

# The Birth of a Dream

## Or facing your own fear demons

By Virginia Waldron

Georgia asked me to write about how The RoseHeart Center came into being, how Debbie DeRusha and I put our dream together so that it is now a reality. To do that, however, I want to start with a reference to a TV show that was known as "Buffy The Vampire Slayer". I think it is amazingly astute and enlightened of Joss Whedon (creator and writer of Buffy) to have written this story line. Buffy is a petite blond young woman whose life destiny is to slay all the vampires and demons that are in our world and hurting us, even though most of us don't know they exist. In this Halloween episode the "Fear Demon" is released and is causing all of the fears it encounters to actually manifest. Buffy is told it is her job to slay this demon. It is scary, but it is her destiny and her friends are in trouble, so she decides she is going to do what she needs to do. She turns to face her opponent and realizes that his actual size is about 6 inches high. She pauses for only a moment – then stomps him out with her foot!

To face what we most fear is to face ourselves; to face what we are struggling against is to realize we are struggling against ourselves. Fear would like us to believe it is huge and formidable and overwhelming, and that it has power over us. But, the truth is, we are far greater than our fears.

I have been in the alternative healing community for nearly 10 years. It was always a dream to have a holistic center, where practitioners of like mind could work together, collaborate as a team, for the benefit of all. I wanted a building that was our where we could do our work of healing, hold classes, meetings and gatherings. Each time I changed my office I improved my circumstances and got closer and closer to my dream, but I faced very real and solid feeling fears; that I was not good enough, that I didn't know what I was doing, that no one would take me seriously, that I would not be able to make enough money, that the grown-ups would make me take my toys and go home. These were my fear demons. One by one I faced them. I did not face them alone, I had friends, family, support and guidance from many sources. More importantly, I learned how to ask for help, how to open to my own power and trust it. And I learned about what my fears are telling me about me. It didn't come easy, it didn't come right away, it is still a work in progress, but it is coming. Along the way I have come to understand more about myself and what I was capable of becoming. And just how strong I am.

Fear is the lack of knowledge. Once we know what we fear, once we look at it, we can name it and we take our power back. Each time I faced my fear I faced myself. I saw myself in the mirror of my fear and once I realized that, I knew I could do what I

come here to do.

In January of 2008 I decided I had to take the next step. I needed to not only leave the space I was in, but I wanted more, I wanted my center. By this time I had become very familiar with that gut fear, the one that tells me I am pushing myself out of my comfort zone. It is a good guide. I asked the Universe and all the people I knew for help, and I trusted. I had no idea how it was going to unfold; I just knew it would be ok. In April I was offered a space that would be perfect. I hesitated, at first, it was too big, and it was too much money, too much responsibility. I wanted it, I wanted to take that scary leap of faith, but it was hard.

That is when I talked to Debbie DeRusha. She had been working at Essential Kneads when I met her and I wanted to know what she had learned about being in that kind of holistic community. I told her about my dream, about RoseHeart and about the space, and we realized we wanted to make this come about together. Being open to what is right in front of you and trusting what you find can be very beneficial and at the same time frightening. But Debbie and I knew this was right for us. We trusted what we knew. I had the space and the dream, she had the experience and enthusiasm and together we had the energy and the commitment. Many other people got involved; there was an amazing outpouring of energy, support and guidance from all around us. And since our Opening Day on Sept. 13th the Universe has shown both of us time and again that this is right and it is going to go far and we are on the right path for what we want to do.

Don't get me wrong, I still struggle, I still have days when that scary fear demon is growling behind me and I am up to my neck in anxiety at the thought that I have to turn around and look him in the face. But we know each other now and it is a familiar growl, one that tells me I still have work to do. If I sit on my backside and wait for things to happen, I'll be waiting a very long time. If I am willing meet the Universe halfway, it walks with me. And that's ok with me. The Universe has the best stories to tell, and I love a good story!

The RoseHeart Center is a holistic community dedicated to education, enlightenment, growth, and the integration of body, mind and spirit. Inside RoseHeart you will find practitioners and teachers who bring their skills and experience to help everyone become the best they can be, for the greatest and highest good. With the help and support of several other wonderful people at RoseHeart we have worked hard to create a space that is sacred and safe. We hold that space for the work that needs to be done there, and it is a place where you might find angels, fairies, or just good friends.

Debbie DeRusha, for those who don't know her yet, is a Reiki Master, and an intuitive reader and medium. A session with Debbie is enlightening, powerful and fascinating. Her tools include intuition, mediumship, and great wisdom and compassion from several decades of life's experiences. I had a reading with her recently and it was life changing! Among other things,

she brought messages from my father, the first in 50 years. She also spoke with the spirits of people in my life who are still living, and who brought from their higher beings, insight and affirmation about the paths we share in this lifetime. There was angelic guidance and my own higher being as well, giving me information, insight and confirmation about the path I am on and where it is leading me. My only suggestion is to make sure she has a box of Kleenex – when the heart is opened, tears may flow.

Debbie is one of the practitioners at RoseHeart, and another one is Janna Sawyer. Janna works with Reiki and Healing Touch, as well as her own deep heart connection to every human who comes into her light. Janna comes from a place of compassion and wisdom, and while she is just beginning her journey along this path of alternative healing, she is a natural and one of the kindest people I know. She is becoming a truly powerful healer. My session with her was so soothing and calming that I went into a deep trance state, allowing the healing and inner work to continue on many levels at once. Janna works on the physical level with body energy, helping and supporting the body with its healing work. She also works on a high spiritual level, receiving insight and information from her guides, from the client's guides, and from angels, that is focused on and beneficial to the client's inner work.

Debbie and Janna are very unique individuals and they each bring their own brand of tools and insight into their work. A reading with Debbie will help with finding one's path, finding confirmation about what that path is and where it is leading, as well as figuring out how best to use what we brought with us into this lifetime to find the joy, the light, the connection to spirit that we all seek. A session with Janna brings inspirational and calming healing energy to your whole being, gently allowing you to move past the self-imposed obstacles to the truth of your own light. It is beneficial on both a spiritual level and on the day-to-day level we are all living through.

Come and see for yourself!

Namaste - Virginia

