



News From the Garden

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With Thoughts of Spring by Rev Clayton Bowman

As I write this article, the snow is falling, the wind is blowing and all my thoughts are to the return of Springtime.

Ah yes, Spring. It's the time of trees budding out, grass greening, flowers emerging, and the fairies beginning their daunting task of creating a playground for all to share.

What was that? You don't believe in fairies? I can't believe my ears! Even my great-grandmother would leave a corner of her flower garden for the fairies. They are nature's helpers, coaxing seedlings into bloom for the delight of those who see. They are the guardians of the forests, streams & wildlife, hiding endangered species from poachers and keeping our waterways safe & healthy. They are the earth's angels, guiding mankind on a healthy, safe and beautiful journey called life. They do all they can to help ALL life co-exist on this little planet of ours.

In days gone by, people not only believed in fairies, but also worked alongside them; keeping their world clean and only taking from nature what was truly needed. When hunting for food, the people would only hunt what they could use. In return, the fairies would help the crops grow, protect the land and guide the children home safely. It was the fairies who helped the "wise one" find the herbs, bark and berries that would cure the ailing, and she would leave a corner of her garden for them to play in and a saucer of milk or honey for their troubles.

I remember that as a child I would build tables and chairs for the little house that

sat in the corner of my great-grandmother's garden. I also remember her talking to the fairies and thanking them quite regularly. When I would ask her who she was talking to, she would say, "My little gardening friends," and then she'd giggle. She is the one who taught me to listen to nature and how to enjoy a slow walk in the woods. She also taught me that if you sit real still in the middle of the garden and the wind is blowing, you can hear the fairies if you close your eyes and slow your mind.

So there you have it. I will get off my soapbox for now. I have to start planning my garden for the coming year, and you know that there is going to be a corner that is left un-attended by human hands. I think I'll put a bench in that corner this year. It will make it a special place to sit, relax, close my eyes and listen to the sound of the fairies on the wind....

.....Why don't you come and listen too?....You may just hear their wisdom for yourself...



Featured Artist - Lisa Rothengass



Lisa Rothengass
Spiritual Bead Artisan

Lisa is a spiritual beadwork artisan. She has been making beaded and wire wrap jewelry for the past 6 years combining crystals and gemstones into helpful, beneficial and aesthetically pleasing works of art. She is always happy to create custom orders for gifts and other special needs as well as repair any of your favorite jewelry pieces.

Lisa has recently started giving lessons in the art of bead working and jewelry making. She and her husband, Joe, manage The Lavender Garden Book & Gift Store here at The Aquarian Garden.



**Some Of
Lisa's
Beauties**



Featured Practitioner - Joe Rothengass



Joe Rothengass
Stone Reader

**Laying On of Stones
Practitioner & Teacher**

Even from an early age, Joe has gotten messages from the stones. Over the years, he's tried other forms of divination and none of them suited him. Now, he uses his own form of divination, which includes a random selection of different stones. Joe gets messages from them to answer your questions.

Crystals have been scientifically proven to possess vibratory energy, to generate and emit electrical charge, and to possess the vital energy force, which sustains all that exists. The "laying on of stones" is a healing practice that has been done for centuries amongst the natural healers on every continent. The energies of the mineral kingdom are "universal energies" and are available to those who are willing to both receive and meld this energy with their own.

As a gemstone energy practitioner & reader, Joe uses crystals and gemstones, with the Higher Will, to assist you in healing the self and/or facilitating the healing of others while continuing on the path to enlightenment.

Recently Joe has been guided to teach others how to do this ancient practice, and he has put together a certification class for The Natural Crystalline Way. This form of the art of laying on stones proves to be a more natural way that everyone can utilize on a regular basis. Joe just taught this class at the Garden this past February, but with the growing interest, we are sure he will be giving another class sometime in the near future.

Meet New Practitioner - Christina Wilke-Burbach

Christina is a holistic practitioner, health and wellness consultant, and owns Mind, Soul, and Self LLC in Wisconsin Dells. She believes treating the entire person- mind, soul, and self- is the road to wellness. She specializes in stress reduction, stress management, and relaxation. Stress is the number one health problem in America contributing to 80% of all illnesses. With our face paced lifestyles, the problem is only getting worse. Complicating matters, the way many people deal with stress (chemical substances, eating for comfort, anger, etc) is unhealthy and can further hurt them. Managing stress and relaxing on a regular basis can decrease symptoms of illness, improve immune system function, lengthen lifespan, and improve overall health and wellness. Plus everyone deserves and needs some "me time" to rest, relax, rejuvenate, and recuperate!

Christina earned 2 Bachelors degrees in Psychology and Cultural Anthropology from the University of Wisconsin-Milwaukee, her Master of Arts Degree in Clinical Psychology from Cardinal Stritch University and is currently completing her PhD in Health Psychology (mind/body psychology) at Walden University in Minneapolis. She is an ordained minister and is certified in Reiki. She is a published author on the topic of stress, has appeared as a guest on NBC 15 news in Madison several times, has taught numerous classes, and has won awards for her research, for her work in health care and for her stress management work. She has worked as a drug and alcohol counselor and as a mental health counselor, seeing first hand the mind/body/spirit connection.

Currently, Christina is teaching a series of classes on the subject of deSTRESSing. Her first class, The Mind and Stress, was given this past February and focused on self-soothing techniques to balance the mind. The other two classes in this series, The Soul and Stress & The Physical Self and Stress, are scheduled for March 13th and April 10th. A description of these classes may be found on page 5 of this issue.



Christina Wilke-Burbach
Stress Relief Body Work

Reiki

Holistic Stress
Management

Health
Nutritional
& Lifestyle
Consultation



Festivals For Spring

March 20 & 21

Life-Spring Expo

Our Life-Spring Expo is an event that focuses on healthy, holistic ways of well-being physically, mentally, emotionally & spiritually. It is a time to start fresh, like the world in Springtime. Some of the events that will occur during the expo are:

- ∞ **Key Note Speaker Joyce Sabotta** presenting “Relieve The Fear Of Breast Cancer”.
- ∞ **Vendors** with products for your entire well-being.
- ∞ **Information Booths** on Health, Nutrition & Wellness.
- ∞ **Sessions** with our professional practitioners as well as **mini sessions**.

So, please join us as we celebrate the coming of Spring and the newness of a healthier life.



May 15 & 16

Taste Of The Garden

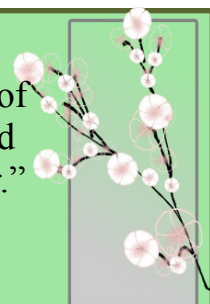
This is a very special event that allows people to sample the many services available through the Aquarian Garden. Tickets for this event are \$40 in advance or \$45 on the days of the event with all proceeds benefitting the Aquarian Garden.

During the event, practitioners will be offering 15 minute “mini-sessions” of the many services available. This is one of our fund raising events that our practitioners have generously offered to give of their time and talents to help support the Garden. No additional fees will be required for the services being offered, but each practitioner will be allowed to receive a tip for their services if the client so desires. There will also be talks and demonstrations to educate the public about the benefits of our services.

To find out what services will be available for each day of the event, please check our website at www.theaquariangarden.org or call us at 608-562-LIFE (5433).

“Within each of us, nature has provided all the pieces of the puzzle necessary to achieve exceptional health and wellness ... then let it up to us to put them all together.”

~ Diane McLaren



On-Going Classes

For More Information Contact The Aquarian Garden - (608) 562-5433.



MUSIC CELEBRATION

Bring your drum, rattle, or other instrument as we gather together and ground our bodies, clear our minds and allow our spirits to soar. This on-going event occurs on the third Saturday of every month at 4:00 PM. Cost is FREE. Directed by teacher & facilitator Doris Hagemann.

AVALON

These are on-going classes on Spiritual Science; teachings on ancient wisdom as well as modern science. The instructor, Gabriel Ra, provides in depth information on topics such as numerology, astrology, tarot, different healing modalities and how each of these can work together for our Spiritual Growth.

RAJA YOGA

We have an on-going Raja Yoga class, weekly, at the Garden. Our instructor, Gabriel Ra, has been practicing yoga for over 30 years and has been teaching for 11 years. Our class combines Hatha Yoga (postures) with meditation and visualization exercises. This is a no pain class, suitable for all.

REIKI GATHERING

Come in and share your knowledge, your energy and your questions the 3rd Saturday & Sunday of every month from 3pm - 5pm. Some of the areas explored will be utilizing Reiki alongside other modalities of energy work, experiences with unique health & healing situations, and anything else that may arise throughout the discussion. Facilitated by Reiki Master, Sandy Williams.

BELLY DANCING

There will be an on-going, 8 week course in Belly Dancing starting Tuesday, January 19th, from 6pm - 7pm. The classes will meet every Tuesday and are led by Instructor & performer Nona Carpenter. Cost is \$75 for all 8 weeks or \$10 per session.

RESTORATIVE VINAYASA YOGA

Yoga is a fantastic way to not only get in shape and alleviate pain, but to also help cultivate a clear mind, improve one's mood, alleviate symptoms of anxiety and reconnect with the eternal self.

Vinayasa Yoga specializes in developing a synchronicity between body and breath in order to find peace and a feeling of connection. This class is suitable for all individuals, whether fit or inactive. Regardless of body shape, age, sex, religious origin or level of experience, this class is for you.

Join Bridgette O'Brien-Miller every Thursday from 5:30pm to 7pm.

Suggested donation of \$12 per session

Up-Coming Classes

For More Information Contact The Aquarian Garden - (608) 562-5433.

The Soul and Stress

Sat Mar 13th - 10am to 12pm

Spiritual symptoms of stress can include despair, feelings of abandonment, feeling a lack of purpose in life, feeling unconnected to others, feeling empty, hopelessness and unrest. Learn spiritual interventions to reduce your stress and enhance relaxation.

Price: \$25 Please preregister by Mar 11

Runes 101 - Tree Talk

Sat March 27 - 11am to 4pm

Join us as we discover the history and practical usages of Nordic Runes in this participatory lecture about the ancient wisdom of trees and nature that can be found around us, every day.

Price: \$35

Rainbow Reiki First Degree

April 7 - 9, 2010

Wednesday 5:30 - 9:30 p.m., Thursday 9-6, and Friday 9-3

Includes: 4 traditional Usui initiations - Reiki history & principles - Whole body treatment - Special positions for many health problems - main & secondary chakras, their functions and way to treat them - Rainbow Reiki de-blocking symbol & its mantra - Systematic Chakra Healing and Chakra balancing - Intuitive Reiki - Stress release - Reiki meditation - how to cleanse the aura - how to prepare Reiki water and Reiki oil - how to treat animals, plants, food, & water - how to cleanse and activate the healing powers of stones, and much more.

Price: \$300

Rainbow Reiki Second Degree

April 9 - 11, 2010

Friday 5:30 - 9:30 p.m., Saturday 9-6, and Sunday 9-3

Includes: Initiation into the three traditional Usui 2nd degree symbols & their mantras - initiations into five Rainbow Reiki symbols & their mantras - distant healing with Reiki for yourself, others, and groups - mental healing - explanation of the inner child, middle self, and higher self - Feng Shui techniques - how to contact angels, power animals, and other spiritual beings with the means of Rainbow Reiki - programming crystals with Rainbow Reiki - spiritual harmonization of groups (family, relationships, workgroup, school class) - practice using the symbols and techniques in Reiki treatments - and much more.

Cost \$300



Up-Coming Classes (cont.)

Check Our Website For More Information Or Contact The Aquarian Garden - (608) 562-5433.

The Physical Self and Stress

Sat April 10th: 10am to 12pm

Physical symptoms of stress often include muscle tension, pain, low energy, fatigue, headaches, diarrhea, nausea, and sleeping problems. Stress is involved in numerous chronic health conditions including heart attack and obesity. Learn physical ways to relax and relieve your stress and tension.

Price: \$25 Please preregister by April 8

Angels In Watercolor

April 17 - 10:30am to 12pm

In this class, you will get to create your own angel, step-by-step. Prior drawing experience is helpful but not required. Whether simple or elaborate, these pictures prove to be beautiful renditions. All necessary art supplies are provided.

Price: \$60

Introduction to Native American Flute

April 17 - 1pm to 2:30 pm

5/6 hole flute design ~ pentatonic scale ~ fingering/blowing

Price: \$55 (beginner's flute included)

Inner Peace With Yoga - The Art of Yoga Nidra

April 30 - May 2

For many people, Yoga Nidra is one of the most powerful relaxation technique known. As simple as guided relaxation, it takes one into the deepest possible relaxation of the body and the most profound stillness of the mind. That transforming deep, blissful state of consciousness is not only the perfect condition for physical and emotional healing, but also brings one to the door of Samadhi, the deep state of meditation.

The workshop will include gentle yoga, pranayama (calming and energizing breathing practices), chakra balancing, shorter relaxation techniques, periods of silence and full, natural breathing practice. No previous yoga experience is necessary.

Price: \$300 includes 2 nights lodging plus 2 meals on Saturday

\$275 if registered before April 24

Aura Sensing 101 - the Meaning of Color

May 15

In this participatory lecture with Reverend Clayton Bowman, we will discover techniques to help sense the energies around us and how to effect those energies through color. We will also learn what color can do to enhance our experiences on our life journey.

Aura Sensing 102 - Cutting the Karmic Ties

May 22 - 12pm to 4 pm

In this participatory class with Reverend Clayton Bowman, we will build on the knowledge gained in the first class (Aura 101) by learning new techniques to sense the energies around us. We will also be experiencing techniques to heal and release from around the world.

Price: \$40



Creating A Fairy Garden

Before you build your fairy garden, you should give some thought to what kind of fairy garden you would like to build.

One popular idea is to build a woodland fairy garden. These miniature gardens are normally installed at the foot of a tree in a shaded part of the garden and incorporate forest themed items like tree leaves and a door on the trunk of the tree.

Other fairy garden ideas include a flower fairy garden. In a flower fairy garden, you can expect to find a small cottage surrounded by flowers and grass with perhaps other miniature fairy garden decor added.

One other fairy garden idea is to convert the edge of a water feature in your garden to a fairy dock. A small boat or raft tacked to the edge of your water feature with other fairy garden decor “clues” to indicate that the wee folk have come to live on your shores.

Really, fairy garden ideas are only limited by your own imagination. Have fun with it.

Once you have decided on what kind of fairy garden you would like, you need to decide on the design of your fairy garden. A fairy garden can either be installed right into your garden or it can be grown as a container garden. Both fairy garden designs have their advantages.

Building a fairy garden right into your existing garden allows for the feeling that your miniature fairy garden is the genuine thing, that an actual fairy has moved right into your garden. The down side of fairy gardens placed right into the garden is that the elements will eventually destroy the fairy garden decor you put in the garden. Also, it may be harder for others to enjoy the fairy garden if it is not readily accessible.

Many people choose to build their fairy gardens in large containers. This method allows the garden to be moved out of inclement weather and to also be enjoyed from wherever in the garden you choose. The down side of a container fairy garden is that it does not contain quite the same mystique as a fairy garden hidden in your own garden.

However you decide to build your miniature fairy garden, whether it be a woodland fairy garden or a fairy garden of your own imagination, the important thing to remember is that fairy gardens are all about having fun. Get crazy, get silly, just keep it small and I guarantee that the fairies will appreciate (and reward) your efforts.





The Aquarian Garden Holistic Wellness Center
W8741 County Hwy B - New Lisbon, WI 53950
608-562-LIFE (5433) www.theaquariangarden.org



Up-Coming Events

For More Information Contact The Aquarian Garden - (608) 562-5433.

2nd Annual

Lawn & Garden Show

April 10 - 10am to 5pm

Stop by for our annual lawn and garden show. There will be many vendors as well as lectures and presentations. Some of our topics this year will include:

- ☞ Companion Planting With Herbs
- ☞ Enhancing Your Garden's Health With Rocks & Minerals
- ☞ The Healing Garden - Releasing Stress Through Color & Scent

So, come and pick up your starter plants, get some good information and learn about the many aspects of a healthy, beautiful garden.

Wellness Weekend

April 17 - 10am to 5pm

April 18 - 10am to 4pm

During this weekend, there will be practitioners, vendors, speakers, and demonstrations. Come in to the Garden and treat yourself; physically, mentally, emotionally and spiritually.

