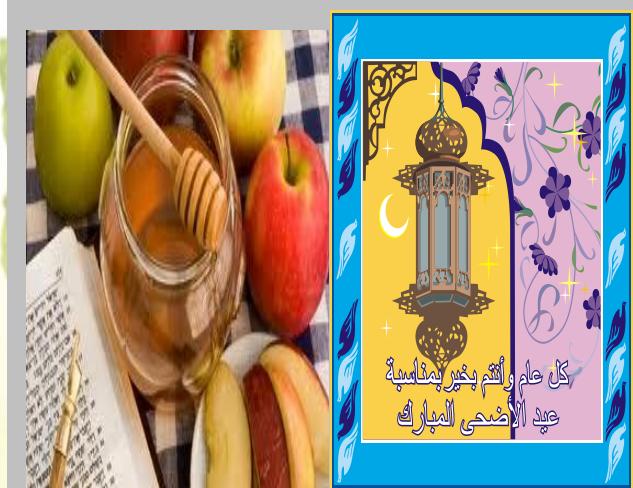


Sacred Stones for the Soul

Michaelmas, Fall Equinox, Eid al-Adha, Holy Days of Awe

September 29 is the feast of St Michael. It is a quarter day in the ancient British calendar along with Christmas, Lady's Day and Midsummer. Tradition holds that on this day a goose would be given to the landlord by tenant farmers to sweeten the rent, so they could continue to farm on the land for another year. It was a day for hiring, leasing and collecting rent, also a time for fall elections. Families would celebrate the fall harvest with a goose dinner. We call that Thanksgiving in Canada and the bird is now a turkey. In Scotland, women harvested carrots with triangular shaped shovels to symbolize the protective shield of Michael. In England, Michaelmas recipes often include blackberries. The Irish believed more fish were caught on this day. For universities in the UK, Michaelmas marks the fall school term. Eid al-Fitr is the summer three day holy feast that ends the Islamic fasting month of Ramadan. Children receive money, sweets are enjoyed and charity is encouraged so that all may cease to fast. In Burma, forgiveness is asked of elders for any misunderstandings during the year. The Eid al- Adha in the fall commemorates Abraham. It is a sheep that is sacrificed with one third given to the poor. In the Hebrew tradition, we observe the high holy days of Rosh Hashanah and Yom Kippur. Rosh Hashanah honours the creation of Adam and Eve. Apple dipped in honey is eaten to invoke a sweet new year. Yom Kippur, as the day of reckoning or atonement, will involve fasting and prayer. Food, festivities and fasting are universal archetypal acts.



L'shanah Tovah!... Eid Mubarak !

- Who do you need to forgive? Who do you need to ask forgiveness of?
- How do you bless others in your life?
- Are you being sweet enough to you?
- How often is your golden goose being shared with the less fortunate?
- Is it time for a fast from stress, work, fear, friends, family, food, TV, or even emails?
- How do you celebrate when you finally break your symbolic fast?
- Is your goose well and truly cooked?
- Do you feel like a lamb to the slaughter?
- What needs to be sacrificed in your life?
- Do you know when to feast and when to fast? Is it voluntary, balanced, planned or enforced?



Goose totem

"You are being reminded that we often take on the quests of our peers and family without stepping back and discerning whether or not this is something that we ourselves would wish to pursue. Make sure that the path you are currently following is your own and look deeply into your heart to ascertain that the choice is yours and not what someone else has wished upon you"

<http://spirit-animals.com/goose/>



A dream about your sheep could refer to your commitment to take care of yourself, of your needs in a gentle way. The dream could also relate to your commitment to your spiritual development.

<http://www.spiritanimal.info/sheep-spirit-animal/>

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The Spirituality of Eating

Breaking bread with another is a more than just a symbolic act of communion. It builds community, reduces isolation, and increases the positive release of endorphins and oxytocin. Science has been researching the Mediterranean diet for the nutritional merits, but the emotional benefits of dining “in famiglia” are equally important. Marianne Williamson tackles the notion that weight gain is linked to feeling separated and alone. It is not a physical problem, but a spiritual need that is unfulfilled. We have lost our soul’s connection to source. Her book A Course in Weight Loss is based on lessons from the sacred text A Course in Miracles.

“Weight that disappears from your physique but not out of your soul is just recycling outward for a while but is nearly certain to return. It’s self-defeating, subsequently, to struggle to drop excess weight except you are additionally prepared to drop the thought-varieties that originally produced it and now maintain it in place.”

When we eat mindfully, we are fully present and enjoy the food with a natural sense of satiation once filled. Emotional eating stems from the limbic brain and is fear based. Mindfulness calms fear. Marianne suggests eating in love, not in fear. Have a love affair with your food she says here. <http://www.youtube.com/watch?v=2jiGm82i88&list=PLFB0F2DA0AD9ECC05&index=6>

Better known as the angel lady, Doreen Virtue’s earlier work was focused on the psychology of eating. Her book Constant Cravings outlines the specific emotions behind the most common foods we crave, the science behind the mood altering effects of these foods, and affirmations to meet each specific emotional need. Affirmations are verbal mindfulness statements. Doreen’s other earlier book Healing your Pounds of Pain also explores the emotional roots behind weight gain. Her more recent works highlight the high vibrational healing properties of raw food. See more at <http://www.youtube.com/watch?v=wF0FDLVtTBI>

Rock Star of the Month

Apatite

Apatite is one of my new favorite stones. I only really discovered it in within the last year—which is unusual for me, as I have been studying stones my whole life. It is teal colored like the glacial lakes in Banff. In one of those quirky synchronicities, the name is pronounced like appetite. This is exactly what it helps regulate.

For weight gain due to digestive issues our old friend citrine is useful as is carnelian.

Carnelian also helps us to feel grounded, which keeps us fully present in our bodies. When we are in our bodies we pay attention to them. We respond to the authentic call of physical hunger rather than to the emotional one.

Who doesn't live in their body? You might well ask. Some people live in their heads rather than their bodies. They will tell you what they think and rarely what they feel. Others may dissociate due to past trauma. They may be scattered. Soul retrievals are performed in the aboriginal tradition to call back the scattered bits. A shaman assists the person through a drum induced trance to journey to the lower world and find their soul. I once read of a Navajo soldier returning from WWII who needed to do this.

For those keeping on extra pounds for insulating protection, rose quartz is a good stone that promotes self-love and compassion.

This video has a nice overview of therapeutic use of gemstones for weight. I am in no way endorsing the company as I know nothing about them, so just skip the commercial plug ending.

<http://www.youtube.com/watch?v=2jitGm82i88&list=PLFB0F2DA0AD9ECC05&index=6>



Did you know...?

Carnelian

- Was worn by ancient masons in Egypt
- Was one of the stones on the breast plate of High Priest of Israel
- Promotes sexual passion, fertility and the consummation of love
- Is used in Feng Shui to warm relationships in the home
- Raises the metabolism, gets blood flowing and improves the appetite

For Attractive lips, speak words of kindness.

For lovely eyes, seek out the good in people.

For a slim figure, share your food with the hungry.

For beautiful hair, let a child run their fingers through it once a day.

For poise, walk with the knowledge that you never walk alone.

People, more than things, have to be restored, renewed, revived, reclaimed, and redeemed.

Sam Levenson

We will have a vendor table at the Power of Hope Community Organization's Christmas in October. Check them out at www.powerofhopeontario.ca

"As usual, we will be collecting pyjamas for women, children and men as well as socks, toothbrushes & toothpaste, lip balm, hats & mitts and other items which we will package up to give to families in need at Christmas time. We will also be collecting stuffed toys and blankets to put in our children's gifts and deodorant and body wash for younger adults.

Each year, our Christmas packages are donated to local agencies who in turn give them to families in need within our community. We also donate to women's & men's shelters, teen pregnancy homes, Food Banks and Christmas hamper programs"

