



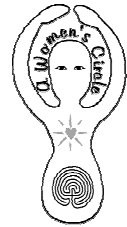
Women's Circle Newsletter

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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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*Rachel Lord RN, CMT
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Master Herbalist*

March 21, 2007 12:07a.m. GMT

*is the **Vernal Equinox** – A time of balance, light and clean sweeps*

*The Spring Equinox is one of the four great solar festivals of the year. Day and night are equal, poised and balanced, but about to tip over on the side of light. With the coming of spring and new beginnings, it's time to **un-clutter our lives physically, mentally and spiritually.** So let's get out our metaphorical broom and **DO SOME SPRING CLEANING!***



*1. **Negative thoughts-Begone.** The "Law of Attraction" says that light attracts light and vice-versa. SOooo, breathe in a positive image of what you need, and breathe out all negativity. Whenever that fear factor takes over, let it go and replace it with your image. Keep it there.*

*2. **Clean up your act.** 🎵 Get out a broom and clean a room. 🎵 The act of getting our physical world in order sparkles up our internal world.*

*3. **Do an Internal Cleanse.** (and we don't mean starve to death) An easy one is a vegetable and fruit juice fast of 1 to 3 days to give your digestive system a moment to rest and rejuvenate. You'll be amazed with the energy it gives. Make sure to drink plenty of water with a wedge of lemon in it. Continue your vitamins or any other Rx meds.*



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.

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.