



# Heart-Centered Life Coaching Fall 2008 Newsletter

## THOUGHTS FROM PATRICIA

Some of us feel that life can be very overwhelming. Many of us out there are juggling, a career, family, homes and much much more. So how do we manage our very full lives without it turning us into great big grouchy people? Well Here is one thing that I do; I bring Tahiti Home.

A couple of years ago, I was blessed with an opportunity to go to Tahiti on business. I thought to myself, “wow, I am going to a tropical island and all I have to do is help load some software on an airplane; no kids, no bosses, no LA traffic, no housework, and I get to eat out everyday for every meal. Life is good.”

So one afternoon, I had some time to spend sitting on my hotel balcony overlooking the ocean with the beautiful island of Moorea in the background. So out came my journal and I began to do some stream of consciousness writing. What was revealed to me was the following: Yes this is a lovely place. I could be at peace and be in my bliss, but what are you going to do when you get home. Somehow, I needed to incorporate this Tahiti experience into my day to day life of a very stressful job, and 3 children as a single Mom. It didn't take long once I was back home to lose sight of Tahiti.

However, the voice in my head would remind me of that lesson I got on the beach in Tahiti. All I needed to do was allow myself to go to Tahiti in my mind and recapture the bliss and peace that I experienced there. I had to do this exercise many times and in fact I still have to remind myself to practice bringing Tahiti home.

So if you have a place in your mind that you can go to that showers you with peace and brings you to that blissful state, then go there when life challenges you. Give yourself the gift of remembering what it is like to feel peaceful, even if for just a few moments. And allow the anxiety, anger, sadness, or overwhelm to lift.

Brining Tahiti Home,  
Patricia

*“Follow Your Bliss” Joseph Campbell*



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## THE GREEN CORNER"

If we all just did one thing that was environmentally kind, we would be contributing to the healing of our planet. As a coach, I often talk about inner healing and how it can impact our outer experience. However, there are some things that we can physically do to support planetary healing as well.

I want to share with you an amazing product that I have had the privilege to learn about that can help you to help our planet.

The product is called “Laundry Pure”. It uses a state of the art technology to lift dirt and odors away from your wash, eliminating the need for harsh laundry detergents and cleaners. The most amazing thing about this product is that it eliminates the need for hot water to clean your clothes.

So what does this mean for the plane?

Less energy  
less pollution

And what does this mean for you?

Less skin irritation  
Less allergies caused by detergent residue  
No need to buy laundry detergent  
No need to use hot water  
Money in your pocket

If you are interested in learning more about this product you can contact Steve Souza of Excalibur Purifications Solutions  
Toll Free (866)-212-4800  
[steve@excalgroup.com](mailto:steve@excalgroup.com)  
[www.ecoquest.com/ssouza](http://www.ecoquest.com/ssouza)

## UPCOMING EVENTS

Jan 26<sup>th</sup>, 2009 - “Your Heart’s Desire Workshop

Come learn the principles of creativity – creating your life the way you really want it.





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## HEALTHY EATING CHOICES



Hello Wonderful Souls,

I was recently introduced to a new super food Quinoa (Keen-wa) and thought I would try it in some recipes. Wow I just loved it, but first a little history.

Quinoa is a grain that the Altiplano Indians thrived on in the harsh living conditions in the Andes mountains, quinoa seeds were more valuable than gold. Quinoa, was the most sacred food by the ancient Incas, it was known as the La Chisiya Mama (The Mother Grain). They believed it was a gift from God containing spiritual enhancing qualities, the ritual first planting of the season was a God-like act performed by the emperor, who was considered a God himself.

In 1532, Francisco Pizarro, a Spanish explorer invaded with an army of 158 men and destroyed the quinoa fields, killed the God-king, and forced the Inca culture into submission. They were forbidden to practice their ceremonial rituals centered on quinoa. Now, with Catholicism and potatoes, dominating their lives they began to exhibit cases of malnutrition and high infant mortality.

In the 1970's a Bolivian spiritual leader encouraged his students to consume quinoa in order to develop a deeper spiritual sensitivity during meditation. And since it was not available in the US, two students, Stephen Gorad and Don McKinley, founded the Quinoa Corporation in Boulder CO. in 1983. Today quinoa is grown in Canada and the Colorado Rockies.

### Nutritional

½ cup Cooked =

Calcium 51mg = to a pint of milk

Protein 11g

Potassium 629mg

Zinc 2.8mg

Folic acid 42mcg

Iron 7.9mg

Magnesium 179mg

B6 14% of RDA

### Quinoa red pepper and Zucchini

- 1 cup quinoa
- 2 cups water
- 1 cup chopped Zucchini
- ½ cup – 1 cup diced red pepper
- ½ cup diced red onion
- Hand full of cilantro
- Juice of one lemon
- Olive oil
- Salt and pepper to taste

Bring water to a boil, add quinoa cover and simmer till done. Let cool, add chopped vegetables and remaining ingredients and enjoy this healthy delicious side dish.

Love and Light

Tara Easter

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### Highlighted Websites and Businesses

#### Barbara Percival

Barbara is a wonderful author and intuitive counselor. Check out her website for “Books that Light up the World?”

<http://www.barbarapercival.com/>

#### Megan Wood, CMT

Megan is a certified massage therapist. She provides amazing massages that both relax and heal the body. She is mobile and will come to you (greater Sacramento area). She offers great massage packages that are extremely affordable in today's market.

3 massages for \$85

She offers student rates as well

For more information call (562) 508-5908

If you would like to receive this Newsletter via email, please email [patriciahaines@heart-centeredlife.com](mailto:patriciahaines@heart-centeredlife.com) to request. Feel free to forward this newsletter to your friends and family.



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