



Jasper's Gems

In The Spotlight: Ooak Tree of Life Pendants



Jasper Moon has been experimenting with a variety of different materials recently for some special **Tree of Life pendants**. These custom pieces are quite different from our regular line of tree pendants.

This one-of-a-kind tree to the left was constructed on a base metal frame with real gemstone beads. Non-tarnish, gunmetal coloured wire was used for the tree trunk, roots and branches. Turquoise is the birthstone for December and this tree was a gift for someone born in that month. The 4mm round beads give this tree a very different look than those made with irregularly shaped gemstone chips, like the example below.

The frame of the one-of-a-kind tree to the right was made with copper wire scraps salvaged from a construction site. The wire was wrapped and hammered, giving it a very organic look. The copper tree trunk, roots and branches are recycled copper wire too. The genuine carnelian gemstone chips, varying in colour from white to yellow to orange, makes it look like an autumn tree about to drop its leaves.

Custom orders are available and will depend on the availability of the gemstone beads or chips you desire. Contact me at bonnie@jasper-moon.ca to discuss the details and pricing.



Website Update

Over the holidays, I was working hard on getting my website up and running. With a little help from my friends, you can now view and purchase products there! Thank you Jerry for your help with the html coding, and of course, the encouragement. Thanks to Laura for your perspective and suggestions. Being able to brainstorm with you both has been very beneficial and I think the final product reflects that. There is still a lot of work to do but I'm excited about how much I've accomplished.

Please take a moment to check it out at www.jasper-moon.ca. I welcome your feedback. Please send me an e-mail at bonnie@jasper-moon.ca with any comments or ideas for improvement. You'll notice that there are still some pages under construction. The site will be continually updated and finished as time permits, so keep checking back.

How to Meditate with Candles

Step 1

Choose a quiet place where you will not be disturbed for at least 15 to 30 minutes. You can choose to meditate for longer or shorter periods of time according to your own preference. Choose a length of time that you feel comfortable with.

Step 2

Choose your goal or focus for the meditation session. For example, you may choose to meditate on inner peace or healing. You may desire to focus on romance or being successful in a particular endeavor.

Step 3

Choose a candle or candles appropriate to the goal you wish to focus on during the meditation period.

Step 4

Sit in a comfortable position.

Step 5

Light the candle(s) and begin your meditation.

How to Choose Candles Appropriate for Your Meditation

- Use white or blue candles when meditating on inner peace, protection or purification.
- Use purple or indigo candles when meditating on spirituality or intuition.
- Use orange or blue candles when meditating on healing.
- Use black candles when meditating on the removal of negative thoughts or to eliminate confusion.
- Use yellow candles when meditating on strengthening the intellect or creativity.
- Use red candles when meditating on passion, energy or power.
- Use pink candles when meditating on love, happiness or romance.
- Use green candles when meditating on fertility, prosperity or wealth.

Candle Tips – From Old Farmer’s Almanac

To remove candle wax that has dripped onto cloth, use the dull edge of a knife to scrape off as much wax as possible. Place several paper towels on both sides of the fabric and iron on a low setting. Change the towels often as the wax is absorbed into them.

Place your candles in the freezer overnight to prevent them from dripping. They also will burn longer.

To make a candle fit snugly into its holder, pour hot water into the candle bowl, let it heat up a bit, and then pour the water out and stick the candle in immediately.

Rub candle wax on wooden drawers to make them open with ease.

Saw teeth rubbed with a candle will cut wood more easily, and the candle wax will protect the blade from rusting.

Before the first snowstorm, rub your shovel with an old candle stub, and the snow will easily slide off.

To predict the weather, just blow out a lit candle. If the wick smolders for longer than usual, rain is on the way. If the wick goes out quickly, look for fair weather.

I Love Second Hand Stores!



You never know what treasure you might find. On a recent excursion to a local second hand store, I found a couple of long strands of multi-coloured glass beads with wood spacers. What I quickly realized was that they were actually 108 bead malas (or prayer beads). See one of them pictured to the left. That led me to wonder, 'Why do mala have 108 beads? Or some number that can be equally divided into that?'

Being a curious person, I began my quest to answer that question. Next month, I will share the results of my investigation. I hope you find it as interesting as I did when I realized that there is a universal association with the number 108 in various cultures around the world.

Recipe of the Month

Since I'm allergic to wheat, yeast and gluten, I'm always searching for new recipes that I can make and enjoy. These buns taste like candy to me! They are very decadent and delicious. They simply melt in your mouth! They are so quick and easy to make too. Try them, you'll like them.

Yucca Buns

Baking Time: 15 minutes

Level: Easy

Yield: 10 buns



Ingredients

- Cooking spray
- 1 cup tapioca flour, plus extra for kneading
- 1 teaspoon baking powder
- 2 cups Oaxaca cheese or other fresh white cheese, such as mozzarella, finely grated
- 2 large egg yolks
- 2 to 3 tablespoons heavy cream, if necessary

Directions

Preheat the oven to 350 degrees F. Line a baking pan with aluminum foil, and coat with nonstick cooking spray. Set aside.

Combine the tapioca flour and baking powder together in a large bowl. Stir in the cheese and egg yolks. Mix until the dough forms a ball. Lightly flour a work surface and turn the dough out. Knead the dough with your hands until the dough is smooth, even-textured, and not sticky. If the dough doesn't come together or seems too stiff, then add cream, 1 tablespoon at a time, until it comes together and feels supple.

Divide the dough into 10 even pieces and with your hands, roll each into a ball. Shape the balls into ovals and place them 1-inch apart on the prepared baking sheet. Bake until the rolls are pale gold (not browned), about 15 to 20 minutes. Cool on a wire rack for 5 to 10 minutes and serve while still warm.

My Latest Design

The Tree of Life Prayer Beads are made with frosted Czech glass beads in colours representing the four seasons. The green beads represent new growth in spring, the yellow beads represent the beautiful flowers of summer, the orange beads represent the changing leaves in autumn, and the white beads represent the snow in winter. The progression of the beads signifies the endless cycle of life, death, rebirth, and the connection of the realm of the living and the realm of the dead through the Tree of Life.

They are not on the website yet and will be listed at \$25 per set, plus shipping. Exclusive offer to newsletter subscribers; order today and get free shipping on the Tree of Life prayer beads. There is a limited number of these bead sets available; don't miss out!



Sacred Strands is a gathering place for lovers, creators, collectors, and vendors of prayer beads, rosaries, malas, and other sacred strands. I am one of the founding members. Please check out the website and join us, if interested.

<http://sacredstrands.ning.com>

Next Month:

- In the Spotlight: Gratitude Beads
- The Meaning of 108 Beads on a Mala
- Upcoming Events

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