

CS Newsletter

CONNECTING SYSTEMS



August 27th, n.6,v.1

hot-Hot-HOT!!!



Yes, Hot summer nights are still here- but, there is something in the air, in the outskirts of your olfactory sense, the glimpse for a nano-second at a hint of...*morning chill*. Summer is starting to sigh as its days are numbered. We can still get blasted with heat, but Fall has a toe in the door. Autumnal splendor may be 6-8 weeks away, but even in sunny California, there are a few leaves beginning their dance to the ground. Let us enjoy the rich harvest, the openhearted enjoyment of life, the ease of flow and lazier tempo. Play, just play. Be goofy! Run through a sprinkler, blow some bubbles, share warm evenings with friends. Connect with your real

Self and then send yourself a blessing, extend that to loved ones and those who you don't know, the Earth, Great Spirit, and be at peace with transition.

Fresh Cilantro-Chili-Lime Butter:

Want a fresh new taste on your grilled veggies or corn on the cob? I was experimenting with ingredients I had for a salsa. Then the brainstorm blew through my head, and suddenly a better butter was born. It is easy, but beware, it doesn't last long. Enjoy!



Melt $\frac{1}{2}$ of one cube of butter. Add juice of $\frac{1}{2}$ lime to the melted mix. Add about $\frac{1}{2}$ teaspoon chili powder or a pinch of cayenne, and $\frac{1}{2}$ cup finely chopped cilantro. Add the other half of the cube and stir until soft. You can refrigerate this to make it firmer. Spread over veggies, corn, bread, potatoes... be creative!

Yum factor: 10 $\frac{1}{2}$!!

FYI:

Cilantro: Interestingly, cilantro is one of those green gifts where we eat both the leaves and the seeds (seeds being called coriander). The unique flavor is a wonderful balance to spicy foods. The essence is about fine tuning the flow of growth cycles and coming into more ease when transformation is afoot. Seems *apropos* for the times!

Flower Essence of the Season: Sunflower

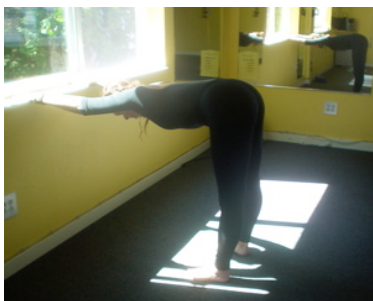


This flower is called *Girasol* in Spanish, which means turns with the sun. It is about personal power, freedom, and the breath of life that goes with the flow. This particular flower was on a stem that was nearly 2 inches across and 9 feet tall. The inner orange are smaller flowers and there are more small flowers in the middle which become the favorite snack of seeds. From the sun we have growth, and in our personal knowing lifting up to the skies we have spiritual connection in a grounded way.

Chuckle:

With Mars at its closest transit to Earth at the end of August, one might pose the question: Who came up with little green men from a red planet? Color blind Earthlings!

Yoga: Table Pose



This is a great pose for stretching the upper hamstrings, and elongating the spine. You can bend your knees a little. Just imagine you are stretching the top of your head from your tailbone. Wiggle a little to see how you feel. Bend one knee and straighten the other one. Slowly roll your spine up with the chin tucked.

Special Of The Month:

EZT Drops



Just the thing to have when everything is gearing up for collective change, meaning the "end" of summer and vacations, and returning to work, school, and more rigid routines. This combo brings in ease to transitions. Put a drop or two in your calming tea--a real chill pill in a bottle! [Click here for a more detailed description.](#) \$13 includes shipping!

Upcoming Events:



September 8-10. Peace, Joy and Magic Retreat at Enchanted Ridge Retreat Center, Cohasset, CA. Yoga, dance, face painting, peace meditations, drumming, facials, saunas, star gazing, and great organic food.... If you are interested, please respond to connectingsystems@yahoo.com.



October 6-8. Annual Summer-to- Fall Getaway on the Northern California Coast. Tide pools, redwoods, a pygmy forest and marine reserve are the surroundings for this weekend of connecting with Nature, releasing the first 3 seasons of the year and preparing for the next level of living.

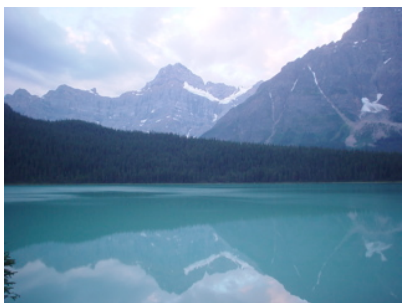
Coastal Camping And Nature Connection Retreat. (Full Moon) Oct. 6-8



And This Is It!!! My last trip to Merida. I am going to take a group one more time to this ancient city in the Maya land. I have added some surprises: flamingo reserve and beach, Uxmal, the music museum, more yoga, and of course the 3 day pampering of the hacienda. There are still some places, and airfares are good. Click below to learn more!

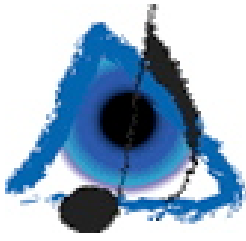
Mayan Adventure (Day of the Dead) With Dance And Yoga, Merida, Yucatan, Oct.27-November 3.

GO News!



I was in Canada and drove through the Banff Park to Jasper. I didn't know I had to pay a fee for each day I was in the park, which was 7. It was cheaper to buy a year's pass at \$123 than to pay for each day. I knew I would not be returning within a year, so when I returned my rental car, I gave it to a family heading out for their vacation. I told them someone had been very generous to me and I was just passing it along. Without hesitation they said when they returned their car, they would do the same thing! Hopefully that year pass will be used by lots and lots of people. (By the way, I took this photo!!)

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