



Remember this from when you were a kid? Watch it here again. Click <https://www.youtube.com/watch?v=oBkSy3dnfY8>

Highlights

- ❖ Pleiades
- ❖ Playtime
- ❖ Pouters & Pleasers

Soul Coaching Flows

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http://conect.com/en/stamps/stamp/281528-Manu_Taratahi-Maori_Year-New_Zealand

Sacred Stones for the Soul



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Let's go fly a kite

Matariki-Stellar New Year in New Zealand

For the Maori, the New Year begins with the arrival of the Pleiades in their southern skies at the end of May. Technically, it is on the new moon after the rising of this cluster of stars, which makes it June 6 in 2016. Like many indigenous cultures around the world, the Maori believe

they are descendants of the star people. **Matariki** is the name of their harvest celebration. Similarly, the **I Makahiki** or Hawaiian New Year also links to the Pleiades. It begins in late November and lasts four months. All wars cease during the harvest season and they await the return of the fertility god Lono from Tahiti.

The Leather Collection



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Dalmatian Jasper

"Art is like a course of flowers along the border of civilization."

Lincoln Steffens



Charity Spotlight

BUY A COFFEE AND
HELP TURN A KID'S LIFE AROUND
WEDNESDAY, JUNE 1ST

100% of Profits
FROM CAMP DAY
COFFEE SALES GO TO
TIM HORTON'S
Camps.

Tim Hortons
#CampDay

June 1, 2016
**Buy a coffee or a \$2
bracelet at Tim's to help
send a kid to camp**

Rock Star of the Month- Dalmatian Jasper

Technically, the Dalmatian stone is a Chalcedony and not Jasper. The Quartz in it is very porous and often gets dyed. Some say the spots are Tourmaline. Others say it is magnetic. Either way, this is a silicate Ignatius rock. Much of it is mined in Mexico- in the region of Chihuahua. It was named after another type of dog, though, as you can guess from the name. Dalmatian is a calming

stone. The Tourmaline is said to relieve negativity. This restores our sense of trust and creates a safe space for child-like joy. It helps give us stamina to get a job done, then to let it go and forget about it while we play. Dalmatian is a good earthy stone and like all earthy stones, its effect is more gradual- slow, steady, and practical. It is good for long-term balance of yin and yang in life.

Matariki Manu Tukutuku- Harvest Sacred Kites

At the end of May when the Pleiades rise in the constellation of Taurus, the Maori begin to celebrate what North Americans would call Thanksgiving. The seven stars are sometimes called the seven sisters or Subaru. The name Matariki is said to mean either Little Eyes or the Eye of God.

Prior to the arrival of the missionaries, kite making and flying were both a community building practice and a spiritual rite. Kites connect Heaven to Earth and were seen as messengers of the divine. There are 17 known types of kites with different functions. Sacred kites or Manu Whara were constructed with specific guidelines and flown with precision while chanting, but kite making was also part of the vital intergenerational connection essential for cultural continuation.

Since Matariki marked the autumnal harvest in the southern hemisphere, the people gathered together to make arts, dance, carve, create, tell stories and bond after the hard work of reaping their cultivation had been done. This bonding was known as Whanaungatanga. It had an important societal function. As in Hawaii, disputes between rival tribes also halted during this time whilst the old year was completed and the new one was commencing. Play was sacred time.

Unfortunately, after the European colonization in the 1800s, all indigenous cultural practices were not only prohibited, but punishable. Most of the sacred kites were destroyed. Since the 1980's, however, Matariki has seen a revival in New Zealand.

The Inner Child

In her book Taming your Outer Child, Susan Anderson describes the Outer Child as the behavioural "evil twin" of the innocent Inner Child within all of us.

She explains how we abandon our Inner Child early in life by taking on the beliefs of others, internalizing criticism, conforming, belittling and blaming ourselves. We continue to abandon ourselves as adults when we give in, silence ourselves, stuff down our true values, ignore our intuition, and sacrifice our integrity in jobs or relationships. The Inner Child has

generalized needs- to be loved, to feel valued, to have fun etc. The Outer Child is the part of us that over-indulges, pouts, overreacts, self-sabotages, throws a hissy fit, demands instant gratification in specific ways, gets addicted, puts own demands first without care for the greater cost. In cartoons, Outer shows up as a little red devil whispering temptations in our ear. Self-care is reviving our authentic Inner being through (not so random) acts of wellness. Self-indulgence, however, is ego driven, detrimental and demanding.

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*Sacred Stones
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We're on the Web!

Visit us at:
<http://www.sacredstonesforthesoul.com>



Practice makes Progress

When you have challenges meeting a goal that you have set, ask yourself what Outer Child is doing to sabotage it?

Susan Anderson recommends writing it down because the act of writing moves the whole process away from the head to the actual muscles in the body.

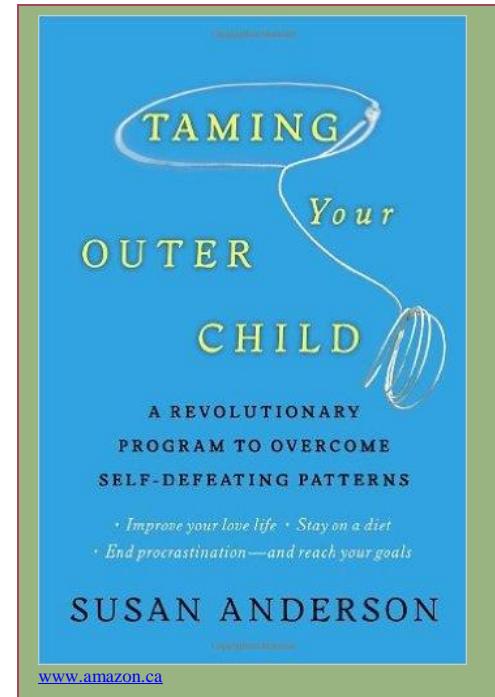
1. Identify the goal.
2. Identify all the ways Outer created obstacles.
3. Choose action steps to take to override Outer's interference.
4. Do the actions.
5. Reflect, revise and write about the process always linking back to the goal in mind.

Don't forget that you are the Adult in this relationship with the Inner and Outer Child. You call the shots. You get the last word.

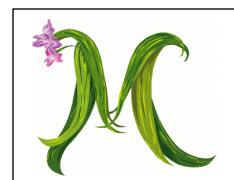
Coaching Questions

- When did you last fly a kite?
- How do you put play in the day?
- Do you balance the unwinding after the winding up in your activities?
- What is your Outer Child's favorite temptation? How do you respond?
- Are you a pouter or a pleaser?
- Who do you really want to tell to just go fly a kite?

Example:
My goal is to clean my kitchen. Outer distracts me through procrastination, convincing me to take a break and watch TV after dinner instead of doing the dishes, luring me to check my emails, complaining why nobody helps me and convincing me there is too much to do and it will never get done anyway. I will set the stove timer to work for 20 minutes- 20 min of washing dishes and 20 min of TV. I will remind Outer that if we focus for a short time, we can get a lot done then play in peace later.



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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.