

# CS Newsletter

CONNECTING SYSTEMS 



August 22, n.5,v.2

## Hot August nights and harvest time...



There is a sigh in the air and an anticipation as we head to the formal end of summer on the Labor Day weekend. Although the equinox is still a month away, there is a whiff of change in more than one tree. Did you get a break? Did you stare at meteor showers or wonder at the magnificence of a sunset? Perhaps read the entire Sunday paper with a great cup of tea or rich coffee, still in pajamas? This is summer,..ahem, was summer, and now we gear up for the leap into September. Take it easy, the collective momentum will help you even if you are sitting down. Just breathe, and enjoy. Life is truly but a blink.

## Food Treat



**Caramelized Walla-Walla-Chard-Smoked Salmon Frittata:** It's Walla-Walla time! They are sweet, juicy, BIG onions. Slice thinly and sautee in olive oil in a cast iron pan. After 5 min. add  $\frac{1}{4}$  cup white wine. Add a little salt and one minced clove garlic. After about 10 min. add 1 tsp. sugar. When it begins to brown, stir. Onions should be brown and translucent. Add chiffonade chard; cover for 3 minutes. Beat 6-9 eggs until frothy. Turn oven on to 375°. Pour eggs over all. Cover, cook on med-lo for 10 minutes. When the sides are beginning to harden, add  $\frac{1}{2}$  cup smoked salmon in pieces over all with chives and a little pepper. Bake until knife is dry, about 20 minutes. Sprinkle with parmesan cheese and eat up!

## FYI (flower essences):

**Chard:** emerging boldly out of depression or anxiety

**Walla-Walla Onions:** peeling layers to get to the underlying sweetness of the big heart

**Salmon:** clearly not a flower essence, they bring us courage to swim upstream to home

## Flower Essence of the Season: Dahlia



There are a *gazillion* types of dahlias, each with a unique resonance depending on the color, shape, and size. The flower, in general, is about bursting from hibernation into brilliant life, led by your own spirit; unabashedly looking upward and onward, without qualms of fitting in, yet with a tribe of like-minded free thinkers. In addition, it contributes to stamina when you are in a storm (energetic or physical) and have to keep on keeping on. Be a dahlia: Burst into yourself!

## Chuckle:

Take advantage of the last days of hot weather and surprise yourself and family or friends by running through a sprinkler. It is guaranteed to make you and them laugh. Nothing like hydrotherapy!!

## Yoga Pose: Sukhasana



The happy pose (legs crossed), is the basis of this pose to realize your greatness. Upper arms parallel with the floor, elbows bent, long fingers up, short fingers down and covered with the thumb. Breathe. Hold pose for 3-11 minutes. Helps with depression, fatigue, overwhelm, insecurity, and exhaustion.

## Special Of The Month:



Brand new, hot off the cosmic press, this is the mist I have been waiting for! Made with **Hurricane Salts** this mist is all about life in the no lane. No clocks. No deadlines, no noise, no demands. Unplug and give yourself a moment of inner quiet.

**Great News!! Our Website is finally re-vamped: new format, photos, specials, products, and articles. [Just click here to cruise the news.](#)**

## Upcoming Events:



### **Enchanted Ridge Retreat.** September 14 - 16

Set in the foothills east of Chico, this incredibly beautiful place is made for retreats. The farm house is comfortably funky with screened porches, many beds, and an inviting table in a grand room/kitchen. The barn's loft is the yoga/dance studio. The grounds feature acres with apple orchards, sauna, pools, berries, and gardens. It is a place to rest. Daily yoga and dance, fire circle, amazing food—this is a deal because of a typo I made. \$225 includes all. (You can also pitch a tent if you like). 10 person minimum. [Click here for more info](#)



### **Equinox Camping Trip on the coast.** September 23-24.

Salt Point not only boasts of a marine reserve across the “street”, but a pygmy forest within walking distance. Join us for camp fires, stories, Equinox ceremony, nature meditation, and more. [Click here for photos and more info.](#)



### **Retreat in Maya Land** October 26-November 2.

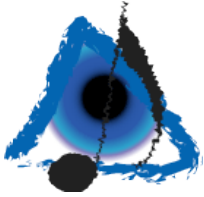
[Click here to read about the exciting new changes!!](#) (A visit to Chichen-Itza, one of the New Wonders of the World, Day of the Dead, and more) [Click here for photos and more info.](#)

## GO News!



I recently heard that all of the dismal predictions by ancients, psychics, futurists, Buddhists, economists, etc can be changed by .01 percent of the population thinking and sending good thoughts into the greater universe. So I am challenging you to send one good thought out there everyday. Just one. Imagine the earth the size of a baseball. Hold it in your hands and surround it with one good, heartfelt thought. Click on your internal Send button. Done. Go for it!!

## CS Ad Exchange



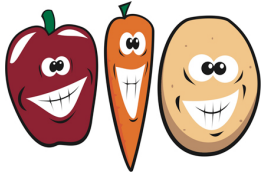
### Custom DVDs - Audio Restoration - Soundtrack Editing

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### 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



### 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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