

# Sacred Rearrangements Newsletter

Issue One

Number Three

August

## What is Sacred Rearrangements?

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 goal is to help you create a sacred lifestyle!

## Conveniently located One block south of the Wedge Co-op

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 September 30<sup>th</sup>, 2007

## Check Your Equipment

K. Rebecca Marx

**Sacred Rearrangements supports all beliefs and modalities of healing. The following article was contributed by one of our clients. If you would like to share a story, email us at [sacred\\_rearrangements@gmail.com](mailto:sacred_rearrangements@gmail.com)**

On Sunday it was 90° and humid. I was pushing the stroller with two kids and a heavy beach bag up a bumpy path. I know from experience that, though difficult, this is a task that I am capable of – I've got what it takes. But, on this particular day, it didn't seem to be working very well. And it did not surprise me. Since my eyes popped open at 5:30 a.m. I was fighting with myself. My ego was shouting at me about not having enough – of anything. It hardly mattered on what specifically the thought landed on. My ego was there to assure me that I was lacking inner and outer stuff.

My coach voice (yes, I do hear voices!) was reciting Bible verses, quoting spiritual books and bits of wisdom, and encouraging me to go the "right" and healthy way. Honestly, the coach seemed equally as loud and frustrating as the ego voice. In the midst of it all I could sense my true, beautiful spirit; quiet, still, and free from this entire ruckus. Drowning in judgment and desperate for Heaven, I called to my true spirit, "What is wrong with me?"

And the answer came back, "Nothing." That's it?! Anything else, God? Ah, how simple but, of course, not enough. I was left spinning and ticked off and I spent much of my Sunday in this bumper battle. With the last of my energy

and cheer, which was very little, I got three cute little girls into their bathing suits, packed a picnic lunch, and headed for the beach. The play did much to center me and the spark of light was quite enough to hold onto and to cherish. It was a lovely afternoon, and with every deep breath and giggle and splash the illusion of "something's wrong here, something's missing" fell away.

As we began our journey home, feeling good-tired and still so hot, I was not surprised by the difficult walk. I thought to myself, "I've been in conflict most of the day and I'm depleted, of course I no longer have what it takes to get this group home well." Interestingly, my spirit would have none of this. God scolded, "Do you need to be reminded again, of the light and Heaven and perfection you just basked in at the beach?"

That is the truth, not this sob story of 'what a tough day!'" Ok, if that's the truth, then what's the deal here? Why's this so hard? Why am I struggling, mentally *and* physically? I started to question out loud. My focus turned to the stroller, which seemed to be fighting me every inch of the way. Is something dragging? Annie, do you have your foot on the front wheel? "Oh my goodness, the brake! I've had the brake on the whole time." I released it and with no effort I ran and skipped and blew down the path – stroller, kids, beach bag and all! A smile spread from ear to ear and I felt like I was flying.

And I couldn't help but notice how simple it all was when the release came. The struggle is so all-consuming, so miserable. It seems as though it has always been and will never end and then – poof, all better, all done. I've had this experience many times before. I ask for help, salvation, relief, and I try to see it and I hang on by my fingernails.

And then the answer comes in the sweetest, simplest way...a friend or stranger saying just the right thing, a book or article or blurb on the radio, a rainbow or a perfect breeze; regardless of the form it takes, the big "ah-ha" comes yet again. #I marvel and wonder if it really is that easy, what makes it seem so dreadfully hard? It must be me with the brake on. Perhaps, though I cry and fuss, I'm not ready to be free. I'm getting something out of dragging—being crabby, confused, victimized, turned in circles. So I put the brake on, sneakily, unconsciously. I deny myself the peace that is mine. And when I've hit my limit of misery or my angst no longer serves me, I simply release the brake and fly down the path.

**The Truth:** If we are dragging, we've got a brake on. Our spirits are well able to get the job done and to do so smiling. If there's a drag, check your equipment – your voices, your surroundings, your choices. It's not the real you, it's the equipment. You are perfect.

## Workshop/Event Schedule

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)

### Barter Party!

Wednesday, August 29<sup>th</sup>; 7pm; \$5

Bring in your gently used, but no longer wanted, items. We set out our belongings like a big garage sale and swap. There is a 4 person minimum and a 10 person maximum for each party. Party participation fee is \$5 per person. Clothing, books, household- That includes décor and functional stuff!

## Feng Shui and Healing Space:

Thursday, September 20<sup>th</sup>; \$20

Feng Shui, the ancient art of harnessing energy in your environment, is popular but often difficult to understand or apply. Whether you are new to feng shui, or well read on the topic, this introductory workshop is a great fit. We cover: Classical feng shui and Western feng shui-the similarities/the differences and how to apply the principles to your life. How to customize Feng Shui principles to meet your individual needs. In addition to discussing feng shui, we will cover other space healing tools. A change of seasons is a great time to assess your space!

**Sacred Rearrangements welcomes guest instructors, Rahjta Ren and Hanakia Zedek for two special offerings. Do not miss these powerful workshops!**

## True Warriorship: The Path of Impeccability

With Hanakia Zedek

Intro Aug 16<sup>th</sup> 7-9pm then every 2<sup>nd</sup> and 4<sup>th</sup>

Thurs. of every month starting in Sept;

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...

"On the heels of movies like "The Secret," people are aching for "real" tools. This workshop is appropriate for those new to the concept of manifesting your reality as well as advanced students." -Susan

## Mechanics of Manifestation

With Rahjta Ren

Six weeks: begins August 27<sup>th</sup>;

Mondays 7-9pm; \$180

An 11 point comprehensive workshop on the mechanics of manifestation: bringing desired outcomes into one's life in a joyful, quiet, healing, glorious and soothing way. Points include:

- Heart Wisdom, hearing the Essence within
- Essential, foundational information on the Subconscious
- Dissolving resistance
- Meditation opens to "the void" -- Void Of Potentiality
- Nothingness of NOW -- accessed and residing in the cognitive as memory.
- Creating out of "Nothing"
- ALLOWING for the desired to appear
- Awareness/monitoring of EVERY thought
- Reality is effortless

Joy and pleasure in one's thoughts and actions is the only way to healthful happiness and true abundance.

## 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

Sunday, August 12<sup>th</sup>; 7pm

Sunday, August 26<sup>th</sup>; 7pm

Sunday, September 9<sup>th</sup>; 7pm

Sunday, September 23<sup>rd</sup>; 7pm

Ongoing every other Sunday

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