



Holistic Health Practice Presents: **The Labyrinth**



Spring 2010

(BLOOM in to your Best Self!)

in this issue

- :: From Kurt Hill
- :: Featured Practitioner
 - :: Holistic Recipe
 - :: Upcoming Events
 - :: Women's Group
 - :: Akashic Records
- :: End-of-the-Work-Week-Meditation
 - :: Writing Your Spiritual Story
 - :: Breath of Beauty
 - :: Intuition Workshop
 - :: Meditation Class
 - :: Words of Wisdom
 - :: Movie Night
 - :: Oneness Blessing

From Kurt Hill



Thirteen years ago, the international community was in a state of shock over the tragic death of Princess Dianna. The world suffered an incredible loss and many people were bewildered to find themselves mourning long after the incident.

Dr. Jean Houston suggested that Dianna came into the world to remove the Rescuing Prince fantasy - you know, the one that promises every little girl that HE will ride up on a beautiful white horse, swoop her up, and carry her off to the palace to live happily ever afterward - and give women back their power. As a result of Diana's life and death, women began to realize that, if they prepared themselves properly, they could have their own white horse and palace and live in their own power.

Recently, the disappointing behavior of Tiger Woods became known to the entire world. Similar to the emotional response to Diana's death, many people find themselves seemingly disproportionately angry at him. Some say his lack of fidelity is a private matter between him and his wife; however, others are clear they feel betrayed by the disconnect between his private life and public image. Still others call him a fallen hero. Yet, the discomfort continues.

I think that Tiger is a dark angel for a universal cause that he is completely unaware of. In my opinion, he came here to remove a false Heroic image from the world so that Truth can be evident. When you really listen to his fans, they are saying they felt *duped*. Yet, if you look at his story from a universal view, you see that the revelation of his falsehood was also the unveiling of many other false images presented by esteemed figures. Tiger's mission in the world is to make people cognizant of the dishonest representations we are not only asked to believe, but which we demand to be upheld. If we uphold a false ideal, we do not honor the truth; therefore, we bear ersatz fruit. by his persona.

Take a moment to acknowledge that the sun is beginning to shine all around us. Throughout a long winter, we have been pleading for exposure to the light. The question is, "Are we really ready for the truth it brings?"

Playing in the dark is precarious at best. Oh, you can do it but eventually you trip and fall.

This time, when you stand in the sun, let it shine on the ***hero within***.

Continuing to do the truth in love.

Right here,

Kurt Hill

Got thoughts about this statement?

(We SURE did here in the office!)

We'd LOVE to hear them - Feel free to visit our Holistic Health Practice Page on FaceBook to join the discussion!



***Featured Practitioner:
Sara Davenport, Life Coach***

As HHP Executive Director, Sara Davenport is a familiar and comforting presence for everyone in our community. She is often the helpful voice on the end of the phone helping steer newcomers to the practitioner who can best meet their needs. More frequently, she is the nurturing, supportive energy that meets us at the door, welcoming us into safe space, talking us through our emotional spins, helping us to find our grounding again.

She gives so generously and so effortlessly that many of our community members don't realize that Sara has her own Life Coaching practice here at Holistic Health.

For those who haven't experienced Life Coaching, the process is not dissimilar to sports coaching. The client and Life Coach form a dynamic team focused on identifying and accomplishing the client's goals. The coach, as partner, mentor, and advocate, provides support, accountability, and guidance as the client navigates the

oftentimes emotional path towards embodying their next level of personal or professional success.

Sara is a truly *gifted* life coach. Her kindness and acceptance create a nurturing atmosphere in which her client's true desires and goals can come to light. She is able to help articulate the intangible, always ready with the right question to reveal inhibiting beliefs and release old fears, removing roadblocks to progress. People who work with Sara **reach their goals** and do so in the most expedient, least painful way possible.

One long time client who has benefited from Sara's wisdom, support, and encouragement in achieving a number of goals over the past five years has this to say, "Having Sara as your life coach is like having the perfect, idealized mom. She is loving, supportive, and completely non judgmental! She has no attachment to your achieving your goals other than that you want to. And, because you want to, she is behind you 100% the entire way. I am so excited for anyone coming into a coaching relationship with Sara; it is a profoundly healing and affirming experience for which you will thank yourself every day!"

We here at HHP know how truly blessed we are to have Sara holding a safe container for our work... and maybe you think I'm incapable of being objective because of my personal great love for Sara, but you should know that, like the President of the Hair Club for Men, I'm also a satisfied client!

I hope that you will give yourself the opportunity to experience the same attention, support, and dedication in your life!

Namaste!

Tara Sullivan
HHP Practitioner

Holistic Recipe!
Kelly Hoogenakker, HNC
Purple People Pleaser

While you can't please all the people all the time, this recipe pleases most people most of the time. Safe to serve to your vegetarian, vegan and gluten-free friends, or serve as a side to a meat dish for your carnivorous friends. It's even... "low-carb" for your carbo-phobic friends. Simple and light, and easy to customize with your favorite spices, herbs, or sauces to please your picky chef friends, too!



Approximate time: 20 mins **Serves 2+**

- 1 Zucchini, peeled and grated on large holes
- ¼ cup Pine Nuts or unsalted Sunflower Seeds
- 1 TBSP Olive Oil
- ½ cup diced **Purple** Onion (thus the name!)
- 1 clove Garlic, minced

½ Sweet Pepper, diced

1 cup chopped Mushrooms (Shitake is best)

1 small Tomato, chopped

Sea Salt, Pepper & Herbs, to taste

Mix zucchini and pine nuts in a serving bowl and set aside. In sauté pan, heat oil over med high heat. Add onion, cook 1 minute. Add garlic, cook 1 minute. Add peppers & mushrooms, cook 2 minutes. Add tomatoes, herbs, salt and pepper and cook, stirring frequently, an additional 2-3 minutes or until desired tenderness. Spoon sautéed veggies over the zucchini-pine nut mixture, mix gently and serve!



Upcoming Events

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

Women's Group



The HHP Women's Group is becoming a wonderful, expansive, and accepting space for participants to share their life experiences

and growth. We all feel so fortunate to have created this joyful time together!

Soon, we'll close the group to those who are currently committed, but, for now, we're still accepting new members.

Don't Miss Out!!

This month we'll be discussing Dreams, interpretation and meaning for our growth!

Come Prepared to Share!

Date: Friday, April 23rd

Time: 6 to 8PM

Cost: Free!

Akashic Records Reading

with Laura Sherman



Breath of Beauty

"And I am aware of my heart: it opens and closes Its bowl of red blooms out of sheer love of me."



~ Sylvia Plath, Tulips

Navigating the Path with Sheree Franklin

Intuition acts as our own internal GPS system; learning how to navigate it is a critical step towards improving the quality of our life choices.



In this transformational two-hour interactive learning experience, Intuitive Counselor Sheree Franklin will guide participants through exercises aimed at increasing inner

International psychotherapist and spiritual guide, Laura Sherman returns!

Don't miss this opportunity to consult the Akashic Records about your life's journey!

[Click here for more information!](#)

Dates: May 1st - 18th
Time: 11AM to 4PM
Cost: \$125

End-of-the-Work-Week Meditation

Beginning Meditation with Matthew Berean



Are you interested in learning how to meditate but don't know where to begin?

Would you like to take your existing meditation to a new level of awareness?

Join us for this free meditation and explore your hidden potential.

**In an increasingly complex world
simplicity has tremendous value**

Date: Friday, May 7, 2010
Time: 6:00 to 7:00 PM
Cost: FREE!!!

Writing Your Spiritual Story: A Memoir of Awareness

with Laura Sherman



If you told your story, what story would you tell? Memoir and autobiography are all ways of tapping into Soul both individual and collective.

In this 2 day workshop participants will

knowing and awareness, as well as connecting to a deeper understanding of life purpose.

Give Yourself the GIFT of Inner Wisdom!

Date: Saturday, April 24th
Time: 10 AM to 12:00 PM
Cost: \$75.00

**Sign up before April 21st
& pay just \$50!!**

Connecting with Source: Meditation Course

with Matthew Berean

Designed for both the beginner and the experienced meditator looking to refresh his/her practice, this 6 week class series will explore gentle ways of slowing down, expanding awareness, and tapping into the greater field of energetic information available to all.



[Click here for more information!](#)

Dates: 2nd & 4th Thursdays
from 5.13.10 to 7.22.10
Times: 6:30 to 7:30 PM
Cost: \$100 for full 6 week class

Words of Wisdom



*"The soul is a
breath of living
spirit that with
excellent
sensitivity
permeates the
entire body to give it life.*

*Just so, the breath of the air makes
the earth fruitful. Thus the air is*

access their stories through quiet sittings and sharing.

[Click here for more information!](#)

Dates: May 15th & June 5th

Time: 11AM to 4PM

Cost: \$100

the soul of the earth, moistening it; greening it."

~ Hildegard of Bingen,
11th Century Mystic



Billy Elliot

Movie showing & discussion with Kurt Hill

What do you do when your Calling is at odds with circumstance?

[Click here for more info!](#)



Date: Saturday, May 15th

Time: 6:30 PM

Cost: FREE!

End-of-the-Week Meditation.

Join **Oeness Chicago** for the *Oeness 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, May 21st

Time: 6 to 7PM

Cost: FREE!

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