



Women's Circle Newsletter
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*Reaching out each month in joy and
 sisterhood to keep us connected as we circle
 together as women*



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*Women's Circle Facilitator
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April Fools!

Laughter is great for the spirit, the belly & the immune system. This month when Jesters rule bring a lightness of being all done with wise humor!

So the Zen master steps up to the hot dog cart and says:
 "Make me one with everything on it."
 The hot dog vendor fixes a hot dog and hands it to the Zen master, who pays with a \$20 bill.
 The hot dog vendor puts the bill in the cash drawer and closes the drawer.
 "Where's my change?" asks the Zen master.
 The hot dog vendor responds: "Change must come from within."



Last chance to register for our one-day Workshop coming up on Caring for all you Caregivers out there. Please click on this link to get details. [One day workshop: April 14th, 2007 rtf pdf](#)

BREATHING IN UNIVERSAL ENERGY AND SENDING IT OUT

Stand in Resting Pose, legs together, arms at side.
 Pause
 Bring palms together as in prayer mode
 Breathe in infinite energy through the nose and direct your energy to your heart center. Focus internally. Imagine sending energy down the center of your back with your breath as you exhale. Continue for a minute or two.
 Return to standing in resting pose
 Spread your arms out to the side at shoulder height palms facing the sky. Direct your attention to your heart center. Inhale through the nose and send your energy out into the universe through your palms on exhalation. Focus on sending your light out like rays. Repeat
 Return to resting pose.
Namaste – the divine light in us recognizes the divine light in you!



There will also be other Women's Activities and Circles throughout the year. Stay posted. If you have stories, information and would like to share bits of your journey with us, we want to hear from you. If you get an idea send it out to the email above