



# The Labyrinth: *Spring 2009*



**Here at Holistic Health we're always working to find ways in which to serve our community in your continued exploration and growth. To that end, we've decided to add to our quarterly newsletter format, supplying more content and information, in addition to the upcoming events notices that have always been a part of the Labyrinth.**

**We hope you enjoy!**

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## **From Kurt Hill**



If you walk down any Chicago street and find yourself complaining about the weather someone is all too willing to give you words of encouragement. I mean it. If you say that you cannot take anymore of winter and you just cannot wait until spring gets here someone will tell you "It's comin'". I tried it just the other evening and sure enough I kept getting told "It's comin'". After you laugh for a second or so you begin to realize that it is all about trust and hope.

Chicagoans seem to have a marvelous resilience because they have a great deal of trust and hope. No, it's not just about the spring or whether the sun is shining or not. It is about attitude as well. Imagine that. Visualize this: A whole city having a good attitude about trust and hope. No, I don't expect you to sing the song from Annie. You know the one that goes, "the sun will come out tomorrow." I just want you to know that your attitude determines who you are. Trust and hope are the gears. So, you really can steer yourself right into a pool of happiness whenever you choose. Just takes the right attitude along with trust and hope.

I have spoken to a number of people who have lost trust and have no hope. Their

attitude is one of depression and negativity. They have no positive outlook on life and really don't know how they are going to make it through the day. There is nothing to look forward to for them. No matter how much you try to cheer them up it doesn't matter because they just don't trust what you are saying and they have no hope about what comes next. This leads to despair. There is no life in that attitude.

On the days that you need a reminder that better days are coming, just take a walk down any Chicago street and complain about the weather. Even ask whether or not spring will ever come. You will repeatedly hear -"It's comin".

Life offers so much if you just stay in motion. You have to be willing to reach for it. Wasn't it Browning who said, "... a man's reach should exceed his grasp, Or what's a heaven for?"?

What are you reaching for? Really try not to despair because - "It's comin".

**Continuing to do the truth in love,**

**Kurt Hill**



### Featured Practitioner:

#### Tory Atree, MD, CYT



It's a true pleasure and honor for us to offer you a special look at our practitioner **Tory Atree!**

A former emergency room doctor, Tory came to see that she could do more good outside the medical system than within it. Her mission to facilitate the awakening of the individual's power for self healing has led to the study of both yoga and energy & vibrational medicine.

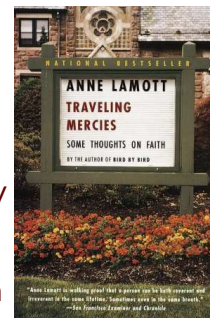
Today, combining her medical, yogic, and transcendent knowledge, Tory assists clients in creating a holistic practice, including yoga poses,

### Book Recommendation

#### Traveling Mercies: Some Thoughts on Faith

By Anne Lamott

I'm a reader with a voracious appetite and a long memory. It's fairly rare for me to return to a book for a second read. But every now and again, there is a special book whose voice stays with me and I find myself turning again and again to the wit and wisdom in it's pages. **Traveling Mercies** is one of those special books for me.



Author Anne Lamott has written one of the funniest, most touching, and down to earth books about spiritual seeking that I have ever had the privilege to read. She is genuine in her struggles, captivating in her Ah-Ha moments, and transcendent in her moments of grace. She makes me laugh and cry, and I have never walked away from a reading without feeling better about my own experience and about the world in general.

breathing, diet, and meditation, which allows her clients to not only feel better and sleep more deeply, but also achieve their life fitness goals and beyond.

In addition to her practice, Tory is a married mother of 2 great kids and a houseful of pets. She is no stranger to balance - in her profession and home!

We are very proud of Tory and what she has accomplished. We invite you to meet her here at HHP.

### Words of Wisdom



"...perhaps all the dragons of our lives are princesses who are only waiting to see us once beautiful and brave.

Perhaps everything terrible is in its deepest being something helpless that wants help from us."

~ Rainer Maria Rilke.

### Movies that make you go "Hmmm?"

#### THE LAST SUPPER (1995)

"In the heartland of Iowa, five grad school liberals (Cameron Diaz, Ron Eldard, Annabeth Gish, Jonathan Penner and Courtney B. Vance) share a house, a left-wing outlook, and Sunday suppers filled with conversation and social criticism. But when a redneck trucker threatens one of their own, he inadvertently puts them on the radical road to serial murder. From soap to nuts, THE LAST SUPPER is 'fiendishly funny!' (Peter Travers, ROLLING STONE)"



I hope you love it as much as I do!

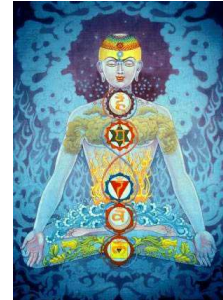
**Tara Sullivan**  
**HHP Practitioner**

### Featured Service:

#### Intense Chakra Cleanse

Chakras are energy centers that are the openings for life energy to flow in and out of our auras.

They serve to vitalize the physical body and develop our self-consciousness. Chakras are associated with our physical, mental and emotional interaction. When they are blocked or closed, we function at a lower level than is desirable.



Working with the main seven chakras, the practitioner takes an energetic reading to determine if there is blockage in any particular chakra. He looks for specific locations, how deep the blockage may be and/or whether the blockage has altered the entire system. Equally checked are the vibrational responses to compare them to the client's core vibration. Through intuitive, tuning fork and systems methodologies, the rate of frequency and vibration of the chakras is measured and established.

The key to this procedure is precise harmonic balance. When the chakras are properly aligned and energy is centered in the body allowing uninterrupted flow of chi, disease cannot take up residence. This process requires focused vibrations, chakra specific essential oils, empathic, energetic listening skills and a specific intention set by the practitioner. The client is generally in a trance-like state and can be disoriented for 24 hours after the procedure due to the rearrangement of the client's metabolism. The procedure requires 2 hours.

**Invite some friends for dinner & this movie, & see what thought provoking conversation comes up!**

**Practitioners:** Kurt Hill &  
Tara Sullivan

**Call for more information!**

## Upcoming Events

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

**TOMORROW  
CALL NOW TO RESERVE YOUR SPACE!  
BACK BY POPULAR DEMAND!!**

### **Intro to Manifesting Your Passion in your World: 7 steps to Identifying and Acting on your Dreams**

Life is too short not to live your dreams!

Dead end relationships and uninspiring jobs can sap your energy and make the world seem grey. Take the first step to bringing some color back!

In this two hour workshop, facilitated by HHP Founder Kurt Hill and Chicago area actor Remy O'Brien you will:

- \*Discover the difference between passions & dreams
- \*Explore core beliefs
- \*Learn tools for determining your greatest assets
- \*Resolve what's stopping you from achieving your bliss!



**Date: Thursday, April 2, 2009**  
**Time: 6:30 to 8:30 PM**  
**Cost: \$30**

### **End-of-the-Work-Week Meditation**



Let go of your work stress and get in the weekend mood; join HHP practitioners & friends for an hour of **rest, relaxation, and reconnection!**

**Date: April 3rd**  
**Time: 6 to 7 PM**  
**Cost: FREE!**

## **SAVE THE DATE!**

### **Movie Night!!**

Join Kurt for one of his favorite movies (TBD), followed by a LIVELY discussion! And as always, POPCORN from our old fashioned popping machine!



**Date: Saturday April 25th**

**Time: 5PM**

**Cost: FREE!!**

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