



Dear Ones,

I am wishing you every happiness and abundance in this New Year! I am, as are all the HHP practitioners and staff, honored to be allowed to serve you in your times of need and joy.

As we step into this new beginning, I encourage you to consider the thoughts shared here so eloquently by practitioner Tara Sullivan.

Doing the Truth in Love,

*Kurt Hill*

**W**e stand just over the precipice of another year, looking out at the abyss of our future, straining to see through the fog of time what lies before us.

**W**e are hopeful, yet trepidatious, still reeling from the wild ride that was last year. As if, expecting the tea-cup ride, we unknowingly wandered onto the roller coaster, our hearts and minds have emotional whiplash from the rapid twists and turns we have taken in this one 12 month period. Our great joys tempered with sorrow and fear, we have experienced both the highest peaks and the lowest valleys in a generation. And, mired as we are in a struggling economy, on the eve of a new political administration, we cannot help but wonder what is to come.

**S**etting off into the unknown is never easy. While there are wonderous possibilities of love, fulfillment, and real positive change, both personal and social, before us, there are also disappointments, set backs, losses, even pains lurking in the shadows ahead. But life moves inexorably forward, and, as the great lover Leo Buscaglia said, "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 and feel and change and grow and love and live."

And what is life without growth and love?

How then do we best prepare for the unknowable? Like any storybook seeker we must gather our resources. In mythology, rarely are these assets financial; instead they are gifts of discernment, wisdom, compassion, health, and companionship. Even our fears can be a gift. "Fear's very useful. Like darkness; like shadows... It's queer that Daylight is not enough," says author Ursula K. Leguin in her novel *The Left Hand of Darkness*. "We need the shadows in order to walk."

Here at Holistic Health, it is our fundamental belief that, just like those mythological heroes, each of us possesses the resources we need to thrive in this new paradigm; our commitment to you, our community, is to help facilitate your discovery of the gift you already are. As HHP Founder Kurt Hill reminds us, "you are already there waiting for yourself to show up."

As we move into this new year together, we look forward to walking beside you on your journey, aiding in your growing physical, mental and spiritual health, providing safe community and companionship, as well as encouragement and support as you take on the risk of being fully alive. We are right here.

With love and gratitude,

*Kurt, Sara, Amie, Tara, Kevin, Sheree,*

*Robert, Matt, Tory, Derrick, Karyn, and Jane*



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