

MARK YOUR CALENDAR:

- February 9th, Board Applications are due
- Tuesday February 11th, Emily Stock will teach "Plant Medicine." In this overview of herbalism, we will explore the animal-plant relationship. The journey of using plants as medicine can be as spiritual as it can be scientific, and we will discuss many ways of incorporating herbal medicine into daily life and how this course has changed throughout history. 5:30-7pm in the Moonflower Library
- February 16th, Moonflower with Moab Regional Hospital will spend the day educating 8th graders on healthy snack choices
- February 16th, 5% Day goes to Beacon After School Program
- February 16th, Moonflower Community Cooperative Board Meeting from 5:30-8pm in the Grand County Library
- February 18th, Moab Charter School Health Hour at 6pm
- Saturday, February 20th, Andy Kennedy, will teach students how crystals are made, how their energy works, why clearing crystals is important, what crystal's shapes and colors affect the energy of our crystal allies, from 3-4:30pm in the Moonflower Library



Dream a Little dream...

The Aboriginal Australians say the waking dream is the false dream, Catherine Shank explained during her "Dream Awake" class at Moonflower. According to the Aboriginal people the dreaming state is when you are "awake."

Shank studied with a dreaming master for years and shared her knowledge of Toltec tradition with the class.

Toltec tradition explores the many aspects and levels of the dream-state, distinguishing ordinary dreaming from "dreaming awake," a condition of heightened awareness through which the active dreamer ascends to the Dream of Transcendence.

The Toltec have two types of dreams; the first intention dream is the ego, illusion and defense against death; the second intention dream is in the night and is

God conscious-ness.

The idea is to bridge the first and the second intention, she said.

Everyone is searching on some level for a connection to self and an authentic self, Shank said, "People are 'waking up.'"

The mind is what supports the higher conscious and the God conscious is the dreaming state.

Shank explained dreaming is tapping into energy every night, like filling up at the fuel tank.

If a person dreams the same theme all night or dreams the same issue over and over the higher mind is trying to get one's attention.



Catherine Shank and the class discuss dreams.

Apply these reoccurrences to your waking dream.

The structure of a dream is separated into four parts; problem, emotion, turning point and resolution.

Dreams come in threes as does waking life, she said. "What you dream at night will show in your waking dream."

Much of what people

Dreams, continued on pg 2 →

Moonflower Seeking New Board Members

There will be two vacancies on the Moonflower Board of Directors.

To be eligible to become a board member a person must be 18 years of age and be a member of the co-op for the previous six months or longer.

- Powers and duties of board members, as

stated in the Moonflower Community Cooperative bylaws: The duties of the Board shall include, but not be limited to, overseeing the establishing policies to govern operation decisions, engaging one or more managers and monitoring their per-

formance, securing good conditions of employment and reasonable employment and reasonable employee benefits, and assuring that the purpose and mission of the Co-op are properly carried out.

Seeking, continued on pg 2 →

"What you dream at night will show in your waking dream," said Catherine Shank

Moonflower has now updated our Integrative Health Care Practitioner's Guide. Moonflower has been printing these guides for years as a free service to the community to help people connect with local healers. Please go to www.moonflower.coop and under community to view the guide or pick one up in the store.

Dream Awake

Dreams, continued

dream is 90% mundane; emotions, work, and life issues. These are to clear the channels for the prophetic dreams.

It is beneficial to de-charge before dreaming. Through the day people exchange energy with the people they come in contact with and carry it with them in their dreams. Several ways to de-charge are to give blessings to those you contacted, by using a black rock to give reflection on your day, or look into the flame of a candle, which pulls the energy away.

Shank learned from a Dream Master that

nightmares are to distract the mind for the soul to sneak away. When a person suddenly wakes from a dead sleep it is the soul returning, she said.

Shank handed out a sheet with the dreams organized in four parts with descriptions of what aspects each holds: Regulator or Spiritual Mind, Governing Structure or Authoritarian Mind, Emotional Mind and Intellectual Mind.

Shank suggests tracking dreams twice a week, but warns it can become exhausting.

When examining a dream, simplify it by titling the dream, Shank said.

Write questions on a piece of paper with your dominate hand and answer them with the non-dominate, which will access a clear place of truth within you.

Shank appealed to the class to ask what did the dream feel like and what were their intentions? Solutions to fix repeated patterns and suffering will emerge.

"With access and understanding one may dream awake," she said.

An individual may now pull information from his or her dream to help through life with greater awareness in life.

Seeking Board Members

Seeking, continued

- The board requires all interested candidates to submit an application/letter of interest by February 9, 2016.
- name of candidate and if possible a photo

- reasons for interest in serving on the board
- any special qualifications that the candidate would bring to the Moonflower Board
- any previous co-op experience and other board experience

Applications may be submitted via email to jsavarese@moonflower.coop or turned in at the store in a sealed envelope, or mailed to: Moonflower Co-operative, Attn: Judy Savarese, 39 East 100 North, Moab, UT 84532



Show the Love with Healthy Cookies

In many houses, a holiday isn't truly celebrated till the baking sheet comes out. This cookie recipe is full of healthy swaps: Whole-wheat flour, honey, and natural peanut butter take on the usual flour-sugar-fat mix. Plus wheat germ gives it a bump of vitamin E.

Ingredients

- 1/4 cup unsalted butter, softened
- 1/2 cup natural creamy peanut butter
- 1/4 cup honey
- 2 egg whites

- 1 teaspoon vanilla extract
- 1 cup whole wheat pastry flour
- 1/4 cup wheat germ
- 1 teaspoon baking soda
- 1/8 teaspoon salt
- 1 cup Dark Chocolate Candies (I used the Valentine's Day M&M's)

How-To

Preheat the oven to 350° and prepare your baking sheets with either silpat mats, parchment paper, or non-stick foil (which ever you prefer to make clean up easy). In a bowl, mix the flour, wheat germ, baking soda and salt together. Set aside. In a large bowl with an electric mixer (or in your stand mixer) beat the butter, peanut butter and honey together on medium speed until creamy (about 30

seconds). Beat in the egg whites and vanilla until fluffy. Slowly add the dry ingredients, beating until well blended. Stir in the chocolate candies. Drop the batter by the tablespoon, roll them in your hand to smooth them, flatten in your palm and place onto your cookie sheets. Bake for about 10 minutes, or until lightly browned. Cool for about 3 minutes and transfer the cookies to a cooling rack. Servings: 30 cookies

This recipe is from chocolateandcarrots.com

"Love, and a Cough, cannot be Hid." George Herbert, Jacula Prudentum | 651