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Listen To Thyself a holistic collaborative Nourishing Newsbites

Whole Soul
Nutrition
August 2008

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Hello & Welcome Back to this month's issue of Nourishing Newsbites brought to you by me, Diane Marie Ford, Founder of Whole Soul Nutrition at Listen To Thyself. I am happy to have you with me!

As we near the end of *Thanks for All the Gifts Week*, which is celebrated annually during the third week of August, I offer my gratitude, love and appreciation to each of you.

This is a perfect opportunity to say *Thank You* to that someone special who has been on your mind.

Along with expressing gratitude for material gifts, this time can be used to send a note of thanks or to say a prayer of gratitude for less traditional "presents", such as a steadfast friend who is always there, a peaceful resolution to an otherwise challenging situation, moral and spiritual support from family and friends.

Every week is Thanks for All the Gifts Week for me! Reasons to be thankful are everywhere ... we only need to pause and look around. I am sure there is someone who would love to hear from you right now...Go ahead - make their day!

I trust you will find within this month's newsbites a nugget or two to nourish your life and share with others.

"The smallest act of kindness is worth more than the grandest intention." ~ Oscar Wilde

Dallying with Dinah

Yes My Dear, We Can Talk To The Dead..... Allow Me To Bring Your Loved Ones Through.

Calling All Souls, a biweekly group spirit reading circle has been embraced by the community and is bringing much comfort to participants.

I am amazed by how well received this sacred circle has been and by the number of souls reaching out from all directions.



Those in attendance have been touched, moved and inspired by the interactions of their loved ones and those on the other side have been reaping incredible benefits as well.

The more I partner with spirit the deeper the understanding and greater respect I gain.

Katharine's Korner

Breaking The Sound Barriers of Disease

Each person possesses unique harmonics of frequency that can be expressed through the voice.

However, when these complex frequencies of the body become unbalanced, the voice primarily reflects this altered state, and the body manifests it as dis-stress or dis-ease at the structural and biochemical levels.



In reality, there are no solids. We exist in a universe that consists entirely of energy. Einstein proved this. Frequency defines it. *Frequency, as vibrational medicine, is at the heart of the world of wellness as we know it.*

The body requires the presence of a full range of harmonious frequencies working cooperatively to maintain optimal health.

The connections and healings are beautiful.

The circle we create each week is a safe place in which we discuss "connections". It is validating to learn you are not alone and you are not 'crazy'. The voices we are hearing, which we believe are generating from our hearts, are 'real'.

Some in attendance do not even know why they are there - they simply felt compelled to attend. If you are feeling led to join in - please do. You will find you are exactly where you need to be at the exact space in time you are meant to be.

To learn more about this circle [please click here](#).

Connecting souls and co-creating healing is my passion.

I invite you to learn more about me and gain a deeper understanding of my journey with spirit by reading my monthly column, *Yes my dear, we can talk to the dead...* in the Free Bird Times.

Copies may be found by [clicking right here](#) and scrolling down to the bottom of our Services Offered page.

You may also call me directly at 508.947.5348. I love talking with others about their experiences!

Pure, Safe, Beneficial *For Beauty, Health, Well-Being*

Last month we talked about toxins, substances that can create an irritating or harmful effect on our body, which, over time, if allowed to build up and overwhelm the body, will weaken the immune system and lead to:



- Poor Digestion
- Fatigue
- Stress
- Skin Breakouts
- Stiffness
- Weight Gain
- Premature Aging

Detoxification supports the body's natural ability to cleanse and restore itself.

Today, detoxification is as essential to well-being as a healthy diet and exercise.

Which is why Arbonne extends its tradition of extraordinary body care by harnessing the power of the ocean and marine botanicals to detoxify,

Consider the body as a musical instrument.

When even one note is out of tune, the result is often discordant. Tune the instrument and the sounds become consonant. Each structure and process within the body has a distinctive combination of frequencies that must be present for the body to maintain integrity.

Transform your life one note at a time!

The body is capable of being self diagnostic but not so capable of self generating the frequencies that are required for restoration.

nVoice allows us to record your vocal speech patterns using a microphone. Your voice sample generates an incredibly accurate 3 page *Personality Profile* report and graph of speaking note patterns!

What do we do with your voice recognition information?

Well, to begin with, these tools provide us with a tangible starting baseline which we evaluate using the frequency information contained in your vocal range.

Collaboratively, Diane and I review the multi-paged report which reveals your *basic personality traits, conflicts, compatibilities and challenges* and create an individualized wellness program.

Your program may encompass sound, bodywork, nutrition, soul food and/or lifestyle strategy counseling, expertly designed to restore your entire being to **"sound health"**.

We take sound healing to a new level with ground breaking techniques of **Human BioAcoustic Vocal Profiling** for monitoring and improving optimal Self Health.

It is absolutely fascinating and a proven new modality for achieving optimal health and well being!

Schedule your voice profiling session today and begin your journey to sound health, by contacting Katharine directly at 508.947.5348.

Recipe of the Month *Zucchini Scramble*

Most of my clients are challenged by the first meal of the day. There appears to never be enough time to properly fuel their body. This quick scramble makes a delicious breakfast.



stimulate, strengthen and support healthy beauty that glows from within.

Escape the stress and toxins of daily life with a luxurious spa journey to purity and revitalization with SeaSource Detox Spa. Anytime is the right time to take a spa journey. It starts close to home, but far from telephones and to-do lists.

Explore the spa experience with all of your senses and find yourself swept away to a peaceful sanctuary or restorative retreat as beneficial sea botanicals purify the body, clear the mind and invigorate the spirit.

Discover the blissful benefits of purification and relaxation. Wrap yourself in a lush bathrobe. Dim the lights. Pour a bath. Immerse yourself in your own private ocean and feel your worries float away.

SeaSource Detox Spa brings you sea extracts and marine botanicals in our SeaSource personal care products and supplement (7-day body cleanse) to deeply cleanse and help rid your system of the internal and external toxins that come to us through the air we breathe the water we drink, the objects we touch and the food we eat.

These are the same beneficial therapies you would receive visiting an exclusive spa on a daily or weekly basis. With vital ocean nutrients from the North Atlantic, Pacific and European coasts, the SeaSource Detox Spa line has everything you need to help your body perform at its best.

Bring home this euphoric spa experience - and with it, more radiant health and beauty.

Call me to learn more about these deliciously detoxifying products ... this is your invitation to relax, and savor the simple joys of life.

Sea for yourself...I guarantee you will be glad you did !!

Learn more at [ThrivingWith. MyArbonne.com](http://ThrivingWith.MyArbonne.com)

Ingredients:

- 1 onion, chopped
- 2 garlic cloves, minced
- 2 medium zucchini, finely diced (about 2 cups)
- ½ pound firm tofu, diced
- 1 teaspoon chili powder
- 1-2 tablespoons reduced-sodium soy sauce
- about ½ cup salsa (optional)

This makes 4 cups.

Heat ½ cup of water in a large non-stick skillet. Add onion and garlic. Cook over high heat, stirring often, until soft, about 5 minutes.

Add zucchini, tofu, and chili powder. Reduce heat and cook, stirring often, until zucchini is tender, about 5 minutes.

Add a small amount of additional water if necessary to prevent sticking.

Stir in soy sauce. Top with salsa if desired.

Serve it with English muffins, warm tortillas or toasted French bread.

Recipe from Healthy Eating for Life for Cancer by Vesanto Melina, M.S., R.D.

I located it on ChooseVeg.com which is chock-full of valuable and eye-opening information. Check it out!

Join me and Katharine and discover the life enhancing effects of our wellness programs through our one-of-a-kind health transformation and body therapy services and LIVE your life by design.

We are offering something for everyone in the following workshops, classes and circles and we hope to see you soon!

Calling All Souls ~ Group Spirit Readings ~ offered by yours truly; **September 2nd, 16th and 30th.** 7:00- 9:00 PM \$30 per person.

I am thrilled about the response this circle has been receiving as there are so many souls (living and dead) itching for connection!

Our circle seats 10 people. Please call to reserve now as seats are going like hot cakes.

Sound and Reiki Healing Circle ~ No experience necessary! Bring yourself, your friends, your voice,

your hands, musical instruments, your healing intentions. **Wednesday, September 10th** 7:00-9:00 PM. Thereafter, we will meet the second Wednesday of every month. \$15 per evening.

Introduction to Sound Healing ~ will be held at Inner Wisdom in Norton: **Thursday, September 11th** from 7:00-9:00 PM. \$25.

Reiki Level I ~ Sunday September 28th

Reiki Level II ~ Sunday, October 26th

Reiki Level I and II are offered by Katharine, LMT, Reiki Master

We welcome you to visit [our website](#) for additional information.

"God gave you a gift of 86,400 seconds today. Have you used one to say "thank you?"
~ William A. Ward

See you in September ... *see you when the summer's through, here we are, saying goodbye at the station, summer vacation... oops, sorry, I am lost in my music again.....*

Be Well & Excel,



Diane Marie Ford, CHHC. AADP, Spirit Medium
Whole Soul Nutrition at Listen To Thyself a holistic collaborative

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