

[<Back](#) [Print](#)

You are receiving this email from Holistic Health Practice because you purchased a product/service or subscribed on our website. To ensure that you continue to receive emails from us, please add us to your address book today.

You may [unsubscribe](#) if you no longer wish to receive our emails.



HOLISTIC HEALTH PRACTICE

HHP Labyrinth

www.holistichealthpractice.net
Winter 2008 Newsletter

The Month in Review

- :: Manifesting Your True Intentions
- :: Website Updates
- :: Practicing Love



Dear Sara,

Amid all of the felicity, determination for positive change, and concerns about the New Year, there is another area that is quite important to consider. We tend to be so preoccupied with our agreed upon distractions that we do not make time to reflect on our losses and what they mean to us. No, this area of our being is usually obscured by some nugatory goal or fantasy we may have projected into our space. Yet it is vital to take a moment to grieve our losses. Losses aid us in our inevitable transformation; they are part of our ever-growing

change in life. They sometimes force us into the next stage of existence that we may not have welcomed without this adversity.

Thanatology by definition is the study of the phenomena of death and of psychological mechanisms for coping with them. Lamenting and grieving have been extirpated out of our culture and therefore the pain of loss is trapped inside of us. We have no outlet for this area of our being that we cannot control through our intellects. No, this is psychological, emotional, spiritual and eventually physical. As Reich said: "A trauma is an unfinished experience lodged somewhere in our body". As a friend of mine used to say, "It is like a credit card. Pay now or pay later but know that you are going to have to pay."

Albeit, you are faced with a plethora of distractions, take a moment to reflect on your losses. Allow yourself to ululate, to wail, to mourn aloud. If you cannot scream it out or reach it naturally, try using a large coach's whistle. Blowing your pain out through a whistle can produce an effective release of trapped blockages.

Your losses from last year, no matter how painful, how lugubrious, are part of your growth for the coming year. How you address them may determine the difference between a rite of passage as compared to a painful repetitive pattern. Allowing yourself to fully experience these losses will ease the transition out of the old and bring you into an enlightened New Year.

As always, right here.

Kurt

Manifesting Your True Intentions



Explore new ways of moving in the world and discover that you are only bound by what you believe is binding you!

In this 2 day workshop, participants will examine and reframe old beliefs, habits, patterns, and choices in order to create shifts in consciousness which will allow them to achieve their true potential.

Because this workshop is limited to 8 participants, individuals will receive generous amounts of one-on-one attention and gentle guidance from leader Sheree Franklin. As an Intuitive Counselor, Sheree's focus is helping clients recognize and claim their innate power to improve the quality of their daily lives.

Date: Saturday & Sunday, February 9-10, 2008
Time: 10:00 AM to 2:00 PM Cost: \$250

Please note: You must register for this event. by February 4, 2008. Building security codes will be given in advance. Visa and Mastercard accepted.

Website Updates

Check out our newly updated website at www.holistichealthpractice.net

**Stay warm -
'cause, Baby, it's
COLD, outside!**



Sara Davenport, Director

Practicing Love

Valentine's Day is right around the corner, and while many of us are looking forward to celebrating our romantic love, still more of us are reminded of the lack of that special someone in our lives.

As human beings, love and physical affection are critical to our healthy development. Frank A. Clark states, "A baby is born with a need to be loved - and never outgrows it." But in these days of increasing isolation, when so many of us have moved away from the communities we grew up in, where our technological sophistication allows us to work from home, shop online, and have everything delivered straight to us, we can go days, even weeks without having a moment of real connection. How then do we find for ourselves the love that is vital to our ongoing wellbeing?

Werner Erhard, founder of est, tells us, "You don't have to go looking for love when it's where you come from." To modify Ghandi, "We have to be the love we want to see in the world."

It's scary. We've all been burned and no one wants to be vulnerable to pain and heartbreak. Start small - say hello to that person you see everyday on the train; find out the name of your favorite barista in Starbucks; complement that beautifully dressed stranger on the street; make it your goal to make someone else's day. It's not a selfless act. Sara Paddison, in the Hidden Power of the Heart, promises, "As you continue to send out love, the energy returns to you in a regenerating spiral... As love accumulates, it keeps your system in balance and harmony."

And be gentle with yourself! The Buddha himself said, "You, yourself, as much as anybody in the entire universe, deserve your love and affection." Love isn't an end product; it's a practice - no different from yoga or meditation. In order to grow, we must participate every day, challenge our boundaries, acknowledge our fears. Only in the active practice of Love do we blossom into our true selves.

After all, as Frank P. Jones said, "Love doesn't make the world go round. Love is what makes the ride worthwhile!"

Holistic Health Practice

email: info@holistichealthpractice.net

phone: 312.664.8376

web: <http://www.holistichealthpractice.net>

[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