

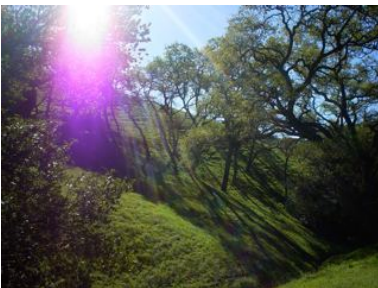
# CS Newsletter

CONNECTING SYSTEMS



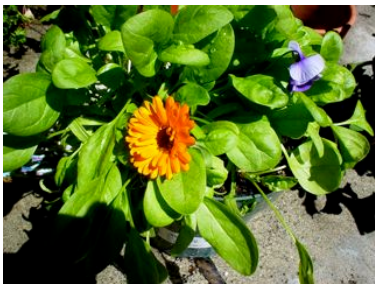
May 2nd, n.3,v.2

## Hip-hip hooray, golly-garsh it's May!



The ides of March, blew into April showers, which are indeed bringing forth May flowers. Winter is still trying to strut its stuff in some areas, but the real grip has been melted away by Spring's insistent sparkle. How is your inner sparkle? Perhaps a spring tonic or yoga class might help you keep up with this bounding energy as the earth gives birth.

## Spring edible tonic



Tonics are usually drinks, but you can go green for an inner clean, and have a meal. Spinach, asparagus, artichokes, tender young carrots, young herbs, calendulas, Johnny Jump-ups... be creative! Steam salted asparagus until bright green and tender, then plunge into cold water. Drain. Chop carrots, asparagus and artichoke heart into bite size pieces. Blend the juice of a small lemon, about ¼ C olive oil, minced herbs, 1 clove minced garlic, salt and pepper. Pour over veggies. Let sit for about 30 minutes. (you can cook the artichoke the day before, eat the leaves and save the heart). Place about 2 cups of spinach per person in large bowl, add chopped veggies, toss. Top with toasted sesame seeds and flower petals. The word is YUM!

(If you aren't interested in a tonic, a little gorgonzola is a nice extra, along with bread)

### FYI:

I add as many flower essences as I can to expand the energetic effect of the food.

**Lemon:** The ultimate energy cleaner

**Carrot:** groundedness

**Asparagus:** information filter that leads us sensitively, and kindly to wisdom

**Artichoke:** assists in getting past sticky situations to the sweet heart of the matter in peace

**Calendula:** grounds our personal power in a cheery way right to the earth

## Flower Essence of the Season: Geranium



From the tiny hairs that are on the stems and leaves to the tiny dancer the stamens make, this flower is all about lifting out and sifting through the mundane and dancing your inner dance with the flowing rhythm of your higher self and the Great Spirit. Geraniums do “blend”, but are outspoken participants to their own enthusiastic beauty. Connect with essence Self and take off into soul blessed bliss.

## Chuckle:

Why are there mushrooms at every party? We all love a fun guy (fungi-rrr)

## Yoga Pose:



This is an interesting combo of heart opener and power chakra power. A true backbend liberates heart, exposes the power chakra and in no way offends the anchor of the lower back. Stand up and feel the tail bone (sacrum)...at the same time feel the low belly reach toward that point. Lift up at the heart. The breastbone (sternum) rises like a flower to face the sun. The upper spine follows. If it feels secure, you can follow with 1 or 2 arms. There is no buckling in the low spine.... Only an exquisite opening of the upper spine. The 3rd chakra (solar plexus) is happy to be happy. (thanks to Lacey Lampe for her pix and superimposing the chakra color where it belongs!)

## Special Of The Month:



This flower essence combo was made to assist with bringing in the absolute beauty and wisdom of the soul into our daily life. This changes living in the fast lane. This helps us remember our own infinite abilities and lifts us up to see the bigger, grander picture. Just BE. Just breathe. Remember who you are and rock! (made with **Ancient Knowing Salts**) [Click here!](#)

## 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!](#)



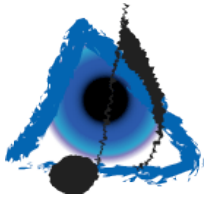
**July Famous Flower Food Fest!** Exceptional vegetarian foods that are literally dancing with happiness. Organic food, tossed with love. Fresh pasta, 2 sauces, wild mushroom appetizer, caprese like you've never tasted, and dessert! Includes hands on cooking, recipes, good music and lots of laughs... BYOA (Bring your own apron!) Limit: 6

## GO News!



The good news is ever single second of every single day has an infinite opportunity to spring forward and break through old, outdated, patterns. Be a kid. They have no concept of next week. If they laugh hard, they must fall down. They forgive easily and forget rapidly. Today is their best friend. Connect with this goodness and spread it to epidemic levels. On your marks, get set, GO!!!!

## CS Ad Exchange



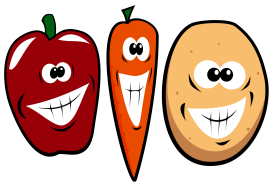
### Audio Restoration - Soundtrack Editing

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



### "Laugh-yette" Laughter Club

Laughter Yoga is an evolution of body-mind healing systems that combines simple laughter exercises, gentle stretches and yogic breathing to enhance health and happiness. Join with a group of others to laugh and have fun! No special clothing or props are required. You don't even need a sense of humor! "As seen on Oprah" . Sunday mornings, 8:00-8:45 AM, at the Lafayette Health Club. For more info: Jillian Standish, [jilyn2@comcast.net](mailto:jilyn2@comcast.net), 925-640-6467



### Now offered at LHC: Quantum Biofeedback

This is the most amazing healing technology we have come across and is the most sophisticated form of biofeedback out there. This technology is used by many holistic health care practitioners and doctors, including Dr. Jeff Spencer (Dr. for Lance Armstrong and his team) for healing and optimal wellness. [Click here for more info.](#)

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