



Heart of Healing News

Fall / Winter 2007

Special points of interest:

- Thoughts on Change and Faith
- Help for Cold and Flu Season
- Upcoming Classes
- Recommended Reading

In shadowed stillness

I glide into myself

A sigh escapes

I know peace

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Finding Ground

Yesterday the dogwood tree in my yard was covered with green leaves; this morning all but two low branches are deep maroon. Amazing how fast that shift happened. Autumn has been whispering its way towards Kansas City for weeks. The wild rainstorm yesterday seems to have signaled its official arrival. The air is cooler, crisper today. And I notice leaves turning yellow, orange and maroon everywhere I look. Changes in my personal life are like that; little hints of change and subtle shifts happen that I often miss or ignore. Then, wham, a storm blows through and in the aftermath I look around surprised to see profound changes in myself or those around me.

I took a walk down the creek path this morning. The day is gorgeous; sunny with a cool wind and high wispy clouds in a bright blue sky. Jacket weather is here. Quite a contrast with yesterday's cold gray skies and hours of torrential downpour. The heavy rains left the creek high, very high. And the storm water has noticeably altered the creek in just one day. In one spot, long hairy orange tree roots dangle in mid-air over the far curve of the creek bank. Yesterday the roots were encased in dirt; today they dangle free and unsupported. I have had days like that - I wake up to discover that the very ground I have been rooted in and attached to is suddenly gone.

Most humans are not very good at handling change and I am no exception. With change comes fear; that feeling of the world shifting out from under me, of dangling in mid-air without support is very scary. Sometimes I get stuck in that state of fear and I start to worry that problems and instability are all I have to look forward to.

I say that I believe in a benevolent God; a God who takes care of the earth and all living creatures; a God who is omnipotent and all-knowing; a God from which all of life flows. And yet when my path gets rough or the world seems dark, I have trouble trusting that God truly does know what she is doing and all is well.

Any change or shift in my life can trigger the fear. The shift can be something as simple as a change in my schedule or diet, or as profound as divorcing my first husband. The size or importance of the shift does not necessarily determine how well I cope with the change. Any shift, big or small, can be difficult.

The trees on the creek bank seemed to handle change better than I normally do. Trees instinctually know to lean away from instability and sink new roots into whatever ground is left to support them. In contrast, I flounder for days, feeling angry and off balance, bemoaning whatever changed in my life. I grieve for the support I lost. I forget to breathe and lean into the support I still have.

Trees have a visceral trust in the Universe or earth to support them and provide for them no matter what happens. I have trouble trusting in the good of the Universe that profoundly in the midst of change. I get caught up in grieving what I have lost instead of opening to what is now possible. I forget to pray or meditate and I lose my connection to ground.

Faith and trust in the good of God is my ground, the core bedrock that won't shift out from under me no matter what.

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Natural Cold & Flu Remedies

“The natural healing force within each one of us is the greatest force in getting well. Our food should be our medicine. Our medicine should be our food.”

- Hippocrates, 400BC

For medicine contemplate a breathing leaf:

Faithfulness

**Alice Walker
Poet**



Cold and flu season is just around the corner. And right now is the perfect time to fill your medicine cabinet with remedies that work. Stock up now, before the kids bring a bug home. Here are the natural remedies that I personally use and recommend:

Vitamin C: When I feel a cold brewing, I start taking 2-3 packets of Emergen-C™ per day and I keep taking it until my cold is gone. Each packet of Emergen-C™ contains 1000mg Vitamin C as well as a mixture of B Complex Vitamins and essential minerals. The human body uses Vitamin C to build strong, healthy cell membranes that are able to protect from viral and bacterial invaders. The B vitamins are known as the stress vitamins because they are used heavily by the body when stressed or fighting off an illness. If I could only take only one cold/flu remedy with me to a deserted island, I would choose Emergen-C™.

Echinacea: This is the herb that I reach for first when I feel a cold coming on. This herb enhances and boosts infection fighting components of the immune system. If I start taking Echinacea at the first sign of a cold, my illness is much shorter and less severe. And Echinacea is perfectly safe for babies and kids. I use Echinacea tincture drops that can be added to water or juice. Echinacea is made from the root of the purple coneflower and its healing properties have been researched extensively. Echinacea works best when taken short term. Save this one and only use it at the first sign of a cold.

Herbal Tea: I find a warm mug of tea very comforting when I am sick. And tea is a great way to give my cold or flu an “herbal treatment.” There are numerous herbs out there that alleviate the symptoms of the common cold or flu. Here are a few to try:

Decrease congestion & mucus: horehound, licorice, slippery elm, ginger

Soothe cough and sore throat: Slippery elm, anise and marsh mallow, mullein

Note: Many of these herbs are also available in tea, capsule or lozenge form.

Neti Pot: The Neti Pot is a traditional Ayurvedic way to wash out the sinuses, removing debris, mucus, viruses and bacteria from the nose and sinus cavities. Use a Neti Pot and a minor head cold does not have the chance to turn into a sinus infection. My clients with chronic sinus problems swear that it makes a huge difference. I “pour” a warm salt water solution from the Neti Pot into one nostril where it flows into the sinuses and out the other nostril. It may sound gross, but the relief is almost instantaneous. Find the Neti Pot online or at most health food stores.

Zinc Lozenges: I have found nothing better for relieving the pain of a sore throat than zinc lozenges. Zinc is a mineral that is used heavily by the body when fighting off an illness. The lozenges taste good and they work. I suck on a zinc lozenge 3-4 times per day if my throat is sore or scratchy, or I have a head cold.

Homeopathic Remedies: Homeopathy has been popular in England, France and other parts of Europe since the 1800’s. When used correctly, homeopathic remedies are the closest thing to magic that I have ever found. Based on the principle of “like cures like”, homeopathic remedies stimulate the immune system to kick on and heal the body. Homeopathy works quickly and is very safe and effective against numerous ailments including the common cold and flu. But there is a trick to using homeopathic compounds; you must match your symptoms up carefully with the right compound. A good homeopathic reference book is invaluable. Look for these remedies online or at your local health food store:

Oscilloccinum from Boiron: Forget about annual flu shots - this stuff works! Take it for flu with the symptoms of fever, chills, and all over body aches.

ColdCalm or Sinusalia from Boiron: a mixture of compounds designed to relieve sinus congestion, inflammation, nasal drainage, sore throat and pain.

Kali Bichromicum: Use it to treat nasal discharge that is thick and yellow or green in color. It also is recommended for thick postnasal drip.

Allium Cepa: use this remedy for nasal discharge that is profuse, watery and burns the nose and eyes.

Bryonia Alba: for dry, hacking cough.

Water: My body needs moisture and lots of it when I am sick. So, besides using a Neti Pot, I add 3-4 extra glasses of water to my day when I have a cold or the flu. Pure, fresh water is what my body needs to loosen up and expel all the mucous and secretions.

Eucalyptus Bath: Soaking in a hot, steamy bath is a great way to loosen up sinus and chest congestion. Add Eucalyptus essential oil (available at health food stores) to the bath water for even more decongestant power. Eucalyptus is a powerful antiviral and antibacterial compound. Add 6-8 drops of Eucalyptus to your bathwater or mix a few drops of Eucalyptus oil into 1/8 cup of oil (olive, sunflower or almond) and apply to the chest and neck.



Garlic: garlic is a powerful antiviral, antibacterial and antifungal compound. It also decreases mucous secretions. Raw garlic is the most potent, but I cannot stomach gnawing on raw garlic. So I cook with it. Add it to soups, stir fry, scrambled eggs, chicken and meat dishes, mashed potatoes, steamed vegetables, etc. Yum!

References:

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www.nutritionreporter.com

Upcoming Heart of Healing Classes

Exploring Energetic Healing:

An introduction to energetic healing methods. Learn the techniques that are the foundation of my treatments. Topics include:

- Simple techniques for giving and receiving energetic healing
- Anatomy of the human energetic body and how it aligns with the physical form
- Examine ancient energetic healing methods practiced around the world
- Usui Reiki Level I Attunement.
- Clearing and grounding your own energy body.

Sunday November 4th, 1:00pm to 6:00pm **OR** Thursday November 8th, 9:00 am to 2:30pm.

Cost: \$125. No healthcare expertise is necessary to take this class. Register with me in advance to reserve your spot.

Further Energetic Explorations:

In this class, the student delves deeper into the art and science of energetic healing. This class teaches you more hands-on energetic healing techniques, including

- Basics of holding sacred healing space
- Working with acupuncture meridians
- Compare / contrast various energetic methods
- How traditional Usui Reiki symbols can be used
- Reiki II attunement and certification
- Introduction to distance healing

December / January class date TBA. Contact me if interested and help pick the class date. Cost: \$150. The prerequisite for this class is Exploring Energetic Healing class, or basic expertise in Reiki, Attunement, Core Star or another energetic healing method.

AND New Sacred Moon Class Series begins in 2008. Join me for Connecting with the Divine on January 6th or Nurturing the Feminine Spirit on February 3rd. Visit www.heartofhealing.com for info.

A Gift from
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Newborn Colic

“All shall be well and all shall be well and all manner of things shall be well.”

***St. Julian of Norwich,
14th Century Mystic***

“What is rooted is easy to nourish.”

Tao Te Ching



To:

Finding Ground (continued from page 1)

For me, faith and trust come from cultivating my internal KNOWING sense of God as good and benevolent rather than mean or indifferent. That loving essence of God is always with me, around me, within me. I sense it when I work with clients, when I pray, when I watch children play, when I hug someone. And yet I also forget it again and again. I lose my connection to God and I flounder.

Buddhism tells me that I suffer when I cling and grasp, when I try to keep things from changing. Nothing is permanent except Buddha or God. And Christianity tells me to build my faith on the rock of Christ. Judaism implores me to trust in the Lord. Peace of mind comes from letting go and trusting that God or Buddha is in charge. Letting go and trusting in God to handle the affairs of the world is the only answer.

I find that I must tend to my trust and faith like a tender young seedling in my garden. My faith needs to soak up the sun of other people's loving, positive energy. And then I must water it with prayer and meditation; and trust that it already knows how to grow; I must feed my faith by actively noticing the good in people, the love in the world. Water and feed, water and feed until my tiny bit of faith and trust in the good of God grows stronger, more resilient, more certain. Water and feed my seedling again and again until one day I discover that my seedling has grown bigger and stronger and is deeply rooted in all directions. Then every little shift no longer throws me into doubt and fear. I can be as calm as the trees on the bank of the creek. I can remember that all is well.

Find your own ground.

Join me on January 6th for Connecting with the Divine

Learn how to find ground & come home within yourself, no matter what your faith. Create space for self, space for prayer. Set your intentions for the new year. This is the first class in my Sacred Moon series.

Books on Faith, Meditation & Prayer

1. **The Seven Whispers, Listening to the Voice of Spirit** by Christina Baldwin
2. **The Art of Happiness, a Handbook for Living** by the Dalai Lama Of Tibet
3. **Wherever You Go, There You Are** by Jon Kabat-Zinn, Ph.D.
4. **A Still Place, One Woman's Journey Home** by Nancy Lankston
5. **When the Heart Waits, Spiritual Direction for Life's Sacred Questions** by Sue Monk Kidd
6. **A Poem Traveled Down My Arm** by Alice Walker