



Heaven Earth Circular

Announcing the Great Mother Sanctuary!

by Matt & Hiromi Sieradski

We are very happy to announce that we have completed the conversion of our garage into a place of refuge for spiritual and healing practice. Our private classes and meetings now have a permanent location and Hiromi now has a place to work with her clients. Over the course of about six months from inception to completion (minus a few minor finishing touches) we designed and built (with much volunteer help from friends) the Great Mother Sanctuary in place of what for many years had been a very cluttered garage. This also allows for our clients to have a waiting area and restroom access, while Matt continues to see clients in our detached studio building in the front of the house.

The need for a permanent meeting place for both the Heaven Earth Circle Spiritual Studies Program as well as the Sacred Touch Mentorship Training Program became clear over the course of the last year as we began to sense the safety that such a container would bring. Also, Hiromi needed her own space for music practice and her healing work with clients, after Matt's practice moved to the home studio. We floated for a while, renting space from Alan at Stargate (his Lotus Center) but it became clear that to continue offering our meetings and classes in a consistent way required something more permanent. We had, over the years, considered the option of a garage conversion, and had even consulted with a professional contractor, but the cost was prohibitive. In March, 2023, Matt decided that we could pull it off for a quarter of the price quoted, if we were to just do it all ourselves. Of course, this required many many volunteer hours from Circle members, and also his father Al Sieradski, helped enormously with the finish work. Hiromi guided all design decisions and furnished gourmet meals for all helpers, twice weekly, for the nearly six months that construction entailed. Her welcome hosting of the difficult project made it possible, and enjoyable, for all the part-time carpenters.



We are very pleased to host our own shrine room, a sanctuary from the world, in which the Truth of Love can be practiced in private serenity. We are in awe seeing this beautiful sanctuary that was built by love. We are also happy to have the helping hands of our teen children to complete this project. We are amazed at how we survived this ordeal as a family! The space was built with buried crystals in the engineered wood foundation as well as sacred mantras and prayers written behind the drywall on every wall. The Great Mother Sanctuary was built by the faith of our family and friends. We invite you to join us here in practice. (Please see the calendar for upcoming events.)

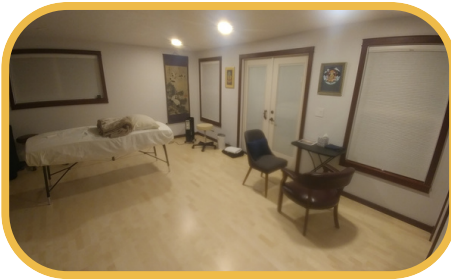
Volunteers who contributed their time and skills to the creation of the Great Mother Sanctuary: Will S., Aaron Cole, Lisa Allum, Zenki Cook, Dave Prince, Elizabeth H., Chris Garrick, and Jim Burdge. Also, our children, Daishin and Mina, chipped in for several long work days. Many others helped in spirit and Monica Camilli-Prince made a generous donation to support the project.

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Circle Creatives

Sanctuary Build Photos



Circle Creatives

Healing & Awakening

by Matthew Sieradski

Awakening is the transcendent recognition of the true nature of conscious being. It is known directly through the emptiness of Infinite Presence. Healing is the body's gentle sublimation into living accord with this transformative revelation. It is felt bodily as the oneness of Perfect Love. Awakening is the culmination of the ascending current of expansion and realization of spacious awareness. Healing is the culmination of the descending current of profound stillness within the vital form. Ascending and descending, Heaven and Earth, rest upon one another, and the actualization of the potential in both is required for lasting peace and happiness. To be enlightened is to know *and* embody the Truth of Love.

Without the stilling of the conditioned visceral motivations, the cessation of craving will not be witnessed. Without the vast awareness of limitless space, the pure body of light will not manifest. The human body-mind-world experience is the crucible for the transubstantiation of flesh into spirit and also for the transmission of spirit into flesh. To awaken is to become free, to heal is to become whole. To become wholly free, we must be healed. To become freely whole, we must awaken.

Healing exposes the darkness of ancient conditioned patterns of resistance (fear, desire, ignorance) by shining the light of steady loving awareness upon our deep embodied psychic wounds and armoring. It releases spontaneously the ancient death grip of egoic dissatisfaction. Through the mystery of conscious meeting with fellow beings in profound communion, healing eases worries, settles anxieties, pacifies resentments, transforms rage. It sublimates lust, calms desires, overcomes despair, and brightens resolve into loving fearless courage. Healing fans the flames of faith and settles the heart in profound peace. Healing is the greatest gift in that it opens the understanding to the sacred inheritance of embodied being. Truly, healing is the descent of Divine Grace. Through limitless Perfect Love, our personal will is released into sublime surrender and our body made an apt vessel for Infinite Presence.

Awakening takes us beyond our petty comparing mind and dissolves our conditioned reflexes of orientation to time and space. It exposes the illusion of our separation and explodes the delusion of death into the vast expanse of radiant living light. Awakening opens us up to the shining miracle that is our own knowing mind and thereby vanquishes all questions, transcends all fears, levels all hierarchies. Through awakening to the mystery of timeless awareness beyond all boundaries, we leap over the abyss of changefulness, remove

the robes of isolated separate existence, pass beyond the cares of this world, and are liberated beyond all conceptual clinging. Truly, awakening is the triumph of transcendental courage over the trials of conditioned imprisonment in egoic contraction. Through the totality of Infinite Presence, our doubt is released into transcendental insight and our mind made ready to receive Perfect Love.

To be awakened is to be No Thing, To be healed is to be the One Thing. Freedom is dissolution into absolute stainless being beyond all form, based upon Wholeness – the embodied felt experience of unified vital bliss. This is the yang and yin, the Shiva and Shakti of spiritual transformation, completion, and perfection. This is Complete Enlightenment.

May all beings find lasting peace and happiness in their unique recognition and embodiment of abiding nondual Bliss-Emptiness!

OM TAT SAT

Sunday Service Talk on December 17, 2023

A talk featuring an introduction to the themes of this article:

<https://www.heavenearthcircle.org/audios-of-talks>



Lotus Moon, by Carla Crow

Circle Creatives

Mantra

♥ Asatoma sadgamaya

**Om Asato ma sad gamaya
Tamaso ma jyotir gamaya
Mrityor ma amritan gamaya**

Om Shanti Shanti Shanti

Meaning:

Lead me from untruth to truth
Lead me from darkness (ignorance) to light
(knowing)
Lead me from death to immortality.
Om, Peace Peace Peace

“This is a Shanti (peace) mantra from the Brihadaranyaka Upanishad. Its beautiful and powerful affirmation prayer expresses seekers admitting their limitedness and deep yearning for help in transcendence. This is one of the mantras I like to recite in the morning to set the tone of my day. I also use this mantra when I could use help to let go of my small self. It is commonly recited at the end of spiritual gathering.”

-Hiromi

Hiromi will be recording this mantra soon so keep an eye on the website:

www.heavenearthcircle.org/videos

Persimmon Cake Recipe

by Hiromi



Do you have too many overripe (*jukujuku) persimmon in your fridge? Then this would be a perfect dessert for you to bake. This is a very moist cake to enjoy with your afternoon tea. Practice patience as you wait for your oven to complete the baking. If it appears too wet for your liking, bake longer.

*Jukujuku means very jello like texture, oozy, very ripe in Japanese.



INGREDIENTS:

- 1/2 cup coconut oil
- 2/3 cup monk fruits sweetener (I don't use sugar, but feel free to change it)
- 2 teaspoons vanilla extract
- 2 cups almond flour
- 1/2 teaspoon sea salt
- 1/2 teaspoon baking soda
- 1 cup persimmon puree
- 2 eggs

INSTRUCTIONS:

1. Preheat the oven to 180C/350F. Grease a 8-inch baking square pan and set aside.
2. In a large mixing bowl, combine all the ingredients and mix well.
3. Transfer the cake mixture into the greased cake pan
4. Bake the cake for 30 min then put foil on and bake another 20 minutes or until golden brown.
5. Remove the cake from the oven and let cool for 15 minutes
6. Carefully invert onto a plate. Enjoy!

Sacred Touch Cohort #1

Graduates' Final Projects

The Sacred Touch graduates presented their final projects at the Autumn Retreat. Students were asked to depict the transformative process that occurred during the year-long Sacred Touch Mentorship Training using media of their choice. Here are photographs of their projects.



Aaron Cole's Drip-painting #3



Cyrese's Angel Light mixed media



Bright Crosswell's Water Fountain Altar



B.J. Bruce's Chainmail Phoenix



Debra Braun Soliloquy



Tamar Hurwit's Slide Show

Newly Certified Sacred Touch Practitioners:

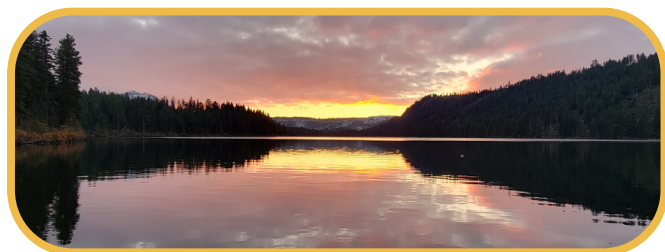
Cyrese is our first Sacred Touch Biodynamic Craniosacral Work Certified Practitioner, having completed all requirements. She can be reached for healing work and psychic consultations at 541-221-5543.

Cohort #3 begins September, 2024. Applications being accepted.

First Annual Sacred Touch Retreat

at Suttle Lake Camp

Hiromi and Matt led a retreat with the graduates from the first cohort of the Sacred Touch Biodynamic Craniosacral Work Mentorship Training Program at Suttle Lake camp in late October, 2023. It was a deep dive into mystical teachings, nourishing life practices, and partnered healing touch work. Past and future graduates of the Sacred Touch program will have the opportunity to join this retreat next October.



Sacred Touch Autumn Retreat 2023

Aaron Cole, Tamar Hurwit, Bright Crosswell, Cyrese, B.J. Bruce, Debra Braun, Hiromi & Matt Sieradski

"The Sacred Touch Retreat was enormously rewarding. I wasn't sure I had the time to commit, and now, I am so glad I did. It was a deep dive into a meditative inner space as well as being restful and nourishing. The schedule allowed for ample group work and connecting, quiet contemplation, rest, and basking in the beauty of Suttle Lake. Being there for five days allowed us all to sink into a place of serenity which made the session work powerful and moving. In addition, I especially enjoyed Hiromi's incredible chanting practice - a new exploration into devotion for me, her incredible cooking (we all felt so nurtured) as well as Matt's qigong practice offering and his teachings and invitation into the wisdom that we all essentially contain but need to be reminded of and reawakened to. Matt and Hiromi provided a container of wisdom and compassion that was truly inspirational and healing." - Debra Braun, Cohort #1 Graduate

Spiritual Studies Spring Retreat

by I. Ellis

I could characterize a retreat as a soft reset. It gives a person time to power off from the rest of life, reset one's circuits and then resume with enhanced functionality. To me, though, it feels more like a short winter for my deciduous self. I wonder sometimes if a tree enjoys shrugging off its leaves or if it lets go reluctantly, with wisps of grief as each turns color and finally falls away?

The Spring 2023 retreat at the Suttle Lake Retreat Center was my second HEC Retreat. It's never easy for me to take a chunk of time exclusively for myself. My monkey-mind resists the idea of being quiet for long stretches, so it takes a force of will to commit to attend.

Still, once I arrived at the retreat center, a short two-hour drive from Eugene, I knew I'd made a good choice. The location is the perfect escape from everyday life, set in alpine forest near the shores of Suttle Lake not far from the Santiam Pass. We arrived after a fresh snow and it felt natural to fall silent and slow down. The lodge is both cozy and bright. Radiant warmth from the woodstove kept us comfortable during meditation sessions and huge windows let in the natural light and the sights of nature from outside. It didn't take long to settle into the rhythm of retreat. I enjoyed the ease of having a room to myself and it was nice that everything was in the same building.

The highlight of this retreat for me was the meals. Yes, the

companionable fellowship with other retreat attendees is heartfelt and something I reflect back on fondly. Yes, the chanting sessions are a welcome opportunity to resonate differently with life. Yes, the meditation instruction helps me deepen my practice. But the meals! Hiromi created wonderful nourishing meals that satisfied my silence-heightened senses; each dish was delicious and beautifully presented. It felt positively luxurious to be pampered with healthy, wholesome meals prepared with such love.

On the drive home I found myself chanting while reveling in a deep sense of hard-won renewal.



Spiritual Studies Spring Retreat 2023
*Rose Phillips, I. Ellis, Aaron Cole, Dallas Halsey,
Hiromi & Matt Sieradski*

Heaven Earth Circle Taiji & Qigong Demo at the Eugene Asian Celebration, July 2023

Matt Sieradski and students demonstrated Hunyuan Qigong, Taiji, and Bagua at the Eugene Asian Celebration in July, 2023. Visit our website to view videos of the demonstration: www.heavenearthcircle.org/videos



Matt & Hiromi in Chinese Taiji Quan Silks and Japanese Summer Kimono, introducing the Circle before the demo.



Matt Sieradski, Ashby Klenk, and Aaron Cole demonstrating Bagua Zhang.



Matt Sieradski demonstrates Hunyuan Taiji Sword

Circle Staff

Co-Founders

Hiromi & Matt Sieradski

Hiromi and Matt first founded their ministry in 2011, under the name Green Phoenix Fellowship. In 2020, at the height of the Pandemic, Heaven Earth Circle was born. They have dedicated their lives to supporting the uplift of humanity on all levels: body, mind, and spirit. They deeply enjoy their work as healers and teachers and are the grateful parents of two spirited and vibrant young adults.

They both maintain private practices. Matt is a licensed acupuncturist, practitioner of Chinese herbal medicine, and a Sacred Touch Biodynamic Craniosacral Work practitioner. Hiromi also practices Sacred Touch as well as helps clients become awake and embodied through mindful living guidance.



Assistant Teacher

Ashby Klenk



Ashby has had a lifelong interest in spiritual and health cultivation, and is a 2006 graduate of the Charles River Institute of Healing & Inner Arts in Boston, MA, where he studied Zen Shiatsu. He has been a close friend and student of Matthew and Hiromi for ten years. He serves on the Heaven Earth Circle Advisory Council, teaches Qigong classes, and assists in the Sacred Touch Biodynamic Craniosacral Work Training program. Ashby can be reached through his website at www.JadeBearHealingArts.com

Heaven Earth Circle Staff

Executive Director: Matthew Sieradski

Managing Director: Hiromi Sieradski

Advisory Council Members: Carla Crow, I. Ellis, Ashby Klenk

Circular Editor: Elizabeth Haensgen

Submissions Request

We are requesting submissions of spiritually inspired art, poetry, or short writings for Circle Creatives section to be showcased in the next Heaven Earth Circular.

Vision Statement

Peace, love and joy are realized by awakening to and embodying the truth that Heaven is already on Earth.

Contact Us!

www.heavenearthcircle.org/contact-us

www.hiromisieradski.com | www.matthewsieradski.com



Events Calendar

January 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1	2 	3	4	5	6
7	8	9 	10	11	12	13
14	15	16 	17	18 	19	20
21	22	23 	24	25	26	27
28	29	30 	31	1	2	3

February 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30 	31	1	2	3
4	5	6 	7	8	9	10
11	12	13 	14	15	16	17
18	19	20 	21	22	23	24
25	26	27 	28	29	1	2

March 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27 	28	29	1	2
3	4	5 	6	7	8	9
10	11	12 	13	14	15	16
17	18	19 	20	21	22	23
24	25	26 	27	28	29	30
31	1	2 	3	4	5	6

April 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1	2 	3	4 	5	6
7	8	9 	10	11	12	13
14	15	16	17	18	19	20
21	22	23 	24	25	26	27
28	29	30 	1	2	3	4

Legend:



Qigong in the Park

Tuesdays and Thursdays, 8:30 - 9:30am
(Unless raining or smoky)



Second Sunday Service in the Sanctuary

2nd Sunday of each month
10am - noon, followed by informal conversation



Spiritual Studies Meeting in the Sanctuary

Tuesdays 6:30 - 8:30pm



Spring Silent Meditation Retreat

April 16-21, 2024



Sacred Touch Mentorship Training

All class days 10am - 6pm (Cohort #2)



Taiji Quan in the Sanctuary

Mondays 9 - 10am



Bagua Zhang in the Sanctuary

Fridays 9 - 10am



Qigong Intensive in the Sanctuary

Saturday 10am - 1pm, February 3rd



Classes in Nourishing Life

(Yangsheng)

Qigong in the Park



Tuesdays and Thursdays, 8:30 - 9:30AM (Unless raining or smoky)

Come join us to gather qi from Heaven and Earth, promote vitality, heal imbalance, and support serenity of mind and heart. Hunyuan Qigong (primordial qi skill) is the fundamental alchemical practice of the Hunyuan Taiji system. All are welcome. Dress according to the weather. Layers and neck coverings are important during cold and damp months.

Free and open to the public. Call to confirm if you are a new student.

Class meets in Washington Park on 21st and Lawrence Street.



Hunyuan Taiji Quan Class



Mondays 9 - 10AM

For students interested in delving more deeply into the art of Hunyuan Taijiquan and related qigong practices, such as Chansigong (silk-reeling skill) and Fangsonggong (relaxing and loosening skill). This class is suitable for those who are willing to practice on their own, at home, in between classes. Develop poise, balance, sensitivity to subtle energy, and support health and vitality.

For Members only. Register with Matt. \$40/month.

Class meets in the Great Mother Sanctuary.

Sacred Touch Mentorship Training



All class days 10am - 6pm (Cohort #2)

This is a nondual healing arts school of applied biophysics. Students will learn to embody profound stillness, heal trauma, integrate ancestral patterns, and go beyond current limited medical paradigms in the transcendence of incoherent mental and physical conditioning. This work is profoundly transformative for both healer and client on all levels: body, mind, and heart-spirit. It is appropriate for those who already love or who wish to make a deep dive into both meditation and healing touch work. This is a program for those who are ready to plunge into the darkness in themselves and to surrender their preconceptions about anatomy, the nature of reality, and their own limited identity as an ego-mind. This is a practice for those on the sacred path of spiritual transformation for the benefit of all beings.

Meet in the Great Mother Sanctuary.

Bagua Zhang



Fridays 9 - 10AM

Bagua Zhang is a traditional Chinese internal martial art system that, like Taiji Quan, relies on cultivating softness and internal power, and emphasizes promoting health and longevity as well as martial ability. Bagua has several characteristics that set it apart from Taiji. The fundamental unique qualities of Bagua are its complex footwork and circle-walking, and its coiling and spiraling movements which combined give the practitioner the ability to move and change direction with ease.

For members only. Register with Matt. \$10/class, payable monthly.

Class meets in the Great Mother Sanctuary.

Qigong Intensive



Saturday Workshop, February 3rd, 10am - 1pm

For qigong and taiji students interested in deepening their ability to enter stillness and to coordinate their movements in harmony with the principles of neigong (inner skill) and neijia quan (internal martial arts). Matt will spend time individually with each student to correct posture and movement. Intensives are a great way to deepen understanding of the art. Class size is limited.

For members only. Register with Matt.

\$30/class in the Great Mother Sanctuary



Meetings in Truth

(Satsang)

Spiritual Studies Meeting

Tuesdays, 6:30 - 8:30PM



This is our core spiritual studies group. Members who desire to meet weekly to study and practice the fundamental teachings of the mystics and meditation methods designed to cultivate the serenity of deep stillness, open our hearts to boundless compassion, and awaken our minds to profound insight are invited to join. This is not a drop-in group and we request a minimum three-month commitment before joining. Various texts will be employed. Current and former members of the Spiritual Studies group have the opportunity to go on a silent meditation retreat with Matt and Hiromi in April at Suttle Lake Camp. Inquire with Matt or Hiromi if interested for more information.

Meet in the Great Mother Sanctuary. Register with Matt and Hiromi. Three-month commitment requested.

For members only, monthly dues requested, by donation.

Spring Silent Meditation Retreat

April 16-21, 2023



HEC Spiritual Studies students have the option to attend our five-night silent meditation retreat at Suttle Lake Camp every spring. Retreat is a time for cultivating stillness, nourishment and rejuvenation, and deep reflection. Cost is maintained as low as possible. Limited scholarship available.

Contact Matt or Hiromi for more information.

Second Sunday Service



Sundays, January 14th, February 11th, March 10th, and April 14th, 2024

10am to noon, followed by informal conversation

Second Sunday Service (except for December 17th, we meet every second Sunday) entails a short meditation (with basic instruction), chanting, a Dharma talk (spiritual lecture) and discussion. Matt and Hiromi will both be present to talk about mystical practice, the path, and share in good vibes. Please bring your friends!

Meet in the Great Mother Sanctuary. This is a drop-in meeting, no registration necessary.

For members and friends, donations accepted.



Sarasvati Shrine

“The Kingdom of the Father is spread out upon the Earth, but people don’t see it.”

- Jesus of Nazareth, Gospel of Thomas

“One ten thousandth of a millimeter of differentiation and Heaven and Earth are set infinitely apart.”

- Third Zen Buddhist Patriarch Sengcan, 6th Century