



The Holistic Health Practice Labyrinth: Spring Cleaning May 2008



In this issue of the HHP Labyrinth:

- * Be inspired by Kurt's Spring Message
- * Welcome our two new practitioners, Tory Atree & Jane Brown Smith
- * Learn about our Featured Practitioner Sheree Franklin
- * Meet the HHP team and learn how each practitioner can help facilitate your well-being
- * Join us for two FREE workshops
- * Get 10% off a single session with one of our team members

Introducing Tory Atree, MD



[Yoga Healing Medicine](#)

Introducing Jane Brown Smith



[Energy Medicine for
Animals & their People](#)

Sara Davenport

Welcome to Spring!

After one of the toughest winters on record, we here at Holistic Health are ecstatic to see the sun again! The temperature is up, tulips are blooming, and all seems right with the world... so how come so many of us are still feeling blue?

While it's become a very secular activity, Spring Cleaning actually began as part of the spiritual traditions of a number of different cultures. Whether you want to believe it started as "khooneh tekouni" which literally means "shaking the house" and is the pre cursor to the Persian New Year, or that its roots lie in the ancient Jewish practice of thoroughly cleansing the home in anticipation of Passover, this annual drive to purge speaks to something at the very core of our being.

We tend to focus on our living spaces, but what about our interior space? Like the clothes we just *know* will come back in style some day, have we stuffed old, unfinished business into our heart's back closet? Do we have a bunch of old beliefs hanging like cobwebs in the corners of our psyche, blocking the light and making everything feel dingy and gray? Are we holding onto our negative family history like all those old magazines that we've carted around for years (a little junk in the trunk, so to speak)?

Whatever it is that's holding us back and weighing us down, there is something about spring that calls to us to roll up our sleeves and get down to the tough work of cleaning house.



[Life Coach](#)

Dr. Amie Shimmel



[Chiropractic & Acupuncture](#)

Tara Sullivan



[Body & Energy Work, Spiritual Companionship](#)

Kevin McGirr



[Financial Management](#)

Karyn Pettigrew



[Intuitive Coach & Consultant](#)

Derrick Q. Milligan



And you don't have to do it alone! Here at Holistic Health Practice, we consider it an honor and a privilege to be part of your clearing process. To that end, we've gathered an expert team to help you declutter and make space for new experiences. As George Bernard Shaw said, "Better keep yourself clean and bright. You are the window through which you must see the world!"



From Kurt Hill:

Spring is often referred to as a time for transformation; however, I look at it as an actualization of expansion and retraction. When we expand, we tend to welcome a plethora of new concepts and theories into our lives. We tend to explore unfamiliar situations and venture into questionable territories. Yet, when we realize we have gone too far or become too uncomfortable we begin to retract - back to a comfort zone. Unfortunately, we sometimes go too far in the other direction allowing for the occurrence of fundamentalism in our lives. We then begin to hide behind our history. We hear statements such as: "There are no days like the good ole days," or, "if it were good enough for grandma then it should be good enough for me." Extremes in both directions are troublesome. Yet they can complement each other in this thing called life. The key seems to be the right balance. Finding the right blend in order to proceed effectively requires a willingness to engage in a transcendent function. That is: the ability and skill to introduce opposites to one another and let them learn from each other.

Stepping outside of your familiar into the unfamiliar could be considered as madness. Yet, according to Dr. James Hillman: "What is madness but nobility of the soul at odds with circumstance?" Fear steps into the equation when we are unprepared for what the unknown may require. It is at times such as these that we must exhibit courage. Remember, as Winston Churchill said, "Courage is not the absence of fear but the triumph over it."

If indeed [Socrates](#) is correct and we are the sum total of our experiences then we must allow for new and different encounters. It is acceptable to move forward with wisdom in an uncertain manner. Dr. Robert Moore states that, "The true definition of arrogance is certainty." So in this season, witness when you expand and when you contract in this learning experience called living. In his book "The Phenomenon of Man," [Pierre Teilhard De Chardin](#) spoke of the ineluctable modality of being. He advised us of our ever growing ever changing movement of living. Einstein stated that we are not a solid but a set of frequencies and vibrations. We are constantly in motion one way or the other depending on our comfort level.

Spring allows for an activation of energy. Which direction is yours headed?

Multi-Sport Coach**Robert Taub**Medical Intuitive,
Energy Healer, Intuitive
Counselor**Teresa Rupprecht**Medium & Ancestral
Energy Healer**CONGRATULATIONS!**

HHP would like to congratulate the recent graduates of Kurt's 20 week Advanced Psychosomatic Character Therapy II (APCT 2) Class:

**Tory Altree
Sanjay K. Gupta
James Jeffries
Matt McMillin
Remy O'Brien
Teresa Rupprecht
Betsy Schmidt
Jane Brown Smith
Margaret Stojak
and Tara Sullivan**

As anyone who's ever waded through one of Kurt's book

Continuing to do the truth in love.

Kurt Hill



**Spring's Featured Practitioner:
Sheree Franklin
Intuitive Counselor**

From Kurt: I want to take a moment to share with you just what I know about one of our practitioners here at Holistic Health Practice. Her name is Sheree Franklin and one of her areas of her expertise is in the sensitive zone of helping someone determine whether or not they will be able to conceive. Many times individuals wait until they are in their later years and wonder if the vicissitudes of life are going to grant them a special gift. Being in a place of uncertainty can cause anxiety. Albeit, from an allopathic perspective, gynecologists could make determinations about fertility, that does not preclude the natural hope found in each of us concerning our desire to procreate. Therefore, when kind assistance is needed in this area Sheree Franklin is quite capable of offering intuitive assistance. She is a raris and a paragon in her intuitive field. She gives clear insights of her findings in this delicate area of concern. She collaborates with an individual or couple utilizing a standard of ethics and integrity that is admirable. She does not pretend to be all knowing in her discoveries. Instead, she helps people realize broader realms of possibilities. I have seen those who were diffedent leave with peace of mind and a positive attitude.

I am quite pleased and privileged to offer my recommendation for Sheree Franklin's brilliant work.

UPCOMING SPECIAL EVENTS

Please Note: RESERVATIONS REQUIRED

The Taste of the Wild

**Throw out the diet books, the rules and the willpower
Tap into your ANIMAL INSTINCTS**

Are you tired of being told what you should or should not eat?

Kelly Hoogenakker, owner of Fresh Ground Health and holistic health coach, takes a post-modern approach to eating that sweeps the books and calculators off your plate and puts you in charge of your own health and well being.

Learn ways to interpret your body's signals (often referred to as "symptoms" or "cravings") and how you can adapt your foods to meet your changing physical, emotional and energetic needs day-to-day.

recommendations will know, completing the course work for APCT 2 is quite a feat!

(Look for the next round of courses in September 2008!)

- * No rule book & no "forbidden" foods!
- * Achieve your natural weight
- * Increase energy
- * Strengthen your immune system
- * Gain more focus and mental clarity
- * Deprogram yourself from commercial marketing appetites
- * Support and maintain the benefits of energetic healing and body work

Date: Tuesday, May 20, 2008

Time: 6:30 - 8 PM

Cost: FREE!

Honor your uniqueness and find the perfect way of eating that fits you!

**Save
10%**

**A Spring
Cleaning Gift
from Holistic
Health!**

Save 10% off one individual treatment with any HHP practitioner - Now through June 1, 2008!

**Offer Expires:
06.01.08**

(not good on Packages or Special Services)

An Evening of Healing

Free Lecture & Energy Healing Demonstration

HHP Practitioner Robert Taub will share his inspiring story of his journey from crippling arthritis and chronic fatigue back to wellness and beyond including the process he used to awaken his unique gifts of medical intuition, intuitive counseling, and energy healing.

Following the lecture, Robert will conduct a group energy healing demonstration.

Date: Friday, June 6, 2008

Time: 7 to 8 PM

Cost: FREE!

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