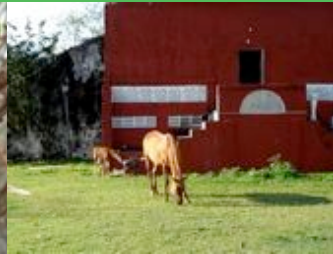


CS Newsletter

CONNECTING SYSTEMS



March 19, n.2,v.3

Spring Is Here!



Spring has sprung and is flinging itself everywhere... At least, here in California. I heard a song in my head today in a Native American chant. I sang it out loud and then heard these words... Winter still has an icy grip on the earth, but below, seeds are stirring... indeed. We are fortunate to have spring leaping ahead of time with daffodils poking their happy faces up, and trees bolting into blossoms. It is a time to bring green tonics into our red tired blood. Toss the old, and make space for the unexpected. Sing a new song... spring is here!

Food treat: Spring Tonics



After the dark of winter, we need a little rev. There are several spring tonics that are good, including red clover, (exceptional combined with nettle), raspberry leaf, and good ol' dandelions. The dry leaves can be put into a pot of tea...1 heaping tsp to each cup of steamy water. You can get these at any herbal or health food store. A little dandelion is good, too (kidney cleanser). Fresh dandelion greens can probably be found in your yard (or health food store). You can chop them, sautee them lightly and use in omelettes, steamed, or as a salad. Spring clean yourself!

FYI (flower essences):

Red Clover: soothing and peaceful if your "mellow gets harshed"

Stinging Nettle: eases emotional stress during break-ups, unforeseen changes, etc.

Dandelion: general all-purpose emotional cleanser

Raspberry: lifts the heart, bringing soul nutrients and light to all inner corners

Flower Essence of the Season: Daffodil



Like a little bright megaphone, daffodil amplifies the voice of our intuition and our Spirit connection. The color is that of the 3rd chakra and it radiates the wisdom of reception and the confidence of humor. They burst out of the cold earth with enthusiasm, bringing sunshine into still-grey days. Great for enhancing meditation.

Chuckle:

Timing is everything. My family has exquisite timing--like meeting for lunch in the sleepy Delta town of Isleton, only to discover it was the annual Crawdad Festival with 110,000 attendees and no parking for miles. Or, recently, going to Las Vegas for my father's 80th birthday, along with 320,000 Nascar fans. Laugh. Then laugh harder. It's the only way to travel!

Yoga pose: I'll have my asana straight up with a twist!



Any *parivrtta* pose, means revolved or turned around. I like to call them spirals instead of twists. They are excellent for maintaining a healthy spine, and good kidney "squeezers". Sit tall, and imagine there is a slinky at the base of your spine. Stretch up, then turn your ribs, and place one hand on the opposite knee. Keep turning, using your other hand behind you for support, and lastly turn your head. Breathe. Change sides. Excellent chaser to the Spring Tonic.

Special Of The Month: Spring Clean



Made with flower essences that help you let go on all levels (East): from the favorite pair of shoes in the closet that you bought in the 80's to a grudge in the 6th grade (or last week), to the unknown that almost killed your car while changing lanes and talking on a cell phone, to the mix-up that landed the expensive Italian wool sweater in the dryer so it only fits hobbits now..... let it go! Who needs it? In a world of scared, busy, and, irritable people, let us start at home and send the thought out into the world with the powerful chaser of love.... Made with **Spring Forth Salts**, lemon verbena, lemon, grapefruit, orange, and rose essences. [For more Specials, click here!](#)

Great News!! Check out my [Blog!](#)

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. Bring your yoga mat to join in sun salutations as we celebrate the lightest (longest) day of the year. (Camp fee not included).

To sign up, write to connectingsystems@yahoo.com.

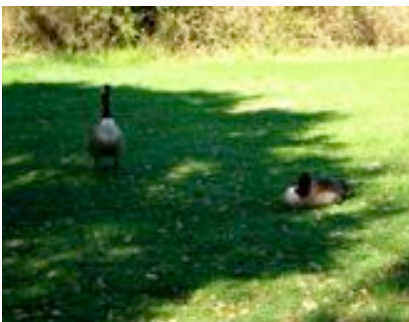


July 6 Annual Food Fest will feature yummy brunches dishes for the lazydaze of summer. We will use the gifts of summer corn, tomatoes, herbs, berries, eggs, and create delectable dishes to feast on. All vegetarian. Starts at 11:30. BYOA (bring your own Apron) Fee: \$30, limit 10 people.



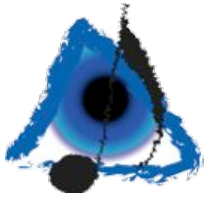
Annual Lummi Island Retreat. August 15-22. Full Moon Feast, featuring yoga, hiking, Reefnetters Festival, art, sunset yoga, and exploring. (This was full last year—sign up now!)

GO News!



Random acts of kindness and cleanness... I actually saw a crow grooming a little pigeon on top of a light post on the freeway. Nearly drove off the road, because from behind they looked like 2 old people, quietly enjoying the view, side-by-cozy-side. Then the crow nibbled the pigeon's feathers...lovingly. How cool is that?

CS Ad Exchange



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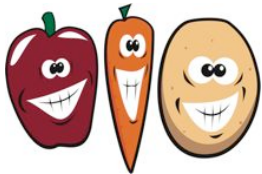
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Kate Schrup is offering Matrix Energetics, Reiki, Hypnotherapy and more, currently available at Meditrina (www.meditrinasp.com) world healing spa. Contact Kate at 510-835-4659.



“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



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