

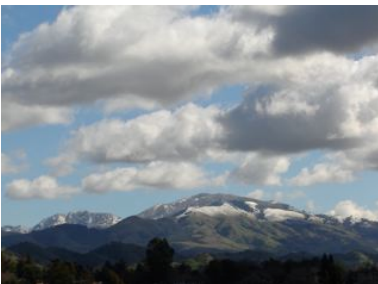
CS Newsletter

CONNECTING SYSTEMS



March 12th, n.2,v.2

We Are Green Again !



Did Phil/Phyllis Groundhog see his/her shadow? NO! Are the daffodils bursting out of the ground here on the Left Coast? Yes! Is time racing so fast the clocks jumped ahead early this year? You got it-- we're off and running in a direct and gorgeous collision with Spring! One day frost, the next day sunshine and T-shirts, followed by rain and a gorgeous sunset... leading to a longer day and thinking of planting. Greetings folks, we are green again. *"Walk softly in the spring, for the Mother Earth is pregnant"*--Cheyenne proverb

Croutons!—An underrated commodity!



Here's a simple recipe with infinite yum possibilities: slice and cube any slightly stale bread. Sprinkle with olive oil, sea salt, and put on a cookie sheet, at 250 degrees, turning every 5-7 minutes until toasted and dry. Turn off oven and let sit for several hours. Store in an air-tight container.

Variations: Rub garlic on sliced bread, then cube and proceed as above; half-way through the baking sprinkle with parmesan cheese or sesame seeds. OR, do as above, but then toss in fresh or dried dill or the herb of your choice-- add lemon zest. Or basil/chives with chili flakes and tangerine zest, or black truffle parmesan, black pepper and a hint of oregano.

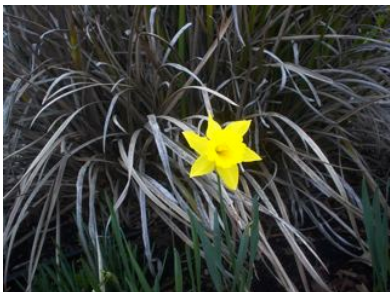
Grind them for crumbs or, use as stuffing, on soups/salads, or casseroles... be creative!

FYI:

Dill: Great for transforming stored potential into reality in a playful way; eases depression and soothes emotions by adding an objective and wiser/soul-full view of situations.

Lemon: The Mrs. Clean of the flower essence world! Gets into every corner of your life and lifts the film off! The fruit itself is also a powerful cleanser: Hot and water and lemon in the morning for 1-2 weeks gives you a nice system tune-up.

Flower Essence of the Season: Daffodil

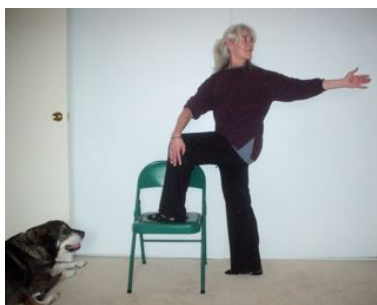


Just look at the unabashed enthusiasm of this herald of spring. It pokes out of frosty earth and then flares its sunshine in all directions. It is a cup o'confidence that cuts through ego static and amplifies the clear voice of the divine within the heart. If it had feet, it would most assuredly jump up and down announcing true spirit and happiness. If you need a reminder of your inner beauty, daffodil flower essence is your next best friend.

Chuckle:

From the mind and humor of a 6 year old: What is the highest fowl standard? Eggs-cellent. (ouch)

Yoga: Standing, supported revolution!



Place one leg on a chair near a wall. The other leg is directly beneath you. Without moving the hips, begin to rotate at the low ribs, using opposite hand on knee. Engage the low belly muscles for support as you lift the top of the head away from the base of the spine. Kidney cleanse, spine stimulation, chest opener, balance and confidence. Yahoo!

Special Of The Month:

Happy Mist

Mist of Change



A Duo of Encouragement and Uplift! The **Mists of Change** and the **Happy Mist**—together they will help to let go and receive with a lightness of heart and fortitude of spirit. Feeling still sluggish from winter and indoor heating? Time to burst out, spring clean, giggle, or be outlandishly happy in public. Mist, breathe, receive, and give. It is a good time to be alive. [Click here!](#) \$25 includes shipping!

Upcoming Events:



Lummi Island! August 3-10.

Taking reservations for Lummi Island NOW! This popular place gets booked early. There is a limit of 10 people only. Consider a giving yourself an unforgettable experience surrounded by incredible beauty, rest, yoga, pilates, hiking and limitless dessert in the form of wild berries... hurry, it is already filling up!

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



Summer solstice campout. June 22-24

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!](#)

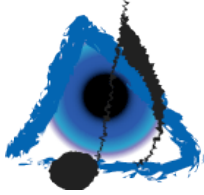
GO News!



Are we Laughing yet? We went to a presentation about Laughter yoga. Yes, laughing-- for fun, for stress reduction, for lower blood pressure, for releasing anger. And, laugh, we did. We returned home to find that our guest, Dewey, the dog, had smeared garbage all over the white carpets... tomatoes, avocado, onion peels, made into carpet guacamole. So entranced we were with laughing, we both hit the floor while trying to say, "Bad Dog!" Try it, you'll like. Children laugh 400 times a day, adults, 15. Fix that. Find a laughter club near you.

CS Ad Exchange

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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. www.aldoborzoni.com. Mail to: 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) world healing spa,--by the way, with a birthday party on 10/20! Contact Kate at 510-835-4659.

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