

ONE HOLISTIC WELLNESS



body, mind, spirit... ONE



320-250-9402

### Upcoming Events:

#### Meditation 101

This is a great class for those wanting to begin, or begin again, a meditation practice. This introductory class combines info to get started and time to try a few different styles of meditation.

Thursday, Feb. 5<sup>th</sup>  
6:30 – 8:30 p.m.

#### Healing the Heartache

This group setting focuses on the issues people face when healing after a separation and/or divorce. Time is based on sharing stories and finding solutions to heal the hurt and move on to a life that is harmonious and joyful.

Thursdays,  
Feb. 12<sup>th</sup> & 26<sup>th</sup>  
6:30 – 8:30 p.m.

To register for the above classes, please contact Community Education at 320-529-6500 or online at [www.stcloudcommunity.com](http://www.stcloudcommunity.com)

### HAPPY NEW YEAR! – January, 2009

It's a very exciting time. New movement, new intentions, new opportunities to make all of our dreams come true. The energy is of awakening; Awakening to all our dreams, visions, goals and desires.

Just as in nature, during this time the seeds are still covered and sleeping deep within the winter snow. But, somewhere inside the energies are starting to build. Those energies will cause the seed slowly to begin opening to the possibilities of new life. Utilizing the energy within the seed, those possibilities suddenly bursts forth and brings into fruition the intention of that specific seed. The interesting thing with seeds is that dying is an integral part of their life. The seed shell must decay in order for the first signs of new life to emerge. We too, must be willing to release the old parts of ourselves that no longer serve us, in order for our vibration to raise and new thoughts and manifestations to grow.

The glory is that no two seeds are the same. Even seeds of the same type of plant, are unique. Again, sound familiar? We too are unique in our design, and accordingly distinctive in what we will desire and bring forth. This is the vital essence that each of us provide to this planet and to this human experience.

As we step deeper into the evolution of humanity, we become often times more global in our thoughts, more compassionate in our actions. We see that, while there are those on the opposite side of our cities, country and planet, whose experiences and desires may be different in some ways than our own, we realize that we are all connected. We are all ONE. We all exist together: plant, animal, chemical, human. Whether or not we embrace and live that connection is our choice. It is free will.

Like the seed buried within the earth we are beginning to ignite the energies of creation. We are beginning to formulate a plan that aligns us with our desires and our true nature. As this New Year progresses we will experience the culmination and bear the fruits of these new gentle stirrings from deep within.

To the New Year, and to all of us, ALL THE BEST!

Anne Brady

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