



S H I N E

SOOTHE HEAL INSPIRE NOURISH ELEVATE

SUMMER 2019

UNFURLING, SUMMER SOLSTICE



T H E
N U R T U R E D
L I F E

SEASONAL WELLNESS OFFERING

SUMMER 2019

SHERENE CAULEY, MA HWC, RYT200

MISSION

READER AGREEMENT

CALENDAR

BODY

Milk and Honey Asana Series
Fiber Essay
Recipe: Carrot and Chickpea Salad

MIND

Redefining Luxury- Essay
Circle of Mothers Meditation
Journal Practice- Everyday Opulence Assessment

HEART

Cultivating Splendor
Resource Links
Journal Practice: Time and Space

SEASON

Ritual: Preserving
Craft: Cedar Bath Salts
Recipe: Blueberry Buttermilk Cake

MISSION

offer women a relevant and transformative practice for everyday enlightenment

This transformation requires remembering our sovereignty. As women encounter life from a place of sovereignty, we heal the effects of cultural and generational burdens. Each woman becomes a light in her life, her home, and her community. Then, we all SHINE together.

SHINE READER AGREEMENT:

(BASED ON A SAMPLE COACHING AGREEMENT FROM THE INTERNATIONAL COACHING FEDERATION)

As a member of SHINE, I understand and agree that I am fully responsible for my physical, mental, and emotional well-being during and between participation in SHINE offerings. This includes my choices and decisions about how and when to participate. I am aware, that if needed, I can choose to discontinue participation at any time.

I understand SHINE is a Professional-Individual- Community relationship I have with Sherene and other members that is designed to facilitate the creation/development of personal goals and to develop and carry out a strategy/plan for achieving those goals. Sherene will use her education and experience to provide materials and discussions which help me clarify my direction, obstacles, values, and goals. I will be honest and as forthright as possible so that I may gain the full value from this relationship.

I understand that SHINE is a comprehensive process that may involve all areas of my life, including work, finances, health, relationships, education, and recreation. I acknowledge that deciding how to handle these issues, incorporate SHINE into those areas, and implement my choices is exclusively my responsibility. How deeply, how quickly, and how much change I incorporate in myself is my own choice.

I understand that Sherene does not diagnose or treat mental disorders as defined by the American Psychiatric Association. I understand that SHINE is not a substitute for counseling, psychotherapy, psychoanalysis, mental health care or substance abuse treatment and I will not use it in place of any form of diagnosis, treatment or therapy.

If I am currently in any kind of therapy or otherwise under the care of a health professional, that I have consulted with the health care provider regarding the advisability of participating in SHINE and that this person is aware of my decision to proceed with participation. I can provide Sherene with information regarding the care I seek from health care professionals so that she has a full and accurate picture of my life. I understand that information I share privately with Sherene will be held as confidential unless I state otherwise, in writing, except as required by law.

SHINE is a personal wellness program designed and facilitated by Health and Wellness Coach Sherene Cauley but I understand that SHINE is not individual or group coaching. I can contact Sherene at any time by phone or email if I have questions about any offering, have questions about how to incorporate any offering into my life, or feel I need additional support in any way. Sherene can provide coaching along side SHINE or unrelated to SHINE. Sherene can and will provide assistance with referrals to other health professionals as needed and I am encouraged to contact her for support if needed.

I understand that SHINE is not to be used as a substitute for professional advice by legal, medical, financial, business, spiritual or other qualified professionals. I will seek independent professional guidance for legal, medical, financial, business, spiritual or other matters. I understand that all decisions in these areas are exclusively mine and I acknowledge that my decisions and my actions regarding them are my sole responsibility.

I acknowledge that my continued reading and participation with SHINE signify that I have read and agree to the above.

CALENDAR



[PDF CALENDAR LINK](#)

A photograph of a field of yellow flowers, possibly Goldenrod, with a circular overlay in the center. The word "Body" is written in a white, cursive script font within the circle. The entire image is set against a dark wood background.

Body

MILK & HONEY ASANA PRACTICE

Summer is hot and full. And yet, some how languid. This practice will help us embody that slow fullness. Instead of pushing the body to see how stong it is, or how far it can stretch, or how long it can hold a pose- let us explore. Explore each joint as we move through asana. Look inward and feel carefully, what does your body need? How do micro-changes in posture or movement change the information exchanged between body and mind. What does the spirit want here? I will be a guide, offering a suggestion- you are the explorer. You are the only one who can be an expert in you and what your body needs.

Try to design a time and place to regularly practice this series. Contact me if you want assistance with this or have any questions.

ASANA

Asana Video
Link





REMEMBERING THE ORIGINAL SUPER-FOOD: FIBER

Sometimes the answers are simple and straightforward. Some times the answers are right in front of us and we keep looking anyway. Sometimes the simplest solutions are the hardest to implement. That's how fiber got forgotten. Fiber, synonymous with the start of the health food movement and which is easily accessible and inexpensive, is the most often forgotten super food. Even by health conscious consumers, fiber gets overlooked. Only about 5% of Americans appear to be getting enough fiber in their diets (Quagliani& Felt-Gunderson, 2017). And, fiber is the star of the show. Fiber is beautiful, rich, diverse, available, inexpensive, tasty, filling and is supportive of a whole host of body processes. Fiber is the basis for a healthily functioning digestive system, and more and more research shows that the digestive system holds the power to create health or disease in the brain, cardiovascular, and immune systems.

The more refined a food is, the less like the unrefined whole food original form it becomes. Unrefined foods are able to meet the needs of the body most efficiently. In the digestive track, unrefined carbohydrates will provide more fiber and starch than refined carbohydrates. Fiber and starch both play important roles in the digestive system.

The fiber in our foods has several valuable functions in the digestive track. The first role fiber plays is in creating a feeling of fullness and satiety. Consuming unrefined carbohydrates (generally higher in fiber) encourages proper weight management with this feeling of fullness. The fiber then begins to play a second role in the digestive track as it slows digestion. Slowing of digestion allows nutrients to be processed and the rise of blood sugar to happen gradually. A low fiber meal will be digested more quickly, encouraging blood sugar rise and discouraging nutrient absorption and feelings of fullness.

Indigestible carbohydrates (fiber and resistant starches) also have several important roles in the intestines. They feed intestinal bacteria (creating a balance of beneficial bacteria) and speeding movement through the intestines by attracting water and creating volume. This added volume makes defecation easier and less painful as it relieves pressure (preventing conditions like hemorrhoids and diverticulitis). Short-chain fatty acids are formed as bacteria consume the indigestible carbohydrates. This process helps maintain proper balance of microflora in the colon. Consumption of probiotics and foods with beneficial bacteria has been on the rise, but these bacteria need fiber in the digestive track to feed them in order to be most beneficial to the body.

The role of fiber in relation to gut microbiota is an area of great interest to the biomedical, alternative medicine, and scientific research communities. Lack of proper microbiota is often cited as a concern for digestive issues, yeast infections, various skin conditions, allergies, and autoimmune disorders. Inflammation related to autoimmune disorders and cardiovascular health commonly encourages individuals to make dietary changes to reduce inflammation. Fiber plays a central role in the reduction of inflammation when it is digested by intestinal microbotia. In this process the short-chain fatty acids created “communicate” with the brain to turn off overactive

inflammatory responses.

“The bifidogenic effect of whole grain found in some studies suggested a role of the microbiota in triggering amelioration of gut and systemic inflammation, explaining some of the metabolic benefits attributed to whole grain consumption. The interplay between microbiota and the polyphenols bound to whole grain fiber might explain some of whole grain health benefits. Whole grains are a rich source of phenolic compounds, mainly hydroxycinnamic acids, with ferulic acid (FA) being the most abundant. The FA concentration varies depending on cereal variety and milling procedure” (Vitaglione et al, 2015, p.252)

The digestive system uses the carbohydrates consumed as an aid in the digestive processes, both in their physical form (such as fiber) and as food for the various beneficial bacteria which we are just beginning to understand play essential roles in our health. Consuming quality fiber in unrefined forms (such as whole grains, whole nuts, whole seeds, and whole legumes) can be therapeutic and protective for various digestive and inflammatory conditions. Adding even a little extra fiber to your diet has a big impact. Luckily, adding fiber to our meals makes them more beautiful and interesting as well.

Below are some tips for closing the fiber gap.

BUY IN BULK

When you walk into a health food store, the very first thing you see is synonymous with health. It is all those bulk bins filled with seeds, beans, grains, and nuts. Try taking home one new fiber source each week or month. Place it in a pretty glass jar and set it somewhere you can see it every day. Soon your home will have a rich variety of easy access and beautiful fiber choices you can use everyday.

MAKE USE OF THE CROCKPOT

Dried beans can take a day to soak and another day to cook on the stove top. Meanwhile, just a few hours in the crock pot and beans are soft and ready to add to soups, salads, and wraps all week long.

GET CREATIVE

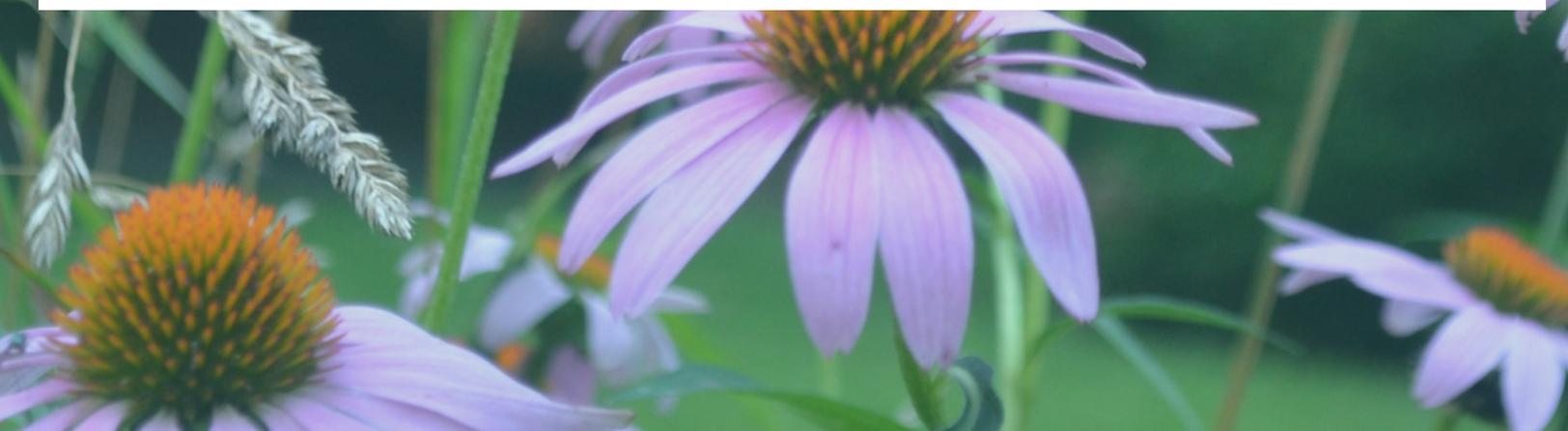
Restaurants and gourmet magazines are full of new textures and tastes. That creativity and diversity is what attracts us. So next time you take home a new grain, legume, nut or seed play with it. Is it sweet or bitter, soft or chewy? Where could it create interest on your plate? How can you use seasoning, other foods, or spices to create novelty?

TRY AND TRY AGAIN

Don't give up! Making changes takes time. Try to add one significant source of fiber to every meal (whole grain, nut, legume, or seed) and if you don't succeed, just try again. If you don't like a new fiber source, try again. If you didn't enjoy that new recipe, try again. Each time you try you learn something new about fiber, your schedule, or your preferences. You can use that information to make your next attempt more successful. Don't give up! Your health and wellness is too important.

CARROT AND CHICKPEA SALAD

This is a recipe I have been enjoying from Smitten Kitchen. It's a great warm weather pot luck dish- full of flavor, fiber, texture, and color.





Mind

Redefining Luxury

There is a scene in *The Little Princess*, where young Sara (played by Shirley Temple) wakes to find her cold barren attic bedroom has been filled with rich warm blankets, a table full of food, and a roaring fire with plenty of extra coal. I love this scene. Sara is elated, and shares everything (including her happiness) with her friend. As you look about the room, there is nothing particularly over-indulgent. All of the gifts in the room are beautiful examples of common goods every person should have. They were put there with love, and that is obvious. It is clear that these goods were chosen in love and placed about this child in love-having seen her, her heart, and what she needed.



Just like little Sara, we are all deserving of being treated royally. We are all sovereign beings deserving of beauty and care. How would Sara's experience have been different if the luxurious goods had been delivered without the deep connection and love to her spirit? Our modern desire to seek luxurious consumer goods is a reflection of our natural desire to be seen, cared for, and loved. When we choose these goods and services we often bypass an opportunity to connect deeply with ourselves, our community, and the earth. We miss the chance to recognize the opulent ways the earth provides for us. We fail to recognize the love and energy that truly was expended on the product, instead momentarily feeling like the product or service itself is the luxury. This feeling fades and there is nothing left to do but find another product or service to fill the void left by the lack of authenticity.

Luxury is not expensive, it is not rare. Luxury is not over-indulgent. Luxury does not require we receive something unique or unusual. Luxury is the natural state of being when we have all we need. Much like abundance, it is not about money. Luxury is about attention.

Modern life is full of luxurious opportunities like convenience food and services, asking Siri and Alexa for answers, amazon next day delivery, and super fast "everything". These are luxurious opportunities because they only become luxuries when we allow ourselves the attention to recognize that something difficult was made easy by our capacity to use modern technology, money, and/or time. They become mundane and lack connection when we do not incorporate gratitude and attention to how they came to be in our lives.

As the movement of conscious consumerism moves away from mass produced product and finds small businesses more desirable-it is this sense of connection and gratitude and love that makes these products so special. When we connect with a farmer who carefully grew our meat or produce, we feel the love that was given to us through that food. We feel the sense of connection and "being seen" when we recognize we are a valued customer and not just a digital calculation on a server somewhere. When the cashier or the barista looks us in the eye, and remembers our name-we are seen and important. This sense of care is what we seek with our \$6 coffees. But, the beautiful and sensual experience of the coffee dissipates if it was just about the product and the moment we consumed it.

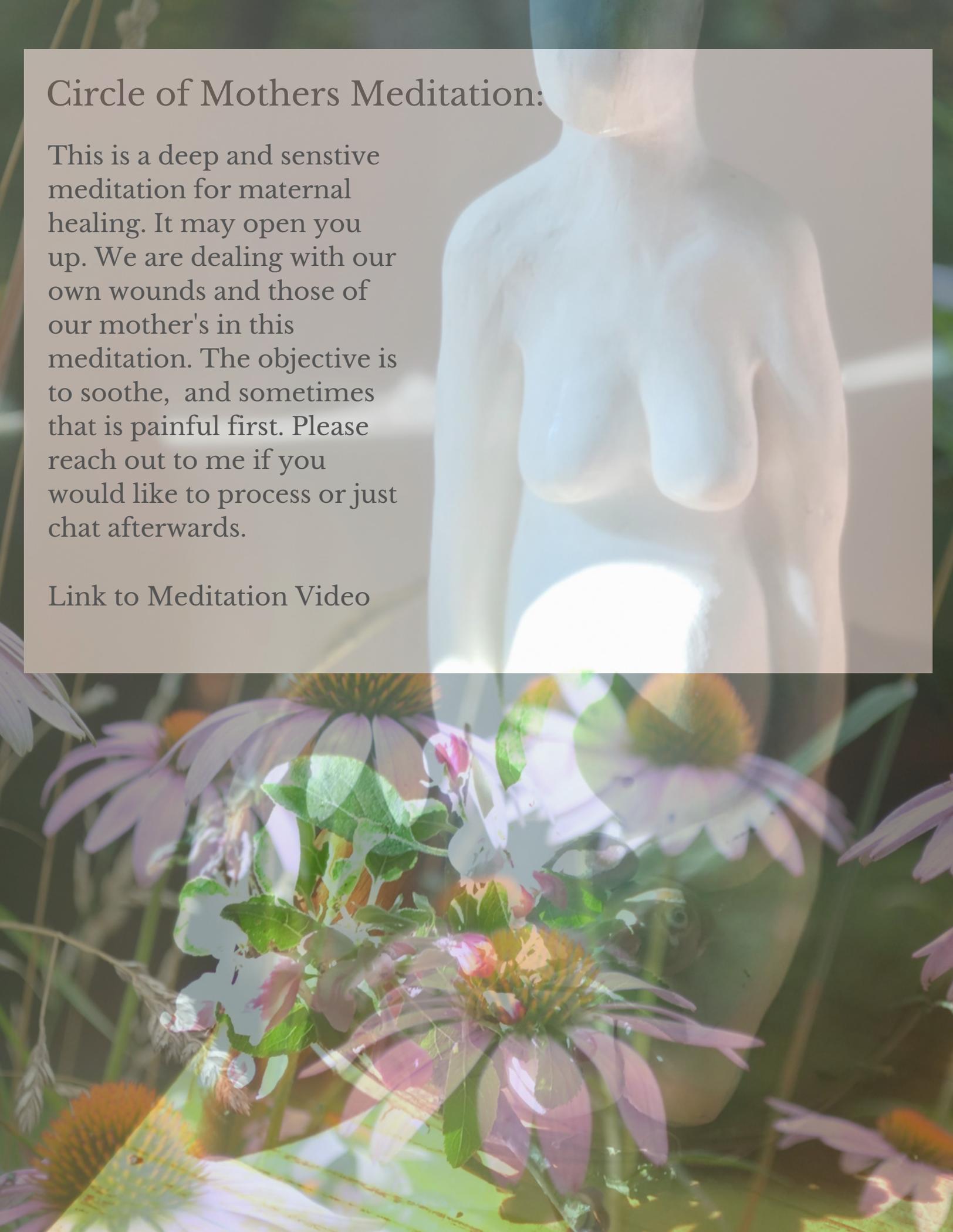


THIS SENSE OF CARE AND GRATITUDE IS LIKE A SEE-SAW IN THE COMMUNICATION BETWEEN CONSUMER AND PROVIDER. WE, AS CONSUMER, DO HAVE A GREAT DEAL OF CONTROL OVER THIS SENSE OF LUXURY IN OUR LIVES AND IN THE LIVES OF THOSE WHO SERVE US. WE CAN BE MORE INTENTIONAL IN OUR GRATITUDE AND ATTENTION CONCERNING THE PRODUCTS AND SERVICES THAT PROVIDE WHAT WE NEED IN LIFE. AND, I BELIEVE AS WE DO THIS-WE WILL FIND A DEEP SENSE OF CONNECTION TO OURSELVES, EACH OTHER, AND THE GLOBAL ENERGY THAT PROVIDES US WITH THE LUXURIES (NECESSITIES) IN OUR LIVES. WE WILL NEED LESS AND FEEL MORE. WE WILL FEEL MORE VALUED AND SPECIAL AND ROYAL. OUR LIVES WILL BE MORE OPULENT IN LOVE AND CARE AND CONSIDERATION-BOTH IN COMING AND OUTGOING. AND I DO BELIEVE THE WHOLE EARTH AND ALL HER PEOPLE WILL EXPERIENCE A MORE RICH AND GLORIOUS EXISTENCE.

Circle of Mothers Meditation:

This is a deep and sensitive meditation for maternal healing. It may open you up. We are dealing with our own wounds and those of our mother's in this meditation. The objective is to soothe, and sometimes that is painful first. Please reach out to me if you would like to process or just chat afterwards.

[Link to Meditation Video](#)



HONORED AND CARED FOR

Think of a time from your childhood when you felt seen, safe, and loved.

What was happening?

Describe the scene?

Who was with you?

Try to recall a scent, a touch, a sound, a taste . . .

Recall a time from your teenage years when you were cherished, respected, and heard.

What was happening?

Describe the scene?

Who was with you?

Try to recall a scent, a touch, a sound, a taste . . .

Recall a time from early adulthood where you felt magnificence within yourself.

What was happening?

Describe the scene?

Who was with you?

Try to recall a scent, a touch, a sound, a taste . . .

Recall a recent event where you experienced richness and connection.

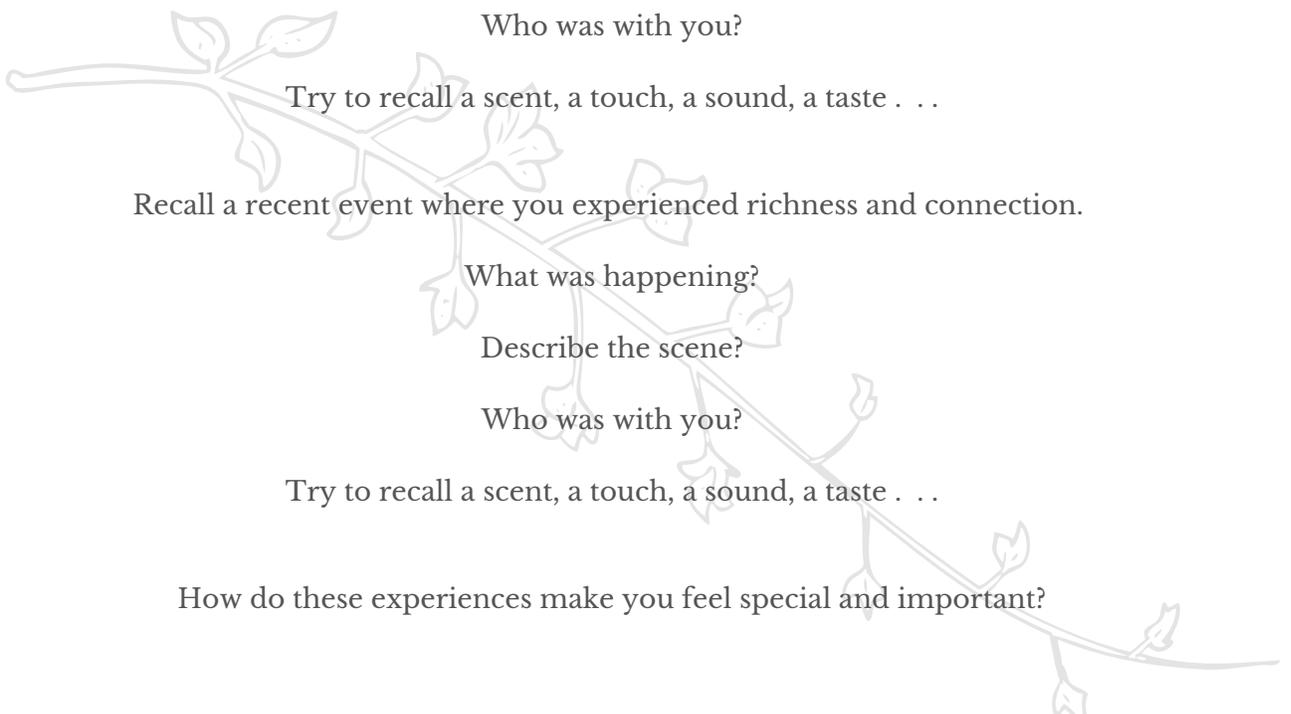
What was happening?

Describe the scene?

Who was with you?

Try to recall a scent, a touch, a sound, a taste . . .

How do these experiences make you feel special and important?





Heart



luxury:

1: the state of great comfort and extravagant living

synonyms: opulence, luxuriousness, sumptuousness, richness, costliness, grandeur, grandness, splendor, magnificence, lavishness, security, comfort, affluence, wealth, prosperity, prosperousness, plenty

Maybe we have misunderstood luxury. We have made luxury something expensive and something rare. But, look carefully at the synonyms of luxury. These are qualities of richness available (aside from costliness) from the natural world and from the hearts of each other.

Where do you experience splendor in your everyday?

What makes you feel lavished?

Who provides you with a feeling of comfort?

How do you feel security in your body? What sensations do you feel and where?

How do you define opulence?

When was the last time you were mothered?

Describe a scene, for yourself, of complete sumptuousness:

Describe a time when you felt love from a stranger, waitress, customer service person, teacher, or other person as they performed their job for you:

Consider some place in your daily routine you can shift the focus from the mundane to the luxurious.

Consider some place in your day you can shift the mudane to the luxurious for someone else.

RESOURCES

VIDEO

My journey to thank all the people responsible for my morning coffee, AJ Jacobs

TEXT

Consumerism and its discontents, by Tori DeAngelis

What's Behind American Consumerism, by
Amy Novoltey

Luxury is Just Another Weakness, Mr. Money
Mustache

TREATING YOURSELF BECAUSE OF HOW YOU ARE TREATING YOURSELF IS NOT SELF-CARE

A little contemplation and self-investigation is self-care. If we can spend a small moment investigating our motivation, we can then enrich the treat and luxury we offer to ourselves.

Notice the difference.

I am going to have a piece of cake. I deserve it because I have had a hard day.

I am going to have a piece of cake. I would enjoy the rich flavors and it reminds me of the cake I used to have on my birthday as a child.

The second example is more honest. You may have had a hard day, but the cake is unrelated to the hard day unless it makes you feel better. Enjoying the cake because of its flavors and the memories of love and care it creates will make the cake experience more treasured, and truly luxurious. A treat feels more fulfilling when it comes from a place of love rather than depletion.

Think of this in relation to children. When we give a child a treat to control their behavior (make them happy, make them love us, make them quiet, make them compliant) we notice that they are less grounded. But, when we take them for ice cream because we love and enjoy them- they are filled up, grounded, content, and happy.

We can treat ourselves with the same love.

You can use the assessment questions below again and again until you develop a natural habit of self-inquiry around "treats".

Treats are not just food. They are experiences (massages, trips, tickets, dinners out) and conveniences (house cleaners, yard maintenance), too. These experiences and conveniences do enrich our lives AND we can make the enrichment even greater when we acknowledge how deserving we are and how special the benefit is to us. When we neglect to consider these experiences as luxuries, we miss an opportunity to feel greater connection and love.

ENJOYING LIFE'S LUXURIES ASSESSMENT QUESTIONS

HOW DOES THIS LUXURY CREATE BENEFITS FOR ME?

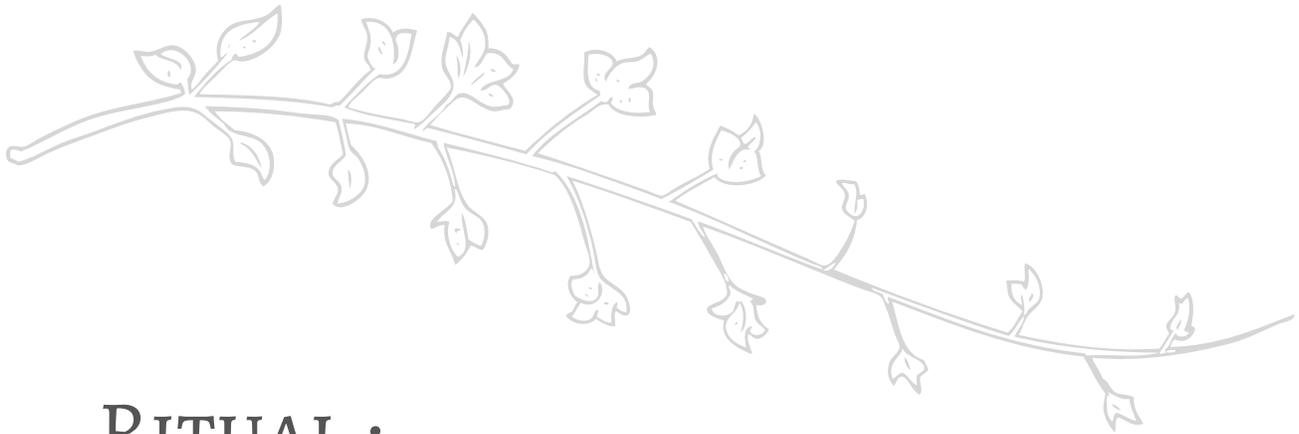
WHEN WAS THE LAST TIME I ATE/SLEPT/HAD A GLASS OF WATER/RESTED?

WHO WILL PROVIDE THIS LUXURY?

HOW IS LOVE EXPRESSED TO ME THROUGH THIS EXPERIENCE?

A photograph of a field of yellow flowers, possibly Goldenrod, with a circular overlay in the center. The word "Season" is written in a white, cursive script font across the circle. The entire image is framed by a white border and set against a dark wood background.

Season



RITUAL :

an action performed by our bodies in connection with our heart.

WE CAN USE RITUAL TO CONNECT THE HEART WITH THE
OUTSIDE WORLD OR AS A WAY OF CONNECTING OUR
PHYSICAL ACTIONS WITH OUR HEART.

CONIFER SALTS :

Supplies:

Clippings from fresh growth
conifer trees/shrubs

Flake kosher/sea salt

Lidded jar

oil, honey

Directions:

For this ritual you will need to find and cut a handful of fresh greens from conifer/ evergreen trees or shrubs. Any tree you like the smell and feel of will work (cedar, spruce, and juniper are good choices).

Gather these greens, enough to fill about half your jar. Clean the greens (dry them if you washed with water) and put them in the jar. Fill the jar with salt (leaving about an inch of head room). Put the jar in a cabinet. Shake (and open lid) daily for two weeks.

After two week, sift the greens from the salt. Place the salt in a new fresh jar. Scatter your greens outside.

To use salts: Place a few tablespoons of salt in a bowl or jar, mix with a tablespoon of honey and two tablespoons of bath oil (coconut, safflower, sunflower, jajoba, apricot). Mix salt, honey, and oil. Apply all over body, gently rubbing in circular motions.

Shower or bathe as usual.

Preserving the energy of summer sun is an ancient seasonal ritual.
We can preserve food and medicine in many ways.

Salt
Drying
Hot water bath canning
Freezing
Sugar (Shrubs, Jams, Jellies)
Tinctures (alcohol)
Ferments



Blueberry Buttermilk Cake

INGREDIENTS

cake

4 cups all-purpose flour
3 teaspoons baking powder
1/2 teaspoon salt
1 tablespoon cinnamon
1 1/3 cups sugar
1/2 cup butter
2 eggs
1 teaspoon vanilla extract
2 cups buttermilk
2 cups blueberries

crumble topping

2/3 cup all purpose flour
1/2 tablespoon cinnamon
2/3 cups sugar
6 tablespoons softened butter

DIRECTIONS

Preheat oven to 350 degrees F.

Grease and flour a 9x13 inch pan.

Sift flour, baking powder, baking soda, cinnamon and salt together in a bowl. Put blueberries in a separate small bowl and dust with 1/2 cup of flour mixture (this keeps blueberries from sinking in the batter). Set both bowls aside.

In a large bowl, cream together sugar and butter until light and fluffy. Beat in eggs one at a time, then stir in the vanilla. Mix in the flour mixture, alternating with buttermilk, Mix until just until incorporated.

Stir in blueberries. Pour batter into prepared pan.

In a small bowl, combine flour, cinnamon, and sugar. Blend in butter until mixture resembles coarse crumbs (using your hands is gives the best texture). Sprinkle over top of batter.

Bake in the preheated oven for 45 to 60 minutes, or until a toothpick inserted into the center of the cake comes out clean. Allow to cool.

THE ADVENTURE

by Sherene Cauley

There is only one way into this world,

Standing at the kitchen sink,
in the carpool line,
sunlight sparkle in a puddle,
listening to the bird's song,
waiting for the doctor,
moonbeams on the bedroom floor,
holding your hand.
Where else does the entire universe reside?

and an infinite number of ways out of

it.

The greatest distance I can travel is into the very heart of

me,

I've been to all the corners of the earth
When I hold a droplet of rain.
When I don't turn away from another's tears
When the waters break for each new life.
When the droplet of rain feeds the soil
and I taste the fruit.

and then back out to the heart of you.

The pilgrims path is wound and coiled inside of us,

Earth's vast beauty inspires awe
and still the adventure,
the beauty,
the expanse
inside of each soul
is radiantly more miraculous.
The path so often hidden.
So often neglected and unseen.
Infinite caverns to explore, vastness beyond imagination,
and every dream we seek.
Plus love.

when we choose to walk it, adventure begins.

Tragedy wont be avoided,

Each and every traveler comes to see what they can see
and be what they can be.
On the same journey,
no matter where we roam.
By grand cosmic lottery,
we won a ticket here.
Nothing is ordinary,
each of us with our own perfectly crafted itinerary.
Every day is magic, a chance
to see what we can see
and be what we can be.

and regret is not necessary.
Replace the fear that it will end,

Rest in that.
The miracle of being here.
The adventure of life, and love, and figuring it all out.
Adventure is not the summit.
Adventure is the climb.
Adventure is the unknown
the excitement of finding the way.
No map,
just a compass.
Adventures await.
Inside, outside.

with awe that it exists at all.

Past the curtain, we step

Be here with me,
together,
in awe together.
Each moment full of poignant tension and potential.
Don't waste one breath.

into that magnificent secret landscape of sovereignty and oneness, together.