

White Barn Healing Arts Spring Newsletter

ZA-ZEN

March/April 2021

w h i t e b a r n h e a l i n g a r t s . o r g



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*"Do not let
the behavior
of others
destroy your
inner peace."*

Quote by
the
Dalai Lama

"With all things, and in all things, we are relatives." *Sioux*

Dear Friends,

With an entire year of pandemic uncertainty behind us, White Barn Healing Arts Center, like many other organizations, had to reconfigure the way we present our holistic and wellness programs.

One of the solutions was to offer Zoom programs throughout the winter months, and we appreciate your outpouring of support for the many guests who have signed up to attend our classes and workshops.

We will continue to offer Zoom programs throughout the year, in addition to offering our outdoor seasonal activities, beginning in May and extending through October as usual. Our outdoor events held at our facility will still respect all COVID19 safety protocol to help continue to respect and support the safety of visitors.

Last year we sold concrete statuary to help offset our lost income while businesses in



Ohio were shut down. So many of you stepped up to the plate and made purchases of bird baths, planters and statues, and we are thankful for that! This Spring we will begin selling off the inventory we still have on hand from last season, but will not be taking any orders. If you'd like to see what we have available, there will be a list, complete with photos, posted soon on our website. When you stop by to pick up your purchase, be sure to allow a few minutes of extra time to enjoy sitting in the peaceful energy of the Medicine Wheel or simply take a minute to watch the animals napping in the field—both are extremely healing for the soul.

In this first issue of Za-Zen, our new quarterly newsletter, we are highlighting as many of our friends who own businesses or operate non-profit organizations in the holistic health field as possible. With so many small business struggling during the pandemic and being forced to close, I'd like to encourage everyone to choose a small business or a smaller non-profit organization when deciding where to go for your holistic health and wellness interests and for nurturing your personal and spiritual growth.

Your feedback is always appreciated. If you have attended any

event at White Barn or have participated in any on-line Zoom sessions, we welcome your testimonials and permission to post them on our website. Please consider emailing a few sentences about your experiences to annettebragg2016@yahoo.com

There's some new things you can get involved with this season, new programs, and some continued presentations that have been a favorite to many. Check out all the details in this newsletter. I hope you can join us either on-line or in-person.

Namaste,

Annette



PIG WISDOM

Truffles says,
"You can sign up to receive weekly White Barn email updates on our website at whitebarnhealingarts.org"

A New Perspective on an Old Stress-Relief Practice: **Guided Imagery—*What Exactly Is This?***

Guided Imagery and Breathing Techniques are now part of the categories of **Wellness, Integrative and Preventive Medicine** in many leading health organizations, including the **Cleveland Clinic**. What was once considered unsubstantiated and unfounded relaxation and healing techniques by our Western culture here in the United States is now becoming more main stream, and rightly so.

For centuries Eastern cultures rich in practices and teachings that acknowledge the mind, body, and spirit connection for overall health and wellbeing, understood on a deep, intrinsic level that you must treat the individual as a whole in order to successfully overcome disease and illness. And this needed to happen not only to allow that person to survive, but to allow them to thrive, in all areas of their life.

Meditation in the broad sense of the word is one of those practices that while it

seems to be a relatively simple concept, has deep, long lasting affects on our daily lives. Extensive research has shown that sitting quietly in a meditative state for only 4 to 7 minutes a day alters our brain chemistry. *Think about that for a minute.* With only 4 to 7 minutes of quiet stillness daily we can become less stressed, less reactive to upsetting situations, kinder to annoying people, keep our inner peace as a path to managing our anger issues, and have a more positive outlook on our world.

And we know now that through our body, mind and spirit connection, **as we become less stressed, our bodies become healthier and less prone to illness.**

There are scientifically proven links between stress and anxiety and stress-related physical illness.

Some people shy away from meditation because they feel they would need to sit perfectly still for terribly long periods of time, or they feel they can't quiet their ADHD minds or clear their thoughts long enough in order to reap the benefits of meditation.

No worries! That's where the beauty of Guided Imagery Meditation comes in. **Even the busiest of minds can appreciate being able to follow a story-line and imagine the story as it unfolds.**

I often explain Guided Imagery to people like this: If I were to ask you to close your eyes and tell you the story of Little Red Riding Hood, you would be able to imagine the

story in your mind as I told it to you. You could see the trees, her red cape, and imagine the wolf.

With Guided Imagery you can relax into listening to a peaceful, calming, guided “story” of sorts, and simply ask your brain to visualize the story as it unfolds. In this way, you are giving your mind something to do, while not entertaining negative thoughts or mentally writing your to-do list. Your mind can be “gently busy.” Instead of working against it and trying to *force* yourself to be calm, you work *with* your brain, and *invite* it to be calm.

If you'd like to incorporate a new level of peace into your daily life, reduce your stress levels, and learn some new practices you can try at home or at work, give our weekly Guided Imagery and Meditation Techniques Class on Zoom a try. It's \$10 to register. We email class notes to help you remember things we learned in class.

We also learn new breathing techniques, mudras, acupressure points, and other holistic practices that help us lower our stress levels.

We often travel the world in our classes, learning calming, relaxing and healing techniques from a wide variety of cultures. We bring the wisdom and knowledge of ancient healing that's been improved-upon and perfected over many centuries and integrate them into our present lives.

For the weekly class schedule or to register to join us, visit

<https://whitebarnhealingarts.org/weekly-meditations>



Acupressure

What's the Point?

A simple explanation of acupressure, a traditional Chinese holistic wellness practice, is placing pressure on specific points of the body to release blocked energy. It's a way of sending a signal to the body to turn on its own self-healing system. This system is based on the theory that there are 14 meridians, or energy pathways, traveling throughout our bodies and connecting our organs. Blockages at key points along the meridians are thought to cause various symptoms and health conditions. Local points are located at the area in need of relief, while distal points are located a distance away from the area needing relief, but produce the same results.



Have a stress headache? Try the Union Valley

The Union Valley, located on your hand, is a great example of an acupressure point that everyone should get to know. This point is located in the web between your thumb and index finger. Pinch this pressure point using the thumb and index finger of the opposite hand. Applying a gentle but firm pressure on this point is said to be extremely effective in reducing stress, relieving headaches and neck pain, relieving back pain, and even tooth aches. You can massage the point with a gentle clock-wise motion.

(Avoid this point if you're pregnant.)

Mudras

Healing Power in Your Hands

Mudras are hand gestures that combines specific hand and finger positions that facilitate the flow of energy in our subtle bodies. Each mudra represents a meaning connected to the healing and the balancing of energy for the greater good of body, mind and spirit. In this way we harness the power of the healing energy of our hands and couple it with the power of our intention. Practicing Mudras regularly can bring about calmness and peace, renew our strength and physical energy, support our self-esteem and sense of self-worth, enhance our connection with our Higher Power, and support the traits we strive to achieve such as compassion, patience, tolerance, unconditional love, openness, and clear thinking.



Needs some patience? Try the Shuni Mudra

Touch the tip of your middle finger (which represents our ethers, or emotions) with the tip of your thumb. Do this with both hands, and lay them quietly on your lap with palms facing up. Take a few nice, deep, calming breaths. Is work getting on your last nerve? Nothing seems to be going right? In a hurry and stuck in line? This mudra helps you to have patience when you need it the most. It also encourages focus and discipline. See if it helps move your patience up a level while taking your stress down a notch.

Walking the Red Road

A New Monthly Workshop to Navigate Recovery on the Path to Personal and Spiritual Growth

WHAT EXACTLY IS THE MEANING OF THE RED ROAD?

To Walk the Red Road is a concept based in the indigenous and Native American cultures, and it is the determined act of living within the Creator's instructions. **Basically, it is living a life of truth/honesty, humbleness, respect, friendship, love, and spirituality.** Those on this road are by no means walking a perfect path, but are in search of self-discovery, instructions and an awakening to life's purpose. **The idea behind Walking the Red Road requires an honest attempt toward right action in all aspects of one's life.** Walking the Red Road is a substantial personal commitment and responsibility. It is living a balanced life be-

tween self, family, community, and Creator/Great Spirit. **No person can judge you on the Red Road, where you are located, how you are doing, how fast you are traveling, or if you belong on this Path.** Other's can walk the road *with* you, but no-one can walk the road *for* you. You are in total control of your route. **The best way forward is joining other walkers**

much effort. But always remember, without effort, there is no reward. What the real challenge may be is being on the Red Road and not doing the necessary things that result in forward movement. **This monthly recovery-support program is designed to help each individual navigate their own Red Road, to walk it with knowledge and wisdom, and to provide**

Individuals at Any Point on Their Recovery Road are Welcome to Participate

and following the same road that has been paved by past generations. The more like-minded people we travel with, the wider our road will become. **Walking the Red Road can be very difficult and does requires**

the tools necessary to make wise decisions on the journey that sustains personal and spiritual growth.

CO-CREATORS

This 1½ hour monthly workshop will be taught

once a month on Zoom, and complimented with monthly seasonal ceremonies held at White Barn's facilities May through October.

This program is the collaborative creation of instructors Mary Rosenfeld and Annette Bragg. Mary Rosenfeld has extensive experience working with 12 step recovery and has been the guest speaker not only for national recovery meetings but has spoken for international meetings as well.

Mary's experience in social work, addiction support, and recovery programs combined with Annette's experience in motivational speaking, energy and healing work, and

ceremony, blend together in a unique and effective program designed to provide balance and growth for all areas of life for those Walking the Red Road of Recovery.

GOALS

The goals of Walking the Red Road Workshops are to:

- **Enhance** a sense of cultivating self-esteem, self-worth, self-love, self-value
- **Strengthen** each individ-



Mary Lou Rosenfeld

ual's spiritual connection while respecting individual belief systems

- **Expand** an awareness of energy work, understanding energy, tapping into healing energies, understanding your own energy and its effects on the people and environment around you

- **Create** a greater sense of connectedness with nature, with Creator, with all living beings, with all that surrounds us, with the world in which we live, and our role in the Universe

- **Instill** new perspectives on how to change our perception from negative thought patterns to positive thoughts

- **Introduce** new ways of thinking, new concepts, alternate views on life and living, on transitions, challenges, obstacles, and why we face them

- **Help** us understand the journey to becoming an Elder and what that means in each person's life; and what it means to be an elder and/or a wounded healer

- **Support** each person's thirst for knowledge, for answers, for understanding who they are, for discovering their true path and purpose of this life

- **Teach** self-healing through natural and holistic methods, such as acupressure, reflexology, energy work, Reiki, meditation, guided imagery, mudras, aromatherapy, and multi-cultural teach-

ings and experiences

- **Discover** practical applications to deal with daily stress, fear, worry, frustration, anger management, jealousy, bitterness, unforgiveness, feeling overwhelmed, grief, loss, and sadness

Class topics may also include the subjects and themes covered in the Ancora Imparo Monthly Series, which include:

Building emotional capacity; Habit-changing strategies; Guilt-less self-care; Nurturing our desire to grow, to learn, to expand; Compassion Fatigue; Inspiring Your Mind and Feeding Your Spirit; Discovering Your Creativity; Strengthening Your Intuition; The Mindful Soul; Protecting

the Empath; A more expansive level of self-understanding; Manifesting goals, dreams, desires; Why Personal Growth is important for Spiritual Growth; and The 7 Stages of Spiritual Development (Chopra)

SEASONAL RECOVERY CEREMONIES

May through October monthly multi-cultural ceremonies will be held at White Barn facilities. These ceremonies are open to the general public, but they are designed to compliment the teachings of each monthly 'Walking the Red Road' Zoom workshop. Anyone walking the road of recovery is welcome to register to attend the monthly cer-

emonies. Be sure to check out the ceremony schedule on page 26. Pre-registration is required.

DATES/DETAILS

"Walking the Red Road" Recovery Program begins with our first Zoom session on Sat., May 8th 7:00pm to 8:30pm.

Cost

\$15 per month for Zoom workshops; fees will vary for ceremonies offered monthly May through October. See last page for ceremony days, times and details.

Register at

<https://whitebarnhealingarts.org/red-road-recovery-program>

So What Does "Recovery" Mean?

The dictionary definition of "recovery" is: the action or process of regaining possession or control of something that is stolen or lost; and/or a return to a normal state of health, mind or strength.

(We would probably replace the word "normal" with "healthy", since everyone's "normal" is a bit different.)

You may be on the road of recovery if you are:

- a trauma or abuse survivor
- overcoming an addiction, whether it's alcohol, drugs, food, etc.
- trying to heal from grief or loss
- releasing a toxic relationship

- in the process of healing from chronic illness or major physical health issues
- trying to become healthier mentally, emotionally and spiritually due to overwhelming life's challenges, difficulties and obstacles

A note about grief and loss:

In addition to the loss of a loved one through death, loss can mean many things, including loss of job, income, sense of safety, independence, physical health, friendships, or home due to moving. *Loss can be devastating, and the need for recovery from loss can feel monumental.*



(FOR WOMEN ONLY - SORRY GUYS BUT WE STILL LOVE YA!)

Mother's Day Weekend Friday Evening Ceremony

Celebrating the Energy of the Sacred Feminine

Friday, May 7TH 6:30PM - 8:30PM

This event will be a blend of several ceremonies celebrating the Sacred Feminine Energy and held Friday evening, at the beginning of the Mother's Day weekend. It is to honor *all* the female energy in your life. You may attend by yourself to simply honor your female family members and ancestors who have passed, or you may wish to attend with your mom, daughter, sister, aunt, grandmother, partner, or a special female who has had a positive influence in your life.



MEET THE CO-HOSTS, MARY JANE BRIGGER AND ANNETTE BRAGG

Enjoy a unique blend of ceremonies to honor the Sacred Feminine Energy lead by two "sisters-at-heart," Mary Jane Brigger, Psychic Medium and creator of ageless-wisewoman.com and Annette Bragg, founder of White Barn Healing Arts Center.

WHAT TO BRING

Guests will be encouraged to bring several items with you. You may wish to bring a shawl to use as a prayer shawl for part of the ceremony. If you don't have one, we will have some available that you can use. You also may wish to bring an item (i.e. necklace, photo, etc.) representing a female who has passed or an item representing a



female who you are honoring but could not attend, to be blessed in part of the ceremony.

**THIS EVENT WILL BE HELD
OUTDOORS AT WHITE BARN
HEALING ARTS CENTER**

Depending on the amount of guests, we will either hold the ceremony in the tipi or in the Medicine Wheel. We will respect social distancing and proper safety rules and regulations.



**REGISTRATION
AND COST**

Cost to Attend: \$50
Pre-registration required.
Registration closed 48
hours before this event.
Remember to Save the
Date - Friday evening.
May 7th from 6:30pm to
8:30pm!

GET DETAILS

More information and details of the ceremonies and event will be shared on the website. The ceremonies will be a beautiful blend of ancient, traditional, multi-cultural and mystical ceremony.

**For more details or
to register visit
[https://
whitebarnhealingarts.org/
mothers-day-weekend](https://whitebarnhealingarts.org/mothers-day-weekend)**



Fundraising to Replace Broken Tipi Poles

Last summer on Friday, July 10th, the day was beautiful but windy. That evening we were scheduled to welcome Mike (Winds Before the Storm) Colescott to present Native American drumming and Ojibwe teachings.

About an hour before the presentation just before guests were scheduled to arrive, a tumultuous storm appeared. A microburst of wind came at just the right angle, picked up the tipi, drug it across the gravel pad (the drag marks on the ground are shown below) and deposited it in a tangled mess over the nearby wood-pile, breaking several of the tipi poles. A tent sitting near the tipi was left unscathed. Yet another tent further away was launched over the fence of the pig yard.

In order to once again put the tipi in place for classes, workshops, ceremonies and visitors, we need to order more tipi poles and cover the shipping costs of the poles as well. The poles are an impressive 27' in length, so shipping is a bit costly.

We will order them from Nomadic Tipi Makers, the source of our 22' wide tipi. Our total cost to replace the damaged poles, and

order a few extras to have on hand for emergencies, is \$825.

Tax-deductible donations toward this expense are greatly appreciated so we can con-

tinue to provide guests with the peaceful energy of the tipi during the 2021 outdoor season. If you have ever experienced an event held in or around the tipi, chances are you know and understand exactly what we mean.

Donations can be made on-line or by mail.

Contributions via PayPal or credit card can be made at www.whitebarnhealingarts.org. Checks or money orders may be made payable to: White Barn Healing Arts Center, 5180 Hayes Rd., Ravenna, Ohio 44266. We truly appreciate your support!



Medicine Wheel Teachings and Medicine Wheel After Dark

The 50' Medicine Wheel at White Barn is the creation of a beautiful blend of cultures. During each outdoor season we host classes to learn about the Medicine Wheel and have open times for visitors to enjoy its peaceful energy for your own prayer, meditation or reflection purposes. You may want to watch for the seasonal "Medicine Wheel After Dark" schedule to be posted. Meditation evenings are hosted within the wheel after dark, and the outer circle, the spokes, and the animal representative statues are lit up in a spectacular array of lit candles as the sun sets. The energy is strong, healing, peaceful and loving.



Even the warm rays of the sun are attracted to the center of wheel, and they bring the energy of nature and light to bless the wheel.



So exactly what is a "Medicine Wheel?" Medicine Wheels have been used for centuries by a variety of cultures, including Peruvian, Celtic, Aboriginal, African (the similarities of the cosmogram) and Indigenous Native tribes of North America. Interesting Fact: "Medicine Wheel" is *not* an Indigenous term. This term was given to the structures by the first Europeans and is not the way the first peoples referred to their rock structures. The Wheel is a place to pray, a place to meditate, a connection to nature, a place to allow healing to take place in our lives, a way to help us feel more connected to our Higher Power, and a focus for teaching us that all things are connected. It is used as a tool for health and healing, and learning and



(Cont'd. on pg. 12)



Healing Hearts with Mary Lou

"In a world of dark, be the light. Allow me to help you connect with loved ones, clear your chakra's, and converse with your angels so that you may reach your fullest potential and heal. "

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Medicine Wheel Teachings

(Cont'd. from pg. 11)

teaching. You may wish to think of it as a Meditation Garden. The Medicine Wheel is also referred to as the Sacred Hoop, or the Sacred Circle. There are many interpretations of the Medicine Wheel by many cultures and no-one is wrong. The four directions are linked to the energy of all creation, of all the Universe, and you can work with that energy to bring healing, guidance and wisdom into your life. It can be used for finding direction and for aligning and balancing our physical, mental, emotional, and spiritual energy. In many traditions, it is customary to prepare for a ceremony by calling on the four directions. This is a way of symbolically inviting all of creation to be present and take part in the event. The Medicine Wheel enables us to come into alignment with this energy as we connect through reflection, meditation, prayer, simply sitting quietly in peace, and/or ceremony. We can think of the Medicine Wheel as a shamanic map that can be used as a guide to help us find our way.

Medicine Wheel Teachings and Medicine Wheel After Dark are two activities this summer that you do not want to miss. The schedule will be posted on the website, or you can sign up to receive weekly news updates at whitebarnhealingarts.org



Seasonal Outdoor Programs Begin in May!

With warm weather just around the corner, we are busy putting together our seasonal outdoors program which are presented May through October each year.

We often welcome special guests to teach or give a special presentation. **This year we are looking forward to once again welcoming back Mike Colescott** (Ojibwe teachings and Native American drumming);

Melanie Mills (Healing with Sound—Mantras, Chants, Tingshas and more);

Mary Jane Brigger (Gallery Readings),

and **Laura Purnell** (Educational Alchemist with Leadership Teachings, Heart Math and Healing Practices), to name a few!

Other outdoor events to watch for will be: First Fire (Season Opening Gathering); Holistic Wellness Sampler-Classes for Stress-Relief; Visits with the animal residents; Beginner and Advanced Meditation Classes; Monthly multi-cultural ceremonies which will be open to anyone who would like to participate; Creative Spirit Classes (Outdoor Art Experiences); Parable Teachings; New Moon Meditations; Meditation in Motion; Medicine Wheel Teachings and Medicine Wheel After Dark: Sunset Meditations; Guided Imagery, and more!

Classes, workshops and presentations will be posted on our website as dates are confirmed. All event required pre-registration. Be sure to visit whitebarnhealingarts.org to either check the schedule or sign up for our weekly news updates!



"First Fire"

Opening Season
Annual Event —
Please Join Us!



Sat., May 1st
6:30pm—7:45pm

At the beginning of each outdoor season, we host the first gathering that kicks off our outdoor events with "First Fire,"

This is where we open the season with the first sacred fire of the year, honor nature, share some inspiration and meditation, and participate in a brief ceremony of smudging and making prayer ties for peace and healing in the lives of all present as well as for all people, animals and nature. This event is by donation. **Register to join us at <https://whitebarnhealingarts.org/registrations>**

NEW—Meditation Trail

On the far right side of the property at White Barn Healing Arts, there is a 900+ foot strip of woods along the perimeter.

We are in the planning stages of creating a shaded, peaceful, meaningful, Meditation Trail for all to enjoy.

To walk the trail from beginning to the end and back again is approximately a third of a mile.

It will have various areas or stations where guests can sit and relax in meditation, reflection, prayer, or simply enjoy the alone time in the comfort and safety of the Healing Arts Center. It will be a great way to enjoy nature and the outdoors in solitude, yet have a high level of personal safety while experiencing some alone time.

Intervals along the path will have benches, inspirational quotes, multi-cultural prayers, and suggested meditation activities should you choose to go that route. If you prefer, you can simply enjoy the meditation in motion by quietly and slowly walking the trail and enjoying the sights and sounds of nature.

VOLUNTEERS NEEDED

As we begin to clear the pathway through the woods line, there are branches that need moved out of the way and the path needs raked and cleared. Some areas will need small gravel or stones set in place for ease of walking. Leaves will need raked and some areas will simply need woods-debris cleaned out.

If you enjoy being outdoors and aren't allergic to physical labor, send a short email to nettebragg2016@yahoo.com indicating you'd like to volunteer to help with the trail. As we plan our volunteer days, you'll receive an email invitation to join us for some fresh air, sunshine, connecting with nature, and some good old-fashioned outdoor exercise.

SPONSORSHIP of TRAIL AREAS

As we begin to create the various meditation areas of the trail, we invite individuals, organizations or businesses to sponsor either an area or a specific item for each meditation section.

This trail will be free to all to use

and there will be open hours seasonally for guests to enjoy the peacefulness of the trail.

You may wish to make a general donation toward the Meditation Trail as well. General donations of any amount will help us purchase stones and walkway materials, perennial plants, statuary and signage. Donations may





be made on-line through our website at whitebarnhealingarts.org or a check or money order may be made payable to White Barn Healing Arts at 5180 Hayes Road, Ravenna, Ohio 44266.

Following is the information to sponsor an area:

- A complete sponsorship of a specific area of the Meditation Trail includes: seating provisions (bench or chairs); concrete statu-


ary, perennial plants, stones and base materials, and signage. The sponsorship fee of an area is \$650. Your area will have a sponsorship sign in appreciation of your support.

There are 8 individual areas available for sponsorships, each with a different theme and meditation practice.

You may either mail a check made payable to White Barn Healing Arts Center at 5180

Hayes Rd., Ravenna, or you may handle your sponsorship on-line through our website.

All donations are tax-deductible as permitted by law, as White Barn Healing Arts Center is a 501c3 non-profit organization.



“Life isn't about finding yourself. Life is about creating yourself.”

Blend your love of learning and your desire for personal growth into this unique monthly self-awareness series on Zoom...



Ancora Imparo

Translated in Italian: *“I Am Still Learning”*

Join us on the 4th Friday of Every Month from 6:30pm-8pm on Zoom!

\$25 — Register at www.whitebarnhealingarts.org/self-care-series

Topics for the monthly interactive mini-workshops include:

- Building Emotional Capacity
 - **Habit-Changing Strategies**
 - Guilt-less Self-Care
 - **Compassion Fatigue and Protecting the Empath**
 - Getting to Know Your Authentic Self
 - Cultivating Your Creativity
 - **Strengthening Your Intuition**
 - The Mindful Soul
 - **Manifesting Goals, Dreams, Desires**
 - Why Personal Growth is important for Spiritual Growth
 - Bringing Healing to Ourselves through Holistic Self-Care
 - **Cultivating Healthy Attitudes**
 - Releasing the Old Energy of the Past
 - **Discovering Peace in the Here and Now**
 - Growing a Spiritual Practice that Works for You
 - **Nurturing our Desire to Grow, to Learn, to Expand**
- 

www.whitebarnhealingarts.org



The phrase **“Ancora Im-
paro”** is a phrase
attributed to Michelan-
gelo, the great Renais-
sance painter.

**A year before Michel-
angelo died, he was
still working in St.
Peters’ Basilica in
Rome.**

As the story goes, an
observer supposedly
approached him and
asked him a question
that went something
like this: *“How did you
get to be such a genius
with your painting
skills?”* His answer, at
87 years old, was
“Ancora Imparo.”

Translated from Italian
to English, it means
“I am still learning.”

**Michelangelo was truly
wise, so truly enlight-
ened, in his under-
standing that we never
all there is to know
about anything.** Even is
we are considered a
“master” at our craft.
He did not let his ego

get in the way of his
mastery of his artistic
talents. He knew the
more he learned, the
greater his talents.

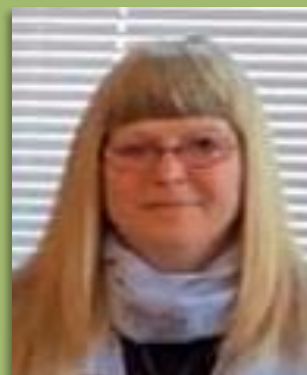
**He held a deep un-
derstanding that
there is always room,
even for a master
painter, to learn
more.**

So the White Barn
Ancora Imparo
monthly Personal and
Spiritual Growth se-
ries reflects this un-
derstanding as well.
In our journeys and
through the events
that happen in our
lives, there is so much
to learn, so much wis-
dom to gain, so much
to discover about
ourselves, and so
many opportunities
to embrace change
and challenge.

Please join us for one
of the upcoming
monthly sessions and
enjoy an interactive
learning experience!

*“I didn’t really know what to
expect going into this work-
shop, and I loved the way it
challenged me. I highly recom-
mend giving it a try if you are
working on any personal goals
and trying to make some
changes in your life.”*

Katie Costello



*“These workshops really give
me a lot of tools on how to
look at things. I especially like
getting the notes from the
class emailed to us afterward.
You can just be present in the
class and not have to worry
about writing anything down. I
can just enjoy the experience
and review the notes later.”*

Lori Luisi



*“I really enjoy the workshops
because the things we do in
class keep it interesting and
hold my attention. The time
just seems to go by so quickly
and there are so many new
things I take away. And this
might sound funny, but I enjoy
the “homework,” things we
can work on in our own time if
we choose to. I’m looking for-
ward to the next session.”*

Cindy Mishler



**“Life isn’t just about finding yourself.
Life is about creating yourself.”**

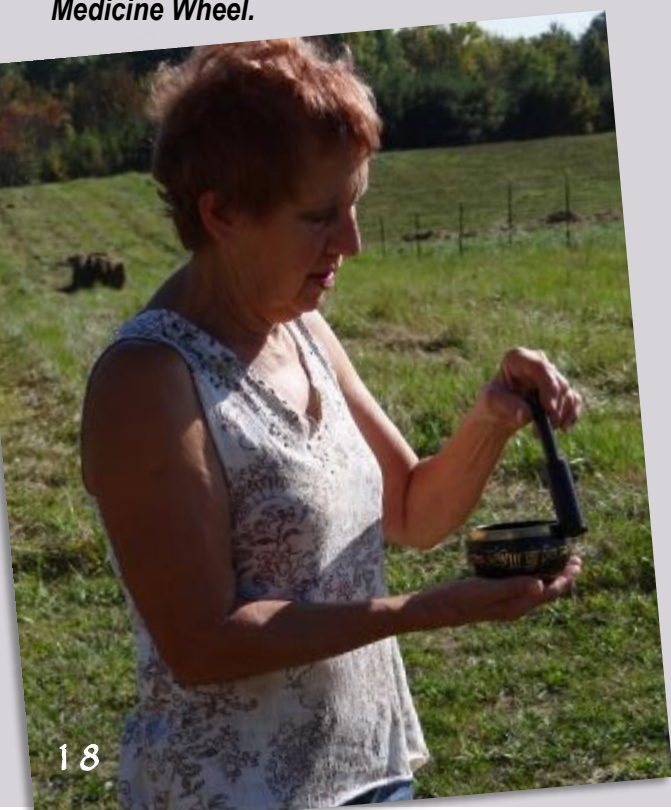
**That’s what this series is dedicated to,
helping us to create the best
version of ourselves possible.**

It’s about acquiring the wisdom, the
knowledge and collecting the tools we
need to make decisions, make changes,
and to create the life ahead of us with a
new perspective on what our life is about
and what it can become.

Volunteering Your Time



Above and top right: Volunteers caring for the Medicine Wheel: Donna Hradiski (left), Stephanie Adamov, and Aaron Uncaphor. Below left: Debbie Robinson volunteering to be photographed using a singing bowl on 'photo day.' We appreciate everyone in the photos who help to demonstrate the various activities that take place at White Barn. Below right: Kevin Bragg carefully moving the 350 lb. concrete bear into place in the Medicine Wheel.



There are often projects, chores, a wide variety of ways to help and an assortment of things that need done at White Barn Healing Arts Center.

If you'd like spending time outdoors in nature and enjoy physical activity, consider volunteering with us. If you're interested in helping out as a volunteer, send an email to annettebragg2016@yahoo.com and you'll receive volunteer info and alerts when we have volunteer days scheduled.

Outdoor volunteer work includes setting up the tipi, grounds work like mowing grass, weed-eating, cleaning the shelters of the rescued animals, setting up tents as needed, and setting out the displays for the concrete statuary for our seasonal fundraiser.





Have a special skill or talent? We always appreciate help with taking photographs at our classes and workshops and getting new pictures of the facilities; technical help with social media, mass emails, and Zoom classes; greeters and class co-hosts for our outdoor presentations and ceremonies; or caring for the flower beds if you have a green thumb.



Above: Lots of grass to mow for our field classes and workshops. Right: Beautiful photography provided royalty-free for us to use by amateur photographer Margaret Bayless. Below: Fun “work” setting up the tipi with Zach McMasters, Matthew Deese, and Aaron Uncaphor.



Inspiration from the Rescued Animals

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 Center 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, being assured they will be loved and cared for throughout the remainder of their life. They are here to inspire guests, to bring a sense of peace and hope to the facility of White Barn, 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. Sponsors will also be invited to one of several Sponsor Days at White Barn which will be held throughout the year so sponsors can visit the animals in person. You may give an animal sponsorship as a gift. Details of the animal's stories and additional info on their care is outlined on our website at www.whitebarnhealingarts.org/animal-sponsorships

(Right) Meredith the hen is an older soul who walks quietly around the yard and enjoys sleeping under the warmth of the heat lamps during our cold winter weather.



MEREDITH
\$7 Sponsorship



DOZER
\$15 Sponsorship

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

A Sioux Teaching



LEVI
\$25 Sponsorship

(Above) Dozer is our oldest pot belly pig resident at approximately 13 years old! To keep his arthritis in check, Doze is on Meloxicam and joint supplements daily. He was originally rescued from an abandonment situation in inner-city Cleveland.

(Above) Levi is a 23 year old Belgian Draft Horse Gelding who was retired from an Amish farm about five years ago due to having been diagnosed with ringbone in his front ankles. Levi is retired at White Barn and he enjoys leisurely naps in the sun.

DONATIONS

toward the care of the rescued animals **can be made at** www.whitebarnhealingarts.org/animal-sponsorships.

White Barn is a 501c3 non-profit organization.

Animal Sponsorships



TRUFFLES
\$15 Sponsorship



JILL
\$10 Sponsorship

SPREADING COMPASSION

Be kind. Teach others to be kind. Do no harm. These are the principles of healing we teach, as we learn to extend our circle of compassion outwards. Our collective goal in life should be to bring healing into our own personal lives, as well support healing for other people, animals and Mother Earth. This is partially done through conscious choices we make as consumers. It includes caring for our environment and the Earth on which we live, and addressing our responsibility to extend kindness and compassion to support the quality of life and well-being of all animals.

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 DUCK
\$10 Sponsorship

Bella Duck Needs a Swimming Pool!

Bella Duck was rescued this past winter when she and several domestic duck friends were discovered abandoned on a private lake. With no food, shelter, or access to water (the lake had frozen over), they were sitting prey for predators. Before they were rescued, one duck was attacked and killed by a predator, and it is surmised that Bella may have escaped the predator, as she has a crippled foot. It appears as though something may have grabbed her by the leg, but somehow she got free. So though Bella has limited use of her left foot, she doesn't let that stop her from living and loving life and enjoying her days exploring the property at White Barn. Being a duck, Bella would like a small plastic pool for summer—maybe a pink pool, like the one Mr. Peabody had claimed in the photo above right. They cost on average about \$20 depending on the size. If you'd like to sponsor a pool for Bella, a \$20 donation would cover her major need!



MOOLAN
\$25 Sponsorship



MR. PEABODY
\$15 Sponsorship



MARGO
\$7 Sponsorship



HOLLY
\$7 Sponsorship



The Way of the Ageless Wise Woman

with Mary Jane Brigger, Psychic/Medium

www.AgelessWiseWoman.com

mjb@agelesswisewoman.com

FB: [https://www.facebook.com/AgelessWiseWoman/
ref=page_internal](https://www.facebook.com/AgelessWiseWoman/?ref=page_internal)

I am now offering new Mini Soul and Mediumship Readings that are 20 minutes long for when you need a wee bit of guidance in your life.

For more information or to schedule a reading, go to my website:
<http://agelesswisewoman.com/mini-psychic-readings/>

Mary Jane Brigger is the founder of The Way of the Ageless Wise Woman located in West Salem, Ohio. She provides feminine sacred empowerment as a writer, psychic medium, Certified Body Story Expert, Reiki Master/Teacher, Death Midwife, with a BA in Healthcare Management from Ursuline College in Cleveland, Ohio.

WORKING WITH CRYSTALS...DID YOU KNOW THAT....

...back in history, Jade was recognized as a kidney healing stone, both in China and South America?

...Amethyst is a Greek word that means "not drunken", and this stone was used to create sobriety?

... Malachite was used in ancient Egypt for green eyeshadow?



In case you think you aren't someone who could possibly work with

crystals, then throw away your phone, computer and other electronics! **Quartz** crystals are used in most technology including medical equipment to emit and transfer energy. And have you ever heard of diamond saw blades?

Crystals are used in our daily lives for many purposes. Over centuries of use, different cultures

have discovered different healing properties attributed to crystals and stones. **If you enjoy the beauty of crystals, knowing their meaning and having them around, be sure**

to check out the crystals available through our new on-line store. New products are being added each week, so be sure to check back often! **BONUS:** There's a clearance section on-line where



**Visit the White Barn
Store On-Line
to find some great crystals
and more!**

<https://whitebarnhealingarts.org/store>

Seasonal Concrete Fundraiser

Last year to help get us through the pandemic and loss of income from not being able to hold large group activities, White Barn sold concrete statuary as a seasonal fundraiser.

We sold a *huge* amount of concrete last summer, and as we are grateful to each and every one of you who made a purchase and helped to support the work of White Barn.

This year we are simply continuing to sell the remaining inventory we had at the end of the season, but will not be taking any special orders.

A complete catalog of the items we have on hand will be on the website. You can shop on-line or make an appointment to stop by to shop in person.

There are some really unique pieces available. With spring right around the corner, now is the time to check them out for the best selection.

330-281-1387

whitebarnhealingarts.org



\$46



\$15



VW PLANTER!

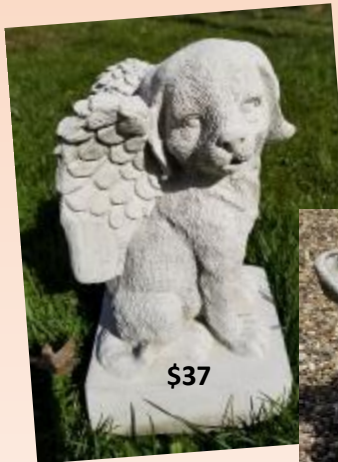
\$43



\$45

These are just a sample of our great selection!

Hundreds of pieces to choose from, including these two adorable bunny planters (above) just in time for Easter!



\$37



\$117

\$117



\$117



\$45



\$75



\$99



\$142



\$117



ELEPHANT PLANTER!

\$39



\$15

Seasonal Open Hours to Visit White Barn!

Stop by for a “Zen” Visit!

You are warmly invited to visit White Barn Healing Arts Center during our open visitation hours this season, and enjoy a “Zen” visit!

Needs some space? You may want to sit and have some



quiet time in the Medicine Wheel for some peace and quiet.

Find yourself too much in your head? Get grounded with nature! The new Meditation Trail provides plenty of shade and solitude to help clear your mind, calm your

thoughts, and re-energize.

Simply want to take a breath and reflect or meditate? Enjoy being inside the peaceful energy of the tipi.

Experience the practice of “ZaZen.” I sit. I watch.

Spending time visiting with, or even simply observing, the rescued animals is sure to be a calming and relaxing experience. There are many places where you can practice ZaZen while observing the horse, the cow, the pigs, the chickens, the duck and the turkey. Observe. Breathe. Be calm.



The flower gardens help us to appreciate the beauty of nature, the butterflies, the bird feeders, and all the peace that accompanies the colorful flower beds. Having gratitude raises our vibrations and energy levels!

And you can even have fun **wandering through the outdoor store**, checking out the statuary that we sell as our seasonal fundraiser. There



will also be other meditation items available as well, like sage sticks, palo santo, Florida Water, and more.

While there is no charge for visiting during open visitation hours, donations are very much appreciated.

Open hours will vary and will be posted on our website each week. The reason for this is that we often have classes, workshops, or ceremonies scheduled, and every week of the season brings new teaching opportunities.

You can check our website to see what hours we are open during the week you'd like to visit.



<https://whitebarnhealingarts.org/open-visiting-hours>

Massage and Yoga Healing Arts

Join us for on-line
Zoom Yoga Classes!

Visit us on FB at

[https://www.facebook.com/
Massage-and-Yoga-Healing-
Arts-226734017342837/](https://www.facebook.com/Massage-and-Yoga-Healing-Arts-226734017342837/)

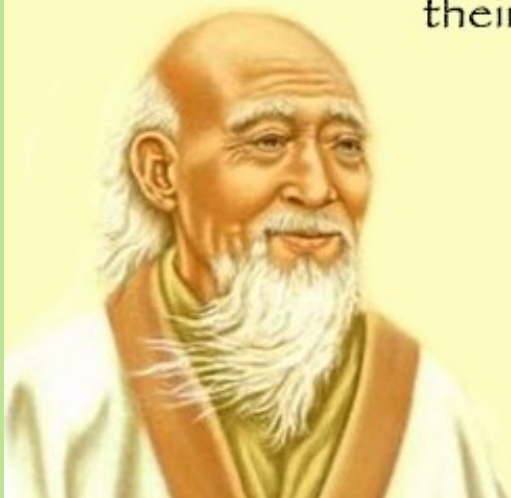
Or email

zaydayoga@gmail.com

3250 W Market St Fairlawn, OH 44333

Care about what other people think
and you will always be
their prisoner.

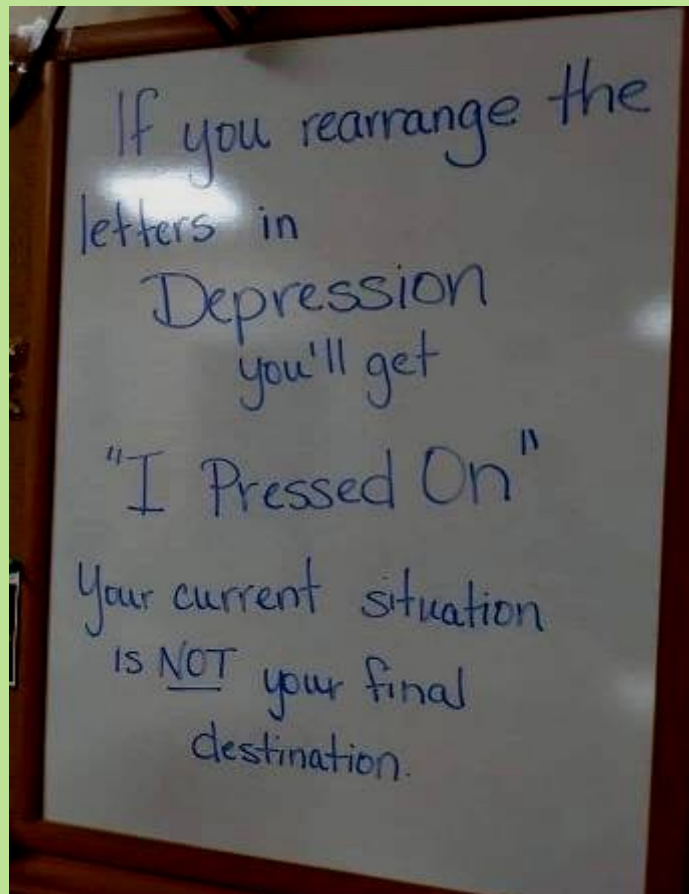
- Lao Tzu



*"Be not afraid of growing slowly.
Be afraid only of standing still."*

- Chinese Proverb

If you rearrange the
letters in
Depression
you'll get
"I Pressed On"
Your current situation
is NOT your final
destination.



SEASONAL MONTHLY CEREMONIES

Ceremonies and celebrations are a huge part of our culture, from weddings, baptisms and memorial services to confirmations, first communions, bar mitzvahs, and graduations.

The ceremonies presented at White Barn are a beautiful multi-cultural blend of ancient history and traditions complimented with new "traditions" honoring our present time, all designed to help us navigate life's milestones.

From May through October monthly ceremonies will be held at White Barn facilities, and anyone is welcome to attend. (See registration info below.)

Depending on the number of guests, the ceremonies will either be held in the tipi, in the Medicine Wheel, or in the field between the two.

While these ceremonies are supportive and beneficial for anyone on the journey of personal and spiritual growth, they do complement the teachings of each monthly 'Walking the Red Road' Zoom workshop for those in recovery.

REGISTRATION

Pre-registration is required to attend. You may register for the ceremonies at <https://whitebarnhealingarts.org/monthly-ceremonies>
Fees vary.

SEASONAL CEREMONY SCHEDULE

MAY 22nd (Sat.)

Spirit Arrow Ceremony

(To release that which no longer serves us, including old thought patterns, old habits, negative emotions, old belief systems)

JUNE 19th (Sat.)

Walking Out Ceremony

(Walking out into a new way of being and living, beginning anew, and symbolically moving forward)

JULY 17th (Sat.)

Ayne Despacho Ceremony

(To achieve balance in our lives, to ask for healing, to expand our sense of community, and start to set ego aside)

AUGUST 21st (Sat.)

Pachamama Ceremony and Weaving the Web

Medicine (Discovering a new sense of our path and purpose, belonging and our role in our community, a new understanding of how *all* things in creation are connected)

SEPTEMBER 18th (Sat.)

Ancestor Ceremony

(Honoring and respecting those of family and friends who have passed, and tapping into the ancient wisdom and knowledge available

to us as we honor our loved ones in world of Spirit)

OCTOBER 16th (Sat.)

Blessing of the 4 Winds with

the Red Thread Ceremony (Honoring the 4 directions and the lessons they share, and acknowledging our journey of becoming an elder)

Ceremonies appropriate for ages 18 and over. Ages 15 to 17 welcomed if accompanied by parent or guardian.





The Creator gathers all the animals and says:

“I want to hide something from humans until they are ready for it.

And it’s the realization that they create their own reality.”

“Give it to me. I’ll fly it to the moon,” says the Eagle.

“No, one day soon they will go there and find it.”

“How about the bottom of the ocean?” asks the salmon.

“No, they will find it there too.”

“I will bury it in the great plains,” says the buffalo.

“They will soon dig and find it there.”

“Put it inside them,” says the wise grandmother mole.

“Done,” says the Creator. “It is the last place they will look.”

Native American Parable