

Breathe Deep Within

Breathe in peace... Breathe out love...

APRIL 2024

*Planting The Seeds To
Your Higher Self*

*What's Blooming
In Your Garden?*

*Happy Clean: How to
DIY Cleaning Products*

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What's Blooming in Your Garden?

Welcome BDW Community

Spring has officially arrived, and as we emerge from our period of rest and introspection, we can feel the energy of renewal guiding us toward growth. For us to grow, we must plant seeds of inspiration that encourage us to reap the benefits of our time and efforts. There's so much we can learn about ourselves during this process.

The natural world is a great teacher when it comes to living in harmony with the cycles of the seasons. By being self-aware, we can tap into a stream of knowledge that can help us reach our fullest potential.

Starting anew provides an opportunity to release old patterns and make room for healing from within. This is a personal voyage that necessitates discipline and patience as our aspirations come to fruition. It's vital to remain in the present moment to witness the wondrous manifestations of our vision. Now, you are the caretaker of your life's garden.

In this spring edition, we explore the BDW community garden to see what's blooming. They share the joys of spring with a variety of health and wellness practices, from connecting with your higher self to creating eco-friendly household products. There are plenty of holistic recipes and remedies for living well.

BDW invites you to get to know our amazing community who lovingly contributed their bouquet of talent for us to enjoy. Let's do some spring cleaning that's beneficial for our mental, emotional, and physical well-being.

I'm truly grateful for the vibrant and colorful flowers that makes our publication a healing sanctuary to breathe.

Be well.
LaDonna Funderburke
Breathe Deep Within LLC

Breathe in
Breathe out

1-HOUR PERSONAL MINDSPA SESSION



Breathwork

Meditation

Sound Therapy

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Planting the Seeds to Your Higher Self

by Heidi Connolly

In this month's edition of the Breathe Deep Within magazine, I'm joining LaDonna in planting a few of my own seeds encouraging us all to take that next breath into peace, love, joy, and ease.

Since the death of my husband Randy in 2012, and my subsequent sudden awakening when he woke me up and insisted in a loud voice that I grab a pen and paper so we could write a book together (a true husband-and-wife-across-the-veil partnership), my life has not been the same. I've been guided through denial and anger and grief to a life worth living by him and other spirits who have been more than willing to join our team. I have written a number of books on the subject of high sensitivity, mediumship, loss and rebirth; a novel on what it means to be spirit in human form ("vacationing angels"); and now, one dedicated to helping people just like you and me who want to develop our connection to our Higher Selves.

I see this new book, *Playing With Your HIGHER Self: Psychic Games for Your Intuitive Muscle*, as a kind of self-help book on steroids—planting the seeds for a whole different way of experiencing life in human form. I mean, what could be more encouraging than learning how to tap into your Higher Self (your innate psychic nature, your intuition, your gut, guidance, Source, the Universe) for messages that steer you where you want to go?

I believe that the seeds of ease are watered and warmed by the light of connection. How we connect to our authenticity is by recognizing our truth and living inside that truth. Connecting to who we are by virtue of identifying how it feels on the deepest levels of our being to “trust our gut.”

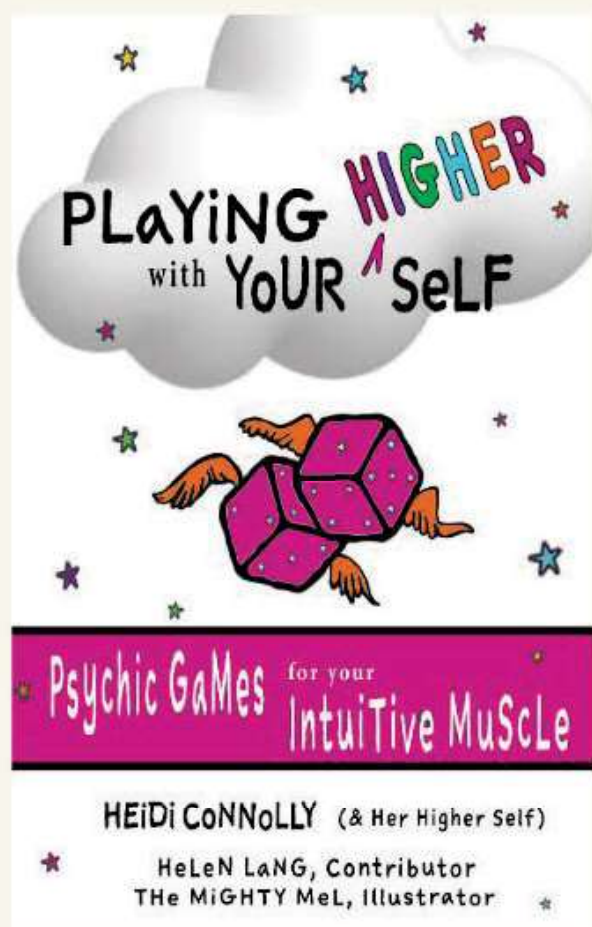


That’s why when I asked myself, “What’s the absolute easiest way to move into a frequency of that connection?” The only answer that came to me was “FUN!”

The vibration of fun holds an energy of joy, love, comfort, satisfaction, and creativity. Fun invites us to jump in feet first without worrying about being right or wrong. And, while playing games that develop our intuitive instincts might be called “practice,” there’s nothing about the games in this book that conjure up drudgery or despair. Instead, we get to play all day long, to explore the possibilities and receive satisfying validation for our efforts.

So, when is it time to flex your intuitive muscle? Now! Because if you’ve always wished you’d be “luckier”—could find that perfect parking space or avoid terrible traffic or know without a doubt that the shoes you buy online will fit—every single day offers endless perfect opportunities to notice the ways your Higher Self is absolutely, positively tripping over itself to get you to pay attention to the messages it’s sending. Because, in fact, our Higher Selves want nothing more than to help make our lives easier—to unfurl with a lot less effort—and with a heck of a lot more giggles! *Playing With Your Higher Self* guides you every step of the way through 16 psychic games to feel inspired, to throw the portal wide open and explore all the innate, previously untapped, intuitive abilities you possess.

The bottom line? Invest in yourself by planting the seed of self-awareness; water it, give it light, and watch your connection to your Higher Self grow. Feel your most authentic Self blossom into the beautiful soul you came here to be.



*Front & Back Book Cover
Zoom In*

Would you like to learn more about developing your psychic and/or intuitive abilities? Let me know! I'd love to offer a 2-part online workshop just for you!!! Email me at heidi2lakes@gmail.com



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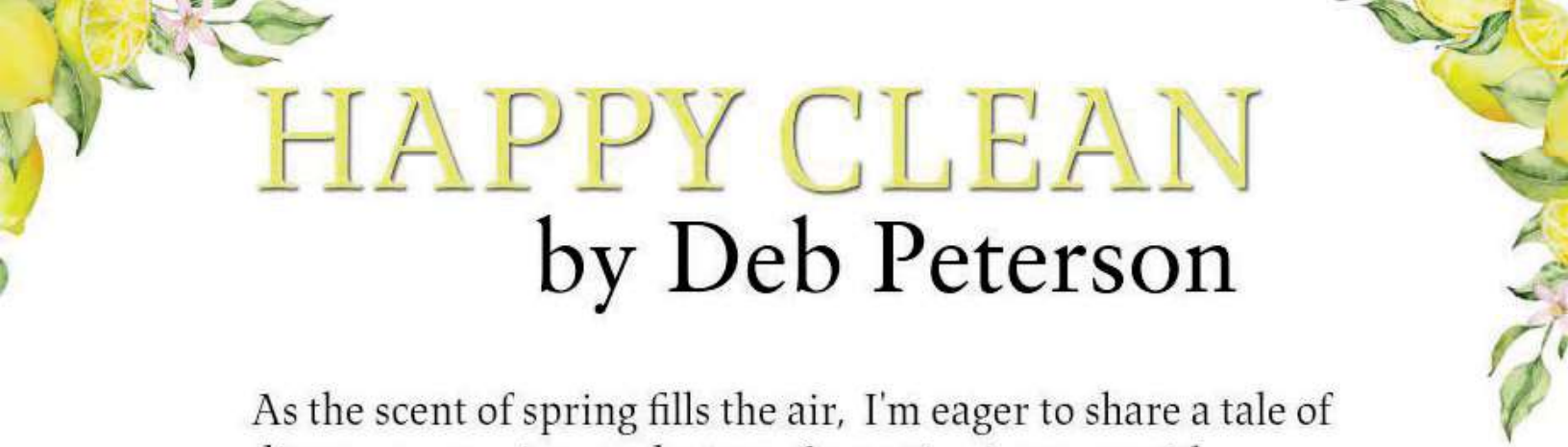
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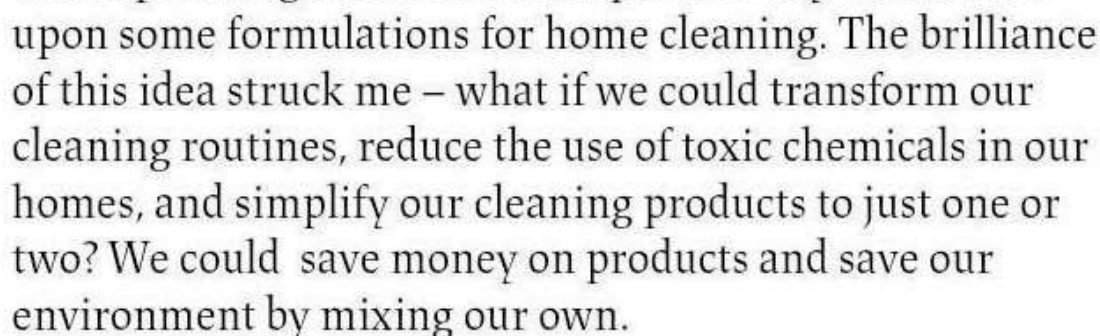
HAPPY CLEAN

by Deb Peterson

As the scent of spring fills the air, I'm eager to share a tale of discovery, passion, and a transformative journey with essential oils. More than two decades ago, it all began for me when I stepped into my local health food store and discovered the enchanting world of essential oils.

Drawn to the pretty blue bottles on the shelves, I couldn't resist opening each one, allowing my senses to explode with a symphony of new aromas. I bought a few that day and came back each week to buy more.

That moment, standing in front of those bottles for the first time, marked the start of a fulfilling side career, filled with countless years of fun and exciting experimentation with different essential oil recipes. I've had the pleasure of crafting many recipes over the years, and sharing them with friends and family. From facial cleansers and moisturizers, to blends for aches and pains, insomnia, and anxiety relief – I've explored the many benefits of essential oils and their uses. Among these creations, my absolute favorite is "HappyClean."



While perusing essential oil recipes one day, I stumbled upon some formulations for home cleaning. The brilliance of this idea struck me – what if we could transform our cleaning routines, reduce the use of toxic chemicals in our homes, and simplify our cleaning products to just one or two? We could save money on products and save our environment by mixing our own.

I was getting excited, I tested different recipes, using them all in my home and giving them to my friends and family to try. After a lot of positive feedback, I was inspired to create and introduce "HappyClean" to the world – a mix of your own essential oil concentrate with two 16 oz spray bottles. Imagine, a product used for real cleaning, as well as finding happiness amid your cleaning routine, all while creating a healthier environment for you and your family. This is the essence of "HappyClean" – a journey that started with a love for essential oils and evolved into a delightful solution for everyday cleaning.



Deb Peterson is a retired computer programmer. She is a wife, mother and lover of all things outdoors such as hiking with her two labs, kayaking rivers and lakes, and camp fires with friends and family.

Creator of DIY "HappyClean" and many other healthful recipes. Deb seeks to promote a lifestyle that is not only good for the soul but also kind to the planet.

Contact: myhappyclean@gmail.com

BDW APRIL ARTIST



A Little House with a Field of Poppies

DAVID KISH

With watercolor or any painting medium you can create any scene you can think of, whether it be real or your fantasy. 'Little House with a Field of Poppies' and 'The Light Through the Forest' were both from my imagination. I saw a photograph of a lavender field and it inspired me to paint the poppy field. The forest painting started as a practice piece painting tree trunks and textured bark.

I was pleased with how it turned out, so I entered it along with the poppy painting at an Arizona Fair in the Fine Arts Building. Both paintings won a ribbon - *Forest* won first place and *Poppies* second place. Painting is very relaxing. I enjoy dipping my brushes into the water pot, then into each water color paint, mixing colors, swiping, dabbing and sometimes intentionally splattering the paint onto the scene (see the blue splatters in the sky through the trees in the forest).

In this painting the splattering fools the eye into believing there's more detail in the distance and makes the painting more interesting to the viewer. I grew up being outside any day it was warm enough. My favorite times of year to be outside are spring when plants are emerging from the ground and summer when gardens are in full bloom.



The Light Through the Forest

I have great memories of spending a lot of time in my grandmother's and my mother's gardens. Just casually walking around and stopping to look at each flower and carefully cupping it in my hand and smelling it.

I've always been curious to see how fragile or strong a flower, plant or leaf is. Pansies always amaze me because they appear to be so fragile, but can actually withstand wind, rain and even snow in Connecticut where I grew up.

The picture of me painting is from the Spring 2010 issue of Southwest Living magazine. If you've never water colored before, it's a very inexpensive craft to try.

All you need are: watercolors, a good brush for painting, a liner brush for detail, and some heavy watercolor paper. It's best to tape your paper on all four sides (like a frame) to your table or painting surface to keep it from warping. Remove tape carefully once painting is dry.

Enjoy the process if you should decide to give it a try.
David Kish, Kish Design Studios

To see more of David Kish's work and the work of local Carrizozo Artists, go to Carrizozo Arts or email davidjetea@yahoo.com



David Kish enjoys dabbling at watercolor in the art studio corner of a multi-use room in his house that also serves as an office and warehouse.

Paula's Word of the Month

Day Lily



"A perennial flowering plant that bears large, yellow, red, or orange flowers, each bloom lasting only one day."

A spiritual awakening....



I have gazed at the Day Lily plants in my front yard numerous times over the years. I began observing the flowers from a spiritual perspective when I embraced meditation. I became acutely aware of the similarity between a plant that has one day to flourish and human beings who have a finite number of years in which to thrive.

There are 86,400 seconds in a day. It is unrealistic to think I can remain present in each one, but I aspire to be in the moment as much as possible. I know that every day is a blessing and time is precious. Just as the plant is deeply rooted in the soil, I try to stay solidly grounded in the "now." Practicing mindfulness and gratitude are powerful tools for fostering appreciation, cultivating joy, and keeping myself firmly present.

As I fix my eyes upon the fleeting beauties, the brevity of their existence reminds me that life is ephemeral. Recognizing that the flower only blooms for twenty-four hours inspires me to make good use of my highly valued time by planting the seeds of intention, and laying the groundwork for the day ahead. It challenges me to nurture myself mentally and physically so that I can blossom into my full potential.

Getting Clear

I hadn't written anything for a long time before submitting articles to the Breathe Deep Within newsletter and now magazine. I always kept a journal, wrote songs, and often silly poems for handmade cards, as well as being in the generation that still wrote letters to friends. Letters were a way of documenting my life – kind of akin to a selfie back in my day, but without the need for good lighting. There was always something about pen to paper that felt right – forming the letters and hearing the pen scratching that helped communicate both information and emotion. Part of me was on the page.



Life happened and I stopped writing. When I was asked to submit an article, I wasn't very confident, but after some encouragement (okay maybe a lot), I thought I'd give it a try. My first attempts were not good. It started with ideas, then some sentences, then starting over ... a lot. It felt like turning on a tap that hadn't run in a long time. At first nothing came out and I was staring at a blank page. After much thinking and continuing to try again, the beginnings of decent ideas started forming - like the rumble when the water is starting to come up through the pipes. But even when the water finally flows, it may come out as a rusty trickle. That pretty much describes many of my ideas. It would be easy to just give up and shut off the tap, but if you just let it run, the water will get clear. Ideas turn into words that turn into sentences that turn into a story, and after much editing and rewording it's hopefully ready to be shared.

by Shelly Reed

The idea of letting the water run works for life in general. It's not about being perfect from the beginning – in fact it's through our struggles and what may seem like failures that we become who we are. No one becomes an Olympic athlete the first time they do a cartwheel. No one becomes a teacher without having to learn first. Even in meditation, we may want to be calm and focused, but our brain keeps zinging all over the place. And THAT is part of the process. Learning can be hard, but as long as we have the courage to try, and the persistence to keep at it, we will get better. Not everyone is good at everything. My cartwheel looks like a modern dance celebrating a dead spider. It's not pretty. But I'm glad I tried it. I'm certainly not the best writer, but I sure am having a blast sharing my ideas with our wonderful community.

Try things. Turn on the tap and see what happens. It doesn't have to be perfect, but it will be an experience that adds to the beauty of the being that is you.



Shelly Reed is a BDW community member, and editor of BDW publications. She is a singer and loves serving her community through her Ba'hai faith.

In high school Shelly made the cheerleading squad due to having a lot of energy and being good at yelling very very loud!



Queen Tea's Full Moon Forecast



Dear Friends,

Gardeners, farmers and sky watchers gather 'round! Grab the holy Farmer's Almanac of truth and meet me on the porch of patience. The New Moon and Total Solar Eclipse in Aries on April 8th will be followed by the visible alignment of five planets on April 20th. Venus, Mercury, Neptune, Mars, and Saturn, will decorate our view of the moon at dusk and dawn for a spectacular show. This rare event is notable because the conjunction of Jupiter and Uranus only happens once every 14 years. This combination can bring joyful surprises and small hiccups.

There will be a Full Moon in Scorpio on April 23rd. This is a Pink Moon that will have a rosy color. If you can't see it, take a closer look at photographs of the moon and compare the different colors. Load your playlist with slow jams, ballads and bangers because this lunation will bring emotion, with tears and clarity about taking action towards self-love.

Mark your calendar for other upcoming cosmic events:

- April 25th: Mercury (the planet of communication) stations direct out of retrograde
- April 29th: Venus (the planet of love) moves into Taurus (health, hearth and home)
- April 30th: Mars enters Aries

Sacral Chakra Journal Prompt: How do my yearnings impact my earnings? Look back to the New Moon in Scorpio on November 13, 2023 to observe any themes that can support your reflection. At that time confronting our true desires was the tip of an emotional iceberg that is now surfacing. The yearnings and memories are mini-lessons on how to be our authentic self. As a collective, our work toward receiving our own tough love, and lessons will align our steps forward.

Remember, it's a new season - full of possibilities. The idea of clear skies, sunshine and fresh soil seems lovely. However, the amount of work in preparing for growth and harvest is often overlooked. Letting your tears fall in the garden is transformative. Work shifts our focus to the present. Finding delight in the dirty jobs we've deferred is possible. I wish you a happy season of gardening.

Peace and Light,
Queen Tea

Theresa Thompson Nix known as Queen Tea is a writer and contributor for Breathe Deep Within. She is an artist, advocate, and soul medic for communities served and under-served. Her passion is to rebuild health and wellness for everyBODY one breath at a time.

Thank you to the BDW community in the U.S. and abroad for all your support.



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*Springtime is the right time
to wear BDW Apparel*
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Sara Neu's Greek Pasta Salad

Here's a quick and easy recipe perfect for spring

Ingredients

1 box rotini pasta
Chopped red onion
Chopped broccoli
Cherry tomatoes, halved

1 can chickpeas, drained and rinsed
4-8 oz feta cheese, to taste

Dressing

1/4 cup olive oil
1/3 cup balsamic vinegar
1tsp - 1Tbsp garlic powder, to taste
4 tsp sugar



Directions

1. Prepare rotini as per instructions on the box.
2. While the pasta is cooking, combine red onion, broccoli, cherry tomatoes, chickpeas, and feta in a large bowl.
3. Once the pasta is done, drain and rinse under cold water to cool the pasta. Add to the large bowl with the other ingredients.
4. In a small bowl, combine dressing ingredients. Pour over pasta salad and mix.

The wonderful thing about this recipe is its versatility. You can add your favorite vegetables, herbs, or chicken. It can be served hot or cold. Experiment and have fun with it!

ENJOY!

HAPPY CLEAN

by Deb Peterson

DIY

It's fun and rewarding to create DIY cleaning products. Over the years, I was inspired to find different ways to use essential oils to help clean my home, the office, or any other environment that needed some cleaning. Today, after reading my story, I hope you too are inspired to create DIY cleaning products. I have listed some of my favorite recipes below, some created by me and some others I found online. Enjoy and Happy Cleaning!

Essential oils good for cleaning: lemon, orange, lime, lavender, tea tree, peppermint, clove, spearmint and eucalyptus are all great oils to use in your DIY cleaners. You can look up more information and tried and true recipes online or in any essential oil recipe book.

Some simple tips and recipes to help clean your home: fill up a small glass 10 mil bottle with essential oils (such as lemon, lavender, eucalyptus, orange, lime, peppermint, tea tree). Gently mix, then add 15 drops from this bottle to a 16 oz spray bottle and add water. Shake and spray, using a terry cloth to clean surfaces. Or just simply add 15 drops of your favorite essential oils to a 16 oz spray bottle and add water. Shake and spray. Here are some of my favorite recipes that I hope will inspire you.

Simple cleaning spray recipes: *Recipe 1* - Add 6 drops of lemon, 5 drops of eucalyptus and 4 drops of lavender. Mix with 16 oz of water.

Recipe 2 - Add 1 cup of water, 1 cup of vinegar, 20 – 30 drops of essential oils. Shake and spray. Cleans windows, mirrors, countertops, inside and outside refrigerators, floors, cupboards and much more. *Note:* If doing windows, use hot water and mix with essential oils (hot water helps with evaporation).

Soft soap recipe: 3/4 cup of baking soda, 1/4 cup castile soap, 1 T water, 10 drops of lime essential oil – Mix ingredients together in a bowl, use immediately to clean stove top, sinks and tubs. Store any leftovers in a glass jar.

Shower spray: 1 cup of vinegar or 1/4 cup of vodka or rubbing alcohol, 1 cup of water, 10 drops of peppermint or eucalyptus oil, 8 oz glass spray bottle – Combine all ingredients into the glass spray bottle and shake to mix. To use, shake well, and spray in the shower and on the walls every day, no rinse needed.

Toilet cleaner: 8 oz glass spray bottle, 1 cup of white vinegar, 1 cup of baking soda, 1/4 cup of salt, 10 drops tea tree oil – Add vinegar to the glass spray bottle, set aside. Add baking soda, salt and tea tree oil together in a small jar with lid and mix. Spray vinegar in toilet, then sprinkle the powder mix. Let the fizz reaction occur, add more vinegar if needed. Let sit for 15 minutes and scrub with a toilet brush, flush when done.

How to Make DIY Cleaning Products with Essential Oils

Floor cleaner: 1 gallon of water, 2 T of castile soap, 15 drops of white fir or pine essential oil, 5 drops lemon essential oil – Place all ingredients into a mop bucket, use mop to clean floors with the cleaning solution, no need to rinse off, allow to air dry.

Use germ-fighting essential oils that will disinfect your counters and home without the toxic residues left behind from store-bought products. Cleaners made with essential oils are proven to clean well, and also proven to be effective in killing bacteria, fungus, and viruses.

Room disinfectant Recipe: 10 drops of peppermint, orange and eucalyptus essential oil, $\frac{3}{4}$ cup water, 2 T vinegar, 8 oz spray bottle – Fill spray bottle with ingredients, place spray top on bottle and shake well to mix. Shake bottle before each spray to ensure the oils and water are mixed up well.





Safety Tips On Using Essential Oils

- Never allow children to play with essential oils, keep out of reach, use child-proof caps and if swallowed contact poison control.
- Never put essential oils onto your skin or near your eyes. If using on skin you must use with a carrier oil (almond oil, jojoba oil, olive oil, coconut oil) to help dilute.
- Make sure the essential oils you are using are safe for your countertops, you may want to test an area first. Lemon should not be used on marble as it may turn yellow, and clove or cinnamon may turn some things dark, so please always use caution.
- There are many essential oils that should not be used by pregnant women, keep essential oils away from small children including infants. Please do your research if you are pregnant or have small children, only use simple and safe oils like lavender and chamomile.

Ready-Made Products Available For Purchase

If you don't want to make your own cleaning spray: I sell HappyClean kits for \$20.00 for a starter kit (makes at least 20 bottles) and \$55.00 for the larger kit (makes at least 60/70 bottles).

-The HappyClean starter kit includes two 16 oz spray bottles with labels, and a 10-mil glass bottle of HappyClean concentrate, a bright terry cloth.

The HappyClean business kits for salons and cleaning businesses include four 16 oz spray bottles with labels, and a 30-mil glass bottle of HappyClean concentrate, and 2 bright terry cloths.

You can contact me at: myhappyclean@gmail.com I send out lots of kits to customers from all over. (shipping charge depends on your location, but run approx \$6.00 for the small kit and \$10.00 for the larger kits in the USA)

Happy cleaning to you all, be safe and be happy.

Contact: Deb Peterson at myhappyclean@gmail.com



**Stop the glorification of
busy.**

Submitted by Geraldine Haydock

Namaste



Breathe Deep Within

Breathe in peace... Breathe out love...



Be Transformed By The
Renewing Of Your Mind.

Inspire yourself
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BREATHWORK IS THE BEST WORK



This is a meditation to boost your mood, improve your immune system, and energize your body for a great day ahead. 🌞

On a beautiful, sunny day, find a comfortable place to relax. Take a few deep breaths and let the sun shine on your face. Enjoy the present moment by absorbing the rays of the sun.

Notice the pleasant sounds of nature all around you. Invite positive thoughts of gratitude to flow into your heart. With your eyes open or closed, feel the clean, fresh air of spring moving in and out of your body. Ground yourself by connecting to the earth.

Take a moment to breathe in a smooth circular motion while imagining sunlight flowing into the top of your head and traveling down to the base of your spine. Slowly exhale with a deep sigh of "AH." As you breathe, let go of any tension or stress within your body.

Lovingly scan your body and notice the state of your mental, emotional, and physical well-being. Focus on a specific part of your body that is in need of healing energy, and as you inhale slowly, imagine rays of sunlight flowing into that area. Breathe deeply for 3-5 cycles.

Gently smile and picture warm sunlight flowing into the center of your body, specifically the area of the solar plexus known as the Manipura Chakra (located at the diaphragm) This area serves as the battery of your body and is responsible for generating and distributing energy throughout your system.

Picture your solar plexus chakra moving clockwise, shining a sunny yellow light. Inhale deeply, allowing more sunlight to fill your lungs, and then exhale to feel the energy of light expand throughout your body. With each breath, focus on positive thoughts to lighten your mood. Visualize the sunlight melting away any mental blocks that may be holding you back.

Allow the warmth of the sunlight and the clean fresh air to invigorate every part of your being. Now, take this renewed energy and have a fantastic day!

BREATHE INTO SPRING AFFIRMATIONS

- I am ready for new beginnings.
- I am blooming into a best version of myself.
- This spring I will show up for myself.
- I am cherishing warmer, brighter days.
- Spring is my season to do great things.
- Spring is my season to thrive.
- I am abundant and open to all new opportunities.
- I let go of the past.
- This spring I will go with the flow.
- Spring is the perfect time for renewal in my life.
- I am connected to the present moment and my place in it.
- I'm excited about what's ahead.
- I am growing in so many positive ways.
- Self-love will be my focus this spring.
- It's time to nurture myself.
- I appreciate what spring has in store for me.
- I am a magnet for happiness and all good things.
- I will practice the natural balance of giving and receiving.
- I nourish my body and mind in a way that feels good to me.
- In my life, I will take every step with intention.
- I feel invigorated, rejuvenated, and healthy.
- I will not overthink what makes me happy.
- Every day I create a space for new beginnings.
- This season I will live in the present moment with gratitude.

A pink lotus flower is in bloom, its petals layered and delicate. It sits in a shallow, light-colored bowl. Several silver bells are scattered around the base of the flower, some resting on the surface it sits on. The background is a soft, out-of-focus grey.

Breathe Deep Within promotes self-love, deep inner healing and harmonious connections. Our mission is to create a safe, loving space for each individual to flourish in ways that foster personal growth on their path to self-discovery.

We aim to build a healthy mindfulness community by extending goodwill to each other and opening our hearts. This platform serves as a tranquil online sanctuary where you can simply be present. Consider this platform as a spa treatment for your mind, body, heart, and spirit.

Peace be with you. ~ 2024

**Breathe Deep Within
April 2024**