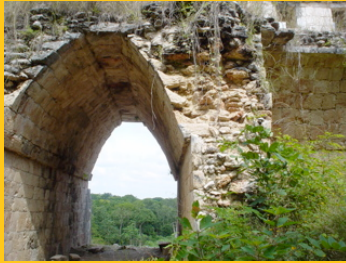


CS Newsletter

CONNECTING SYSTEMS



December 7th, n.2,v.1

Giving Thanks



Gratitude and blessings are wonderful heart essences to share. Blessing nature and all of Earth's beauty is so appreciated and returned. Blessings and anchoring dreams of light are powerful ways to send a little peace in these challenging times. I send gratitude and blessings to all of you who continue to support CS, and expand the circle of living in right relationship. Happy times of Thanks!

Root Roast With Zinfandel Glazed Garlic



In a small pan put 10-15 cloves of garlic in 1 cup Zinfandel, 2 Tblsp each orange juice, and Bragg's, and 1 Tbsp crumbled rosemary. Simmer for 30 minutes. Meanwhile, chop up into 2 inch pieces the following: red potatoes, beets, carrots, turnips, parsnips, and red onions, and two pieces of ginger root. Coat with a mix of olive oil, salt, pepper, and your favorite seasonings. Bake at 375 degrees for 20 minutes, turn everything and add 1 cup assorted mushrooms, and the garlic glaze... Cover and bake for 20 more minutes. Grate about 1/4 Cup of parmesan cheese and mix with 1/4 cup finely chopped pecans, and 1 t. crumbled oregano.

Just before serving, sprinkle cheese mixture over the top and broil until brown and crunchy. Serve with a large salad and hot steamy bread.

FYI:

Rosemary: Remembering our deep inner knowing and in a sweet way.

Carrot: Bringing it all together in grounded solidity and clarity.

Beet: Bringing in gentle, but strong groundedness and balancing sweetness.

Ginger: Helps release worldly concern; centers us when we are scattered.

Flower Of The Month: Morning Glory



Morning Glory. I was stunned as the first morning glories bloomed on our patio in shades of blues and whites, with the deepest part of the center soft yellow, lifting into powdery white stamen—and about 4 inches in diameter! Use this essence for vitality throughout the day, as if your first cup of life force came from its cone. It is great to ease nervousness that leads to habits leaving one tired. To Life!

Chuckle:

Why did the piano yawn? Because it had a keyboared.. (sorry)

Yoga Pose: Savasana



Savasana (Corpse Pose) Reputed to be the most difficult pose to master. Why? Because one must learn to calm the mind, relax the body, expand consciousness, without falling asleep. I liken it to diving under the whitewater (our active minds) to the calm core of the river (our essence self). Done at the end of the practice, it is like pressing the “Enter” button, to seal in all of the new information. Great for stress reduction and regeneration. Close eyes, use eye pillow to help relax the optic nerve, let skin relax, jaw, organs... and connect with the current of consciousness that abounds in peace. (this photo is in the water of an underground “cenote”. Usually you would use a mat. Hee hee)

Special Of The Month: *Peace Salts*



For sprinkling pieces of peace wherever you go. Go to use around your house to create a vibe of unity for all who enter, including animals. This salt has the scent of plumeria, also known as frangipani, which supports the feminine essence in come forth in a strong, balanced way \$10.

For more specials, this link will take you to [CS Holiday Specials!](#)

Upcoming workshops:



December 21, 7-9 pm Winter Solstice Ceremony. We will do a firepot ceremony that lets all of the release go up in smoke. Then we will write down the dreams for the New Year and send them up in the smoke of gratitude. We will also do a world peace meditation. You can join from afar as well. See website for more details.

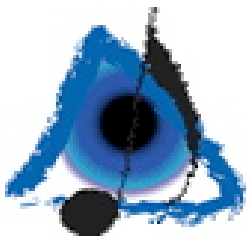
August 4-11 The Lummi Island Yoga and Nature Connection workshop-- truly a divine time on a splendid island. Reserve your spot now! See website for more info.

GO News!

I left a bag in a taxi upon arrival in Merida, Yucatan. There were over 9,000 irritated people “living” there, that had been evacuated from Cancun and Cozumel. I didn’t realize it until too late, and for the first time in my life, I had nearly \$2000 in cash to pay for the retreat I was going to lead. I felt sick. The next day, I did a clearing ceremony and anchored in light and truth. I went back to the airport, waited for 2 hours, and found (among now 10,000 people) the cab driver. My bag was in the trunk with everything in it. He was proud of his honesty. I was happy to be part of the flower of heart called truth. There is good news, really!

PS—if you have any little Good Only stories, send them on over!

CS Ad Exchange



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. Mail to: expertaudio@mac.com or call: 925-962-9783.

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