

Harbin Hot Springs



Heart Consciousness Church
Workshops, Articles, Retreats

Welcome...



Basil Jarrett is retiring from doing the mailing labels and has this to say about it:

"I, for one, am glad that we never have to do this again! Libby Baltrusch gave me this job when I first came to Harbin and back then we physically printed the labels (really exhausting). I've done labels over 104 times [26 years]! Elke says I should get a medal." [Ann says 'Thanks, Basil' and enjoy your retirement!]

'A mini-retirement' is being so far away from work that it seems you have left work forever. It is finding out who you are aside from work. It is being spontaneous with your time, filling your hours with creative impulses, resting when you want to rest, playing when you want to play, opening to new possibilities. It is being in beautiful surroundings and pampered on your own terms. It is not having to plan too hard around meals, and not having unhealthy fast food as your only hassle-free choice. It is taking life easy, without the need of alarm clocks, schedules, reservations, hassle. It is finding easy-going company when you want it, and being left alone when you want that.

As you can see, a mini-retirement is not just a vacation, which can often be hectic - it is a true getaway. For those of you who can no longer hope for a full retirement, the mini-retirement is fast becoming an essential part of life. As far as I know, Harbin Hot Springs is the only place where you can take one, where even three days can seem a lifetime away. Here in our self-contained canyon, virtually all you have to do is show up - you don't even need a swimsuit! (For room reservations, see page 5.)

We're located one very steep mountain beyond Calistoga, in a county that Robert Louis Stevenson said Calistogans consider strange and alien - sort of beyond the known world. For many years, the only way to Harbin was by stagecoach. Once arrived, people tended to stay awhile, and found their needs met. Today, there're rooms and camping. There's a market, a communal kitchen (vegetarian), a gourmet restaurant, cyber coffee shop, deli, movie theater, library, free classes including yoga, rituals, concerts, massage and other spa and bodywork, and two dances a week. There are even clothes vendors.

Then there's the land - so many thousands of acres of wilderness I've lost track, with hiking trails and spectacular vistas. And of course, there're the pools - healing waters bubbling up from the molten core, as well as cooler pools and swimming. Five minutes in the pools and you won't remember that you've ever had to work in your life! And finally, to make your three-day getaway truly transformative, check out our Harbin workshops.

The best part about a mini-retirement? You don't have to wait till you're old! See you around.

~ Editor Ann

P.S. THIS IS YOUR LAST MAILED QUARTERLY! You will still be able to find us online at www.harbin.org/html, at Harbin, or on select newsstands.





Contents...

<i>Things to Know</i>	4
<i>Rates</i>	5
<i>Workshops Experience</i>	6
<i>Omi's Blessing</i>	II
<i>Stepping Down</i>	I2
<i>Occupy Your Environment</i>	I4
<i>Introducing Lisa Lipton</i>	I6
<i>Coming Home to Harbin</i>	I8
<i>Winter Workshops</i>	I9
<i>Finding Us</i>	3I

HARBIN HOT SPRINGS QUARTERLY

Winter, 2012

Volume 28, Number 1

**Publishing Staff: Ann Prehn, Editor
& Carol Thompson (photos)**

Cover: Workshop Leaders Steve & Lokita

Contributors:

**Patrick, Lacy, Ditte, Chris Musser, Helen F,
Mariela, Lisa, Jessica, Yavelow, Elaine**

The Harbin Catalog is published seasonally at the equinoxes and solstices by Heart Consciousness Church, a non-profit corporation, and is circulated to 20,000 people.

Advertising is now included in our on-line PDF version available at www.harbin.org/magazine

Advertising Rates:

full page \$1000; half page \$600; quarter page \$350. (Half price for residents on quarter page only.) Deadlines are April 30, July 31, October 31 & January 31. Please submit camera-ready hard copy (no half-tones), jpeg, or pdf file. Call Publishing: (707) 987-0477

(for Harbin reservations, call Reception: 1-800-622-2477)

Distributed by:

Reliable Distribution (415) 640-1766
info@reliabledistribution.com

Harbin Springs Publishing
P.O. Box 1132, Middletown, CA 95461
pubs@harbin.org

Things to Know...

- o **Harbin is open** 24 hours a day, 365 days a year.
- o **Campers** are required to arrive and set up before dark.
- o **You will need** a towel, flashlight, sandals, and footwear appropriate for rocky terrain.
- o **Our pools** are our sanctuary and we maintain a meditative quiet in the pool area.
- o The pool area is **clothing-optional**, and the dressing facilities are co-ed.
- o **Alcohol, drugs and pets** are not permitted. (No pets may be left in vehicles.)
- o **Fire Ban:** Open fires, lanterns, candles, incense, and camp stoves are strictly forbidden.
- o **Smoking** is restricted to an area by the parking lot.
- o **Pool maintenance** often happens the first Tuesday of each month. (Cold plunge becomes hot; heart pool becomes warm; swimming pool is cold.)
- o **Children** may stay in the campgrounds and quietly use the Heart Pool and swimming pool during daylight hours (till 8pm in summer) beginning at 10am. Babies under three must wear plastic pants in the pools and children three to five must wear swim suits. Children must be accompanied by an adult at all times.
- o **Food:** The Harbin Restaurant serves breakfast, and dinner. There's a market, a guest kitchen (vegetarian only), a seasonal outdoor café, and a coffee shop as well as Middletown stores and restaurants four miles away.
- o **No Cameras.**
- o **No Cell Phones.** Exceptions: Inside cars at Lower Parking Lot and far end of Dome Parking Lot only.

Reservations

Room reservations are highly recommended, especially on weekends. Reservations must be guaranteed with a credit card or advance payment; cancellations must be made by 1pm two days before your scheduled arrival date to avoid charges. We accept Visa, MasterCard, American Express, and Discover cards or Harbin Cash/Gift Cards. A minimum two-night reservation on weekends and holidays is required.

(707) 987-2477, 1(800) 622-2477

Harbin Cash/Gift Cards now available at the Front Desk.

Scheduling a Massage

Our practitioners are specially selected for their gifts in the art of healing. We offer a wide variety of massage styles including a relaxing full-body Swedish-influenced massage and Harbin's own Watsu® (water shiatsu). Depending on what day you will be visiting, other services that may be offered are: cranio-sacral, shiatsu, chi nei tsang, lymphatic, energy work, and reflexology. Rates are slightly higher for specialties such as Deep Tissue Massage, Wassertanzen (WaterDance), Hot Stone Massage, and Spa Treatments.

Rates:

1/2 hour	\$43-50
1 hour	\$75-85
1-1/2 hours	\$105-120

Appointments can be scheduled from 9am to 7pm daily through the Health Services Office. To make a reservation or inquire further about the services we offer, please call: **(800) 884-3117, (707) 987-0422, (707) 987-2994 x130**, or visit the massage section of Harbin's web page at www.harbin.org. For reservations by phone, please call with your Visa, MasterCard, American Express or Discover card number ready.

Massage gift certificates available upon request.

The Harbin Domes

The Harbin Domes - the otherworldly spheres perched on the side of Harbin Mountain - now feature eleven unique rooms that are available for guests. The location features shared restrooms, shower facilities, with common indoor and outdoor areas. One of the center's magical pools will be available to guests of the Domes for late night soaks under the stars. Room rates range from \$70 to \$190 per night. For complete rates and information, call our reservationists at (707) 987-2477, or check our website: www.harbin.org.

A Great Gift!

Save with this Season's

**MIDWEEK
SPECIALS!**

Room Package

Includes basic room for 1,
massage or watsu, & breakfast.
Starts at \$130 plus tax.

Happy Camping Package

includes camping,
massage or watsu, & breakfast
for only \$95.

*Available Mon-Wed only,
Jan 3 thru Feb 29, 2012 except Holidays.*



Retreat Rates

Regular & Special Events

There is usually something going on at no extra charge at Harbin, though donations and offerings are often appropriate. **Full Moons** are honored in the Warm Pool and also honored by a sacred **Pipe Ceremony** in the Garden. Essene Priestess Heather celebrates the **New Moon** in the Temple. During the rainy season, **Men's, Women's, and Mixed Sweats** happen monthly - call Lorindra at (707) 987-2260 to get on the call-back list. The **Unconditional Dance** is on Tuesday and Thursday nights. A **Community Drum Circle** happens the first Wednesday of each month, drums provided. **Laughter Club** meets on the 1st and 3rd Saturdays. **ELYSEUM Writers' Wordshop** meets on Sundays. **Live musical events** happen every Saturday night, and **Open Mic** is on the last Saturday of each month. Start your Sunday mornings with **Harbin Kirtan Band. Compassionate Communication** (training in non-violent communication), and **Sound Healing** with live music are also offered every Sunday. **Osho Meditation** happens on Mondays. **Reiki Healing** is on Wednesdays and Fridays, **Feldenkrais** is on Tuesdays and Thursdays. **Meditation, Mysticism, & Mindful Living** is on Fridays. **Any 'A' 12-Step** is on Wednesdays and Saturdays. All are subject to change.

Please check our website at www.Harbin.org/events for special events & classes such as **Quantum Light Breath, Shamanic Circle, Kundalini Dance, Dances of Universal Peace, Qigong, Free Your Spirit Breathwork, Prayer Circles** and **Satsangs**, as well as **special concerts, theatrical presentations, and holiday happenings**.

Yoga in the Temple

Three free yoga classes are offered daily at 8am (intermediate), 10am (beginners) and 5pm (mixed). Harbin yoga nurtures the heart and spirit as well as the body and is accessible to all levels. **X Yoga** and **Saturday Chakra Intensives** are offered once a month for \$30-\$35 - check website for schedule.

Interested in Becoming a Resident?

Harbin Hot Springs is operated and maintained by more than 150 dedicated residents. To receive information about joining our resident program, visit the Human Resources office during your next stay. To receive information by mail, make your request including your snailmail address to Sanna & David at (707) 987-2994 ext 128, hr@harbin.org, or Human Resources, Harbin Hot Springs, P.O. Box 782, Middletown, CA 95461. Forms may be downloaded at harbin.org/resident.htm.

Membership: One person in your party must have or purchase a current membership.
Trial (one month): \$10 One Year: \$30 Lifetime: \$300

Visit Rates (per person):

	Mon-Thu	Fri-Sun-Hol.	Weekly
6-hour Visit	\$20	\$25	
Child (under 18)	\$15	\$20	
24-hour Visit	\$25	\$35	\$185
Child (under 18)	\$20	\$30	\$150
Tent Cabin (1person)	\$50	\$65	
(2 persons)	\$75	\$95	

*Campers should arrive before dark.
 We do not supply equipment for camping.*

Room Rates: Check-in time is 3:00pm; check-out at noon. Basic rooms, domes, and dorms use shared bathrooms. Bring your own bedding and towels for dorms. 2-night stay on week-ends & holidays required. Add 5% room tax.

		Mon-Thu	Fri-Sun-Hol
Dormitory	per person	\$35	\$50
Basic Room	1 person	\$60	\$95
	2 persons	\$90	\$140
1/2 Bath	1 person	\$75	\$120
	2 persons	\$105	\$165
Full Bath		\$130	\$190
Manzanita		\$170	\$230
Jasmine		\$170	\$230
Cedar		\$190	\$260
	additional adult in room	+\$30	+\$45
Domes range from \$70-190			

Room Reservations are highly recommended. Reservations must be guaranteed with a Discover, Visa, Amex, MasterCard or advance payment. A 2-night minimum stay is required on weekends & holidays. **48-hr cancellation policy:** cancel or change your reservation by 1pm two days before your date of arrival to avoid charges.

Holiday Rates will be in effect Dec. 19-22 & 26-29, January 17, February 20,

Rates are subject to change.

Reservations & Information: 1-800-622-2477

Outside California call (707) 987-2477
 Workshop Information: (707) 987-0379
 Massage Reservations:
 (707) 987-0422 or 1-800-884-3117
<http://www.harbin.org>



Patrick Fitzgerald

We were pulling the carpet out of the Meadow Building to lay a new carpet, and a woman came up to me in tears and said to me "Please, please, can I have a piece of this carpet to take home with me?" I said "Sure you can take a piece of carpet, but why do you want it? What's the value in this?" And she said that she'd first come to Harbin many years ago as a stranger, and she'd made friends sitting on the carpet in the Meadow Building - and the next year she came back and she met the person who was going to be her lover and her husband on this same carpet. And the year after that she was pregnant on the carpet. The year after that, her kid took his first steps on this same carpet, and at a later time she spent a lot of time on this carpet with a friend she was accompanying through the last months of his journey with AIDS. So for her, the years were marked by the experiences that she'd had in the Meadow Building sitting on this carpet.

Even the people who just come one time - the most amazing things happen. There's something in the invitation that is here, to let go and to be natural that is any workshop leader's dream.

~Lauren Matthews

The Harbin

Still thinking about enrolling in a workshop at Harbin Hot Springs? Signing up is easy for the naturally adventurous and those fortunate to have the support of workshops savvy friends and family. If you don't fall into either of these categories, this article is written for you. To dispel some of the mystery, and encourage you to go for it, Harbin Workshops Manager Patrick Fitzgerald reveals common elements of the workshop experience - from pre-enrollment to your trip home.

Harbin Hot Springs: The Workshop and Retreat Center

Harbin Hot Springs is a popular destination for artists, explorers, leading edge thinkers and educators - many gifted in the art of leading workshops. At Harbin, teachers and students alike are supported by a naturally stunning, welcoming environment committed to health, healing, and connection. Harbin workshops are largely devoted to experiential learning, offering programs built upon active participation. Workshop facilitators are experienced, compassionate and emotionally intelligent teachers and guides, skilled in leading an entire group while attending individual participants throughout a workshop.

What motivates participants to sign up for a workshop?

Harbin hosts more than 4,000 enrollments in workshops every year. While workshops occur in a group setting, the motivation to join in is personal and constantly evolving - even during the workshop.

Whatever your motivation, be prepared to develop new friendships, receive priceless information and inspiration from within, witness others in dramatic moments of self-discovery, take a skill to an entirely new level, marvel at expressions of wisdom and talent (including your own), and experience the support, encouragement, compassion and understanding of perfect strangers willing to join with you in ecstatic and transformative experiences.

Enrolling in a workshop at Harbin

Every workshop listing at Harbin includes registration contact information. Contact the workshop leader



Workshop Experience

directly to register and ask questions about their workshop. Try to sign up early. All payments for workshops are made directly to the workshop leader and include admission to Harbin.

You've enrolled. What happens next?

Congratulations! You've just gifted yourself. After signing up it is common to experience a certain excitement, a sense of mystery, feelings of anticipation and expectation: What discovery will I make about myself? Will I emerge from the workshop a different person? Caring workshop leaders and support staff are ready to help you access the knowledge and experience you seek. It does not matter if it is your first workshop, or your fiftieth. Whether you are participant, assistant, or the workshop leader, everyone starts out together as a group of fellow travelers sharing a journey of personal discovery and learning.

Practical matters and preparing for departure

As you will see in the list of essentials, you don't need much to enjoy a workshop at Harbin. Less is more. Relax. Get a good night's sleep. Travel light and simple. Harbin offers a restful and calming environment to restore and refresh you during your workshop.

Where to stay? There are 5 workshop buildings at Harbin. 3 are located on property and include indoor/outdoor camping. 2 are located outside of Harbin and include a limited number of beds. Many participants enjoy the experience of bringing their own bedding to reside in the workshop building with other participants. Except in winter, the camping option is also desirable. For those who prefer a room with a bed, separate reservations (at additional cost to the workshop) can be made with Harbin reservations.

What to bring? Essentials: sealable water bottle, towel, flashlight, layered and comfortable clothing, walking/hiking shoes, indoor shoes (if desired), toiletries, space considerate bedding, and a notebook. Do not bring electronic devices, valuables, and anything that involves the use of fire such as candles or incense.



If there was a workshop – and there were plenty offered at Harbin – I signed up. They call us workshop junkies, and I attended at least two per month. I dove into the HAI workshops (participating in over 40) and became an intern.

~ Jessica Sage (see page 18)



Writing is an adventure, and the excitement it generates comes from more than getting words on the page. When our writing chooses its own way, or even just meanders, it can take us to surprising and provocative places. I often see these journeys emerge in workshops, and their origin is something of a mystery.

~ Clive Matson



Where to go? Look to your participant registration information for more details. With the exception of the Harbin Conference Center, most workshops begin with check-in at the Harbin Front Gate.

What about meals? Most workshops at Harbin are catered. If your workshop does not include a food program, the Harbin Restaurant serves breakfast and dinner every day. The Harbin Market offers prepared food during the day and a wide selection of items that can be purchased for preparing meals of your own at the guest kitchen. The Blue Room offers espresso drinks and a variety of other beverages and snacks.

NEW YEAR'S DANCE REVELRY :

We will have our own sanctuary away from the holiday crowds where we'll have our own private pools to soak in, and dance with underwater music in; inside there's a beautiful wood dance floor to shake it all out on, and roll around and stretch on.

~ Luna Baron



When can I arrive? When do I have to leave? For most workshops, access to Harbin begins at Noon on the opening day of your retreat, and ends at 10pm on the closing day. Arriving a entire day early and/or staying a day late is an excellent way to prepare for and integrate your workshop experience.

Inside the "Workshop Bubble"

The workshop bubble is a completely private, safe, collaborative, intimate, and confidential container for self and group exploration and learning. Inside the workshop bubble participants are carefully and consciously supported while they witness and share personal revelations and discoveries, and support each other through transformative experiences. The "workshop bubble" is not unique to Harbin, but it is enhanced by the natural surroundings, and the compassionate, understanding and supportive community of Harbin guests and residents who value and respect the sanctity of the workshop environment.

Some helpful tips for navigating your workshop

You are in the workshop bubble, and a wealth of information is being shared while exercises roll out one after another. How do you remain present and engaged? Pace yourself. Visit the pools. A few passes between the hot and cold plunge, will revive refresh, and restore your presence of mind and body. Don't rush. Allow ample time to get to and from your workshop during breaks. Avoid the phone and internet. Unnecessary access to the world beyond the workshop bubble can easily disrupt and diffuse your experience. Converse with other participants at your

workshop building and not in the pools. Don't be shy to ask for support. Be courageous. Take advantage of the safe container to take risks or ask difficult questions. Practice finding and using your voice. Workshops provide an unusually safe and supportive space for speaking up. Workshops can be a very "huggy" environment. Always ask permission before embracing another person. Respect guidelines – they are usually very reasonable and integral to the workshop. Let the workshop bubble support you. Remember everyone gets nervous, and other people's shares (this means you) often contain the most memorable information and experience for workshop participants. We often refer to our workshop leaders as facilitators. Support your workshop leaders, and they will facilitate you and the group in opening up to a wealth of new experiences and information.

The workshop ends

You've successfully navigated your workshop, and closing announcements are being made. Future workshop opportunities will be introduced, as well as practical information about leaving the building, lost and found, ride shares, and generally a reminder about confidentiality. After all of this there is generally some form of closing a circle and conclusion to the workshop. Then it is time to exchange hugs and contact information, gather belongings, pack up and enjoy the pools before going home.

Your trip home

Post workshop integration time is important. It is easy to re-engage the world at the first sign of cell phone reception. Pause. You have just spent days acquiring a host of new and valuable information. Give this time to sink in before reactivating life beyond the workshop bubble. Most importantly, watch the road and have a safe trip home.



First and foremost, the vision of Harbin aligns perfectly with our understanding and teaching of Tantra, and our teachings are embraced here. Our group participants are welcomed and supported by the sensuous environment of the hot springs, the clothing-optional culture, the community, the outstanding massage and Watsu therapists, and the feeling of acceptance that permeates all of Harbin.

~Lokita Carter



New Workshops Facilities Photos from Patrick

See more at www.Harbin.org



Omi's Blessing



A scamp in pink tights—wings, wand, tutu too, faces the hot pool at Harbin Hot Springs with her hands raised in supplication. She blesses everyone and everything; the land, water, people and the air around them.

Even though she might catch your eye with an impish grin, you can tell she's serious.

She climbs the wet steps to Quan Yin, then back down to the Cold Plunge, Heart Pool and Swimming Pool, missing no one; a tiny rainbow in tough times.

Winter has been truly cruel, we were marooned in snow and power was out for days; the sun barely shines through gloomy skies.

There's a tsunami in Japan, revolution in the Middle East, and radiation in the wind.

But even if you are estranged from your family, recently divorced, or brittle of bone, you wonder if you might ever have it this good again:

Floating in a pool of warm water
Surrounded by naked people
who are trying to love you
Catching Omi's blessing.



It has been ten and maybe fifteen years since I have been at a Beltane, Maypole, Lammas, Easter Sunrise Service or Halloween ritual other than my own. In all that time, I have performed over 200 Full Moon ceremonies in the Warm Pool and several New Moons as well. I've lost track of how many weddings, prayer circles, baby welcomings, and – alas – memorials I've done since becoming Harbin's Spiritual Director in 1996. And ordinations – over the years, I have organized trainings and ordinations for close to thirty ministers who offer such ceremonies as Kirtan, Sweats, Quantum Light Breath, and sacred circles of all kinds.



Needless to say, I've gotten stale. Finally this Fall, it was time to step down and do what I've long wanted to do - write a novel!

There may be some of you who are surprised that Harbin is a Church, organized along New Age principles - the Human Potential Movement, the Natural Holistic Movement, and Universal Spirituality. Our Harbin Ministers offer plentiful interpretations of that from their own varied traditions. The reason I personally have always led "Neo-Pagan" style rituals is that I feel most spiritually alive in Nature. And when someone asks me just what it is I believe, I simply say that for anything to exist at all - if you really think about it - is so amazing that it'll knock you to your knees in awe and gratitude. Having people around to participate and express gratitude with me (rather than laugh at me) has been my biggest reward from living at Harbin.



Stepping Down

Besides astounding Peak Moments, the greatest gift from ministering was learning that, as my predecessor Jane Hartley told me, “Whatever it is, is perfect.” Intention, script, fellow-players, costumes, music, mis-en-scène with no rehearsals and a lot of faith; then just get out of the way and let Spirit take over!

Funny, now that I’ve retired and Arpita (whom many of you know from Kirtan, Yoga, Qi Gong, and her new Acupuncture practice) has become the enthusiastic interim Spiritual Director, I’m suddenly feeling a fresh excitement for the ministry. She actually did rituals here before I did! Then there are tribal-minded young people coming in as new residents and offering spiritual events on their own. And of course, many of the offerings from our ministers, Events Department, and Workshops are of a spiritual nature and contribute greatly to our unique “Harbin experience” - It’s all in good hands.

So thanks for the memories and wish me luck with the novel as we welcome Arpita in as Harbin’s new Spiritual Director. Just remember: “Whatever it is, is perfect”.

Namaste, Ann Prehn



by Meander ChickenMa

Occupy Your

I had been sleeping on the land at Harbin, and now as I rose, quite early, the little sparrow that sat on the branch above me seemed unconcerned with my sudden moves. It had grown used to me in my three days of camping in the Meadow. I stretched and felt the sun begin to warm as it broke through the winds that always blow ahead of it, from the East in the morning even as they blow from the West at sunset. Now the gentle sounds of Harbin's awakening could be discerned with careful listening and the coyotes that had kept me up the night before were quiet - I could only guess that they were finally sleeping.

As I poured some tea from my thermos, the little sparrow began to sing, celebrating the dawn and its survival through another dangerous night. In my three days, I had seen plenty of deer and turkeys, squirrels and several songbirds - what I wanted to see was something more dramatic, a mountain lion or bird of prey.

Then suddenly, a hawk swooped with a screech down upon the hapless sparrow. I thrilled in horror as I saw its mighty talons reach out, so close I could touch it, and heard the flap of its powerful wings. There was a furious fluttering, and just as suddenly, the rising sun sent its beam through the branches and blinded the hawk, who missed its prey and flew off.

Later over breakfast in the Harbin Restaurant, I told my story to a newfound friend. "It is very auspicious to see a hawk," she said. "You have received a powerful gift."

I did indeed feel blessed, yet there was something in her words that did not quite resonate.

As I replayed the vision in my mind, I realized that the gift was not so much from the hawk as from the sparrow. You see, for the hawk it had only been a moment of frustration, another missed meal - but the little sparrow had surely seen God that morning and was forever changed.

Winter has come and it is cold to sleep out. As I snuggle into a warm bed in a Harbin room, I hope all my animal friends are warm, too. I will see them again in the Spring - maybe even a Mountain Lion.



Environment

by Lacy Alder Rose

My two girlfriends and I stopped in the gathering afternoon mist to watch a large, rufous and buff white-rumped hawk sail low over the meadow, spilling wind out of one wing and dropping sideways beside a coyote brush about 50 yards northwest of us. The bird sprang back up seconds later with empty talons.

The three of us looked at one another. "Harris's Hawk?" one said. "Or Northern Harrier?" posited the other. As the hawk dipped below a shallow ridgeline, the three of us trotted off toward the creek.

Looking at photos and descriptions of both species later in an online bird guide, we noticed that the Harris's Hawk usually remains in the arid deserts and ranges of the Southwest. The Northern Harrier exists all through North America, and makes its year-round and winter homes in parts of Northern and Central California.

Observing who shares our home with us, and establishing relationships with those beings, can help us cultivate a sense of belonging to place. As a native of Northern California (Harbin, to be specific), I am a person born and raised with the bird, fish, insect, crustacean, reptile, amphibian, mammal, tree, shrub, herb, rock, soil, and water beings that also call Lake County their home.

The more I go out on the land for a run, walk, wander or sit, the more I get to know those members of my extended family, and the more they get to know me. The more I stop and gather fallen acorns or berries from the ground, lost in song or contentment, the more the Black-tailed Deer and Northern Flickers get used to my presence and get to know me.

Being known by animals who feel comfortable in my presence helps me feel at peace out in my home environment and helps me feel at peace with who I am. People of my ethnicity and culture have only lived in this area for about 150 years, and many came with greed and cruelty. My parents first arrived on this land about 40 years ago: I am a first generation Californian.

My belonging in the land of my birth, then, rides on the relationships I form with the beings (both human and all the other life forms) in this lifetime. I try to do this by going out on the land and saying hello to who is there. Everyday that I can, whatever the weather or season, I go and I say hello.



Introducing Lisa Lipton



Lisa, at age 52, has never spoken in her life. She communicates with sign language. Her birth mother is Grandmother Lorindra, one of the Elders of our tribe. I have had the honor to sit in her Sacred Sweat Lodges here at Harbin.

Following the guidance of Spirit, Lisa became my pupil and started to paint with me. She took the brushes in her hands for the first time only one year ago. We communicated through pure love and acknowledgment of each other's presence. As Lisa acquired her new tools of vocabulary and communication, we became witness to her silent unpredicted wellspring of vital movement and ferocity of color. Lisa's art expresses the whimsical nature of a state of Being which most of us will never know, as she was born deaf and has brain damage. She has mastered the practice of contemplation. She now delivers a body of work abundant in movement and expression through her indomitable brush-strokes.

She has much to share in her rich, happy and busy compositions. I am delighted to present her as a fully consummated abstract painter.

Her art is a blessing for all of us to receive.

Mariela de la Paz

In Harbin Restaurant thru January

Faeries, 12" x 18" canvas board



Snow Falling, 20" x 16"



Moontime, canvas board



The Portal, 20" x 16"



The River, 27" x 28" SOLD



Dots, canvas board



Rainbow Tree 26" x 20"



Above: The Garden 14" x 24"

Below: Playtime 35" x 20"



Below: Sweat Lodge 36" x 36"



Forest and the Ancestors



All Acrylic on Canvas - Priced from \$150 - \$350.



Coming Back Home to Harbin

From 1993-1998, I was a Harbin resident. I came here to explore an alternative lifestyle. I found I was surrounded by like-minded people -- ones interested in personal growth, spiritual restoration, and willingness to make different life choices. Whether you come to Harbin for a peace renewal, for healing, to find yourself, or simply to escape the rat race, Harbin is a holding environment to unfold and be.

Being at Harbin, I learned how to slow down (as best as any native New Yorker could), relax more, and get better at living in the moment. I learned how to sleep in a tent (that didn't last long -- you can take the girl out of the city...), become familiar with the constellations in a dark night sky, hike for hours without seeing anyone, and enjoy the benefits of living in nature.

I learned how to live and work harmoniously with fellow community members, communicating honestly and openly when trying to resolve conflict. Most people I found were willing to look at their stuff, and that makes for better communication. For the first time in my life I was able to live authentically, and that made me feel safe.

If there was a workshop -- and there were : plenty offered at Harbin -- I signed up. They call us workshop junkies, and I attended at least two per month. I dove into the FAI workshops (participating in over 40) and becoming an intern. It was a way to be of service and give back to an organization I felt very much aligned with. As an added bonus, it also made me feel better about myself. I found richness in every day ordinary events because I was living a life that suited my soul. I had fallen into myself.

I often refer to the Harbin chapter as the best five years of my book to date. So, why did I leave this paradise?

Love and circumstances took me away, and quite frankly, I never thought I'd return. I'm one of those people that moves forward, not wanting to retrace my steps. I spent the time after Harbin living a fulfilling and rewarding life as an acting teacher and theater director. Yet Harbin -- the people, the land, the air, the waters -- was never too far from my consciousness. I visited often and maintained close friendships with many Harbinites.

A few months ago my husband and I were in Ireland, nearing the end of our three year travel-adventure-odyssey ("home-free" is what we call it), and had the conversation "what's next?". Barry had been keen to start writing and I was longing to once again live in the country. When I shared my desire to move back to Harbin, to my great delight Barry said "yes"!

I came back intrigued, but with some apprehension. I had been told that Harbin wasn't the same place I left 13 years ago. It's true. Faces have changed, buildings have been refurbished, the way business gets done is more streamlined. But the same things that appealed to me when I first laid eyes on Harbin almost 20 years ago are still true today. The fresh country air and undeveloped land, the delicious water to soak in and drink, and the people that are attracted to live and visit here, are the finest anywhere. Period.

I'm home, and I couldn't be happier.

~ Jessica Sage

Jessica Sage is working in Health Services, the Harbin Market, and is busy writing and directing the Holiday Show.

Oneness in Living:
Kundalini Yoga,
the Spiritual Path,
and Intentional
Community.
 Ishvara, c. 2002,
 North Atlantic
 Books, Berkeley,
 California.
 isbn: 1-55643-413-8.
 Distributed by
 Publishers Group
 West.
 Available at the
 Harbin Book Store
 or Amazon.com.

ONENESS IN LIVING



Ishvara
 Founder and President of the Harbin Hot Springs
 Spiritual Growth and Healing Center

ISHVARA'S BOOK IS HERE!

"This book has grit and stamina - it's clean. Ishvara has written about his life, not the 'I am born' kind, but one written with courage and clarity about his living work of Kundalini Yoga and Tantric yoga, about practicing masters and about his initiation into secret practices. This is going to blow your mind." ~Wavy Gravy, Author of *Something Good for a Change*.

*Subscribe to our
 free monthly
 e-newsletter*

You can receive a taste of Harbin at your computer every month, complete with news, invitations to upcoming events, and special guest offers. Plus, all subscribers are entered into a Solstice drawing for a \$75 Harbin Gift Card. For complete details, visit us online at:
www.harbin.org/subscribe



HARBIN HOT SPRINGS HEALING WATERS • SACRED LAND By ELLEN KLAGES

"A truly entertaining book for anyone who has enjoyed Harbin over the years."

ISBN: 0-944202-01-2.....\$11.95

AVAILABLE IN HARBIN'S OFFICE BOOKSTORE!

If your local bookstore is out of stock you may order direct from us.

Please include \$4 per book for postage.

Send check or money order to Harbin Springs Publishing, P.O. Box 1132, Middletown, CA 95461

Call (707) 987-0477 for pricing on large orders.

Spirit Lake Bed & Breakfast

Only 20 minutes from Harbin
 Secluded 10 acres with private lake
 98 degree soaking pool
 Beautifully decorated rooms
 Watsu & Massage

Call Elaine Marie or Peter at 707-995-9090
 Rates from \$95 - \$135

Spirit Lake is FOR SALE! Asking \$599k

BEAVER CREEK VINEYARDS



TASTE OUR HANDCRAFTED ORGANIC BIODYNAMIC
WINES IN OUR COZY TASTING ROOM.

— *Open daily, from 11 am. to 8 pm* —

email wine@beavercreekvineyards.com

Call 707-987-1069

22000 Hwy 29 ♦ Middletown, CA 95461 ♦ www.beavercreekvineyards.com



Learn Tantra at Home

with Steve & Lokita Carter

Chakra Wisdom An Active
Meditation for Clarity, Insight &
Transformation (CD)

Tantric Massage for Lovers A sensual
step-by-step guide to delightful
massage and intimate pleasure.

The Breath of Tantric Love A powerful
ecstatic breathing practice for lovers to
deepen intimacy and
spiritual connection.

Tantric Yoga for Lovers With
Harbin's popular Yoga
instructor Satya Marga.

Experiential SkyDancing Tantra® Workshops with Steve & Lokita Carter

*Celebrate the sacred
in your bedroom
and your daily life.*

Sexuality & Spirituality
Communication
Reconnecting
Intimacy
Ritual
Fun

UPCOMING EVENTS

HARBIN

Timeless Loving: Dec 30-Jan 1 & Feb 10-12 (with Mark & Dagmar Zila)
***NEW* From Sex to Superconsciousness:** Mar 9-16 (with Margot Ariand)
Tantric Massage: Mar 23-25
Multi-Oh Tantric Massage: Apr 6-8
***NEW* SkyDancing Yoga:** Apr 20-22 (with Dagmar Zila)
Timeless Loving: May 11-13
Love & Ecstasy Training Cycle 1: May 26-Jun 2

OTHER LOCATIONS

Tropical Tantra Valentine's Week: Feb 11-18, 2012 (Costa Rica)
Tantric Massage: Mar 30-Apr 1 (Chester, CT)
Timeless Loving: May 18-20 (Boulder, CO)

*Coming this Spring! Steve & Lokita Carter in Ashland, OR and
Gabriola Is, BC, Canada. Check our website for exact dates.*

Institute for Ecstatic Living ♦ (707) 987-3456 or (877) 982-6872 ♦ www.ecstaticliving.com

Begin or expand your career in the **Healing Arts** . . .



www.learnwatsu.com

If you would like to receive your massage therapy training in the beautiful environment of Harbin and experience the wonderful feeling of learning to care for others - **This is the time.**

WE ARE KNOWN AS "THE WORLD'S PREMIER LEARNING INSTITUTE FOR LAND AND AQUATIC BODY WORK".

**Join us this Winter or look ahead to start planning for Spring & Summer of 2012...
Experience personal growth.

You can choose from our wide variety of CE classes and build your career.

~ Join us for a week-end, a week, or take a series of classes. ~

~ Take advantage of this year's lower prices..



School of **Shiatsu & Massage** at Harbin Hot Springs

See the Workshop Section for our Winter & Spring classes.

Please contact us or visit our website to see our entire 2012 listings and learn about our Practitioner and Therapist programs.

www.learnwatsu.com reception@watsucenter.com
800 693-3296 or 707 987-3801

Finding Us . . .



We're located approximately 2 hours from San Francisco or Sacramento on Highway 29. In Middletown, go to the stop-light at the corner of Wardlaw and Hwy 29 and turn West. At the end of the block, turn right onto Big Canyon Road and follow it 1.2 miles to the fork and bear left onto Harbin Springs Road. From there, it's 2 miles to our gatehouse.



Heart Consciousness Church
Harbin Hot Springs
P.O. Box 782
Middletown, CA 95461

PRESORTED
NON-PROFIT
U.S. POSTAGE PAID
PETALUMA, CA
PERMIT NO. 16



THIS IS YOUR LAST MAILED QUARTERLY! You will still be able to find us
online at www.harbin.org/html, at Harbin, or on select newsstands. Please recycle.

