

Heart Centered Living Heart Beats

Autumn 2022

Greetings Dear Hearts,
Welcome to our first “official” Heart Beat’s Newsletter.

I want to take a moment and thank Katie Ryan of MoonHaven for her creativity and vision as well as her gentle nudge in bringing this piece of artwork to fruition.

Fall is a gentle reminder that in order for new life to begin we need to let go of our old dead leaves, those habits, thoughts & actions that do not serve us or our greater good. This is all part of our evolution, all part of the process. As we let go, that which we are attached to falls to the ground, decomposes, and fertilizes the way for new growth.

When we can accept this cycle of life gracefully, we allow the possibility of new life, new growth, & even pure potential. For, just like the leaves on the trees, what we are attached to or is attached to us is not gone forever; it just takes on a different form. With patience and understanding, it can become more magnificent than we could ever imagine.

This is a very exciting time for so many of us, but it does not come without some kind of focus, commitment, and even sacrifice. Yes things are always going to be shifting, changing, and challenging us to be brave, be courageous and venture into parts of ourselves that we may have kept in the dark but it is in those cases that we find our strengths, our gifts, and our truest and highest potential. And isn't that what life is all about? To Learn, Grow, Serve, Evolve, and Ascend.

“What dead leaves are you still holding on to that are ready to fall to the ground and be transformed into something magical, miraculous, and most awe-inspiring,
Hold that intention in your heart and together we will find out that you just may FLY when you FALL,
All my love and blessings,
Renee Guidelli

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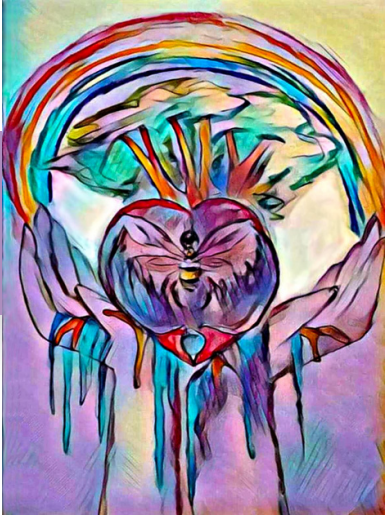
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Summer Recap:

Wow what a bustling, beautiful Summer it was here and HOT too, -(So thankful for the crispness of air and cooling down of the temps) But until we usher in the Autumn leaves, I want to take a moment and reflect on all the goodness of Summer:

Outside:

The fishpond we put in got a little bit of a facelift with more room for our beautiful fishies to swim and grow (Speaking of growing, just yesterday we found an itty bitty one swimming around in the pond.) Talk about nature taking its course



We have had some wonderful bonfires with friends and neighbors nearby moon and sky watching with a fabulous donation of wood to keep the fires going. (Now is definitely time for more fires with drumming, singing, and stories.)

Our fairy garden area was also a great little “passerby” attention grabber with some people coming in off the street to enjoy it. Those with scheduled visits also had a chance to infuse some of their own magic into the garden as well which was delightful to witness.



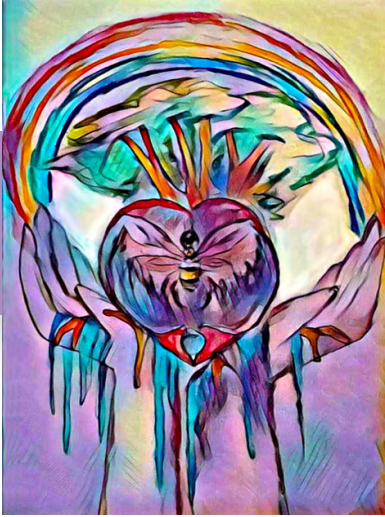
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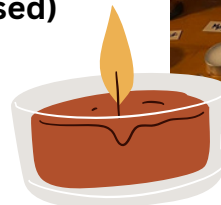


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Summer Recap Continued:

Inside:

Finalizing the ancestral altar was really neat to do, as I continued to listen to spirit's promptings it became increasingly clear this station was indeed an important one and one to watch ever so closely. Being able to light a candle to invoke or bring forth the medicine and energies of the various spirit guides that are at your ready was truly one of my favorite stations to create. (As we come into the day of the dead, there will be more opportunities to expand on this altar with the honoring of our own ancestors and loved ones passed)



The bees came back and have taken residence within our bell tower again. And with the bees came lots of buzz and focus on what it takes to BEE a community.

One week prior to our very successful and heartwarming women's retreat, the Bees brought with them a message that is going to become integral to our work here at the Heart Centered Living Place (see page for more info on the up-and-coming "FINAL launch of the HIVE PLAN)



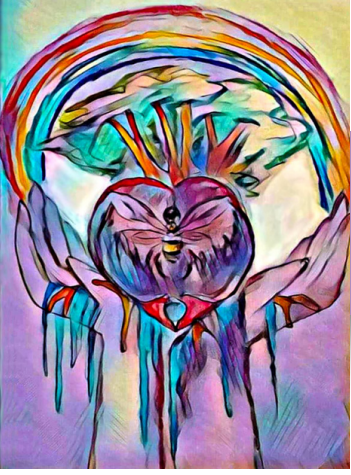
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Event Spotlight

Chix from the Stix, a new folk acoustic duo featuring Janelle Daddona and Tracey Steinkamp Cucci, offers a mellow Americana sound on guitar and mandolin blended with intricate, ethereal harmonies.

Both women are singer-songwriters sharing original compositions interspersed with covers rarely heard on the circuit honoring powerful current female artists such as Gillian Welch, Patty Griffin, Eilen Jewell, Sarah Jarosz, and Rising Appalachia.



HEART CENTERED LIVING

WWW.HEART-CENTERED-LIVING.ORG

PRESENTS LIVE IN CONCERT

CHIX FROM THE STIX



Featuring
Janelle Daddona
and
Tracey Steinkamp Cucci



SUNDAY, NOVEMBER 6TH
1 PM TO 3 PM

280 MAIN STREET
WELLSBURG, NY

TICKETS \$10 PORTION OF PROCEEDS TO HCL

Call/Text 607-371-1912
For limited seating reservations



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Heart Centered Living

A Community of Trees

You are an artist in a community of trees. The trees are old and strong some are stubborn, and others are wise beyond their years. What do these trees need from you? What can you give them?

How do they nurture you back?

There needs to be a council. A ring of leaders or leaders to inspire educate and empower these trees. Those that are old show them where their youth lies. Those that are strong show them where it is OK to be vulnerable. And those that are stubborn guide them to be more flexible.

And last of all those that are wise beyond their years listen...

for they have great messages to tell.

A message that needs to be heard in order to save our precious planet.

Now you as the artist go out and speak to the trees remind them who they are, and where they come from. Have a meeting of great counsel. All have a gift. All have a purpose. Work together cooperatively and respectfully, and know Source is with you working through. You know that what comes back to you is recognition of your precious gifts abundance and prosperity all around. We the community of trees have spoken...Go in peace with love, light, truth, and understanding we are all one."

Renee's Journal Entry October 2008" inspired by a trip to the Blue Ridge Mountains in Asheville, NC.



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Heart Centered Living Autumn



Autumn...the air has an exhilarating tingle, nights grow stronger, & the trees gradually reveal their inner flame. In this season of change, we can feed our autumn hunger with the help of these magic words: harvest, thanksgiving, glowing, savory, bountiful, richness, golden, & comforting.



Setting the Autumn Stage:

- Hang branches or swags of grapevine around the cabinets.
- Fill earthen pitchers with dried weeds & flowers like mums, asters & cornflowers.
- Bring in some burgundy & gold leaves & sprinkle them around.
- Fill wooden bowls or baskets with autumn squash, acorns, & nuts, fat pumpkins on fans of brilliant leaves.
- Let apples, grapes & pears spill from a cornucopia.
- Hang bunches of corn over the door or hearth.



The hearth fire burns with a gentle golden warmth, and you sit beside it gazing into the flames. What magical pictures wait for you there?

What soothing meals will you create from the harvest that surrounds you?



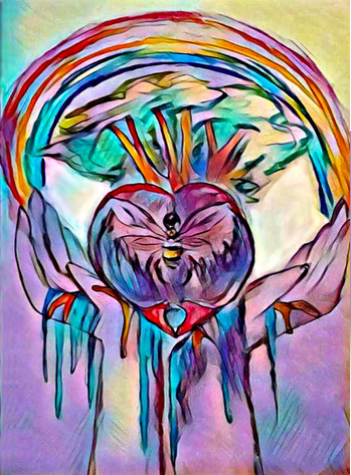
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Heart Centered Living Heart Beats

Heart Centered Living Presenter

Meet Amani Vlastic, Certified Kripalu Yoga Teacher

Amani was introduced to yoga shortly after recuperating from breast cancer surgery in 2006. She believes that while modern medicine healed what was wrong with her body, Yoga helped her focus on what was right. After years of practicing Yoga, she decided to further her knowledge by completing Kripalu's 200 hr.

Yoga Teacher Training in July of 2015.

Her passion is giving back to the community and believes that by sharing her love for Yoga she can empower others to love and accept themselves just as they are.



Amani offers a variety of classes at Heart to Heart Yoga and Healing in Elmira, N.Y.

She is a Senior Representative with Zyia Activewear, a premium athletic wear company and is the former owner of Cappy's. She is a proud mother of one son.

**Questions? Call Amani
607.857.6777**

Amani will offer Gentle/Chair Yoga that is suitable for all ages and levels at the Heart Centered Living Place

280 Main Street

Wellsburg, New York

every Wednesday from 4:00 – 5:00 p.m.

\$10.00 drop in or 5 class pass for \$45

what to expect in a Kripalu Yoga class . . .

Classes begin with warm-up movements and breath awareness to prepare you for yoga postures. The heart of each class is a sequence of postures that stretch, strengthen, and balance your body. Each class ends with deep relaxation and meditation. Class levels range from gentle to vigorous.



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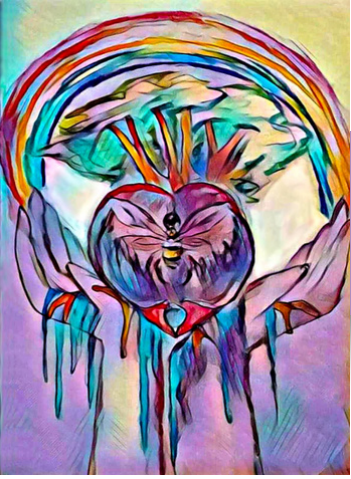
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***Experience Peace *Seek Meaning *Get Answers**

FIND YOUR HEART CENTER

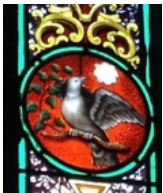
Get unstuck and on track with a day focused solely on you. We work together 1:1 on what is most present and important for you right now. Call today to discuss what you desire with your VIP Day.



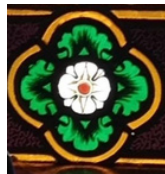
Book Your
*Wellness * Self-Healing
*Mindfulness *Personal
Development *Spiritual
-VIP RETREAT DAY-

An 1869 Gothic Revival church reclaimed and resurrected by ordained minister and life coach Renée Guidelli. The Heart Centered Living Place established in 2016 in downtown Wellsburg NY is nestled within the region of the Finger Lakes.

YOUR PERSONAL DESTINATION FOR:



**Elevating your
Consciousness**
Free your mind
and soar to new
heights



**Creating Harmony
Within yourself**
Find peace and
clarity amongst the
chaos



**Communing with
The Divine**
Receive answers and
guidance about why you
are here at this time.



**Nourishing your
Inner gifts**
Learn how to bring
more self-care,
sacredness, ritual
and ceremony into
everyday.

THE HEART CENTERED LIVING PLACE 280 Main. Wellsburg NY.

Exit 57 1-86/NY 17 1 mile from the PA border

Call 607-371-1912 to Book your Personal Retreat Today



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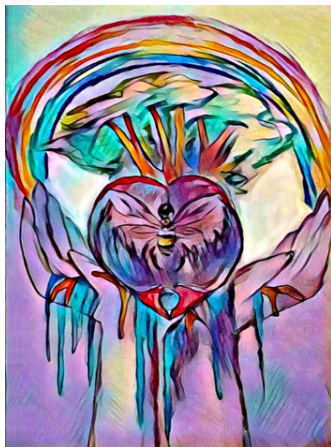
Love Notes:

Feedback from people who have been at our place:

“It was blissful for me, and I am so impressed how much my gifts amplified in the church. Like I felt like a tuning fork, a light vibration that just filled every cell” –Wendy Woodburn

“I enjoyed the drum journey. It was exhilarating. I'm normally very shy and don't talk much but you all made me feel right at home. You were all very welcoming and friendly It was nice to be with people that understand me. first-time visitor/student attending a class

“The energy in the church was amazing! Even more so where u had the candles....the stained glass windows were so peaceful.....love your church space”-Donna Attendee at the Woman's retreat



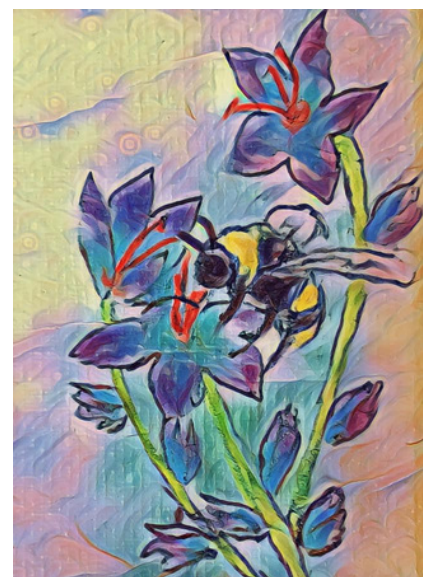
Gratitude:



The lovely and talented artist Vanessa Woodring worked with me on creating our beautiful whimsical image for Heart Centered Living. I knew how much we needed to capture certain elements within the logo and Vanessa brought it all to life. Earth, Air, Fire, and Water is woven symbolically creating a story that we all can relate to within the natural cycle of a Heart Centered Life

If you would like
to see more go to
VL's Art and Oddities on FB.

More of Vanessa's Art



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Services

I started doing faery oracle readings shortly after 911 and it transformed into something more when I put my own spin on the.

So I am pleased to announce I will be offering these once again in October and November.

What you can expect from a reading with me:
Your authentic soul's story in connection with the colors of the rainbow

Your authentic Soul's answer based on what is weighing heavy on your heart in order to help you out of what ever problem is occurring in your life.

Your authentic Soul's instructions in relationship to how you are able to understand them (Examples: Through symbols, sentences, analogies or songs)

Your authentic soul's coding which has been placed within you to know more about where you come from and why you are here at this time on the planet.

A faery reading can be fun, lighthearted and impactful showing you what your soul's highest calling is with lots of inspiration, information and guidance to make that possible.

Readings can be done in person, or virtually email me to schedule one today



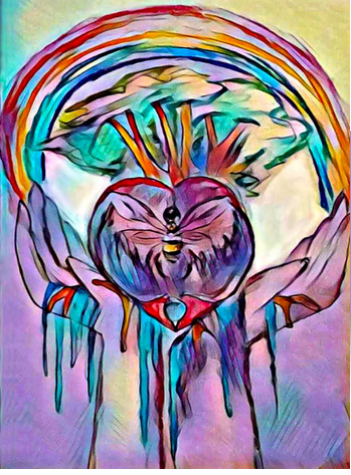
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Wish List

All monetary donations that we receive go towards heat, electricity, and various upkeep of the building and are always greatly appreciated as costs of living are rising for us all.



\$ReneeGuidelli
CashApp



@Renee-Guidelli
Venmo



PayPal @reneeguidelli

- Someone to organize music according to theme and title
- Someone to Categorize our Spiritual Library
- Someone to sell, buy, or trade out our church benches and pews
- Someone to start a Drumming and Song Circle
- To purchase a Water feature in the back (Divine feminine in nature)
- Help with tearing out the carpet and sanding the floors
- Help with making "permanent" Signs for inside and out
- Help with organizing stations and hanging up pictures
- To purchase a new Vacuum Cleaner
- Someone to help with cleaning the sanctuary
- Someone to help with the details and legalities of a Non-Profit Status
- Help with Painting (Indoors and outdoors)
- Someone to help with marketing and advertising (Local and online)
- Someone to take pictures and video record events and gatherings using our equipment

If you are interested in being part of our Heart Centered Living community as a volunteer, presenter, teacher, or wellness provider email me at reneeguidelli@frontiernet.net.

A Heartfelt thank you for being here and supporting our dream.



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**Heart Centered Living and MoonHaven
are proud to be sister sites!**



MoonHaven

-A Return to the Olde Ways-

ALL are Welcome!

Come check out MoonHaven at:
www.willowofmoonhaven.com

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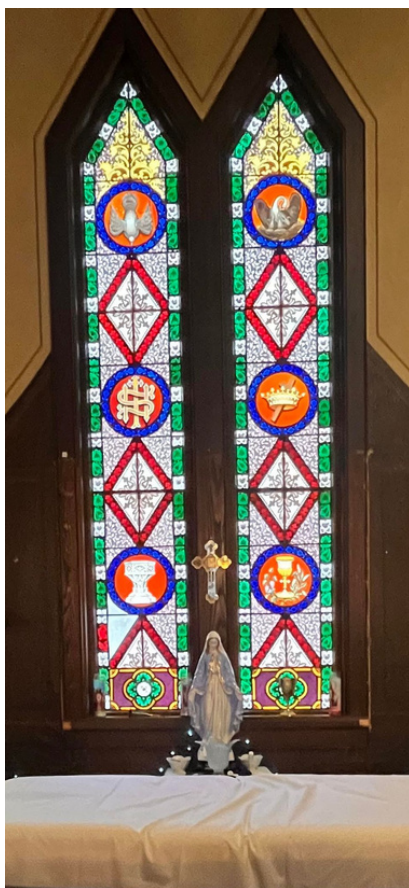


Heart Centered Living Heart Beats

Did You Know?

Our Church was built by the late Issac Parry who was a Freemason. He placed certain “easter egg” symbols in and around the sanctuary.

An Easter egg is a message, image, or feature hidden in plain sight in order to catch the attention of the viewers.



Take a look at the stained glass windows. What symbol gets your attention and what do you think it means? Comment your answer in our FB Community!

This past year marked the 153rd anniversary of our church which we found out has a direct link and tie to Mary Magdelene as well as the Vesica Pisces based on an ancient Hebrew numbering system called Gematria.

A huge Thank you to Tim Keys for pointing that out. You can learn more about this fascinating information as well as so much more when you come for a visit.



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Heart Centered Living Heart Beats

Sneak Peek:

Brand New Program!

ideas, inspirations, aspirations,

**connecting thoughts, feelings, senses & doing INSIGHTS VISION HEART ENERGY
the alchemy of honey**



Instructors Cheryl Trecoske-Fabrizi and Renee Guidelli

Keep an eye out for more details!

REACTIONS BY THOSE WHO ALREADY LEARNED THE H-I-V-E FORMULA

“Learn simple thinking – HIVE – that allows you to always thrive!”

“A very useful, easy framework to understand how you professionally and personally react and act to pursue opportunities.”

“I had lots of information, enough resources and sense of what I should have been doing, but simply did not have the essential framework for how. Now I do.”



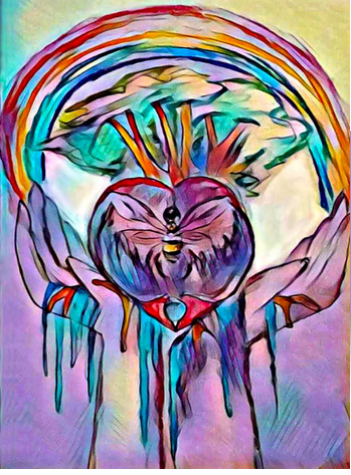
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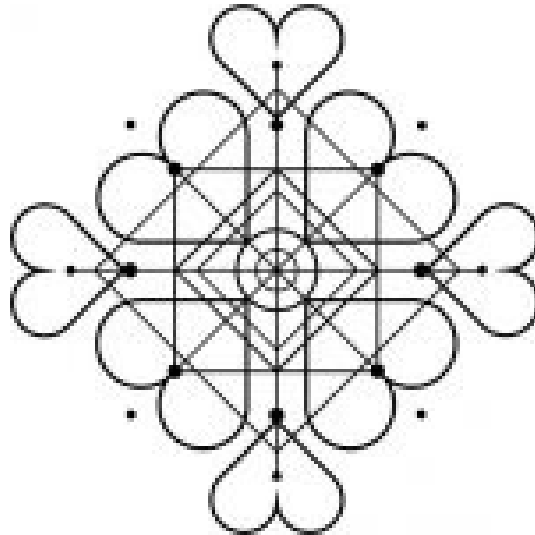
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Stay Connected and In the Know:

If you'd like to connect with open-minded, heart-centered individuals around the globe, check out The Heart Centered Living Community on Facebook. Local or not, all are welcome!

It's nearly impossible to pack all the classes, events, experiences, and people that come to the Heart Centered Living Place into one newsletter, but if you want to see more of what we have been doing, click on the media (pictures) tab in our FB Community. You will get a good sense of what we are all about.

Thank you for being here and part of our HCL community, suggestions, feedback, or submissions for our next, newsletter can be emailed at reneeguidelli@frontiernet.net. You can find updates periodically to the calendar at www.heart-centered-living.org.



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