

# ASSOCIATION OF HOLISTIC PRACTITIONERS



The Association of Holistic Practitioners

[www.holisticassociation.org](http://www.holisticassociation.org)

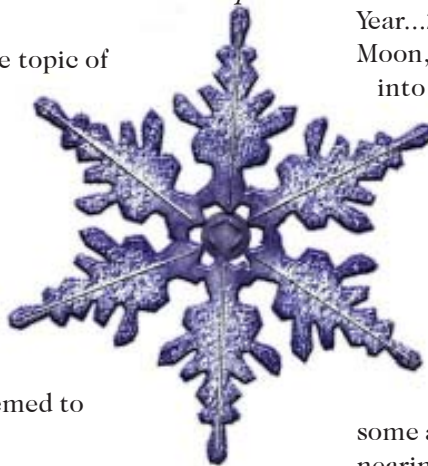
## Time for a New Operating System

*Do not go where the path may lead, go instead where there is no path and leave a trail. - Ralph Waldo Emerson*

I was watching Larry King Live the other day. The topic of discussion was the "Health Care crisis" in the US, and on the panel were some esteemed guests including CNN's Chief Medical Correspondent and the President of the American Medical Association. They were discussing the obvious problems and the not so obvious solutions to the dilemma.

It was interesting to see that every time a potential solution was suggested, it was said with vagueness and shaky confidence. No one seemed to really be clear on what was needed.

Half way through the show a new guest came on. Andrew Weil, M.D. is a world-renowned leader and pioneer in the field of *(Cont' on page 3)*



## 2010 Blessings

Love, clarity, honesty and manifestation

What a way to Bring in the New Year...2010...a Blue Moon, A Full Moon, A Lunar Eclipse all rolled into one eventful time.

When I look back to this last year, and to where I was in my thinking one full year ago, I am in a state of awe as to exactly how much has taken place within me during this last 365 days. Many projects which I began are completed and some are still being worked on, and nearing completion, while others will be a lifetime of working on, which is exciting to me.

To discover how I am doing on those things each year, how they have improved... *(Cont' on page 2)*

## Greening Your Holistic Healthcare Practice

The professional holistic provider are in a position, to educate the public why thinking "Green" is important to our planet. It also makes good business sense to operate your business from a more environmentally friendly way.

Here are six steps to greening your practice:

1. Use a water filter, instead handing out bottled water after a healing session.
2. Use organic products whenever possible.
3. Decrease your use of paper products, such as postcards, stationary and envelopes. Use the internet to communicate with clients.
4. Drive less, use a bicycle or other alternative transportation when possible.
5. Use a travel cup when buying tea or coffee to decrease usage of paper cups.
6. Buy locally whenever possible- it stimulates the local economy and circulates the money seven time throughout the community.

*Charles Lightwalker is an Intuitive Business Counselor and Director of the Family of Light Healing Centre. [www.thefamilyoflight.net](http://www.thefamilyoflight.net)*

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★  
**Solution  
 Quotes**

*"You cannot solve a problem from the same consciousness that created it. You must learn to see the world anew."*

- Albert Einstein



*"The creation of something new is not accomplished by the intellect, but by the play instinct."*

- Carl Jung



*"To the mind that is still, the whole universe surrenders."*

- Lao Tzu



*"Impossible only means that you haven't found the solution yet."*

- Unknown



*"Sometimes a scream is better than a thesis."*

- Ralph Waldo Emerson

**2010 BLESSINGS** (Cont' from page 1)

wow....So now as I look to this year of 2010 and the energy it holds and where we have reached, in our worlds transformation into a whole new place of being...I feel there are certain things which will help aid us all in our growth, and in realizing our hopes and desires for our life.

First comes Love.. love of self, love of life, love of all people, love of this earth...to love unconditionally is the goal.... anytime we feel alone, or afraid, imagine love and how you would feel..think hard on this, and then when you can really feel it, apply it to yourself and work at moving into a state of love. We all need to be working from our heart center...so feel what your creator would feel.

When you are feeling love, imagining love, realize that all negative emotion such as fear, anger, disappears. Now if you are one who suffers from depression, go out and help someone, walk down a busy street and smile at someone, pay them a complement. You will feel much better, and experience love.

The next is Clarity, we need to be perfectly clear with what we want to accomplish for ourselves, how or what we want will affect us and our life and how we need to handle things in order to get there. One of the most important things in our accomplishing things is simply clarity. When we ask Spirit for something, and we are excited about it, certain, then it is clear and we can move forward, but if we are murky in our thoughts, and goals, then where is spirit to guide us. We need to be clear, speak straight. Like an arrow....we need to know what we want to achieve. So no teetering back and forth. Move ahead. Honesty, You cannot move forward without speaking your truth. Firstly to yourself, this is hard, but go to a mirror and look yourself square on and state

honestly, what you really want for you, for your life, for your love of self, and for your purpose of being here on this planet. We are here at the most important time of all history. There cannot be any turning back, it is time for truth to be spoken. It is time to honor you and your purpose here., it is not about anyone else. It is about YOU and honoring the commitment we made along time ago when we came into this world at this time. It is all about our ascension and our re connection with spirit, to our god self...to our higher self... the self that is LOVE!



The next part is Manifestation, and with Clarity, speaking honestly, and fully connected to Love and Light and why you are here, you can place your thoughts for your manifestation, ask for this, say thank you and know you have received. Do NOT ask again, that says hey there God did you hear me? Well just in case I'll say it again... What you have asked for is heard and if you doubt, then the next part won't happen, so be in gratitude for what you have received, knowing you have. You will begin to see things coming together. don't try to be in the drivers seat. Our ego always tells us things, but EGO is Edging God Out. So instead Let Go and Let God...

This is going to be quite a year! I am thrilled and in Gratitude for being here and being part of it. Namaste, Judy

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## NEW SYSTEM *(Cont' from page 1)*

integrative medicine, a healing oriented approach to health care which encompasses body, mind, and spirit. He offers alternative perspectives to health and healing that are slowly becoming popularized by society's increasing movement towards conscious and sustainable living. He represents fringe solutions that lie on the outside of our conventional mindset.

While the esteemed panel prior to his appearance wrestled with how to fix the problem, Dr. Weil directed Larry right to solutions that lie outside of the tried and tested. He suggested that medical practitioners look towards new kinds of alternative medicine. He gave specific examples of how certain illnesses when treated in today's health care system are costing a fortune to treat, partly due to the cost to purchase and operate the expensive equipment used in hospitals. He went on to explain how natural supplements and herbs have cured the same illness at a far lower price.

I loved how he represented a fresh, outside perspective that brought light on the subject. He is far enough outside the system to offer a whole new way. It's like being in a dark room, and the room is becoming chaotic, and we are trying to look within the room for solutions because it is all we have ever known. When, in truth, the way to positive change is to leave the room altogether (or at bare minimum, turn on the lights!).

While it is tempting to fix the old, it is now necessary to consider the new. In the same way life is pushing us to fuel our cars with new, cleaner, cheaper, natural, renewable energy sources, Dr. Weil was suggesting this was needed with our body as well. Today's challenges are humanity's calling to something greater.

Look at your life right now. Where do you see an existing/persistent challenge in your work, community or personal life? What's being done about it? Where are the solutions coming from? If little is working, if the same problems continue to resurface, it is mostly likely because you are relying on an old framework to create change.

This framework begins with our mindset or state of consciousness. It is our internal operating system that needs to be updated because version 2.0 is no longer compatible with today's world.

The same problems will persist within your work environment, community or personal life without an operating system that allows you to try something new.

The new operating system will support humanity to find solutions that use right brain skills such as imagination, playfulness, collaboration and intuition. Apple Inc and West Jet are good example of organizations that run on the new *(Cont' on page 4)*



## Happiness Tip 1:

Raise your happiness set point for a more joy-filled life!

When everything is good, it's easy to be happy, but when they aren't, it's easier to handle being sad if your overall disposition is basically happy. Happiness isn't just for kids you know - it's for all of us.



Get happier through giving...

Give something away to someone you feel would want what you are giving. Look in your closet, go through your books, climb up on the counter and look in the back of your cupboards. Try and find something really 'good' to give away or if you want, buy something new. Notice how the person who received your gift reacted and how you feel.

## New Membership Rates

Lifetime membership

*\$126. Canadian*



Annual membership

*\$63. Canadian*



Membership renewal

*\$48. Canadian*

(Annual members are required to renew each year, Lifetime member are exempt.

Choosing a Lifetime membership is a great value to members and also helps the association reduce administration time.)





## Happiness Tip 2:

Cultivate emotional peace. Become the 'observer' of unhappy emotions so they become less disruptive in your life. Notice when frustration or anger occurs within you. Recognize it as a part of your 'human-ness' and let the emotion wash through you. Feel how it arises and then subsides as you watch it. Notice how calm you are after the emotions have moved through you and all you did was observe. Be happy with your self for noticing your emotions and not letting them control you. You are not your emotions, but you have emotions. They are a chemical reaction to stimulus and nothing more. They are not the drama of your life. Look for humour in the situation and find peace with the present moment letting the anger and frustration dissipate.

ASSOCIATION OF  
**HOLISTIC PRACTITIONERS**

**OUR MISSION:**  
*To unite Holistic Practitioners in the fields of alternative healing, holistic education and intuitive consulting through the World Wide Web.*  
*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](http://www.holisticassociation.org)*

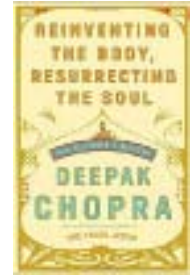
## New Books

### Reinventing the Body, Resurrecting the Soul: How to Create a New You

by Deepak Chopra

"Alternative medicine guru Chopra, argues that the bond between body and soul has been severed; it's his hope that humankind is about to embark on a restoration project that will give the soul the attention it deserves. Chopra presents five 'breakthroughs' that address the body and five that address the soul. He also walks readers through a fascinating discussion of how energy affects spiritual and physical health, and includes a scored personal energy efficiency quiz. According to Chopra, when 'subtle energy' becomes blocked, awareness can act like an invisible force that turns unhealthy energy around (he also explains how the expression of genes can be altered by lifestyle changes). Chopra encourages readers to follow their inner guidance, to embrace a journey to higher consciousness, to expand awareness through meditation and other methods, to ask for guidance and then wait for it to appear, and to trust their instincts."

—*Publishers Weekly*



### Archangel Michael Oracle Cards

by Doreen Virtue

Archangel Michael is a beloved and powerful protector and trustworthy guide. He knows your life's purpose and the best steps for you to take next. The 44 cards in this deck feature messages for you from Archangel Michael and incredible paintings of this magnificent angel. You'll also receive answers to your most pressing questions. An accompanying guidebook gives you step-by-step instructions on how to conduct an accurate, safe, and powerfully healing reading for yourself and others.



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## NEW SYSTEM (Cont' from page 3)



operating system. More and more people are switching to Macs, and I don't know anyone who would rather fly with a different local airline.

Taking on this operating system will require you to grow, stretch, adapt and embrace the unknown, all things that we humans are not comfortable with. Uncomfortable as it may feel, it is also where we will feel most alive. Relationships, projects, jobs

will feel more fun because you are exploring, scribbling, playing outside the box.

Our soul yearns to play here because it is here our soul resides. It is always calling us to a place bigger than ourselves, bigger than we can currently see. Our imagination and creativity become ladders that take us there. Our capacity to be flexible, open and curious leads us to that ladder and up the first rung.

We are not meant to live within the status quo anymore. The challenges we face right now are opportunities that remind us of who we really are.

*Vince Gowmon, Remembering to Play*