



Leslie Saffer, Reiki Elder
Patkhanit Tarah Anenkaya

Healing Spirit

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healingspirit1@verizon.net

www.lesliesaffer.com

508.860.2019

Love at first sight

As anyone who works the soil can appreciate, this season, I spent a lot of time weeding until I could get mulch laid down in our community garden, a 25-foot bed of herbs and flowers on the median across from our home. It's called *Bread & Roses*, and readers of past *Healing Spirit* newsletters will recall the story of how it got that name.

It's not unusual for me to have peak experiences in *Bread & Roses*. Some of them have been contemplative, interacting with the soil, the plants and the spirits of the place while others have been interactive with fellow gardeners and those visiting or passing by. A few years back there was even an experience with a rambling black bear cub; but that's another story for another time.

In our family garden across the street, we grow fruits and vegetables as well as flowers. A recent experience there reminded me that a garden is a special place for communing no matter where it is. And often they crop up in small but powerful ways. Recently, I looked into the face of a mature cauliflower I'd planted as a seedling just months before. For some unknown reason, I felt an unmistakable surge of excitement, and, yes ... love! The memory of it and the feeling have lingered.

Cauliflower is by no means a new food for me. But growing one outside my door has been a novel experience with surprising impact. Don't get me wrong: I relish the garden fresh tomatoes and the peppers and especially the kale; I'm grateful to report from first-hand experience that there's no better-tasting broccoli than freshly-picked; and smooth, deep purple orbs of firm-fleshed eggplant hold their own visual and palate pleasing attraction. But there was something about this cauliflower ...

Could be I was attracted on some level to its sizable nutrient load: The food provides special support for three of our crucial health-serving needs: antioxidant, detox and anti-inflammatory processes, things we all can use,

especially now, given the perpetual hits to our immune system. Preparing it with turmeric and cumin, both of which have anti-inflammatory properties, is my favorite way to bring it to the table along with unrefined sea salt and coconut oil, two additional winners in the bring-on-the-benefits category.

An Hour of Musical Entertainment

Leslie Saffer, Voice & Piano

Benefit for Bread & Roses

2:00 pm ~ Sunday Oct. 2 2011

First Congregational Church
1070 Pleasant Street ~ Worcester, MA

Suggested donation: \$5 or whatever you choose

***partial proceeds for
Somalia/Children's Hunger Relief Fund**



Bread & Roses Spring 2011

By now, you could be wondering why on Earth I'm singing the praises of cauliflower when the world as we know it is in such turmoil. The effects of the upheavals we're experiencing globally through weather and geological events are hitting close to home. War, crime, violence in its many forms and poverty are on the climb. Economic recovery and employment opportunities almost seem outdated terms. Layers of societal cauterization are being peeled away to expose rotten foundations of greed and guile. Illness is rampant. Too many are divided and disconnected from one another and from the Creative Life Force.

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We are all impacted as we seek to maintain balance in an unbalanced world. The remotest temptation to hide behind the denial that these occurrences are someone else's problem is being washed away by the obvious signs of turbulence as Mother Earth thrashes in the throes of birthing a new cycle.

We understand that we two leggeds are relational beings ... though we often forget to set our compass according to an essential truth: that relation extends to the Earth and the rest of Her Creation. As the elder told us, "What befalls the Earth, befalls the sons and daughters of the Earth." The Earth and her Waters have absorbed more reckless abuse than it may be possible in some quarters to remedy ... and we are seeing the effects not only on our environment but upon ourselves since we are all part of the same fabric of Creation.

"The earth is our Mother. Whatever befalls the earth befalls the sons and daughters of the Earth. This we know. All things are connected like the blood which unites one family."

Chief Seattle

The ones who are awake know too much to live in denial. At the same time, we cannot live fruitfully and productively in despair and fear. While the challenge of maintaining balance is considerable, it is not unreachable.

Well into the writing of this commentary, I checked to see what cauliflower represents in the dream experience which speaks to us through symbols. I was moved to find it encapsulates the very essence of this communication since it symbolizes spiritual nourishment, purity and perfection while also representing sadness and the need to be uplifted. I received this awareness with deep gratitude, not only for the knowledge it brings but for the confirmation it carries about sharing it with you.



Amazing Grace

We are smack dab in the middle of the changes that have been predicted by indigenous peoples for a very, very long time. Given the reality of the challenges of life as it is unfolding in these times, we cannot help but feel sadness; and the need to be uplifted is clearly undeniable. Listen! The balance that fortifies us to move forward comes through connection with the spiritual in its uplifting, life-affirming forms.

Yes, this is a time of significant upheaval and change, much of which is alarming. At the same time, it is a period when we are presented with unprecedented opportunity for healing and transformation; and many among us are poised to manifest that. As individuals who value beauty, inspiration, truth, integrity, joy, humor and creativity in a world tossed and turned by major shifts, we can seek balance through the relational dynamic made available to us as spirits having a human experience: through our breath, our thoughts, our actions, our heart, our gratitude; loving and care taking ourselves and one another, the Earth and *All our Relations*.



www.nonviolentsolution.org Over the past year, it has been my honor and delight to work on projects with the **Center for Nonviolent Solutions** which recently established a Community Mediation Services program in Worcester. The highlights of my involvement have been co-facilitating conflict resolution classes in two progressive-minded local high schools and a *Gateway to Mediation* workshop for community activists.

Tapping therapies Borrowing on the ancient wisdom of meridian pathway practices and the more recent Thought Field Therapy (TFT), **Emotional Release Technique (EFT)** is one of the "tapping therapies" gaining popularity as an accessible form of addressing mental, emotional and, by extension, physical issues. Some trauma specialists advocate its use for victims of disasters; and according to anecdotal evidence, it has been used successfully in this country with Katrina victims as well as survivors of disasters in other parts of the world. See: <http://www.telegraph.co.uk/health/wellbeing/7220734/Tapping-therapy-curing-physical-and-mental-problems.html>

Special thanks to my neighbor and computer mentor, Jeremy Kelleher, who made me aware I already had the technical skills to e-publish this newsletter. At the age of 15, he is a gifted and patient teacher who's supporting me in expanding my technical horizons.

♥ **This issue of Healing Spirit is dedicated to Grace** who served as my Healing Spirit partner for nearly all of her 14^{2/3} years. Released to Spirit on 15 January 2010, she was devoted to her work as a therapy dog and beloved to many. How grateful I am to have had her as my loving companion for all those treasured years!