

# Free Spirit

*Terrace's Newsletter for Holistic Physical, Mental,  
Emotional & Spiritual Nourishment*



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

Send **YOUR** Submissions & community calendar listings to [FreeSpiritCommunity@gmail.com](mailto:FreeSpiritCommunity@gmail.com)

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## Announcements!

March's issue is a new Bigger Size, while keeping it free for you, our readers thanks to Totem Press!

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## Community Calendar

## About Us!

This free newsletter developed out of a noticed need by Cinnamon Carriere & Apple Ament in the community for improved **networking** especially related to spiritual nourishment and holistic development. Our aim is to encourage each individual in their own freedom to choose what works and does not work in their self development and spiritual nourishment. To this end we offer articles to inspire and a community calendar of events to keep readers connected with the pulse of their community. We welcome submissions of articles and events/workshops/classes for no charge.

### Ongoing:

**Drumming & Toning Group** - 4th Saturday evening 7-9pm or 4th Sunday afternoon 3-5pm, Beginning March 27th or 28th  
Looking for people interested in getting together regularly to drum and do vocal toning. Please contact Cinnamon Carriere at [cinnamon\\_carriere@yahoo.com](mailto:cinnamon_carriere@yahoo.com) ASAP if you are interested!

**Healing Touch Clinics** at Knox United Church, by appointment. Practice group for various Healing Touch methods also available. Call Julie at 250-635-0743.

### March 2010

**A Coffee & Chat Night is being held by the Terrace Pagans** group on Friday, March 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 spiritual kinds are welcome!**

**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 March 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.

**African Drumming and Dance** Join Kim O'Black and Friends. Learn an African rhythm and/or dance at Wild Lotus Studio. Every second Friday of the month from 7:30pm - 9pm, Starting March 12th Cost: \$5.

*Lonna Sheen*  
250-615-9463 ~ [lonna@wildlotus.ca](mailto:lonna@wildlotus.ca)  
4607 Lazelle Ave. Terrace, BC

  
*Wild Lotus Studio*

*Naomi Gourlay*  
250-641-5842 ~ [naomi@wildlotus.ca](mailto:naomi@wildlotus.ca)  
[www.wildlotus.ca](http://www.wildlotus.ca)

## Mindfulness is Sustainable Living

**Mindfulness is really the answer to a lot of problems in people's lives.**

Most of us act according to automatic thoughts and behaviours, without even really paying attention to ourselves.

By living in the present and noticing thoughts and actions as they happen you can be more in control. You can think about whether or not your actions are sustainable or if your responses are sound. You can think about whether or not your thoughts are what you want them to be. You can even keep your feelings in check.

Meditation is a good way to practice coming into the present and quieting the mind. Focusing on a single picture or word in your mind while listening to yourself breathe for a few minutes every day.

With practice you can go throughout your day in control of yourself, not simply reacting automatically to whatever comes your way.

It is important that we are mindful if we want to be sustainable thinkers because old habits die hard. We need to be aware of what we are doing and what decisions we are making.

Constantly asking yourself, "Is this the best sustainable action I can take?" is a good way to keep on top of things.

Many times you might have to choose between good, better and best in regards to a sustainable decision. It is good to think through tough decisions (i.e. is it better to eat locally or organically if you can't do both?). These are the types of questions that can be considered when living your life in a mindful way.

As you realize that you do have control over your thoughts, feelings and behaviours you find a new freedom and can make great strides toward sustainable living.

<http://simplegreenworld.blogspot.com/search/label/mindfulness%20is%20sustainable%20living>

## Small Wellness Steps

According to recent research (such as that being done by the University of California) expressing gratitude daily results in higher reported levels of alertness, determination, optimism, enthusiasm & energy. It also lessens depression, stress, & increases the likelihood that you'll exercise regularly & generally make progress toward personal goals. All it takes is about a minute a day to jot down something you're thankful for. Whether in a journal, on Facebook, or on a gratitude-related website such as [gratitudelog.com](http://gratitudelog.com), remembering to be grateful for what you already have can help you get more of what you want out of life!

## Small Green Steps

Did you know that the average dog produces approx. 22.5 lbs of poop in a year?! Some of that poop is left on streets and in city parks by uncaring dog owners where it can spread illness & disease. A lot is bagged & goes on to fill up landfills. Even dog owners who use bio-bags usually then put the biodegradable bag inside a plastic garbage bag and put it at the curb. Because dog feces, like human feces must be composted for at least three years to ensure proper break-down, & most home-composting systems aren't set up for that. What a disturbing end for what comes out of "Fido's" rear-end. In recent years, *flushable* bio-bags have come on the market. Finally a truly *eco-logical* solution! While these products can be purchased online, if we want to get the majority of pet owners using these responsible products, they need to be carried in stores. So pet owners, check your local retailers (especially eco-friendly ones) & make your voice heard. Let's change the world, one poopy little piece at a time!

*An Inspirational Short Story with Wisdom*

**I Wanted To Change The World**

*By Unknown Monk, 1100 A.D.*

When I was a young man, I wanted to change the world.

I found it was difficult to change the world, so I tried to change my nation.

When I found I couldn't change the nation, I began to focus on my town. I couldn't change the town and as an older man, I tried to change my family. Now, as an old man, I realize the only thing I can change is myself, and suddenly I realize that if long ago I had changed myself, I could have made an impact on my family. My family and I could have made an impact on our town. Their impact could have changed the nation and I could indeed have changed the world."



# Karma

Karma is one of those ideas that is often misunderstood and misused by many people. There are many that wish to use Karma as a type of curse upon someone "if you do that, karma is going to come back to bite you..." In fact it was just such a conversation as this in the forums that made me curious as to what Karma really is exactly.

I found that Karma is shared by several religions; Hinduism, Sikhism, and Buddhism being the main proponents with Paganism and New Age religions following the Three-Fold path which holds very similar ideals.

Karma is (in its simplest form) consequence of action, or cause and effect. You get back what you give. Unlike when we are children and we break our mother's vase, however, this may not be an immediate consequence that we face. The effect of the actions we take may be years in the making. Some Karma may not even unfold in this lifetime, but be bestowed upon us after death. If you believe in reincarnation or rebirth – then your Karma transfers over with you to your next life. If you believe in Heaven, then Karma would come in the form of judgment.

Karma can also be divided down into what is called *accumulated Karma* and *fruit-bearing Karma*.

Accumulated Karma is the Karma that transfers from lifetime to lifetime. It is made up of lessons and deeds that are too great for a person to fully appreciate in one lifetime. For instance; we might have been a terrible bully as a child and now that we have children of our own we can see how much our actions back then would hurt someone else. Yet we cannot go back and change the past. So in our next life we might be born with more compassion.

Fruit-bearing Karma is Karma that has immediate consequences here during our lifetime. By constantly berating other women and criticizing the other mothers around us, we find that we have no close friends and are extremely lonely with no one to turn to in a time of need. This is a consequence we have brought on ourselves.

Karma is not only the bad, however, it is the sum of everything we bring into our lives and that we pour out into the world. This is where Karma has been the most misunderstood – thinking that it is some bogeyman to wish upon someone we don't like. Karma means that the nurse who so lovingly cares for her patients in the nursing home will be the one to get the promotion to Head Nurse. Karma means that the person who is unable to conceive in this lifetime, but is caring and loving will find themselves with all the family they could want in the next.

Above all, Karma is personal. It is not for us to wish upon someone else, however hard that may be. Karma is our own reckoning with our actions and deeds that we have done. Each person on this Earth must face the consequences of the things they have done at some point in their life, even if it is only at their death bed. We must always remember that we never truly know what is going on in a person's life, unless we are walking in their shoes. Think of the number of celebrities who "had it all" that committed suicide.

All we can do in this life is focus on our own selves and be the best person we can possibly be. If each person in the world did this – then we would truly have an amazing world.

*This Article is by Michelle Taylor, Bella Online's Spirituality Editor. Find more articles like this at: <http://www.bellaonline.com/site/spirituality>*

*Life's challenges are not supposed to paralyze you they are supposed to help you discover who you are - Bernice Johnson Reagon*

*To find what you seek in the road of life, the best proverb of all is that which says: "Leave no stone unturned." - Edward Bulwer Lytton*

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Thank you all for assisting us in our networking efforts!

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## **Crystal Corner:** **Aquamarine**

Aquamarine is infused with water and lunar energies.

It is a calming and soothing stone that can help one to battle fears and phobias. It can be used, especially by water signs (Cancer, Scorpio, Pisces), to help increase intuition.

Aquamarine corresponds to the throat chakra, and therefore is used for all manner of throat problems. Its soothing qualities can be used to help with irritated eyes as well, and may be useful in soothing general aches and pains. Often used as a charm by sailors, it is said to make for calm seas. When exchanged between lovers this stone is said to smooth over rough spots in relationships.

Aquamarine is also used as a stone of cleansing, and is often dropped in with bathwater for this purpose.

This is a gentle crystal to work with, and is easy to find in jewellery. It makes a lovely gift, as nearly everyone could use a little more calm.

*Fall seven times, stand up eight.  
Japanese proverb*

## Know Thyself

*Increase Your Self Awareness* by Brooke Betts

*"Knowing others is wisdom - knowing yourself is Enlightenment" - Tao Tzu*

Self-awareness is the first step in **creating the life you want**. When you know yourself, you are able to understand whether your thoughts, feelings and actions match who you are and what you truly want in your life. The best way to become more self aware is to ask yourself questions. The answers you find can give you insight into the truth about your strengths, weaknesses, hopes, dreams and can also help you recognize any **self-sabotaging** behaviour or fears that don't serve your highest good and happiness.

Below are some examples to get you started of questions to ask yourself. Be as specific and honest as you can, after all no one needs to see the answers except for you! The more thought out your answers, the more power they have to help you make changes in your life.

### Questions to Ask Yourself

- ❖ How do I define Happiness? Love?
- ❖ When are three specific times in my life I've been my happiest?
- ❖ How did I feel about myself at those times? What elements were present?
- ❖ Do I feel fulfilled and happy with my life?
- ❖ What do I want more of? What steps am I taking to get it?
- ❖ What are my most basic beliefs about love? (amazing, easy, scary, never-lasts, hard, etc) ?
- ❖ When did I start to feel that way? Does it make sense to keep believing that? Why or why not?
- ❖ What is my biggest fear? Why does it scare me? If it came true, what would that mean?
- ❖ What situations stress me out and make me angry or frustrated? Why?
- ❖ How do I WANT to feel majority of the time?
- ❖ Do I have control over my emotions and how I feel? Why or Why not?

It can be hard to look at yourself this closely and honestly. But, it's worth the work. Research shows that the subconscious mind controls 95% of a person's daily thoughts. When you bring those subconscious thoughts into your conscious mind, you can see more easily what you truly want and begin to make it happen. Take the time to get to know yourself. What you uncover just might lead you to levels of happiness you never even knew existed.

To view more of this article and find more questions go to:  
[http://www.californiapsychics.com/articles/Features/4599/Know\\_Yourself.aspx](http://www.californiapsychics.com/articles/Features/4599/Know_Yourself.aspx)

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## Special Days in March

- 1st Holi \*\* - **Hindu**
- 16th Vaisaki - New Year \*\* - **Hindu**
- 17th St Patrick's Day - **Christian**
- 20th Spring Equinox
  - Ostara \* - **Wicca** - Northern Hemisphere
  - Mabon \* - **Wicca** - Southern Hemisphere
- 21st
  - Norouz (New Year) - **Persian/Zoroastrian**
  - Naw Ruz (New Year) \* - **Baha'i**
  - Passion Sunday \*\* - **Christian**
- 24th Ramanavami \*\* - **Hindu**
- 25th Annunciation of the Virgin Mary - **Catholic Christian**
- 27th Lazarus Saturday - **Orthodox Christian**
- 28th
  - Palm Sunday - **Christian/Orthodox Christian**
  - Khordad Sal (Birth of Prophet Zaranhushtra)\*\* - **Zoroastrian**
- 29th Mahavir Jayanti - **Jain**
- 30th
  - Lord's Evening Meal - **Jehovah's Witness Christian**
  - Hanuman Jayanti \*\* - **Hindu**
  - Magha Puja Day \*\* - **Buddhist**
- 30-31 \* Pesach (Passover) First two days \* - **Jewish**

***\*\*\* If we missed a day important to you please, please let us know so we can have it on next year! And if you have a day you celebrate for April let us know so we can put it the upcoming issue \*\*\****

### Psychic Readings

Tarot, Palmistry, Tea Leaves, etc. with Lady Ament



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