



October 23, n.6,v.2

Going, going, gone... And coming, coming, here!



Good-bye fresh tomatoes, basil, cantaloupes, Indian summer days, and helloooo pumpkins, hard squash, fall chard, and chilly, dark mornings. We are in the middle of the splashy, colorful, exuberant Fall! The erratic back-to-school energy has calmed, and a sweeter-sweater kind of thing has taken its place. Are you finding yourself a little nostalgic for no reason? Wanting a cup of tea or blanket and don't know quite why? It's time to change time. It's time to get cuddly. Nurture yourself. Take a slow hike. Stop and smell the last roses, for now. Treasure and savor every delightful moment of these changes, within and without. Be like a

tree: colorfully alive, ready to let go, and generous with your smile, it's Fall! (By the way, can you see the church tower in the wine glass?)

Food treat: the amazing Margherita!



This is so easy, it's too easy: We love a pre-made, 8" corn crust, but you can use your favorite. Grate $\frac{1}{2}$ - $\frac{3}{4}$ cup mozzarella cheese (to your taste). Slice 1-2 small tomatoes or romas. Chiffonade 4-5 leaves fresh basil. Put cheese on crust (you can add one clove pressed/minced garlic to the cheese if you like). Arrange tomatoes on top (we add olives, too). Sprinkle with some olive oil, basil, & salt. Bake at 450° for 8-10 minutes. Serve with a salad. Bon appetite!

FYI (flower essences):

Tomato: vibrational cleanser, cleansing of blockages, a oneness of energy and physicality

Basil: helpful in recovery of illness, good for releasing emotional chaos inviting peace to prevail.

Olive: open-mindedness, ancient knowing that releases rigidity and oils our grip on fears.

Essence of the Season: Carrots



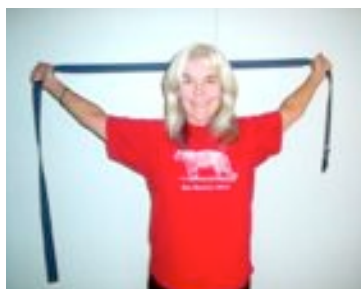
Carrots have been growing all season and are being yanked out of the ground now. The key word is grounding. The color is the second chakra which has to do with masculine-feminine balance and creativity. Ground in your dreams and projects with a little carrot essence. If you feel spacey, think of the magical carrot... it does help us see!

Chuckle:

Although I don't feel that much older, when I told one of my piano students I was 5 once, he looked at me... nodded, then said, well, that was in the olden days, right?

I said, not that far back, we had a TV. He asked, color? I said, play the piano. Argh!

Yoga Stretch: Shoulder opener with a strap



Hold the strap in both hands at shoulder level. Breathe in and lift the strap up. Slowly, let the strap out as you lower your arms behind you. Keep your jaw relaxed and shoulders down. Pay attention to where it feels tight, and hold it there for 2-3 breaths. Release it all the way down, and repeat 2 more times. Breathe in as you lift, and say "ahhhh" as you lower.

Special Of The Month:



Angel Mist... Plus!! Lately, I have been making custom orders with **Angel Mist** as a base for easier sleep. Body tired, but mind won't stop? Life in the flash lane? (welcome to menopause), insomnia for no apparent reason? This is your pillow mist. It is a sweet way to release your day, or if stress has built up and there wasn't time (or energy) for a spin class, this is for you. It calms children (and animals), transforms anxiety, and acts as Mrs. Sandwoman. Sweet dreams!

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

Upcoming Events:



Food Fest—postponed until Dec. 2. It is almost full, so write to reserve your space now! We will be doing a medley of late harvest and winter foods: coconut-curry Thai soup, wild mushroom risotto with black truffles, baked acorn squash with cranberries, homemade bread, and real pumpkin pie in a sweet rice crust. There are three words for this: *yum, yum, yum*.



Pre-holiday Peace Meditation. November 14. 7:30 pm - 8:45 pm. \$20 or offering. Prepare for the string of holiday activities with some guided visualization, breathing, and relaxation techniques. This includes a bottle of **D-stress and Relax** or **Angel Mist Plus** mist.

To sign up, write to connectingsystems@yahoo.com. Please specify what mist you would like. We will start promptly at 7:40.



2008 Workshops will include possible trips to Italy and Costa Rica's Osa peninsula, Merida, Yucatan, for the International Guitar Festival (second week of November), Lummi Island retreat, high country summer solstice trip, and Mendocino coast Fall camping trip, plus spring camp-out weekend on Mt. Diablo. Soon to be published with details.

Holiday Specials will be posted around Thanksgiving.....

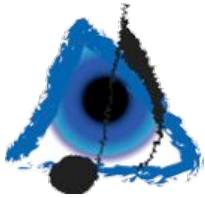
GO News!



We have a sick friend who is far, far away. I have an opportunity to go and be the next care-giver in a country where I do not speak the language. The power of prayer and intention is quite strong, for our funds are small. An outpouring of love, contributions, messages, just made my eyes cry. The human heart is an amazing thing... and this is really good news!! We are a circle. We are connected. I thank you all for reminding me as I write our newsletter, how fortunate to know you. If you have good news to share, please write it and I will put it in the next newsletter.

CS Ad Exchange

Custom CDs and DVDs - Audio Restoration - Soundtracks

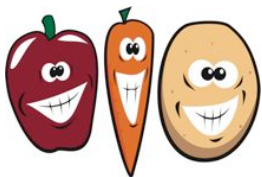


Holiday gifts—plan now. Get those memories stuck in boxes out! I have restored worn out LPs, waxed 78's, home movies from years ago (sound, color, narration) to DVDs. Restoration takes time and patience, but delivers a product that brings tears of happiness. I have a growing list of delighted customers. Surprise someone this holiday season! Get your custom CDs or DVDs now. www.aldoborzoni.com. Mail to: 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.meditrinaspa.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, 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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Body-centered psychotherapy invites all facets of being—physical sensations and movement, emotions, images, memories, beliefs, energy and spirit. Experience deep change in limiting patterns and illuminate untapped resources in your Self. **Lisa Kully**, Licensed Marriage and Family Therapist and Certified Hakomi Therapist. Rockridge (Oakland) Office (510) 601-7980 www.embodiedpsychotherapy.net

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