



Serendipity's
BACKYARD

Exciting....Fresh...Explore...



2007 FALL NEWSLETTER



Women – Beauty & Spirit

Serendipity's Backyard continues to strive to find original, meaningful and forever beautiful products that will compliment all holistic lifestyles. Our products can be used to harmonize your mind-body-spirit and point you towards the living OM.

In this newsletter we are focusing on women, their beauty, their spirit, and are bringing to you several new products and lines that we hope you will find something distinctively for yourself, your wife, your mother, daughter or any special woman in your life!

SPECIAL ANNOUNCEMENT

We are excited to announce that as of September 1, 2007, Shannon and I are the new owners of **Sassy Lulu Boutique**, an elegant women's clothing store in Steveston (110-3911 Moncton St). Since the opening of Sassy Lulu it quickly became one of our favourite boutiques where we purchased many exceptional outfits and accessories and we thought it would be perfect to expand our offerings to include **spirit** and **beauty**.

We remain committed to Serendipity's Backyard and will continue to offer an inviting healing space and carry great new products to inspire and lift the spirit. This commitment will align with the new foundation for Sassy Lulu Boutique and look forward to serving you in this new capacity.

Join us for a New Ownership Celebration as we have a big sale at Sassy Lulu for the week of September 22 – September 29th as we make room for our new shipments.



SEPTEMBER SERENDIPITY SALE

Join us for a celebration for
the month of September
40-60 % off almost
everything in stock.

We are making room for
great new items for fall.

"The point for make-up or clothes, or anything else in the world of form...is to add light to the world in the form of beauty and pleasure...if we perceive them lovingly, they can lift the vibrations and increase the energy in the world around us..." Marianne Williamson, Return to love

MINDFUL MEDITATION

Mindful meditation is a type of meditation that essentially involves focusing your mind on the present. To be mindful is to be aware of your thoughts and actions in the present, without judging yourself. This type of meditation may even improve mood, decrease stress, and boost immune function.

Meditation, and especially mindful meditation, is not the throwing of a switch and catapulting yourself anywhere, nor is it entertaining certain thoughts and getting rid of others. Nor is it making your mind blank or willing yourself to be peaceful or relaxed. It is really an inward gesture that inclines the heart and mind toward a full-spectrum awareness of the present moment just as it is, accepting whatever is happening simply because it is already happening. This is hard work, very hard work, especially when what is happening does not conform to our expectations, desires, and fantasies.

Even seasoned meditators forget that meditation is not about trying to get anywhere special, and can long for or strive for a certain result that will fulfill our desires and expectations. Even when we "know better," it can still come up at times, and we have to "re-mind" ourselves in those moments to let go of such concepts and desires, to treat them just like any other thoughts arising in the mind, to remember to cling to nothing.

There will always be various things going on in our minds, many of them chaotic, turbulent, painful, and confusing, it is only natural that there will be, but we can train to become more mindful. It just takes some committed practice. Serendipity's carries many tools that are useful in assisting us attain inner peace through meditation.



Satya Jewelry a yoga inspired line has several pieces to assist you with meditation. Mala beads and traveling altars and of course meaningful jewelry with sacred symbols to help keep you connected to your spirit.

MEDITATION SUPPLIES

An excellent variety of guided meditation and relaxing music cds

- Guided Meditation, Kelly Howell
- Meditation for Beginners, Jonni O'Connor
- Reiki Forest, Ssambodhi Prem

Meditation Seating

- Zafu Cushions
- Halfmoon cushions
- Karma chairs

Meditation Scents

- Nag Champa
- Serendipity's Blend of essential oils
- Simplicity Candles
- Resin perfumes

Meditation Sounds

- Chimes
- Singing Bowls

Meditation for the hands

- Mala beads
- Gemstones



BB BECKER

The BB Becker line is beautiful hand-forged jewelry and is known for its superior depth engraving which produces remarkable legibility and a long-lasting imprint. examples of a collection in which timeless themes of love, joy, peace, and wisdom become "forever one" with sterling silver. This necklace is a fine choice from BB Becker, a quote from Rumi inscribed "the only lasting beauty is the beauty of the heart"

Welcome BB Becker

KAMALA

Serendipity's Backyard has been proudly carrying the **KAMALA** line of yoga jewelry and working with the artist, Sonja Picard, for two great years. To celebrate we are having an evening in December to showcase Sonja's jewelry and see her new releases.

Join us for the "Elements of Beauty" from 6:30 – 9:30pm On Thursday, December 6, 2007. Serendipity's welcomes Sonja who will bring her incredible jewelry, plus her new releases. We look forward to seeing you.



The Mantra 7 necklace and matching bracelet are not only exquisite but very meaningful. The mantras on these pieces are the **Mantra 7** and **Om Shanti**; the Sanskrit wording is etched on one side of the sterling silver disc and the English pronunciation of the mantra is etched on the opposite side.

mantra seven from isha upanishad

*yasmin sarvani bhutany
atmai vabhud vijanatah
tatra ko mohahkah soka
ekatvam anupasytah*

One who sees all living beings as spiritual sparks, in quality one with the Divine, becomes a true knower of things. Such a person no longer experiences illusion or anxiety.

OM Shanti Shanti Shanti.

Shanti or spiritual peace is the true nature of self, freedom of all fear.

YOU WILL RECEIVE 15% OFF THE RETAIL PRICE IF YOU BUY ONE PIECE; 30% OFF IF YOU BUY BOTH THE NECKLACE AND THE BRACELET.

NEW AT SERENDIPITY'S BACKYARD

Blessings Bowls

A gift for anyone who has ever touched your life. Are you ready to make gratitude part of the gifts you give?

A way to acknowledge those who have shared of themselves with you, this unique gift emphasizes personal blessings and gratitude for those who share their blessings with others.

Give a gift that counts. By giving a blessing bowl you give not only the gift of gratitude, but also the seeds to spread and increase gratitude everywhere.

The blessing bowls are a perfect celebration of life, new baby, creating abundance, weddings or any occasion.





TOP TEN BOOKS

1. **The Law of Attraction**, Michael Lossier
2. **Death of Religion** – Rebirth of Spirit, Joseph Chilton Pearce
3. **Buddha**, Deepak Chopra
4. **Entering the Castle**, Caroline Myss
5. **Change your thoughts, Change your life**, Wayne Dyer
6. **Zero Limits** – The Secret Hawaiian System for Wealth, Health and Happiness, Joe Vitale
7. **The Mindful Way through depression** – Freeing Yourself from Chronic Unhappiness, Mark Williams, Jon Kabat-Zinn and more
8. **Intention Experiment** – Using Your Thoughts to Change Your Life, Lynne McTaggart
9. **Yoga Anatomy**, Leslie Kaminoff
10. **Mental Traps** – The Overthinker's Guide to a Happier Life, Andrea Kukla



Serendipity's
BACKYARD

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HEALING PRACTITIONERS AT SERENDIPITY'S BACKYARD

ANGEL CARD AND INTUITIVE READINGS with **Elilse Jene** every Wednesday from 1-5pm \$40 for 30 minutes

TAROT CARD READINGS with **Pam Bretz** and **Brandee Anderson**, both are very accurate and insightful. Check out our website www.serendipitysbackyard.ca and click on the events page to see their scheduled times \$40 for 30 minutes

HEALING SESSIONS with **Neville Kim Sing** – Seichem Master, is available for healings in our practitioner room – available every day when the practitioner room is open. \$40 for 30 minutes.

To see more upcoming events please check out our website www.serendipitysbackyard.ca
and call 604 275-1683 to make an appointment