

FFC Newsflash

April 2008



“At any given moment, the universe is giving you the best results possible”

Deepak Chopra

Enjoy the Journey

***We challenge you to practice being in the moment this month.
Consider some of these simple options for
Enjoying the Journey:***

Dr. Laura Foster's Journey:

Go to bed early and sleep in.

Acknowledge 3 things you are grateful for each day. Be kind to yourself.

Practice daily yoga for thirty days.

Breathe.

Live life consciously.

For me 'enjoying the journey' is about accepting who I am and where I am in my own life path. Through my own experiences I have really been able to acknowledge that my life is unfolding exactly as it should. My personal mantra has long been about the concept of "FLOW". This means I am conscious of letting go of expectations and letting my life become more effortless. It doesn't

mean I don't have goals and vision; living life in 'flow' means that I set my intentions and I allow the universe to bring me what I need. Even times when I don't think I'm getting what I want, it turns out I am. When you start visualizing your life in this manner it kind of takes the stress out of the journey.

Dr. Warner's Journey:

Here's something I love to read every one on awhile when I find myself rushing through my week. It is titled: "George Carlin on Aging". Many have likely come across it at some point-here it is again. For those of you who have not yet had the pleasure, I hope you enjoy it as much as I did the first time I read it:

Do you realize that the only time in our lives when we like to get old is when we're kids? If you're less than 10 years olds,

you're so excited about aging that you think in fractions.

"How old are you?" "I'm four and a half!" You're never thirty-six and a half. You're four and a half, going on five! That's the key.

You get into your teens, now they can't hold you back. You jump to the next number, or even a few ahead. "How old are you?" "I'm gonna be 16!" You could be 13, but hey, you're gonna be 16! And then the greatest day of your life...you become 21. Even the words sound like a ceremony...YOU BECOME 21. YESSSSS!!!!

But then you turn 30. Ooooooh, what happened there? Makes you sound like bad milk. He TURNED; we had to throw him out. There's no fun now, you're just a sour-dumpling. What's wrong? What's changed?

You BECOME 21, you TURN 30, then you're PUSHING 40. Whoa! Put on the brakes, it's all slipping away. Before you know it you REACH 50 ...and your dreams are a gone.

But wait!!! You MAKE it to 60. You didn't think you would! SO you BECOME 21, TURN 30, PUSH 40, REACH 50 and MAKE it to 60.

You've built up so much speed that you HIT 70! After that it's a day-by-day thing; you HIT Wednesday! You get into your 80s and every day is a complete cycle; you HIT lunch; you TURN 4:30; you REACH bedtime. And it doesn't end there. Into the 90s, you start going backwards;"I was just 92."

Then a strange thing happens. If you make it over 100, you become a little kid again. "I'm 100 and a half!!"

May you all make it to a healthy 100 and a half!!

Julia Chotowetz's Journey:

"The best way to prepare for life is to begin to live."

Elbert Hubbard

Smile for no reason

Breathe deeply

Appreciate Nature

Challenge Yourself

There have been many points in my life where I have lost my way on my journey. Often it was simply that I needed to remember to take some time and bring myself back to the present moment. Appreciating all that I have and often more importantly appreciating what I am capable of, is an essential part of living my life to the fullest. Life constantly reminds me that I am always learning and that I am always growing.

"As I grow to understand life
less and less,
I learn to love it more and more."
Jules Renard

Piper Martin's Journey

"I still find each day too short for all the thoughts I want to think, all the walks I want to take, all the books I want to read, and all the friends I want to see."

[John Burroughs](#)

Nourishing yourself with good food and
time to eat it.

Looking at the landscape as you drive to
work and noticing the signs of spring

Engaging in real, meaningful exchanges
with people you see every day.

Spending 30 minutes a day outside

Bathing in Moonlight

Read, Research and GROW



The Sacred Kitchen by Robin Robertson

An excerpt from The Sacred Kitchen:

Change your attitude while preparing the food (energizing it with love and healing).

Use the freshest, best-quality ingredients possible. (The difference between a PBJ made with “balloon bread,” generic hydrogenated peanut butter, and a sugary jelly is vastly different from one made from a good-quality whole-grain bread, freshly ground natural peanut butter, and a good-quality fruit-sweetened jam.)

Pay special attention to the esthetics of your meal by establishing a sacred ambiance.

Websites

<http://www.theburiedlife.com/list/>

Have you done your list? I have! After you get to about item 25 you start thinking about the simple things of life.

<http://www.chopra.com/namaste/april08/recipe>

Earth day is April 22nd.

A recipe in celebration of earth day.

<http://www.thesacredjourney.com/store/journal/journal.html>



The Sacred Journey: Daily journal for your soul.

A personal favorite of many practitioners at FFC. Part of living consciously is taking the time to plan and to reflect.

In Our Community

www.carvillecommunitygarden.com

Information Session – April 3rd

7:30-9:30 pm

Toronto Waldorf School



- Established May 2003, - Growing and getting better every year
- 1 ½ acres of land located behind the Toronto Waldorf School

- Limited memberships available for 2008 (65)

There is a NEW farmer's market this summer in Newmarket selling local fresh produce, meats, and other specialty items! This market will be held weekly on Thursdays at the Upper Canada Mall parking lot. Stay tuned for future information!

JUST A FEW REASONS TO JOIN US:

Learn about organic & biodynamic farming and gardening practices
 Share in planting, cultivating and harvesting organic food
 Be part of a socially oriented (collective) garden organization
 Partake in educational workshops and possible field trips
 Enjoy exercise, fresh air, sunshine & even rain
 Eat fresh, local and well loved veggies
 Make new friends and enjoy social activities
 Participate in sumptuous garden potluck dinners and other events
 Enhance fertility of the soil to establish the garden for the future

YOGA SOURCE HAPPENINGS

**Guided Meditation: Mondays 7:45-8:45 pm
 @ Yoga Source in Newmarket**

www.yogasource.ca or call 905-830-9700

The Embryo: The Human Being Between Heaven and Earth

April 28 – May 1 – Dr. Jaap van der Wal
 A phenomenological search for the mystery of spirit in the unborn child.

To register or for more information contact the Rudolf Steiner Center

9100 Bathurst St. #4 Thornhill, ON L4J 8C7
info@rsct.ca – www.rsct.ca
 905-764-7570

Enjoy the Journey Series

Starts Tuesday, April 8th!

Two Tuesday evenings a month
 7-8:30 pm

Facilitated by

Piper Martin and Laura Foster.

Join us for thought provoking conversations and consider how you might be enjoying your life more.

Investment: \$20.00 per session.

Please register with the front desk.

We have a fantastic **Spring Series** lined up – please check it out on our website. –
www.fosterchiropractic.com
 or directly link @
<http://www.fosterchiropractic.com/WorkshopsAndEvents.pdf>

A parent's potent words, and the multitude of other comments, gestures and actions, help a child paint a picture of who he really is, and how important he is in the world.

Excerpted from the current Pathways magazine at FFC & from "Hidden Messages: What our words and actions are really telling our children". By Elizabeth Pantley.

HOW TO STAY YOUNG

1. **Throw out nonessential numbers.** This includes age, weight and height. Let the doctors worry about them. That is why you pay them.
2. **Keep only cheerful friends.** The grouches will pull you down
3. **Keep learning.** Learn more about the computer, crafts, gardening, whatever. Never let the brain idle. "An idle mind is the devil's workshop." And the devil's name is Alzheimer's
4. **Enjoy the simple things**
5. **Laugh often, long and loud.** Laugh until you gasp for breath.
6. **The tears happen.** Endure, grieve, and move on. The only person, who is with us our entire life, is ourselves. Be **ALIVE** while you are alive.
7. **Surround yourself with what you love.** Whether it is family, pets, keepsakes, music, plants, and hobbies, whatever. Your home is our refuge.
8. **Cherish you health: IF it is good, preserve it. If it is unstable, improve it. If it is beyond what you can improve, get help.**
9. **Don't take quilt trips.** Take a trip to the mall, even to the next country; to a foreign country but **NOT** to where the guilt is.
10. **Tell the people you love that you love them, at every opportunity.**

AND ALWAYS REMEMBER:

**Life is not measured by the number of breaths we take,
but by the moments that take our breath away.**

DID YOU KNOW?

- Preschool-aged children laugh up to 400 times a day, but by the time we reach adulthood, we only laugh about 17 times per day!
- A good laugh exercises the diaphragm, contracts the abs and works out the shoulders, leaving muscles more relaxed afterward.
- Laughter shifts our focus away from anger, guilt, stress and negative emotions that can create discomfort and stress within our lives.
- Laughter is contagious.
- For tips on how to laugh more, visit: www.giftofkindness.com .

HOW TO CHOOSE A HOLISTIC PRACTITIONER:

Optimal health is more likely to be present when you work with someone who is supportive of your efforts to be in charge of your life. Questions to consider asking yourself:

- Does this practitioner have health professional relationships with others?
 - *A personal referral is more powerful than a professional referral. How did you hear about this practitioner?*

- *How does he/she feel about second opinions or your interest in alternative health?*
- How do YOU respond to the practitioner's office and staff?
 - *The practitioner's environment reveals his/her attitudes and beliefs.*
 - *Does the staff further your sense of well being?*
- Do you feel like a valued person working as a partner with this practitioner?
 - *Do you feel this practitioner is there for you?*
 - *Do you feel trust and confidence?*
- Is your personal dignity respected?
 - *Any examination or interaction should be respectful of your personal dignity.*
- Does this practitioner honor your anxieties and fears?
 - *Is this practitioner sensitive to place him/herself in your position regarding fears and anxieties about an illness or proposed treatment?*
- What is the state of the practitioner's health?
 - *Does he/she appear to have a healthy lifestyle?*
- Are you allowed time between diagnosis and treatment?
 - *Does the practitioner allow you the time to collect the educational and personal resources that you need to make a well-informed decision?*
- Are you treated as if this is an important, ongoing relationship?
- Do you feel unconditionally accepted by this practitioner?
 - *Unconditional acceptance allows you to get well in your unique way.*
- Would you send the person most dear to you to this practitioner?
 - *If so, then you have found the perfect person to be on your health team.*

**Congratulations to
 Adam (under 5) and Sarah (over 5) for winning
 the FFC Easter Coloring Contest baskets!**

**The entries were so good we didn't
 have the heart to choose a winner. They
 were all so amazing we did a draw and chose
 Adam & Sarah's names!**

**Thank you to everyone who
 submitted an entry**