

MARK YOUR CALENDAR:

EXTENDED CLASS DESCRIPTIONS CAN BE FOUND ON PG 2

- **Moonflower Annual Owner's Meeting, April 1st, from 6pm-8pm at the Moab Arts and Recreation Center**
- **Spring Into Balance with Herbalist Emily Stock, April 7th, 5:30-7pm at Moonflower Library**
- **The Red Planet in Retrograde—riding through the zodiac with Astrologer Nancy Kurtz, April 9th, 10-11:30am in the Moonflower Library.**
- **Art Walk with artist Mandy Brown, April 9th, 6pm-9pm in the Moonflower Library**
- **Yoga and Ayurveda with yoga instructor Meagan Coy, April 30th, from 10-11:30am at the MARC.**



Steven Lloyd feigning surprise!



Living in the Present will Improve Health

It is easy to have knowledge, but we must start with a foundation, Dr. Donald T. Leathers ND, with Phoenix Rising Center, said while speaking about the connection to health and living in the present, in a free Moonflower class.

He asked the class to be present, be here, right now. "In this moment is what real life is," he said.

A person with good health will have a vital force and be present, he said. A person with disease is uncomfortable, lacking health, they are disconnected and living in the past or the future, not the present.

"What we feel matters," Leathers said.

Feelings are the fuel that moves our life, he explained. "The heart needs to be open, to feel and experience, to have life."

When a person is present they cannot use judgment, fear, grief or anger. If a person uses these emotions

they will move out of the present and back into the past or the future, essentially cutting

the chart, with the mind being the deepest and most protected.

Tools are used for healing, such as medication, and can help mellow things down, but these should only be part of the process to healing, they do not heal, he said.

"If you just have skin and gut issues, you are pretty lucky," Leathers said.

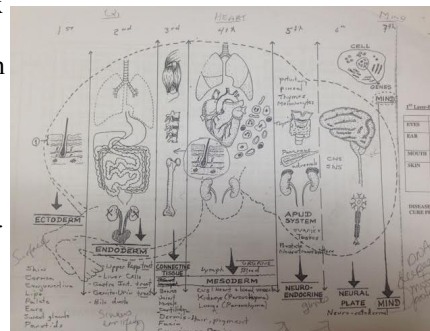


Chart of Suppression

the Qi, the circulating life force.

In order to be healed one must be unconditionally accepting of what is right now, he said.

The body will try and get our attention, he said, it will describe how deep the health problems are.

Leathers showed a diagram of how the body will show signs of problems early by way of ectoderm, or the skin and surface areas. The body will show sign of deeper health problems in order on

As the disease progresses deeper, the Qi will become weak and it will become harder to treat, he said.

To have life, we have to have an exchange, food is an exchange, we take and we give. Food has its true nature, if it is treated well, it will grow well.

Pain is a wakeup call, he said. It can bring you into the here and now. If you are having joint problems, don't drive it back inside. The analogy Leathers gave was if

Qi, continued on pg 2 →

Meet Commander Lloyd, the Man with the Experience

You probably don't see Steven Lloyd much, because we keep him in the back working hard making all those healthy Deli treats!

We thought we could ask him a few thought provoking questions so you might get to know Steve.

If you could change your name what would you call yourself? Commander Void

What is the best compliment you have ever received?
I smile a lot.

Have you ever eaten a crayon or glue? Or what strange thing have you eaten? Both, Foie Gras (that is goose liver, for the cooking novice, Steve has been a professional chef for 47 years!)

If you could be any age for a week, what age would that be? 25

What is your perfect pizza? Wild mushroom, burrata (mozzarella), pesto and tomato

“In this moment is what life really is,” Dr. Leathers said.

Treatment Begins with Qi

Qi, continued.

you seal up a cut, the salve shuts the air off and heals from the top of the wound, not from the inside. He would instead use a little honey and air to heal the wound from in the inside out.

Dr. Leathers wants

to engage people to be part of the healing process and encourages self-responsibility.

“A pill won’t heal,” he said.

Embrace emotions and acknowledge them. “I feel” begins integration and is fuel for life. You must get

comfortable with your emotions. When we have drama and chaos the emotions are not integrated. The mind should be integrated with Qi and the Universe.

“The first thing in treatment is to build the Qi,” Leathers explained.

Three Great Classes Offered in April and the Art Walk

Spring into Balance

In this free Moonflower class, taught by local herbalist Emily Stock of Sundial Medicinals, we will explore how to holistically live through seasonal change. We will discuss how to balance what commonly comes out of balance during this time including the immune system, seasonal allergies, depressed vitamin D levels, and more. This class will

challenge modern detoxification models including juicing, and we will talk about how to nourish in order to revitalize the system for the year to come. There will be focus on the Traditional Chinese Medicine perspective of spring, the element of Wood, and the function of the liver. This class will be Thursday, April 7th, 5:30-7pm, at

the Moonflower Library, and has a 20 person limit, please sign up at Moonflower!

The Red Planet in Retrograde – riding through the zodiac

By focusing on the upcoming retrograde movement of the planet Mars, this workshop will give you an idea of how the planets move through the zodiac. Do they enhance or obstruct? Will it be chaos or resolution? Is it just me or is the whole world going nuts? The fault, as Shakespeare famously wrote, is not in our stars. We have the right to tell the

story. We have the ability to re-tell the story and make it sing a more vibrant song, a song of possibilities. In this short but hopefully sweet free Moonflower workshop we will begin to unearth the possibilities and, by moving from the specific to the general, learn some useful tips on how to interpret the movements of the luminous wanderers in our night sky... Join Astrologer Nancy Kurtz Saturday, April 9th, 10am-11:30am at the Moonflower Library. Please sign up on Moonflower!

Yoga and Ayurveda

This free Moonflower class will explore how the ancient teachings of yoga and its sister science, Ayurveda, work together and can help bring you into balance in our modern world. You will be learning your own constitutional make-up through Ayurveda, and applying this information in a movement based yoga class. It will be a combination of learning and moving suitable for all levels of students. Join yoga instructor Meagan Coy Saturday, April 30th, 10am-11:30am at the MARC. Please sign up at Moonflower Co-op.

Art Walk

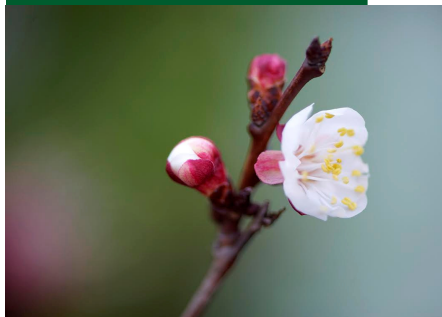
Moonflower will be showing artist Mandy Brown's work for the Art Walk, Saturday, April



Dream Birds by Mandy Brown

9th, from 6pm-9pm in the Moonflower Library. Mandy Brown was born in Moab in 1983 and spent her first 16 years in Moab. She has made a home in California, New York, Hawaii and Washington. Much of her time was spent traveling the United States! She has gained knowledge, wisdom, inspiration and a great love for people, plants, animals and our beautiful planet Earth! Mandy has returned to beautiful Moab and works as a cashier at the Moonflower Community Cooperative. She loves working at Moonflower and enjoys connecting with the community through her work.

Besides being very colorful, Mandy's paintings and drawings are whimsical, spiritual and visionary. She works with mostly oil and acrylic. She paints rocks, handbags, canvas and paper and loves creating murals. Her most current and loved medium is homemade ink from the black walnuts that fall from the trees in Moab!



Cherry Blossom

Spring into Balance with Emily Stock!



natural foods store