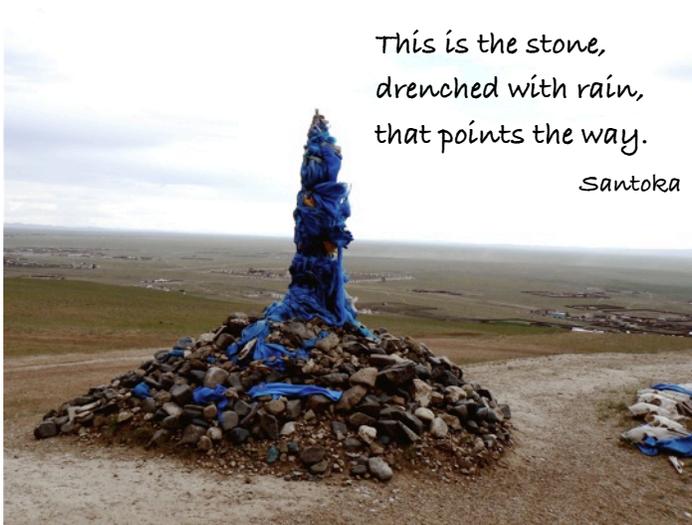


All Things Natural



This is the stone,
drenched with rain,
that points the way.

Santoka

Cairn in Mongolia.

Photo: Sara Nisler, 2007

In this issue, we feature photos by Sara Nisler. Sara is from Mongolia and became a customer of Sheepish many years ago. In 2007 she returned to Mongolia as a visitor with her new husband. Her pictures show both the joy of seeing her homeland again, and seeing this wondrous place with him. We thank her for permission to use them in our newsletter.

The Cairn

A cairn is a pile of stones placed by humans for some purpose. Wikipedia relates several of these purposes, including marking the site of a burial, an important place along a trail -- or the trail itself. In some sense, the cairn is a way of making a statement without the need to use spray paint to sign it. It is a mark of respect, of awe, of saying that another human was at this place. The largest cairns we have seen were at Walden Pond in Massachusetts at the site of Thoreau's cabin. Several giant piles of tiny stones had been left by generations of visitors -- one at a time.

Stones marking a path can also express the joy and gratitude for being able to participate in the journey. We have seen marvelous cairns of that type in Sedona, Arizona marking the walks and the locations of "vortices." Similar cairns were seen and contributed to in southern Crete on the mountain path to the ancient site at Lysos where followers of Aesclepius had a healing temple (with the mosaic tile still intact).

Not all cairns are piles of rocks. We mark our joy, gratitude, remembrance, and thanksgiving at points in our life path in many ways.

Eriin Gurvan Naadam

Ulaanbaatar, Mongolia

In 1921, Mongolia won her independence from China and Russia. On July 11-13 each year, an Olympic-like festival is held to mark this event. Eriin gurvan naadam ("the three games of men") involves Mongolian wrestling, horse racing, and archery -- echoing the training camps of Genghis Khan in the 12th century. It is preceded by a colorful parade of individuals and historical deities of the nation in an energetic and proud display of their heritage and history (shown at right).

Photo: Sara Nisler, 2007





Mongolia

Photo: Sara Nisler, 2007



Beach Cairns "To - Go" from (inner) Focus

Now available exclusively at Sheepish!

Three cairns are pictured above. They are made from stones selected from beaches around the world, balanced and a charm selected to include with each. They are all unique, and come in a "To - Go" box for gifts.

Thoughtful Gifts -- Thoughtful Times

When the economy is uncertain, it seems to be the case that we spend more time considering each gift for the season. We may have more time than money -- and that results in careful consideration of each purchase (not necessarily a bad thing). Handmade seems to be a better choice than machine made when the meaning is an important aspect of the gift.

Consider Fair Trade and locally made artisan gifts when making your holiday choices. Sheepish has, since its opening in 2001, featured Fair Trade and locally made products that have meaning and true value. We would be honored to help you find that perfect gift.



October in Door County, Wisconsin

Photo: Anne Huber, 2008

Incense

The burning of incense has several purposes. It can add a pleasant scent to a room, to assist in achieving a calming or meditative setting, or to declare a place to be sacred. The smoke from incense is usually said to be carrying prayers to God. At Sheepish we have some of the finest in the world from Japan (Morningstar and Shoyeido), India (Shanti Vana, Auroshika, Blue Pearl, Pondicherry cones, Nag Champa), Tibetan temple incense, Fred Soll and Native Scents from the Southwest, smudge sticks, and our own bulk resins. Check out the web store, sheepish.us, for special prices on all incense.

I went to the woods because I wished to live deliberately, to front only the essential facts of life, and see if I could not learn what it had to teach, and not, when I came to die, discover that I had not lived.

*Henry David Thoreau
Walden (1854)*

Sheepish®

326 Main St
Racine, WI 53403

happypeople@sheepishinracine.com

262-635-3244

or 1-866-907-4337 (toll-free)

online at <http://www.sheepish.us>

a division of Body of Knowledge, Inc