

Heidi's Healings



- § Clairvoyant Readings
- § House Healings
- § Business Healings

Clairvoyant readings available by appointment Friday afternoons at The Yankee Doodler Bookstore in Niwot.

For more information call **(303) 652-2491**
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House Healing with Heidi

HEIDI PETERSEN

The scene is common: a traditional family with two twenty-something daughters who live in other parts of the country, and a teenage son who is preparing to leave home. My client, their mom, has defined herself largely by her mothering role, while her husband has found a sense of purpose in providing for the family. Home, for them, has been characterized by supporting the children, creating special family experiences, developing traditions, as well as negotiating the random demands that arise in any group-living situation. This couple has spent their time building their life together as a family. Now, though, it is time for them to begin creating something new in which they can enjoy the fruits of their labor.

Transitions often require that we rethink our relationship to those aspects of ourselves that are changing. In this example, my client is revisiting what 'home' means to her. She is slowly releasing the idea that home is the space that houses children and lots of divergent interests and activities, in which she provides stability and harmony.

Because having children in the house has been so interconnected with the sense of home and purpose for this couple, I asked if they had considered becoming foster parents. They could continue to generate the sense of home in the same way, while providing others with a template of what it is like to be supported in a loving home environment. However, my client assured me that she and her husband are ready to begin redefining themselves. In the case of my client, she knows that she is ready to let go of the idea that a home requires children, but she is

Empty Nest

not sure of what she wants to replace it with. Would she enjoy painting? How does she want to shift the time and energy that she has been using to create a supportive space for others?

She is transitioning to a new concept of home as a space that nurtures her. Of course, when we change our relationship to one aspect of our lives, it often has ramifications for other aspects of our life. In this example, right under the surface of the question of "What is home?" lies the inquiry "What is the basis of our marriage now?" And, then, beneath that, inevitably lies "Who am I?" and "What do I want?" This couple is bravely peering into the void to radically redefine themselves, their relationship, their purpose, their roles and their living space. Clearing the house energetically helps this couple's transition to happen more smoothly by opening the space for them to choose how they want to create in this new phase of life.

Time changes everything, whether we are ready for the changes or not. While these shifts can be daunting, they're also incredibly rewarding — they are what make life terrifying and wonderful. I invite you to consider the aspects of yourself that are currently changing, and to bring to them some of the fun and adventure of the unknown.



Heidi Petersen, founder of Heidi's Healings, provides in-person and long-distance clairvoyant readings. She reads energy, and helps people to clear blocks in their personal lives, their relationships, their homes and their businesses. She can be reached at 303-652-2491.

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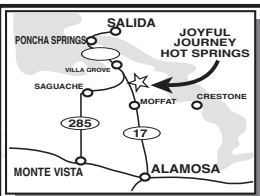
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Spring Cleaning of a Different Sort

Erin Hottenstein

Springtime is here and it's a great time to clean house. But how often are we caught up in the *doing* of actual spring cleaning and forget about the possibilities of changing the way we're *being*? This spring let's talk about our mental and emotional house, instead of the physical one.

If you were to take just a few moments to think about what you want more of in your life, then what would it be? More happiness? More self esteem? Better relationships? More fulfillment? Better health? Take a breath and imagine what it would *feel* like and *look* like for you to be creating that in your life. Make a mental note of that picture, so you can draw upon it for inspiration later.

Now, what is getting in your way of having more? Is it stress? Inner turmoil? Conflict with others? A stance of never being satisfied? A body and mind that can't seem to cooperate?

Just opening that dusty box can be enough to make you give up and shove it back into the corner until next year! But don't. Taking the time and energy to look and make some proactive decisions is worthy and important.

Besides, ignoring that box is costing you mental energy. So use your willingness and some calming breaths to pull back the box lids.

Inside those old containers, we usually find issues. One issue is the beliefs we formed at an earlier time but no longer work. For example, I know someone who as a young man had a fast metabolism and could eat anything. He's older now and his metabolism has changed, but he's still eating the same way. He knows a lot intellectually, but blames himself for being weak and lazy when diets don't work. Dieting has become stressful and frustrating, in large part because he has lost confidence.

I've seen several people, including myself, suffer from a hurt or betrayal and unconsciously decide no one is trustworthy. Even though we've gone on to create caring relationships, it's easy to have in the back of our minds that we never know when the other shoe is going to drop. The result is feelings of edginess, anxiety, hopelessness and even depression.

If we learn how to notice our mind's commentary, we can uncover a variety of self-defeating accusations. Take the relationship betrayal example again. Unconsciously, we were telling ourselves we didn't know how to make good choices. We got ourselves into an unfortunate situation once, and so later we sometimes believed we were not trustworthy. We all know how important healthy self esteem is, but if it were easy we'd all have it. Instead, we may want to learn a new way of doing things.

Negative thoughts can be from the past, as in the relationship example, or in the present.

"It's all my/his/her/their fault." "I'm never going to get this right." "He's so stupid." "Life

is miserable." "Nothing I do matters." Generalizations like these often pepper accusations. Blaming others and ourselves is hurtful and counterproductive, but we may not even realize we're having these negative thoughts and emotions. It's important to shine light on these unconscious accusations, so they don't continue to damage our confidence and self esteem.

Psychologist Brad Brown, Ph.D., who co-created *The Power of Self Esteem* course 17 years ago, says, "Unconsidered beliefs are fossils of experiences that were once alive. The beliefs we consciously choose are touchstones for living."

At this point, we've found and sorted through some issues in our mental house. We've noticed we have old beliefs that could use updating, as well as accusations that put all kinds of extra stress in our lives. The next steps involve sweeping out the disempowering

thoughts and replacing them with empowering ones. Finding someone objective and trustworthy to support these next steps is a great idea. Having a guide to help examine old beliefs and clear out negative thoughts will make the process quicker, more engaging and more enjoyable.

This type of spring cleaning can bring feelings of relief, acceptance, love and gratitude. Out with the old and in with the new!



Erin Hottenstein is a licensed mentor of *The Power of Self Esteem* and *The Power of Purpose*. Brad Brown and Roy Whitten created the six-week courses as part of the non-profit, educational Life Training program. To learn more, visit the "Short Courses" page of www.lifetraining.org or contact Erin at 970-225-1149 or ErinHottenstein@yahoo.com.

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