



January 31st, n.1,v.2

SNAP!!! It's cold out there....



Ice storms, frozen Californian swimming pools, unexplained gas leaks and smells all over the planet, sunshine when there should be rain, and no snow in the French Alps (it all went to Colorado). What is going on? Ahem, may I suggest, “change?” How do we make lemonade out of lemons if they all just froze? To truly go with the flow, we need to let go of where we decided the flow was flowing! Get out of the box and be here now as the world turns differently. Play some happy music, laugh with a friend, and keep your heart warm and open for the new and different, 2007 year

Hot Spiced Apple Cider



It used to be that we would put juniper berries, cinnamon sticks, cloves, orange peels, a couple of pine needles, a little ginger root, and simmer apple cider for a couple of hours until all the spices came together and the beverage was hot, warming and comforting. Who has the time to do that? Try this: get your favorite spiced tea (I love Bengal Spice by Celestial Seasons). Put 2-3 tea bags in about 4-5 cups of your favorite cider. Bring it to just bubbling, cover and let sit for 10 minutes. Have a cup, and save the rest for later.

FYI:

Apples: Apple flower essence keeps us calm, positive, crisply clear in our health without fear or worry

Orange: keeps us calm amidst the flurry of life

Juniper: Keeps a positive vibe in our personal energetic field

Flower Essence of the Season: Ginger



As an herb, ginger is warming, good for digestion, and great in food. As a flower essence it lights up our spirit in our actions. Especially good for those who tend to overextend or take multi-tasking to excess. It keeps a spiritual thread alive and nurturing in the midst of over zealous activity. Joy and calm, growth without itinerary, and clarity to say yes, I am resting now in my true self, trusting all is well.

Chuckle:

A few wonderful insights from my piano students. Question: What kind of piano do you have? Answer: Well, it's kinda gross (??) It's made out of elephant teeth. And, regarding my holiday gift... yep, you can wear it as a shawl or use it as a tablecloth!

Yoga: Viparita Karani



My first yoga teacher used to call this martini-asana. Why? Because of the effect of this easy and relaxing pose on the nervous system and stress levels. It is great for increased circulation, and a myriad of physical ailments improved by inversions. Relax, put your feet up the wall (buttocks on a pile of blankets). Add an eye pillow for deeper relaxation.

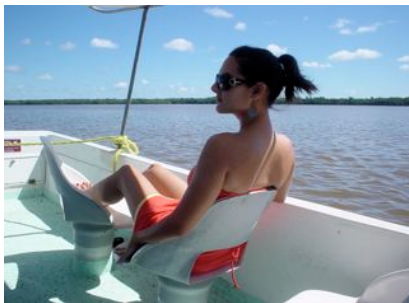
Special Of The Month:



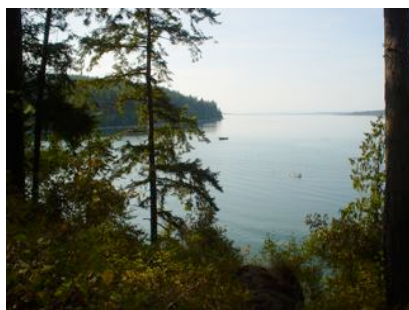
I received the name of this mist in a meditation, but no information beyond that. Then, in mid-December, I got the whole list (about 80) of flower essences to make a new combo called "Soul-R Pow-R". Along with Ancient Knowing Salt, this is the greatest assist for the winter blues, deep depression, grief, trauma, or just a bad day.

It brings the power of spirit through the clouds of life and helps us to lift above the gloom into the light. An interesting blend of oils including Ylang-ylang, rosemary, rose otto, and fennel. [Click here!](#) \$13 includes shipping!

Upcoming Events:



Yoga Adventure in Yucatan March 2-9. Getaway and get revived in time for Spring. This retreat will feature 2-3 hours of yoga and some dance (Latin and some Afro) daily. We will take advantage of the warm weather to explore poses. There will be time for exploring, seeing flamingo reserves, ruins and shopping. There is a limit of 6 only to assure individual attention. \$1200 includes lodging, classes (including 1 private class), field trips, 2 nights at Hacienda Chalanté near Izamal and one day to see the flamingos and play at the beach. For more information, [click here](#).



Lummi Island! August 3-10.
PLAN NOW for Lummi Island in August!
[Click here](#) to read the details.



Enchanted Ridge in September

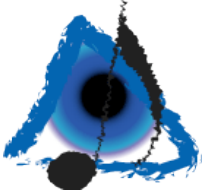
And beyond... You can be present in the now, AND plan for holiday gifts, Summer '07 vacation/yoga in the Northwest, camping on the coast or in the mountains to connect with Nature and dreams... Take a look at the workshop possibilities to combine vacation, week-end getaways with Nature, dance, yoga and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

GO News!



While sitting at a sidewalk café in North Beach (the Italian district of San Francisco) on the last day of the year, we were people watching. Locals and tourist chatting, laughing, walking and lo and behold we noticed an eagle atop the spire of a nearby cathedral. Just to make sure we were not confused, it floated to another perch. Enormous wingspan and grace in the middle of the city. There is beauty where you would least expect it, and miracles perching if we only pause and look.

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