

April 2014

Live Positive Today

www.facebook.com/live.positivetoday

www.LivePositiveToday.org

www.soulsational.info

I hope this newsletter finds you well and you enjoy this issue of Live Positive Today. Spring has officially begun, and as we are beginning to see the new beginnings that spring so often brings, with flowers in bloom, weather beginning to warm up (we hope), spirits lifting and days becoming longer, we felt that this was an appropriate time to present this wonderful newsletter. Make the choice today, Right now - to be in high spirits, cheerful, and free. Embrace a positive optimistic standard of living life. Simply begin by speaking and thinking positive. Then believe those words and in those thoughts. Cultivate and grow an attitude that is contagious. Watch the world around you become a happier place. Learn to be grateful and content while fully embracing and adding value and love into each moment life has to give you. This is your life. Determine to make it great for you and wonderful for all the people around you, you touch daily. Today, I would like to draw your attention to the upcoming Soulsational Festival. I want to take this opportunity to encourage you to consider submitting a Class proposal, joining us as a vendor, or becoming a sponsor. All the details are on the website at www.soulsational.info and I welcome you to ask me any questions you may think of. There is so many ways to be involved, attendance is free, and we are still welcoming new leaders. Also please not most everything in this newsletter is clickable.

Soulsational
Music & Wellness Festival

A Jersey Shore Experience
For the whole Family!
www.Soulsational.info

Co-Sponsored by
Berkeley Twp. Recreation

Veterans Park Bayville, NJ
July 26, 2014
11am - 7pm

WANTED: VENDORS
Health Wellness businesses & Health care
practitioners, Presenters, Demonstrators,
Sponsors, Key note speakers, Merchants,
Crafters, Food, Volunteers & Bands

Contact: Michelle Leonard
www.LivePositiveToday.org
www.Soulsational.info
Po Box 39 Beachwood NJ 08722
Phone: (732) 664-9348

Artwork & Design by Megan Gray

facebook.com/SoulsationalMusicWellnessFestival

MUSIC
Silent Auction

Health & Healing VENDORS

FITNESS
Practitioners
GROUP PRACTICES

VEGETARIAN - ORGANIC FOOD & DRINK

YOGA
ECO-FRIENDLY

HAPPY CHINESE NEW YEAR 2014



WELCOME THE CHINESE LUNAR YEAR, THE YEAR OF THE HORSE. ONE OF THE 12 ANIMALS OF THE CHINESE ZODIAC, THE HORSE SIGNIFIES KINDNESS, STRENGTH, AND GREGARIOUSNESS. IN THE LARGER CHINESE ASTROLOGICAL CYCLE, THIS YEAR IS ALSO ASSOCIATED WITH THE ELEMENT OF WOOD, WHICH MAKES 2014 THE YEAR OF THE WOODEN HORSE. THE COMBINATION IS SUPPOSED TO SIGNIFY 12 MONTHS OF PATIENCE AND COOPERATION AHEAD.

Love is within you. Love surrounds you.
You just have to realize it and embrace
it. The truth is you don't have to become
someone to feel worthy, you already are.
You have an amazing ability to love, to
bring hope, to inspire. How could you
not be enough? You are enough and so
much more than that.

Live Positive Today !

Herb of the Month

Lemon Balm

~ for life and vitality ~

According to the London Dispensary of 1696, Lemon balm given every morning will renew youth, strengthen the brain and relieve a languishing nature. Since spring is our month for renewal, try some lemon balm to renew your zest for life and revive your spirit. Lemon balm is a known mood elevator. Lemon balm makes great sun tea, many herbalists say there's no better tea for calming the nerves and lifting the spirit. Make an herbal water, Fill a jar with fresh lemon balm leaves and a thinly sliced lemon. Pour in cold water until it reaches the top. Refrigerate for several hours. So refreshing on a warm day. Drinking an infusion of lemon balm tea or water can help rid the body of toxins and it's known to have a positive effect on autoimmune diseases. Lemon balm has been used to relieve gastrointestinal distress such as stomach problems. Lemon balm is an important plant for bees. In fact, the Latin name, *Melissa*, means honey bee. Lemon balm provides flavor for sauces, jams, jellies and even plain old water as mentioned above. You can use it in place of basil for pesto, or chop it up and add it to a marinade for chicken. Chop fresh leaves and sprinkle on salads. Make Lemon Balm & Honey Butter. This is delicious. Mix half a stick (4 tablespoons) of softened butter with a generous amount of finely chopped lemon balm. Add a drizzle of honey to taste. So Yummy on hot fresh bread or biscuits. A leaf can be chewed to freshen the breath or crushed and placed on a bug bite to help ease the itch. Fill a bath bag with lemon balm leaves and rose petals. Hang from the spigot and let the water run through as the tub fills. No bath bags handy just use a thin sock with a knot tied at the top. Lemon balm has been given as a general tonic, and it was believed to be an elixir of longevity. It relieves nervous tension and is often used for depression. Because its effects are mild and its taste is pleasant, it is often given to children for fevers, tummy aches and irritability. So, pick a good spot for planting lemon balm and enjoy its refreshing taste and many health benefits this spring.

Spring it on with Yoga

Springtime is magical, dynamic, and even sexy. As nature moves out of the cold winter toward spring, the pulse of life quickens, the earth warms, and blossoms unfurl, reaching for the sun. Nature makes it look smooth, but for us humans it's not always an easy transition gracefully from one season to the next—especially from winter to spring. Sometimes we find ourselves feeling heavy and sluggish. Ease your way out of hibernation with yoga. Learn about some great opportunities at : www.kula-kamala-yoga.com

Pucker Up Lip Balm



Homemade Lemon Butter Lip & Skin Balm
Use on lips, cheeks, hands, feet, elbows, knees.
Signature: homemade and delicious!

INGREDIENTS:
fills about 12 small almond tins
1/3 cup beeswax
1/3 cup sweet almond oil
1/3 cup coconut oil
1 tsp pure lemon extract
1 tsp pure coconut extract

DIRECTIONS
at
www.facebook.com/live.positvetoday

The best Easter meal in Ocean County.
Make your reservations today at
Three B's Bar & Bistro
314 Route 70, Lakehurst NJ 08733 • Tel: (732) 657-4113
www.threebsbarandbistro.com
Sunday, April 20th

Proud Sponsor of the Soulsational Festival



Om The Park
A Soulsational Flash Mob Yoga Experience

July 26, 2014
Free 3:00pm

Led By
Nicky Scholz

Register at
www.Soulsational.info on the schedule page

Largest Flash Mob Yoga Event of the Jersey Shore
Creating a Ripple of Love Full of Hope, Healing and Harmony

Soulsational Festival
Sponsors Space Available.

Contact Us Today!
www.soulsational.info

practice
RANDOM
kindness



ISO
FAMILY
FUN



FREE FUN
in New Jersey

Fried Dandelions

Ingredients:

12 dandelion blossoms with green base and stems removed (leave enough of the base on to hold the flower together)
1 cup coconut milk
sea salt
1 egg
1 cup brown-rice flour
frying oil of choice



Directions:

1. Soak the dandelion flowers in a bowl of cool salt water to remove any bugs or debris. After they've soaked for around 1/2 hour, take them out of the water and gently blot the excess moisture away. Lay them flat on paper towel to dry further for another 1/2 hour.
2. Heat just enough oil to fry the dandelions you have.
3. While the oil is heating, make a batter using the milk, salt, egg and flour. Dip each flower into the batter, and toss it into the oil once it's popping hot. Fry until they're lightly browned.
4. Use a paper towel to gently blot away excess oil, and serve immediately.
5. Don't toss those Dandelion greens so many wonderful recipes for these too.

facebook



Name:
Soulsational Music
& Wellness Festival

Status:
Anyone have
Soulsational Music
& Wellness...

Fans:
3436



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Add Something Positive In The Next Newsletter
Email MichelleLeonardDirector@gmail.com