Autumn

No. IV

NATURA DOCET

SANITAS INTEGRAS

VIRTUS VERITAS

VITALITAS

The HEIRLOOM Herald

"Harmony, Health, and the Human Art of Becoming Whole"

Tuesday, *the* First *of September*, MMXXVI



This Issue

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Before the Leaves Let Go

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Dear Reader,

It gives me the greatest of pleasures to introduce the Heirloom Herald. The first of its kind newsletter, dedicated to raising the ceiling on human potential. Transcending beliefs and limitations, shaping and conditioning the space around you to energize and empower your nervous system and your life for Extraordinary health, unlimited energy, elevated living, and radiant vitality.

The tools you MUST have to experience and create the changes you want to see, and MUST see to make an impact that will change the world for generations to come. Welcome to a truly magical journey. As you read stories, testimonials, quotes, insights, and exercises from this newsletter, you TOO will receive the gifts and benefits of the work we do here at Heirloom Wellness Studio. Some shifts are subtle, some will be outrageously obvious. AND they will all change your life. Why? Because when you create and condition space for novelty, and challenge fixed beliefs, your nervous system can access more resources and higher levels of energy to break the old patterns that were holding you back so that your nervous system and your entire life can vibrate out its unique signature to impact the world. Welcome home, let's turn on the lights.

As you peruse this missive, I encourage you to do so with an open mind and an open heart. The approaches we take here are revolutionary, and will challenge the way you experience your body, your mind, and your life. So I leave you with a warning. Exposure to this work can elicit outrage at what you've accepted, tolerated, or settled for in your life. It can also elicit vitality, clarity, joy, exuberance, excitement, and profound awakening. It may therefore be harmful to the life you've been living. In the interest of creating generational health for the Piedmont and Oakland communities and for the world as a whole, I encourage you to read on, dear reader, and take a leap of faith toward a luxury nervous system to support all of your dreams, desires, and your destiny. Because I promise you, you are meant for oh so much MORE.



Before the Leaves Let Go

Crunch! In my world, there's nothing like walking over fallen leaves, appearing on fire with every imaginable shade of reds, oranges, yellows, and browns. The crisp sound of footfalls almost echoes in the waiting stillness created by the thinning air that gets noticeably cooler as the weeks progress. A type of transformation is happening. A resolution to the high-strung energy of summertime. A winding down into the cozy restfulness of winter. As the leaves and colors transition, so do the shapes and flavors of this newly arrived season. We start to see round pumpkins, oblong gourds and squashes, round apples, oval nuts and seeds, the graceful curl of a cinnamon stick, the rounded point of a clove, the smooth textures of puréed soups, spiced teas and coffees, and that snuggly blanket you wrap yourself in as you settle into the couch to watch Gilmore Girls, Hocus Pocus, and Sleepy Hollow. So much coherence in nature's relationship with each season. So much coherence in our own traditions. Every year the cycle repeats, giving us a chance to move through a new phase of our lives: the restful reflections of winter, the new growth of spring, the energized rapid momentum of summer, and the harvest of autumn, where we reap the rewards of the past year. And yet, some things seem grossly out of season. In a time of winding down and fruitful harvest, a new school year begins, football takes its turn on televisions across the country, and so do new TV seasons. Daylight hours get shorter, a shock to the nervous system as our circadian rhythms have to quickly adapt while our cultural construct of time asks us to continue at exactly the same pace. Autumn is truly a time of harvest: the fruits of your labors realized, and so too the sacrifices your nervous system has made to comply with the culture. What does this mean for your body? What does this mean for your life? And most importantly, how can we use the energy of this season to create more of the unreasonable and extraordinary for yourself, your friends and families, and for the world?

There is something wonderfully cinematic about autumn. You can almost hear the soundtrack beginning. A pumpkin spice latte warms your hands on a cold morning. Someone has dragged three children through an apple orchard in matching sweaters and is attempting the annual family photograph while one of them quietly eats an apple they definitely have not paid for yet. There are mums on porches, cider simmering on stoves, cinnamon candles burning far earlier in the day than anyone will admit, football playing somewhere in the background, and a pile of pumpkins beside the front door that started as "just one or two." The whole season has the quality of a Hallmark movie in which everyone seems one plaid scarf away from quitting their corporate job and opening a bookstore in Vermont. It feels sentimental because it is. Autumn surrounds us with reminders of continuity—things returning, traditions repeating, familiar smells drifting out of kitchens, recipes appearing in handwriting we recognize. And underneath all of it, nature is performing one of its most elegant transformations. The trees are not panicking because summer ended. They are gathering what they need, releasing what they do not, and putting their energy somewhere deeper.

There is a lesson there for us. The tree does not keep every leaf simply because it spent all summer growing it. It does not mistake letting go for failure. It gathers the value from what has been, releases the structure that has finished serving its purpose, and prepares itself for what comes next. Human beings have a harder time with that part. We carry old expectations, old tensions, old identities, old obligations, and old versions of ourselves long after the season that created them has passed. Meanwhile, life keeps moving. School starts. Meetings multiply. Children need lunches packed. The days get shorter while our schedules remain stubbornly bright and busy. The world asks the nervous system to live in July at nine o'clock on a November evening. Sometimes responsibility wins. Sometimes the work matters. Sometimes you stay up late because the future you are building is worth staying up for. The goal is not to retreat from modern life or become so "balanced" that nothing extraordinary ever gets accomplished. The goal is to become capable of extraordinary effort without losing the ability to return home to yourself afterward.

That is where nervous system care becomes so important. When the rhythms of culture pull us away from the rhythms nature has spent millions of years teaching the body, the nervous system needs some way to reorganize. Some way to remember that it does not have to carry every season at once. At Heirloom Wellness Studio, we create space for exactly that: gentle, specific nervous-system-centered care designed to help the body notice its patterns, access more adaptability, and become available for what comes next. Because this season is not ultimately asking you to become smaller, quieter, or more reasonable. Autumn is harvest, and harvest means gathering resources. It means noticing what worked, learning from what did not, and carrying the very best of this year into the next version of your life. Drink the cider. Pick the apples. Watch the ridiculous movie where the city lawyer falls in love with the Christmas tree farmer. Walk beneath the maples while they are still burning red. And while you do, ask yourself a better question than How do I make it through the rest of the year? Ask: What has everything I have lived through been preparing me to create next? The answer may be larger than the life you have been planning. Let it be. There is no rule that says your future has to resemble your past. The leaves are already proving otherwise.

How to help your body knows it's Autumn

- Meet the morning light. Step outside soon after waking, even if only for a few minutes. Cooler air and natural morning light help give your nervous system a clearer sense of where the day begins—and where the season is headed.
- Let evenings become evenings again. As the sun sets earlier, dim the lights, soften the noise, and give yourself a little more darkness. Your body pays attention to light far more closely than your calendar does.
- Eat with the season. Warm soups, roasted vegetables, apples, squash, nuts, spices, and slower meals all help autumn feel like more than a visual change. Seasonal food can become a simple sensory cue that life is moving into a different rhythm.
- Trade constant motion for deliberate pauses. Autumn does not stop all activity; it becomes more selective. Leave small spaces between obligations. Take a walk without headphones. Sit with your coffee. Give your nervous system moments when nothing is being demanded of it.
- Give your system extra support when life won't slow down. School schedules, work, family life, travel, screens, and deadlines do not always cooperate with the season. When culture asks more of you than nature would, high-quality nervous-system care can help your body stay adaptable, responsive, and better able to move through change without carrying every demand as tension.



"The ripeness is all."
~ William Shakespeare

- Your nervous system, like the orchard, changes through seasons of preparation, growth, effort, and integration; not everything meaningful is meant to happen at once.

From the Studio

Your Nervous System Has Seasons

"There is a time to harvest, a time to rest, a time to sow, and time to grow"

We like to imagine growth as a straight line: notice the problem, fix the problem, move forward. The nervous system moves more like nature. There is Discover, when life draws our attention toward what hurts, what feels stuck, and what has been quietly asking to be seen. There is Transform, when awareness begins to move into action and old patterns become material for something new.

Then comes Awaken, the season when effort softens and life feels a little wider. Gratitude appears more easily. Beauty lands more deeply. There is less fixing and more experiencing. And finally there is Integrate—the ability to carry the wisdom of all the seasons at once, to meet challenge without losing wonder and to change without abandoning what is already whole.

The goal is not to remain forever calm, productive, or "healed." Nature does not ask an orchard to bloom all year. Health has rhythm. Life has timing. At Heirloom Wellness Studio, nervous-system care is about helping create enough adaptability and organization that your system can meet the season you are in—and have more resources available for whatever extraordinary season comes next.

And just as autumn does not apologize for becoming winter, you do not need to resist the season asking to emerge in you. Let the old pattern finish. Let the new one arrive. The more clearly your nervous system can recognize where it is, the more fully you can meet what comes next—with energy, choice, and a future far larger than the one you once thought possible.

The Sacred Seasons

- See what is here. Notice the tension, pattern, story, or circumstance asking for your attention without immediately demanding that it disappear.
- Use what you find. Turn awareness into action, allowing challenge to become fuel for new choices, behaviors, relationships, and possibilities.
- Experience the gift. Make room for gratitude, connection, wonder, ease, and the moments when life no longer feels like something that needs fixing.
- Know what the moment needs. Carry the wisdom of every season with you and become increasingly able to choose the energy, perspective, and response that serves life now.

Practice Member Reflection

If you're looking for genuine healing that goes far beyond a standard massage or chiropractic adjustment, you have to visit Heirloom Wellness Studio in Oakland. Experiencing a session with Sonia and Sky is honestly hard to capture in words—it almost feels like magic. Sky's method uses precise, gentle touches on specific contact points to communicate directly with your nervous system. There's no harsh cracking, popping, or painful deep-tissue pressure, yet the physical and emotional release I felt afterward was profound and immediate. My body was able to let go of stress it had been holding onto for a long time. Sonia and Sky have created such a welcoming, grounded space where you immediately feel safe and cared for. I was so blown away by my first treatment that I booked my second session right away. If you've been feeling stressed, tense, or just out of alignment, do your nervous system a favor and book a session here—you won't regret it!
~ Cathy S. Oakland, CA



"The key is not to live in the 'best' season. It is to become increasingly capable of knowing which season life is asking of you."

Epstein DM, Senzon SA, Lemberger D. The Seasons of Wellbeing as an Evolutionary Map for Transpersonal Medicine. International Journal of Transpersonal Studies. 2014;33(1):102–130.

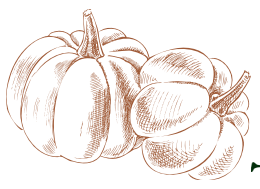
What We Are noticing

So much less tension from increased breath and connection

Incredible changes in posture and spinal alignment

Changes in style, confidence, habits, community

You are not behind. You are becoming. Keep going. We see you.



From Blossom & Evolve with Dr. Trevor

Breath. Energy. Movement.

Three Languages Your Nervous System Is Already Speaking

"Most of us know exactly where we hurt. Do you know where your body is already at peace?"

Take a breath. Not a bigger one or a better one. Just notice the one that is already happening. Something moved. Your diaphragm descended. Your ribs widened, your belly responded, and your spine, shoulders, and contact with the chair shifted without planning. Pressure changed inside your chest, drawing air into your lungs. Oxygen entered the bloodstream and began traveling throughout your body. Breathing does not happen only in your lungs. Your whole body participates. Breathing also changes how energy feels. An inhale may feel gathering, bright, or spacious; an exhale may feel settling, softening, or grounding. Nobody taught you this. Breath. Energy. Movement. Three things happening together, all day long, whether anyone is paying attention or not.

The Body Breathes With You

These three do not arrive in the same order for everyone. For one person, breath leads, movement follows, then energy shifts. For another, rocking, lengthening, or softening makes a deeper breath available. Someone else notices warmth, tingling, or space first, with breath and movement following. There is no correct sequence. Each nervous system has its own language and its own way of organizing experience. Part of the work is learning which one comes naturally to you, and which one is harder to reach.

A Finer Question

Pain matters, but tension is often protection. The answer is not always to fight the place that hurts. Healing may begin by noticing one peaceful place and staying long enough for the rest of the body to remember. If you want help finding it, I would be honored to meet you there.

Listening With Your Hands

This is why I use Somato Respiratory Integration, or SRI, alongside NetworkSpinal care. Somato means body. Respiratory means breath. Integration is helping the parts of us that feel separate start talking to each other again. The first SRI exercise is simple. The hands rest along the center line of the body: where the collarbones meet, over the solar plexus, around the navel. Then we breathe and we observe. What moves beneath the hands, how much, whether the breath travels easily into that area or stops somewhere on the way. Warmth, tension, ease, or nothing at all. All of it is information.

We are not trying to change anything yet. The hands give the nervous system a focus, and breath brings awareness there. We observe what is true without demanding it be different. That awareness can support nervous-system regulation.

Finding Peace Before Chasing Pain

When I ask someone where they hurt, they know immediately. My shoulder. My neck. My low back. We are very good at finding pain. When I ask where in the body feels peaceful right now, there is usually a pause. Sometimes a long one. We spend so long searching for what is wrong that we forget to notice where the body is already okay. Before exploring tension, fear, or history, I want the nervous system to recognize what already feels safe: warmth beneath the hands, a soft belly, feet supported by the floor. It does not need to be dramatic. We find the place with a little more ease and we give it attention. Not to ignore the pain, but to widen the map, so pain is no longer the only thing the system is listening to. Peace becomes a resource you carry into the harder places.



Try This

A simple SRI awareness practice

Rest your hands gently over one of these areas:

- Where the collarbones meet
- The lower sternum and solar plexus
- Around the navel

Breathe naturally in through your nose and out through your mouth.

Notice what moves, where there is ease or effort, and how the inhale differs from the exhale.

Do not change anything. Observe, then take one more breath.

That is the practice of Stage 1.

Discover where you are connected and where you seem disconnected.

Book with Dr. Trevor

Blossom & Evolve practice members book directly into Dr. Trevor's own schedule:

Online: drtrevorpetersen.janeapp.com **Email**: drtrevorpetersen@gmail.com **Instagram**: @blossomandevolvewellness

Prefer to book through the studio? Reach out to Heirloom Wellness and we'll get you scheduled into Dr. Trevor's calendar.

The Fall Apothecary

"Let the season refine you: sunlight in your cells, herbs in your hands, beauty in the ritual, and enough vitality to make every room feel more alive."

Our seasonal collection of high-energy lifestyle ideas, rituals, and wellness tools we have researched, tried, and genuinely love. These offerings are not meant to diagnose or treat anything, and we are not presenting them as medical advice. Instead, they are shared as informative, non-specific inputs for longevity, vitality, energy, and whole-being—novel possibilities that may feel coherent, congruent, and supportive for your body, your life, and your unique nervous system as you explore new ways to move beyond old patterns.

The Studio

What We're Diffusing

Cinnamon, Clove, Orange, Rosemary

for coziness, focus, and spicy energy



The Powder Room

What We're Lathering

Jojoba Oil, Vitamin E Oil, Rose Oil, Lavender Oil, Orange Oil, Sandalwood Oil

for smooth, elastic, glowing skin - free from blemishes, scars, dryness





The Chemist

What We're Supplementing

Cortisol Calm by Pure Encapsulations

for relaxation, quality sleep, and stress support for high-functioning days

The Wardrobe

What We're Wearing

Tommy Hilfiger, Polo Ralph Lauren - Reds (sweaters, ties), yellows (dresses, ties), browns (undershirts, socks)

for confidence, social attention, expansion, Fall warmth and magnetism





The Parlour

What We're Drinking

Pumpkin Coffee - Made Healthy

for enhanced cognition - cellular and metabolic energy for enhanced function, adaptability, and mental processing

The Recipe

(add to your usual coffee)

- 1 Scoop Collagen Powder
- 1 teas. C8 MCT Oil
- 1T Grass-Fed A2 Butter
- 1 Pinch Celtic Sea Salt
- 1T Pumpkin, canned
- 1/2 teas. Pumpkin Pie Spice

The Saloon

What We're Dancing To

- Colours by Donovan
- Nancy Mulligan by Ed Sheeran
- New Orleans by Stevie Nicks



The Pantry

What We're Eating



Apples

for cellular energy, fiber, protection from Fall allergies

Cinnamon

for insulin production - protection from sugary autumn treats

Pumpkin

for fiber, vitamin A (immune system), vitamin C and E for smooth skin in dry weather



The Book Nook

What We're Reading

The Witch's Daughter by Paula Brackston

The Physick Book of Deliverance Dane by Katherine Howe



Little Legacies

"Raising children poised to make the world a better place"



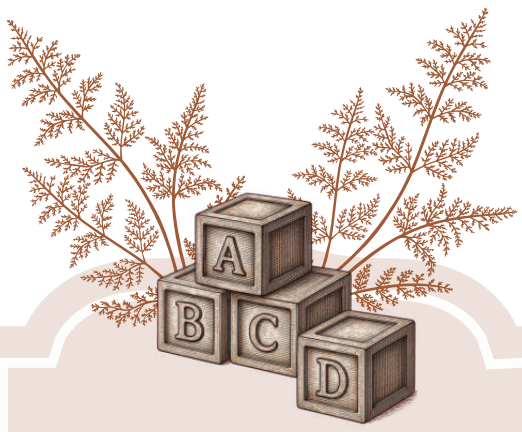
PLAYTIME

OPEN ENDED PLAY

Children of all ages naturally play, from babies to grown ups! Modeling play even from baby stages gives examples of how we can build towers, race cars, and make believe with dolls or stuffed bunnies. Rather then teaching or directing, we can simply have fun with blocks or a xylophone for example while they work on something else or participate if they want to.

Even if our babies don't play along right away, they will surprise us a little later on. Just like the words we use will pop up in their vocabulary, play they observe becomes part of their activities.

It is rewarding to watch them play on their own, creating, and imagining for themselves. The more inspired and adaptable they can be means a more inspired and adaptable future for the world.



The Toy Cupboard

CLASSICS

Blocks, a ball large & small, a car that rolls, a bell that tolls, all make for fun & imaginative play

HOUSEHOLD OBJECTS

Tissue boxes with play silks. Kitchen wares

WOODEN TOYS

Graduate to items that can be held with finer grasp as babies get older such as maracas

THE GREAT OUTDOORS

Navigating up and down slight slopes builds strength



The Pantry

Energized, Organic, Non-GMO, Always

BABY LED WEANING

Is it a mess? Yes! Is it worth it? Yes! There are many benefits plus good resources out there on how to. Disposable baby splat mats for under high chairs are convenient

The Bookshelf

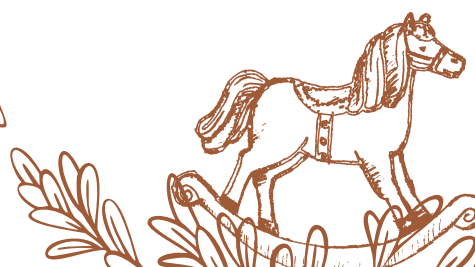
Good reads for connection, development, bonding

Farm Animals

a Very First Picture Book

FAMILY PHOTO ALBUMS

Generation to Generation, Love is the Heirloom



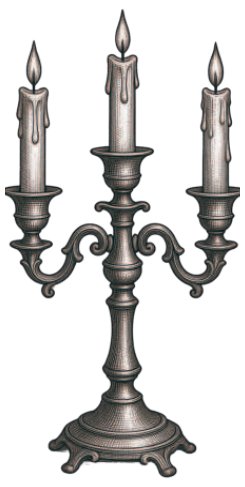
"For our children to be at their best, we too should look after ourselves; for they pattern after us"

~ Unknown



The Parting Glass



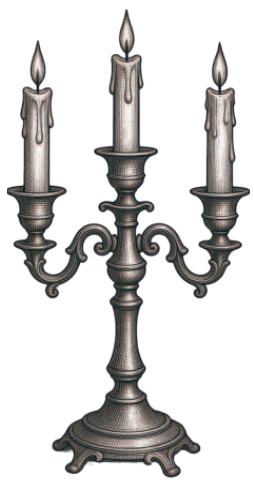


And so we leave you here—not finished, not fixed, not neatly wrapped in ribbon, but perhaps a little more awake than when we began. That is enough. In fact, that may be everything.

May you go into the rest of your day with a finer question in your pocket. Not What is wrong with me? but What in me is ready to reorganize? Not How do I return to who I was? but What larger life is trying to come through me now? These are not small questions. They are the kind that rearrange rooms, marriages, nervous systems, communities, and occasionally, if one is properly unreasonable, the world.

So raise the parting glass—not to perfection, that tiresome little tyrant, but to participation. To the body's ancient intelligence. To the courage to retire old beliefs with ceremony and perhaps a touch of good manners. To the possibility that healing is not a private escape from life, but a more elegant entrance into it.

May you leave with more vitality than you came with, more humor about your patterns, and more devotion to the future asking to be built through you. And when some old fear knocks at the door in its familiar coat, may you greet it kindly, decline its invitation, and step forward anyway. The world is not waiting for a flawless version of you. It is waiting for the coherent one.





"The greatest medicine of all is to teach people how not to need it"
~ Hippocrates

A Final Note

Thank you for being part of this growing community of wellness, whole-being, wisdom, and wonder. Until next month, live large, dream big, love deep, and change the world with everything you do.

Virtus Vitalitas Veritas
Harmony Health Wholeness

Stay Connected

We'd love to hear from you! Share your stories, questions and suggestions.

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Dispatched By Heirloom Wellness Studio



Also From Heirloom...



Check out our Podshow, available on all major podcast platforms. We explore the archetypes and patterns that help you better understand yourself, your family, and your friends, and how you can meet those archetypes to create an abundance of health and well-being that is passed down through generations. This podshow is mandatory for those that are here to change the world and make a lasting impact.



Find our monthly Expert Contributor article in the Piedmont Living magazine. Sky, Sonia, Avigail, and Dr. Trevor discuss key concepts in revolutionary healing techniques that address the true root causes of body and life misalignments.



Come to the Studio at 3820 Broadway, Oakland to purchase our homemade soap. Our organic goat's milk soap is made with the least amount of lye needed for saponification, and it uses all natural and organic ingredients for youthful and radiant skin. This one-of-a-kind soap is truly nature's miracle for hair and skin longevity and vitality.

