



## Holistic Health Practice Presents: **The Labyrinth**



## *Holidays 2010*

Celebrate the Spirit of the Season

### in this issue

- :: From Kurt Hill
- :: Holistic Nutrition: Healthy Holidays
- :: The Wisdom & Beauty of the Season
- :: Upcoming Events

#### From Kurt Hill



A cornucopia of deeply meaningful celebrations around this time of year, expressing the spiritual beliefs of a number of different religious traditions. Many cultures and faiths have beautiful symbols and reminders of the Universal Truths we are meant to embody not only during the holiday season, but throughout the year. It is important to acknowledge each and every one of them with honor and consideration; to embrace "unity without uniformity." No one group is more right than another. The wisdom of each tradition speaks to the human condition, all individual views of "the mountain" that enrich our total experience.

However, living in western culture, influenced as we are by Judeo-Christian philosophy and the American "ideal," there is one symbol of the holiday season which tends to claim sovereignty in the public eye, a symbol so prevalent, yet so far away from its spiritual roots as to call into question what this season is really about.

This holiday season I am asking Santa to come forward front and center. There are a few concerns I have with his sublimation. Mr. Claus, you are not the true spirit of Christmas. Based on the very real St. Nicholas, Bishop of Myra, who dedicated his life and his inherited fortune to caring for the poor and protecting children, you have become nothing more than an icon for capitalistic values. St. Nicholas gave out of his deep belief in Christ's teachings that one should "sell all that thou hast, and distribute unto the poor;" you are the smiling carrot driving billions of dollars of corporate sales. You don't bring good will and cheer; you bring over spending and bills that catch up with us in the cold and dark days of January.

St. Nicolas celebrated the birth of Christ in the spirit of the Magi, giving gifts to those who had nothing, honoring the inherent worth of one born in lowly conditions. Yes, we talk about that special birth but we show your picture. His birth was in a stable and his message of peace and love was for everyone. Yours is for all who can afford you. His gifts are free; yours depend on the ability to negotiate with department stores.

Yes, Sir, you are a symbol of greed and privilege. Are those really elves that work for you or are they the "little people" who don't get paid fair wages in our society? Rudolph, with your nose so bright, why not light a home that has no electricity or heat? You even have people involved in toys-for-tots schemes - toys for the poor and unfortunate? How about programs for food, clothing and a proper education? A hungry child cannot digest a toy, and we cannot assuage our guilt for not providing all our children with the most basic needs by making a once a year trip to the toy store.

Good cheer should be for *all* not just the few. I'm dreaming of an inclusive Christmas with every Christmas card I write. May your days be merry and bright only if you reach out to someone less fortunate. It is time for a global sensitivity that includes the "least of these". It is time that we started looking at the true meaning of Christmas and implementing it into our everyday lives. Stop looking for the bargains that life may offer and go for the hard sale. You know the one that says **Justice for All**.

Let this Christmas be a ho-ho-holistic Christmas. Allow the body, mind and spirit of your community to flourish with good will and joy because you took a positive step forward on its behalf. Drop that thought down your chimneys this year and watch the miracle of Christmas really take place.

So, I really mean it when I say: Merry Christmas to **ALL** and to **ALL** a good night.

**Happy Holidays,  
Kurt Hill**

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**Healthy Holidays!  
from Kelly Hoogenakker, HNC**

This time of year, we are bombarded with sweet treats



just about everywhere we turn. It can be difficult for anyone to avoid eating more sugar than they really want and then just end up craving more. This interpretive portrayal of pizza centers on the sweet potato, the seasonal superstar that can help reduce sugar cravings by feeding your sweet tooth in a more subtle and nutritious way. Make Yam-Crust Pizzas for dinner (with a soup or salad on the side) or share as a unique and elegant appetizer for your next shindig. Enjoy!

### **Yam-Crust Pizza Bites**

(Makes about 20-30 appetizer servings)

2 large Yams, sliced on a bias in ¼ inch slices  
 ½ cup sun dried tomatoes, soaked 30 minutes  
 1 small fresh tomato  
 20 leaves of fresh Basil  
 1 garlic clove  
 1 TBSP Olive Oil  
 1 tsp dried Oregano  
 Sea Salt  
 Sliced fresh Mushrooms  
 \*Or use your favorite fresh veggie toppings.  
 Cheese is optional.

Preheat the oven to 400 degrees while you slice the yams. Place on a cookie sheet lined with parchment paper and bake for 15 minutes. Flip slices and bake for another 10 to 15 minutes or until tender. Meanwhile, add sun dried tomato and the next 6 ingredients to food processor and process until just mixed, but still chunky. (if you don't have a food processor, chop all ingredients well and mix in a bowl with the olive oil, slightly mashing the fresh tomato to release more juices and incorporate.) When Yam slices are done, remove from oven and top with tomato paste, mushrooms (or other toppings) and return to the oven for 10-15 minutes more.

***ENJOY!!***



## **The Wisdom & Beauty of the Season**

### **Hanukkah**

*A candle is a small thing.  
 But one candle can light another.  
 And see how its own light  
 increases,  
 as a candle gives its flame to the  
 other.*



### **Kwanzaa**

*"Each of us is a being  
 in himself and a  
 being in society, each  
 of us needs to  
 understand himself  
 and understand*

**You are such a light.**

~ Moshe Davis & Victor Ratner



**others, take care of others and be taken care of himself."**

~Haniel

Long

**Yule**

**"Cold and dark, this time of year, the earth lies dormant, awaiting the return of the sun, and with it, life.**



**Far beneath the frozen surface, a heartbeat waits, until the moment is right, to spring."**

~ Patti

Wigington



**Bohdi Day**

**"Thousands of candles can be lit from a single candle, and the life of the candle will**

**not be shortened. Happiness never decreases by being shared."**

~

Buddha

**New Year's**

**"We will open the book. Its pages are blank. We are going to put words on them ourselves. The book is called Opportunity and its first chapter is New Year's Day."**



~Edith Lovejoy Pierce

**Christmas**



**"The joy of brightening other lives, bearing each others' burdens, easing others' loads and supplanting empty hearts and lives with generous gifts becomes for us the magic of Christmas."**

~ W.C. Jones



**Upcoming Events**

**Please call 312.664.8376 to reserve space for all upcoming events!**



**The One Command Manifesting Your Dreams!**

Many of us are facing uncertain times. The purpose of The One

Command is to stop pessimistic and anxious thoughts moment by moment. Working with theta brain waves, this process changes negative beliefs, removes fear, and implements results easily and naturally.

[Click Here For More Information!](#)

**Date: The 1st Friday of every month beginning January 7, 2011**

**Time: 6 to 7:30PM**

**Cost: \$20**

## End-of-the-Week Meditation.

Join **Oneness Chicago** for the *Oneness Blessing*.

This unique energy centered meditation is both centering and energizing and can open the receiver to a whole new world of possibility!



**Let the work week go and get in the FLOW!**

**Date: Friday, January 14th**

**Time: 6 to 7PM**

**Cost: FREE!**



## Calling All Bodies in PAIN! Information and Bodywork Workshop with Matthew Berean, Certified Rolfer™

HHP Practitioner Matthew Berean has recently completed a two year program in advanced approaches of working with visceral, neural, and vascular tissue. Strains or damage to these critical forms of tissue can very frequently be at the core of the pain we feel.

Using anatomical knowledge of the body allows a practitioner to access these areas in a gentle effective manner. By getting to the core of an issue clients are able to experience greater lasting change in a significantly more comfortable manner.

[Click Here For More Information!](#)

Join Matt for a short discussion and demonstration of why your body may have pain, followed by free 15 minute demonstrations for all interested attendees. **Advanced registration is required and free demonstration availability is limited.**

**Date/Time: Saturday, January 15<sup>th</sup> 11:00-1:00PM**

**&**

**Thursday, January 27<sup>th</sup> 6:00-8:00PM**

**Cost: FREE!!**

## Movie Night!

**Movie Showing and Discussion  
with Kurt Hill**

Every month, we here at HHP choose a movie we find provocative and interesting for viewing and discussion. Join like-minded people for lively conversation and FREE POPCORN!!



**Click Here for More Information!**

**Date: Saturday, January 29, 2011**

**Time: 5PM**

**Cost: FREE!!**

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