



From Top Left: Kathleen Ballela, Crystal Barbier, James Brooks, Kaleah Callaway, Brittany Dorsey, Jennifer Eisenbeis, Ricardo Espinosa, Ariel Gardner, Ashley Gillam, Mindy Griggs, Brittany Herrick, Roger Kerns, Mary Lee Jung, Carl Leta, Tyrese Mays, Kaitlyn McManus, Jill Miller, Angela Myers, Meridith Rhone, Alexis Scurlock, Keith Wallace, Lianne Whiteman

Welcoming Autumn and School

The end of summer. It's the time of year when school starts and everyone gets a jolt of motivation to begin something new. At the Healing Arts Center, we enjoy this zeal for new beginnings five times a year, with each session that starts. This session start is no exception.

August marks the start of the second year of Advanced Energy Medicine Master Track. Participants will study and practice all levels of Reiki and Pranic Healing offered at HAC, over 20 weeks of intense training.

HAC takes a holistic approach to education, as we do with health. It's more than providing top-notch education, it's also about providing a learning environment that supports students in their personal development as well as their training as healers. It's why we teach our students to meditate, to practice self-care, to learn about how to start a business. It's why our graduates know they always can turn to this school for advice, and connect with the vast HAC alumni population.

We take a personal interest in seeing students succeed. The HAC Student Assistance Fund is one way we support students who need a little extra help. We do what we can to make sure that students have the tools and resources they need to be successful in school and in their professional careers.

Welcome to our newest students, graduating class of August 2019!

The Importance of a Growth Mindset

Cultivating a growth mindset will help you more than living with a fixed mindset - a belief that intelligence or your nature is fixed, that it's just the way you are. With a growth mindset, there is a belief that intelligence is not fixed, but rather that it's like a muscle that can be trained and strengthened. People with a growth mindset do not tie their self image to their successes or failures.

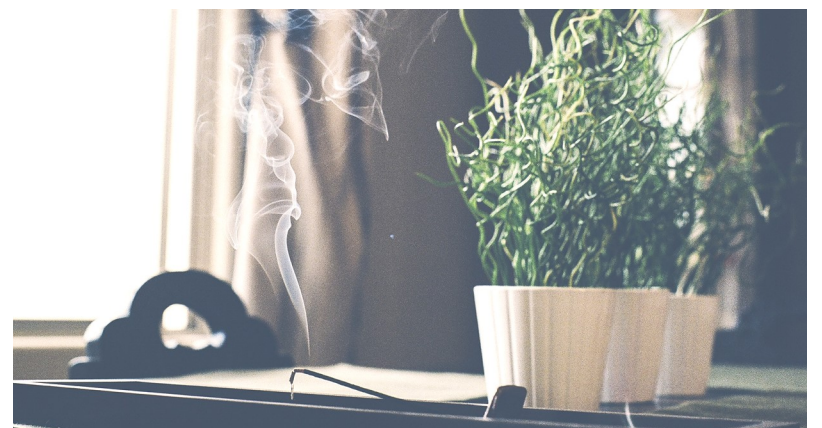
Key attributes of a growth mindset:

- ◇ Eager to learn
- ◇ Embrace challenges
- ◇ Keep going even when it's hard
- ◇ See effort as journey to success
- ◇ Learn from criticism
- ◇ Inspired by others' success

When you have a growth mindset, you are empowered to manifest the intentions you set. You naturally choose powerful language, instead of self-deprecating or self-defeating language. You are empowered with a greater sense of free will because of your confidence in how you deal with challenges.

"I never lose, I either win or learn."

- Nelson Mandela



Space clearing at home or work

You Can Do It Yourself

Whether you are clearing a space for your own self-care practices, or preparing your massage room for clients, these methods will help reset your focus and consciousness to be fully present and free from residual thoughts and energies in the room.

How to Clear a Space

Time: 10 minutes

Reiki Spray / Sage bundle / Incense

1. Waft Reiki Spray, sage smoke, or incense smoke throughout the space you want cleared while letting go of negative thoughts and feelings and opening yourself up to your intention.

2. Breathe. Enjoy. Just Be.

- Reiki spray, created by HAC's Headmaster Tom Tessereau, it is blessed and contains essential oils.
- Sage is a traditional cleansing herb. Set aflame, blow it out and let the ember burn to create smoke.
- Incense is similar to this, the ember that releases the fragrant smoke. Use Sandalwood or Palo Santo

Himalayan Salt Lamps

The warmth of the light bulb heats the salt, charging the air around it with negative ions, said to remove dust, pollen, dander, smoke, and bacteria and counteract positive ions.



James Brooks

Student Perspective

"[Before coming to HAC] I had been a manager and as a manager you deal with a lot of negative people. I just had enough of it and wanted to go someplace and do something where I can help people. [...] It just seemed like my act three."

- James Brooks, Level 1

Upcoming Community Workshops and Events

To find out more and register for HAC workshops visit www.thehealingartscenter.com/workshops



The Healing Arts Center has trained thousands of licensed and non-licensed people in wellness practices

Advanced Energy Medicine Master Track

Begins Thursday, August 16th, 1:30pm- 5:30pm, Friday, August 17th, 9am—6pm
Then, Thursdays 1:30pm—5:30pm through December 20th

Standard Tuition: \$2550 (credits may apply if previous class was taken at HAC)

***No License Required -Open to the public**

Contact Brittney Atkinson, Director of Admissions to apply, (314) 647-8080

The ultimate opportunity for anybody with a strong desire to become an energy medicine practitioner.

This 100 hour training covers: Reiki One, Reiki Two, Reiki Mastery, Pranic Healing Level One, Advanced Pranic Healing, Pranic Psychotherapy

Dermoneuromodulation (DNM)

Saturday, August 25, 8:30am—6:00pm and Sunday, August 26, 8:30am—6:00pm

Tuition: \$350 HAC Student/Grad Tuition: \$262.50

Use important pain science concepts and applications to help people in pain.

Participants learn to apply dermoneuromodulation (DNM) concepts to hands-on massage and bodywork.

LouFest—Chair Event

Saturday, September 8, 11am—8:30pm and Sunday, September 9, 11am—8:30pm

at Forest Park

Student and Graduate Volunteers (Sign up at the front desk)

Give massages in the VIP Lounge (Artists' Village for graduates), earn make-up hours, and enjoy the music and festivities.

Monthly Transformational Breathwork Class

Sunday, September 9, 9am - 10:30am (2nd Sunday of each month)

Fee: Single Class \$30 or 4-Pack \$90

Practice transformational breathwork in a 90-minute group class, coached by HAC Headmaster Tom Tessereau.

*Participants must have taken either HAC's Introduction to Transformational Breathwork workshop or breathwork training in Advanced Techniques class

Craniosacral Therapy: Level One

Friday, Saturday, Sunday September 21, 22, and 23, 8:30am—5:30pm

Tuition: \$395 HAC Student/Grad Tuition: \$350

This course is designed to introduce the basic components of the Craniosacral System. Building upon this base of anatomical and theoretical knowledge, participants will learn a variety of safe and effective ways to influence the Craniosacral System.

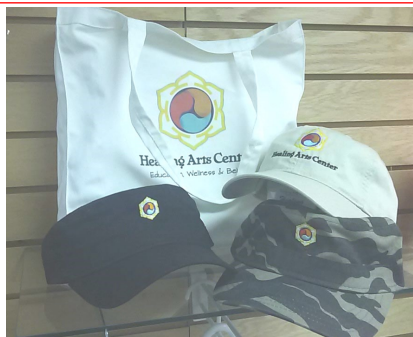
Introduction to Transformational Breath

Saturday, September 29, 12:30pm—4:30pm

Tuition: \$70

Open to Everybody

Learn the basics of Transformational Breathwork and see for yourself how this powerful healing modality will transform your life. Gain insight into your breathing habits and how to breathe openly and effectively. Led by HAC Headmaster Tom Tessereau.



Bookstore

Product Spotlight

HAC Logo Wear

The bookstore has new products - specifically, three new hats with the Healing Arts Center's Logo.

When you sport one of these cool new hats, you may find people walk up to you and share that they attended this school, too. The alumni population of HAC is vast. Thousands of students have trained in the longstanding HAC tradition.

The Healing Arts Center logo contains three colors in a wheel of joy, representing a supportive foundation, the transformation of the self, abundance, compassion and the physical-spiritual connection.

Everyone knows the Healing Arts Center as a place of healing and learning for all. When you're wearing the HAC logo, you are representing transformation, healing, and compassion.

Check out the other HAC products including t-shirts, pens, notebooks, water bottles, mugs, tote bags, and more.



Contact Us

The Healing Arts Center

10073 Manchester Rd

Suite 100

St Louis, Missouri 63122

(314) 647-8080

Visit us on the web at
thehealingartscenter.com



Check In on Your Breath

Take a moment to notice your breathing. Bring your attention to how your breath affects you.

A recent study discovered that people check their phones 80 times a day. How often do you check on your breathing? Use this exercise to become aware of the quality of your breathing. Follow the link to learn how to improve your breathing with daily Transformational Breathwork.

Breathing With Awareness (Breathe 15 times into each area)

1. Place your hand on your lower abdomen (just below the navel) and inhale while expanding the abdomen. (Your hand can help coach your breathing)
2. Place your hand on the lower rib cage and breathe by filling the low abdomen up to the rib cage.
3. Place your hand on the chest and breathe by filling the low abdomen, up to the rib cage, and then to the upper chest.

For the full Daily Breathing Practice instructions, visit our website at: <https://bit.ly/2vK619Y>