

BERMAN HEALING ARTS

the art of Healing and the healing of the Art

Winter 2011



*Happy Holidays
& New Year!*

*Our greatest wish for you is
to experience your
magnificence*

Lisa & Brian

Welcome to Our Winter Newsletter

As 2010 slowly comes to an end, we look back over the year and reflect with gratitude on the great support we have received. We wish you a happy holiday season and a great new year. Brian's book has received much acclaim and his publisher is offering a promotion until 12/31. (See more page 5) Lisa completed her 6th year of teaching at Bastyr University and was greatly honored and acknowledged by her department and students. We thank you and appreciate your comments and participation in our work.

Please check our events page for dates and times: Our next **Peace Meditation** and pot luck dinner will be on Sunday, January 9th at 6pm. If you need more information, about our our events, please call us at 360-697-2288 or email at Info@BermanHealingArts.com.

We appreciate your interest in our work, which is based on our core understanding: **PEACE BEGINS WITHIN**. We believe that our *Essence is Love*, that *Health is Inner Peace*, and that *Now is the only time there is*.

What's Inside:

Lisa's Winter seasonal healing tips, Brian's new work, & the latest events scheduled for BermanHealingArts.

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Lisa's Compassionate Healing Practice



Winter

Winter is the time of stillness and quietude; nature's energy turns in during this most inward looking of all seasons. Trees and plants look skeletal, the sap has sunk, and outward signs of life have disappeared. The energy is latent and potent, resting deep within, collecting and

held in reserve. It is the concentrated, internal force that enables a seed to burst in spring growth.

Winter is also emphasizing the essence of life. Without the external ornamentation of leaves, flowers, and fruits of the growing season, the plant is just bare essence. As it is for all of nature, it is also for our internal work: meditation, containment, concentration, self-recollection and the storing of our energy. Use this season to deeply rest, fill and maintain your reserves and discover the essence of your self.

With all the upcoming holiday celebrations this is not always easy done. Our Western culture is not anchored in this understanding of nature's circles, as it was in the Celtic culture, for example. The Druids, their spiritual leaders, found that winter solstice is more than an astronomical point of the year. They believed that the moon-change as well as solstice with its magnetic storms on the sun create a strong electromagnetic force, which initiate a huge life change on earth with a powerful influence on all life. These solstice forces reach their full strength on earth on December 24th, followed by an integration time of 12 nights. The his-

torical tradition tells us that it goes from sunset December 24th to sunset January 5th. The night from the 24th to 25th is the birth of a new life, a new start, the beginning of a new year. The following time of integration demands a lot of energy for every life on earth and challenges our body. I observe an increase of colds and other health issues in those days, as many other healer do as well.

Please observe this cycle for yourself. You might want to follow the following recommendations in order to stay healthy and well in this time of transition.

Tips:

- be less active
- get more rest: go to bed earlier, sleep late
- allow yourself to be still, quiet and empty enough to be filled
- reflect and meditate about the essence of who you are,
- gather strength, ideas and plans
- deepen relationships with those closest to you. Keep gatherings simple and relaxed
- eat healthy, fresh and whole foods
- don't overeat (in the Celtic cultures people would even fast)
- be mindful with alcohol and other drugs

Other Diet Suggestions:

Choose "warming" foods. As the weather cools and the body needs to generate more warmth, include more cooked foods, as soups and complex carbohydrates. Eat dishes made with whole grains, squashes, beans, peas, and root vegetables such as potatoes, carrots, and garlic.



[Please read more winter tips in our former 2008 and 2009 Newsletters.](#)

To offer you additional support, I would like to share a beautiful meditation:

Meditation: Catch and Release

By Dzogchen Ponlop Rinpoche

Sitting Meditation

One of the most effective methods of meditation is the practice of following the breath. To begin, you simply sit in a meditation posture and watch your breath. There's nothing else to do. Your breathing should be natural and relaxed. There's no need to change your normal breathing. Start with bringing your attention to your breath, focusing on the inhalation and exhalation at your nose and mouth. There is a sense that you are actually feeling your breath, feeling its movement. When you do this, you're not just watching your breath. As you settle into the practice, you actually become the breath. You feel it as you exhale, and you become one with it. Then you feel the breath as you inhale, and you become one with it. You are the breath and the breath is you. As you begin to relax, you begin to appreciate nowness, the present moment. Breathing happens only in the present. Breathe out. One moment is gone. Breathe in again. Another moment is here. Appreciating nowness also includes appreciating your world, your existence, your whole environment, being content with your existence.

How to Begin

To begin a session of sitting meditation, first you need a comfortable seat. You can use any cushion firm enough to support an upright posture. You can also sit in a chair. The main point is to have a relaxed but erect posture so that your spine is straight. If you are sitting on a cushion, cross your legs comfortably, and if you are sitting on a chair, place your feet evenly on the ground. You can rest your hands in your lap or on your thighs. Your eyes can be half-open with your gaze directed slightly downward a short distance in front of you. The most important point is that your posture is both upright and relaxed. Once you're sitting comfortably, the main thing is to be fully present -- to give your practice your full attention.

Catching Your Thoughts

During meditation the chatterbox of mind will open up, and you'll have lots of thoughts. Some will seem more important than others and evolve into emotions. Some will be related to physical sensations: the pain in your knee or back or neck. And some will strike you as extremely important -- things that can't wait. You forgot to respond to a critical email, you need to return a call, or you forgot your mother's birthday. These kinds of thoughts will come, but instead of jumping up from your cushion, all you have to do is recognize them. When a thought tries to distract you, just say, "I'm having a thought about forgetting Mom's birthday." You simply catch your thought, acknowledge it, and then let it go. Sitting in meditation we treat all thoughts equally. We don't give more weight to some thoughts than to others. If we do, we lose our concentration and our mind will start slipping away.

You may wonder why I'm talking about thoughts. We're supposed to be focusing on meditation, right? Thoughts deserve a special mention because we tend to forget that the practice of meditation is the experience of thoughts. We might think our meditation should be completely free of thoughts, with our minds totally at peace, but that's a misunderstanding. That's more like the end result of our practice than the process. That is the "practice" part of the practice of meditation -- just relating to whatever comes up for us. When a thought appears, we see it, acknowledge its presence, let it go and relax. That's "catch and release." When you meditate, you repeat this catch-and-release process over and over again. One minute, you're resting your mind on your breath, then a thought comes up and pulls your attention away. You see the thought, let it go, and go back to your breath. Another thought comes up, you see it, let it go, and go back to your breath once again. Mindfulness, catching your thoughts, brings you back to the present and to a sense of attention, or non-distraction. You can strengthen the power of your concentration with repeated practice, just as you strengthen the muscles in your body every time you exercise.

HEALING PLANTS

RED CHESTNUT (*Aesculus Carnea*)



The Cutting-Free Flower –
From Symbiosis to
Autonomy

Key Questions:

- Are you distressed and disturbed by other people's problems?
- Are you excessively concerned and worried for your loved ones?
- Do you constantly worry that harm may come to loved ones, family members, or others you care for?

Red Chestnut people are gifted with great empathy and compassion. Like the flowers of the Red Chestnut tree they radiate a clear, warm strength that is both loving and powerful.

If the described potential is in imbalance, the fear and concerns for the safety of others are taking over and you are challenged with the following symptoms and behaviors:

- You worry too much about the problems of others
- You don't go to sleep at night until your close ones are safely home
- You feel the life of another as if it is your own
- You are unable to 'cut the cord' with someone close to you
- Your inner bond with another is too strong
- You know the feelings of another better than your own
- You are afraid that behind the harmless symptoms another is dealing with is a serious disease
- You burden others with your worry

Healing path

Negative thoughts for safety, health, success, even if unexpressed, have a powerful impact. They can help to create the pattern that brings misfortune about and do harm not only to yourself but also to

those you care for. They create a connection at a wrong level out of to strong symbiotic bonds, if between parents and children, couples or other connections.

The healing power of the Red Chestnut flowers is to balance and calm the mind in feelings of concern about the well-being of others. They reconnect you with the potential of:

- having compassion and empathy without making sorrows of others your own
- knowing how to balance your concern with a respect for another's autonomy
- radiating to others positive thoughts of security, well-being, and courage in difficult situations
- trust. You might begin thinking in terms like: 'I hope s/he does well. Let's hope the best for her/him. S/he'll find the right way'.

Empowering Statements of Red Chestnut are:



- I am myself
- I stay with myself
- I am me and you are you

News: Upcoming Workshop

The Body Reveals

Saturday, Febr 5th, 10am – 5pm at Bastyr University
Please join me for this workshop.

My understanding is, that disease is a corrective to realign body, mind and spirit. It is the body's effort to regain balance and has a message for your personal growth. From a psychosomatic perspective every organ, every symptom and disease are revealing a deeper truth.

[To read more and download the flyer](#), click link.

I am wishing you warmth and inner light during this dark and transition time of the year. May your life go smoothly and the New Year bring you a deeper fulfillment of who you are.

Warmly, Lisa

Take a new look at:

www.BermanSculpture.com

On my mind, in my heart!

Gratitude is in my heart and mind these days, for you have been there for me in so many ways. With the depressed economy deeply affecting the art market, and many galleries and arts associations doing all they can to keep the lights on, I hope you can continue to support your local artists. It would be hard to imagine a life without the arts in daily life.

My sculpture book has been wonderfully received. If you've been thinking about ordering one, my book publisher is offering a \$10 US off coupon. Here's a great way to get my book at a special price. Any country and any of these listed currencies can be used. Offer is good till 12/31/10.

USD \$ coupon:
CHEER
GBP £ coupon:
CHEER1
EUR € coupon:
CHEER2
CAD \$...coupon:
CHEER3
AUD \$ coupon:
CHEER4



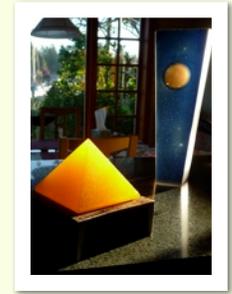
Here's the link to my book! [Brian Berman sculptures](#)

During the fall, I have been raising money to purchase a defibrillator for our small community of Indianola. I am happy to say that through the support of many artists and supporters, we reached our goal and the unit has been purchased. I used the saying Art Saves Lives in my outreach and I am so pleased that many of you responded in such a positive way. Yeah!

I had the great experience of taking a glass casting workshop at the Bullseye Resource Center in Portland. I wanted to learn how to create slight variations in the color of my glass castings. This is in preparation for casting my shell forms, I talked about in last month's newsletter. I am stepping closer to my goal of casting these shell forms, and I hope that this winter

we have enough uninterrupted power to take me through the casting cycles.

Here's an example of the casting with color. I cast some pyramid forms and present them on steel base. You can find them offered at Bainbridge Arts and Crafts, as well as Matzke Fine Arts.



I just received notice that my glass sculpture Gateway III has been selected for the 4th Annual CVG Show in Bremerton. This is a state wide juried competition, and I'm happy to be informed that my sculpture image will be used on the publicity flyers for the show. I also will be shipping 3 of

my glass sculptures to Stewart Fine Arts in Boca Raton, FL for a New Year/New Work glass show.

I was delighted with the turn out and support I received at Art in the Woods and the Bainbridge Island Studio Tour. It is so great to speak with so many, one on one as well as meet new art lovers. My deep gratitude for those of you who were able to share your appreciations and purchase my work.



It takes a village to raise an artist! Thanks to Dinah Satterwhite for these Studio Tour photos.

Oh, I almost forgot about my winter Artist Salons which will begin on February 19th in my studio. So if you'd like to attend, check out the listing on our Events Page and send me an email. It will be fun!

My very best to you. Warm regards, Brian

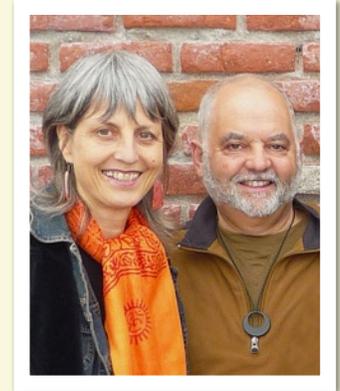
Workshops and Events

We hope you can join us at one of these events. We look forward being with you.

Peace Meditation and Pot Luck Dinner

Sundays January 9th, February 13th, & March 13th - 6 pm

Please come early enough to get settled for the half hour meditation. Our meditations will focus our collective energies, bringing more peace to ourselves, our loved ones, and to our beloved planet. Please bring a vegetarian dish to share for dinner. NOTE: We have moved our monthly date to the second Sunday of the month. Offerings are welcomed.



The Gift of Listening

Mondays January 10th, February 14th, and March 14th 7-9:00 pm

Do you yearn to be truly heard? Do you seek to experience deep heart connection in community? With all the conflicts and environmental degradation of our precious earth, we are offering a place where we can be listened to. We will use our Compassionate Listening skills to facilitate a heart opening evening. All are welcome, donations accepted.

The Body Reveals Saturday February 5th from 10-5 pm

In Lisa's workshop you will learn and understand the message of body symptoms and diseases. This knowledge and approach is a powerful contribution to healing and helps shift from fear of disease into self-empowerment. It is a hands-on workshop combining teachings, exercises, and meditations. At the end of the day you will leave empowered through a new partnership with the body, the temple of the soul. You will also gain knowledge about the relationship between illness and emotions, beliefs, and thought patterns. You will learn what the specific message of each organ is and how to access its positive potential. Lisa's workshop will be held at Bastyr University in Kenmore, WA. For questions, contact Lisa. To register click [HERE](#):

4th Annual CVG Art Show February 1-26 Bremerton, WA

This 2011 Annual Juried Washington State Art Competition, Brian's cast glass Gateway III will be on exhibition. There will be many programs offered throughout the month of February, so please check out the CVG website for additional information by clicking [HERE](#):

Artist Salon in Brian's Studio Saturday, February 19th, 1-4 pm

Each winter, Brian has offered these gatherings, inviting us to come out of the darkness of winter and into the light of our common struggles and passions as artists. We will start in Brian's studio and so [email](#) if interested.

Peace in Relationships Saturday, March 5th, 1-5 pm

This workshop is designed for supporting your peace in relationships. We will offer these quarterly to live a more fulfilled relationship with your partner, family, colleagues, and community. Additional info: click [HERE](#):

