



Holistic Health Practice Presents:

The Labyrinth



Winter 2010

(it's all down hill from here to SPRING!)

in this issue

- :: From Kurt Hill
- :: New Practitioner: Kelly Hoogenakker
 - :: Words of Wisdom
 - :: Upcoming Events
 - :: A Breath of Beauty
- :: Holistic Life: an Excerpt
- :: Dr. Amie's New Hours!

From Kurt Hill



Your friend called you and needs some advice. You have no idea how to help them because you have no real experience with what they are dealing with at the time. Or, there is a family problem that seems insurmountable because it is. You have no real solution. Someone needs to see you because they have just found out they have a terminal illness. You know you cannot change the outcome. You are forced each and every day to take a hard look at the economy and the state of the world. You have no apparent answer for what is needed to resolve the situation we must inure. What do we do when we realize that we are rendered helpless in a circumstance? What is our role as a caring person? Helplessness is disconcerting for an action oriented culture such as ours.

Many times when I am faced with this situation I try to remain fully present. I do not make nugatory attempts to alter the inevitable. I certainly do not try to cheer people up when they are faced with tragedy. Sometimes reasonable depression and sadness is appropriate based on the circumstances. Most of all I hold thoughtful space. I want the person who is in need to know that they are not alone. Albeit, I cannot change anything I can offer empathic listening. I can give my sincerity and genuine concern.

I have learned that people do not need us to offer them false security. We all seem to have a rescue fantasy which places us in a favorable position. Our ego wants us to believe that all things are repairable. The human experience says that they are not. Yet, the spiritual experience offers hope and guidance.

Sometimes being that stable presence in someone's life is all that we can offer.

When we provide a safe container for people to sort out their concerns we show up honestly. We validate others when we mirror their needs rather than pontificate about our thoughts and interpretations. People need to know that they can self correct. They need to know that they are enough.

It is important that when you have been asked to help someone you keep their needs in mind and not infiltrate the situation with your wants and needs. Remove the diaphanous veil of your hidden agenda and let the person actually be the author of their own story.

"If I am what I am because you are what you are, and you are what you are because I am what I am, then I am not I and you are not you". ~ Hillel

Continuing to do the truth in love.

Right here,

Kurt Hill

***Introducing:
Kelly Hoogenakker,
Holistic Nutrition
Counselor***



With open arms and hearts, we welcome Kelly Hoogenakker, long-time friend of HHP and the newest addition to our practitioner family!

Kelly is a certified Holistic Nutrition Counselor, who believes a healthy relationship with food is available to all - and it's not just about calories, fat, protein and carbs. A focus on sustenance, nurturing and a celebration of cultural identity are key to her work.

Kelly offers one-on-one coaching and cooking instruction, classes and workshops for those seeking greater vitality through nutrition choices.

Check out the link below for a closer look at Kelly's unique perspective on healthy eating and lifestyle. Then meet her in person at our FREE upcoming event February 16th here at HHP. (See below for more information on this fun and yummy evening!)

We're sure you'll love her just as much

**Holistic Life:
The HHP Blog**



**The BEST
Medicine**

***"Laughter is
carbonated holiness."* ~Anne
Lamott**

I thought about going to services this morning; I even looked up which minister was speaking at the church I've been thinking about checking out.

Instead I ended up neck deep in a bubble bath, candles flickering, soft music playing, laughing SO hard that the bath water threatened to jump the tub and swamp the entire bathroom.

I LOVE to laugh, and there are a couple of authors I can always depend on to make me cackle out loud... Anne Lamott, Janet Evanovich, Terry Pratchett all come immediately to mind. I have laughed till I've cried on beaches, in airports, and on the EL at rush hour...

**Click Here to Finish Reading!
and discover MORE Holistic Life**

as we do!

[Click Here for More on Kelly!](#)

Words of Wisdom



"Life is an opportunity, benefit from it.

Life is beauty, admire it.

Life is a dream, realize it.

Life is a challenge, meet it.

Life is a duty, complete it.

Life is a game, play it.

Life is a promise, fulfill it.

Life is sorrow, overcome it.

Life is a song, sing it.

Life is a struggle, accept it.

Life is a tragedy, confront it.

Life is an adventure, dare it.

Life is luck, make it.

Life is too precious, do not destroy it.

Life is life, fight for it."

~ Mother Teresa



Upcoming Events

Please call 312.664.8376 to reserve space for all upcoming events!

Connecting with Source: Learning to Meditate

with Matthew Berean

Designed for both the beginner and the experienced meditator looking to refresh his/her practice, this 6



New Hours!



Dr. Amie Shimmel, HHP's Chiropractor and Acupuncturist, is adding Saturday hours!

In addition to her usual schedule, Dr. Amie will be available for appointments from 10AM to 1PM on select Saturdays.

Dr. Amie's Weekly Schedule:

Monday: 8AM to 7PM
 Tuesday: 8AM to 7PM
 Wednesday: 8AM to 4PM
 Friday: 8AM to 1PM
 Saturday: 10AM to 1PM*

Book Your Appointment Today!

*Call for availability

End-of-the-Work-Week Meditation



Awaken Your Ability to Create and Compete More Effectively

The reality of today's challenging marketplace is that we must sharpen our inner focus in order to compete at a whole different level.

This 60-minute interactive meditation experience will guide you through the process of awakening your inner knowing in support of your highest dreams and desires. You are more powerful than we realize.

Join Holistic Health Practice's Intuitive Counselor Sheree Franklin to develop and expand into beyond your limitations into a true expression of your energy, creativity and intelligence.

**Date: Friday, February 5, 2010
 Time: 6:00 to 7:00 PM**

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 2.11.10 to 4.22.10
Times: 6:30 to 7:30 PM
Cost: \$100

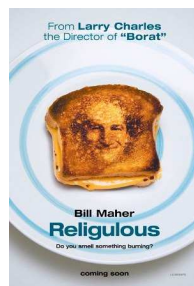
A Breath of Beauty



"The sight of snow made her think how beautiful and short life is and how, in spite of all their enmities,

people have so very much in common; measured against eternity and the greatness of creation, the world in which they lived was narrow. That's why snow drew people together. It was as if snow cast a veil over hatreds, greed, and wrath and made everyone feel close to one another."

~ Orhan Pamuk



Religulous
 Movie showing & discussion
 with Kurt Hill

Click here for more info!

Date: Saturday, February 27
Time: 5 PM
Cost: FREE!

Cost: FREE!!!

The Holistic Approach to Food & Nutrition

with Kelly Hoogenakker, HNC

Boost immunity, balance weight and nourish your body with a personalized program to fit your lifestyle, your tastes and your energetic needs.



Discover what makes holistic nutrition unique, effective and refreshing!

Click here for more info!

Date: Tuesday, February 16th
Time: 6:30 to 7:30 PM
Cost: FREE!

End-of-the-Work-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, February 19th
Time: 6 to 7PM
Cost: FREE!

Womens Group



We had such a good time in January, we decided to do it again!

Get ready for the Second Meeting of the HHP Womens Group; this month we'll be discussing events that changed our lives.
Come Prepared to Share!

Date: Friday, February 26th

Time: 6 to 8PM

Cost: Free!

[Forward email](#)

✉ [SafeUnsubscribe®](#)

This email was sent to info@holistichealthpractice.net by

info@holistichealthpractice.net.

[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Email Marketing by



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