

December 4, n.7,v.2

Happy (whoosh) Holi (whissh!!) Daze (did you feel that??)



Cold air in your lungs? Even in “sunny California” it was icy this morning. The trees are hanging onto the last of their fall make-up, and a few roses are bravely defying the chilly nights. The Autumn Train is approaching the Winter Station, and here we are, kicked into the jolly season. Have you hugged someone lately? Laughed out loud for no reason? Done a random act of kindness? Now is your chance. Go for it! Throw some love pellets into our universe. Celebrate being here, now, wherever you are-- it makes a difference.

Food treat: Radicchio/Pear/Gruyere Salad



I was recently in Italy and fed at the house I was staying in. This salad absolutely sent me to heaven. Very simple but wonder-full flavors. One head of radicchio (Treviso, the long kind is best, but the other will do). Wash, dry, slice about 1” thick, then coarsely chop into small pieces. Add about ½ cup thinly sliced gruyere (about 1” slices), 2 pears, peeled and cubed. Add a pinch of salt. Mix about 1-2 tsps apple cider vinegar and about 1Tbsp olive oil.. shake, toss. *Ecco!* (italian for *voila!*) Eat up... it is best freshly made.

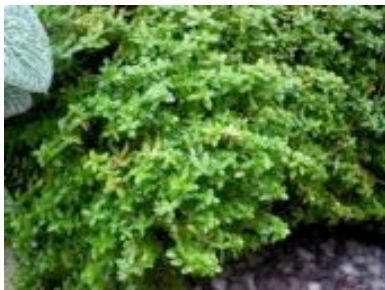
FYI (flower essences):

Pear: pear flower essence spiritualizes group intentions, and helps with sound healings

Radicchio: brings up ancient knowingness of truth and healing

Apple: sustains innocence and delight as well as steadfast nurturing of the spirit

Essence of the Season: Thyme



When there is no time, and you feel you haven't got the time for time, try Thyme flower essence. It helps adjust to time changes, and also helps us stay in the present. When we are in the flow of the eternal now, we are more receptive to receiving and giving love.... all the thyme.

A wonderful gift, when you've got the thyme!

Chuckle:

One of my piano students announced he was eating a lot because he was hoping for a growth sprout...

Yoga pose: Cat/cow back stretch



On all fours, place your hands under your shoulders. Inhale. As you exhale, beginning with your tail bone, curve your spine as if you are molding it over a rainbow. Pull your navel up to your spine. As you inhale, start with the tailbone again and turn it up while stretching the heart forward and keeping the back of the neck long. Repeat 3-5 times for instant stress

reduction and back relaxing.

Special Of The Month: Holiday De-stress Duo

De-Stress and Relax, and a **Life Moves** CD. A mist to spray and inhale and really let go, and music to relax with. A great personal treat, or gift.. For more holiday specials (\$25 includes shipping)

De-Stress & Relax



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

Upcoming Events:



Pre-holiday Peace Meditation. December 10. 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 cnnectingsystems@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 on our website.



2008 Workshops also have a new possibility: A yoga/pilates retreat in the Loire Valley of France. Stay in a small village, explore the local fair, do pilates, have a french lesson, dance a little, and drink in yoga daily. Dates TBA. I am going to guess late April or early September. Posting dates soon!.

GO News!

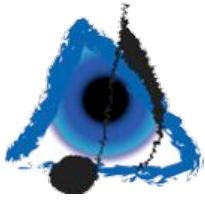


Look around you. Find something to admire. This is good news. Smile at a baby until she smiles back. Notice the sunset, or a hawk circling, or the beauty of nature. This is good news. This month, find your own good news and make it your daily headline.

Peace on Earth and good will to all our relations!

CS Ad Exchange

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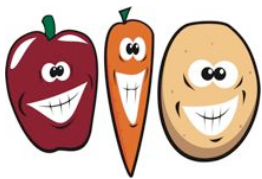


Holiday gifts—plan now. Get those memories stuck in boxes out! I have restored worn out LPs, waxed 78's, home movies from years ago (sound, color, narration) to DVDs. Restoration takes time and patience, but delivers a product that brings tears of happiness. I have a growing list of delighted customers. 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.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, 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.](#)



Psychotherapy that goes beyond words...

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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