



**SPROUT SALAD WITH  
GINGER CARAWAY  
BALSAMIC VINAIGRETTE**

The farmer's market is by far the best place to find the freshest seasonal, often times local greens, fruits and vegetables. Many offer sprouts and sprouted beans as well.

Get the [recipe](#) for the Ginger Caraway dressing on the blog!

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***October 2016***

**Living In A Material World**

What gives you the greatest joy in life? What creates a lasting memory? When you think about these questions, do material possessions come to mind?

I've just gone through one of the most logistically challenging moves of my life. I moved boxes of photos and miscellaneous things I haven't looked at or thought about in years, clothing I've never worn, and furniture that's managed to tag along with me because it seemed "useful". From a large one-bedroom apartment, the stuff just kept emerging, endlessly, it seemed. More than ever before, this most recent move got me thinking about the perceived value of material possessions.

What does it ultimately cost to maintain our things, year after year? What is the toll monetarily, emotionally, even spiritually? What do these possessions provide us with?

Personally, the more I contemplate this, the more I realize that the real joy I experience in life is in connecting with others. Family. Friends. Meeting new people and having new experiences while traveling. All of these things in color, in reality, in all the magic of the senses.

Social media is wonderful, but it is no substitute for sharing someone's company, looking into the eyes of another person, hearing the resonant inflections in a loved-one's voice. You can

## "Magical Beauty"



Photo: [Hotelito La Esperanza](#)

*The Huichol people refer to themselves as "Wixáritari", which is translated into "the people". They are originally from the Sierra Madre Mountains but many of you will see them selling their crafts in Sayulita. They have long resisted the genocide of the Spanish Conquest, but recently they have fallen to the modern world.*

*Today, only about 10,000 Huichol remain in their homeland, and another 10,000 have migrated to other places throughout Mexico. They are said to be the last tribe in all of North America who've managed to remain true to their pre-Columbian traditions, but that changed at a dizzying rate rate as missionaries work feverishly to eradicate their "heathen" shamanic traditions, as tourism increases, and as their land is taken from them by their own government, forcing the Huichol to replace their sacred crops of corn with tobacco. Theirs is a vividly rich culture that relies heavily on shamanic tradition to guide them and to keep them in harmony with the land.*

*The shamanic wisdom of the Huichol provides time-tested methods for opening the mind to a wider range of awareness than the materialistic-based understanding of the West. It offers an understanding of health*

see lovely photos of a destination, but there's no comparison to feeling the air on your skin, or inhaling the scent of a place.

You don't have to go far to connect with people or to fully experience a place. The distance you need to travel can simply be from your normal awareness to your conscious attention.

***Attention is the rarest and purest form of generosity.***

If you have an opportunity to travel abroad, that type of renewed attention may kick in automatically. See the [Travel File](#) below for a great place to connect with some amazing people and new experiences.

If you don't have an opportunity to travel, consider being more present with the people you encounter everyday. [Click here](#) for more suggestions on connecting and contemplating the value of this "material world".

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## TRAVEL FILE: Sayulita, Mexico



S T A Y:

[Hotelito La Esperanza](#)

[Casa Namaste](#)

[Casa Love | Pachamama Sayulita](#)

*and well-being based on 'finding your life' through an archetypal vision quest premised on the belief that you are a sacred being, not here by accident but with a sacred purpose to find your heart path as well as the power to walk it all the days of your life...Huichol shamans keep the channels of communication open to the spirit world by working reverently with Tatewari who reminds us that we are luminous beings with love at the core of our being.*

*Despite their present day problems, the Huichol cling to their belief that a "magical beauty" is inherent in their lives and has the power to transcend whatever poverty and suffering they're forced to endure. That alone is a testament to the power of the beliefs that unite them with both the physical and spiritual worlds. Like their Aztec ancestors, Huichol are trained from childhood to communicate with the Spirit World, to see with Second Sight and to understand the nature of the hereafter.*



Photo: [Mark Ley](#)

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E A T:

[La Esperanza](#)

['Ino Laboratorio Gastronomica](#)

[Don Pedro's](#)

P R A C T I C E:

[Moon Shala Yoga Studio](#)

R E C R E A T E:

[Yoga Photo Shoot with Janalyn Rose](#)

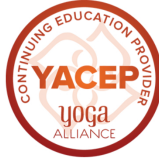
[Lunazul Surf and Stand-Up Paddle](#)



## Posture Highlight: Standing Backward Bend

*"The little reed, bending to the force of the wind, soon stood upright again when the storm had passed over."* 🌿 Aesop

teaching experience, she has instructed students of all backgrounds and ability levels.



### Backbends are **ENERGIZING** and **HEART-OPENING**

The spine's movement and flexibility are obviously a very important parts of backward bending, but it's also important to bring awareness to the intense stretching in the front side of the body. Breathe into the stretch. Backbends also require openness in the hips and shoulders.

Make sure you're warmed up.

Stand with your heels and toes together, weight even, press down through the soles of your feet.

Straighten your legs and tighten your hips and thighs.

Bring your arms over your head, clasp the hands and release the index fingers. Thumbs crossed.

Look up and back, and very slowly lower your head back. Relax your head and neck.

Inhale, lift up out of the lower spine, and remember to **stay** lifted as you start to bring your arms back. For me, I initiate the backward bend with my sternum, like I'm diving backwards, and then deepen my posture by first *looking* back more and then by bringing my arms way back.

Be somewhat gentle with your spine. Feel your way into it.

You should still be able to breathe in a backward bend.

Inhale to come up. Exit the posture slowly and mindfully.

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I would be so grateful to know how I may have made an impression on you!

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