



THE

Navigator

SPRING
WELLNESS

ON

SALTSPRING

ISSUE NO. 02

Unceded Territory of Hul'quimi'num and
Sencoten Speaking Peoples



WELCOME

To our Spring 2024 & 2nd Edition

We slumber out of the season of long nights and feel our spirits start to celebrate and delight in the arrival of Spring. As I venture up Mount Erskine I am greeted by fresh patches of Nettles reminding me that it is time to replenish my body and prepare for the longer days ahead if I am to meet them with a greater sense of vitality. What Wellness Practices will you turn towards as you prepare for your Spring.....

At the Navigator we are committed to doing our best to make it easy for clients to find the practice that will be the right treatment for them. Empowerment is knowing what choices you have so you can make the right one for you.

‘Everyone does better, when everyone does better.’

CINDY CLARK RCC
Editor & Developer

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NAVIGATOR TEAM

**SHARYN, LISA, NIMH,
DYLAN & CINDY**

JOIN OUR WELLNESS COMMUNITY

www.navigatorforwellness.com



ROBIN RUEL

ROBIN IS A SPIRITUAL INTUITIVE COUNSELLOR WITH A DEEPLY COMPASSIONATE, HEART-CENTRED NATURE. SHE WORKS MAINLY WITH WOMEN, HELPING THEM TO HEAL AND OPEN THEIR HEARTS, GAIN CLARITY AND CONFIDENCE IN OVERCOMING OBSTACLES TO TRUE FULFILLMENT, AND ULTIMATELY TRANSFORM THEIR LIVES, AS THEY COME TO LIVE IN ALIGNMENT WITH THEIR HEART'S HIGHEST TRUTHS.

WORKING WITH ROBIN OFFERS A GENUINELY SUPPORTIVE EXPERIENCE, COMBINING THE INTEGRITY AND THERAPEUTIC SKILL OF HER COUNSELLING BACKGROUND WITH HER INTUITIVE ABILITY TO FEEL INTO ENERGY AND LOVINGLY CHANNEL GUIDANCE FROM SPIRIT. PLUS, SHE BRINGS A HEARTY DOSE OF SACRED IRREVERENCE TO EVERY SESSION.

SHE WORKS ONE-ON-ONE WITH INDIVIDUALS, OFFERING SPIRITUAL INTUITIVE READINGS, IN ONGOING THERAPEUTIC RELATIONSHIP, AND IN PARTNERSHIP WITH HUMANS AND HORSES, FACILITATING EQUINE GUIDED HEALING.

“OUR COMMUNION WITH HORSES OFFERS US AN EXPERIENCE OF HEALING, INSIGHT AND SPIRITUAL CONNECTION THAT STRETCHES BEYOND OUR EVERYDAY ANALYTICAL, THINKING MINDS. AS BEINGS WHO ARE BOTH FIRMLY ROOTED IN THE PRESENT AND ALSO MAJESTICALLY OTHERWORLDLY, HORSES INVITE US INTO A TANGIBLE SOMATIC AND EMOTIONAL ENCOUNTER THAT ANCHORS OUR SPIRITUAL EXPERIENCE INTO PHYSICAL REALITY.”

“EVEN IF WE CHOOSE TO DOUBT THE INSIGHTS AND INTUITION GLEANED IN A SESSION, WE CANNOT DISCOUNT THE PHYSICAL, ENERGETIC AND EMOTIONAL SENSATIONS THAT HAVE SURFACED. WE HAVE FELT THE TRANSFORMATION IN OUR BODIES. WE HAVE EXPERIENCED TANGIBLE, ENERGETIC SHIFTS.”

EQUINE GUIDED HEALING IS A TRULY PROFOUND AND SACRED EXPERIENCE, WITH ALL ACTIVITIES CONDUCTED ON THE GROUND.

FOR ALL INQUIRIES, PLEASE VISIT
WWW.TRUTHANDBEAUTYHEALING.COM





Yoga Teacher Training

As I prepare for the Ganges Yoga Studio Teacher Immersion 2024, I am reflecting on the experiences of previous students. They all remark on how the training added a perspective of inclusivity, indicating a softening of self-acceptance while developing self-compassion with a deep insight into care for each other.

They have told me that they have learned how to structure their home practice in more meaningful themes and have found useful modifications to adapt their unique situations to a pose or meditation.

They have discovered how to adapt their posture to suit an occupational situation better and have found that subtle changes in their breathing habits have altered some behaviors for the better.

They have found self-confidence and lasting joy. Through self-reflection on some Yogic Philosophical themes, they have learned to watch the patterns of thought and to trust a deeper knowing, which slowly surfaced during the course.

Check out all the details of the Yoga Immersion here: www.gangesyogastudio.com/teacher-training/

Ganges Yoga Studio is a most welcoming and appropriate venue. I enrolled in the course to improve my practice of diving deeper into the limbs and body of Yoga. Understanding why the GYS class context brings joy and ease that I felt lacking in my home practice.

The answer I found from this course is to practice asana with a theme, structure and mindful focus.

Nicholas 2023 COHORT

This course has been a transformative experience for me, primarily due to its profound focus on spirituality, tradition, history, the subtle body, devotion, mantra, and the insight behind Sadhana practice, all of which are often overlooked in the average Asana yoga class. I deeply appreciated Celeste's meticulous approach to comprehending yogic concepts and her commitment to yogic philosophies as a foundation for teaching asana. This point of departure provided a much clearer understanding of the purpose behind practicing asanas. To my delight, this course exceeded my expectations by offering a depth of personal exploration and spiritual inquiry that I hadn't anticipated.

Christie 2023 COHORT



I enrolled to experience a greater depth of Yoga studies (as opposed to becoming a Yoga teacher). However, in the process, learning about yoga teaching was a bonus!

The course exceeded my expectations, and I've met some interesting, amazing people who have become good friends! Celeste is a master teacher! She can read her student's needs and shifts accordingly. She models openness and flexibility.

Ganges Yoga Studio is a beautiful venue. It is light and airy and lends itself to individual and group work.

Jenny 2023 COHORT

"This course has been a transformative experience for me."

GANGES YOGA TEACHER TRAINING

"I BELIEVE THAT ONE'S HEALTH IS A PHYSICAL, MENTAL AND SPIRITUAL BALANCE. IN THIS PROGRAM, THE CONTAINER IS YOGA. THIS CONTAINER IS NOT A STUDY OF RELIGION. IT IS A PRACTICAL, MEANINGFUL, ACCESSIBLE SERIES OF WEEKENDS THAT EXPLORE, BY WAY OF INTRODUCTION, BUILDING COMMUNITY, SELF-REFLECTION, PHYSICAL MOVEMENTS, QUIET SITTING, DEEP RELAXATION AND HAVING FUN ALONG THE WAY!" ~ CELESTE



A SELF LED MAN

Men are grappling with something meaningful right now in trying to evolve, heal, grow, and mature. This is never an easy process and in a world of fatherless homes or fathers disconnected from their own masculinity, the truth is that masculinity has become a culture of the individual rather than the collective. It is a breeding ground of men who have been hurt, isolated and never healed.

THE LONE WOLF PREVAILS AND IT'S EVERY MAN FOR HIMSELF.

But what does a hopeless man look for? Hope. Some form of sense-making as he searches for a frame from which to operate that explains where he's at and how to change it. Cultivating a deeper awareness of what's involved in mental health is one of the most helpful things a man or woman can do for themselves and society in general.

But there is a price to be paid for every increase in consciousness. You cannot be more sensitive to wellbeing without being more sensitive to discomfort.

The journey, if the man chooses to accept is ridden with fear and resistance. Fear can debilitate you and in the same light, remaining in the comfort zone lowers your capacity for challenges. You lose strength to create direction and actualize potential, which ultimately leads to less safety. It is akin to lifting weights. Staying in your comfort zone is like never lifting anything. It might seem like a better life, but your muscles atrophy. You continually lose the full weight of knowing "yes" I want and deserve to feel better. In the same light, the more fear a man feels about a specific enterprise, the more certain we can be that that enterprise is important to him.

Men have to be willing to confront the narrative that's holding them back and lean into it instead of solely ruminating on the symptoms.

One Man shared with me how his girlfriend broke up with him and he had no idea what to do with the grief he was feeling. The question then remains; what else is there but to do something with that pain?

A Man's ability to self-regulate emotions and pursue their north star requires that they get up close with whatever is holding them back—grief, past trauma, faults. A contracting venture for any nervous system. A man's nervous system is like a circuit breaker box. If he has too much electricity running through, it will break the fuse and consequently he will not trust his body...and his body won't trust him.

On the other side, a man's ability to connect and be intimate with others requires the structure and order that a healthy nervous system brings to the table, the same way a house needs a frame. The nervous system is the foundation of what shapes our experience in facing this work, to feel safe, engage with life and take the risks of living.

This will save some men's lives from depression, crippling anxiety and social isolation. I know this because I've worked with these Men. Mine is an invitation that makes room for the many different ways a man may feel empowered to lead himself and fight for what he wants. Where he learns to unveil clear actions and behaviors he can subscribe and, in many cases, create meaningful and lasting change in his life. Hi, my name is Rigo and I'm a Naturopath.

I work with men, women and their families for better health. Find out more about me at www.drkefferputz.com

RESISTANCE ON THE OTHER HAND IS FULL OF INFORMATION. IT'S A PRIMAL KIND OF MINDFULNESS THAT CAN GIVE A MAN INSIGHT TO WHAT HE IS PROTECTING HIMSELF FROM, WHAT HIS EDGE IS AND WHAT HE WON'T TOLERATE NO LONGER.

THEN HE CAN HOLD SPACE TO BE WITH THE EMOTIONAL RAMIFICATIONS THAT SURROUND THE UNCERTAINTY OF HIS JOURNEY AND DIG DEEPER. AS A NATUROPATHIC DOCTOR I WORK WITH MEN TO GET CLEAR ON WHAT THEY'RE UNSURE OF.

MEN WHO DON'T HAVE ALL THE ANSWERS.
MEN WHO MAKE MISTAKES.
MEN WHO HAVE STRENGTHS AND WEAKNESSES.
BUT MOST OF ALL...MEN WHO ARE READY.

SO WHERE DO WE START? AT THE BEGINNING...





CELEBRATING 20 YEARS!

SOLACE SPA

IN THE SPOTLIGHT

Solace Organic Spa was born 20 years ago with the vision of nourishing inner and outer beauty, inspired by nature and offering a sanctuary of solace. At this 20 year mark, we feel deep gratitude for the community that works here and heals here, honoring togetherness and connection. Our collective of skilled therapists and hosts are the heart and soul of our business, creating a place for our guests come and find peace and tranquility on Salt Spring Island.

As a small island business, it is our responsibility to steward sustainable practices and minimize our impact on the Earth. We believe in taking an all-encompassing approach to sustainable business and that together we can make impactful changes in the wellness industry and beyond.

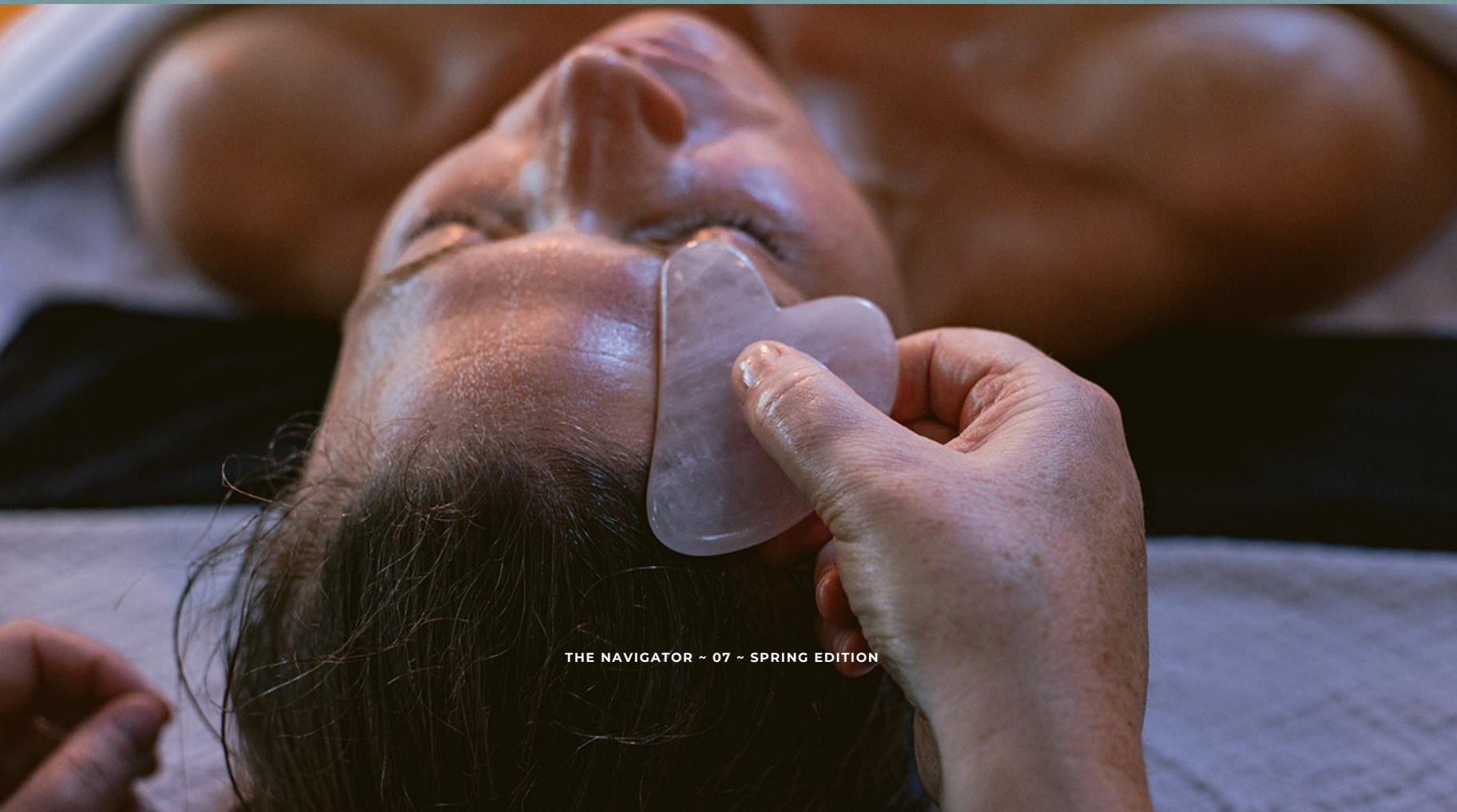
An intimate connection with nature can be found while relaxing in our spa garden or forest hydrotherapy circuit; a revitalizing ritual that has been practiced for centuries. This nourishing experience in nature lands within our bodies, flowing into the nearby treatment rooms where professional massage and spa therapists address the entire being – healing body, mind & soul. As an extension of our nature-focused spa, we formulate small-batch aromatherapy skincare, woven into our treatments to carefully restore nature's rhythm within.

SOLACE SPA

your host Julie James

JULIE JAMES (FOUNDER) HAS ENJOYED FOLLOWING HER ASPIRATIONS TO CREATE A BEAUTIFUL, HEALING AND NURTURING SPACE. HER VISION IS TO PROVIDE 'A HARMONY OF THE SENSES' FOR YOU TO EXPERIENCE, AIMING TO HAVE EVERY GUEST FEELING CONNECTED, RELAXED AND RENEWED.

WWW.SOLACEORGANICSPA.COM



Spring 2024

**Practitioner visited
this spring....**

Zama



BLOSSOM TREE SPA
WWW.BLOSSOMTREESPA.COM

I was the grateful recipient of Zama Jason's Goddess Treatment.

Zama had prepared a warmed, cozy bed and I started on my front ready to receive the first part which was a back and neck massage using her wonderful oils. I found this very soothing and then when she used Rose Quartz hot rocks, I was taken deeper into a wonderful state of receiving.

A delightful facial followed, where Zama applied a Sea flora cleanser followed by an Oat Exfoliator. Very fresh and soothing. The hot towels were perfect and I could feel my skin receiving gratefully! Zama used her own skillfully made "Rose oi"l to massage my face and her own Lavender Hydrosol -which she makes using local Lavender. I had an Eminence Strawberry/Rhubarb mask which smelt sweet and good enough to eat.

The treatment ended with a lovely foot massage, using Zama's own blend oil. My feet were revived.

Zama is a very loving and giving practitioner and her own made products reflect her love of herbalism and plant medicine. Her space is cozy and handy in town. Her prices are very fair.

If you are wanting a lovely facial in town, it will surely be all you need it to be! I was entirely grateful and enjoyed the energy of her space and dear Zama herself.

Visited by Lisa Sliwowska
www.figsandhoney.com



WELL ~ BEING FAIR 2024



2ND ANNUAL WELL~BEING
FAIR AT MAHON HALL IN
GANGES

SATURDAY APRIL 6 10 -4
SUNDAY APRIL 7 11-3
ENTRANCE BY DONATION

25+ VENDORS &
THERAPEUTIC TASTER
SESSIONS OFFERED

DOOR PRIZES
DELIGHTFUL FOOD

A COMMUNITY OF WELLNESS IS GATHERING TO OFFER YOU AN OPPORTUNITY TO MEET AND TASTE A VARIETY OF OUR HEALTH & WELLNESS PRACTICES AVAILABLE TO YOU. COME OUT AND ENJOY THE OFFERING OVER THE WEEKEND.

‘EVERYONE DOES BETTER ~ WHEN EVERYONE DOES BETTER’

SSI WEEKEND WELLNESS TOUR CALENDAR



FRIDAY APRIL 5

7 PM SOUND BATH ~ GANGES YOGA STUDIO ~ W/ ADAM

SATURDAY APRIL 6

TIME		WELLBEING FAIR 10 -4 MAHON HALL ~ VENDORS & TASTER SESSIONS
7 am	00	Hastings House Spa offering Facials & Massage Open all Day ~ Call to pre-register for your treatment
	30	Madrona Integrative Health Practitioners available throughout the day by pre-registration.
8 am	00	Solace Spa Treatments & Wellness Experiences ~ Open all day for bookings ~ offering specials for this weekend. Call to Pre-register
	30	
9 am	00	Hatha Flow ~ with Howie Boral ~ Ganges Yoga Studio. Pre-register
	30	
10 am	00	Awaken to Spring Vinyasa ~ Flow ~ with Satiya at her South End Farm. Pre-register
	30	Well ~Being Fair at Mahon Hall in Ganges Opens ~ Vendors & Taster Sessions
11 am	00	Slow Flow ~ with Deborah Cobon ~ Ganges Yoga Studio. Pre-register
	30	
12 pm	00	SSI Natural Cemetery Tour ~
	30	
1 pm	00	
	30	Ayurvedic Tips for Spring Season ~ at Ganges Yoga Studio ~ pre-register with Muneera
2 pm	00	SSI Natural Cemetery Tour ~
	30	
4pm	00	Well~being Fair Closes at Mahon Hall
	30	
6 pm	00	
	30	
7 pm	00	
	30	
8 pm	00	
	30	

SSI WEEKEND WELLNESS TOUR CALENDAR CONT..



SUNDAY APRIL 7, 2024

TIME	WELLBEING FAIR 11 ~ 3 AT MAHON HALL ~ VENDORS & TASTER SESSIONS
7 am	⁰⁰ Solace Spa Treatments and Wellness Experiences ~ taking bookings for the whole day ~ special offers for this weekend. Pre-register.
	³⁰ Madrona Integrated Health ~ Practitioners available all day through pre-registration.
8 am	⁰⁰ Hastings House Spa ~ Facials & Massages ~ taking bookings for the whole day. Pre-register.
	³⁰
9 am	⁰⁰
	³⁰ Restorative Yoga with Celeste ~ Ganges Yoga Studio, pre-register
10 am	⁰⁰ Vinyasa ~ Flow with Satiya at her farm in the South End. Pre-register limited spots
	³⁰
11 am	⁰⁰ Ayurvedic Cooking Class ~ Muneera's Kitchen (address given when you register) near Town
	³⁰ Well~Being Fair Opens at Mahon Hall in Ganges
1pm	⁰⁰ Holistic Skin Care Demonstration of Healthy Daily Practices for Beautiful Skin. Q.A Lisa Thomaides BnB
3pm	⁰⁰
	⁰⁰ WELL~BEING FAIR & WELLNESS WEEKEND CLOSES THANK YOU ALL FOR YOUR SUPPORT & PARTICIPATION
	WE LOOK FORWARD TO SEEING YOU NEXT YEAR! TO BE A PART OF OUR WELL~BEING FAIR OR WELLNESS TOUR NEXT YEAR CONTACT WWW.NAVIGATORFORWELLNESS.COM
	THE NAVIGATOR ~ 11 ~ SPRING 2024



FLOURISHING IN THE SEASON OF WOOD

BY MOSS DANCE, R.TMC.P

THE SPRING SEASON OF WOOD IS NOW UPON US, LIGHTING UP OUR LIVER AND GALLBLADDER ORGANS AND THEIR ENERGY.

I say Liver and Gallbladder energy because, in Chinese Medicine, the organs correlate to the physical organs deep inside our bodies, but they also have their own unique spirits, associated element, and a special role to play in our internal ecosystem. Each organ has a channel of Qi that travels from our extremities (fingers or toes) to the trunk of our body where the physical organ resides. These channels allow the organ to engage with and attune to each season, and to gather Qi from the dynamic activity of the limbs.

There are a total of five elements in the Chinese Medicine system. You may also have seen these five elements in Feng Shui, and in astrology, for example. The five elements are: Wood, Fire, Earth, Metal, and Water. Each element has a season where it predominates, so there are five seasons in the Chinese Medicine calendar. These are: Spring, Summer, Late Summer, Fall, and Winter.

As the Gallbladder and Liver organs are associated with Spring, and the element of Wood, they are now the most active in our lives, and they can also be the most affected channels at this time of year.

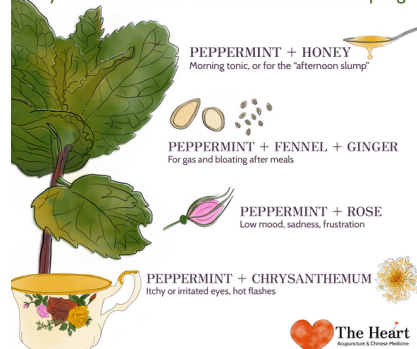
To understand the energy of Spring, we must understand the nature of the Wood element. Wood is lively, feisty, and vigorous, just like the green growing beings around us. To understand the function and personality of the Liver and Gallbladder, look to our green friends. The shapes of branches and leaves are always reaching out, spreading, flowing into the space around them. Always seeking the sun and seeking to fill the space around them with more branches, glossy leaves, fruits, and flowers. They are in constant dialogue and negotiation with each other about sharing space and resources. This is the nature of the Wood element, always reaching, desiring freedom, movement, connection, and growth.

If We are not only in the Wood season—we are also in the year of the Wood Dragon! By the lunar calendar, the Wood Dragon soared into our collective consciousness on February 10, making this year a dynamic time of change, growth, opportunity, and expansion. Wood does not like to be constrained. When faced with stress and pressure in this season, and possibly even throughout this year, we may feel more easily frustrated than usual. We may be more prone to experiencing headaches, migraines, irritability, blurred vision, spring allergies, premenstrual tension, and digestive upsets in response to emotions. Some people even experience pain or discomfort in the liver area, or along the sides of the abdomen. Muscle strains and tension are common at this time of year. You may feel fatigued and generally unwell if you are heading into Wood season already depleted.

When the seasons shift, regular acupuncture tune-ups are a great way to keep your channels flowing, and to help prevent seasonal ailments and discomforts. And here is a suggestion for an easy practice you can do every day at home to help soothe your Liver and Gallbladder throughout the Spring and Summer seasons.

PEPPERMINT TEA GUIDE

Easy tea combinations for common ailments in Spring



WWW.THEHEARTACUPUNCTURE.CA

PEPPERMINT TEA IS FOR SPRING

DOES TEA HAVE A SPECIAL PLACE IN YOUR HEART? I USE IT AS A SOOTHING RITUAL THROUGHOUT MY DAY. WHEN I HAVE A BREAK, I LIKE TO HAVE A WARM MUG OF SOMETHING IN MY HANDS TO SIP.

I DON'T KNOW ABOUT YOU, BUT I TEND TO FEEL CAFFEINE A LITTLE MORE ACUTELY IN THE SPRING. I DON'T LIKE THAT JITTERY FEELING, SO AT THIS TIME OF YEAR I CUT BACK ON THE BLACK TEA AND ADD MORE HERBAL TEA INTO MY DAILY ROTATION. IN THE CLINIC, I OFTEN RECOMMEND SIMPLE TEA COMBINATIONS THAT YOU CAN MAKE AT HOME TO SUPPORT YOUR HEALTH. CONNECTING WITH SIMPLE HERBAL MEDICINES CAN BE EMPOWERING, NOURISHING, AND SOOTHING.

THE BEST FLAVOUR FOR SPRING AND WOOD SEASON IS PUNGENT. PUNGENT HERBS HAVE AN UPWARD AND OUTWARD ENERGY, HELPING US TO BOOST ENERGY, CLEAR STAGNATION (LIKE BRAIN FOG, HEADACHES, BODY PAIN, AND STIFFNESS), AND LIFT THE MOOD. I LIKE PEPPERMINT FOR A SPRING TONIC TEA, BECAUSE IT IS EASILY AVAILABLE, AND DELICIOUS.

FOR A NICE STRONG CUP OF MINT TEA, USE 4 TBSP OF GOOD QUALITY, DRIED HERBS PER TEA POT OR QUART-SIZED MASON JAR. STRAIN AND ENJOY—ADD HONEY IF DESIRED. YOU CAN USUALLY REFRESH THE DREGS WITH BOILING WATER 1-2 TIMES WITH PEPPERMINT-BASED TEA BLENDS.

HERE ON SALT SPRING, YOU CAN FIND GOOD QUALITY HERBS FOR SALE IN BULK AT NATUREWORKS. MINT IS EASY TO GROW, BUT BE CAREFUL NOT TO PLANT IT WHERE IT CAN SPREAD—IT WILL TAKE OVER YOUR GARDEN! I AM VERY HANDS-ON AT MANAGING MY MINT PATCH BECAUSE I HARVEST IT SEVERAL TIMES THROUGHOUT THE GROWING SEASON BY CUTTING IT DOWN TO THE ROOTS, AND I PULL UP THE ROOTS WHERE I DON'T WANT THEM TO SPREAD. BUT PLANTING IT IN POTS IS A SAFE BET FOR CONTAINMENT.

A CUP OF TEA CAN BE SOOTHING AND SUPPORTIVE, AND IT'S EASY TO MAKE AND ENJOY. WHEN COMBINED WITH REGULAR ACUPUNCTURE TREATMENTS, DAILY HEALING HABITS BECOME EVEN MORE POWERFUL SUPPORTS. WE OFFER HERBAL CONSULTATIONS WITH OUR WITHOUT ACUPUNCTURE TREATMENT AT OUR CLINIC, AND ARE NOW PLEASED TO CREATE CUSTOM HERBAL FORMULAS BASED ON THE LONG TRADITION OF CLASSIC CHINESE MEDICINE PRESCRIPTIONS.



cooking for spring

with Karin



According to the philosophy of Chinese medicine, Spring represents the beginning of the yang cycle. Energies in nature are moving up and outwards and our body should be following suit. The Liver is responsible for this smooth flowing of Qi (energy) throughout the body. When the liver functions smoothly, physical and emotional activity throughout the body also runs smoothly. So, for optimum health this spring, move your Qi!

LIVER QI IS STIMULATED BY CONSUMING GREEN FOOD and PUNGENT FLAVOURS:

- Think of young plants such as fresh, leafy greens, sprouts, and immature cereal grasses
- Spirulina, chlorella, parsley, wheat grass, kale, swiss chard, collard greens
- Pungent flavours move qi up and outwards. Think onions, leeks, chives, scallions mustard greens, or mint.

TO REDUCE STAGNATION and FRUSTRATION

- Reduce salty and bitter foods as they bring energy down and in
- Avoid heavy rich meals and eat less meat, eggs, seeds, nuts, salt
- Opt for eating lighter and introduce some raw food
- Instead of baking/stewing/roasting, choose steaming, stir-frying and poaching

LIVER FUNCTION IS AIDED BY SOUR TASTE

- Add lemon slices in drinking water, vinegar in your salad dressing, pickles and pomegranates as a garnish
- Sour counteracts effects of rich, greasy food by acting as a solvent to digest fats and protein and dissolves minerals for improved assimilation
- Sour constricts and helps with excess sweating or diarrhea, too much can cause sore tendons and achy eyes.

By Karin Beviere, RTCM.P



WWW.THEHEARTACUPUNCTURE.CA

DOVE

Meadow Dove Lang



MEADOW DOVE WELLNESS

"Giving someone the space to uncover their own answers, and decode the messages of their body, and take action based on the yearnings of their heart and soul is totally my jam ~ it's so life-affirming!" ~Dove



WWW.MEADOWDOVE.CA

FROM THE SHORES OF MAYNE ISLAND

Meadow Dove Wellness (founded by Meadow Dove Lang, Embodiment Alchemist) is here for you whether you want in-person services (such as massage therapy (she's an RMT), or a compassionately courageous coaching session amidst the beauty of nature, or use the magic of technology to access appointments via Zoom (or phone), as well as workshops, retreats, and more (for example, her Oracle Deck: "Living Awesomeness ~ a 33-card deck for Insight, Encouragement, and Empowerment).

A lifelong learner with thousands of hours of training (and more than 30 years experience) in various modalities to help empower you, Dove loves to help you shift patterns that no longer serve you, so you can embody who you are becoming ~ on Purpose!

She especially loves to work with heart-centered over-givers who are ready to receive support so they can show up for themselves with the kindness and camaraderie they so naturally share with others ~ knowing the benefits ripple out when we each take time to tend to keeping our inner light shining.

Dove lovingly and skillfully guides you to transform with what's been holding you back, so you can step into what's possible when you deepen your capacity to prioritize what keeps you on track with your soul.

She helps you tune in and decode the messages of your body-mind-spirit, so your Whole Self is honoured, buoyed, and unshackled ~ making way for feeling more joy, fulfillment, and peace.

Every act of kindness (towards yourself and others) counts.

What are you no longer willing to tolerate?
We can deal with that sh*t (and turn it into compost to fuel your next level)!
What is Life calling you forward to experience in this lifetime?
What are the whispers of your heart nudging you toward?
Let's do this!

~~~

Contact:  
[dove@meadowdove.ca](mailto:dove@meadowdove.ca)



# What's in the cards...

AFTER ENJOYING MANY YEARS OF VALUABLE INSIGHT, SOLACE, AND "JUST WHAT I NEEDED TO HEAR" FROM OTHER PEOPLE'S ORACLE DECKS (I HAVE QUITE A COLLECTION!), I FINALLY PRODUCED MY OWN. BEING WITH PEOPLE AS THEY PULL CARDS HAS BEEN A WONDERFUL WAY OF STARTING CONVERSATION ~ AND THERE HAVE BEEN TEARS OF JOY, AND OF TENDERNESS. MAY IT SPEAK TO THE PARTS OF YOUR SOUL THAT ARE YEARNING FOR YOU TO HEAR THE WHISPERS OF LIFE CALLING YOU FORWARD INTO DEEPER LAYERS OF CONNECTION, AUTHENTICITY, AND PEACE.



HERE'S A CARD FROM THE COLLECTOR'S EDITION OF MY ORACLE DECK, "LIVING AWESOMENESS"

~ENJOY! I GAVE THE CARDS A SHUFFLE, WHILE ASKING THEM WHAT FELT MOST RELEVANT TO BE SHARED WITH YOU, DEAR READER. HERE'S WHAT THEY REPLIED:

## EMPOWERING PHRASE

MAIN MESSAGE → I EXPRESS MYSELF WITH CLARITY, KINDNESS, AND COURAGE.

EXTENDED MESSAGE HAIKU:  
EVERYONE DESERVES  
COMPASSION, INCLUDING ME  
I AM BRAVE AND LOVED



IF YOU ARE INTERESTED IN SEEING WHAT THE OTHER 32 CARDS HAVE TO SAY, YOU CAN GET YOUR VERY OWN COPY OF LIVING AWESOMENESS: A 33-CARD DECK FOR INSIGHT, ENCOURAGEMENT, AND EMPOWERMENT VIA MY WEBSITE: [MEADOWDOVE.CA](http://MEADOWDOVE.CA) ~ I LOVE HEARING FROM FOLKS PERSONALLY, SO PLEASE REACH OUT ANYTIME: [DOVE@MEADOWDOVE.CA](mailto:DOVE@MEADOWDOVE.CA)

REMEMBER: EVERY ACT OF KINDNESS (TOWARDS YOURSELF AND OTHERS) COUNTS!  
THANK YOU FOR BEING PART OF THE RIPPLE OF AWESOMENESS! YOU ARE APPRECIATED FOR ALL THAT YOU DO, AND ALL THAT YOU ARE.



# HEALING A BROKEN HEART: EMPOWERING STEPS TO RESTORE VITALITY

WITH

# charmaine

A NAVIGATOR COLUMNIST ~ KEEP WATCHING FOR MORE

A broken heart is not merely an emotional setback. It can cast a shadow over one's entire existence, leaving life feeling unresolved and incomplete. Often, we bury this pain deep within, moving forward without reclaiming the energy or pieces of our heart that were shattered. Finding and integrating these fragmented energies is essential for true healing. As without the pieces of a broken heart united and back together, personal health, happiness and prosperity is at stake. By reclaiming your energy and restoring balance, you become more yourself. And there is a simple technique that can help the heart become more vital and whole, and better equipped to move forward and create. Helping you create the life you desire, with the energy of your heart bringing in true strength and a new dynamic to life.

Sometimes we don't realize the impact of shocking, unwanted events. After heartbreak, from any age or circumstances, our emotional and spiritual heart often begins to operate on lower energy reserves than is ideal. Carrying too much, and without the wholeness that it needs to thrive. The heart can slowly begin operating on only a small percentage of what it, in reality, has to offer. Thus losing its original luster and natural strength. Then, as years go by, it is easy to forget about these lost pieces, as they become submerged, out of sight, and difficult to find. When we become accustomed to a state of being, like the loss of this vital energy, it becomes normalized. Often stalling the effort to find what we once knew was there.

Limitations can extend beyond the heart, if left unhealed. To encompass blocks in our physical health, our intuition and internal guidance, or our connection to the collective consciousness and others. Creativity, spiritual inspiration, prosperity, and intimacy for example, can all be hindered by a heart that is operating only partially. Any experience of heartbreak, at any age, for any reason, can contribute and affect all other areas of our lives. These experiences cannot be safely tucked away and left unprocessed if we are to live well. But neither do past experiences have to be re-lived in order to deeply heal. While the healing of a broken heart is a personal journey, and the path to restoration varies for each individual, there are universally effective steps that can help reclaim lost energies.

This is where a simple technique can be incredibly powerful – on one hand making more energy available for your self-healing, and also for lending strength to pursuing other specific therapeutic paths. The process is something you can do anytime. Also, with regular regular practice, these steps can become second nature, enabling you to quickly release and reset whenever you encounter emotional challenges on the spot. Either from external or internal triggers. The process not only lightens an emotional load but also frees up energetic reserves, providing a renewed sense of vitality in general. Habitually giving more and more access to this vitality, more frequently and consistently.

**HOW DOES IT WORK...**

**CONT....PG 17**

# HOW IT WORKS.....

Good energy flow in the body is the foundation of healing. When we experience heartbreak, our emotions and other subtle levels can become congested, leading to energy blocks that hinder our ability to move forward. Our physical body bears the impact as well. By tuning into sensations in the physical body, and actively releasing them one by one, we open up pathways for healing and integration on all levels. With this straightforward 'sensation releasing' technique, you'll notice a cascade effect that leads to the unraveling of old seemingly unrelated patterns that deeply affect and shift the subtle levels of your being. The simple clearing exercises here will bring an infusion of healing power to support the opening of pathways that run through the heart.

## Get ready for a profound yet very simple shifting!

### 3-STEP PROCESS

#### Acknowledge and Tune In:

Instead of directly confronting past traumas, begin by tuning into your body, particularly the heart area. Through focused breathing and body awareness, allow yourself to notice any sensations or discomfort, however subtle. Do you feel anything elsewhere in your body? With your main focus on your heart, you may also notice other areas of the body holding tension or other notable sensations. This simple act of tuning in can reveal hidden emotions and layers of tensions that have been stored in your body. Perhaps for a very long time.

#### Make Note and Rate Sensations:

This step helps you acknowledge and quantify the impact of the past wounds on your physical, emotional and spiritual well-being. Once you've identified these sensations, make a mental note or written list, assigning a rating to each, based on intensity. For example, you might note tension around the heart as a 5 out of 10. While also noting your shoulders are drawn upwards, with a slight burning sensation of 3 out of 10. This step helps to focus, or gather together, the energy you are going to release.



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#### Engage Your Body's Wisdom:

Your body holds the needed wisdom. And has the innate ability to facilitate healing in the form of active releasing. Focus on one specific sensation from your list and ask your body to release it. In your own words, ask something like this of your body: "Can you, are you able to, willing etc, to release this particular sensation?" Focus on the simple act of locating, and asking your body to release, a sensation in just one area of your body at a time. Treating this process as a conversation with your body will allow a powerful dynamic to activate. Allow your body to respond in its own time.

It can help to remind yourself that you are doing the most simple of tasks: focusing only on a sensation, and not permitting the mind to interfere with analysis and anticipation. For best results, consider all other factors and queries as unimportant, at least for the duration of the practice.

Simplicity is the key. With practice, you'll become adept at focusing on and clearing these sensations, which then leads to shifts in your energetic patterns and overall well-being.

#### EMBRACING NEW BEGINNINGS

Releasing tension in the body, with awareness and breath, can serve as a breakthrough and influence many aspects of life. These breakthroughs can lead to the exploration of new interests, new creative ideas, increased energy or enhanced synchronicities as you align more closely with the flow of life. Striking a healthy balance between the new and the familiar can help you maintain your momentum. As you experience shifting and change, your healing can be well-supported by activities and healthy environments already known to you in some familiar way.

The deeper your connection is with your body and body-awareness, the stronger, more healed, and more whole your heart can become. With patience, practice, and a willingness to listen to your body, you can navigate through past shadows and transform heartbreak into a source of support for a brighter, more fulfilling future.



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*The Vulnerability of Spring*  
~ by Krista Thornhill

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AS WE EMERGE FROM THE COMFORT OF OUR WINTER DENS AND OUT INTO THE DEWY GRASS AND WET SOIL, OUR FEET TINGLE, OUR HANDS GET DIRTY, AND OUR BODIES SIGH WITH RELIEF TO BE OUTDOORS AGAIN. WITH THE BUZZ OF SPRING IN THE AIR AND SUMMER ON ITS WAY, WE CANNOT HELP BUT MAKE PLANS FOR HOLIDAY FUN, OUTDOOR PROJECTS, ACTIVITIES, AND PARTIES IN THE PARK... YET DEEP DOWN INSIDE SOMETHING WITHIN US GRIEVES FOR THE COMFORT OF THE WOOD STOVE, THE LONG DARK NIGHTS, AND THE QUIET OF INSIDE LIVING. FOR SOME, THE EXPECTATIONS OF ACTIVE LIVING CAN STIR UP FEELINGS OF UNWORTHINESS. I FEEL THIS EVERY SPRING, FOR AS I FIND MYSELF GETTING MORE AND MORE EXCITED ABOUT THE LIFESTYLE CHANGE THAT SPRING BRINGS, THE SHADOWS OF THE UNDERWORLD PULL AT MY LIFTING SPIRIT, TRYING TO KEEP ME DOWN. FIGHT FOR IT! I REMIND MYSELF, "DRAW EVERY UPWARDS!" LIKE PERSEPHONE RETURNING WITH DEMETER TO THE UPPER WORLDS, ALLOW YOURSELF TO BE FULLY RESURRECTED FROM YOUR DARKNESS AND CLAIM YOURSELF WORTHY OF THE SPRING. IT'S TIME TO PUT THE WINTER JACKETS AWAY. HOW ARE YOU FEELING UNDER ALL THOSE LAYERS? COZY, WARM, COMFORTABLE??? SPRING CALLS US TO STEP OUT OF OUR HEAVY LAYERS AND GET UNCOMFORTABLE. HOW DOES THAT MAKE YOU FEEL? VULNERABLE? BARE? EXPOSED?



Believe it or not, this is what is happening to the Earth at this time, in her maiden days, she is young and ready to blossom, yet the safety of winter is not far from her mind, and she is vulnerable as she begins to take off her layers and allow the daffodils, irises, crocuses and primroses to grace the stage as the Opening Act.

New shoots are pushing their way up through the soil, breaking ground, hoping not to be trampled on: animals are coming out of their dens looking for food; fruit trees are budding, and butterflies are taking first flight.

It's a beautiful and fragile time. So if you are feeling vulnerable and fragile right now, as I know I am, I am feeling wet winged like a butterfly just emerging from its cocoon, know that this is exactly how you should be feeling.

Align with the Earth and find the beauty in your vulnerability; take extra care and protect yourself by not allowing fragility to become insecurity. This is the time to feed your inner child, return to innocence, take flight upon the warming winds and be youthful!

Embrace the Fool of April's start, and take new steps, unencumbered by the weight of winter clothing. Don't second-guess yourself or lose your sense of self-worth; you have earned this time to shine, so don't be afraid to do so.

You are worthy of new beginnings! You are worthy of start-overs!

Let Spring welcome you out of the darkness of your winter and give you a skip in your step as you too welcome rebirth into your life.

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