



Mind Body Spirit - The Whole News

RNO-CTNIG Newsletter

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A Few Words from the President



Jessica Burford
CTNIG
President

Warm Holiday Greetings to Our CTNIG Community!

As we approach the end of another year, we reflect on the incredible dedication, compassion, and skill each one of you brings to our community. Your commitment to enhancing patient care through complementary therapies has touched countless lives and has been a beacon of hope and healing.

This holiday season, we want to extend our deepest gratitude for your unwavering support, innovative contributions, and the warmth you bring to our group. Whether through sharing your expertise, volunteering your time, or simply being a part of our community, you have made a significant impact.

May this festive season bring you joy, peace, and a well-deserved rest. As we look forward to the new year, we are excited about the possibilities and opportunities that lie ahead, knowing that together, we can continue to make a difference through holistic care provision.

Wishing you and your loved ones a happy and healthy holiday season filled with joy and all the best the season has to offer!

Warmest wishes,

Jessica Burford RN, R/TRO, BSCHK(Hon), MN-LPNP, GNC(C), CCNE, CHE
RNAO-CTNIG Chair



Dear CTNIG members,

You may notice that this winter newsletter has a slightly different take than previous ones. We have kept it shorter, more light-hearted and heart-centered for the busy holiday season. Please take the time for yourselves to enjoy it! You'll be sure to find something to connect with.

Sending our warm wishes to our CTNIG members for a wonderful holiday season. May your days be brighter and your heart be lighter.

Warmest Regards,
RNAO-CTNIG Editorial Team

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A Meditation of Universal Peace, Love and Healing for the Earth.



At this time of year and given the instability occurring on Earth, it seems fit to offer this meditation to contribute to universal harmony, healing and peace. Our collective consciousness is powerful; and when we share the vision of peace, it radiates through us and impacts the world around us. As we connect with our inner peace, we begin to resonate with the frequency of global tranquility.

As we begin, ensure you are comfortable and free from distractions. Find a peaceful space where you won't be interrupted. Here, you will be able to connect with the universal energy of peace, love and healing. Sit with your back straight but not tense, resting your hands lightly in your lap. Smile gently and close your eyes. Feel your feet connecting with the ground.

Start by taking deep, slow breaths. As you breathe in, feel the cool air enter your nostrils, fill your lungs, and expand your belly. As you breathe out, feel the air more warm and moist. Imagine gradually releasing any tension, worries, pain or fear in your body or mind. Focus on your breath for a moment or two.

Then...

Breathing exercises to prepare:

Do these breathing techniques comfortably, without straining!

- **Four-Seven-Eight Breathing:** Breathe in quietly through your nose for 4 seconds. Hold your breath for a count of 7. Exhale forcefully through your mouth, pursing the lips and making a "whoosh" sound, for 8 seconds. This process will help you to center yourself and prepare your mind. Continue for 4 - 8 cycles
- **Box Breathing:** Breathe in slowly for a count of 4, hold the breath for another count of 4. Exhale all the air for a count of 4, then hold for another count of 4 before inhaling again. Continue for 4 - 8 cycles. Repeating this exercise a few times will help create a calm aura around you.

Please note...

You can also just focus on slowing your breath by breathing in slowly and deeply for a count of 4 and out slowly and fully for a count of 4 feeling the rhythm of your breath like the waves of the ocean or a pendulum swinging back and forth, till feeling more relaxed.

Let this preparation deeply ground you in the present moment, where peace exists.

Next, visualize the Earth in your mind's eye.

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Imagine a soft, brilliant, white light filled with love, compassion, and healing radiating from your heart and reaching out to every corner of our world, bathing it in this serene, harmonious light. Imagine this energy touching every living being, every bit of land, the air we breathe, the oceans that give life, enveloping everything in peace, love and healing.

Now, imagine that each breath in draws peace and healing energy from the universe flowing into your heart and each breath out from the heart further spreads this peace and healing towards all beings and the entire planet. A continuous cycle.

Continue to see yourself shining your light, brighter and brighter with every breath as you hear yourself silently say these words.

May love heal our world.

May we all choose kindness and compassion.

May those who are sick, heal.

May those who are anxious find peace.

May those who are in pain be relieved.

May those who have light to spread come forth.

May those who have darkness in their hearts find love.

May the individual and collective fear be washed away.

And may the light inside of me radiate out onto the world and every being who is a part of it.

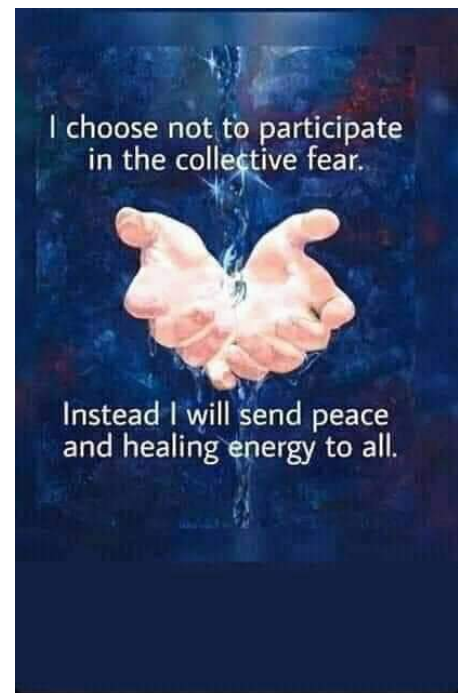
Embrace this symbiotic exchange of peace and love with the world. Remember, energy flows where the attention goes. Connect again with the vision of the Earth bathed in peaceful, healing light.

When ready, bring yourself back to the present feeling your feet on the floor, your body supported by the chair. Slowly open your eyes and look around your surroundings. Notice!!!

Self-fulfilling prophecies are powerful tools. Believe that a peaceful world is possible and our collective and individual thoughts, actions and energy will move us towards this reality.

May the light inside of me and the light inside of all of us together heal our world.

Adapted from: mindfulnesscontent.com & womensmeditationnetwork.com





RNAO-CTNIG 2024 AGM

We would love to have you to attend the 2024 RNAO-CTNIG AGM (being held in 2025)

Date: Monday, January 27, 2025 via ZOOM

Time: 1900-2100

Registration necessary: details for registration to follow in January 2025.

Feel free to bring a guest!

Agenda:

Welcome remarks and introductions

Short business meeting

Meditation

Special Presentation:

The Healing Power of Sound and Music: A profound educational and experiential event.

Presenter - Michael Moon - accomplished musician, singer, composer, facilitator and creator of the Temple of Sound, a sacred music space for healing

"I have always been fascinated by music's mysterious healing qualities and have found it to be my greatest teacher. Back in 1989 amidst a difficult health crisis I had a profound life-changing experience where I heard exquisitely beautiful music emerging from the sounds of nature. This musical voice compelled me to translate what I heard and it became my pathway to healing. This led me to study with shamans, healers, and musicians from around the world exploring the mystical and healing dimensions of Sound, Spirit, and Nature as well as my personal take on astrology and photography." (Michael Moon)



For more information contact Darka Neill: darka_neill@dalesfordrd.com

Recipe

Holiday Season Ice Cream Cake

This holiday season ice cream cake is so fun and festive! Made with oreo cookies, ice cream sandwiches and a seasonal peppermint ice cream, it's always a huge hit.

Yield: 12-16 people

Prep Time: 45 minutes

Freezer Time: 2 hours

Ingredients

1 (14 oz) package of chocolate sandwich cookies, like oreos

2 (½ gallon) cartons peppermint ice cream, or 6 to 8 pints
(or use your favourite flavour)

12 classic rectangle ice cream sandwiches

6 ounces milk or dark chocolate your choice

1 tablespoon coconut oil

crushed candy canes for topping

Instructions

Line a 9x13 inch dish or pan with 2 layers of plastic wrap, letting it hang over the edges. This is important and helps you remove the ice cream cake to slice!

Set the ice cream out - you want it to soften enough to be "spreadable." It should not be liquid, but should be thick and starting to melt like frosting.

Coarsely crush the oreos. You can do this in a resealable bag and crush with your hands or a rolling pin. You can also toss them in your food processor and pulse a few times. You don't want small crumbs, but larger chunks.

Place the crushed cookies all over the bottom of the pan in the plastic wrap. Spread them evenly to create a crust. Take one of the ½ gallons of ice cream and spoon it on top of the cookies. Spoon it all over, then use a large spoon to spread it around. You don't want to spread it too much and lift all the cookies - but don't worry, a few cookies will lift! It's no big deal, the cake will still turn out.

Stick the cake in the freezer for a minute while you unwrap the ice cream sandwiches. Remove the cake and then stick the sandwiches on top in a single layer. The last two sandwiches will fit if they are cut in half. They should cover the cake completely.

Spread the other ½ gallon of ice cream over the sandwiches. You may not use all of the ice cream - use as much as you can or you wish. Cover the dish in plastic wrap tightly. Place in the freezer and freeze for at least 2 hours or even overnight. You can make this a few days ahead of time too!

Remove the cake 20 minutes or so before serving. Melt together the 6 ounces of chocolate and the coconut oil. Do this in a bowl in the microwave in 30 second increments, stirring after each, until melted.

Remove the cake from the pan by the plastic wrap overhand. Drizzle the melted chocolate over top. Sprinkle with crushed candy canes. Slice and serve!



Self-Care Tips

Ever struggled to stay in the moment as your mind wanders to tomorrow's tasks or yesterday's worries? We get it — it happens to all of us. Today, let's try a simple yet powerful trick: focusing on a specific object, which can ground you in the present and ease your stress.

This activity might bring you back to when you searched for “treasures” as a child: We're looking for rocks. During your walk, you're sure to find a unique-looking rock or stone. It could have smooth surfaces and symmetry or jagged edges and intricate patterns. Maybe it's flat and round or bulky and misshapen. No matter what it looks like, a stone or rock can serve as the perfect anchor for a mindfulness practice.

Your Action for Today



Center your mind and focus your attention:

1. Go on your outdoor stroll and look for rocks that capture your attention.
2. When you spot a rock that looks interesting, pick it up and hold it.
3. Explore the rock's features with your eyes and fingers — its color, texture, and unique markings.
4. Take a few deep breaths and fully immerse yourself in the present.
5. Feel the weight of the rock in your hand, grounding you in the here and now.
6. Let go of any worries or distractions, focusing on the sensation of the rock in your palm.

When you're ready, release the rock and continue your walk, carrying that sense of peace with you.

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Want more? Try nurse-focused meditation programs like these from our friends of Healthy Nurse Healthy Nation™ organizations:

- [Transcendental Meditation for Nurses](#)
- [Wellness at Your Fingertips](#)

Inspiration Corner



*"Be who you are and
say what you feel,
because those who mind
don't matter,
and those who matter,
don't mind."*

Dr. Seuss

Sometime, when you least expect it,
you'll realize that someone loved you.
And that means that someone can
love you again! And that'll make you smile.

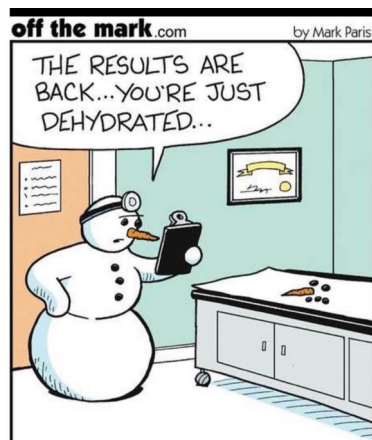
Homer Jay Simpson



Happy Winter



On the Lighter Side



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