

Ya Basit! Center for Meditation, Creativity and Expression and
The Polarity Therapy Center of Maui

Summer 2008 Newsletter

Aloha all:

We have had an eventful time since last year's newsletter. Many changes have occurred, and we think there will be even more changes coming. It has been a time of letting go, and of renewing commitments to what is important. We have been quite busy, but not always in the ways we would have predicted. Life is good and we are happy.

Hanna's stepfather, Kai, passed away last June in Munich. Hanna's mom, Tilde, is doing pretty well (for nearly 94) and still living in their apartment. Hanna makes periodic trips to Europe to visit her family- kids, mom, grandchildren, sister, and more.

The Honesty Circle that has been meeting continuously for over 2 ½ years is still going . Hanna has been offering free mini-sessions each week in DreamTending and Gestalt Process at the Dragon's Den store. We have had Getting Real Game nights once a month and also a monthly DreamTending and Gestalt Process night. Although in the past there has been enthusiastic support for all for these workshops, it seems that interest has lessened some over the past year. We are just about at the point of deciding to give up the office we rent for these events and save money, simplify our lives and create time for ourselves to do other things! It feels good, but we feel sad too, and we trust that it is for the best.

Polarity Therapy has been the basis of Hanna's livelihood for more than 20 years, and she has learned so much and enjoyed the students she has taught over the years. But in this arena, too, student interest is less than in the past and, more significantly, Hanna's interests have shifted as well. She is more interested in presence, growth, meditation, creativity, and expression than in teaching a body of knowledge or in being involved in bodywork/massage. This has been coming for some time, but this year it has become clear that it is time for a radical shift to satisfy the Being. While she may continue to teach the occasional workshop in Polarity Therapy and will be available for private instruction, Hanna is moving in other directions. This is another huge change for her!

Hanna has been painting quite a lot lately. She attended a wonderful ten-day Painting Experience with Stewart Cubley on the island of Moloka'i. For now, she is spending time painting in that fashion and having a lot of fun. She wants to also study more formally to learn more skills from expert painters and she will take some workshops in the near future. She is shifting her emphasis to being an artist, and has produced a series of art cards for sale that are made from her painted images. They sell for \$4 each.

Anudeva is enjoying his tutoring activities. It is fun and rewarding for him to assist kids and to be involved in their lives. He also volunteers every week at the native plant garden, Maui Nui Botanical Gardens, doing weeding, potting, and whatever is needed. As often as possible, he and Hanna go to Honokowai on West Maui where there is a restoration project to remove non-native and to plant native plants and to restore native Hawaiian cultural sites to their original character. This is really rewarding and a way to learn a lot and to meet great people, too. And, fortunately, Anudeva has not needed to fall back on his Pharmacist career, although he does have a Hawaii license to practice, if necessary. The Singing Circle that we had is not occurring now for a few reasons, mainly that not enough people came, so it was hard to create the space that Anudeva wanted to have. But he works in the garden (2 acres) and is pursuing his music (guitar and singing) and goes several times a week to Yoga class. Then there is home maintenance, hiking, swimming, and now the Diamond Approach work that keep him (and Hanna) plenty busy. Both of us have a regular home practice of yoga, somatics, meditation, and sometimes Wild Goose Qi Gong.

The change in the air feels great. It's exciting to not know what comes next when there is trust that it will be good.

Love, Anudeva and Hanna

