

Don't forget our holiday sale from 10 am to 3pm and our holiday potluck dinner at 5:30 pm on Saturday, December 2nd!
More info on page 3.



Huntingdon Health & Wellness Association

THE NATURAL CONNECTION NEWS

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HHWA is a 501 (c) 3 non-profit organization promoting alternative, complementary, and integrative health care and wellness initiatives focusing on the mind, body, and spirit connection.

Check hhwa.org and Huntingdon Health and Wellness on Facebook.

Creating Vision Boards by Dana Jefferson

My first experience with vision boards came in the mid 1990's when it was an assignment in my three year training program with the Foundation for Shamanic Studies. My living room floor was overrun for months with huge white poster board, magazines, scrapbooking materials, glue, and scissors. For this assignment, everything placed on the vision board was based on a series of shamanic journeys; it was an extensive process. There were specific items to be placed in the east, west, north, and south sections of the board as well as specific items for the center of the board. I've created other vision boards since that time both for other training programs, and sometimes for my own self-development. Below is a picture of what is left of that original vision board:



So what is a vision board? Think of a vision board as a simple poster where you place images (pictures, words, notecards, etc.) to capture what you wish to create in your life. According to the Huffington Post website,

If you think vision boards are bogus, then the joke's on you. They work, and there's actually a really simple explanation of why they work so well.

Creating a sacred space that displays what you want actually does bring it to life. What we focus on expands. When you create a vision board and place it in a space where you see it often, you essentially end up doing short visualization exercises throughout the day.

Vision boards are also utilized as part of my hypnotherapy practice. When individuals require motivation for a goal like trying to lose a large amount of weight, having a vision board that shows not only what they might look like when they lose weight, but the things they can do with the excess weight gone, can really be helpful. The process to create your own vision board can take a few hours once the images and materials for the board have been gathered.

You don't have to have an issue in your life in order to create a vision board. Vision boards can be used to make your life the best it can be. You can focus on creating more wealth, more health, greater spirituality, or any other positive life goals. There is a memorable scene in the movie, *The Secret*, where an individual unpacks a box and finds a vision board he had created

Save the date. Tracy Lake will be leading a session on Creating Vision Boards on Saturday, January 6, 2018. Start saving magazines and images now! A great way to start the New Year.

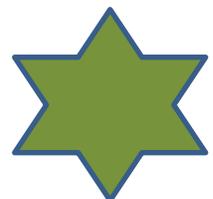
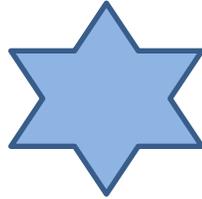
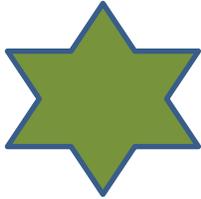
Juniata College Inbound

On August 22nd HHWA hosted an event for new Juniata students at the Natural Connection. Approximately 15 freshman students and one upperclassman attended the event sponsored by HHWA, in cooperation with Juniata College, to welcome the new students to Huntingdon and to explore services and activities available to them in the community. In addition to seeing the Wellness Centre and getting a taste of downtown, the students were treated to a sampling of services available at the Center. Several practitioners lovingly donated their time and expertise to make for an engaging afternoon.

Throughout the afternoon Chrystal Spayd and her assistant, Kaitlyn, gave chair massages during activities and talks. The students also heard from Lauren Peters, Energy Healer and Massage Therapist who specializes in healing mind, body & spirit with crystal energy. She spoke with the students about a variety of types of gems and crystals, and what they do, with each student receiving their own crystal to keep for future personal use. Dana Jefferson also spoke to the group about her work at the Wellness Center, including Spiritual & Shamanic counseling, Feng Shui, hypnosis, and past life regression. Throughout the day's activities there were prize drawings.

It was lovely to have these new students visit and welcome them as they start their Juniata College journey. We hope to see them frequently at the Wellness Center and have them join in the many activities here as they move forward in their new journey in the Huntingdon community. Best of luck JC students!

many years ago and subsequently forgotten about. He is shocked to look at his old vision board to realize that the picture of the beautiful mansion that he had placed on vision board was the exact same home in which he was currently living. Did he manifest that house with his vision board? Could you do something similar? Who knows? It only costs a bit of time and effort so why not try!



Lessons from the Summer Rhythm Renewal by Dana Jefferson

This summer I had the opportunity to attend Jim Donovan's Summer Rhythm Renewal at St. Francis University in Loretto, PA. Some may know Jim from his former band, "Rusted Root" with its hit "*Send Me on My Way*," or from his new band, "Sun King Warriors." Jim is a great musician, but more than that, he is a great facilitator. He takes a large room of people who may have never met or played drums before, and turns them into a room full of individuals interacting with strangers with big smiles on their faces. What is the secret for making this happen? I don't know for sure, but after taking Jim's Drum Leadership Training, here's my best guess.

- Make the environment safe for everyone. Jim makes it clear that it doesn't matter if you don't get the drum beat exactly right. Mistakes are okay. It is just important to try then ultimately learn from your mistakes.
- Make it fun. Make things so energetic at the time that nobody can play the beat so everybody can't help but start laughing at the shared experience.
- Make it easy. Jim starts with simple drum patterns and gives rhythm seeds for people to follow like beating the cadence for "I like pizza." Use language that people understand.

What are the transferable lessons here? Whether you are teaching art to first graders or cooking to adults, remember to make it safe, fun and easy.

The weekend was not only about drumming. There were workshops about everything from “Cosmic Harmony” to “Ecstatic Dance” to “Shamanic Journey.” Here are a few pieces of wisdom from the weekend that I found thought helpful:

- Remember who you are beyond the roles you play or the thoughts in your head.
- We are always becoming until we breathe our last breath. Ask the question. “Who am I becoming?”
- Worrying about your “to do” list is like getting caught in a spider’s web. We can do planning for the future, but NOW is our power spot. Ask yourself, “Why am I waiting to use the good china?”

ON DECEMBER 2ND, JOIN US AT THE NATURAL CONNECTION WELLNESS CENTER FROM 10 AM TO 3 PM. GET DISCOUNT PRACTITIONER GIFT CERTIFICATES, HOMEMADE ITEMS FROM LOCAL VENDORS, AND REMEMBER TO GRAB A BAG OF OUR SPECIALLY BLENDED HUNTINGDON 250TH ANNIVERSARY COMMEMORATIVE TEA. THE TEA IS A BLEND OF ORGANIC RASPBERRY AND BILBERRY LEAVE (SOME WITH A TOUCH OF LEMON PEEL). THE TEA MAKES A GREAT STOCKING STUFFER OR GIFT FOR FOLKS LIKE YOUR CHILD’S TEACHER. FOR DEC 2ND ONLY, THE PRICE IS REDUCED TO \$3 PER BAG.

- Fear is a thought. We can change our thoughts. You can change your thought to “I am okay no matter what.”
- Choose to be ALL IN to manifest what you want.
- You might have heard that “Freedom is not free.” However, freedom exists within each of us. We can choose how to react in the moment no matter what threats may be around us.

I hope you will find at least one of these thoughts useful, and I hope to see you next year at the Summer Rhythm Renewal!

As a follow-up to the Summer Rhythm Renewal, Jim Donovan, M.Ed., posted the following article he wrote with permission to share. While the holidays are great, they can be very stressful. Remember these tips if times get hectic!

Natural Anxiety Elimination Techniques for Everyone

Brain Tapping: A rhythm intervention that quickly calms stress by leveraging the brain’s frequency following response to help slow the speed of brainwaves.

Square Breathing: A breath-work intervention that calms panic & anxiety by slowing the heart rate.

BRAIN TAPPING: *Quickly calm stress by slowing down your brain waves using rhythm.*

Prepare the brain for:

- *Sleep*
 - *Focus*
 - *Managing intensity*
1. Self-assess stress level on a scale of 1-10
 2. Close eyes or stare at a point on the floor during exercise
 3. **Gently** tap the tops of your legs, right, left, right, left at a rate of 4 taps per second
 - a. The tempo is the same as the sound of the ticking stop watch from the show “60 Minutes.”
 4. Inhale & exhale very slowly
 5. Continue for 2-3 minutes
 6. When you are ready for the tapping to be finished, count backwards 4,3,2,1 and stop.
 7. Take some time in silence.
 8. Self-assess stress level again on a scale of 1-10

SQUARE BREATHING: Calm panic and anxiety by slowing the heart rate using breath-work.

Prepare the brain for:

- Managing panic & anxiety attacks
 - Meditation and reflection
 - Public Speaking
 - Deep Sleep
1. Self-assess stress level on a scale of 1-10
 2. Close eyes or stare at a point on the floor during exercise
 3. Then:
 - a. Breathe in for 4 seconds
 - b. Hold the breath for 4 seconds
 - c. Exhale for 4 seconds
 - d. Wait without breathing for 4 seconds
 4. Continue for 2-3 minutes or as long as needed. Full panic attacks may require longer length of time to calm down. Keep going until you are calm. Stay with

the exercise.

5. At the completion of the exercise, take some time in silence. Notice how you feel.

6. Self-assess stress level on a scale of 1-10.

It's important to give these exercises a chance to work. Do each process fully at least five times to give yourself the best chance of success with the exercise.

Follow Jim

Twitter:@JimDonovanDrums

Facebook:JimDonovan Music

Programs: JimDonovanMusic.com

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Thanks to Li Mitnick for her contributions to this newsletter. Will you have an article for the next HHWA newsletter? We'd love to hear from you.

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HAVE YOU HAD A CHANCE TO SEE THE NEW SHOW "THE HEALER" ON TLC? LET US KNOW WHAT YOU THINK. ACCORDING TO THE SHOW'S WEBSITE, BELOW IS A SUMMARY:

Follow the life and work of Charlie Goldsmith who has the ability to heal people with energy. Energy Healing is an ability that many are skeptical of. Charlie's on a mission to demonstrate his work and do scientific studies in-order to gain credibility for himself and people like him