

Each of you are in my thoughts during this most difficult time. When I lay down on the pillow at night to say [Good Night Moon](#) I place you in my heart for the health of you and your loved ones.

It is now clear that Crossings won't be reopening soon so I want to share what I'm doing; what Crossings is doing; and I would love to hear how you are.



An 88 years old friend said: "We are all limping and we all need a cane." More vulnerable, fearful, confused, the challenges to our health on all levels are great. A daily physical practice and human connection are two medicines that offer the most for our ability to sustain, endure and grow thru such great difficulty. If I can offer you a cane on any of the platforms below I welcome you.

Zoom Sessions: We can't be hand in hand for now, so I have learned to use Zoom and still read subtle energy. We can share moments of healing connection and I can make suggestions that uniquely go to the functions of your organs keeping them vital and healthy. An example is a patient whose

Wood/Liver was too hot and thus had symptoms emerging. A creative use of ice cubes on the right points was a home remedy she could use.

Nature as Medicine: a monthly newsletter that offers the wisdom and inspiration of nature for living fully into the NOW of constant change. A teaser: The man in front of me at the grocery check-out was feverishly putting his groceries on the belt. "You can slow down", I said, "All I have is time right now." We both laughed in a brief moment of joy. The contradictions of NOW are many. There is wisdom in the medicine I practice as it is fundamentally about balancing contradictions. If you would like to be in this conversation email me your consent and I will add you to the list. The Five Elements in Nature: A Healing Mandala for crisis in Real Time, is attached.

Crossings: Sends out weekly announcements through Constant Contact with online links to events/practices that support you on all levels of b/m/s. For those of you who have opted out of the Constant Contact list please look to our website for ongoing up- dates about opening, closing and care for your safety when we return.

You: Would love to hear from you; how you are or suggestions as to what might serve. You can always reach me the old- fashioned way through email or telephone at Crossings x314

Let me share a wonderful Zen story. In the middle of the night a Zen monk was awakened by robbers who took everything he had. As they were about to leave his bedroom, he looked them in the eye and said: "[Thank you for leaving me the Moon.](#)"

Sending wishes for health and spiritJane