



February 14, n.1,v.3

It's Heart Month!



Yes, indeed, February is National Heart Month, for health and for loved ones, including yourself. It may be winter, but we lift our hearts towards springtime. Are you exercising your heart power on all levels? Is it moving to the beat when you do the happy dance or blow a kiss to someone you love? My own heart is ecstatic knowing there is more light each day even as winter is still pounding us with its enthusiastic storms and cold. Reach out, toss around some random smiles, give a hug, and feel the benefits of joy in your day as it returns like a boomerang right into your heart!

Food treat: Spaghetti Aglio e Olio ai Funghi e Peperoni



Eegads, you might ask, what is this? Easy, and delicious! Put on water for spaghetti, add salt and bring to a boil. Meanwhile, in a saucepan put about 3 Tbsp *olio* (olive oil) and $\frac{1}{2}$ -1tsp *peperoni* (red chili flakes). Add 3-5 cloves minced *aglio* (garlic). While cooking, chop up $\frac{1}{2}$ -1C *funghi* (mushrooms) of your choice. I used Black Trumpets, because they are in season. Add a pat of butter and a splash of dry, white wine, cook 3-5 min. Remove from heat and add a little more olive oil. Cook spaghetti as directed. Drain, and toss with the mixture. Sprinkle with parsley and *parmigiano... e mangia!!* (EAT!!)

FYI (flower essences):

Cayenne: stimulating creative juices

Mushroom: softly pushing through dark times into light

Garlic: eases anger and paranoia thereby strengthening confidence

Flower Essence of the Season: Japanese Magnolia



Japanese Magnolia: Birth! This tree, which we call a Tulip Tree, blooms here in California at the beginning of the year. Giant flowers and no leaves. I always know that Spring does exist even in the midst of January Blues when I see the Tulip Trees begin to open their blossoms. Assists in the birthday process of ideas, babies, plants... it's about freshness even without sunshine!

Chuckle:

While teaching yoga to 5 year-olds, we did a side stretch that they said was, "strangely relaxing". Big stretch, big grins, big words, little people.

Yoga pose: Heart Opener



This is a simple restorative pose that renews and refreshes, and is helpful for the rounded postures we get at the computer or in the car. Roll up a blanket and put it right behind your heart taking care that your neck is supported. Place your feet slightly wider than the hips to allow the knees to fall together, thereby supporting each other and broadening the sacrum. Release, relax. Breathe. Music? Incense? Hold for 5-10 minutes. Enjoy!!

Special Of The Month: Eternal Flow



This is made with Vessel Salts, rose geranium., and lavender essential oils. The key energy is flow. When things seem to be stuck, this is a good assist. It easily relaxes so you can step out of the sticky and go with the glow of flow. Good for the first 3 chakras and traffic jams!

Great News!!

CS changes... this will be effective by June, a refreshing of the website and activities.

Upcoming Events:



Solstice camp-out on Mt. Diablo . June 21 - 22. \$20 or offering. With morning hike and yoga, Solstice ceremony, chakra alignment, good food, relaxation, more yoga, and stargazing.

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

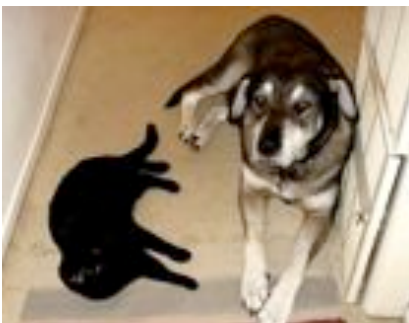


July 6 Annual Food Fest with emphasis on Brunch. This will feature yummy summer foods that would be served for those wonderful lazy Sundays.



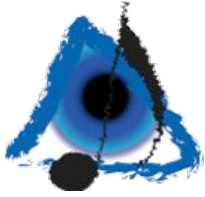
Annual Lummi Island Retreat. August 16-23. Full Moon Feast, featuring yoga, hiking, Reefnetters Festival, art, sunset yoga, and exploring. (This was full last year—sign up now!)

GO News!



Dewey, the dog, has made regular guest appearances in this newsletter. His “dad” is really busy and over time we have become his 2nd family. This means our 2 cats had to adjust to a 100-pound canine with a faster-than-you-can-see-it tail, enthusiastically knocking over plants, books, and other problematic things in its path. After several weeks of hissing, our cats fell in love with The Dew. The prized spot in the winter is lying in front of the hall heater. Here you see, how Josie and Dewey worked it out!

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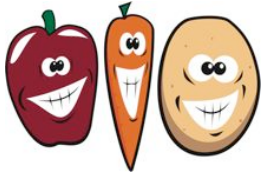
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Kate Schrup is offering Matrix Energetics, Reiki, Hypnotherapy and more, currently available at Meditrina (www.meditrinasp.com) world healing spa. Contact Kate at 510-835-4659.



“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

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