

White Barn Healing Arts Center

June 2020
Newsletter



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No! Not Another Zoom Meeting!



Dear Friends,

With all the stress and uncertainty brought into everyone's lives this year with the COVID19 crises, many people are dealing with heightened levels of fear, frustration, anger, worry, resentment and the challenge of deciding on and putting into practice personal boundaries that work for them.

We also understand that many people do not have the opportunity to enjoy the peacefulness of the great outdoors in a country environment; to close your eyes and listen to a symphony of birds singing first thing in the morning as the sun peeks over a barn roof; to take a deep breath and relax as you watch a cow sleeping lazily in the afternoon sun in a big green pasture; or to clear your mind in prayerful meditation daily in the uplifting energy of a Medicine Wheel.

Reaching out to many folks who regularly attend the activities and experiences offered at White Barn, we asked if we should attempt offering some of our services and classes on-line. The response was an overwhelming and resounding, "No! No more Zoom meetings!"

After a great deal of thought and consideration, we have decided to open White Barn Healing Arts Center for a limited number of classes and workshops for the month of July this summer. We'll test the waters—see how things go—and make sure that guests and visitors will be able to respect some basic boundaries put into place to keep our own family as well as visitors safe.

Though the tipi will be up for everyone to see, it will not be open for larger group activities. It will be available only for private classes or activities with smaller numbers of people to keep the 6' space between guests.

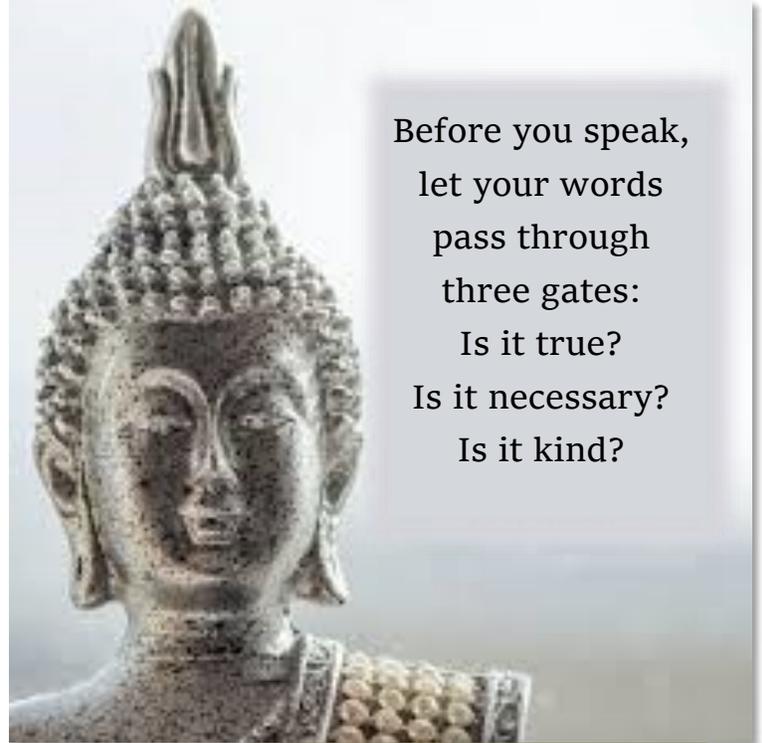
All classes and workshops will be held outdoors, either next to the tipi, in a field, in the shade of the trees, or under a tent (simply for shade) with no sides. This will give all guests an opportunity to connect with nature, enjoy some positive Earth energy, and be able to enjoy space around you without worrying about being crowded or in any enclosed areas.

We hope that you will be able to join us for several activities on the July schedule, and maybe even bring a friend or family member who may benefit from the programs at White Barn.

And please, help us spread the word! Feel free to pass along our newsletter, the link to the July schedule, and our newsworthy emails. We are grateful for the networking many of you do on our behalf!

*With blessings for a peaceful, safe and healing summer season,
Annette*

Transforming Ourselves to Be Our Best



Before you speak,
let your words
pass through
three gates:
Is it true?
Is it necessary?
Is it kind?

amazonsmile
You shop. Amazon gives.

Help us increase donations for White Barn Healing Arts Center by choosing White Barn as your charity of choice when shopping on Amazon
smile.amazon.com



COVID19 PROTOCOL

Here at White Barn Healing Arts Center, in response to the Covid19 pandemic have the following procedures in place to protect our clients, customers and staff. This is to be implemented by all staff, guests and independent contractors that do business with White Barn Healing Arts Center to protect those who we serve.

White Barn Healing Arts Center will be opening for a shortened period of time this Summer and at this time plan to be open *only during the month of July* for our outdoor seasonal classes and workshops.

Some classes or workshops may restrict class sizes.

Here is helpful info and the Corona Virus protocol we will be following:

- We expect all guests to honor a minimum of 6' spacing between our staff and our guests, and between all visitors.
- Guests must be 18 years of age or older.
- All guests **MUST** pre-register to attend an event. There will not be any walk-in classes.
- The indoor store and meditation room will not be open at all.
- All classes and workshops will be held either in the grassy area next to the tipi or under a tent without sides—the tent roof will simply provide shade for guests.
- Indicators will provide seating options, with guests sitting a minimum of 10' apart from each other.
- Class materials will be pre-bagged and placed on each seating area to eliminate contact between teacher and guests
- Guests will be required to bring their own chairs or cushions.
- Guests are welcome and encouraged to bring their own bottled water or other soft drinks - none will be provided at the classes. Containers **must** be taken with you. No alcohol is permitted.
- The tipi will be up for viewing but will not be used for public classes unless the class number is small enough to accommodate 6' spacing between guests.
- An outdoor restroom will be available with proper sanitary supplies and hand sanitizer.
- Private group sessions may be scheduled in the tipi for small groups of 6 or less. For more information, please call us at 330-281-1387.

Grow. Learn. Heal.

What is Your Goal?

Guests who attend classes at White Barn Healing Arts Center often have specific goals in mind and things they would like to achieve through our programs.

Some of those goals include:

- Finding new and healthy ways to deal with chronic stress, anxiety, worry and fear
- Learning how to let go of trauma in our past and how to move forward, away from that negative energy
- Discovering how to change an unhealthy perspective on life to one of constant gratitude and appreciation
- Seeking out alternative methods to support addiction recovery
- Incorporating natural and organic practices to deal with PTSD
- Broadening knowledge of multi-cultural traditions and teachings to enrich life
- Anger management
- Looking for practices to balance the often overwhelming energy highs and lows of autism
- Creating a greater spiritual connection that supports your own belief system
- Finding themselves and bringing out more clarity for path and purpose
- Being drawn to a positive environment that focuses on health and well-being for all areas of our life, including body, mind and spirit

Whatever your goal, please feel comfortable joining a class—give it a try!

CONCRETE YARD STATUARY, BIRD BATHS and PLANTERS

FUNDRAISER

(Happening now until the end of Summer)

White Barn Healing Arts Center is hosting a seasonal concrete yard decor fundraiser selling unique and unusual concrete bird baths, planters, and garden statuary through the end of Summer. The proceeds benefit the many programs and services of White Barn and help to make up for loss of income during the mandatory shut-down of businesses this past Spring.

We have a fantastic selection of outdoor decorations. There are literally hundreds of pieces to choose from.

OPEN HOURS

Anyone can stop by to shop or pick-up concrete orders every Saturday 10-5 and Sundays 11-5 through the end of August. Weekdays are by appointment. Call 330-281-1387.

MANY THANKS

To all the friendly, supportive and wonderful folks who have already bought concrete pieces from us—we are so appreciative of your purchases and thank you so very much for supporting the work of White Barn!

CATALOG LINK

Most of the items available (but not all!) are listed in the catalog on our website. Check it out at <https://img1.wsimg.com/blobby/go/ba43dc0c-e868-4826-ac47-2b5d2c3ff077/downloads/Fundraiser%20Catalog%20for%20White%20Barn%20May%2015th%2C%202020.pdf?ver=1590814385255>



Visit White Barn's Medicine Wheel

Medicine Wheels, also referred to as the Sacred Hoop, are well-respected and worked with in many cultures, including Celtic, Native American, Peruvian, and Incan to name a few. Its circular shape represents the sacred circle of life, its basic four directions and their associated elements.

The Medicine Wheel created at White Barn is simple yet a beautiful blend of cultures. It provides a unique and peaceful environment for those seeking a quiet and respectful place to meditate, reflect, pray, or simply sit silently and enjoy connecting with nature.

Classes to discover the lessons and teachings of the Medicine Wheel are being offered in July, and after each class there is personal time allotted for guests to reflect on what they learned. There is no class fee, but donations toward the upkeep and care of the wheel are greatly appreciated.

Each section of the Medicine Wheel represents a direction, color, season, stage of life, time of day, medicinal plant and animal teachers. The concept of the Medicine Wheel helps us to find wisdom, guidance and healing for body, mind and spirit through each phase of our life.

While some cultures share common symbolisms in the Wheel, there are no hard or fast rules about which animals or color represent each direction. All cultures have different meanings of the directions, and this Wheel blends several cultures to create a Wheel unique to White Barn.

Reflection and meditation with the Wheel is often used for finding direction in life, achieving balance of body, mind and spirit, learning lessons, releasing past hurts, allowing healing, and to understand ourselves and our path and purpose.



PERSONAL HOUR

Guests are welcome to sign up to have a private quiet hour with the Wheel by either calling or texting Annette Bragg at 330-281-1387 or sending an email to annettebragg2016@yahoo.com.

MEDICINE WHEEL THANK YOUS

A heart-felt thank you goes out to:

- **Sandi Sajner** for her generous donation of the concrete benches now gracing each direction of the wheel. They will soon be stained the directional colors! This makes working with the wheel so much easier for our guests who have physical limitations or who are not comfortable sitting on the ground.

- **Volunteers** who have provide much TLC for the Medicine Wheel after a blustery winter season including pulling weeds, re-setting bricks, adding sand and stone and giving it a lot of love: **Aaron Uncaphor, Stephanie Adamov, Donna Hradisky, Betsy Reese and Carmen Oprea.**

VISION QUEST Series

Back for the third year is White Barn's personal transformation and spiritual growth series entitled Vision Quest. There are three sessions in this Empowered Sacred Living Series offered in July, each with a different theme and different experiences. The Vision Quest series is created for seekers: those seeking a deeper meaning in life; individuals wanting to become that better person; people wanting to discover their path and purpose; those needing support to move past the story they are stuck in; and folks seeking healing and wellness of body, mind and spirit.



WHITE BUFFALO

The Vision Quest theme "White Buffalo" is about creating a greater sense of self by...

- Strengthening those who have been bullied or made to feel inadequate
- Learning to love yourself and appreciate your uniqueness
- Gaining confidence and a new sense of self-worth and self-esteem
- Letting go of feeling less-than
- Realizing who you are (path and purpose) and...

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Helpful Things to Know About the July 2020 Schedule

Since our plans are to focus on opening for classes and workshops only for the month of July at this point, we created a diverse offering of holistic health and wellness opportunities as well as some arts and crafts classes for fun and mental health support!

More detailed descriptions of the classes are shown on our website at www.whitebarnhealingarts.org/july-schedule.

However, if you have any questions and are wondering if a specific class would be right for you, drop us an email at annettebragg2016@yahoo.com or text/call 330-281-1387.

Many of the class teachings blend modern day holistic health and wellness protocol with traditional and more spiritual ways of looking at the important balance of body, mind and spirit. The practices and teachings come from a rich cultural diversity such as Native American, Eastern Indian, Japanese, Chinese, African, and others.

Here are some helpful things to know:

- We do respect COVID19 safety protocol and request that guests respect the 6' distance from each other.
- Classes are created for adults 18 and over.
- All events require pre-registration on-line —no walk-ins please.
- Gates open a half-hour before each activity and close a half hour after each activity.
- All classes are held outdoors—Smaller classes may be held in the tipi with a minimum of 6' distance between individuals.
- Classes are held rain or shine, as there are plenty of covered areas we can use for classes.
- Many classes will include aromatherapy (essential oils) or have sage, sweet grass or other similar clearing herbs burning, or may have a fire burning. If you have breathing difficulties or allergies to smoke or smells, please take this into consideration before registering to attend.
- Please review our COVID19 protocol on our website upon registration to review details.

July 2020 Schedule

Register at www.whitebarnhealingarts.org

SUNDAY, JUNE 28th — Season Opening—

Learn About Classes, Enjoy Brief Meditation and Share Inspiring Ceremony

7pm—9pm

No Cost (Donations Appreciated)

No Class Size Limitation

WEDNESDAY, JULY 1st — Holistic “Sampler” Class

for Reducing Stress, Anxiety, Worry and Fear

7pm—8:30pm

\$35 (Includes Gift Box)

Class Limit: 12

FRIDAY, JULY 3rd — Understanding and Working with the Medicine Wheel

7pm—8:45pm

No Cost (Donations Appreciated)

Class Limit: 12

SATURDAY, JULY 4th — Creative Spirit Arts & Crafts

Staining Concrete Statuary

10am—12noon

\$25 (Plus concrete item)

Class Limit: 15

SUNDAY, JULY 5th — Spirit Arrow Ceremony

Releasing Burdens and Trauma from our Past

7pm—9pm

\$25

Class Limit: 12

MONDAY, JULY 6th — Beginner Meditation Class

For Those with Busy Minds

7pm—8:30pm

\$37 (Includes Generous Box of Gifts) Class Limit: 12

WEDNESDAY, JULY 8th — Understanding Energy Work

and How to Use it to Manage Emotions, Stress and Daily Challenges

6:30pm—8:30pm

\$45

Class Limit: 10

**FRIDAY, JULY 10th — Native American Drumming and Teachings
with Mike “Winds Before the Storm” Colescott (Ojibwe)**

7pm—8:30pm

Minimum \$10 Donation

No Class Size Limitation

SATURDAY, JULY 11th — Vision Quest—Eagle Medicine

An Empowered Sacred Living Series

7pm—9pm

\$40

Class Limit: 10

SUNDAY, JULY 12th — Understanding and Working with the Medicine Wheel

7pm—8:45pm

No Cost (Donations Appreciated)

Class Limit: 12

MONDAY, JULY 13th — Meditation in Motion

for Those Wiggle-worms Who Just Can’t Sit Still to Meditate

6:45pm—8:15pm

\$28

Class Limit: 12

WEDNESDAY, JULY 15th — Parable Teachings

Experience Healing and Learning Through the Power of Story Telling

6:30pm—7:45pm

\$12

Class Limit: 15

FRIDAY, JULY 17th — Introduction to Using Sacred Tools

Learn About Classes, Enjoy Brief Meditation and Share Inspiring Ceremony

6:30pm—7:45pm

\$35 (Includes Great Box of Tools)

Class Limit: 12

SATURDAY, JULY 18th — Vision Quest — Raven Speaks

An Empowered Sacred Living Series

7pm—9pm

\$40

Class Limit: 10

SUNDAY, JULY 19th — Create Spirit Arts & Crafts

Making Prayer Ties — Crafts with Meditation

6pm—7:30pm

\$20

Class Limit: 12

MONDAY, JULY 20th — Deep Meditation on the Day of the New Moon

Meditation for Intermediate to Advanced

7pm—8:15pm

\$20

Class Limit: 10

TUESDAY, JULY 21st — Acupressure Points for Personal Health
Learn About Classes, Enjoy Brief Meditation and Share Inspiring Ceremony
6:30pm—7:30pm \$22 Class Limit: 12

THURSDAY, JULY 23rd — Animal Teachings and Spirit Animals
7pm—8:30pm \$27 (Includes 2 animal totems) Class Limit: 12

SATURDAY, JULY 25th — Vision Quest — White Buffalo
An Empowered Sacred Living Series
7pm—9pm \$40 Class Limit: 10

SUNDAY, JULY 26th — Creative Spirit — Water Color with Guided Meditation
6:30pm—8:30pm \$35 Class Limit: 12

TUESDAY, JULY 28th — Body Story Telling/Self-Inventory
How Our Mental/Emotional Experiences Affect Our Physical Health
Discover what areas you need to work on for optimum health.
7pm—8:30pm \$20 Class Limit: 15

Traumatic events in our lives can greatly affect our physical well being, if not immediately, definitely as we grow older if left unaddressed. Studies have proven that nearly 85% of women who have suffered from severe violence or sexual abuse as children grew up to experience the physical affects of fibromyalgia. This is but one example of how trauma in our lives can be carried with us and result in physical disfunction. This class helps us take a personal inventory of energy centers in our body where we can store things - like negativity and past burdens that we continue to carry with us. Things like unforgiveness, anger, bitterness, resentment, jealousy, fear, being stuck in a past story - all things that can be detrimental to our physical, as well as emotional/mental health. Learn where we carry negativity and begin to release the story connected to the event.



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VISION QUEST SERIES

- Working toward creating a greater spiritual connection



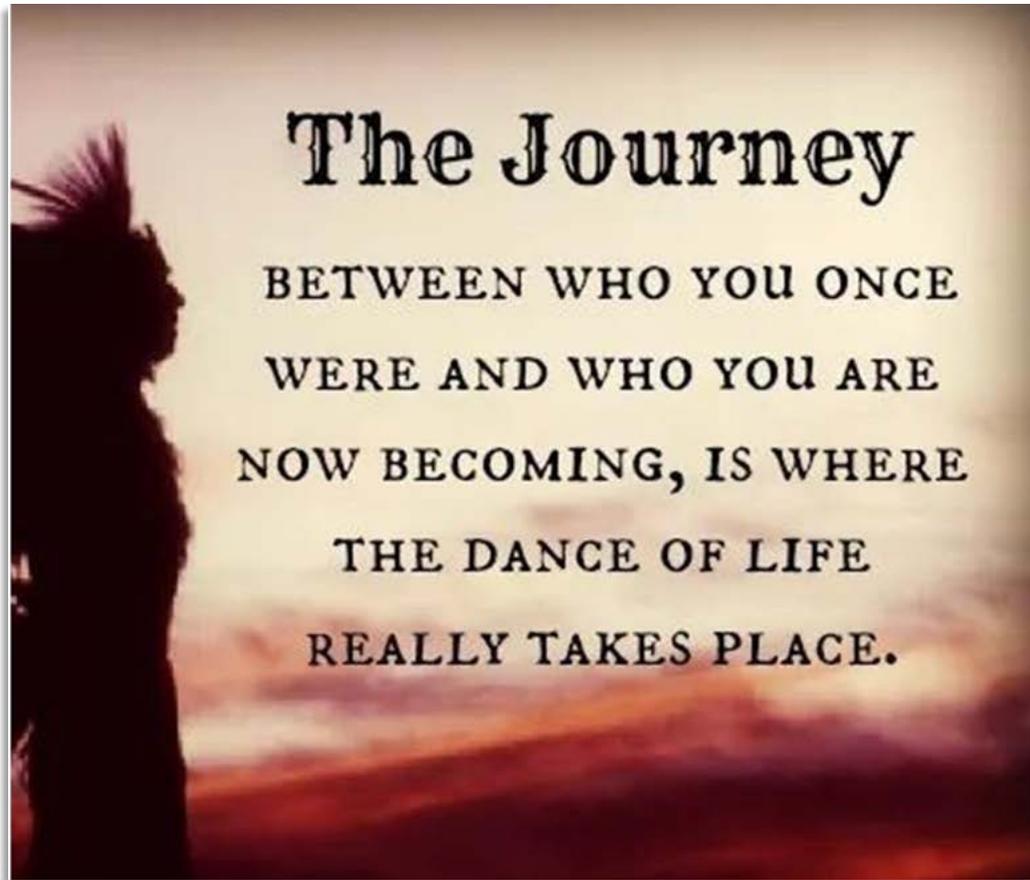
RAVEN SPEAKS

The raven symbolizes transition, change and transformation. Raven Speaks enlightens you to change old behavior patterns in order to live the life you want and deserve; teaches us to trust the process and trust that the Universe will provide for our needs; helps us learn to enjoy the journey and to not just live for the end result; and to face life's challenges, twists and turns with grace, confidence and trust. Raven Speaks encourages us to go deeper and to look within to seek answers to put things in motion that we need in order to move forward.



EAGLE MEDICINE

The Eagle Medicine Vision Quest teaches us life lessons connected to the energy and traits of the Eagle, to see things from a broader perspective, to walk our own path and not feel the need to compete with others, to have courage in the face



of adversity, and to rise above our challenges. Even the Boy Scouts tap into the energy of the Eagle. *"The first responsibility of an Eagle Scout is to live with honor, which to an Eagle is sacred. Honor is the foundation of character: it is what a person really is, down inside, not what someone may think they are."* Through teachings, reflective meditation, parables and ceremony, we discover a deeper awareness of self and our connection to the all around us.

Each session of the Vision Quest Series provides opportunities and experiences each different from the next. The program helps to transform and enrich lives, strengthen insight and intuition, and heighten a sense of respect, honor and compassion for ourselves as well as the world in which we live and all who live together in the world with us.

White Barn operates on the basic Sioux premise, that ***"With all things, and in all things, we are relatives."***

If we try to plan out our lives far into the future, we may face a lot of disappointment when things do not happen exactly as we thought. Instead, it is best to trust your intuition, and watch the adventure unfold.

By Doe
Zantamata

PARABLE TEACHINGS

The Power of Story Telling

We are offering one class on Parable Teachings on Wednesday, July 15th at White Barn Healing Arts Center. The parables are gathered from many cultures, including Native American, Buddhist, Japanese, Chinese and African. When we hear ancient parables, often a light bulb goes on for us that allows us to see our own situations in life more clearly. They can give us new perspectives on old or on-going problems. They can help us take off the blinders and see our current situation for what is truly is. And, they can provide us with the insight and intuition to find creative solutions to our difficulties and challenges. The parable below will be left open to your interpretation. What does this parable mean to you and how can you apply it to circumstances and events in your own life?

THE MUDDY ROAD—A Buddhist Parable

Tanzan and Ekido were once traveling together down a muddy road. A heavy rain was still falling.

Coming around a bend, they met a lovely girl in a silk kimono and sash, unable to cross the intersection.

“Come on, girl,” said Tanzan at once. Lifting her in his arms, he carried her over the mud.

Ekido did not speak again until that night when they reached a lodging temple. Then he no longer could restrain himself.

“We monks don’t go near females,” he told Tanzan, “especially not young and lovely ones. It is dangerous. Why did you do that?”

“I left the girl there,” said Tanzan. “Are you still carrying her?”



SPIRIT ARROW CEREMONY

The very personal, very sacred, and very powerful spirit arrow ceremony helps us to release anger bitterness, resentment, jealousy, and unforgiveness connected with past trauma, crisis and hurt. **The Spirit Arrow Ceremony has been especially transforming, supportive and freeing for those who have experienced abuse, violence, PTSD, addictions, and other overwhelming life events.** It provides a sense of renewal, of new beginnings, of confidence to look forward and not backward. You may have heard of the term “Wounded Healers.” These are people who have experienced trauma and crises in their life and have not only survived, but have found ways to truly thrive. Through their tenacity and ability to allow and to attract healing into their lives, they are able to reach out to help others because of what they’ve been through and what they’ve experienced. Choose to thrive through this incredible experience with the Spirit Arrow Ceremony.

Sunday, July 5th

See the schedule for details

SPECIAL PROJECT — Cement Walkway

Many of our guests at White Barn have mobility issues, and may walk with support or be in wheelchairs. A special project we hope to see come to fruition is to install a cement sidewalk from the driveway to the area of the tipi to accommodate visitors in wheelchairs or using canes. We welcome those in the profession of laying cement to contact us if you're able to donate the materials and labor or help out in any way. Donations toward this project are tax-deductible as with all monetary donations to White Barn Healing Arts Center, a 501c3 non-profit charitable organization.



White Barn Healing Arts Center
www.whitebarnhealingarts.org
(330) 291-1387

Donations by check may be mailed to:

White Barn Healing Arts Center
5180 Hayes Rd., Ravenna, Oh 44266

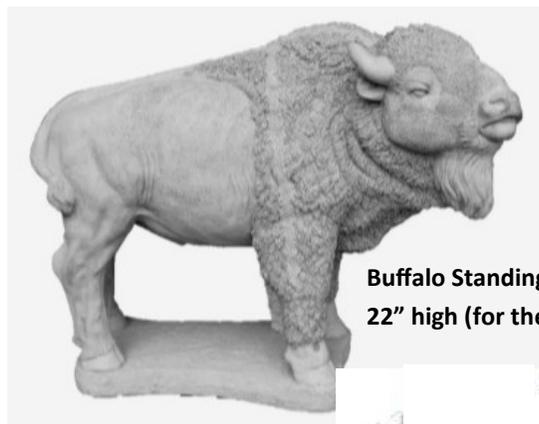
Donations via Credit Card may be made on-line

www.whitebarnhealingarts.org and scroll down to
"Help Our Case"

QUESTIONS? Give us a call at 330-281-1387.

CONSIDER A SPONSORSHIP

One of our goals is to place a statue of an animal teacher with each direction of the Medicine Wheel. We hope to add an Eagle, Wolf, Bear and Buffalo. You may wish to sponsor a direction that has meaning to you or make a donation in part toward a specific animal teacher. The Medicine Wheel is always available at no cost for visitors to enjoy. The animal teachers help to remind us of important lessons we need to learn in our lives.



Buffalo Standing \$129
22" high (for the West)

Eagle with Wings Up \$247
44" high (for the East)



Wolf Howling on a Stump \$112
35" high (for the South)



Bear Sitting \$129
26" high (for the West)

