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JULY/AUGUST 2012

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July/August 2012

Editorial

Wiesje Brion

Founder & Chief Editor

Production

Shiela Strubel

Founder & Creative Director

We'd love to hear from you

Share your interests.

Let us know how we're doing.

In all your correspondence, please mention your name, address, email and phone number. Articles/letters may be edited for clarity and space.

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Thanks to our subscribers and those who put faith in us to produce this publication.

Editorial

.....

As chief editor of *Mindful Magazine*, I look forward to supporting mindfulness in each article and encourage publications of such. I enjoy sharing my passion on all things of nature. As I have studied and practiced holistic health since my youth and as an adult I took many classes on subjects of ancient holistic health care practices.

I intend to share my vast knowledge with you, so you too can experience the benefit of health mindfully.

Mindful Magazine will focus on all my beauty, health and wellness knowledge. I'm looking forward to sharing with all of you!

Mindful Magazine

Founder & Chief Editor

Wiesje Brion



Production

I hope to inspire readers to develop a health-conscious attitude and actively engage in establishing healthy lifestyles for themselves and their families and communities. As Creative Director of *Mindful Magazine*, I am dedicated to making this publication an eco-friendly digital publication. I am focused on designing *Mindful Magazine* to look as interesting and unique as its contents. Cheers to your health!

Be sure to share your interests, we would love to hear from you!

Mindful Magazine
Founder & Creative Director

Shiela Strubel



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What is 8 mindful living?



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*Decoding Your Life Map
with Vedic Astrology by*

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What is mindful living?

What is mindful living for you?

Mindful living to many means a constant journey of being aware of what's healthy, and living with this in mind, while also keeping the Earth clean and healthy. Have you heard of Sustainable Living, Ecological Living, Green Living, or Greenwashing? These are other ways of saying and living *Mindful*; living in a way that reduces the use of resources that cause waste, especially long term waste.

We at *Mindful* want to help you live a lifestyle that promotes respect and health for ourselves, our community and the Earth. Let's band together and make a difference. Each edition will guide you in making smarter choices and provide you with updated tips on living *mindfully*. Read our Recipe Article for *mindful* tips on how to make your own laundry detergent in bulk with less than it would cost at the store, just pennies per load!



To find more ideas that can help you live mindful visit these sites:
[Green Living](#), [Sustainable Baby Steps](#), [Green Living Tips](#)

Blogs to follow: [Spa of the Earth](#) and [Taiga Company](#)

Kids get involved! Here is an excellent site with great ideas for you to get involved: [GirlsHealth.gov](#)

Community Events

Portland in July

.....

Waterfront Blues Festival

July 4-8, 2012

Get your blues on at the Portland waterfront, celebrate 25 years of fighting hunger.

Oregon Berry Festival

July 20 & 21, 2012

The North-West is known for our juicy plump berries, get the best of the best at the Ecotrust Building on NW 10th and Johnson in Portland, enjoy! Free admission.

Oregon Brewer's Festival

July 26-29, 2012

The Waterfront will hold this grassroots event with seventy-two breweries offering handcrafted brews to 50,000 beer lovers during this four-day event.

Looking for more Entertainment? Visit Portland's very own Eventful site. It's an excellent resource for date night and family shows.

Vancouver in July

.....

Visit our very own Vancouver Farmers Market every Saturday and Sunday.

Movies at the Park

Join local families and watch a different movie together each week.

- July 6 - *School of Rock*
- July 13 - *Jurassic Park*
- July 20 - *WALL-E*
- July 27 - *Pirates of the Caribbean - Stranger Tides*

Portland in August

.....

Don't forget Eventful, it's full of entertaining events, concerts, and shows of all kinds and for all ages.

Win tickets, view there list of Portland's events and fun filled activities.

Clark County in August

.....

Clark County Fair

August 3-12

We heard it's going to be the "best ever!"

Vancouver Brewfest

August 10-11, 2012

There's a great community of brewers and craft beer lovers in the Vancouver area that will be uniting at the Vancouver Brewfest this summer.

2012 Relay for Life of North Clark County WA

August 18-19, 2012

Join us at Battle Ground High School for the 2012 Relay for Life, get involves and help fight cancer with The American Cancer Society.

Vancouver Wine & Jazz Festival

August 23-26

You won't want to miss what's to be considered the largest festival of its kind in the Northwest. This Festival features internationally acclaimed jazz, blues and pop musicians. Choose from over 200 wines to sample tastings, 40 fine artists and crafters, restaurants and exhibits to venture.

Get up-to-date event information
Eventful, City of Vancouver Calendar,
Clark County Live

What's in your *cosmetics?*

Is it as important for you to know what you put **on** your body, as it is what you put **in** your body?

What you don't know won't hurt you, or will it? Many people trust in the Beauty Industry to provide the best ingredients for your beauty. Just as everyone you know has different views than you, so does the Beauty Industry. The Beauty Industry employs scientists to find ingredients that help to improve the way you look no matter where it comes from. If you are good with that, then you may not mind that your products may have ingredients that come from animals or even worse; ingredients that cause harmful side effects.

If you are a vegan, an animal lover, or have a deep conscious for such matters you may want to be aware of the ingredients in your cosmetics. Ingredients such as bee pollen, snake venom, and shark cartilage to name a few, have been controversial to the public and are also in great demand.

Many ingredients are unknown to most of the public. Consumer advocates are aware that there are

ingredients that cause harmful side effects. If you can't pronounce it and it's too "scientific" to understand, there may be something to hide. How do you know? Most likely, you will never know unless you're in the business to know.

There are so many ingredients used and so many new scientific names created every year. It would take years of research just to keep up with the past decade. This is the main reason why many are now going green; buying all natural or learning how to make their own products. Purchase

a subscription to *Mindful* and look for DIY spa remedies in future publications.



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SIMON CHOKOISKY

Author, Lecturer, Counselor

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Simon is a teacher, author, and counselor. He lives in Albuquerque, NM, where he teaches Sanskrit, and Jyotish (Ayurvedic astrology), at the prestigious Ayurvedic Institute of Dr. Vasant Lad. From an early age, he has been interested in foreign languages, and traveled and studied widely. His new book, ***The Dharma Types: Secret of the Five Ancient Castes That Will Transform Your Life*** is a result of his search for dharma, the purpose of life, and the answer to the question we all ask, "why am I her?" Simon currently counsels clients on finding their dharma, and teaches his popular ***Decoding Your Life Map With Vedic Astrology*** seminar.

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DINNER IS A GROUP EFFORT

Getting your family to eat the foods that are good for them doesn't have to be a daily struggle. Getting everyone involved is key. Having a plan for each meal is a good start.

Bringing kids to the grocery store can be nerve racking when you're trying to focus on what to get for dinner unless you give each child a job. Giving children a choice in what vegetable to pick can allow them to feel accomplished and important. Provided the opportunity to choose the foods they eat, increases the chance of them trying new foods. At the very least they will eat the vegetables they choose.

Many foods are an acquired taste, even adults struggle with certain foods. Trying

new ways to eat different foods are a good way to find foods that are normally less appealing, and quite yummy. There are so many different ways to cook a handful of ingredients. Try making a habit to create a different dish each week with the same ingredients or shake it up a bit and add something new to an existing favorite.

Make a list of favorite family recipes, having a family recipes book is a great way to develop family time, and it's a wonderful tradition to pass on to your grandchildren. Try some of our family recipes shared in future subscriptions of *Mindful*, look for them in the *"Recipes"* section.



Everyday Medicinal Herbs

First of all it is a good idea to know what is defined as an herb. *Any plant with leaves, seeds, or flowers used for flavoring food, medicine, or perfume is defined as an herb.* Herbs are great for bringing out just the right taste in cooking. They usually have a distinct scent and can be a beautiful decoration. They have extraordinary benefits too. Here is a list of herbs and just a few of the benefits they offer. These are must haves in your home ...



Basil is rich with vitamins and minerals, is an anti-inflammatory, and has anti-bacterial qualities, known to have disease preventing and health promoting properties.

Calendula is an anti-inflammatory helping with conjunctivitis, blepharitis, gastritis, relieves menstrual cramps, helps to heal acne, eczema, minor burns and sunburns, warts, minor injuries of sprains and wounds.

Chives are beneficial for the circulatory, digestive, immune, and respiratory system, can expel parasitic worms, has anti-inflammatory and anti-cancer benefits.

Garlic is known as the “wonder drug.” Used for conditions related to the heart and blood system, preventing cancer, sex organ issues, skin infections and so much more.

Ginger is known to alleviate muscle pain and is a digestive aid, improves lack of appetite, great for relieving nausea, vertigo, colic, prevents blood clots and cancer.

Lavender is calming, relaxing and has antiseptic properties, used for digestive disorders, hypertension, cardiac affections, headaches, acne, burns, insomnia, melancholia, dizziness, bronchial asthma, and so much more.

Mint is a good alternative for stomach and digestive disorders because it kills bacteria and fungus. Mint can relieve stomach aches, irritable bowel

syndrome, asthma, allergies, colds, coughs, headaches, migraines, and nausea. Mint is also great for the skin.

Parsley is rich with antioxidants, minerals and high in vitamins A, B9, C, E and K. It has been known as one of the anti-cancer foods. Parsley is an anti-inflammatory, anti-rheumatic, great for the digestive system, strengthens the immune system, keeps the heart healthy, protects the liver and the intestines against cancer, eliminating toxins, kidney stones, and prevents dependency of alcohol and against brain tumors.

Rosemary is rich in vitamins A, B, C and iron, it is anti-inflammatory and antiseptic, is an anti-aging remedy, improves memory, circulatory and digestive concerns, relieves muscular and arthritic pain, fights allergies, colds, headaches, hangovers, cramps, constipation, nervous tension, liver disease, asthma, edema, sinusitis, and also fights against obesity.

Thyme is rich in vitamins, minerals, anti-fungal and anti-septic to help relieve gingivitis, coughs, sore throat, and bronchitis symptoms.

Resource:

[Live and Feel](#), [WebMD](#), [Vegetarian Nutrition](#), [Nutrition and You](#), [Herb Wisdom](#), [Ayushveda](#), [Health Diaries](#), [Kyle Norton](#)

**Disclaimer: It is always important to follow the guidance of your Doctor. We do not claim to diagnose, treat, cure, or prevent disease.*

Lavender & Mint



FRUGAL FITNESS

Being self-motivated is easy when you have the tools you need. Bring up your heart rate daily to keep heart healthy. Remember to exercise with caution, over extending yourself may cause injury. Try these great alternatives for fitness at home without the high costs of fitness centers and expensive equipment.

1 Jumping rope. If you don't have a jump rope try jumping in place as if you had a jump rope in hand.

2 Run in place. Rotate 30 second sprint and jog in place to intensify your workout.

3 Running stairs is one of the best workouts you can get; do it with weights for a full body workout.

4 Dancing around the house while doing laundry, dishes, or cooking is fun and beneficial.

5 Weight lift with items around the house; a little resistance can help tone the body.

6 Move furniture – doing a different exercise each day can break a plateau.

7 Gardening is a great way to exercise and can also be relaxing.



Learn more about fitness in the next *Mindful Magazine*.
Resource: Prohealth.com

Approximate Calories Burned per 20 Minutes

Exercise/Weight	120	160	200	250
Jumping Rope	145	193	241	302
Run in Place	145	193	241	302
Run Stairs	272	363	454	567
Dancing	82	109	136	170
Weights	54	72	90	113
Moving Furniture	109	145	181	227
Gardening	90	120	151	188

You can pick
up a pair of
dumbbells pretty
inexpensively.
Usually between
\$5.00-\$20.00.





Edible Flowers

Summer is a great time to incorporate flowers in your daily recipes. Eating edible flowers are nothing to sneeze at, it is a very old tradition and is such a beautiful addition to summer creations. Flowers have wonderful medicinal properties. It is common to add flowers into salads, ice cubes and deserts. Here are a few recipes to get you started. Try some of your own recipes and add edible flowers. How will you use flowers in your recipes?

Some edible flowers to try in recipes below are carnations, chamomile, chives, chrysanthemum, cornflower, dandelions, fuchsia, gardenia, gladiolus, hibiscus, impatiens, jasmine, lavender, lilac, marigold, pansy, snap dragon, sunflowers, squash, or violets.

1. Apply a cloth soaked in violet leaf and/or flower tea to the back of the neck to treat headaches.
2. Lay edible flowers in an ice tray with water and freeze in the freezer overnight. Use to decorate and cool any drink.
3. Mix a variety of edible flowers with leafy greens for a delightful floral salad.
4. Garnish flowers over a bowl of vanilla ice cream and fresh fruit.
5. Garnish any dish – especially deserts with edible flowers.

Learn more at
Homecooking.about.com

Disclaimer:

Individuals consuming flowers, plants, or derivatives do so entirely at their own risk. If you have known allergies to substance do not ingest. We cannot be responsible for any reactions one may encounter. If you experience an allergic reaction consult immediate medical attention.



Floral
Ice Cubes

Pansy
Floral Salad

Fruit & Berries
Ice Cream

Berry Crumble
Floral Garnish

HOMEMADE

Powdered Laundry Detergent



Don't use toxic, hazardous, environmentally unsafe, poisonous, chemically filled detergent! Create your own laundry detergent – it's easy! *"Chemicals in commercial laundry detergents could actually be dirtier than a grass-stained, mud-caked, sweat-encrusted pair of pants"*. Many store bought detergents containing petroleum distillates, phosphates, phenols, fragrances, and optical brighteners can cause skin rashes and respiratory irritation and may lead to cancer. With only a handful of ingredients you can make your own homemade laundry detergent that will leave your clothes naturally clean.

INGREDIENTS

- 1 Castile Bar Soap
- 1 Cup Washing Soda or Baking Soda
- 1 Cup Borax
- 1 Large Glass Container

HOW TO MAKE DETERGENT

Grate 1 bar of castile soap (made of 100% olive oil, some "castile" soaps in the U.S. containing plant-based ingredients along with oils).

Whisk 1cup washing soda or baking soda and 1cup borax with the grated soap flakes.

Store your homemade laundry detergent in an airtight glass container.

HOW TO USE

Use 1-2 tbsp. in each load of laundry.

Resource: www.organicauthority.com
Homemade Clothes Soap Jar Photo Credit – Photographer: Christine



FRESH HOMEMADE *Ginger Lemon Tea*



INGREDIENTS

2 Cups Water
1-2" or so Sliced Fresh Ginger Root
1-2 Organic Lemon Slice(s)
1 TSP Honey (optional)

HOW TO MAKE

Boil 2 cups of water. Slice a couple of inches of fresh ginger root and let boil for a few minutes. Lower heat, let simmer. Add ½ lemon sliced while simmering. Pour a cup, let cool and drink.

Optional: Add honey to sweeten. You can also strain lemon and ginger but I think it adds to the appeal.



Ginger Root

Recipe by Wiesje Brion

Ginger Lemon Tea Photo Credit – Photographer: www.thekitchn.com

Ginger Root Photo Credit – Photographer: Lucky Dragon

*Decoding Your Life Map
with Vedic Astrology by*

**SIMON
CHOKOISKY**

Interview by Wiesje Brion

Have you ever felt that you were on the wrong path or just simply lost? Most people live out their entire lives without a map. If you've ever felt lost, wouldn't you want a map? Jyotisha can do that for you. This interview answers common questions.

Wiesje: How is Vedic Astrology different than Western Astrology?

Simon: *"If you have a headache you can get a massage to make it go away, you can eat some food, you can take an herb, or you can take an aspirin; these are all different ways to address the same issue. Vedic and western astrology are slightly different ways to read your map, to find your soul purpose. The goal is to find your destination, ultimately it's very similar."*



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602.574.0428

Wiesje:

Can anyone learn Vedic Astrology?

Simon: *"Absolutely! In my opinion you can learn best from your own chart, because you know what you've been through."*

Wiesje:

How can I understand my Vedic map?

Simon: *"Easy! You can learn how to read it in a day by watching the videos I've created."*

Wiesje: Can you teach us how to understand and use our map?

Simon: *"Yes, you can have the best map but if you don't have the skill to read it, it doesn't mean anything. I will be teaching workshops this fall as the school year starts."*

Wiesje: I see your second DVD set is on *"Health, Relationships and Spirituality"*.

Simon: *"Yes, the second set of DVD's will help you understand your mate better, your spiritual karma, sun combinations, vastu, color, and so much more."*

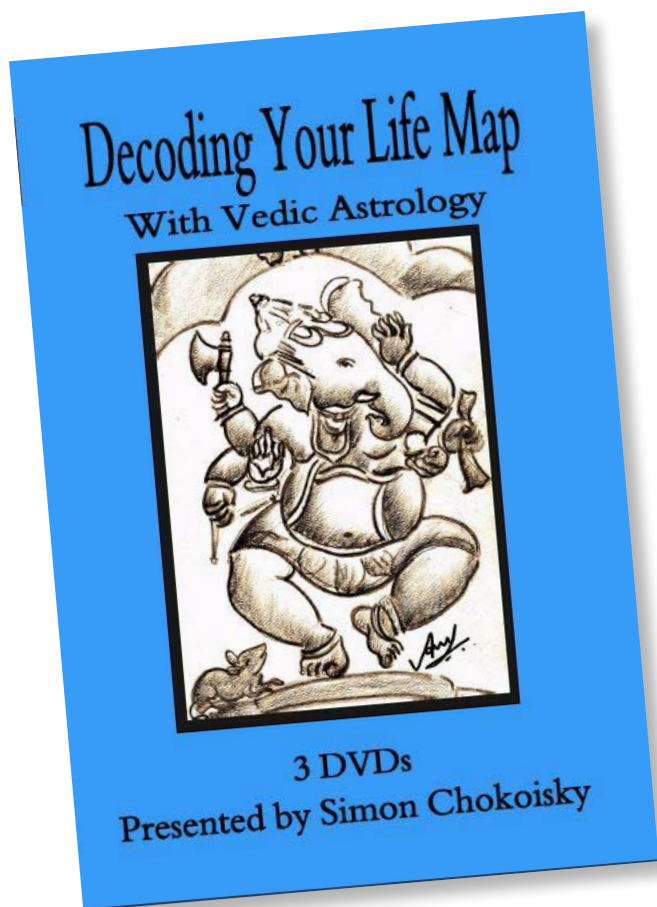
Wiesje:

Is it possible to misuse the map?

Simon: *"Well, don't use it as an excuse or a crutch not to explore the world and don't use it for destructive or self destructive purposes. Nothing is set in stone until it is."*

I had the privilege to receive my map from Simon and I have to say I was completely blown away! The only information I gave him was my name, birth date, time and place of birth. He was spot-on about everything! I look forward to seeing my future unfold. I was so impressed that I had him map my family members. I found it very useful. It reassured me of who my son could become and gave me hope in knowing where to focus my parenting and how to encourage his growth and direction. It also helped me understand the nature of my partner and what his needs are as a person on this journey called life.

This experience was definitely one that I will never forget. If you have the opportunity to contact him your life will truly become more meaningful. I highly recommend his DVD's; they are incredibly resourceful, easy to watch and quite funny.



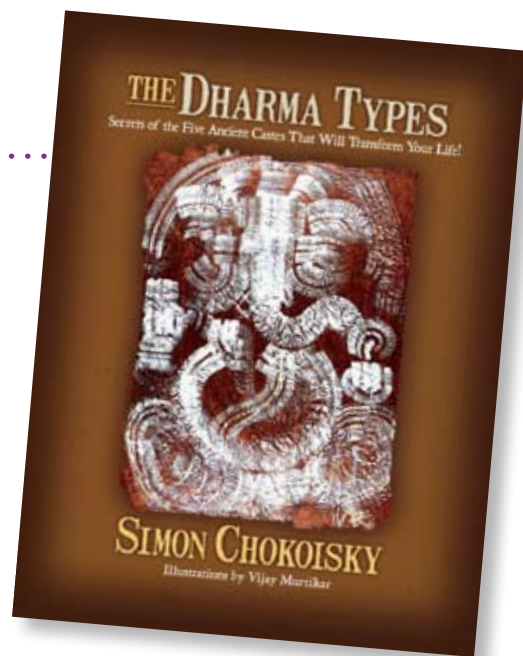
Purchase your copy today at www.ayurveda.com and www.amazon.com **Decoding Your Life Map With Vedic Astrology** starring Simon Chokoisky and **Decoding Your Life Map With Vedic Astrology Part II** starring Simon Chokoisky.

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Email Simon Chokoisky for your map - siddhadeva@yahoo.com; **Subject:** Free copy of your chart and mantra sound with dvd purchase.

Book Review –Sneak Peak

Learn about next issue's book review; ***The Dharma Types: Secrets of the Five Ancient Castes that will Transform Your Life!*** by Simon Chokoisky and Vijay Murtikar.





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