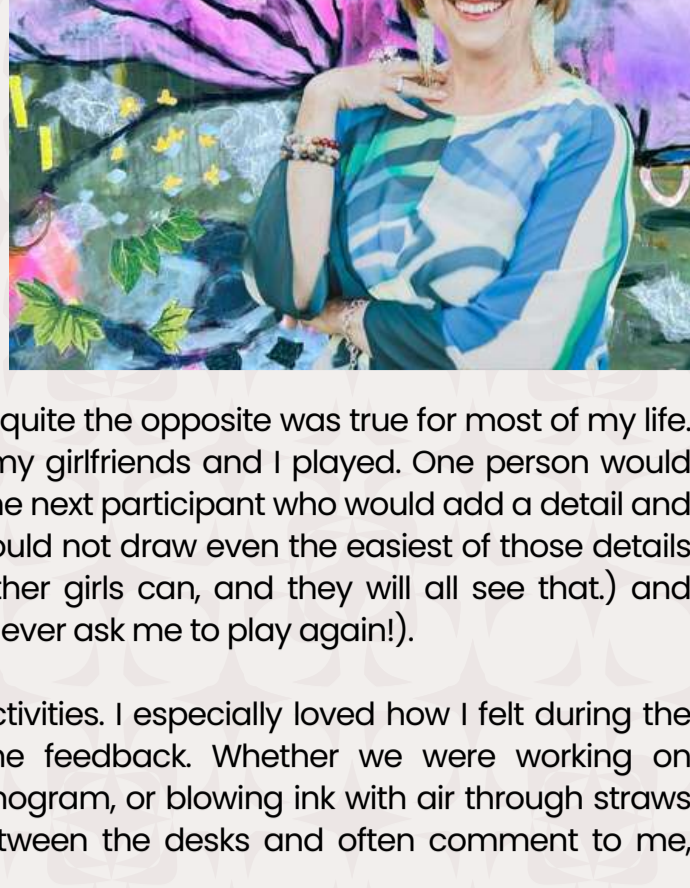


Art Scars to Art That Loves You Back

Cultivating Creativity as a Healing Practice

By Jeanyne Mercer



I haven't always considered myself an artist. In fact, quite the opposite was true for most of my life. In elementary school there was a drawing game my girlfriends and I played. One person would start a drawing of a girl which would be passed to the next participant who would add a detail and pass it yet again. I distinctly remember knowing I could not draw even the easiest of those details well. I felt embarrassment (I can't draw like the other girls can, and they will all see that.) and sometimes shame (I'm such a loser, and no one will ever ask me to play again!).

Then there was art class! I enjoyed trying all the activities. I especially loved how I felt during the process of creating. What I didn't enjoy was the feedback. Whether we were working on perspective drawing, designing a personalized monogram, or blowing ink with air through straws to create winter trees, the teacher would walk between the desks and often comment to me, "Wouldn't you like to try that again?"

What began in my mind as "NO! I would NOT like to try that again. I LOVE this winter tree ink creation, thank you very much!" morphed over the years into "No. I'm not going to try any of that again because obviously I am not artistic. I can't do it right so I won't do it at all."

Much later in life, I was introduced to the idea that almost all of us have art scars – stories we've carried with us through life that keep us from expressing ourselves creatively. I also learned that expressing ourselves creatively is a highly beneficial healing practice!

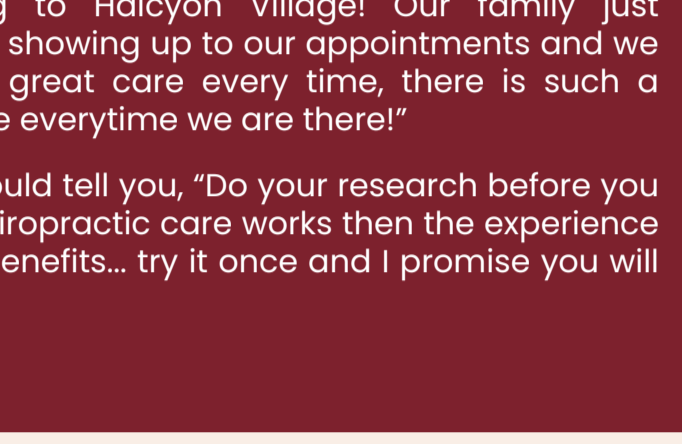
I am a lifelong seeker of that which heals us. So about 10 years ago, I set the very specific intention of cultivating creativity as a healing practice. I began with a small art journal, some colored paper and lots and lots of stickers. The healing came through the process, not the product. Creating quieted my mind and soothed my nervous system. I was hooked.

These days I use paint and paper on canvas and wood to create abstract, nature inspired art that loves you back. I embraced my inner artist and invited her to come out and play! The healing continues to come through the messy, imperfect process, not the product. Painting feeds my soul.

I am an artist! You are, too! I invite and encourage you to cultivate a practice of creativity. Whether it's gardening, wood working, play dough making, cookie baking, rock collecting or gourd painting...

May your creative practice become a reminder to celebrate your messy, imperfect life and encourage others to do the same.

#LIVESCHANGED



There is a first time for everything! We are incredibly grateful for the honor and joy of introducing people to wholistic care. Every time we are a FIRST for someone, we add them to our celebration of transformation and freedom in health and healing!

#thereisafirsttimeforeverything
#wholisticoptions #alternativehealthcare

Patients of the Month

Parker, Amber, Brenna, Landri Reeves



Our first patients of the month for 2024 is the Reeves Family!! They have been a part of our village family for several years now and we are so glad they continue to choose us for caring for them and their family!! If you don't know the Reeves, something interesting about them is their family is really into showing pigs through Jr FFA.

Parker shared, "I love that my family and kids have been coming to Dr T for over 10 years now. My kids have literally grown up going to Halcyon Village! Our family just absolutely enjoys showing up to our appointments and we get treated with great care every time, there is such a great atmosphere everytime we are there!"

If you have never had chiropractic care, Parker would tell you, "Do your research before you go in. Once you have an understanding of how chiropractic care works then the experience is so much better. Get yourself educated on the benefits... try it once and I promise you will be amazed by the benefits."

Dates to Look Forward To

MONTH OF JANUARY	WORLD HEALTH ESTEEM MONTH	4 JANUARY	MACALEY'S 6TH VILLAGEVERSARY
13 JANUARY	VISION BOARD DAY	15 JANUARY	MARTIN LUTHER KING JR. DAY
19 JANUARY	FILL IT UP FRIDAY VILLAGE CLOSED	21 JANUARY	NATIONAL HUGGING DAY
24 JANUARY	NATIONAL COMPLIMENT DAY	24 JANUARY	NATIONAL INSPIRE YOUR HEART WITH ART DAY

TOTALLY TESTIFYING



Dominic Majewski

Dominic found Halcyon Village online using Google! He said, "My first appointment was great! Very relaxing and welcoming. Everyone's so friendly! Since then I have had chiropractic care with Joey many times. He's so smart and can always figure out what's wrong and fix it! As an added bonus he's great to talk to. I have a very physical and un-ergonomic job, and Joey helps me get back to harmony so I can avoid injury and work to support my family."

But the benefits and care didn't just stop at Dominic. We also have the honor of caring for his family and he shared, "Taryn is a baby chiropractic expert. My wife and I learned many things from her with our first child. We are very thankful for her help! She's amazing!" He went on to say, Halcyon Village is the "best place I've ever been to for chiropractic care! Thank you!"

If you were to tell Dominic you were thinking about wholistic health care he would tell you, "Don't listen to nay sayers about chiropractic care, try it for yourself!"



Lisa Sanders, LMT

Massage Now Available

Book Online Today With Jane

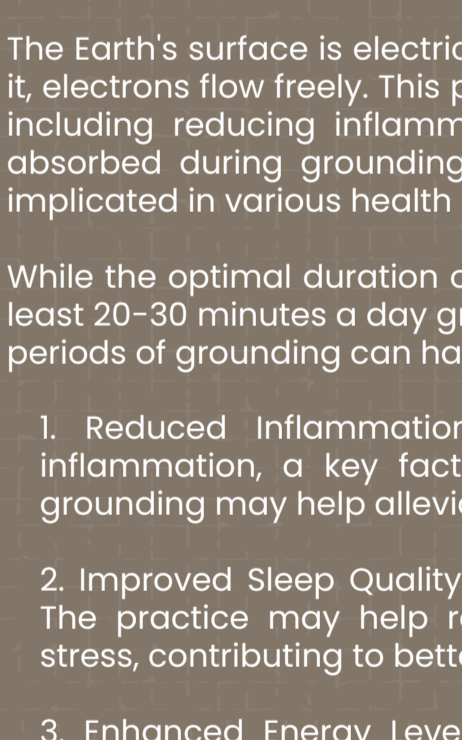
[Click here!](#)



Chiro Corner

Get Grounded in Your Health Journey

By Dr. Joey Lowery



2024 is upon us, and all over the world folks are preparing for new actions steps, that will enhance their lives in some shape or form. One such goal I have in particular is to ground more often. What is "grounding" you ask? Let's take a deeper look! Grounding, also known as earthing, is a practice that involves connecting with the Earth's surface to restore the body's natural electrical balance. This ancient practice has gained popularity in recent years due to its potential health benefits and the growing interest in holistic well-being.

Grounding involves direct physical contact with the Earth, typically through activities such as walking barefoot on grass, soil, or sand. The Earth's surface is a vast reservoir of free electrons, and when you make direct contact, these electrons are believed to be absorbed by the body, neutralizing free radicals and promoting overall well-being.

The Earth's surface is electrically conductive, and when your body comes into contact with it, electrons flow freely. This process is thought to have various positive effects on the body, including reducing inflammation, improving sleep, and promoting relaxation. The electrons absorbed during grounding may neutralize positively charged free radicals, which are implicated in various health issues.

While the optimal duration of grounding can vary, many experts recommend spending at least 20-30 minutes a day grounded to experience noticeable benefits. However, even brief periods of grounding can have positive effects, so incorporating it into daily routines is key.

- 1. Reduced Inflammation:** Grounding has been associated with a reduction in inflammation, a key factor in many chronic diseases. By neutralizing free radicals, grounding may help alleviate inflammatory processes in the body.
- 2. Improved Sleep Quality:** Grounding has shown promise in improving sleep patterns. The practice may help regulate circadian rhythms, promote relaxation, and reduce stress, contributing to better overall sleep quality.
- 3. Increased Energy Levels:** Electrons absorbed during grounding may contribute to increased energy levels and a general sense of vitality. This boost in energy may result from improved cellular function and the reduction of oxidative stress.
- 4. Stress Reduction:** Grounding has been linked to reduced stress levels and improved mood. Connecting with the Earth may help balance the autonomic nervous system, leading to a state of calmness and relaxation.
- 5. Better Immune Function:** Some studies suggest that grounding may positively impact the immune system. By reducing inflammation and promoting overall health, grounding could contribute to a stronger immune response.

During colder seasons, when going barefoot outdoors may be less appealing, alternative practices can provide similar benefits. Indoor grounding options include using grounding mats, sheets, or footwear with conductive properties. These products are designed to simulate the effects of direct contact with the Earth's surface and can be used while working or sleeping.

Grounding is a simple yet powerful practice with potential health benefits backed by emerging research. By understanding what grounding is, the processes that occur during grounding, the optimal duration, and the numerous benefits, you can incorporate this practice into your daily routine for improved well-being. During colder months, exploring indoor grounding alternatives ensures that you can continue to enjoy the positive effects of grounding year-round! May 2024 be a joyous and wondering year of health, abundance, and blessings to you and yours. God bless.

In Love and Service,

Dr. Joey

Renewal Program

New Year New You !! Halcyon Village is offering a "Renewal Program" for everyone looking to work on their health in 2024! Not only will you get ALL the services that Halcyon Village offers in this package we are also including top of the line supplements from Standard Process to accelerate your progress! Take the time this year to make your mental, emotional and physical health a priority, this package will help you start that journey. Enjoy adjustments, massage, lymphatic enhancement therapy, IASIS, cold laser, biomat time and the Standard Process purification kit all together for over 20% off for the first time ever! The Renewal Program can not be combined with any other offers or discounts. Call, text or email today to get started!!

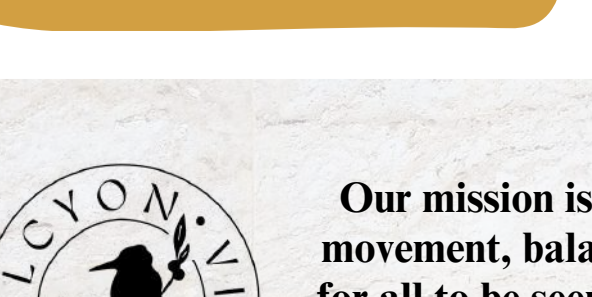
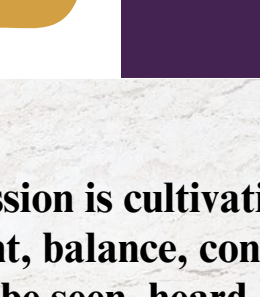
NEW YEAR, NEW YOU WITH THE RENEWAL PROGRAM AT HALCYON VILLAGE

TAKE CARE OF YOURSELF IN THE NEW YEAR WITH:

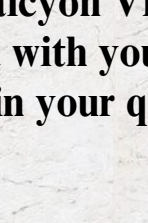
- 4 DETOX COLD LASER TREATMENTS
- 4 BIOMAT SESSIONS
- 2 CHIROPRACTIC ADJUSTMENTS
- 1 LYMPHATIC ENHANCEMENT SESSION
- 1 IASIS TREATMENT
- 1 NINETY MINUTE MASSAGE AND 1 STANDARD PROCESS 21 DAY PURIFICATION KIT INCLUDING ALL THE SUPPLEMENTS YOU NEED TO KICKSTART THOSE HEALTH GOALS TODAY AND ALL FOR OVER 20% OFF WHEN YOU PURCHASE THE RENEWAL PROGRAM, CONTACT HV TODAY FOR MORE INFORMATION!



Can not be combined with other offers restrictions apply.



Robyn's Review



"I have enjoyed my experience with Mrs. Kimberly. IASIS has been a helpful addition to my care. I feel uplifted, have more energy and increased peace of mind."

Submit Your Google Review



Our mission is cultivating loving relationships to yield healing, movement, balance, connection and hope; providing a safe haven for all to be seen, heard and valued. Halcyon Village expects you will find our passion and skill, combined with your faith and willing mindset, makes amazing changes in your quality of life!