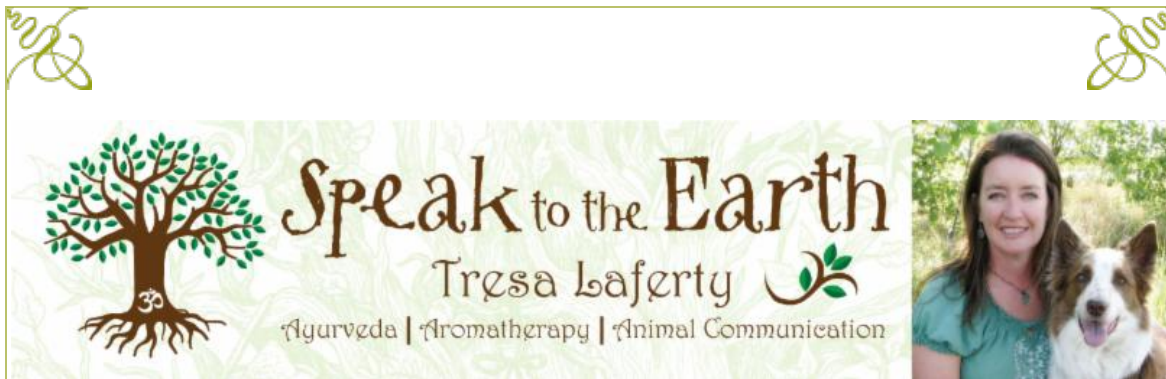


Hi, just a reminder that you're receiving this email because you have expressed an interest in Speak to the Earth, LLC. Don't forget to add tresa@speaktotheearth.com to your address book so we'll be sure to land in your inbox!

You may [unsubscribe](#) if you no longer wish to receive our emails.

How have you been?



Spending time with one of my buddies, Twang.



It's been a while, how are you?

It's been a while since we've talked. I've had a lot of things I'm working through, as I'm sure you have too.

The spring and early summer has put me through: **rejuvenation** (my trip to India), **death** (the death of my

beloved brother) and **completion** (completing my Ayurveda Practitioner Certification) just to name a few.

Lots of inward work that I continue to work through.

My Ayurveda daily schedule of self-care (dinacharya) has been my saving grace. I've also leaned heavily on essential oils. My current favorite is **Jasmine**. Oh, how lovely this night blossom is! She has helped keep me cool & soft, open my heart, control my emotions and unfold the petals of love in very difficult situations. Ayurveda says that Jasmine flowers are "Sattvic" and increase love and compassion: two things that are much needed in difficult times.

In working through the grieving process, I ran across **this post** by Oliver Sacks on his own impending death.

It made some things clear for me so I thought you'd enjoy reading it too.

As for right now, I'm enjoying the summer in Wisconsin, working/playing with my dogs and nurturing my inner light. In some upcoming posts, I'll be sharing about my trip to India, my developing Ayurveda Practice and my love of plants & trees. I just wanted to touch base and send you a little

Earthly love. ♥♥♥

Until new posts start coming, please visit some of my Healthy Recipes by clicking below.

With love, kindness and compassion,

~Tresa~

Healthy Recipes

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Upcoming Classes

I've got a few upcoming classes on my schedule. The Women's Renewal evening on August 13th includes an Ayurvedic Cooking demo and meal. YUM! Check out the listings by [clicking here](#).

STAY CONNECTED:

