

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



WATER

If the moon is *nature's cyclical groove...*
then the oceans' waves are her metronome,
setting the beat for nature's sandbox.

Water is amazing, might even come before love... but then I would have to include food, and probably some other worthy items would be remembered. So for now, I'm sticking with LOVE is everything; which then allows for water to be cleansing, hydrating, nourishing, and beautiful.

Water is one of the five elements of the universe: fire, earth, air, space and water. These same elements make up us humans; I AM fire, earth, air, space, and water. As every snowflake, tree, animal, or person... we are all unique in our design. These elements are all equally intriguing, but this week we focus on water... and honor her power to be both forceful, and flowing in her travels around this beautiful world of ours.

breathe

We are taking this week to the tub, and with all the rain coming down outside, I think it's time to surrender to a luxurious bath inside our home. Light some candles, add some salts or bubbles, and soak. Let your muscles warm and relax, allow your body to release toxins, unfurrow your brow, and melt into the water. When you are ready to take your relaxation to the next level: close your eyes, breathe in for five counts, breathe out for five counts, and repeat five times. Sit in silence to find your center. If you want to breathe for another set of five, go for it! Find center, then repeat this mantra three times – "SAT NAM" -- deep breath in, then out, between each repeat. This mantra translates to "I AM."

love

I am sharing a website quiz that provides your personal Ayurvedic dosha-type. Getting to know and appreciate your dosha is key to knowing yourself. It provides clues for what you should eat, and what things you should address when your energy gets out of whack. The more you know about what may cause certain reactions or tendencies, the easier it will be to balance them. So, here is the link for a free evaluation; don't forget to click the "get your report here" yellow button on the results (sent to your email). This is super fun for me, and very enlightening... I'm certain you will consider this time well spent:-)

<https://www.theayurvedaexperience.com/dosha-test/>

Enjoy the information the site shares with you after taking your test; then if you are willing, share your type on Facebook, and let us know if you were surprised by anything. You can also note any questions you may have, and we can follow-up with some suggestions.

nourish

Drinking eight cups (64 oz.) of water every day is the best way to clear toxins from your body. I think that's a fairly easy task with some pretty fabulous results for your health. It is important, however, to be mindful of the quality of your water. I love my Zero Water Filter system (reasonable and the filter lasts a long time); it also comes with a "solid waste detector" that I find fascinating. We once noticed a difference in the taste of our water, tested and found a 20 point increase; called the city and found out the pollen count had tripled that week, and the effects were found in the water (wow). The best drink in the morning (and all day), is warm water with fresh lemon juice; it alkalizes the body. One tbsp. lemon juice/mug, but adjust to your personal taste... this is something to enjoy, not endure!

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

RECIPE...

Much like salads, soups are something you can enjoy with just two ingredients or twenty. All of my favorites start with a good broth; although vegetable broths are fantastic, I lean toward a good bone broth with extra vegetables for the most nutrients.

CHICKEN BONE BROTH

Should you want a vegetarian broth, you can simply remove the chicken carcass, and replace with more veggies (whole ears of corn, broccoli stalks, cilantro, parsley and definitely more carrots, celery and onions) for a simple vegetable stock.

2 gallons filtered water

1-chicken carcass (pick meat and save for soup)

5 bay leaves

2 tbsp peppercorns

5 carrots

cut-off bottom 3 inches of celery stalk, then cut in half

1 large yellow onion, quartered

simmer on low for 6 hours

skim any foam before straining

I like to drink my broth with just a pinch of salt.

There are a bunch of soups you can create, just add ingredients: carrots, celery, lentils, garbanzos, black beans, red beans, kidney beans, chicken, prawns, sprouts, noodles of all shapes and sizes, potatoes, leeks, matzo balls, edamame, cilantro, parsley, and the list goes on and on – ENJOY!