VIRTUS VITALITAS VERITAS

Summer

No. III

The Heirloom Herald

Natura Docet

Sanitas Integras

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

Wednesday, *the* First *of* July, MMXXVI

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.

"Take care of your body as if you were to live forever; and take care of your soul as if you were to die tomorrow"

~Benjamin Franklin

This Issue

From Sky and Sonia: What is healing? And who is doing it?

From the Studio: Reorganizational Healing: A Revolutionary Approach

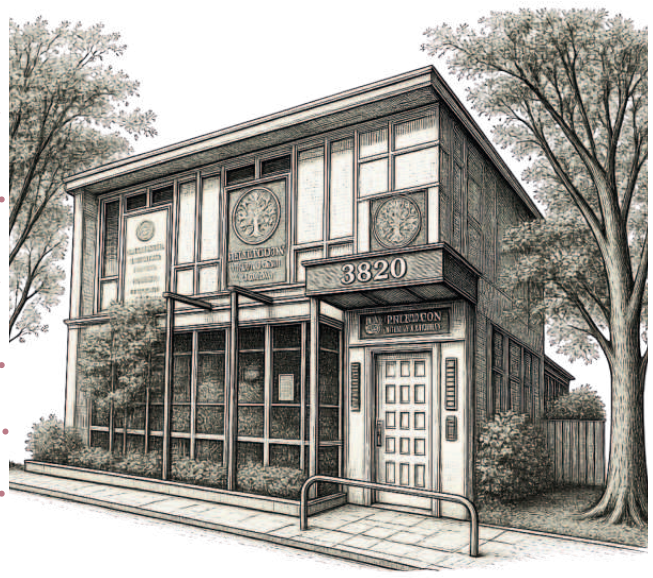
From the Practice Members: As seen in the studio this month

From our Lifestyle: The Summer Apothecary

From the Nursery: Little Legacies

From your destiny: Welcome Forward

The parting Glass





What Is Healing? And Who Is Doing It?

Healing is one of those words we use with great confidence and very little agreement. It gets tossed around in the same basket as "wellness," "balance," "alignment," and, on particularly inspired mornings, "self-care." But healing is not a bath bomb, a green juice, or a weekend retreat in linen pants—lovely as those may be. Healing is not the act of fixing a broken machine. It is not a war against symptoms, nor a heroic conquest of the body by the mind. Healing, at its deepest level, is the reorganization of a life around a more truthful source of energy. It is the moment the organism stops spending its brilliance maintaining old patterns and begins using that same intelligence to create something new.

The great philosophical traditions have always known this. In The Odyssey, the journey home is not merely geographic; Odysseus must become fit for his own house again. In Austen, the heroine's happy ending arrives only after perception matures. In Shakespeare, the tragedy is not that people suffer, but that they cling too long to the identity that creates the suffering. Our modern headlines are telling a similar story, though with less iambic pentameter and more alarming push notifications. We are living in an era obsessed with intelligence—artificial intelligence, climate intelligence, market intelligence, emotional intelligence—yet the question underneath all of it is older and more intimate: can we develop the wisdom to use intelligence differently? Recent conversations about AI and climate resilience keep circling the same uncomfortable truth: tools do not save us unless consciousness evolves alongside them. A faster system is not necessarily a wiser one. A more efficient culture is not necessarily a more alive one.

This is where healing becomes deliciously subversive. It asks us to stop outsourcing authority to experts, trends, routines, diagnoses, personalities, parents, partners, institutions, and the tiny parliament of inherited beliefs running committee meetings in our nervous system. The body is not a passive object waiting to be corrected; it is an intelligent, self-organizing field constantly attempting to adapt, integrate, and express more life. The question is not simply, "What is wrong with me?" A better question—more dangerous, more elegant—is: "What old strategy is my system still loyal to, even though my life is asking for something larger?" Many of our tensions, moods, collapses, and compulsions are not random malfunctions. They are outdated forms of genius. They once helped us belong, survive, succeed, avoid ridicule, earn love, or remain exquisitely in control at dinner parties.

So, who is doing the healing? Not the practitioner, though a good one may help create the conditions. Not the supplement, though the right support can be generous. Not the latest method, though methods can be useful doorways. Healing is done by the organizing intelligence within the person—the same intelligence that turns a single cell into a body, seals a cut without a management consultant, and somehow keeps the heart beating even when we are arguing with strangers on the internet. The role of care is not to impose order from the outside, but to invite the inner system to discover a higher order from within. This is a profound shift. It means we are not here to be repaired. We are here to become more available to the life that has been trying to move through us all along.

And perhaps that is why healing matters beyond the treatment room. A person who reorganizes internally does not simply "feel better." They perceive differently. They choose differently. They parent, build, vote, speak, listen, spend, love, and lead differently. They stop dragging yesterday's fear into tomorrow's architecture. Piedmont, like every thoughtful community, is full of people who care deeply about education, beauty, stewardship, family, justice, and the future. But the future will not be changed by exhausted people performing goodness from old wounds. It will be changed by people with enough coherence to tell the truth, enough vitality to act on it, and enough humor to remain human while doing so. Healing, then, is not a private luxury. It is a civic responsibility disguised as a personal awakening. The world does not need more perfectly optimized people. It needs more people who are awake enough to become trustworthy instruments of change.

Tool Kit for the Journey

- Carry this question like a pocket watch: "What old strategy is my system still mistaking for safety?" Good healing often begins when the question becomes more elegant than the problem.
- Transformation without humor becomes self-improvement in a stiff collar. Laugh gently at your patterns; they were once doing their best with very poor lighting.
- The body, mind, and life itself are not always interested in your five-year plan. Let healing reveal something more interesting than the identity you have been carefully curating.
- Do not merely ask, "How do I feel better?" Ask, "What in my life is ready to be arranged around more truth?" Healing is less like polishing silver and more like moving the furniture so the whole room can breathe.



"The good we secure for ourselves is precarious and uncertain until it is secured for all of us and incorporated into our common life."
~ Jane Addams



"There is nothing either good or bad, but thinking makes it so."
~ William Shakespeare

- Separate the event from the story
- Before naming something "bad," ask: What meaning did I just attach to this?

You are the healer you've been waiting for

From the Studio

Reorganizational Healing: A Revolutionary Approach

"When the inner order changes, the outer life begins to follow"

At Heirloom Wellness Studio, we see the body as intelligent, responsive, and always communicating. Reorganizational Healing offers a fresh way to understand wellness: instead of only asking, "How do I make this symptom go away?" we begin asking, "What is my body trying to help me notice, reorganize, and grow through?"

This approach helps you tune into the patterns behind stress, tension, fatigue, and overwhelm so your body can become a partner in change. As awareness increases, many people begin making healthier choices more naturally, feeling more connected to themselves, and experiencing life with more energy, adaptability, and possibility.

This is wellness that feels alive: practical, empowering, body-centered, and rooted in the belief that your system already contains remarkable wisdom.

Practice Member Reflections

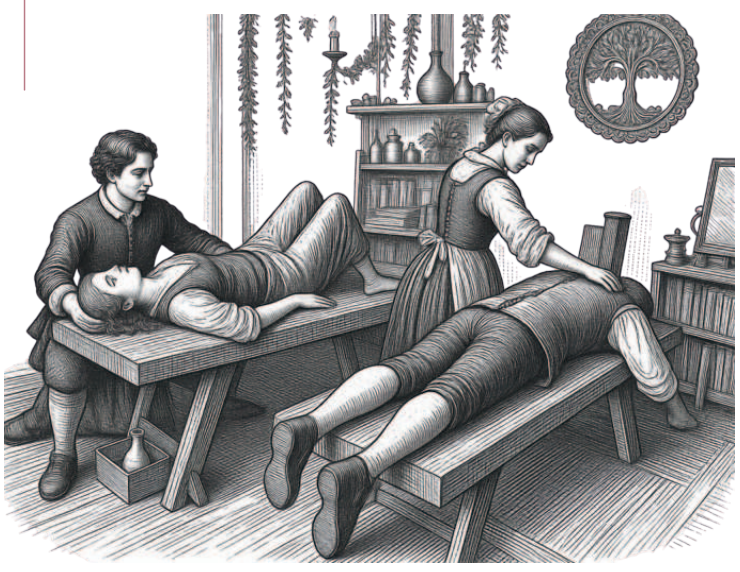
"Sky and Sonia are awesome. Both are gifted healers and you have a sense that you are on the cusp of personal breakthrough every time you work with them".
~ Daniel B., El Cerrito, CA

Highly recommend! The owners (Sky & Sonia) are very knowledgeable about the body and they take excellent care of you. Each time I go in with pain or discomfort in my body, it is either gone or drastically reduced by the end of the session.
~ Jeanette K., Pleasanton, CA

"Healing is not just about getting rid of symptoms; it is about reorganizing your life around greater energy, awareness, and resilience. Reorganizational Healing invites people to use stress, symptoms, and life challenges as catalysts for growth rather than simply problems to suppress".

The body is constantly giving feedback. The article frames symptoms and stressors as meaningful signals that can help people become more aware of their patterns, choices, and untapped resources.

Instead of waiting to be "fixed," you learn to recognize their body's signals, access new inner resources, and make choices that create greater energy, adaptability, and wellbeing.



Signs of Reorganization

- Greater body awareness and connection to internal cues
- More resilience during stress or life transitions
- Healthier lifestyle choices around movement, food, rest, and self-care
- Increased sense of meaning, life enjoyment, and personal empowerment

"Reorganizational Healing gives individuals concrete tools to explore and use the meanings of their symptoms, problems, and life-stressors as catalysts..."

Epstein DM, Senzon SA, Lemberger D. Reorganizational Healing: A Paradigm for the Advancement of Wellness, Behavior Change, Holistic Practice, and Healing. The Journal of Alternative and Complementary Medicine. 2009;15(5):475–487.

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

What the Spine Remembers

An Introduction to NetworkSpinal — and to the Newest Pair of Hands at Heirloom

"Your body has never been working against you. It has been keeping the door open the whole time."

A Different Kind of Touch

Your body is far more intelligent than anyone taught you to believe. The tension you carry in your shoulders, the breath that won't quite drop, the ache that keeps returning to the same spot— none of it is random, and none of it is a malfunction. Each one is a decision your nervous system made, often long ago, to keep you safe.

Once you see that, healing stops being a fight against your own body. It becomes a conversation with it.

The spine is where much of that conversation lives. We're taught to think of it as architecture — a stack of bones, a support beam, something that aches when we sit too long and cracks satisfyingly on a good day. It is also a record-keeper.

When life moves faster than we can process — a loss, a fright, a season of too much — the nervous system makes a brilliant decision. Rather than force us to feel everything in the moment, it holds what we cannot yet integrate. That unprocessed experience doesn't disappear. It settles into the body as tension, as bracing, as a posture of quiet protection. We stop noticing it the way we stop hearing a refrigerator hum. It simply becomes how we are.

This is not dysfunction. It is loyalty. The body protected you exactly when you needed protecting. The only trouble is that the protection often outlives the threat — and we walk around for years guarding against something that ended long ago.

NetworkSpinal begins from a simple, almost subversive premise: the body already knows how to reorganize. It does not need to be corrected from the outside. It needs the right conditions and an invitation.

Through light, specific contacts along the spine — particularly at the areas where the nervous system gates tension — NetworkSpinal offers cues rather than corrections. The work doesn't impose change. It helps the nervous system locate its own held patterns and begin, on its own intelligence, to unwind them. Brain and brainstem at the center; the great peripheral network of the body reaching outward. Slowly, the system stops mistaking an old strategy for safety.

What practice members tend to notice first is the breath. It deepens without effort. Then the subtler shifts arrive — tension that releases without being chased, sleep that comes easier, a steadiness that wasn't there before. Many describe it not as being fixed, but as becoming more available — to their own bodies, their relationships, their lives.

An invitation

If you've been asking "How do I get rid of this?" — the tension, the fatigue, the ache that keeps returning — I'd gently offer a finer question: What is my body still trying to protect me from, and is it time to let that go? And what would you like to fill that space with? What would you like more of? If that question lands somewhere in you, your system may be ready. I'd be honored to meet you there.



Introducing Dr. Trevor Petersen

I'm Dr. Trevor, a chiropractor whose path to this work was not a straight line. I came to healing through yoga, through energy work, and — honestly — through my own seasons of being stuck, of rebuilding after life took apart the version of myself I thought was permanent. I have a deep respect for the work because I have needed it.

What I learned, both on the table and off it, is that real change rarely arrives as a heroic act of willpower. It arrives quietly, when the nervous system finally feels safe enough to set down what it has been carrying. My work is simply to help create that safety — to hold space while your own intelligence does the reorganizing.

I'll be seeing practice members at Heirloom Wellness Studio starting this July 2026, and I couldn't ask for a more aligned home. Sky and Sonia have built something rare here: a place that treats the body as wise rather than broken.



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 Summer 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 Chemist

What We're Supplementing



Methylated B-Complex

for easily absorbed, sustainable energy to get through summer activities



The Parlour

What We're Drinking

LMNT Electrolytes

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

"The highest form of wellness is not control, but coherence: the moment your body, choices, energy, and inner intelligence begin moving in the same direction."

The Studio

What We're Diffusing

Lemon, Rose, Lavender, Juniper

for a bright mood, a clear mind, and sustainable 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 Wardrobe

What We're Wearing

Tommy Hilfiger, Polo Ralph Lauren - Blue and White Stripes

for confidence, social ease, expansion, summer vitality and magnetism



The Saloon

What We're Dancing To

- Tightrope Walker by Ayla Nereo
- Step Into Your Power by Lenzspot
- Seve by Tez Cadey



The Pantry

What We're Eating

Manchego Cheese

for calcium to enhance vitamin D absorption from sun exposure

Watermelon

for electrolytes - deep cellular hydration, high performance

Seaweed

for sustainable energy, glowing skin, healthy aging, cellular vitality



The Book Nook

What We're Reading

The Pilgrim's Progress by John Bunyan

.....

As a Man Thinketh by James Allen

.....



Little Legacies

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

SAFE SWAPS

OUT: POLYESTER
IN: ORGANIC COTTON

Infant clothing over the age of 9 months is treated with toxic flame retardents to comply with safety regulations.

Instead, opt for pajamas labeled "Snug-fit No flame retardents" or "only for daytime wear". These are ways manufacturers do not have to comply with the chemical treatment protocols. May need to size up for the snug-fit pajamas.

Regular non-organic cotton is better than polyester, but still contains endocrine disruptors from modern agricultural practices.

Brands range in price and quality from MakeMake Organics to Touched by Nature for affordability yet still soft & comfortable. Owlivia and Hope & Henry are stylish & well made.



The Toy Cupboard

TEETHERS

Organic cotton cloths
RaZBaby Elfy-Yummy
(Avoid freezing teethers)

HOUSEHOLD OBJECTS

Wooden kitchen spoon
Wall Mirrors

WOODEN TOYS

Simple Montessori style toys help with grasping and basics

THE GREAT OUTDOORS

Blades of grass, dandelions, leaves, etc are all playful toys



The Pantry

Energized, Organic, Non-GMO, Always

SAVORY VS SWEET

Early foods can include proteins & veggies for a well rounded palette

Serenity Kids
Finally a non-plastic pouch!

The Bookshelf

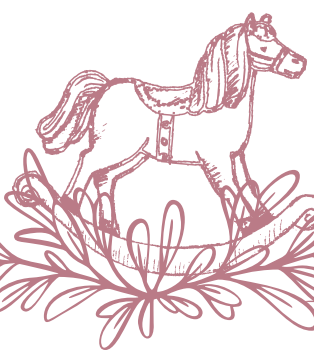
Good reads for connection, development, bonding

Mother Food
by Hilary Jacobson

Jesse Bear
What Will You Wear
by Nancy While Carlstrom



Generation to Generation, Love is the Heirloom



"Children are not a distraction from more important work. They are the most important work"
~ C.S. Lewis

The Parting Glass



LAVENDULA ANGUSTIFOLIA

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.



ROSA CENTIFOLIA



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

You Are Invited



Join us around Lake Merritt
for the 7th annual LakeFest
On Saturday June 27th
11am to 7pm

A Final Note

Thank you for being part of this growing community of wellness, wholebeing, 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.

