



# Holistic Health Practice



LEAP into the  
FUTURE!!

The holiday season is over, and today the reality of a new year, new *decade*, begins to settle in around us.

For the last nine + years, we have lived in an atmosphere of fear and lack. September 11<sup>th</sup> stripped from America our sense of security, our sense of safety in our own homes, on our own soil. Not helped by an administration that used fear to control public opinion, we were nowhere near recovered when the bottom fell out of the economy. Already threatened, it is no wonder that our reaction has been to lock down, to hold fast to what we do have, to limit our dreams to what seems risk free.

But if 2010 taught us anything, it's that, in fact, we are always at risk - earthquakes, monsoons, tsunamis, cave-ins, plane crashes, oil leaks - security is an illusion & we are never really "safe."

*"Security is mostly superstition," said Helen Keller. "It does not exist in nature, nor do the children of man as a whole experience it. Avoiding danger is no safer in the long run than outright exposure."*

If it is true that danger cannot be avoided, what good does it do us to live in fear, trying desperately to control what cannot be controlled?

And what harm does it do us to grip so tightly?

Teacher and author, Leo Buscaglia cautions, *"The person who risks nothing, does nothing, has nothing, is nothing, and becomes nothing. He may avoid suffering and sorrow, but he simply cannot learn, feel, change, grow or love. Chained by his certitude, he is a slave; he has forfeited his freedom."*

When the body "knots" it is because a section of muscle fiber has

become stuck "on" in its contracted position. The energy it takes to hold that contraction hour after hour, day in and day out, year after year is astronomical; it's no wonder that we feel exhausted, experience pain, and begin to break down both physically and mentally. Only when we smooth that muscle out again, turn it "off", do we once again have all our energy at our disposal, only then do we flow as we are meant to.

By focusing on Love instead of Fear, on Abundance instead of Lack, we relax our grip on life and allow health to return to our lives.

*"Only the person who risks is truly free,"* finishes Buscaglia.

*"Life is either a daring adventure, or nothing. To keep our faces toward change and behave like free spirits in the presence of fate is strength undefeatable,"* coaches Keller.

***"To behave like free spirits in the presence of fate is strength undefeatable."***

So why not make the really big leap, surrender our grip on the unfulfilling familiar (the job we hate, the relationship that doesn't meet our needs, the habits & beliefs that no longer serve us) & risk being ***truly happy*** in 2011?

Of course it is scary; of course we are frightened. *"Courage is resistance to fear, mastery of fear - not absence of fear,"* Mark Twain encourages. *"With courage you will dare to take risks, have the strength to be compassionate, and the wisdom to be humble. Courage is the foundation of integrity."*

And if Twain in your corner isn't enough, you always have us! We here at Holistic Health Practice are honored to be your cheerleaders, your coaches, your sounding boards, your support system, your safe space as you step out of fear and into your potential and possibilities, as you seek to *behave like free spirits...*

Together we stand on the precipice of the future. Today, let us choose Abundance; let us choose Faith.

Let us truly risk and choose Love!

From all of us at HHP to all of you... Blessings on your year!

~ts

***Kurt, Sara, Amie, Tara, Kevin, Derrick,  
Sheree, Matt, and Kelly***

*"Leap and build your wings on the way down."*  
~ Kobi Yamada

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