



Highlights

- Reversal of reality
- Truth
- Laughter

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Sacred Stones for the Soul



February 2016

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"Leap year was ne'er a good sheep year."

February 29th

There is an old tradition that says once every four years a woman can ask a man to marry her on February 29th. Some say it's Irish in origin and attributed to St. Bridget. Some say the Scottish Queen Margaret made it a law. If a Finnish man refused the proposal, he was obliged to buy the woman silk for a new frock or if

he was Danish, he had to give twelve pairs of gloves to conceal the ring-less fingers. On Leap Day laws did not apply.

However, Italians and Greeks thought it was bad luck to marry during a Leap Year because the women were out of control. Scots believed it affected the livestock. After all, the natural order of things had been disrupted.

Carnaval

Long before Mardi Gras became associated with pre-Lenten gluttony in the Christian calendar, Europeans already marked the period with festivities of controlled chaos. In the Teutonic regions it is called Fastelavn. People dressed in masks and costumes that allowed them a reprieve from their usual roles. It was an opportunity to mock authorities, act out parodies, stretch their liberties, and basically let loose. Behind the mask, it was safe, and socially acceptable, to symbolically revolt. Anthropologists call these reversal rituals. Fancy dress parties, Halloween, April Fools pranks, and the Feast of Fools are all examples of role inversions. Playing a prank on the boss is culturally sanctioned on the right day and allows employees to let off steam. Children threaten adults for treats and the dead come alive while the living act

like the dead. It all empowers people in dealing with fears about the unknown realm of death. Political satire helps us laugh at those in power whilst we are not. The poetic anarchist Hakim Bey calls such activities Temporary Autonomous Zones (TAZ) where we find a place or time to be in control of our own lives and disconnect from the limitations of the usual social, economic or political hierarchies. Festivities and flights of fancy allow us to use artistic rather than violent means to rebel. Parades were processions to move a symbolic boat honoring a religious figure. Nowadays we call them floats. March 5th was the Navigium Isiris festival in the Greco-Roman world where the carrus navilus, an illuminated boat, was launched for Isis to bring smooth sailing. Later, she was replaced by the Virgin Mary on carts carried through town.



Rutilated Quartz Cluster Pendant

Nellie McClung



Eugenics is the selective breeding of one class or race of people while taking steps to reduce the population of less desirable groups.

Rock Star of the Month- Rutulated Quartz

The name Quartz comes from the Saxon word Quertklufterz which means cross vein ore. It is the most abundant mineral in the earth's crust.

Rutilated Quartz, sometimes called Venus Hair Stone or Cupid's Arrow, is silicon dioxide with titanium hairline inclusions. The inclusions can be golden, silvery or reddish.

Rutilated Quartz helps us to be more self-aware and is considered a stone of truth. Sometimes, the truth has been right in front of us all along, but we choose not to see it, possibly because we are not ready to see it. Learning from the past and coming to terms with negative situations is

always an opportunity for growth. When we learn about ourselves, we learn about others. Learning about others helps us to define who we are in relation to that new information. Values are clarified in unexpected ways. When we become clear on what we hold true and what we really want, we clear the path to bring more of that into our lives.

Rutilated Quartz is a stone that facilitates intentional manifestation. Like all Quartz, it amplifies energy due to its piezo-electric properties. That is why we use Quartz in clocks, and computers. The titanium rutiles further amplify the Quartz, which is why truth becomes magnified for us to see it clearly.

When your favorite “ism” isn’t what you think

January 28, 2016 was the 100th anniversary of the first vote for Canadian women, in Manitoba, actually. Nellie McClung was instrumental in lobbying for female suffrage and was one of the Famous Five group of women who successfully challenged the concept that women were not legally considered “persons” and therefore ineligible to sit in the Canadian Senate.

There is no doubt that Nellie fought for women's rights, but history downplays her support of the eugenics movement. In fact, during an era of burgeoning social Darwinism, she was also behind the Alberta Sterilization Act of 1928. More than 4,000 people deemed 'mentally defective' were sterilized without consent from 1928 to 1972. The targets were not just those with mental or physical impairments, but addicts, the mentally ill, epileptics, prisoners, domestic servants, single mothers, Aboriginals, immigrants, and the poor. Canada's first female magistrate, Emily Murphy, also promoted eugenics, as did first female doctor, Helen MacMurchy, first female professor, Carrie Derick, and south of the border Margaret Sangar, known for Planned Parenthood. While they fought for some female rights, the most vulnerable women lost theirs.

In the U.S.A., most victims were categorized as feeble-minded and often overlapped with epileptics. Epilepsy was defined broadly to include anyone with seizures, head trauma, migraines or who lost consciousness for any other reason.

Many social and charitable agencies for mental and public health in North America have eugenic roots. The Intelligence Quotient and Stanford-Binet intelligence tests were initially designed to identify mentally deficient children to justify segregating then sterilizing them. Helen MacMurchy eagerly inspected Toronto classrooms to seek out such children. The last federal government had egg on its face as it unveiled a plaque in her memory while the media pointed out her eugenics. Kitchener philanthropist Alvin Kaufman sterilized 400 of his factory workers in exchange for keeping their jobs during the Depression. Unknowingly, I wore his Sorel winter boots for years.

Why is this important now? History repeats itself when we do not pay attention. A lot of political rhetoric south of us echoes arguments used by past American eugenicists. The downside-up of upstanding public figures doesn't need a leap year to shake up our humanity. We need to be ever mindful that our chosen “ism” isn't infringing on others' rights.

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Practice makes Progress

Humour is one the easiest ways to take a break from the stresses of life. In fact, being able to laugh at the incongruent in life is a sign of sanity. It shows a sense of what is right and not. Sometimes, the only way to deal with scary things outside of our realm of control is to laugh. It denotes balance and lets off steam. Readily available, laughter is portable, low calorie, and tax free. A good belly laugh massages your inners from the inside out.

Find something to laugh about. Leap day is a great time to get topsy-turvy.

"When humor goes, there goes civilization." - Erma Bombeck

Coaching Questions

- What floats your boat?
- Which role reversal do you dare try?
- How do you incorporate temporary autonomous zones (TAZ) to let off steam in your life?
- When was the last time you laughed so hard you almost peed your pants?
- What have you discovered in your life that isn't quite what it seems? What are you going to do about it?

10 to Zen

1. Let go of comparing.
2. Let go of competing.
3. Let go of judgments.
4. Let go of anger.
5. Let go of regrets.
6. Let go of worrying.
7. Let go of blame.
8. Let go of guilt.
9. Let go of fear.
10. Have a proper belly laugh at least once a day (esp. if it's about your inability to let go of any or all of the above).

Facebook Buddha Heart



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Words that Heal

High Five Vibe Collection

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Affirmative Inspiration Wear



Note: vibrational healing therapies, including the use of crystals, are not intended as substitutions for proper medical treatment, but rather as complementary holistic supports for conscious living.