

# THE FOUR SEASONS OF THE HEART

## *An Impassioned and Courageous Exploration of Your Heart through the Wheel of Life*

**You have a physical heart, a spiritual heart, an emotional heart and a mindful heart. Your wild heart reaches toward all of life: plants, animal, people, light, dark, soil, air, rock, and expresses your soul.**

In this group, you will explore all of the layers, seasons, issues, and movement of your heart as you travel the earth-based wheel of life. You will explore the four shields, or personas, of your precious human heart in conjunction with the corresponding aspects of the seasons of the natural world. Findings from neurocardiology and HeartMath will be applied as well.

*Expect to commit to a deep level of participation as we move through the seasons with delight, depth and creativity*

**BEGINS** : Thursday, July 23, 2009

5:30–7:30 PM at my home in downtown Forestville

Call for a free, initial interview and more information

**FREQUENCY:** This group will generally meet two times a month until April 2010. It will end with a DayQuest in May '10, and a final celebration in early June '10. Dates for the first 6 months will be given at our initial interview. On occasion, we may meet outdoors in a pre-arranged place.

**COST:** \$45. per meeting

\$125 for DayQuest through EarthWays

A non-refundable deposit of \$90. will secure your place.

**CONTACT:** Sara Harris, MFT (707) 824–8230

Sara has been a long-time explorer of the open heart, through psychotherapy, spiritual paths, earth-based rites of passages, open-heart surgery, HeartMath, nature, poetry and language!

[www.heartmatters-sebastopol.com](http://www.heartmatters-sebastopol.com) and [www.earthways.info](http://www.earthways.info)

**“The birth of the human heart is an ongoing process.”**