

BERMAN HEALING ARTS

the art of Healing and the healing of the Art

Summer 2009



*Our greatest wish for you
is to experience your
magnificence*

Lisa & Brian

Welcome to Our Summer Newsletter

We hope this finds you well. We appreciate your interest in our work, which is based on our core understanding: *PEACE BEGINS WITHIN*. We believe that our *Essence is Love*, that *Health is Inner Peace*, and that *Now is the only time there is*.

Please enjoy this newsletter. If you are interested in working with us, see our workshop schedule or call for an individual appointment.

Due to vacation summer time our next **Peace Meditation** will be on Sunday, October 4 at 6pm. You can call us at 360-697-2288 to get more information or email us at Info@BermanHealingArts.com.

What's Inside:

*Lisa's summer seasonal
healing tips & the latest events
scheduled for
BermanHealingArts.*

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Lisa's Compassionate Healing Practice



SUMMER JOY AND LAUGHTER

It might be a little provocative to talk about joy and laughter in times of local and global crisis. The world is challenged, so we are. The summer energy can show us what is needed in a beautiful way; staying in our being, our true self and expanding to our most grandest and gorgeous self. As summer corresponds with the fire energy and our heart, the season questions: How is your fire element balanced? How do you react to life? The more your fire element is balanced the more you will experience joy. You will be like a thermostat, knowing exactly what to do, when and with whom you can be warm and open, and when and with whom you need to be more protective. If you are out of balance you might easily respond to life with anger and/or frustration and are hardly able to respond appropriately to meet the tasks at hand.

Joy is being Yourself

You feel joy when you are congruent with yourself, when your being is on the outside exactly who you are on the inside. You might have challenges, but you will deal with it all. There is a joy that comes from loving yourself no matter what's going on, from having faith that you are OK no matter what.

Joy is expansive, the fullest outward expression of Yourself

After spring's great thrust of growth, seeds burst through the soil, expansion, nature blossoms and flowers into its fullness in summer. In flowering, the plant fully inhabits its potentiality, its 'Being'. It becomes who it is meant to be.

Joy is the expression of this 'Being'. Joy comes from a place deep within, being fully who and what you are. Joy is about radiance and movement. It shines from the eyes. It moves up and out through the whole body, exuding from every pore.

Joy involves Trust and Being in the Present

Joy is connected with your heart function and opens your heart, with trust, with intimacy, it opens your innermost self to another. If you have been hurt, your heart has been broken, you learned to protect yourself, joy might feel like a scary and dangerous place to go - a place of no protection. This place, which is meant to welcome life, becomes a territory full of risks. Now is the time to open your heart again and being fully in the moment, ready for a new warming heart connection.

Ways to tend your Inner Fire

- Have fun on a regular basis. Consider fun as important to your well-being as work or anything else you do.
- Give of yourself to others. Take the time to listen.
- Live your passion, whether it be the church choir, rollerblading, preserving the environment, or writing poetry.
- Get physical. Get into your body and out of your head. Love, exercise, dance, run, play. Get your circulation going.

May you and I, and the whole world have more joy in life - an abundance of joy. May we all open our hearts.

HEALING PLANTS



If I am connecting with the collective field and what is going on in the world, one Bach-Flower is calling me especially: **Gorse**. The flowers are reconnecting us with the potential of **Hope and Confidence**.

The Gorse plant is flowering from spring to summer (in some areas even throughout the whole year), so you will find its abundant beautiful yellow flowers right now.

GORSE (*Ulex europaeus*)

Key Questions:

Do you believe that nothing can be done to relieve your suffering and pain?
Do you feel despondent and hopeless?
Do you lack confidence that things will get better and therefore make no effort to improve the circumstances?

Gorse is called the Hope Flower, as it transforms from *Giving Up to Going Forth*. When Dr. Bach was looking for a plant, which brings the strength of sunlight, the strength of purpose to overcome difficulties and the kind of protection that would give the courage to fight, he found the woody shrub of Gorse with its golden yellow bloom and a charge of brilliant intensity that awakens the land to new hope and new life. Gorse has a kind of resilience and has mighty spines to prevent animals eating the flowers and to defend and protect those who shelter in its undergrowth. It is a

very lion of golden strength, certainty and confidence.

If you are in a need of Gorse, you might say things like, "I've tried everything, but...". There might be economic difficulties, a long-lasting illness, a disability or for a long time you are looking for a new purpose in life. Taking Gorse will mark a significant turning point, with entering a new cycle of development. Through Gorse you gather new strength and hope from deep inside, ready to actively take part again in your own destiny.

Empowering Statement of Gorse are:

- I stand tall
- I am filled with hope
- I see new opportunities

I am sending you lots of light and much joy from within.

Warmly, Lisa

Summer Workshop:

Basic ThetaHealing - July 17 to 19
at Sacred Cedars Spiritual Teaching Center in
Poulsbo. For more information go to:
www.bermanhealingarts.com/1_heal/workshops.htm



Take a new look at:

www.BermanSculpture.com



Brian's BREAKING NEWS:

Genesis III has just been installed in the Evergreen Arboretum in the American Legion Park, City of Everett. Genesis III will be leased for two years and is also available for purchase. The city has the first option to buy it. It's a beautiful park, so if you are up in Everett, have a look.

I am soon to go off to the Pilchuck Glass School, my summer art school with Richard Whiteley, Australian glass artist. This will be an advanced program in kiln casting, where I will work collaboratively with the other students. We will each produce two sculptures. Lisa and I will have an Open House to welcome me back with the new work on July 26th, and hope you can come over to see what I've produced and hear about my experiences there.

Overview:

I've been balancing my time between marketing my artwork (which has presented many new challenges this year, as many galleries have closed their doors!) while working on new stone and cast glass sculptures. The sculptures that came in late spring from my Czech Studio, are so beautiful and inspiring to look at. Light Fall II is pictured to the right. And the other new works are shown at the bottom of Page 5.

Earlier this month, Lisa and I went to visit my daughter in New York City, and took in many art shows and galleries. We were totally taken by the scale and feeling of being on the inside and outside of Richard Serra's sculptures. We saw these at Dia:Beacon.

Here's a youtube example:

<http://www.youtube.com/watch?v=GAO9KyxDYUY>

Stone Carving Workshop Update

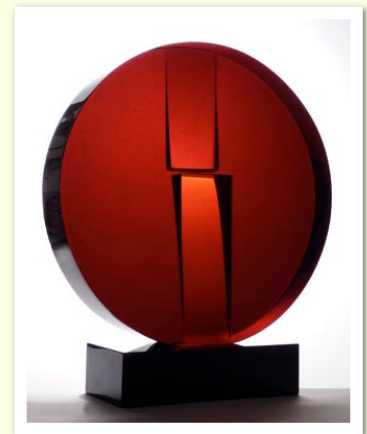
I've scheduled another weekend of stone carving for those of you who have been waiting for a class. If the dates don't work, let me know your interest and I'll see about new dates. The classes in the spring were a great inspiration and I look forward to offering two summer workshops including one in Salt Lake City in August.

Your ongoing support really helps

Coming back from the Louvre exhibition to a very frozen economy, has been quite the challenge. One thing that I noticed right away was how important the support of my patrons and friends was to me.

Your support and interest are what helps keep me inspired, bringing more sculptures into the world. The more interest my friends and patrons have expressed through purchasing my artwork or expressing your appreciation of my work, the more I want to bring my sculptures into the world.

Many thanks for your support!



Workshops and an Open House

We hope you can join us at one of these events. We look forward being with you and welcome your input as well. For Flyers to these workshops go to our webpage: <http://www.bermanhealingarts.com/WorkshopFlyers.htm>



ThetaHealing™ - July 17-19th • Friday & Saturday 10 am-5 pm, Sunday 10 am-3 pm *Basic DNA ThetaHealing™*

This 3-day course taught by Lisa will be at the Sacred Cedars Spiritual Teaching Center in Poulsbo. This workshop teaches you what ThetaHealing is, how it works, and how to practice it on yourself and others. Upon completion you will become a Certified ThetaHealing Practitioner.

Art for Peace - an Open House and Art Sale - July 26th 1-6 pm *Please join us!*

An Open House and Art Sale, Come see the new work that Brian made at Pilchuck Glass School, as well as some of the new stone sculptures and if you haven't seen the cast glass from Brian's studio in the Czech Republic, please don't miss them as they will soon find new homes. Take a tour of our home gallery and sculpture garden and you might just find something special for your home, and your heart.

Stone Carving Workshop - Saturday and Sunday 10-5:00 pm - August 1 & 2 *Sculpting as a metaphor for life, love, and the pursuit of happiness*

I am happy to facilitate these two days of stone carving. We will explore some healing metaphors as we use hammer and chisel to sculpt limestone, soapstone, and alabaster. We will shape our personal myths and archetypes, as we explore our own creative journey. This workshop is for beginners as well as advanced seekers of creative expression. Tools provided and stone is available for purchase. Contact Brian if interested.

Bainbridge Island Studio Tour - August 7, 8, & 9 - 10-6 daily

Oho Design Studio 259 Ferncliff Avenue NE Brian will be exhibiting with 50 other artists. www.bistudiotour.com

Peace Meditation and Pot Luck

Due to vacation summer time our next Peace Meditation will be on Sunday, October 4 at 6pm.
Peace is the Power that lives in YOU!

