

139 W. Richmond Ave. POINT RICHMOND CA 510.237.1199 1799A Fourth St. BERKELEY CA 510.527.1945

275 E. Main St. ASHLAND OR 541.708.0695

Aloha LoveTribe,

Solistice greetings! Yeah! Time to bring in De-Light! And Happy Holidays! We just got in our "motherload" of Johnny Was, Citron, assorted other lines (Nor) still coming in! We have some beautiful cashmere sweaters, boiled wool coats and jackets, gorgeous light, soft wool scarves, light weight long vests that fit into its cool small bag, fingerless gloves, hats, fun gifts and great jewelry. Mens shirts with more coming in Friday (fingers crossed). All at our great low prices!

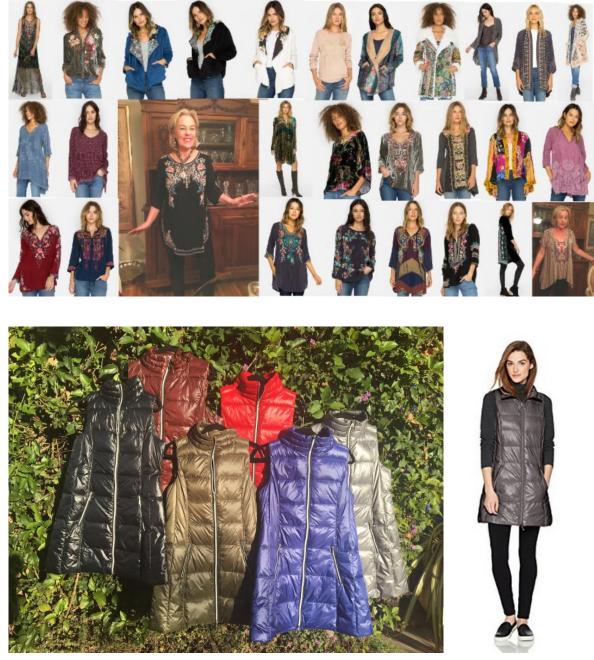
See below for specials and tips (for those needing them), for keeping or making it a happy holiday!

Cashmere sweaters, socks and fun comfy boots.



New Johnny Was, Biya

This is just a sampling and not all pieces in all stores ... Clare in the pics at dinner the other night showing me her Outback score.



Light w eight w ith reflective zippers, packs in a small cool bag

Wool ... cozy comfy and warm socks ... buy 1 and get one free (to gift!)





This weeks early Solstice gathering with my sisters. Me in my Biya coat and Enid in her Citron blouse. Plus Chanour Jewelry.

Need some extra access to holiday joy? Many of us are experiencing illness, friends and family with illness, loss of friends/family. Here's what I do:

1. **Breathe**. Breathing tips from my vibrant, timeless 81-years-young friend, <u>Wowza Elisa Lodge</u> (Couldn't link to her last weeks' breathing tips on facebook but this one will do to make a happy you!)

2. Look at something beautiful. For me it's long views, trees, sky, water, mountains.

3. Take your shoes off and stand on earth if possible.

4. **Reach out to a friend**. One might offer a shoulder to cry on; another helps you ground; another helps you find silver linings; another supports your own intuitive knowing or offers theirs when you are too gripped by fear. (Some of my friends do these things for a living. If you need one let me know.) 5. **Remember, sometimes you just need to take care of yourself**. In the midst of a tsunami of friends/family illness, I was in LA after some intense caregiving, conferences, and had been slammed with a cold. Just as I was thinking... *fly to New York*, then getting a call saying I was needed in Mexico, I looked up to see a painting with the words, "*Save your own damn self*!" Intuition comes in many forms!



6. **Don't let the Post-traumatic Trump Disorder make you sick**. An antidote is to give support to others where and when you are able. Happy gifting and happy receiving ... by which you are giving to the giver too! It's amazing how life works!

