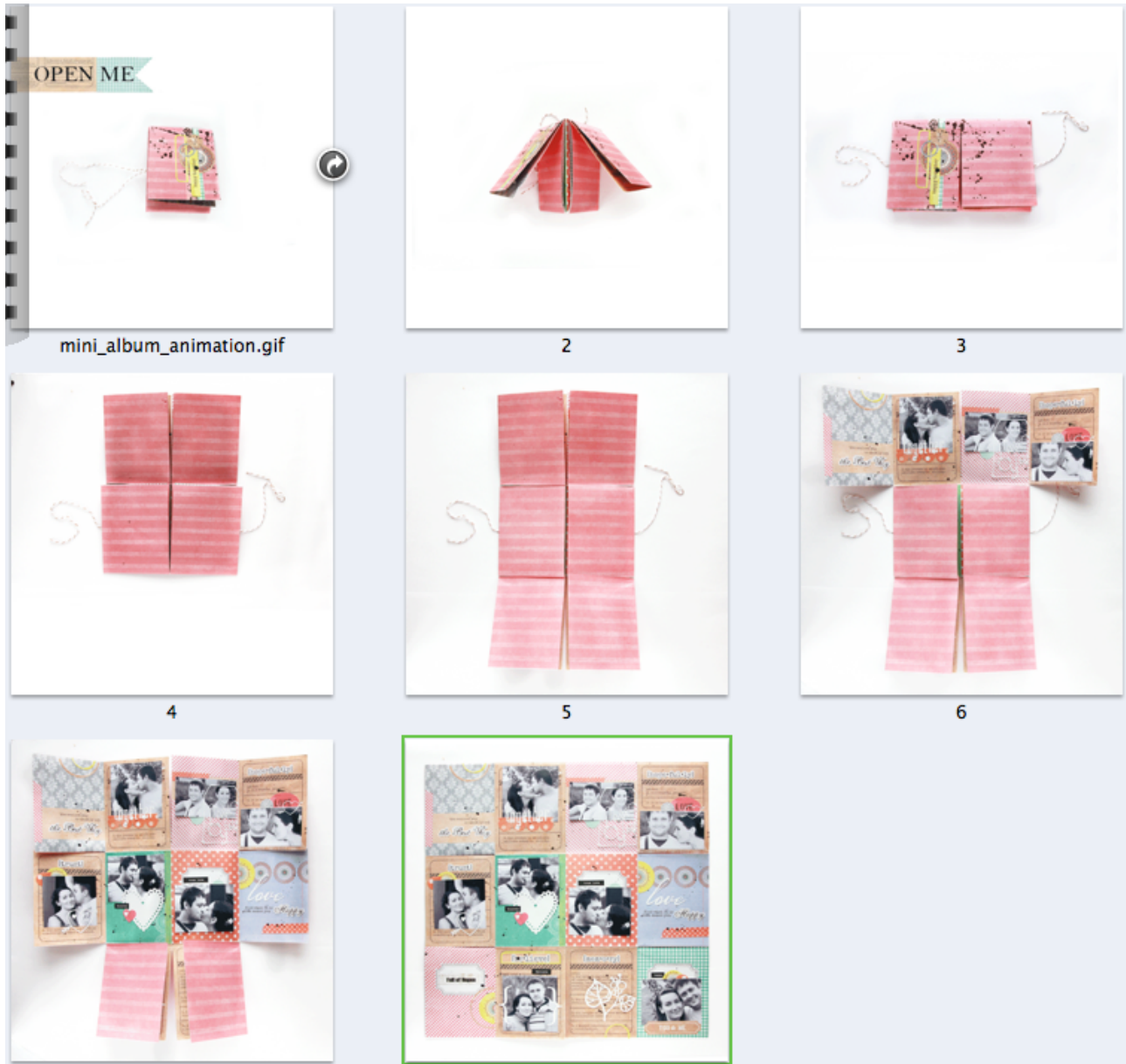






31539
Nicholas Roerich









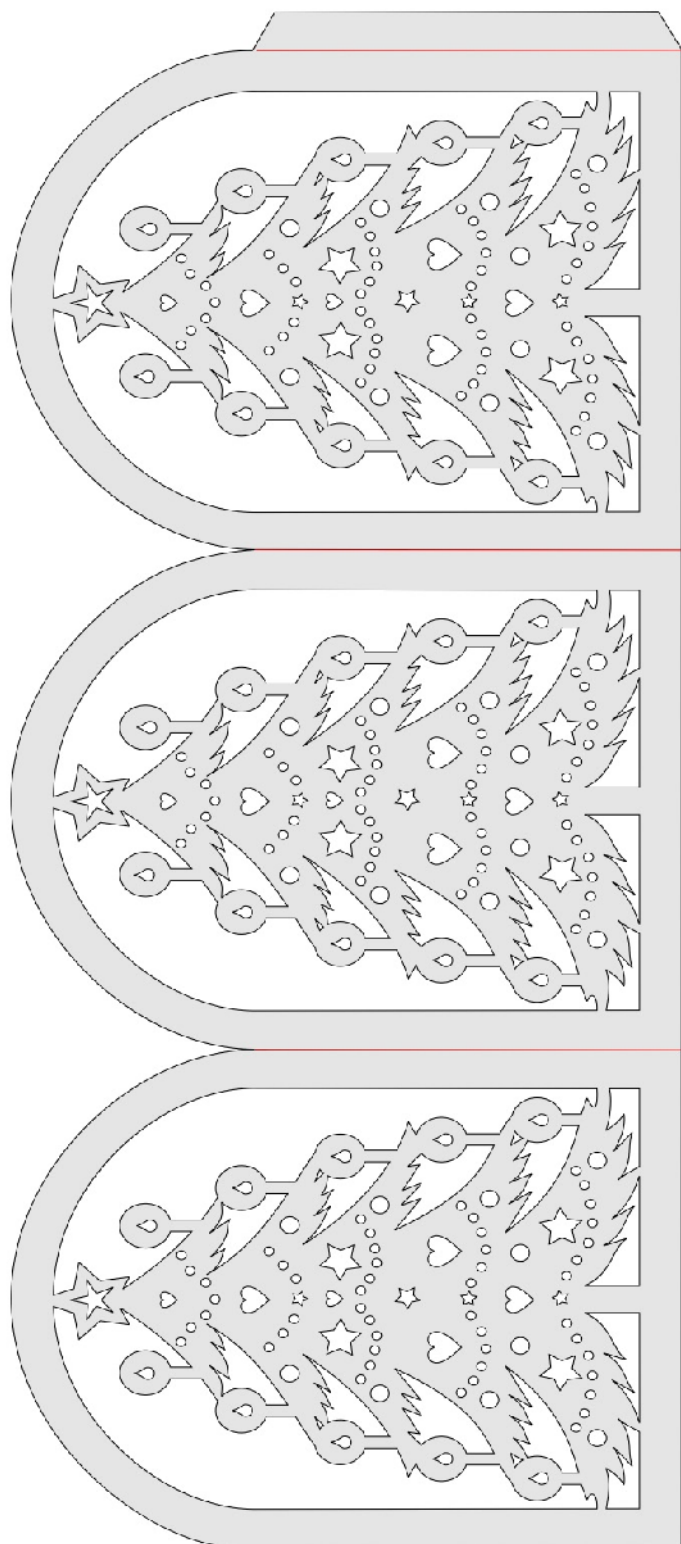






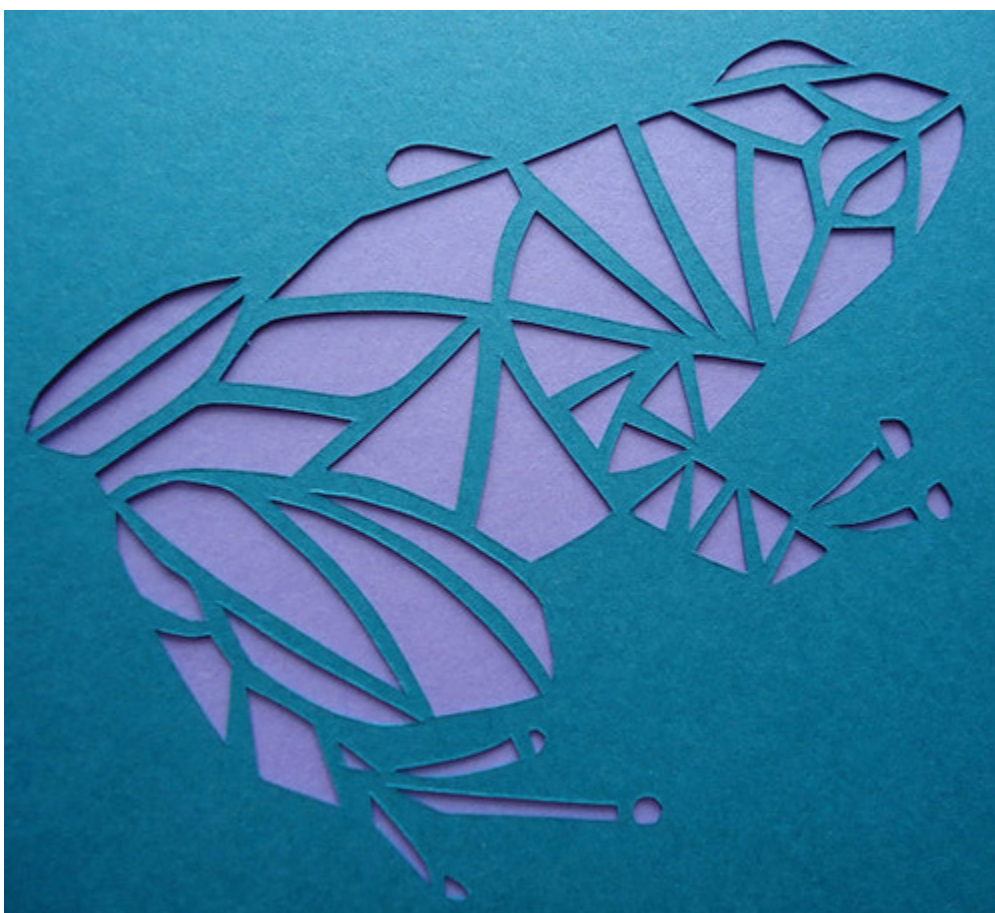


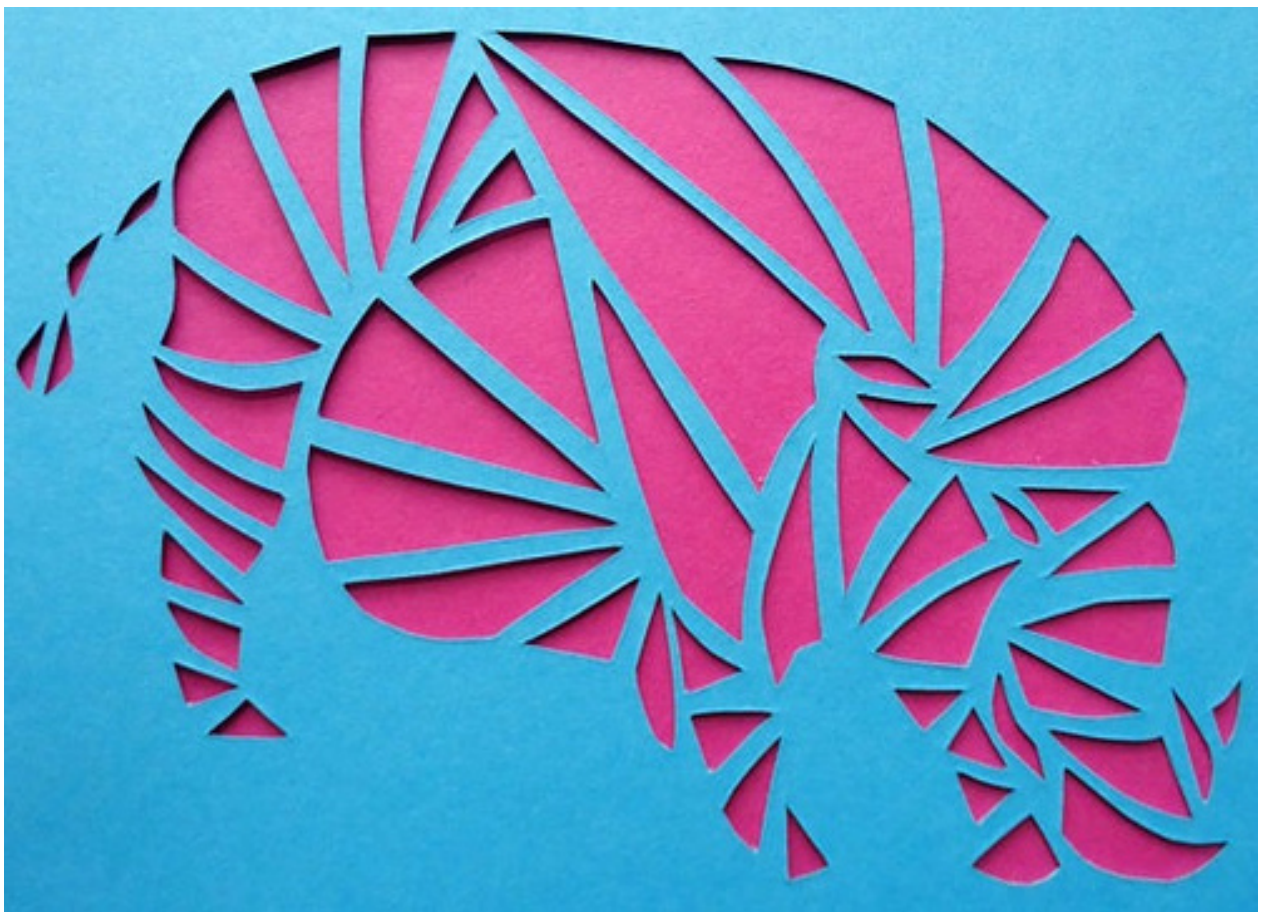
<http://extremecards.blogspot.com>













Da Bernard, una meditazione semplice ispirata da quelle che praticavano gli egizi al tempo del faraone Akhenaton e riportata da Daniel Meurois Givaudan.

Si tratta di sedersi e di prendere contatto con il suolo, di sentire le proprie radici sprofondare nel suolo e a mettersi in contatto con la terra e di richiamare la sua presenza vibrante al centro del nostro petto.

Lentamente e con fluidità, spostate la vostra coscienza al centro della terra fino a che non vi identificherete con il centro stesso della terra. Dopo un po' di impregnazione del nostro amore, la presenza del cuore della terra si confonderà con la presenza del nostro cuore. Il nostro cuore diventerà il cuore della terra, e il cuore della terra il nostro. In questo momento di comunione intensa, le informazioni sul futuro del nostro pianeta si impegneranno in noi. Non sarà per forza cosciente, ma ci sarà un legame che poco a poco si tesserà tra la terra e noi stessi e che permetterà al nostro lavoro di iscriversi in uno schema globale dell'umanità.

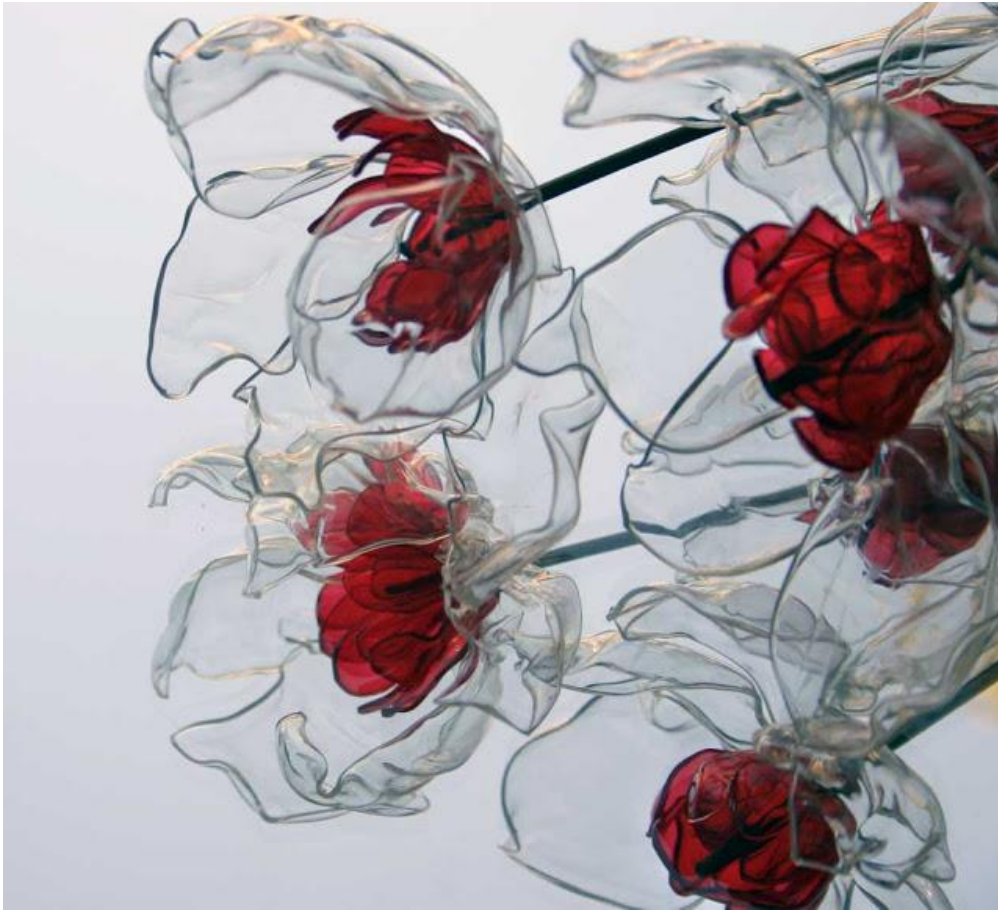
Poi la nostra coscienza potrà fare il cammino inverso facendo ritornare la coscienza della terra nel suo insieme al livello del cuore. Poi ringraziarla per l'esperienza vissuta.

Esiste un meccanismo a cui poche persone danno importanza.

Ogni notte, che lo vogliamo o no, noi riportiamo alla nostra coscienza molte informazioni. Alcuni sogni ci segnano molto e ci danno delle indicazioni precise sul nostro ruolo in seno al "grande piano". Attraverso dei tocchi successivi il linguaggio dei sogni ci indica il cammino da prendere e ci prepara al ruolo che avremo, per quanto umile esso sia.















Amazing grout cleaner. 7 c water, 1/2 c baking soda, 1/3 c ammonia, 1/4 c vinegar. Spray on, scrub, wipe off



"Life shrinks or expands
in proportion to one's courage."

Anais Nin



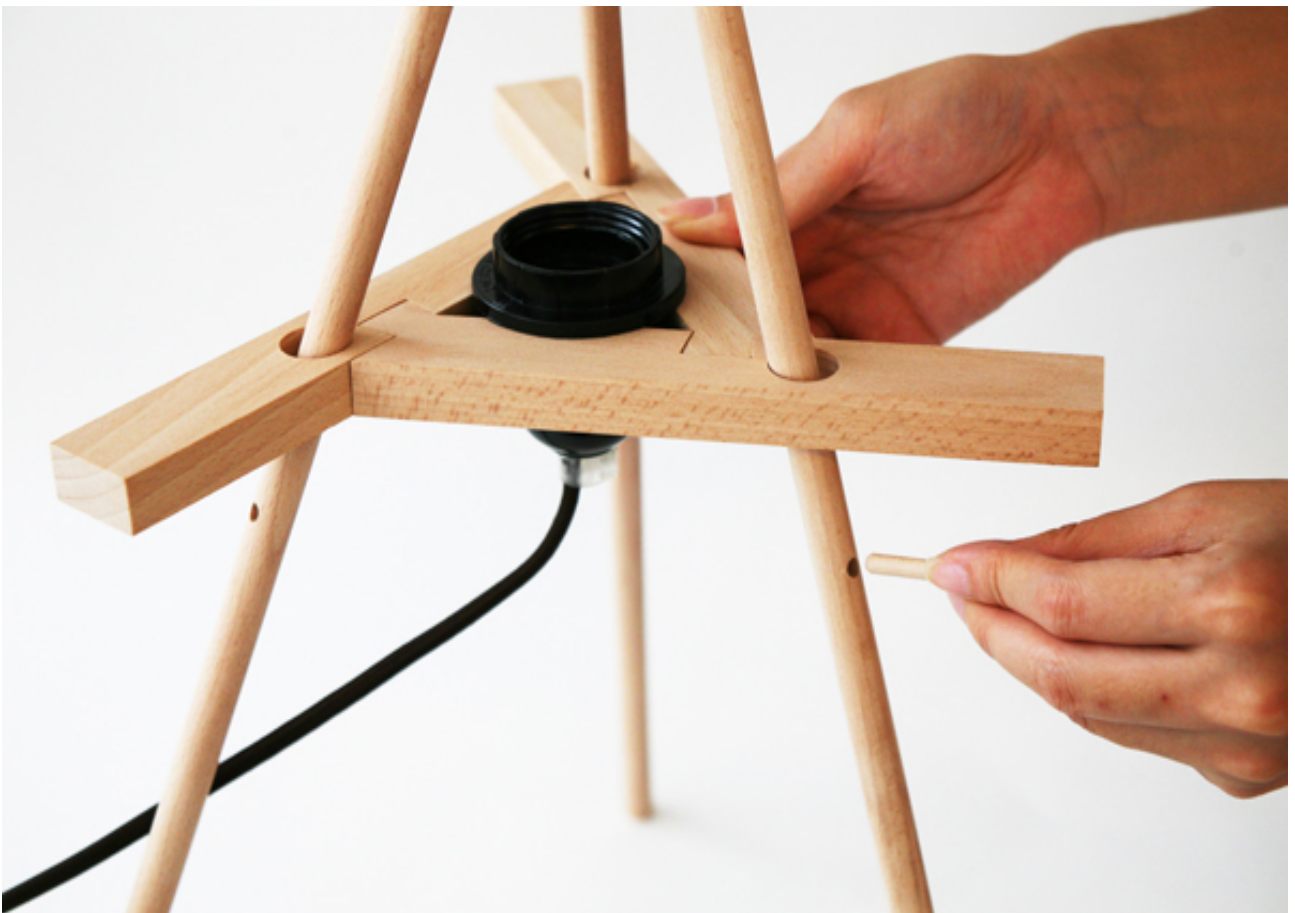
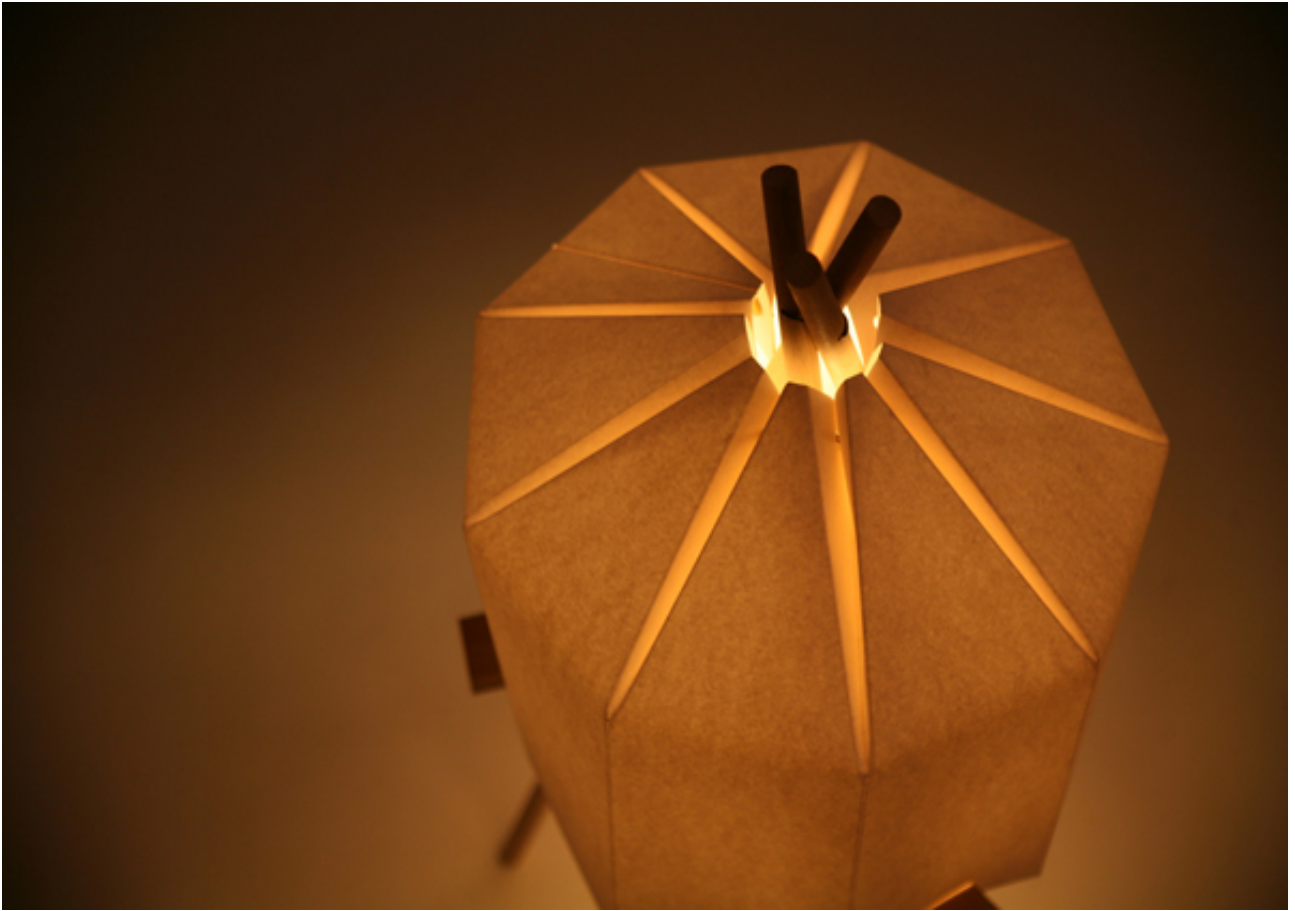


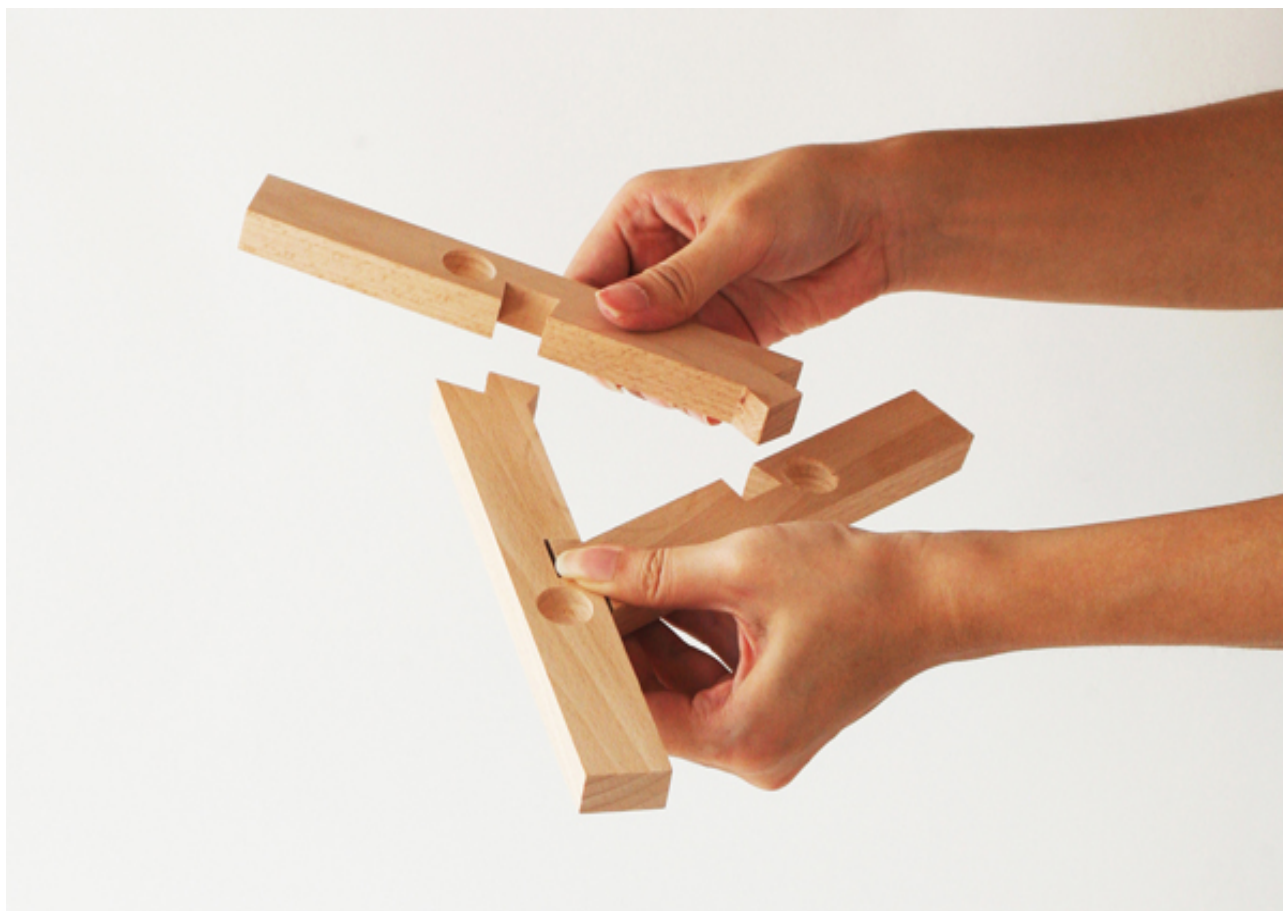






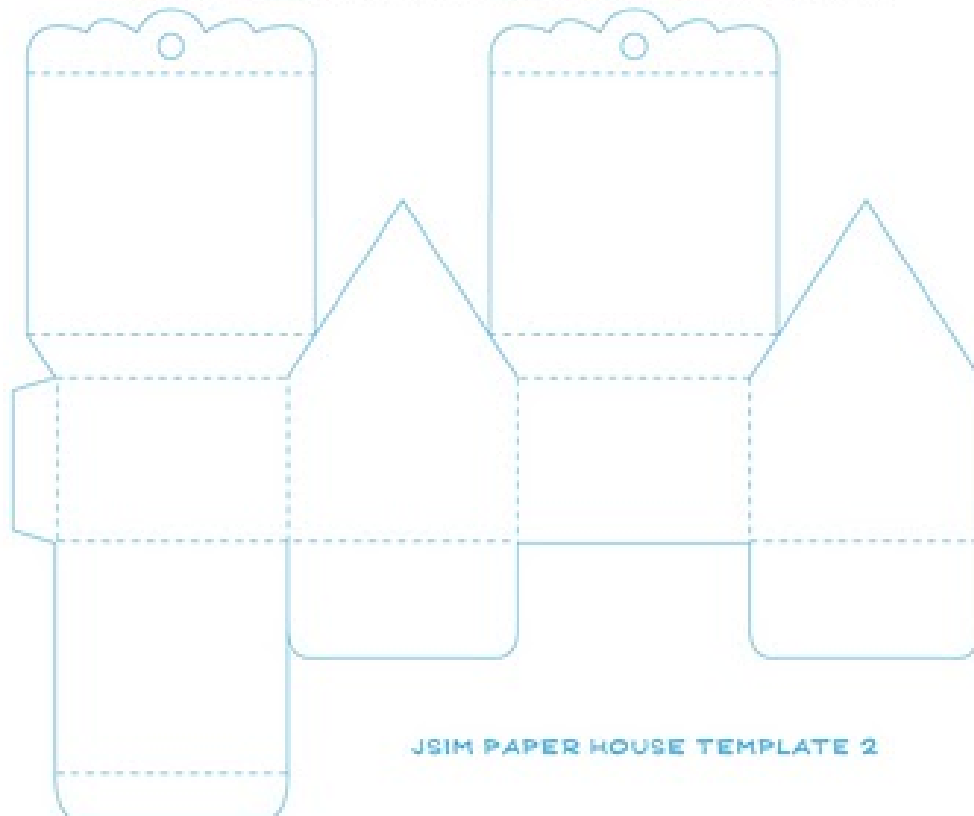








JSIM PAPER HOUSE CONTENT BY *Cathy Holden* JUSTBOMETHINGMADE.COM



JSIM PAPER HOUSE TEMPLATE 2



Jillee's Homemade Laundry Products CHEAT SHEET



HOMEMADE POWDERED LAUNDRY DETERGENT

3 bars Fels Naptha soap, grated
 1 box borax
 1 box washing soda
 2 cups baking soda
 2 containers of oxygen bleach
 1-2 containers of Purex fabric softener crystals
 Mix everything together. Use 2 Tablespoons per load.

==

HOMEMADE LIQUID LAUNDRY DETERGENT

3 Tablespoons borax
 3 Tablespoons washing soda
 2 Tablespoons Dawn dishwashing liquid
 Put these ingredients in a one gallon jug.
 Pour 4 cups boiling water into the jug.
 Swirl until ingredients are dissolved in the liquid.
 Let liquid cool & fill almost to the top with cold water.
 Use 1/2 to 1 cup per load (depending on how dirty.)

==

HOMEMADE ARMPIT STAIN REMOVER

1 teaspoon Dawn dishwashing liquid
 2-3 teaspoons hydrogen peroxide
 1-2 teaspoons baking soda
 Using an old toothbrush, work the mixture into the stain. Let sit for an hour or so, then launder as usual.

==

HOMEMADE FABRIC SOFTENER

6 cups water
 3 cups white vinegar
 2 cups conditioner
 Mix water, vinegar, and hair conditioner in a 1 gallon container; stir. Do not shake it; it will cause foaming.
 Use the same amount you normally use in a rinse cycle or spritz it on a wash cloth and throw in dryer.

HOMEMADE OXYGEN BLEACH (OxyClean)

1/2 cup washing soda
 1/2 cup hydrogen peroxide
 (Makes enough for one load of clothes).
 Add to washing machine along with laundry detergent.
 Agitate for a few minutes, then let the load soak for a couple of hours (or overnight).

==

HOMEMADE STAIN REMOVER (SHOUT)

2/3 cup Dawn dishwashing liquid
 2/3 cup ammonia
 6 Tablespoons baking soda
 2 cups warm water
 Mix everything together & pour into a spray bottle.
 To use: Give bottle a shake, spray on stains, allow to soak in for a few minutes, then launder as usual.

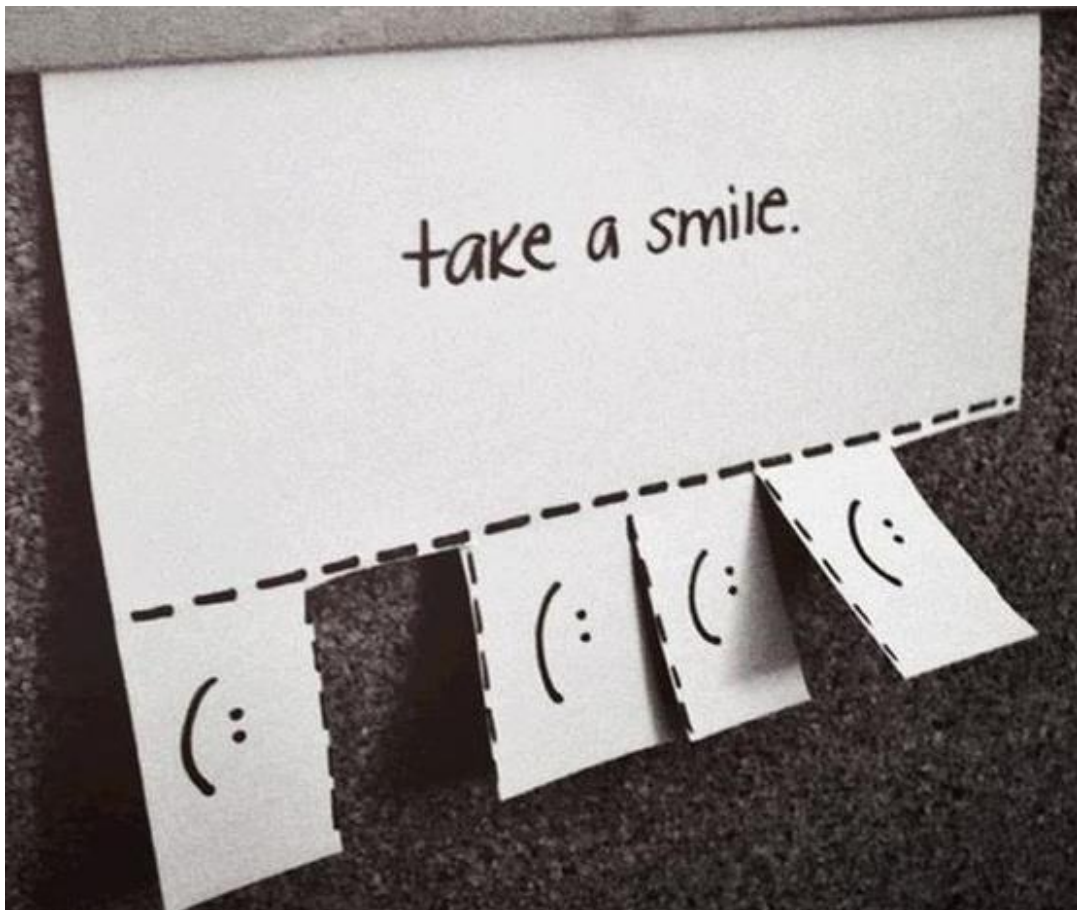
==

HOMEMADE LAUNDRY WHITENING SOLUTION

HOT HOT HOT water
 1 cup laundry detergent
 1 cup powdered dishwasher detergent
 1 cup bleach
 1/2 cup borax
 Add the above ingredients to a load of whites along with just enough water to BARELY cover. Let soak for a couple of hours or overnight, then launder as usual.

==





■ LIFE IS TOO SHORT TO
■ WAKE UP IN THE
■ MORNING WITH REGRETS,
■ SO LOVE THE PEOPLE WHO
■ TREAT YOU RIGHT AND
■ FORGET THE ONES THAT
■ DON'T AND BELIEVE THAT
■ EVERYTHING HAPPENS
■ FOR A REASON. IF YOU GET
■ A CHANCE, TAKE IT. IF IT
■ CHANGES YOUR LIFE, LET
■ IT. **NOBODY SAID THAT IT'D
■ BE EASY, THEY JUST PROMISED
■ IT WOULD BE WORTH IT.**

■ -ANONYMOUS



SJC
Designs











Homemade Shower Discs

Place a disc on your shower floor and as the water slowly dissolves it, the essential oil vapors combine with the steam to relieve cold symptoms.

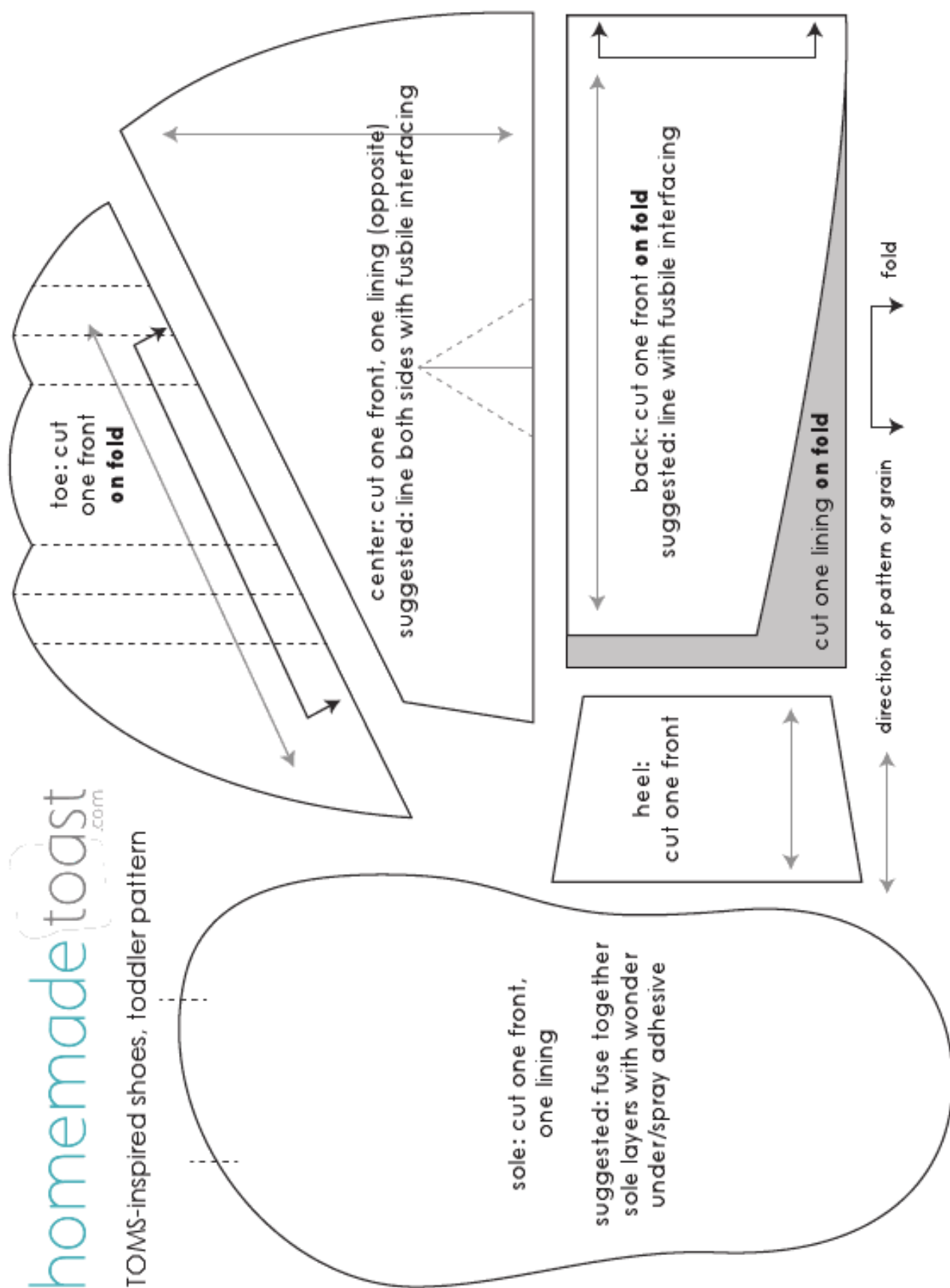
Ingredients

1 cup baking soda
1/3 cup water (enough to make paste)
Essential oils (eucalyptus, lavender, peppermint)

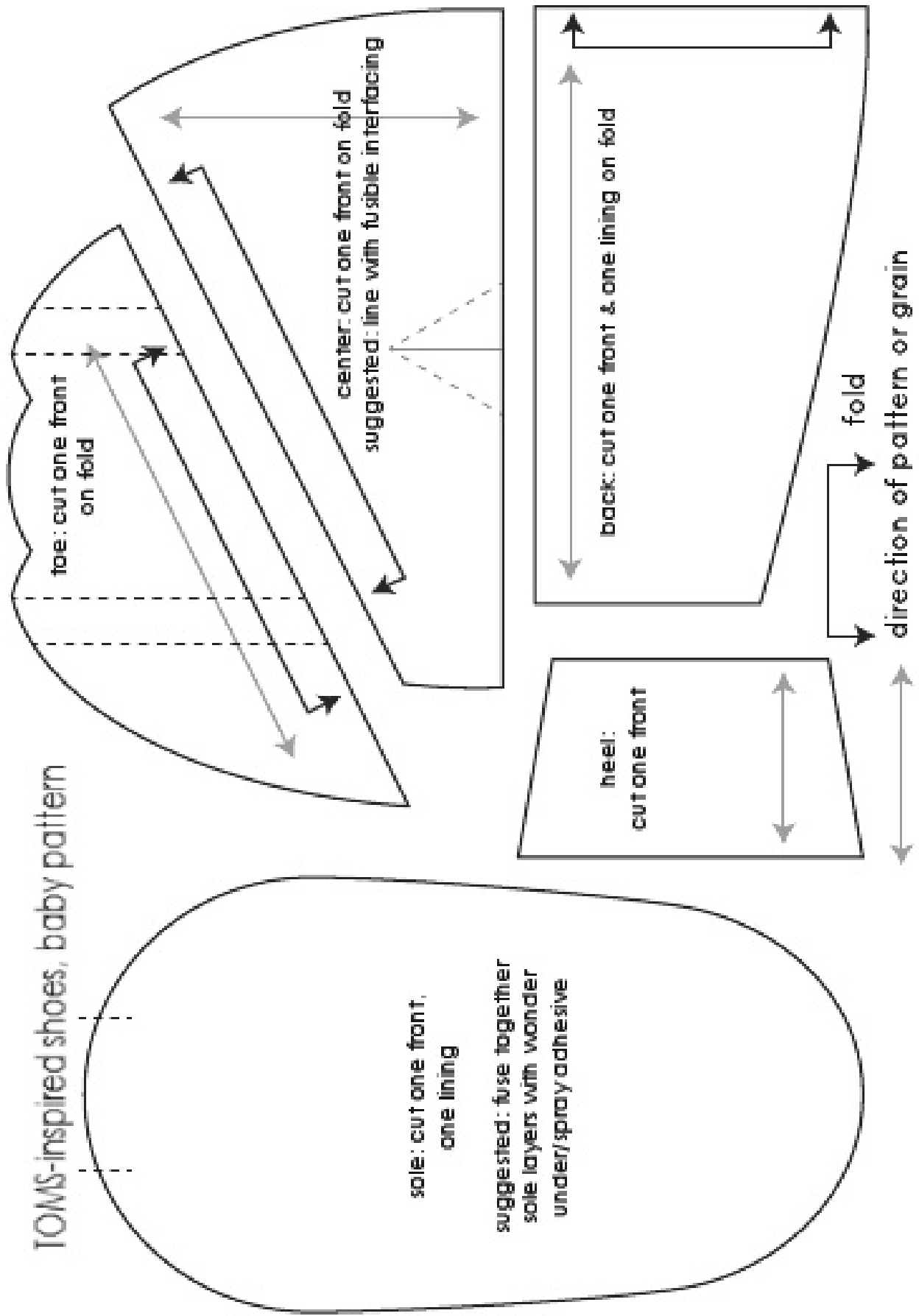
Preheat oven to 325 degrees. Line a mini-muffin tin with foil liners. Mix the baking soda and water together to form a thick paste. Pour into cupcake tin. Bake at 325 degrees for 15 minutes. Remove from oven and let cool. Top with one drop each of Eucalyptus, Lavender, and Peppermint essential oils.







TOMS-inspired shoes, baby pattern



Hasselback Potatoes adapted from [Pham Fatale](#)

Ingredients

6 red potatoes 2 tablespoons olive oil
4 tablespoons butter, melted 1 teaspoon kosher salt
1/2 teaspoon freshly ground black pepper 1 teaspoon minced garlic
1/2 teaspoon kosher salt 1/2 teaspoon freshly ground black pepper

Directions

Line a baking pan with aluminum foil and brush with olive oil.
For the garlic-flavored butter: Mix the minced garlic and melted butter with salt and pepper. Set aside.

Wash the potatoes (no need to peel). Cover with cold water. Bring to a boil and cook for about 5-6 minutes. The potatoes should still be firm. Drain.

Preheat oven to 425°F.

Once the potatoes are cool enough to handle, cut off a thin slice on one side to create a base, then starting from one end of the potato, cut almost all the way through, at about 1/8 inch intervals.

Place the potatoes on the greased baking pan. Fan the slices of each potato apart and pour 1 – 2 teaspoons of garlic butter over each potato, making sure to get some in between each slice. Sprinkle with some more kosher salt and pepper.

Transfer back into the hot oven and roast for about 45 minutes at 425°, or until the potatoes turn crispy and the flesh is soft.



Parmesan Baked Potato Halves adapted from [Fav Family Recipes](#)

Ingredients

6 small potatoes, scrubbed and cut in half
1/4 cup butter, melted
1/2 cup grated parmesan cheese
1/2 teaspoon garlic powder
1/2 teaspoon seasoning salt

Directions

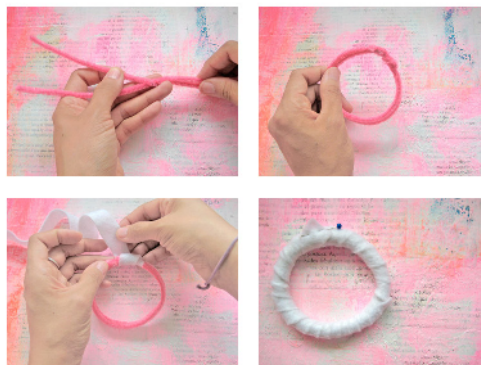
Preheat oven to 400 degrees. Melt butter and pour into a 9×13 inch pan and spread evenly across the bottom. Sprinkle parmesan cheese, garlic powder and seasoning salt over the butter. Place potato halves face down on the butter and seasonings. Place in preheated oven and bake for 40 to 45 minutes. Cool for 5 minutes before carefully removing from pan with tongs. Serve on a plate with a side of sour cream for dipping.

When I took these out of the oven I thought there was no way that the stuff I put on the bottom of the pan was going to create a crust, but sure enough, it did! **A mighty TASTY crust!**





How to make a fabric bracelet by Alma Stoller



- 1) twist two pipe cleaners together
- 2) shape it into a circle
- 3) wrap a strip of felt around it
- 4) pin it in place





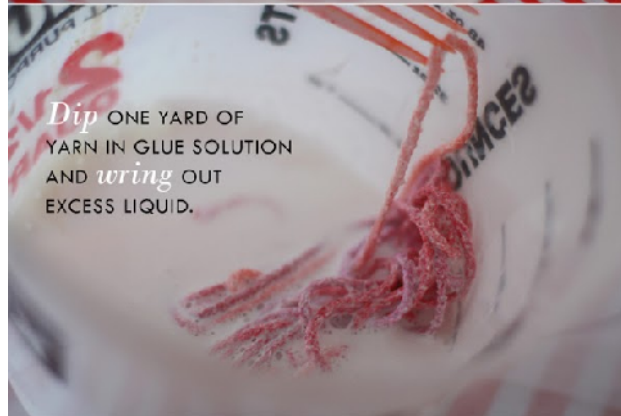
Andrew Ooi







USE A PERMANENT MARKER TO *draw* HEARTS ON WAX PAPER. *Flip* TO REVERSE.



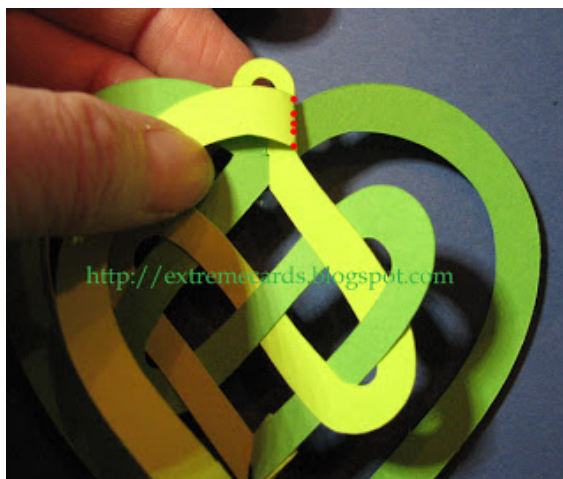
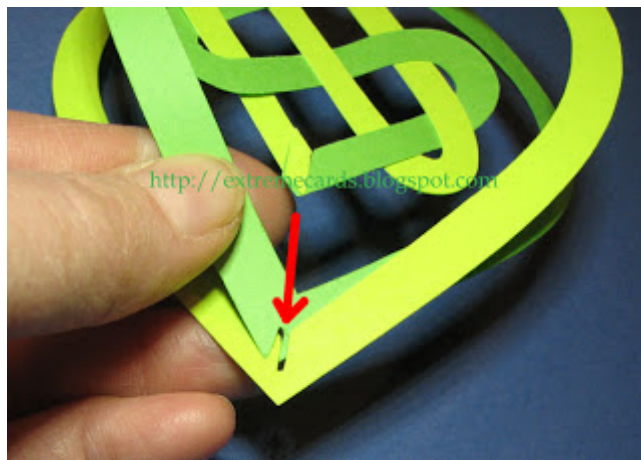
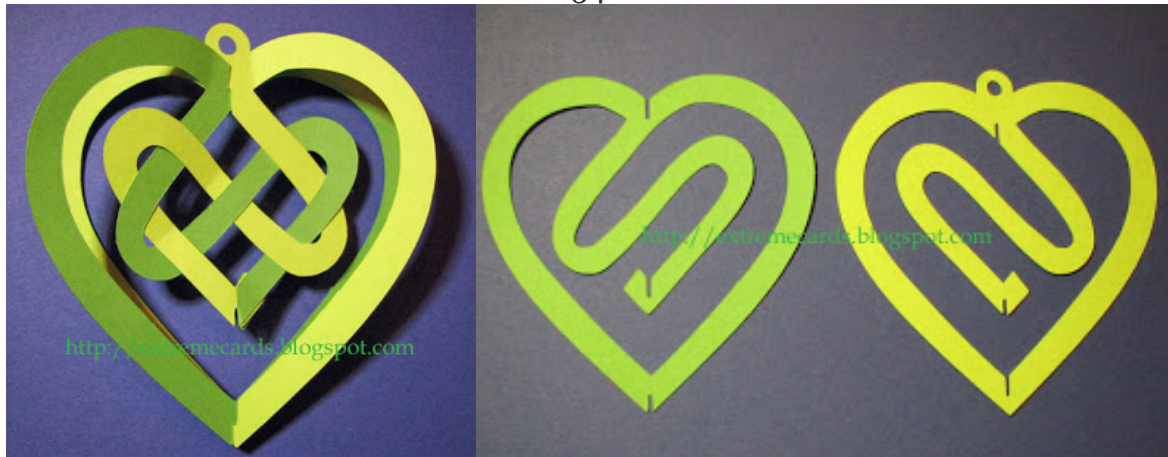
Dip ONE YARD OF YARN IN GLUE SOLUTION AND *wring* OUT EXCESS LIQUID.

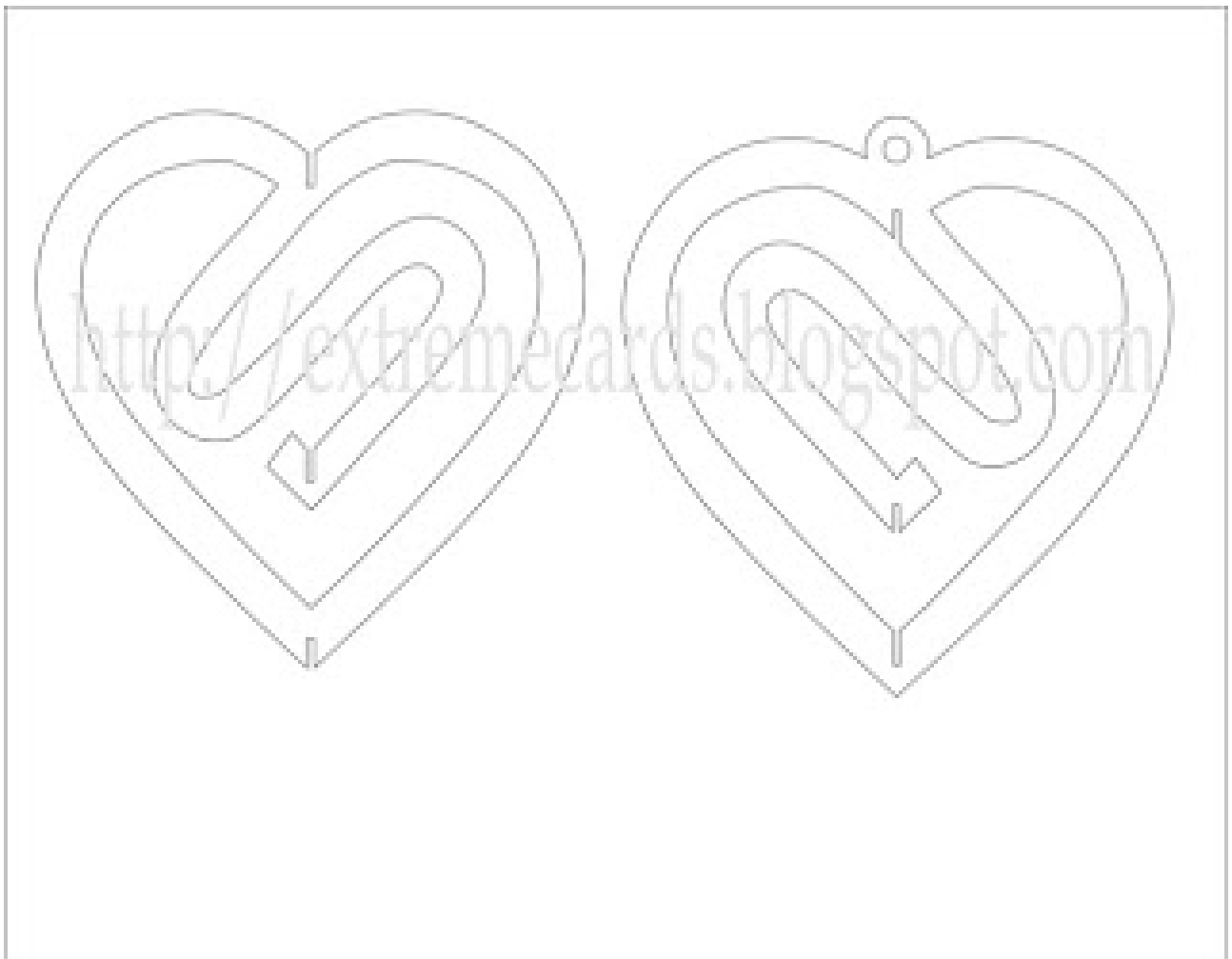


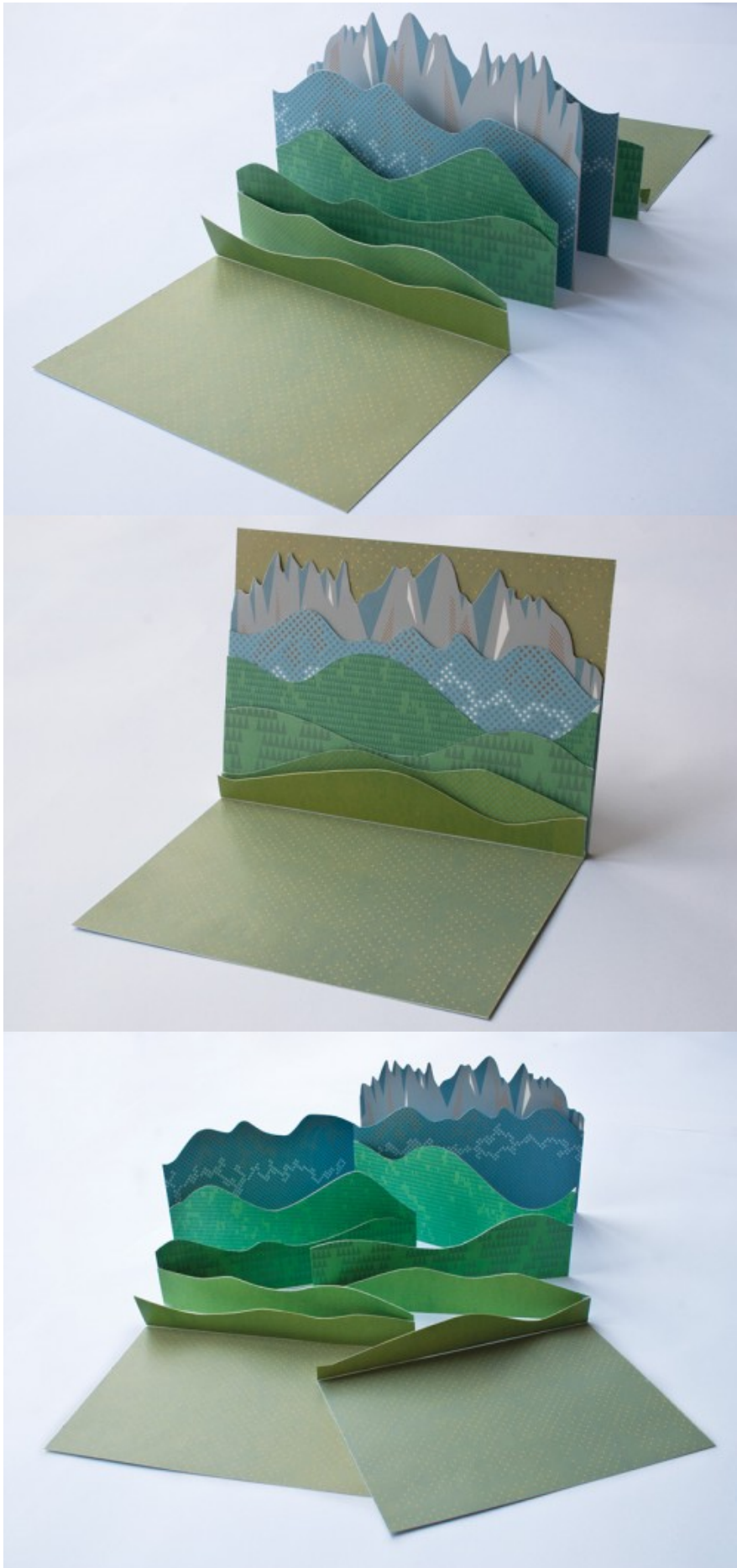
Arrange INTO HEART SHAPES. LET THEM *dry* OVERNIGHT.

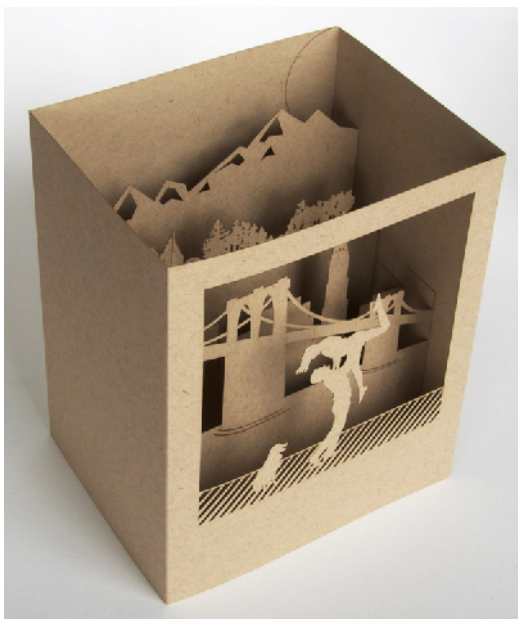


Attach LOOPS TO THE TOP AND *hang* AWAY!













"MEDITATION
NIRVANA
SILENCE
REIKI
THETA HEALING
SUCCESS
MANIFESTING
JOB
MONEY
CAR..."



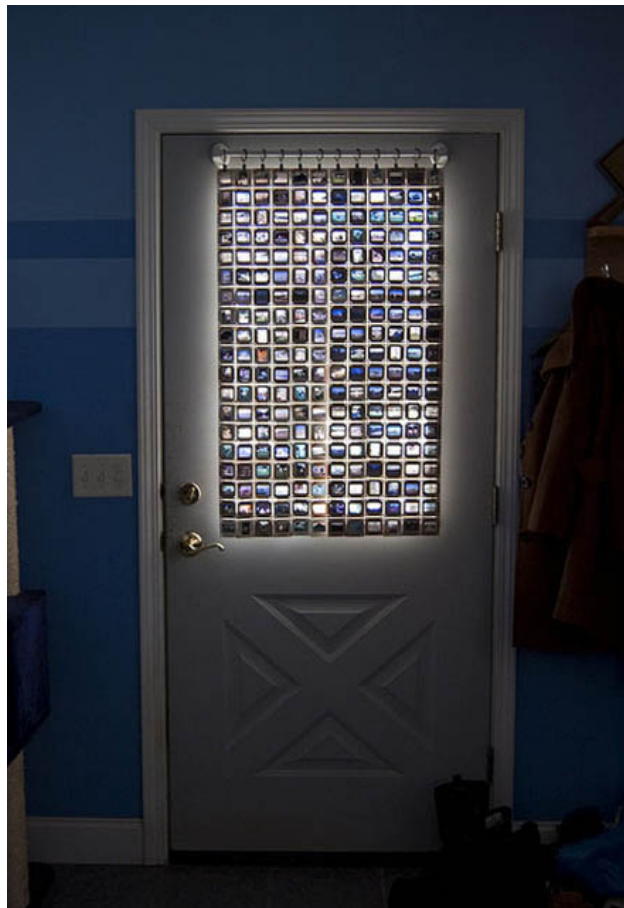
"....."



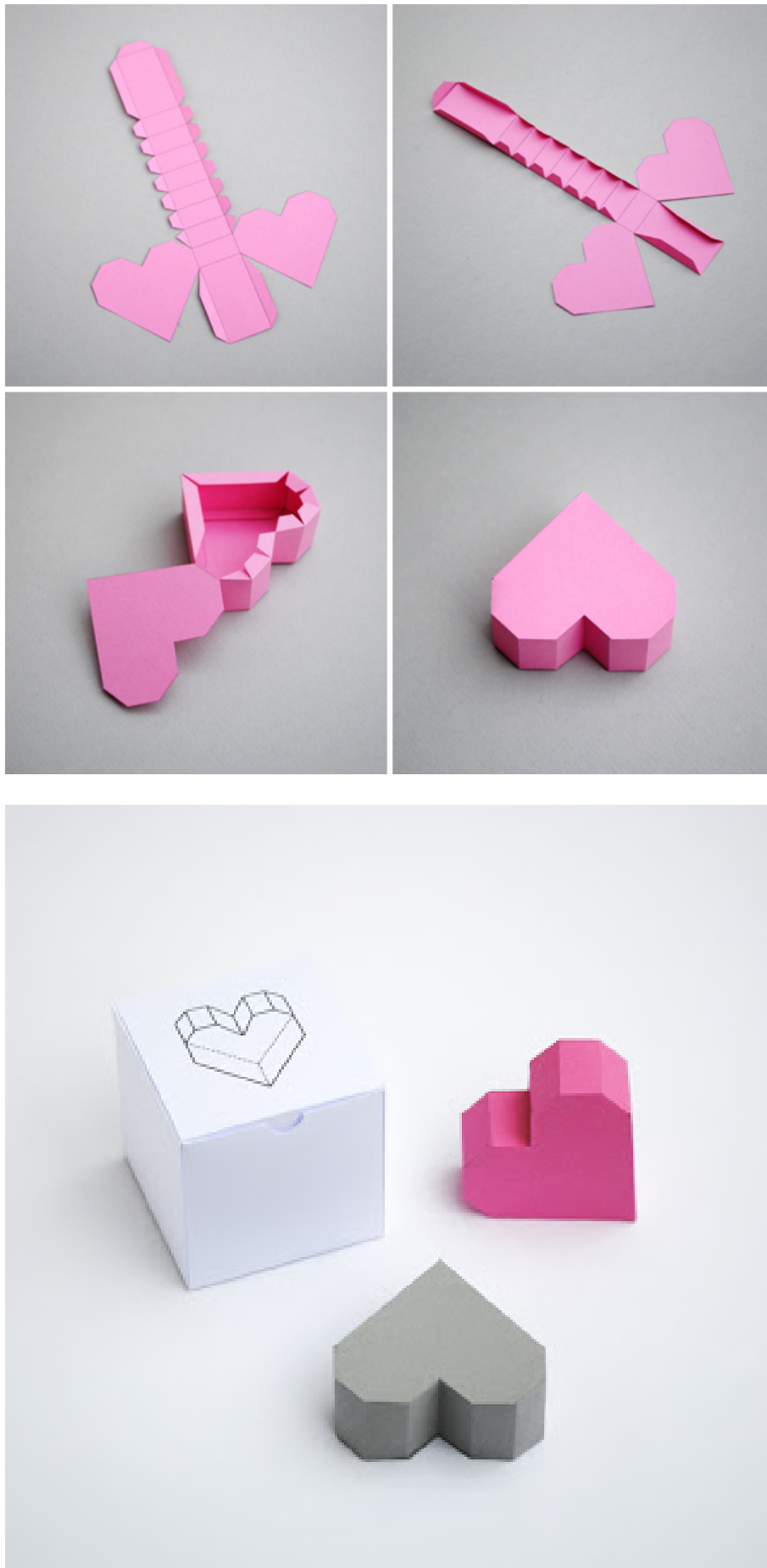


Soak orange peels in vinegar for two weeks in a sealed mason jar then pour the vinegar into a spray bottle. Use as a non-toxic and yummy smelling "green" cleaner

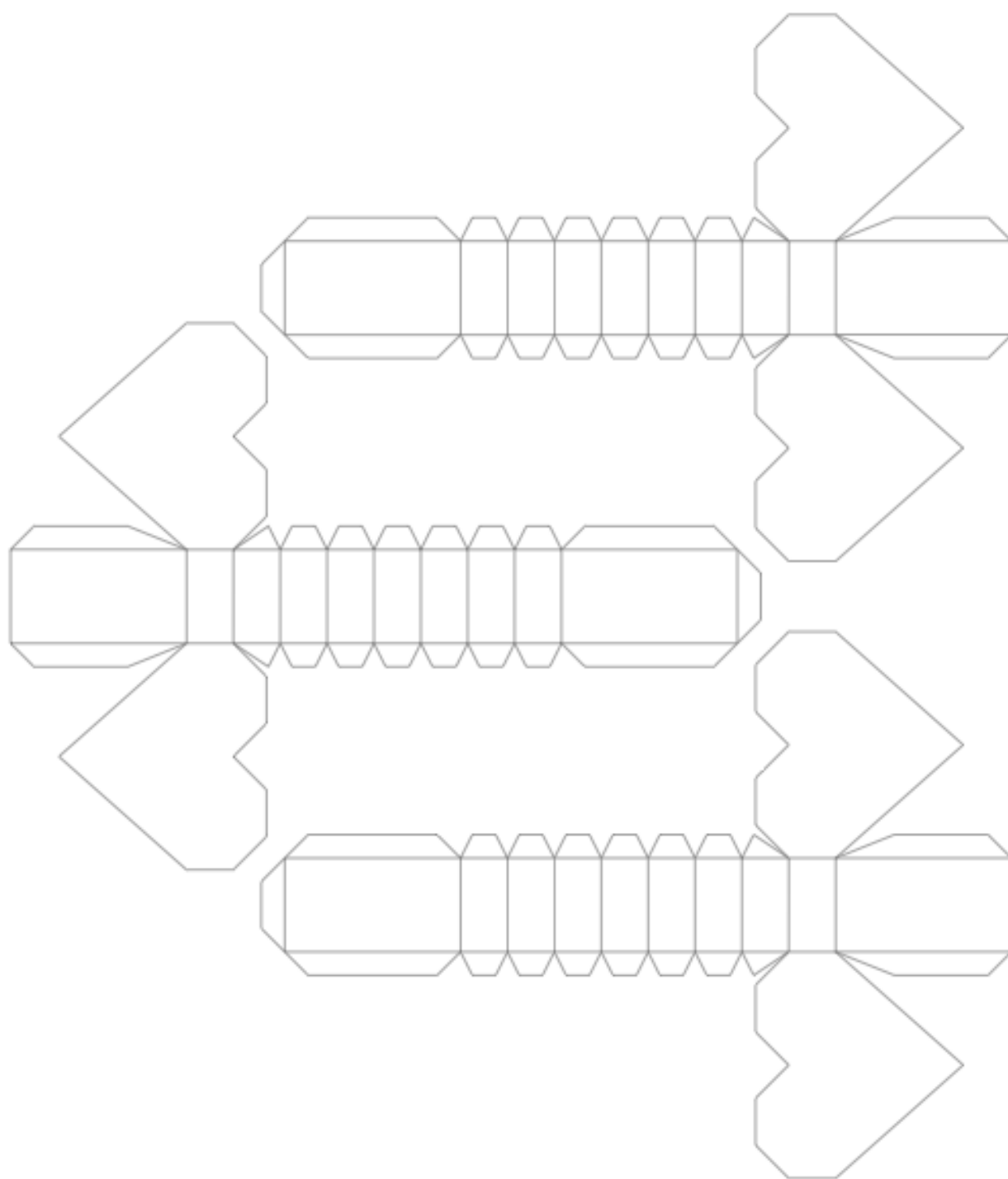




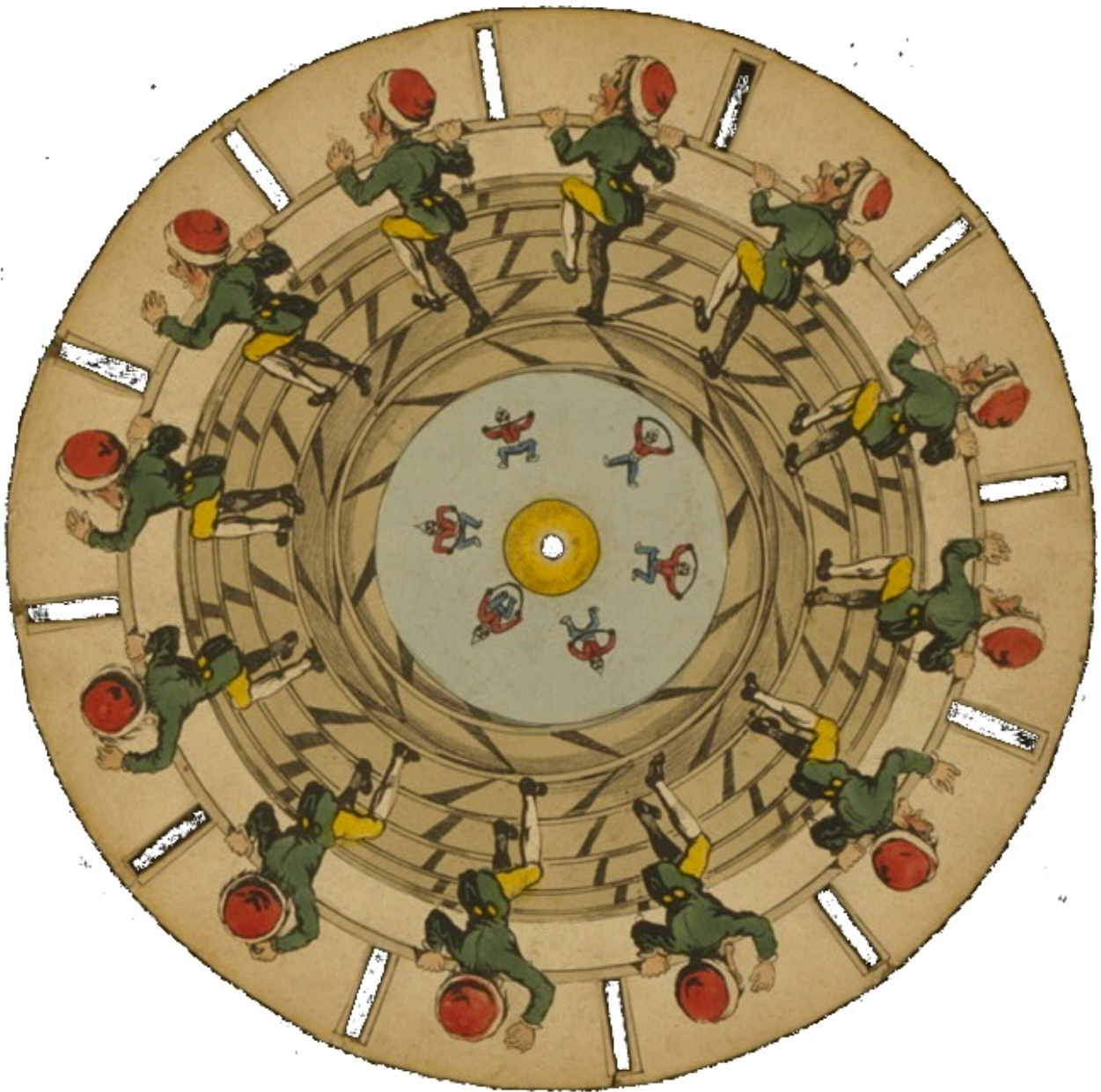




3D PAPER HEART

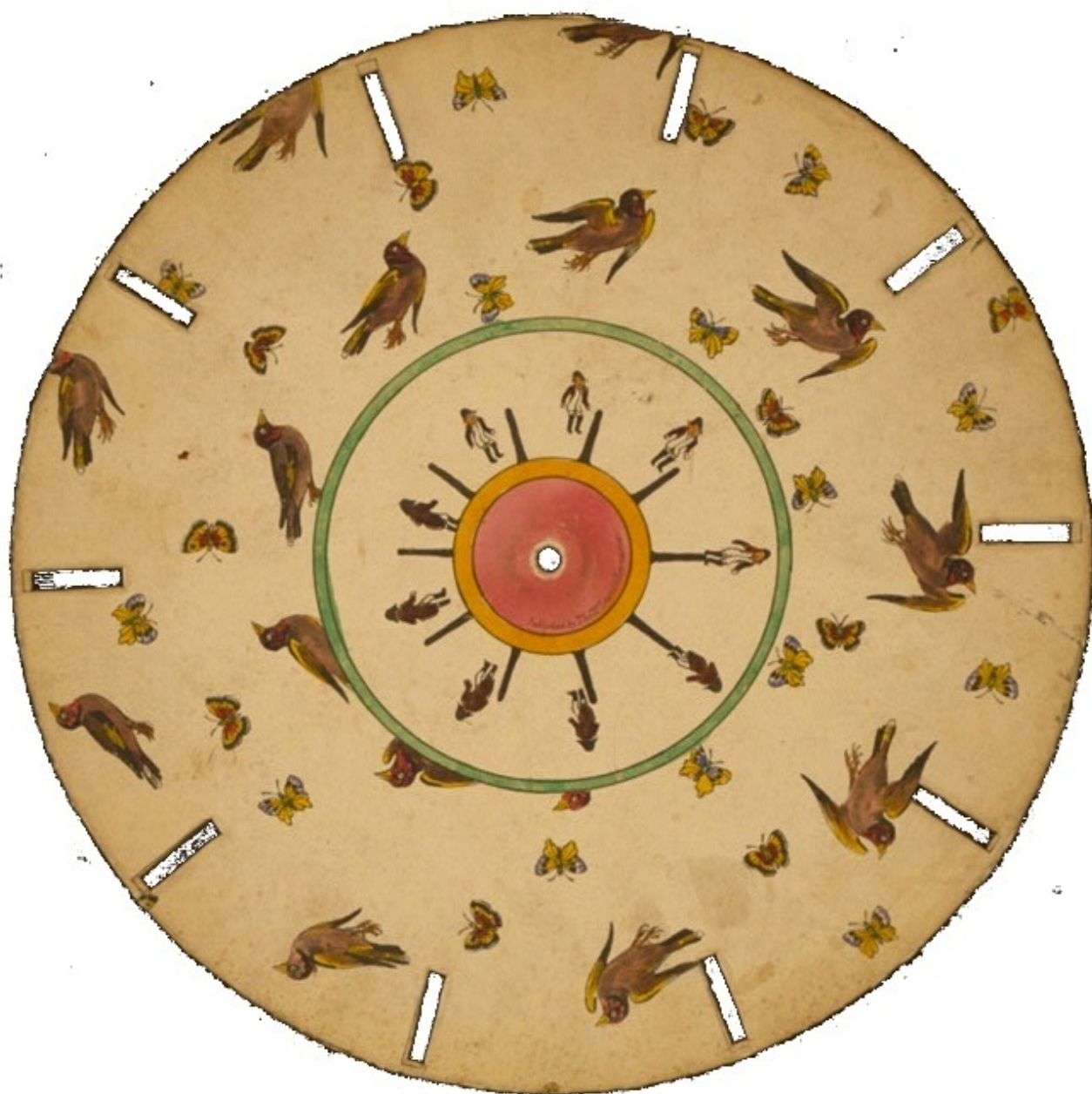


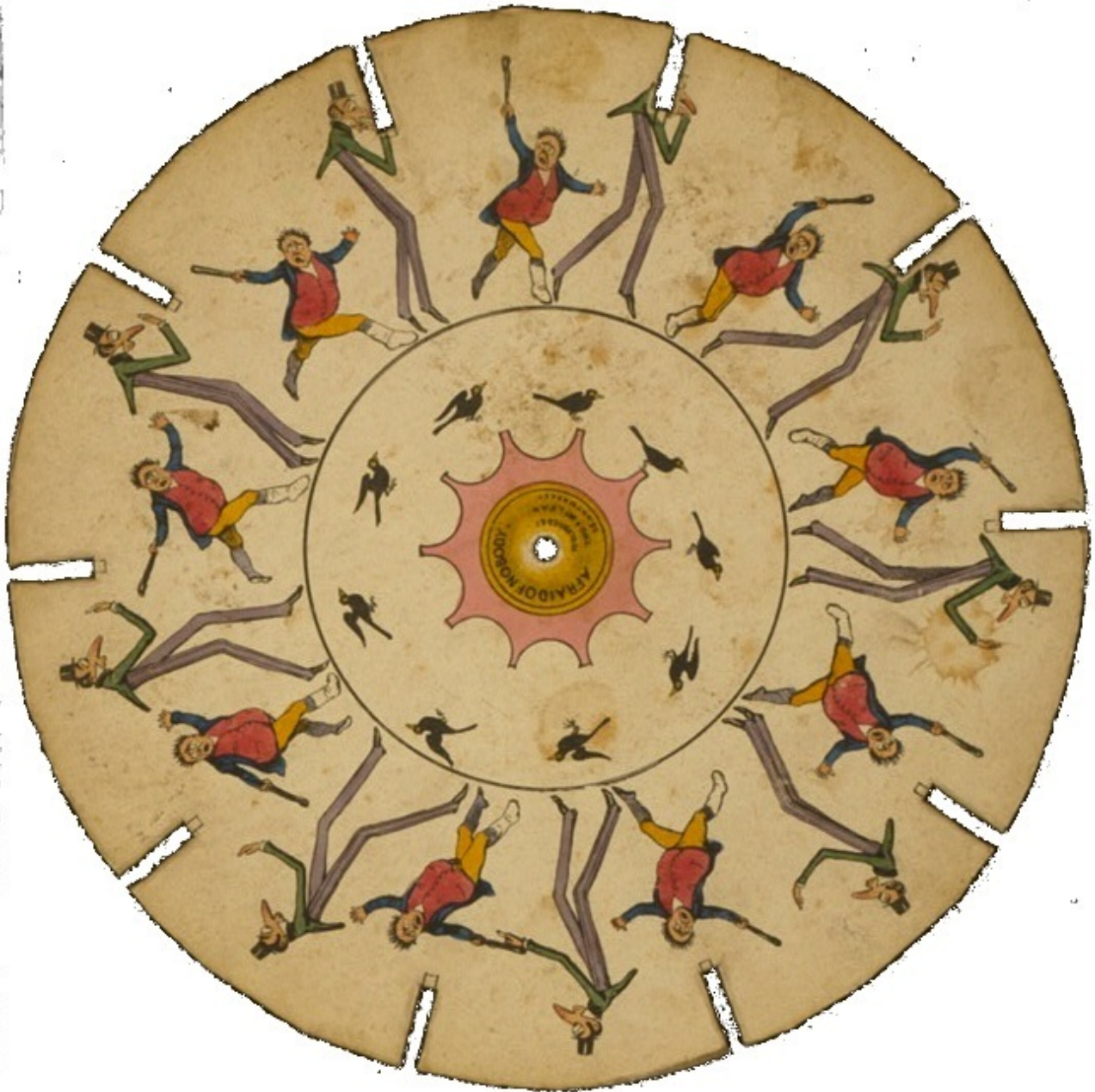
McLean's Optical Illusions



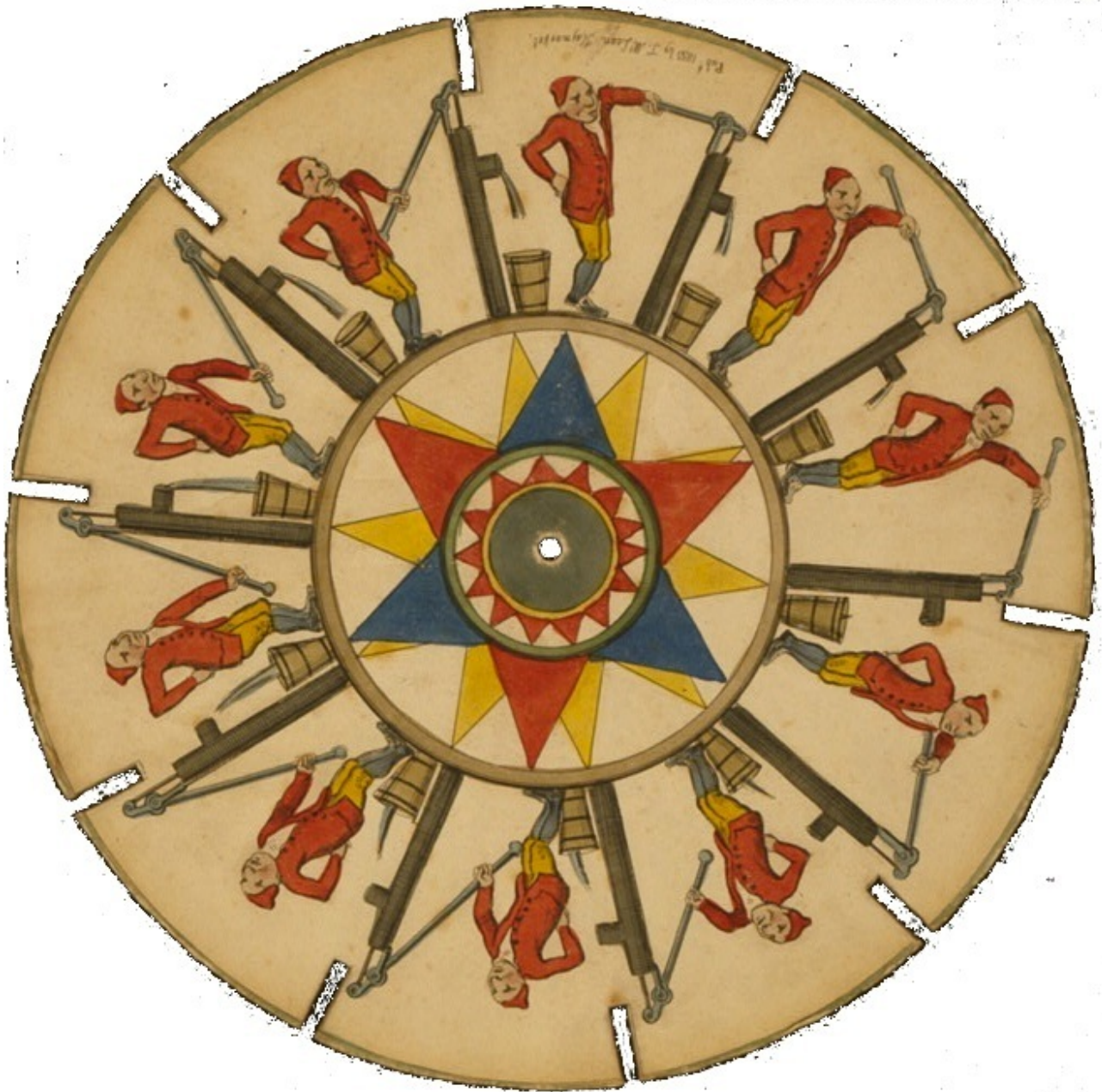




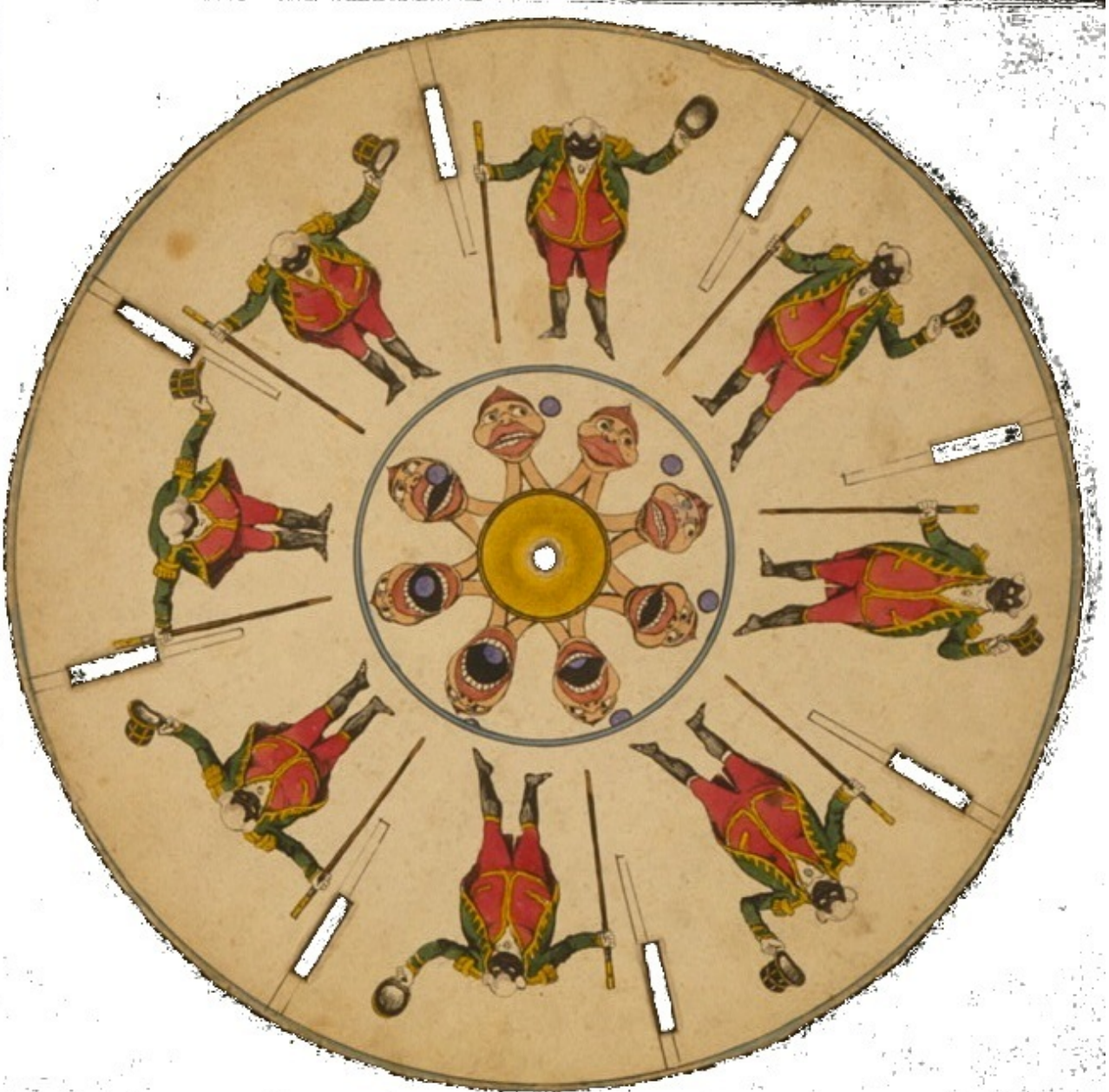














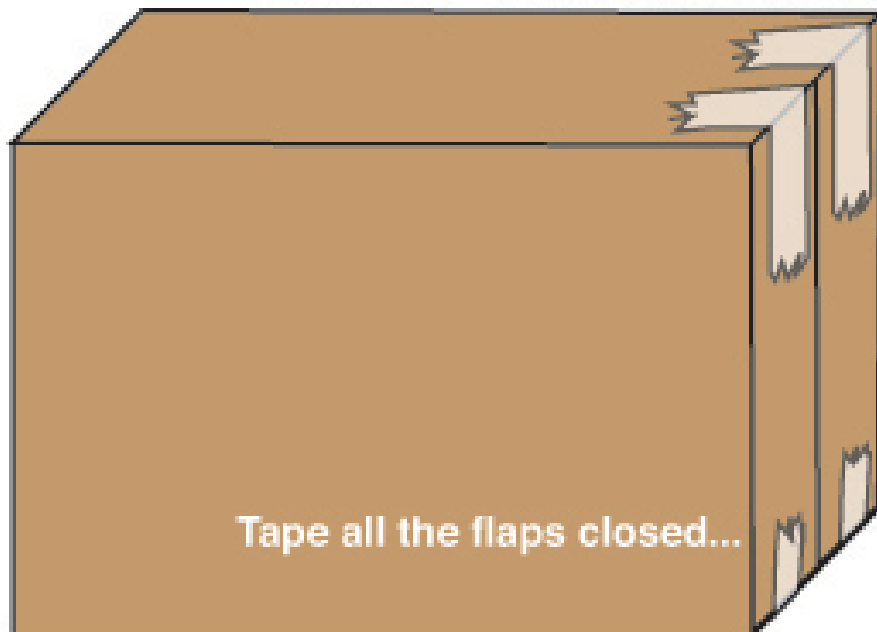




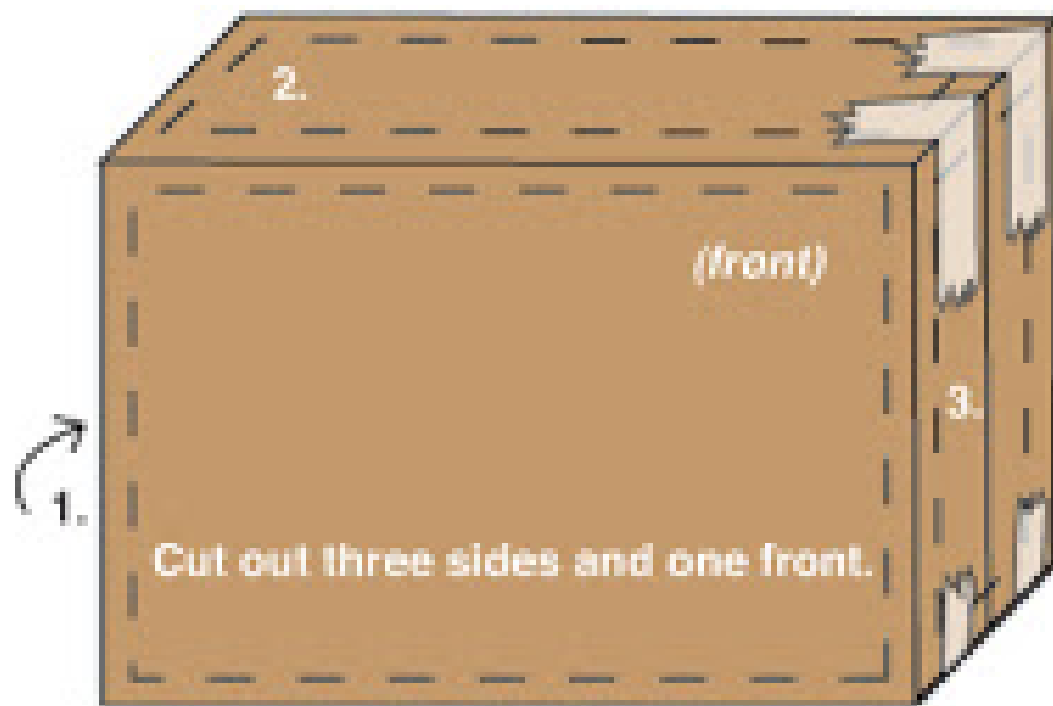
organize & decorate every



Plain ol' cardboard box.



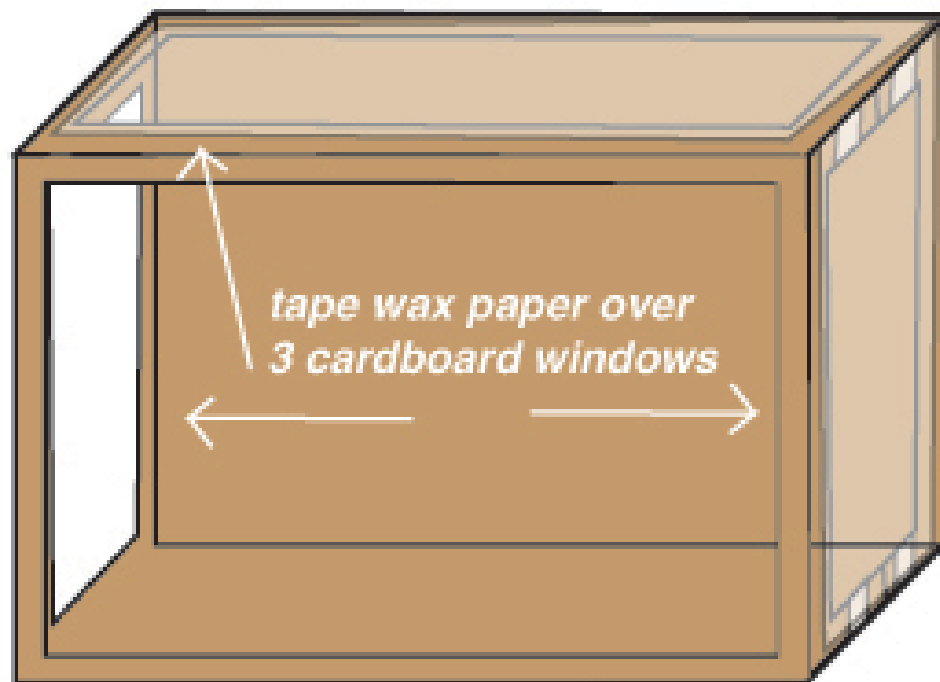
©radmegan



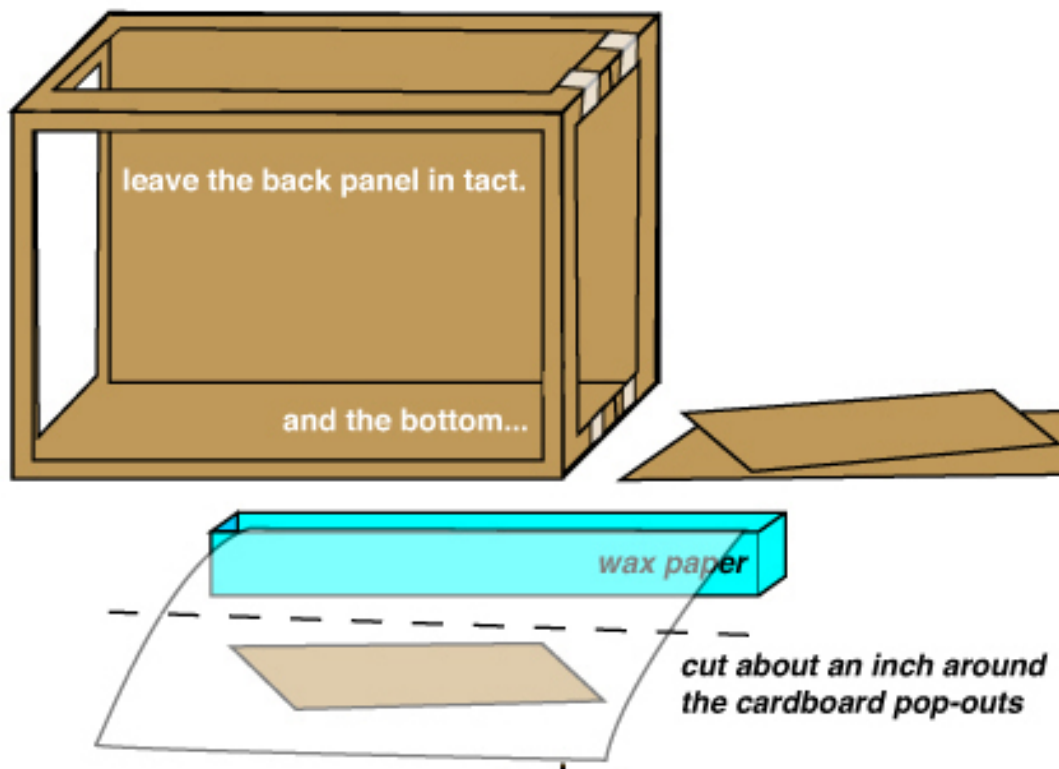
©radmegan



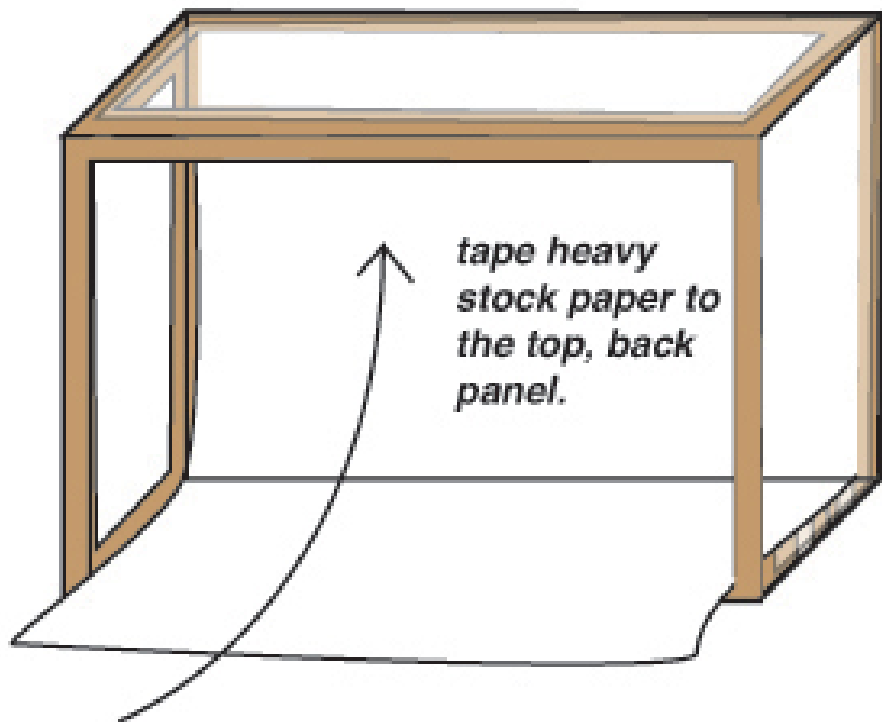
©radmegan



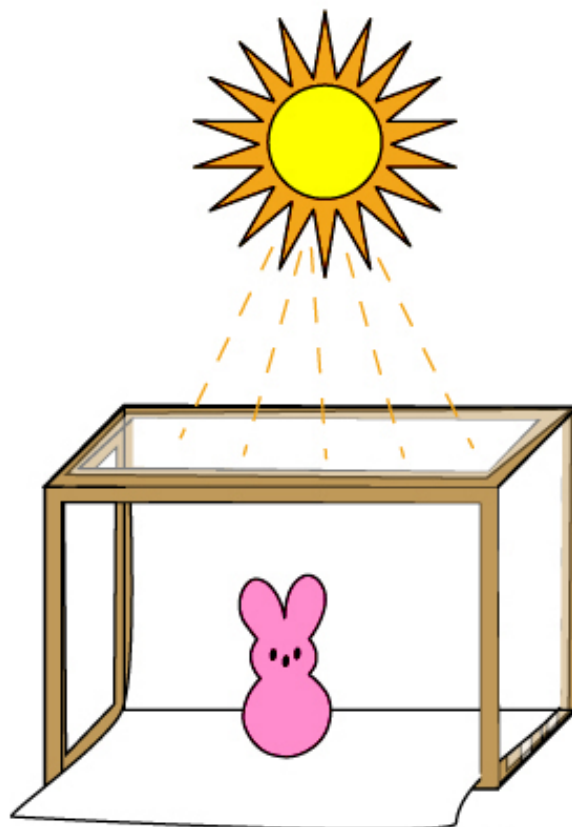
©radmegan



©radmegan



©radmegan



©radmegan











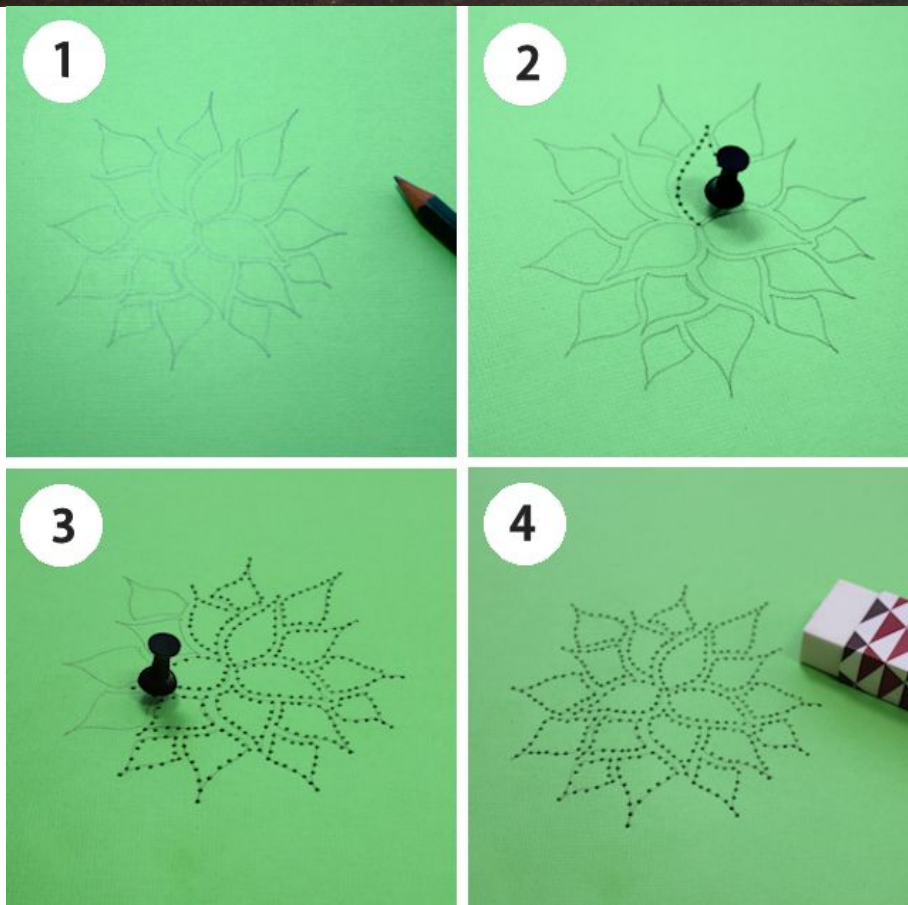














★ thumb tack paper lanterns





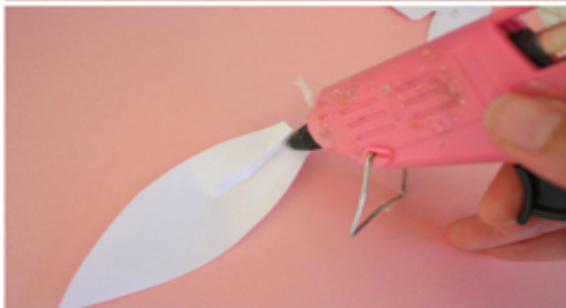




DIY Eye Make Up Remover

- 1 cup water,
- 1 1/2 tablespoons Tear Free Baby Shampoo,
- 1/8 teaspoon Baby Oil. Directions-

Add all ingredients into a small bowl and stir.
Shake before every use.





Sof du lilla vide ung,
än så är det vinter,
Än så sofva björk och lung
ros och hyacinten.
Än så är det långt till våren,
innan rönn i blomning står.
Sof du lilla vide,
än så är det vinter.



