

# Sacred Stones for the Soul

Highlighting Self-Healing, Halite and Hi5vB

I just ate some cantaloupe. It was plump, ripe, orange and juicy. I found myself really enjoying it. I was in the moment, licking off the juice, savouring the flavour and my body felt more alive the more I ate. You can't really rush cantaloupe. It has to be savoured. How much of our lives do we really savour, though? We rush, we multitask, we over-schedule, we add more, and we do more.

One of my favorite authors and life coach, Cheryl Richardson, talks about the quality of our lives being based not on what we add to them, but on what we remove from them.

*"To become learned each day, add something.*

*To become enlightened each day, drop something."*

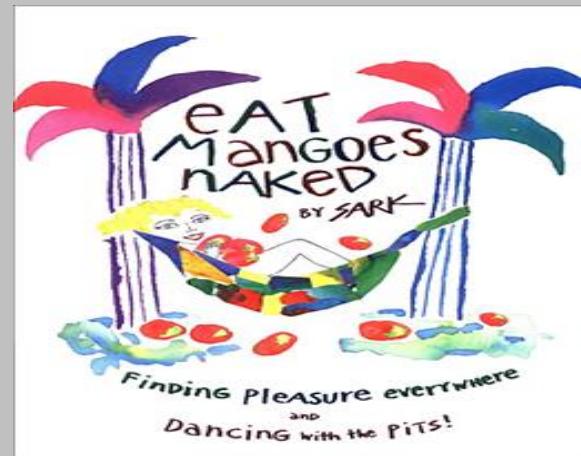
Lao Tzu

### Putting it into practice

Write down everything you have to do tomorrow. Take out a highlighter. Highlight what is urgent. Ask yourself who says is it urgent? Underline what is important, but not pressing. Is it important to you or to someone else?

Cross out everything that is not essential. What can you drop, delay or delegate? Circle anything you actually like to do. That is what feeds your soul. Don't add more likes, but decide to savour the ones you already have planned. Savour the urgent and the sort of important tasks too.

Being mindful in the moment uplifts every doing.



<http://planetsark.com/>

Check out Sark's other inspirational book  
[Living Juicy](#)

- When was your last sensual meal?
- What in your life can you let go?
- When do you live in the moment?
- Do you need to lighten up?
- How do you care for you?
- What will you remove from "to do"?
- How do you prioritize?
- Who is the priority in your life?
- Do you put your needs last?
- How juicy is your life?



*Salt caves provide inhalation therapy which aids, amongst other benefits, with respiratory ailments*

**NEW!!**  
Sacred Stones for the Soul now carries  
Himalayan Rock Salt products

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## Rock Star of the Month

### Halite-Himalayan Rock Salt

Salt, really?! Are you kidding?! Yes, salt! Unlike ordinary table salt, that is stripped of any natural elements in the refining process, and then contaminated with bleach and aluminum, rock salt mined in Pakistan contains 84 minerals including magnesium, iron, calcium and potassium. Some of the healing benefits attributed to pink salt include reduced acidity, lowered blood pressure, removal of toxins, improved circulation, strengthened bones, balance of electrolytes, increased absorption of nutrients, and increased hydration.

Rock salt comes in many forms for many uses. You can add salts to your bath or use a salt stone “soap” to relax and remove toxins while bathing. Salt lamps and candles emit negative ions into the air that help to balance toxicity. Visit a salt cave to take in a therapeutic salt inhalation experience in a soothing setting. Here is a British article on them. <http://www.express.co.uk/life-style/health/423396/Can-sitting-in-a-salt-cave-cure-my-asthma>

Natural salt caves in Eastern Europe have been frequented for years for their healing benefits. Now, simulated caves using authentic salt can be found in local strip malls. Halo-therapy is particularly good for children with asthma who will play in the salt like they would with sand at the beach. Go on a field trip and check out your local salt cave. The link to the one in Guelph is highlighted on the left.

Remember, do all things in moderation. Rock salt is still salt and those on sodium restricted lifestyles or other medical conditions need to take care. For some, salt therapies may not be recommended. Himalayan rock salt is akin to Celtic sea salt or other natural sea salt. However, it is considered more pure as it was formed by ancient seas long since covered by rockbeds and is therefore protected from the modern pollutants.

## NEW! Hi5vB

### High Five Vibe Affirmative Inspiration Wear

Affirmations are positive intentions expressed in words or images or gestures or sounds.

When we say high five, good night, bon voyage or we send a beautiful card or sing a celebratory song we are extending positive loving intentions. It really is the thought that counts. Thoughts have energy. Jealous, resentful or malicious thoughts feel yucky to receive. Louise Hay's message is to consciously create thoughts.

<https://www.youtube.com/watch?v=2NiRvwmPDx0>

Dr Masaru Emoto's water studies noted that cursing, belittling or angry thoughts produced disfigured frozen water crystals. Water that was prayed over, blessed, or with positive words taped to it, produced symmetrical frozen snowflake structure. Our bodies are 2/3 water.

<http://www.masaru-emoto.net/english/water-crystal.html>

Research shows that plants repeatedly exposed to hard rock, heavy metal or toxic lyrics withered, while those exposed to positive lyrics, or more harmonious or classical music thrived. What do you listen to?

[http://www.dovesong.com/positive\\_music/plant\\_experiments.asp](http://www.dovesong.com/positive_music/plant_experiments.asp)

Dr Bernie Siegel wrote the book Help me to Heal with Yousaif August, the creator of Bedscapes. Bedscapes are natural uplifting visual and auditory scenes brought into hospital rooms to help cancer patients heal through the power of nature while they are recovering in bed.

<http://www.bedscapes.com>

Hi5vB begins with "found jewelry" with uplifting words and symbols. It now includes inspirational nature based cards, cell phone cases, mugs, and t-shirts. Beauty in nature uplifts. Did you know that Prince William keeps pictures of African wildlife on his mobile phone to keep calm so the future King can carry on?



*My photography, nature and inspirational words  
Cell Phone Cases*



*Affirmative Inspiration Wear*

[The Art of Extreme Self- Care](#) by Cheryl Richardson

Introduction sample

[http://www.cherylrichardson.com/wp-content/uploads/artofextreme\\_intro1.pdf](http://www.cherylrichardson.com/wp-content/uploads/artofextreme_intro1.pdf)

How to deal with the guilt of disappointing others

[https://www.youtube.com/watch?v=D9X\\_NQM06t4](https://www.youtube.com/watch?v=D9X_NQM06t4)

“Every thought we think is creating our future.”  
Louise L. Hay



Drop by our table in the market place at  
the Lakeside Church Spring Fling  
fundraiser for Hope House on Saturday,  
April 12, 2014

<http://www.springflingevent.ca/>

Find more information on how Hope  
House supports the local community here  
<http://lakesidehopehouse.ca/>