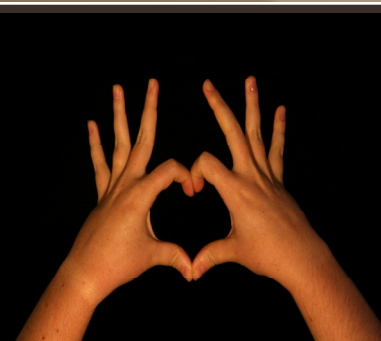


SPIRITED WOMEN'S NETWORK

EMPOWER. SUPPORT. CONNECT.



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“The heart has reasons that reason cannot know.”

Blaise Pascal (French Mathematician, Philosopher and Physicist, 1623-1662)

In this issue...

Keep Your Heart Healthy

Woman's Health –
Straight to the Heart.

Discover the First Steps
To Finding Your Soul
Mate.

What's new?

Business Directory –
Do to our promotion this month we have had many wonderful Women in Business join the directory. Please take the time to take a look at the diverse and talented businesses now available to you.

The Heart of the Matter – February Edition 2009

February is traditionally the month when we consider our heart connections, particularly to those we are romantically involved in. We buy gifts, arrange dinners, exchange cards – small tokens of our love and appreciation. I wonder though when was the last time you truly appreciated and acknowledged your own heart space and wisdom. All our truths reside in our hearts and often we are complacent to the devotion and support our hearts offer – physically, emotionally, knowledgably. This month find some quiet time to listen to your heart's yearnings just as attentively as you would a beloved. Then go and buy yourself a bunch of flowers or a beautiful dinner. You are just as special as those you treasure in this, your most sacred space.

Natalie

Keep Your Heart Healthy

By Anne Wondra

February is heart healthy month, a month to focus on love, laughter, and healthy hearts, the stuff that brings you joy and is physically healthy for your heart-and for the rest of you too.

What do you love? And are you doing what you love each day?

Who do you love? Are you spending enough time with who you love? Are you surrounding yourself with the people, pets, and things you love, things that bring you joy?

I hope you are because the heart emits powerful healing energy.

(www.heartmath.com) Tap it, use it, and savour it; that feeling warm and good and connected-and know it's good for you.

Next try laughter. There's nothing like a good hearty belly laugh to lighten the heart and mood. And again, it's good for you.

Who makes you laugh? What movies, people, pets make you laugh? What books, videos, CDs, or DVDs do you pull out and play when you need to lighten up and change focus? Who can you always count on to tickle your giggle button? If you don't have a humour library and people around you who make you laugh, start collecting-both for the fun of it and for your personal well being. For more information, type, laugh yourself healthy in an internet search engine and start reading.

And finally, lighten up. Don't take yourself or the world too seriously. The only moment you have is now. Breathe. Be here, now. Gently release anything or anyone that no longer adds to or supports your health and happiness. Practice respectful distancing, self-care, and healthy boundaries. Moving forward, make lifestyle choices with love, laughter, joy, and your healthy heart well being in mind. Lighten up and attract more joy and

Events Calendar – “Soul Soar”

An event to help you connect with your heart. Check it out on the event calendar April 25th.

This Month's Recipe

Almond heart biscuits

Serving size: Serves 10 or more

Cooking time: Less than 60 minutes

INGREDIENTS

60g butter
2 tablespoons icing sugar, sifted
½ cup plain flour, sifted
¼ cup ground almonds
1 tablespoon ground rice or rice flour
½ cup flaked almonds
Icing
½ egg white
½ cup icing sugar, sifted
½ teaspoon plain flour pink food colouring

METHOD

Toast flaked almonds on oven tray at 160°C for 10 minutes; cool. Cream butter and icing sugar in small bowl with electric mixer until light and fluffy. Stir in flour, ground almonds and ground rice. Knead lightly on floured surface until smooth, roll out to 5mm thickness. Cut into shapes with 5cm-wide heart-shaped cutter. Place on lightly greased oven trays, bake at 150°C for 25 minutes or until lightly browned. Remove from oven, spread a little icing on each hot

abundance. Healthy heart energy is a magnet; it attracts....love, laughter, light, and joy. Enjoy.

Anne Wondra is a holistic workplace wellness coach, consultant, muse, motivator and writer for personal and professional publications and groups and is found on the web at <http://www.wonderspirit.com>

Women's Health – Straight to the Heart

If you think men are more vulnerable to coronary disease than women, think again. Don't wait for a warning sign - start looking after your heart today.

Statistics show one in three Australian women is at risk of heart attack, angina, stroke and peripheral vascular disease (PVD). Worse still, two thirds of women who die from a sudden heart attack have had no previous symptoms, according to The Jean Hailes Foundation for Women's Health. Age, smoking, a lack of exercise, weight gain, diabetes and a poor diet all increase your risk of cardiovascular disease, as can family history.

The good news is that simple lifestyle changes can lower your chances of having a stroke or heart attack, says Professor Susan Davis, chair of Women's Health at Monash University in Melbourne.

Regular exercise

Regular exercise is an extremely important factor in women's health. Daily exercise can help control your weight and sugar levels, strengthen your heart, lower blood pressure, raise HDL (good) cholesterol and lower LDL (bad) cholesterol. "Women need to do moderate, endurance-type exercise for at least 40 minutes, three times a week, and include more activity in their everyday lives," says Professor Davis.

Healthy heart diet

Eating plenty of fresh fruit and vegetables that are high in antioxidants and vitamins such as folate is also crucial for heart health. There is evidence that replacing unhealthy fats with polyunsaturated fatty acids found in oily fish, leafy plants, canola and linseed oil can reduce the risk of cardiovascular disease.

Give Up Smoking

Giving up smoking will also improve your heart health. Nearly 40 per cent of smoking related deaths are caused by cardiovascular disease, according to NSW Health. This is because smoking increases an artery-clogging process called atherosclerosis.

Discover the First Steps to Finding Your Soul Mate

By Dawn Allen

This Month's Poem

Love and the Gentle Heart

by Dante Alighieri

Love and the gentle heart
are one thing,

just as the poet says in his
verse,

each from the other one as
well divorced

as reason from the mind's
reasoning.

Nature craves love, and
then creates love king,

and makes the heart a
palace where he'll stay,

perhaps a shorter or a
longer day,

breathing quietly, gently
slumbering.

Then beauty in a virtuous
woman's face

makes the eyes yearn, and
strikes the heart,

so that the eyes' desire's
reborn again,

and often, rooting there with
longing, stays,

Till love, at last, out of its
dreaming starts.

Woman's moved likewise by
a virtuous man.

Books to Move Your Heart

Legacy of the Heart: The Spiritual Advantage of a Painful Childhood

By Wayne Muller

Chicken Soup for the Mother and Daughter Soul: Stories to Warm the Heart and Inspire the Spirit

By Jack Canfield

“By being clear about what you want and no longer contradicting it with opposing thoughts, you will enable the Laws of the Universe to do their work, and you will not feel a need to offer so much action to compensate for inappropriate thought. By offering deliberate thought, you will harness the power of the Universe, and it will require far less time for you to accomplish much, much more” - The Law of Attraction by Esther and Jerry Hicks

The first place I start with my clients when they want to start manifesting their dream of finding a soul mate is in discovering exactly what it is they want, and noticing their likes and dislikes. You have to know what you want before you can find it...

So begin here. Know what you want... what makes you feel good? What do you love? What do you like to do? Sometimes we get so busy doing for others, we forget to do what makes us happy.

It's impossible to create and manifest what you want in life if you're only taking care of everyone else's needs and none of your own.

Sit down with a pen and paper and really take some time to write down the things you love to do and then try to start finding ways to incorporate them into your life. The law of attraction works best when we're happy and joyful already... then manifesting a soul mate is a breeze, because you're already living a great life.

Include what you want in a relationship and a soul mate... and most importantly, how you want to feel when you're with him.

Visualize your vision... once you've discovered your likes and dislikes, you can start creating a vision for what your ideal life would look like.

Write it down, make a vision board with wonderful pictures of what you would like to bring into your life, or just close your eyes and visualize what you desire.

Any and all of these things will help imprint your subconscious with your desires and the life you want to live... and once your subconscious believes it, the miracles start happening faster than you can imagine.

Treat yourself lovingly along the way... be patient with yourself as you start this journey. We're all doing the very best we can at every moment, and that includes you. Take care of your body, drink plenty of water, treat yourself with the respect and kindness you would offer those you love.

Treat yourself as you would want your soul mate to treat you. When we're physically exhausted or not eating well or sleeping enough, it's impossible to deliberately create our lives. We go into default mode and start reacting to life's events, instead of being conscious creators.

Remember, you are a powerful creator. You can become the person you want to be, and live the life you desire, but it all starts with your taking care of yourself and putting attention on what you want to bring into your life.

Then you can start the process of attracting all the wonderful things you deserve in life... including your soul mate.

Dawn Allen, CDC, CPTF, is a Love & Attraction Coach, Author, and founder of Inspired Heart Coaching™. Dawn is a leading authority on love and relationships, and specializes in helping single women attract the love of their lives. Through her group and private coaching programs, she teaches you how to attract and create a deep, magical, and loving relationship by releasing patterns from the past. To learn more about Dawn, visit www.InspiredHeartCoaching.com and receive her “4 Secrets to Finding Your Soul Mate” E-book when you subscribe to her Secrets to Love Ezine, or email her at Dawn@InspiredHeartCoaching.com.