

For attractive lips, speak words of kindness. For lovely eyes, seek the good in people. For a slim figure, share your food with the hungry. For beautiful hair, let a child run his/her fingers through it once a day. For poise, walk with the knowledge that you never walk alone. People, even more than things, have to be restored, renewed, revived, reclaimed, and redeemed; never throw out anyone. Remember, if you ever need a helping hand you will find one at the end of each of your own arms. As you grow older, you will discover you have two hands; one for helping yourself, and the other for helping others.

Audrey Hepburn

Coming up...

November 2 – Silent Retreat Day

November 5 — December 17 – Openings: A Shift into Being

COMING SOON TO A PERSON NEAR YOU!

A bright sunny day can be truly uplifting, but a lack of sun can sometimes make you feel "under the weather" or depressed. This is because sunshine passing through the retina of the eye triggers the release of mood-enhancing neurochemicals in the brain. Exposure to daylight-balanced light each morning can help shut off the production of melatonin (the sleep hormone). In turn, the brain releases serotonin - which brightens your mood. In other words, sunshine is good for us! Help alleviate symptoms associated with Seasonal Affective Disorder (winter depression), jet lag, shift work fatigue, seasonal change and insomnia with our new "HappyLites." **elements** now carries two different sizes of SAD lamps. Get your "dose" of sunshine and boost your body's sense of well-being, alertness and energy.



Autumn Equinox

The beginning of the autumn season officially commences in September with the Autumn Equinox. As the sun enters the astrological sign of Libra, the hours of day and darkness are equal to one another, just like the balanced scales of Libra itself. From this point of the year, with each passing day, the daylight hours become noticeably shorter and the weather starts to cool. Autumn is a season of shadows and a time of fading light, but it is also a season of abundance, thanksgiving, and harvest.

Ancient people realized the importance of the sun to life on earth. In the time after the equinox, the sun appears to be growing weaker, losing its battle against the darkness. To help the sun regain its former strength, people held harvest festivals of light featuring torches and bonfires as an act of sympathetic magic to encourage the sun to return.

Autumn has always been our colorful season of reward. As the sun began to decline and its yearly job was finished, the people gratefully gathered in the field crops. The grains from the fields, the fruit from the orchards, and the vegetables from the garden were now safely stored away for winter. Everyone in the community was involved in the harvest, as folks needed to make sure they could gather in their crops before they spoiled or were ruined by inclement weather.

At the end of the harvesting, the people were worn-out but happy and looked forward to a celebration. No matter where on earth the harvest is celebrated, from mid-August throughout the month of September, there is a basic and profound gratitude in the hearts of all people as they gather around with friends and family to feast and to celebrate the abundance of the earth.

(from DailyOM)

September
2008

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elements



Sarek's Sanctuary
Patrick Kennedy, oil

Planetary Fantasies

The futuristic paintings of award winning Kearney artist Patrick Kennedy are on display this month.

Using oils, acrylics, and digitally altered photographs, the artist has created a variety of science fiction works.

Please come to a reception for the artist at **elements** on Thursday, September 18, 2008 between 6:00 p.m. and 9:00 p.m.

All works are for sale.



Dragon's Castle
Patrick Kennedy, acrylic

September 2008

the fine art of balanced living
elements

2100 Central Avenue
Kearney, Nebraska 68847
308-236-9422



For those of you who haven't ventured in lately, you will be pleased to know that Rikki Tucker is back in the kitchen, creating naturally delicious offerings for the deli. Grab 'n' Go snacks are available from the market and cooler all day long. You will find her signature fresh scones, chicken salad wrap and apple gruyere wrap, as well as fresh green salads, hummus, and much more.



Now that autumn is upon us, we are also offering fresh hot soups daily! Watch for Tomato Bisque, Vegetable Tortilla, Black Bean, Curried Lentil, and other favorites!

We believe we have arrived at a simple, self-serve way to present you with beautifully healthy and delicious refreshment. Note the full menu which is inserted in this newsletter.

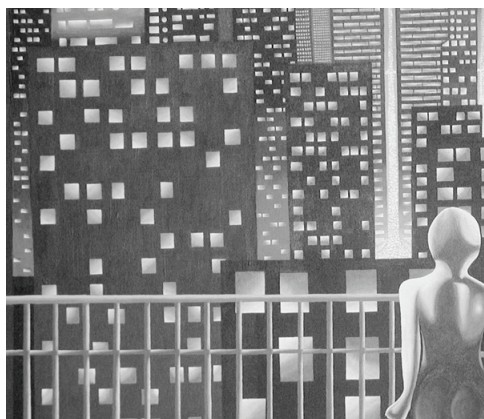


We are very pleased to announce the addition of Carol Hines to our staff. A familiar face to many of you, Carol will be here full time to manage the retail operations of **elements**, to assist the café as needed, to "get a handle on" much of our business operation, and generally be our "go-to" gal! (Hear a huge sigh of relief from the owners.) We already feel Carol is a wonderful addition to **elements**, and we feel sure you will think so, too. Stop in and welcome Carol!

Completing the staff are part-timers Danielle Studnicka, a UNK student, and Christina Reinhard, a student at Kearney High. We are all here to serve you, and help you with your self-care needs.



Youth is like spring, an over praised season more remarkable for biting winds than genial breezes. Autumn is the mellower season, and what we lose in flowers we more than gain in fruits. *Samuel Butler*



The Red Dahlia, Patrick Kennedy, oil

EVERYONE IS WELCOME

"Downtown" used to be something of a fantasy land: opera house & hotel, specialty stores & doctors' offices, it was a destination spot for special days and romantic nights. Butchers and bakers didn't just fill an order, they suggested recipes and sent along little extras for special occasions. A trip downtown meant putting on special clothes and enjoying the best of local shopping, entertainment, and dining.

Time and progress, however, had their ways, and many old downtown districts fell victim to the shopping mall, the discount mega-store, the multiplex, and the fast food "restaurant." Convenience became more important than quality, and the friendly local shopkeeper who asked about a child's school play and a grandmother's health became part of a bygone era. The elegant brick buildings, three storey skyscrapers in their day, now house only a few stubborn boutiques and generations of pigeons.

But Kearney has fought back. Living on Central Avenue, I have seen businesses come and go (some more lamented than others.) But the sense of community remains strong. Groups of business owners come in twice a day for coffee and a chat, and sit next to a professor grading papers and a young family just in town for the day. Sure, that can happen almost anywhere, but here at **elements** (and other downtown stores,) that disparate group often ends up joining each other's conversations. That isn't something that can happen easily in the cold world of national chains and faux-bohemian corporate coffee conglomerates. Here, in the true heart of Kearney, everyone is welcome.

Michael Johnson

Features, con't.



Make your own "Magic Pyramid"

Saturday, October 11, 10 – 2. We've had many requests to do an instructional session for these little treasures. Constructed of matboard and various materials, these pyramids open on one side, creating a special space to hold your wishes and dreams. You may bring some small items you wish to glue onto a surface. Pat Jones will help you through the process, creating your own treasure or a gift for someone else. It is also fun to exchange "sides" with other participants, creating a collaborative piece. \$30 fee, all materials included. Register and pay in advance, please.

FEATURES

Paint your own mandala!

Friday, September 19, 10 a.m. Pat Jones leads you through a process of self discovery using simple shapes and colors, all within the safe container of a circle. No previous experience is necessary, and you will be amazed at the results. All materials are provided, \$10 fee, please register and pay in advance. If you have taken a mandala workshop before, come again! Every day is a new mandala.

Personal Journey Day of Self Care

Friday, October 3, 9:30 – 2:30. Learn about yourself through creative expression, simple movement, group interaction, and a variety of other tools. Benefit from the collective wisdom of our professionals, as well as the guidance from the group. \$195 fee. Pre-registration and payment required. Call with questions, but be open and flexible to "go with the flow." The day may evolve with the needs of the group. *(These intensive healing days will also be offered Nov. 7, Dec. 4, and Jan. 16 – so check your calendar and plan ahead.)*

Aromatherapy Basics

October 21, 7:00 p.m. Learn the basics of how to use essential oils. We will cover the topmost useful oils. Cost: \$10.00

Simple Print Making Workshop

Friday, October 24, 10 – 1 p.m. Exhibiting artist Patricia Norman demonstrates simple monoprint techniques. What a wonderful opportunity to learn print making with the gentle manner and creative experience of this artist. \$30 fee, materials provided. Pre-registration and payment required.

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"Be brave enough to live creatively." *- Alan Alda*

HAPPENINGS

September

- 8 • Monday Fall Classes begin in Movement Room
- 10 • Wednesday, 7 p.m. Meditation
- 11 • Thursday, 6:30 p.m. The Power of Movement with Sally Knudsen
- 11 • Thursday, 8 p.m. The Power of Sound Vibration with Sally Knudsen
- 17 • Wednesday, 7 p.m. Meditation
- 18 • Thursday, 6-9 p.m. Third Thursday at **elements**
- 19 • Friday, 10-1 p.m. Art Workshop – Painting Mandalas (see Features)
- 22 • Monday Autumnal Equinox
- 24 • Wednesday, 7 p.m. Meditation
- 27 • Saturday, 9 a.m. Band Day Parade – Warm up with our coffee!

In the gallery
Patrick Kennedy
"Planetary Fantasies"

October

In the gallery
Patricia Georgiana Norman
"Works on Paper"

- 2 • Thursday, 7 p.m. Kearney Artist Guild Meeting
- 3 • Friday, 9:30 a.m. Personal Spiritual Journey Day (see Features)
- 9 • Thursday, 6-8 p.m. Artist Reception
- 11 • Saturday, 10 a.m. UNK Homecoming Parade - Come in for Coffee!
- 11 • Saturday, 10 a.m. Pyramid making workshop (see Features)
- 16 • Thursday, 6-8 p.m. Third Thursday at **elements**
- 21 • Tuesday, 7 p.m. Aromatherapy Basics with Teresa
- 23 • Thursday, 4-6 p.m. Trick or Treat "on the bricks" What Fun!
- 24 • Friday, 10-1 p.m. Monoprint workshop with Patricia Norman
- 31 • Friday Halloween

Movement Room Schedule

Mondays

5:30 pm Advanced Yoga
7:00 pm Continuing Yoga

Tuesdays

9:00 am Continuing Yoga
10:30 am Beginners T'ai Chi
5:45 pm Continuing Yoga
7:15 pm Beg/Cont. Yoga

Wednesdays

1:00 pm Continuing T'ai Chi
4:30 pm Restorative Yoga
5:30 pm Pilates
7:00 pm Free Meditation

Thursdays

10:30 am Continuing T'ai Chi
11:30 am Restorative Yoga
4:30 pm Continuing Yoga

call Trudy at 308-627-5506 or email her at tkflaherty@frontiernet.net

Tuesdays 4:30 pm Short Form Tai Chi with Paul Powell - More information will be available later regarding registration for this class.