

Topaz Spirits

Topaz Spirits Early Fall Newsletter

Sep 27 2009



Welcome to Topaz Spirits ... Celebrate the Spirit Within!

WELCOME to the first Topaz Spirits newsletter apart from eBay! It is also my intent not to deluge you with newsletters ... no more than once a month. As such, it is a bit of an experiment, so I sure would appreciate your input as to content, presentation, interest and ideas for future newsletters. Thanks to you all who have made this possible!

Just for Today ... and Maybe Tomorrow ...

This past week, I received a list of "feel good" things in a newsletter for one of my favorite places to buy natural, organic cosmetics. It was such a neat idea that I thought I would do one of my own and ask you all to add to it if you are so inclined.



Just for today ...

1. Put joy into everything that you do from changing the litter box (think how happy you will be to have the better smells and think how happy the kitties will be with new "digs" ...) to moving the lawn. Instead of focusing on the effort and the time, focus on the aspects of the job that bring pleasure.
2. Never do anything except take a walk when you're angry. On the walk, allow the Earth to transmute the negative energy and restore your Spirit. If you cook or paint a room or make a bed, those angry vibrations will be harbored in the food, the room or the bed ... or whatever you are doing while angry.
3. When things are getting rough, remember to take care of your own oxygen first (and I thank my friend Jane for this one ... it was the "Great Aha" for me!). When you travel in a plane, they tell you that in the unlikely even of cabin decompression, the oxygen masks will come down automatically ... to take care of yourself first and then help others. The premise is that if you don't take care of yourself, you become the one needing help and there may be no one ... it's not selfish ... it's survival!
4. Get some exercise ... preferably outside if you can. Walk the dog, mow the lawn, move your body. It doesn't have to exhaust you or leave you sore and painful. The idea is to allow all those pent up energies to move, stimulate your lymphatic system and allow you time to think and feel the wonder that is your body. Exercise is meditative and as stimulating for your mind as it is your body.
5. Never trust a dog or cat to watch your dinner plate while you get a glass of water.
6. Do something every day that gives you joy whether it's an extra 5 minutes in the shower just to let the hot water soothe your shoulders or a few minutes just to snuggle your child or grandchild, spouse or pet.
7. Eat slowly and honor the energy in the food. Try never to "stuff it in fast" ... better to eat less in

those 5 minutes and savor what you ate, than to bite and gulp and suffer the heartburn later. Slowly savoring and honoring the food will have a bonus too ... you'll find you eat less and enjoy it more ... and lose weight in the process as well as boosting your health.

8. Eat as close to natural as you can. This means shopping in the outer aisles of the supermarket where the fresh vegetables, fruits, dairy and cut meats and fish are. Avoid the centers of the store where the processed foods are.

9. There are no coincidences ... find the lessons in all things ... the good, the bad and the ugly. And remember, you find what you're looking for ... (except the keys ...).

10. Honor the Spirit and beauty you find in everyone and everything. Whether you agree or not, each has something valid to say and there is a lesson in All That Is ... all you have to do is listen. And remember, you find what you're looking for ... (except the keys ...).

11. Be present ... we spend too much time thinking of what we're going to do next or pondering what just happened. Much of life passes us by without any notice from us. Instead of turning on the radio as you drive, listen to the sounds of the road and your engine ... open a window and savor the movement of the air, the air sounds and the fragrance of the Earth. Take in the curves of the road and the look of the light in the trees. Make this a practice about all that you do and you will find that your awareness level increases dramatically ... and you'll have less stress and enjoy things more.

12. Wash your crystals and move the energy around in your meditative altars. Everyone likes a shower and the crystals are no exception. It will change the energy patterns and revitalize your environment.

13. This one isn't original but saw it years ago and it's work repeating: never pass up the opportunity to go to the bathroom.

14. Take your dog for a walk. Coco said to remind you again. :o)



Cleansing and Clearing Your Self and Your Crystals

A friend has reminded me this week that it's exceedingly important, as you do energy work, to cleanse both your Self and your tools ... your crystals. As we move energies, we pick up negativity, bad energies and all kinds of flotsam and jetsam that slows us down. Think of how your house feels, all freshly cleaned ... and you feel, stepping out of a hot shower. Your aura needs to feel the same way as do your crystals to keep everyone running at top condition.

There are a couple of methods.

1. Smudging: this is good for both you and your crystals. My favorite smudging method is to take a nice sage bundle (I love the New Mexico ones!) and allow the smoke to swirl into the corners, around the windows, over and under the crystals and all around me ... it's wonderful!

2. Washing: like anything else, your crystals love a nice bubble bath in gentle soap with pure water (collect rainwater). There is a bonding that occurs as you wash them and they seem to glow when you're done! (Note: do not wash selenite, halite and other water soluble crystals).

3. Sunbathing (or Moonbathing): A day in the sunshine followed by a night under the full moon will instill your crystals with loads of energy and life!

4. Water: this one is for you ... when you are cleansing, drink plenty of pure water to process the toxins you throw off!

These are all simple, tried and true methods and they will help keep you and your crystals

Wrapping Up

So there you have it ... and in the next newsletter, I want to do a special edition on Russian crystals. In working with some I have acquired over the summer, I'd like to share some experiences ...

Until next time ... Celebrate the Spirit Within! Blessings always -

Jan



Topaz Spirits • 105 Clayton Way • Oak Ridge, TN 37830

[Subscribe](#) | [Unsubscribe](#) | [Send to a Friend](#) | [Preferences](#) | [Report Spam](#)

Powered by [MyNewsletterBuilder](#)

[del.icio.us](#) [Digg](#) [reddit](#) [Facebook](#) [StumbleUpon](#) [Twitter](#)