

### Spring Forward

As we awaken from our deep slumber of winter we shed the layers of hibernation in order to receive more light and radiance from the life-supporting sunlight. Bringing warmth and nourishment to the seeds of creation that we planted in the fall...watching them begin to take root and grow!

Spring is my absolute favourite time of year! It is a time a renewal and revitalization! Everything and everyone looks and feels more alive and vibrant! In wiccan traditions spring is considered the official "new year" - because it signifies a time period of growth and new beginnings...new life. I definitely resonate with that!



During the spring I always feel so alive and fresh...even the air feels different...clean, renewed, open. I love the sounds of

the birds....calling out with songs of joy that spring has sprung....that life is rich and awake...calling out to us to wake-up!! Wake-up!! Wake-up they sing!

This year I feel so grateful to be experiencing spring in many different parts of the North America! Spring arrived early in Northern Ontario and Toronto! I was able to

watch the snow and ice melt

so beautifully and glimpse the first signs of spring green grass, buds on the trees and the robin's return. I fully breathed in the awaken air and felt the energies of the land begin to stir!

Then, as I drove south to LA, I was able to witness spring in fast-forward as I transitioned from the north-eastern parts of Canada and the US, through to the south and across to the Midwest. It

was an incredible experience! To witness the changes of the



earth so rapidly! And within days I landed in a geographical heaven that is so lush and green and alive with flowers in full bloom and rich aromas of jasmine, lavender, roses and other euphoric streaming through the air!

It was a great time of fast transition which I feel represented the speed at which my own life has journeyed this past year and continued velocity going forward!

Our external environments often do that...reflecting our internal world or process or what we are doing or moving through. Everything is always in alignment!

Everything!!!

### NEW AT TARA HEALING SANCTUARY:

- ◆ "Love Notes" from the Love Bug! (See my website or blog to sign up!!)
- ◆ I will be in California until the beginning of June & then back to Toronto!!!
- ◆ While traveling, phone healing services are available!
- ◆ Complimentary E-Meditation (see website)
- ◆ Journal Entries of The Love Bug <http://taraantler.blogspot.com>

[www.tarahealingsanctuary.com](http://www.tarahealingsanctuary.com)

### "Love Notes" from "The Love Bug"

Dear love,  
**You are the most beautiful being the world has ever seen!**

Imagine every week receiving a beautiful love letter from the universe through the love bug.....

For some time now I've been wanting to offer something like this...being inspired by Mr. Positive and other people/websites who send out regular messages of inspiration and uplifting insights that are short, simple and beautiful!

Well the time has come! I am taking the steps to awaken a dream into reality!

**To begin receiving these weekly love notes please visit my blog or website and complete the subscription form:**



<http://taraantler.blogspot.com>

May these love notes act as little reminders that the universe loves you and is always supporting you.....especially during those times when you feel sad or alone or lost or going through a rough time or a break-up.

How amazing to receive LOVE from an unconditional stream of limitless supply!!!!

We all could use a little more love!

### POINTS OF INTEREST:

- ◆ Did you know that the vibration of LOVE actually makes you feel better?
- ◆ Feeling LOVE decreases stress in the body and supports all healthy functions of the body!
- ◆ Sharing LOVE deepens our connection to others which allows a more enriching experience in life in general!

## Meditation is for Everyone!

### HEAVEN IS A PLACE ON EARTH

WHEN THE NIGHT FALLS  
DOWN  
I WAIT FOR YOU  
AND YOU COME AROUND  
AND THE WORLD'S ALIVE  
WITH THE SOUND OF KIDS  
ON THE STREET OUTSIDE

WHEN YOU WALK INTO THE  
ROOM  
YOU PULL ME CLOSE AND  
WE START TO MOVE  
AND WE'RE SPINNING WITH  
THE STARS ABOVE  
AND YOU LIFT ME UP IN A  
WAVE OF LOVE...

OOH, BABY, DO YOU KNOW  
WHAT THAT'S WORTH?  
OOH HEAVEN IS A PLACE  
ON EARTH  
THEY SAY IN HEAVEN LOVE  
COMES FIRST  
WE'LL MAKE HEAVEN A  
PLACE ON EARTH  
OOH HEAVEN IS A PLACE  
ON EARTH



WHEN I FEEL ALONE  
I REACH FOR YOU  
AND YOU BRING ME HOME  
WHEN I'M LOST AT SEA  
I HEAR YOUR VOICE  
AND IT CARRIES ME

IN THIS WORLD WE'RE JUST  
BEGINNING  
TO UNDERSTAND THE  
MIRACLE OF LIVING  
BABY I WAS AFRAID  
BEFORE  
BUT I'M NOT AFRAID  
ANYMORE

THEY SAY IN HEAVEN LOVE  
COMES FIRST  
WE'LL MAKE HEAVEN A  
PLACE ON EARTH  
OOH HEAVEN IS A PLACE  
ON EARTH

~ BELINDA CARLISLE  
[WWW.BELINDACARLISLE.TV](http://WWW.BELINDACARLISLE.TV)

Last summer I had the honour of working with an Olympic Athlete—a Canadian-born snowboarder who was having difficulty with his mind and focus while on the hill and in his personal life. We worked together with meditation, visualization and clearing techniques to create an inner stillness and peace in his presence which translates in everything that he does, including snowboarding!

Here's an excerpt from one of the articles written in the Toronto Star: *"Not that Lambert isn't still fretting about that Olympic spot. He's a worrier by nature. It's learning to deal with that anxiety with the help of a "meditation guru" in Toronto this past summer that's helped turn him from someone who had trouble cracking the top 15 to the third-ranked snowboarder in the world in his specialty this season."*

For a full read of the article:  
[www.thestar.com/sports/wintersports/article/752034--self-control-michael-lambert-s-new-mantra](http://www.thestar.com/sports/wintersports/article/752034--self-control-michael-lambert-s-new-mantra)

Meditation is one of those tools that can assist everyone and anyone in all areas of their life. Meditation decreases overall stress and the stress response in the body, regulates blood pressure, eases

digestion and clears the condition of the "monkey-mind" that so many of us suffer from!

Meditation doesn't need to be a long process...even a few minutes every day can make a huge difference.

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day...set a timer...and slowly build up to 20 minutes or so. Even a few minutes will provide an amazing effect on the mind, body and spirit. And to let go of the concept of stopping all thoughts because it is impossible...the mind is a part of us, a part of our very being. It is like an ever-running machine. Imbalances occur when it runs us, which often happens in today's world. However if can give the mind the right tools and environment, we can learn to have it work with us as opposed to run us. We can still the craze of the mind and the billion

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thoughts we do have each moment. And can learn to still it enough to feel our own being and center...our own stillness, to begin to hear beyond our ears or everyday perceptions and begin to hear the inner voice...the inner dialogue...the inner guidance of our expanded self.

We begin to receive the answers to the questions we all have. And it's only in this stillness that we are able to hear clearly, because we are slowing down to listen.

I will also often suggest to students and clients to follow a meditation CD or visualization, something that will give the mind something "positive" to focus on while the body slows down and rests and renews. Then allow some time for just breathing, being and listening to the breath, feeling the breath moving through the body. Allowing the breath to become the mantra.

After a few minutes the body, mind and spirit will synch up, link up and integrate. We begin to feel more grounded and present to life! Which will allows us to feel and experience the fullness of each and every moment!!!

## Connecting You to Some AMAZING people .....

Often I come across a person or a project or a place or a something that inspires, uplifts or resonates with my heart or has made an impact on my life in some way. I feel passionate to share them with the rest of the world! Here are a few that I have come across that I would love to connect all of you to and with:

◆ **Heather Hartt-Sussman** a beautiful children's book that I think adults will also LOVE! **Nana's Getting Married.** [www.heatherhartt.com](http://www.heatherhartt.com). You can find her book at most Indigo/Chapter's and through Amazon. A dear client and friend of mine! So creative and inspiring! I hope you enjoy!

◆ **U2R1 Media** <http://u2r1media.com> owned by **Sari Gabbay**. I am working with Sari and her team to re-create and co-create my business and take it to the next level!

◆ **Michael Eisen**, creator of Campus Zen...soon to be a Canada-wide foundation for students helping students. Best to connect with Michael through Facebook.

◆ **Shark Water**, [www.sharkwater.com](http://www.sharkwater.com). A documentary film that I watched and wrote about last year...such a powerful and compassionate-earth moving creation. Reflects the love and

compassion of the creator and production team!

◆ **Dr. Mercola**, [www.mercola.com](http://www.mercola.com). An amazing health professional dedicated to helping people by providing health tips, insights and supplements! Fabulous resource site!

◆ **Mikki Willis, Elevate** <http://ElevateCollective.com> Video: [www.304biztips.com](http://www.304biztips.com) "While shooting a music video for my fully activated Goddess pal Lynn Rose, the amazing Moriah Diamond ask me to give 3 tips for creating a conscious business. May it serve your purpose in the highest of ways. Love M"

## Spring Cleansing—Liver Cleanse

Understanding our Liver's functions:

- ◆ The liver has thousands of functions—its primary focus is to cleanse the body of toxins – alcohol, drugs, environmental pollutants, pesticides in our foods, processed foods and drinks, medications, the birth control pill, excess estrogens in our environment, high fat diet.
- ◆ When consumption of toxins is high, the liver distinguishes which toxins are an immediate threat and will process those first, storing the other less threatening toxins in our fat cells or joints, which are to be processed at a later time when it has a chance. When the liver is overburdened from breaking down major toxins, it is difficult to process those that are stored. Therefore these stored toxins continually build up in the body, creating a toxic environment.

Signs of an overburdened liver or toxic system/body:

- ◆ Cellulite
- ◆ Liver conditions
- ◆ Arthritis and gout
- ◆ Congested skin
- ◆ Decreased tolerance to alcohol
- ◆ Increased effects of hangover
- ◆ Tired/sluggish feeling
- ◆ Waking during sleep within the hours of 1 – 3 am. these hours.

Benefits of doing a Liver Cleanse:

- ◆ Rid toxins from the body cells, organs and systems.
- ◆ Give the liver a break and allow it to regenerate new liver cells, which improves overall liver function.



- ◆ Improves the overall health and wellbeing of the entire body and system.

Best time to do a Liver Cleanse:

- ◆ Spring season – in tune with the cycles of nature, when mother earth cleanses herself and life is revived and new life created.

What you may feel during the cleanse:

- ◆ Reactions to a cleanse vary from person to person depending on toxicity levels within the body and how often a cleanse is performed.
- ◆ Nausea, heavy feeling, sluggish, tired, bursts of anger, increased bowel movements, slight weight (fat) loss.
- ◆ For women, it is highly recommended to start the cleanse phase after the menstrual cycle has ended for the month – the cleanse should be completed by the time the next cycle begins.



**Liver Cleanse (3 – 6 weeks)**

- ◆ **Avoid alcohol and fried/fatty food intake throughout the cleanse.**
- ◆ **The first 2 – 3 weeks preps the liver to enter the “cleanse phase” which occurs over the last 3 weeks.**

The following steps add upon one another. Once the cleanse phase begins all 4 steps listed below should occur each day for the remaining duration of the cleanse.

1. For 2 – 3 weeks (prep phase), drink ¼ lemon squeezed into

hot water every morning, best before breakfast. Work up to ½ lemon. (throughout the entire cleanse).

2. During the 2nd week of the prep phase, add bitter greens (dandelion leaves, radicchio lettuce) to regular diet every day. Dandelion leaf or red clover herbal teas can be substituted for fresh greens, although eating fresh is always best.

3. During the 3rd week of the prep phase, begin drinking dandelion leaf or red clover tea 2 – 3 times a day (dandelion leaf is a better choice). Steep for 10 – 15 minutes.

4. After week 3, the cleanse phase will begin, while continuing all steps listed above. Every morning for 3 weeks, 20 minutes before brushing teeth or eating anything, take milk thistle tincture dissolved in a little water (follow dosage on bottle, usually 30 – 40 drops) once a day. Swish the tincture in mouth for a few seconds before swallowing. It will taste bitter, but this is what stimulates the liver.

What you will need:

- ◆ Lemons
- ◆ Dandelion leaf tea
- ◆ Dandelion leaves or radicchio lettuce added to diet and/or salads
- ◆ Bitter herbs tincture: Milk thistle (works best), Dandelion or Red Clover

Happy Cleansing!!!!



### SPRING CLEANSING

THE DANDELIONS BEGIN TO DECORATE THE RENEWED GREEN GRASS, SIGNALING A TIME FOR CLEANSING OUR INTERNAL PHYSICAL BODY.

IT IS SO IMPORTANT TO CLEAN OUR ORGANS SO THAT THEY CAN CONTINUE TO FUNCTION AT THEIR OPTIMAL AND SUPPORT OUR DAILY LIVING!



HERE ARE SOME CLEANSING SUGGESTIONS:

FRESH LEMON & WATER FIRST THING IN THE MORNING UPON WAKING.

ADD SOME FRESH DANDELION LEAVES TO YOUR SALAD.....JUST RINSE THEM OFF FIRST..... :)

BE SURE TO DRINK 8–10 GLASSES OF WATER EACH DAY.

DRY-BRUSHING HELPS TO STIMULATE THE LYMPHATIC SYSTEM!

**TARA HEALING  
SANCTUARY :**

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- ◆ Spynga-1415 Bathurst St.  
(Bathurst & St. Clair)
- ◆ Northern Ontario
- ◆ Globally!!!



**THE QUICKENING**

DRIP DROP ~ IN A DROP OF  
WATER, THERE IS MY DAUGHTER  
IN A RAY OF THE SUN, THERE IS  
MY SON

MY SON IS THE SUN  
MY DAUGHTER IS THE WATER

BIRTHED FROM THE EARTH OF  
MY BLOOD, MY LOVE, MY FIRE,  
MY DESIRE  
SMALL SEEDS IN THE WARMTH  
OF MY WOMB  
TAKE ROOT...I FEEL THE QUICK-  
ENING...I AM ALIVE  
BELLY FULL OF PROMISE...A  
MIRACLE...A SMALL FISH SWIM-  
MING THROUGH  
THE SEA OF BECOMING  
BLUE EYES LIKE YOUR FATHER  
LONG BROWN LIMBS LIKE YOUR  
MOTHER  
I HOLD YOU IN THE SPACE OF  
THIS UNKNOWN...THIS YET TO  
BE

MY SON IS THE SUN  
MY DAUGHTER IS THE WATER

- PAM GERRAND  
[WWW.PAMGERRAND.COM](http://WWW.PAMGERRAND.COM)

*Events Page for April*

- ◆ **Mardi Thomas Goodman ~ “Caring for Ourselves”,** in our busy world, caring for ourselves can be difficult. We all know we need to love ourselves, yet we often look to others for nurturing, validation and approval. Somehow we need to find a balance; to let in the love of others while, at the same time, being there for our own needs and feelings. Mardi Thomas Goodman is a psychotherapist who has been in private practice for 30 years. One of her specialties is teaching people emotional habits that help create balance, fulfillment and inner peace. Join us for an evening of conversation focused on enhancing our ability to love and care for ourselves on Thursday, April 29 at 8pm. Please call 416. 588. 7796 to reserve your spot, [www.spynga.com](http://www.spynga.com).
- ◆ **Pam Gerrand ~ Sound Healing/Vibrational Medicine Retreat at Grail Springs.** Join Pam Gerrand at Grail Springs, Canada's premiere luxury rejuvenation retreat center, for a weekend of relaxation, spiritual renewal and delicious nutritious food alchemy! Pam will be presenting lively interactive evening workshops in sound healing and creative expression, as well as one-on-one Reiki/Sound Healing sessions. Friday, April 23 - Sunday, April 25. For full details please visit [www.grailsprings.com](http://www.grailsprings.com) or [www.pamgerrand.com](http://www.pamgerrand.com)
- ◆ **Lois Lenarduzzi and Lesley Kelz ~ “Rock, Paper, Scissors Writing Camp for Grown-Ups!”** (no experience necessary...just a willingness to dream and have fun). Write, illustrate, and publish your very own bestseller in just 3 days, in a fun-loving, lighthearted environment. (Doubters welcome!) This 3 day event is lead by the dynamic duo, who will gently guide you on this exciting literary journey. Wild and wonderful tools/techniques are used to get that story burning in you to "come out, come out wherever you are." This creative legacy (bound in a hard-cover jacket) is an ideal keepsake or gift idea for family and friends for years to come. You can even market your book on-line and make some cash-ola. APRIL 16, 17, 18, 9am-2pm, 20 Shepherd Rd, Brooklin ON. \$275 (includes all art supplies and publishing of your book). Contact Lois at 905-655-4076 or [lojolenarduzzi@sympatico.ca](mailto:lojolenarduzzi@sympatico.ca)
- ◆ **Agape International Spiritual Centre ~ Live Streaming.** In today's technological age we can be anywhere in the world and still have access to some of the greatest tools, workshops and inspiration. You don't have to be in LA to attend Agape, Michael Beckwith's spiritual centre! I've been several times and it is one of the most beautiful, conscious communities I've participated in. Check it out at [www.agapelive.com](http://www.agapelive.com)—see the “Live Streaming” link to the right.
- ◆ **Misty Tripoli ~ “The Groove Method”.** Welcome 2010—the Groovolution begins! Discover the freedom to express, move, explore, play, groove and be you!!! Toronto, Ottawa, Vancouver, London, Montreal! For more information on classes and training please go to [www.thegroovemethod.com](http://www.thegroovemethod.com).
- ◆ **A Project of Hope Tour ~ Free Concert in LA.** Native America's finest performers come together for a day of hope and inspiration! Hip Hop, Dance, Traditional, Music, Pop, Multi-Media, Videos, Audience book tickets, call 1-323-825-Center, 4700 Western Heri-2:30 pm on May 9!



Interaction, Giveaways!!! To 4506. Location: Autry National tage Way, LA. Show begins at