

White Barn Healing Arts Summer Supplement

ZA-ZEN

September 2021





(Photo) The beautiful double rainbow that graced our First Fire event in May. We enjoyed the company of approximately 45 guests!

Outdoor Season Closing *Early*

We began our 2021 outdoor season with anticipation of sharing workshops, classes, ceremonies, Zen Visits, and presentations all the way through the end of October. However, as the new Delta variant of Covid is rapidly spreading and expected to worsen, we believe it is best to be respectful and cautious with the wellness of guests to our facility. Therefore we are ceasing all outdoor group activities effective immediately.

We understand that the new Delta Covid strain is also easily transmissible outdoors. Many of the visitors who come to White Barn are on a journey of healing from a variety of health issues, and while some

guests are well on their way to wellness, others are just beginning. We are going to focus on spreading love and compassion instead of spreading Covid and illness.

On a personal note, Kevin and I know multiple individuals who are extremely sick as I write this newsletter due to Covid. We personally have lost friends, neighbors and acquaintances who have passed away over the past year due to complications from the virus. It is not a disease to be taken lightly, especially for our friends who routinely experience underlying health issues such as diabetes, heart conditions and breathing difficulties.

CURRENT “NEW” PLAN

For right now, we are going to take things on a month-by-month basis.

Our new direction and busi-

ness plans will most likely continue to change and evolve as we carefully watch events unfold in the world around us. We remain hopeful that by next Spring we will be able to once again welcome groups of guests to our facility and to events at White Barn.

In the meantime, we will be busy exploring other avenues to provide resources to help everyone find peace, healing, light and love in their daily lives. Some of the things we are looking into include possibly hosting podcasts, preparing a variety of Zoom workshops, developing a more in-depth and educational quarterly newsletter, strengthening our on-line store, and/or developing our YouTube channel.

We'll be sure to email everyone with updates and news as the Fall season progresses.



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Congratulations!

White Barn offers all levels of Reiki Workshops, from beginner Level I through to Reiki Master/Teacher. **Earlier this summer we were able to hold workshops in-person and enjoy the human connection we all missed last year with the Covid restrictions** (though we did share some amazing on-line Reiki Workshops in 2020!). Here are some of the incredible students who are choosing to learn to incorporate Reiki and energy healing work into their daily lives to help others as well as enhance their own health and wellness.



An amazing young lady with a heart of gold, **MYA SYPHRIT** (pictured above) completed her Reiki Master/Teacher Training through our private workshops after several years of dedication, hard work, and honoring her strong desire to live her life helping others. We have been blessed with the opportunity to watch Mya grow as a healer and energy worker from Reiki I, through Reiki II, and now we wholeheartedly support her journey going forward as a Reiki Master and Teacher. May her life, and the lives of those she touches, all unfold in beautiful ways! Congratulations Miss Mya!



Please help us give a warm welcome to two new Reiki I Practitioners, **CARINNA CROW** (pictured above left) and **MELISSA DELSIGNORE** (above right), who together with Instructor, Annette Bragg (Center), completed their Reiki I Beginner Level workshop on Saturday, July 31st, 2021. These two ladies are such an inspiration and will undoubtedly bring much light, love, and healing energy into a world that so desperately needs peace and healing on many levels. We are excited for them both as they begin this new part of their journey of learning and practicing energy work and Reiki healing!

If You Were a Reiki Student at White Barn, Be Sure to *Read This...*

Before this new wave of the pandemic hit, we were planning to provide a **monthly Reiki Share Program for all White Barn students** to provide a safe and nurturing environment for you to practice Reiki and energy work with other like-minded individuals beginning this Fall. It would allow you to both give Reiki and receive Reiki in a group setting. **All levels of Reiki practitioners would be working together**, with Reiki Master/Teachers practicing as well as mentoring and inspiring others, and with Reiki Levels I and II practitioners getting the opportunity to experience the varied energies of other healers through the exchange of Reiki and other healing modalities.

However, with our temporary halt of all in-person activities, we are postponing the start of this program until a later date.

If you were a White Barn Reiki student on any level during the past five years and would like to participate in the Reiki Share Program when it does begin, please email anettebragg2016@yahoo.com so we can include you on the private update list.



White Barn Welcomes New Secretary, **Cindy Mishler**

Please help us give a warm welcome to White Barn Healing Art's new **Secretary of our Board of Directors, Cindy Mishler**. Cindy,

a resident of Shalersville, is a Reiki Master, a practitioner of various forms of meditation, works with Essential Oils, and loves meditation in motion such as Tai Chi and Qigong. She is always the first person to ask how she can be of help, is the most giving person you will ever meet, and brings a beautiful and peaceful energy to the Board of Directors for White Barn. **Thank you Cindy for accepting this position and for sharing with us your time, talent and wisdom!**



You will begin to heal when you let go of past hurts, forgive those who have wronged you and learn to forgive yourself for your mistakes.





(Above Left) Some of the wonderful guests who attended the Anyi Despacho Ceremony and (above right) our beautiful mandala created during the ceremony. (Center Left) Some of the ladies attending the Mother's Day Weekend Celebration of the Divine Feminine Energy co-hosted with Mary Jane Brigger.



(Bottom Left) Stephanie Adamov, volunteer and treasured guest at many events. (Below Right) Visitors getting a tour of the Meditation Trail (left to right) Annette Bragg (tour guide), Bob Krasovic (Springfield, Ohio), Len Krasovic (Marysville, Ohio) and John Morisak (Colorado Springs, Colorado)



Many Thanks To...

- ...everyone who supported our concrete yard décor fundraiser over this past year. It came to a close on July 31st, and we are grateful to each and every person who purchase a concrete statue, bird bath or yard decoration with proceeds supporting the work of White Barn.
- ...animal sponsors! **You ROCK!** The animal sponsorships help us to provide food, grain, hay, bedding, and appropriate care for the rescued animals that reside at White Barn. Each has their own story of overcoming, surviving and thriving, hopefully inspiring and encouraging everyone who meets them to do the same in our own lives.
- ...this season's volunteers, including: **Donna Hradiski** (her project is caring for the Medicine Wheel with much love through weeding, replacing sand, and general upkeep); **Meditation Trail volunteers Cindy and Howard Mishler, Mike Colescott, Ronelle Halfacre, Donna Hradiski, Stephanie and Cassandra Adamov, and Kevin Bragg.**
- ...all the guests who dropped by for our **Zen Visits** and enjoyed some personal time and space—we did have some beautiful weather for our Zen visits!
- ...everyone who attended the **monthly ceremonies this summer.** Sharing in ceremony is always such a beautiful way to experience both personal and spiritual growth as we strive to move forward on our path and gain wisdom for our journey.



(Above Center) Howard Mishler, blazing new areas of the Meditation Trail. (Above Right) Cindy Mishler, providing some TLC for the new trail areas. (Middle Right) Donna Hradiski taking a break from working on the Medicine Wheel and doing her favorite thing in the entire world, spending time with the feathered friends at White Barn, and especially Bella the duck and Jill the turkey.



(Bottom Left) Kevin Bragg tying the tipi poles in place at the beginning of the outdoor season.

Good Karma

~ Note to Self ~

"What is my purpose in life?" I asked the void.

"What if I told you that you fulfilled it when you took an extra hour to talk to that kid about his life?" said the voice.

"Or when you paid for that young couple in the restaurant? Or when you saved that dog in traffic? Or when you tied your father's shoes for him?"

"Your problem is that you equate your purpose with goal-based achievement. The Universe isn't interested in your achievements... just your heart. When you choose to act out of kindness, compassion and love, you are already aligned with your true purpose.

No need to look any further!"



"God doesn't require that you succeed. He only requires that you try."

Mother Theresa of Calcutta



"If you wish to experience peace, provide peace for another."

~ Tenzin Gyatso,
The 14th Dalai Lama

**"May the stars carry your sadness away,
May the flowers fill your heart with beauty,
May hope forever wipe away your tears,
And, above all, may silence
make you strong."**

Chief Dan George

If you rearrange the
letters in
Depression
you'll get

"I Pressed On"

Your current situation
is NOT your final
destination.

What People Have to Say...

"I recently received my Reiki Level I Practitioner certificate with Annette and I am SO glad I did. Since receiving my attunement, I am more at peace with what is and less triggered by external forces, my social anxiety has lessened, and I find grounding to come with more ease than ever before. It's the missing piece to my self-development journey, and only the beginning of my knowledge in this beautiful healing energy! The course was a full day of activities, hands on exercises, and discussions - we covered ALOT but by the end I wasn't exhausted or overwhelmed by the information, instead I left eager to learn more. Lessons include grounding techniques, guided meditation, we utilized crystals and essential oils, and covered Reiki self-care, Reiki on people of all ages, animals and even plants. There were many opportunities to share what we were experiencing, and were encouraged to freely express emotions as they came. I left with my heart full, feeling fully supported by Annette and confident in knowing that even if I didn't feel energy during certain lessons, with time I will become more in-tune with the energy around me. I cannot recommend this course enough!! "



Melissa DelSignore



Melanie Mills

"My first experience at White Barn Healing Arts was about six years ago. I attended my first meditation class. Annette was the instructor and it was amazing! In addition to having private Reiki sessions with Annette, I've attended multiple classes and events from Vision Quests, Spiritual Spa Days, Native American Drumming and singing to Reiki Instruction. Annette is the real deal! She puts so much time and attention into everything she does. Her love and caring for all beings shines through her and you won't leave there feeling anything less than peaceful. Her Reiki classes and private healing sessions are unlike any that I've experienced. You really should consider attending a class or two there because the world needs more places like this and definitely more people like Annette."

*"We're all just walking each other home" ~ Ram Dass
Let White Barn Healing Arts become a part of your journey!
(Melanie Mills is the Owner of Randolph Massage and Wellness Center.)*

UNIQUE GIFT ITEMS JUST IN TIME FOR THE HOLIDAYS!

The Fallen Branch Ranch

thefallenbranchranch.com

OUR
STORY

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I've been making rustic furniture, carvings, etc. for most of my life, but I always had a keen interest in stringed musical instruments. A few years ago I saw a video of someone playing a guitar made from a license plate. I thought to myself, I could make one of those, and my newest obsession was born. All of my creations are hand made by me and each is one of a kind.



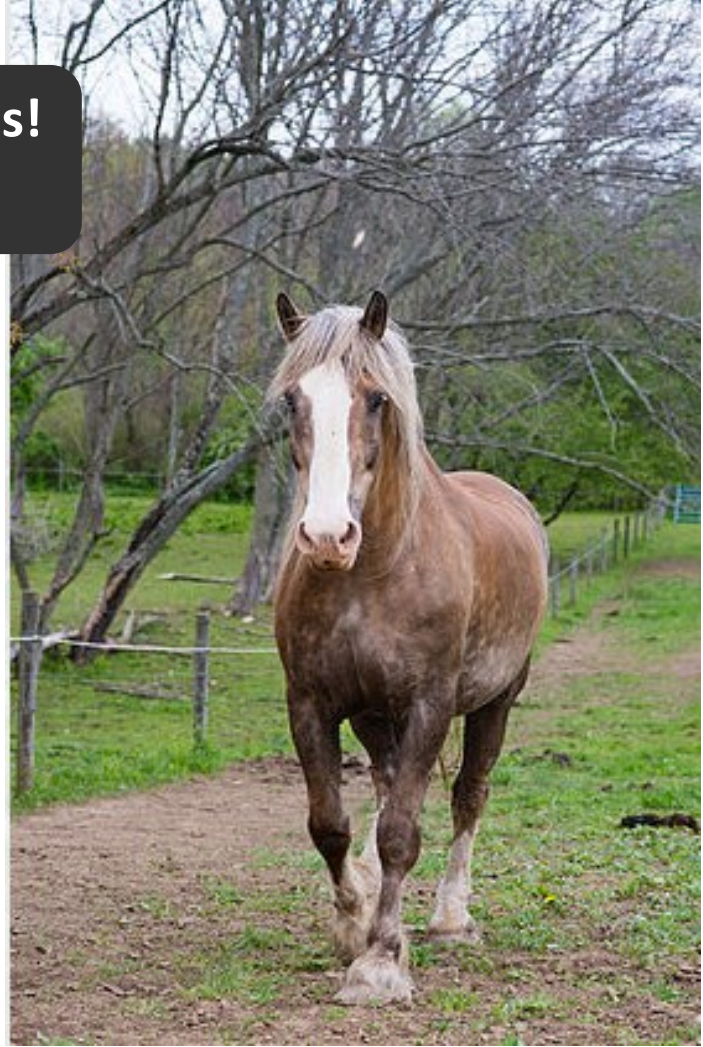
I see my guitars as a tribute to the people back in the depression era and earlier who had nothing and could afford nothing. They used whatever they could find, a box, fence wire, a lumber yard slat, and they made their own instruments. Those folks started with nothing and made beautiful music.

I don't cut any live trees to make my furniture. I use standing dead timber and fallen branches etc. (*hence the name*). As with my guitars, each piece is made individually by hand with love in hope that they can be enjoyed in your family for generations.

People Helping People...And Animals! Thank You to Forever Safe Farm

Hats off to Karrin Campf, our friend and Director of Forever Safe Farm, a non-profit organization dedicated to rescuing abused and neglected animals, located in Salem, Ohio. When a friend and neighbor suddenly passed away due to Covid complications in June, I was asked to help find an appropriate home for his horse, a Belgian draft gelding. Having worked in farm animal rescue for about 17 years, you get to know quite a few like-minded people. Karrin Campf is one of the people with a heart as big as all outdoors. As soon as I texted her, she was open to the idea of taking on another horse in need of a good home. The contacts were made and she created room for the big guy at her beautiful facility at Forever Safe Farm. You can learn more about their mission, take a tour of their facility, or make a charitable donation at www.foreversafefarm.org

Thanks Karrin, for all you do!



Two New Additions to the Meditation Trail—The Butterfly Chair and Mr. Owl

Hand-painted to resemble the wise barn owl, this Zen creature made of concrete will soon be gracing the meditation trail. And the beautiful and peaceful butterfly chair is 'artsy', unique and adds just a splash of color to the world! The butterfly always represents transformation and does so in such an elegant way!



Mirror Mirror On The Wall...

"Wow, you are one handsome dude," Franklin said to himself as he gazed into his very own mirror! Franklin the turkey came to White Barn earlier this season in need of a home, and we introduced him to you in the Summer newsletter. You may even have had the unique opportunity to hang out with him when you visited. However, even having his own mirror in which to admire his bad self couldn't keep Franklin from wanting to live on the roof.



Trying different remedies to keep Franklin off the roof didn't seem to work. Trimming his wings would have caused him to be coyote-bait in our area and with the onset of winter it would not be safe for him to live on an icy or snow-covered roof throughout cold weather season. So Franklin has moved to a beautiful and safe farm, thanks to our friend and animal rescue worker, Sarah Aitken, Franklin's new mama. And yes, Franklin took his mirror with him. He is social, loves people, and has adjusted well to his new environment. His new animal friends, includes donkeys, horses, and a really fast hen named Molly Brown. So to answer the million dollar question as to what happened to Franklin? He has moved out of the area but is still safe and sound!

In Memoriam

On Tuesday August 2nd, Kevin's mom, Janet Bragg, 84, passed away, and her funeral was held the following week. She was a nurse for over 50 years, spending most of them at Brentwood Hospital in the Obstetrics (O.B.) unit. She then finished her medical career teaching EMT classes for 10 years. Janet's faith in God was strong, and she was very active in her church, Hope Community. One of her greatest joys was teaching the Puggles class (2-3 year old kids) with her husband, Paul. Many thanks to everyone who sent good energy, emails, well wishes and cards—Kevin and I so very much appreciate your kindness, thoughtfulness and caring.



On the same day of August 2nd, we also sadly said good bye to Burt the rooster, a White Barn resident, who was diagnosed that morning with cancer. He was the kindest, sweetest rooster and hung out with many visitors at White Barn. He belted out a boisterous crow every morning as the sun came up, and he loved exploring his world with his "girls," the hens that were his family. Burt will be missed by his many fans!



Before you speak,
let your words
pass through
three gates:
Is it true?
Is it necessary?
Is it kind?

Rumi

Buddhist Teaching

A happy person
is happy, not
because everything
is right in his life.

He is happy
because his
attitude toward
everything in
his life is right.

Watch the Website for What's Coming Up!

We're going to take a short break from classes, workshops and presentations as we go into the Fall season and will post new happenings on our website as they unfold. Here at White Barn we are looking into the best scenarios to offer our programs and services as we grow in new and unique ways. In the meantime, we'll post any updates and news on our website, social media, and through our group emails.

whitebarnhealingarts.org



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Bodhisattva Prayer for Humanity

May I be a guard for those who need protection
A guide for those on the path
A boat, a raft, a bridge for those
who wish to cross the flood
May I be a lamp in the darkness
A resting place for the weary
A healing medicine for all who are sick
A vase of plenty, a tree of miracles
And for the boundless multitudes of living beings
May I bring sustenance and awakening
Enduring like the earth and sky
Until all beings are freed from sorrow
And all are awakened.