

BERMAN HEALING ARTS

the art of Healing and the healing of the Art

Winter 2008



**Michael
Stillwater**

*Medicine Music
House Concert
March 27th at 7:30*

WELCOME TO OUR WINTER NEWSLETTER

Lisa and Brian are happy to share with you our winter news and welcome you to our home. Besides this being our living place, it is Lisa's Compassionate Healing practice as well as a beautiful gallery displaying Brian's sculptures. The gallery will be open for special events and by appointment. You can email us at info@BermanHealingArts.com or call to make an appointment. 360-697-2288

We are very happy to have Michael Stillwater returning to BermanHealingArts for another night of Medicine music for deep healing. Our address is 7238 William Rogers Road, Indianola

We look forward to welcoming you! Read a thank you note received from gallery guests. pg. 5

What's Inside:

Lisa's winter seasonal healing tips, see the latest news on sculptures coming out of Brian's studio, and read about our special house concert with Michael Stillwater.

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Lisa's Compassionate Healing Practice Room



Winter Greetings!

Are you struggling because of the lack of warmth and sun in these winter days? I want to inspire you to use this time to discover your inner light and all the areas within you which want to come to new life, to a new blossoming.

Your personal power of winter is the power of emphasizing the essence of your life. Without the external ornamentation of leaves, flowers, and fruits of the growing season, plants are just bare essence: seeds, with their potential deep inside.

Winter is a time of self-recollection and reflection, when we can go inside to that place where we are unadorned essence.

Winter is a time for internal work: meditation, containment, concentration, and the storing of our energy. We might use this season for rest and filling up and maintaining our reserves, gathering strength for the year ahead. We might be less active, going to bed early, and sleeping late. Like the seed that cannot sprout until it has gathered sufficient strength and reaches for the light, our ideas and plans cannot manifest with strength if our energy is dispersed or drained.

Our kidneys and bladder are the organs that belong to the winter season, the related element is water and the appropriate emotion is fear. If we are well aligned to them we are connected to our real strength, courage, and wisdom, our inner fulfillment, peace, strength, and wisdom, a place from which the process of healing can begin.

Allowing ourselves to simply be still and quiet, containing our energy within ourselves, is to stand in the energy of the Water element. In nature everything has its season, we just have to listen and be empty enough to be filled. The wisdom of water is: the effortless response to its environment by taking the exact shape of whatever contains it, filling every hollow, and yielding to every protrusion.

As the days become warmer and brighter with the approach of spring, nature opens her eyes from the slumber of winter and looks to the new growth cycle that lies ahead.

If we have followed nature's way and taken a winter rest, we emerge into spring with restored energy, clear vision, and a sense of purpose.



SUGGESTIONS FOR LIVING IN HARMONY WITH THE WINTER SEASON

- **Get more rest.** This is nature's season for rest, repair, and regeneration—a phase important for our next cycle of growth.
- **Schedule more time for your inner life.** Use the energy of the season to discover more about yourself through reflection, meditation, reading literature that “restores the spirit,” being more aware of your senses, paying attention to your dreams.
- **Keep your body warm,** especially head, neck, chest, kidneys, and the soles of your feet.
- **Choose “warming” foods.** As the body needs to generate more warmth, include more cooked foods and complex carbohydrates in your meals. Try dishes made with whole grains, squashes, beans(a lot), peas, and root vegetables such as potatoes, carrots, and garlic.
- **Gather around the hearth** with people who mean the most to you. Winter evenings are an especially good time to rejuvenate and deepen relationships with those closest to you.

When and Why Bach-Flower Essences can support you?

Emotions are a part of our life. Some of them are consequences of present situations, others come from past experiences, which have not been well integrated and thus generate feelings that may limit us in our actions and our relationship to the outside world.

The purpose is not to eliminate these emotions but rather to transform them from being negative to having a positive input. The aim of the Bach flower remedies is to rediscover a total harmony and a natural and healthy balance in your inner self.

That's, why a good emotional analysis is the first and fundamental step towards the use of Bach flower remedies: target the emotional cause of a disease instead of fighting the physical symptoms.

Dr. Edward Bach, noted British physician, bacteriologist and researcher, recognized that moods and common states of mind such as lack of confidence, anxiety, fear, worry, despair, guilt and exhaustion can induce imbalances in the body which in turn threaten health and affect vitality so that resistance to disease becomes diminished. To regain harmony and balance, the negative state of mind must be replaced with its opposite virtue.

Bach wanted a safe, natural and gentle system of treatment, which he found when he turned to nature where he discovered his revolutionary therapeutic system. He observed and classified 38 negative states of mind, commonly experienced by all. For each mood, he discovered a corresponding flower from a plant or tree, which enabled the alleviation of its negative state. For example the essence of the flower Larch was found to help individuals who lack self-confidence.

The Bach Flower Remedies encourage the ex-

pression of the positive aspects of the individual's nature, promoting strength where there is weakness, patience where there is impatience, courage where there is lack of self-confidence, certainty where there is indecision. Passing from the negative state to the positive enables our natural healing processes. The Bach Flower Remedies are a gentle and effective alternative for all who are interested in natural methods for gaining mental, emotional and physical health and harmony.

If you have a need for support on your very unique path, please call me: 360-697-2288.

My very best, *Lisa*



BERMANSCULPTURE.COM

*Brian
Produces New
Glass, Stone,
and Bronze
Sculptures*

In the springtime,
Brian will introduce
his I AM series in cast glass.
First model in glass. Now he goes bigger.



Brian's News:

Breakthrough is my word to describe 2008 and it has started out just that way. I recently returned from Florida visiting my newest gallery, Karen Lynne Gallery in Boca Raton. Lisa and I called on this gallery in December. We brought the new Genesis Glass sculpture to a "glass only" gallery to entice them with it's beauty. Funny how it works, the gallery we visited was very impressed with this sculpture and not interested in representing me. So we went next door to drop off my card and let them know that I'm looking to show my work in Florida where my family lives. Just after Christmas, this gallery owner called and asked me if I want representation. She was interested in my newest glass and stone sculptures which she viewed on my new website (more about this later). I shipped her four sculptures, and took two more with me when I visited her in January. She has asked me for 5 more sculptures.

My other new gallery in Utah, CODA has also started the year off with great news, so I'm feeling uplifted and inspired to continue to bring my sculptures out into the bigger art market. 2007 was my very best year with Bainbridge Arts and Crafts as well as the A Gallery in Salt Lake City. They have turned my artist vision and dreams into reality. My gratitude for their marketing support and to all of you who have supported me.

This winter, I began casting glass and will take more casting courses at Pratt Fine Arts Center. I will continue my studies throughout the winter and springtime developing my skills in model making, mold making, and glass casting. I look forward to sharing more images of my new sculptures as I produce them. I have not lost my love of stone as it is the ground that I stand on.

I applied to a number of shows this year and I am happy to say that I got into one of the hardest shows to jury into. Over 2250 artists applied to get into this show and I was one of 200 selected. The Cherry Creek Arts Festival in Denver, takes

place over the July 4th weekend and draws over 250,000 art lovers. Lisa and I look forward to bringing many new sculptures to the Denver area and visiting our friends along the way.

Looking back at the fall season, we had a wonderful Art in the Woods event in our new home as we officially opened our Berman Healing Arts Gallery. We also let people know that we would open the gallery by appointment and special events. The response has been wonderful. We have met so many art lovers. We hope you too will come by.

A note from our guests and why we open our Berman Healing Arts Gallery:

*Dear Brian,
We just can't thank you enough for all the time and enjoyment you've given us. Most recently, the art tour you gave our friends was truly incredible. How rare it is to find art that grabs your eye, and hear the artist speak from the heart about the inspiration for the work. We took them on an art tour of Seattle, and I can honestly tell you that their experience in your home was the highlight of the trip. I'm hopeful that this will end in a sale; but if admiration translated to sales you would be wealthy as far as we're concerned.*

*Best wishes to you and Lisa for a wonderful holiday season and a happy and healthy 2008.
L and M, BI*

And one more new and great accomplishment that I almost forgot to mention is that I built a website with the help of two of my greatly talented friends Darren and Joe of [Talking Box Media](#). The new site is [BermanSculpture.com](#), take a look and let me know what you think.

I look forward to sharing more news with you in the upcoming months. If you are local and want to see a great art show, it's at the Collective Visions Gallery in Bremerton. And the show is up until February 29. This is a statewide juried art exhibition, with artwork from throughout the

state. Of the 600 entries there are about 150 artworks selected in all media, two were mine.

My best to you in 2008! Brian

LEAPING FORWARD PARTY

We will host a party and art show on February 29th from 7-11pm. Come over and share your intentions for leaping forward in 2008. Join the fun and take a leap forward with us. You are welcome to bring something to share about your next steps or leaps. Bring a friend or two!

An evening of Medicine Music with Michael Stillwater

*"Michael's music...a touch of Grace."
RAM DASS*

Michael is an inspiration and healer. Don't miss this if you love the healing power of singing and music.



Seating is limited so reserve early. \$15 per person.

March 27th 7:30 - 9:30 pm.

More about Michael at [InnerHarmony.com](#)

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 March 2, April 6, and May 4th. Leaping Forward Party on February 29th, and house concert with Michael Stillwater on March 27th. **Reservation required!**

DATES to Watch	FEBRUARY 29 Leaping Forward Party	MARCH 2 Peace Meditation	MARCH 27 Michael Stillwater Concert	April 6 Peace Meditation
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<p>Calendar</p> <p>February 29 Leaping Forward Party 7-11pm BYOB</p>	<p>March 2 Meditation - pot-luck 6pm</p> <p>March 27 House Concert with Michael Stillwater: Healing Medicine Music 7:30-9:30pm</p>	<p>April 6 Meditation - pot-luck 6pm</p>	<p>May 4 Meditation - pot-luck 6pm Unfortunately, we had to cancel our Compassionate Journey for 2008. We will inform you when we reschedule it.</p> <p>We wish you and your family good health and happiness.</p> <p>Peace is the Power that lives within me.</p> <p>Peace is the Power that lives within me.</p> <p>Peace is the Power that lives within me.</p>
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