



Holistic Health Practice Presents: **The Labyrinth**



Summer 2009

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From Kurt Hill



We just don't get it!

Those of us who are seekers frequently talk of 'Change' but we misconstrue just what it means to really transform. As much comfort as we take in basking in our familiar, true change is not about moving from one corner of the box to another. Instead, it is about stepping out of the box completely and into the light. Daring ourselves and others to think outside of accepted 'truths' is the only way to stop ourselves from being stuck. Gabriel Marcel warns that when we do we run the risk of discovering our real selves. In his book *Creative Fidelity* he suggests that we know how to be faithful to another but wonders if we are capable of being faithful to ourselves...

We must choose to get out of the way of our own growth. As Ted Turner said, "Lead, follow, or get out of my way!" Evolving the self is a process of light, growth, and movement.

Pierre Teilhard de Chardin (one of my favorites!) is quoted as saying, "We are part of the ineluctable modality of being," and while it is true that he is speaking to our enlightened energetic state, we often miss that he is suggesting that we are bodies in motion.

For me, summer represents all of the conditions of change. There is light, growth and movement all around us. We act differently in the summer because we are ready and willing to come out and play in the sun. "I have to get myself in shape if I'm actually going to wear that bathing suit in public," we say, or, "it's a beautiful day; I'm tired of being a couch potato!"

A new attitude is imminent, but only you can say "Yes!" to change. Get it?

See you at the beach!

Continuing to do the truth in love,

Kurt Hill



**Dive
into
Summer
!!!!!!!!!!!!**

Featured Practitioner:

Derrick Q. Milligan

Multi-Sport Life Coach



Whether you are hoping to do your first triathlon, reduce personal / professional stress or looking to simply drop a few pounds, Holistic Health Practice's very own Derrick Q.

Milligan can be an invaluable resource.

In the last few years Derrick has guided many to new heights of fitness they never imagined possible.

Matt McMillin, once almost 300 pounds is now a svelte 215. He recently astonished his north suburban neighbors by single-handedly moving a mountain of mulch for his yard. (for more on Derrick's work with Matt, [click here](#))

Allison Porterfield, under Derrick's watchful eye, has transformed herself into a marathoner and triathlete. She now believes an Ironman is in her not-too-distant future.

Featured Service:

Holistic Financial Planning/ Counseling



Looking beyond bank statements to personal needs & goals, and utilizing such tools as The Personal Wealth Index, HHP Practitioner Kevin McGirr takes the time to understand his clients & their families in order to help clarify & heal their relationship to money.

A Financial Planner Certificant, CPA & life planner with the Kinder Institute of Life Planning with over thirty years of experience, Kevin McGirr is dedicated to answering financial questions in a comprehensive way.

Today's economic climate encourages us not only to become more active and conscious around our fiscal health, but also affords us the opportunity to shape our financial future in an holistic way that reflects our values and supports our goals and dreams. We could all use a knowledgeable, informed, and compassionate counselor to guide us through the process. Kevin is that guide!

Call for more information!

Book Recommendation

The Fifth Sacred Thing

By Starhawk

It's summer - FINALLY!

Cyndi Solitro, wife and mom of one, has used her training discipline with Coach Milligan to alleviate stress from corporate down-sizing and to assist mourning from the loss of her mother to cancer.

Are you where you want to be in your training, your life? Derrick can assist you.

Call us at 312-664-8376.

Words of Wisdom



"A tree uses what comes its way to nurture itself. By sinking its roots deeply into the earth,

by accepting the rain that flows towards it, by reaching out to the sun, the tree perfects its character and becomes great. . . . Absorb, absorb, absorb. That is the secret of the tree."

~ Deng Ming-Dao, *Everyday Tao*

Movies that make you go "Hmmm?"

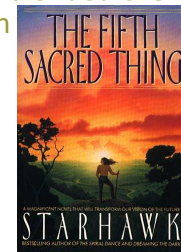
"On the east coast of New Zealand, the Whangara people believe their presence there dates back a thousand years or more to a single ancestor, Paikea, who escaped death when his canoe capsized by riding to shore on the back of a whale. From then on, Whangara chiefs, always the first-born, always male, have been considered Paikea's direct descendants. Pai, an 11-year-old girl in a patriarchal New Zealand tribe, believes she is destined to be the new



And while we may glance at that stack of "should read" or "to be read" spiritual books piled up by the bed, the truth of the matter is what we're *longing* for is BEACH READING... and we've got a solution for you!

Starhawk's *The Fifth Sacred Thing* is an intense story of a future made bleak by the collapse of world culture and the takeover of the American government by a intolerant and controlling religious oligarchy. The San Francisco Bay community, having resisted the takeover 20 years earlier, has given rise to a utopic city founded on religious, intellectual and sexual freedom where healers are in high demand and the natural elements are consulted in all decisions. Conflict arises when the government, having decimated all other natural resources, decides to invade in order to harvest the old growth trees protected by the community. Can energy healer Madrone, musician Bird, and writer Maya, along with a community dedicated to non violence, stop the attacking army before it's too late?

Starhawk has masterfully blended the tenets of spiritual freedom with grab-you-where-you-live story telling... so layer on the sun screen, dig your feet into the sand, and enjoy a guilt-free, spiritually enlightening day by the lake!



A Moment of Beauty

"Bring me then the plant that points to those bright Lucidites swirling up from the earth, And life itself exhaling that central breath! Bring me the



chief. But her grandfather Koro is bound by tradition to pick a male leader. Pai loves Koro more than anyone in the world, but she must fight him and a thousand years of tradition to fulfill her destiny."

If you missed this movie when we showed it, RUN - don't walk - to your nearest video store (or computer to update your Netflix queue!). We laughed; we cried; we cheered on the phenomenal heroine of this uplifting & inspirational film - we bet love her, too!

sunflower crazed with the love of light"

~Eugenio Montale



Upcoming Events

Please call 312.664.8376 to reserve space for all upcoming events!

LAST MOVIE OF THE SUMMER!!



Movie showing and discussion with Kurt Hill

[Click here for more info!](#)

Date: Saturday, July 11th

Time: 6 PM

Cost: FREE!

Akashic Records Reading

[Click here for more info!](#)

Date: July 14-16, 21-23

Time: 11 AM to 5PM

Cost: \$125



**Mary Magdalene:
Our Guide to the Divine Feminine Within & Without**
workshop with Laura Sherman, Spiritual Healer

[Click here for more info!](#)

Date: Sunday, July 19th

Time: 11 AM to 4 PM

Cost: \$125

**Building a Home Altar
workshop with Penny Thrasher, clinical psychologist**

[Click here for more info!](#)

Date: Thursday, July 23rd

Time: 6:30 PM to 9:30 PM

Cost: \$65



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