

Inner Path

Summer Newsletter

August, 2011

VOL. #1 ISSUE #3

Greetings & Namaste!



Well, we are clearly past the midpoint of summer and we still have spectacular skies! We are in the energies of summer which are expansive, hot and dynamic. If you find yourself expanding in all directions, extra hot and full of energy, know that you are in the heart of summer's Fire Element. Speaking of expanding, I have wonderful news! **Inner Path is moving.** My new address is:

**Inner Path Healing Arts
509 Washington Avenue
Newtown, PA 18940**

The new location offers more space, a large parking lot, no stairs, and a quiet environment. Moving day is September 1st.

Read on to find out more about the Fire Element and the latest Inner Path Shiatsu schedule, yoga classes and Reiki Trainings.

Blessings of joy!

Nancy

The Fire Element

The Element for summer is Fire. Light, bright, expansive, warm, and colorful, all describe the season of summer as well as some people we may know. The organs associated with the Fire Element are the Heart and the Small Intestines.

Did you know that the Element of Fire...

- Provides a home for the Spirit?
- Circulates the blood and other fluids which nourish your entire body?
- Governs the Mind and is responsible for the quality of our thoughts and memory, the state of our consciousness and how well we sleep?
- Is associated with the thymus gland which maintains a healthy immune system?
- Opens into the tongue? The tongue expresses the depth of our heart and physically tells the condition of the heart.
- Is especially sensitive to deep sadness?

If Your Fire is Out of Balance...

Heart imbalances lead to palpitations, chest pressure, confusion, anxiety, poor memory, fever, panic attacks, insomnia and incessant chatter. If you are out of balance and notice these symptoms then...

Schedule Your Next Treatment Soon! Before sickness becomes a way of life!

The Fire Personality

People with a lot of Fire...

- Are fun and full of life!
- Love to laugh.
- Are the life of the party.
- Are engaging public speakers.
- Are quite chatty and often speak with their hands.
- Are optimistic and often look at the “bright side”.
- Make friends easily.
- Have a special magnetism and charismatic quality.
- Are very convincing and persuasive.
- Are compassionate and enjoy doing for others
- Are full of “bright” ideas
- Are a joy to be around!



Balancing Fire Energy

- ***Smile from Your Heart!***

According to TCM, your face—particularly your eyes—is the mirror of your Heart. The Heart is home to the *Shen*, or spirit, so your face reflects this aspect of your soul.

Try this ancient exercise for your Heart:

Looking into a mirror smile at yourself—*really* smile at yourself—directly from your heart.

That's it! How simple and yet how difficult this practice is for most people. True smiling from the heart, not just a fake smile, actually has a profound physiological effect. It promotes the flow of Qi and blood throughout your entire body helping it—and your heart—to heal.

- ***Take Time to Play and Enjoy Life***
- ***Absorb the Sun's Nourishment***
- ***Eat Smaller Lighter Meals***
- ***Drink Plenty of Water***
- ***Rest to Prevent "Burnout"***
- ***Share Your Ideas***
- ***Express Your Joy and Love***
- ***Bitter is the healing flavor associated with the fire element, so add dandelion greens or nasturtium leaves to a salad as this will help boost your immune system.***
- ***"Light Up" and Don't Take Yourself So Seriously***
- ***Schedule a Shiatsu, Reiki, or Private Yoga Session.***

Stay well and balanced!



Shiatsu . Reiki. Yoga

Schedule

Shiatsu, Reiki, Private Yoga



Hours

MWF: 9:00 – 12:00 & 2:00 – 7:00

Sat: 8:00 – 12:00

\$75/Hour

Classes & Events



Chakra Yoga

Tue 9/6 - 10/25: 7:00 - 8:30 p.m.

Thu 9/8 - 10/27: 9:30 - 11:00 a.m.

\$98/ Each Session (8Weeks)

Do-In/Yoga

Tue 9/6 - 10/25: 9:30 - 11:00 a.m.

Thu 9/8 - 10/27: 7:00 - 8:30 p.m.

\$98/Each Session (8 Weeks)

Reiki Share (Back to Friday Nights!)

Every Second Friday of the Month: 7:00 – 9:00 pm

Please register



Reiki Trainings



Usui Reiki Level I

Sat 8/20

9:00 – 6:00

\$150

Usui Reiki Level II

Sat & Sun 9/17 & 9/18

9:00 - 5:00

\$275

Prerequisite: Usui Reiki Level I

Usui Reiki Level III Master Practitioner

Sat & Sun 11/12 & 11/13

9:00 - 6:00

\$275

Prerequisite: Usui Reiki Level II

Karuna Reiki® Level I

Sat & Sun 11/19 & 11/20

9:00 - 5:00

\$275

Karuna Reiki® Level II

Sat & Sun 12/3 & 12/4

9:00 - 5:00

\$275

Please register

Maximum 8 per class

Register ASAP to reserve your place

Essential Oils For the Heart

Healing Gifts from the Earth

Balance your emotional energies with these Essential Oils:

Try a few drops in a diffuser with water or add to your favorite unscented moisturizer or oil.

To Stimulate Circulation

Geranium
Rosemary
Hyssop
Cardamom
Ginger



To Alleviate Stress

Bergamot
Clary Sage
Cypress
Basil

*If there is light in the soul,
There will be beauty in the person.*
~ Chinese Proverb

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Shiatsu . Reiki . Yoga

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