

The Lightning Rod

May

2011

Feng Shui

Bill Land continues to offer trainings in Chinese Five Element theory. This short article gives you the scoop on upcoming trainings.

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EWG

Celebrate recent accomplishments by the Environmental Working Group

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Personal Healing

Christine McKenna offers a package deal for folks hoping to go deeper into their personal healing and find out how good life can be on the other side of personal challenges.

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Luna Festival



The Luna Festival is scheduled for 2011. We hope to see you there.

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Spreading the Word

Do you have healthy events that you would like to promote to the Bloomington Community? This short article tells you how to spread the word to a wider audience.

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Non-Violent Communication

Have you already been introduced to NVC and would like to take it further? If so, check out this offering.

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Personal Growth

This month is devoted to the raw material for vitality - personal growth. This is the last in our raw materials for vitality series. Enjoy!

Welcome to the short and sweet May newsletter. Our topic is personal growth. May is one of those transition months. Is it spring? Is it summer? We have graduations, moving, job changes, gardening chores. There is so much going on. It is also a perfect time to start thinking about personal growth.

Are you still moving forward?

One of the questions on my intake form for new clients is about their goals for the next five years. If someone does not have any goals for themselves, that is a warning sign.

I don't expect all my clients to have big life-changing dreams to accomplish, but I do look for



Be grounded to the earth while reaching to the heavens, like a tree.

signs they are still trying to move forward - to improve themselves in some way - even if that means relaxing more or intentionally not being so goal-oriented.

Personal growth is a raw material for vitality. It keeps us going, gives us something to live for.

Where do we find it?

There are so many avenues for personal growth. I just finished the Chopra Center 21 day meditation challenge designed to help jumpstart a regular meditation practice. That is one example of personal growth. People's University through Bloomington Parks and Recreation just put out their Summer 2011 catalog of classes. This is another opportunity for personal growth. You can either find a class or classes that you would like to participate in or consider teaching a class yourself. Want to overcome your fear of public speaking? You could join a Toastmasters group. Want to be stronger physically? Work with a personal trainer. Want to get in touch with yourself? Take a retreat or walk in the woods or spend time in silence. Options are endless.

The next couple of pages will give you ideas for upcoming opportunities for personal growth, as well as celebrating what has already been accomplished. I hope this summer is growth-filled time for you.

Scarlett

LETTER FROM EWG

Food Policy

In February, I addressed a TEDxManhattan conference whose theme was Changing the Way We Eat. My presentation, Turning the farm bill into the food bill, can now be viewed online -- I hope you'll check-out what a reporter for TIME called his "favorite talk of the day."

The nation's farm and food policies are key aspects of Congress' ongoing budget negotiations. We've been keeping a close eye on the proceedings.

Politicians have tried to slash essential, lifeline nutrition programs for the poorest Americans while leaving untouched farm subsidies to big agribusiness.

EWG is working hard to make the next farm bill a healthy food bill -- to direct more money to healthy school meals, organic and local farmers and programs that protect water and soil.

Water

In late 2010, EWG published a national investigation of the suspected carcinogen chromium-6 -- also known as hexavalent chromium -- in the drinking water of 31 of 35 cities. Within days, the US Environmental Protection Agency responded with a new plan to monitor local drinking supplies for this contaminant.

Sens. Barbara Boxer (D-Calif.) and Dianne Feinstein (D-Calif.) took up the cause by introducing Senate Bill 79, the Protecting Pregnant Women and Children From Hexavalent Chromium Act of 2011.

We had another victory in early February when the EPA announced it would set a federal drinking water standard for perchlorate, a thyroid toxin with high risks for infants and pregnant women! EWG has led the fight to get this rocket fuel component out of drinking water for years. Action is long overdue.

BPA

Maryland has banned BPA in baby bottles and sippy cups, and its legislators are not stopping there. They have introduced a bill that would ban this dangerous endocrine disruptor from containers used for children -- formula and baby food containers are prime examples. EWG's Alex Rindler testified in Annapolis in support of this legislation.

Oregon's state legislature is taking up the issue. EWG online organizer Lisa Frack testified in favor of a bill to prohibit BPA in baby bottles, sippy cups and other infant products.

In Maine, too, a BPA ban is moving forward.

Ken Cook

President, Environmental Working Group

Feng Shui with Bill Land

The Class: Chinese 5 Element Theory - Feng Shui and the Emotional Kaleidoscope will be presented by BILL LAND and KALEO WHEELER from North Carolina as part of the Spirit Wisdom Asian Culture Series, held at the Tibetan Buddhist Cultural



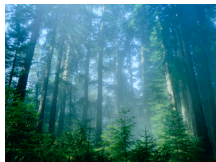
Center, SE of Bloomington, Indiana off of Snoddy Road. The class will feature a special teaching by Kaleo Wheeler from Tryon, North Carolina. Kaleo has presented workshops on a national level for over 25 years. The class will be held Friday May 6th from 6:30 Pm till 8:30 Pm (Fee is \$15 - includes the fee for the Cultural Center).

Heal and Be Free to shine!

A life changing 8-session private healing program with Christine McKenna

Experience transformational breakthroughs in heart, mind, body, and spirit.

This program is for you if any of the below are true:



~ You are struggling with feelings, experiences, and patterns (shame, depression, low self esteem, repetitive

relationship challenges, anger, grief, trauma, anxiety, disempowerment, isolation, a lack of fulfillment / inspiration / purpose, regular fatigue, an unhealthy relationship with food and / or your body, etc.) and you want to Heal and Be Free to experience a deeply satisfying, meaningful, joyful, whole life you love. (You

CAN be free, and I will be with you every step of your beautiful and exciting healing journey!)

~ You know there is more to life (YES, there is!) but don't know how to get from where you are to where you want to be.

~ You've tried making changes on your own, and the changes aren't happening quickly enough or at all. (We'll make the healing easy, quick, lasting, and fun!)

~ You've had painful experiences in your life that you've never really faced, embraced, and fully healed from. (They are holding you back from living your best life, they won't just go away on their own, and it is never too late to Heal and Be Free...to shine!)

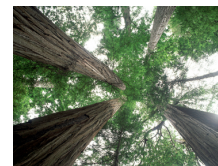
~ You want to feel more joy, energy, ease, inspiration, and intimately connected to yourself and others. (You wholeheartedly will!)

~ You are hungry to grow, transform, and thrive in all areas of your life (YES! This investment is priceless and one you'll never regret.)

Program Includes

8 ninety-minute private sessions utilizing a custom combo of powerful, gentle, effective, lasting, and cutting edge healing modalities, including:

~ EFT (Emotional Freedom Technique) ~ Reiki ~ ~Life Coaching ~ And Much More!
Sessions held in complete confidentiality & compassion @ Heart Spirals Sanctuary in Bloomington. 8 sessions are scheduled weekly or bi-weekly.



Your Life-Lasting Healing Investment

(8 ninety-minute private sessions are usually \$80/ each = \$640)

8 ninety-minute sessions in Heal and Be Free = \$480 (savings of \$160)

Contact Christine McKenna for more info. Facilitator of Emotional Healing and Transformation, Certified Reiki Master/ Teacher, Certified Life Coach, and EFT Practitioner
christine@heartspirals.com

812-345-2169

www.heartspirals.com



Luna Festival 2011

A Celebration of Women in Business & the Arts will take place on Saturday, June 11th, 11 am to 4 pm, at Fountain Square Mall on the square in downtown

Bloomington. This free public event highlights the talents of women artists and business owners in South Central Indiana and features live performances and various edibles, as well. If you would like to purchase a booth space at \$40, please send your request to LunaFestival2011@gmail.com. Please help us spread the word and bring your entire family to this fun and memorable celebration!

Do you have a healthy event to announce?

If you have one or more healthy events to announce, you can get extra exposure by listing it on the Bloomington Health and Fitness Calendar. To post your event, go to BloomingtonOnline.net. Click on "Events," then "Add Your Event." Select the Bloomington Health and Fitness Calendar as the calendar you would like to place your event in. After you are done and the event has been approved by the moderator, your event will also show up on the general Bloomington Calendar and the Healthy People LLC website. We would love to see your events there.

Non-violent Communication

"Walk Your Walk / Talk Your Talk;"
Ingrid's NVC Workshop.

Sunday, May 22 · 11:00am - 5:30pm

Location

Ingrid's Home Studio

5779 East Kings Road

Bloomington, IN

Have fun deepening your practice of compassionate communication (NVC) and compassionate living. We will utilize the "NVC Dance Floors," patterns placed on the floor, which take us step-by-step through compassionate interactions with ourselves and others. We will kinesthetically "walk through" processes for understanding and transforming anger, grief, regret, self criticism, and challenging conversations.

Brief snack break offered mid-afternoon. Option to attend for full or half day. Full day sliding scale \$50 to \$65; some scholarships available. Some prior NVC experience necessary - and introductory workshop or familiarity with "NVC: A Language of Life" by Marshall Rosenberg. Register by contacting Ingrid at 812.333.1982 OR

artofconnection@yahoo.com.