



Bliss Fairy

On the Wind

Just as the sun sets on the horizon of the longest day of the year, the first edition of the Bliss Fairy quarterly takes flight. Sending wishes out to everyone near and far for a fairy merry solstice celebration.

~ Enjoy!

Fairy: Noun, 1. a magical creature in human form; 2. possess supernatural powers; 3. ally of nature; 4. can change the course of human affairs.

Much like the fairy, we are all great spirits encapsulated within a limiting human form. The path to bliss begins by awakening the inner spirit and recognizing the divine greatness within each of us.

My intention in creating the Bliss Fairy is to offer a venue through which to communicate our ideas, announce current events, and share topics of interest related to living consciously. The class schedule will continue to be updated regularly on the web site www.leesalyn.com, but i also wanted to share creative additions, and people and things worth knowing about.

As we begin to recognize in others, that which is also in ourselves, the oneness of it all reinforces our interconnectedness. Community is what we make of it and i welcome your participation, insights, comments and questions as the Bliss Fairy continues to evolve. Have a joyous beautiful summer and may you find amrit to quench your thirst.

blessings,
leesalyn

On the Wind

Summer launch and first edition of the Bliss Fairy seasonal newsletter.

In the Moonlight

With Trish Callahan of Trish's Delicious organic soupscriptions.

Garden Recipes

Bright sunshine squash soup for the longest day of the year!

Classroom Sightings

New beginner series & advanced classes for Summer.

Well Said...

Words from Maharaji.

Fairly Secret

Cool Pranayama techniques to beat the Summer heat.

Your comments and suggestions are always welcome. If you have a question or topic of interest that you would like to see discussed in future editions, please submit your request or submission to ramapriya@leesalyn.com

In the Moonlight



“Soup is Good For
the Soul” ~ Trish

Garden Recipes

“Bowls of Sunshine” from Trish’s
Delicious soupscription collection.

1 1/2 lbs. yellow squash
zest and juice of 1 lemon
3 tablespoons olive oil
1 tsp turmeric
1 quart veggie soup stock
1/3 lb. basmati rice
salt and pepper

1. Dice yellow squash. Put them into a pan with the lemon zest and oil, stir to coat, then cook on a gentle heat for about 5 minutes, stirring occasionally, until they’ve slightly softened.

2. Stir in the turmeric and pour in the stock and lemon juice and then drop in the rice. Cook, uncovered, for 10-20 minutes, or just until the yellow squash and rice are tender.

*Soup Note – As it cools (or if you refrigerate it), the rice absorbs the water and it will no longer be soup-like. You can eat it like this as a rice and squash dish or add a little water when you heat it. The flavors are strong enough that the water won’t weaken the taste.

(Makes about 2 quarts, serves 6-8)

Start and end your day with something homemade and delicious that’s good for your whole body! Get unique and satisfying meals from breakfast to dessert delivered at home or at work. The Trish’s Delicious mission is to provide very healthy, wonderful tasting food that is made with local, organic produce and is free of wheat, sugar, and animal products.

Trish Callahan of Trish’s Delicious Soupscriptions has lived at the Whitehall Co-op in Austin since 1998 and it was here making large vegetarian meals for the household that she fell in love with cooking. Her two-hour dinner cooking shift gave her free license to experiment with all kinds of ingredients, recipes, and cooking styles. The co-op kitchen became her artist’s studio. Her love for cooking and growing commitment to not putting toxins into the environment and her body led her to study various healing diets and nutritional models. Learning about food and its effect on the body was both interesting and empowering because she could take care of her health naturally and consciously.

After developing a chronic health condition in 2002, she decided to use diet to address it and studied vegetarianism, veganism, the blood type diet, macrobiotics, the raw foods diet, the high protein diet, and the Chinese Medicine diet ~ all of which helped to improve her health in different ways. Her desire to make food she really liked and that would also heal her body motivated her to become an excellent cook.

In November of 2003, she started Trish’s Delicious and strives to make healing foods for people with chronic health conditions that are also deeply satisfying and delicious. The feedback is constantly not only does the food taste wonderful, but it makes people’s bodies feel good.

Sign up today www.trishdelish.com

Classroom Sightings



New Beginner Series and Advanced Classes for Summer

Sign up has begun for the Introduction to Sivananda Series at the Burly House. This 6-week course will explore the primary asanas (physical postures) and basic pranayama (breathing exercises), yoga philosophy, sanskrit chanting, and meditation techniques as taught by Sri Swami Sivananda. Classes meet Tuesday evenings from 6:30 until 9pm beginning July 18th and ending August 28th. Workshops provide a wonderful opportunity to focus more time on areas of interest to the group and get practical information. The cost for the entire 6 week course is 75\$ paid before July 4th or \$15 per class after. Space is limited, registration in advance is requested.

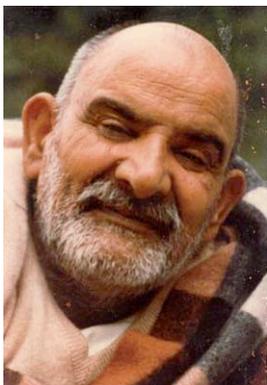
The Wednesday evening 7:30pm Hatha Advanced classes at the Yogayoga South Studio will be continuing through the end of August. Join us alternating Wednesdays for either traditional Sivananda style or eclectic Vinyasa/ flow style. Check the website for dates and details.

The Burly House will also continue hosting the Monday evening open meditation from 7-8pm through the end of August. Sit in the silence and allow yourself some time to just be still amongst the haste. Blankets, pillows and chairs provided as needed. Reservations requested.

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I will be out of town for a 10 day silent meditation and birthday sojourn from June 27th through July 16th. Classes at the Burly House will be cancelled during this time and will resume again on Monday July 17th with yoga at 6pm followed by meditation at 7pm. With teachers coming and going for summer vacation, be sure to check the web site schedule www.leesalyn.com/schedule.ws for frequent updates and additional classes. See you soon!

Well Said...



"It's better to see God in everything
than to try to figure it out."

~ Maharaji Neem Karoli Baba



Fairly Secret

the back pages where all the secrets
and myths are dispelled...

Discover the great yogi powers to keeping your cool when things heat up. The pranayama practice of Sithali is designed to assist in the release of heat from the body by cooling the core temperature. So the next time you find yourself at a bus stop or traffic light this summer ~ turn on your natural air conditioning.

How To:

Sithali ~ begin from a comfortable sitting position with the spine straight and neck aligned. Stick out the tongue and curl the sides of the tongue up creating an O* or the shape of a straw (B.K.S. Iyengar has an excellent photograph in his book *Light On Yoga*).

1. Take a full inhalation through the straw of the tongue while making a sipping sound.
2. Retain the breath** at the top of the inhale for 5 seconds while engaging Jalandhara Bandha.
2.A. Jalandhara Bandha is an energy seal or throat lock practiced by tilting the head from the top of the neck to bring the chin down to rest in the divet at the base of the neck ~ where the collar bones come together.
3. Exhaling slowly through the nose with an aspirant (ocean/ darth vader sounding) sound.
4. Continue 5 times with 5 seconds of breath retention.

Benefits ~ Sithali slows the rate at which the breath enters the lungs ~ soothing to the mind and calming to the nervous system. The cooling and moistening of the air as it passes over the tongue creates a natural air conditioner for the body's thermostat. It also relieves sensations of thirst, although should not be confused with actual symptoms of dehydration.

* Because of the genetic nature of tongue curling, some students may be unable to perform this technique. It is therefore recommended that the front tip of the tongue be curled against the back of the front teeth creating an O on both sides of the tongue and mouth.

** If at any point during breath retention dizziness or lighness of head occurs, please honor the body and take a breath. Breath retention is not recommended for students with high blood pressure, heart trouble or mothers-to-be. Continue to instructions #3.

If you have received this quarterly newsletter and would like to be added or removed from the group distribution, please contact me Ramapriya@Leesalyn.com

Many thanks to Stone Design for use of their Create software www.stone.com and Whispering Worlds for their fairies <http://whisperingworlds.com/index.php>.