

February 2008 Newsletter

"He who cannot change the very fabric of his thought will never be able to change reality, and will never, therefore, make any progress"

~ Anwar Sadat

Wow . . . Time flies when you having fun!

I sat down to write this and have realized that it's been 3 months since I last sent out a Newsletter. It's been a full 3 months! Homeopathy classes, Bikram yoga retreats, Healer development programs, travel to Canada and up north, seeing and working with you in each of your healing journeys . . . And last month a 30 day Bikram yoga challenge! I have learned much, laughed often and enjoyed my time with you.

I'd like to keep you abreast of what's up and coming up as well as talk about another remedy in this newsletter issue.

It's somewhat late timing, but first I'd like to invite any women ready for retreat to the YMCA's "Bringing Beauty and Balance to Life" weekend on February 21st - 24th. I understand that there is still room left. This will be my second winter up at Camp DuNord teaching some homeopathy, but there will be many other lovely offerings and fabulous food too. Below I have attached their flyer about the weekend. Come join us if you can!

Secondly I will be teaching an Introduction to Homeopathy class that will focus on prescribing at home with a home care kit on Saturday March 29th from 10am - 1pm at my office. Cost: \$35 Please RSVP if you'd like to attend.

My friend and mastermind cohort Mary McHenry has just finished writing a book that a few of you might be interested in. It's called "Stop Spinning Plates: How to lose your Balance and Become a Thriving Mother". She began writing it a number of years ago with another woman, and it began as interviews with moms who are "thriving" in their own businesses. As part of that beginning she interviewed lot's of moms . . . And I was one of them! It's since turned into this amazing hands on book that has exercises in it to look at your values, vision and passion, control or lack thereof. I'm part way through the book now and am enjoying it immensely. If you'd like to see it for yourself go to www.stopspinningplates.com and tell Mary I sent you!

As a late Valentine offering I am also including a beautiful visualization recording from my other dear friend Heather Novak. It is a manifesting love visualization. And while it's on Valentine's Day that we often celebrate the love in our lives, I like to think of the day as a beginning of a year of love. So sit back and enjoy this small gift to you! <http://www.audioacrobat.com/play/WNTqFgbs> OR http://reset.audioacrobat.com/download/love_visualization.mp3

If you are interested in learning more about Heather's work, please go to www.resetyourmindset.net

And because cupid's bow isn't always so kind I thought I'd talk about the remedy Ignatia today. Ignatia is typically a grief remedy in homeopathy. And, of course, grief is an emotion like all other emotions and doesn't always need a remedy to facilitate it's moving through. But like other emotions it too can get stuck and may feel like it will never move through, and then Ignatia can be helpful. So what are the symptoms of grief? For this remedy the onset may happen with unrequited love. Our materia medica says it causes "erratic, contradictory, paradoxical mental and physical effects which change rapidly". The person will often have a sensation of a lump in their throat as if they are swallowing their grief, and then sobbing may take over. Often they will want to be left alone and not touched. Their appetite leaves them and weight is often lost. There is sleeplessness and sighing. I suspect we all may have needed this remedy at one time or another in our lives as grief is a part of living, and while Ignatia doesn't take away our grief, what it does is help us move through it and let it go. Emotions are to be fluid, none right or wrong. It's when we hold on to them that they wreak havoc in our lives and cause symptoms in our bodies.

I wish you much light and healing love into your month and into the next year!!

Until next time,

Michele

And as a bonus some love quotations!

Euripides: He is not a lover who does not love forever.

Felix Adler: Love is the expansion of two natures in such fashion that each include the other, each is enriched by the other.

Francis David: We need not think alike to love alike.

Franklin P. Jones: Love doesn't make the world go 'round; love is what makes the ride worthwhile.

HH the Dalai Lama: When we feel love and kindness toward others, it not only makes others feel loved and cared for, but it helps us also to develop inner happiness and peace.

Hazrat Inayat Khan: The sage said, "The best thing is not to hate anyone, only to love. That is the only way out of it. As soon as you have forgiven those whom you hate, you have gotten rid of them. Then you have no reason to hate them; you just forget.

Spiritual Dimensions of Psychology

Hermann Hesse: You know quite well, deep within you, that there is only a single magic, a single power, a single salvation...and that is called loving. Well, then, love your suffering. Do not resist it, do not flee from it. It is your aversion that hurts, nothing else.

Mother Teresa: The hunger for love is much more difficult to remove than the hunger for bread.

Paul Tillich: The first duty of love is to listen.

"What you leave behind is not what is engraved in stone monuments,
but what is woven into the lives of others."

Pericles

Michele Brookhaus, RSHom(NA), CCH

Classical Homeopath and Reconnective Therapist

1676 Minnehaha Ave W.

Saint Paul, MN 55104

651-641-1844 www.beyondwell.com

Camp du Nord's

Bringing Beauty & Balance to Life

February 21-24, 2008

Register by: Friday, February 15, 2008

Replenish your spirit * Balance your body

Meet new friends * Play * Laugh * Participate in Qigong * Take in nature

Do Yoga * Rejuvenate * Create * Learn * Walk in the woods

Bundle up around the campfire * Nurture your spirit * Share soulful food Remember what matters

Bringing Beauty & Balance to Life is carefully designed to be many things for many women. It is an opportunity to remain outside of daily life. It is a place where you will meet many new friends, connect with what you love, and undoubtedly feel joy and inspiration. It is an experience that will touch all of your senses, awaken the gutsy and graceful parts of you, as well as the playful and serious. The weekend

is a personal adventure of life, love, and laughter you will not soon forget! It is a wonderful way to bring friends, mothers and daughters together who seek to deepen their connection, or for any one of us to meet women and to make life more of what we dream. The Food

We are dedicated to the details. All of our meals are made with great love and care. We believe that the quality of what we put into our bodies in food, thought, and experience will create an equal and parallel quality of energy we are able to return to the world through our relationships and our life's work.

The Accommodations

Camp du Nord is the perfect location set on the pristine Burntside Lake. Each cabin sleeps 5, 7 or 11 people and has a full kitchen, fireplace and at least one bathroom. There are two electric saunas and one wood burning sauna available for use throughout the weekend. A new program center, Morning Glory and Lodge du Nord will be used for large group gatherings, yoga, qigong, dance, and meals. For more facility information and photos visit our website at www.dunord.org

About the Facilitators

Claudia Waterloo Tornquist is a Vice President and Wealth Advisor at Morgan Stanley in Bloomington, MN.

She and her husband Jeff Tornquist own private

property adjoining Camp du Nord. She focuses on helping women manage their finances with confidence and success. Previously, she worked for nearly 20 years as a journalist for publications that included the prestigious Wall Street Journal. She is a frequent speaker on "Women and Investing" and aspires to writing a book that provides insights and recommendations on how investing can be a satisfying and fulfilling aspect of women's lives. Claudia and her husband are parents to two sons and twin daughters. She is a graduate of Northwestern University, and studied a year abroad at the Sorbonne in Paris.

Ann C. Kay is the founder and director of the Center for Lifelong Music Making (www.lifelongmusicmaking.org), dedicated to fostering a musically able and active population. A former classroom music teacher, Ann established and directed a certification program for music teachers in the Hungarian Kodály approach at the University of St. Thomas for 18 years, and was also associate director of graduate music education for a few years. Ann has presented over 50 workshops for teachers in the U.S. and Taiwan.

Thea Sheldon is a Certified Professional CoActive Coach who lives the paradox that time is precious and we each have all the time we need to fulfill our life purpose.

Thea provides individual and group coaching services to successful midlife women who yearn to get at what is uniquely theirs to do; those who want to leave their legacy, give back and fulfill their life dreams.

Self-employed since 1990, Thea owns Prime of Life Coaching, LLC based in Ely, Minnesota and has over 20 years experience as a career development counselor, corporate trainer, performance improvement consultant and life coach. She is a certified coach through The Coaches Training Institute and a graduate of its year-long CoActive Leadership Program. Thea is also a member of the International Coach Federation, and recently received advanced coach training in Organization, Relationship and Systems Coaching.

At 61, Thea is an inspiring visionary, filled with laughter and wisdom. She guarantees unshakable commitment to each client's success, as she helps them get ready to manifest the life dream or business that brings joy, meaning and sustainability well into their prime of life.

Rebecca Kali teaches Qigong (Chinese Yoga) and Meditation with a special focus on practices which most benefit women. Her practice of meditation, yoga and energy-work began when she was a teenager and has led her on a lifelong pursuit of knowledge. Her special interest is sharing information from the ancient women's wisdom and healing traditions. She has also developed a Qigong program to help those with chronic pain and autoimmune disorders to regain a symptom free, active, lifestyle and exuberant energy. Her motto is "No one should be in pain!"

Rebecca has studied Qigong in hospitals in Beijing and Taoist philosophy and meditation techniques in monasteries and temples throughout China. She teaches many styles of Qigong, Meditation, Daoist Inner Alchemy and is a Qigong Healer. She leads sacred journey tours to China and Tibet and Qigong retreats for women in Ely. Kali is also founder of the International

Qigong Alliance, a non-profit organization and global grass roots community with members from over 40 countries.

Nicole Grandstrand graduated from the University of Minnesota in 1992 with a BA degree in Dance. There she studied extensively with Barbara Barker, Judith Brinlingber, Maria Cheng and David Voss. She performed in Paul Taylor's, Esplanade, and Bill T. Jones', Uncle Tom's Cabin. Nicole joined Minneapolis based Vox Medusa Dance Company in 1995, performing, Jane Doe, at various Twin Cities' venues. Her time with Vox Medusa Dance Company has given her performance opportunities at such venues as The Space, The Loring, Nikki's, The Stone Arch Festival, The Lounge, First Avenue, O'Shaughnessy Auditorium, The Basilica of St. Mary and the Panteges Theater. In 2000, Nicole danced the title role in Vox Medusa's production of, Cleopatra: Ambitious Child. After a two-year hiatus to give birth to her second child and recover from a stroke suffered shortly thereafter, Nicole resumed her work with Vox Medusa in 2002. Nicole's amazing recovery was a featured article in Twin Cities Magazine. Nicole currently dances the role of the Water Goddess in Vox Medusa's production of Trancendance and also acts as the company's rehearsal director. She lives in St. Paul with her husband and two sons, Oliver and Mercer.

Michele Brookhaus RSHom(NA), CCH Classical Homeopathy and Reconnective Therapy

Graduated from the Northwestern Academy of Homeopathy in the summer of 1998 and has also completed a 3 ½ year training program with the Dynamis School and Jeremy Sherr. She belongs to the North American Society of Homeopathy (NASH) and is certified with the Council for Classical Homeopathy (CCH). www.beyondwell.com.

Jenny Hengelfelt, Rehabilitation Massage Therapist, AMTA, CMT

Jennifer specializes in Rehabilitative massage and neuromuscular therapy. Each massage is tailored to the individuals need. She is a graduate of Centerpoint School of Massage and Shiatsu in Minneapolis.

Elisabeth Magnus – Swedish Massage Therapist

Nergis Petersen – YMCA Health & Fitness Instructor, Wellness Coach, Yoga Instructor

Katy Pearson – Cross Country Ski Instructor

Amy Landvik – YMCA Health & Fitness Instructor, &

Latin Hip Hop Instructor

Brenda Olson – Homemade Soap Making Instructor

For more information visit www.dunord.org or call 651-645-6605.
