

Flowing Towards Joy & Love

A Woman's Newsletter For Living Your Best Flowing Life

Ladies,

Welcome to the Flowing Towards Love & Joy Newsletter!

I am very pleased to have you here. I have a dream of creating a community of resources & spiritual women through the newsletter to support your quest on your own spiritual path. With my ten years of experience as a spiritual life coach, along with some of my advanced students, I hope to help you to help yourself to improve your life!

Here is my wish that you come to think of the newsletter as a resource, something you look forward to receiving weekly and a place to connect!

A Zen Problem

By Kalyn

Zen actually refers to nothing or the void. People often ask me why it is that someone who is more advanced on their spiritual path has less problems or none at all. The answer is a zen answer.

You see, everyone has problems. Even those who are so advanced that they are masters. The difference isn't in the problem (or lack of), but rather in the way the problem is dealt with.

Someone more advanced on their path tends to see things from the zen perspective, of nothing. They see that, although the problem is real in their

(continued on pg 3)



Welcome Ladies!



Tips to improve your Flow:

- A large problem to a child may be nothing to you. Similarly, a significant problem to you may be easy to handle for someone who is more spiritually advanced. One reason is that they see the problem differently. Suggestion: try seeing your problem from different angles if you wish to advance so that you come to feel as though your problems have simple solutions!
- It's Friday~ Celebrating and healing every day of your life will transform your life and will make it more enjoyable. What are you celebrating today?

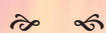


GODDESS SPIRITUAL RETREATS

September 3 -6
4 Days to Open to Your
Divine Flow~

in Santa Fe, NM

To learn more or to register,
please go to
www.
goddessspiritualretreats.
com



Dedicate time to open to
your gifts as a woman & as
a divine being

FALLING INTO YOUR FLOW LADIES WORKSHOP

Oracle Quote

*"The way to shift stagnant or negative
energy is to find your love for yourself, or
find your
Source's love for you."*

Attend a live Oracle Gathering class-
details will be available in next week's issue~

Health Tips: An Apple A Day Keeps the Doctor Away ~

By Dr. Karen

Did you know one of the best tools for health and wellbeing is completely natural and 100% free? For thousands of years humans have been using physical activity to achieve higher states of wellbeing, and now science has caught up with ancient wisdom. Physical exercise has many proven health benefits including:

- stronger cardiovascular system
- stronger immune system
- increasing your resting metabolism (so you •
- burn more calories at rest)
- better control of blood sugar
- protection against certain cancers
- better brain function
- reduction in anxiety and depressive disorders

Physical activity also has tremendous influence on our emotional state. It releases natural endorphins in our brain, which put us into happier, more relaxed states of being. Many runners talk about finding their high, which is really an altered state of consciousness. Yoga practitioners talk about finding the "drishki", or a meditative flow state.

It's summer time, so why wait to give your self the gift of health and wellbeing? Go for a walk with friends, exercise in the sunshine, and experience the fabulous benefits of physical activity!

Your Voice!

Ladies, we invite your questions & comments! Please note that you can leave them on the webpage where you found the link to the newsletter- at the bottom of the page. We look forward to hearing from you!

Eating in the Flow Recipe:

White Bean Tapenade with Toasted Pita

By Palmer

This is a wonderful rustic appetizer or party food, full of flavor, fiber and vitamins. Heart healthy and delicious!

Ingredients:

- 1 can of white cannellini beans, great northern or navy beans—I like the Eden brand because they don't have added salt and are cooked with kombu—a sea vegetable that aids in the digestibility of the beans
- 1 small clove of garlic (garlic lovers, add a clove more)
- 2 tablespoons of extra virgin olive oil
- 1/4 teaspoon of salt, unless there is salt in the beans already, and then only add a pinch
- 1/4 cup of parsley
- 1 1/2 tablespoons of lemon juice
- Optional: a pinch of black pepper, cayenne or paprika
- Toasted pita, cut into triangles

Rough chop the garlic and de-stem the parsley.

Put them into a food processor or blender and process until finely minced. Add the beans, olive oil, lemon juice and salt. Process until you have a smooth pureé. Adjust salt and other seasonings to taste.

Serve in a decorative dish on a platter with the toasted pita surrounding the tapenade. Garnish with parsley and lemon slices.

Enjoy!



A Zen Problem

(continued from pg 1)

experience and even though they need to handle it, they realize that from their Source's perspective there is no problem. They also realize that when their Source looks down upon them, they may see that the person is experiencing a problem or a challenge, but the solution is given as well. Therefore, a more advanced spiritual person doesn't worry. They know that they are in the hands of their Source Energy, so they see the problem from a zen perspective: as no real problem at all. If there is something to handle or resolve, they know the solution has already been given.

Become zen with your life: decide that your problems aren't real, so they don't really affect you or your life. After all, how could they? Your Source provides the solution, when you allow it to come, making the problem innocuous.

In this zen light, life is wonderful because your life can then be about enjoying yourself and your experience. Worry-free.

This section is a *W*ork in progress...

Co-Founder of the Golden
Flow™ System
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Kalyn dedicates herself to helping others live in the flow of well-being by living their authenticity. For event info:
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Newsletter Philosophy

My Mission statement-
To inspire, connect and encourage women to live in the Golden Flow(TM) of well-being!
I also seek to create a community of like-minded women who can connect and help each other live their lives authentically. Our newsletter contributors, therefore, are all advanced spiritual seekers, living their most illuminated, loving and flowing life possible~

<http://golden-flow-system.com/joynews>

Contributing Writers



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**The
Flowing Toward Joy & Love
Newsletter
is a weekly newsletter for
women created to inspire
you and help you create
the best life you can for
yourself!
Please feel free to pass the
newsletter on to inspire
your girlfriends!**