



May 20, v.3, n.3

May Day, Mother's Day, Memorial Day!



We are too far into Spring to retreat. Those last storms of the winter are desperately trying to hang on, or blow us apart, but Spring is flouncing its exuberant Self all around us. The daffodils heralds have been replaced by tulips and irises. Blossoming trees are now bright green, and the starkness of January has faded with the brilliance of May. Plant seeds! Get a puppy! Rejoice in the goodness that abounds in our world. Look for beauty and sure enough, you'll trip right over it. Look inside as well, as beautiful thoughts and hearts attract the same.

Food treat: : Amazing Fugazza!



This is a simple and delicious pizza that we had in Buenos Aires. It is made with onions. Onions are a heart food and cell repairer. What a great way to take care of your body!

One prepared corn pizza crust, one medium onion thinly sliced and sauteed lightly in a little olive oil. 1 TBSP black olive paste (optional) or 8-10 kalamata olives, 1 tsp oregano, 1/3 cup grated low-fat mozzarella cheese. Put onions on crust, then sprinkle oregano, cover with grated cheese and top with olives.

Bake at 425°F for 15-20 minutes. EAT!

FYI (flower essences):

Onion: concentric circles that get to the essence of self beyond superficial barriers.

Corn: flower essence is good for dwelling or being with many people and keeping a sense of personal boundaries (just look at a corn cob!)

Olive: let go of rigidity and open to fluidity.

Flower Essence of the Season: Blue Flag Iris

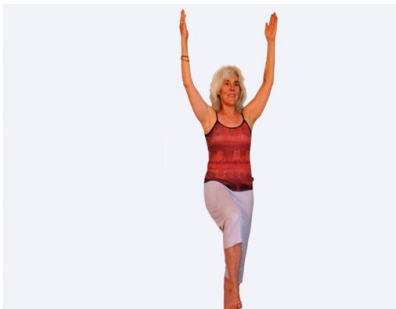


Oh boy, where do I start? Bulb plants remind us of deep, organic, stored, connected, knowledge. These are the building blocks for creativity. The blue color is the higher realm of expressed creativeness, and the yellow is directly from our personal gift storage unit, the 3rd chakra. If you feel blocked, the essence of this flower assists in opening the gates to your inner garden, allowing you to share the wisdom, the whimsy, the new... Take a breath, think Iris, and go to a new drawing board to liberate your ideas and manifest them into form (or formulas!) (by the way, the root is also a blood cleanser!)

Chuckle:

What has made you laugh out loud lately? Think about it, and see if you can recall something that just made you laugh hard. Laughter is a great healer, and quite contagious. Try it, you'll like it!

Yoga pose: Breathe and balance



Balance in face-paced lives is as challenging as walking a tightrope. Do you ever stop to listen to your breath? Do you ever pause and invoke grace as you balance on one leg? It is a humble celebration of life. Breathe and lift up your head. At the same time, imagine one leg is like an anchor dropped down to the core of the Earth. Lift the other knee. Focus on a distant spot. Pull your belly in as you exhale. Slowly lower the leg and repeat on the other side. Feel calm as you continue in your wonderful day.

Special Of The Month: The Happy Mist



Created with spring flowers, the happy mist is bursting with happy. Happiness is a state we can choose to dwell in, moment by moment. This mist has both flower essences and essential oils that remind us of this choice. Don't hurry or worry, just be happy! \$15, includes shipping. [For more Specials, click here!](#)

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

New Events: Due to personal projects and reasons, all workshops for 2008 are cancelled EXCEPT the July Food Fest and the Summer Solstice Camping on Mt. Diablo (room left in both).

Upcoming Events:



Solstice Camp-out on Mt. Diablo. June 21 - 22. We will camp under oaks, bay laurels and old juniper trees. We will bless the earth and set intentions for the remainder of the year in a fire ceremony. There are lots of trails for hiking and we're going to have a mountain of fun. Pot luck dinner and breakfast. Bring a yoga mat for sun salutations in the morning. Camp costs are \$25, and offering for the ceremony.

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



Annual Food Fest featuring BRUNCH! July 6. Will feature yummy brunches dishes for the lazy daze 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.

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



2009 will bring an assortment of workshops devoted to connecting our inner spirits with our outer world...through dance, nature, flower essences, yoga, exploring, breath, and meditation. Oh, and did I mention, fun?

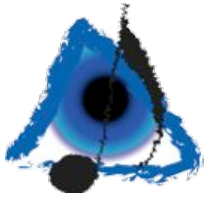
2009 will include the Pacific Northwest, Big Sur, the International Guitar Festival in the Yucatan, and perhaps a retreat in New Mexico. Dates will be posted by August for your planning convenience.

GO News!



Wherever you are, there must be a change in the weather... the brisk scent of fall, if you're Down Under, or the sweet scent of flowers if you are in the heart of Spring. Appreciate the goodness and beauty of nature. This is good news!

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“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, jilyn@att.net, 925-640-6467



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