



***strength \* spirit \* solace***

## **Newsletter**

June 2006

Dear friend...

These days, there is a lot of talk about bringing components of spirituality into business as an antidote to various forms of malaise and un-productivity. It seems to me, the concept of importing spirituality into modern working culture would be like trying to pour the ocean into a teacup. As Kahlil Gibran stated in *The Prophet*, "Work is love made visible." One finds one's spiritual self *first*, and then acts (and works) in accordance with one's deepest desire for fulfillment and deeper connection to the world around them.

Still, people at all levels in the corporate world increasingly want to nourish their spirit and bring a greater sense of meaning into their work life. What exactly defines modern spirituality at work? Some would say it's embodying personal values of honesty, integrity, and good quality work. Others might say it's treating employees in a responsible, caring way. For others, it's making their organization socially responsible in how it impacts the environment, serves the community or creates social change. Not surprisingly, spiritual practices at several Fortune 500 companies, such as Boeing, include group meditation, deep breathing, visioning exercises, building shared values, deep listening, and using intuition in decision-making.

Perhaps spirituality is not so much "the answer" to working-world problems, but rather a way to prompt an inquiry about them. My advice? Never mind about spirituality in the workplace. Instead become your original presence. This presence will remake everything in its own image. Let the silence of this presence take your mind, your hands, your tongue, your heart.

Keep up the great work and let your light shine on!

Namasté,

*Sara*

## **Meditation**

*Pain is a fact of being and one that permeates all of our lives to some degree. Since the hurt we feel may be a part of the experiences that have touched us most deeply, we are often loathe to let it go. It is frequently easier to keep our pain at our sides, where it acts as a shield that shelters us from others and gives us an identity-that of victim- from which we can draw bitter strength. However, pain's universality can also empower us to use our hurt to help others heal. Since no pain is any greater or more profound than any other, what you feel can give you the ability to help bring about the recovery of individuals whose hurts are both similar to and vastly different from your own. You can channel your pain into transformative and healing love that aids you in helping individuals on a one-to-one basis and spreading a tide of curative energy throughout the world.*

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## **Poses You Can Do at Home** **Standing Side Stretch**



The Standing Side Stretch Yoga Pose may give you the look of a tree swayed by wind, but this pose offers more benefits than just a stretch on your branches. This side stretch will increase the flexibility of your spine, arms, and rib cage as it stimulates the liver, kidney, and spleen function. Furthermore, the Yoga pose will also help realign your spinal column and will aide the lungs to take in more oxygen.

### **Follow these steps:**

1. From mountain pose with your feet together, establish a smooth flowing breath.
2. As you inhale, raise your left arm with your palm facing inward, making a line from your left feet to the fingertips. Place your right hand on your right hip.
3. Stretch outward through your arm and hand as you bring it up, circumscribing as large a circle as possible with your fingertips.
4. Feel the two lines of energy radiating outward from your center. One line of energy reaches upward from your belly and outward through the arm, and one line travels downward through the legs.
5. Inhale while bringing your body back to center and exhale the left arm down.

If the Standing Side Stretch Pose is properly done without forcing the bend, it will give you a different but wonderful feeling as it bends the muscles and the spine to the side. If you feel unstable in the position, feel free to slightly put your feet apart.

*\* Poses You Can Do at Home are from The ABC of Yoga.*

### **Nutrition – Curry beats summer heat**

Did you know the summer months are the best time for eating spicy food? You might think that a nice bowl of ice cream or cold iced tea is the perfect thing to cool off with. They do feel refreshing going down, but your body is going to work hard to warm up that chilly belly. Spicy food, on the other hand, helps you keep cool from the inside. This is probably why so many cultures in hot, tropical climates eat so much spicy food year-round.

Masala means “mixture,” and in cooking this refers to the mixture of spices and other ingredients that form the base of curries. Probably the most important part of making your curry dish is to cook it long enough and at high enough heat that the spices release their essences into the oil. Be certain that the spices sizzle in the oil or ghee, but not so long as to burn!

#### **Curried Peas**

1 Tbsp. ghee (clarified butter) or olive oil  
1 tsp. turmeric  
1/4 tsp. ground black pepper  
1/2 tsp. crushed red chilies  
1 1/2 lb. fresh peas, shelled  
salt to taste

Heat ghee or oil in a 10-inch frying pan over medium-high heat. Add turmeric, pepper and chilies and sizzle for 30 seconds, stirring constantly. Add peas, stir, and lower heat to medium-low. Cover and cook 5-8 minutes, stirring occasionally, until peas are tender. Yield: about 2 cups

#### **Hot and Spicy Cauliflower**

1/3 cup olive oil or ghee  
1/3 cup chopped ginger (peeled, and cut into 3/16" dice)  
10-12 whole cloves garlic, peeled (about 1 bulb)  
2 jalapeno chilies, cut in half lengthwise, and then in 1/2" slices  
1 heaping teaspoon of each spice:  
turmeric  
garam masala (literally, “hot mixture,” this is a spice blend available in Indian grocery stores and better markets)  
curry powder  
crushed red chilies  
1 tsp. salt

2 tomatoes (blanch in boiling water for 1 minute to easily remove skins), chopped  
2 lbs. cauliflower, cut into large bite-size pieces

Heat the olive oil or ghee in a large skillet over medium-high flame. Add chopped ginger and sauté 3 minutes, stirring frequently. Add whole peeled garlic cloves and jalapenos and cook another 2 minutes, stirring frequently. Add spices and salt, stir well, and cook another minute, being sure the spices sizzle in the oil. Now add chopped tomatoes and cauliflower pieces. Lower heat to medium and cover, stirring occasionally, until cauliflower can easily be pierced with a fork. Yield: about 6 servings

### Garam Masala

If you are unable to find the spice blend garam masala, you can make your own by combining the following spices:

2 Tbsp. ground coriander seeds  
2 Tbsp. ground cumin seeds  
1 tsp. cardamom powder  
1/2 tsp. ground black pepper  
1/2 tsp. ground cloves  
1/2 tsp. cinnamon powder  
1/4 tsp. ground nutmeg  
1/2 tsp. cayenne

### **Your Questions Answered!**

Do you have a question? Email it to me at [sara@saradelaney.com](mailto:sara@saradelaney.com).

**Q:** *My dog has cancer. Can a pet be treated nutritionally for disease?*

**A:**

I am sorry to hear your dog has cancer. The illness of a pet is not unlike the illness of any other loved one, and it breaks our heart to think of losing them. My dog has cancer too – Amber is a ten-year old Golden Retriever with Mast Cell cancer, diagnosed in January 2006. Thankfully, since her surgery, she has been leading a high-quality life and in favor of keeping her energy up, we've decided not to treat her cancer through conventional methods such as chemo or radiation. We haven't exactly followed an anti-cancer diet to a tee over the past six months, because typically it can get pretty pricey and time-consuming to shop for and prepare separate whole meals for your dog. But, we do give Amber organic dog food from Colorado Pet Chef ([www.coloradopetchef.com](http://www.coloradopetchef.com)) and lots of healthy leftovers from our own fresh organic meals whenever possible. To top it off, we exercise Amber almost daily and give her plenty of soothing massages. Also, the occasional scoop of strawberry ice cream makes it into her dog bowl...just for good measure. ☺

If you want to go the au-natural route with your dog, here are my suggestions:

### Consume

*Protein sources:*

- raw chicken, either whole pieces or ground (leave skin on)
- beef chunks
- raw liver, either chicken or beef
- canned salmon, mackerel and sardines
- raw eggs

*Fat sources:*

- The fats in the chicken, beef, canned fish and eggs
- Flaxseed Oil
- Salmon Oil

*Carbohydrates:*

\* Try to limit carbs to less than one-third of the diet, or less.

Lightly steamed then pulped, as in a food processor:

- broccoli
- celery
- cabbage (red and green)
- bok choy
- collards
- turnip greens
- spinach
- summer squash (zucchini and crook neck)
- Chinese cabbage

Avoid

AVOID grains and milk products

AVOID sweet vegetables, such as carrots, green peas, potatoes, yams, pumpkin and corn

AVOID fruits, although occasional fruit is fine

**Contemplate...**

Women who skip breakfast eat more calories during the rest of the day, as shown in a study published in the February 2005 issue of American Journal of Clinical Nutrition. The culprit behind this calorie-phenomenon is believed to be insulin sensitivity. The study found that those who skipped breakfast were less sensitive to insulin than those who ate breakfast every day.



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*"When you come to the edge of all that you know, you must believe one of two things:  
There will be earth upon which to stand, or you will be given wings to fly."*

**DISCLAIMER:** *This information is for educational purposes only and should not be considered medical advice. This information is provided to help you make informed decisions about your health. It is not meant to replace the advice of your primary physician. Choosing a holistic approach to nutrition means choosing personal responsibility for your health care. Sara Delaney is not liable or responsible for any harm, damage or illness arising from the use of the information contained herein.*