

Bedrock & Blossoms



The Cheltenham
Badlands in
Caledon Ontario

It was the week of my birthday in May when I decided to pay a visit to the Badlands near Cheltenham. I have always wanted to explore them. I had driven past them on occasion, but never really walked around them. Since I had heard they would be fenced off the next week for a few years while conservation authorities review how to better preserve the land, I knew it was now or never. It had been cold and wet all week and I wasn't sure I wanted to go out. It would have been easy to sit inside and read by the fire instead, but I overcame my ennui and off I went. They are less than 40 minutes away by car. I chortled at how quick and easy it was to get there after procrastinating for all those years about going.

It was a Thursday and there was but a handful of visitors. The sun came out and the contrast of the red rock against the blue sky was spectacular. All around the periphery were branches of pink and white apple blossoms in full fragrant bloom. I hiked along the edge of the rock and into the woods that were also full of apple trees in bloom. It was an enchanting day and the perfume of the flowers was the icing on the cake.

In the middle of the red stone slopes a few apple trees and some other plants held on tenaciously to what little soil was left.

Beauty out of a man-made disaster

The rolling hills at Cheltenham weren't always red. Pioneers in the 1800s cleared the land and their descendants left it for cattle grazing. They weren't versed in Ontario geology and couldn't have known that under the soil of their acres of potential crops was Queenston Shale and that the soil would become eroded without the vegetation to hold it in place. Poor farming practices stripped away the soil and exposed the bedrock. Shale is very soft and now the rock itself is deteriorating. This land was once covered by an ancient lake and you can see the outline of an extinct river carved into the bedrock above the hills. In nearby villages, such as Terra Cotta, the iron oxidized clay soil was used for brick making. Humanity has prospered from the natural elements in this area and the red hills, as curious as they are to behold, are really an open wound left to fester.

As part of the Niagara Escarpment the Cheltenham Badlands are also part of an UNESCO protected biosphere.

"We do not inherit the earth from our ancestors. We borrow it from our children."

Chief Seattle

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Tiger Eye

Tiger Eye is a type of Quartz. It is found in South Africa and India mainly. Colours range from golden brown to red.

A variation of Tiger Eye called Hawk's Eye is blue. Tiger Eye is easily identifiable by its shiny silky coat and chatoyance that gives it the shimmering appearance of the slant of a cat eye. It is said to promote insight and clarity of vision.

Very much an earth stone, Tiger Eye is grounding and protective. Use Tiger Eye to aid in concentration and focus. It can help those with Attention Deficits. It also protects during travel and promotes night vision. I used to carry a Tiger Eye stone in my car when I commuted out of town for work.

It is also a warming stone and as such is healing for those with asthma or bronchitis. It is best worn as a chest length pendant for this purpose or taped to the skin. Tiger Eye, with its golden tones also supports personal power via the solar plexus. It attracts prosperity and like Citrine can be kept in the cash box. In Feng Shui Tiger Eye is used to increase calm and patience. It is especially useful to place in children's rooms.



Latest "In-spiral-ations" Earrings with Iolite, Lapis, Serpentine, Rose Quartz, Sodalite, & Angelite

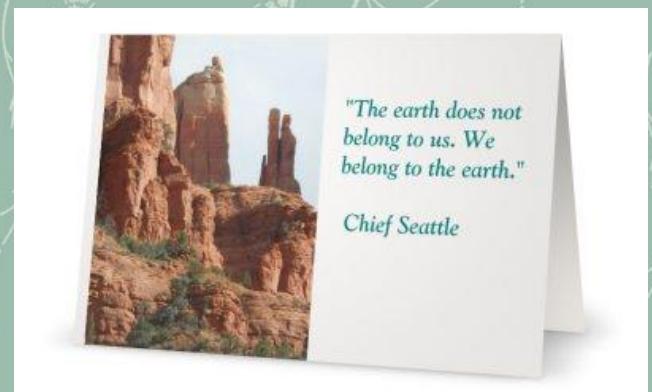
Rock Star of the Month



*Tiger Eye &
Mookaite
Earrings*

June 21st

Not only is this the date of the summer solstice, but it also marks National Aboriginal Day. This year is a triple celebration as Fathers' Day also falls on June 21.



High Five Vibe Collection (Hi5vB) Cards

Coaching Questions:

- What, in your life, has been eroding away?
- How do you delay bringing pleasure into your life?
- Are you on a slippery slope?
- What is your deepest desire to do before it's too late?
- Do you take time to smell the flowers?
- What aspects of your life do you fence off to others?
- Where is the grass greener?

Call to Action

Caring for the Earth can take many forms. It starts with a call to conscious living. We do not take care of what we do not notice. We also do not take care of others including the animal, plant and minerals around us when we have not first taken care of our own needs. Slowing down and paying attention are the beginning steps to the stewardship of Mother Earth.

Today, I saw a large Turtle squashed in the middle of a semi-busy residential road. I felt badly for the little guy. You could tell by his size that he had been on the planet for many, many years. In the aboriginal tradition Turtle represents Earth. North America is called Turtle Island. I rang the Humane Society and so had someone else before me, but we could all learn from Turtle to slow down and watch out before it is too late.



Apple Blossoms in Cheltenham

Apple Blossoms & Turtle Doves

For the past few weeks I have been graced by the presence of Mourning (Turtle) Doves in my backyard.

I have watched their courtship dance. He bobs his head and coos with a little sidestep towards her. Sometimes he is successful and they preen each other after they mate. Sometimes he gets too close and she chews him out. Doves mate for life. They seem to have grown accustomed to me. They wander around the grass picking up bird seed spilt from the feeder while I do my reading and writing. I kind of look forward to my daily visits from the love birds

Apple Blossom flowers also signify sensuality, love and fertility. They indicate the divine feminine energy. Celts put Apple Blossoms in their bed chambers. Apples represent youth and happiness. "Chanter la pomme" in old French meant to flirt with or court a beloved.

Flower symbols, like all symbols, are not always meant to be taken literally. Fertility could be in the form of new beginnings or abundance of creative ideas, new opportunities or relationships. At any rate, Apple Blossom is always a cheery and fragrant promise of hope and renewal in the freshness of spring.



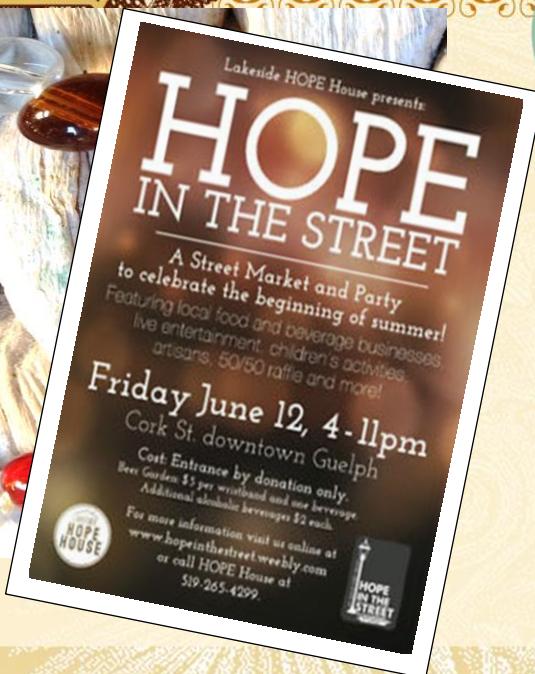
*"When we tug at a single thing in nature,
we find it attached to the rest of the world."*

John Muir

Sacred Stones for the Soul



On Friday, June 12th we will have a vendor table at the Hope in the Street Night Market and Fundraiser for Hope House at Lakeside Church in Guelph.



"All things are our relatives; what we do to everything, we do to ourselves. All is really one."
Black Elk

Sacred Stones for the Soul
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