

# Sacred Rearrangements Newsletter

Issue One

Number Four

Fall

## Welcome...

We are a lifestyle shop, a design studio and a healing center. The shop offers a fun, eclectic mix of vintage, eco-friendly and spiritually conscious items. The Design Studio at Sacred Rearrangements offers several services including design and Feng Shui/Space Healing consultations, remodeling, handyman services and custom built items. The Healing Center provides energy work, breathwork, as well as various modalities of bodywork for people and animals. We also offer an extensive workshop schedule.

**Our Philosophy:** Space is sacred: the space inside your home and the space inside your body. Make conscious choices about how you fill these spaces.

2207 Lyndale Ave. S.; Uptown  
Mpls  
612-879-6105

Wed 11-6pm  
Thur 11-7pm  
Fri & Sat 11-6pm  
Sun 12-6pm  
Closed Mon & Tue

Design and Healing by  
Appointment

Print this off and come for a visit!

**20% OFF ANY  
REGULAR PRICED  
ITEM**

excluding Jewelry

Coupon expires December 31st, 2007

## Stay Warm Naturally

By Keith Helke

As the summer comes to an end, people start feeling that chill in the air, and grab for a sweater. You wonder, what can you do to stay warm in this season? First of all, put that sweater away for a moment, and know the fact that your body only takes two days to acclimate to the climate change. If you allow yourself to be slightly chilled for the day, your body will automatically start burning calories, our "fuel", faster and warmer. This is the beauty of our body system working in harmony. This means that you will be using more calories to stay warm. As your metabolism speeds up it will also keep you warmer. Hence the ability of polar explorers to eat sticks of butter daily, among other tasty goodies that dieticians would normally frown upon. Warming up your core temperature creates a good foundation for the seasons to come. This teaches your body to create more heat for itself, instead of relying on external sources. Second you can look at your diet. It is good for you to eat what is in season in your area, not to mention the environmental impacts of not having to ship your food around the world. For instance in the summer, watermelons, a hydrating food, ripen as we need more fluids to stay cool. Fall is the time of year for squash, a dense heat retaining vegetable. If you have ever bit into a bite of squash just placed on the table, you will recall how long it retains its heat and can still burn your mouth. Also potatoes, pumpkins, apples and pears are just a few of the fruits and vegetables that are in season in the fall. If you have questions, you can ask your local grocer or at the farmers market.

These are all excellent choices as they are denser and more satisfying, therefore they will stick with you for a while and help you stay warm. As you start buying in season produce you will realize that it tends to be cheaper when it is "in season", because that is when the market is flooded with those items. This is also a good time to remind yourself of hot beverages besides coffee, which can keep you going. Tea is a much beloved drink of choice in our household; anything from starting my day with a good green uji-gyokuro tea, which is more mild and less bitter than other green teas. It is harder to find, but not impossible. I have found it at the Society de Tea on Lyndale Ave. It gives you something warm to fill your belly with, wrap your hand around and is a phenomenal source of anti oxidants. I also suggest a good chai tea with your meal to help you digest things, or even an Egyptian licorice tea which is a nice sweet treat that also helps you digest and is caffeine free.

These are just a few ways to stay warm and to mix up your diet a little by getting yourself out of the summer rut. After all you should winterize your car but even more importantly, being Minnesotans, winterize your body and soul.

**Keith Helke, healer and body worker of humans and animals, is an experienced woodsman (9 years in the wilderness, former dogsled musher, mountain climber for 18 years and outdoor guide for 11 years.) Keith is also a personal chef and a licensed builder/ contractor of 9 years. After living in the North Woods for the last**

# Check Out Our New Website at

[www.sacredrearrangements.com](http://www.sacredrearrangements.com)

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## Workshops and Events RSVP Today!

### Dreams: Opening the Door to Spiritual Transformation Saturday, October 20; 1-3 p.m; \$20

Dreams awaken you to new possibilities in your life and your relationships. Discover the meaning of your dreams and their profound implications for your life. This workshop includes a brief talk on dreams, work with participants' dreams as well as information to take home. Come explore what messages your dreams hold for you.

The facilitator, Carrie Sword, is a National Certified Counselor with a Ph.D. in Clinical Psychology and fifteen years of dream therapy experience. She is also a researcher, writer, and speaker on the topic of dreams.

### Bhakti Yoga: The Art of Chanting

Join us for our ongoing yogic chant group. Words provided. No experience necessary. Free your voice and spirit with this ancient practice; By donation  
October 14<sup>th</sup>; 7pm and  
Ongoing every other Sunday;  
call to confirm dates

### True Warriorship: The Path of Impeccability With Hanankia Zedek Every 2<sup>nd</sup> and 4<sup>th</sup> Thurs. of the month.; suggested donation \$20-\$30 per session

"In all of my years of study I have learned that the one thing that Americans lack the most is discipline; the ability to effectively choose their destiny. The one thing that they have mastered is distraction. These sessions are designed to get you on track with your destiny through the Cultivation and Mastery of Self."

You Will Learn:

- Responsible Acquisition
- How to prevail in every situation
- Acute Awareness and Perception Training
- Practical Detachment
- Effective Self Defense
- How To Use Your Ultimate Power and Abilities
- The Secrets of The Ancient Arts
- Application of all Effective Eastern Principles into everyday life  
And So Much More...

Hanakia Zedek is an internationally known and respected Shaman, Mystic, Healer, Musician, and Martial Arts Master/Expert. He is known for his cutting edge teachings and application of philosophy, Meta and quantum physics, the magical and psycho~spiritual arts. His 40 years hands-on and in-depth experience provides the participant with a unique inside out look at themselves as a work of art. His precise and effective training leaves the participant with practical tools to utilize in everyday life. Hanakia was born and raised in Brooklyn NY and perfected his abilities in the world's toughest training ground...NYC. He comes to Minnesota tried and true.

### Book and accompanying CD Release Party

Deanna Reiter, author of Dancing with Divinity: Positive Affirmations for Any Situation, will be having a book signing and compact disc release party Friday, November 2, 6-8 pm, and Saturday, November 3, 11am-1pm,

Dancing with Divinity is a non-fiction self-help book of positive affirmations to move us through and beyond the negative emotions faced in our daily lives. The accompanying compact disc contains more than one hundred of these affirmations set to the original music of RCA gold record label pianist, producer and composer Rahjta Ren.

**Please RSVP for all workshops and events (drop-ins are fine for Bhakti Yoga) 612-879-6105 or [sacredrearrangements@gmail.com](mailto:sacredrearrangements@gmail.com)**

