

Oasis News

January 2013



Yoga and Healing PTSD

Join us for a special workshop focusing on conscious breathing and practices that will soothe and strengthen the nervous system to move beyond the fight or flight response.

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The Treehouse has moved!

The Sacred Treehouse has been uprooted and transplanted to a new home. Find us at

250 Royal Ct
Delray Beach, FL 33444
(561) 278-6033

Therapeutic Oasis of the Palm Beaches ● 250 Royal Court, Delray Beach, FL 33444

Dreams Can Come True

Nicole Friedman, Psy.D.

Ever since I was a little girl, my parents told me that I could do anything I set my heart to. I'd like to believe that I always followed this message, but that surely wasn't the case. Many times I

succumbed to the voice in my head that was filled with all the "shoulds," "ought toos" and "musts." I denied my wise mind and followed a path that took me down a long, windy road filled with lots of bumps along the way. All that time I knew deep down what would make me happy but I continued to tell myself it was impossible. In essence, I had created a trap in my own mind and imprisoned myself in an unbearable situation that drained my emotional resources. The good news is that life has a funny way of working itself out. The birth of my children forced me to slow down and reevaluate my priorities. Even so, I was still unable to get out of my own way and could not let go of my career path because that would mean I had failed.

But sometimes the moon and stars are perfectly aligned, and it was on one of these days that I had my 'aha moment.' I remember sitting at a traffic light on Broward Boulevard, on my way to testify in a forensic case, when I got the call from a very wise friend and colleague. My friend was looking for a therapist in her practice and was calling to see if I knew of a practitioner who would be interested. Never in a million years did she expect to hear me say that I would like to learn more about this opportunity. I think I even surprised myself and was in disbelief as I heard the words spilling from my mouth. It just so happened that my current work climate was changing and it seemed like the right time to make a move. I was finally connecting with my wise mind, even though I was terrified and filled with doubt. Nevertheless, I took what appeared to be a momentous step and asked the universe to guide me. I have never looked back!!!

So fast forward five years and I can honestly say that I am living my dream. I was finally able to completely let go of my prior career path, take a leap of faith, and truly believe that everything would be ok. In fact, it's been more than ok - it's been fantastic! I've slowed down, learned to live in the moment, let go of being in control, and began to simply trust that everything happens just as it should. My ability to do so has allowed me to make my dreams a reality. This dream began several years ago in graduate school, when two seemingly naive students spoke of opening up their own center one day. Today is that day my friends and I am here to tell you that dreams can come true if you open yourself up to everything the universe has to offer. The road to our dreams may not always be a smooth one, or one that is readily achievable, but if you at least give yourself permission to listen to that little wise voice we all have inside of us, I believe that we can do anything we set our minds to. I begin 2013 with lots of hope and excitement (coupled with some apprehension and fear of course.) However, if I continue to listen to my wise mind, I believe anything is possible. So, I would be remiss if I did not take the time to thank that old friend, colleague and my new business partner: Patty, thank you for believing in me and helping me realize that dreams can come true.

Embrace the New Year Through Acceptance and Change

Christie Caggiani, RD, LD/IN

Nothing brings down walls as surely as acceptance. -Deepak Chopra

The New Year brings much talk of "newness", visions of starting over simply by the flip of a calendar page. We're told to set goals and make changes. We aim to do things better, look differently...change. And how quickly we feel deflated, defeated and dejected. We awake to find we're still the same person we were yesterday. We still have the same habits - whether they be positive, quirky or maladaptive. We haven't grown 5 inches or suddenly developed new talents overnight. Wanting change doesn't create change.

While some days we may wish change could happen by the snap of our fingers, the reality is that for us to move forward in any way, we must first truly see and embrace where we are right now. We must be willing to Accept our life exactly where it is at this point in time. Acceptance, however, does not mean being passive or submissive. It is having the strength to be aware of where we are and all that goes with it. Acceptance and change are actually two sides of the same coin. Once we actually accept ourselves and our situation in the moment, we can begin to most effectively move toward change. Otherwise, we are simply closing our eyes and running the other direction, and almost certainly we'll run into something! In fact, the reason that diets ultimately fail is because people are trying to change without first accepting. We need to be able to see what is and what is not working for us, explore the situations and emotions that impact us, and begin to use skills to create more supportive behaviors.

So as we enter 2013, I invite you to exchange a strict resolution with the resolve to be compassionate toward yourself, accepting yourself and all that you are. By doing so, you will be able to create the most effective step in your day today, turning each day's steps into a productive and beautiful path.

A Joyful and Blessed New Year to You!

What Will You Reap This Year?

Patty Shutt, Psy.D.

We have all heard the perennial teaching that we reap what we sow. This year can mark the beginning, or for some the continuation, of sowing a WISE Mind. I am not referring to a highly educated mind that is developed through reading, studying, and endless hours of homework. What I mean by WISE mind is the inner wisdom of knowing with our heart, our mind, and the collective consciousness of all beings. We are all born with the seed of WISE mind but it is our personal duty and responsibility to water and nurture this seed. Some are fortunate to be brought up in a family or community that teaches their young how to cultivate this seed and they are followers (in a good sense) and learn the practices that lead to the development and growth of Wisdom and Truth. Others get lost on alternative paths that seem more interesting or fruitful but will eventually lead to dissatisfaction and alienation from their inner WISE mind.

Mahatma Ghandi wrote a prayer called "The Path", that starts out with "I know the path. It is straight and narrow. It is like the edge of a sword..." I think of the path that he was referring to as the path to WISE mind or true wisdom and inner TRUTH. In some ways the straight and narrow nature of this path indicates that there is little room for error so one must be vigilant and focused. If we fall off the path we are surely to be "cut" off from our WISE mind, but we can never destroy the seed that patiently waits for our nurturing attention.

Mindfulness, meditation, prayer, or contemplation are some of the tools used to water and nurture the development of WISE mind. With daily practice you are sure to reap a Wise mind and with that a peaceful heart and endless joy. Starting (or restarting) a meditation practice is like all new habits, the hardest part is the first step and that is why we offer our clients and students the opportunity to explore various meditation practices at The Sacred Treehouse. There is one path, but there are many practices that lead to this path. Come explore the practices and commit this year to nurturing your WISE mind. Visit us at www.sacredtreehouse.org to get a detailed description of our offerings this winter including beginning and advanced meditation.

Happy New Year and Tashi Deley!

Patty

We are excited to announce The Sacred Treehouse has been uprooted and transplanted in a new home this week and will reopen on January 1st at 250 Royal Court in Delray Beach. We would like to welcome all beginners and avid meditation students to attend our first meditation class at the new location on Monday, January 14th at 10am.

The Sacred Treehouse presents...

Yoga and Healing PTSD

A Special Workshop Moderated by Carolyn Wybar, Certified Yoga Instructor

January 11, 2013 6:00 - 8:00 pm

\$30 prepaid/\$50 at the door

Limited to 10 participants

"A common denominator of all traumas is an alienation and disconnection from the body and a reduced capacity to be present in the here and now. What medical professionals are now learning is that in order for healing to occur, body-based strategies must be incorporated into the overall treatment model for trauma. Practices like yoga can help people with PTSD to unlock the body's patterns of fear by allowing them to become the masters rather than the victims of their own physiology. Yoga can be a tool by which we can intentionally and systematically intervene in the body's own alarm systems and begin to turn them down. Yoga provides an opportunity for the body to regain a sense of safety and relaxation." (Adapted from *Overcoming Trauma through Yoga* by David Emerson and Elizabeth Hopper)

This two-hour workshop will begin with a discussion of what happens in the body when trauma occurs and how yoga can help to heal its debilitating effects. The discussion will be followed by several breathing exercises, with the intention of establishing breath as the foundation of the evening's yoga practice. Workshop participants will then be led through a 75-minute trauma-sensitive yoga class. Beginners are welcome.



January/February 2013

Pre-registration suggested for all workshops and activities. Call 561.278.6033 for details.

Meditation

Mondays 10:00 - 11:00 am (Beginning)

Tuesdays 7:00 - 7:45 pm (Advanced)

Bhagavad Gita Book Study

8-Week Book Study begins January 8th

Tuesdays 2:00 - 3:00 pm

Mindfulness-Based Stress Reduction

(MBSR)

Free Introductory Workshop

January 23, 2013

Yoga, Art and Meditation: A Magical Trio

Call for details

Studio Art

Begins January 11th

Fridays 11:00 am

Gentle Yoga

Tuesdays 6:00 - 7:00 pm

Fridays 2:00 - 3:00 pm

Vinyasa Yoga

Mondays 8:30 - 10:00 am

Wednesdays 8:30 - 10:00 am

Fridays 9:30 - 11:00 am

Hatha Yoga 101 Workshop

Call for details

Youth Yoga

Saturdays 9:00 am (Ages 6-9)

Saturdays 10:00 am (Ages 9 & up)

Bookstore Hours

Monday 9:00 am - 5:00 pm

Tuesday 9:00 am - 6:00 pm

Wednesday 9:00 am - 5:00 pm

Thursday 9:00 am - 6:00 pm

Friday 9:00 am - 3:00 pm

www.SacredTreehouse.org