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Greetings!

Fall is finally here in Arizona. I could not resist sharing this photo. This is a picture of Roosevelt lake with the desert leaves beginning to turn. Temperatures are dropping and it is a perfect time of year to get out onto the trails to experience the healing power of nature.

Featured Article: **Healing Your Traumatized Heart: Seeking Safety, Understanding, and Peace**

Reprinted with permission from "Healing Your Traumatized Heart: Seeking Safety, Understanding, and Peace" by Alan D. Wolfelt, Ph.D. For more information on grief and healing and to order Dr. Wolfelt's books, visit www.centerforloss.com

Someone you love has died a sudden, traumatic death. If you are in the early days of your grief journey, you are likely still feeling numbed by shock and disbelief. This is a normal and necessary step, for it is nature's way of protecting you from the full force of the loss all at once. You will embrace the reality, in doses and over time, as you are ready. If you have journeyed longer and further into the wilderness of your grief, you may be struggling with profound anger, despair, and other emotions. These feelings, too, are normal and necessary. In fact, whatever you are feeling, and no matter where you are in your grief journey, your feelings are not right or wrong—they simply are. Embracing them and expressing them are your tasks on the path that leads to healing.

You may have found that you are struggling with both the traumatic nature of the death

and your grief over this overwhelming loss. For purposes of this article, trauma can be defined as an event of such intensity, brutality, or magnitude of horror that it would overwhelm any human being's capacity to cope. You have been traumatized, which is essentially a normal response to an extreme event.

Naturally, traumatized mourners often find themselves replaying and reconsidering over and over the circumstances of the death. This is both normal and necessary. Such replay helps you begin to acknowledge the reality of the death and integrate it into your life. It is as if your mind needs to devote time and energy to comprehending the circumstances of the death before it can move on to confronting the fact that someone you love has died and will never be present to you again.

Post-traumatic stress disorder, or PTSD, is a term used to describe the psychological condition that survivors of sudden, violent death sometimes experience. People with PTSD often have nightmares or scary thoughts about the terrible experience they or their loved one went through. They try to stay away from anything that reminds them of the frightening experience. They often feel angry and are unable to care about or trust other people. They are often on the lookout for danger and get very upset when something happens without warning. Their anxiety level is continually high. The more you learn about trauma and PTSD, the more you will have some sense of control at a time when you naturally feel out of control. Knowledge is one of the best antidotes to anxiety, fear and depression.

Click [here](#) to continue reading

Welcome Karen Janusz to the EricHouse Team!



**Karen Janusz
EricHouse
Board Member
and Holistic
Health Provider**

Karen has been involved in the Health and Fitness industry for over 30 years in the Phoenix area and has been instrumental in impacting the quality of life and health for hundreds of clients through proper nutrition, exercise, behavior modification, and mind-body-spirit programs. Her holistic approach to health includes traditional dietetics, health assessments, fitness programming, aromatherapy and Reiki.

Karen has multiple certifications and is a Certified Aroma Freedom Practitioner, Certified Holistic Health Coach, Certified Nutritionist, AASDN, Certified Personal Trainer, Certified Reiki Master, Certified Brain Fitness Facilitator, Certified Yoga Instructor, Aromatherapist and Essential Oils Educator, Labyrinth Facilitator.

Visit www.ericshouse.org to schedule with Karen.

As an Aroma Freedom Practitioner, Ms. Janusz helps grieving individuals by calming the nervous system using aromatherapy. Specific blends are created for individuals based on their needs. Aromatherapy is a gentle and effective way to move a grieving individual along their path to wholeness. It creates a safe space where deep emotional healing may take place allowing for a sense of purpose and direction in life to be manifested with a new level of integration and inspiration.

As a Reiki Master, Karen offers sessions to assist with emotional and energetic balancing. Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by "laying on hands" and is based on the idea that an unseen "life force energy" flows through us and is what causes us to be alive. If one's "life force energy" is low, then we are more

likely to get sick or feel stress, and if it is high, we are more capable of being healthy. Reiki is used in many healing centers and hospitals to reduce stress and anxiety, improve mental attitude and calm the nervous system.



ANGELS AND OILS -- our first angels and oils workshop was a great success. Look at those happy faces! Karen Janusz, Marilyn Poscic, Shelley Santschi, and Joan Matlock.

In this workshop, participants learned how essential oils help with the grieving process. They also learned about the angels that show up in their lives and the messages from Angel messenger Marylyn Poscic.

Stay tuned for more classes.

In Our Hearts

We thought of you today.
But that is nothing new.
We thought of you yesterday.
And days before that too.
We think of you in silence.
We often speak your name.
Now all we have is memories.
And your picture in a frame.
Your memory is our keepsake.
With which we'll never part.
God has you in his keeping.
We have you in our hearts.
Unknown.



EVENT LINEUP

Brain, Breath, and Healing: Developing a Graceful Pause **Thursday, October 24, 2019 - 5:30 pm-7:00pm**

Paradise Valley, Az 85253

Cost: \$20.00 - Register Soon as Space is Limited



Join us for a presentation on how the mind works, and how important it is to gracefully pause our thoughts for better access to healing

- *Learn about how the brain helps us interprets our world.*
- *What does breath have to do with this?*



Dr. Kathleen Benjamin Rickard
Eric'sHouse Board Member and
Nurse Practitioner

- *What about sound as an access to healing the Self?*
- *Learn healing techniques that can be used anytime for calm.*
- *Mindfulness techniques to offer a pause in the racing thoughts to heal.*

About Kathleen: Family Nurse Practitioner, yoga trained, passionate about healing through breath and meditation, sound and energy for healing, while adding a holistic medical perspective.

September 19th, 2019 - [Women's Support Group](#), 7:30 - 9:00 pm Every Thursday for 12 weeks. Cost \$50.00 for the full 12 weeks. **CLOSED**

[Men's Grief Support Group](#) meets every other Thursday - see website for details.

October 5th, 2019 - [Day of Individual Readings with Melinda Vail](#) - individual private readings with Melinda Vail - local and nationally renowned medium. Individual session is \$250.00. **HURRY -- ONLY TWO SLOTS LEFT!**

October 25, 2019 - [Night of Readings with Melinda](#) - group readings in a small, intimate setting. 6:30 - 8:30pm. Cost is \$45.00.

AFSP Out of the Darkness Walk, November 3, 2019 - 9:00am - 12:00pm

SEE WWW.ERICSHOUSE.ORG/EVENTS FOR ALL EVENT DETAILS

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