
HEALING TOUCH

608-244-2635 | March News | tigan225@icloud.com

HOPE

Hope is the thing with
feathers/That perches in the
soul,/And sings the tune
without the words,/And never
stops at all,/And sweetest in
the gale is heard;/And sore
must be the storm/That could
abash the little bird/That kept
so many warm

Emily Dickinson

Hope often appears more as a fragile gift than a sure possession. We begin to hope in the midst of a threatening situation; we are not sure where this emotion comes from. It is an uninvited envoy, bringing visions and options of what tomorrow might look like. Hope is a *transformative* power. It carries the potential to change our present, to heal our past and foresee a future we had not previously anticipated. *Nourishing the Spirit* Whitehead & Whitehead



Spring Special Refer friend, family, co-worker for an introductory Healing Touch session, and receive a complementary session. (March-April) Contact: www.PresenceOfEnergy.com

Madison Labyrinth Walks

Spring Equinox Walk

Wednesday, March 20

4:00—6:00 p.m.

with harpist

Alice Kissling

Community of Hope

7118 Old Sauk Road

Madison, WI



I participate with Madison-area labyrinth facilitators to offer open walks and some special events around the labyrinth. For more information find Madison Labyrinth Walks on Facebook.

How to Use House-Cleaning As An Energy Healing Tool

It's getting to be that time of year: Spring Cleaning time. Why is spring cleaning (or any major clearing of your home) energetically important?

As life coach Martha Beck says, "Our living spaces are basically three-dimensional portraits of our inner lives. You can't de-clutter your living space without de-cluttering your inner life and vice versa."

**A good cleaning and decluttering
can really shift your energy.**

Hmmm. . . Take a walk through your house. What do you see? How does each room feel? When you come home, what's your general feeling? Do you feel peaceful or agitated when you walk through the door? Does spending time at home make you feel energized or lethargic? Clear or foggy? Cheerful or downcast? And the other way around, if you notice an irresistible urge to clean and declutter, it's usually a sign that your internal energy is in the process of shifting.

**This could be as simple as a vase of flowers
placed with intention on your cleared surface.
It'll help bring more coherence, harmony
and order both to your home and your
personal energy system.**

This is a good example of how you can use any intentionally done activity, no matter how mundane, to heal and support your energy. So happy cleaning!

from Nancy Hausauer, the-energy-healing-site.com

