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HOLISTIC HEALTH PRACTICE

HHP Labyrinth

www.holistichealthpractice.net
June 2006 Newsletter

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Dear Sara,

People often ask me about relationship issues in my practice. Many are concerned because they do not clearly see where they begin and the other person stops. They have lost their identity and it is frightening as well as alarming. This causes some to distance themselves from each other.

It is important to note that in a good relationship there are two people standing in the presence of the other loving themselves. Maintaining individuality and a fidelity towards the self is essential. If you become another person's needs answered you cease to be an object of their love. Therefore, rendering yourself invisible.

All of us have a need to be loved. That does not mean that we should derascinate our "I Am". Changing yourself to be loved is affirming the fear of not being lovable as you are.

It is important to have an environment that is safe and autochthonous in order to manifest vulnerability. Vulnerability allows for intimacy. Sex is a side effect of intimacy.

Relationships require commitment. The commitment should be about the agreements we make to each other. As we grow and mature our agreements should change to allow for modality of being.

Relationships are the last stage of mature growth and development. Try loving yourself through one.

Continuing to do the truth in love,

Kurt Hill

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

You must register for any of the events listed. If needed, security codes will be given and advance payments can be made.
Please call Holistic Health Practice at 312. 664.8376.

Come to Your Senses

Elizabeth Wood

Thursday, June 1
6:30 to 8 PM
Free

In this informational session, Sex Therapist Elizabeth Wood will briefly discuss the content of an upcoming 3-week workshop on the senses. Come to Your Senses is designed to help women manifest and express their sensuality and heighten their sexual pleasure. Explore sight, sound, smell, taste and touch in a whole new fashion. Discover how an emotional connection to the senses translates to better sex.

Details on Elizabeth Wood

Drumming the Chakras: Shamanic Healing Journey

Joan Forest Mage

Friday, June 2
7 to 9 PM
Fee: \$20

Experience a powerful healing ritual as Contemporary Shaman Joan Forest Mage cleanses the chakras (energy centers) of each participant through singing and drumming. We will learn the ancient meditation technique of shamanic journeying to the spirit realm, gaining wisdom and healing from angels, ancestors, totem animals and other helpful spiritual beings. Beginners welcome, no previous experience necessary.

Spiritual Guidance Group

Laura Sherman

Thursday, June 8
6 to 8 PM
Fee: \$35

This group meets once a month with the purpose of assisting people to develop a daily spiritual practice, set personal goals and be more aware of their own soul path. The format includes silent meditation, reading, journaling and working with dreams. An ending prayer circle will conclude each evening. A personal interview with Laura Sherman is required to join the group.

Friday Nite at the Movies

The second Friday of the Month Series



Friday, June 9
7:00 to 10:00 PM
Moderator: Derrick Milligan
Cost: \$5

Creating a Soul Map for Our Lives- Interacting with the Akashic Records & Our Guides

Laura Sherman

Sunday, June 4
1 to 4 PM
Fee: \$125

Learn about Akashic Records to design a soul map as well as create awareness of personal guides through a silent meditation.

The Akashic Records is our book of life for all of time in which everything we have participated in is recorded. We have Guides which are with us and can answer life questions for us. These guides and our soul process is always of the Light.

A soul map is a process by which we design from our knowledge and intuition a visual map of our intention for a designated period of time. In this workshop we will work with the Akashic Records to design a soul map for a period of time. We will sit in meditation, learn more about the Akashic Records, tap into our guides and create a soul map.

Workshop presenter: Laura Sherman M.S., LCPC is a holistic psychotherapist, Reiki Master, and spiritual guide, trained to read the Akashic Records. For more information please call Laura Sherman at 773.742-3899 or sign up at Holistic Health. Note: This will not include individual readings. Limit of persons: Ten people

Details on Laura Sherman

Mystic Wisdom of Hawaii

Britt Posmer

Thursday, June 22
6 to 8PM
Friday, June 23
6 to 7:30PM
FREE

This introduction to huna and Hawaiian shamanism will focus on the seven shaman principles and the energy of aloha which is the foundation of all Hawaiian healing, and the Hawaiian concept of the Three Selves. On the 2nd day of this 2-part workshop, Britt will employ a huna healing circle utilizing the principles for both personal and relational transformation. Participants will use movement, sound, meditation, visualization and energy healing techniques to gain a direct experience of the foundation of huna and the living spirit of aloha. Participants may come either or both evenings.

Details on Mystic Wisdom of Hawaii

Lima Hana Ola: 2 day Lomi Lomi Workshop

Dan Moore

Saturday, June 24
9:00 – 1:00 PM
Sunday, June 25
5:00 – 9:00 PM
Fee: \$180

This workshop will encompass ancient Hawaiian cultural teachings and healing protocol interpreted by Dan Moore LMT, LHT and Spirit-Mind-Body Instructor. Discover the essence and foundational thought process found in the art of Lomi Lomi. Learn and practice a full-body Lomi Lomi treatment.

This is the first of our Friday Nite Movies, to be shown the 2nd Friday of every month. This is a good primer for those of us who want to know what to do and not to do with regard to good nutrition. Derrick Milligan, Personal Trainer will facilitate the discussion after the movie.

[Details on Derrick Milligan](#)

Reiki Level 1 Training and Attunement

Britt Posmer

Sunday, June 11
10 AM – 5 PM
Fee: \$150

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 Reiki Level 1 Training and Attunement](#)

Expressive Arts Energy Work: Shamanic Healing

Joan Forest Mage

Friday, June 16
6:30 to 8:00 PM
FREE

Since ancient times, the arts – painting, music, drawing dancing, singing, writing, storytelling – have been used as powerful energetic healing work. The arts contain superb meditational and energy practices, thousands of years old, that enable us to communicate with the inner self and the spirit realm.

In this information evening, Certified Expressive Arts Therapist and Shaman Joan Forest Mage will explain how shamans use the arts to bring issues to consciousness and to shift energy to create deep healing.

[Details on Joan Forest Mage](#)

Come to Your Senses

Elizabeth Wood

Wednesdays, June 14, 21
and 28
6:30 to 8 PM
Fee: \$200 for the Series

Come to Your Senses is designed to help women manifest and express their sensuality and heighten their sexual pleasure. Explore sight, sound, smell, taste and touch in a whole new fashion. Discover how an emotional connection to the senses translates to better sex.



"As the weeks go by, we will delve into the history of each one of the senses and focus on increasing your expression in our everyday lives.

Come to Your Senses and learn to relish in the delight of

[Details on Lima Hana Ola](#)

All About Soul Retrieval

Joan Forest Mage

Tuesday, June 6
6:30 to 8:00 PM
FREE

In this informational evening, Contemporary 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 All About Soul Retrieval](#)

Shamanic Dialogues with the Soul

Joan Forest Mage

Tuesday, June 27
7:00 – 9:00 PM
Fee: \$20

Have you ever experienced an inner conflict, where part of you says "Yes, do it!" and another part says "No, don't do it" ? This can be your soul parts or sub-personalities arguing inside you. Rid yourself of the self-sabotage this internal battling causes through learning the principles of Soul Part Dialogue. You will learn about identifying the various parts of yourself, how to encourage these parts to express their needs and resolve conflicts among themselves.

Practitioner Profile: Dr. Amie Shimmel

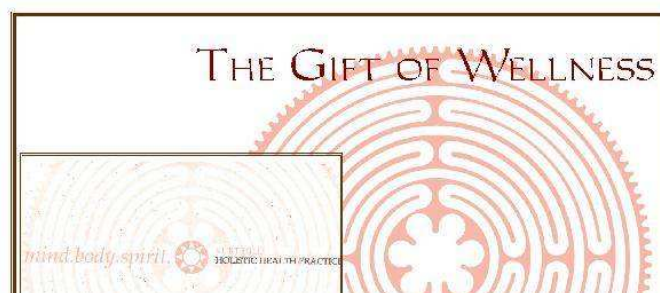
Chiropractic and Acupuncture

We will be spotlighting one of our gifted practitioners each month in our newsletter. This month we feature Dr. Amie Shimmel. Amie is the first affiliated practitioner here at HHP. There are so many things to say about her -- consummate professional and talented chiropractor/acupuncturist, with highly-charged, positive energy that she so generously shares with us all. We are so fortunate to have her as part of our team. She not only handles her patients with compassionate skill and care, she is always reaching out to create awareness of the benefits and value of alternative health care. On a personal note, Amie loves cats, jogging and Indian food. She is pure joy! Click to connect for more about Amie and her services here at HHP.



[Details on Dr. Amie Shimmel](#)

Give The Gift of Wellness



your sensual nature."

Details on Come to Your Senses



Details on Session Rates

Sara Speaks

Ahhhh June. The official month of summer with the Solstice occurring June 21st. It's a season of abundance – with much to do, see and experience. Our beautiful City is alive and abuzz with fairs, music, sporting events and celebrations and we also have a variety of great offerings for our Holistic Health Practice community. This month, take advantage of our massage promotion featuring Duane Dobrowolski. And Laura Sherman begins monthly spirituality meetings for those looking to establish a daily practice. If you are looking to attract money, our able counselors Kevin McGirr and Sheree Franklin will show you how to manifest abundance in this area. Looking for more sensuality in your life? Elizabeth Wood kicks off her series on sex and sensuality with a free introductory session. We've also got Reiki and Hawaiian healing techniques with Britt Posmer and Dan Moore, and Joan Forest Mage who continues her educational experiences of shamanistic journeying. Enjoy all that you have planned to launch this wonderful time of year. And include HHP in your activities. We want to keep you healthy in mind, body and spirit – and have just the right practitioner and specific modality to embrace all the joys of the season.

Good health and happiness always,

Sara Davenport, Director
Holistic Health Practice

email: info@holistichealthpractice.net

phone: 312.664.8376

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

**Introductory Mini
Bodywork Session
with Duane!**

Special offer fro the month of June!
30 minutes for \$10!!
featuring specialized technique for relief with discomfort and pain in the neck/shoulders, hips, knees, and legs.
Share this offer with friends and family!

Offer Expires: June 30, 2006

**Save
25%**

Take advantage of this one-time offer:
1 to 3-hours (imagine that!) with Duane at a 25% discount.
1 hour regularly \$100 now \$75
2 hours regularly \$200 now \$150
3 hours regularly \$300 now \$225

Offer Expires: June 30, 2006

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