

White Barn Healing Arts E-Magazine

# ZA-ZEN



HOLIDAY EDITION 2023

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

## *In This Issue...*

Crypt Donation/Fundraiser	pg. 4	Qigong and Nancy Gardner	pgs. 32-33
Blankets for Pigs	pg.5	Judith Wade/Sacred Expressions	pg. 34
Acupressure Points	pg. 6	Gibson Massotherapy/Randall Gibson	pg. 35
Winter Holistic Classes	pg. 7	Town and Country Vet Clinic	pg. 36
Why Try Reiki?	pg. 8	Healing Trio/Candene Korom	pg. 37
Holiday Mudras	pg. 9	Private Winter Classes 2	pg. 38
Year End Donations	pg. 10	Reflections Yoga and Wellness	pg. 39
Pavilion Fundraiser	pg. 11	Laura Purnell: Energy Management	pg. 40
Fall Friends Gathering	pgs. 12-13	Gratitude/Thank You's	pg. 41
Ayurvedic Healing	pgs. 14-15	Canine Campus	pg. 44
Tribute to Levi	pgs. 16-19	Marianne Rieske Yoga	pg. 45
GRACE Life Coaching	pg. 20	Culligan Water Promotion	pg. 46
Lee Harris Energy Updates	pg. 21	Dachshund Delights	pg. 47
Gayatri Mantra/Deva Premal	ps. 22	June Holistic Wellness Event	pgs. 48-49
Dowsing Rods/Laura Lyn	pg. 23	The Wooden Bowl Parable	Back Cover
Secret Ireland Tours	pg. 24		
Karma Gaia	pg. 25		
Spinal Flow Technique	pgs. 26-27		
Eric Dreger/Kim Quinn	pg. 28		
Suzanne Giesemann	pg. 29		
Private Winter Classes	pg. 29		
Gifts of the 7 Grandfathers	pgs. 30-31		

*"You are controlled by the one who makes you angry."*



*"Happiness is not the absence of problems. It's the ability to deal with them. "*

Lao Tzu

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

*Dear Friends,*

As we approach the end of 2023, it's hard to look at the end of this year without immediately thinking of the new year that is coming in and wondering what all it will bring with it.

This past year at White Barn we hosted a wide variety of classes and presentations with healing modalities, wellness practices and spiritual topics that truly offered something for everyone.

A record number of special guest speakers, presenters, teachers and thought leaders graced us with their knowledge and wisdom during our outdoor season.

I'd like to take a moment to say a heart-felt thank you to everyone who participated as an instructor at White Barn this past summer as well a huge thank you to our many guests and visitors. We try our very best to provide topics, teachers, and holistic practices that are inter-



esting, educational and effective in bringing a deeper sense of peace and healing for all. I believe that through working together with collaborative events we did a fantastic job in that aspect.

As we consider how White Barn may be guided into 2024, we'd love to hear from you. If you have a special interest or topic that you'd like to delve into or healing modalities you'd like to learn more about, send your ideas via email to [annettebragg2016@yahoo.com](mailto:annettebragg2016@yahoo.com)

Wishing everyone a joyous and peaceful holiday season, and remember to let your light shine!

Blessings,

*Annette*

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

*(FRONT COVER PHOTO) The cover on our holiday cover was taken by none other than our very own Margaret Bayless, talented photographer, accountant, animal-and-nature lover, and avid hiker. To me this photo reminds us that we can balance the many aspects of our lives, especially during the holiday season, as long as we have a strong, solid base for our foundation!*



# A Mausoleum Double-Crypt at

ROSE HILL  
BURIAL PARK  
—1920—

**3653 W Market St, Akron, OH 44333 (Fairlawn)**

was generously donated to White Barn Healing Arts Center,  
a 501c3 non-profit organization, to sell as a means of  
raising funds. Thank you for helping us spread the word!



**Building 1 • Section 1A • Crypt 47D • Level 4**

*A double-crypt accommodates two caskets or multiple urns.*

**Current Value: \$14,295. Asking Price: \$10,000 or Make an Offer.**

White Barn will pay the \$250 transfer fee with the asking price.

Easy access for loved ones to visit. Overlooks a beautiful, serene pond.

**Contact White Barn Healing Arts at [annettebragg2016@yahoo.com](mailto:annettebragg2016@yahoo.com)  
or call/text 330-281-1387. Serious inquires only please.**



# Pigs in a Blanket

## Collecting Blankets for the Rescued Pigs

The rescued animals residing at White Barn are here to do more than just recover and live a cushy life. They are here to share their stories of healing and of overcoming great difficulties. They are here to inspire guests who can relate to the animal's stories of abuse, neglect, and trauma in their lives, and to show people that it IS possible to heal, to trust, and to not only survive, but to thrive.

Three of the rescued animals at White Barn are pot belly pigs, each having their own story and their own history, and they have been with us for quite a while. Like humans, animals become elderly and also like us, begin to have a difficult time with their health, their joints, their mobility, and their comfort level.

For this Winter season, we had purchased a beautiful 12'x16' shed to serve as their cold-weather housing. Equipped with electricity, insulated walls, and two windows for natural lighting and a door with a window in it as well. We installed two heat lamps, a wall heater and a room heater to keep their house at a balmy 60 degrees, and their new housing is serving them well.

However, we are reaching out to request donations of blankets, which they use not only as a cover to keep the chill off their old bones, but also as nice soft bedding on which to sleep. We tried numerous things over the years—the typical bedding of hay and straw (created lots of dust and Truffles has poor sinuses, a snotty nose and difficulty breathing); mattresses from baby size to twin size (all got destroyed by the pigs curious nature and strong snouts and became expensive

to replace regularly); and sawdust (too scratchy, too dusty, it flies everywhere and got stuck in their hair).

So...we have come to the conclusion that blankets seem to work out the best. If the pigs shred them they can still use them as bedding to lay on. And they are easy enough to pick up and shake out when the pigs track in mud, and they are also easy enough to wash when possible.

If you, or anyone you know, is interested in donating and dropping off old blankets or sheets to help the elderly, arthritic, rescued piggies, please contact Annette at 330-281-1387 or email [annettebragg2016@yahoo.com](mailto:annettebragg2016@yahoo.com).

The pigs (and all of us) appreciate your support very very much!



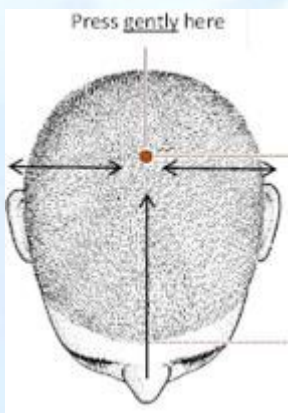
### PHOTO ABOVE

***Dozer is about 15 years old this year, quite a ripe old age for a pot belly pig. We assisted with his rescue in 2009, when he was removed from a home in the city of Cleveland by the county humane officer. He was abandoned by his owner who had left behind an assortment of animals, snakes, and this pot belly pig. Dozer is one of the sweetest, most lovable pigs ever. He is on daily joint supplements for joint health and on Meloxicam to ease joint pain. As he is getting on in years, he is finding it more difficult to get around and he walks much more slowly. We want to make him and his pig friends as comfortable as possible.***

# Acupressure Points to Relieve Holiday Stress

Acupressure is a practice of Traditional Chinese Medicine (TCM) and is an alternative medicine technique and it is similar to acupuncture, except that it uses fingertip pressure instead of needles. It is based on the concept that life energy flows through "meridians" or channels in the body. Acupressure is said to help with a range of conditions, from motion sickness to headache to muscle pain. Benefits are achieved by using pressure points along the energy pathways in the body, to encourage the free flow of energy, or qi.

## Governing Vessel 20 (DU20) “Hundred Meetings”



**The Governing Vessel 20 is an Acupressure Point known as “The Sea of Marrow.”**

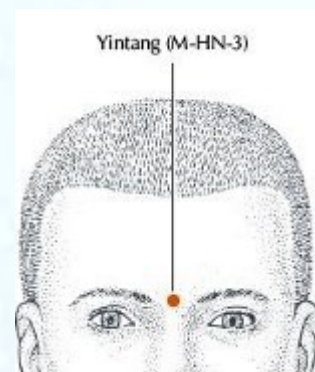
### **BENEFITS**

- Regulates the movement of all yang energy in the body
- Helps to lift depression and sadness
- Grounds energy to ease anxiety and overthinking
- Clears the mind to help you feel more focused
- Nourishes the brain
- Helps to treat headaches, dizziness and insomnia

### **LOCATION**

It is located at the crown of the head. Place a finger at the top of each ear and follow an imaginary line upward. It is located where your two fingers meet.

## Yin Tang “Hall of Impression”



**The Yin Tang acupressure point is also known as “The Hall of Impression.”**

### **BENEFITS**

- Powerfully calms the spirit
- An important point for emotional well-being
- Promotes deep relaxation and treats insomnia
- Relieves headaches
- Clears foggy thinking
- Reduces anxiety and emotional restlessness
- Helps clear nasal congestion and runny nose

### **LOCATION**

The location is centered directly between the eyebrows in the area known as the third eye. Apply gentle pressure or massage in a gentle circular motion to activate this pressure point.

**To get the full effect of acupressure, press directly on an acupressure point for at least 2-3 minutes.**

Gradual, steady, pressure for approximately three minutes is ideal. Direct the pressure perpendicularly to the surface of the skin as you take several long, slow, deep breaths. Each point will feel somewhat different when you press it; some acupressure points feel tense, while others may feel sore or ache when pressed.



# Holistic Practices to Relieve Major Stress/Anxiety

**Learn and experience easy-to-master holistic methods to lessen your frustration, stress, worry**

**and anxiety. Schedule a personal one-on-one session at White Barn Healing Arts with teacher, Annette Bragg, and enjoy some quiet time for self-care this holiday season!**

Holistic practices will introduce mudras, aromatherapy, acupressure/reflexology, breathwork, guided imagery, meditation practices and Qigong.

**To schedule a personal session, email [annettebragg2016@yahoo.com](mailto:annettebragg2016@yahoo.com) or text/call 330-281-1387.**

1-Hr. Class \$60; or 1½ Hr. Class \$85

*(You can also schedule a personal class for a specific need or intention at any time.)*

Give Yourself the  
Gift of Self-Care  
at White Barn

# Why try Reiki?

- ♥ To discover a way to relax much deeper and release stress
- ♥ To hit the reset button and bring us back into balance when we feel "off"
- ♥ To take a step forward in our journey of releasing past trauma
- ♥ To find healing at our soul level
- ♥ To strengthen our spiritual connection
- ♥ To unblock energies that keep us from wellness and good health
  - ♥ To begin forgiveness
  - ♥ To learn to love ourselves

**White Barn Healing Arts Center**

**Contact Annette Bragg to schedule a Reiki/Energy Healing Session. Email [annettebragg2016@yahoo.com](mailto:annettebragg2016@yahoo.com) or text/call 330-281-1387**



# Mudras for the Holidays

Mudras are hand gestures used to direct the flow of *Prana* (healing, life force energy) and balance the energy of the mind and body. Mudra is a Sanskrit term meaning gesture, mark or seal. Because each finger represents a natural element (earth, water, fire, wind, and space), holding the hands, fingers and thumbs in different gestures draws pressure and awareness to how the meridians cross and intersect. Essentially, it's like yoga for your hands.

There is a mudra for just about any state and condition, and most of them are easy to create. The effectiveness of mudras has been documented across time. Mudras can have physical benefits, like increased capacity for breath in the lungs, or energetic/emotional benefits, like easing stress or promoting compassion, patience, and relaxation.

## Kalesvara Mudra



**Kalesvara Mudra is known as ‘the lord of time’. Practicing this mudra helps to release worries concerning time (past, present, and future).**

### BENEFITS

- Brings a positive attitude towards life
- Soothes nervous system
- Cools the mind
- Introduces a sense of happiness
- Increases concentration; calms the mind
- Activates the third-eye chakra, our intuition
- Reduces the particular addiction due to which anxiety and stress thrive.

### HOW TO

Do not touch your fingers firmly against each other—they should be slightly touching each other. Join the tip of your thumbs. Thumbs remain extended and should point downward. Curl all of your fingers so that it should resemble a heart, which means that the first joints of your fingers and nails should be touching. Extend your middle fingers and join their fingertips gently. Open up your elbows. Inhale slowly and exhale gently. Touching of thumb to the sternum will bless you with the benefit of the heart chakra. You can practice this mudra for 10 to 20 minutes a day.

## Shuni Mudra



**Shuni Mudra is a hand gesture known as “The Seal of Patience” that helps to boost patience and discipline. This mudra represents the union of fire and space elements. Practice this mudra when feeling overwhelmed by outer circumstances or inner pressure.**

### BENEFITS

- Helps you feel more grounded
- Helps develop a sense of inner peace and mindfulness
- Encourages compassion, understanding and patience towards others
- Creates stability and strength
- Can be practiced in any situation
- Increases positive thoughts

### HOW TO

Touch the tip of your middle finger to the tip of your thumb on the same hand. Keep your other three fingers straight and pointed upward. Do this with both hands.

# Please Consider Adding White Barn Healing Arts to Your End of Year Donations

**White Barn Healing Arts is a 501c3 non-profit charitable organization.** Our funding comes from the nominal fees placed on classes, workshops and presentation, and also from kind and generous supporters who believe in our mission.

**Please consider making an end-of-the-year donation if you would like to see White Barn continue to offer holistic wellness classes and events** designed to provide guests with tools that support their quest for knowledge and their search for healing on all levels.

**Donations can be made...**

- **via the homepage on our website at [www.whitebarnhealingarts.org](http://www.whitebarnhealingarts.org), or**
- **by mailing a check made out to White Barn Healing Arts to 5180 Hayes Rd., Ravenna, Oh 44266**

Working together there are limitless possibilities to spread the vision of White Barn and to make a difference in the lives of many people. It truly is a combination of our guests and our supporters who make our work possible at White Barn.

***All donations are tax-deductible as permitted by law.***



## 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.

*- Sixth Century Indian Buddhist sage Shantideva*



# The New Pavilion



**This past June we decided to construct a pavilion at White Barn to provide a permanent shelter for our outdoor seasonal classes, workshops and events. A permanent structure, versus the large tipi we worked with previously, enables White Barn to offer outdoor activities without having to be concerned about cancelling events due to questionable weather conditions.**

The total cost of the pavilion was \$12,650 for a 30'x30' structure with a metal roof and finished ceiling.

So far we have raised \$4,035, approximately a third of the amount, which is truly phenomenal. Thank you to everyone who attended one of our fundraisers or donated to the pavilion!

White Barn does have a monthly loan payment for the pavilion, and we will continue to raise funds for the structure until we are able to pay off the full amount.

Thank you for considering making a donation that you would like to have applied directly to the Pavilion Project. The construction of the pavilion is a huge milestone in the growth of White Barn and we are positive that it will continue to help us serve everyone in the best way possible!

Donations can be made via PayPal or credit card through our website at [www.whitebarnhealingarts.org](http://www.whitebarnhealingarts.org), or you can mail a check marked for the Pavilion Project to White Barn Healing Arts, 5180 Hayes Rd., Ravenna, Oh 44266. Thank you for your consideration and support of our Pavilion Project!



# Fall Friends Gathering/Vegan Pot Luck

Thank you to the nearly 30 guests who stopped out to help us bring White Barn's outdoor season to a close on Saturday, September 30th. Everyone brought delicious vegan dishes to share, reconnected with old friends and made many new friends, enjoyed the beautiful weather, and participated in several special presentations.

Board member Donna Hradisky and her helper, Donna Schmook, seared some tasty

corn-on-the-cob over an open fire pit.

We held a 50-50 raffle (won by Nancy Gardner!) and also raffled off 2 super-duper extra-large mish-mash baskets—baskets filled to the brim of all kinds of donated items including art, home décor, jewelry, and gift certificates.



A special note of appreciation goes out to our presenters and volunteers:

- **Life Coach Tim Muse** for a relaxing singing bowls presentation (<https://gracelifecoaching.com/>);
- **Nancy Gardner of NG Energy** for leading us in Drumming,
- **Smudging through Sound, and Qigong**—a type of meditation in motion (<https://www.ngenergy.us/>);
- **Talented Reiki Practitioners** who shared their healing energies at the Reiki tent, including **Kim Quinn, Eric Dreger, Marianne Rieske, Judith Wade** (<https://www.sacred-expressions.com/>), and **Fred Snowden**;
- And event volunteers



## **PHOTOS**

*(Left) Nancy Gardner drums with Donna Hradisky  
(Top Right) The cauldron pot on fire for seasoning the metal.*



Courtney McColley, Donna Hradisky, Donna Schmook, Christine Lang, Kevin Bragg and Stephanie Adamov.

It was a beautiful day with beautiful skies and an amazing group of people.

Many thanks to everyone for your love and support! We



hope to see y'all back in the Spring to celebrate the opening of the 2024 Outdoor Season at White Barn!

### **PHOTOS**

*(Top Right) Guests gathered at the fire circle for drumming and Qigong with Nancy.*

*(Below Center) Life Coach Tim Muse shares an inspirational talk and leads a peaceful, relaxing meditation through the healing sounds of his singing bowls.*

*(Below Left) Volunteer Courtney McColley handled the 50-50 raffle as well as the Mish-Mash raffle tickets.*



**This past Fall on Thursday, September 14<sup>th</sup>, White Barn welcomed guest instructor Kat Hammonds, an expert in Ayurvedic Healing.**

Kat helped guests discover their Ayurvedic Blueprint and unravel the mystery of doshas and elemental harmony. She gently guided everyone through the fundamentals of Ayurveda and the three doshas that shape your well-being — Vata, Pitta and Kapha. The class explored how these elemental energies of nature influence our unique personality, emotions and overall health.

We appreciate Kat's support of White Barn this past year as she taught at our June 10<sup>th</sup> Holistic Wellness event and the Ayurvedic Blueprint class. Many thanks, Kat, for shining your beautiful light and for sharing the Ayurvedic path to healing!

*For info on Ayurveda & Shamanic Wellness for Menopause with Kat Hammonds visit  
[www.kathammonds.com](http://www.kathammonds.com)*

## **Revolutionizing Menopause Wellness: Experience the Unique Fusion of Ayurveda and Shamanic Healing**

**Embrace the Wisdom of Menopause with Integrated Holistic Healing -**

Kat Hammonds offers a sanctuary for menopausal women to balance body, mind, and spirit through the synergistic powers of Ayurveda and Shamanic healing. Our personalized, soul-centered approach ensures that each journey through menopause is met with compassion, understanding, and a tailored path to optimize well-being during these transformative years. Experience the fusion of ancient wisdom and deep spiritual connection to thrive in your menopausal transition.



# A Holiday Message from Kat

As we step into the festive season, a time of joy, connection, and sometimes, complexity, I want to share with you a special insight that has profoundly shaped my journey both as a healer and in my personal life.

In my latest blog, I explore the transformative impact of seeking permission in our interactions – a simple yet powerful practice that fosters respect, empathy, and deeper understanding in all our relationships.

From respecting boundaries to the art of mindful listening and trusting in the decisions of others, this piece is filled with personal insights and practical examples, especially relevant as we gather with our loved ones.

Check it out here — <https://www.kathammonds.com/post/a-simple-yet-profound-principle-that-can-transform-our-connections-permission> (kathammonds.com)



Who knows, it might just be the key to a more harmonious and fulfilling time with your family and friends!

*May you have a warm and joy FULL holiday.*

Kat

♥ P.S. I'd love to hear your thoughts and experiences on this topic. Feel free to contact me at [kathammonds@gmail.com](mailto:kathammonds@gmail.com)!

## ABOUT KAT

**Kat Hammonds, BS, eRYT, Ayurvedic Wellness Practitioner, Mystic**  
<https://www.kathammonds.com/>

For over 35 years, Kat has helped people, domestically and abroad, free themselves from weight issues, chronic health complaints, anxiety and mood disturbances, phobias, financial fears and more.

*"We are designed to be healthy, happy, and abundant. We simply have to remove the obstacles. I help you identify those obstacles. I help you bridge the gap between where you are and where you want to be. We stop fussing with the symptoms and start addressing root cause. With the help of Ayurveda, intuitive insight, shamanic tools, and diligent (not difficult) practices you get stunning results."*

# A Tribute to Levi, A Very Special Horse



would often take in the draft horses and buggy horses from the Amish farms in Ohio when the horses could no longer work for a variety of reasons. I would rehab them, get them vet care, provide them with proper nutrition, and then find them an appropriate retirement home. In some cases the horses were simply tired, old and overworked. Sometimes they had health issues such as laminitis, EPM, EPSM, ringbone, navicular, anemia, or cancer.

If a horse on an Amish farm can no longer work, they are typically sent to the local auction where they are purchased by the meat buyers who then ship them to equine slaughterhouses in Canada and/or Mexico. It is a brutal journey with a horrific end for these horses. The Mt. Hope auction is located in downtown Fredericksburg, only a mile from where Levi lived and worked on his farm. Another popular slaughterhouse auction is located in Sugar Creek, with both of these locations being in the heart of Amish country. The Miller family who called about retiring Levi is a family who I had worked with for many years, helping them to retire their hard-working horses and providing them an alternative to sending the horses to auction when they could no longer pull a buggy or a plow. I had picked up both Belgian Drafts as well as Standardbreds from this family

10-20-23 Article by Annette Bragg

**Levi was one of the rescued animals residents that reside at White Barn Healing Arts Center.** He arrived in 2016 from an Amish farm in Fredericksburg, Ohio, when he was 17 years old. But before we go further, let me stop to share the back story.

**The rescued animals at White Barn Healing Arts all have a history of how they got here, a background, a story of overcoming, a story of survival.** Guests who visit White Barn often can relate to the challenges the animals faced, the difficulties they experienced, and the inner strength they needed to not only survive, but to thrive. The animals often inspire us to stay strong, to *do* better, *do be* better, and to not give up.

During my 17-year career in animal rescue I





who I had come to be friends with, and grew to have a great respect for their willingness to let their horses live out their lives through retirement.

Though I had just stepped away from a lengthy career in farm animal rescue, I agreed to personally take in Levi and allow him to retire at my home where I now operated White Barn Healing Arts Center. Levi would be a welcome addition to the rescued animal crew.

Levi had ringbone in both front ankles, a condition where the joint fluid and soft tissues around the joint deteriorate, leaving that area to function with bone-on-bone. Ringbone is a degenerative disease that results in severe arthritis and lameness, and continually gets worse over time. There is no cure, though pain management can be addressed as long as possible.

Though 18-hands tall Levi could no longer keep up with this much larger counterparts in the hitch-team while they were plowing the fields, he was nowhere near the end of his life at that time. He still looked strong, was otherwise healthy, and had a bit of an attitude to be honest with you. My husband Kevin and I took a horse trailer and went to Fredericksburg to pick up Levi. While waiting for Levi's owner to meet us at the barn, we looked at all the majestic horses standing quietly in their tie-stalls. Levi was the shortest one, as the others were a good 4" taller than him. At 18-hands tall, Levi was huge, but still dwarfed by the giants he plowed with. I always had a great love of the big horses and admired them greatly. Pointing to Levi, I joked with Kevin while we waited, "I'll bet that runt is the one Willis wants to give us." And sure enough, that was true. The shortest horse in the barn was the one that needed to retire from plowing.

Once we got him home, Levi's true personality took only a short time to come forth. He acted like such an ass. He would keep our other horses out in the field and wouldn't let them come into the barn. He would pin his ears at me and give me dirty looks. He was bossy and demanding and nothing like the laid-back Belgians I had in the past. Oh boy, what did we bring home? I called Willis to let him know that Levi was settling in...somewhat. When I told him how Levi



was acting, Willis chuckled and said, "That's Levi. He would keep all my horses out of the barn too, even in the rain, and at feeding time I would have to go out into the field to get Levi so other's could come in to eat." Hhmmmm.....I wish he would have warned me ahead of time. So that's why Levi's name was originally Stormy. He was named that for a reason, and it wasn't for his loving, quiet and calm disposition. Lesson learned - never take in a horse named Cyclone, Hurricane, Lucifer, Tornado....or Stormy.

I believe there's a lot of energy in a name. So wanting to give him a different name that he could live up to, I researched as I always did the meaning of names from a variety of different cultures. I narrowed it down to three, and took my list into the barn where Levi was quietly munching on his hay in his stall. I stood in his stall door opening and explained to him that he needed to choose which of these three names would be his going forward, and that I would read each of the names to him and when he heard what would be his new name, he should raise his head and look at me. I read the first name....nothing. He kept on eating and munching away. I read the second name...still nothing. More eating and munching and ignoring me as though I didn't exist. Then I read the name Levi, and he threw his head up, turned his neck and stared at me. "Levi it is," I declared to him. I liked Levi too - it was a common Amish name, and when I looked it up it's meaning was "friend to all." Stormy certainly had no intention of being anyone's friend, but

## TRIBUTE to LEVI

*Continued from Previous Page*

maybe Levi would.

During the last seven years of his life, Levi kept his bossy edge but mellowed out and did become friends with everyone. He came to tolerate me and this last year even appeared to finally enjoy being brushed and groomed. Several times he stood perfectly still while I blocked his path and threw my arms around his big ol' neck and hugged him with my face buried in his fur. Instead of hurriedly jerking away from me, he would simply let out a big sigh, letting me know I was being tolerated but he was not amused.

As many of the older farm animals at White Barn succumbed to old age or health issues, Levi's main companion during the last year of his life has been Moolan the beautiful black cow. We nicknamed her "Missy Moo." Levi and Moolan could be seen laying side-by-side in the field this past summer, enjoying the warm weather and cool evening breezes. While they weren't attached at the hip and still enjoyed exploring their eight-acre pasture on their own, it was obvious they would keep a close eye on each other.

And though Levi seemed to like Missy Moo, there were *still* times when he wouldn't let her in the barn. Just a few days before Levi transitioned, he was standing in her way not too far from the barn door. Missy Moo was doing her best to try to get by him to come in for breakfast, but Levi refused to budge. Kevin called out to Missy Moo, "Just shove him out of the way, Missy!" Much to Kevin's surprise, the cow who had tolerated Levi's behavior over the years, took her concrete-like skull and with a strong head-toss, whammed Levi in the butt and proceeded to walk past him into the barn. She had found her inner voice to stand up for herself af-

ter all this time - good for her!

As we got to know Levi, we realized that he would be selective about the people he chose to allow into his personal space. Sometimes he would allow visitors to touch him or pet him when he was standing at the gate. Other times he would stand just out of reach. And still at other times he would walk away out into the field and ignore people completely. He was his own horse, unique in his personality, feeling obligated to no-one, bestowing his presence on those he felt needed it, and going through life on his terms.

He was very intuitive, and was sensitive and responsive when I talked to him telepathically as well as verbally. When he was a ways out in the field one day grazing on some tall lush spring grasses, I silently asked him to pick up his head and walk over toward me. I was standing outside his field in my own yard. He had no reason to do this - he was perfectly content devouring tall green grass like it was going out of style, and really didn't think much of me other than knowing I was his caretaker. After silently asking him this same request for several minutes, he lifted his giant head, looked directly at me, and with an annoyed expression walked



over toward me as far as he could before he was stopped by the gate. I thanked him profusely for listening to me, and he went back out into his field.

The last several years brought about additional health issues. In the winter when it was extremely cold and snowy he would experience swelling when he couldn't get as much exercise as he could in nicer weather. His ringbone continued to get more pronounced, with more arthritis, and then came the weight loss. He had a great summer in the field with Missy Moo, laying down though now as much as he was standing. When it became apparent we could no longer manage



## TRIBUTE to LEVI

*Continued from Previous Page*

his pain, it was time to help him cross into the world of Spirit with dignity and respect, which is exactly what happened this past Friday, October 20th, at noon.

Several days prior to his transition, I stood in the barn babbling away to Levi and Miss Moo like I always do at feeding time. I was telling Levi that I was sorry I couldn't fix his ringbone or arthritis. And I was sorry that I couldn't fix "old." And I explained that it was time for him to go home to spirit where he could be healed and made whole again because we could no longer manage his now-intense pain. After talking and explaining everything for quite a while, I watched him take a mouthful of hay and bring his head up to munch on it. It was then I asked him, "Are you ready to go home to spirit?" He immediately shook his head aggressively one time up and down and then went back to munching his hay. This time I cried into my gloves as I leaned on the gate.

Our farm vet helped provide Levi with a quick and very peaceful transition, and Levi received distance Reiki and peaceful energy from about 20 of his people friends. While it was difficult to know that I would no longer see his monumental, statuesque outline physically gracing the fields, it was comforting to know that he was no longer in pain and could have the freedom to once again enjoy galloping through lush fields with the wind in his mane. And if there's a barn nearby in heaven, I'm sure Levi is busy keeping all the other horses out of it.

Many thanks to Doc Randy Alger our long-time friend and field-service vet; to Candene Korom for being present, holding sacred space, and sharing such peaceful energy to help Levi cross; to all of Levi's human friends for sending prayers and Reiki to support him through his transition, and to Kevin Bragg and Mark Cogley for dealing with necessary end-of-life details.

We'll miss you little buddy - but I know your in-charge-but-kind spirit will always be a part of White Barn Healing Arts. Be sure to hang out around Missy Moo so she's not lonely until we figure out what to do for her next companion! While there were plenty of times when you challenged us and we may not have liked you much Levi, we sure did love you! And we know you loved us too. Thanks for sharing the last seven years of your life with us!

## New Year Pledge

You may believe that we are all a part of one another. In spiritual teachings, it is taught we are a part of nature and connected to *all* things. We share our energy with Pachamama—our Mother Earth, with Grandmother Moon, Grandfather Sun, our brother the wind, and Father Sky. Our energy is a part of the water, the rains, rivers, lakes, and streams. We are connected to all living creatures, in the air, sea, and on the ground.

We need to extend our compassion to animals and to our planet, as well as to other humans. All animals deserve to be treated with kindness, with compassion, with understanding, and with respect. The factory farming system that came about mid-century turned living breathing creatures into commodities in a warehouse system that provides no environmental enrichment or comfort care whatsoever. Yet, there has been no change in the way we mass-produce and abuse the animals we call food. Toxic product testing continues on animals while other more modern and more reliable alternative testing is available. On your spiritual journey, consider our connection to every single living being on this planet, and ask yourself if through your lifestyle, your purchases of daily goods, or your food choices, you contribute to or work to eliminate the suffering of others. And with the coming new year, pledge to make necessary changes in your lifestyle and your daily choices to help bring healing to all—to people, to animals, and to our planet.



"All things share  
the same breath -  
the beast, the  
tree, the man,  
the air shares  
its spirit with all  
the life it supports."

~ Chief Seattle

# G.R.A.C.E. Life Coaching with Tim Muse



*"At GRACE Life Coaching, my goal is to help you re-imagine your life. With experience in Life Coaching and a history of client success, my individualized, positive approach will help you attain your goals. "*

timmuselifecoach@gmail.com  
330-409-5775  
gracelifecoaching.com  
Alliance, Ohio area

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

*White Barn is grateful to Life Coach, Timothy Muse, for having donated his time as a guest presenter for several events this past season, including our Holistic Wellness Day and our end-of-the-season Fall Gathering. Tim inspires us with his guidance and wisdom, his personal journey, his Reiki energy, and his sounding bowls.*

*We'd like to thank Tim for being such a shining light at White Barn Healing Arts this past year, and for touching the lives of so many people. We so very much appreciate you Tim!*



## What Can a Life Coach Do for Me?

A life coach can support you in finding and staying on your path. By building a relationship with his clients, Tim helps you stay motivated and on-task as you move toward your goals.



## Professionalism and Experience

As a professionally trained and experienced life coach, Tim has the tools and understanding to help you to create the life you imagine and get a renewed sense of self.



# December 2023 Energy Update with Lee Harris

We like to introduce new thought leaders, spiritual teachers, visionaries and healers in the White Barn E-Magazine. Most of us who are actively seeking knowledge and wisdom on our spiritual journey enjoy expanding our horizons through the teachings and broader perspectives of others. If you've not heard of him before, we'd like to bring to your attention Lee Harris.

Lee is a globally acclaimed Energy Intuitive, Channeler, Author, and Musician. His grounded, practical teachings focus on the expansion of your intuition and awareness, to help you live a more heart-centered life!



Lee shares energy updates monthly on YouTube videos to explain what might be showing up for us personally as well as globally.

A few themes showing up for December are moon energy activation and what that means for us, as well as death, shock and loss—how are we coping?

You can listen to his podcast series on his website, or you can view his monthly energy videos on YouTube.

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

## Discover Healing with Archangel Raphael?

Angels are around us and can help us navigate our lives. Through meditation and intention we can come to know and work with them.

Archangel Raphael is known as the healing angel, and he can surround anything needing healing with emerald green energy. Even his name means “He who heals.”

Crystals associated with Raphael are emerald and malachite.

Raphael helps us breathe and create a healthier lifestyle. He can help you heal yourself or find a healer who can help you heal. Raphael gives guidance through our intuitions, thoughts, ideas, dreams and other inner impressions.

**“Our prime purpose  
in this life is to help others.  
And if you can't help them,  
at least don't hurt them.”**

**Dalai Lama**





# A Healing Chant — The Gayatri Mantra with Deva Primal

Ancient chants are often beautiful, emotional, powerful, and full of healing energies. The Gayatri Mantra can be used with your meditation practice to bring about **peace, joy, grace, happiness, and prosperity**. It is also said to strengthen concentration, heal the physical body, and protect against negativity, fear, anger, jealousy, hatred, greed, and envy.



Many versions of the Gayatri Mantra can be found on YouTube. One of the most beautiful voices of Eastern Indian chants comes from Deva Premal. To enjoy one of my favorite versions of the Gayatri Mantra sung by Deva Premal, visit <https://www.youtube.com/watch?v=4IFlaG45xM8>—live in concert

## Words in Sanskrit

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 Sanskrit verse has been chanted daily for nearly 4,000 years and entered into pop culture by the Battlestar Galactica series and Cher? If you answered the Gayatri mantra, familiar to yogis and fans of kirtan singer Deva Premal, you'd be right. This mantra is said to contain all the knowledge of the universe, so obviously its fullest meaning and proper invocation takes time, devotion, and practice to understand and master. If you are a fan of mantra chanting, then it is worth exploring this verse in more detail to learn its meaning, benefits, and history.

## What is the Gayatri Mantra?

The Gayatri Mantra is a Sanskrit mantra that has been chanted for thousands of years. It was written down during the Vedic period (1500 -500 BCE) and is considered to be one of the oldest known and most powerful mantras. It is said to contain all the knowledge of the universe.

The mantra is an expression of **gratitude and praise to the powers of transformation, inner growth, and self realization provided by the radiant light of the divine**. Meditating on this spiritual light purifies the heart chakra and opens it up to receive higher vibrations of love, wisdom, and bliss.

[www.yogabasics.com/  
connect/gayatri-mantra/](http://www.yogabasics.com/connect/gayatri-mantra/)



# What are Dowsing Rods?

*Dowsing has been used for many centuries by many different cultures.*

*The L-shaped rod is probably the most ancient of all dowsing instruments. The word "Dowsing" means to use a rod or pendulum to find something. It was a method used when searching for water and minerals. In our modern day, large oil companies, police forces, mining operations and farmers employ skilled dowzers. Both animate and inanimate objects have energy fields. Everything that exists in the universe is ultimately pure energy that gives off a vibrational frequency.*

*This would include every particle, thought, word, emotion, object and experience. When you dowse for a target you tune into its frequency. The response from the rods means you are reflecting energy back to yourself for interpretation. Through experimenting and research, dowsing has led us to believe that the dowser responds to electromagnetic fields given off by the object that is sought. Beginners in anything will make a lot of mistakes and dowsing is no different. However, anyone who is sensitive, which includes a large percentage of people, can get a reaction from and learn to use the dowsing rods for finding Spirit Energy. This info is shared from <http://staugustineghosttours.net/dowsing-rods-and-paranormal-investigations/>*

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## LAURA LYN, PSYCHIC MEDIUM

On Saturday, July 15th, Gifted Psychic Medium, Laura Lyn, lead guests on a walk through the property and the magical Meditation Trail at White Barn to demonstrate how to work with dowsing rods and how to find Spirit energy. After the walk, Laura graciously provided guests with a group reading with messages from angels, guides and loved ones. **Thank you, Laura Lyn,** for your love and support of our work here at White Barn, and thank you for sharing your time and wisdom with us!

### ABOUT LAURA LYN

Laura Lyn is a Psychic Medium and Spiritual Consultant residing in the Akron area. Laura Lyn is a gifted medium and visionary who has given thousands of readings during her years in spiritual service. Laura Lyn's mission is to help people realize love is always the answer. She actively works as an Author, Spiritual Teacher, Psychic Investigator and Psychic-Medium. Laura Lyn teaches and shares her message worldwide through media and personal messages. She has been tapping into the Angelic and Spirit Realm since she was a small child. She is a former Senior Advocate at Mental Health America. You can follow Laura Lyn on Facebook at <https://www.facebook.com/angelreaderlaura> or you can contact her directly at [angelreaderlaura@gmail.com](mailto:angelreaderlaura@gmail.com)





# Secret Ireland Tours, LLC

Celtic Healing with an Irish Druidess

# Ireland

## August 2025

Ambassador

Mary Jane Brigger

More Information Coming Soon!!!

In Old Irish, the name for voyages is *Immramma*, known as a *Journey of the Soul*, or *Rowing About*. The meaning is that often we do not know where we are going, yet the soul knows the way. Join me, Mary Jane Brigger, for your own personal Immrama as we journey to Ireland to learn the Old Ways of the Ancient Celts and Celtic Healing from a True Druidess, Dana Morrigan, at her small farm and healing center in Kilderry, Ireland. Continue your Immrama to the magic of SW Ireland to the Ring of Kerry, Blarney Castle, and Secret Ireland Tours specialty, special sites off the beaten pathways.



Email Mary Jane Brigger for Information at:  
[MJB@MaryJaneBrigger.Com](mailto:MJB@MaryJaneBrigger.Com)



# Karma Gaia

Expand your mind, nurture your body, and elevate your soul with daily exclusive collection of yoga practices, meditations, holistic healings, lifestyle advice and much more, all for free, straight to your inbox.

## Balancing Your Soul

At Karma Gaia you'll find a holistic approach to well-being that integrates the mental, physical, spiritual, emotional and environment components.

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

*For everyone who is impatiently waiting for your dreams to unfold and trying to take matters into your own hands to force the issue, here's your Daily Affirmation from Karma Gaia. Be sure to check them out and sign up for free daily affirmations.*



I trust in the divine timing of my life's journey. I surrender the need for control and allow things to unfold naturally. I have faith that everything happens for my highest good and that the universe orchestrates perfect timing for my dreams to manifest.

# Can Spinal Flow Technique Help Me?

## What Exactly is Spinal Flow Technique?

While Spinal Flow Technique™ was born out of chiropractic science and has some similarities to osteopathy and cranio-sacral, it has unique differences which must be emphasized.

Spinal flow is not trying to “fix” or “treat” problems, but to enable the body to connect with its innate wisdom to heal using the access points of the spine to release blockages. The breathing, moving and sensing Spinal Wave is inside all of us and may give us more healing, energy and a profound spiritual connection to who we truly are as humans.

Spinal Flow Technique™ has no connection to meditation or yoga or other healing modalities - SFT is its own unique

healing modality. It is based around the concept of the Spinal Wave inside all of us - a wave that equals ease, life force and a profound connection to who we really are - flowing freely through the spine.

Blockages are held and stored in the spine and typically need an SFT practitioner to touch the defined Access Points of the spine to help release them. These blockages - which are mostly emotional, but can also be physical or chemical - are stored in the 7 gateways of the spine. Spinal Flow Technique is a modality that facilitates the rebalancing of the body and its functions by locating and releasing tension in the nervous system. It involves light touches on specific points on the cranium and spine that contain dura mater, a membrane that protects the brain and the spinal cord. It does not require manual adjustments of the spine. It aims to relieve pain, symptoms and dis-ease by connecting the nervous system to the brain and integrating experiences.

A Spinal Flow Technique session is beneficial for everyone, is non-invasive, and facilitates a deep level of healing. You do need to be able to lay comfortably on your stomach or side for the duration of your session which usually lasts a half hour to an hour depending on what you schedule.

**Photo at Left**  
*A heart-felt thank you goes out to Melanie Mills, owner of Randolph Massage and Wellness Center in Atwater, for sharing her time and talents and healing energies as a Spinal Flow Technique Practitioner at several of the holistic wellness events hosted at White Barn Healing Arts this past Summer. In this photo, Melanie helped several guests relax with a Spinal Flow Session under the shade of a tent and with a cool summer breeze flowing through.*





# Randolph Massage and Wellness Center

**Gifts Certificate Available**



*"At Randolph Massage and Wellness Center, we're proud to be a woman-owned small business that has been proudly serving the community since 2013. We specialize in massage therapy and other wellness services, designed to help our clients find a balance of physical, mental, and emotional wellbeing."*

*"Our mission is to provide the highest quality of care to our clients and to help them achieve their wellness goals. We're dedicated to creating a safe and welcoming environment for all of our guests and look forward to helping you on your journey to better health and wellness."*

Melanie is the founder/owner of Randolph Massage and Wellness Center. She is a licensed LMT, CHT, and is always taking educational classes that compliment her interest in energy and healing modalities. She is certified in Spinal Flow Technique and has witnessed the positive influence this technique has on one's health and wellness.



**Melanie Mills, LMT, CHT**  
**Randolph Massage and Wellness Center**  
**<https://www.randolphmassage.com/>**  
**1485 OH-44 D, Atwater, OH 44201**  
**330.325-7390**

## 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

# RESTORATIVE SINGING BOWLS WITH REIKI

Our appreciation goes out to Eric Dreger and Kim Quinn, who generously donated their time on Sunday, September 17<sup>th</sup>, to share their healing presentation with guests at White Barn. Eric and Kim have created a unique experience that brings about a deep inner peace, healing and serenity by blending the holistic healing modalities of singing bowls, yoga poses, and Reiki. We are so grateful for their healing energies and support!







## DAILY WAY MESSAGE

*The "Awakened Way" messages are a collection of guiding, loving and insightful communications from Sanaya, teachers from across the veil who regularly speak to and communicate through Suzanne Giesemann. Sanaya has been regularly sharing messages with Suzanne for over a decade.*

*"Do not be afraid to change direction mid-stream. Every moment is a new beginning. Every step presents you with a choice: continue as you have been going or turn to a new horizon. To do so unassisted would be quite frightening but hear us well: you are surrounded by helpers. If what you have been doing is getting a bit stale or is no longer working for you, ask your unseen helpers to stand on each side of you and help you to flow in the best possible direction. Doing so, the way will become clear. You are so very loved."*

Be sure to visit  
**[www.suzannegiesemann.com](http://www.suzannegiesemann.com)**

# Private Winter Classes at White Barn

Maybe sitting in a large group of people coughing and sneezing in a class this time of year isn't your thing, but maybe a private one-on-one quiet session is.

Private classes are being offered throughout the Winter season at White Barn Healing Arts where you can enjoy a personal class tailored to your needs and goals. We'll provide you with holistic tools that support your overall health and wellness and you can apply these practices at home, work or school to help you successfully navigate major life stressors, challenges, trauma and difficulties.

Email [annettebragg2016@yahoo.com](mailto:annettebragg2016@yahoo.com) or text/call Annette at 330-281-1387 to schedule a personal holistic class that can provide relief from anxiety, stress, grief/loss, depression, anger, frustration, excessive worry, trauma, unforgiveness, and lack of self care. To learn more, visit <https://whitebarnhealingarts.org/holistic-wellness-classes> or email [annettebragg2016@yahoo.com](mailto:annettebragg2016@yahoo.com)

While you can schedule a private class with a topic of your choosing at any time, we will be highlighting a specific topic each week for our private session. You may wish to choose a specific holistic practice (such as mudras, acupressure, meditation, crystal therapy, etc.) or you can enjoy a sampler class that teaches tidbits of several holistic healing techniques. Let us know what you want to learn or what goal you want to achieve, and we'll tailor your class to support you on your journey!

# Native American Teachings —

## *Gifts of the Seven Grandfathers*

Also known as the Seven Sacred Gifts or the Seven Grandfather Teachings, these are the traditional concepts of respect and sharing that form the foundation of the Native way of life and are shared among the Anishinaabe people. They are built around the seven natural laws or the seven sacred teachings. Each teaching is considered a gift that helps guide individuals toward living with integrity, and honors one of the basic virtues that are necessary for a full and healthy life. Each of these virtues can be seen as an animal to point out that all our actions and decisions affect the world we live in. The animal world teaches man how to live close to the earth. For those who follow the traditional Native way, the respect for all life is based in this connection between the animal world, man and the environment. These Seven Sacred Gifts help you to show honor and sincerity in all that you say and do. They help you to understand your place in this life and apply that understanding on your journey. And they help you to be true to yourself and all other things. No matter your biological heritage, we would all do well to embrace these gifts.

### Honesty

Honesty is represented by the raven. He understands who he is and how to walk in his life. Raven reminds us to be ourselves and not someone we are not. Raven accepts himself and knows how to use his gift. He does not seek the power, speed or beauty of others. He uses what he has been given to survive and thrive. So must you. To walk through life with integrity is to know honesty. Be honest with yourself. Recognize and accept who you are. Accept and use the gifts you have been given. Do not seek to deceive yourself or others. Always be honest in your words and actions.

### Respect

Respect is represented by the buffalo. To honor all creation is to have respect. Live honorably in teachings and in your actions towards all things. Do not waste and be mindful of the balance of all living things. Share and give away what you do not need. Treat others the way you would like to be treated. Do not be hurtful to yourself or others. In order to receive this sacred gift, you must give it away. You must give respect if you wish to be respected. Don't hurt anything or anyone, on the outside or the inside.

### Love

The eagle represents love because he has the strength to carry all the teachings, and is a great reminder of our own ability to soar to great heights. The eagle has the ability to fly highest and closest to the creator and also has the sight to see all the ways of being from great distances. The Eagle's teaching of love can be found in the core of all teachings. To know love is to know peace. Love is based on affection, respect and kindness. Love cannot be demanded...it must be earned and given freely from the goodness of your heart. Love must be unconditional. View your inner-self from the perspective of all teachings. This is to know love and to love yourself truly. Then you will be at peace with yourself, the balance of life, all things and also with the creator.

### Humility

Humility is represented by the wolf. For the wolf, life is lived for his sense of family and community. Wolf brings inner power and strength. You are equal to others, but you are not better. Humility is



to know that you are a sacred part of creation. Live life selflessly and not selfishly. Respect your place and carry your pride with your people and praise the accomplishments of all. Do not become arrogant and self-important. Find balance in within yourself and all living things.

## Bravery

Bravery and courage are represented by the bear. The mother bear has the courage and strength to face her fears and challenges while protecting her young. The bear also shows us how to live a balanced life with rest, survival and play. Just as the bear hibernates during the winter, the bear reminds us that we must awaken and seek whatever opportunities are around us. To face life with courage is to know bravery. Courage is when we have the ability to face our own fear. When you put all your frustrations and jealousies and bad feelings aside you'll find peace and serenity. Find your inner strength to face the difficulties of life and the courage to be yourself. Defend what you believe in and what is right for your community, family and self. Make positive choices and have conviction in your decisions. Face your fears to allow yourself to live your life.

## Wisdom

The beaver represents wisdom because he uses his natural gift wisely for his survival. The beaver also alters his environment in an environmentally friendly and sustainable way for the benefit of his family. The beaver reminds us to act on our dreams and make them a reality. Wisdom is given by the Creator to be used for the good of the people. To cherish knowledge is to know wisdom. Use your inherent gifts wisely and live your life by them. Recognize your differences and those of others in a kind and respectful way. Continuously observe the life of all things around you. Listen

with clarity and a sound mind. Respect your own limitations and those of all of your surroundings. Allow yourself to learn and live by your wisdom.

## Truth

Truth is represented by the turtle as he was here during creation of Earth and carries the teachings of life on his back. The turtle lives life in a slow and meticulous manner, because he understands the importance of both the journey and the destination. Slow down the pace of your life. Faster is not always the best way to reach your goals. To know Truth is to know all of these things. Apply faith and trust in your teachings. Show honor and sincerity in all that you say and do. Understand your place in this life and apply that understanding in the way that you walk. Be true to yourself and all others.

A great deal of information can be found on the internet about the Gifts of the Seven Grandfathers. Here are a few links worth checking out:

- [www.7generations.org/seven-grandfather-teachings/](http://www.7generations.org/seven-grandfather-teachings/)
- <https://nhbp-nsn.gov/seven-grandfather-teachings/>

*"Humankind has not woven the web of life! We are but one thread within it! Whatever we do to the web we do to ourselves. All things are bound together. All things connect."*

— Chief Seattle



# Increase Your Energy and Vitality in 2024...

...with **NANCY GARDNER** and **NG ENERGY**



## Work. Play. Grow.

If you've been out to White Barn, chances are you attended a class or workshop with Nancy Gardner, founder of NG Energy and instructor of all things connected to health and wellness through fluid movement. Nancy is a dynamic teacher, passionate about helping others, and truly an expert in the field of holistic wellness through Qigong, Tai Chi, Meditation, and Polarity Therapy.

Nancy has blessed White Barn throughout 2023 by sharing with our guests her time, expertise, and enthusiasm for health through movement as well as her knowledge on the cycles of the moon. We are incredibly grateful that our paths have crossed with Nancy and appreciate her support through her teachings at White Barn!

*"I love my life! I am so blessed that my 'work' is also my passion and purpose – helping people get healthier and live more mindfully. Invite me into your workplace. Come play Tai Chi. Practice Qigong with me. Take a walk in the woods or around a Medicine Wheel. How may I help YOU live your life to its fullest?"*  
Nancy Gardner

### About Nancy L. Gardner, LMT, APP

- Ohio State-Licensed Massage Therapist
- Applied Polarity Practitioner
- Certified Tai Chi & Qigong Instructor
- Certified RP (Robert Peng) Qigong Instructor
- Motivational Speaker
- Corporate Wellness Provider

Nancy Gardner conducts ongoing classes for people of all ages and physical abilities. She also specializes in experiential, health-enhancing wellness programs. Since 1995, Nancy has been teaching and presenting locally, regionally and internationally. Her audiences range from corporate executives to full-time moms, from nuns in their eighties to teenagers, and everyone in between! Nancy is a member of APTA (American Polarity Therapy Association) and ABMP (Associated Bodywork & Massage Professionals). She also is a member of Toastmasters International and an elder of the For Purpose Community.



[www.ngenergy.us](http://www.ngenergy.us)

330-945-5533

[nancy@ngenergy.us](mailto:nancy@ngenergy.us)



# NG Energy's "Primary Pillars"

NG Energy provides individuals with empowerment techniques that foster health and vitality. These techniques are based upon four pillars:

## Health

- Health includes the presence of a strong and active flow of qi, vital life-force energy.
- Health focuses on the prevention of illness and on the wellness of the physical, mental, emotional and spiritual components of life.
- Health is sustained and qi is replenished through eating live food (fresh fruits and vegetables), drinking fresh water and breathing properly.

## Strength

- Strength is having the ability to do what you want to do - walk a mile (or ten!), bike, swim - enjoy physical activities.
- Strength is having resilience and developing perseverance when we "fall" or face life's challenges.
- Strength is trusting and acting on the wisdom and guidance of that "still, small voice" within.

## Balance

- Being balanced is being wholly alive in the present moment and having a sense of personal contentment.
- Being balanced includes the ability to adjust to the ever-changing movement of life.
- Being balanced means finding harmony between work and play, family and friends, introspection and action.

## Gratitude

- Gratitude is recognizing the gifts and blessings in ourselves, in nature and in the world around us.
- Gratitude is living with an innate happiness that is not dependent upon external circumstances.
- Gratitude is honoring our higher purpose and "giving back" for the greater good.

## CORPORATE WELLNESS PROGRAMS

Our wellness programs have been energizing individuals and organizations for nearly 25 years – earning the trust of respected institutions, major corporations and small companies throughout Northeast Ohio. Designed for today's work realities, our onsite programs offer techniques to lower stress, alleviate headaches, and reduce general aches and pains while stretching and strengthening. Choose from a number of established programs or customize a program around your company's needs.

## NEW TAI CHI and QIGONG CLASS Starting January 8<sup>th</sup>

Have you been thinking about trying Tai Chi? Or getting back into it? Nothing like a New Year to help you get motivated! You'll be learning a Yang Style Tai Chi form and various Qigong moving and breathing practices as well. Classes run in back-to-back 5-week sessions.

Email [nancyg@ngenergy.us](mailto:nancyg@ngenergy.us) or call 330-945-5533 for additional information and to register.

**For details on many upcoming classes/workshops visit [www.ngenergy.us](http://www.ngenergy.us)**



***Breathe. Move. Refresh.***

## ABOUT JUDITH

Judith Wade, creator and founder of Sacred Expressions, has been doing animal communication for over 15 years with clients nationwide. She has worked with a variety of animals from cats, dogs, and horses, to guinea pigs, pet snakes and goats. She has a heartfelt connection with animals providing them a safe place to open up. She is also a Reiki Teacher and Practitioner, does energy drawings, and has a Patreon page that features connecting through stories and Reiki opportunities

[www.sacred-expressions.com](http://www.sacred-expressions.com)

## Judith Wade

Animal Communication/Pet Medium • Reiki  
Energy Drawings • Writer • Author

*Published in Speaking Your  
Truth: Courageous Stories  
from Inspiring Women*

*Patreon Site: Connecting with  
stories and healing  
for \$5 a month  
[www.patreon.com/  
judithwade](http://www.patreon.com/judithwade)*



### Sacred Expressions Services

- Patreon: Experiencing connection through monthly stories, poetry, journal musings, and group remote Reiki for only \$5.
- Reiki - Individual sessions and teaching Reiki
- Animal Communication - Remote sessions and Animal Communication classes
- Energy Drawing - One-of-a-kind intuitive reading that uses colors, images, and symbology.

*On Saturday, June 10<sup>th</sup>, Judith participated in White Barn's Holistic Wellness presentations and shared with guests 10 tips on how we can better communicate with our pets. We appreciate her love and support of White Barn and we'd like to thank you Judith for generously sharing your time and your talents!*



# Gibson Massotherapy

Randall Gibson, M.Ed., LMT

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

3250 W. Market St #104, Fairlawn, OH 44333

**330.701.8780**

Many thanks to Randall Gibson of Gibson Massotherapy for generously donating his time as a teacher for White Barn's Holistic Wellness Event that we held in June at the beginning of our outdoor summer season. Randall discussed concepts and techniques to tune-down your nervous system - a must to find relief from anxiety, stress, and frustration as well as from physical pain. He taught self-help techniques for stress and pain that everyone could put into practice daily at home.

## ABOUT RANDALL

Randall earned a master's degree in counseling from Kent State University and completed an eighteen-month training program at the Gestalt Institute of Cleveland before realizing that the key element of "touch" was missing from conventional psychology. He changed direction, enrolled in massage school, and focused his passion-for-learning on body-centered therapies.

Randall has now been licensed in Ohio and Florida for over 30 years and taught massage therapy professionally for 20 years in Ohio while maintaining a private practice (Gibson Massotherapy) in holistic bodywork and craniosacral therapy. He is currently certified in craniosacral therapy, polarity therapy, shiatsu, and neuromuscular massage therapy. Randall is also certified as a meditation and mindfulness teacher as a Heartmath practitioner. Randall shares his knowledge and passion by offering CE seminars for integrative massage therapists and anyone interested in healing. **You can find his current class descriptions and schedules at <https://polarityhealthcare.com>**



**SELF-CARE IS GIVING  
THE WORLD THE BEST  
OF YOU, INSTEAD OF  
WHAT'S LEFT OF YOU.**

— KATIE REED

*"Breathe. Let go.  
And remind yourself  
that this very moment  
is the only one you  
know you have for sure."*

**—Oprah Winfrey**



## TOWN & COUNTRY VETERINARY HOSPITAL

(330) 856-1862 • <https://www.tc-vet.com>

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

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

Our practice also treats some exotic species including small birds, rabbits, rodents, non-venomous snakes and other reptiles.

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

Maya Angelou



*"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."*

Maya Angelou



# Healing Trio

On Sunday, August 27th, guests signed up for a wonderfully unique and healing experience. The hour and a half "Healing Trio" session included a half hour of Foot Reflexology with practitioner, Sandie Sajner; a half hour of Spinal Flow Technique with practitioner, Melanie Mills; and a half hour of Reiki with practitioner, Candene Korom. This was the perfect opportunity for not only guests who knew the value of these three healing modalities, but also for guests who were new to holistic healing practices and wanted to get to experience several practices.

This activity was held outdoors at White Barn and the weather was truly beautiful.

We had a full schedule and received all positive feedback from our guests.

Many thanks to our practitioners, Sandie, Melanie and Candene, for their support and willingness to share their skills and talents for everyone's highest and best good  
*PHOTO: Sandie Sajner performed her magic with foot reflexology.*



## Candene

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DAILY  
AFFIRMATION



I choose to let go of the past and embrace  
the present moment with open arms. I  
recognize that every new challenge  
presents an opportunity for me to learn,  
evolve, and become stronger.

*You may have a specific intention such as wanting to release grief, find forgiveness, move past trauma, or recover from a physical illness.*

Maybe you simply want to increase your knowledge of holistic healing practices. Or you may be an energy healer interested in learning different cultural practices to blend with your current healing modalities. Perhaps you want to find new ways to strengthen and cultivate your spiritual connection.

**Consider scheduling a private class this Winter at White Barn Healing Arts**

## Personal One-on-One Holistic Classes Offered at White Barn Healing Arts



Email: [annettebragg2016@yahoo.com](mailto:annettebragg2016@yahoo.com)  
or text/call 330-281-1387

### Private Classes Can Focus on One or More Holistic Methods

Mudras • Meditation Techniques that Work for You  
Aromatherapy • Acupressure/Reflexology • Qigong • Sound Therapy • Medicine Wheel Teachings • Guided Imagery



# The Combination of Breathwork and Meditation Boosts Health and Well-Being

**Did you know that you can decrease stress, manage and eliminate anxiety, and accelerate healing and wellbeing through mindfulness and meditation?** Bonnie McKenzie, owner of Reflections Yoga and Wellness, spoke at length and delved into healing through breathwork and meditation at White Barn Healing Arts outdoor Holistic Wellness event in June. She kindly lead everyone through a short guided meditation practice to illustrate the basics of this principle.

**Physical health benefits of breathwork often include:**

- Balanced blood pressure.
- More time in deep sleep.
- Reduction of PTSD and feelings of trauma.
- Better immune system.
- Stronger respiratory function.
- Release of stress hormones from your body.

**Breath brings oxygen into your body so that you can thrive.**

When you are physically or emotionally stressed, it affects how you breathe. Breathwork helps to calm your stress and bring balance to your body. The basics of breathwork is to release toxins and stress when you breathe out and nourish your mind and body when you breathe in. Breathwork may also have a positive impact on your central nervous system. When you feel stressed, your breath tends to become fast and shallow, limiting the oxygen entering your bloodstream. Your brain tells your body that there is a threat, and your body responds in fight or flight. When you take time to slow down and purposefully breathe deeply and slowly, you tell your brain that everything is OK and your brain communicates to your body that it's safe to relax.

## REFLECTIONS YOGA AND WELLNESS, LLC.

Bonnie McKenzie, RYT 200, AYT,  
Certified Meditation Instructor

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

Lake Shore Plaza  
17674 Mahoning Ave., Suite F, Lake Milton, Ohio  
**330-708-7607**



### PHOTO ABOVE

*We are grateful to Bonnie McKenzie, owner of Reflections Yoga and Wellness located in Lake Shore Plaza in Lake Milton, for supporting White Barn this past season and teaching an insightful class on Breathwork and Meditation at our Holistic Wellness Event and Fundraiser. Bonnie also came to our rescue when one of the tents decided to come apart, and without hesitation, she miraculously brought a tent out of her car and let us use it for the remainder of the event. Bonnie, you saved the day!*

### ABOUT BONNIE

Bonnie's meditation journey began after having an autologous bone marrow transplant to halt the progression of a progressive autoimmune disease in 2018. Through seeking to find the best tools that would assist in her recovery, everything she researched pointed to meditation, the only practice that can build neuroplasticity in the brain naturally.

Bonnie enrolled in transcendental meditation (TM) training with a certified TM instructor in Akron, Ohio, at the same time she started daily yoga practices. As her health began to improve, Bonnie was compelled to deepen her practices, and enrolled in a 200 hr Yoga and Meditation teacher training at Moksha Yoga and Meditation, in Ravenna, Ohio. In 2020, Bonnie graduated as a RYT 200 and certified Meditation instructor. Bonnie has continued her education with a focus on the therapeutic application of yoga and meditation through specialized cancer/chemotherapy care, polyvagal, meditative, adaptive yoga, Yoga for Multiple Sclerosis (MS) & neurological disorders, aromatherapy, and sound therapy practices. Bonnie's classes are designed with beginners in mind, to share the tools that can promote overall wellness and bring balance to the mind and body.

*"We are just walking each other home" - Ram Dass*

# Come Explore: *Energy Management & Heart Intelligence* on January 31<sup>st</sup>!

*Joining in this experience is a great way to kick off a new year.*



*What would your life be like if...*

- you had more energy throughout the day?
- you intuitively knew how to respond to change and challenge?
- when out of sync, you could reset yourself just like you reset your computer?
- your communication were clear, rich and fulfilling?

Check-in Begins 8:30am; Session 9am to 12noon; Registration \$125  
at the Educational Service Center of NE Ohio 6393 Oak Tree Blvd., Independence, Oh



**Register by sending your email and phone number to [lpurnell4870@gmail.com](mailto:lpurnell4870@gmail.com)**  
**Questions? Call Laura at 216-645-7667.** Registration limited to 35 guests.

*"The work aligns with Social, Emotional Learning; Wellbeing; Vertical Leadership Development; and the essentials outlined in the Surgeon General's essentials for employee mental health and wellbeing. I hope you can join us!"* Laura Purnell

**Laura Purnell, Ph.D., ACHT: Educational Alchemist, LLC**  
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**216-645-7667**  
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## **ABOUT LAURA PURNELL**

Laura Purnell is integrating her experiences as an urban school superintendent focused on school transformation and education equity, with her experiences and training in: Advanced Clinical Hypnotherapy (ACHT), Comprehensive Energy Psychology, Integral Breath Therapy, and Treating Trauma. She offers experiential training programs and transformational coaching focused on equity, wellbeing and consciousness. In addition, she uses a variety of healing practices with individuals seeking physical, mental, emotional and spiritual coherence.

Laura received her Advanced Clinical Hypnotherapy Certification from The Wellness Institute. She participates in ongoing professional development and support hypnotherapy training at the Cleveland Clinic's Center for Integrative Medicine. She is a certified HeartMath Resilience Advantage Trainer and used The Integrated Coherence Model as a framework in her teaching, consulting, and healing.

In addition to her work as the Educational Alchemist, Laura has served as an Academic Superintendent, Turn-Around School Superintendent, Assistant Superintendent, Deputy Chief of Leadership and Growth, and principal. Laura was Co-Founder of Citizens; Academy, a nationally recognized community school in Cleveland, Ohio.

To learn more about Laura and the many programs, workshops and services she offers, be sure to visit her website at [www.educationalalchemist.com](http://www.educationalalchemist.com)



# How to Quickly Raise Your Vibration? *Be Grateful!*

Sometimes when our energy is low or we're feeling out of sorts, it is then when we're operating with low vibrational frequencies. But depending on our circumstances and our mental/emotional state, it can feel difficult, if not impossible, to pull ourselves up out of that muddy murky hole.

The quickest way to get our thoughts back onto a healthier and more positive trajectory and to raise our vibration is to take a moment to focus on feeling gratitude. I don't mean just saying the words, but actually feeling what

that energy feels like in your heart center.

No matter how many things are going wrong, and no matter how frustrated you feel with current events, there is *something* that is working for you and there is always a light shining somewhere in your life if you just take a moment to look.

Perhaps you take a minute to focus on a person in your life who is advocating for you, someone who is your biggest cheerleader. Or focus on a place you love to go, a quiet bench in the park, a hiking trail along a river, or the sanctuary of your best friend's kitchen. You could turn your attention to being grateful for that very moment, for the warm sunshine, for the fact that you can see, that you wear nice clothing, or have the ability to walk. There are SO many things to be grateful for, and when we take a moment to reflect on at least one thing, our vibration immediately becomes uplifted. Try it and then share this practice with others — it could make a huge difference in someone's day!



## Thank You!

Looking back throughout the year of 2023, there are a million things that we have to be grateful for here at White Barn. Collectively we are grateful for each and every one of you who attended an event during our outdoor season and took the time to explore the classes and workshops that White Barn had to offer. We are grateful for all the volunteers who made the larger events possible, and we appreciate the teachers, instructors and healers, many of who donated their time, to teach a class and show their support for the vision of White Barn. To everyone who donated to the Pavilion fund so we would have a permanent shelter, thank you. To our monthly donors and generous supporters who donate simply because they believe in our mission—we are humbled and honored to have your continued support. To our volunteer accountant, Margaret Bayless, who has dedicated countless hours to keep us on track with accounting matters—we are beyond grateful. And for the many tangible donations from individuals this year—new pop-up tents for our events, blankets for the pigs, grains for the horse, cow and feathered friends, food, drinks and gift items donated for our fundraisers, benches for the Medicine Wheel,, wood for the fire circle, and so much more —for all these things we are grateful. And to our current board members for their dedication to the success of White Barn — Kevin Bragg, Donna Hradisky, and Candene Korom, and to former board member, Cindy Mishler —thank you to everyone! Many blessings for a peaceful holiday season and a beautiful year ahead!

# Holiday Gift Cards

The perfect gift for the dog lover in your life!  
Grab a gift card that can be used for overnight  
stays, daycare or training classes!  
Any denomination!

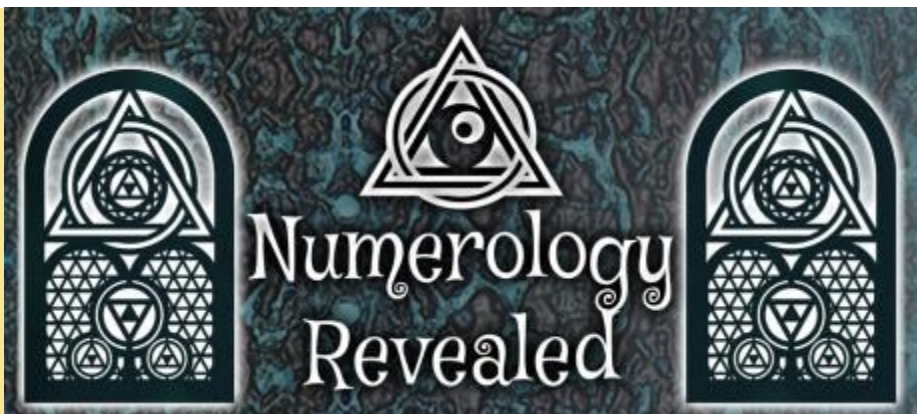
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**SpiritualSeals**

[www.spiritualseals.com](http://www.spiritualseals.com)  
**Numerology Revealed  
with Todd Anthonsen**

Todd Anthonsen 999 is an author, designer, and the creator of SpiritualSeals, which incorporates the two fundamental components of one's numerology chart into geometric designs.



## Thanks to Marianne Rieske for Teaching Chair Yoga

Yoga instructor, Marianne Rieske, is a kind and generous supporter of White Barn and has also donated her teaching skills multiple times this past year at various events to teach Chair Yoga to guests. Her focus at the Holistic Wellness event in June was to teach visitors Chair Yoga for a greater range of motion and gentle pain relief. She is an excellent instructor who makes Chair Yoga fun as well as healing.

Chair Yoga is a gentle form of yoga that can be done sitting on a chair or standing on the ground while using a chair for support. Benefits of chair yoga include improved flexibility, better concentration, increased strength, boosting your mood and reduced stress and joint strain.

### ABOUT MARIANNE

Marianne has worked as a massage therapist and a yoga instructor for over 20 years. You can join her for yoga classes where she

currently teaches at the Garrettsville YMCA (chair, mat and restorative yoga) and her schedule can be found on their website at <https://www.clevelandymca.org/locations/garrettsville-family-ymca>

Marianne also teaches yoga basics and hand-eye coordination exercises at the Coleman Adult Day Care Center twice a month and is also a skilled Reiki Practitioner. Marianne's background as a physical therapy assistant for 30 years complimented her life's path and purpose as a caretaker.

PHOTO ABOVE LEFT

Marianne was taking a break on the lawn between listening to the speakers at the Holistic Wellness event.



*"The first to apologize is the bravest. The first to forgive is the strongest. The first to forget is the happiest."*

Buddha - around 500BC

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# Angel Healing Prayer

**"I now call upon my team of Angel Energy Healing guides and angels... Please surround me with divine healing love and light. I ask for complete healing on the level of my mind, body, and spirit... Inside and out. I ask that you release any and all blockages, cleanse my entire being, and raise my vibration to support total healing according to divine will. And so it is."**

*www.Ask-Angels.com*

## Native American Blessing

**Honor the sacred.  
Honor the Earth, our Mother.  
Honor the Elders.  
Honor all with whom we  
share the Earth:  
Four-leggeds, two leggeds,  
winged ones.  
Swimmers, crawlers,  
plant and rock people.  
Walk in balance and beauty.**



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

**We are a local small business that manufactures custom-made harnesses, coats, beds, and other accessories for dogs. While dachshunds are our main customer base, we make our products for any breed. We focus on product quality and safety, and customer**

**satisfaction.** Our main product is the Hug-A-Dog Harness, a vest-style, form-fitting harness that is comfortable on the dog and easy to put on. **We have hundreds of fabrics and fleeces to choose from, so customers can receive a truly custom-made product for their dog. Customers can order at [www.dachshunddelights.com](http://www.dachshunddelights.com) or call us 330-527-9557.**



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# Informative, Educational and Fun Describes the June Holistic Wellness Event



(Top Left) Sandie Sajner volunteered and helped out at the vegan food and tent

(Center Left) Life Coach Tim Muse inspired us with his presentation and relaxed everyone with the gentle sounds of the singing bowls

(Bottom Left) Olivia Buller volunteered to handle the raffles, the silent auction tables and the mystery grab bags

(Bottom Right) Owner of Reflections Yoga, Bonnie McKenzie, (center of photo) teaches the benefits of breathwork and meditation

(Top Right) Nancy Gardner, Qigong instructor and owner of NG Energy,, discusses the health benefits of Qigong and movement with a guest





## THANK YOU TO OUR FOOD DONORS WHO MADE THIS EVENT POSSIBLE

- Giant Eagle, Rootstown
- Good Roots, Akron
- Aladdin's Eatery, Montrose
- Mickey's Irish Pub, Cuyahoga Falls
- Good Roots (Akron)
- CLE Juice Box (Mentor)
- The Sweets Geek (Willoughby)
- Namaste
- Rabbit Food (Traveling Food Truck)
- Individuals: Ronelle Halfacre and Sarah Aitken and Sandie Sajner



(Top Left) Board Member and Co-Founder Kevin Bragg holds up the tent that broke during Randall Gibson's presentation, keeping everyone safe

(Center Left) Board Member Donna Hradisky gave a warm sheery White Barn welcome to all guests at the registration table and explained where to find the various activities

(Bottom Left) The food tent was the place to be to taste the amazing foods donated for the event. From left to right: Joyce Tudor, Becky Morsefield, Lori Luisi, Annette Bragg and Kevin Bragg

(Bottom Right) Animal Communicator Judith Wade talks about communicating with our pets





## The Wooden Bowl

A frail old man went to live with his son, daughter-in-law, and four-year-old grandson. The old man's hands trembled, his eyesight was blurred, and his step faltered.

The family ate together at the table. But the elderly grandfather's shaky hands and failing sight made eating difficult. Peas rolled off his spoon onto the floor. When he grasped the glass, milk spilled on the tablecloth. The son and daughter-in-law became irritated with the mess.

'We must do something about father,' said the son. 'I've had enough of his spilled milk, noisy eating, and food on the floor.'

So the husband and wife set a small table in the corner. There, Grandfather ate alone while the rest of the family enjoyed dinner.

Since Grandfather had broken a dish or two, his food was served in a wooden bowl. When the family glanced in Grandfather's direction, sometimes he had a tear in his eye as he sat alone. Still, the only words the couple had for him were sharp admonitions when he dropped a fork or spilled food. The four-year-old watched it all in silence.

One evening before supper, the father noticed his son playing with wood scraps on the floor. He asked the child sweetly, 'What are you making?' Just as sweetly, the boy responded, 'Oh, I am making a little bowl for you and Mama to eat your food in when I grow up. ' The four-year-old smiled and went back to work.

The words so struck the parents so that they were speechless. Then tears started to stream down their cheeks. Though no word was spoken, both knew what must be done.

That evening the husband took Grandfather's hand and gently led him back to the family table. For the remainder of his days he ate every meal with the family. And for some reason, neither husband nor wife seemed to care any longer when a fork was dropped, milk spilled, or the tablecloth soiled.