



April 21st, n.4,v.1

Spring Is Flung!



Most of us are ready for real Spring to fling itself all over us with warm sunshine, scads of flowers and heavenly bird song. After a drenching several weeks, perhaps we can agree to an inner cleanse as well as the obvious hydrotherapy we have been blessed with from above (ie: rain, rain, and more rain). Besides the spring cleaning of house and garden, how about the dusty corners of the mind? Or old emotional gunk ready to be released? Let's take advantage of the birthing energy and throw our heads back with laughter, let go of stormy life weather, and burst with joy. Happy Spring!!

Easy Food Cleanse Ideas:



Artichokes (recipe follows) --- great for liver
Beets and beet juice ---kidneys
Avocado --- use as a facial
Nettle and Red Clover tea – great spring tonic—blood and liver cleanser
Miso soup with burdock root ---detoxification
Miner's Lettuce—grows wild, deep green leaves with little white flowers-
blood cleanser

Yummy Artichokes:

Trim and squeeze 1-2 teaspoons of lemon juice over the choke. Slice garlic cloves and put randomly between leaves. Sprinkle with Italian herbs and drizzle with olive oil. Place in pot, standing on stems in about 2 inches of water with a few cloves of garlic. You can add a little white wine to the water if you like. Bring to boil, then turn down to medium. Cook until a leaf pulls out easily, adding more water if necessary. Remove and transfer to casserole dish. Drizzle with some Italian salad dressing, and cover with grated parmesan cheese. Broil until melted. Chow down!

FYI:

Artichoke: The flower essences of artichoke is evident if you really look at the flower you are eating. Artichoke essence helps us get past thorny and sticky barriers to the soft, sweet heart of the matter. It clear away debris leaving an open heart to transform the situation.

Flower Essence of the Month: Calendula

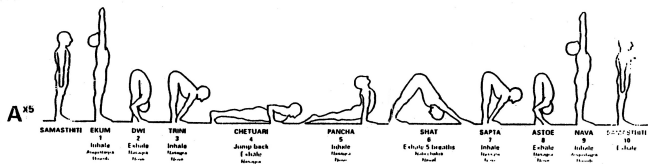


There are few things cheerier than the sunny face of a Calendula blossom looking up at you in the springtime. Unlike Buttercup, pure sunshine, Calendula grounds us via our power center to the happiness of the Earth. You can imagine it twirling in your solar plexus and find positive solutions that will stay with you. It is also edible and great for the skin!

Chuckle:

April showers bring May flowers, what do May flowers bring? Pilgrims...

Yoga Pose: Sun Salutations



Tadasana: Be the mountain, where the sun rises.
Urdhva Hastasana: Reach the heart up to the sun.
Uttanasana: Take the sun to the Earth
Urdhva Uttanasana: Lift back to the Sun

Chataranga Dandasana: Feel the earth's resonance

Urdhva Mukha Savanasana: All paws on ground, heart up to sun

Adho Mukha Savanasana: All paws on ground, tail up to sun

Urdhva Hastasana: Lift back to sun

Uttanasana: take sun to earth

Urdhva Hastasana: reach heart to sun

Tadasana: mountain wise and grounded

The pose explanation corresponds to the figure (in order). I like to do sun salutations in each of the four directions: East-beginnings, South-physical healing, West-transformation, North-spiritual healing. Then I add one, focusing on the heart, where all things transform.

Special Of The Month: **C**leanse & **R**enew



Cleanse & Renew flower essence combo Staying with the theme of cleaning and birthing, try a little Cleanse & Renew. This flower essence combo works on all levels to clear out the old (wherever it may be hiding), and bring in refreshed and nurturing energy. Special:\$13—includes shipping!

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

Workshops and Events for 2006:



Sign up now for Lummi Island Retreat! The beautiful places on the island go fast, so reserve your space now!

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

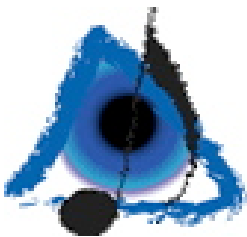
Coastal Camping And Nature Connection Retreat. (Full Moon) Oct. 6-8

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

GO News!

Our friend Kristi gave us a 911 call when her cat brought a baby possum—twice—into her house. Knowing that Aldo once raised an orphan in Mexico (with the help of the National Possum Society), we brought it back to our house with a hot water bottle and began to feed it special food. After 3 days it was a transformed little being, smiling instead of hissing, and was delivered to the wildlife museum to be raised until its happy release back in the wilds.

CS Ad Exchange



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