

# 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](mailto:FreeSpiritCommunity@gmail.com)

## Community Calendar

### Ongoing:

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

### February

**A Coffee & Chat Night is being held by the Terrace Pagans** group on Friday February 19<sup>th</sup> 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!

**Pre-Natal Yoga** with Lonna. 8 week course Mondays Feb 1<sup>st</sup> - March 22<sup>nd</sup> (9-10am) at Wild Lotus Studio. 4607 Lazelle Ave [www.wildlotus.ca](http://www.wildlotus.ca)

**Yoga Fundamentals** with Naomi Tuesdays Feb 2<sup>nd</sup> - March 23<sup>rd</sup> (7:30-8:30pm) at Wild Lotus Studio. 4607 Lazelle Ave [www.wildlotus.ca](http://www.wildlotus.ca)

**Therapeutic Yoga** is a branch of yoga which is a valuable healing art designed to increase health and happiness while safely working with the body in a restful and rejuvenating way. Space is limited to 10 participants. Cost: \$80 for 4 sessions, four consecutive Thursdays beginning Feb. 11<sup>th</sup> from 7:30 - 8:30pm at Wild Lotus Studio.

**Belly Dancing** with Krystyna Mondays Feb 1<sup>st</sup> – April 5<sup>th</sup> (7:30-8:45pm) at Wild Lotus Studio.

## Small Wellness Steps

February is Heart Health month! Eat Dark chocolate, it is good for your heart! A small bar of it everyday can help keep your heart and cardiovascular system running well. Some heart health benefits of dark chocolate are:

- Lower Blood Pressure:
- Lower Cholesterol:
- Dark chocolate has also been shown to reduce LDL cholesterol (the bad cholesterol) by up to 10 percent.
- it stimulates endorphin production, which gives a feeling of pleasure
- it contains serotonin, which acts as an anti-depressant.

## Small Green Steps

- Wipe out your microwave. A dirty microwave has to work harder to heat food. Why waste the energy?
- Take your reusable bags everywhere, not just the grocery store!
- Buy a refillable hand soap pump – actually buy one for each bath and one for the kitchen. Get hand soap from the local co-op bulk soap section OR buy the largest bulk bottle of hand soap you can find at a regular store. This cuts down on massive packaging waste.
- Carry a reusable coffee mug to your favourite coffee shop.
- Pay your bills online – why have mail come to you? It's a waste of gas and paper, plus costs more.
- Teach your child, best friend, sister, or whoever, one of the green steps.



“Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails.”

*1 Corinthians 13:4-8*

It is easier to be wise for others than for ourselves.

*Francois De La Rochefoucauld*

## Soul Connections

People make all sorts of social connections; family (with all its many roles), friends, best friends, acquaintances, peers, etc. Sometimes we find ourselves connected with others at a level so deep that we consider it spiritual. Certainly deep, even spiritual bonds can develop over time in one's life. But sometimes we find ourselves meeting someone for the first time and having an overwhelming sense of connection with them (which is often mutual). Throughout time people have strived to make sense of these connections, and to find the language to do so. Though terms like Soulmate may mean different things to different people, below are listed several such soul-connection terms and their *common definitions* as per modern mysticism.

**Twin Soul / Twin Flame** – Two souls “born” at the same moment, who are each other's counterpart. These two are ultimately meant to reunite before they can reunite with Source. Early in their reincarnations these people are often polar opposites, as they strive to become individual so they can experience life and learning. At this stage, a spark of recognition is often exchanged, yet the two people often cannot abide each other. Late in their reincarnations these two will often be almost a mirror image, inside the same, outside opposites (in size and/or colouring and/or gender, etc.). Twin Souls that are near the end of their reincarnation cycles usually come together in a romantic partnership that transcends individual ego in which they work together to achieve great things. Twin souls meeting is a distinct rarity, however, probably because they are drawn together when they are nearly done reincarnating and ready to rejoin Source.

**Soulmate** – The most potent individual you can connect with in this life *as a support*. The same is true about you for them. The person whose very nature is to accept you as you are and give you the exact kind of love and support you need, to help you on your journey. With this individual, distance and time mean nothing. The relationship is always immediate. Soul Mates often come together in a romantic partnership, which allows them to be a closer and more constant support for each other, though doing so is not requisite.

**Soul Group** – People drawn together in most lives, who play different roles for each other each time. In one life the relationship may be mother and son, in another grandfather and granddaughter, husband and wife, sisters, beloved pet and companion, best friends, etc. These are souls that help each other to experience the full diversity of existence. They work out much of their karma together. These are often the people you feel you have known before, especially if you believe you've known each other several times in the past. The soul mate is also usually part of the soul group.

**Soul Sibling (Soul Sister / Soul Brother)** – These are souls whom you are in many ways “on par” with. The truly kindred spirits. You are at similar points in your journeys, and as such feel a definite resonance with one another. Because you are at similar points in your journeys there are often a great many parallels in your lives. People in your soul group are often soul siblings with you, but people outside your soul group can be too.

**True Love** – A romantic bond between two people who are each other's best possible love match in this life. It is a perfect love bond of personalities. True love can happen between souls who have never met, but most often happen between souls who are in each other's soul groups. True loves are the main way that the soul group gets shuffled over time; when a new true love match is made, the new soul is often added to the individual's soul group (often displacing another soul). When true love is found a romantic partnership usually follows.

**Two-Spirited** – a soul which is both masculine and feminine equally (often two souls in one body or a united twin-soul) which therefore leads the individual to seek relationships other than the typical male-female pairing. The term is widely attributed to the Third Annual Intertribal Native American/First Nations Gay and Lesbian Conference in Canada, and used to refer to First Nations peoples. However, the concept is one that many non-heterosexuals of diverse heritages find to be fitting.

Of course, these are only a few types of spiritual connection. Not every kind of connection will fit these parameters, as the ways in which people connect to each other are as varied as the people themselves. But a look at these terms and their definitions can open our minds and hearts, and may be a catalyst in self-development and understanding.

*“The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart.”* **Helen Keller**

## Crystal Corner: Amethyst

Amethyst is a quartz-family stone, and is one of the more common crystals used in energy work. Primarily, amethyst is a psychic stone; opening and stimulating the third-eye, and helping us to look beyond the mundane and into the etheric. Thus it is often used in meditation and dream-work.

Amethyst arouses the right-brain, engaging our creative centres. It is a stone of understanding and wisdom. The term amethyst comes from Ancient Greek and means “not intoxicated”, as it has long been believed to be a stone which clears the head and soothes the emotions.

Amethyst is also a stone of friendship and love, though it is typically considered a stone of chaste love, because of its calming vibrations. It allows us to grow our love bonds and our understanding of our loved ones, without sparking us into lustful action. Its energy can help to make friendships and love long-lasting.