

BERMAN HEALING ARTS

the art of Healing and the healing of the Art

Spring 2009



Have you been asking yourself

What's Next?

Sign up for a workshop

Spring into Art

WELCOME TO OUR SPRING NEWSLETTER

At loooong last, spring has finally sprung upon us and it is a welcomed change. We feel the excitement as new energies emerge from the dark times of winter and welcome the new light and warmer temperatures. We are enthused to see a new horizon, new possibilities and new plans emerging to uplift the global economic crisis.

We are offering workshops and an *Art for Peace* Open House over these next few months. Our *Peace in Relationship Series* received great praises and we will offer it again. A new workshop series, *What's Next - Transition to Transformation-connecting with your Potential* will be held on Tuesday evenings, and a long awaited *Stone Carving* workshop will be offered. Read more about them on page 5. Please help us get the word out by telling any of your friends about these events, or invite them to join you when you attend.

Our monthly *Peace Meditation* with community pot-luck dinner will continue at 6pm on the 1st Sunday of April, May and June in our home at 7238 William Rogers Road, Indianola. You can call us at 360-697-2288 to get more information or email us at Info@BermanHealingArts.com.

What's Inside:

Lisa's spring seasonal healing tips & the latest events scheduled for BermanHealingArts.

Welcome	Page 1
Lisa's Spring News	Page 2
Lisa's Mediation Service	Page 3
Brian's Latest News	Page 4
Special Workshops & Events	Page 5



Lisa's Compassionate Healing Practice

WELCOME SPRING!



As the days become warmer and brighter, nature rouses from her winter slumber and looks ahead to the new growth of spring. Initiating a new beginning, a vision of a whole new cycle, spring is a surge of rising energy, an expres-

sion of life at its strongest, like the dandelion whose growing edge can burst through concrete if it must.

We might have followed nature's way and taken a winter rest, and now we too emerge into spring "raring to go". We plant seeds for a future harvest, to look ahead and make new plans, formulate new ideas, make decisions, and determine our direction for the coming year - and take action.

Spring Tips

March, April, and May are great times for **Spring Cleansing** as a preventative medicinal approach. Here are some problematic foods, which you might consider removing from your diet for a few weeks.

- refined carbohydrates, such as foods with refined flour (especially wheat) and sugar (including corn syrup)
- dairy products, such as milk and cheese
- denatured fats, such as fried food, processed fats and oils
- Caffeine and Alcohol

The spring diet should be the lightest of the year and beneficial to the liver. You might want to add many fruits and vegetables as well as herbs, as they supercharge a liver cleansing diet.

Include a lot of fiber in form of whole grains, flax or psyllium seeds. The liver helps to modulate blood sugar. So keeping the blood sugar low is a good strategy. Refined products such as pasta, cookies, cakes, and crackers all gunk up the colon and rapidly increase the blood sugar. Avoid also deep fried food, late meals and salty foods during this cleansing time.

If you are interested in spring **Fasting**, the Juice Fasting by Dr. Otto Buchinger is a great reference. He supervised more fasts than any other doctor (over 80,000 fasts). In his experience, fasting with juices of fruits and vegetables, as well as defined herb teas, results in a most effective cleansing and rejuvenation of the tissues.

Healing Plants

In this newsletter I will continue to introduce you to the healing power of individual Bach-Flowers. They are just so amazing as they so gently help us to heal our blocked emotions, even if these are from earliest childhood. If you relate to the description below, the Cherry Plum Flower Essence will help you. The Cherry Plum tree is in full bloom right now and just being with the tree or putting a petal on your tongue might give you an experience of its healing forces.

CHERRY PLUM (*Prunus cerasifera*)

Key Symptoms: Fear of losing control and of irrational thoughts and/or impulses

Key Questions:

- Are you afraid of hurting yourself or others?
- Do you fear losing control of yourself?
- Do you fear going out of your mind?
- Do you have the tendency to act irrationally and violently, exploding into unexplained fits of rage and anger?

Cherry Plum is a flower for those with emotional instability, with inner pressure, and/or hardly suppressed violence. When you suffer from the torment of mental stress, there is a tendency to lose control,



hence this state carries the fear of doing dreadful things.

As the calm and peace of spring eases the violence of winter storms, the Cherry Plum Essence will harmonize and calm your emotional tur-

bulence and will reconnect you with your composure and control in any situation. With its intensely pure white flowers and buds that barely show the bright green of new leaf growth, it carries a message from the sun of returning life. It is expressing the divine command: 'Peace! Be still!'

If you are interested in finding your appropriate Bach-Flower mixture, please let me know. It might contain 6 to 10 flowers depending on your present emotional reaction to life. The approach is to take the mixture for 3-4 weeks 4 times per day and then re-adjust the mixture in a next interview, until you feel emotionally and/or physically back in well-being and health. This is a process-oriented therapy with the goal to heal and integrate the past into the now and live more fully your potential.

Mediation

I am very much excited to be offering my service as a mediator. Since 2001, I am a certified mediator and due to my transition from Germany to the United States, I felt not yet ready to offer my service until last fall. Now I am doing mediations for the Kitsap Dispute Resolutions Center in Silverdale and offer my service privately as well. Here is a brief overview about the process:

What is mediation?

Mediation is a voluntary, informal, flexible, effective and confidential way to resolve disputes. The mediator acts as a neutral third party, and helps the parties in conflict work together to create a mutually acceptable resolution.

Reasons to Choose Mediation

- Mediation provides a positive "win-win" alternative to other ways of handling conflict, such as avoiding the issue and hoping it will go away, adversarial court proceedings, staying stuck in your position, or escalating the situation with force or violence.
- Mediation provides a safe space in which to improve communication between the parties and achieve a mutually satisfying outcome. It reduces tension, and preserves and strengthens relationships.
- Mediation is effective. Most people who choose to mediate are able to reach agreement together, and most people stick to their agreements.

The Role of the Mediator

As a mediator, I act as a neutral facilitator and help you through a structured conversation. A mediator does not impose a settlement, give legal advice, or offer counseling or therapy. The mediator creates a safe space in which you and the other party can speak about what's important to you, identify your concerns and interests, break negotiation deadlocks, understand each others' perspectives and concerns, and explore and evaluate options that meet both your needs. If you reach a mutually acceptable agreement, the mediator helps you write it up in your own words and gives you copies to take away with you.

If you have more questions about mediation or would like my support in an existing conflict, please contact me: **360.697.2288**.

All love and all possibilities in your spring,

Lisa



Take a look at:

BERMANSCULPTURE.COM

Brian's BREAKING NEWS:

Genesis III has just been selected by the City of Everett to be a part of their lease program for their Evergreen Arboretum. Genesis III will be installed in May and will be leased for two years at which time the city will decide if they will purchase the sculpture. Purchase is based upon the feedback from those viewing the art, so if you are up there, please put in a good word for me. Genesis IV is being enjoyed by Paul and Gabe Travis, as Wenatchee has requested another year of public display.



I have just been selected by the Pilchuck Glass School to receive a scholarship for a 17 day workshop with Richard Whiteley, Australian glass artist. This will be an advanced program in kiln casting, where I will work collaboratively with the other students. We will each produce two sculptures.

And speaking of glass sculptures, three of the designs I made in the Czech Republic are coming to completion. They are scheduled for a late April arrival. We will host an Open House and sculpture sale, May 10th, Mother's Day to welcome these new creations into our home gallery. Each sculpture is a birth for me, so I am celebrating Mother Day with you.

Last month I spoke to you about how I am facing these challenging economic times. One of the ways that I focus during lean times and less demand for exhibiting my sculptures is to improve my skills and become better at what I do. I am presently studying with a mentor, how to make 3d models for sculptures designed on the computer. This learning curve is a steep one for me and I am presently up against the second step. My nose is flattened as I see myself looking at a learning curve that goes straight upward. I am taking this learning in small "bytes". Learning how the software thinks is the big challenge for

me. Once I understand all the tools and how they work, I'll begin designing some small sculptures that can be output with a printing machines which will render them in either plaster, resin, or even wax. I will keep you posted on my progress.

Stone Carving Workshops

Many people have asked over the last few years if I will teach stone carving workshops again. Though I have been teaching in other regions, I haven't taught locally in many years. I will offer Sunday hand tool workshops. Let me know if you or anyone you know might be interested. Take a look at our Events page for the dates. If the dates don't work, let me know your interest and I'll see about new dates.

Being a Collector and Being Collected

I want to mention to you how important my collectors/patrons are to me. Without collectors, I would produce my work and not receive the exchange that fuels my creative impulses, skills and ambitions. Finding new collectors during lean times is a huge challenge and requires efforts that keep me out of the studio. If you have been thinking about supporting our work or adding to your collection, please let us know. Our home gallery is open for viewing by appointment. I am also willing and ready to create a sculpture for you. If you know of anyone looking for a sculpture/s for their garden, business or home, please let them know about our BermanHealingArts Gallery.

Our thanks for your support!



4 - Workshops and an Open House

We've got a great line up of workshops that will support you in the healing arts. Our workshops are for supporting you during the huge changes we are experiencing during these turbulent economic, environmental, and cultural times. First Sunday's each month are our Peace Meditation and Pot Luck. Please come by 6pm. We look forward being with you and welcome your input as well. For a flyer with additional information please go to: <http://www.bermanhealingarts.com/workshops.htm>

Peace in Relationships - Saturdays 2-5 pm - April 25, May 9, May 23, and June 6

Based on Four Cornerstones: Communication • Creativity • Spirituality • World

This workshop series will help bring more peace into your relationship with yourself and others. We offer a safe and supportive framework for you to explore your strengths and your challenges through mindful exercises, and experiential group processes. One highlight of this work is our exercise "Finding the Pearl", which all have found profoundly transformative in it's practice.

Stone Carving Workshop - Sundays 10-4:30 pm - April 26 & May 3

Sculpting as a metaphor for life, love, and the pursuit of happiness

I am happy to facilitate these two days of stone carving. We will explore some healing metaphors as we use hammer and chisel on limestone. We will shape our myths and archetypes, as we explore our own creative journey. This workshop is for beginners as well as advanced seekers of creative expression. Come for one session or both sessions. Tools provided and stone is available for purchase. Contact Brian if interested.

What's Next - Tuesdays 7-9 pm - May 12, 19, 26 & June 2

Transition • Transformation • New Potential

This workshop series will help you with aligning your inner and outer purpose. In a safe supportive structure, we will help you connect with your full potential and transformation. This workshop will be an incubator for your exploration and next steps. For our flyer go to: <http://www.bermanhealingarts.com/workshops.htm>

ThetaHealing™ - May 15-17th • Friday & Saturday 10 am-6 pm, Sunday 10 am-3 pm

Basic DNA ThetaHealing™

This 3-day course taught by Lisa will be at the Sacred Cedars Spiritual Teaching Center in Poulsbo. This workshop teaches you what ThetaHealing is, how it works, and how to practice it on yourself and others. Upon completion you will become a Certified ThetaHealing Practitioner.

Art for Peace - an Open House and Art Sale - May 10th 1-6 pm

Please join us!

A Mother's Day event to come and see new healing artwork that Brian has created over the winter months. Three new glass sculptures will be featured. Take a tour of our home gallery and sculpture garden and you might just find something special for your mom, your home, and your heart.

