# Live Positive Today

www.facebook.com/live.positvetoday

www.LivePositiveToday.org

www.soulsational.info

FOOD & DRINK

YOGA

facebook.com/SoulsationalMusicWellnessFestiva

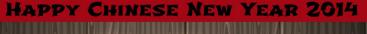
ECO-FRIENDLY

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.



Po Box 39 Beachwood NJ 08722

Phone: (732) 664-9348





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!

Henb 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

Springtime is magical, dynamic, and even sexy. As nature

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, 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 us humans it's not always an easy transition winter to 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



The best Easter meal in Ocean County.

Make your reservations today at

Three B's Bor & Bistro

319 Route 70, Lakehurst NJ 08733 \* Tel: (732) 657-4113

www.threebsbarandbistro.com

Sunday, April 20th

Proud
Sponsor
of the
Soulsational Festival

Soulsational Festival Sponsors Space Avaiable.

Contact Us Today!

calling All Yogis Register

> For Largest Yoga Flash Mob In The Tristate Are

M The Park
Soulsational Flash Mob Voga Experience

July 26, 2014 Free 3:00pm

Led By

Nicky Scholz

Register at INITIAL SOLUSATIONAL INFO on the schedule page



ISO FAMI  FREE FUN in New Jersey

# Fried Dandelions

12 dandelion blossoms with green base and stems remove (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

 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. Dont toss those Dandelion greens somany wonderful recipes for these too.

## facebook



Soulsational Music & Wellness Festival

### Status:

Anyone have Soulsational Music & Wellness...

Fans:

3436



Join The Live Positive Today Mailing List Keep Up To Date On The Most POSITIVE WONDERFUL HAPPY New and Events

Live Positive Today PO Box 39 Beachwood NJ 08722

www.facebook.com/live.posityetoday

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

www.facebook.com/live.positvetoday www.LivePositiveToday.Org

"Warm Thoughts"; ML