

# The NEWSLETTER for the WOMAN on a quest to find the TRUTH



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*"The secret of health  
for both mind and  
body is not to mourn  
for the past, worry  
about the future, or  
anticipate troubles...  
but to live in the  
present moment  
wisely and earnestly."*

- **Buddha**

[Yale University](#)

[Research on PMS - Dr.  
Yonker.](#)

[Visit:](#)

[www.paulinehoule.com](http://www.paulinehoule.com)

[Visit Pauline's book: My  
Beauty & My Beast - Mind,  
Body and PMS](#)

## Good day dear woman reader!

This month's topic came as a surprise. I would like to invite you to an inner voyage in order to reflect on what the month of August can represent for you.

This portion of our beautiful planet has long been used to see August introduce the end of summer; time slowly introduces all of Fall's preparation for schools and colleges, leaving behind the warm summer days and its fiery sunrays.

If you are the mother of a young family, you are very familiar with everything implicated in seeing that every child has their needs met to go back to school. If you are a career woman, it also means that thinking modes will change once everyone is back from summer holidays.

But let us look at a different symbolism here.

The number 8, which depicts the month of August, also symbolises abundance, equilibrium and prosperity; what is above is also under. All those who sowed in Spring are eager to see their harvest produce a hundred fold.

It is time for the last harvests that make the markets bountiful and colourful. It is a ravishing moment for our eyes and all our senses, everything from colours to wonderful aromas of plants that took all summer to mature.

But if I offered you to intimately search within yourself and visit what August really means to you, what would you find?

Is there an anniversary date of some type from the past that influences how you perceive the month of August? Are you deprived of enjoying August because there is a memory that infringes on the lingering warmth and weakening sunshine rays?

How do you react when August comes around on your calendar?

What did you do this summer that could continue influencing your future?

Did you allow yourself some moments of pleasure that will continue bringing you good and beneficial thoughts and memories until the arrival of the shortest days of December?

In brief, if you had allowed yourself to be and act differently in August, what harvest could you have created that would in turn create a different future?

The number 8 also signifies wisdom and the infinite.

What simple actions do you wish to start now that could create beneficial and

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eternal repercussions in infinity?

As a second surprise, and if you did not already know, this August, planet Earth will be approached by Mars. The last visit possibly dates back 5000 years ago!

**To the naked eye, Mars will appear as big as the moon. Mars will easily be visible as soon as early August. It will rise from the East at about 10:00 pm and will attain its zenith at about 3:00 am. The proximity will be at its best around August 27<sup>th</sup> and Mars will be as brilliant as the moon; both will be visible in the night sky.**

You may also find it interesting to know what astrology thinks about Mars amongst its other qualities:

(Know that I am not an expert in this field)

“It's important to note that Mars's energy can be constructive or destructive. The God of War in ancient times, Mars could be brutally violent. While this energy still emanates from the Planet, it also asks us to harness this force for good. Stamina, ambition and achievement are all part of Mars' mantra.”

So, that being said, I invite you to reflect upon this unique event and investigate within what symbolism could be derived for us, Earth's inhabitants.

I leave you with these thoughts and invite you to share what you have discovered... and also what, if anything, have you decided to do differently next summer?

I wish you a summer ending continuously filled with daily happiness, with the decision to live in the NOW as much as possible, for it is what is most secure for each one of us.

**NEXT MONTH: Young breastfeeding mothers and their PMS!**

**I WISH YOU A WONDERFUL MONTH filled with sunny thoughts and warmth in all areas of your life.**

**Warmly:**

*Pauline Houle* - Therapist – author

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[You can access a book review for My Beauty & My Beast - Mind, Body and PMS](#)

**P.S. Smoothie may help PMS Symptoms!**

***A last surprise from this site:***

<http://www.thedenverchannel.com/health/9551835/detail.html?rss=den&psp=health>

If you deal with premenstrual syndrome, try this potion on for size. The recipe includes chocolate soymilk, chocolate sorbet, tofu, a banana, flaxseed powder, even mint leaves.

Just combine everything in a blender until smooth.

The Journal of Women's Health said some of the ingredients are proven to relieve some PMS symptoms.



Here's the recipe:

- 1 cup chocolate soy milk
- 1/2 cup chocolate sorbet
- 1/2 cup silken tofu, well-chilled
- 1 banana, cut in 4 pieces
- 1 tsp. flaxseed powder
- 4 mint leaves, chopped

Combine ingredients in blender, cover and process until smooth. Serve immediately.

ENJOY!

**Bye – Bye for now!**