

CS Newsletter

CONNECTING SYSTEMS



June 11th, n.5,v.1

Summer Is Here!



Yes, the Groundhog was accurate this year--our area had over 200% of rain! Waterlogged then, has led the way to exuberant growth, now. Let us open to the essence of true growth. Imagine we are like blossoming berries, eager to produce sweetness and exhilaration. We stand at the brink of wild happiness, long days, warm nights, and vacations of the mind and body. Let us lift spirit into our forms and run, swim, walk, share, and dance our beauty and pure joy into our days and dream time!!

Summer Sun Tea:

I grew up on summer sun tea. My grandmother put a gallon jar of water with 8 tea bags...in the sun. We enjoyed iced tea and watermelon while watching the stars move across the desert sky. I have since changed the recipe. I add flowers, herbal teas, and citrus or other fruits, and a few crystals for amplification of the energy. I use distilled water with intentions of love and peace. Voila! A great, refreshing summer drink.



8 bags of Your favorite tea—can be black, of course, PLUS
Lemon, oranges or lime slices and flowers (if you have a tree)
Mint leaves, hibiscus blossoms, lemon grass (a little only)
Flowers of pansy, borage, clover, calendula, or any edibles
A little honey to taste

Set in a gallon of water in the sun for 3-4 hours. Chill. I like spicy teas, but a mint medley is a nice coolant when the thermometer rises. I also make popsicles out of the tea.. yummy....!

FYI:

Every flower you add to the tea adds its essence to the tea. Here is a short list of possibili-teas:

Nasturtium: soothes nerves or obsessions, and provides greater levels of joy

Johnny Jump Ups: transforms physical limitations with the loving knowing of heart and soul

Borage: Brings courage and happiness into the heart

Hibiscus: releases childhood traumas from the energy field

Clover: an energetic soother

Flower Essence of the Season: Agapantha



The essence of this drought and pollutant resistant flower is divine union in community. The greens are smooth and long. Despite the lack of water, the plant retains what it needs and produces long stemmed flowers that emerge from a pod. Several small flowers emerge, espnding to up to 8 inches across... needing nothing but sun. Lavender or white with a pale yellow heart, each small flower is in harmony with the whole. They are the essence of self-sufficiency and contribution. Amazing gift, also known as the Lily of the Nile.

Chuckle:

Adults laugh an average of 15 times daily; children, 400. Let loose! Laugh!!



Yoga: Yoga Means Union

Try a little communion with Nature. Pick a happy spot, sit down, and feel yourself grounding into the ground. Connect with the bliss of a natural setting. Breathe into your left side, then your right. Balance. Smile. Open your heart. Life will be better already!

Special Of The Month:



Think of boundaries as supporting that which you accept in your life, rather than the fence to keep it out. For example, want no lying? accept truth; want no illness? accept health; want no drama? accept flow and balance. Spray this around you, and nothing else will enter your sphere. [Click here for a more detailed description.](#) \$13 includes shipping!

Workshops and Events for 2006:



Summer Solstice, June 21!! Let go of the first part of the year, and set intentions for a happy summer and fall. There will be an evening celebration, chanting, meditation, and pot luck from 7-9pm. Donations only. (Summer Solstice Alpine Camping Trip is CANCELLED due to snow pack and insufficient sign-ups.) If you are interested, please respond to connectingsystems@yahoo.com. Limit: 8 people.

Vegetarian Cooking With Flower Essences And Herbs July 10 (full Moon)

Yoga and Beauty Retreat, Lummi Island, Washington, Aug 4-11th.

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

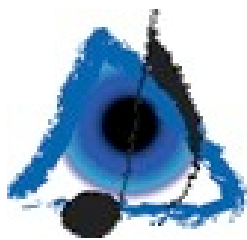
Mayan Adventure (Day of the Dead) With Dance And Yoga, Merida, Yucatan, Oct.27-November 3.

GO News!



A year ago, there was a crippled blue jay who started coming around for food for his babies. Within a few weeks, he was hopping on our hands to get his walnuts. We were concerned about him, being as winter was so long and he had one bad leg. Not to worry, he showed up again this year, seemed happy to see us, and hopped right onto Aldo's hand. What a blessing!! I named him BB for beautiful boy (or bird or blessing!) Good Only news is everywhere.

CS Ad Exchange



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