

Open Additional Hours Father's Day Weekend!

Bring dad by to say hello, spend a few peaceful minutes sitting in the medicine wheel, enjoy the good energy of the country setting, and peruse the new concrete statuary that is coming in *Friday morning!

OPEN HOURS

*Fri. (June 19th) 1pm-7pm

Sat. 10am-5pm

Open on Father's Day

Sun. 11am-5pm

A large selection of new concrete yard decor is coming in this Friday, June 19th at 10:30am. We are offering additional open hours on Friday afternoon from 1pm to 7pm for those who would like to stop by to be the first to check out the new stuff and to get the best selection. There will be hundreds of items to choose from!



All kinds of dog breed statues arriving on Friday—tell all dog lovers!



**Big Stuff—
Like the Eagle
on the Liberty
Bell—a
whopping
45" tall
\$241**

**A non-scary
scarecrow can
grace your
garden all
year long.**



**Little Stuff—A flag stone with
"God Bless America" to help
celebrate the 4th of July.**

Questions? Curious about our classes and experiences? Interested in holistic practices?

Join us for our....

SEASON OPENING

CEREMONY, CELEBRATION AND
LEARN ABOUT JULY'S PROGRAMS

SUN., JUNE 28 — 7pm - 9pm

No Cost - Donations Appreciated

At the beginning of this shorter outdoor season for 2020, we are hosting an opportunity to learn about the classes being offered in July and ask questions. We'll also introduce a short, enjoyable experience to inspire peace in our communities, to help us focus on gratitude, and to honor each other and all of nature. It's a great way to learn about the classes at White Barn and to start to change our mindsets from stress, anxiety and negative thought patterns to peacefulness, hope and positivity.

Pre-registration required through our website at www.whitebarnhealingarts.org



Discover ways to get through each day without being overwhelmed, angry, tired, stressed or anxious. Join for us a relaxing, educational experience where every 5 minutes you learn something different!

Bring a friend—share the experience!



Although the world is full
of suffering, it is also full
of the overcoming of it.

~ Helen Keller

“SAMPLER” CLASS FOR REDUCING STRESS AND ANXIETY (Great for Anger Management Too)

WED., JULY 1 — 7pm - 8:30pm

\$35 (Includes a care-package of take-home gifts)

This is the perfect class to experience a wide variety of holistic and natural practices that support stress relief, lessen depression and anxiety, reduce high blood pressure, address insomnia, and instill a sense of peacefulness and calmness. Practices include various meditation techniques with mudras and breathing exercises, aromatherapy, Tai Chi/Qigong, acupressure/reflexology, methods to clear negativity, sound therapy, guided imagery, and more. A package of really great take-home gifts are given to you in this class!

Class Size Limit: 12 Pre-registration required through our website at www.whitebarnhealingarts.org

Medicine Wheel Update



The Medicine Wheel at White Barn is a place where visitors can sit in peace, enjoy some quiet time, practice meditation, or simply sit to clear their thoughts. The Wheel holds great meaning and is a blend of multiple wheels honoring several cultures.

There is no cost to enjoy the Wheel, though donations toward its care are always greatly appreciated.

One of our goals has been to place a statue that represents the animal teacher for each direction just outside that direction on the wheel.

We'd like to thank our generous donor, Margaret Bayless, for sponsoring the direction of the West, the home of the bear. The bear statue pictured here is a over 2' high and over 3' long. He is scheduled to arrive this Friday at White Barn and will respectfully take his place of honor at the Medicine Wheel. *Many thanks, Margaret!*

The bear is a very important teacher, and reminds us to keep balance in our lives. Our lives tend to get out-of-whack when we put too much focus in one area and shirk our responsibilities in another. Bear teaches us to balance work, family, personal time, and time to simply "be". **Bear encourages us to find time away from the crowd and emphasizes the need for solitude, quiet stillness, meditation and rest.** Bear also represents the inner qualities of strength, confidence, standing against adversity, taking action and leadership. The spirit of the Bear indicates healing abilities, and reminds us to take care of our own needs for healing (taking care of

our physical bodies and balancing the care we provide for our body, mind and spirit) and to also use our healing abilities to help others. Healing can take place through kind words, through love and support, through caring and compassionate acts of kindness, through our professions—nurses, caretakers, first responders, through energy work or Reiki. **Bear energy is a strong source of support during times of difficulty and provides a stable foundation to face challenges.** The bear's very presence inspires respect. The spirit of the Bear is very grounding and helps us to stay in our present moment. **The energy of the bear often supports leadership roles and is a great symbol to lean on when individual courage is required.**



We are hoping to secure a sponsor for each of the other three directions of the Medicine Wheel. If you are interested in sponsoring the Buffalo to the North (\$129), the Eagle to the East (\$262) or the Wolf to the South (\$240), in part or an entire sponsorship, please contact Annette at 330-281-1387.

Good Karma

~ Note to Self ~

"What is my purpose in life?" I asked the void.
"What if I told you that you fulfilled it when you took an extra hour to talk to that kid about his life?" said the voice.

"Or when you paid for that young couple in the restaurant? Or when you saved that dog in traffic? Or when you tied your father's shoes for him?"

"Your problem is that you equate your purpose with goal-based achievement. The Universe isn't interested in your achievements... just your heart. When you choose to act out of kindness, compassion and love, you are already aligned with your true purpose.

No need to look any further!"

Did You Know That...

...research with Rosemary Essential Oil has shown that it supports clarity of thought?

In one study, students who were given Rosemary Essential Oil before a test scored higher than those who



did not receive any. When you have an important decision to make, a complicated project to sort out, need to prioritize things that need done, or want to be able to think more clearly, use some Rosemary—take a few nice deep breaths of the scent, release the tension you are holding, and allow your mind to calm. You'll be better equipped to arrive at wise solutions to your challenge.

...sitting quietly and calming your mind for as little as 4 to 7 minutes a day actually changes the chemistry in your brain?

The effects of routine periods of quietness and calmness help us to be



less reactive, more patient, less emotional, less stressed and more tolerant.

...mudras are a way of touching your fingers together that allows energy to flow in certain patterns in our bodies?

For example, holding your thumb and your center finger together is a mudra that helps us to have patience in stressful circumstances.



Simply touch the end of your thumb with the end of your center finger (which represents the ethers, or your emotions), take in several nice deep calming breaths, and enjoy the peaceful feeling that follows.

QUERO APACHE PRAYER

Looking behind,
I am filled with gratitude.

Looking forward,
I am will with vision.

Looking upward,
I am filled with strength.

Looking within,
I discover Peace.

The above prayer is a very powerful mantra to help us navigate our thoughts, feelings, frustrations and lessons that each day brings.

I challenge you to reflect on each part of the prayer to allow the deeper meaning to surface and to provide you with new insight.

What does it mean to look at your past with gratitude? In addition to the good and positive things that have happened in your life, can you be grateful for all the difficult people, the hurtful lessons, and the obstacles and difficulties that you had to overcome that have helped you become the wiser person you are today?

Do you have a clear vision of your path and purpose in this life and do you look for ways to serve others?

When things get to be overwhelming, do you remember to look upward to your Higher Power to be filled with the strength you need, or do you self-medicate and search for other ways to lessen the pain?

And when things around you are in turmoil, do you look within for peace, or do you rely on other people and external sources to provide you the peace you seek?

The Quero Apache prayer provides us with wisdom—reflect on it, appreciate it, share it!