



# Healing from the HEART

Heartsong Healing Newsletter

Tiger Talk

Volume 1, Issue 3



February 2008

## Message of Joy

As Valentine's Day nears, our hearts turn to love. We give a gift or do something special for a spouse or significant other, someone in our family or friends. This year let's add focusing on love of self.

A good place to begin is saying, "I love and appreciate myself," with feeling and sincerity and repeat often. Then consider some of the ways you can express self-love. What makes you feel really good about yourself? Reflect on that now. Write down anything that excites you, makes you smile or feels more peaceful.

Here are some ideas that may resonate with you. Smile more; smile at yourself in the mirror. Treat yourself to a movie or dinner out. Say and think loving things about yourself—refrain from negative self-talk. Journal about the gratitude you feel for all you are. Allow yourself to soak luxuriously in a tub with scented oils, soft music and candle-light. Make time to do something relaxing, fun or fulfilling you've been wanting to do. Connect with your heart-knowing, your inner tiger. Slow down and relax your breathing. For other ideas, see Chapter 4 of *Awakening the Tiger Within*.

## Wisdom Crystals for Healing!

**Amethyst** is a beautiful purple crystal that Joy frequently uses to promote healing and inner peace. Historically and intuitively, amethyst has been used to alleviate pain, reduce addictions, protect from psychic attack and improve digestion. It has been cherished and used by royalty and priests. Its high vibration raises and balances the energetic frequency of body, mind and spirit,

Joy has combined her intuition and her gift for feeling and transforming energy to bring you Wisdom Crystals, a new tool to promote self-healing. Did you know that crystals and stones have unique energies as well as having distinctive and, often, beautiful shapes and colors? Joy has carefully selected stones and crystals with strong healing and transformational energy. She has intuitively named each one; then used a special process to enhance their natural energy.

Wisdom Crystals will appeal to awakening tigers, curious cats and rock and crystal lovers everywhere. Joy has a broad range of these special stones and crystals in many colors, sizes and price ranges to fit your unique needs and desires. These stones may help soothe your stress, enhance your creativity or titillate your senses. Call or e-mail Joy for help in selecting your crystal.

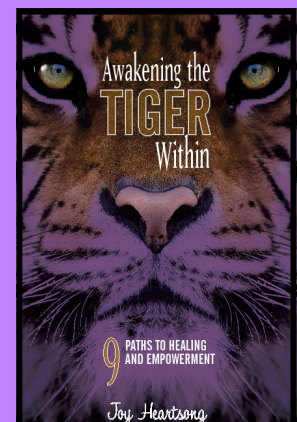
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**Awakening  
the Tiger Within:  
9 Paths to Healing  
and Empowerment**

Get your copy now from  
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select local bookstores  
or by special order, or at  
[awakeningthetigerwithin@heartsonghealing.net](http://awakeningthetigerwithin@heartsonghealing.net)

*Does it feel like  
your tiger's locked  
in a cage or  
roaming free?*

\*\*\*\*\*

**Contact:**

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## Tiger Circles

The focus of **Circles of Joy** is on laughing, raising our spirits and increasing our energy vibrations. Come and share humorous, inspiring, uplifting, encouraging stories and experiences with this group of like-minded, fun-loving spirits (bodies and minds). The Circle of Joy will meet from 7:00-9:00 p.m. on **Thursday, February 28, 2008**. The cost is \$15/session, or 6 for \$75.

**Transition Circles** are for you if you are going through a major transition in a relationship with a significant other and desire some support in a safe, nurturing environment. Come and share, listen and learn new ways of seeing yourself, making changes and gaining greater awareness of your inner power. Tiger Talk Transition Circles meet one evening a month. Fee is \$15 for the first session; then \$75 for the next six months. Call or e-mail for schedule.

Come to **Tiger Talk Wisdom Circles** and share, listen and learn new ways of seeing yourself and your world in this safe, nurturing group. Gain personal insights or new courage and greater awareness of your inner power. We'll meet from 7:00-9:00 p.m. on Thursday, Feb. 21 and from 1:00-3:00 on Wednesday, Feb. 20. Choose one time. Come to the first circle for \$15; then \$75 for the next six months. Limited to 8 to allow more in-depth sharing. Call 719-328-9143 or e-mail [awakeningthetiger-within@heartsonghealing.net](mailto:awakeningthetiger-within@heartsonghealing.net) by Feb. 16 to make your reservation.

## Healing Touch in the News

Reuters featured an article on November 16, 2007 entitled "Healing Touch Therapy Thrives Despite Skeptics." According to Healing Touch International, based in Denver, CO, Healing Touch is practiced at 30 U.S. hospitals and by almost 2,000 certified therapists. To access this article and detailed information about healing touch and certified practitioners, research and much more, go to [www.healingtouchinternational.org](http://www.healingtouchinternational.org).



**Joy Heartsong**  
Author and  
Intuitive Healer

## Meet Joy Heartsong

Joy is a Certified Healing Touch Practitioner and intuitive. She is passionate about helping others claim their true power by connecting with the wisdom of the Tiger within. Her message is that we all have the power to heal that comes from a higher source manifesting through each of us. Her writing includes stories, insights, and techniques from successes with both her clients and her own healing journey.

*From my heart to yours,  
Joy Heartsong*

PS: I encourage you to pass this newsletter along to anyone who might enjoy it. If you've received this newsletter and are not yet on our mailing list, please contact Joy at: [joy@heartsonghealing.net](mailto:joy@heartsonghealing.net).

To remove your name from our mailing list, please email us.  
Questions or comments? Email us at [joy@heartsonghealing.net](mailto:joy@heartsonghealing.net).