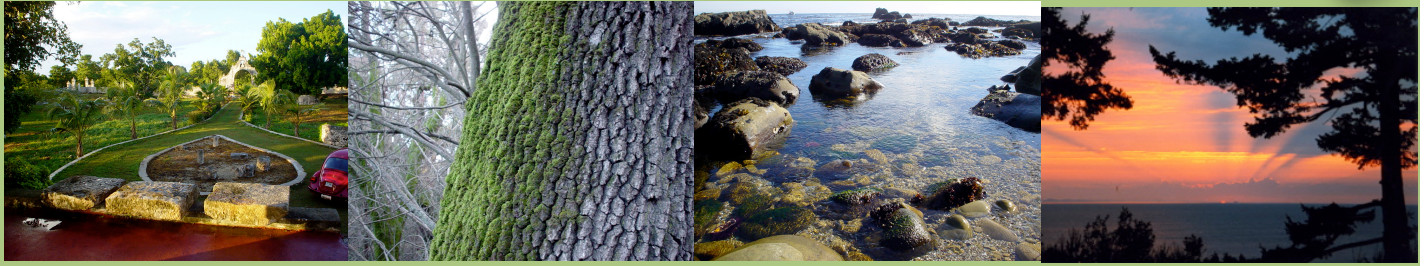


CS Newsletter

CONNECTING SYSTEMS



October 18th, n.1,v.1

Greetings and welcome to the first CS Newsletter

The CSN will bring you Good Only News (GO News!), update on new products, recipes, workshops, yoga poses, and flower essences... We will publish 2 in the remainder of the year, and then bimonthly in 2006. Feel free to write in with comments, and we will share the input. You can also connect with other people with your own products or ideas... this is one of the visions of Connecting Systems: to connect with the greater community. We will have a little ad page for exchanges of services.

Here are the possible monthly subjects:

Upcoming workshops

Flower of the Month

Food for Body-Mind-Spirit

Yoga (union) one pose to focus upon

Current specials

Chuckle

GO News!

CS ad exchange



Hot News!



There is still room for 3 more people! Come to Yucatan for a medley of yoga, dance, Ancient Day of the Dead Mayan ceremonies, flamingoes, ruins, beaches, facials, quiet..... hurry, time is almost here for this! See details at:

www.connectingsystems.us/

About The Fall



Here in the Northern Hemisphere, we are in early Fall. The days are still warm, nights cool. Pumpkins are on the vine, or in the markets heralding Halloween, roasted seeds, and pumpkin pies. The last tomatoes are in the stores, and basil is at the end of its season. Mushrooms are pushing their way out of soft earth, and summer flowers are fading. The further north you are, the sooner this happens. Leaves start to dance with the winds, and colors turn from summery to vibrant. What is this exciting essence that makes us feel happy, yet ready to rest?

Instead of the light greens of spring, we have the spectrum of Fall, which from an energetic point of view, are the lower 3 chakras. Reds, oranges, yellows... all point to a grounding and re-connection with our base selves. We harvest and prepare for the winter, where we rekindle our inner flames and then go through a re-birth, along with the planet, in the Spring.

Our “other half” is balancing by doing the opposite. There truly is a balance of nature that is not just in terms of east and west (sunrise and sunset), but in terms of up and down (rebirth and repose). Where ever you are, this is a bridge between seasons. So create your inner bridge... either for rebirth and sunrise, or for repose and sunset (hibernation, replenishment). Either plant seeds, or bulbs, but plant. Harvest or begin the compost, but act. Enjoy the winds of change. Fall into early bed, or spring into early rising. Be at one with the rhythm of the seasons and give thanks for what you have.

Mo's Pesto



If you want to freeze this in small amounts, put it into an ice tray, and then later, remove the cubes and put into a zip lock bag. Ask that the essence come back to the pesto when it thaws. I struggle to write this recipe, as I am very liberal... the garlic amount differs, depending on the size of the cloves, and their taste. Sometimes the basil is stronger and can take more lemon juice. I suggest you “mess” with this a bit, and see what works for your mouth. I put flower essences in to expand the energetic nature of the foods I eat. If you are interested, email me, and I will send you a list.

Green or Red pesto

2 cups green or opal basil, leaves and flowers, no stems
1/4-1/3 cup olive oil
1/3 Cup walnuts or pecans (can be roasted for a slightly different flavor)
Juice of 1/2 lemon
2-3 cloves garlic (I prefer red garlic)
1/4 cup grated parmesan cheese (reggiano or grana)
Salt, and a couple drops of Bragg's
Food Zoom flower essence combo, plus garlic, basil, and lemon essences

Put half the basil in the blender and add half the oil, blend until creamy. Add the rest, blend. Presto!

FYI:

Garlic Flower essence: gets rid of fear or paranoia, and eases anger. It can be used as an insect repellent, and it also eases and repels negative thought forms. Folklore would have us believe that Buffy would only have needed to chew on garlic to get rid of irritating vampires. The energy is calming and blood is purified.

Lemon essence: is a complete cleanser, and also helps strengthen tooth enamel.

Basil: Basil essence brings sweetness out of the heart and blossoms it throughout the body, thereby spiritualizing sexuality.

Flower Of The Month: Zinnia



This sweet annual brings sunshine into any garden or patio. Indigenous to Mexico, it loves full sun, and comes in a variety of cheery colors and sizes. The center pokes out with happy teeny yellow flowers, the color of humor. The petals then surround like wheels moving out creating larger wheels. The essence made from this flower brings laughter into any situation, reminding us that it is a powerful medicine. It is in Food Zoom, to bring joy to the food and the people. It combines well with Borage that brings happiness to the heart, making it easier to find and heal the inner child with play. Schedule a play day! Have some drops of Zinnia, and release the groan-up part of yourself. Throw your head back and share the song!

Chuckle:

The greatest excuse for not having practiced the piano came from a 6 year-old student, who couldn't practice because of a bad case of...gout. Had heard his grandfather complaining about this and decided it was a safe one to use.



Yoga Pose: Vrksasana... Tree Pose

This pose is started from Tadasana, mountain pose. Feel the energy move down the legs, and up the spine. Bend the right knee and bring the foot up to the top of the left inner thigh. The contact is equal: let into foot and foot into leg. The standing leg is long and straight. Slowly move your arms in the breeze, like a tree in Fall, then bring the hands together over your head. Sense deep roots from the standing leg, and lift the torso out of the pelvis. Breathe. Slowly come out of the pose. Breathe, and change sides.

Wonderful balance pose!

Special Of The Month: **EZT Drops (for ease in transition)**



Transitions can be smooth or bumpy, and usually affect us longer than we realize and in unexpected ways. Before you have the 20-20 vision of hindsight and see where you might have made things easier, try this flower essence combo. It is made of over 30 flower essences to help release as gently as the leaves fall from the trees. The emotional body gets cleansed of any detritus, much like a lawn getting raked of scraggly twigs. The mental body is relieved of worry, and sleep is easier. Assists in climatic changes, new schools, jobs, etc. Special price: \$12, includes shipping. For more specials: [Welcome to Connecting Systems](#)

Upcoming workshops:



October 27-Nov. 4: Yucatan Adventure

November 13: Vegetarian Cooking with flower essences

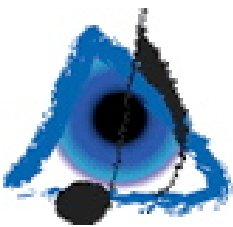
This yummy time will feature fall specialties of root mash, wild mushroom and greens saute with polenta, roasted garlic and goat cheese, carrot-ginger-tumeric soup, and apple-nut pie. All of the ingredients are organic. We do blessings of the land, food, and flowers that contribute their energy to this feast. \$30 covers all materials, and handouts.

November 18- CSN: Special Holiday Edition

GO News!

The good news is that there finally is a site devoted to positive stories from around the world. I have wanted to do this for years, but gee whiz, my contact, Ted Turner was always busy.... (hee). So here is a link. If you have any stories of goodness you would like to share, please feel free to send them to us! Keep it short, but find the happy. [The Good News Network™ Welcomes You!](#)

Ads



Aldo Borzoni

Audio Restoration - Soundtrack Editing

Any audio from CDs, cassette tapes, and vinyl records transferred to Pro Tools for professional editing and mixing, or pristine digital restoring and filing to wav., aiff, etc. Files are burned to CD and labeled. Over 15 years of experience working in studio recordings, soundtracks for dance and theater productions, editing and restoring files in Pro Tools.