

Musings with the Muse

by Karen Heil, HTP, RYT

Sometimes inspiration comes to us at seemingly random times. But, honestly, is ANYTHING really random? Several years ago during a critical transitional point in my life, I found myself up against brick wall after brick wall. It seemed that no matter what I tried to do, efforts were thwarted by some unforeseen circumstance, leading me right back to where I started – to that \$64,000 question: What am I supposed to DO with the rest of my life? So finally, the only place I had left to go was within, and it was there I heard the words “Be still and listen... be still and listen.”

One afternoon, during an impromptu visit with a friend at her stationary store, I found myself inspired by her encouragement to consider expanding my artistic talents. Back home, I immediately felt called to create. I felt the urge to put forth what was beginning to swell from deep within. I had been on this journey of awakening -- receiving energy work, practicing yoga, meditation, holotropic breathwork, dream analysis, talk therapy. I knew I was on the cusp of the culmination of all my experiences and something was about to be birthed -- her name is Lady Guru. Wielding a turban, hoop earrings and pink lips she whispered to me “Be still... and suddenly you are traveling to places you’ve never been!”

I then started hearing words like: reach, expand, stretch, believe, trust, contemplate, and it seemed I couldn’t draw her dainty figure fast enough to illustrate each inspirational affir-



mation that was literally being downloaded from some higher source. Eventually, after some information gathering and testing the local market after creating just four prototype greeting cards, I began expanding on what the Lady had to offer. To date: 20 affirmation greeting cards, six prints and in my 49th year, we (meaning myself and the muse) manifested the Lady Guru Chakra affirmation card deck. This had been in the works for some time, but when I got word from Woman's World magazine that they wanted to feature the card deck in an article they were writing on affirmations, the project immediately moved to the front burner. I created 49 cards (age 49!) devising seven suits - one for each chakra with corresponding color, yoga posture and affirmation.

During this journey, as I asked to be guided, I opened up to trust not knowing where things were leading. Today, I am teaching yoga and working towards my Healing Touch certification while looking forward to cultivating a professional practice, as well as, offering HT as a hospice volunteer. I know Lady Guru played a huge part in finding my way towards Healing Touch. My husband and I have also recently sold our home so we can build a healing retreat sanctuary in Costa Rica slated to open in 2011. A far cry from where I was that year - up against all those brick walls with my name on them!

This process (as it continues to unfold) shows me that the only way we can truly find our calling is to “be still and listen” to the deeper voice within - a voice that resonates, even if it stirs up a little fear. Fear, perhaps, of not being good enough, of failing, of alienation or even fear of success. Only when we can commune

with our higher sources from our heart, rather than from our head or from that place we think others expect us to be, can we enjoy the fruits of our spirit and all the gifts the universe is just waiting to bestow upon us. We have it ALL WITHIN us, and as Lady Guru will tell you, we only need to “Open...and suddenly you are unwrapping your greatest gift, YOU!”



Above: Karen's Lady Guru Chakra Affirmation Card Deck

About the author:

Karen Heil, HTP, RYT is retiring her freelance graphic design business in order to devote her full attention towards yoga instruction and her Healing Touch practice (currently working towards certification). She is a registered yoga teacher, with emphasis on “finding the guru within,” and a hospice patient care/vigil volunteer. She and her husband, Greg, are currently in the process of manifesting a wellness retreat facility in Costa Rica that will provide sacred space for spiritual growth and healing.

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