

# White Barn Healing Arts Summer Newsletter

## ZA-ZEN

July 2021

whitebarnhealingarts.org





White Barn Appreciates Support from our Friends at the Canine Campus.  
If you have a dog in your family, check them out—*they are amazing!*


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Hubbard

[www.TheCanineCampusTraining.com](http://www.TheCanineCampusTraining.com)

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

*Dear Friends,*

I truly hope to see you this summer at one of our many classes, workshops, programs or events being offered during our outdoor season here at White Barn.

With summer just beginning, we are gearing up for as many outdoor activities as possible as we navigate our schedule around the weather. Our seasonal outdoor events are offered through the end of October.

Pop-Up classes are posted weekly on our website, with last-minute programs being added when we know we'll have a nice day of cooperative weather. If you'd like to get our weekly schedule via email, simply sign up through our website at [www.whitebarn heal-](http://www.whitebarnheal-)



[ingarts.org](http://ingarts.org) and scroll down to "subscribe."

Let us know if you enjoy our quarter newsletters, which are new this year! We are trying to include some useful educational material, highlight upcoming events, show support for our donors, and help to build community.

Haven't been out to White Barn for a visit? Make it a goal this summer to join us for at least one thing! I always encourage guests to bring a friend and share the experience!

With light and love,

*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 give yourself the gift of some "Zen" time. Just sit. Just watch. Just breathe. If you live where there's not much quiet time, come out to White Barn for one our weekly "Zen Visits", where we simply offer you some quiet and personal space —the peaceful energy of sitting in the tipi, some personal time of reflection or prayer in the Medicine Wheel, or the calming environment along the Meditation Trail to clear the cobwebs and clutter from your mind. Connect with nature. Simply watch the chickens, duck, turkey, horse, cow or pigs. Allow yourself to begin to understand and experience...Za-Zen.*

*A big warm **THANK YOU** goes out to one of White Barn's simply amazing volunteers, **Margaret Bayless**, a retired CPA. She not only oversees our books and spreadsheets, but she has also given us access and permission to use her stunning nature photos from her adventurous trips. Her photos look professional as well as very "Za-Zen!" **Thanks Margaret!***





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



# Adam August Realty

(330) 325-9450

4116 August Dr., Rootstown, OH 44272

[www.adamaugust.com](http://www.adamaugust.com)



## History

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.

## 10 REASONS TO CONSIDER ADAM AUGUST REALTY

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3. Provide our clients the tools to make important decisions without guessing.
4. Delivering value not empty promises.
5. Open communication-keeping our clients in the loop at all times.
6. Practices fiduciary responsibility.
7. Accompanies all of our clients in their closing.
8. Everything in a real estate contract is negotiable.
9. Everything is in writing. The attorneys love hearsay.
10. Time is of the essence and we won't take up your time if we can't reach your goals.



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# Meet *Franklin!*

**While you don't normally think of turkeys as being friendly and social, Franklin is definitely both.** As our newest animal resident at White Barn, Franklin has made himself at home, coming into the tipi to join ceremony, walking into the Medicine Wheel for meditation, and accompanying guests as they walk over to the new Meditation Trail. Franklin was in need of being re-homed, and it can be quite difficult to find a caring home for an adult male turkey. As a safe place that promotes a vegan lifestyle and compassion for all living beings, his former owners knew he would be safe at White Barn.

**Franklin's breed of turkey is known as a Royal Palm, which is considered a decorative ornamental bird.** They are known for their unique appearance, mainly white with bands of metallic black.

**Be sure to stop and visit with Franklin when you come out to join in a class or workshop.** Chances are he just may invite himself into your class as well!



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# Ohio Lawmakers Legalize Fireworks — *Completely Disregarding the Devastating Effect Already Imposed on Animals and Pet Owners*

**Inconsiderate neighbors setting off loud and sky-high fireworks sent the horses into a frenzy, running several through a fence.** One ran so fast trying to get away from the she fell going down the hill and cut her chest completely open on the edge of a rock.

**Dog owners often have to give their frightened pets a sedative over the 4th of July** to keep them from shaking and trembling in fear from the overwhelming fireworks going off.

**One barn owner spent the night outside their barn holding a hose** as they were unable to stop careless neighbors from sending rockets up into the air that were landing on their barn filled to the top with dry hay and straw.

There isn't enough space in this magazine to hold all the horrific stories of pain, suffering, torture, and devastation caused by fireworks every 4th of July. **And now to add insult to injury, Ohio is considering making consumer fireworks legal.**

***"We might be able to keep it from being law if we can get enough people showing how it affects animals,"*** stated Shelley Brittenbucher, co-founder of Shangri-La Farm Sanctuary located in Creston.

Humane Society of the United States representative, Corey Roscoe, said the bill died last year and was brought back this session. During a public testimony hearing the bill was amended to limit the days in which backyard fireworks will be permitted to be discharged. HSUS submitted testimony with concerns about the negative impact on pets.

**However, the "limited day" listed posted allows a ton of days, including:**

- Jan. 1st
- Chinese New Year's Day
- The 5th day of May
- The last Mon. in May, and the Sat. and Sun. immediately preceding that day

- The 19th of June
- The 3rd, 4th and 5th days of July, and the 1st Fri., Sat. and Sun. before *and* after the 4rth of July
- The 1st Mon. of September and the Sat. and Sun. immediately preceding that day
- Diwali
- The 31st day December.
- Legal holidays as defined in the section 1.14 of the Revised Ohio

**AND**, the owner of Phantom Fireworks sent an email to their customers asking them to send an email to Gov. DeWine to encourage him to sign the bill and change Ohio's fireworks laws. **How is this considerate of neighbors, animals, pets, farms with barns full of hay, straw and livestock, families with small children, and people caring for the elderly? Where is compassion for *all* living beings?**

**Please contact  
Governor DeWine  
before Sat., July 10<sup>th</sup> to  
VETO Sub. SB 113  
when it comes  
to his desk!**

**Mike.DeWine@governor.ohio.gov**

**And you can also speak to your local council leaders and ask them to pass a local ordinance prohibiting fireworks if the state bill becomes law and to consider supporting low-noise firework displays.**



# 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 stiffness of the head or neck? Try**

### **Wan Gu (Wrist Bone Point)**

Acupressure Point SI-4 is located on the outside of the palm, in the depression between the 5th metacarpal bone and the hamate bone. It is said to relieve pain and/or stiffness of the head and neck, the shoulders, arms, hands and wrists, and treats weakness to hold things in your hand. It clears heat and reduces swelling. Place gentle pressure here, or apply a gentle circular massage, to stimulate this acupressure point. Let pain be your guide—never force pressure to the point of pain.

# 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.



**Seeking pain relief? Try the**

### **Vayu Mudra**

Place the tip of the index finger at the base of the thumb. Gently press the thumb over the index finger. Hold this mudra for anywhere from 2 to 15 minutes. It is known to help with joint, back, arthritis and knee pain. It also helps if you feel anxious all the time or if you become easily nervous. It has a calming and soothing effect. It promotes a peaceful sleep and reduces insomnia. Hold this mudra with both hands. If you gently close your eyes, you can often feel the energy more easily as it flows through your hands, fingers and body.



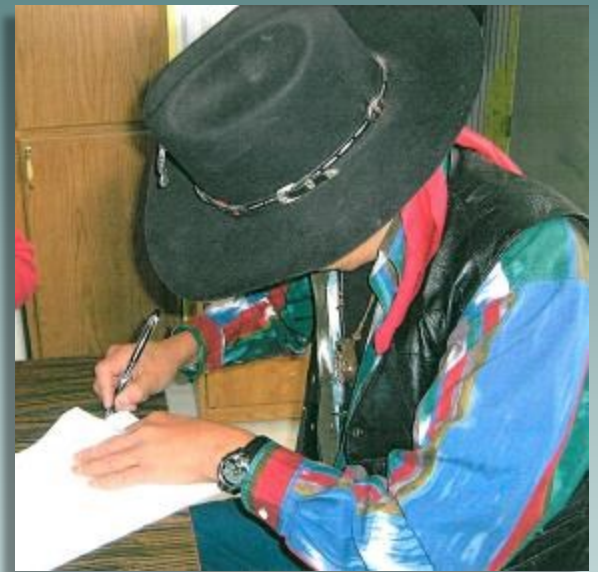
## OKLEVUEHA NATIVE AMERICAN CHURCH

**Oklevueha Native American Church (ONAC) welcomes people of all races, nationalities, religions, and lifestyles, without prejudice. The belief is that ancient ways need to be preserved, honored, and understood. Science and technology move us further into our technology-driven world, but moving forward without a spiritual center leads to destruction.**

***Oklevueha is pronounced AWK-LE-VAH (only three syllables)***

The practice of Indigenous Native American Indigenous Religion was formalized with the creation and incorporation of the Native American Church in 1918. **The Lakota Sioux and Seminole Religious Cultures merged their two Indigenous American Native Religious Cultures; earth based healing and empowering spiritual traditions, December 17, 2007.** The original agreement named this merging of American Native spiritual traditions, Oklevueha Lakota Sioux Native American Church, predominately known as **Oklevueha Native American Church**.

**MISSION:** To enlighten, encourage, and empower the spirituality and somatic benefits of the sacred, earth-based healing traditions and ceremonies of those indigenous to North and South America for the benefit of all indigenous to our Mother Earth. **The merging of these two spiritual traditions honors the courageous heritage of the Oglala and Lakota Sioux Nation, and the Oklevueha Band of Seminole Indians.** This merging brought about the availability of these two indigenous spiritual traditions to the public as one.



***Richard "He Who Has the Foundation" Swallow, signing the document uniting the two tribes.***

<https://nativeamericanchurches.org/>



# What's Your "Trigger" Color This Week?

**Wouldn't it be amazing if there were certain things that you would see in your daily life that would immediately "trigger" a calm, peaceful, relaxing response within you?**

*Try out this exercise and see if it works for you!*

Find a quiet place where you can sit comfortably and close your eyes. Turn your head to the left and imagine you are looking at a Rainbow. Gently move your head up as you follow your imaginary Rainbow with your eyes, moving your head all the way to your left as you look to see where the Rainbow ends. Reverse this now and slowly follow your Rainbow up and to the left as you visualize all it's beauty, it's colors, it's energy, it's form. Continue to do this slowly and gently, and set your intention that one of these beautiful colors will start to get bigger and brighter and really grab your attention. Each time you follow the Rainbow with your eyes and with each movement of your head, this color will just really stand out and call to you. When you are comfortable knowing which color is growing and glowing, bring your head back to center, and with a nice deep breath, gently open your eyes.

**This will be your "trigger" color for the following week. Each time you see this color, let it remind you to slow down, to take a breath, to relax, to smile, and to have a wonderful sense of deep inner peace.**

You may see this color on a house, on a car, the color of someone's shirt, purse or even the color of their hair. Whenever you see this color, let it bring you serenity and calmness.

***You will likely even find yourself seeking out this color, or noticing it when you need it the most!***



IN JAPAN, BROKEN OBJECTS  
are OFTEN REPAIRED WITH  
GOLD. THE FLAW is SEEN  
as A UNIQUE PIECE OF the  
OBJECT'S HISTORY, WHICH  
ADDS TO its BEAUTY.

CONSIDER THIS  
WHEN YOU FEEL BROKEN.

TheRandomVibez.COM

## Bodhisattva Prayer for Humanity

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

# *The Fallen Branch Ranch*

thefallenbranchranch.com

## *OUR STORY*

**mish26@neo.rr.com**

**330-671-9271**



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.





# "Pop-Up" Classes

## ***So what are Pop-Up Classes?***

Living here in Northeast Ohio we have rather unpredictable weather, and sometimes the extended weather forecast is less than reliable.

**Each week, depending on pre-scheduled activities and the cooperation of the weather, we will announce "Pop-Up" classes, workshops, presentations, and special events for the current week through our website, FB page, and in our mass emails.**

So that you don't miss out on something fun, educational, interesting, unique, healing, relaxing or peaceful, be sure to check our website and FB weekly. **Or** you can send us your email address and we'll send

you a weekly schedule so you know what's going on. You can either simply email Annette at [annettebragg2016@yahoo.com](mailto:annettebragg2016@yahoo.com) with your email address, or you can sign up through our website at [www.whitebarnhealingarts.org](http://www.whitebarnhealingarts.org) and scroll down the home page to "Subscribe."

**Our Pop-Up Classes can be anything** from a Sampler Class of de-stressing methods held in the tipi (like the one on Thurs., June 24th), a tour of the Medicine Wheel and how to work with the 4 Directions for healing and guidance, a Water Color Meditation Class, Reiki Workshops, Native American Drumming, and so much more!





# FOCUS RESCUE and REHABILITATION

[www.focusrescueandrehab.org](http://www.focusrescueandrehab.org)

**330-212-8754**

**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

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# Discover *Weekly* Stress-Relief Practices on *Zoom*!

## Top 10 Reasons to Join Us Weekly on Zoom for Stress-Relief Practices

1. We send you detailed class notes after the class on everything you learned. *Who does that?*
2. It's on a different evening each week so you don't have to have a rigid schedule or be stuck being committed to the same night all the time.
3. You can sign up for one class, but if you sign up for the month you get one week free.
4. You learn SO much and such a variety of stress-relief practices —there will be at least one thing out of every class that speaks to you!
5. You can join with video on or off, and if you're new to Zoom, it's easy to sign on.
6. It's experiential—you don't sit and take notes. You *DO* all the practices!
7. The hour goes by very quickly—giving yourself one hour a week to “take care of you” really isn't a lot of time.
8. You can rate the effectiveness of lessons as you go by rating your stress level before, during and after. Find out for sure what works!
9. It's actually fun learning all the different techniques and practices that are holistic, safe and easy to put into daily practice.
10. You're worth it. It's a whole \$12 for a session. You spend more than that on fast food and gas station snacks!

***A Rich Variety of  
Meditation Techniques —  
Something for Everyone***

***Acupressure Points for both  
Physical Pain and Stress Relief***

***Mudras for Relaxation,  
Patience, Reducing Anger,  
and Letting Go***

***Guided Imagery Practices  
for Clearing Clutter***

***Reflection Parables for  
Redirecting Our Thoughts***

***Reflexology Points for  
Emotional Upset or  
Overwhelm***

**Get the Weekly Zoom Schedule at  
[whitebarnhealingarts.org/weekly-meditations](http://whitebarnhealingarts.org/weekly-meditations)**

# 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. We respectfully ask that you register **ONLY** if you are certain you can attend.)

Depending on the number of guests and the type of ceremony, the gathering will either be held in the tipi, the Medicine Wheel, or in the field.

These ceremonies are supportive for anyone on the journey of personal and spiritual growth.

## REGISTRATION

**Pre-registration is required to attend, as this allows us to plan for materials needed, give-a-ways, supplies for the ceremony, and to make arrangements for space and parking.**

You may register for the ceremonies at <https://whitebarnhealingarts.org/monthly-ceremonies>

**COST:** This year our seasonal ceremonies are presented by donation at the event. White Barn is a 501c3 non-profit charitable organization. We appreciate your generosity which enables us to offer our programs, services, workshops and ceremonies by donation so guests from all walks of life can participate regardless of their ability to pay the full amount. Ceremonies are typically based on a \$25 to \$35 donation per person. We operate on an all-volunteer basis and have no paid staff. We put a great deal of time, effort, and materials into each and every presentation, workshop, class and ceremony to make each event the best possible experience for our guests.



## CEREMONIES COMING UP

### **JULY 17<sup>th</sup> (Sat.)**

**Ayne Despacho Ceremony** (To achieve balance and healing in our lives, to set specific intentions into the mandala as a living prayer, to expand our sense of community and start to set ego aside)

### **AUGUST 21<sup>st</sup> (Sat.)**

**Pachamama Ceremony and Weaving the Web Medicine** (Discovering a new and clear sense of our path and purpose, creating a feeling of belonging and our role in our community, a new understanding of how *all* things in creation are connected, and learning to support each other on our journeys)

### **SEPTEMBER 18<sup>th</sup> (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 the world of Spirit—bringing a food dish honoring our ancestors is part of the ceremony—not to be eaten by people, but to be distributed into nature and shared with the animals)

### **OCTOBER 16<sup>th</sup> (Sat.)**

**Blessing of the 4 Winds with the Red Thread Ceremony** (Honoring the 4 directions and understanding the lessons, teachings and healing energy 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.*



# SAT., JULY 17<sup>th</sup> CEREMONY

## The Anyi Despacho Ceremony

*Bringing Balance and Healing into our Lives*

**The word Anyi means balance.** When people are imbalanced, the world reacts to this and becomes imbalanced as well. The creation of an "Anyi Despacho" is creating a beautiful, large Mandala where guests gather sacred "ingredients" and place them upon a white cloth that acts as a wrapping for the gift to Pachamama, or Mother Earth.

*The intention of this ritual is to bring the individual and the community into a place of harmony, union and balance with the natural world. Each ingredient is given breath, prayers and healing, and the ceremony becomes a living prayer.*

It is about gratitude, about reciprocity, about

ers. **Apples** represent our sense of family.

**Sugar and sweets** bring sweetness and love to the prayers. **Cornmeal** represents gratitude for our many blessings. **Feathers** represent our ability to rise above life's challenges and difficulties.

**Flowers** represent healing taking place. **Oranges** represent our self-worth, self-confidence, and self-esteem. And so forth.



**Pre-Registration Required. PLEASE ONLY REGISTER IF YOU ARE CERTAIN YOU CAN ATTEND!**

**FEE:** Donations appreciate at the door.

**REGISTER AT:** <https://whitebarnhealingarts.org/monthly-ceremonies>



giving back and coming into right relationship with everything and everyone in our lives.

Our energy can become unbalanced if we hold on to anger, resentment, bitterness, unforgiveness, jealousy, and other negative emotions that we carry with us from past circumstances.

Upon registering you will be sent a list and asked to bring one (or more) ingredients to share when creating the mandala, or prayer for the Earth.

For example, **bay leaves** are used to hold pray-

*The Anyi Despacho Ceremony is a centuries-old sacred ceremony that is very beautiful and very powerful. It originated in the Peruvian Culture—in Inca times—with the Quero people. It was led by the high shaman—known as the "Wisdom Keepers."*





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Selenite Charging Plates (round \$12, square \$9)  
Small Chakra Balancing Pyramid \$15  
Orange Selenite Heart \$4  
Selenite Points 7\$

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Blue Goldstone \$6  
African Turquoise \$6  
Mookaite \$6  
Amethyst \$8  
Fluorite \$6  
Smoky Quartz \$7  
Amazonite \$6  
Obsidian \$6

Assorted crystals and bracelets.

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products infused with  
Reiki and Essential Oils



**Syx Sense Healing**  
Products by Jessica Syx



[syxsensehealing@gmail.com](mailto:syxsensehealing@gmail.com)

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



# Concrete Yard Décor Fundraiser Draws to a Close!

## 25% Off All Remaining Yard Decor

About 30 pieces left to choose from—not  
all shown here. Call today to stop by!



Call for an Appointment  
**330-281-1387**



*All inventory will be  
cleared out and the fundraiser  
closed by July 31<sup>st</sup> or  
earlier if sold out.*



# Beautifying the New Meditation Trail

## Sponsorship Opportunities

**The Meditation Trail is a new concept created this year for guests to enjoy.** For so many people, the opportunity to find a quiet space, some personal “me” time, a safe environment for prayer, reflection or meditation, just isn’t readily available. Sure you can go to a public park or hiking trail, but you just never who’s in your surrounding area to feel safe enough to sit back, close your eyes, and really quiet your mind or clear your thoughts.

There is about a 900’ strip of woods along the West side of the property at White Barn, which now is home to the new Meditation Trail. It’s a nice, easy-to-walk, path that winds through the shade of the trees. There are areas every so often that provide a quite and comfortable place to sit and relax. These areas include benches or chairs, statues, plants, and a small sign that suggests something to reflect on or to think about—things that help promote a deep inner peace and reduce stress.

It’s safe. It’s very pretty. It’s peaceful. It’s there for anyone to enjoy (no cost) when you come out for Zen Times, classes, presentations or workshops.

It is our goal to help add to the beauty that you can experience in your life. As the trail evolves, we are adding sturdy metal benches, beautiful statuary, Japanese lanterns, shade-loving perennials, and colorful rock.

This peaceful area is made possible through donations.

If you would like to consider a sponsorship to support the continued progress on the trail, here is a list of items we are adding:



- **Black Metal Bench** (\$50 — Brand New—We got a deal from a private owner on Marketplace!)



- **10 Japanese Printed Lanterns** (\$36.07—There are 5 different prints, and we’ve got 2 of each print)

- **Red Lava Rock** at each Bench or Chair (12 bags @ \$4.12 per bag is \$49.44 per area—we get a discount when we buy in



bulk. And there are currently 8 areas.)



- **Signs at Each Sitting Area** (Total of \$75 )



- **2 Metal Benches** to Replace the Chairs (\$134 per bench. This is a typical price for a black metal bench. We’ll continue to keep a look-out though for used metal benches!)





- **3' Tall Buddha Statue** (\$100—The Buddha always represents peace and calm. He just arrived and will find a place of honor along the trail.)



- **The New Bridge** (\$135 An area on the trail turns into a small stream when it rains. To cross this area safely, we purchased the materials to make the bridge. The cost here is for materials only. Labor/stain was donated.)



- **Butterfly Bench** (\$77 Butterflies represent transformation and growth. This beautiful bench should arrive soon and will grace the Meditation Trail this year, and possibly a new butterfly garden next year!)



- **Solar-Powered Lanterns**—2 for \$29.99 (To put one at each seating area we would need a total of 8 lanterns, or 4 boxes, as they have 2 per box)

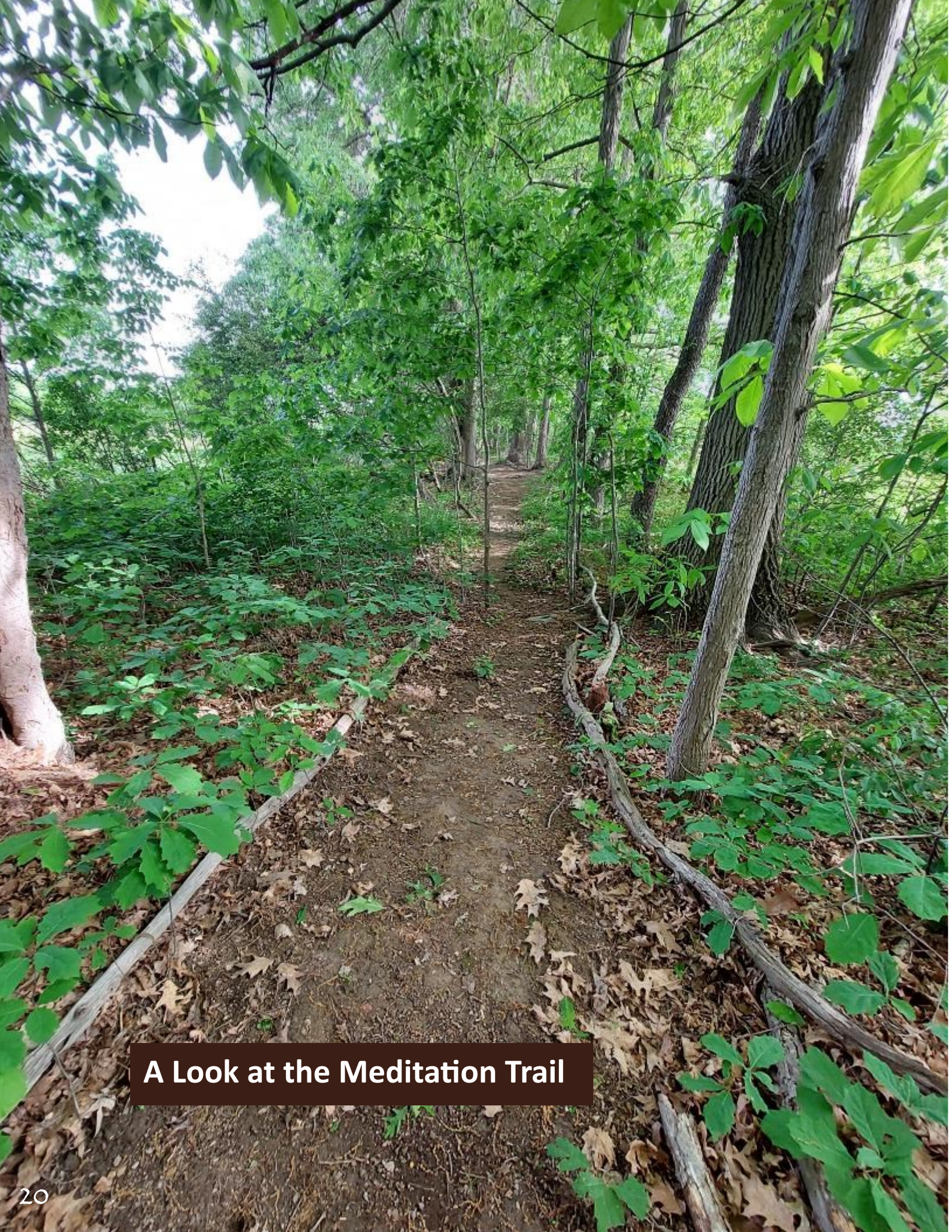
If you would like to support our efforts of creating the beauty of the Meditation Trail, you may wish to make a donation on-line on our website at [www.whitebarnhealingarts.org](http://www.whitebarnhealingarts.org) on the home page and just scroll down to Donation (send us an email of what item you would like to sponsor) or checks can be sent to and made payable to White Barn Healing Arts Center, 5180 Hayes Rd., Ravenna, Oh 44266.

*Donations are tax-deductible as permitted by law.*

- **Angel Statue** (\$117 The angel was stained at no cost. She holds a bowl, usually filled with rain water, for the birds, chipmunks and other creatures that live in the woods. )







**A Look at the Meditation Trail**





Some areas have a view of the pasture.



Signage and flowers welcome guests.



Prayer ties are often tied to tree limbs.



Benches are placed at each station.





*Shangri-La Farm Sanctuary*  
Creston, Ohio



We rescue abused, neglected and homeless farm animals, and strive to make their lives filled with love and compassion.

(216) 832-2515

shangrilafarmsanctuary7@gmail.com  
A 501c3 non-profit organization.



## Tibetan Wind Horse Prayer

*As Wind carries our prayers for Earth and All Life,  
may respect and love light our way.*

*May our hearts be filled with compassion for others and for ourselves.*

*May peace increase on Earth. May it begin with me.*

- Tibetan prayer flag is 'Lung ta', meaning 'Wind Horse'



# Reiki I Beginner Workshop

## Sat., July 31<sup>st</sup>

If you have ever thought of learning and becoming certified in Reiki, whether it's for your own personal health and wellness, to help those in your family, to help other people, or to be able to work with your pets, here is your opportunity to become certified as a Reiki I practitioner through White Barn Healing Arts Center.

**WHEN:** Sat., July 31<sup>st</sup> from 9:30am to 6pm (full day workshop)

**WHERE:** White Barn Healing Arts Center Meditation Room

**DETAILS:** Included in the workshop is all class materials, workbook, materials and supplies, take-home gifts, and a light vegan lunch

**CLASS SIZE LIMITED:** This class will be limited to 8 guests.

**CERTIFICATION:** You will receive certification as a Reiki I Practitioner through the traditional spiritual teaching and lineage of Milkao Usui.

**TEACHER:** Annette Bragg, Reiki Master/Teacher

### ***What is Reiki?***

- **Reiki (pronounced "ray-key") is a hands-on healing method that originated in Japan.**
- The word Reiki means "universal life energy".
- Reiki is a non-invasive, complimentary and alternative Japanese energy healing practice for stress reduction, relaxation and overall health and well-being.
- 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 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 are often more easily affected by stress and less resistant to illness.
- Reiki is a safe complement to conventional Western medicine and all other forms of healing. It does not take the place of Western medicine but is part of the whole.
- Reiki is a simple, natural, and safe method of energy healing that anyone can use. It works to relieve side effects and promote recovery.
- Reiki is a simple technique to learn. The ability to work with Reiki is transferred to the student during a Reiki class through an "attunement" given by the Reiki Master. This helps the student tap into an unlimited supply of "life force energy" to improve one's health and enhance the quality of life.
- Reiki is not a religion. It is not affiliated with Christianity, Buddhism, or any type of religious belief. It honors each person's personal belief system.
- Reiki is a very natural way to ease physical, mental or emotional pain and stress.
- 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.

### **Reiki Can Be Used...**

- For mental/emotional support
- To help animals and plants
- To heal families in crises
- For a greater spiritual connection
- To help fulfill your path and purpose
- For distance healing
- To overcome abuse
- To bring peace to events
- For physical healing
- To find lost items
- For lessening PTSD



**Interested in the Workshop? Contact Annette at [annettebragg2016@yahoo.com](mailto:annettebragg2016@yahoo.com) or text her at 330-281-1387**



[www.equi-steps.com](http://www.equi-steps.com)

330-507-5172

[EquiSteps@gmail.com](mailto:EquiSteps@gmail.com)



## EQUI-STEPS...

Is a local Riding Stable offering unique and engaging programs incorporating experiential learning through animal interaction. **Our programs include:** Equine Assisted Learning (EAL), horsemanship and riding lessons, on site leases, training, field trips and educational programs, events, youth camps, corporate team building events, women's empowerment programs and so much more. **Equi-steps facilitates one of the top rated Equine Assisted Learning programs in the world.** We are thrilled to bring this program to Portage County. Equi-Steps is convenient to Akron, Canton, Youngstown, Cleveland, Ravenna, Cuyahoga Falls, Stow, Hudson, Kent, Streetsboro, and surrounding areas of Northeast Ohio.

**EAL is a rapidly growing field that is well researched, documented, and scientifically proven.** Equi-steps offers EAL programs for individuals and groups including but not limited to those impacted by PTSD, Depression/Anxiety, ASD, bullying, grief, health issues, significant life change, family challenges, as well as positive team building workshops for corporations, families, couples and sports teams.

**All programs are tailored to meet the individual needs of the client.**

***Karen Downie is a Certified Life Coach, and also offers Life Coaching Services.***

Contact us today for more information and to schedule your first session!

4923 Hattrick Road, Ravenna, Ohio 44266





## CONGRATULATIONS to 3 New Reiki Masters!

It is our honor to present to the world three amazing new Reiki Master/Teachers as of Sat., June 27<sup>th</sup> from White Barn Healing Arts: **KRISTINA DRAKE** (2nd from left), **JESSICA SYX** (3rd from left) and **LAUREN BAKER** (4th from left). Between Friday and Saturday they put in a total of 11 hours of dedication to learning, practicing, meditating, and receiving attunements. In the Reiki workshops taught at White Barn, we in-

clude teaching other healing modalities in our classes as well as Reiki to provide the students a well-rounded understanding of energy work as a whole and how to layer practices together for the optimum healing for all those they work with. **And a VERY special THANK YOU goes out to volunteers who worked together with the students to provide them with helpful and supportive feedback: CINDY MISHLER**, Reiki Master (left),

**MELANIE MILLS**, Reiki Master and owner of Randolph Massage and Wellness Center (2nd from right), and **PAM KAVALI**, Reiki Level II Practitioner (far right). The love, compassion and light that shines out from this group of amazing, talented and gifted women definitely brings peace and healing to all who come across their paths! ***What an incredible experience of caring mentors supporting students!***



# Hoop Meditation

**At times it can be challenging to say the least to live fully in our present moment.**

What do we mean by that? When's the last time you found yourself listening to someone who was going on and on about something, and in your mind you were going over all the places you had to stop on your way home—the grocery store to get bread, the gas station to fill your tank, your sister's to drop off that present, and then the dry cleaners to grab your suit. You politely nodded and mumbled mmm-hmm while the talker continued to go into great detail with their story. **You were not even on the same planet, let alone in the same room.** And by doing this, how often do we miss out on things, events, opportunities, and experiences, when we live more in our head than we do in the present?

**Here's a good exercise to help you focus on your present moment.** Get a hoop—it can be a hula hoop, an embroidery hoop, or if you can't find a hoop, simply use both hands to form an open circle. Look through the hoop or the circle you formed with your hands and take 4 minutes to do nothing other than to observe everything inside that hoop or circle. Look at the detail, the colors, the texture, the surfaces. *Do you see movement? Do you see shadows?* Look at this center as though you were going to memorize it and explain what you saw to a courtroom. It's hard to let your mind float away when you give it something to anchor on in your present moment. The next time you find yourself drifting away from your work, from a conversation, from a project your working on, or something that requires your full attention, try looking at the detail of what's in front of you. The color and texture of that person's sweater, the colors of items on your desk, or the pattern of the wood grain on the floor tiles. Find something to anchor your mind and thoughts in your present moment. You'll have plenty of time later in the day to attend to your to-do list!

## Buddhist Prayer

We reverently pray for eternal harmony in the universe.

May the  
weather be  
seasonable,  
may the  
harvest be  
fruitful,  
may countries  
exist in  
harmony,

and may *all* people enjoy happiness.



## Something to Think About...

### The Journey

BETWEEN WHO YOU ONCE  
WERE AND WHO YOU ARE  
NOW BECOMING, IS WHERE  
THE DANCE OF LIFE  
REALLY TAKES PLACE.



# Now In-Stock: Sage, Palo Santo and Florida Water

We once again have our clearing and smudging supplies replenished with two different sizes of sage bundles, Palo Santo sticks, and Florida water back in stock.

We have:

- 9" sage sticks for \$12
- 4" sage sticks are 2 for \$10
- Palo Santo sticks are a group of 5 for \$7
- Florida Water \$13 each

You can place your order on-line at <https://whitebarnhealingarts.org/shop> and pick it up within 7 days at White Barn. Sorry but we're not set up yet for shipping but hope to be at some point. **You can also purchase these items when you stop out to attend a class, workshop or ceremony—we'll have them setting out for guests to purchase.**

## THANK YOU THANK YOU!

We can't operate and make good things happen without the help and support of good, kind and caring people! **Many thanks goes out to:**

- **Donna Hradisky** for her countless hours spent this year caring for the Medicine Wheel in ALL kinds of weather!
- All the **animal-lovers** who have sponsored one (or more) of the rescued animals who reside here at White Barn!
- **Everyone who has made a monetary donation**, said "keep the change", or made a purchase from our store or from the concrete statuary fundraiser to show their support—we are grateful.
- Our **friends who donated to-**

**ward the new tipi poles**—your donations helped tremendously!

- The hard-working crew who helped clear the trail in the woods: **Mike Colescott, Ronelle Halfacre, Stephanie and Casandra Adamov, Nathan Smith and Donna Hradisky**—we couldn't have made the trail without you!
- **Kevin Bragg**, who together with the big tractor pulled the giant trees and limbs out of the way that had fallen but were hanging up on other tree to make things safe..
- **Nathan Smith** for weed-trimming so much of the fence-line along the animal pastures—what an overwhelming undertaking and it's hard work.

## Florida Water

Lucille Ball's  
Favorite Aroma!

Florida Water has been around since the 1800's. And no, you don't drink it. It's a heavenly aroma of lavender, orange and lemon essential oils in an alcohol base. In today's culture it is used to dispel negative energy, and can be clapped between your hands, sprayed into the air with a spray bottle, or wiped onto surfaces.

Back in the day, actress Lucille Ball loved to use Florida Water as her favorite cologne. It is rumored that it is the last thing she asked for before her passing.

It's pleasing and calming aroma helps to reduce stress (orange), calm us down (lavender) and lift our mood and our spirits (lemon).

Pick some up at White Barn when you come out for a class or workshop, or order it ahead of time from our store and we'll have it ready for you when you stop by.



## 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



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

- Lao Tzu



## Volunteering

**White Barn operates on an all-volunteer basis. We have no paid staff, including the founders of the organization.** Volunteers help with a multitude of things, including many outdoor projects such as clearing and maintaining the Meditation Trails in the woods, pulling weeds from the Medicine Wheel, caring for the tipi, cleaning the shelters that house the rescued animals,

assisting with events and workshops, and taking photos.

Reiki Practitioners and other teachers often volunteer their time to make events and classes possible.

If you feel drawn to volunteer with White Barn, please contact us via email at [annettebragg2016@yahoo.com](mailto:annettebragg2016@yahoo.com) or send a text to 330-281-1387. You'll receive volunteer project alerts and a volunteer application. Let us know how you'd like to help. *We'd love to have you join our volunteer team!*



## Bodhisattva Prayer for Humanity

**May I be a guard for  
those who  
need protection**

A guide for those  
on the path  
A boat, a raft, a bridge  
for those who  
wish to cross the flood

**May I be a lamp  
in the darkness**

A resting place  
for the weary

**A healing medicine  
for all who are sick**

A vase of plenty,  
a tree of miracles

**And for the boundless  
multitudes of  
living beings**

**May I bring  
sustenance and  
awakening**

Enduring like the  
earth and sky  
Until all beings

are freed

from sorrow

And all

are awakened.

- Shantideva, Indian  
Buddhist sage 700  
A.D. Prayer performed  
each morning by His Holiness the Dalai Lama



The Canine Campus Training & Wellness Center

# Here We ***GROW*** Again!

**Opening Aug. 2021 Board and Train**

- \*Fear-free training**
- \*25 themed rooms**
- \*Environmental enrichment**
- \*Outdoor Time**
- \*Mobile access to cameras**
- \*Monthly calendar of classes & events**
- \*Professional training & boarding**
- \*Doggie Daycare**
- \*Biscuit Bar Movie Nights**



**8645 East Market St  
Howland, OH 44484**

[www.TheCanineCampusTraining.com](http://www.TheCanineCampusTraining.com)





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***



For more info or to volunteer, call us at **330-534-2001** or visit our website at **<https://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. Carefully screened animals visit at area Nursing Homes, Hospitals, and give school presentations to teach about the importance of volunteering and giving back to the community, bite prevention, and careers with animals. We also do a lot of civic speaking to area groups.



**Randolph**

Massage & Wellness Center

1485 State Route 44  
Atwater, OH 44201

330-325-7390

[www.randolphmassage.com](http://www.randolphmassage.com)



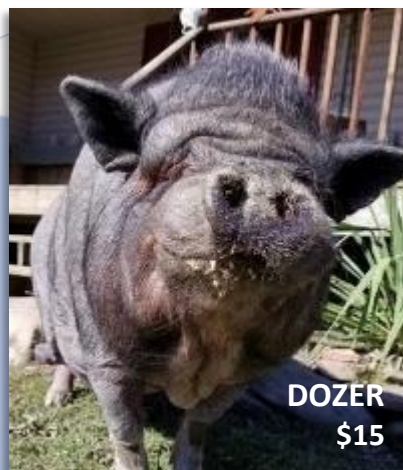
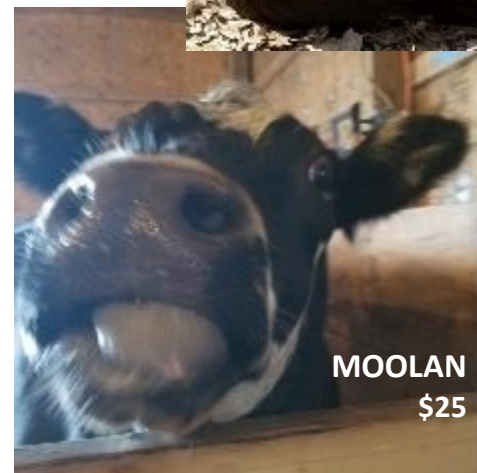
# Rescued Animal Sponsorships

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](http://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.







## The Story of the 2 Wolves

An old Cherokee is teaching his grandson about life:

“A fight is going on inside me,” he said to the boy.

“It’s a fight that’s going on inside you as well.”

“It is a terrible fight and it is between two wolves. One is evil—he is anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego.”

He continued on, “The other is good – he is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, and faith.

The same fight is going on inside you –  
and inside every other person, too.”

The grandson thought about it for a minute and then asked his wise grandfather: “Which wolf will win?”

The old Cherokee simply replied, “*The one you feed.*”