

Get Involved With a Sanctuary That Benefits You AND the Planet



Susie Beiler

Susie Beiler is a Certified Holistic Health Counselor and Licensed Occupational Therapist with Ivyland Counseling Center. Early in her career, she spent 6 years as a Pediatric Occupational Therapist focused on parent education and hands-on treatment of children ages 0-3, using her skills in Sensory Integration, nutrition, and family dynamics.

Susie has been a health counselor educating adults about nutrition for 5 years, and she is also an expert in spiritual guidance. Using essential oils, deep listening, and gentle coaching, she collaborates with her clients as they progress on their food journeys.

Susie holds a B.S. in Occupational Therapy from the prestigious O.T. program at Elizabethtown College and is board certified as a Holistic Health Counselor at the Institute for Integrative Nutrition and the American Association of Drugless Practitioners.

Her "calling" is creating Shamalada Healing Sanctuary where community members can enjoy holistic healing and education for a sustainable planet. I had the pleasure of sitting down and talking with Susie to learn more...

Who is Susie Beiler?

I'm a very sensitive person, and because of that, I understand how difficult it can be to have challenges with food allergies, food sensitivities, and overstimulating environments. That's one of the reasons I'm so passionate about having a pure environment at Shamalada Healing Sanctuary. I want people to feel they can come and not feel threatened by chemicals in their environment or too much noise or whatever it is that hurts their nervous system. I want this to be a place that's relaxing for their physical bodies and their spiritual selves. I've always been very spiritually inclined. That's

also very much who I am. I grew up in a Mennonite home learning about God, so I have had a solid foundation for my faith, and my spiritual connection now is a lot deeper than when I grew up. I have always understood that God is part of my life.

What is your vision for Shamalada?

My vision for Shamalada, I think, started when I was a child. There was this understanding of myself as an older woman who would be full of grace and who'd help a lot of people. I envisioned having this big house with lots of people in it that I was taking care of. I never really knew what that meant, but now I see that vision merging with Shamalada as a place where eventually a lot of people will come and stay... people who are healthy, people who are sick, or people who just want to learn about sustaining our planet.

About 3 or 4 years ago when I was in nutrition school, I was asked: what do you see yourself doing in a month, in a year, in 5 years? When I wrote down what I saw myself doing in 5 years, I said I wanted to create a retreat. And then I almost forgot about it. But then on January 1, 2007, I got together with some friends to make collages and vision boards. I made a manifestation booklet, and in it I placed a picture of a property. I didn't know anything about the property. I just liked it because it had a stream and lots of trees. I thought, "Oh, this is beautiful," and I put it in the book.

Things started to click as I began meditating on this picture. I thought I should look up the property and see what it was. It was really speaking to me. So I found it online, and then messages from Spirit started pouring in: "You are to be the caretaker of this land. This is what you are supposed to do with this land"... and things like that. Soon, it was overwhelming, and I thought, "This is crazy; what do I do with this?" Then, I started taking it seriously.

Now I realize this is more than a dream...it's a calling. It's something I've been charged with, whether I want to or not. Of course, I have the choice, but I've chosen yes. So I've started doing the logistical work and research. The biggest part is preparing my own heart. I still continue to do the internal work to be the woman who runs this place. I call myself the Executive Steward.

In a sense, this is mine, but in another it isn't. The idea is to

bring heaven to earth. This place is so needed on the planet right now. People are sick, people are lost. They're trying to find a better way but don't have the tools or knowledge or education. Shamalada Healing Sanctuary will teach people how to be sustainable and how to figure out the next step. The economy is rough. Things are not so good out there in many places. So Shamalada will be somewhere people can heal themselves from the inside out and learn how to survive and thrive on this planet in a much better way. This is a new paradigm. If I can set up the structure and foundation for the new paradigm, people can come and get that knowledge.

I'm also going to document the process, so people can reference it. This isn't about competition. It's about sharing the knowledge and the wealth and the information. With this documentary, people can replicate the information in their own way, whether they use it in their home or to create their own sanctuary.

Shamalada will also include organic farming. There is no field there to lend itself to a big food-production process, but permaculture and container gardens and small greenhouses will work in that space. Organic food production is hugely important because it's chemical free, and that's the direction we're moving. I see a place where people can get their hands dirty and learn how to do organic gardening.

Holistic practitioners will be available. I'd like to have an acupuncturist, a chiropractor, a spiritual counselor, physical

fitness experts, maybe a holistic M.D. or naturopathic doctor, and energy healers. The types of practitioners will be partly determined by our online survey. To participate, people can go to Shamalada.blogspot.com to answer some questions about the types of practitioners and services they want and what workshops they'd be interested in attending. We want people to know this will be their place, and they can have a say in what goes on there.

I see a place for art there as well. I don't have the fine details aligned yet, but there's a structure on the property that would fit as a place to do art.

Another piece would be educational presentations, such as yoga, weekend seminars, and weeklong workshops. We'll have many opportunities for people to learn how to heal themselves, how to compost, how to find solar panel installers to make their homes more sustainable, etc.

I'm looking for practitioners of the highest caliber and integrity who have experience healing themselves. I'm interested in practitioners willing to continue working on themselves and bettering themselves. Experience is important, but there may also be a 25-year-old who has an amazing talent or gift and the integrity and skills that would fit in too. If you are a practitioner who has these qualifications and you're interested in being interviewed, please contact me.

There will be an opportunity for people to become members. You don't have to be a member

to come, but people can join at different levels for a year and get discounted services. By becoming part of the community, they'll receive special privileges. Details on membership will be coming soon. There'll also be opportunities for volunteers.

How will Shamalada impact the community?

We see Shamalada as having a tremendous impact on the community because of its integrity and natural beauty. We'll preserve and enhance the land, and it will be a peaceful place. Just by experiencing this place, people will be revitalized not only as individuals but as a community. We want to cooperate with area farms and local food growers to establish a mutually supportive network. Food will be the new money, the new way of exchange, so it'll be very valuable; and I'd like to create a network where we work together growing food.

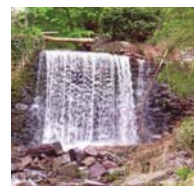
I'm a community leader, but I want people to know I need their support too. I need their good thoughts, positive energy, and belief in this. I want people to see that although I'm the visionary bringing this in, they play as big a part in making this happen as I do.

If you'd like more information on how to support this endeavor or information on

Shamalada Healing Sanctuary, please contact Susie Beiler. Please take the services survey.

Access it on

<http://shamalada.blogspot.com>
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If healing yourself was easy... Would you do it?

If restoring the planet was simple... Would you participate?

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