



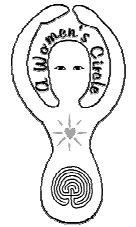
## **Women's Circle Newsletter**

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*Reaching out each month in joy and  
sisterhood to keep us connected as we circle together  
as women*



**Andrea Lord**  
*President, Alpha Institute  
Women's Circle Facilitator  
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**Rachel Lord RN, CMT**  
*Women's Circle Facilitator  
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**February 2007**

*This Month – "Valentine's Day and Don't We Wish it Were Spring!"*

### *Time for Matters of the Heart*



*We want to connect with our heart center and send out  
Universal LOVE to You and all folks around the world. The  
heart Chakra that we show on the left is the spinning wheel of  
energy that resides in us all, right between our breasts. It is a  
place of UNCONDITIONAL love and good will.*

*SO...let's radiate pure love to our children, our elders and  
those who came before and will come after us. Close your  
eyes, fill your heart chakra with beautiful pink light and SEND  
IT OUT. Then see how good it feels.*

### *Time for Planting a Bulb*

*We have a lovely pot of fragrant hyacinths that are starting to come  
up. They were a Christmas gift that is giving cheer in February. They  
smell good and look so sweet on the table. All you need to do is go  
over to a garden store and get a bulb or two of your choice. Ours is in  
dirt but bulbs grow in water as well. Get them going and you'll soon  
have a breath of things to come right in your house. You and your  
loved one will get cheer and joy from this simple act.*



*We have a 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](#)*

*There will also be other Women's Activities and Circles throughout the year. Stay posted.*