

Free Spirit

Terrace's Newsletter for Spiritual Nourishment



Visit us online @ <http://freespiritnewsletter.volasite.com/>.

Send YOUR Submissions & community calendar listings to FreeSpiritCommunity@gmail.com

Community Calendar

Small Wellness Steps

Wow! 2010 is here! Happy New Year !

Ongoing:

Seeking Students for upcoming Level 1 Usui Shiki Ryoho Reiki Training. Cost = \$100 and includes textbook. Dates to be determined based on students needs. Contact ladyament@gmail.com or call 250-638-6263.

Healing Touch Clinics at Knox United Church, by appointment. Practice group for various Healing Touch methods also available. Call Julie at 250-638-0743.

January 2010!!

A Coffee & Chat Night is being held by the Terrace Pagans group on Friday January 15th beginning at 7pm at the Northern Motor Inn. Please bring a spiritual book to help us identify one another and to help open up conversation. Open minds of all kinds are welcome!

Reiki Level 2 workshop will be held on January 15th,16th,17th, Starting Friday 4 pm in the North West Communities Naturopathic clinic. For sincere students who finish level 1 and practice regularly. Offered by Stephan Oesterreicher, an experienced Reiki master. Suggested donation is \$270, or whatever is affordable & feels appropriate. Interested? Please register before workshop begins with Dr. Candice Griffith at 250 635 0980.

Living with Hope: a back-to-basics Bible revival series is being held January 2 - February 6 at the Seventh-day Adventist Church: Saturdays at 11am and Wednesdays at 7am. Call 635-3232 or 635-0222 for more info.

A wise man will make more opportunities than he finds. ~ **Francis Bacon**

It is not enough to take steps which may some day lead to a goal; each step must be itself a goal and a step likewise.

~ **Johann Wolfgang von Goethe**

Be realistic. Make small changes over time in what you eat & the level of physical activity you do. Small steps often work better than giant leaps.

Vary your activities, for interest and to broaden the range of benefits.

Choose activities you enjoy & you'll be more likely to stick with them.

Try to eat at least 2 vegetables\fruit each day.

Small Green Steps

Tiny drops of water can merge to form a river. Regardless of how small a helpful act seems, when pooled together, these acts become formidable and enable one to accomplish a great deal. It brings about a change, brightening our future, one step at a time. We shouldn't pass up on any good deed just because it seems too small to matter or make a difference. Selfless acts bring us hope. They inspire us to become better people.

* Make a commitment this year to add one small new green act to your life every month.

* Start small - decide to pick up at least one piece of litter everyday or buy lunch stuff in bulk and divide into reusable containers!

* Send us your small green step to share with others who are making this commitment, we would love to share!!

Struggle a Little - Then Fly! *Author Unknown*

A man found a cocoon of a butterfly, that he brought home. One day a small opening appeared he sat and watched the butterfly for several hours. It struggled to force its body through that little hole. Then it seemed to stop making any progress. It appeared as if it had gotten as far as it could and it could go no farther.

So the man decided to help the butterfly. He took a pair of scissors and snipped off the remaining bit of the cocoon. The butterfly then emerged easily, but, it had a swollen body and small, shrivelled wings. He continued to watch the butterfly, he expected that, at any moment, the wings would enlarge and the body would contract. Neither happened!

In fact, the butterfly spent the rest of its life crawling around with a swollen body and shrivelled wings. It was never able to fly.

The man acted with well-intentioned kindness but he didn't understand the consequences. The restricting cocoon and the struggle required to get through the tiny opening, were nature's way of forcing fluid from the body of the butterfly once it achieved its freedom from the cocoon.

Sometimes struggles are exactly what we need in our life. If we were to go through life without any obstacles, it would cripple us. We would not be as strong as we could have been and we could never fly

So the next time you are faced with an obstacle, a challenge, or a problem, remember the butterfly.

Expect the Best!

Gemstone of the Month: Agate

Expect the best of yourself.

Your expectations determine your attitude, and your attitude determines your actions.
Your actions, in turn, determine your results.
When you expect to be a winner, you act like a winner.
When you act like a winner, you are a winner.

Expect the best of others.

What you expect of other people will determine how you relate to them.
And the way you relate to them will determine how they relate to you.
When people know what you expect of them, they rarely let you down.
So make sure you communicate your sincere, positive expectations.

Expect the best of every situation.

Ask yourself, "What's good about this? What can I learn? How can this help me to grow?
How can I use this to add value to my own life and the lives of others?"
When you look for the positive, you'll find it.

Expect the best every day.

Look at each day as an opportunity to improve yourself and the world around you.
Expect to prosper. Expect opportunity. Expect fulfillment.
Expect the best that life has to offer, and then delight in living your expectations.

-- *Ralph Marston*

Agate is a stone that comes in a wide variety of colours and patterns – many of which have specific meanings/uses. Agates of all types are known as stones of health and good fortune. Agate can be used to call upon instant bursts of energy, mental or physical. It is for this reason they are often used by athletes. This use, coupled with their attributes of enhancing eloquence and precision, make Agate a stone often favoured by students. Agate is also commonly used to give courage and to balance the emotions.

It is a funny thing about life; if you refuse to accept anything but the best, you very often get it! ~ *Somerset Maugham*

If you don't know where you are going, you'll end up someplace else. ~ *Yogi Berra*

There are two things to aim at in life; first to get what you want, and after that to enjoy it.
Only the wisest of mankind has achieved the second. ~ *Logan Pearsall Smith*