



Promoting HOPE (Healing Our Planet Earth) one person at a time through turning on the Lights.

The Light Switch

Hello Friends, I know this newsletter is late in coming again, but this time Spirit gave me some much needed downtime with my computer crashing. All is well now and all is as it should be. This newsletter is dedicated to Mother Earth and Earth Day on April 22nd. Celebrate with me by going green and in the month of April when you come in to the office you will received a packet of seeds to plant HOPE. Keep the spirit, April

Why Go Green? By April D'Amato

We hear a lot about going green. Do you really know what that means? And in today's world, it is stylish to be green; whether you are a movie star or a college student. It wasn't always that way and for some going green has no meaning. In 1970, the first Earth Day was held and established by Senator Gaylord Nelson who was trying to bring environmental issues into political sight. It is so important not to take for granted the issues of the Earth and its environment. Wikipedia describes Going Green as Environmentalism which is a broad philosophy and social movement centered on a concern for the conservation and improvement of the natural environment, both for its own sake as well as its importance to civilization. In simple words, I believe going green means adjusting your lifestyle to reflect the oneness within all living things including the Earth. If you are reading this and wondering why you should care about going green or you haven't made the connection to what the role is in healing the earth, then you must read carefully with an open mind.



On the spiritual side of things, the earth is our Mother. And just as mothers do she nurtures us and feeds our soul. With her gifts of life, love and shelter, Gaia (an ancient Greek Mythological name for the Earth) meets our needs body, mind and

spirit. She provides us land to live upon, to harvest our food needs, and to create upon. She provides us with a grand painted sanctuary with flowers, oceans, mountains, trees, in essence a safe realm to clear our mind and find solace. She talks to our spirit through nature: the bird that flies by or the dragonfly that lands just inches from you. Her voice is so loud and clear and yet so subtle we take it for granted. The only time we listen is when she is crying out for help and it may interfere with our pursuit of our daily living. She is the beautiful flower that grows when all the others die. We hear her cries in the turbulent weather Article is continued on back.

Something to ponder...



Earthly Comfort: Connecting To Nature

Being in the midst of a red-wood forest, gazing up at stars, pondering the vastness of a desert, all these naturescapes (and many more) move us to a place of reverence. We connect with nature on a spiritual level. There is sacredness in wild places and we can be transformed simply by being there.

Beyond human beings, we are nature beings, created from the same source as animals, plants, even rocks. The earth calls for us to connect so that we can feel balanced and whole; a part of the universe. All jokes aside, hugging a tree feels good. The strength of wood is a comfort in its solidness and we feel supported when we lean against a tree. It feels natural to wrap our arms around the trunk, as if the tree is hugging us back. The leaves sing to us on a breeze, reminding us that we are loved.

Being outdoors awakens all our senses. We breathe more deeply, taking in scents of salt air, pine nee-

dles, fragrant flowers, even the pungent odor of dirt. Our feet are cooled, sometimes numbed by an icy cold mountain stream, our bodies meld into warm sand at the beach, and a soft rain feels like a thousand wet kisses. Outdoors we can hear a symphony of natural sounds from bees buzzing to the roar of wind, or we can bask in the incredible peace of silence.

Connecting with nature evokes a sense of awe and wonderment about the universe. We are humbled by the magnitude of a mountain range and delighted by the colors of a rainbow. At the same time, we experience a oneness with the natural world which encourages us to appreciate and respect all of life. Nature calls us to be present and in the moment, so that we don't miss the intricate design of a spider web or the flash of a hummingbird.

And, the more we become one with nature, the more it offers us. In the wilderness we transcend time and space; we are renewed. Hikes in the woods, body surfing in the ocean, even walks around the block become moving meditations, enhancing our intuition. Look for signs and messages in the great outdoors, the symbolism of leaves falling in your path, the pattern of birds in flight. Or, simply enjoy the bliss of connecting to the natural world. **The DAILY OM**

Inside this issue:

- Medicine for the Soul** 2
- Children's Corner** 2
- Earth Day Tips** 2
- Spiritual Gardening** 3
- Volunteer Opportunity** 3
- Spiritual Gardening Continued** 4
- Why Go Green? Continued** 4
- Recycle Your Spiritual Books** 4
- Newsletter & Mailing List** 4

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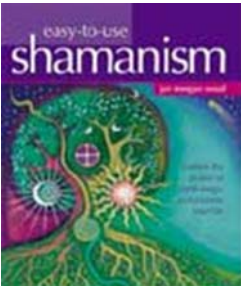
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Medicine for the soul. ~Inscription over the door of the Library at Thebes, an Ancient Egyptian City

Each month in this section, we highlight a book that has been helpful to us on our journey and may be of interest to you. On my path, I have read many books that have inspired, touched and motivated me in many ways.



This month's Medicine for the Soul was submitted by Daniel Lupacchino.

Easy-to-use Shamanism by Jan Morgan Wood

Shamanism can be found in numerous indigenous cultures for thousands of years and consists of a variety of spiritual practices. Shamanism is based on the belief that all living things (people, plants, animals, rocks water, wind, earth, etc.) are con-

nected; in addition, knowledge is given that whatever effects one relation affects the others. It is not necessary to study shamanism for years to understand and use its basic principles; this book gives detailed yet easy instructions to help you connect with the earth and all her energies along with shamanic techniques for: healing, manifestation, meditation, and psychic development. The shamanic rituals in this book come from a variety of indigenous cultures and have influenced many modern spiritual and religious traditions. This is the perfect beginners guide to shamanism, if you want to connect with an ancient practice to help your modern life, I highly recommend this book!

Books are a powerful way of connecting with our spirit. A book is a journey in and of itself. It helps to bring us inward and find the core of who we are.

What books have touched your soul, shed light upon your path or helped to guide you toward your dreams? If you have a read a book that has inspired you on your spiritual path, please share the name with us so others may benefit from reading it too!

SHARE YOUR BOOKS



What do you need to do to share?

Email your book information to april@soulstarhealing.com; include: the title of the book, the author and 2-4 sentences about the book and your experience. The book titles will appear in the next newsletter and on my website.



Children's Corner

This is a new section designed for you to share your spirituality with your child. Each newsletter we will highlight some thing you can share with your child. This month in honor of Earth Day, I am highlighting an easy to do Earth Day craft.

Please be sure to share your thoughts and ideas with me to be presented in a future newsletter and my website. Email your suggestions to me at: april@soulstarhealing.com

Happy Earth Day Craft

Materials Needed:

- Paper Plate (Preferably a brand that has been recycled)
- Paper/Pipe Cleaners
- Paint, crayons, or Markers
- Large Wiggly eyes
- Glue/Scotch Tape

Instructions:

Find a picture of planet Earth and use that for a pattern. Using paint, crayons, or markers, color your paper plate blue and green to look like the earth. Once your picture is dry, glue on the wiggly eyes and draw a large mouth. Cut out arm and leg shapes from the paper. Glue the arms on the back side of the paper plate so they stick out of the side, and glue the legs on so they stick out the bottom. Or you may use Pipe Cleaners instead of paper for the arms and legs. If you use pipe cleaners, you will need to use tape to stick them on the plate. The pipe cleaners make them more movable and bendable.

Talk to your child about the earth and how it is in need of care and healing. Ask your child what is one step they could take every day to be responsible for helping our environment improve. Over the next month, guide them in carrying out their "step". At the end of one month, talk to them about their experience.

EARTH DAY TIPS for you to GO GREEN

- Plant a tree that will shade your house as well as reduce the need for air conditioning.
- Switch from paper and plastic bags to reusable bags and totes. (They make fashionable reusable bags and totes from recycled materials!)
- RECYCLE: (There is a program in every community so it is easy to do; we should all participate and demanding that of others as well.)
- Use rechargeable batteries . (Duracell now has a line of pre-charged rechargeable batteries!)
- Compost yard trimmings and food waste in a backyard compost bin. Don't bag grass clippings—either leave them on the lawn or compost them. (This helps create better soil and less landfill waste!)
- Get in the habit of brushing your teeth with the water off, and encourage your children to do so, as well.
- Rent movies and borrow books, instead of purchasing. (Come to Soul Star Healing and borrow books from the Spiritual Library!)
- Donate Items you no longer want or use. There are many people who may find use with what you no longer need.
- When you go for a hike or a walk and see trash pick it up, don't just walk by it. (Better have a bag with you in case you find something!)



Spiritual Gardening. By Daniel Lupacchino

Gardening, especially spiritual gardening is a wonderful way to connect with Mother Earth while giving back to her. Gardening has always been therapeutic for me; and adding Reiki was just a natural extension to my gardening techniques. Over time gardening has become more of a spiritual practice and I have developed some techniques. In my experience, I can get bulbs to bloom the same season I plant them; which is something my neighbors who are avid gardeners can't seem to figure out. You may notice many of my techniques involve the use of Reiki; however, Reiki is not necessary to transform your traditional garden to a spiritual one. And who knows, it may inspire you to want to learn Reiki so you can help bring some good energy to the earth.

To begin planning a spiritual garden it is important to go back to the basics. First, you should know that you can create your garden in a large plot of land or in a small indoor herb garden; it is the connection you develop to what you are growing that is of importance not so much the location or size. Next you want to know about the soil you will be planting in; knowing the type of soil you are working with is a key in your garden preparation. If you are unsure where to start, bring in a sample of your soil to a local gardening store and they will help you by analyzing the contents for you. Once you select the plant you would like to grow, be sure to perform adequate research on what it conditions it needs to grow. A final tool to basic gardening



would be to purchase a Farmer's Almanac, it will provide you with weather patterns, moon phases and soil types.

The following techniques will help transform your traditional garden to a spiritual one providing healing and abundance from the earth.

I have outlined below some tips to help you on your journey of

spiritual gardening.

Reiki and White Light in the Garden

- Use Reiki on your seeds/bulbs before planting them. Draw all the symbols you have been attuned to. It will add to the germination process.
- Use Reiki when you are transplanting/ planting starter plants (seedlings). Draw the Mental/Emotional symbol as it will heal any damage to the plant's energy.
- Use Reiki on the fertilizers you use. I suggest Miracle Grow as an excellent organic fertilizer.
- The above techniques can be performed without Reiki, simply envision white light surrounding the plants and seedlings in each step.



Meditation in the Garden

- Meditate by your garden. Listen to the wisdom your garden has to share with you. This forges a balance and connection with you and your garden.
- Act as a Earth Energy Channel. This technique will bring you peace, energize your spirit and clear your auric field while strengthening the earth's energy field. You can choose to sit outside by your garden or by a window with a view of your garden to connect. While performing deep breathing, imagine energy from the earth coming up through your feet/ root all the way up to your crown at the top of your head down your arms and hands back down into the earth.
- Talk to your plants, expressing your gratitude to them and your wishes for them to grow. While this may seem silly, you just might be surprised what they have to say in return.

Crystal Healing in the Garden

Spiritual Garden Grid. This technique requires five cleansed Article Continued on the back.

Looking for Volunteers?

Would you be interested in Volunteering your time to a worthy cause? I am looking for people to volunteer their time and creative abilities to help me with a task at hand.

Have you heard of a Shawl Ministry? I am looking to begin something like that here, but with Reiki Charged Shawls in addition to the prayers. So whether, you are an avid knitter, crocheter or willing to teach others your craft, or a Reiki practitioner willing to charge some shawls, we could use your services.

Ever Touch Someone's Heart?

In addition to the Shawl Ministry, I would like to create Teddy Bears stuffed with love and Reiki for children in need. So bring on your sewing ability and old quilts.

Please contact April with your interest at 860-985-0211 or email at april@soulstarhealing.com.



Donations of items to work with will also be greatly appreciated also.



Article Continued from page 3.

quartz crystals. Of the five, you will select four to plant in the corners of your garden. If practicing Reiki, draw all the symbols you have been attuned to or simply imagine white light surrounding them prior to planting them. The fifth crystal will be kept out of the garden to be used as a tool to connect with the four planted crystals. To activate your fifth crystal, hold the crystal while intending it to be a tool for connection. If you are using Reiki, you would want to use the Long Distance Healing Symbol for this step. With this technique, you will be able to charge your "garden" with healing energy wherever you may be.

When you begin your practice of spiritual gardening you become

Article Continued from page 1.

that hits upon our shores or the scorching of flames against her dry, wooded areas. She is in need of care and protection for us to maintain our wellbeing. It is up to us to honor her and protect her for our living depends upon her breath.

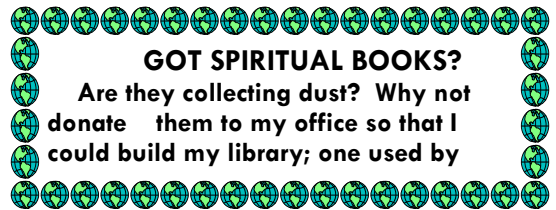
On the science side of things, the world is showing signs of changes everywhere and providing us with many reasons to go green on the global level. The rainforests are being destroyed by human civilization and greed. Why is that important to us when we don't live in a rainforest or even near one? The tropical rainforest acts as our earth's lungs by taking in vast quantities of carbon dioxide (a poisonous gas which mammals exhale) and through the process of photosynthesis, converts it into clean, breathable air for us. Global Warming is increasing the average temperature of the earth's surface and oceans. Why is that important to us when the increase in temperature seems to have given us milder winters (at least here in New England)? The increasing global temperature causes sea level to rise, and is expected to increase the intensity of extreme weather events and to change the amount and pattern of precipitation. These changes will impact us and impede in terms of our agriculture, trading routes, species extinction and the development or rise of new diseases. While these are just a few scientific examples of what is happening globally, we can see how the potential has or can affect us locally.

aware of the subtle, yet powerful energies of the earth while very quickly developing a uniquely gifted green thumb. I hope these techniques work as well for you as they have for me. Be sure to experiment and continue to connect with the earth's energy, it will open you to a whole new world of healing and light-work. Perhaps you will develop some of your own techniques and rituals for your spiritual garden. The earth mother is a great teacher and she knows the secrets to heal ourselves and the earth, she is just waiting for us to listen. One way to listen is to work in your spiritual garden and establish that connection.

For more information, please contact Daniel Lupacchino at his website: www.intuitivetouchhealings.com

The Earth is our home and as such the declining nature of our environment needs to be taken seriously. You may think that this is someone else's problem, but it is ours. The problems of our environment are up to us to fix. Just like many things we assume someone else will take care of it, but just like any parent, our earth mother would like us to take responsibility for our livelihood. Going Green is more than a fashion statement or a choice. While it is fashionable these days to be Green, it is a way of living that should be lived by all and if not completely at least in an attempt to be lived. This newsletter provides you with little steps you can take to be greener in your life. And if you are already doing some of these, teach your family and friends and hold them accountable too.

Watch upcoming newsletters for a Green Section! Celebrate the Earth by going just a little greener.



GOT SPIRITUAL BOOKS?
Are they collecting dust? Why not
donate them to my office so that I
could build my library; one used by

Newsletter & Mailing List

If you are interested in receiving The Light Switch and/or would like to be placed on the mailing list, please fill out the form below and mail it to the address below. Or if you prefer to receive only emailed information, simply email april@soulstarhealing.com. Thank you for your interest!

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*We have a choice: to plow new ground or let the weeds grow.-
Jonathan Westover*