

CS Newsletter

CONNECTING SYSTEMS



July 2nd, v.3, n.4

Ready or Not the Soltice Is Here...



and passed-- Illuminating our days and daze so we can align with light, humor, flow, and what seems to be a last century concept of true vacation. When did you last vacate your stress, and spend a week of nothing? An unscheduled nap in a hammock, or a bicycle ride without an outfit? A lazy drift on a slow moving river? A deep breath just because, or a sigh of contentment? Step back... lay down and be a child of this blessed universe and just find a cloud to look at. Go to a farmer's market, be lazy, eat and dream well. It is the wonder of summer walking amongst us... embrace the changes that will come with the deep relax. Big changes for us!! Watch for logo changes,

product info, and more!

Corn/roasted garlic/basil salad with tomatoes, olives, and flowers



This was a hit several years ago, and I just remembered it recently. One head roasted garlic (slice off top to expose the cloves, set in aluminum foil, drizzle with olive oil, salt, pepper, and bake at 350 for one hour, cool and squeeze cloves out of paper.) The rest is easy: roast or boil corn, or even use raw, chop ¼ cup basil leaves, seed and dice 2-3 tomatoes. Cut kernels off cob and toss in garlic, basil, a squeeze of lime juice, drizzle of olive oil and some cut up kalamata olives. Let sit for 15-20 minutes. Serve as side dish or salad (a little feta cheese can also be added, but then cut down on salt). Garnish with edible

borage flowers, nasturtiums, or Johnny jump-ups. EAT! (Cherry tomatoes can be used instead of tomatoes)

FYI (flower essences):

Corn: for lots of people in tight places.. busses, cities; creates harmony boundaries (just look at a corn cob!)

Borage: courage and happiness to the heart

Nasturtium: a great 3rd chakra booster, which brings sweetness into personal power

Flower Essence of the Season: Borage



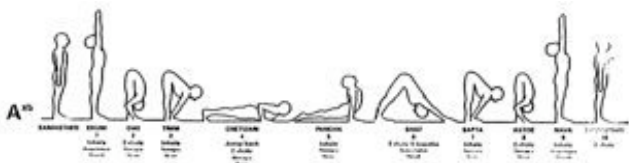
The first time I ever saw Borage I was enamored with the fuzzy leaves, the delicate star-blue flower and the spicy taste. Borage brings courage, hope, and humor deep into our hearts and then spreads it out, fearlessly. A good ally during illness or times that seem overwhelming. It is a member of the Food Zoom combo as it brings cheerfulness to the table.

Chuckle:

What did the O say to the 8? (nice belt...r-r-r-r)

Yoga pose: our annual reminder of the salute to the sun!

Bringing back the famed Sun Salutation to salute the long and happy days of summer!



Tadasana: Be the mountain, where the sun rises.

Urdhva Hastasana: Reach the heart up to the sun.

Uttanasana: Take the sun to the Earth

Ardha Uttanasana: Lift back to the Sun

Chataranga Dandasana: Feel the earth's resonance

Urdhva Mukha Savanasana: All paws on ground, heart up to sun

Adho Mukha Savanasana: All paws on ground, tail up to sun

Ardha Uttanasana: Lift back to sun

Uttanasana: take sun to earth

Urdhva Hastasana: reach heart to sun

Tadasana: mountain wise and grounded

The pose explanation corresponds to the figure (in order). I like to do sun salutations in each of the four directions: East-beginnings, South-physical healing, West-transformation, North-spiritual healing. Then I add one, focusing on the heart, where all things transform.

Special Of The Month: Angel Mist



Soft, sweet, good for children and sleep; the same cleansing qualities of **Liquid Smudge** with a gentleness... the difference between bathing a baby, and washing a muddy car. Calms hyperactive or anxiety, and brings a sweetness into dreamtime. A blend many soothing oils, lavender, and **Gateway Salts**. \$15, includes shipping.

[For more Specials, click here!](#)

New Events: Due to personal projects and reasons, all workshops for 2008 are cancelled EXCEPT the July Food Fest.

Upcoming Events:



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?

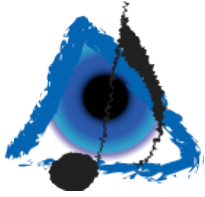
2009 will include the Pacific Northwest, the International Guitar Festival in the Yucatan, perhaps a retreat in New Mexico, and a beach-yoga getaway week near Puerto Vallarta. Dates will be posted by August for your planning convenience.

GO News!



Recently we have had problems with our cable service. Yesterday, I spent 2 and ½ hours of my precious time on the phone just so that I could watch a movie. Today, a guy called and told me the problem was fixed. When he heard about my experience he asked me to promise him I would spend the remainder of the day relaxing with my feet up. I never break a promise.... So, I will finish this tomorrow!! And that is Great news.

CS Ad Exchange



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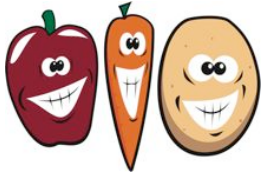
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Hypnotherapy, Reiki, Matrix Energetics

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, jilyn@att.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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