

ASSOCIATION OF HOLISTIC PRACTITIONERS

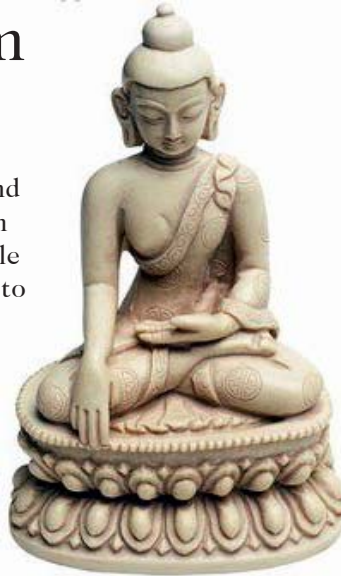


The Association of Holistic Practitioners

www.holisticassociation.org

Meditation for a Calm Mind & Inner Peace

The practice of finding “stillness within” is thousands of years old and spans many cultures and spiritual practises. It has expanded to our western world in modern times and is used by many people from new-agers to corporate executives as a tool to calm the spirit and clear the mind. Meditation is the key to opening the door of self-awareness and awakened consciousness. The practice of meditation can benefit anyone and everyone. One of the most notable benefits of meditation is the ability to remain feeling calm and unstressed even in the midst of a chaotic day or unpleasant events. *(Cont’ on page 3)*



I Am Grateful!

Little by little and big by big we are accomplishing the creation of our new world.

Creating a new reality, the one we want! To me this vibrational increase is so encouraging. We must all remember though when we have moments of being in our old reality, of feeling like we are in a lower vibrating space, that at this time it is as though we have one foot in one reality and one foot in the other, we do. So we have the feeling like we are going backward at times. No we are not. These times are reminders to us of where we are coming from and how we are changing. Be in gratitude for being shown these incredible changes in us.

We are sometimes taking huge leaps forward and *(Cont’ on page 2)*

From Work to Play

You cannot remove darkness from a dark room. You can only bring in light. When you try to remove darkness, it feels like work. When you bring in light, it feels like play.

Much time is spent trying to remove darkness instead of bringing in light. It is the way we have been conditioned to respond to challenging situations.

Terms like "conflict resolution", "problem solving", and "managing people" are created from the "remove or handle darkness" frame of mind. We ask ourselves, how can we best deal with this conflict, tackle this problem, or manage our staff or children. It feels like work!

The illusion is that you can remove darkness or, at minimum, rearrange the furniture in the room. But you have undoubtedly found that this only provides temporary relief. And then the darkness resurfaces.

And so we then create training programs called, "How to deal with difficult situations" or "Anger management". But often people come out feeling far from inspired. I am not saying we don't attend to problems. That is unrealistic. The question is, however, where is your primary focus. If you are the captain of the Titanic, are you placing most your attention on the icebergs or passageways?

Where your attention goes, the energy flows. What you focus on, you create. When your primary focus is on what you don't *(Cont’ on page 2)*

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★
**Happiness
Thoughts**

There are as many nights as days, and the one is just as long as the other in the year's course. Even a happy life cannot be without a measure of darkness, and the word 'happy' would lose its meaning if it were not balanced by sadness.

- Carl Jung



If you want others to be happy, practice compassion. If you want to be happy, practice compassion.

- HH the Dalai Lama



When one door of happiness closes, another opens; but often we look so long at the closed door that we do not see the one which has been opened for us.

-Helen Keller



GRATEFUL (Cont' from page 1)

sometimes it is baby steps but each step no matter how minute is incredible!

On March 24th...another landmark was reached when Hindu chaplain Rajan Zed, recited the groundbreaking prayer "Mantra OM" from the ancient Sanskrit scriptures, to open both the Arizona Senate and the House of Representatives. Before reciting he sprinkled water from the River Ganga around the Senate and House. After reciting it in Sanskrit he translated it to English. "Lead us from the Unreal to the Real, from Darkness to Light, and from Death

to Immortality." he urged the legislators to "strive constantly to serve the welfare of the world." When you think on the impact of this and the the impact of Eckart Tolle and Oprah's workshop of "A New Earth" and the numbers which took part in this, then we really can feel and be aware of the shift to Light that is taking hold.!

Please take just a moment to send Love, first to yourself, then your community, your country, the world and the Universe. Be in Gratitude. I Love YOU!

*Judy M. Watts, Holistic Practitioner
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PLAY (Cont' from page 1)

want, you attract that. When your primary focus is on what you do want, you attract that.

A team leader recently told me that she decided to begin placing most of her attention on those employees who wanted to thrive in the organization, and less on those who where disruptive. Simply by making this small change, she found the positive group becoming more productive and fulfilled. And to her surprise, the less interested group began to automatically follow suit. She didn't have to work at them coming along because the actions of the positive group inspired them. Nothing motivates people more than the light of inspiration. She also began to pair members of the disgruntled party with the positive group. And one pairing eventually won a reward for a project they created together!

A family mediator who counselled estranged couples told me that everytime a tense couple sat in front of him for a session, the first thing he'd do is pull out a picture of his dog. The conflict-ridden couple would look at the cute puppy dog, sigh, smile and the tension would immediately dissolve creating the way for a new and healthier dialogue.

So, where is your attention? Are you working harder than you need to? If life feels like work, chances are you may be trying too hard to remove some sort of darkness - a bottemless and stress-fill pit indeed!

You can only do so much to change the world. Ultimately, you must allow it to be changed through you.

The light that illuminates darkness comes from within you. Therefore, to create real change in our professional and personal lives we must first look within ourselves and ask where we can say Yes more fully to our own spirit. To be in-spirit, or in-spired as this team leader was, is to allow the light of your own deeper Self to shine through you into the world. As you do, not only do you enrich your own life, but you invite others to reclaim their authentic Self as well. One candle lights another brightening the room we all share.

*Vince Gowmon, CPCC, BBA, Certified Professional Life Coach
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MEDITATION (Cont' from page 1)

Monks and Yogis meditate for inner peace and enlightenment. Some use sound, mantras, mudras and other tools, but the key to peace and tranquility is through stillness of body and mind.

Where should you meditate? Anywhere. Ideally in nature or a space created for spiritual practice, but on a plane or in the dentist office is also appropriate.

When should you meditate? Morning and evening, but any time is beneficial. Regular practice is most beneficial.

What are the benefits of meditation? Clearer mind, calmer state of being, the ability to handle minor & major irritations, greater productivity, reduced stress, restorative sleep, improved decision making, calm abiding, inspiration, awakened consciousness, greater perspective - even anti-aging!

Here's how: Sit comfortably, centered and grounded. Feel your weight pushing down and the earth pushing up. Sit straight but soft. Relax your vision and gaze down your nose or close your eyes.

- Notice breathing happening - but don't control the breath - just observe it.
- Notice body sensations and watch them change - feeling worse, better or going away. Put your attention back on the breath.
- Notice the thoughts that drift in and out of your awareness. Put your attention back on the breath, or name the thoughts. You will never eliminate all thought for very long, but the "gaps" will get longer.

Meditate daily for best results!

New Deck Created by Members

Holistic Association Members Helena Diosa, Heather Henderson, Krista Hoffs and Kelly Oswald teamed up with co-workers Cheryl Davidson and Mitchell Soulfeather to create a "Be the Change" deck - "Inspiration for Transformation". The deck plants seeds of inspiration and empowers one to make authentic, positive changes and react consciously to situations in one's life. As Mahatma Gandhi said 'Be the change you wish to see in this world'. This inspirational deck of cards contains 52 messages of



transformation, one for each week of the year. To use the cards, shuffle the cards or place them loosely on a dish. Then ask a question in your mind or focus on a situation in your life that could benefit from insight and choose a card. Reflect on the meaning of the words throughout the week and incorporate the shift in consciousness daily. Information on how to obtain the cards will be posted on the web at holisticassociation.org.

In the middle of every difficulty lies opportunity.

- Albert Einstein



Courses & Workshops

PSYCHIC INTUITIVE CONSULTANT CERTIFICATE PROGRAM

Discover your psychic potential through specific exercises designed to access the superconscious. Awaken your sixth sense and move into a more productive state creating awareness of your Self and the energy of others. A comprehensive exploration of the unseen world including: psychic protection, meditation, altered states of consciousness, chakras, auras and professional psychic readings.

Location: Brew Creek Lodge

September 21st, 10am-5pm

October 5th, 10am-5pm

October 19th, 10am-5pm

\$160. per session (please pre-register through the Oracle 604-905-0084)

theoracle.ca





Water Bottle Safety

Is Your Water Bottle Safe? Time Magazine published an article March 13th in great detail posted at <http://www.time.com/time/magazine/article/0,9171,1722266,00.html>

Below are various types of water bottles rated worst to best.

The plastic bottles you buy pop and bottled water in are only good for the one-time use (made from Polyethylene).

Nalgene water bottles contain bisphenol which mimics estrogen and leaches into water and especially hot liquids. (Not good)

HDPE, the older less fancy bottles (high density plastic) tend not to leach as much - but still not a great choice.

Stainless steel rates up there with glass as a safe, reliable material. But avoid freezing or filling with hot water.

Safest choice? Water out of the tap in a glass!

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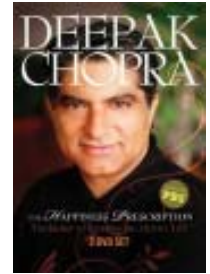
OUR MISSION:
To serve and unite Holistic Practitioners in the fields of alternative healing, personal development and intuitive consulting.
To assist in maintaining the highest standards in the fields listed above.
To serve as a resource for Holistic Practitioners and the clients who seek such services.

To register as an association member visit www.holisticassociation.org

Great Books & DVDs

The Happiness Prescription Deepak Chopra

This inspirational DVD includes 5 minute meditations as well as daily meditations and candid conversations with Deepak Chopra . People of all spiritual or religious backgrounds are invited to explore the manner in which happiness can lead to a better, more successful life with mind body medicine specialist Deepak Chopra. In addition to sharing his popular empowerment tool known as the Ten Keys to Happiness, Chopra reveals practical exercises and insight as to how to live a more mindful, joyful, and spontaneous existence.



Zen Shredding Michael Sean Symonds

Legendary stories are the expressions of dreams, inspirations, passion and change in life. Zen Shredding is a unique narrative exploring the power of enquiry and the expression of meaning and purpose in life; 114 Spiritual insights and questions encourage the reader to examine their own life, to pursue, discover and realize that Who We Are and Who we can become is our greatest legacy.



10 Ideas for Marketing Your Holistic Business

Charles Lightwalker, Director of The Family of Light Healing Centre shares his knowledge and experience in the first of a series of several articles.

There are countless simple, effective and low-cost ways for you to promote your holistic healing services without going broke in the process. Here are three more of ten fast and easy ways to get you started:

9. Take advantage of your e-mail. You never know where you emails are going to end up. Make sure to include a `signature line' in your e-mail that includes your business contact information including a website if you have one.

10. Establish a website presence. Today people surf the web for information on almost all the products and services they buy. For just a few dollars you can post a tremendous amount of information about your services, background and expertise on a basic website.

The bottom line is this; marketing your healing business will definitely require some time and creativity, but it doesn't mean you need to spend a ton of money.

Put these marketing tips into action today and watch your appointment book soon fill up!

(See previous issues for more tips & ideas.)

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