

CS Newsletter

CONNECTING SYSTEMS



February 15th, n.3,v.1

Greetings and Happy 2006!



As we travel in the northern hemisphere through winter, and the southern hemisphere in summer, the wind whispers the same word to me... attachments, and the letting go of them. The trees are without leaves or producing fruits to be harvested. It is cold, grey and rainy here where I live. Seeing beauty through the mist is challenging. People are grumpy with so many days without the sun. And yet, because of the warmer winter, some trees are already blossoming and daffodils are poking their cheery heads out of the ground. Even Nature is letting go of its time frame.

This is the perfect time to poke our own heads out of the ground like the groundhog, and look for the sunshine. Do a little cleanse, clean a closet, have a cup of tea, try a few new recipes. Give some things away, and don't replace them, simplify and above all, create that dear peace within. It is heart month so let us open our hearts with gusto!

Blessings, Morning Star

Recipe: Quick and easy onion soup



Saute one large, chopped yellow onion—about 1 1/4 -1 3/4 cups (or go creative with members of the onion family for a medley of flavors).

Olive oil, salt.

Add 1-2 TBSP butter and 1/4 tsp sugar (this is just to help with caramelizing the onions)

When translucent and just browning, Add 1/2 cup dry white wine

2-3 veggie boullion cubes, depending on size

4 cups hot water (or use equivalent veggie stock)

Meanwhile, toast some sourdough bread, rub with 1/2 clove of garlic, drizzle with olive oil and sprinkle with dried dill or basil, cut into cubes and bake for 10 minutes.

Grate some gruyere cheese (1/4 cup for each person)

Ladle soup into bowls, top with 5-7 croutons, sprinkle with cheese.

For an extra touch, you can place the bowls under the broiler for 2-3 minutes or until the cheese is bubbling. Serve with simple salad, white wine, and enjoy. (This serves 2-3 people)

FYI:

Onion: as a flower essence, onion stimulates the pores to bring in more chi, therefore can be used for skin problems. It also brings up emotions and tears that have been hidden deeply in the psyche, allowing release. The old wound is then transformed via the heart, and the lesson integrated with love.

Flower Essence of the Month: Aloe Vera



Originating in South Africa, this plant now grows all over the world. It has been used as a healing plant since ancient times for skin problems and digestion. Some of the herbal properties are carried over into the flower essence, and used together, the essence will amplify the healing qualities. It is excellent for most carcinogenic conditions, especially tumors, leukemia, and cancer where there is degeneration of tissue. The essence stimulates the nervous system and assists circulatory flow, especially when rubbed directly on skin. Energetically, it assists in healing lacerations and holes in the etheric bodies, and insights normally stored in the heart are activated. Aloe also extends its gift to the earth in closing the etheric holes caused by the fires, thereby expediting plant regeneration.

Chuckle:

English speaking people, traveling in Spanish speaking countries often realize that many words are similar, with a small accent change... *necesario, similar, diferente, completamente*. However, trying to use *embarazada* for embarrassed simply announces your.... pregnancy. (Oops!)

Yoga Pose: Heart Openers



Restorative, assisted backbend. All backbends assist in calming and healing the emotional body. A supported backbend allows you to relax and gently open the thoracic spine. As the chest opens, places in the lungs that do not normally expand, are free to do so, thereby oxygenating your body. Spinal suppleness is increased and deep relaxation eases mental and emotional stress. It is a good way to maintain a happy heart!

Special Of The Month: *Vessel of Roses*



Vessel of Roses, flow, flow, flow. Scented with lavender and rose geranium, this mist gently changes the atmosphere and things seem to just relax and flow. A nice addition to the last few weeks of winter.

Special:\$13—including shipping!

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

Workshops and Events for 2006:



Book now to assure a place!

Summer Solstice Camping Trip— celebrate the first summer weekend in the high country! June 23-25.

Vegetarian Cooking With Flower Essences And Herbs July 10 (full Moon)
Yoga/Connect With Nature Retreat, Lummi Island, Washington, August 4-11

Coastal Camping And Nature Connection Retreat. (Full Moon) Oct. 6-8

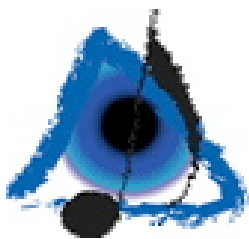
Mayan Adventure (Day of the Dead) With Dance And Yoga, Merida, Yucatan, Oct.27-November 3.

GO News!

I actually saw this in Time magazine—during the tsunami of 2004, a school of dolphins gathered round an Indonesian fishing boat and pushed it to deeper, safe waters. Good news doesn't get much better than that!

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

CS Ad Exchange



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