

APRIL 2025 | EDITION 8

WITH TRANQUILITY

SEEDS OF GROWTH



ALOHA!

Cherishing April
together, let us root
down into all that we've
learned thus far,
releasing bonds from
authentic being; non-
judgement, unearthing
buried beauty.

We hope you are keeping well, taking care, and having
a little fun among the day-to-day. Oh the sun is
shining, and green sprouts of life are making their way
through - as are you.

With dreams and visions of what lies within the bright
and beautiful days ahead, we remain as our center -
built from the experiences and self-reflections
acquired.

May you dance as you are and create beautifully this
year. May you forget about all the "shoulds," and just
let yourself live.

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FRESH FLOAT TIPS

Placing a face cloth on the shower floor

after your pre-float shower will prevent you from potentially later obsessing over the dripping sounds of water.



Post-float ear crunchies can happen. Some prefer to float without earplugs, in which clearing salt from the ears is essential. **Spray or pour vinegar into each ear**, and let it soak for a few breaths.

Sometimes you just **have to let it burn**. A cut, blister, or shaving that day can feel like fire! It's best to just breathe through it, make some funny faces, and laugh at yourself, knowing the pain will quickly dissipate and your body is being cleansed.

Experiencing "visuals" in the tank can be quite natural! Some have described their experiences as seeing wavy static, indescribable movement of the air, shifting colours, the presence of a passed loved one, stars in a black universe, and even very lucid out-of-tank happenings. If you wish to see something intangible during your float, allow yourself to settle into stillness and the mind to slow into theta state (the meditative state). Allow some time to pass with your eyes closed and with intentions of connecting with the ethereal, sensational aspects of you. Upon opening your eyes, there may be the magical side of you to be seen.

**As the very source of creation is
within you, all solutions are
within you too.**

~ Sadhguru ~

COLESLAW RECIPE FOR SPRING HEALTH

Cabbage is a wonderful food choice for spring. In Traditional Chinese Medicine (TCM), **cabbage primarily supports the liver, stomach, and intestines through its' cooling and detoxing properties.** As you may know, spring is the season of rejuvenation. By incorporating a delicious and healthy coleslaw into your week, you can soak in the benefits of improved blood circulation, water metabolism, gut microbiome health, and reduced inflammation.

DRESSING INGREDIENTS

- ½ cup Greek Yogurt
- ¼ cup Olive Oil
- 2 tbsp Apple Cider Vinegar
- 1 tbsp Maple Syrup
- 2 Garlic Cloves (minced)
- ½ tsp Salt
- ¼ tsp Black Pepper

Combine all ingredients together in a small bowl. Set aside.



Recipe & photo credit: feelgoodfoodie.net

SALAD INGREDIENTS

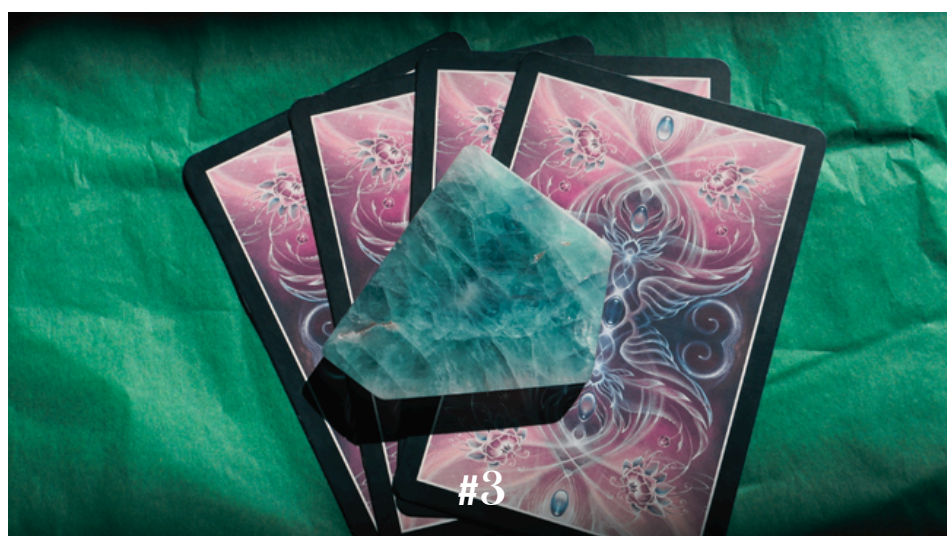
- 6 cups Green Cabbage (shredded)
- 2 cups Red Cabbage (shredded)
- 1 cup Carrots (shredded)

Combine all ingredients together in a large bowl, then pour dressing over, and toss.

Enjoy!

PICK-A-PILE READING

Softly gaze over the cards, and choose the one that speaks to you. Find your message on the following pages.





#1

With awakened awareness, you rise from the ashes of your past. Past - no longer. You are here and it is beautiful. With the eyes of God, you move swiftly, gently, passionately, and purposefully. You understand that it is your love and passion for living, for humans, and for earth that you walk among worlds - perfectly as you are. You see so very much, unencumbered by your own mind. For you too, know it is dual in nature, and so, you walk into the ethers while laying your feet on the ground so softly. You have mastered what it means to connect with this world, seeing through happenings as beautiful unfoldings. You recognize others as their story unfolding, rather than moments in time, rather than means to an end.

You are rising with a burning fire - a fire that has been tamed from years of experience and lifetimes ahead.

You are balancing disharmony and distortion, by simply being there/here with compassion and a greater purpose. There is nothing that needs to be told, for your power is ever expanding.

There is a sense of strength and building. Congratulations, keep going, and kudos, dear warrior.



#2

Captivating dreams, you hold the power within to bring change without. A quick thought, a delay, followed with presence. You recognize all mental afflictions as simply ways of the old. A choice - to choose no more. You are aligning with truth of the universe, the essence of love, and ultimate well-being.

Feeling shaky in your skin, there is never anything to fear - for the uniqueness that is you, is ready to make through. The light inside, the light in your heart, is beaming. In trust of the light, you venture carrying unimaginable gifts. A time to lay and a time to say. You can feel it all beautifully. Trusting in your life and your processes.

Open for the world - you are beautiful and new. There is never a wrong or right time. As duality crashes like waves, you flow with it, floating in a sea of eternity. You are healing this earth, this plane.

A beautiful seer and believer - transmuting all that need not be no more. Your life's work at this time is divinely on time. There is never a mistake for all that you are - simply letting life be.

Through ritual and magic, the stars, humans, and life paths align with you. A zoomed-out look, a grander perspective, takes place within you. A sacred allowing and creation of all that is.

A message of encouragement for you, healer and seer.

#3

Stepping through, into all that you are, surprising yourself by the ultimate choice of wellbeing. You are uniquely you, and you are beautiful. All that you have walked through, has led you to this very moment in time. Do not worry, for all is well. Life as you understand it, is perfectly beautiful. In choosing your beauty, your alignment, your blessings, and your way of being - you are unfolding all of the magic within you, shining so brightly.

Rooting down, into the depths of your core, the very visceral sense of existence you are embodying, the very unique essence that is you. Speaking softly, yet boldly - uninhibited. Rooting down to rise and expand. Whatever you have gone through, oh sweet soul, you are standing beautifully through at the other side.

A path walked, a space closed - and now, basking in the very new life that is now. A higher timeline - you have stepped through.

Carry on beautifully, knowing that this miracle of life and consciousness is your mirror of the ultimate, unlimited existence that is you.

Beholding great gifts, you have chosen to walk, breathe, and be.

There is a sense of destiny, but not without all that you choose. Destined for beauty, new souls, a new way, and expanding through mental borders of reality.

Thank you for all that you bring to this world.

