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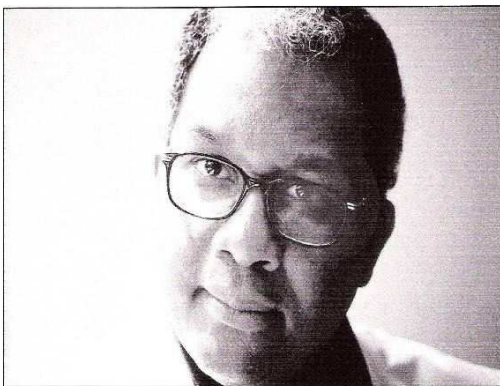
HOLISTIC HEALTH PRACTICE

HHP Labyrinth

www.holistichealthpractice.net
July 2006 Newsletter

The Month in Preview

- :: Lima Hana Ola: 2-Day Lomi Lomi Workshop
- :: Friday Nite at the Movies: The Da Vinci Code Decoded
- :: Shamanism: Healing Secrets of Spirit Guides
- :: Shamanic Path Weekend 2-Shamanic Consciousness
- :: All About Soul Retrieval
- :: Shamanic Chakra Toning
- :: Navigating the Work Arena With Your Intuition
- :: Instant Messaging With Your Child
- :: Practitioner Profile: Kevin McGirr
- :: Holistic Lifestyle Opportunity: Yoga Now



Dear Sara,

It's important when reviewing one's holistic health, to include a very important aspect – that is, the financial piece. To be constantly sequestered in a financial imbroglio is detrimental to one's overall health. It is essential to make certain that there is security in your life.

For instance, if you lost your job tomorrow, have you prepared for outcome? Do you have good health insurance, life insurance and do you have a good retirement program – suitable enough to keep you in the lifestyle to which you have become accustomed?

In dubitably, stress is listed as the number 1 cause of most illnesses. And we are constantly told by healthcare professionals

to avoid stressful situations.

Debt is a stressful situation. Not having some kind of structure and your financial plan is stressful. Not having long-term care insurance can be stressful.

It is unnecessary to be precarious about our financial health.

Therefore, if you haven't thought about your financial portfolio as a form of good health, think again.

Continuing to do the truth in love,

Kurt Hill

Please see our website www.holistichealthpractice.net for full descriptions of the following events.

shapeshifting and sound healing. You will be guided in the ancient meditation practice of journeying to the spirit realm to contact angels, ancestors, totem animals and other helpful spiritual beings. Beginners welcome, no previous experience necessary.

Shamanic Path Weekend 2-Shamanic Consciousness

Joan Forest Mage

Saturday July 15
10:00 AM – 6:00 PM

Sunday July 16
10:00 AM – 2:00 PM

Cost: \$250

Shamanism is an ancient form of spiritual healing, practiced for at least 20,000 years in virtually every culture of the world. This 2-day workshop is the second in a series of four weekend workshops in the basics of the contemporary shamanic work developed by Shaman Joan Forest Mage. In this workshop, you will gain greater focus in your shamanic

Tapping into your intuitive powers in today's **challenging business environment is a** dynamic tool to making better decisions, reducing stress, and recognizing needed changes before they occur! Intuitive Counselor Sheree Franklin will guide you on a new pathway of expansive mind-action.

Details on Sheree Franklin



Instant Messaging With Your Child

Sheree Franklin

Tuesday, July 25th

6:00 – 9:00 PM

Cost: \$75

The communication process is simplified in this two-hour interactive workshop with Intuitive Counselor Sheree Franklin. Everything moves in an accelerated pace and grabbing a few minutes to talk seems next to impossible. Strengthening the communication core with your family will mean less arguments, the ability to clearly define goals and the structure to create the life you want! The \$75 family cost includes one parent and one child (age range is from 6 to 12 years).

Practitioner Profile: Kevin McGirr

Holistic Financial Planner

We will be spotlighting one of our gifted practitioners each month in our newsletter. This month our practitioner spotlight focuses on Kevin McGirr.

Kevin assists people gain peace of mind with regard to money and money issues in life. He is a highly skilled financial planner – and more than that – he is a gifted listener. With compassionate understanding and expertise, Kevin safely guides us toward greater possibilities through a more conscious awareness of our thoughts, histories and handling of money. He can help anyone achieve greater satisfaction and ease in dealing with money in our everyday lives. And, he is a true gentleman in every sense of the word – we are so proud to have him as one of our HHP practitioners.

Details on Kevin McGirr



Holistic Lifestyle Opportunity: Yoga Now

Yoga Now and Holistic Health Practice Alliance



journeying through learning how to enter deep meditative consciousness. We will learn time-proven methods of quieting our mind and body and observing our intuitive impressions so that we can listen to Spirit's messages more clearly. Discover your preferred perceptual mode (seeing, hearing or feeling) for accessing information in non-ordinary reality; learn how to interpret the visions you see in your shamanic journeys and dreams. You will further deepen your relationship with your own group of spirit helpers. Pre-requisite: Shaman's Path Weekend 1, Drumming the Chakras workshop or equivalent knowledge of shamanic journeying. Please bring a drum or rattle if you have one, and a pen and notebook.

Details on Joan Forest Mage

All About Soul Retrieval

Joan Forest Mage

Tuesday July 18
6:30 to 8:00 PM
FREE

Have you ever felt after some painful experience in your life that you never recovered, you weren't your "old self" or that a part of you "died"? These feelings may indicate what shamans call soul loss – a vital part of your energy (soul)



In this season of sun and lightness, we bare our bodies to honor the sun. Of course, we want to look and feel our best in the process.

Holistic Health Practice and Yoga Now are committed to healing, balancing and enhancing every part of ourselves.

Through this introduction of our integrated collection of modalities, you can experience a fuller, more well rounded vibrancy to your physical, emotional and mental existence.

Our goal is to enable you to be able to have both feet on the ground as well as have a leg up (pun intended), being able to breathe through your week with a smile on your face.

Check out our websites for photos and details:

www.holistichealthpractice.net

www.yoganowchicago.com

Details on HHP/Yoga Now collaboration

left you during a traumatic event such as an accident, illness, loss of a loved one, or physical, sexual or emotional abuse. The shamanic healing practice of soul retrieval recovers lost soul parts and is one of the most ancient and effective forms of healing ever created. In this information evening, Shaman Joan Forest Mage will explain how to recognize soul loss, how a soul retrieval is performed and what a client can expect during the soul integration process.

[Details on Soul Retrieval](#)

Shamanic Chakra Toning
Joan Forest Mage

Friday July 21
7:00 – 9:00 PM
Cost: \$20

Connect to the angels and ancestors through the power of your voice. We will learn to cleanse and strengthen our chakras (energy centers) through vocal toning, the body's natural way of physical emotional and spiritual regeneration. No experience necessary – anyone can do it! Discover how to use your voice as a powerful vibrational healing tool for grounding, removing energetic blockages, connecting with spirit guides and balancing the entire chakra column. Learn history, spiritual principles and precepts of Reiki. The course will introduce the

human multidimensional anatomy, the chakra system, the 21-day clearing process and the importance of self-healing. The ethics of healing in touch and non-touch modalities as well as standard table treatments and techniques to ground and center will be covered.

[Details on Chakra Toning](#)

Sara Speaks

We are very excited to be partnering with Yoga Now with this special promotion through the summer months. We will be welcoming Yoga Now clients to Holistic Health Practice through this offer as a way to expand awareness of the full range of services at HHP. And, our HHP community can take advantage of the beautiful, new, eco-friendly facilities at Yoga Now Gold Coast, conveniently located just down the street at Superior and LaSalle. In addition to a full complement of yoga classes, Yoga Now also has steam/sauna rooms, child care services and validated parking behind the building. This is a great offer, and one that we hope you will use and enjoy. It's a wonderful way to meet new people in very similar communities and add a service or modality to your holistic lifestyle. Visit www.holistichealthpractice.net and www.yoganowchicago.com for full details including services, class schedules and rates.

Good health and happiness always,

Sara Davenport, Director
Holistic Health Practice

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