



The Kaleidoscope

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The Butterfly Plan Monthly Reflections

July was a month of highs and lows for many. The King of transformation (though not always positively), Michael Jackson died, the world said farewell to Farrah Fawcett and many other quiet butterflies passed into the greater picture. We wish them well and thank them for their contribution to the world. Another 138 people from all over the world joined The Kaleidoscope and began their own 40 day journey through the cocoon. Feedback for The Butterfly Plan was largely positive and I thank all those who have sent me messages and shared their stories. I also welcome their suggestions and I am pleased to say that The Butterfly Plan for Kids is almost ready to be shared with you. A big 'thank-you' to all who came to my seminars in New Zealand last month. We had fun didn't we? I have had a quiet month other than the usual daily grind of school lunches, homework and housework. I have found time to catch up with many old friends some of whom I have not seen for twenty years or so. I discovered Facebook and found it quite an amazing phenomenon. August will be a busy month of travel and workshops in Australia. Plans for the U.S.A and Canada will follow closely. Have a wonderful August. .

Be Quiet and Still (easier said than done)

“Only in quiet waters do things mirror themselves undistorted; only in a quiet mind is the world perceived clearly.” Hans Margolis.

In the Butterfly Plan I stress the need for meditation and prayer. Prayer does not have to involve any particular religion. We are all addicted to being busy. If we are not doing something creative or practical we feel guilty. The truth is that much of what we do is unnecessary. Idle hands do not make work for the devil and silence is golden! To escape from the stresses that present in our lives every day, it is essential to find your quiet space, even for only a few minutes, to clear your head and let silence wash through your body, cleansing and refreshing you. I always felt that meditation was a waste of time and found it impossible to shut down. Now I see it as the most essential part of my day. I urge you....no I order you....to find that space for yourself and empty the rubbish of the day. Consider it the delete button in your brain where you send all the stuff you don't want to the trash bucket. Flush it. If you don't do this all the negativity will seep into your pores and sit there and rot. In the bath, on a walk or just before you go to sleep, take deep breaths, shut your eyes and eliminate the negative.

Monthly Recipe

Eggplant and Tofu Stir-fry

If you have read The Butterfly Plan, you will know that I managed to overcome my aversion to 'toad-food'. I will accept that many people find the idea of tofu rather unpleasant but GET OVER IT! This stuff is the staple diet of some of the world's longest living folks. You will need to dress it up a bit because on it's own it is as boring as bat-#*%&! This recipe was sent to me by Sharon Liersch from Chelsea in London. Thanks so much. I cooked it and even the four year old ate it and that's saying something! Naturally it includes our magic color PURPLE...

Serves 4.

1 onion, finely chopped

2tbs Thai red curry paste

300g eggplant, cut diagonally into 1cm slices

300g firm tofu, cut into cubes

400g diced tomatoes

¼ cup water

¼ cup of veggie stock

75g spinach leaves

50g cashews, toasted.

1. Coat a pan with cooking spray, heat and add the onion. Cook, stirring until softened. Stir in the curry paste and cook a further minute.
2. Add the eggplant and cook for 5 minutes then add the tofu, gently tossing for 3 minutes.
3. Add the tomatoes, water, stock and cook a further 2 minutes. Stir in the spinach and cook until just wilted. Serve sprinkled with the cashews.

Women's Health Tips

Dr Terri

Breasts, boobs, titties, bazookas, norks, we all have stupid names for our breasts but they are such important glands. They can be practical and provide complete nourishment for our children, they can provide pleasure and they can kill us! The tip of the month is that breast massage is actually extremely therapeutic. Not only does it offer an opportunity to detect any changes or abnormalities, it also stimulates the flow of lymph fluid and helps to keep the breast supple. Every woman over forty should have a routine breast scan every year. If you have not done so, make August the month to do it. Women of every age should be massaging those boobies to detect any small lumps. This month we pay tribute to Jane McGrath who died last year, leaving behind a young family. The McGrath foundation is working hard to save lives. You can visit them at www.mcgrathfoundation.com.au.

Cheer Up

Happiness cures almost everything

Depression is truly the greatest curse on the planet. I suffered terribly for years. While conventional medicine offers relief for many with drug therapy such as Prozac, I believe that there is much to be said for natural self-therapy. The human being is a remarkably resilient model. We are all walking miracles. We have the inbuilt ability to counter and cure most diseases. When we put unnatural chemicals into our body, we sabotage the process. By following the Butterfly Plan for forty days you have a real shot at beating the blues. I know because I completely cured myself of a devastating case of post-natal depression. All my beautiful butterflies who have followed my example have written to tell me how much their lives had changed for

the better. The greatest key to beating depression is to give. Give. Give. Give. It works magic to give to those who are worse off than you. There will always be someone who needs you and to be needed is the greatest medicine in the world. Another great depression helper is SELENIUM. Studies have shown that eight weeks of taking 120mcg of selenium twice daily reduced symptoms of depression dramatically.

prosperity in all areas. Stories like yours make me so glad that I wrote The Butterfly Plan. It was worth it just for you!

Butterfly of the Month

Carrie Lang

Carrie Lang is a thirty-nine year old mother of six year old twins from New Jersey. Both her beautiful babies were born with Down's Syndrome and have ongoing health problems. Carrie's husband was killed in an automobile accident in February last year. Her family rallied around her but Carrie found herself sliding into a deep depression that she began treating with alcohol. Very quickly she slipped into a chronic state where alcohol fed and fuelled her depression. She put on a great deal of weight and that of course began a spiral of ill-health resulting in gastric ulcers and pre-diabetes. Carrie contacted me in February this year, on the anniversary of her husband's death. She was at her all time low. With no money to attend a rehabilitation facility, she was at a loss to know how to halt this cycle which would inevitably lead to her own premature death. She read The Butterfly Plan and with my encouragement embarked on her 40 day journey. I am so proud to let you all know that Carrie is sober, has to date lost over 40 pounds, has a part-time job and is studying Physiotherapy. She went on a "very platonic" date and her little boys have just begun school and are doing well. Carrie has started her own Butterfly Group and spends Friday nights helping others to spend forty days to turn their lives around. I take my hat off to you, Carrie. You inspire me. Thank-you and may the Universe shower you with love and