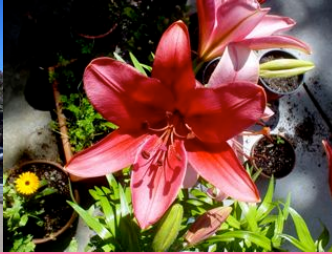


# CS Newsletter



July 1st, n.4,v.2

## Summer time, and the livin' is easy....



The Solstice has just passed, we are basking in days of light and growth spurts. (Unless you are in the San Francisco Bay Area where seasonal fog has us putting on coats.) The seeds of spring have sprung into fruition and we are slowing down. (really??) Remember the lazy, hazy, crazy, daze of summer? If every lane is a fast lane, why not think of pulling out of this pay-way of life into the real free-way of living? Take time to kick back. Watch a sunset or a little league baseball game. Play bocce ball. Take a nap. Eat lots of color in fresh fruits and veggies. And let your spirit soar with the hawks, on the warm winds of the summer sun. Above all, greet your heart

and Spirit with gratitude and pure joy, as life is great!

## Food Treat



**Grilled veggie salad:** Onto your grill add one red or green pepper (whole), corn in its husk, one onion quartered (you can do this ahead of time and let it sit in soy sauce and balsamic vinegar). Cook until tender and cool. Seed the pepper, remove the husk/silk from the corn, take charred paper off onion. Chop everything (remove corn with knife off of cob.) Combine lemon juice, olive oil, fresh chopped basil, minced garlic, dijon mustard, and pepper to taste. (2 T lemon, 3 T olive. 1 T basil. 2 T dijon)

Let sit 30 minutes on veggie mix. Toss into fresh salad greens.

## FYI (flower essences):

**Green pepper:** inner peace

**Red Pepper:** grounded peace

**Corn:** being balanced in community or crowded situations

**Mustard:** relieves deep-seated depression and brings in sunshine

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

## Flower Essence of the Season: Tomato



Ah the tomato, *tomodoro*, *jitomate*—what a luxury and staple of summer. The essence of the flower can be seen just by looking at the plant. Hairy plants suggest cleansing, brushing, filtering, and that is what this plant offers: a thorough energetic cleanse that succeeds in washing away blockages on all levels. Put a few drops into any salad dressings and get the full benefit of gifts of this glorious fruit.

## Chuckle:

Who is the most favorite summertime couple?

Answer: Barbie and Mike (Bar-B-Q and Mike-cro-wave).

## Yoga Pose: Sun Salutation

Bringing back the famed Sun Salutation to salute the long and happy days of summer!



*Tadasana*: Be the mountain, where the sun rises.

*Urdhva Hastasana*: Reach the heart up to the sun.

*Uttanasana*: Take the sun to the Earth

*Urdhva Uttanasana*: Lift back to the Sun

*Chataranga Dandasana*: Feel the earth's resonance

*Urdhva Mukha Savanasana*: All paws on ground, heart up to sun

*Adho Mukha Savanasana*: All paws on ground, tail up to sun

*Urdhva Hastasana*: Lift back to sun

*Uttanasana*: take sun to earth

*Urdhva Hastasana*: reach heart to sun

*Tadasana*: mountain wise and grounded

The pose explanation corresponds to the figure (in order). I like to do sun salutations in each of the four directions: East-beginnings, South-physical healing, West-transformation, North-spiritual healing. Then I add one, focusing on the heart, where all things transform.

## Special Of The Month: **The 4Rs**

Now is the time, to rest, relax, repair... lay in a hammock, read a book, or just watch a tree grow. Take time to be nurtured with the summer bounty and become whole and grateful. [Click here!](#)

## Upcoming Events:



**Lummi Island!** August 3-10.  
FULL!!  
Try us next year.  
[Click here](#) to read the details.



**Vegetarian Cooking With Flower Essences And Herbs.** July 9  
An assorted menu, flower essences to balance energy and happy hearts, great company, music, -- all things to make a divine meal with friends (and animal friendly!! No chemicals! Yahoo!) Includes hands on cooking, recipes, good music and lots of laughs... BYOA (Bring your own apron!) Limit: 6



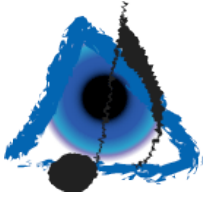
**Enchanted Ridge Retreat.** September 14 - 16  
This is the Treat and Re-treat yourself Retreat! Yoga, dance, sauna, quiet time, lovely farm house, fire circle, stretch, dream, and eat, oh, yes!--fabulous organic food with great olive oils, and beyond...  
[Click here](#) for more info and scroll down to September.

## GO News!



I always write something here about the goodness I have found in the most unexpected places. This time, I am going to ask YOU—yes you, to look around and find something uplifting, surprising kindness, or heehaw loving... then tell me and I will put it in the next newsletter! Not a competition, just a sharing. Get going for Good Only news!

## CS Ad Exchange



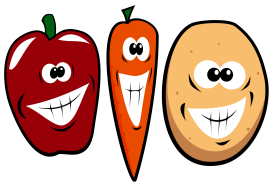
### Audio Restoration - Soundtrack Editing

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 Matrix Energetics, Reiki, Hypnotherapy and more, currently available at Meditrina ([www.meditrinasp.com](http://www.meditrinasp.com)) world healing spa. 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



**LAFAYETTE**  
**HEALTH CLUB**

### 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.](#)

Want to add your ad to this section of CS Newsletter? Write us at: [connectingsystems@yahoo.com](mailto:connectingsystems@yahoo.com)