



# Healing from the HEART

Heartsong Healing Newsletter

Tiger Talk

Volume 1, Issue 2

January 2008



## Check Out Our New Wisdom Crystals!

Wisdom Crystals are Joy's newest inspiration. She has combined her intuition and her gift for feeling and transforming energy to bring you a new tool to promote 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 unique 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 different colors, sizes and price ranges to fit your special needs and desires. These stones may soothe your stress, enhance your creativity or titillate your senses. Most of the stones will fit easily in your pocket or in your hand.

Wisdom Crystals include amethyst, quartz, newly discovered spirit quartz, celestite, fluorite, jasper, selenite and many more. Some of the special names are Spiritual Awakening, Healing Power, Inner Vision, Clarity Enhancer and Stress Reducer. If you have a special request for a crystal or a specific type of energy, Joy will do her best to find it for you.

Call 719-328-9143 or e-mail [joy@heartsonghealing.net](mailto:joy@heartsonghealing.net).

*Peace and many blessings for a happy, healthy, abundant New Year!!*

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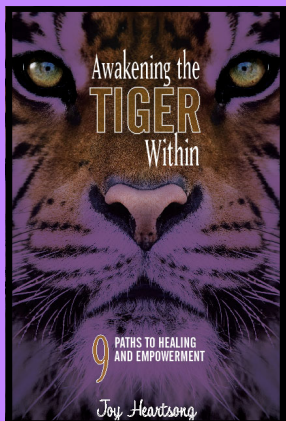
**Tiger Talk Wisdom Circles**

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## Circles of Joy

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, January 24, 2008. The cost is \$15/session, or 6 for \$75. Call 719-328-9143 now to reserve your place or get more information.

*We keep our tiger confined in a very tiny cage when we let fear control our choices.*



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

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call 719-328-9143

## Tiger Talk Transition Circles

Tiger Talk 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 and making the change. Gain personal insights or new courage and greater awareness of your inner power.

If you're ready to take steps to become more focused, find new opportunities and feel good about yourself, this may be exactly what you've been seeking. Open to those who have moved beyond "whining" or self-pity. This will be a small intimate group of eight or less who will learn to share from the heart and support each other. This circle will meet for two hours one evening a month. Fee is \$15 for the first session; then \$75 for the next five months. Schedule TBA.

Call 719-328-9143 or e-mail [awakeningthetigerwithin@heartsonghealing.net](mailto:awakeningthetigerwithin@heartsonghealing.net).

## Tiger Talk Wisdom Circles

Are you feeling stuck, uncertain, unsupported, afraid of making a change or going in a new direction, or feeling powerless? Come 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.

Tiger Talk Wisdom Circles meet from 7:00-9:00 p.m. on Thursday, Jan. 17 or from 1:00-3:00 on Wednesday, Jan. 16. Choose one. Come to the first circle for \$15; then \$75 for five additional months. Limited to 8 to allow more in-depth sharing. Call 719-328-9143 now to make your reservation.

## Healing Touch in the News

USA Today featured an article on some of the benefits and research on healing touch in the November 4, 2007 issue. It is called "Healing touch: A new patient outreach program." Healing Touch is a relaxing, nurturing energy therapy that supports your natural ability to heal. 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).