stale rhythm of yesterday into the fresh, transforming moves of dance of now. Your arms, no longer groping for the future, draw closer to your being, and palms face up in eager receptivity. It is only when you are here, now, that you are poised to hear God's Whispers and respond to those intuitive nudges.

Our awareness invites intuition to surround us in an iridescent sparkling mist. This gently twinkling mist permeates the seven layers of our energy field through our physical body to the space between the smallest of small particles. Our responses to our intuition draw us more surely into the mist and the mist into us. We trust that our Divine partner will lead us into this iridescent place filled with wonder and joy.

Our life purpose is to navigate our challenges with finesse gained through our intuition. Our awareness invites us to make choices that lead us through life's uncertainties with the least amount of angst. Intuition is the compass that helps us navigate the path and sustains us in moments of uncertainty while empowering us to thrive in any circumstance.

God's Whispers flow on the breezes of our lives. Dance on the ensuing mist, bask in the offerings of the moment.

Namasté,

Vanessa