

Sacred Stones for the Soul

Karmic Consumerism, Compassion, Consciously Creating Beautiful Thoughts

Work for Widows

As you know, my company mandate -from its inception -has been to support charity. It was around this time last year that it was birthed as a result of relief fundraising for the Philippines typhoon. Ten years ago, on boxing-day, we all watched in horror as a tsunami swept through Indonesia. Remember the stories of the elephants? They led the people to safety. All animals sense earth changes instinctively. The elephants broke loose and the people followed.

For the women whose husbands did not survive, life changed in the aftermath of the tsunami. Without income, often left on the curb by their in-laws, these women were without means to support themselves and their children. Prostitution or long days in sweatshops with no one to care for the children were their options. Work for Widows trains women in sewing skills. Each item comes with a photo of the widow creator and is sold by volunteers so the money goes directly back to the woman. They humble and inspire me.

Lord Ganesh is the Elephant Headed Hindu God who helps in the overcoming of obstacles



- *Have you ever been forewarned by a pet?*
- *Talk to the animals. More importantly, listen to them. What do they have to say?*
- *What is the elephant in your room?*
- *Are you prepared for a natural disaster?*
- *How do you pay it forward? Time or money?*
- *Where are your clothes made? Who makes them? What are their working conditions?*

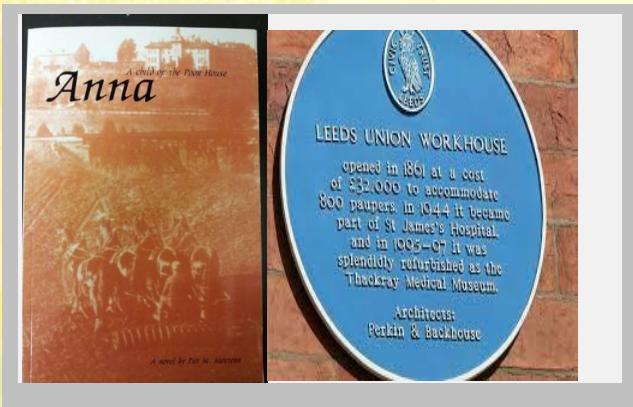
Consider the money you save at a dollar store. Consider the children left alone while their mother works to produce that item. How can you practice karmic consumerism for the children?

Can you pay forward your savings in some way, some of the time for someone in need?





Produced by Work for Widows
<http://workforwidows.com>



What would the widows of our past wish to see happen for today's widows and their kids?

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We are located in Guelph, Ontario

Widows and the Workhouse

For me, the drive to do work is in my DNA. My great great grandmother, Grace Best, ended up at the Leeds workhouse following her husband's death. The English Victorian workhouse, run by the local parish was a horrific place –not much better than a concentration camp. Inhabitants were called inmates. Families were separated upon arrival. The destitute, the invalid and the insane were meagerly fed, endured long hours of enforced labour, and slept in crammed, cold dormitories. It was a much dreaded institutionalized life.

Sometimes, the children were sent off to the colonies where they became known as Home Children. Fortunate ones were adopted by loving families in Canada or Australia. Others were treated as servants and subjected to abuse. Canadian Hockey celebrity Don Cherry is a descendent of a British Home Child. In 1929 workhouses "officially" ceased (although many reinvented themselves as hospitals). Home Children exodus ended in 1939.

<http://canadianbritishhomechildren.weebly.com/>

In Ontario, we did not have workhouses as such, but the aged, the poor, the infirm, and the widowed might have found themselves in the county home as a result of a change of fortune. Like their British counterparts, the deceased were deposited in unmarked, sometimes group, graves. The Wellington County Museum west of Fergus is a former county home. Plans are underway to identify the unmarked graves and restore the dignity of the deceased.

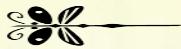
<http://www.wellington.ca/en/discover/cemeteryhoi.asp>

Anna- a Child of the Poor House chronicles memoirs of life as a child in that county home. The County House of Industry and Refuge operated between 1877 and 1947

ROCK STAR OF THE MONTH!



Rhodonite is a pink and black speckled stone. It is one of my new favorites. It is a calming, gentle stone. It is the Audrey Hepburn of gemstones- full of quiet grace and elegance. Rhodonite helps balance thoughts and draws out calmness during chaos. This is a good stone for the heart as are all pink gemstones. It also supports the lungs which is where we often hold our grief. It is said to aid in bringing out generosity in the wearer. It encourages service to humanity. As a warming stone, it helps with joints in cold weather.



Dark pink is the colour associated with the Archangel Jophiel, who is the angel of beauty. She can help us overcome negativity by showing us the beauty in people, places, actions and words. When negative self-talk or critical thinking threaten our inner peace, we can call on Jophiel to help us refocus on the positive through beautiful thoughts. Likewise, rhodonite is a useful stone for affirmations, mantras and inner hearing. Good self-care is not just about a semi-annual day at the spa. It is the daily practice that involves saying kind and beautiful words to ourselves.



<http://www.azbluerockers.com/rhodonite>



Archangel Jophiel

Did you know?

- The suffix "el" in angel name means of God
- Jophiel means Beauty of God
- Everyone is born with 3-4 guardian angels
- Archangels supervise guardian angels, but also have specific portfolios to assist us
- Check out Doreen Virtue's Archangels 101

<https://www.youtube.com/watch?v=fff5NvFcM>



I choose to
see clearly with eyes of love.
I love what I see.

*Louise L. Hay
You can Heal your Life*

Making *the conscious choice* to see love and beauty in our world is not the same thing as seeing the world through rose colored glasses. We can only see that which is already within us. When we focus on the beauty, the light and the love outside of ourselves, we automatically bring out those inner qualities in ourselves. There is intentionality. There is truth. There is integrity. It is a conscious willful choice.



Rose-colored glasses are rarely conscious. They are a form of denial and have their origin subconscious fears. This is not an honest or authentic ways of living.

Our last Christmas Craft sale/Bazaar will be this Saturday at the Arbour Trails seniors' village across from the University of Guelph. Since this one is not attached to a charity, 10% of all sales will be tithed towards the Work for Widows initiatives.

Christmas MARKET FREE ADMISSION

VILLAGE OF RIVERSIDE GLEN NOVEMBER 22ND 10 AM - 3 PM

VILLAGE OF ARBOUR TRAILS NOVEMBER 29TH 10 AM - 3 PM



Hand~Made Treasures

Home~Made Treats

Entertainment, Vendors & More

LUNCH IS AVAILABLE FOR PURCHASE

GUELPHChristmasMARKET.COM

THE VILLAGE OF RIVERSIDE GLEN, 60 WOODLAWN ROAD E, GUELPH 519.822.5272
THE VILLAGE OF ARBOUR TRAILS, 32 BAYBERRY DRIVE, GUELPH 226.251.3065

