

welcome to... **breath** **love** **nourish**



LUNAR NEW YEAR

Saturday marked the 2017 Lunar New Year... the Chinese New Year celebrates this very same event as a holiday for tapping into the nature of self-love. Traditional Chinese medicine and Ayurveda honor nature's flow as an essential guide to creating a joyful life. Both practices encourage observation of personal behavior and surrounding environment as a vital tool in deepening awareness. I believe I found the following paragraph in *The Sun*, but I do not have any back-up and apologize for not being able to site the author. I do want to include it, so here goes:

"As we begin to attune with our surroundings, we create a life in love with nature's flow. A life in love with nature is a life in love with the self. Just as Ayurveda embraces organic rhythms to support a life in balance, the lunisolar calendar observes this in the sun's rotation along with the waning/waxing of the moon. Attending to the moon cycles is earth's most central way of tapping into *nature's cyclical groove*. The earliest measurement of time was celestial observation, so it's no wonder the traditional Chinese calendar, along with the Hindu, Buddhist, Tibetan, Hebrew, Vietnamese, Japanese, and Korean calendars (to name a few) are all lunisolar.

Keep me updated on Facebook; send me questions, and feel free to make requests for our future ventures!

“Lose yourself in nature, and find peace.” -Ralph Waldo Emerson

I found this blurb on Wanderlust.com, written by La Mer (her website LoveLaMer.com), and again, couldn't have said it better... so here it is:

“Every new moon is a rebirth. Marking the beginning of a fresh cycle, the dark sky brings sacred space for quiet contemplation. Simply taking a moment to gaze up at the sky's open expanse draws us to mother nature's intelligence. This is a perfect time to restore, replenish, and remember to listen in. Both Ayurveda and traditional Chinese medicine associate the moon (soma/yin) with cooling, nourishing, receptive qualities. Every new moon supports our connection to these peaceful virtues. We can honor this time by assessing what in the soil of our lives needs tending; often it's the simple act of slowing down.”

Many people choose to cleanse this first week, or month; if this speaks to you, I would simply make certain you are listening to your body as the days progress. My eastern doctor, Yoda, likes to cleanse by simply eating rice and beans for his meals (reduced amounts). By providing your body with the perfect protein and super food, you know you will not deplete your resources while still clearing out some unneeded toxins. I will not be doing a cleanse, but am recommitting to my yoga practice; yoga is my bottom-line, my must do to feel real, and heal.

breathe

The best self-love I have ever given myself is when I learned to calm my anxieties; I was very easily thrown into a mix of insecurity and self-doubt, and this caldron only stirred my emotions to crazy. I now know that I can stay focused on my intention even when thrown. I can come back to center when I stop, breathe for five counts IN, and five counts OUT – long smooth counts. I often use a mantra, “peace begins with me” while tapping my four fingers with my thumb (index to pinky). More precisely, breathe IN slowly while saying/thinking “peace (tap) begins (tap) with (tap) me (tap)”, then breathe OUT slowly while saying “peace (tap) begins (tap) with (tap) me (tap)”. Repeat five times.

love

Friday, February 10 is our next full moon; a powerful energy night to take advantage of. Take a walk in that moonlight, maybe listen to your favorite playlist, or maybe walk in silence. Look around, find her reflection off the water, or notice her light your night's path to renewal. Star gaze... lay down on the grass and look up for a while. Breathe deeply, and take in the quiet calm of slowing down.

nourish

In honor of this year being the year of the FIRE ROOSTER, I think we should honor the organic whole chicken. So, grab one from your local market and cover with salt and pepper; stuff this chicken with three, 6" rosemary twigs, and one lemon (halved). Bake for 75 minutes, at 350 degrees (or until done). Enjoy this chicken with any side dishes you consider worthy for the fire bird, and don't forget to pick the rest of the chicken for lunches and dinners over the week. Possible ideas include: chicken salad, top your salad, quesadilla, taco, pasta, Thai veggie roll, soup. MOST IMPORTANTLY, save all the bones for a chicken broth we will make next week (best to freeze); you can also save some picked chicken in the freezer for a yummy homemade soup:-)

RECIPE...

I am happy to introduce ARCHANA JOSHI; she is a Doctor of Ayurvedic medicine and Certified Nutritionist, a brilliant mix of east and west. I don't want to let my excitement get the best of me, so I will keep it simple by thanking Archana for her recipe this week, and look forward to her future contributions.

This is a simple tea we can easily create at home that soothes, cleanses, and provides a powerful anti-inflammatory.

AYURVEDIC TEA

1 teaspoon of coriander seeds (cooling effect)

1 teaspoon of cumin seeds
(digestive and anti-cooling, works against the "Kaphaa")

1 teaspoon of fennel seeds (digestive)

Can add a pinch of Turmeric (cleansing, blood purifying)

Add the above to 2 cups of water, and boil until it has reduced by half.

It works really well for colds, cough, viral fever, or just for everyday cleansing.