

White Barn Healing Arts **Holiday** E-Magazine

ZAZEN

See More info on page 34.



The Together Journey

SERVICE DOG PROGRAM

The Together Journey is a non-profit 501(c)(3) organization that raises money to reduce and/or defer the cost of **service dog training for local veterans.**

(330) 716-3051

katie@thecaninecampustraining.com

Like us on FB.



***Providing Our Veterans
the Help They Deserve***



K9s for COMPASSION

For more info or to volunteer, call us at **330-534-2001** or visit our website at www.k9sforcompassion.tripod.com/

K-9's for Compassion is a Delta Society Pet Partners Program, based after RX: Dog Love in Akron, Ohio. Through careful evaluations of animal/handler teams by Delta Society Licensed Animal Evaluators, veterinary screening, and a Team Training Course, we can ensure that people and animals are prepared to go into hospitals, rehabilitation centers, prisons, schools, and nursing homes. We also do civic speaking to area groups.

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"With all things, and in all things, we are relatives." SIOUX

Dear Friends,

I hope you have a chance to peruse our entire newsletter this month from front to back, as we strive to make it a resource of educational information for holistic self care, a place to highlight the amazing work of other non-profit organizations, a way to keep in touch with the on-going services and programs of White Barn Healing Arts, and a source of uplifting, inspiring stories.

It's been a challenging year for so many people and organizations, yet there is still so much good being done and an abundance of care and compassion being shared with all.



I want to thank everyone who took the time to join us that past year for a event at White Barn, who donated to our organization, and who participated in our on-line programs.

As we begin to bring 2021 to a close, I am grateful for all of you who believe in the work of White Barn and who have connected with us in some way, and I am grateful that our paths have crossed.

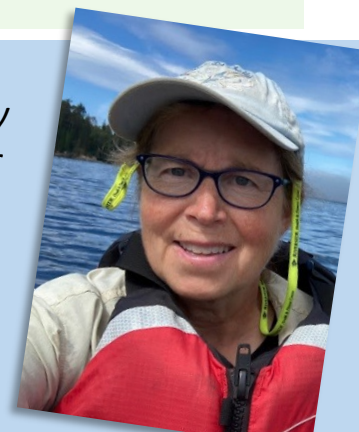
Blessings,

Annette

"Za-Zen"

*The name of our quarterly newsletter is "Za-Zen." There are as many explanations and definitions of Za-Zen as there are yogis and teachers. **Za-Zen in it's most basic form translates to "I sit. I watch."** Za-Zen is sitting, being, releasing all judgement, and allowing yourself to be completely in your present moment. How often do we find ourselves running through our day, from this appointment to that task to work to school to home to the store? We often miss many things along the way because of our hurried and hectic lifestyles. This week choose to give yourself the gift of some "Zen" time. Just sit. Just watch. Just breathe. Clear the cobwebs and clutter from your mind. Connect with nature. Allow yourself to begin to understand and experience... Za-Zen.*

*That beautiful scenic photo on the cover of our Fall newsletter was taken by none other than our very own **Margaret Bayless**, our wonderful volunteer accountant, on one of her adventurous journeys of driving, hiking and kayaking through some of the most breath-taking places this world has to offer. **Many thanks**, Margaret, for donating the use of your incredible photos for White Barn, for they truly are the meaning of "Za-Zen."*



Monthly Series—The Fabulous 4

If you are searching for natural, holistic practices to support your personal health and wellness goals, look no further.

The magic of the combination of these four incredible and easy-to-learn methods are available in White Barn's monthly on-line classes, and include DIY acupressure points, mudras, chair tai chi/qigong, and meditation techniques.

Anyone can learn these! (See the following page for next class.)

WHAT IS ACUPRESSURE?

A holistic practice that dates back thousands of years in China, acupressure promotes relaxation and wellness. Acupressure is placing light pressure or gentle massage on specific points along these meridians (energy pathways) of our body to help restore balance to our body, mind and spirit. This often results in reduced muscle tension, improved circulation, and/or the release of endorphins, which are natural pain relievers, all of which help to relieve the symptoms of stress and negative emotions.

WHAT ARE MUDRAS?

In Sanskrit, the word Mudra means 'seal.' Mudras use the hands to create a gesture that opens and balances the flow of energy in the body, and is especially effective when combined with meditation or breath

work. When we make these gestures, we are stimulating areas of the brain which generates an energy circuit in the body. This, in turn, helps to put the mind into the right state for calmness. Different mudras, hand positions have specific meanings and qualities, and can also help with concentration, patience, self-confidence, and more.

WHAT IS TAI CHI AND QIGONG?

Tai chi is an ancient Chinese wellness practice embracing the body, mind and spirit, consisting of a series of slow gentle movements and stretches. Each posture flows into the next without pause, ensuring that your body is in constant motion. Tai Chi is sometimes described as meditation in motion because it promotes serenity through gentle movements. It can be done from a standing or a sitting position. Qigong can be de-

scribed as a mind-body-spirit practice that improves one's mental and physical health by integrating posture, movement, and breathing techniques. There are thousands of qigong styles, schools, traditions, forms, and lineages.

WHAT IS GUIDED IMAGERY AND MEDITATION?

If you can close your eyes, listen to a story-line and follow it in your imagination, you will love working with guided imagery for stress-relief, anger management, finding a deeper sense of inner peace and calmness, and strengthening your own spiritual connection. In this form of meditation you are "guided" by the sound of someone's voice as to the peaceful and healing images that come up in the story line. Other meditation techniques we explore include breathing exercises, reflective meditations, quiet/still meditation, and exercises to calm a busy or overactive mind.

For More Info Visit

www.whitebarnhealingarts.org/fabulous-4-holistic-class

White Barn Healing Arts Center Invites You to Join us for

“The Fabulous 4”

a DIY Holistic On-Line Class Series

with a special monthly focus on either **Mental/Emotional Well-Being; Physical Pain Management; or Spiritual Growth**

Each class teaches DIY Methods of:



ACUPRESSURE



MUDRAS



TAI CHI/QIGONG



GUIDED IMAGERY

Next Class

Thurs., Dec. 16th 6:30pm—7:30pm

Managing Physical Pain: Headaches, Neck Pain, Back Pain

Class Fee: \$15 Audio link will be available if you can't attend the live class.

For More Info or to Register go to

<https://whitebarnhealingarts.org/fabulous-4-holistic-class>

www.whitebarnhealingarts.org

REIKI and HOLISTIC HEALING

Sometimes we may just need an energetic “tune-up” to help us get back on track, re-balance our energy, re-focus our thoughts, and strengthen our connection with Spirit.

Other times we may need healing to take place at a deeper levels, to help heal traumatic events in our lives, to release the old energy that still connects us to fear, unforgiveness, bitterness and anger, or to help us move forward and leave behind energy related to past abuse, violence, hurt or betrayal.

And still other instances cause us to seek help to release the energetic stories attached to our physical illnesses so that we can facilitate physical healing and lessen physical pain or discomfort from sickness or injury.

And in yet other cases we may need to find some peace with end-of-life issues and some reassurance and comfort if we are facing terminal illness.

No matter the reason you may be seeking the benefits of a Reiki session, or a mixed-modality energy session that combines Reiki, acupressure, Native healing

practices, cranial sacral work, aromatherapy, and other holistic healing methods, we warmly welcome you to set up a session at White Barn Healing Arts.

If you are unable to lay comfortably on a massage/Reiki table, we can accommodate you with a comfy chair session with your feet propped up and plenty of pillows.

1-HOUR TUNE-UP

A 1-hour visit includes about 35 minutes of Reiki and allows time for spiritual and supportive guidance.

Fee: \$70

2-HOUR IN-DEPTH SESSION of MIXED-MODALITY ENERGY WORK

This session is 2 hours devoted to support you with a specific intention or in-depth energy work. In addition to a 40-50 minute combination of Reiki, cranial sacral, acupressure, reflexology, and other healing practices, you will learn mudras and tai chi/qigong move-

ments, work with crystal therapy, and receive supportive take-home gifts.

Fee: \$130

For more information, visit our website at <https://whitebarnhealingarts.org/reiki-sessions>

To schedule an appointment, contact Annette Bragg at annettebragg2016@yahoo.com or call or text 330-281-1387.



HOW CAN A MIXED MODALITY SESSION HELP?

Reiki combined with other energy healing modalities and loving guidance can provide much-needed support for individuals experiencing:

- Stress, anxiety, frustration
- Worry, fear, panic attacks
- Grief, sorrow, sadness
- Loss (Loss can be many different things, and include the loss of a

loved one, a beloved pet, the loss of a job, the loss of your independence or physical health, the loss of a relationship, the loss of income, etc.)

- PTSD
- Depression, overwhelm, confusion, uncertainty
- Physical aches and pains
- Recovery from a surgery or illness

IT CAN ALSO SUPPORT...

- Letting go of the past and releasing that which no longer serves our higher good
- Forgiveness, both for others as well as forgiveness for ourselves and our own faults and failures, real or imagined
- Strengthening relationships
- Setting personal boundaries
- Overcoming abuse and trauma
- Dealing with terminal illness, your own or that of someone close to you
- End of life issues, questions and concerns
- Choosing a more positive attitude and outlook on life
- The right attitude to achieve success in your business or career
- Strength to survive as well as thrive through a transition or transformational time
- A stronger connection to Spirit
- Bringing more inner peace and joy into your life



UNDERSTANDING REIKI



- Reiki (pronounced "ray-key") is a hands-on healing method that originated in Japan. It is becoming widely used here in the United States as a supportive healing practice in many medical clinics, nursing homes, rehab facilities, and cancer treatment centers.
- Reiki is a non-invasive healing practice for stress reduction and relaxation that also promotes healing as well as overall health and well-being for body, mind and spirit.
- Reiki is based on the idea that all living beings have life energy flowing through them. When life energy is high, both humans and animals are healthy and balanced, more relaxed and less likely to get sick. When it is low, they'll often be more easily affected by stress and less resistant to illness.



- Reiki is a simple, natural, and safe method of energy healing that anyone can use. It also works in conjunction with all other medical or therapeutic techniques and it promotes a quicker recovery from injury or illness.
- The word Reiki is a Japanese composite word translated as "universal life energy". The word "Reiki" is derived from two Japanese words: rei, meaning "Universal, Divine Wisdom or Higher Power"; and ki, meaning "Life Force Energy" (also known as Chi).
- The practitioner channels healing energy through her hands to the person or animal through a light touch either directly on the body or from a distance. Reiki is simple technique that anyone can learn.
- Reiki is a safe complement to conventional Western medicine, Chinese medicine, herbal medicine, homeopathy and all other forms of healing. It does not take the place of Western medicine but is part of the whole
- Reiki is not a religion. It is not affiliated with Christianity, Buddhism, or any type of religious belief. Reiki respects all religions and you can apply it to your own personal belief system.

- Reiki is the most natural way to touch another to ease their physical, mental or emotional pain, stresses and struggles.
- Reiki is a healing process for our animals, our homes, our work, our plants, our food and vitamins. There is no end in the use of Reiki because it is already the flow of life itself.
- Reiki helps to release the physical and emotional blockages that we have accumulated throughout life.



Featured Animal Story—The Rescue of Mr. Peabody

(Known to his friends as Peabody, Mr. P or simply P!)

On a cold, snowy winter day back in 2012 I received a call from a humane society requesting assistance with the rescue of a pot belly pig from a hoarding situation in Southern Ohio. They were out on a call where they counted over 100 dogs being kept both in a house as well as outdoors in various places on the property. In the midst of the overwhelming number of dogs being kept in the house was a year old pot belly pig. As it was getting late in the day, they asked that I arrive the following day to pick up the pig. When I arrived the following day, much to my dismay I discovered that they had



placed the pig in a caged in area of the unheated barn overnight, with temperatures having dipped below freezing. After having been kept in a heated house all winter, that was not something you want to do to any animal, or human, after they have been acclimated during a bitter winter season to living in warm temperatures.

With a little help, I convinced the disgruntled piggy to run into a large pet porter and closed the door. I promised him that within a few short minutes he would once again be in a warm environment in the back seat of the truck. However, with multiple rescue organizations, sheriff cars, and a steep driveway consisting of a thick sheet of ice, I couldn't get the rescue truck anywhere near the barn.

And even though he was only about a year old, he was a pretty hefty fellow even back then. So unable to pick up and carry the pet porter to the truck, we used what mother nature provided for us, and slid the pet porter down the ice-covered driveway to the truck. Once inside the truck, I let the confused piggy out of the pet porter and allowed him to be loose in the back seat, where he could sit and snuggle into the thick, warm blankets we had brought for him.

On the way home, his curiosity got the best of him, and as I looked in my rear view mirror, I saw him standing with his back hooves on the back seat, and his front hooves balancing on the window ledge. He was intently watching the scenery pass by quickly on the highway, and he would move his head from left to right as he watched in amazement all the interesting things go by. While he was a bit untrusting at first, he did become good friends with our two other pigs, and eventually trusted us enough for belly rubs, nose and back scratches, and to gently take food from our hands.

So back to the hoarding situation for a minute. Whenever animal hoarding, or any type of hoarding, is discovered for that matter, there is a level of mental illness connected with the situation. In this case, the same deputy who was in charge at the scene was the same deputy who had been there years earlier when a tragedy had taken place. The man's young son had been accidentally electrocuted on the property, and after this trauma occurred, was when he began to "rescue", or



(Above) Mr. Peabody loves cleaning out the inside of a watermelon that was donated for the pigs. It's one of his very favorite things on a hot summer day!

more accurately "collect" dogs. While animal hoarding cases are often prosecuted, the key to preventing repeat offenses is to mandate a mental health evaluation and follow-up counseling to give that person the support they need to live a healthy life going forward and to not cause any additional suffering to the innocent animals who are involved in hoarding.

While we don't know the details of how Mr. P came to live at the hoarding house, we do know that his life since has been one of peace, of freedom, and comfort, of proper vet care, and of love. I hope you have the chance to meet him when you visit White Barn—he really is an awesome pig who is now about 11 years old.

(Below) "Well the duck wasn't using it!"





Rescued Animal Sponsorships

In order to bring peace and healing into our own lives, we need to respect and honor ALL living beings. The rescued farm animals who reside at White Barn Healing Arts all have a story of being rescued from a difficult situation, a story of healing, and a lesson to share.

They are all permanent residents at White Barn and will be loved and cared for throughout the remainder of their life. They are here to inspire guests, to instill hope, and to bring smiles to the faces of all who meet them. Research has shown that being in the presence of animals, observing them, petting them, or caring for them, is very therapeutic, uplifting and calming.

Animal Sponsorships help provide care for the rescued animals. Each sponsor will receive an email package of a photo, history, and information about the rescued animal they are sponsoring. Details of the animal's stories and additional info on their care is outlined on our website at www.whitebarnhealingarts.org/animal-sponsorships

HOW to SPONSOR

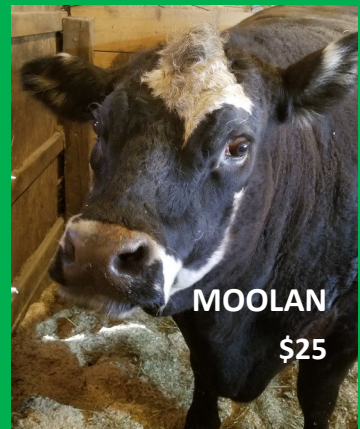
You may sign up to sponsor a rescued animal on our website, or general donations toward their care may be sent to: White Barn Healing Arts Center, 5180 Hayes Road, Ravenna, Ohio 44266. Donations of any amount are welcome. If you'd like sponsor a specific animal, their donation amounts are list next to their names.



BELLA
\$10



TRUFFLES
\$15



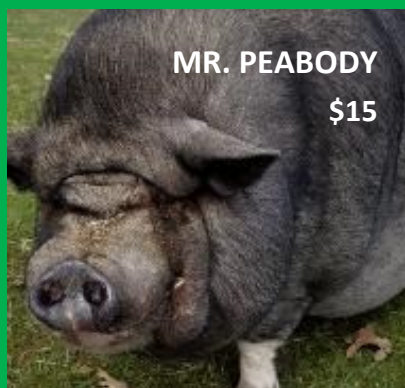
MOOLAN
\$25



MEREDITH
\$7



JASMINE
\$7



MR. PEABODY
\$15



DOZER
\$15

SUN Dec 19th 1pm to 4pm Visit the Animals
(For details visit our website)

A total of 11 hens are residents.



LEVI
\$25



KATRINA
\$7

MARGO
\$7



JILL
\$10

Store Merchandise Clearance

As we are clearing out the old and making room for the new energy of 2022, here are a few store clearance items that would make great holiday gifts or a special treat for yourself!

You can make your purchase on line, then stop by White Barn to pick up your merchandise.

Visit our store at www.whitebarnhealingarts.org/shop OR

Send an email to annettebragg2016@yahoo.com listing the items you'd like and we'll send you a link to pay.



2 lbs. 5.4 oz. Piece of Amethyst
Clearance: \$12 (Originally \$22)
5" x 5"



Sphere Pendulums w/7" Chain (about 2" from top of ring to bottom of point) Clearance: \$4 (Originally \$12) Choose from Clear Quartz, Red Jasper, Amethyst, Snowflake Obsidian, Tigers Eye, Citrine and Aventurine.



Hexagonal-Shaped Pendulums w/Chain (ranging from 1½" to 2" crystals) Clearance: \$4 (Originally \$12)
Choose from Rose Quartz, Carnelian and Red Jasper.



4.9 oz. Blue Angelite Soapstone 3" x 2¼" Clearance: \$13 (Originally \$22)



X-Large Selenite Heart 3½" x 3¼"
Clearance: \$9 (Originally \$18)



9" Super-Sized Shiva Lingam Clearance: \$25 (Originally \$45)



9.1 oz. Rough Malachite 3½" x 2½"
Clearance: \$12 (Originally \$22)



2.2 oz. Polished Labradorite Palm Stone 2" x 2¼"
Clearance: \$7 (Originally \$13)



Hexagonal-Shaped Pendants w/Chain (ranging from 1½" to 2" crystals) Clearance: \$4 (Originally \$12)
Choose from Bronzite, Gold Tigers Eye, Amazonite, Black Obsidian, and Green Moss Agate.



6 Point Polished Smokey Quartz 2" tall Clearance: \$7 (Originally \$13)



Large Selenite Heart 3" x 2¾" Clearance: \$7 (Originally \$16)



Angel Necklaces on Colored Cords—Choose from Amethyst, Rose, Blue Sodalite or Angelite (color of Cord is random) Clearance: \$5 (Originally \$12)



1 lb. 3 oz. Blue Calcite 3½" x 3" Clearance: \$12 (Originally \$24)



2 lbs. 1.7 oz. Piece of Amethyst Clearance: \$10 (Originally \$19 5½" x 3½")



4" Palo Santo Group of 6 Sticks for \$5. (Originally 5 sticks for \$7)



Hexagonal-Shaped Pendants w/Chain (ranging from 1½" to 2" crystals) Clearance: \$4 (Originally \$12) Choose from Lapis Lazuli, Labradorite, and Smokey Quartz.



9.9 oz. Black Obsidian Clearance: \$12 (Originally \$22) 5" x 3"



6" Shiva Lingam Clearance: \$12 (Originally \$25)



2.6 oz. Black Onyx Palm Stone 2" x 2¾" Clearance: \$6



All natural,
foaming
hand soaps \$7

Selenite Charging

Plates (round \$12, square \$9)

Small Chakra Balancing Pyramid \$15

Orange Selenite Heart \$4

Selenite Points 7\$

Crystal Bracelets

White Howlite \$6

Blue Goldstone \$6

African Turquoise \$6

Mookaite \$6

Amethyst \$8

Fluorite \$6

Smoky Quartz \$7

Amazonite \$6

Obsidian \$6

Tourmalated Quartz \$8



**Assorted crystals
and bracelets.**

**All natural, Homemade
products infused with
Reiki and Essential Oils**



Syx Sense Healing
Products by Jessica Syx



syxsensehealing@gmail.com

<https://www.facebook.com/Syx-Sense-Healing-104746591512477>

An Inspirational Journey of Healing and Compassion

A New Connection with Vietnam

The trickle-down effect never ceases to amaze me. So often we seek to bring peace and healing into our own lives, and in the process touch the lives of so many others. Such was case for one incredible individual by the name of Katie Costello.

Katie's dad, Tony Matola, like so many of our family and friends, served in the military during the Vietnam War. While on his tour of duty with

his Army platoon in Pleiku, he was exposed to the toxic chemical commonly known as Agent Orange. Several years ago, Mr. Matola passed away due to health complications directly linked to Agent Orange, leaving Katie to deal with the overwhelming grief that comes with losing a beloved father.

After her father passed, Katie left the hospital and was on her way home. While sitting at a red light, she watched in disbelief as a Vietnam era plane was landing at the local high school for a special event. "Seriously?" she thought to herself. "What are the chances of that happening?" That sarcastic thought

was immediately followed by this next thought "I have to go to Vietnam." It was a nagging feeling, an intuitive knowing, that that would not leave her.

Mind you, Vietnam wasn't ever, ever, at the top of her list of places she'd like to visit.

She would bounce back and forth between, "What a crazy idea" and "You have to go." She felt like a piece of her dad was left there in Vietnam, and that she needed to go there—not exactly

understanding the entire reason why, but just trusting her intuition that this was an important trip that simply had to come to fruition.

Katie began to form a plan to not only visit the country, but also to help the people still suffering health problems from their exposure to Agent Orange. She put together funding and even accepted donations toward this humanitarian effort.

During the planning process, Katie formed a friendship with an intelligent, caring Vietnamese woman by the name of Hoa (pronounced hwah). Hoa

helped Katie make all the necessary arrangements for her trip, and the two women became friends.

While forming this new friendship, Katie realized they had much in common—they were the same age, their fathers had died within two months of each other, and it suddenly occurred to Katie that their fathers could have very well fought against each other during the war. And



Tony Matola, 19 years old, US Army, Served in Vietnam

From Katie's Pre-Trip Blog...

"This trip is going to be difficult, and healing. I miss you Dad. I called your old cell phone number recently. Someone else has it now. I talked to him for a minute, telling him you once had that number. And then I found an old message in my phone from you where we were both driving to Cleveland on the same snowy day and you were giving me a road update. Your voice....where are you now? I wonder if I will hear you whisper in the winds in Vietnam."

now, only one generation later, a friendship was blossoming between people who lived on opposite sides of the world, in two countries that had once fought bitterly against each other.

Katie and her family arrived in Ho Chi Minh City near the Saigon River, and spent time visiting the various areas of interest. She went to the hospitals (which are not like the hospitals we think of here in the United

Continued on pg. 26

For Sale: Giza Meditation Pyramid



Tom Riddle, owner of the Giza Meditation Pyramid, has generously offered to donate half of the proceeds of his sale to White Barn Healing Arts Center.



This pyramid is 7' 10.5" wide (2.4 meters) and just over 5 feet (1.5 meters) high, which is plenty large enough to sit and meditate in, or even to sleep in. Simple and easy to put together (takes less than ten minutes once you are familiar with the process), yet powerful and effective. This meditation pyramid is made



from carefully-selected straight, clear grained 2x2s. It is strong, yet very lightweight, and has no knots in it. It is a great option for those who want a high-quality, light and simple meditation pyramid. It is constructed to within 1/10 of a degree to the 51.83 degree dimensions as the Great Pyramid and is doweled together for easy assembly and disassembly with no tools required. Sanded extra-smooth and coated with 100% pure tung oil for all-natural protection.

For more information and price negotiation,
please contact Tom at thomasriddle@gmail.com

Located in Ravenna.

Meditation Tips for Busy Minds

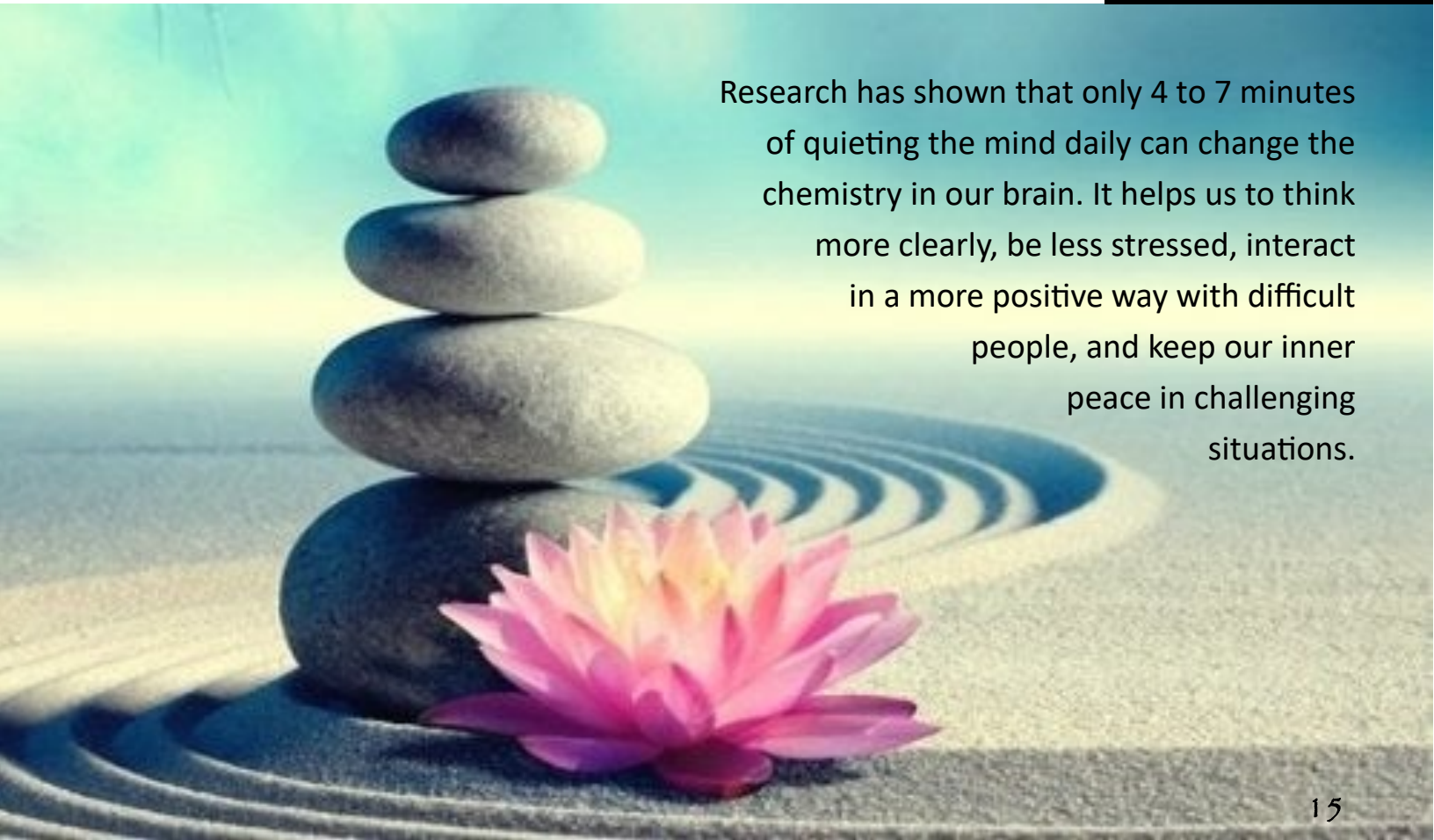
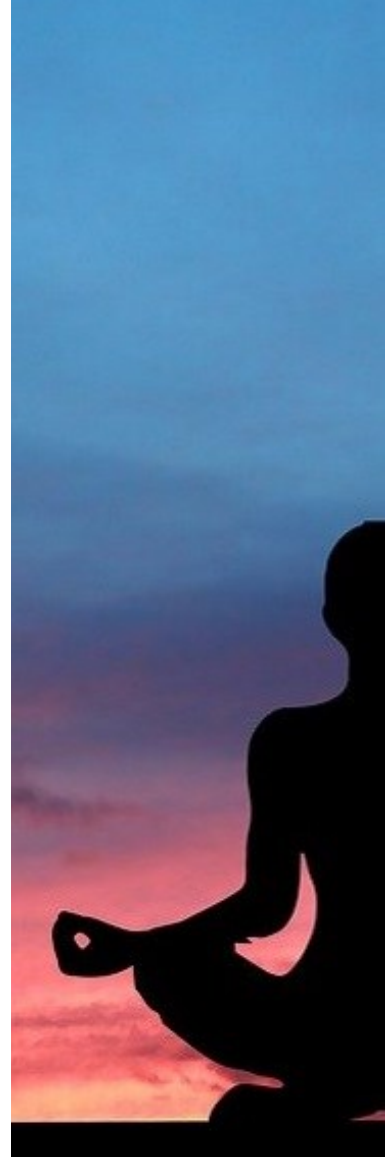
To find four to seven minutes of quiet time in your day, you may want to set your alarm clock four minutes earlier than usual or go to bed seven minutes sooner, and simply close your eyes and focus on breathing slow, relaxed and deep breaths. If distracting thoughts begin to enter your mind, simply acknowledge them and say to yourself that you will deal with them later. Let them float away on a cloud or see them float on a leaf down a stream. These few minutes are yours to enjoy a few relaxing moments of simply breathing and being calm.

It can be quite the challenge to calm an overactive mind. One of the tried-and-true tips steps toward regaining

control of your runaway train of thoughts is to focus on gratitude. What in your life are you truly grateful for? Focus on all the details of that thought of gratitude.

Or say to yourself positive affirmations that begin with "I am." Even if you don't necessarily feel them, say them. For example, I am relaxed. I am peaceful and calm. I am happy. I am strong and courageous. I am kind and compassionate. I have all it takes.

The positive vibration of these words will help attract a more positive energy and help you reverse a negative mindset.



Research has shown that only 4 to 7 minutes of quieting the mind daily can change the chemistry in our brain. It helps us to think more clearly, be less stressed, interact in a more positive way with difficult people, and keep our inner peace in challenging situations.

Supporting the Amazing Work of Local Animal Rescue Organizations

Being a voice for our animal friends, taking action against cruelty, providing food, shelter, warmth and comfort—these are all things that take place daily thanks to our caring and compassionate local Northeast Ohio animal rescue organizations.

As the Sioux teaching goes, “We are all relatives.” This applies to everyone and everything, including the animals who rely on us for kindness and compassion. Often someone needs to step in and intervene on their behalf, and caring folks who work and volunteer for animal rescue groups are compelled by their very nature, are driven by their path and purpose, to make a difference in the lives of those who suffer from abuse, neglect and abandonment.

The official name of White Barn is White Barn Healing Arts Center.

Part of our mission is to help bring healing into all lives, and that includes the lives of animals as well as people.

Here we would like to highlight and to extend a heartfelt thank you to the following rescue organizations:

“I always wondered why somebody didn’t do something about that. Then I realized — I am Somebody.”

Lily Tomlin



ROSE’S RESCUE

Dogs and Cats

www.rosesrescue.net
(330) 850-7042
email@rosesrescue.net
PO Box 33, Rootstown, Oh 44272

MAGGIES MISSION

Horses, Dogs, Farm Animals

www.maggiesmissionrescue.org
<https://www.facebook.com/MaggiesHorseAndDogMission/>
PO Box 345
Sharon Center, OH 44274

SHANGRI-LA FARM ANIMAL SANCTUARY

Farm Animals

www.shangri-lafarmsanctuary.com
(216) 832-2515
[facebook.com/SHANGRILA](https://www.facebook.com/SHANGRILA)
FARMSANCTUARY

STAHL’S NO-HARM FARM

Farm Animals

www.stahlsnoharmfarm.com
(330) 800-8742
[facebook.com/StahlsNoHarmFarm](https://www.facebook.com/StahlsNoHarmFarm)
1675 Midway St. NW
Lake Twp, Oh 44685

FOCUS EQUINE RESCUE & REHAB

Equine: Horses, Ponies, Donkeys, Drafts

focusrescueandrehab@gmail.com
330-212-8754
[facebook.com/FocusRescueandRehabilitation](https://www.facebook.com/FocusRescueandRehabilitation)
645 Manning Rd.
Mogadore, OH 44260

Please Remember an Animal Rescue on Your Giving List this Holiday Season!

Every little bit counts in a big, big way. Add up billions and billions of individual drops of water, and you have a majestic ocean!

Even if it’s only \$5 or \$10, please consider reaching out to one of the animal charities listed here to support their work. Take a quick moment, check out their website or FB page, learn about the work they do, and see which ones you connect with.

Monetary donations allow them to pay for vet care and medications, purchase feed, grain and bedding, and help care for daily operating expenses that we don’t often think of, like trash removal services, insurance, website costs, utilities and shelter expenses, collars, harnesses, leashes, halters, and so much more.

To know that the work you do is appreciated and acknowledged by others goes a long way. It is often tiresome, heart breaking, exhausting, and emotionally draining. A little support, a ray of sunshine, a glimmer of hope, an “atta girl” or “atta boy” just may keep our friends in animal rescue going, so along with a monetary donation, an encouraging note, a quick thank you, just may make a much bigger difference than you think!

Who Needs Adopted? We Do!



ACHILLES

MAGGIES MISSION



LUNA

ROSE'S RESCUE



BUSTER

ROSE'S RESCUE



MAX

ROSE'S RESCUE



KIKI

FOCUS EQUINE RESCUE



BLACKIE & BABY GIRL

MAGGIES MISSION

Meet Flex Barnstrong



Flex Barnstrong is an adorable special-needs goat being cared for by the kind folks at **Stahl's No-Harm Farm Animal Sanctuary**. To learn more about his story or to provide support for his care, visit their website at www.stahlsnoharmfarm.com

Meet Tatonka and Maisie



Tatonka (a senior citizen) and Maisie are two lucky horses, rescued from going to slaughter and now permanent residents at **Shangri-La Farm Sanctuary**. To help with their care contact **Shangri-La Farm Animal Sanctuary**

3 DIY Acupressure Points for Upset Stomach

(Good to know for holiday stress and over-indulging)

Self acupressure is in general a very safe practice. However, if you have chronic conditions, such as bleeding disorders or chronic pain, be sure to speak with your doctor before trying acupressure. When you perform acupressure on yourself, use firm but gentle pressure on the skin. Too much pressure, especially when massaging sensitive areas, may cause pain or bruising.



P6 (Pericardium 6)

The P6 pressure point, located on the inner side of your wrist, is used to help relieve nausea, upset stomach, and motion sickness. (As a plus, it is also known to relieve headaches and the pain/numbness of carpal tunnel syndrome.)

LOCATION: Measure three finger breadths below the wrist on the inner forearm in between the two tendons.

HOW TO: Hold your hand up so that your palm is facing you.

- To find the right spot, place the first three fingers of your other hand across your wrist at the base of your palm.
- Place your thumb just below your three fingers.
- Gently press your thumb so you feel two large tendons.
- Apply gentle pressure to this spot.
- Repeat on your other wrist.

Zusanli (ST36)

The ST36 is a distal pressure point,

located on the stomach meridian, influences the upper abdominal organs as well as the parasympathetic nervous system.

LOCATION: Roughly 3 inches below the kneecap and about 1



inch toward the outer edge..

HOW TO: To massage this point, place two fingers on the ST36 point.

- Move your fingers in a circular motion using gentle, firm pressure.
- Massage for 2–3 minutes and repeat on the other leg.

Sanyinjiao (SP6)

The SP6, pressure point is located on the spleen meridian and supports the lower abdominal organs and the parasympathetic nervous system.



LOCATION: Roughly 3 inches above the bone of the inner ankle.

HOW TO: Place one to two fingers on the SP6 point.

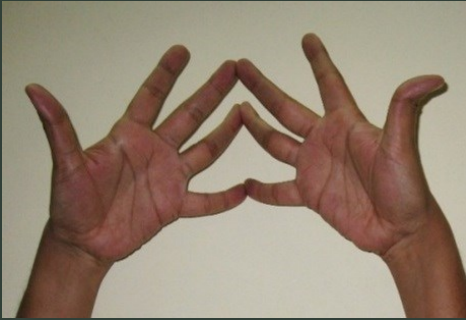
- Move your fingers in a circular motion using gentle, firm pressure.
- Massage for 2–3 minutes and repeat on the other leg.

Acupressure is an ancient healing art based on the traditional Chinese practice of acupuncture. It is an alternative medicine technique, a holistic manual therapy, used to relieve pain and muscle tension. It is performed using fingers gradually pressing onto key points around the body that are located on specific meridians, or energy channels.

2 Mudras for Coping with Change

(Change can cause great anxiety unless we strive to go with the flow)

Mudras are sacred and symbolic hand gestures that combine specific hand and finger positions that promote the flow of energy in our bodies. Each mudra is connected to a specific healing. Practicing Mudras regularly can bring calmness and peace, renew our energy, support our self-worth, and enhance our connection with Spirit.



TRI-MUKHA MUDRA

This beautiful, simply mudra, also known as the 3-faced Mudra, supports us when we go through changes in our lives. It helps us to let go of that which no longer serves our higher and best good, and helps us to accept the path that is unfolding before us.

HOW TO: Warm your hands up first by rubbing them together.

- Place the hands in front of the chest and let the middle fingers very lightly touch together.
- Let the ring fingers touch together
- Let the little fingers touch together
- Let the thumb and first fingers stick up a little bit
- Gently close your eyes and feel what it is like to have the little fingers touching each other...
- Then notice what it is like to have the ring fingers touching.
- And then what it is like to have the middle fingers touching.
- Hold the Mudra for anywhere up to about 10 minutes. Take nice slow, deep relaxing breaths.
- You can rest the hands on something if they feel heavy

ADD an AFFIRMATION

“The powers of creating, sustaining and letting go, are always within me and they are part of every stage of my life.” (Repeat this mantra or affirmation at least three times.)

- But if it’s too much to remember, you can simply repeat quietly to yourself “creating, sustaining, letting go.”
- Or “Change is part of life. Change is part of life.”

What’s really helpful about the affirmations is they remind us that things do change, that life is not stagnant and that it is always evolving, and that’s ok. We’ve been able to cope with change before and we can cope with it again.



USHAS MUDRA

This Mudra focuses the mind on new beginnings, second chances, starting over, and the energy of the looking forward, which often helps to move past grief, sadness and sorrow.

HOW TO:

Clasp the hands together with the fingers interlocked and both palms facing toward the chest.

- For **men** the **right** thumb goes on top, for **women** **left** thumb on top.
- The top thumb should apply gentle pressure to the other thumb.
- This Mudra can be held: 1. on the chest, 2. on the abdomen or 3. on the lap.
- While doing this mudra, concentrate on breathing, while inhaling and exhaling slowly.
- Visualize a dawn sky, peace, quietness and the soft light of a rising sun. As you visualize this, begin to bring into your awareness positive changes you want to make in your life.
- See yourself living and feeling how you want to live. Make the images in your mind as vibrant and realistic as you can.

USHAS means dawn or break of day, and it taps into our second chakra, our sacral chakra, where we hold our creativity and our sense of self.

- It is known as the origin of ALL Good Things, signifying a new path, a new era, a new way of being— removing the pain of grief and allowing you to focus on healing and re-creating your path and purpose
- It can help awaken the body and mind, increase clarity and mental alertness and even balance the hormones.



As we work on creating a new structure and format going forward into 2022 for White Barn, we would love to hear from you!

Your input, opinions and feedback will help us create educational, informative, healing, and supportive classes, workshops, presentations, activities and events for next year.

- What types of classes would you like to see offered at White Barn in 2022? (For example, addressing stress and anxiety, dealing with grief and loss, physical pain management, PTSD, etc.)
- Which of the following presentations/classes would you be interested in attending? Tai Chi/Qigong, Aromatherapy, Reiki Workshops, Acupressure/Reflexology, Alternative Medicine, Meditation, Parable Teachings?

- Are you interested in on-line classes such as Zoom classes?
- Do you prefer in-person classes hosted either at the White Barn facility or at another indoor location?
- How important is it to you to learn holistic ways to deal with life's challenges, difficulties and traumas? Very important, somewhat important, not really important, or "I got this handled."
- Are you interested in attending a multi-cultural monthly ceremony at White Barn during the 2022 outdoor season May through October?
- We currently offer seasonal activities and classes in the tipi, the Medicine Wheel, and this past year we added the Meditation Trail. What other

outdoor attractions would you like to see us add? (Examples: a labyrinth, a butterfly garden, a prayer pagoda, or other ideas.)

- Are you interested in helping out as a volunteer in some capacity?
- If the answer to volunteering was yes, in what way would you like to help out?
- Is cost of activities a major factor in your decision to attend classes and presentations?
- To attend a basic 1-hour meditation class, what do you feel would be a reasonable cost?
- Any other input or suggestions:

SIMPLY DROP US AN EMAIL at annettebragg2016@yahoo.com with your suggestions, ideas and requests.

It doesn't have to be formal and it doesn't have to be in a question-answer format. Anything you want us to know, just include it in your email!

YOUR VOICE MATTERS!

Prayer Page

Having a hard time coming up with just the right prayer to help you feel more connected? Maybe one of these prayers will resonate with you.

A Prayer for Inner Strength

Dear God,

Please give me the strength to endure this situation, and to find the blessings and lessons that it contains.

Please give me the endurance to continue ahead.

Please guide my thoughts, words and actions, so that I walk your path of peace and love.

Amen



L.A.L.

Prayer of Lovingkindness

May all beings be peaceful.

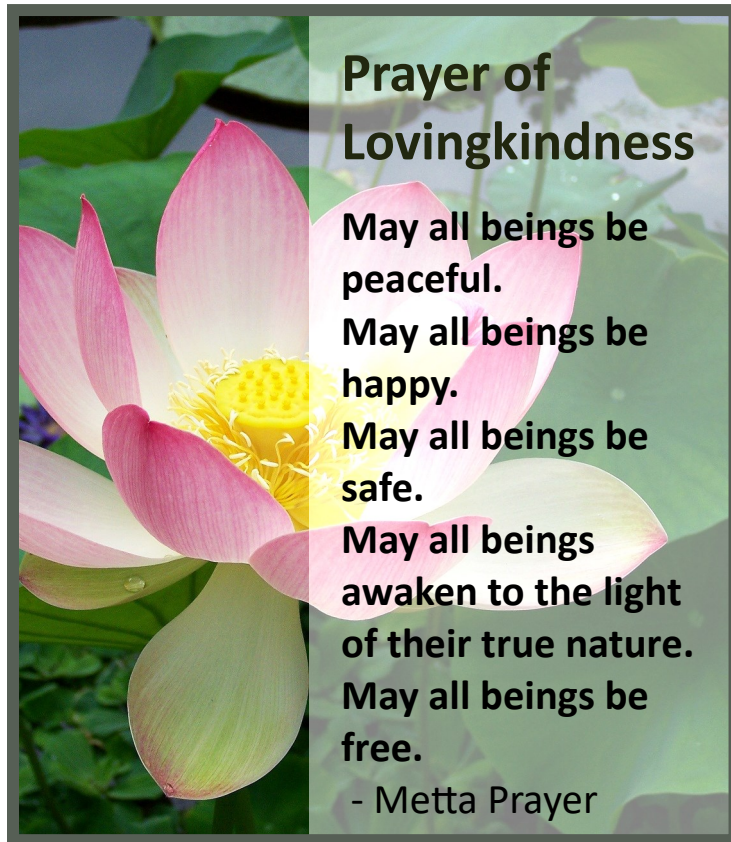
May all beings be happy.

May all beings be safe.

May all beings awaken to the light of their true nature.

May all beings be free.

- Metta Prayer



Prayer of Release (Especially meaningful with the energy of a Full Moon)

Dear God, I am ready to heal. I am ready to let go. Please take my willingness, whether weak or strong, and use it to transform my life. Enter me, every cell of my being. Cut out all my dysfunction and disease. Remove all compulsion and illuminate my heart. I give You my darkness, please fill me with Your Light. Take away what is wrong with me, and leave only what is right. May I know at last who I truly am. Amen.



Cherokee Prayer

O' GREAT SPIRIT help me always to speak the truth quietly, to listen with an open mind when others speak, and to remember the peace that may be found in silence.

*Begin to see yourself as a soul with a body
rather than a body with a soul.*

Dr. Wayne Dyer

**“Remember, you have been criticizing
yourself for years and it hasn’t worked.
Try approving of yourself and see what
happens.”**

Louise Hay



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What People Have to Say...

"I liken Reiki to healing by the laying on of hands during a prayer and meditation session. I was pleasantly surprised by the presence of God during my personal Reiki session and the peace that I felt. I felt as though I was plugged into the Source of my life, which is my creator ... My God! I am looking forward to my next session! 1 Corinthians 12:1-31 speaks to God's gifts to us and the gift of healing is one of those gifts."

Carla Davies, Retired Minister



"I was referred to Annette by a dear friend of mine. She came highly recommended. I called Annette and when we finally connected I knew she was the person to give me my first ever Reiki session. There was something about speaking with her that gave me peace. The day I arrived for the session, we talked for a bit. Annette is so considerate and her compassion is evident from the moment she engages you. My session was amazing with her and it was better than I had hoped for. Everything in my life I had gone through, struggled with and had given up on led me to this moment. I had been to counseling, tried anti-depressants, prayer, even meditation but nothing prepared me for the outcome of this amazing Reiki

session. Annette's energy is soothing and healing. I had the sense that the session I had with her was specifically designed and personalized just for me. She really does take the time to fully prepare to serve whatever you came to heal. The session really is for you and about you, you just need to be open to the process. There were some specific things that transpired during our time together that I had spoken to no one about except her in the end. My mind which generally is full of clutter was clear that day. My heart opened, and Annette guided and aided me on my journey through meditation, prayer, chanting, aromatherapy and last but not least Reiki. Her energy is AMAZING and she is so present with you during the process. My body felt like it was in a vortex of healing. I could honestly feel the unleashing of blockages of hurt, anger, sadness and depression being lifted. It was my first time experiencing Kundalini energy running up and down my spine. I will forever be grateful for Annette's session. I look forward to having my next session with her soon. I am excited and elated that I found her! Annette is a GIFT and White Barn Healing Arts Center is a Diamond in the Rough! Don't take my word for it! Go and try it for yourself. Remember to be OPEN to the Process. It's about your journey and your healing." Cynthia Boatwright



"It was a great experience working with Mike Sandrene and Adam August Realty!"



Adam August Realty

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4116 August Dr., Rootstown, OH 44272

www.adamaugust.com



Adam August Realty was founded 2002 by Broker Mike Sandrene and his wife Kim. The company is named after their son Adam and Mike's uncle August.

Their office is located in Rootstown in Portage County at the intersection of Interstate 76 and State Route 44, at Exit 38A, next to Cracker Barrel. (Only a few minutes from Kent and Akron.)

Mike has more than 22 years of real estate experience, 12 years with a large national chain. Adam August offers a wide range of services, including residential, commercial, leasing, land and property management spread out through a five county region in Northeastern Ohio.



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Often parables are used to help us see things more clearly in our own lives. Read the parable below and reflect on things you may be holding on to in your own life that no longer serve you.

THE MUDDY ROAD — A Buddhist Parable

Tanzan and Ekido were once traveling together down a muddy road. A heavy rain was still falling. Coming around a bend, they met a lovely girl in a silk kimono and sash, unable to cross the intersection.

"Come on, girl," said Tanzan at once. Lifting her in his arms, he carried her over the mud. Ekido did not speak again until that night when they reached a lodging temple. Then he no longer could restrain himself.

"We monks don't go near females," he told Tanzan, *"especially not young and lovely ones. It is dangerous. Why did you do that?"*

"I left the girl there," said Tanzan. *"Are you still carrying her?"*

QUOTES worth SHARING!

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.

“Holding onto anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one who gets burned.” Buddha

Native American Proverb

Treat the earth well. We do not inherit the earth from our ancestors. We borrow it from our children.



QUERO APACHE PRAYER

Looking behind,
I am filled with gratitude.

Looking forward,
I am filled with vision.

Looking upward,
I am filled with strength.

Looking within,
I discover Peace.

Take a moment to reflect on the true meaning of the four statements in this prayer. As you look behind at your past, are you able to be grateful for not only the things that are easy to be grateful for, but can you be grateful as well for all your challenge, difficulties, and for the lessons you have learned? As you look forward on your journey, are you filled with a vision of how you can serve others and how you can fulfill your path and purpose? When you are feeling alone and confused and out of sorts and in need of guidance, do you remember to look upwards and ask for help from Spirit and from your Higher Power? And when you find yourself overwhelmed by the negativity that surrounds you, do you look within your own heart to find daily peace in your life?



Continued from pg. 25

States) which were more like care facilities for people who continue to suffer from the effects of Agent Orange, and she met with a branch of the Red Cross and another Aide group as well that helped the local families.

At the care facility where both adults and children could be dropped off by family members as they went about their work day, she asked them to list their greatest needs.

Katie was able to provide the children with toys and educational games, and she supplied them with many sewing machines. In Vietnam, sewing is a trade learned by both men and women, and that skill can always help individuals earn a living. The residents and clients at the care facility would be able to learn a trade which

Continued on pg. 27



From Katie's Trip Blog... "I miss you Dad. Today was the day that everything has been about since July 8, 2015, the day we lost you. We all grieve differently. This is my way of allowing you to live on...and to give back to that which changed you. I don't understand fully yet what I am doing, but I at least have a purpose. To be able to speak about you today to the Red Cross and VAVA in Pleiku was an amazing experience. To meet people effected by agent orange was also rejuvenating, a promise...of some hope somewhere. To open up and love with your whole heart is an amazing experience. To want nothing more than to help someone in need. To do that in honor of someone that you love and lost...is a gift. A true gift. When we got out of the car this morning at the Red Cross our translator, Nga, looked at my food and said "Ah! A dragonfly." I figured that was a sign that you were with me...knowing I would look into that so deeply. While writing this I became a little emotional and got up to look out the window. I saw my first dragonfly here. I know you are with me. It means everything. The dragonfly, in almost every part of the world symbolizes change and change in the perspective of self realization; and the kind of change that has its source in mental and emotional maturity and the understanding of the deeper meaning of life."

Continued from pg. 26

would help to live a more productive and meaningful life.

She was also able to sponsor three families in the Montagnard culture. The Montagnards are officially labeled as “national minorities” in Vietnam. The Montagnards, however, played a major role in the Vietnam war, aiding and assisting the American military forces against the Viet Cong. Katie’s sponsorship of these three families was a compassionate gesture way and a way to say “someone cares” to the culture and to honor their ancestors who fought alongside Katie’s fa-



Continued on pg. 29



From Katie’s Trip Blog... “We left some of the money we raised with instructions that the money was to be used for victims of agent orange. When we were there, there was nothing in that room that is now filled with the toys. This is a small percentage of the money we have raised. This makes my spirit soar! I left a piece of me in Vietnam....amazing. I can’t wait to go back and help more victims. Pleiku lives in my heart every day. “



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Town & Country Veterinary Hospital is an award winning animal hospital located at 8000 East Market Street in Warren, Ohio. Our hospital offers extended office hours and is open 7 days a week.

Our office hours far exceed typical veterinary practices because emergencies and sick pets rarely occur during the hours of 9-5. The hospital is routinely staffed overnight so that hospitalized patients are not left unattended. Our hours are among the most extensive in the state and allow us to treat a wide variety of emergencies and acutely ill pets without referral to emergency clinics or specialty referral hospitals.

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Please browse our website further to learn about our unique services including: diagnostic ultrasound, stem cell therapy, orthopedic surgery and advanced dentistry, as well as endoscopy and laparoscopic surgery.

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

Tenzin Gyatso, The 14th Dalai Lama

*"If three of us travel together,
I shall find two teachers."*

Confucius 551BC to 479BC



Continued on pg. 27

ther and the American armed forces.

On the final leg of her journey, Katie arrived at a pagoda in Pleiku. Much of the country is Buddhist, so prayer pagoda's are easily found. The thing that was so special about this particular pagoda though, the plainest and simplest of all the pagodas she had visited, was that it overlooked a hill — the very hill on which her father fought during the Vietnam war. Anticipating a rush of emotions, she wasn't sure how this experience would unfold. Would this place unveil the reason she felt so drawn to take a trip half way

Continued on pg. 31

(Left) Bringing the United States and Vietnam together one generation after their father's fought on opposite sides in the Vietnam war, here is Katie in Hanoi with Hoa Thuy Nguyen. Hoa is a member of the VOV (Voice of Vietnam) who helped a great deal to assure Katie and her family had a positive experience while visiting their country. The two women have become supportive and caring friends thanks to Katie's inspirational trip to Vietnam.

From Katie's Trip Blog... *"My Dad and I didn't have a lot to talk about oftentimes. We really didn't see eye to eye on a lot. He struggled to understand my liberal ways with my hippie feel and crazy trust in everyone that would drive any father crazy. But on that day, we talked a lot. About things that he would have never talked about, especially to me. Vietnam was one of those. I was so shocked by it. I wrote down everything like a crazy typist into my phone absorbing every bit of what he said...Dragon Mountain, The Montagnards, Camp Enari...his short stint in Germany, his best friend dying in Vietnam, and the crazy way you ended up either in the Army or the marines. He said so much. He ended up with malaria and was sent to Cambodia for a time, and the DMZ, and even shot. I think this was brought up because he told me he was going to go to the VA to be checked for agent orange. It was mostly because of this bizarre skin thing that kept occurring on his hands. Little did I know, both Garbo (my dog) and my Dad, 2 beings that I loved so much, would both be dead within a year. "*

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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, some fence wire, a lumber yard slat etc. and they made their own instruments. Those folks started with nothing and made beautiful music. They invented the blues genre and became some of our most beloved musicians.

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.





From Katie's Trip Blog...

"Artillery Hill was emotional for me. I had found where my Dad was....and the little I knew. We found the village where at that time the Montagnards live (now they are all over the hillside) It was the middle of the month by the Lunar Calendar and so if you are Buddhist you go to a Buddhist Temple and light incense. We found a temple right by Artillery Hill, which a portion was there in 1968 -1969. We lit incense, and I turned to leave and saw an open door, facing artillery hill with a flag, and one of the first blowing winds we have felt....and I looked onward at Artillery Hill and could swear I saw a 19 year old boy smiling back..."

Continued from pg. 29

around the world to a country that caused her father such suffering and through the course of events ultimately cost him his life? Would she find any healing here, and would she find that piece of her dad that she felt was left in this in this far-away place?

As she stood at the pagoda, the movement of hundreds of colorful prayer flags caught her eye as they swayed in the wind and she could sense their spiritual nature and feel their healing energies.

And as she gazed out over the hill where such a fierce battle

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Continued from pg. 32

was once fought, a deep, unexplainable, overwhelming sense of peace washed over her. A peace so profound and life-changing that she knew she had received a gift from beyond, a gift from her father, a gift from Spirit. Not only was healing taking place for her personally, to help her to heal from such a deep loss, but she was also bringing healing to the people of the country.

Though she went to Vietnam with the intention to find that piece of her dad that she felt was left there so long ago, she felt instead like she left a piece of herself there as well. It was an incredible experience, and was one that was no doubt orchestrated in the world beyond ours.

The Rest of the Story

So Katie of course returned home to Hubbard, Ohio, but kept in close touch with her new friend, Hoa, and the other folks she met through the VOV (Voice of Vietnam), which is their government-run media organization.

The group meets weekly on Zoom to simply talk, discuss various topics, and fine-tune their already-impressive English vocabulary.

Katie asked me to consider meeting weekly with one of the VOV group's members who does a great deal of translating for the government and for for-

eign ambassadors to their country. Of course I jumped right in, and like Katie and Hoa, I formed an instant sister-ship with Thi Thu, a wonderful young lady who also goes by the American name of Phoebe.

Throughout our weekly conversations, I have learned a great deal about the lives of those living in Hanoi and the country of Vietnam. In her work as a translator, Phoebe recently translated into English two works that were written by Vietnamese citizens for a writing contest. Both of the works she translated won the highest awards for the contest. I am trying to get a copy of at one of the works which talks very openly and honestly about suicides that have taken place in Vietnam and then turns the story into one of healing, hope and inspiration. I would love to be able to include a copy of the article in the next White Barn E-magazine.

Going Back — How to Help, How to Get Involved

Katie plans to return to Vietnam, with an open-ended time-table due to the current pandemic and Covid restrictions. With that said, plans to continue to help bring healing and support to a people and to a place so completely destroyed at one time through a long and devastating war continue forward.

Many of the stories of the continued suffering of some of the people are too much to share here. Their medical care, medicine and hospital technology can not be compared to what we are accustomed to here in the United States. If you feel drawn to be a part of this humanitarian effort, whether it's through a donation, providing supplies, or volunteering your time or talents, please contact Katie via email at katie@thecaninecampustraining.com



(Above) Translator Nguyen Thi Thu, Phoebe, is now someone I talk to several times each week and is a resident of Hanoi who I consider a dear friend. Through Katie's inspiration, we are learning more about each other's countries, lifestyles, families, customs, traditions, and work. It's amazing to me the energy chain that has continued, all due to Katie's desire to heal to her hurt and to bring compassion and love to the people of a country that was at one time in a war with the United States. It is my hope that Katie's story will inspire others to bring light, hope and peace into our world through their own inspirational stories!

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Help a Veteran in Need This Holiday Season

This holiday season we are asking for the community's help for a veteran in training for their service dog. They have fallen on hard times, and are now halfway through the program. They still owe a balance of \$2,700. We are asking for donations to help this veteran. They were going to quit, and we, at the Campus, are determined to make this work somehow.

We also ask that you consider making a donation in honor of someone on your Christmas list that may already have everything! We will send them a card letting them know that you made a donation in their name. Another idea would be to make a donation in memory of a veteran. If you feel this cause, please consider taking up a collection at work or spreading the word to family and friends.

The Together Journey helps defer the cost of training a service dog for veterans.

Donations can be dropped off or mailed to
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receptionist@thecaninecampustraining.com
Accepting cash or check.
Please make checks out to The Together Journey.



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GREAT SPIRIT PRAYER

Oh, Great Spirit, whose voice I hear in the wind,
Whose breath gives life to all the world.

Hear me; I need your strength and wisdom.

Let me walk in beauty,
and make my eyes ever behold the
red and purple sunset.

Make my hands respect the things you have
made and my ears sharp to hear your voice

Make me wise so that I may understand
the things you have taught my people.

Help me to remain calm and strong
in the face of all that comes towards me.

Let me learn the lessons
you have hidden in every leaf and rock.

Help me seek pure thoughts and
act with the intention of helping others.

Help me find compassion
without empathy overwhelming me.

I seek strength, not to be greater
than my brother,
but to fight my greatest enemy - Myself.

Make me always ready to come to you with
clean hands and straight eyes.

So when life fades,
as the fading sunset, my spirit
may come to you without shame.

Mental, Emotional and Spiritual Support at White Barn —

Your Donations Make Our Work Possible!

Here at White Barn we have worked with individuals experiencing PTSD, end-of-life issues, difficulty releasing past trauma, forgiveness and anger management, addiction, physical pain recovery. These challenges can often be supported with holistic practices, energy work and/or learning new thought patterns.

We strive to inspire new levels of peace and healing in the lives of people, animals and our planet.

We operate as a 501c3 non-profit charitable organization. While we ask for class fees or donation to attend ceremonies, that income is not significant enough to cover the costs of operating an organization. **We appreciate your support of the work we do and the services we provide.** Your donations are tax-deductible as permitted as law.

DONATIONS can be mailed to:

White Barn Healing Arts
5180 Hayes Rd, Ravenna, Oh
44266 or

DONATIONS can be made on-line through our website at
www.whitebarnhealingarts.org



FOCUS RESCUE and REHABILITATION

www.focusrescueandrehab.org

330-212-8754

www.focusrescueandrehab@gmail.com



Focus is committed to the health, safety and well being of each horse that enters our program. Our focus is on horses who are slaughter bound, abused, neglected, and surrenders from owners who are not financially or physically able to provide and care for their horses any longer. We provide safety and a healthy environment with the help of our friends and supporters.

ADOPT • FOSTER • VOLUNTEER • DONATE • SPONSOR

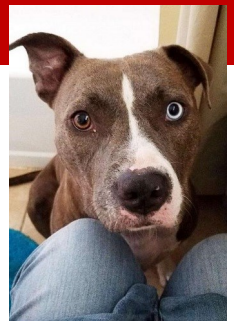


When a horse enters our rescue we accept responsibility for that horse for the rest of its life. There is a return policy implemented whenever one is adopted, and we will always stand by the animals we place.

645 Manning Rd., Mogadore, OH 44260



Rose's Rescue



www.rosesrescue.net

A non-profit animal rescue organization locate in Portage County specializing in the rescue, rehab and adoption of dogs and cats.

330-850-7042 • email@rosesrescue.net

Can You Foster a Rescued Animal?

All animals reside in foster homes, and more foster homes are needed. If you would like to **consider becoming a foster family** for a cat or dog in need, please go to our website to fill out a foster application. Your time, dedication, love and caring can make all the difference in the life of a rescued dog or cat.

Max & Neo Affiliate Program

Purchase from the Max & Neo Affiliate program through Rose's Rescue link and the rescue will receive a matching purchase. Use the Rose's Rescue Customer Code for 10% discount. To order <https://maxandneo.com/rosesrescue> Customer Code **rosesrescue10**

Follow us on Facebook! We have an active page and try to keep it updated on all the latest news, adoptions, new dogs coming in, upcoming events, and more! You can catch what's going on there, so be sure to like us on Facebook!



Please Please Please...

Consider adopting a homeless pet before you buy a designer dog!

You may be supporting puppy mills when buying pets from a store. Animals purchased through the puppy mill chain are not vetted, provided medical treatment nor fed or cared for properly.

Rose's Rescues is in Need of Cat and Kitten Food and Litter.

(The following items can be purchased through Amazon or you can purchase them locally and drop them off.)

HERE IS WHAT WE ARE MOST IN NEED OF

- *Purina ONE Healthy Kitten Formula Kitten Food
- *Purina Fancy Feast Grain Free Pate Wet Kitten Food Variety Pack, Kitten Classic Pate Collection, 4 flavors - (24) 3 oz. Boxes
- *Purina Kitten Chow Dry Kitten Food, Nurture - 14 lb. Bag
- *Purina Pro Plan Kitten Canned Wet Cat Food (Packaging May Vary)
- *Fresh Step Scented Litter with The Power of Febreze, Clumping Cat Litter and *Cat's Pride Clumping Clay Cat Litter
- *Purina Cat Chow Naturals 13 lb. Bag

FOR MORE ITEMS PLEASE VISIT OUR WEBSITE!

WANTED: Outside dog kennels for our fosters homes. We will take new or used kennels, but we need the used ones to be in good shape & easy to remove, not rusted closed or rotted in the ground. Need 5' or 6' tall. If you have something like this you would like to donate give us a call or send an email to the rescue. *Thank you in advance!*

Walking in Beauty from the Navajo Way Blessing Ceremony

*In beauty I walk
With beauty before me I walk
With beauty behind me I walk
With beauty above me I walk
With beauty around me I walk
It has become beauty again
Today I will walk out,
today everything negative will leave me
I will be as I was before, I will have
a cool breeze over my body.
I will have a light body, I will be happy forever, nothing will hinder me.
I walk with beauty before me. I walk with beauty behind me.
I walk with beauty below me. I walk with beauty above me.
I walk with beauty around me. My words will be beautiful.
In beauty all day long may I walk.
Through the returning seasons, may I walk.
On the trail marked with pollen may I walk.
With dew about my feet, may I walk.
With beauty before me may I walk.
With beauty behind me may I walk.
With beauty below me may I walk.
With beauty above me may I walk.
With beauty all around me may I walk.
In old age wandering on a trail of beauty, lively, may I walk.
In old age wandering on a trail of beauty, living again, may I walk.
My words will be beautiful...*