

APRIL 2020

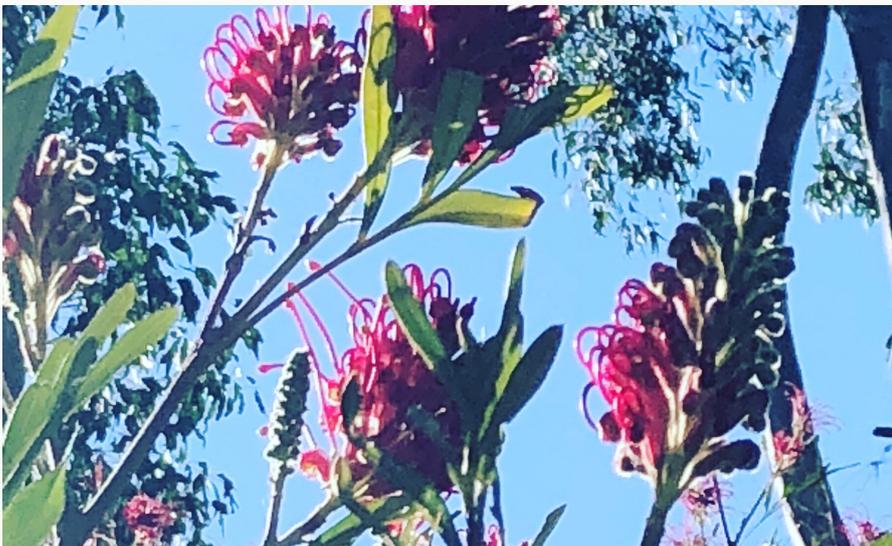
BUSHFLOWERGIRL E-NEWS

The Great Outdoors... Lucky for some

Hello to you all.. How are you? I really hope this finds you well and you are all coping with all the changes to our cultural existence. It's been a crazy old time in the world these past few weeks with lock downs and social distancing measures in place. Many people are confined to four walls and elderly and infirmed not able to see their loved ones. I really feel for them and of course those who's lives have been touched by the virus. We give thanks to our caregivers and medical staff who put their lives on the line every day.

Just remember... it won't be forever and we are all in this together...

May you all find peace in your hearts and a way to remain connected to Nature for she is a magnificent healer...



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Nature Connect...

We may not all be able to enjoy the freedom of the great outdoors at the moment but there are still many ways in which we can invite nature into our lives and homes...

(coming soon on the blog) but on a practical level I've been trying to think of a way of sharing Mother Nature's gifts with those who are house-bound or restricted. So I came up with the idea of starting a FaceBook Page for those of us who can still get out to post pictures of nature and our tips and ideas to help those who may be stuck indoors. So please feel free to join in if you have a patch of Nature special to you or photos of recent travels somewhere in the great outdoors. Let's share the love. I hope you will join us and share with others.

Nature does
not hurry, yet
everything is
accomplished

LAO TZU



Be the first of your friends to like this

Feeling Gratitude

It's easy to let fear and worry occupy your mind but don't let it run away with you. You may even find yourself feeling a little hard done by or even a bit miserable when the rug has been pulled out from under you. That's normal and understandable. But if you stop for just a moment, have a good look around and ask yourself "What in this moment am I truly grateful for?" the answers may just surprise you. It may be something as simple as being grateful for breath you are taking. It maybe that you have a roof over your head, or someone special in your life or it may be something unexpected like having extra time has allowed you to spend more time doing something you love. Whatever it is allow this feeling of gratitude to flood your being and fill you from the inside. Really feel it and the effects it has on your mind and your body will stay with you throughout your day. Let this warmth be shared with everyone you interact with today and let it infuse everything you do... Practicing gratitude often can change the way you think about things and this in turn can open the door to endless possibilities.





Special Times in Nature

As I write this there is a Full Moon shining over the land, well in Australia anyway, but not just any Full Moon, it's a Super Moon. It is the middle of a series of three super moons (the first was in March) This will be the largest of these Super Moons as it will be the closest to earth as it passes by. Our friends in the Northern Hemisphere call it a Pink Super Moon not from the colour of the moon but from the pink wild flowers blooming which mark the emergence of Spring for them at this time of year. Over the next few nights you might like to find a space outside or gaze through your window to observe and reflect on not only the spectacle of the moon but also your inner thoughts and feelings so you can decide which ones to hold onto and which ones to let go of... (I promise to write a blog post about this one day too)

Another special day this month is International Mother Earth Day, which falls on April 22nd. It is a day to celebrate this beautiful planet and give thanks for the life that she provides for us. If you stop and think about it she can exist without us but we cannot exist without her...

Staying On Track

I hope by now you may have settled into a new kind of normal, whether that means working from home or just having the kids around 24/7.

Adjusting to life at home doesn't mean just binge watching Netflix or eating cornflakes out of the box. You will still need some kind of structure throughout your days and weeks. So to stay on track let me share with you a system that I use to prioritise my work days. Firstly make some time and maybe do a short meditation to set the intention for how you want to feel. Calm, productive, efficient, creative, resourceful. Whatever it is for you. Then jot down everything that's on your mind. Every little job or project or task that's been bugging you. I like to call it a Brain Dump. Then when you have that list look over it and cross off all the things that you have no intention of ever doing. That's right all those jobs that have been hanging around forever that you keep "meaning" to do. Now keep this list safe and start a new Daily To Do List. Divide the day into three sections:

- Appointments (for things with a time-frame that you have scheduled eg Doctors appointment or meeting. These are your not negotiables)
- Tasks/Projects (these are all the things you want to work on today and be realistic as there are only so many hours in the day! You can always add to your list by referring to your Brian Dump)
- Personal (these are the things that have meaning to you. Maybe it's a phone call to your Nan or a bubblebath with candles or reading a chapter of you book - no guilt attached)

Now use this list as you go about your day. You will find that as your mind is now free of clutter you can work mindfully through the day giving the task at hand your full attention. Try it for yourself. I think you'll find you will be more content and productive. Here is a pdf to get you started xox

PINK SUPER MOON

8 APRIL

MOTHER EARTH DAY

22 APRIL

NEW MOON

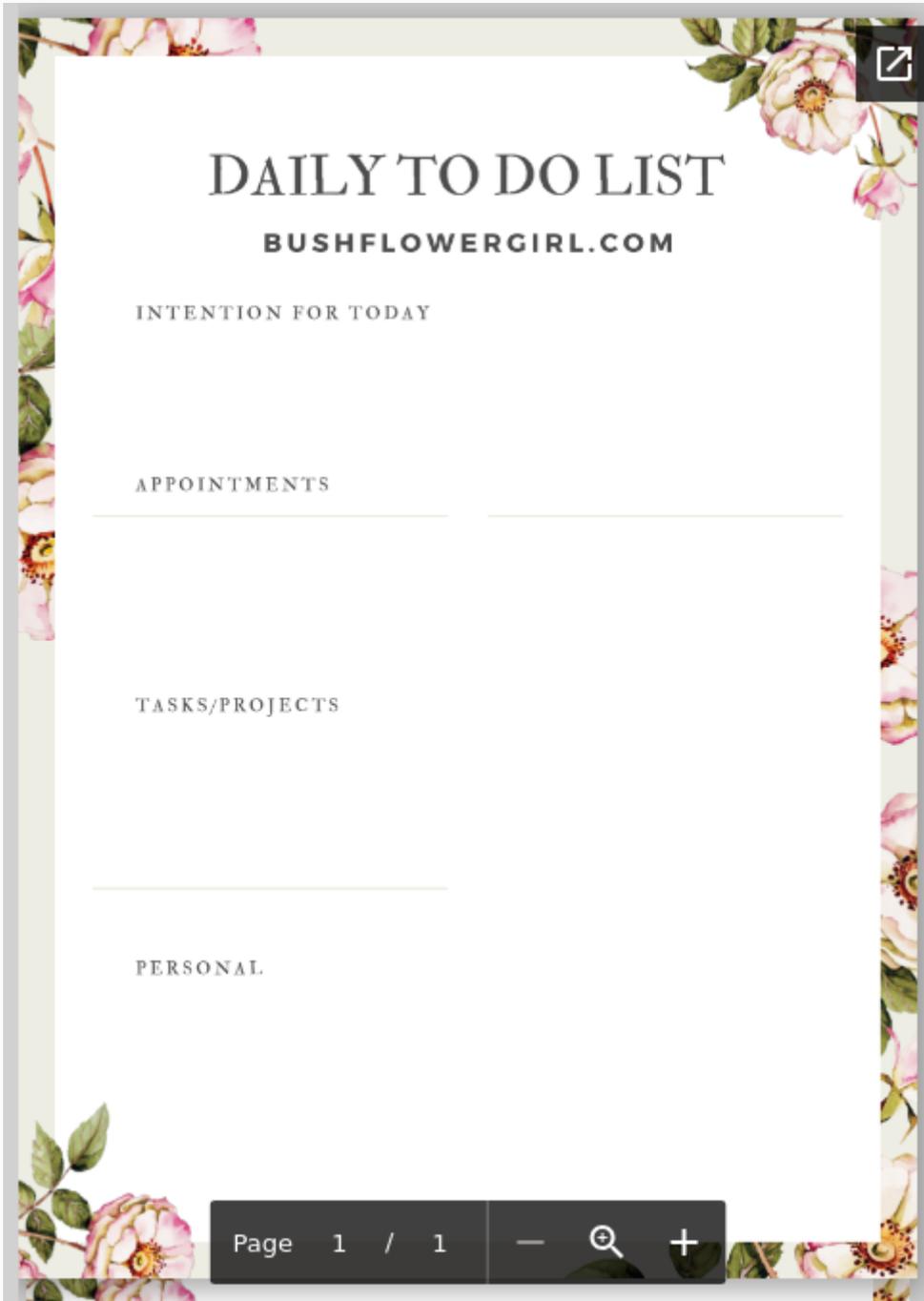
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Life is good and I choose my own direction

I embrace change and look positively to the future

My life is good and I provide for my family with ease





Seeded Crackers

Soak 3/4 cup of linseed overnight in one bowl and a 1/4 cup of other seeds in another bowl. (pumpkin, sunflower, sesame etc) In the morning drain the water off, rinse and pulse in a food processor lightly with some seasoning eg. sundried tomatos & herbs or seaweed & salt. Spread thinly on a tray lined with baking paper and cook in the oven on low heat for several hours or until crisp. Serve with your favourite dip. Enjoy!





A Little bit of Bush Rejuvenation

Have you ever walked down a bush track that hasn't been used for a while and been amazed by how much the bush has regenerated while it hasn't been trampled all over? Well I've been thinking this a bit and wondering if the planet might be taking a sigh of relief as humans have slowed their movements. You think about it. Less air travel. Less production. Less motor vehicles. Less electricity consumption. Less light pollution. Surely this can also be a good thing for us as an existence. Right? Please don't think I'm naive. I understand the loss of lives is just terrible and the economy is suffering but can you also feel a collective sigh as we are forced to re-evaluate the lives we lead, the choices we make and the outcomes we desire for ourselves. Have you noticed the beautiful connection people are making all over the world reaching out in a very community minded way. This could be the reset button that gives the world another chance.

Now I don't know about you but I'm actually enjoying being at home and not running around here there and everywhere. It can feel a little weird at first and that's ok. We can often feel guilt or shame if we are not seen as productive all the time which are both quite normal tendencies and the paradigm we have been living in. But now is a wonderful time, a wonderful opportunity to create a new reality for yourselves.

This is an invitation to re-write your new normal. This is your permission slip to be exactly who you really are or want to be. Let go of stigma. Let go of learned behaviour, thoughts and opinions. Be how you want to be. Do what you want to do. Ask your Future Self how to get there and feel into what it will be like when you do. As I said before, the full moon is a perfect time to release the old or what is not true to you anymore and pivot or course correct to a way that rings true just for you. Take some time to dive deep into reflection, think about your values and beliefs and ask what it is your heart truly desires. Use this opportunity to unravel all your marvellous talents and attributes and chart a new course for yourself as you allow your brilliance to shine across the Universe.

So until next time...

Take good care of yourself, of your physical, mental and emotional self and if you believe, of your Spiritual self. Spend time in your little place of Nature each day. Spend time listening to your Inner Wise Self. Practice self care, nurture yourself and let the worries of the world drop away, for it is here that you will find peace in this ever-changing world.

Lots of Love Always

Bushflowergirl xox

~ Find Your True Wild Self ~

An Essence for Carers

Alpine Mint Bush

This healing essence is useful for people who are always in service giving much of themselves both mentally and physically. It is an essence to rejuvenate and reinvigorate before the risk of burnout sets in. It will put a spring in your step and renews joy and enthusiasm. Perfect for healthcare workers or those caring for someone

xox

