

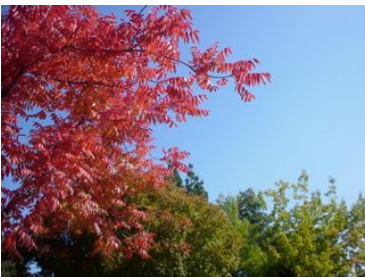
# CS Newsletter

CONNECTING SYSTEMS



October 17th, n.7,v.1

## Happy Fall



Bring on the cornucopia of harvest, brilliant colors, and sweaters in the evening: Fall is shouting, “It’s me, I’m here!” There is nothing dreary in the air, rather the anticipation of change with a bang. How does this affect our inner colors and nature? Say YES to abundance and peace. Say YES to transformation and brilliant sunsets. Say YES to noticing the energies shifting towards *Ocktoberfest*, pumpkin madness, longer nights, and dance with a leaf (or a pile of them!). There is a focus that comes with schools in session and vacations completed. Grab onto this energy and focus on living life fully, and there will be a return of fullness and loving that makes each day a gift.

## Easy Roasted Pumpkin Seeds:



When carving your Jack O’Lantern, pull out the seeds, and wash them. Put them on paper towel to dry, then into a bowl. Drizzle olive oil and toss. Put seeds on a baking sheet and add your choice of salt, chili salt, pepper, garlic salt, or herbs. Bake at 350 degree and turn every 5 minutes until crunchy. Eat alone, or crumble and use as a topping... Or, for a sweeter taste, toss in a little maple syrup, and bake for about 10 minutes, then add coarsely grated coconut and some orange rind. Keep turning until coconut is toasted. Yum factor: 10 ½ !!

## FYI:

**Pumpkin Flower Essence:** Pumpkin is a great help to get over procrastination. Helps you get into the job and finish it; energizing and connecting with inner strength.

**Coconut:** helps align the energetic spine and *chakras*.

**Orange:** incredible calm—good for heated or emotionally charged situations.

## Flower Essence of the Season: Maple



Just watch the leaves of this amazing tree turn from rich green to dashing reds and brilliant oranges. Its sap gives us the sweetest syrup, and in the summer the foliage gives us shade. Its roots can lift up concrete—Maple reminds us of the sweetness of groundedness and inner balance. It is non-negotiably happy to be here and helps us remember to bask in our presence and share our innate sweetness of spirit. Enhance your pancakes with some maple essence and syrup and self-doubt will melt like butter!

## Chuckle:

A 6 year-old was giving me a tour of her favorite place, the Library: “...and then we put money in the time machine before we can go into the *liberry*. (What??) Yes, that’s because you have to buy some time so your *mom-mie* doesn’t get a ticket.” Want to buy time? Feed a parking meter some coins.

## Yoga: Full Body Elongation With A Twist



Lay on the floor and stretch through the tips of your toes. Turn your head and arms one direction and reach. Reverse. You will feel longer and revived. Be like a cat: Eat when you are hungry, take naps often, play whenever, and do yoga all day!

## Special Of The Month: *Liquid Smudge*



“Clears the Air” with a boot! Out, out bad or congested vibes! Brings in the light in a no-nonsense way. Don’t leave home without it. Good for places with lots of foot traffic, car traffic, between sessions or depressions, after conflicts, hotel rooms... a true Mrs. Clean. Oils of Pennyroyal and Lavender neutralize air-borne bugs and **Blazing Salts** bring in additional clarity and calm. Check out the CS website for more products and holiday gift ideas! [Click here!](#) \$13 includes shipping!

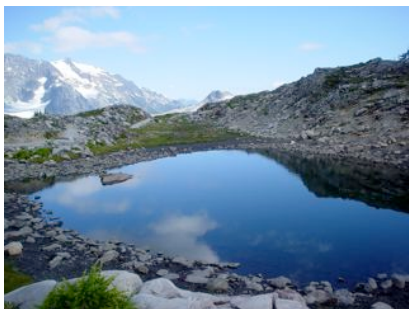
## Upcoming Events:



**Merida, Yucatan—NOW!!.** There is still time to experience the fascinating magic of the Yucatan. Oct.26-Nov.2 See the migratory birds and the flamingos, the Maya culture in one the most sacred times, dance on the streets and do yoga on the roof, travel through time and spend the night near a Uxmal, then retreat to a hacienda in the Yucatan jungle. It's not too late...Just do it! [More info here!](#)



**November Food Fest!** On November 12th come to cook great food and use flower essences and herbs to enhance to life force. We give thanks for this bounty and celebrate the Earth and Spirit's gifts to us. For additional information, please click [here](#).



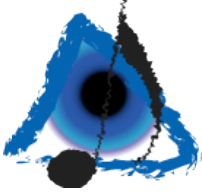
**And beyond...** You can be present in the now, AND plan for holiday gifts, Summer '07 vacation/yoga in the Northwest, camping on the coast or in the mountains to connect with Nature and dreams... Take a look at the workshop possibilities to combine vacation, week-end getaways with Nature, dance, yoga and adventure. [Plan ahead here!](#)

## GO News!



I was thinking about all of the seasonal changes, and yet feeling a little down for some undefinable reason. I heard myself sigh and thought, you know, I need a little sign of happiness to help me focus on goodness and delight. I was walking into the local market. Lo and behold in the parking space was a yellow rose. I could almost hear the giggle. I started to laugh. Just ask and the magic is there!

## 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](mailto:expertaudio@mac.com) or call: (925) 962-9783



### **Hypnotherapy, Reiki, Matrix Energetics**

Kate Schrup is offering Hypnotherapy, Reiki, Matrix Energetics and more, currently available at Meditrina ([www.meditrinaspaspa.com](http://www.meditrinaspaspa.com)) world healing spa,--by the way, with a birthday party on 10/20! Contact Kate at 510-835-4659.

KATE SCHRUP  
MPH, BA, CHT, RMT  
CERTIFIED HYPNOTHERAPIST  
REIKI MASTER TEACHER

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