

Bridges To Healing Newsletter Spring Clean your Karma



So many people speak of Karma and Dharma but do we really understand it? I mean what is Karma anyway? Karma is very simply defined as the consequences of our actions. Everything we do, think, put out into the energy of the Universe comes back to us and can affect how we think, feel or live our lives and the lives of those around us. We are impacted by the Karma of our families and loved ones.

So with this very simplified understanding, I ask for you to think of your Karma as we Spring Clean our energy. What can we clear out of our Karma. Like the guy in the television show, "My name is Earl", can we make amends? Should we go selfishly try to make amends if it might offend or hurt others? Can we face ourself with true honesty? Living in our truth is not easy. We are human afterall. I always tell my kids that Karma is the effect of whatever we put out comes back to us ten fold. If we are

kind to the grocery clerk or we bless our bills instead of cringe over them, does that energy come back to us? Absolutely! How does it feel to be honest? How does it haunt us to be dishonest? How far can we hide from ourselves?

What would it feel like to make this Spring a season of cleaner Karma. Make simple acts of honesty and put forth kindness and patience and see what comes back. Direct it from our hearts, the Bible, prayer, God or whomever or whatever works to open our hearts and help clean our Spirits. Most importantly, build good Karma for yourself and your family. Take care of you. Can we be an example to the world, community and our families of living life as honestly, humbly and generously as possible within the bounds and forgiveness of every day reality? Just another bridge to heal each and all of us. *For more on Karma see Beth's Blog found on www.bridgestohealing.info.*

*Yoga Class cancelled
Fri 3/28 & 4/25
due to off site Pilates Training*

You are Responsible for How You Feel

At Bridges To Healing, we are here for you. Honoring each person as an individual, we work interactively with you to help you on your healing journey. We are trained and studied and continuously curious about the mysteries of health and healing and each individual is a new experience but we are NOT doctors. Each client is responsible to tell us any changes in their health or condition. Each client is responsible to tell us if something is uncomfortable. Communication is key to our success together. We work therapeutically from many different understandings of bodywork. No matter what understanding or training we have, we are not in your body feeling what you feel so we need YOU to tell us. Please let us know how we can help you. Afterall, you are why we are here.

Featured Therapist Audrey Powell

Audrey is a talented massage therapist working with several modalities with physical therapy in her back ground, myofascial and more. She is available nights and weekends. Please call to try Audrey's wonderful work from **March 15th to April 15th** and receive **\$20 OFF** any massage with her of *one hour or more!*

Bridges to Healing

Yoga ♦ Massage ♦ Pilates
Wellness for Adults and Children

(530) 320-3499

www.bridgestohealing.info



**Apparatus Pilates
Sessions \$25ea
when you buy
4 sessions
CONTINUED!**

*Credit
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accepted*

Who do you know that needs a massage?

Refer 4 friends for 1 hr
or more massage or
pilates session and get a

FREE Massage!
(talk about win win)

Cancellation Policy

All cancellations within
24 hours prior to
scheduled timewill be
charged 50% of planned
services.



New Yoga Class

Wednesdays at 10am

Classes fill quickly on a first
come first serve basis.

Friday class at 9am

still available

*Coming Soon: April 4th 7pm
Women's Moon Lodge
Call for more info*

Namaste