

*Even after all this
time, the Sun never
says to the Earth,
“you owe me”.*

- Hafiz

November 2013



Waves of Transformation Wellness Center, Inc.



This Month

Wednesday the 13th

The Transform Workshop
Transform is the Season of
Action. Covering Stages 4-7
of SRI, this workshop will
help you focus on solutions
and opportunities as we move
into the holiday season.

Thursday the 28th

Thanksgiving

To Give Thanks

We are so constantly distracted by the stresses of life and it often seems that our culture is over-fond of telling us how bad things are. Without question, there is room for improvement in all areas of life. Acknowledging areas of challenge is essential to the process of growth.

Yet, once we acknowledge the challenge, we can choose to focus on creative solutions instead of being weighed down in the mire of the low energy state of blame and woe.

There are so many things we take for granted and a simple moment of reflection can rather quickly put your “huge problem” into a much larger perspective.

When we focus on gratitude, new windows into the current state of affairs can open, and a simple shift in viewpoint might be all it takes to make the change you need to move forward.

So, in the spirit of moving forward, we wish you a happy, healthy, and energy rich November.



Reflections

on the

Clear Day

At the end of October, a group of people met at the Maris Stella Retreat Center in Long Beach Island, overlooking the Barnegat Bay. The sun was up, the sky was blue, and our avian friends came out to join us.

The day began with finding connection, discovering areas ease, areas of tension, and areas of stuckness. Like intrepid explorers navigating the body-mind, we oriented to “what works” and started to build momentum.

By late morning we started to stretch, building and refining the momentum. The transform energy of the second session helped bring clarity and resolve to see new opportunities and to create new plans.

The coordinated effort of the community lunch was a phenomenal success. A spread of such delicious and vital sustenance enhanced the day and filled our bellies.

Malia opened the afternoon with a gentle dance that combined yoga with an aromatic balancing of the chakras. Her workshop helped to set the stage for the third session.

The final session awakened the Heart. In the human body, there is actually a greater amount of neurology going from the heart to the brain than vice versa. Once the layers of defense reorganize, the heart can coordinate and entrain the whole system.

In this way, we brought the day to a close, with the early autumn sunset painting the sky.

Many thanks to everyone who helped to make this a special day!



Herbstlaubtrittvernuegen

The German word **Herbstlaubtrittvernuegen** refers to “the joy of kicking through piles of autumn leaves”.

Just remember that it is inadvisable to do so with a wet sucker.



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