

# Healing Times Newsletter

A publication of Burnsville Counseling and Healing Center and The Institute for Peace and Joy  
www.counselingandhealing.com

August 2008

## THE GLOBAL PEACE INTENTION EXPERIMENT

Lynn McTaggart is a research scientist and author who has been internationally acclaimed for her work on thought and its impact on the physical world.

Beginning September 14, 2008 Lynn and a group of scientists are conducting a series of Peace Intention Experiments testing the power of group intention to lower violence in areas around the world. This could be the largest scientific study in history, with hundreds of thousands of participants sending an intention for peace under highly controlled scientific conditions.

Burnsville Counseling and Healing Center and the Institute for Peace and Joy will be participating in this process. The details of how the experiment will be conducted have not been sent out, but we intend to gather people together on the day of the experiment, September 14 after the process, to discuss and support this intention experiment and to continue our own Healing Intentions Project for our local communities. You may become part of the experiment by logging on to: [www.theintentionexperiment.com/peace/](http://www.theintentionexperiment.com/peace/) We will meet at 2:00– 3:30pm at Burnsville Counseling and Healing Center, 17305 Cedar Ave, Suite 230 in Lakeville. (One Block North of Dodd on Cedar) Please call to reserve your space at 952-435-4144. Check our website for more information [www.counselingandhealing.com](http://www.counselingandhealing.com)

## Living Stories

When we hear how others have managed the rough terrain of life it can lift us to a place of hope and encourage us to take one more step on our own path. Sandy Thibault is the author of *Selma's Spirit: A Story of Love and Forgiveness, A Journey to Peace*. Sandy will share her story and how her life was transformed through perseverance, inner knowing, and trust. We hope you will join us for this important time to uncover within yourself what Sandy learned was within her.  
September 26 7:00pm \$10

*Miracles do  
not happen in  
contradiction to  
nature, but  
only in  
contradiction to  
that which  
is known in  
nature.*

St. Augustine

## New Staff Member Joins Burnsville Counseling and Healing Center

Lisa Johnson-Taylor is a licensed psychologist with 20 years of experience in the field of mental health. Lisa has also received special training from the Sensorimotor Psychotherapy Institute. This type of psychotherapy draws from a variety of approaches including neuroscience, cognitive therapy, and somatic (body-centered) work. This talk therapy process integrates mind and body by recognizing and utilizing the correlation between the body, physical patterns and psychological and emotional issues. We enthusiastically welcome Lisa to our staff!

## FALL CALENDAR

### September

- 8 - Questions of the Heart 6:30 - 8:00pm
- 14 - Global Peace Intention 2:00-3:30pm
- 15 - Yoga Begins 7—8:15pm (8 weeks)
- 26 - Living Stories 6:30 - 8:00pm
- 29 - Free Reiki Info Session 6:30pm
- 29 - Healing Intentions 6:30pm (4 sessions)

### October

- 2 - Mind Body Spirit Healing 6:30-8:30
- 9 - Mind Body Spirit Healing (second session)
- 6 - Questions of the Heart 6:30-8:00
- 14 - Intentional Living...Conscious Choices  
9:00 - 11:00am (3 Tuesday sessions)
- 22 - Free Reiki Info Session 10:00am

### November

- 3 - Questions of the Heart 6:30 - 8:00pm
- 7 - Stories of Hope 7:00pm
- 8 - Moving Beyond Depression 1:00-3:00 pm
- 15 - Moving Beyond (2nd session) 1 - 3 pm
- 10 - Free Reiki Info Session 6:30pm
- 15 - Peaceful Pause Retreat 9:00 - 3:30pm

## STORIES OF HOPE WE ARE THE HOPE FOR OUR CHILDREN

Stories of Hope is a multidimensional event that utilizes story, music, poetry and art to inspire, uplift and motivate people toward their own highest good and potential.

This year our focus moves us to consider how our children are looking to us to be the examples and models for the world that we are creating. We must each take responsibility for our thoughts and actions. We must choose now if what we say and do will build up, support and heal the problems of our planet, or tear down and destroy ourselves, others and ultimately the earth.

It is time for all of us in our own way to find the truth within us that leads us to choices that are loving, forgiving, compassionate and understanding of ourselves, our children, our neighbors and those we have judged harshly. We are at a critical time in human life in which the choices we make will have profound and long lasting effects on our children. In each moment we are called to lift ourselves out of old patterns that isolate, diminish, or negate life and open ourselves to acceptance and love.

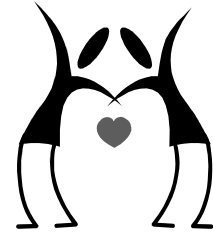
Stories of Hope: We Are the Hope for Our Children will convey the message that each of us are imbued with a powerful spirit that when ignited, helps us see things in new ways, solve unsolvable problems, and reach heights that have seemed unattainable. *Stories of Hope* is designed to connect us to the deeper truths of who we are. We need a spirit of hope and a spark of divine grace to transform the challenges of life into blessing and gift.

The stories, music and art presented will inspire you and help you participate in creating a greater vision for your own life and for our world. The light of God lives within us all. When we purposefully come together to share that light, it's brightness grows. This is a time in the life of our planet that we need to nurture, grow and expand God's light. We invite and encourage you to be part of this special and important evening. A free will offering will be taken. Save the date and tell your friends.

**Stories of Hope**  
**We are the Hope for Our Children**  
November 7, 2008  
7:00—8:30pm  
St. James Lutheran Church  
3650 Williams Drive  
Burnsville MN

So what does it mean to be human? You must decide on your own, but here is what I recommend: ...Look in the others person's eyes. You will find a human who is tender and vulnerable, one who pursues security, happiness, and love. You will find someone who is capable of great, selfless compassion and one who can be terribly self-centered. You will find someone who has been hurt and who, in turn has hurt others...And if you look deeply into another person's eyes, you will see that person's soul. And then you will discover what you have always know about your own humanity.

Daniel Gottlieb



### Questions of the Heart

Sometimes we need a place to talk about spirituality, life concerns, ways to live consciously and discuss things that we have heard or read. Questions of the Heart is just such a group. We meet the first Monday of each month for informal discussion which is designed to help us think in larger ways and to connect our thinking with the workings of the heart. We invite you to join us. There is no fee for the group. Please call 952-435-4144 to reserve a place.

*If we can sit together and  
talk about what is important  
to us, we begin to come  
alive!*

Margaret Wheatley

### Book Review

*Learning from the Heart* by Daniel Gottlieb is a treasure of wisdom and honest talk about what it means to be human. In 1979 he was involved in an accident that left him a quadriplegic. He speaks of wrestling with the question of how you find your identity in a world that insists on defining identity from your achievements, beauty, power or youth. He talks with clarity about facing adversity with an open loving heart and gives insights about how to address our "national anxiety disorder".

Gottlieb's writing is insightful, inspirational and healing. His story and his perspective both teach important lessons that bring us closer to what we all long for—love, acceptance and belonging.