

# Healing Willow

September 2009

*rooted in healing  
reaching for grace*

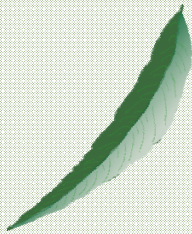
## *In This Issue*

Illuminating & Manifesting

God's Whisper's: Wind Riding

Healing Willow Staff

Through the paths of  
Illumination and Manifestation  
our Life Weaves thrive



## *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)

## *Illuminating and Manifesting*

The rain tapped gently upon the Earth. The Earth opened and drank of the sky borne nectar. As she drank, the water penetrated deep into the ground tickling roots that stretched downward in search of nutrients. Above the ground, the rain slowed and the clouds raced across the sky. The sun no longer clothed in clouds showered iridescent sparkles upon the earth. The trees turned imperceptibly and stretched toward the sky. Each tree basked in the sun. Although each tree was rooted deep within the healing earth, all reached for the grace of divine light. We, too, can be rooted deeply in the Earth's healing presence while reaching for healing grace. We both root and reach with our chakras.

Our chakras begin at the base of our spines and travel up and through our bodies to the crown. The seven chakras are like seven rungs on a ladder. With each upward step we cast aside a more worldly way of being and edge closer to the Divine; we move closer to illumination through communion with the Divine. Praying draws our energy into our upper chakras — the throat, brow, and crown — and away from our root, sacrum, and solar plexus chakras. We may be less aware of our bodies and our physical realities during our prayer time. Each time we reach for grace, answers that have proven elusive and profound knowings manifest. We understand with greater clarity the steps that draw us nearer to our soul purposes. Our intuition heightens as we traverse the path of illumination.

We can not discount that we are beings of spirit in physical bodies. One aspect is not better than the other; we are holistic beings of body, mind, and spirit. One of our goals is to fully experience our physical lives. In order to do this, we move down the chakra ladder rung by rung. We ground ourselves into our bodies and find our center of balance. Energy can then flow out of us and into the earth. It is through this path of manifestation that we co-create the world around us.

Both the path of illumination and the path of manifestation are vital to our health and wholeness. Through them we connect with the divine to hear the whispers that guide us in our manifestations. Our relationships with the Divine are reflected in our joyous creations. Both paths create and provide the sustenance through which our Life Weaves thrive.

Imagine that you are a magnificent tree whose roots trail deep into the heart of the Earth receiving nourishment. Feel the grounding energy that surrounds you. Visualize a great canopy of leaves that reaches up to the sun receiving sustenance from the Divine iridescence. Feel your connection to the Earth and the Divine. Feel the iridescent shimmer of energy flowing up your spine as it connects to the divine, circles back

*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)

Experience a session in your own home!

### *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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into your body, dips into the earth, and then returns to your body. This life-giving circuit is continuous and never ending.

We are beings, body/mind/spirit, firmly rooted in healing as we reach for grace. We are beings of community who share the energy of life, love, and laughter.



## *God's Whispers: Wind Riding*

Kites are incredible transmitters of energy. Bright and colorful in different shapes and sizes; they are great wind riders. Running feet gain momentum, and the wind tugs at the string slipping through your fingers. Suddenly the kite is up bobbing in the breeze. If the wind is steady, the kite dances ever higher until it reaches optimal height. As the kite rides on the wind, its joy vibrates through the string resonating into your being. You and the kite are one in the dancing breeze.

Our intuition floats on the wisps of God's Breath. It may bob and dive and climb while trying to gain our attention. If we are not grounded and centered, our intuition may metaphorically crash to the ground in an effort to gain our attention. In those moments we may not be aware of the intuitive clues we are receiving. When we are unaware, intuition will claim our awareness in most peculiar ways.

Our awareness is like the string that connects the kite to our hands. Once we connect to our intuition, we become aware of its ebb and flow. Even if we cannot understand what our intuition is telling us, recognizing that we are receiving a message is the first step to deciphering the nudges. As we recognize the nuances of the bobs and dives and climbs of our intuition, deciphering our nudges becomes easier. With this found clarity we can better respond to our intuition and it becomes a profound guide that assists us through the maze of our life challenges.

Fly a kite and ride the wind of God's Breath. Discover your dance of bobs and dives and climbs. Become the wind rider of intuition as you navigate the breeze and the gusts and the gales of God's Breath. Enjoy. That is all that is asked of us on this journey.

Namasté,

*Vanessa*