

BERMAN HEALING ARTS

the art of Healing and the healing of the Art

Winter 2010



Our greatest wish for you is to experience your magnificence

Lisa & Brian

Welcome to Our Winter 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, look at our events schedule or call for an individual appointment. Our home gallery is also open by appointment.

Your light brightens these darker days, and your warmth and generous spirit nurtures our soul. We wish you a blessed Holiday Season and a fulfilled 2010. May you be in peace, may the world be in peace.

Our next **Peace Meditation** and pot luck dinner will be on Sunday, January 3 at 6pm. If you need more information, about the meditation or any of our offerings, please call us at 360-697-2288 or email at Info@BermanHealingArts.com.

What's Inside:

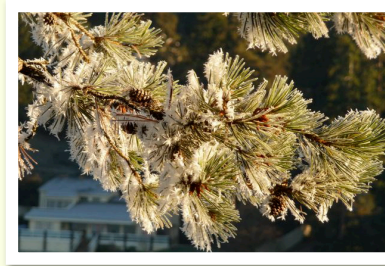
Lisa's Winter seasonal healing tips & the latest events scheduled for BermanHealingArts.

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Lisa's Compassionate Healing Practice



Winter Time For Peace and All-Encompassing Love

The dormant season is coming up, where all life force burrows deep in the earth and rain and snow clear all that has fallen to the ground from autumn. We enter the time of replenishing so that when spring comes, the gathered energy will burst forth with new growth.

With shortened and cold days, the winter season might be challenging for you as well as the upcoming holidays, which is for many a hectic time full of pressure, partying, too much eating and drinking, pretending to be in a holiday mood when not, feeling lonely and/or unappreciated. This is understandable, as the nature of this time calls us to slow down, to be more within and still. Winter is a natural cycle of peace, nourishment, sharing and giving from the heart.

Staying Healthy through the Season

Looking at the element water in nature, that governs the winter season, you might observe a very nourishing way through these months. The quiet stillness of snow and rain nourish the seeds that will bloom in spring. In the darkest period of the year, a fire is born that blazes in the summer. This symbolizes what happens also in our body where the stillness of the water element builds the reserves needed to fulfill our function and destiny. Without the water element's nourishment, we might burn out and lose touch with our soul's life-purpose.

The organs associated with the water element are the

urinary bladder and the kidneys. The urinary bladder stores our body's fluids and maintains our energy reserves. The kidneys balance and distribute fluids in our body. The water element nourishes and lubricates every joint in our body and provides the flexibility and fluidity for movement. Stiffness, tightness, degenerative arthritis, low back pain, knee problems, and various joint pains are often a manifestation of an water imbalance. When the element is depleted we may experience exhaustion or energetic depletion.

The emotion associated with the water element is fear. When it is out of balance we may experience fear that shows up in every aspect of our lives: relationships, career, finances, and personal growth. We react habitually with fear instead of responding with wisdom and equanimity.

The spirit associated with this element is willpower that guides us to take steps in life that are congruent with our soul's purpose. It is the commitment to live our virtues even when we are faced with fear and extraordinary difficulties.

Tips for the Winter Season:

Meditation, journaling and whatever supports you to overcome the tightness of fear and reconnect you with a bigger life perspective will help, so that you can feel trust and confidence again.

Be receptive, take time for resting, soaking, psychic growth, peace, love, friendships and dreams.

Foods:

In winter time warming foods and herbs are recommended to combat the external cold, for example warm hearty soups, whole grains and roasted nuts. Drinking of plenty (warm) water is essential for the cleansing of the body through the kidneys and bladder. Adding both salty and bitter foods promote a centering quality, although too much of them can be counteractive. Salty foods include seaweeds, millet, miso and soy sauce. Bitter foods include celery, lettuce, quinoa, citrus peel, cabbage leaves and turnip. Bitter herbs are chicory and burdock root.

Exercising: A nurturing life requires that you keep yourself as fluid and flexible as possible. Don't stay still for too long, nor exhaust yourself by trying to perform impossible tasks.

HEALING PLANTS

Amongst the Bach-Flower Essences there is one, which is especially connected with the upcoming holidays: it is Holly. The beautiful tree inhabits the energy of all-encompassing love. With a name nearly a homophone of holy, this is no coincidence as many cultures connect Holly to the principle of divine love and protection. That's why we often find the branches as part of the Christmas decorations.



HOLLY
(*Ilex Aquifolium*)

The Heart-Opening-Flower From Hard-Heartedness to Generosity

Key Symptoms are: A closed heart. Feelings of jealousy, bitterness, envy, suspicious, of not getting enough love.

Holly has a long tradition that associates it with the power to ward off evil, whether used by the Druids in Europe or in the rituals of Native Americans, especially in South America. It stands for vitality (the tough waxy evergreen leaves), protection (the spines on the leaves) and it has the ability to reunite us with our Higher Self. It drives out the negativity and floods us with the healing vibrations of love. Its action is protective but it is also transforming. You can see this in the sweetness of the flowers and the delicate scent. Sweet-scented flowers always stir the heart.

Love is the greatest healing power, the strongest motivational force, and joyful awareness of unity. If this great power of love is misunderstood or not lived, it becomes a force of the opposite: one of separation, wounded feelings, or even hate.

It seems to be a natural reaction to life that we close our heart if we are hurt and wounded. In that case we might feel annoyed, angry, suspicious, and react in an unfriendly way. Or we might be envy, and jealous. Our heart might feel hardened and our feelings seem poisoned. We might feel that others are insensitive to us and we fear their moods. We suspect something negative behind what people say or do. Although we

don't like all this feelings it is hart to re-open our heart, we don't want to be hurt again.



The Holly tree offers here protection, protection from negative influences that have become internal and can possess us. We do not like to be jealous or angry; we all prefer happiness to rage. But at times we become helplessly overwhelmed by negativity. It comes into us as a malevolent thought pattern that takes us over, often taking up permanent residence within us. If we are alert we will resist the attack by a conscious movement of the heart, which counters with love. But if we are too open to such negative influences we will become prisoners in our own mind. Holly can open our heart again and unites us with the divine love within. It helps to approach others openly, with good will and warm-heartedness.

When I live in the stream of love, all people are seen as sisters and brothers. Once I am dropped out of the stream of love, the heart hardens, and I find myself painfully isolated, cut off from others, and hurt. The Soul potential of Holly might be the ideal human state, the goal we are striving for as long as we live.

Dear friend, may the winter season stir and warm your heart. I am sending my warmth to you and your home.

I am looking forward to meet you, maybe in my Compassionate Healing practice or in one of the workshops (see details on our calendar page and flyer).

Happy Holy-Days, warmly Lisa



Take a look at Omega III on:
www.BermanSculpture.com

On my mind, in my heart!

FEEDING THE ARTS-FEEDING OUR SOUL

Before I write about what's ahead, I want to first acknowledge what I created this year. Looking back at 2009, I feel gratitude for all the support that I received. Appreciation is a life blood for me, and having supporters like you, feeds my soul. Appreciation comes in more ways than sales. Earlier this month in a showing of my sculptures, a woman declared in a loud voice so that the entire exhibition space could hear her, "Your work makes me so HAPPY!" Her appreciation has stayed with me every day since hearing her say that.

Just one year ago, I was leaving Paris and the exhilaration from the exhibition at the Louvre. Then returning home, I experienced how the frozen economy impacted my art market, which slowed me way down. By the springtime my need for appreciation was acute; I taught some workshops and this got my juices flowing again. The summer brought many new ideas after a July program at the Pilchuck Glass School. Sculpture sales were happening again, an installation in the new Bravern, in Bellevue, and a trip to Utah to

teach, bringing new work to the the galleries there and to collect new stone for future sculptures. With some wind under my sails, I took time during the fall to upgrade my studio for making new sculptures in glass and stone. I was so appreciative of the scholarship I received to go to the Pilchuck Glass School, that Lisa and I donated two glass sculptures in support of the school. I am grateful that we were also able to contribute our support to a number of community causes through our sculpture sales.

So what's ahead, you might ask? It is always good to pause for a moment, check in with myself and connect with my inner light. I am preparing new glass sculptures this winter with the theme of bringing in more light, a series I am calling Manna. I will also be continuing my stone Omega Series, entering a Portal of rededication and renewal.

Lisa and I will be hosting our monthly peace meditations, I will offer winter art salons, and together we will be offering new workshops for self-empowerment. (See page 5.)

May the increasing light during each winter day, brighten your spirit, and help you bring your peace and presence into the new year.

Please know that your support and appreciation feeds my soul, and if I can be a support to you, please let me know. Happy Holidays, Brian



Workshops and Events

We hope you can join us at one of these events. We look forward being with you and welcome your input as well.

Peace Meditation and Pot Luck Dinner

Sundays January 3rd, February & March 7th - 6 pm

Please come early enough to get settled for the half hour meditation. Our meditations will focus our collective energies, bringing more peace to ourselves, our loved ones, and to our beloved planet. Please bring a vegetarian dish to share for dinner. Offerings are welcomed.



Artist Salon Nights with Brian Berman

January 7th, February 4th, and March 4th 7:30-9pm

Brian is hosting a salon evening. A supportive environment for you to find collaborators, and encouragement for your art. Staying engaged in the art world requires continual investment. How are you investing your time and money? Come share the evening. Offerings are welcomed. Brian will also be teaching sculpture workshops and personal coaching in 2010. Let him know if you are interested. brian@bermansculpture.com

The Body Reveals with Lisa Berman

Saturday, January 30th 2-5 pm Part 1: Awakening
Saturday, February 13th 2-5 pm Part 2: Deepening

In these inspiring workshops you will explore the messages of your body and soul. You will gain insights about the direct and hidden messages of your body and you will take home a new understanding of the way your body reveals its truth. The nature of this workshop is self-empowerment and going in a new partnership with your body, the temple of your soul. [Link to Flyer](#)

"Cooking up a Joyous Life" a New Self Empowerment Series with Lisa and Brian Berman

*Have you ever wanted to attend one of our workshops, and haven't had the time or it was too far from home? Using the latest interactive technology, we will offer a Tele-seminar series, allowing you to fully participate in the comfort of your home. We will be launching this weekly series in February and will bring you the specifics in January. Imagine us "Cooking up a Joyous Life" together. If you are interested, please let us know. **No matter where you live or travel this February, you can Empower Yourself with this series.***

Peace is the Power that lives in YOU!

