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HOLISTIC HEALTH PRACTICE

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www.holistichealthpractice.net
Spring 2007 Newsletter

The Month in Review

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Dear Sara,

Albeit many people hold Martin Luther King in great esteem and hagiography, they just don't relate to his dream. You know the dream that asks that "One day we might be judged by the content of our minds and not the color of our skin"?

I think that it is ignominious that we are in the year 2007 and still we are concerned with race. You see the question is not whether America is ready for a black president. The question is: Is America ready to accept all as Americans and eradicate racism?

It is time for our society to admit that it practices misoneism (fear of change). It is time for the closet radicals to come out and stand up for social justice. The onus is upon us - not our politicians.

No, I do not know if Obama will win or not. However, he should have a fair chance to be viewed seriously. As Americans we should not exclude candidates because of race or gender. We should be ready to look for the most qualified person for the needs of the office.

This is not about politics. This is about health in our nation. It is a holistic approach when all are considered fairly. We must not succumb to the disease of racism and sexism. It is time to extirpate this parasite out of ourselves and our nation.

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.**

**The Greatest Gift:
Intuition**
Sheree Franklin



Holotropic Breathwork Workshop
Kurt Hill

Holotropic Breathwork was developed in the 1970s by Dr. Stanislav Grof while studying the therapeutic potential of entering "nonordinary" states of consciousness. These "nonordinary



This workshop will expand your awareness to understanding and developing your intuitive abilities. Participants will learn three energy-raising techniques, the four most damaging emotions and the key components for connecting with your intuition.

Intuitive Counselor Sheree Franklin is a graduate of both the Avatar and Integrated Awareness Program. She has helped guide hundred of clients on the path to self awareness and inner growth.

Date: Saturday, March 24, 2007

Time: 9:00 to 12:00PM

Location: Holistic Health Practice

Cost: \$75

Refuting the Concept of Soul Mates

Kurt Hill

Learn 4 things you need to know before you mistakenly buy into the New Age myth about soul mates.

If you don't know these four principles, it can be dangerous to pursue a soul mate.

Discussion will include:

- Are all soul mates necessarily destined for us to marry?
- Do you believe that soul mates are meant to be in our lives for just a positive purpose?
- Could you grasp the idea that they may have popped into your life this time around (and still knowing you completely) for negative purposes?
- Do you have to believe in reincarnation to have a soul mate?
- What if your soul mate

states" were indistinguishable from those described in the ancient mystical traditions and spiritual philosophies of the East. Experiences in the "nonordinary state" brought on by the breathwork can be categorized as: sensory, biographical, perinatal or transpersonal (beyond the body and personal identity).

Kurt's own experience of holotropic breathwork training with Dr. Grof provides the structure for this workshop.

Participants, or "breathers" lie on a mat in a relaxed position. As background music and drumming begins, the "breather" begins breathing faster and deeper as instructed by the facilitator with drumming and/or music to support the rapid, deliberate breathing.

During the process, the "breather" can have quite a range of experiences, including deep feelings of joy or serenity, yogic sleep/meditative states, re-experience of traumas or the birth process, bodily sensations (tension, pain, warmth, etc.), crying, yelling, body movements, and/or transpersonal experiences such as past life experiences.

This is a very special opportunity where Kurt will create a safe space for a personal healing journey.

Workshop is limited to 10 people.

Date: Saturday, April 21, 2007

Time: 2:00 to 5:00 PM

Location: Holistic Health Practice,

Cost: \$100

Prior to workshop, all participants must fill out a health profile and release form.

Level 2 Advanced APCT Course

The purpose of this 20-week course is to illuminate the strategies of effective transformation and the necessary requirements if one is to facilitate movement toward the hoped for integrative outcomes. Lectures will draw upon the best of scientific research, archetypal studies, comparative mythology, spiritual tradition and contemporary psychoanalytic theory. Kurt will also explore metaphysical theories to aid the counselor/therapist/healer to understand the complexity and difficulty of the healing process. We will probe the works of Ken Wilbur, Carl Jung, Adolph Bostien, William Jones, R.M. Burke, Dr. Jean Houston, Dr. Robert Moore, Murray Stein, and Edward Edinger in order to synergistically compile concepts and theories. Special attention will be paid to the role of spirituality and spiritual practices on the psychological healing process as well as advanced protection techniques.

Research into comparative personality theories, systems of both psychotherapy and transformation and the interface between the psychological and spiritual views of healing will be explored.

This course is a direct result of Dr. Robert Moore's studies into the neo Jungian structural psychoanalysis and integrative psychotherapy as well as his work with the rituals of transformation.

Kurt will also conduct a brief lecture on the conflict of Hierocracy.

Methodology will include:

Readings
Reflection papers
In-class exercises
Advanced healing techniques

Upon successful completion of this class, the physician/healer/therapist can expect to be more effective in treating the client/patient at the cause level, giving the practitioner a better opportunity to eradicate the illness by understanding it's probable source.

CEUs will be offered.

Classes begin Saturday, September 8, 2007 and end February 9, 2008.

There are no classes on Thanksgiving, Christmas or New Year's weekends.

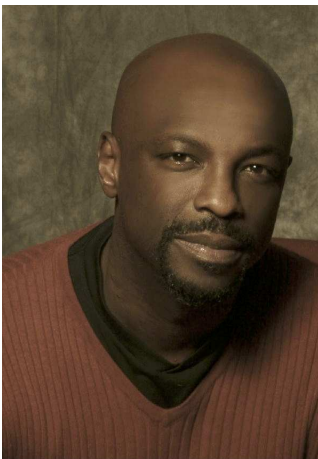
This course is intended for current practitioners of holistic health methodologies wanting to expand their awareness as a professional witness; physicians, medical or graduate students

is your best friend or a family member?

- What lessons, answers and big picture concepts can we learn about ourselves through these relationships?
- What do timelines have to contribute to soulmate encounters? Bringing our lives biographies into our view for us to study as if looking at a map that has no past, present or future.

Date: Friday, April 13, 2007
Time: 6:30 to 8:30 PM
Location: Holistic Health Practice
Cost: \$45

How to Eat Naked And Improve Your Health
Derrick Q Milligan



This unique seminar is about meeting you where you are on your most primal level with food. It combines traditional wisdom, current research, lifestyle challenges, state of the art tools and levity spiced with just a pinch of humor.

You will get a sense of the global food challenge, as well as where your specific challenges around food fall.

You will leave with new insights, greater understanding and more confidence in and around food. It is even possible for you to find a new path in building a better, more satisfying and life-sustaining relationship with food to enjoy alone, as well as with your family.

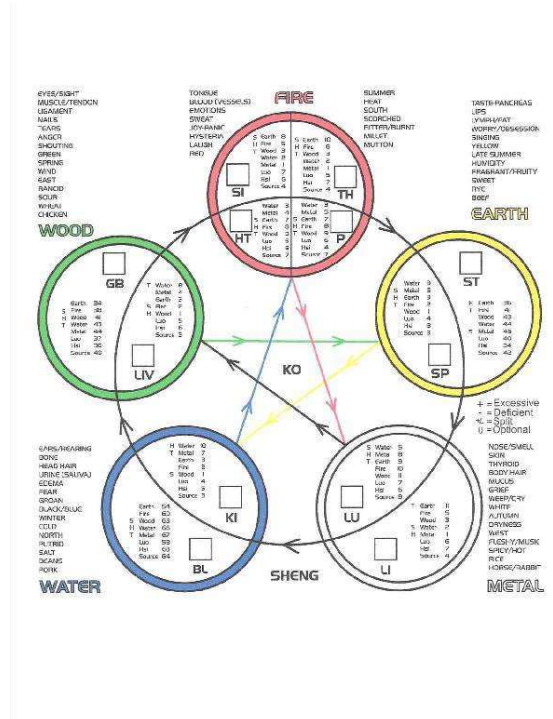
in the healing professions desiring multi-faceted education in alternative/complementary and integrative therapies.

Completion of Kurt Hill's Level 1 APCT class recommended.

Date: Saturdays, beginning Sept 8, 2007 through February 9, 2008
Time: 2:00 to 6:00PM
Location: Holistic Health Practice
Cost: \$3500

Spring Tune Up with Dr. Amie Shimmel
Five Element Chart of Acupuncture

Dr. Amie Shimmel, DC and Acupuncturist here at HHP is introducing a new, electronic diagnostic tool for evaluating acupuncture meridians. Known as Electro Meridian Imaging (EMI), it provides an extremely accurate diagnosis from an exam that takes just a few minutes (rather than the traditional hour when done manually). Computer software graphically illustrates which meridians are out of their physiologic normal balance, and indicates what specific acupuncture points are to be used for balancing, including the precise location for placement. This advanced computer technology may be termed "contemporary acupuncture diagnosis" and is used by both medical and traditionally-trained acupuncturists.



Happy Spring



**Date: Wednesdays: April 18
or April 25, 2007**
Time: 7:00 to 8:00PM
**Location: Holistic Health
Practice**
**Cost: \$10 in advance
\$20 at the door**

Sara Speaks

It is official. This week marks the first days of spring. As volleying temperatures flirt with our excitement and patience for the last vestiges of winter to leave, we know it cannot be too long before this delightful season of rejuvenation is fully upon us. In celebration, we have much to offer our community in workshop experiences. Kurt is leading two -- one with cautionary advice when searching for a soul mate, and the other is an experiential session on holotropic breathwork (very powerful stuff.) Derrick Milligan, our fitness guru, offers his perspective on our relationship with food in his "How to Eat Naked" seminars in April. (Note: there is no shedding of clothes in these workshops.) And Sheree Franklin is back with her workshop on developing intuitive abilities. We look forward to seeing you at one of these events.

Please contact us at 312.664.8376 or info@holistichealthpractice.net to make your reservation.

Sara Davenport, Director
Holistic Health Practice

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