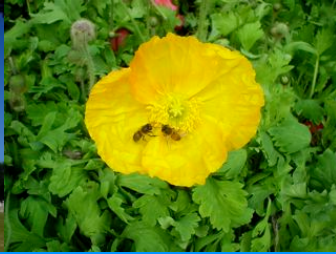


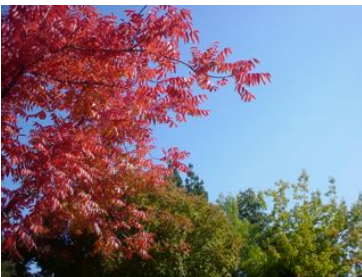
CS Newsletter

CONNECTING SYSTEMS



November 27th, n.8,v.1

Giving Thanks



and heading down the home stretch of the year... like a weary runner, we are in the last lap of our year. Along with the fatigue, there is exhilaration and gratitude that we are here—still in the space of life and love, finishing this cycle with a joyous sprint. We (in the northern hemisphere) get ready for wintery days while still watching the leaves still falling from the trees. There is an exuberance as Fall is turning her colorful head towards winter. Cold nights, warm hearts and spiced chocolate, slippers and fires, cuddling with your favorite 4 or 2-legged friends...

what a beautiful way to end the year. Let us count our blessings, and know our riches truly lie in exchanges of the heart.

Yucatecan Beets:



This is an easy and favorite holiday treat I tasted while living in the Yucatan. For fun, try a mix of gold, orange, and red beets. (This is very grounding as well!) Boil 3-4 medium beets in salted water, or 3 small of each color in different pans. Drain and save the water (great for a kidney cleanse later!). Cool slightly and rub off peel; slice into 1/4 inch pieces. In baking dish, alternate beet slices with thinly sliced red onions. Mix the juice of 1/2 lime per 2 beets with salt, a little olive oil, 1/3 chopped cilantro, and one finely seeded and chopped *serrano* chili. Let sit overnight. Bring to room

temperature and serve as a “*botana*” (snack).

FYI:

Beets: brings in a sweet, but solid groundedness; also good for blood and purification

Cilantro: delicately soothes or balances over-stimulated or “hot” circumstances

Lime: cleansing and amplification of all other healing modalities

Flower Essence of the Season: Pumpkin



In general, things that grow on a vine teach us about stick-to-itiveness and tenacity. This can help us bring projects into fruition. The pumpkin, planted in summer, bridges us into fall and winter and brings us a ray of hope and enthusiasm during dreary, cold, seemingly endless days of winter

Chuckle:

When my parents visited us in Merida, Mexico, I asked them if they would like to go to Chichen Itza. “Oh no!” (What - no?) “No, thanks we don’t eat chicken pizza.” Baffled, I explained that Chichen Itza are world famous ancient Mayan ruins. Too late, it stuck-- they still refer to it as that “old chicken place”.

Yoga: Stress Reduction Breath



Sit with spine straight. Breathe in for a count of 4, hold for 2, breathe out for a count of 6. Repeat 4 times, slowing the breath down a little each time, then breath normally. Repeat as often as necessary for peace of mind and body.

Special Of The Month:

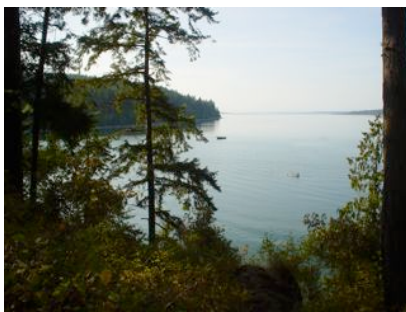


This mist is made from a new Salt (aptly named “Out with the Old!”) The flowers are from the Yucatan peninsula and include wild passion flower, gardenia, ginger, *bougainvillia*, morning glory, and a crazy pink vine that can bring down any stone wall. The bees were buzzing all around and I find they bring in sweetness. This helps bring a gently but unwavering release of outdated habits or attachments, and opens the door to creative, kind, and replenishing use of energy. Scented with Gardenia, with a touch of lemon and pine. Check out the CS website for more products and holiday gift ideas! [Click here!](#) \$13 includes shipping!

Upcoming Events:



Back to the Yucatan! I have been requested to give a special yoga and dance retreat near Merida in February. There will be 3-4 hours of class a day, and one get away trip to a nature reserve where the flamingos nest. More info to come.



Lummi Island!

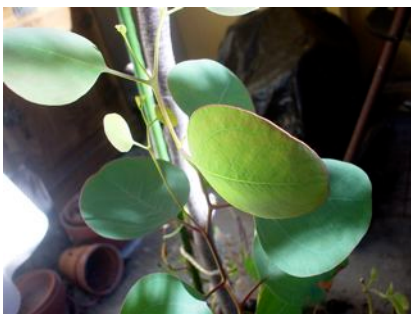
PLAN NOW for Lummi Island in August!

[Click here](#) to read the details.



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!](#)

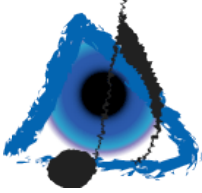
GO News!



Our apartment is surrounded by trees -mainly eucalyptus. The leaves cover the patio where we grow flowers and herbs. One day I noticed something strange in the morning glory pot -a small eucalyptus was growing. There is something magical about watching a tree grow. Have you ever planted a tree from seed?

Try it! You'll like it!

CS Ad Exchange



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

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REIKI MASTER TEACHER

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