



Memo to Mighty Members Tip #181

RECIPE/LISTEN: Cannoli Cream, Celebrations and My “Homi” Song

November 16, 2023

Hello, My Dear Mighties,

Earlier this week, in my Monday Night Live, I briefly touched on how wonderful it was to meet — in person — with some of my students at our Annual Academy Celebration, held recently in South Florida. If you are a graduate of The Academy of Practical Homeopathy® or are currently enrolled, I do hope you will plan on joining us next fall.

The most heart-warming thing about our gathering — besides getting to touch the faces of people I have only known through a little Zoom box on my computer screen and to hug them— was the families and friends who joined my students in support.

There was a mother who had taught her son homeopathy, and now he’s in The Academy, adding to his skills as a first responder.

There were sisters there, sharing their mutual love of Practical Homeopathy®.

There was a husband, inspired by his wife's experience in The Academy, who is now considering joining the next class himself.

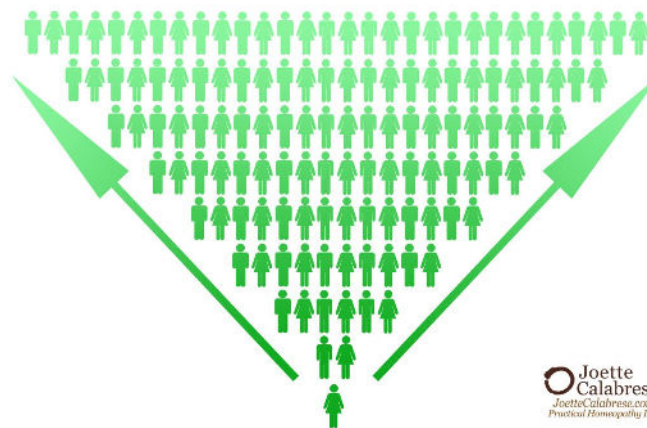
There was a young girl who listened to some of The Academy lessons alongside her mother, absorbing what she could at her young age. Imagine how prepared she will be when her opportunity to join comes along.

It was a family affair. (Even my husband and son were there.)

My friends, seeing families and friends supporting their graduates of The Academy reinvigorated my sense of purpose. Seeing the secondary and tertiary lives touched by Practical Homeopathy® makes our mission clearer and the information even more valuable.

As you learn through your membership in the Mighty Members, I hope you bring homeopathic solutions to the real-life conditions experienced by your family and friends. Encourage them to come on board with you so [they can become Mighty](#), too!

People are hungry — nay, *starving* — for health freedom! Imagine how many people we can reach by sharing with even one person at a time. The full potential for the exponential growth of our beloved paradigm was on full display at our celebration. These are exciting times.



Speaking of family, I was asked for the lyrics for my “Homi” song, so I thought I might also share them with you. Remember the song? You can learn more about it [here in this blog post](#).

<Stephanie, is there any way we can embed the video here as it is on the blog post referenced above? If not, no problem. Instead, then, can you please hyperlink the image below so that when they click on it, it will take them to either the player or the blog post (link above)? I tried, but I think the privacy settings were incorrect.>



Lyrics to “Learn-a Your Remedies (The ‘Homi’ Song)”:

With our homeopathic protocols
You learn-a your remedies.

My family
A needs a me
So I must know
Our remedies.
How much to take,
How often to treat,
And when to stop and when to repeat.

With our homeopathic protocols
You learn-a your remedies.

Aethusa no dairy
It's elementary
With *Arnica* head
Arsenicum fed
Spigelia slither
Aurum sperm wither
No more infirm!

My family
A needs a me
So I improve
My memory.
Not only the rem
But how often to treat

And when to stop
And when to repeat.

With your Homeopathic Protocols
A learn-a my remedies.

Bella so red
And *Arnica* head
Drosera bark
Ignatia dark
Psora so frigid
And *Cuprum* too rigid
Ant crud itches

Kali carbonicum
Let it melt on your gum.
Bovista wheat are some
Great ways to treat ya.

La la la la la

Homeopathic protocols
Learn your remedies!

And whilst I'm answering requests, some of you wanted my recipe for cannoli filling. Since Thanksgiving and Christmas are just around the corner, I thought I'd better share it with you now. Keep in mind, this is nothing unique to me. I just tweak a traditional recipe to taste, choosing my desired ingredients from this list. Naturally, that makes this one of those recipes without specific measurements ... just like that of any good Italian grandmother.

Cannoli Cream

Ingredients

Note: I look high and low for organic ingredients as well as raw honey, etc. But I make do, depending on what's available, and go for it because the tradition is important.

- Ricotta cheese (Whole fat is best. If it is too watery, strain it in a cheesecloth until the moisture drains out and the ricotta is thickened.)
- Raw honey or maple syrup
- Vanilla extract (I make my own as detailed in Memo to Mighty Members Tip #152.)
- Almond extract (without the added stuff found in many commercial varieties)
- Cinnamon
- Bit of heavy cream (not necessarily whipped ... only if it's too watery)

- Slivers of chocolate (Most recipes call for chocolate chips. But I like to shave chocolate pieces into a pile and use the somewhat irregular shapes instead of factory-made pieces of chocolate.)
- Chopped pistachios. (I chop them myself.)

Instructions

Mix the ricotta cheese in a bowl and add sweetener and preferred flavorings to taste. You can also add slivers of chocolate to the cream if desired.

Do NOT fill the cannoli shells until just before eating. Trust your Italian friend on this, Mighties. If you fill them too early, the shells will get soggy. Non buono!

Garnish ends with chopped pistachios and/or slivers of chocolate.

That's it for today, my Mighties! Goodness, I got carried away. Enjoy the upcoming week as we head into Thanksgiving! This is such a special family time of year.

Warmly,



Joette Calabrese, HMC, PHom M

Founder and Director of The Academy of Practical Homeopathy® and Mastery™

Links:

Share with Mighty family and friends — <https://membership.ioettecalabrese.com/mighty-members-info/>

“Learn-a Your Remedies (The ‘Homi’ Song)” — <https://joettecalabrese.com/blog/learn-a-your-remedies/>



If you have questions regarding this Memo to Mighty Members, please post them in the [Mighty Members' Discussion Group](#) in Joette's Social Center rather than contacting my office.

Other Mighties may have the same question, and by utilizing the forum, my team members can provide the answer to everyone. Plus, you might benefit from the conversation your question sparks!

If you have any tips to share, please send them to my team member tracey@practicalhomeopathy.com. She will compile them for me, and you might see your advice shared with our group — with proper credit given, of course! However, please send tips and suggestions only; we cannot answer questions at this email address.

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