

White Barn Healing Arts February E-Magazine

ZA-ZEN



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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The Barn Behind the Name

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

Dear Friends,

As we started the New Year with an impressive 12" to 14" of snow here at White Barn, I looked out over the blanketed fields and took great comfort as I looked at the Medicine Wheel. Though the area was bathed in a sea of white, you could still see the upstretched wings of the majestic eagle standing proudly in the East, reminding us that today is another day and that we can soar high above our challenges and difficulties. The outline of the wolf was beautifully silhouetted in the South, reminding us to trust our intuition and to remember the importance and appreciation for our family. In the West, the heavy presence of the



bear stood above the snow line to remind us to create a healthy balance in our lives, and to the North, the stoic buffalo stood strong with his head to the harsh North winds as he always does, reminding us that we have the inner strength and courage to face whatever comes our way. It's reassuring to know we continue to have reminders in our life that inspire us to be the best we can be. We just have to look for them and notice them when they appear!

Blessings,

"Za-Zen"

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

The big Belgian horse pictured on the front cover standing in the middle of our snowy January field here at White Barn is none other than Levi, the big ol' lovable retired Amish plow horse. Read more about Levi, his story, his life, and how he came to be a permanent resident here at White Barn Healing Arts on page 38.



Inspiring!

Creating Community

Andrew Lucas, creator of the Edgerton Community Garden in the Highland Square area of Akron, Ohio, is gearing up once again for the 7th year of hosting the thriving community garden and gathering place for area residents.

After petitioning the city to tear down a condemned abandoned apartment building on a lot adjacent to Andrew's home with

the help of councilman, Rich Swirsky (who sadly passed away last May), he purchased the lot from the city. His intention was to provide a neighborhood gardening area for the community where people could enjoy working with the earth, produce fresh, organic produce for healthy nutrition, and create a fun, enjoyable atmosphere where

In each edition of the White Barn E-Magazine, we will highlight an inspiring story of ordinary people doing extraordinary things to promote peace, healing and a sense of community that reflect the Sioux saying, *"With all things, and in all things, we are relatives."*

you could interact with and get to know who actually lives in your area.

Andrew had a community garden when he was a college student and he loved it. So when



his Councilman Swirsky, suggested he turn the plot of land into a community garden, Andrew loved the idea.

Between nextdoor.com, facebook and social media, and Andrew speaking at the city council neighborhood meeting, word quickly spread. The amount of interest was incredible!

He started out with soil testing and planning out the size and shape of the plots. The rules that were set included there would be no pesticides, no chemical-based fertilizers, and that the care would be completely natural.

Each person or family works with a 10'x10' plot for a small fee (usually around \$35 to \$45)

which would help to pay for water, taxes, and other supplies and needs of the gardens.

During the first year of operation, they received a grant to build a tank in the back of the property, and just last year was able to put in a permanent water tank.

Each year there are approximately 20 plots available, and often each person who signs up does their gardening with a friend or family members, resulting in up to about 50 people participating.

There is a lot of work in caring for the area in general, so volunteers are key to the continued success of this important



project. There are always chores to be done, new projects needing attention, and community connections to be made.

Continued on pg. 28



Life-Lessons From A Most Beautiful Cow!

One day four years ago a stray feral cow showed up just outside our fencing in the back field at White Barn. Yep, you read that right. She just showed up one day. I looked twice thinking my eyes were deceiving me. Was that our cow, Moofasa, standing outside the fence? If so, how did he get out? I stared and stared and stared some more. Something didn't seem quite right, and I took a closer look—definitely not our cow.

"Hey Kevin, did you get another cow you didn't tell me about?" He says nothing and simply laughs. "No, I'm being serious!"

"What are you talking about?" Kevin asks, as I'm pointing toward our field behind the Medicine Wheel. "No, no I definitely did not get another cow," he finally said.

We came to find out that a neighbor who lived on another street diagonally from us about a mile away had just

purchased two cows from an auction. When helping him feed, his father accidentally left the gate unlatched, and the two cows who didn't know this was their new home took off in search of greener pastures.

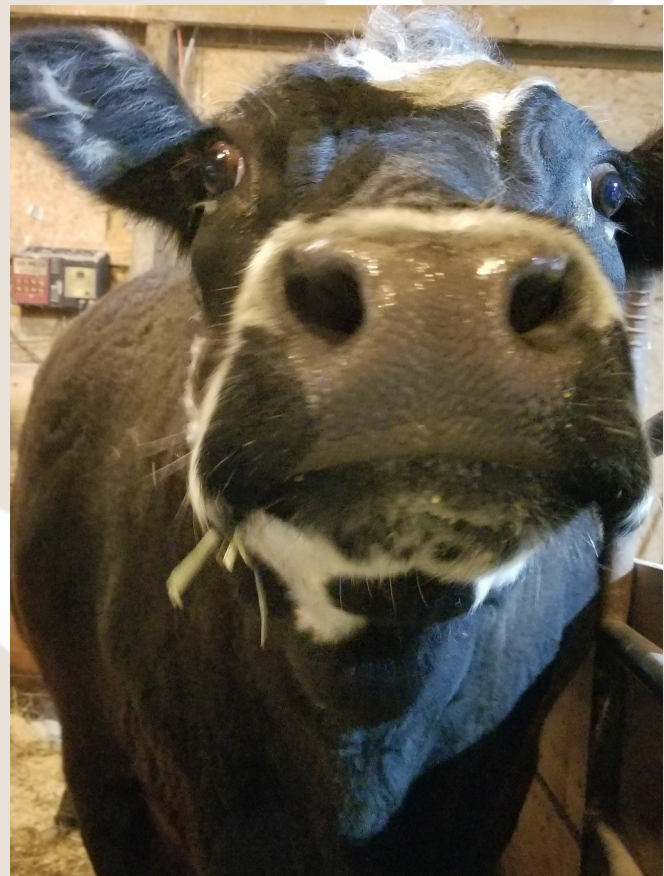
Normally when you lead one cow in a direction, the other cows will follow. Not this one. The neighbor was able to catch and lead the first cow back to his farm, but this cow was having none of it. She went in search of...something that only she knew about. She actually had to pass an entire herd of cows belonging to another neighbor behind our property in order to make her way up to White Barn. We only had one cow and two draft horses, but she apparently felt this was where she belonged.

The neighbor was concerned about her getting out onto the road and causing a tragic accident, and subsequently asked if he could shoot her on our property. "You know who I'm married to," was Kevin's reply. The cow was definitely wild, not willing to trust anyone or anything. You couldn't get anywhere near her.

"If I catch her, can I keep her?" I asked the neighbor?

"You won't be able to catch her—

ADVICE from MOOLAN: It's OK if you're having a bad hair day. No-one really cares. Go about your day and just forget about it. Pick carefully what you will allow to stress you out.



ADVICE from MOOLAN: Always be inquisitive and eager to explore the world in which you live! And be willing to step out of your comfort zone—here Moolan reaches out for a smooch on the nose. She finds that it brings her great joy!



she's crazy. And if you do catch her, she's going to tear down all your fencing and you're gonna have a mess."

Always willing to take risks, I took the challenge. I would set out a bowl of grain at night near a pasture gate that I left open, and would keep our other farm animals shut safely inside the barn for a few nights. One morning I looked out and excitedly saw that the beautiful black and white cow was standing in our field, inside the gate. I rushed

out, shut the gate, and did a little dance of happiness! She was home. She was safe!

A friend of mine, Cindy Dilley, who is also an animal lover, and I, each paid for half of the cow's worth to the neighbor, and with that, bought her her freedom.

So now the cow was in our field. Now what do we do with her? And what would we name her? Since we already had Moo-fasa, we decided to name her Moo-lan, a cutesy twist to the name Mulan, honoring the strong-willed and tenacious character from the Disney movie.

Moolan met our resident herd of rescued animals and after seeing them so relaxed and comfortable around us, she overcame what was predicted of her and grew relaxed and comfortable as well. One step at a time, she would come inside the barn at feeding time to eat meals with everyone, she gradually allowed us to pet her and

ADVICE from MOOLAN: Be who you are. She makes no apologies for her personality, her size, her looks, or her demeanor. She is always being the best cow she can be at any given time!

brush her beautiful fur, and eventually decided it was safe to take apples from our hands.

And today, four years later, she greets us when we arrive in the barn with a smooch from her big ol' wet nose, and gives us another smooch when it's time for us to leave. "I gotta go, gimme a kiss Missy Moo," we say to her. And from whatever she is doing, she'll swing her big head around and reach her neck out, and place her nose in our face so we can plant a big wet kiss on her beautiful nose.

Her genetic background includes Black Angus, so she is genetically prone to growing in size rather quickly



without much effort or food. This is difficult on her joints, so we try our best to be careful of her diet. She mostly eats grass in the summer, hay in the winter, with tiny handfuls of grain here and there.

Moolan overcame her fear of people, which has enabled her to live a comfortable life with people who love her and appreciate her. Had she chose to not overcome her fears and to hold on her mistrust and misgivings, she would have missed out on experiencing the unique and caring bond that can be created between humans and animals. She watched the other animals and learned by their examples, much like how we learn as people—watching others and seeing how they react to things. We do need to be discerning, however, to make sure that we observe people who are of positive mindsets and who do not operate from a place of fear, anger or constant worry and anxiety. Moolan teaches us many things, including the important lesson of knowing where you need to be and not giving up until you reach your destination!

Donate to the Care of the Rescued Animal Residents at White Barn — See page 000 for details!



ADVICE from MOOLAN: Spend some time relaxing outdoors in the sunshine. Consider enjoying your time out in nature with a special friend. Sometimes you don't even have to talk. You just have to be there!

WHITE BARN FUNDRAISER



Several beautiful framed horse prints have been donated to White Barn to serve as a fundraiser. If you are interested in purchasing either of these prints to help support the work of White Barn, email annettebragg2016@yahoo.com or call 330-281-1387 and we can email you additional photos or arrange a time for you to view the prints prior to purchase. You can also view more photos online at whitebarnhealingarts.org.

"Cavalli" - A Large Framed Vintage Print by Italian Artist, Proferio Grossi

This vintage print is titled "Cavalli", which is the Italian word for "horses". It is by the well-known Italian artist, Proferio Grossi (born in Vignali, Italy in 1923 and died in Parma, Italy, in 2000). The distressed wood frame measures 35" wide x 27" high, with the image area of 23" wide x 19" high. While the print itself remains in excellent condition, some parts of the frame shows some expected wear with age. The back paper of the frame is torn, definitely showing its age, though the wooden frame for hanging remains solidly intact. \$155 (Currently valued At: \$172 to \$230)

WHITE BARN FUNDRAISER



Humungous 55" Wide x 35" High Professionally Framed "Renegades" Canvas Print by Lisa Deering

This exquisitely framed Lisa Deering canvas print entitled "Renegade" features horses galloping through the surf. It is truly in excellent condition and like new! It is professionally framed with the photo printed on a canvas material. This extra-large size is perfect for above the fireplace mantel or on a large empty wall, to bring energy and movement into your office space, den, or family room. The frame itself is 55" wide x 35" high, and the viewing area is 50" wide x 30" high. \$150 *(The sheer size and high quality framed combined give it an estimated current value of \$160 to \$210)*

To view additional photos of each piece, visit our website at whitebarnhealingarts.org or email annettebragg2016@yahoo.com

New This Season — Overnight Stays in the Tipi for 1 to 4 Guests



On selected weekends throughout our outdoor season at White Barn, we will now offer overnight stays in the tipi for a primitive camping/personal retreat type of experience. You might choose to have some “me-time” in a safe and peaceful environment just for yourself, or enjoy the serenity at White Barn with a group of up to four people.

White Barn Healing Arts Center is located at 5180 Hayes Road in Ravenna, Ohio, on 12 acres

of private property which is home to a handful of rescued animals including pot belly pigs, a draft horse, a cow, an assortment of chickens, a duck, a turkey, and Thor the dog. White Barn Founders Annette and Kevin Bragg live on the property so staying somewhere alone feeling safe brings a level of comfort not found in public camping areas.

This is a great opportunity to enjoy the great outdoors and connect to nature while only

being about three miles away from town with grocery stores, gas stations and restaurants.

There are several options you can choose to add to your stay if you’d like to experience private guided meditations, learn holistic practices such as acupuncture, mudras, tai chi or qigong, or experience one or more ceremonies for healing or to honor a specific challenge or difficulty you are dealing with. Or you may want to keep your overnight stay a simple

experience of spending some quality time alone or with friends. You can tailor your experience to meet your needs.

For more information and for dates available, visit our website at

www.whitebarnhealingarts.org

ABOUT THE TIPI

The canvas tipi at White Barn is based on the Sioux tipi with smoke flaps of the Blackfoot. White Barn purchased it in 2017 from Nomadic Tipi Makers (the same group that made all the tipis in Dances with Wolves) when we began hosting outdoor presentations from various cultures. It is 22 feet across and the poles are over three stories tall. It can hold up to 28 people, though we had 30+ guests in it for several ceremonies. The bottom of the tipi does not touch the ground, and there is airflow throughout. The canvas door can be unlaced high enough for guests who may have difficulty bending over to walk into the tipi. A fire pit in the center of the tipi allows you to have a warm, cozy fire at night and firewood is provided for you. It is on a high gravel pad so there is no fear of sitting in soggy grass. Chairs and seating are inside the tipi with enough room for you to bring your sleeping bag or cot and blankets. The smoke flaps on top remain open if your campfire is lit and you can see the stars at night through the opening.

Your Overnight Stay in the Tipi includes:

- Access to the **50' Medicine Wheel** for prayer, contemplation, healing, meditation or guidance
- Access to **The Meditation Trail** that winds through the woods on the West side of the property
- A personal up-close **visit with the rescued animals** (they are often out and about and you can usually see them easily in the yards or the fields)
- Access to an outdoor port-o-jon
- Access to both a **fire ring within the tipi** as well as an outdoor fire ring, and firewood and lighting materials are supplied

For more details
visit the
White Barn
website
at www.whitebarnhealingarts.org



Learning to Be Ourselves

“S he sat at the back and they said she was shy,
She led from the front and they hated her pride,
They asked her advice and then questioned her guidance,
They branded her loud, then were shocked by her silence,
When she shared no ambition they said it was sad,
So she told them her dreams and they said she was mad,
They told her they'd listen, then covered their ears,
And gave her a hug while they laughed at her fears,
And she listened to all of it thinking she should,
Be the girl they told her to be best as she could,
But one day she asked what was best for herself,
Instead of trying to please everyone else,
So she walked to the forest and stood with the trees,
She heard the wind whisper and dance with the leaves,
She spoke to the willow, the elm and the pine,
And she told them what she'd been told time after time,
She told them she felt she was never enough,
She was either too little or far far too much,
Too loud or too quiet, too fierce or too weak,
Too wise or too foolish, too bold or too meek,
Then she found a small clearing surrounded by firs,
And she stopped...and she heard what the trees said to her,
And she sat there for hours not wanting to leave,
For the forest said nothing, it just let her breathe.’

(Author: @Becky Helmsley)



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.



Experiencing worries and anxiety? Try Spirit Gate (Heart 7)

The Spirit Gate, also known as Shen Men and Heart 7 on the Heart Meridian, is known to settle anxiety and worrisome emotions, and helps to quiet the mind. It can release tightness in the chest, aid with heart palpitations and even offer relief from sleep disturbances. It is located on the crease of the wrist on the inside of the forearm in line with the tip of your little finger. Relax as you simply apply a firm but gentle pressure on this point, or you can even massage this area in a circular clockwise motion for 30 seconds to 3 minutes. Be sure to do both hands.

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.



Need better immunity? Try the Linga Mudra

Interlace your fingers together, then point one thumb upwards. Encircle your extended thumb with the opposite thumb and index finger. This is the Linga Mudra, known to activate your lung meridian and strengthen and rebuild your immune system, empowering you to breathe better. It is often thought of as a natural healing remedy for the lungs and guards against colds, flus and other respiratory illnesses. (Fun Fact: The acupuncture meridian begins in each lung and ends on the tip of each thumb.)

The Power in Our Words

*"If the words
you spoke
appeared on
your skin,
would you still
be beautiful?"*



POSITIVE MANTRAS — "I Am!"

I am valuable. **I am brave.** *I am loved.*

I am important. *I am unstoppable.*

I am talented. *I am worthy.*

I am one-of-a-kind. *I am humble.* *I am grateful.*

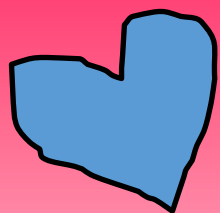
I am creative. *I am compassionate.*

I am worthy. *I am fearless.*

I am strong. *I am amazing.* *I am enough.*

I am blessed.

White Barn Healing Arts Center Invites You to Join us for



“The Fabulous 4”

a Holistic On-Line Class Series

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

Each class teaches DIY Methods of:



ACUPRESSURE



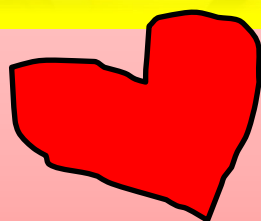
MUDRAS



TAI CHI/QIGONG



GUIDED IMAGERY



Next Class

Sat., Feb. 19th 6:30pm—7:30pm



A Healthy Heart: Physical and Emotional Support

Grief, Sadness and Loss can Take a Toll on Your Heart!

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

More Info/Registration at

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

www.whitebarnhealingarts.org



**THE HUMANE SOCIETY
OF THE UNITED STATES**



Always promoting peace and healing for animals, people, and planet, White Barn Healing Arts likes to highlight organizations who fall into one (or more!) of these areas. HSUS (Humane Society of the United States) has always been an active leader in paving the way for a more compassionate society through our treatment of animals. Here's a few updates, as well as ways you can get involved, thanks to our ever diligent, hard working Ohio HSUS rep, Corey Roscoe.

We've made progress for animals in Ohio within the last year. The Humane Society of the United States shares these updates:

Officials at an NW Ohio animal shelter decommissioned their gas chamber in June 2021. *There are currently no active shelter gas chambers in our state!*

The Massillon, Ohio High School Booster Club "retired" their live tiger cub mascot program at the start of the 2021 football season. "Obie," the tiger cub, will no longer be rented from backyard breeders to exploit at high school football games.

Ohio's cross-reporting law went into effect in March 2021. Under the new law, human social services workers are mandated to report suspected cases of animal abuse, and dog wardens and animal control officers became required reporters of suspected child abuse.

What's ahead for the HSUS in Ohio?

Working with advocates, other animal protection organizations, and lawmakers, the HSUS will continue to support Senate Bill 164, which seeks to prohibit the use of gas chambers and

to classify felony-level animal torture convictions as violent acts. As part of ongoing efforts in Ohio, the HSUS will monitor enforcement of the state's puppy mill laws through attending public meetings and reviewing state inspection records. The HSUS' work to defend wildlife from cruel abuses continues by urging the state wildlife management agency to ban wildlife killing contests.

Want to take action to help animals?

- Contact your state senator and politely ask them to vote yes on SB 164 to protect companion animals in Ohio.
- Let the Ohio Division of Wildlife know you don't support wildlife killing contests and they should be stopped.

For additional information on the work of the Humane Society of the United States in Ohio, please contact the Ohio state director:

Ms. Corey Roscoe

Ohio Senior State Director, State Affairs
croscoe@humanesociety.org
614.570.0825
humanesociety.org

humanesociety.org

A few more ways to show your compassion for animals...

▶ STOP ANIMAL TESTING

Visit this link to learn more about the HSUS fight to stop animal testing and to protect animals from cruel experiments:

https://secured.humanesociety.org/page/82211/donation/1?ea.tracking.id=web_ws_HCA_013122



▶ GO FUR FREE

<https://www.humanesociety.org/all-our-fights/going-fur-free>



▶ IMPROVE the LIVES of FARM ANIMALS

<https://www.humanesociety.org/all-our-fights/improving-lives-farm-animals>

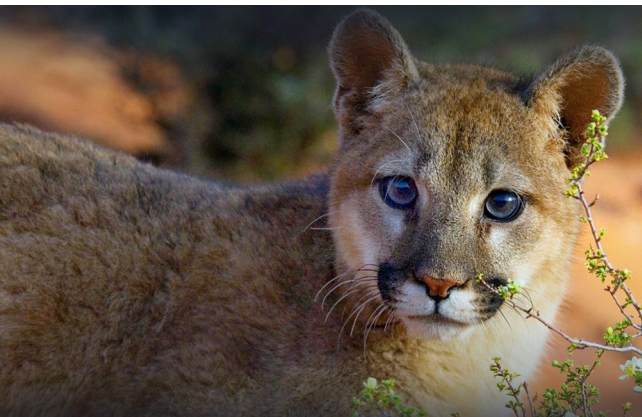
▶ DONATE to the HUMANE SOCIETY of the UNITED STATES

<https://www.humanesociety.org/how-you-can-help>



▶ DON'T SHOP—ADOPT! HELP STOP PUPPY MILLS

<https://www.humanesociety.org/all-our-fights/stopping-puppy-mills>



▶ HELP BAN TROPHY HUNTING

<https://www.humanesociety.org/all-our-fights/banning-trophy-hunting>

SAVE the DATE!

First Fire Event with Ancestor Ceremony Sat., May 21st

What is First Fire?

First Fire is the opening event of each outdoor season held every year on a Saturday in May here at White Barn Healing Arts Center. This is when we light the first sacred fire of the outdoor season, share ceremony, smudge with sage, make prayer ties, listen to a parable, and enjoy a brief meditation.

It is held outdoors between the tipi and the Medicine Wheel in the grassy field (usually with the

horse and the cow watching out of curiosity.)

This year the ceremony we are incorporating into First Fire will be the Ancestor Ceremony to honor our loved ones who have gone before us.

If you would like to join us, please plan to bring a small dish of food prepared the way your ancestors would have prepared and eaten it.

With respect to COVID protocol, we will *NOT* be sharing

the food with each other. Instead, you will have an opportunity to take your food to the base of one of the trees as you give thanks to your ancestors for their love, guidance, and watching over us, and the food you place near the trees in their honor will provide nourishment for the wild animals that live in the area. In the area we have deer, turkeys, raccoons, chipmunks, squirrels, birds, owls, moles, voles, hawks, opossums, fox, and coyotes.

At last year's First Fire event we were blessed with not one, but two, beautiful vibrant rainbows. A double rainbow showing up at First Fire—what a strong and powerful sign from Spirit!



We will furnish small eco-friendly biodegradable bowls that you can transfer your food items into to participate in the ceremony.

Need some ideas? What was the dish your grandma was famous for? Did you snag the family cookie recipe from your mom? Or perhaps grandpa was known for always eating macaroni and cheese or your dad's favorite thing was always munching on chocolate chip cookies. If you have an ethnic heritage like mine, perhaps your family made specialty desserts or pastries such as potizza, strudel, or baklava. If your heritage is Native American perhaps you would like to make fry bread, or if your ancestors were Italians, bring some pasta.

It doesn't have to be much—just a small amount, enough to fit into a 12 oz. container.

You can reserve your spot online now through our website at whitebarnhealingarts.org.

The beginning time of the ceremony and several additional activities for the day of First Fire will be announced and posted soon.

The fee is a minimum \$20 donation at the door, with all proceeds benefitting the work and operational expenses of White Barn Healing Arts Center.

Bring a friend or family member, and share the experience!

WHAT is a SACRED FIRE?

The intention for which a fire is created and how it is created is what makes it sacred. A sacred fire is used for many purposes, including ceremony, healing, to show honor, respect or gratitude, or for teaching or story-telling. We call it a Sacred Fire when we bless and clear and smudge the area where the fire will be held. The initial branches or sticks are placed in the directions of the North and South, and East and West, to honor the four winds, or the 4 directions. Tobacco is placed at the four directions in the fire to express our gratitude and to honor the lessons we learn from all of creations. Cedar is placed at the four directions in asking for protection and also to express our respect for Creator, AND to ask for healing for all present. When you have a fire that is Sacred, you treat it with respect. That means no throwing trash in it or treating it disrespectfully in any way. And when the fire is finally out, you respectfully bury the ashes.



ANCESTOR CEREMONY

An Ancestor Ceremony helps us remember and honor our family members and ancestors who have made it possible for us to live the life we have today. We honor them through ceremony filled with prayer, smudging, song, prayer ties, drumming, and more. Each person will have the opportunity to speak out loud and honor your ancestors by sharing any specific names and talking about the food you brought in their honor. You may wish to bring mementos or special keepsakes that you would like to have blessed at the Ancestor Ceremony. This ceremony will be a beautiful blend of several cultural traditions, created to serve us in our society and culture of today.



because science



Petting a dog or cat for just 10 minutes can be a significant stress buster—the proof is in human saliva, notes a study published in June in the journal *AERA Open*. Washington State University (WSU) researchers measured levels of cortisol, a major stress hormone, in the saliva of 249 college students who participated in a pet-visitation program. Those with hands-on time with the animals had lower cortisol levels. “Just 10 minutes can have a significant impact,” said lead researcher Patricia Pendry in a WSU press statement.

When visiting White Barn this season, be sure to Keep Calm and Pet the Horse, the Cow, and the Pigs too! So many animals have a special way of bringing a smile to your face, joy to your heart, and peace to your soul — it's not just domestic animals like dogs and cats. Many types of animals give unconditional love and help us release our stress!



***"The man who says he can,
and the man who says he
can not, are both correct."***

Confucius



***"Falling down is not a failure.
Failure comes when you stay
where you have fallen."***

Socrates



***"When I let go of what I am,
I become what I might be.
When I let go of what I have,
I receive what I need."***

Lao Tzu

White Barn Board of Directors Welcomes Shivang Rao

We would like to extend a warm welcome to our newest General Board Member, Shivang Rao, a Senior Software Developer at EY who is from Mumbai, Maharashtra, India.

We have had the honor of getting to know Shiv over this past year, and his caring and compassionate nature make him a perfect fit for this new role with White Barn Healing Arts Center.

Shiv has a love for animals and made friends easily with both Moolan the cow and Levi the horse. Someday he would like to open a sanctuary or rescue group for dogs.

A main focus for Shiv is immersing himself in personal and spiritual growth, and supporting others of similar mindsets who can continue on that path through the programs and services of White Barn.

Thank you, Shiv, for joining us and for sharing your time and talents!

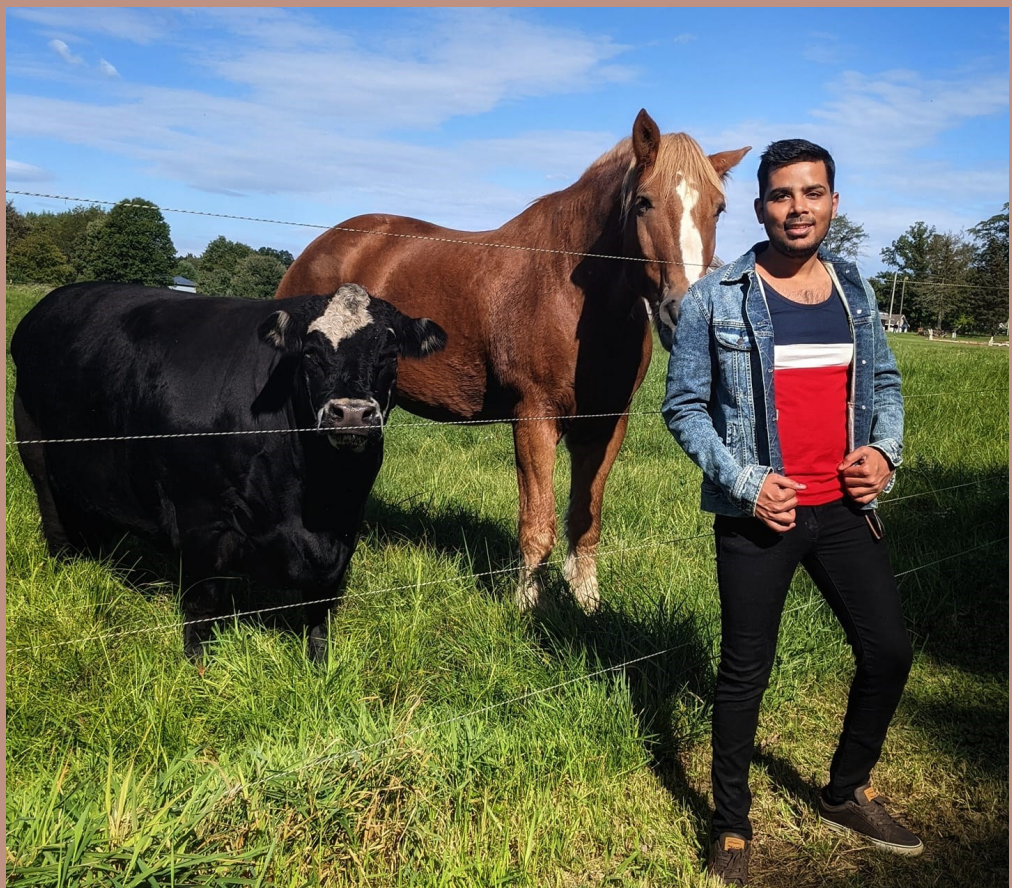


Photo Shoot

White Barn Healing Arts occasionally updates our photos and takes our own pictures for use in our publications, website and social media



platforms for both educational purposes and for promotions. We are planning to take photos once again and are seeking volunteers to allow their image to

be used to illustrate mudras, acupressure

points and Reiki hand positions, for qigong and tai chi motions, and for meditation practices. In addition to volunteers to help participate in the photo shoot, we also welcome the assistance of



photographers who would be willing to donate a small amount of time to help a very worthy non-profit organization. For more information or to volunteer your time and talents, email annettebragg2016@yahoo.com



CRYSTAL Appreciation!

Many people appreciate the color and beauty of crystals, but may be at a loss as to which crystal to grab for what purpose. Here's an introduction to a few crystals that may be helpful to have in your collection.

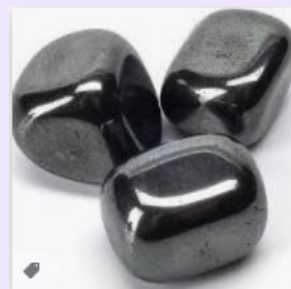
AMETHYST

Amethyst is a staple for anyone's crystal collection. It is especially helpful for those grieving the loss of a loved one and it helps to ease sadness and sorrow.



HEMATITE

Hematite is very grounding and helps us to live in the present moment, and dissolves negativity as well as helping to prevent us absorbing the negativity of others.



CARNELIAN

Carnelian encourages a love of life, strengthens your confidence, and helps you to trust yourself and overcome self doubt.



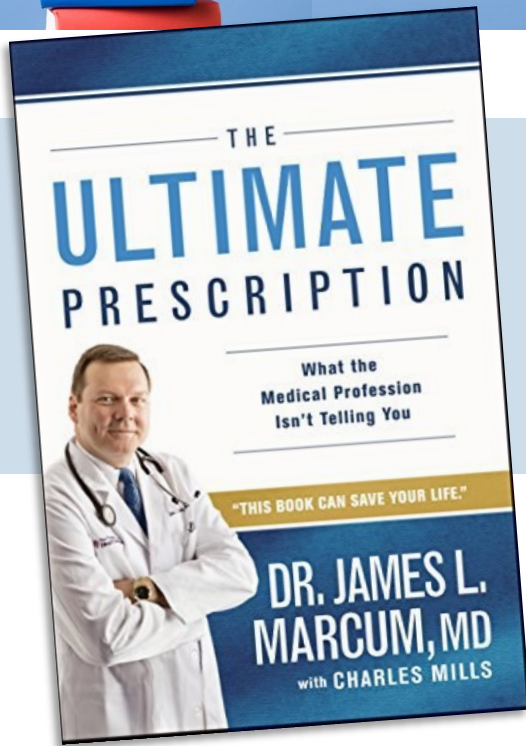
BLUE SODALITE

Having a hard time finding your voice or saying something that needs to be said? Blue Sodalite helps you to stand up for yourself and speak your truth.





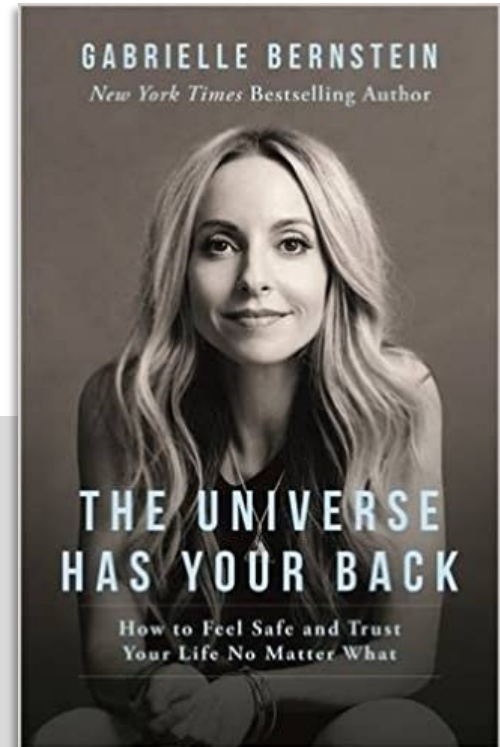
INSPIRATIONAL READING



The Ultimate Presecrption

Dr. James Marcum, MD

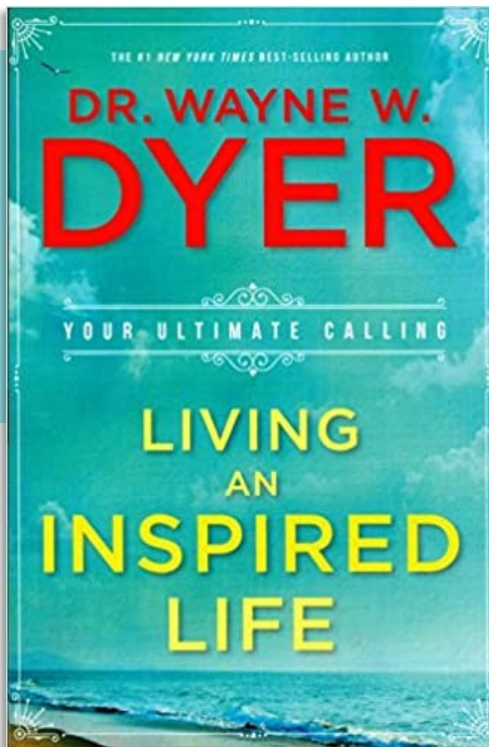
A real eye-opener by a medical professional with lots of "food for thought."



The Universe Has Your Back

Gabby Bernstein

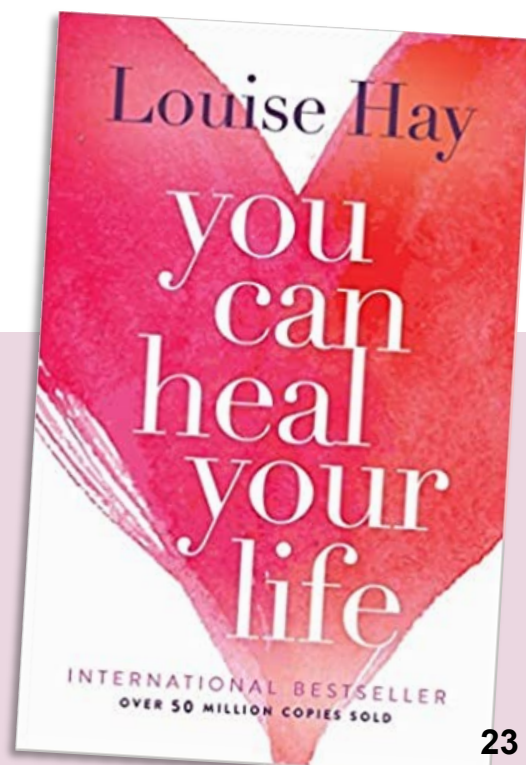
A very personal experience shared that illustrates the importance of believing in Divine timing and that we are always looked after.



Living An Inspired Life

Dr. Wayne Dyer

A thought leader shares ways to live your best life now and Inspires us to have a new zest for the life we are living.



You Can Heal Your Life

Louis Hay

Louis Hay's many self-help books stem from her own experiences in finding healing through positive affirmations and positive thought patterns.

REIKI/ENERGY/HOLISTIC APPOINTMENTS

Now Available on Weekends



Reiki and Holistic Energy work appointments at White Barn are scheduled with Reiki Master/Teacher, Annette Bragg.

Private Reiki sessions and holistic energy healing practices are now offered only on weekends. With Spring just around the corner, you may be thinking of

getting a "tune-up" to simply feel better, get back into balance, increase your positivity, and clear some of the winter cobwebs from your mind and spirit. Or you may have experienced some challenges and difficulties and you're ready to release yourself from the negative energy and thought patterns that seems to hold you hostage in that story. No matter where you're at with life, a relaxing, peaceful Reiki and energy-work session can be helpful, supportive and healing. Right now private sessions are only being offered on Saturdays and Sundays and are booking a few weeks out, so if you're interested, contact Annette to get an appointment scheduled in advance!

1. ENERGY HEALING MIXED-MODALITY 2 HR

This session includes:

- Learning mudras, meditation methods, tai chi/qigong movements, acupressure points, and/or other holistic practices that support your goals and intentions.
- Take home gifts that may include a mix of essential oils, crystals, or herbs like sage, palo santo, tobacco or cedar.
- 40 to 50 minutes of a combination of Reiki, cranial sacral, acupressure, reflexology, and other energy healing practices
- Work with the energy of crystal therapy
- Work with a prayer shawl
- Discussions to support Personal or Spiritual Growth
- Fee: \$130

2. REIKI ONLY 'TUNE-UP' 1 HR

This newly offered shorter energy-work session is for those who would like a Reiki-only session without all the extras offered in the first session.

- 35 Minutes of Reiki only (on the table or chair Reiki)
- 25 Minutes for Discussion/Coaching

Sometimes we just need a 'tune-up,' or want to feel more peaceful and less stressed. Sometimes we are working with a limited amount of time in our schedule. Nothing else that is included in the Mixed Modality sessions is added to the Reiki Only sessions other than allowing 25 minutes for discussion/coaching.

- Fee: \$70

SCHEDULE A PRIVATE REIKI OR MIXED-MODALITY ENERGY SESSION either by email or phone:

(330) 281-1387 • annettebragg2016@yahoo.com

HOW CAN A MIXED-MODALITY SESSION HELP?

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

- Stress, anxiety, frustration
- Worry, fear, panic attacks
- Grief, sorrow, sadness
- Loss (Loss can be many different things, and include the loss of a loved one, a beloved pet, the loss of a job, the loss of your independence or physical health, the loss of a relationship, the loss of income, etc.)
- PTSD
- Depression, overwhelm, confusion, uncertainty
- Physical aches and pains
- Recovery from a surgery or illness

It Can Also Support:

- Letting go of the past and releasing that which

no longer serves our higher good

- Forgiveness, both for others as well as forgiveness for ourselves and our own faults and failures, real or imagined
- Strengthening relationships
- Setting personal boundaries
- Overcoming abuse and trauma
- Dealing with terminal illness, your own or that of someone close to you
- End of life issues, questions and concerns
- Choosing a more positive attitude and outlook on life
- The right attitude to achieve success in your business or career
- Strength to survive as well as thrive through a transition or transformational time
- A stronger connection to Spirit
- Bringing more inner peace and joy into your life

If you're always
trying to be **normal**
you will **never know**
how **amazing** you can be.

- Maya Angelou



*If you are not familiar with the inspiring Maya Angelou, be sure to visit
<https://www.womenshistory.org/education-resources/biographies/maya-angelou>*



Two Akron-location staff positions now open at Regency!

Regency Pet Services considers it a privilege to provide compassionate and caring cremation services to honor the pets that bring so much joy and unconditional love to our lives.

Regency is currently seeking two outstanding individuals to join our team of care providers at our Akron location.

- DRIVER

Using a Regency van, a Regency Driver picks up pets from our veterinary partner clinics and brings them to the Regency cremation facility. Our drivers must be able to lift 100 lbs. be safe and courteous drivers, and be able to represent Regency with care, compassion and professionalism to the staff at each of our clinics.

- CUSTOMER CARE SPECIALIST

A Regency Customer Care Specialist is required to have excellent phone skills, be able to learn and easily navigate computer programs, be well organized and have great attention to detail, and be able to multi-task with confidence.

Email Resume and Cover Letter To:
Sarah Aitken, Crematory Manager
at saitken@regencyfamily.com

INSPIRING QUOTES

"Some people come in our life as blessings. Some come in your life as lessons."
Mother Theresa



"If you change the way you look at things, the things you look at change."
Wayne Dyer

"Faith is taking that first step, even if you don't see the whole staircase."
Martin Luther King, Jr.



"I believe much trouble would be saved if we opened our hearts more."
Chief Joseph, Nez Perce Tribe

RANDOM ACTS of KINDNESS

Inspiration from Deb Robinson

There is a well-known belief that our energy and the way we are affects everyone and everything in the world around us. We are supposed to live our

lives letting our light shine brightly as we selflessly do things for other people and do good deeds from our heart.

One individual who is the epitome of this philosophy is none other than White Barn friend, neighbor and volunteer, Deb Robinson.

Whether it's helping people or helping animals, Deb is always saying to everyone, "What can I do to help?"

And when you think about it, that's what we all should be saying, every day, to everyone we meet.

Without meaning to be a role model in any way, Deb really is just that. If she knew we were including this article to inspire everyone to practice random acts of kindness and she knew we were going to use her for an example, we knew we would receive a vehement "no, not me."

Deb simply goes about her day being...well, being Deb. **The number of people and animals who have been the recipients of her kindness, support and volunteerism, are too numerous to count.**

From taking in rescued cats, dogs, donkeys, and horses, to spending time with people who need rescuing as well, Deb gives from her heart.

For example, every Sunday she brings 'Pig Soup' for the rescued pigs residing at White Barn. The soup is made up of an assortment of fresh vegetables and tasty spices, and she brings bananas that are used for their breakfast throughout the following week.

A few other highlights of the many random acts of

kindness spread out into the world by Deb include providing veterinary care for stray cats; and helping to care for dogs whose owners were not able to care for them; helping look in on elderly neighbors; volunteering during the holidays for The Salvation Army; and welcoming neighborhood children to spend time visiting her rescued animals; and these are just a few examples among hundreds of other random acts of kindness.

Deb's family consists of not only her husband, Dave, her own children and grandchildren and siblings, but if you are a friend of Deb's, you are in her extended family as well.

The world could use so many more random acts of kindness. We hope hearing about the selfless things that others do will inspire you to go out and do a random act of kindness today!





Continued from pg.5

Another key person who has greatly helped Andrew with this labor of love is his partner, Shivang Rao. Shiv helps out in numerous ways and has organized meetings and helped with the maintenance of the proper-

ty as the community garden grew. The project turned into a cooperative effort and both gentlemen are proud of how far it has come and how much it has grown.

In the center of gardens they created a lush, grassy area (which is also wheelchair accessible) with an inviting picnic table to encourage social connections. Since many of the participants live in apartments, Andrew was hoping they would basically

use this as their backyard. This area has hosted everything from spontaneous croquet and badminton games to library storytime.

For those new to the concept of gardening, a Master Gardener from the Summit County group came in to teach a lesson and to help the people get a good grasp on the best way to care for their gardens.

A waiting list has been created for those interested in partici-



pating. People's lives change and they move on for a variety of reason, from being a graduating college student to simply moving away for health reasons.

Sometimes people don't realize that while it's a lot of fun, gardening is also really a lot of hard work.

Andrew still loves planting his own garden as well, and has had good luck with tomatoes, carrots, peppers, and turnips. In fact, he grew a turnip as big a person's head, which earned him third prize at a local art festival.

Gardeners are welcome to choose what they want to plant, as long as they are respectful of the people around them. Some people plant a lot of flowers, which helps to not only beautify the area, but provides them with fresh flow-

ers for their homes as well.

The true beauty of this community garden concept is that it continues to evolve and grow to include other social activities as well. There have been colorful painting sessions for kids and interactive family activities. Several kids program were hosted through the local library. For the coming 2022 outdoor season, there are plans in the works for White Barn Healing Arts to host holistic classes and meditation



practices in the grassy common area of the Edgerton Community Garden space.

Maybe you live in an area where Andrew passion for bringing a community together can inspire you to create a community garden in your neighborhood as well.

The benefits are abundant:

- healthy, nutritious food for families.

- having an opportunity to connect with nature and to get your hands dirty working with



Continued on pg. 30

Continued from pg. 23

the soil and with plants.

- getting to know your neighbors and the people who live near-by.
- creating a sense of belonging, a connection to other people that may have been stalled through the isolation created by the Covid 19 pandemic.
- helping individuals find a new, rewarding and challenging hobby.
- getting people out of their houses
- challenging yourself with the role of leadership, and finding passion to do something that helps others and is part of the bigger picture.

With Edgerton Community Garden, Andrew has done much more than create a place to grow healthy food. He has built a community!"

"Even if you have a plot of land in your neighborhood that's an eyesore, you can use it for a garden," said Andrew. "There's so many ways to create this, and where there's a will, there's a way!"



(Left) Shiv Rao helps make the community garden a huge success.

(Above) Families gather to play and interact on the grassy social area.

(Below left) Potted young plants are ready to go into the ground.



GET INVOLVED!

For more info, to find out how you can get a community garden started in your area, to volunteer with Edgerton Community Garden, or to sign up for a garden spot, contact Andrew Lucas at Andrew@imerc.net

Enjoying and Learning CHANTS

There are many beautiful ancient and sacred chants that can bring a great deal of deep peace and harmony into our lives.

One such chant is the popular and heavenly **Gayatri Mantra**.

Here (at right) we present the actual words in Sanskrit with their correct pronunciation, the English translation so you know what the words mean as you either listen to or sing along, and also the link to one of the most beautiful and heavenly voices singing the Gayatri Mantra, which is Deva Primal.

Listen to it often. Sing it when you can. Honor your Higher Power with it's simple yet elegant beauty, whether you use the word God, Creator, Universe, Great Spirit, Buddha, or another name, enjoy this sacred prayer to illuminate your heart and mind.

Gayatri Mantra

Om bhur bhuvaha svaha

Tat savitur varenyam

Bhargo devasya dhimahi

Dhiyo yonah prachodayat

English Translation

You who are the source of all power,
Whose rays illuminate the world,
Illuminate also my heart and my mind
So that they too can do your work!

What are the benefits of chanting the Gayatri Mantra?

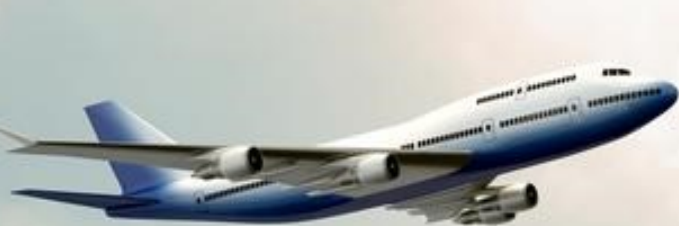
- Regular chanting of Gayatri Mantra improves concentration and learning
- It is known for removing toxins from the body
- It improves breathing and functioning of the nervous system
- It keeps your heart healthy and removes the negativity
- Chanting of Gayatri Mantra calms the mind
- It reduces stress and anxiety
- It decontaminates the chanter and the listener as well

Listen to the Gayatri Mantra sung by Deva Premal on YouTube at:

<https://www.youtube.com/watch?v=yQjHSIHPIfw> (The 30 minute version)

<https://www.youtube.com/watch?v=J-BltwiaWc8> (The 8 hour sleep version)

<https://www.youtube.com/watch?v=UlnHON3tAXo> (The 2 hour version)



Secret Ireland Tours, LLC Welcomes Mary Jane Brigger as an Ambassador for **The 2023 Magical Healing Tour** to Co Cork and Kerry in Southwest Ireland



Details are still in the making for this magical tour which includes Irish Ancient Traditions, workshops led by a Druid priestess who will teach and immerse us in ancient Irish wisdom and culture which includes the healing arts, music, nature, and much more as well as touring the magnificent countryside of Co Cork and Kerry!

For more information contact...

**Mai Hernon—www.secretirelandtoursllc.com
Mary Jane Brigger—www.maryjanebrigger.com**



Mary Jane Brigger in Croaghlin Ireland in May 2019 during a Secret Ireland Tour!

Tour Group will be limited to 20 people. Soon we will have dates for those interested in traveling to the magic, beauty and healing of Southwest Ireland in Co Kerry and Cork!

We do not have any price as we are still putting the full package together but here is a general outline of what's included:

Workshops in different methods of healing last for 3-4 hours every morning. Afternoons will be spent visiting ancient sites and places of interest around and near the center, but we will also have some days where we take off for the day and show you the beautiful "Ring of Kerry", "Ring of Beara", "Dingle Peninsula" and Killarney and Cork City.

Sign-Up Sheet at

https://form.jotform.com/220336042984050?fbclid=IwAR2IZJnMaeGicV8ZUCPCtlbvmsjXeltOPhqQyo5O2Pqr_CI-Ek4z_dqwkLA

THE GODDESS' HAT

(An African Parable)

Once a beautiful goddess was walking upon the earth when she happened on the Southern gate of a small village. She walked down the street that went straight through the middle of town, smiling and waving as she went. Everyone, on both sides of the road, stopped what they were doing and stared at the heavenly creature that was passing so gracefully before them, radiating light as she went. The entire village was filled with awe and devotion toward her. Then, as suddenly as she had appeared, she was gone.

The people of the village all got together to talk about this wonderful thing that had happened. They all agreed that since she was the only deity anyone could remember visiting their small village, they should build her some kind of shrine and make her the official goddess of their people. But once they started discussing what the shrine should look like, they began to run into trouble. Her appearance had been so brief that they didn't even know the goddess' name. They agreed that they would simply worship her likeness. The only problem was that they weren't in agreement about what she looked like.

The people who lived on the Eastern side of the street had seen a goddess with a fiery red hat and were prepared to depict her, red hatted, in a scarlet shrine with burning candles. The people on the Western side of the street had seen a goddess in a deep blue hat. They wanted to depict her that way in a pale blue shrine with flowing fountains. After much argument and charges of heresy, it became apparent that this difference could not be reconciled. So each group erected their own shrine on their own side of the road according to their own preferences and each group declared that they would not worship with the other.

At first, this division was only apparent on feast days, but as the years passed, the relationship between the two groups soured until they hardly spoke to each other at all. After a generation, they instructed their children to not even associate with the heretics on the other side of the road. A generation after that, walls went up on each side of the road to keep the enemies who worshipped the wrong color goddess out.

One day, the goddess returned, this time from the

North. As she walked through the middle of town, the villagers peeked over the tops of their walls to catch a glimpse of the goddess and perhaps see which shrine she preferred.

When the villagers on the side of town with the blue shrine peeked over, they were shocked to see the goddess was wearing a red hat. But when the villagers on the side with the red shrine looked, they were horrified to see their goddess wearing a blue hat.

Finally, a little girl hopped over the top of the wall and came face to face with the goddess in the middle of the road. Her eyes grew wide then she smiled a big smile and started to giggle. The giggle turned into a polite laugh, and then a deep belly laugh. Soon, she was on the ground, pointing up at the goddess and laughing hysterically. The other kids wanted to see what was so funny so, faster than their parents could stop them, they too hopped over the wall and when they saw the goddess, began laughing hysterically. When the adults went out to get their children they saw and they began laughing as well. Soon, the entire village was in the middle of the road laughing uncontrollably—laughing as hard and as joyously as any had laughed in a long time. And, as they laughed, the sound of it caused the walls to shake, then crumble, then disappear into dust.

Smiling, the beautiful goddess continued walking through the street, radiating light as she went. And the people were filled with awe and devotion for the deity... *whose hat was half blue and half red.*

This is an incredible African Parable with many wonderful themes, including the power of laughter to bring down walls. Another theme is the simple truth that each person's perspective does not tell the whole story but merely a part, and that our sincerest convictions are best tempered with humility. Perhaps we should strive to meet in the middle with humbleness and try, with eyes of compassion, to see how things look from the other side of the street.





Maggie's Mission

Dog & Horse Rescue

MAGGIE'S MISSION

Looking to adopt or foster?

Do you or someone you know need a new family member?

You always can find all of the pets that are available at **Maggie's Mission** via our website, www.maggiesmissionrescue.org, or Facebook page.

Here are four recues that are looking for homes

Streak

Streak is a standardbred gelding with flashy white socks! He is 16 years old and stands at 15.1hh. He has seen a lot of the world, starting his life out as a race-horse and most recently as an Amish buggy horse. He's sweet and steady!

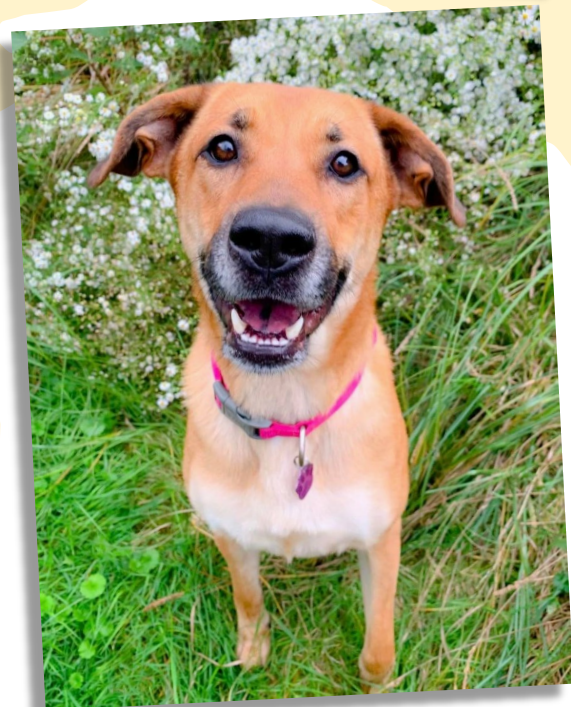
BEST FOR: Walk or trot trail riding, weight limit of 165 pounds



Sweet Pea

Sweet Pea came to us from a shelter in West Virginia. She is starting to come out of her shell in her foster home. She is a 70-pound, five-year-old shepherd mix. She warms up quickly to people who treat her kindly. She is a wonderful leash walker and is great with cats. But she likely did not have a great life before coming to us, and does have some separation anxiety and can resource guard treats and toys.

BEST FOR: A home with older children and no other dogs (or possibly a laid-back dog)

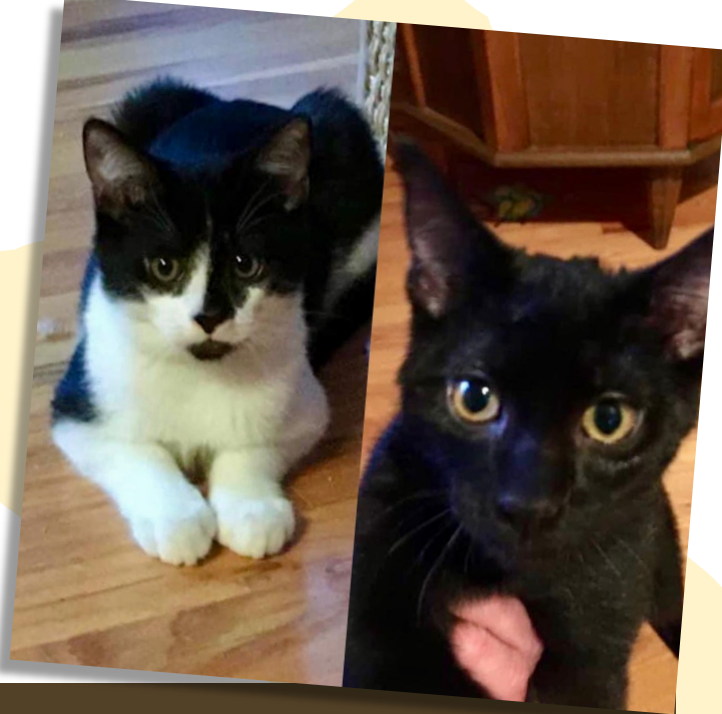


Ren and Aries

Meet these adorable short-haired boys! Ren (tuxedo) and Aries (black) are nearing their first birthday on Feb. 8. We'd love to give them the birthday gift of a forever home. They love to tussle with each other and love other cats; dogs, unknown.

BEST FOR: *You?*

ADOPTION FEE: \$125 for both



Can you help?

If you have the time or resources to help with these needs, simply email us at maggiesmissionrescue@gmail.com

These are at the top of our wish list:

- Purina Pro Plan adult dog food
- Emergency help getting dogs to the vet, as needed
- Weekly help with kennel cleaning, on a continuing basis
- PetSafe Adjustable Martindale dog collars with clips:
Many styles available on Amazon.com

<https://www.maggiesmissionrescue.org>

Maggie's Mission is committed to saving the lives of all animals! We have a soft spot for seniors and animals that are very sick so our veterinary bills and cost of supplies are always high. Every dollar counts and we appreciate your donation!

Donations may be mailed to:
Maggie's Mission PO Box 345
Sharon Center, OH 44274

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

HOW to SPONSOR

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

Sponsors are invited to visit the rescued animals during out outdoor season.

A total of 11 hens are residents.



LEVI

\$25



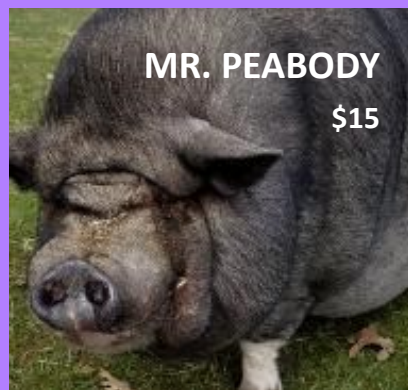
TRUFFLES

\$15



MEREDITH

\$7



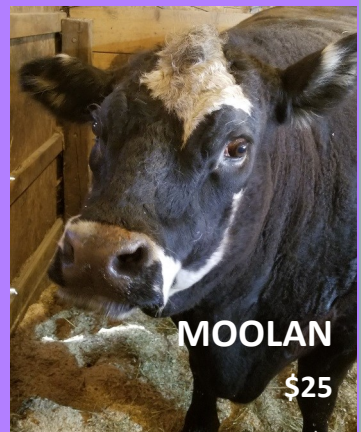
MR. PEABODY

\$15



BELLA

\$10



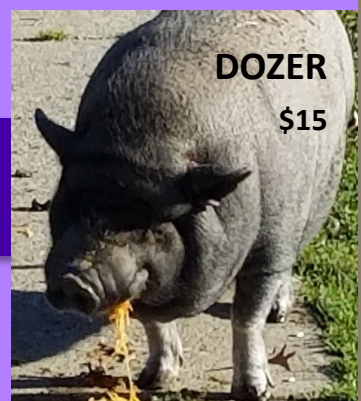
MOOLAN

\$25



JASMINE

\$7



DOZER

\$15



KATRINA

\$7

MARGO

\$7



JILL

\$10



If You Have Enjoyed Our E-Magazine, Please Consider Making a Donation!

White Barn is a 501c3 non-profit charitable organization, and we operate on donations and fees from classes, workshops and presentations. Your donation is tax-deductible as permitted by law. Donations can be made on-line at <https://whitebarnhealingarts.org/donate-or-volunteer> or can be mailed to White Barn at 5180 Hayes Rd, Ravenna, Oh 44266, and we thank you for your support!

Thank You's!

A heartfelt thank you goes out to everyone who has shown incredible acts of kindness to White Barn and to the rescued animals. **Thank you to:**

- **Joyce Tudor, Donna Hradiski, Cindi Roberts,** and everyone who has dropped off warm blankets, towels, and sheets for the animals this winter. We use these items not only at White Barn but we share them with other animal rescue organizations as well!
- **Stella Webster** for proofing the many pages of our publications.
- **Kimberly McPhail** and **Jeff Hartung** for the boxes upon boxes of food and snacks for the pigs and chickens that they regularly deliver to White Barn.
- **All** the supportive donors including **Carla Davies, Stella Webster, Larry Rosche, Betsy Reese, Margaret Bayless, Deb Robinson, Mary Jane Brigger** and **Jack Deering**, to mention just a few, who believe in and have supported the work of White

Barn with your kind donations—we are incredibly grateful for your generosity!

- **Kevin Bragg, Sarah Aitken, Cindy Mishler, and Shiv Rao** for volunteering their time to serve on White Barn's Board of Directors—we are grateful for their guidance and for sharing their time and talents to help us grow and thrive!
- **Deb Robinson** for her weekly donations of home-made soups for the piggies and dog treats for Thor the dog!
- **Margaret Bayless** for her dedicated support with our bookkeeping, accounting and filing all necessary non-profit paperwork.
- **Animal sponsors**, who help us provide care for the animal residents of White Barn.

The amount of support we receive is very humbling. Please know we appreciate each and every act of kindness!

Levi the Draft Horse

Levi came to White Barn six years ago when a call came in from an Amish farmer that Annette and Kevin had become friends with over the years. The farmer had another draft horse that was no longer able to plow, this time due to ring bone in his front ankles. Ringbone is a condition where the cartilage that cushions the joint disappears and it becomes bone on bone. Though this condition was extremely detrimental to a horse who needed to put in a full day's work pulling heavy equipment in a field, it was not fatal to a horse allowed to retire and wander about at his leisure in a field where he could rest as needed.

The importance of the phone call from our Amish friend was that most folks in the Amish community in Ohio's Holmes County area send their horses to the local auctions in either Mt. Hope or Sug-

arcreek when they can no longer serve their families, either as a buggy horse or as a plow horse. Typically at these auctions horses that are lame, older, injured, or unable to work for some reason, are bought by the meat buyers, and they endure a long, horrific ride to a slaughterhouse where they are killed and sent to rendering plants or to Europe to be used for their meat.

Levi is one of the more fortunate horses, having been cared for by an owner who always did his very best to assure that his retiring, hard-working horses would not end up in the hands of a kill-buyer.



At 18 hands tall, Levi was the shortest horse in the barn when we went to pick him up. Though he was obedient and cooperative to us people, he was a bit of a bully to the other horses. We discovered he would often keep other animals from entering the barn or coming in at feeding time. His personality was a bit aloof at first, but over the past six years he became use to getting big hugs in the mornings and it ends up he actually enjoys being brushed and groomed and fussed over.

The funding that it takes to care for a retired horse can be impressive. In addition to any unforeseen vet bills, typical care expenses include hay, grain, deworming medication, hoof trims every six to eight weeks, a dental (teeth floating) yearly, bedding, and yearly vaccinations. Not to mention the time for cleaning stalls, scrubbing water buckets and troughs, mending fences, and daily care and attention.

We are so thankful that Levi gets to enjoy his retirement at White Barn and did not have to experience being purchased by a kill-buyer at the auction. To make a donation to help with his care, check out the details of animal sponsorships and donations on page 36.



The Barn Behind the Name

White Barn Healing Arts Center was named after an actual barn, the 100+ year old barn located on the East side of the property.

It has character, with its weathered wooden siding and crooked windows and Detroit lean. At once time in history it must have been a magnificent structure, a land mark perhaps, to all who travelled down Hayes Road.

Over the years it has bravely faced many winter storms and has stood up under intense seasonal winds.

It was actually Kevin's idea to name our organization White Barn Healing Arts. Kevin Bragg is the co-founder, and has a great love for the old barn.

Our goal was (and is) to someday

be able to renovate the barn into safe, usable space for the many programs, services, and educational classes offered by the organization of White Barn.

The cost for this project is impressive, with the first phase of the project estimated at nearly \$30,000 just to stand it up straight once again and to make the foundation safe and sturdy.

We are still hopeful that through fundraisers, supporters, and creative ideas, we will be able to make this dream a reality as we move forward in growing and nurturing this concept.

It will become a place of peace, healing and serenity. A place



where teachers of holistic practices can teach groups of students, and a place where we can welcome all people seeking guidance and support and on their personal and spiritual journeys. A place where we can teach, learn, socialize, create lasting friendships, find peace, discover knowledge, gain wisdom, strengthen our spiritual connection, welcome people from all walks of life, learn healing practices from cultures all over the world, and inspire all visitors to live our daily lives with caring and compassion for all living creatures.

If you are drawn to helping us forge forward with this concept of repurposing the once-magnificent white barn and to help us give it a new life to serve the people of White Barn Healing Arts Center, please let us know through an email to Annette Bragg at annettebragg2016@yahoo.com.



THE CLIFF

(A Buddhist Parable)

A man was traveling along a treacherous mountain path when a tiger suddenly leapt from the bushes.

He was so startled that he lost his footing and began to tumble down the side of a steep cliff.

As luck would have it, a climber had left some rope fastened to a tree at the top and the man was able to grab hold of it halfway down the cliff.

Looking up, he saw the tiger waiting for him at the top, gnawing on the rope. Looking down, the man saw jagged rocks sticking out of a violent river. The man realized his situation was hopeless until he looked forward and saw, growing out of the side of the mountain, fresh strawberries. They were juicy and ripe so he reached out and grabbed them. They were the sweetest strawberries the man had tasted in his entire life.

What does this parable mean in your life?