

# BERMAN HEALING ARTS

*the art of Healing and the healing of the Art*



*Our greatest wish for you is to experience your magnificence*

*Lisa & Brian*

## *Welcome to Our Fall Newsletter*

We are so excited to share with you Brian's new photo book of his sculptures. The photo above shows the front and back cover. More info inside. Our home gallery is also open by appointment.

We hope this finds you well and you have a beautiful harvest this fall. Please check our events page for dates and times: We are offering community listening sessions and workshops. Our next **Peace Meditation** and pot luck dinner will be on Sunday, October 3rd at 6pm. If you need more information, about the meditation or any of our offerings, please call us at 360-697-2288 or email at [Info@BermanHealingArts.com](mailto:Info@BermanHealingArts.com).

We appreciate your interest in our work, which is based on our core understanding: *PEACE BEGINS WITHIN*. We believe that our *Essence is Love*, that *Health is Inner Peace*, and that *Now is the only time there is*.

### *What's Inside:*

*Lisa's Fall seasonal healing tips, Brian's new book, & the latest events scheduled for BermanHealingArts.*

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# Lisa's Compassionate Healing Practice



Nature is approaching the fall season and the last fruits are ripening. The leaves are changing into brilliant, vivid colors, and nature's metamorphosis gives off its wonderful fragrant earthy scent. It is also harvest time, which for me generates questions, like:

- What do I harvest from this year so far?
- What are my inner and outer fruits that nurture me these days?
- What am I thankful for?

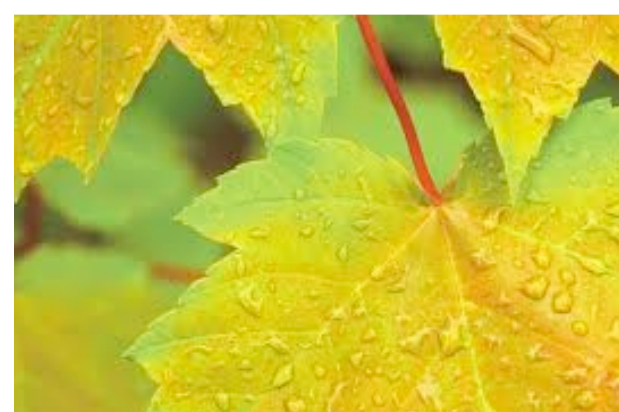
Naturally we retreat more into our inner realms as the days grow shorter and nature's energy contracts slowly. It is a phase similar to the passed midpoint of life, when such questions rise up to be revived. We get a stronger sense of an end to our life and that we are on the way home. It's the time of 'letting go', getting clear and become freer. This process includes many moments of grieving. A deepening inquiry might help to assess and re-evaluate:

- Where I am at this point in my life?
- What are open issues I want to complete and clear?
- What is obsolete and I want to let go off?

- What needs to be communicated to whom?

On a physical level the lungs and large intestine are corresponding with this process. Both have to do with communication and the exchange of our environment: one through inhalation and exhalation and the other through the digestion of food. They show us a beautiful analogy of assimilation, absorption, digestion and elimination of what we let in and out or hold onto.

If you are balanced in these virtues, you can speak up or be silent when appropriate. You are gifted with precise thinking and open to new thoughts and ideas. If there is too little energy you are a quiet person, cautious, and careful. Too much energy makes you talkative, righteous, overly enthusiastic, and impulsive in speech and behavior. On an emotional level an imbalance shows up as an ongoing grief, the inability to organize thoughts and resources, scattered attention and lack of focus. Physically it may manifest as constipation, shortness of breath, asthma, coughing, skin conditions, and continuous feelings of sadness.



## Diet Suggestions and Immune System Support

In the transition into a cold season and for protection, you might use these simple tips, like drinking Ginger tea, using hot spices, eating more radish, leek, onions, horseradish, garlic, mustard, especially eating rice and oats, peanuts, walnuts and particularly the vegetable celery, cauliflower, turnip, and cabbage.

Try also the immunity boost created by Dr. Debra Brammer (recommended by the [Bastyr Center health information](#)) to strengthen your immune system and/or help combat a cold or flu:

### **Immune Support Soup**

(Courtesy of Dr. Debra Brammer)

- 1 small yellow onion, chopped
- 1-5 cloves of garlic, chopped or crushed (to taste)
- 1 teaspoon - 3 tablespoons grated ginger (to taste)
- juice of 1/2 lemon
- 1/4 - 1/2 cup shitake mushrooms
- 1 quart miso broth, chicken broth or mushroom broth
- 3 tablespoon fresh minced parsley
- 1 grated carrot

#### *Preparation:*

Combine broth, onion, ginger, garlic, mushrooms and carrot and simmer for 15-20 minutes. Remove from heat and add lemon juice and parsley. Cover pan and steam for 5 minutes, then serve.

Other possible nutrients that support your immune function are Echinacea, the Chinese herb Astragalus, Ginseng, or Burdock. In an acute case:

- try a facial steam and breathe in with herbal mist of mint, rosemary, chamomile, or lemon verbena.
- chew several garlic cloves dipped in honey (or press several cloves of garlic into a bowl of hot soup). Garlic is a natural antibiotic.
- use Echinacea, Goldenseal and/or Olive Leaf extract.

Use generally a lot of spices for their warming energy and stimulating the digestion.

**Please read also my winter tips from [2008 and 2009 Newsletters](#).**

## **HEALING PLANTS**

### **WILLOW** (*Salix vitellina*)

The Destiny Flower -

From resenting fate to taking personal responsibility



#### **Key Symptoms:**

- Do you feel life is unfair and find yourself taking less and less interest in the things you used to enjoy?
- Do you feel resentful and bitter?
- Do you have difficulty forgiving and forgetting?

We all have days when we don't feel at all comfortable with ourselves. But what can you do, if this state continues? You might feel that you have not deserved it, that it is unjust, you feel embittered and soured by life. You feel less activity in things of life, which you have previously enjoyed.

In a blocked Willow state we feel as a victim of circumstances. We complain a lot. Our disappointments and resentment are strongly projected onto the outside world, onto others, God, or life in general. We are holding against the way life has gone and what happened. We feel powerless. Our thoughts are spiteful and grudging due to the bitterness we feel in our hearts. It becomes a pattern and might be with us for month, years, or even decades. We judge life by the success it brings and see only the empty or half empty glass. We blame and it is hard to consider and accept that the law of cause and effect may function in our life.



If you experience such emotions, have suffered adversity or misfortune, find it difficult to accept and are looking for inner peace, forgiveness and letting go, Willow can help shifting the energy into its potential. Willow:

- helps us to take our life back into our own hands.
- supports us in letting go of the past experience.
- encourages the rebirth of optimism and faith.
- re-connects us with our generosity towards others.
- helps us to take full responsibility for our life.
- sharpens our awareness that negative thinking can attract the very ill-fortune of which we complain.

#### **Empowering Statements**

- I have power
- I'm in control
- I take responsibility

This quote from Andrew Cohen seems to represent the Willow energy:

#### **Unconditional Responsibility**

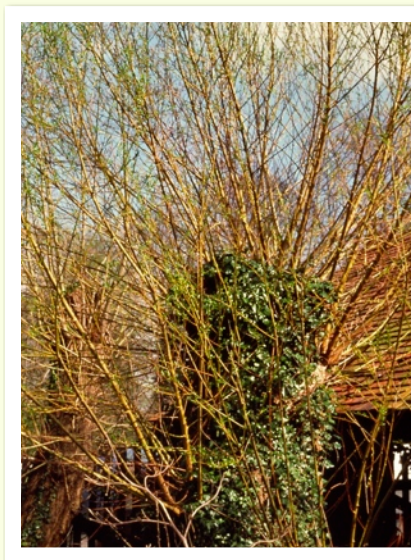
*"It is so important to come to that point in our own spiritual evolution where we are finally ready and willing to be wholeheartedly accountable for ourselves—for who we are and how we are. Heroically, we must be ready to accept unconditional responsibility for the seen and unseen consequences of everything that has ever happened to us."* Andrew Cohen

#### **Empowering metaphor of the Willow tree**

Just as some animals have been domesticated by men while others remain wild, so plants and trees have been pressed into service wherever they offer a particular use to industry or agriculture. Some plants modified through that interference, while others remained true to their form and pattern, like the Willow tree. It remained unchanged though it received cuttings for many centuries. The

process of pollarding, cutting the branches back to a stump to force new growth, was once widely practiced. Every year the vigorous young shoots were taken as wattle for building walls, as withies for basket-making, while other branches were cut in the following years for fencing and as poles. The Willow tree is ideal for such purposes as it is this flexible tolerance that characterizes the tree. Although it has been so mistreated it stayed in its original strength and gives its best with resilient new growth and a constant effort to grow back as a full tree.

The strength of the tree is also visible in the branches. Any branch will strike roots without difficulty; cut a Willow pole, drive it into the ground and it will become a tree. Willow has such a will to grow! Its chosen habitat is in wet ground by a river. Here it thrives in dampness where other trees may rot or become choked by mosses.



If you are interested in Bach-Flower Essences, see my workshop on October 23rd. If you want my counseling in Indianola or the Pioneer Building in Seattle, please call for an appointment: 360.697.2288

#### **News:**

This month Bastyr University acknowledged me as their Adjunct Faculty and for five years of teaching Bach-Flower Essences and facilitating workshops. What a great joy to teach at this vibrant Naturopathic University.

Wishing you a colorful fall and a joyous letting go of old leaves.

*With warm greetings, Lisa*

**Take a new look at:**  
[www.BermanSculpture.com](http://www.BermanSculpture.com)

## On my mind, in my heart!

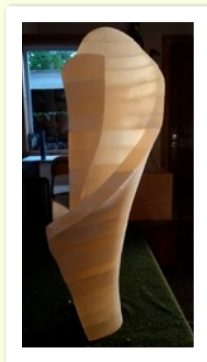
WOW! I can hardly say how great it feels to complete my first book of sculptures.



The photo book is an visual exhibition of sculptures I created between 2002 and this summer.

You can view a full preview of the book, as well as purchase copies at this link: [Bookstore](#)  
I will sign copies of the book during Art in the Woods, November 12-14th. Please bring friends.

I am now working again on the 3D modeled shell form. It's a long story and one that I will share more at length when I can show you a finished sculpture. It feels like a distant oasis, calling me to drink, yet not knowing why, I move forward. What is the shell about? And why does 3D modeling draw me in? This is what I know as of now, and when I step down the road a few miles and months, I will likely have a new knowledge. Following this inner call is one reason being an artist is such a daring adventure.



The shell has been a symbol I've used in many early sculptures. It represents a home cast aside, either through death or

by moving on. It reminds me that I carry around protection and I can drop it when it is time. It is the shell of the old which yields to the seed of the new. For me, it is the power of this symbolic sculpture, and what emerges is a new beginning. This is what I see going on both in my personal life perspective and the greater changes in our culture and the rest of the world.

And there were many new sculptures emerging from my studio this summer. They can be seen on my website, as well as in the new book. My creative juices were peaking throughout the summer and I enjoyed taking many photographs, as our Miller Bay home offered us many wildlife experiences. I photographed schools of small fish in the millions, man of war jellyfish, seals, otters, birds of prey and water fowl in numerous species. We traveled to Utah, where I taught a stone carving workshop, and exchanged sculptures in my gallery there. We also enjoyed summer play time. Lisa and I competed in a Boule tournament and we were awarded 1st place metals and given a trophy based upon our excellent play.

I am grateful for my good health, and for all your support, both of which keep me going.

I look forward to seeing you during Art in the Woods, the Bainbridge Island Studio tour, or one of our fall events.

My best to you, Brian



# Workshops and Events

We hope you can join us at one of these events. We look forward being with you.

## **Peace Meditation and Pot Luck Dinner**

Sundays October 3rd, November 7th, & December 12th - 6 pm

*Please come early enough to get settled for the half hour meditation. Our meditations will focus our collective energies, bringing more peace to ourselves, our loved ones, and to our beloved planet. Please bring a vegetarian dish to share for dinner. NOTE: December Peace Meditation is on the second Sunday due to BI Studio Tour. Offerings are welcomed.*



## **Community Listening**

Tuesdays October 11th, November 15th, and December 13th 7-9:30 pm

*Do you yearn to be truly heard? Do you seek to experience deep heart connection in community? With all the conflicts and environmental degradation of our precious earth, we are offering a place where our community can be listened to. We will use our Compassionate Listening skills to facilitate a heart opening evening. All are welcome, donations accepted.*

## **A Play Day and Pot Luck** Sunday October 10th from 2-7 pm

*Come have a fun play day here at our home in Indianola. We will play Boule (French version of Bocce Ball) rain or shine, plus have a pot luck dinner at 5pm. RSVP*

## **Transforming the Blocks on Your Path** Saturday, October 23<sup>th</sup> 2-5 pm

*Join Lisa Berman in a small group, for this interactive three-hour Bach-Flower workshop and leave enriched with new insights and hope. Transform yourself from feeling blocked to feeling empowered in a safe environment filled with compassion and loving kindness. [Link to Flyer](#)*

## **Transforming the Wounds of War** Saturday, October 30th, 9:30-6 pm Seattle, WA

*Many people carry within them pain and suffering related to unhealed wounds from war and genocide. World War II and many other racial, religious, and cultural conflicts caused great suffering. If you are holding the wounds of your ancestors or your own direct experience, this workshop offers a space that encourages healing through compassion. We will facilitate this with our dear friend Andrea Cohen. [Link to Flyer](#)*

## **Art in the Woods - Book Signing** November 12-14 from 10-5 pm

*Open House and Art Sale. Come see Brian's fine art sculptures and his new book. Copies will be available for signing. And if you haven't seen the cast glass from Brian's studio work in the Czech Republic, please come over and bring a friend. Take a tour of our home gallery and sculpture garden and you might just find something special for your home, and your heart. [Link to tour map: Art in the Woods](#)*

## **Bainbridge Island Studio Tour** - December 3-5th - 10-6 pm

Location: the Commons in Winslow's Waterfront Park. Exhibiting Brian's sculptures and his book. [Studio Tour](#)

