



The Healing Point News

Winter 2006

Before making resolutions, listen to your heart...

By Lise Porter

New Years has always been a time of new starts. A time of possibility and hope for the upcoming year.

I believe as humans, we have the power to create exactly what we want in our lives. But first, we must know what it is we want to manifest. To do this, we must examine our core beliefs and values to look for clues. Once they emerge, we'll better know how to organize our activities and time around these and can proceed with taking action. If we don't take this inventory, making goals and acting on them is like putting one foot on the gas pedal and one on the brake. It just doesn't work.

When we know what our hearts most desire, it's amazing how effortless our energy flows. Even difficult tasks become seemingly easy because of the joy present in our endeavors. Therefore, before mapping out your resolutions for this year, resolve to listen to your heart's yearnings first. Then you'll know what you want most out of 2006 and how to proceed in attaining your dreams. Enjoy and Happy New Years! ❧

New Addition to The Healing Point

Ted Kardash – Ph.D., MFT

Dr. Ted Kardash received his doctoral degree in Clinical Psychology from the University for Humanistic Studies. He is licensed as a Marriage Family Therapist and has maintained a private practice in San Diego since 1989.

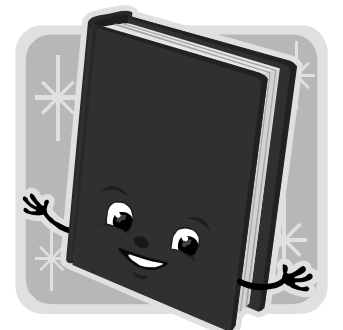
As an ordained "Tao Shr" (servant of Tao), more commonly known as a Taoist priest, Ted regularly performs wedding ceremonies, initiation rites for new-borns and their parents, as well as memorial services. He is a long time practitioner and teacher of the Chinese health movement exercises Tai Chi Chuan and Qi Gong. More recently he has been studying Vipassana (Insight) Meditation

Ted is also a faculty member at the Pacific College of Oriental Medicine where he supervises the Clinical Counseling program and teaches classes in tai chi chuan and the I Ching. He brings a blend of East and West to both his own clinical practice as well as to his teaching. ❧

Ted is available for appointments Weekday afternoons.

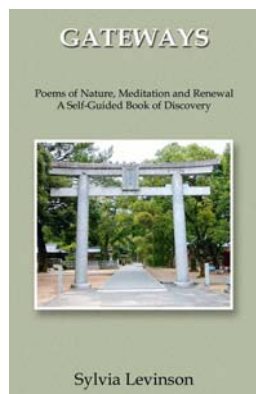


Many thanks to all of you who joined in and donated your books to help Hurricane Libraries. In all, we shipped over 250 lbs. of books to Texas where they will be stored until the buildings can be restored. Huge thanks to **Jim and Sandy Kelley** who not only donated many bags of books, but paid for most of the shipping, and **Erik Anderson** who brought in boxes of books. Thanks again for helping us to help others!





GATEWAYS: Poems of Nature, Meditation and Renewal, A Self-Guided Book of Discovery



It is easy to lose ourselves as we proceed headlong through the 21st century in which multi-tasking has become a requirement to fulfill obligations to work and family. **Gateways: Poems of Nature, Meditation and Renewal. A Self-Guided Book of Discovery**, is a unique book whose intention is to provide the reader with respite by being mindful of each moment. It invites you to step away from the swirl of daily activity briefly and ponder a small detail – a cascade of morning glories on the adobe wall, a dove on a telephone wire. Fifteen poems with commentary and suggestions guide readers into and out of each poem. A blank page follows, which invites readers to respond with their own thoughts – where the poem led them, what it means to their lives.

For personal enjoyment or as a thoughtful gift, **Gateways** reminds us to be attentive to the beauty around us. This focus helps regain our sense of self, relax and let go of stress. The following is an example of one of the poems:

There are things all around us which can give moments of pleasure or peace.

WHAT FEEDS MY SOUL

Yesterday it was the little red-headed bird
that lit on my balcony and poked its beak
among the sweet alyssum.

Last week, the December rainstorm,
water curtain spilling
from the leaf-filled eaves.

Last month, the bowed head of a classical guitarist
suspended over his instrument,
waiting as the final note disappeared.

It's always something.

Every day there is something.

What "something" takes you out of the routine and mundane and feeds your soul?

*"There are things all
around us which can
give moments of
pleasure or peace."*

Sylvia Levinson's poetry has been published in *Snowy Egret*, *Tidepools*, *City Works*, *Magee Park Poets*, *Acorn Review* and *The Writing Center* anthologies. In 2004, she was honored with First Prize in the poetry contests of the American Society on Aging and San Diego African – American Artists and Writers, Inc. She lives in San Diego, CA.

GATEWAYS: Poems of Nature, Meditation and Renewal, A Self-Guided Book of Discovery, Caernarvon Press, San Diego, CA. \$12.00, ISBN: 0-9716383-6-5

A workshop designed around **Gateways** is available for small groups. For additional information or to purchase the book, contact the author at shlconsult@cox.net.

Look to The Healing Point Events Calendar for Sylvia's reading date and book signing in March



The Return of the Light - The I Ching and the Winter Solstice

By Ted Kardash

Marking a complete yearly cycle is one of humankind's oldest customs. Astrologically, the start of the new year is the winter solstice, which recently occurred on Dec 21, 2005, marking the return of increasingly longer days in the northern hemisphere.

In the Chinese calendar the solstice is regarded as the "return of the light" and is accorded great importance in the arena of human activities.

To learn more of this importance we turn to an ancient Chinese source of wisdom, *the I Ching, or Book of Changes*, which offers guidance in flowing with nature's changes and is designed to help us develop an awareness of life's rhythms, and cycles. Sixty-four symbols, called hexagrams, each offer a description of a specific cycle or pattern of transformation inherent in our human experience. By following the *I Ching's* suggestions on how to best attune to that particular pattern, we can attain a state of profound harmony not only with ourselves but also with our entire environment - our fellow humans, our earth, and the cosmos.



Hexagram No. 24

Hexagram No. 24 in the *I Ching* is titled *The Return, or Turning Point*, and is directly linked to the winter solstice. It addresses four different areas that are important at this time of year: rest, goals, community, and personal development. (This advice remains applicable through the early part of the new cycle.)

Rest

"The idea of Return is based on the course of nature. It is unnecessary to hasten anything artificially. Movement is not brought about by force." The *I Ching* tells us that this particular period is a time of repose and quietude. In other words, "don't push the river!" The seed lies deep in the earth, allowing its energies to develop and prepare for sprouting forth in the spring. As winter is often a time of illnesses - flues and colds - it is important to get adequate rest, physically and mentally. Extra sleep during the longer nights of this season would be of benefit, as would be activities of a calmer, less strenuous nature. Allow time for healing and change to occur naturally.

"The idea of Return is based on the course of nature. It is unnecessary to hasten anything artificially. Movement is not brought about by force."

Goals

The *I Ching* cautions us to *"not dissipate creative energy by premature use. Everything must be treated tenderly and with care at the beginning, so that Return may lead to a flowering."* This is a time to carefully consider our intentions and aspirations. Meditate on plans and possibilities. Again, don't push the river. Allow ideas to germinate. Fruition will follow.

Community

This is a favorable time *"to join with those of like view"*. We are encouraged by the *I Ching* to develop and strengthen our sense of community, to establish and promote friendships with both individuals and with groups of others. In order to transform and reach full potential the seed must interact with its environment, receiving the necessary nutrients for growth. Joining an organization, taking a class, or offering one's services to others, might be appropriate at this time.

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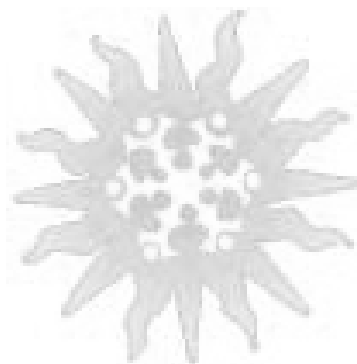


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Personal Development

“Return is the stem of character and leads to self-knowledge, a turning back to one’s inner light.” And finally, the I Ching states that this period is most auspicious for spiritual growth. We can also cultivate behaviors that will reinforce the experience of ourselves as an inseparable part of the greater whole – by responding to others with compassion and respect, by acting and speaking wisely, honestly, and supportively. To honor our own divinity is to honor the divine in all things.

While any given moment can offer the possibility of, growth, connection, and understanding, it is specifically this time of a new year that provides the greatest opportunity to do so. By following the guidance of the “great Sage”, as the *I Ching* is often referred to, we can support these transformations in manifesting effortlessly and naturally, like the seed sprouting from the earth.



May your new year be fulfilling and bountiful. May it bring peace and love to one and to all. ☪