

BERMAN HEALING ARTS

the art of Healing and the healing of the Art

Spring 2008



*Spring Evening
Workshops*

*New Art
Happenings*

WELCOME TO OUR SPRING NEWSLETTER

Lisa and Brian are happy to share with you our spring news and welcome you to visit our home. Fast changing weather patterns, here on the spit have added excitement as the seasons change. Migratory birds are finding their way into Miller Bay. There is beauty all around us.

This spring, Lisa will be offering three evening workshops for your creative growth on April 24th, *Defining your Vision*, May 8th *Theta Healing - connecting with source*, and May 22nd *Living in the NOW*, reservations recommended. We will have *New-Art Happenings* at BermanHealingArts Gallery, exciting special events on May 10th and June 14th as well as by appointment. Come see the new glass work that Brian and Lisa have been making. And in June, come see our new glass work cast in the Czech Republic. You can email us at info@BermanHealingArts.com or call to make an appointment. 360-697-2288. Our address is 7238 William Rogers Road, Indianola.

What's Inside:

Lisa's spring seasonal healing tips, see the latest news on sculptures coming out of Brian's studio.

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Lisa's Compassionate Healing Practice



AWAKENING

The power of springtime surges through nature – and through each of us.

It holds the energy of youth and growth, a new beginning, a vision of a new cycle. This is the season to plant seeds for a future harvest, to look ahead and make new plans, formulate new ideas, make decisions, determine your direction, and to take action. Imagine a seedling bursting from its casing, pushing through the dirt, moving around rocks to reach the light.

Sometimes a growth process is with ease and joy, and other times with growing pains that are associated with stretching beyond our comfort zones. Spring rep-

resents an outward movement from ourselves into the world.

On a physical level springtime is associated with liver and gallbladder. From an eastern holistic perspective the liver is 'the grand architect for our vision of the future', its companion, the gallbladder, gives the ability to make decisions, judge wisely and make plans. Without a vision and plan, decision and direction, no movement is possible – on the contrary, there is frustration and anger when our vision is stifled. You might feel an imbalance involving confusion about where to go and why. If your liver and gallbladder system is strong, you can easily readjust and re-begin.

Helpful spring health tips are:

- Name your vision
- Access your creativity – take time for yourself
- Develop and follow a plan
- Make choices naturally
- Being adaptable to life as it comes
- Stay motivated

Suggestions for living in harmony with the spring season

- **See your day with new eyes:**
Feel the sunshine pull you up and out, like the plants and animals. Feel the life within you thrust out of darkness into new possibilities.
- **Begin new things - at home, in your work, and in yourself:**
Like nature: reinvent yourself, let go of old hurts, and take fresh hope. Be creative. Make things, do things. Begin!
- **Consider how you wish your summer harvest:**
Use spring's bountiful energy wisely, so that the crops you sow in yourself, in your work, and in your life are those you wish to harvest.
- **Strengthen and replenish your liver and gallbladder with herbs:**
The liver is one of the most active organs in the body and our modern world keeps the liver constantly busy dealing with so many toxins. A sluggish liver can lead to serious fatigue, weight gain, water retention, and a host of other health woes. It is also the provider of bile so that the gallbladder can do its job.

There are many herbs, which strengthen the liver and gallbladder. My favorite ones are those with bitter constituents, like:

1. **Dandelion** (*Taraxacum officinali*)
Each spring it pops up, sporting a cheeky yellow cheerfulness that defies all human attempts at eradication. Both the root and the leaves are used as medicine; even the flower and stem can be eaten in a small quantity. Dandelion is producing a substance, which stimulates the production of bile in the liver, and the secretion of bile from the gallbladder. Dandelion is widely available in a variety of forms: dried leaf and root are sold in tea, capsule, and tincture form.

2. **Burdock** (*Arctium lappa*)
Like dandelion, it is a bitter, and stimulating the secretion of digestive enzymes, particularly bile and has good "clean-up" properties. It is most commonly used as a tincture or a tea, though sometimes the raw, fresh root is also available in grocery stores and can be sliced thinly and added to soups or salads.

3. **Milk Thistle** (*Silybum marianum*)
is an undeniable giant in the field of liver-supportive herbs. Silymarin, a flavonoid extracted from milk thistle, has a substantial protective effect on the liver. This flavonoid protects the liver through several means: it acts as an antioxidant, protecting the liver from free-radical damage; it increases the liver's rate of tissue regeneration.

- **Basic Diet Tips for Spring:**
 - Eat less, or fast. The diet should be the lightest of the year
 - Most fruits and vegetables are beneficial to the liver, you might want to add the following to supercharge your liver cleansing diet:
 - Vegetables:** dark green leafy vegetables, artichoke, sprouts, young beets and carrots, broccoli, brussels sprouts, cabbage, cauliflower, kale, and onion
 - Fruits:** grapefruit, mangos, lemons, papaya
 - Herbs:** garlic, cayenne, ginger, turmeric, parsley, fennel, cilantro

- Include a lot of fiber in form of whole grains, flax or psyllium seeds
- Avoid refined carbohydrates such as white flour, pasta, cookies, cakes, and crackers. They all gunk up the colon and rapidly increase the blood sugar. The liver helps to modulate blood sugar, so keeping blood sugar low is a good strategy for a liver cleanse
- Avoid deep fried food, fast and junk food during this cleansing time
- Avoid late meals
- Reduce or avoid salty foods

Welcome, Spring! Go for it!
With warm greetings, Lisa

By the way: I just completed facilitating the forth three-month class in Bach-Flower Therapy at Bastyr University. It was an amazing class for the students and me. I am looking forward to my next class in October.

Special Spring Evenings with Lisa:

I will support you with exercises and discussion in an intimate setting where we can explore new growth as we release old patterns and we awaken to new possibilities.

Thursday, April 24, 7:00 – 9:30 pm

Define your spring vision, plan and steps

Thursday, May 8, 7:00 – 9:30 pm

Theta Healing – How to connect with the source of All That Is within you

Thursday, May 22, 7:00 – 9:30 pm

Living in the NOW as a path of a new awareness

Registration recommended at
lisa@bermanhealingarts.com or 360-697-2288
Cost: \$ 20 each evening

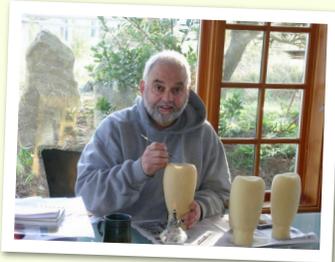
BERMANSCULPTURE.COM

Brian's News:

Spring has sprung and I am continuing to break through with new artwork and inspiration. I mentioned in the winter newsletter that I have been taking classes at Pratt Fine Art Center in Seattle. I have continued to study with Susan Balshor, a great casting instructor. I have just cast two new sculptures in glass, and plan to cast my I AM series starting the second week of April. I will also cast a number of Lisa's designs in glass. I am very fortunate to have the backing of many, as my stone sculpture sales help finance the costs of my direction with cast glass. I just finished up with the last and most important tool to begin my own casting, a computer controller for the kiln. This enables the glass castings to cool very slowly. Annealing as it's called is the most important step of the glass casting process. It removes the stresses in the glass so when it is in the sunlight or in a cold room, the sculpture will not crack.

Looking back at the winter season, we had a wonderful Leaping Forward Party on February 29 sharing our plans and visions for 2008. We hosted 3 monthly Peace meditations and community pot-luck dinners bringing community together-one of our great joys. And we had an inspiring and uplifting house concert with Michael Stillwater with 20 in attendance on 3/27.

Since we officially opened our Berman Healing Arts Gallery we have had numerous visitors coming to see our artwork, and attend our events, we hope you too will come by.



A note of encouragement and support, and how happy we are having opened BermanHealingArts Gallery.

*Dear Brian,
Over the years my husband, and I have followed your progress as a sculptor and have appreciated the holistic themes of your work and life. Many years ago we installed one of your pieces in our small serenity garden.*

*To celebrate a milestone in our life as a couple, we would now like to purchase a large, outdoor stone sculpture from you. Is it possible to set an appointment for sometime in the near future to view the work that you have at your Healing Arts center?
LK-W & FW, BI*



New Series of "Reaching for Light" shipped to Karen Lynne Gallery, FL

My best to you! Brian

Calendar of Events

Peace Meditation and Pot-Luck Dinner

Join us on the first Sunday each month. We host a 30 minute peace meditation, followed by a pot luck meal. 6pm Meditation. Mark your calendars and bring something vegetarian to share on April 6th, May 4th, and June 1st.

Lisa's Spring Evenings for creative growth. Reservation required! See page 3 for details.

Art Happenings May 10th & June 14th
BermanHealingArts Gallery Open House

DATES to Watch	APRIL 24 Lisa's Spring Evening	MAY 8 & 22 Lisa's Spring Evening	MAY 10 Spring Celebration of Art	June 14 Open House and Art Sale
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<p>Calendar</p> <p>April 6 Meditation - pot-luck 6pm</p> <p>April 24 7-9:30 pm Lisa's Spring Evening Series Define your Spring Vision \$20</p>	<p>May 4 Meditation - pot-luck 6pm</p> <p>May 8 7-9:30 pm Lisa's Spring Evening Series Theta Healing-How to connect with <i>All That Is</i> \$20</p> <p>May 10 3-9 pm Celebration of NEW Art BermanHealingArts Gallery will show Brian and Lisa's new glass sculptures</p> <p>May 22 7-9:30 pm Lisa's Spring Evening Series Living in the NOW \$20</p>	<p>June 1 Meditation - pot-luck 6pm</p> <p>June 14 3-9 pm BermanHealingArts Gallery Open House-Art Sale</p>	<p>July No Meditation-Summer Schedule travels.</p> <p>We wish you and your family good health and happiness.</p> <p>Peace is the Power that lives within me.</p>
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