

# BERMAN HEALING ARTS

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



*Louvre  
Exhibition  
and Beyond*

*Starting 2009, a  
great time for  
change*

## WELCOME TO OUR WINTER NEWSLETTER

We are happy having returned home after our big adventure in Europe. Besides the incredible experiences we had at the Louvre in Paris, we celebrated the year's end in Germany with family and friends including a reunion of our Jewish German Reconciliation Project, and lead a Compassionate Listening evening in Berlin. We took time to reflect on all that we accomplished in 2008 and began to envision our 2009.

We will offer art for peace and healing events at BermanHealingArts throughout the year. A four workshop "Peace in Relationships" series will begin on Valentine's Day, to awaken our hearts to more peaceful ways being in relationship with ourself and others. (read more on page 2.)

Our monthly Peace meditation with community pot-luck dinner will continue at 6pm on the 1st Sunday of each month, February through April. You can email us at [Info@BermanHealingArts.com](mailto:Info@BermanHealingArts.com) or call 360-697-2288 to get more information.

### *What's Inside:*

*Lisa's winter seasonal healing  
tips & the latest events  
scheduled for  
BermanHealinArts.*

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## Louvre Highlights & New Events

Opening night at the SNBA Exhibition at the Louvre brought between four and five thousand art lovers to the exhibition hall. Highlighting the opening was meeting the hundreds of artists from countries around the world who participated in this art event, as well as the US Embassy representative

Virginia Muller, sculptor Tony Dow (Wally Cleaver from **Leave it to Beaver**, 1950's tv show), and David Caruso (CSI Miami tv actor).

Additional photos can be seen at website:

<http://picasaweb.google.com/blb4peace>

### NEW EVENTS AT BERMAN- HEALINGARTS

FEB 14/28  
Peace in  
Relationships  
2-5pm

MARCH 14/28  
Peace in  
Relationships  
2-5pm

MARCH 22  
Art for Peace  
Open House  
1-6pm



#### PEACE IN RELATIONSHIPS

These workshops will help bring more peace into your relationship with yourself and others. We will offer a safe and supportive framework and explore through exercises, sharing, and experiential group processes, the cornerstones for peace.

***Please send us an email if you plan to attend!***

#### February 14th

##### **Communication**

- Connection
- Intimacy
- Spaciousness

#### February 28th

##### **Creativity**

- Self-expression
- Passion
- Joy

#### March 14th

##### **Spirituality**

- Connection to spirit
- Inner and Outer Purpose
- Presence - Here & Now

#### March 28th

##### **The World**

- Empathy
- Compassion
- Ambassadors for peace

**Cost:** Donation at the end of each workshop.



#### March 22

### **Art for Peace**

an Open House

An afternoon to come see new healing artwork that Brian and Lisa have created over the winter months. Take a tour of our home gallery and sculpture garden and you might just find that something special for your home and heart.

***Please join us!***

## Lisa's Compassionate Healing Practice



### Greetings and A Blessed New Year to you!

May it be a fine 2009. 2008 was clearly a challenging year, with many opportunities to learn and grow. And in many respects, it is up to us to make it a divine 2009.

Lets begin with a divine healthy body. Don't let winter ruin all the joy and creativity by getting one cold after the other. Take care for yourself, protect and maintain your health and avoid harsher drug therapies by soul care, exercising and eating whole foods (a lot of fresh vegetables, fruits, whole grains and sufficient water and teas). If you feel susceptible or a cold caught you, you might choose some of my following tips.

### Winter-Tips

To keep the body stable and/or come back to full health I warmly recommend Homeopathic Cell Salts. They are found in every store, which sell Homeopathic Remedies.

### What are the Cell Salts?

They are composed of the building blocks present in our cells and tissues. When any of these become out of balance due to stress, temperature change, fatigue, etc, we become receptive for all the bugs. Because the Cell Salts are made from minerals found in our cells, they help our body restore balance, health and vitality.

- They reduce susceptibility and speed healing.
- They are perfectly safe at any dosage and more effective than a supplement.
- They are 100% supportive, not suppressive, have no side effects and can be taken anytime – safe even with other cold medicines.

There are three main Cell Salts you might want to have in your medical chest to **maximize resistance and minimize recovery time:**

**1. Ferrum phos 6X** helps the body get aid where it is needed at the **first sign of inflammation or weakness**. Ferrum phos helps the blood to burn out invaders quickly and efficiently. Summary:

Ferrum Phos does it's best work in the first stages of inflammation. It can turn around a sudden fever, prevent ear pains from becoming earaches or stop a cold before it starts. Whenever symptoms like redness, heat, throbbing or fever suggest acute inflammation (sore, red, throat, red eye, ear pain, common colds), Ferr Phos, in it's role as oxygen-carrier, helps the blood do it's job and fix the problem quickly.

**2. Nat mur 6X** steps in when the mucus is thickening but clear and quite profuse.

Summary:

This cell salt is the body's water distributor and controls the ebb and flow of bodily fluids. It's main responsibility is to maintain the optimum degree of moisture throughout the body and if conditions are too dry or alternately, too wet, this remedy is called for. Colds with a watery, clear discharge of mucus and sneezing, or a cold that begins with a hot, dry throat or nose, thirst, a craving for salt and salty foods are all Natrium mur characteristics.

**3. Kali mur 6X** can ease your cold by breaking down white secretions and mucus build-up if the mucus turns a little white and is a lot more stubborn and congested. Kali mur helps colds with fevers, chilliness, white coated tongue and constipation. You



will be amazed how effective this remedy is and the cold will be briefer and less severe.

Summary:

When a white coated tongue or white discharge accompanies your res-

piratory symptoms, Kali mur can be a great cleansing agent. With Kali mur you can stop a cold before it matures to yellow stubborn mucus congestion. It helps clean out cold and congestion symptoms like sinus pains, ear pains, sore throat, a hard cough with white mucus, and swollen glands as well.

### Directions:

Adults and children ages 6-12: 4 tablets dissolved under the tongue, 3 times a day: Children ages 1-6: 2 tablets, dissolved under the tongue, 3 times a day.

Use more frequently in acute conditions (every 15 minutes for up to 8 doses a day).

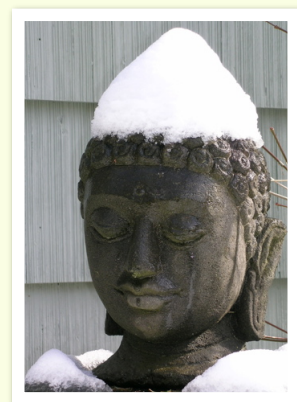
## Healing Plants

If you want to make a powerhouse plant infection remedy, you might buy dried and ground **Goldenseal, Echinacea, Garlic and Cayenne**. Mix equal parts of all four herbs and fill them in empty gelcaps. The capsules are made of gelatin and dissolve in the stomach releasing the plants in the bloodstream. Empty capsules can be obtained in the drugstores. A capsule is the equivalent of a half cup of tea. If you don't like the capsule you might take the mix with your food.

## Diet Tips

January is a great time to lighten up our bodies and clean up our habits. Try taking a few weeks break from your favorite, yet potentially problematic foods, which often include wheat and baked goods, dairy products, and sugar. I encourage you to take also a break from Nicotine, Alcohol, Caffeine, and Chemicals. Lighten your body and open it up for the new. Your body and soul will appreciate it.

Now I wish you a 'YES I CAN' for a new emerging year. May there be peace within you, may there be peace in the world, your *Lisa*



[BERMANSCULPTURE.COM](http://BERMANSCULPTURE.COM)

**Brian's  
News:**

This sculpture, "I AM Light" was just selected to be in a statewide exhibition in Bremerton, February 1-27 at the Collective Visions Gallery.



Education and experimentation are ways I open myself to new possibilities with my healing art. After such an amazing year, now is the time for me to take stock on what I accomplished and begin to revision what my goals and direction are for 2009. This poses challenges that many of us face: *What if I don't reach all my goals, what if my art doesn't sell during this recession? What if, what if.....*

Facing these doubts head on is what gets me through them. I first find a way to be complete with my previous goals and then I make new ones. My word for 2009 is again Breakthrough confirmed by the Rune stones. What I have found is that without taking risks, I make little or no gains. So I will take some time during the cold dark days to set my course, and take the steps I need to reach new goals. What does one do after an exhibition in the Louvre? Will it be possible for me to immerse myself in studio time? Well Yes, I can!

As I look back over the last year, I greatly enjoyed the hands on learning of kiln casting glass. My time in the Czech Republic working each day in the glass casting studio was a highlight of the year and I want to return again this year. With the sculptures that I designed in early December not being completed until mid-April, I will need to

create ways to cast my glass sculptures in a more timely manner, likely in my own studio.

If you haven't had a chance to read my blog from the big European adventure to the Czech Republic and to the Louvre and beyond, please go to [www.brianberman.wordpress.com](http://www.brianberman.wordpress.com) for photos and stories from the trip. I have also posted some of my photos on this website: <http://picasaweb.google.com/blb4peace>

**Quincy Jones** has a plan to ask President Obama to establish a *Secretary of Arts*. I have pasted the website here:

<http://new.petitiononline.com/esnyc/petition.html>  
I have clipped a few of the comments that people have written upon the petition to give you a feeling of how important the arts are. Please join with many others and sign the petition and forward it to your friends and family.

The arts are the key to learning, self-awareness and development.  
Without the arts a society is not a civilization  
Arts are a necessity, not a luxury  
To teach and understand the arts is to teach and understand the highest ability of man... creative thinking.  
The arts are not only an important aspect of our societal health and pleasure, but when incorporated into educational system, they broaden and deepen the thinking ability of young minds.  
Artist as agents of cultural change and healing.  
Don't let the art's die... there are no guns in the arts...  
The Arts are not a luxury item. The arts are vital for the economy and for the best education of our children. Through art we learn critical thinking skills, creative problem-solving skills, and how to learn qualitative thinking (multiple solutions to a problem).  
The arts support peace, compassion, dignity, and freedom!

Our thanks for your support of BermanHealingArts!



# 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 February 1st, March 1st, and April 5th. **Our BermanHealingArts Gallery is open to you and your guests by appointment.**

<b>DATES</b> to Watch	<b>FEBRUARY 1</b> Meditation and Pot Luck	<b>FEB/MAR</b> 14/28 Peace in Relationships	<b>MARCH 1</b> Meditation and Pot Luck	<b>MAR 22</b> Art for Peace Open House
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*BermanHealingArts address: 7238 William Rogers Road, Indianola, WA 98342*

<p><b>Calendar</b></p> <p><b>February 1</b> Peace Meditation with Pot-Luck 6pm</p> <p><b>February 14</b> Peace in Relationships #1 from 2-5pm</p> <p><b>February 28</b> Peace in Relationships #2 from 2-5pm</p>	<p><b>March 1</b> Peace Meditation with Pot-Luck 6pm</p> <p><b>March 14</b> Peace in Relationships #3 from 2-5pm</p> <p><b>March 22</b> Art for Peace Open House 1-6pm</p> <p><b>March 28</b> Peace in Relationships #4 from 2-5pm</p>	<p><b>April 5</b> Peace Meditation with Pot-Luck 6pm</p>	<p><b>Our thanks for all your support!</b></p>
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