



# News From The Garden



Winter 2008

Vol.1 Issue 3

*Winter! The cycle of the Earth's energy drawing in. Waning light, first snows and snuggling by the home fires. It's been quite a year of transformation for most everyone I know. Seems we are all coming to the same place, like rivers that flow to the ocean, closer and closer to zero point, (which is having zero point of view) where all of life can be created anew. Like the Solstice Sun returning to light our lives, let us open our hearts to allow all things new, as we acknowledge with love that which is passing away, fulfilled and finished.*

*Blessings of the Sacred Mother and Child upon us all .....*

*Devi*

## What's Going On

### Winter Festivals

Every third weekend of the month Sat. 10-5 Sun 10-4

January 17th-18th 2009 Winter Wellness Festival\*

February 21st-22nd 2009 Venus Festival

March 15th-16th 2009 New Life Festival

April 18th-19th 2009 Earth Festival & Garden Show\*

### Don't Forget

*Free Lectures on a variety of holistic topics. With many practitioners offering discounts on their services.*

*The vendors of fine and unusual wares, as well as food on site!*

**\*Art Show Also Featured During These Festivals!**



Inside this issue:

### Ponder on This

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*“Reality, Vladimir, must be defined only through one's self. A lot of effort has been made to distort past reality. The possibility of distortion arises when Man abandons his own reasoning powers and forms constructs of the past based on somebody else's words and conclusions.”*

*Anastasia Taken from The New Civilization by Vladimir Megre*

*“The world is one world, and it's sufferings are one; humanity is in truth a unity, but many are still unaware of this. And the whole trend of the present teaching is directed to the awakening of humanity to this, while there is still time to avert still more serious conditions. The sins of humanity are also one. It's goal is one, and it is as one great human family that we must emerge into the future. The Tibetan through Alice Bailey from the Destiny of Nations.*



**Jessica Fenske**

Jessica is a certified massage therapist and is registered by the state of Wisconsin. She graduated from the Fox Valley School of Massage in 1999, where she studied Swedish Massage, Deep Tissue Massage, and Neuromuscular Therapy techniques. She has also received training in Healing Touch and Quantum Touch therapies, which work with the body's own energy field and center. Living in Waupaca County, WI. she enjoys many activities like yoga, biking & golf. She is always eager to visit some place she has not experienced. Jess, as we lovingly refer to her, has wonderful energy and nearly "bubbles over" with love. She intuitively feels what your body needs and is willingly to work on a number of varied issues. Very professional and efficient, a massage from Jessica is well worth it!



**Gabriel Gundlach**

Gabriel provides numerous services at the Aquarian Garden. He teaches Yoga as well as Avalon classes for the spiritual scientist. He recently became the Director of Community Development, and is gathering forces for getting the Aquarian Garden on its own power systems, and organizing next years planting.

Gabriel has been teacher and student of life for more than 30 years. His spiritual counseling is non-denominational and focuses on empowering whatever crisis you may be experiencing; helping you discover its hidden purpose. Nutritional consultation is available whether you are looking to change your dietary habits or just looking for nutritional guidance, Gabriel can help you discover the emotions and thoughts that are driving your dietary choices. You'll find Gabriel wandering the place with a ready smile and hug!

**Purchase Appointments now for our Winter Wellness Festival January 19th & 20th and receive an additional discount!**

**Purchase any 30 minute treatment for \$30 – regularly \$35**

**Purchase any 60 minute session for \$55 – regularly \$65**

**Purchase any 90 minute session for \$65 – regularly \$80**

**Purchase three acupuncture sessions for \$195 (You save \$30)**

**This package includes one introductory session valued at \$95 and two follow-up sessions valued at \$65 each.**

**To Your Health**

**Understanding pH**

Ever wonder just what pH stands for? Potential hydrogen. The key to maintaining health is to have adequate supplies of hydrogen, the stuff the universe is made from. The human body needs to take in the right amount of acidic and alkalinizing nutrients to maintain a healthy pH balance. What happens in the body when your pH is off? Your daily intake should be 20% acidic, and if this balance is not maintained, the body has to compensate in the following ways. It first robs minerals from the bones, joints, muscles, gallbladder and mucosal lining of the digestive track. When the body robs calcium from the bones you can develop a weak back. If left untreated, this can develop into osteoporosis (low bone density.) Robbing calcium and sodium from the joints can cause them to start to lock up, get stiff, sore and/or crack. After a time, the immune system often attacks acid which may settle in the joints. A doctor would probably diagnose this as "arthritis". Minerals robbed from the muscles, ligaments, and tendons increase the likelihood of an injury or tear. Acid deposited in the muscles can cause Fibromyalgia, soreness and or stiffness. Minerals robbed from the heart muscle can cause weakening, arrhythmia and angina. Virtually all cellular functions are sensitive to the alteration of the pH balance of fluids. This is especially true of connective tissue. Metabolic processes depend on a precisely balanced pH value of 7.14 -7.40 within cellular spaces. When the range becomes too acidic, the acid toxicity

**Join us for a Spirited Adventure in Self Discovery!**

Steven Korzinek, Life Management Consultant and Spiritual teacher in association with the Surya Wellness Center present a series of classes on the topic of Self-Awareness and Healing from Within. The first in the series will be on the topic of, "Forgiveness~the key to Self-Acceptance and Self-Love". January 24th; 10 am-4 pm. \$60.00.

Space is limited, so please register by January 18th. Bring a simple dish to pass for lunch. The main course will be provided. For more information, questions, or concerns, contact Steven at (715)571-0192 or email steves@tznet.com

**SAVE THIS DATE !!**

*Awakening to the New Consciousness  
Conference May 30 & 31 2009 at  
Aquarian Garden*

*Hosted by Finbarr Ross*

*[www.celticmysticjourneys.com](http://www.celticmysticjourneys.com)*

**Spring Planting**

Gardens will be blooming next summer at the Aquarian Garden. We have planted cherry trees and raspberries. We are still accepting donations of fruit trees.



## Nature Spirits Class:

### Who Are They and How Can They Help?

Do the wee ones of our childhood memories really exist?

Yes, Nature Spirits are alive and here calling for a rekindling of the ancient relationships with the humans who remember.

Minnie Kansman, author of **Spirit Gardens: Rekindling our Nature Connections** is offering a workshop on developing and strengthening this relationship.

**Sunday, April 19, 2009**

**10am - 3pm**

**Class Fee: \$99.00 (includes lunch and course material)**

**Deposit: \$45.00 with balance due April 19**

**Deposit Due Date: April 2, 2009**

**Deposit/Payment To: Aquarian Garden**

To Your Health

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permeates the tissues of the body. This environment encourages the growth of degenerative disease. What is normal pH? The body's internal chemistry changes within a 24 hour period, usually being more acidic at dawn and most alkaline at sunset. These states being more conducive to particular functions at those times. The bloodstream is the most critical as death occurs if it drops below 7.4 for any length of time. Urine pH is slightly acidic (6.5—7.0) in the morning, becoming more alkaline by evening. Saliva should test at 6.5 -7. During the day the buffers the pH of the food and drink we consume by releasing electrolytes and the pH goes up. Outside the healthy range means the cells are being burdened by caustic pH fluids. There are alkalizing substances that can be added to water to alkalize the body, but the primary solution is diet. Every food and beverage has a unique pH value. More protein and simple (short chain) carbs produce a higher level of acidity in the body. Coffee, tea, wine and soda have an even lower pH, causing higher levels of acid toxins. Normally acidic foods are associated with a sharp or sour taste, but others are meat, poultry and sugar. This is determined by the metabolism of food rather than the actual pH of the food, or the ash that's left after combustion. This topic is obviously very complex for a publication of this type, but, a more important one cannot be stressed. . pH strips can be purchased to test the acidity of your saliva and urine. Wishing you the best health for the New Year!

Devi



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### **On Point from the desk of Robin Smith, L.Ac**

*I can't help but notice all the information out there regarding smoking and the cessation of smoking. We will most likely go to being a smoke free state in the near future. As grave as the statistics are regarding smoking and cancer, as expensive as they are, as limited as where we can smoke, one would think stopping would be the rational step to take. So why don't we just do it? The list of reasons are as varied as the individuals that continue to smoke. Do we all know it is an unwise and unhealthy thing to do? Of course we do. Yet, time and again we allow the addiction center in our brain to rule the roost. I don't know about you, but I want to be the master of my ship. How about you? So what we need is a strategy we can work with. That is one way to deal with this issue. What works for you is the best way, but I have a few suggestions that will greatly increase your odds of success.*

- 1. Have a game plan. This helps you mentally prepare to reduce the anxiety.*
- 2. Set a date. Do a count down marking off each day on a calendar and saying " (number of days) I will be a non-smoker." Never say "quit" as it has negative connotations.*
- 3. Get all the information you can regarding cessation from the internet, library, American Cancer Assoc. and even from Quit Line. There are many medications that come with help and hot lines too.*
- 4. Remember smokers are by nature shallow breathers and the inhale on a cigarette provides a deeper breath. So when faced with a craving, which lasts on the average, 7 seconds, breath deep and slow until the craving stops. Now, get busy doing something to distract yourself.*
- 5. Drink water. It oral gratifies. It will keep you from eating as a replacement and flushes the nicotine.*
- 6. Get a smoking cessation session of acupuncture. I provide a portable treatment on the ear that carries with you for the first week After 3 days your body will be nicotine free. After that it is only a thought process. Acupuncture mediates the nervousness, irritability and physical discomfort during the withdrawal stage. Once you get through withdrawal, you are left to govern your addiction center. It's like a continuous loop of misinformation that needs to be recognized and redirected. It's as simple as that.*
- 7. Last but not least, keep in mind that you will only need to avoid the "first cigarette." Only one, not the whole pack or your whole addiction from that point on. It very much scales down that process mentally.*

*Set your goal date now. Do your countdown for a month. Get your session of acupuncture on or just prior to your end date. Usually one session is sufficient. Acupuncture mixes well with other strategies such as gum, patches, herbals and homeopathics too. I have more ideas when you come for treatment. For more information or to schedule an appointment with Robin B. Smith, L.Ac, call 608-562-5433 today.*