



Holistic Health Practice Presents: **The Labyrinth**



Holidays 2011 Let There Be Peace

in this issue

- :: HHP Video
- :: From Kurt Hill
- :: Holiday Hours
- :: The Wisdom & Beauty of the Season
- :: Upcoming Events

Check Out HHP's New Video!!

Introduction to Holistic Health Practice!

with special thanks to Peter Dolan and our friends at Media Beyond!



From Kurt Hill



Once again, we find ourselves at the Holiday Season; the time of year when we celebrate the miracle of light & faith and sing of comfort & joy. But how can we, in good conscience, celebrate when so many people are struggling - jobless, homeless, and destitute? Laden with store bought packages, how do we not acknowledge those truly in need, those who stand outside the "acceptable" societal norms?

I have had enough of the fatuous commentary from those oblivious to the cries from the Occupy Wall Street protesters. Nor am I'm interested in laying blame on those who are surviving and even thriving in our treacherous economy, in preaching an Us vs. Them doctrine that vilifies those with wealth. To do so robs unique individuals of their humanity, no differently than do those who look down upon the impoverished as "less than." What could be less "Peace on Earth, Goodwill towards Men" than for all of us - wealthy, middle class, poor, Black, White, Hispanic, Asian, Liberal, and Conservative - to hurl generalized slurs at one another? Sound like the holiday season you want to manifest?

What I **am** encouraging is that we familiarize ourselves with the meaning of **solidarity**. "Solidarity is not a matter of altruism," says Aurora Levins Morales, Activist, Writer, and PhD Women's Studies and History. "Solidarity comes from the inability to tolerate the affront to our own integrity of passive or active collaboration in the oppression of others, and from the deep recognition of **our most expansive self-interest**. From the recognition that, like it or not, our liberation is bound up with that of every other being on the planet, and that politically, spiritually, in our heart of hearts we know anything else is unaffordable."

This year, we are really being challenged to consider our relationship to and with the so called "least of these". Now, I am not suggesting that we should activate our rescue fantasies, sweeping poor orphaned Oliver Twist or the Little Match Girl off the streets and into the bosom of our families; but we can invite Love to come down the chimneys of our hearts. When we light candles of gratitude and blessing in this season, we can ask that they shine on everyone. We have the opportunity to be part of the Joy to the *World*, to join hands with all our fellow beings and give voice to a choir of goodwill. We can form a human, holiday wreath of Love.

Sarah Ahmed, Writer and Doctor of Cultural Studies, explains, "Solidarity does not assume that our struggles are the same struggles, or that our pain is the same pain, or that our hope is for the same future. Solidarity involves commitment, and work, as well as the recognition that even if we do not have the same feelings, or the same lives, or the same bodies, we do live on common ground."

Give the simple gift of **involvement** this season; light up the community with Hope, Joy and an Abundance of **Mutual Intent**. Give comity, social harmony, a chance by throwing your genuine care into the community gift basket. **You are the Gift!**

In the words of the Unity song: **"Let there be peace on earth and let it begin with me"**.

Right Here ~ Always,

Kurt

KH/ts

Holiday Hours!

We know that the holiday season can be Joyous, Heartwarming, Transformative, and STRESSFUL!

In service to our community, HHP will be OPEN:

Thursday, December 22nd - 9:00 AM to 6:00 PM
Friday, December 23rd - 9:00 AM to 5:00 PM
Tuesday, December 27th - 9:00 AM to 6:00 PM
Wednesday, December 28th - 9:00 AM to 6:00 PM
Thursday, December 29th - 9:00 AM to 6:00 PM
Friday, December 30th - 9:00 AM to 5:00 PM
Saturday, December 31st - 10:00 AM to 2:00 PM



Find an Oasis of PEACE in the midst of the Holiday bustle!



The Wisdom & Beauty of the Season

Hanukkah

"May this Festival of Lights bring blessings upon you and All Your Loved Ones. May the Lights of Hanukkah usher in a better world for all humankind. May Love & Light fill your home and heart at Hanukkah. May happiness fill your home as you celebrate the Festival of Lights."

~Anonymous



New Year's

*"Another fresh new year is here . . .
Another year to live!
To banish worry,
doubt, and fear,
To love and laugh and give!"*



*This bright new year is given me
To live each day with zest . . .
To daily grow and try to be
My highest and my best!*

*I have the opportunity
Once more to right some wrongs,
To pray for peace, to plant a tree,
And sing more joyful songs!"*
~ William Aurthur Ward

Kwanzaa



"We all should know that diversity makes for a rich tapestry, and we must understand that all the threads of the tapestry are equal in value no matter what their color."

~ Maya Angelou

Yule

"The first peace, which is the most important, is that which comes



within the souls of people when they realize their relationship, their oneness with the universe and all its powers, and when they realize that at the center of the universe dwells the Great Spirit, and that this center is really everywhere, it is within each of us." ~ Black Elk

Bohdi Day

Better than a thousand hollow words, is one word that brings peace.

~



Buddha

Christmas

*"What is Christmas?
It is tenderness for the past, courage for the present, hope for*





the future. It is a fervent wish that every cup may overflow with blessings rich and eternal, and that every path may lead to peace."

~ Agnes M. Pharo



Upcoming Events

Please call 312.664.8376 to reserve space for all upcoming events!

The One Command Manifesting the New Year of Your Dreams!

Take advantage of the energy of shift and change that is all around us! 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: Friday, January 6, 2012

Time: 6 to 7:30PM

Cost: \$20



Kundalini Yoga

with Martha Adrienne, KRI Certified Kundalini Yoga Instructor

In this new year, enhance your Life's Journey and increase your potential with the many benefits of Kundalini Yoga for Body, Mind and Spirit!

[Click Here For More Information!](#)

Date: Tuesdays Ongoing, beginning January 3, 2012

Time: 6 to 7PM

Cost: \$15

**Class Space is Limited!
Reserve Your Space Today!**



Movie Night!

Movie Showing and Discussion with Kurt Hill

BACK BY POPULAR DEMAND!! Join like-minded people for lively, thought provoking conversation and FREE POPCORN!!

[Click Here for More Information!](#)

Date: Friday, January 13, 2012

Time: 6PM

Cost: FREE!!



Joyful Living: Tools for Listening and Uncovering Stillness

with Matthew Berean, Certified Rolfer™

Modern lifestyles can be very hectic - at times creating levels of stress and tension that can become the norm. Learning how to slow down and rest periodically can be very beneficial, not only for our body, but also for our mental clarity. This involves training our mind to make different choices when we experience disharmony and distractions. Having efficient and effective approaches to do this can improve our learning curve and overall enjoyment on our life's journey.



[Click Here For More Information!](#)

Date: Saturday, January 21st, 2012

Time: 9AM to 4PM. Lunch break from 12 to 1PM.

Cost: \$175

**Advanced Registration Required!
Call to reserve your space TODAY**

[Forward email](#)



Try it FREE today.

This email was sent to info@holistichealthpractice.net by info@holistichealthpractice.net | [Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Holistic Health Practice | One East Superior, Suite 307 | Chicago | IL | 60611