

BERMAN HEALING ARTS

the art of Healing and the healing of the Art

Summer 2008



BIG News:
Genesis Sculpture selected for exhibition at the Louvre

WELCOME TO OUR SUMMER NEWSLETTER

Lisa and Brian are happy to share with you our summer news. As the seasons change, we are noticing how ready we are for warmer and sunnier days. There is beauty all around us here in the Pacific Northwest, and it's so wonderful when the warm sun brings our gardens into their fullness. We hope you too are tending your gardens both the inner one as well as the outer.

This summer, Lisa and Brian will be showing our new artwork in Colorado, Oregon, and here in Washington. Lisa will be offering a workshop at the Heart of Healing Center, Tumwater, WA in September. In July, we will skip our monthly Peace meditation and pot luck and will have them again on 1st Sundays, August 3rd and September 7th. You can email us at info@BermanHealingArts.com or call 360-697-2288 to get more information about our schedule of events or go to our website link, <http://www.bermanhealingarts.com/workshops.htm> . Our address is 7238 William Rogers Road, Indianola.

What's Inside:

Lisa's summer seasonal healing tips & hear the latest news on sculptures coming out of Brian's studio.

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Lisa's Compassionate Healing Practice



Summer and Joy

As I am writing this newsletter we are having summer solstice. It is a beautiful warm day after many cold spring days and I am letting in each sun ray. May you be inspired by my summer inspiration.

Summer is associated with warmth and light and it is the time when young energy that arose in the spring expands to its maximum potential. Nature's energy flourishes and blossoms and it is time to enjoy the fruit from the seeds we have planted and the visions and plans we have made. The element of this season is fire with the related emotion of joy. It is the time for reaching out, to be in relationship with people and enjoy laughing. Summer's special gift allows us to give and receive warmth. By giving and sharing, we build our own fire, open our own flower, and bring more of the summer sun to the world.

How is your fire? Is there joy and laughter in your life? Are friendships important to you?

According to Chinese traditional medicine, the fire element manifests in our body through the heart and the small intestine. When our fire is low and we experience no inner "blooming," we feel the lack of something to share - joy or compassion, for example. Though we might crave these qualities, our relationships may be fraught with anxiety and fear of rejection. We may be inhibited, shy, or emotionally cold and easily hurt, or even overly dependent on our partner. Without the knowledge of who we are in the strength of our flowering, we can neither enter into relationships fully nor express our true selves.

At the other extreme, a fire imbalance can manifest as being stuck in over expansion like a never-ending summer: too hot, too much, the perpetual clown, always laughing, always joking, always talking, always "on," never allowing a decrease.

Another aspect of the fire element can be observed through the small intestine. It is known as the "Separator of the Pure from the Impure". Its job is likened to an internal alchemist who puts everything through an ordeal by fire, sorting what is good and pure from what is gross and impure. Its responsibility is to ensure that only that which is good, pure, and worthy of consideration gets through to the heart.

The small intestine sorts on every level. Consider the vast amount of daily choices you have regarding what you consume. Your food choices as well as images of war, greed, and all manner of negativity are part of daily consumption. If you absorbed all of the above without the capacity to separate it out and discard it, you might become that negativity. You might lose the ability to discriminate what is good or bad for you and may be unable to reach the essence of love and joy within yourself or anyone else. When the small intestine is healthy, you have the power to recognize, separate, and retain goodness.

Summer Suggestions:

- **Joy, Laughter, Play**
Have fun on a regular basis, even if you have to work at it at first. Make it a priority - schedule your fun, if that's what it takes. Consider fun as important to your well-being as work or anything else you do.
- **Connection to others and ourselves - Love and Compassion** – Truly Listening. Give of yourself to others. Take time to listen. Take the risk of dipping into your own heart and finding what you have to give to others unconditionally.
- **Having Passion for Life**
Live your passion, whether it be the church choir, rollerblading, preserving the environment, or writing poetry. If you don't know what your special passion is, be willing to admit that you don't. Meanwhile, stay amused and don't stop looking. When you find that great interest, dive into it wholeheartedly and enjoy!
- **Being Fully Alive!**
Get physical. Get into your body and out of your head. Love, exercise, dance, run, play. Get your circulation going.

Summer Basic Diet Tips:

There is a useful relationship between the colors of food and the corresponding body systems. Green foods nourish the Liver, Yellow & Orange foods nourish the Spleen and Stomach; Red foods nourish the Heart; White foods nourish the Lungs; Black/dark blue foods nourish the Kidneys.

If you want to strengthen your heart and small intestine (your fire energy) you would do well to eat more red foods such as tomatoes & red pepper. Other recommended common foods for the fire element are:

Grains: Buckwheat, Rye, Corn, Amaranth

Legumes: Red lentil

Nuts/Seeds: Sunflower Pistachio

Vegetables: Beets, Dandelion Root, Okra, Red Bell Pepper, Scallion, Artichoke, Chicory, Olives

Fruits: Cherry, Grapefruit

Dairy: Goat or Sheep Cheese, Goat Milk

Summer Workshop

September 20 & 21 from 9:30 am to 5:30 pm
Heart of Wellness Center, Tumwater/Olympia

Emergence into Bach-Flower Therapy

This will be an invaluable course for all Health Care Practitioners, and for anyone who is interested in the health of their families and friends, including pets. I will teach about the transformative essence contained in flower remedies, the psychosomatic aspect of dis-ease (the deeper emotional cause) and the soul's yearning. Participants will:

- Learn how to use the 38 Bach-Flower Essences (diagnosis, selection, preparation of tinctures, dosage, reaction, course of development)
- Develop a deep understanding of the arch type of each flower and the corresponding emotion through slides and lecturing
- Understand Dr. Bach's system of the seven major emotion groups

For more information go to:

www.bermanhealingarts.com/1_heal/workshops.htm

I will also offer a Bach-Flower Workshop in Indianola in fall. Please let me know if you are interested in partaking.

I am wishing you much joy from within. May you follow your heart's desire and experience the oneness of summer-life.

My very best, Lisa

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***Brian's
News:***

Another productive breakthrough season for me comes to an end and the new

summer season begins with great promise as well as great travel. The BIG NEWS, is that I got selected for an exhibition at the Louvre, in Paris, France. The Karen Lynne Gallery that represents me, has been selected for the second year to represent American Contemporary Artists, and I was selected as one of twelve artists. My cast glass sculpture Genesis will be exhibited there December 11-14. This is such an honor, and Lisa and I will be planning ways so that we too can be there for this momentous occasion. Some friends have offered to help with fund raising events. Let me know if you would like to help out. More about this in the fall newsletter.

Our summer will be bringing our artwork to some of the biggest shows in the country. First stop will be the 25th Anniversary celebration at the A Gallery in Salt Lake City. This gallery has been showing my work for the past three years and doing a great job of finding homes for my sculptures. The following day I will teach a stone carving class for sculptors in SLC.

Then on to the Cherry Creek Arts Festival in Denver, where 225 of the nation's top artist will exhibit their artwork for the 4th of July weekend. After a trip to Santa Fe to visit new galleries, we will come home and show at the Bellevue Arts-



Fair. This will be the only local show we will be doing the summer. I hope that you can come see us there.

In August we go back to Colorado for Sculpture in the Park, the largest sculpture exhibition in the country in Loveland, CO. When we return, we will have one more summer show in Portland, Art in the Pearl, over Labor Day Weekend.

What a summer it will be. I thank you all for your support throughout my career as an artist. I look forward to bringing more of our healing arts into the world.

My best to you!
Brian

New Calcite Sculpture "Genesis First Sunset", this shot taken at sunset as the rays of the sun lit up the stone.



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 August 3rd, and September 7th. No July meditation as we will be in Denver.

Lisa's Summer Workshop for professional and family members. Reservation required! See page 3 for details.

Our Monthly Art Happenings will be at the shows this summer

BermanHealingArts Gallery by appointment

DATES to Watch	JULY 25-27 Bellevue ArtsFair	AUGUST 3 Meditation and Pot Luck	SEPT. 7 Meditation and Pot Luck	Sept. 20-21 Lisa's Workshop
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Calendar

July 4-6
Cherry Creek Arts Festival
Denver, CO

July 25-27
Bellevue Art Museum ArtsFair
Bellevue, WA
Booth S-29

August 3
Meditation - pot-luck 6pm

August 8-10
Sculpture in the Park
Loveland, CO

August 30, 31 Sept. 1
Art in the Pearl
Portland, OR

September 7
Meditation - pot-luck 6pm

September 20, 21
Lisa's Workshop at the Heart of Healing Center
Tumwater, WA

Future Events:
November 7-9
Art in the Woods @
BermanHealingArts Gallery

December 11-14, 2008
SNBA Exhibition at the Louvre
Paris, France

We wish you and your family good health and happiness.

Peace is the Power that lives within me.