



Holistic Health Practice Presents:

The Labyrinth



Summer 2010

(Revel in the Moment)

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From Kurt Hill



I visited the Botanic Gardens last week. It was nothing short of beautiful. I felt my entire being transform as I drank in the peaceful magnificence of the natural beauty surrounding me. During this walk, I experienced incredible visuals of wonder. My spirit was enhanced by the earthy messages of nature. The flowers, plants, trees and water were so authentically

complementing each other as they unfolded into a living experience. Beauty is so natural and harmonious. There doesn't seem to be a quest for monarchical power; the concept of sovereignty does not dominate the natural world we live in. What a notion...

Michael Hardt and Antonio Negri authors of the book *Multitude* state that: "the concept of sovereignty dominates the tradition of political philosophy and serves as the foundation of all that is political precisely because it requires that one must always rule and decide. Someone must rule, someone must decide". We reinforce this principle all the time. Ever hear yourself saying, "Too many cooks spoil the broth"? This legacy of Plato needs to be updated. Maybe the theorists that ascribe to this philosophy need to take a walk in the park. Maybe they need to use nature as an overlay so they realize that unity does not submit to a rule of one.

I once read that Martin Luther King constantly urged us to consider "unity without uniformity". No one should be cast in the shadows of the forest. The sun shines on all of us. We all matter and therefore we deserve a voice; we have a right to express ourselves

in our own special way. Thomas Hobbes got it right when he said, "The body of the sovereign is literally the social body as a whole." Just like nature all of us have to get involved in our existence. The tree is not more important than the grass or the flowers or the radiant sun shining. We have to learn to exist in harmony and with respect for others. We know we can live with our likenesses but can we live with our differences? It seems that the rest of the natural world can.



As I sat under a tall tree in the garden I pondered the magnitude of it all. I thanked nature for the flow I was feeling and the joy I was experiencing. Even though the tree I was under was massive it was not vying for dictatorship. It was blending into a rule of love and concern for the other life forms around it. I guess there is no threat of psychological feudalism in the Botanic Gardens.



No wonder Emerson was so enthralled by nature. The message is so clear. Each life form matters. Each has its function as it contributes to the whole. This amazing kaleidoscope of beautiful and colorful experiences carries a profound message of peace and interdependence if only we take the time to listen and receive it.

Summer is the season that brings intense light to this natural message. How's your garden doing?

Right here,

Kurt Hill

Wring the Last Drops of Joy from Summer!



Featured Practitioner:

Tara Sullivan
Holistic Healer

It is both a privilege and a joy to write about our Tara Sullivan. Most of you know Tara either by her effervescent charm in handling front office tasks (extraordinary!) and/or her gift of energetic and bodywork healing (ooooh...SO wonderful!). Without a doubt, HHP would not run with any degree of efficiency without her administrative, technical and service talent, and her contribution to the well-being of our clients through her handiwork (no pun intended) on the table or mat are a true blessing to us - and you!

Through her holistic healing modalities, Tara compassionately supports her clients through what she describes as Spiritual Companionship. She knows that the power to "become better versions of ourselves" is available to all...and she is committed to partnering with her clients to uncover blocks that impede our growth and

well-being. She believes opportunity and joy await those who are willing to embrace the challenge of transformation. There are many HHP clients who attest to her "loving them up" through her competent hands, soulful wisdom and huge heart. Tara is grace in action.

Spending time with Tara is a unique journey- one that you will cherish and want to repeat! If you have not experienced Tara's magic, I invite you to indulge yourself. If it's been awhile since you have seen her, we welcome you back. And if you are lucky enough to regularly be on her schedule, we look forward to your next session!

Sara Davenport, HHP Director



Featured Practice: Soul Level Pattern Clearing with Sanjay Gupta

Accessing the Akashic Records, Healer Sanjay Gupta identifies the past life patterns held in the unconscious that block his clients from attaining peace and fulfillment in this lifetime. Utilizing mild hypnosis, Sanjay moves the individual into a gentle altered state which allows him to use the energy of the Akashic Field to flush the subconscious and deactivate these negative patterns. Then, making the client aware of their pattern driven behaviors, Sanjay brings conscious and subconscious mind into alignment, restoring the creative, energetic flow to the manifestation process, and making realization of dreams and goals possible.

Sanjay's practice is both gentle and deep; his compassion and caring profound. While his clients benefit from being in an ongoing process, it is our experience that you will feel a shift after just one session.

We invite you to gift yourself the transformative benefits of this powerful modality!



Spotlight on Rhubarb from Kelly Hoogenakker, HNC

Rhubarb is a member of the buckwheat family of vegetables, often mistaken for a fruit due to its sour, almost lemony flavor. In appearance, it looks like a bright red stalk of celery. It's most commonly used in desserts and jams, but it has so many health benefits that it has been used medicinally for much longer than it's been considered plain old food. It's low in calories, high in Vitamin C and fiber, low in sodium, high in calcium (although not entirely useable due to the oxalic acid content) and a pretty good source of potassium.



While it's great with strawberries in pies, crepes and jams, here's a unique recipe that is sure to wow your friends and family! Adapted by Helen Rennie in her blog several years ago, it's the only rhubarb recipe I've found that doesn't require cooking or baking. And given the heat we've had these last few weeks, do you *really* want to turn on that oven?

Rhubarb Compote

Mix together chopped RHUBARB, diced dried APRICOTS, dried CRANBERRIES, a bit of HONEY, minced fresh ROSEMARY and a splash of ORANGE LIQUOR (like Triple Sec or Grand Marnier). Then, *this is important*, let the mixture marinate in the

refrigerator at least overnight, up to 2 days, to let the flavors meld.

Serve with vanilla ice cream, plain yogurt or your favorite custard. It also works as a nice complement to savory meat dishes like pork tenderloin. But perhaps the most immediate gratification - eat it straight from the bowl standing the cool doorway of your refrigerator! Ooo-YUM!



Upcoming Events

Please call 312.664.8376 to reserve space for all upcoming events!

Transforming the Toxic Energy in Your Home with HDTV Designer Cary Weldy

In this interactive workshop, Interior Designer and Shaman Cary Weldy discusses how toxic energy is saturating our lives and living spaces and reveals secrets for transforming it. He shares powerful techniques to cleanse your home, charge it with positive energy, and protect it from contamination. Through demonstrations and exercises, as well as a Question & Answer session, Cary will have you on your way to a healthier existence!



[click here for more info](#)

Date: Friday, September 10, 2010

Time: 6:00 to 8:00 PM

Cost: \$25

Beginning Meditation

with
Matthew Berean



**!!DROP INS
WELCOME!!**

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

OR

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

Join Holistic Health Practitioner, Matthew Berean for this ongoing



**HHP Founder
Kurt Hill
officiating the
wedding of
Kevin and
Jacqueline
Wickart.**

CONGRATULATIONS!!!

Breath of Beauty

"Summer
night-
even the
stars



weekly meditation class and explore your hidden potential.

In an increasingly complex world, simplicity has tremendous value.

Date: Begins Tuesday, 9/14/10
Time: 7:00 to 8:00 PM
Cost: \$15 per session

Wisdom of Self Care

"It's important to be heroic, ambitious, productive, efficient, creative, and progressive, but these qualities don't necessarily nurture soul. The soul has different concerns, of equal value: downtime for reflection, conversation, and reverie; beauty that is captivating and pleasuring; relatedness to the environs and to people; and any animal's rhythm of rest and activity."
 ~ Thomas Moore



are whispering to each other." ~ Kobayashi Issa

End-of-the-Week Meditation.

Join **Oness Chicago** for the **Oness 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, September 17th
Time: 6 to 7PM
Cost: FREE!

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