

Happy Birthday



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Sacred Stones for the Soul



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"When the red, red robin comes bob, bob, bobbing along..."

Robin, Renewal and Resurrection

I have had a lot of bird encounters this spring. This morning alone, a cardinal perched on the fence and stared in at me through my window. He was quickly replaced by my pair of love birds cooing. Then, some small gray birds came even closer. When one tried to fly into the window, I decided to go outside and see what they wanted. My most frequent

visitor is a robin who perches in my basement window well when I watch tv. Robin symbolizes rebirth. It is considered a messenger of the sun by native peoples of the plains. Scientists have studied the impact of the singing of songbirds which prompts plants to begin to grow again in spring. I think the Robin song invokes a reawakening of sorts in us also.

The Spring 2016 Wired In-spiral-ations Collection



Healing through Repurposing

Rock Star of the Month- Ruby in Zoisite



Ruby in Zoisite Silver Plated Wirewrapped Earrings with Amethyst and Quartz

Anyoite comes from the Masai word for green. Green gems open our heart, calm the racing pulse, and invite compassion. This is a blended stone of Zoisite with Ruby inclusions. Zoisite is better known in jewelry as Tanzanite. It is a blue-green African stone that changes to blue-violet when heated. As with all purple stones, it links to the spiritual via the crown chakra, connecting us to

higher consciousness. The inclusion of Ruby adds a fiery earth element to the stone which reignites passion - especially after grief. Anyoite is said to soothe lethargy and depression by transmuting negative emotions into positive. Ruby activates the root chakra and is useful for those experiencing immune disorders, chronic fatigue and adrenal burnout. I suspect that is why it came into my life.

Confluence and Culture

I have recently been following a PBS TV documentary on the history of Jazz. One of the things I learned was that pre-Civil War New Orleans was a confluence of many cultures that lived side by side in relative harmony. It was an interesting mélange of French, Spanish, Italian, African, Caribbean and Creole - a very significant culturally rich milieu. Known as the North American opera capital, it had multiple opera houses for each distinct culture. The classical European style of musical and theatrical expression reigned amongst the Creole who identified more with their European heritage than with their African roots. This was their later influence on jazz.

After the Reconstruction, when the Union left New Orleans, things changed for the mixed race Creole. Segregation polarized into black or white. The vibrant cultural nuances that beget New Orleans in the previous century no longer fit the new social categories. For the Creole, their refined European cultural heritage was trumped by the colour of their skin. They were now simply black and consequently subjugated.

Interesting things happen when cultures get assimilated by conquering groups. Often, it is the conquered who end up influencing more the conquerors, albeit in subtle ways. Art is one of these ways; so, is spirituality. The British believed a hundred years ago they were mastering India, but look now at mainstream yoga. In our global community some fear cultural colonization. This sometimes drives nationalistic agendas, but we gain far more than we need fear from the interplay of cultures if we are open to appreciate and learn. It is my belief that we inherit both the successes and the sins of our ancestors and are now accountable to right the balance of power in this post-colonial global theatre. The following is one step in the right direction.



Kumari Bangles at \$55 USD pay for one week of school for a girl in Mumbai

<http://www.rosenasammi.com/collections/sari>

Apne Aap- Who's Sari Now?

Self-empowerment is the *raison d'être* of the women's collective Apne Aap in India. They united to collectively create a better world for their daughters as an alternative to human trafficking. This is a story about the healing power of the arts that was birthed in the aftermath of a documentary by Rachira Gupta. It is about women helping women by helping themselves together. Recycled saris are given a second chance to create objects of beauty to sell. Bags, bandanas, earrings, necklaces and bracelets are marketed to provide a living wage and to

fund school fees. Read more in a New York Times interview here:

<http://nytlive.nytimes.com/womenintheworld/2015/07/14/whos-sari-now-taking-on-prostitution-and-sex-trafficking-in-an-enterprising-new-way/>

or profiled by CNN here:

<http://www.kvia.com/news/whos-sari-now-how-jewelry-is-saving-lives/38690832>

or at the vendor website.

<http://www.rosenasammi.com/pages/do-good>

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We're on the Web!

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Practice makes Progress

Being in nature helps reset a stressed nervous system, but when we can't be in nature, we can still bring nature in. House plants, pets, water fountains are all simple everyday ways to do so. Listening to recordings with native birdsong is another alternative. At the children's hospital in Liverpool, they play recordings from a local park to calm young patients waiting for doc.

Feeling sluggish and sleepy after a midday meal? Experts call this postprandial somnolence. Listening to birdsong helps reawaken the senses and overcomes the lethargy of the blood sugar slump.

Finding it hard to concentrate? The rhythm of bird song is random so it creates a state of alertness, unlike the repetitiveness of lullabies, which makes it great music to study by.

Coaching Questions

- What is greening in your life?
- Who is bobbing into your spring?
- Which song is in your heart now?
- How will you repurpose yourself?
- Who do you subtly influence?
- What are you sorry for?
- What puts spring in your step?

"People find birdsong relaxing and reassuring because over thousands of years they have learnt when the birds sing they are safe, it's when birds stop singing that people need to worry. Birdsong is also nature's alarm clock, with the dawn chorus signalling the start of the day, so it stimulates us cognitively."

Julien Treasure
<http://www.bbc.com/news/magazine-22298779>



Repurposed Light Bulbs www.Pinterest.com



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.