

All Things Blessing Newsletter

Spring 2011

Newsletter for the work of Chai Pottery, LLC and Julie Chai, MDIV, LLC
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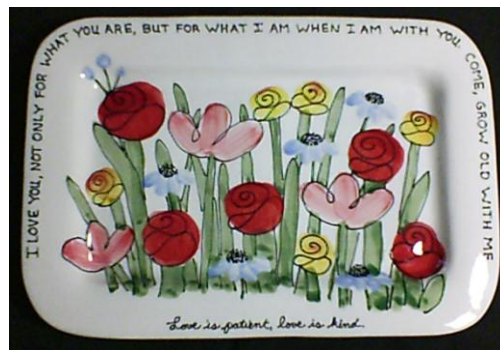
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Dear Friends,

I was waiting to be inspired by spring to get the newsletter out, but as the close to 6" piled up, than the rain, I realize I better not wait! Some great resources for wellness are in this issue. Thanks to everyone who came out to support Empty Bowls! I enjoyed all the love, laughs and hugs! They made over \$20,000 to feed the hungry with local farm fresh food!

Be well. I hope to see you at the art shows this summer. Blessings, Julie ☺



Large Rectangle \$85

Small Rectangle \$65



New Blessings
On 1 # bowls

"May Love guide you in all things and bring you serenity and joy."

"Today, I am guided by my inner wisdom and compassionate heart."

2011 Michigan Art Show Schedule

(?) = waiting to hear if we are juried in or not.

May

7 & 8 Chelsea Craft Invitational, Chelsea, Booth 218

(?) 28 & 29 Tawas Art Show at Tawas City Park

June -0-

July

9 Leland Marketplace, Old Art Bldg., inside by fireplace

20 Glen Arbor, Glen Lake Women's Association

27 CSA, 2 mi north of Frankfort, M22 & Crystal Lake

August

6 & 7 East Jordan, Portside Arts Fair, Elm Pointe Estate

(?) 13 Charlevoix

19 & 20 Frankfort Art Fair, Market Square Park

September

(?) 17 & 18 Fallasburg Fall Festival

November

(?) ArtCenter TC Winter Show, Holiday Inn

April 29, 2011

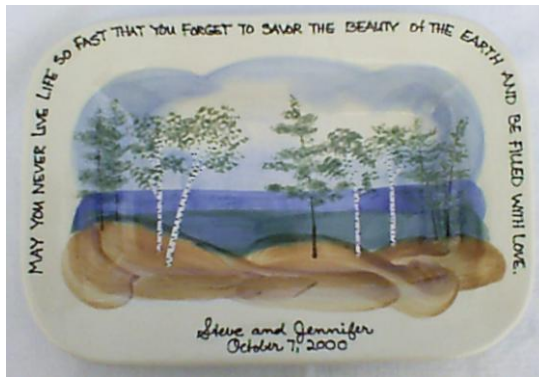
Traverse City Art Walk

I'll be at Evergreen Gallery
from 5-9pm on April 29. Stop
by and say "hi!"

See our newest Blessing Bowls
and Platters.



Lg. Rectangle \$85, Med. \$75



Lg. Oval \$85



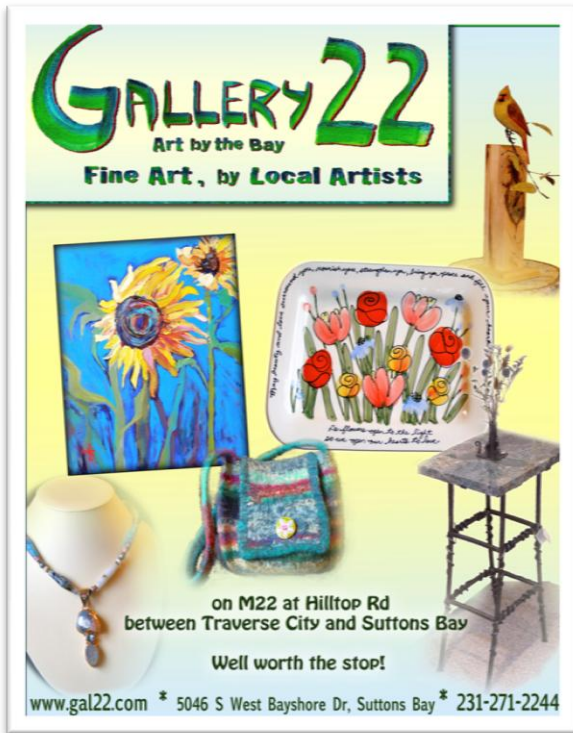
Summer Wedding Coming Up?
Our Blessing Bowls make a great gift - one you'll love to give and they'll love to receive! Buy one off the shelf or have one made with the name of the couple and date of their wedding.

Medium Oval \$75



6# Bowl \$75 9# Bowl \$95

Chai Pottery Blessing Bowls - a Top Seller!
"We represent over 90 artists.... and you were our top vendor in 2010."
Cathleen & Chuck Thayer, Owners, Evergreen Gallery 108 E. Front St. Traverse City, MI



**Grand Opening May 26, 5-8pm
Come join us!**

Gallery 22 is a new co-op artist gallery on M-22 and Hilltop Rd, (in the big barn, on the right side) on the way to Sutton's Bay from TC. Ph. 231-271-2244
The gallery carries our small, 1# Blessing Bowls, (now hard to find in stores) as well as other sizes. Stop by and meet owners Jane, Susan and Dawn as well as the working artist members. Check out the wide variety of excellent local art and skilled craftsmanship. There is plenty of easy parking.

Go next store for wine tasting or visit the **Wine and Vines Restaurant** for the best thin crusted white pizza as well as great Thai food.

HOW TO RECOGNIZE WHEN WE HAVE A NEED TO DO INNER HEALING WORK

I am saddened when I hear of couples divorcing after years of marriage and, perhaps misery. I always ask, "Did they seek help?" Often the answer is, sadly, no. So here are some things in our lives that are cues for us to get some help, to learn new skills, and even to set out on a path of compassion and spiritual growth.

- 1) **When we are unhappy and blame someone else for how we feel.** Blaming is yet another way we avoid painful feelings that need our acceptance for healing. See forgiveness article pg. 4.
- 2) **When we feel emotionally out of sorts, overwhelmed, stressed, depressed, anxious or irritable,** - something is arising in us asking for our compassionate listening and presence. If you are too scared to be with it, get help. [Inner Listening Therapy](#) can get to the core, releasing the fear and teaching you the art of compassionate presence and self awareness. See Resources on pg. 3.
- 3) **When areas of our body feel burdened, heavy or painful and medical attention is not working.** Energy from our emotions get trapped in the energy centers of our body when we are too fearful to feel and allow their release. This leads to excess stress and dis-ease. Inner Listening Therapy, Emotional Clearing and Yoga Therapy can help release the pressure of built up emotions.
- 4) **When we are angry or feel trapped, worthless, helpless, discounted or unloved.** Check out my free online [Transforming Anger Booklet](#) for some self help. See resources on pg.3.

Divine Love and Light,

Lead me into a way of life where I am not so fearful of my feelings. Dissolve in me the self hatred that I sometimes feel and help me to be honest with myself, knowing that I do not have to be happy all the time, or pretend to be, to make others feel good, but just be real and honest with myself. Teach me to honor my feelings, love myself and walk the path of my soul so that I can truly honor and love others where they are and be a vessel of love and light, imperfections and all.

The following self help tools for emotional clearing and mindfulness meditation can be of great value. They are to me. Feel free to give me a call if you have any questions.

Tools for Emotional Clearing

Emotional Clearing is similar to the Inner Listening work I do but without the hands on energy work and the sessions are shorter (about 51 mins. each.) **John Ruskan** is a pioneer in the field (I used his book Emotional Clearing as a text book for an Inner Listening Class I taught.)

John's **free** 40 min relaxation download: <http://www.emclear.com/audio/EC1DeepRelaxation.mp3>

To order his Emotional Clearing CD'S or download: <http://www.emclear.com/training.html>
Cost: to download \$99 to order CD's \$120

I love doing my emotional clearing using his guidance on my ipod. It's soothing, deepening, personal and I can do it anytime I notice something is bothering me that I need to be with, especially in the middle of the night or early am. I think that this is the best self help therapeutic self help tool on the market today.

Tools for Mindfulness Meditation

"Experience the un-grasping of your mind"

There is no short cut to mindfulness, present moment awareness or self awareness. It takes practice. But with practice comes the joy of noticing that you are integrating this new found awareness into your daily life! Mindfulness meditation helps us to become more centered, stable and less reactive in life.

One of the pioneers of mindfulness meditation for the western crowd is **Jon Kabatt-Zinn**. His book Wherever You Go, There You Are was a best seller and he is recognized as an expert in his field. He is Professor of Medicine emeritus at the University of Massachusetts Medical School, where he was founding executive director of the Center for Mindfulness in Medicine, Health Care, and Society, and founder (in 1979) and former director of its world-renowned Stress Reduction Clinic.

Jon's website is: <http://www.mindfulnesscds.com/index.html>

To order Jon's Guided Meditation CD's or download: <http://www.mindfulnessstapes.com/>
My favorite is Series 2. He also has lots of free information for educators and suggestions for daily practice.

You may also find it helpful to read my free online booklet Meditation for Everyone
<http://www.juliechai.com/MeditationBooklet.pdf>



Forgiveness is a way to bless ourselves and others

“The path to the temple is lined with suitcases filled with resentments and grudges.”

When we walk the sacred path of aligning our lives with love and honoring the purpose of our souls, we become aware that the resentments and grudges we carry burden us far more than we ever realized. Our life journey is so much lighter, easier and enjoyable once we let go of them.

To enable the process of forgiveness, I will share a few basic truths I have discovered as I walk my own soul path. May they be a blessing to you on your journey.

Forgiving another is not the same as condoning hurtful words or actions. Forgiveness is however, a way to take responsibility for our own feelings. No one is to blame for how we chose consciously or unconsciously to feel. The feelings are our own.

Hurtful words or actions trigger feelings already in us that are surfacing so we can acknowledge them and do our own inner healing work.

Holding onto our victimhood and feelings of anger and resentment serves a purpose. Perhaps it gives us a sense of power. But it is a false sense because victims are not powerful, they are powerless.

Remember, victims tend to create more victims. Being a victim never heals another or our selves. Forgiving is a way to stop being a victim and take responsibility for our own feelings. It is the first step on the path to healing and true personal empowerment.

Hating someone does not make them a better person. People hurt others out of ignorance and fear. Sending them our anger only makes them more defended and fearful. And, being angry or resentful hurts us as well. We are feeding our spirits a sickly, toxic mix. Nothing good comes out of it. Just notice how your body feels the next time you act out of resentment or anger.

Everyone, including ourselves, is doing the best they can with what they have. Many people don't have the life skills or insights to get beyond dysfunctional, hurtful behavior without help. Maybe they grew up with it and are just passing it along, acting out of fear and what is familiar, rather than out of love and what is healing for both themselves and others.

The best we can do to one who hurt us is to bless them by sending them divine healing love and light. You can bless those who are living as well as those who have crossed over.

Remember, we become good at what we do every day. We can choose to love or to live in fear. What we feed in us will grow. We can grow in self awareness, compassion and love or we can grow in defensiveness, victimhood, blame, judgment and fear.

All we need to forgive is to acknowledge our intent and desire to forgive. Acknowledge the desire to set down those suitcases filled with resentments and grudges - if not today, then perhaps tomorrow. That is the first step. The rest will follow.

“I ask forgiveness of anyone I have harmed, knowingly or unknowingly and I forgive anyone who has harmed me knowingly or unknowingly. May divine love and light surround us all so that we grow in wisdom and love Every day until all our fears dissolve into compassion and joy.”

Physical Health and Wellness
Websites, Tools and Info



Info on Good & Bad Sweeteners, Fats, Recipes and Nutrition for Weight Loss

My sister, Janean, has a new website where she shares her extensive research on nutrition, especially about sweeteners, fats and eating for health and weight loss. She also has some great healthy recipes. Does she know her stuff? Well, she is an awesome cook and looks 30 yrs younger than she is. Check it out <http://www.janeanskitchen.com/>

Read About the Affects of Coffee on Bone Density & During Pregnancy, Breastfeeding

"If you are pregnant or hoping to become pregnant, here are the top reasons why avoiding coffee and caffeine during pregnancy is really important to the health of unborn babies. If you are having infertility issues or have had a miscarriage, here is the research on why you should avoid coffee and caffeine to increase your chances for a viable pregnancy. And if you are nursing a baby under the age of 9 months, here is why you want to avoid caffeine becoming part of your breast milk." Click to open the hyperlink and read more. http://teccino.com/building_optimal_health/77/Pregnancy.html

Read about other important issues on the Teccino website: www.teccino.com

Teccino Caffe, Inc. is a company that makes an herbal coffee substitute. The substitute can either replace our coffee or as I like to do it, add it to your morning brew. I do about 1/3rd or less coffee and 2/3rds or more Teccino. Their Java or Hazelnut are my favorite. Teccino can be found in most health food stores. Oryana in TC carries it.

Their newsletter also carries coupons for the herbal coffee.

**Caffeine moves us away from our center,
chemically triggering stress and our fight or flight fear responses.**