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## Just Like We Do Today an excerpt from *Old-Fashioned on Purpose*

JILL WINGER

The Prairie Homestead

A turn-of-the-century church and cemetery

can be seen nestling in the fields east of our town. They stand as a remnant from Iowa Flats, one of many satellite communities that formed near Chugwater back in the day. Built in 1910, this humble white chapel appears out of nowhere as you drive across a patchwork of wheat fields and native prairie grass.

After passing several abandoned homesteads and wondering if you might have taken the

wrong turn, there it is. The steeple pierces the horizon, a silent testament to the vibrant, resolute people who lived on this prairie long before asphalt roads and power poles conquered the land.

The thermometer registered well below zero the day I drove to the church. As I walked inside the unheated sanctuary, my foggy breath mixed with the golden light streaming through wavy glass windows.

Old places like these carry a special sort of energy, almost as if the people who were here before left a bit of themselves behind. Proof of their existence is evident in the scratched floor planks, the railings worn smooth by decades of hands, the patinaed metal shaped by long-ago craftsmen, and the nostalgic scents that

linger in the air. The veil of time feels thinner in these places, as history beckons us to reach out and touch it.

do today. They gathered in that little sanctuary to sing songs of worship and to grieve their lost loved ones, just like we do today.



JILL WINGER / The Prairie Homestead

As I walked across the creaky wooden floors and sat in one of the cast-iron pews, I thought about the century's worth of people who have crossed that same threshold.

While they might have arrived by wagon and I came by SUV, we're more alike than we are different. They were homesteaders, townspeople, cowboys, and farmers—some of whom still have descendants living in this area. They had dreams, and goals, and a desire to scratch a life from this unforgiving landscape, just like we do today.

They sat in those same church chairs and balanced plates of potluck food on their knees while they hollered at their children running up and down the aisles, just like we

They filled the walls of that place with laughter, sadness, lively debate, and whispers of fear and struggle, just like we do today.

They discussed wars and pandemics, calving woes and droughts, just like we do today.

I think this is why I love old things and old places so much. They remind me that I'm not the first, and that I won't be the last.

Thinking of that little church on the prairie through the Spanish flu epidemic, the Great Depression, two World Wars, the Blizzard of '49, the cyclical droughts, and the swirling tornadoes is strangely reassuring. This sacred space has seen it all, and yet it remains—strong and steady.

We're not the first generation to face uncertainty and upheaval in our lifetime. It's an inescapable part of this beautiful, yet messy, human experience. But I wholeheartedly agree with Laura Ingalls Wilder who wrote, "...so many changes have...

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...made living and learning easier. But the real things haven't changed. It is still best to be honest and truthful; to make the most of what we have; to be happy with simple pleasures; and have courage when things go wrong." Good things always last.

Through each of the chapters in this book, we've explored a different way that our rush for progress has led us to places we never intended to go. Time and time again, a desire for ease has led us astray.

And our next challenge looms on the horizon. Wendell Berry imagined that the "next great division of the world will be between people who wish to live as creatures and people who wish to live as machines." And the age of the human machine is rapidly approaching.

As our society becomes increasingly obsessed with the artificial, I can't shake the sense that we're standing on the edge of another precipice.

Will we soon choose to spend more time in virtual reality than the real world?

Will corporations convince us that food developed in test tubes or 3D printers is better than food grown in soil?

Will artificial intelligence shake the foundations of life as we know it?

Only time will tell.

At the turn of the century, it was fashionable for women homesteaders to share reflections from life on the Plains with newspapers and magazines.

I seem to be falling into their ranks.

Yet while my predecessors often wrote to convince their eastern counterparts to move west, I'm advocating for a different kind of move—a move toward time-honored ideas that will keep us grounded in a world that spins ever faster. I champion a shift from synthetic, to real; from artificial, to alive; from sedated, to aware; from consumer, to producer; and from mindless, to meaningful.

Because no matter how sophisticated we may become, we're still flesh and blood. We are biological beings with ancient compositions.

We're not mere imposters in this natural world, we're a part of it. And when we sink into those truths, everything aligns. The very fibers of our being awaken, and we can then experience what it means to be fully alive.

*Old-Fashioned on Purpose* is a rallying cry. In my mind's eye, I picture people like you and me carefully packing these timeless principles in our suitcases and gripping them tightly while we charge headfirst into the unknown. I don't know what the future holds or how the world will change in the coming decades. But I do know these old-fashioned principles will hold true, just like they always have. ❤️

*Reprinted with permission by the Author. Original post on: ThePrairieHomestead.com*

*How I go to the woods. Ordinarily, I go to the woods alone, with not a single friend, for they are all smilers and talkers and therefore unsuitable.*

*I don't really want to be witnessed talking to the catbirds or hugging the old black oak tree. I have my way of praying, as you no doubt have yours.*

*Besides, when I am alone I can become invisible. I can sit on the top of a dune as motionless as an uprise of weeds, until the foxes run by unconcerned. I can hear the almost unhearable sound of the roses singing. If you have ever gone to the woods with me, I must love you very much.*

Mary Oliver



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# Cleaning My Ears:

## The Hearing Method That Changed My Life

**KATHY SOTAK**  
2MinuteLift.com

My father passed away this past year, marking a new chapter: both parents are now ancestors, whispering their wisdoms through the ethers instead of the phone line. I still feel them though, guiding me along my own yellow brick road with their hands gently on my shoulder.

If you are in this category too you know that the first holiday season is like no other. It is emptier. There is a deep wanting filling your space. It is just not the same as it was.

Amidst my sadness, I'm thankful that I received full peace on my father's life while he was still alive. There are no lingering regrets or mysteries to solve.

It wasn't always like that though. It took me most of my life to figure out my dad. He was a farmer and rancher, therefore worked from sun-up to sun-down. Because of his hard work ethic our primary conversations were at supper time. And those conversations were pretty lame, like "How was school?" "What gas mileage are you getting?" or "Let's play a game of cards."

I wanted to have rich conversations with him like I did with my mother. We could talk for hours and we were a lot alike. She was a writer, and I am now a writer. She was a photographer, and I am now a photographer. She found joy and curiosity all around her. For example, my mother brought me into her world of noticing wild baby's breath growing in the prairie ditches, or watching the tiniest of spiders weaving their home in the corner window. Most impressive, she could notice a hurting heart from friends and strangers alike, then did her best to share compassion and peace to brighten their spirit.

Naturally, when my mother died 21 years ago, I wanted to communicate with my dad just like I did with mom. **Continued, Page 3**

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I just could not figure out how to communicate with him though.

A few years ago, it dawned on me. He had been communicating this whole time – but I wasn't listening. You see, he did not communicate like my mother. He spoke in his own way: not through his words – he communicated through his actions.

I started watching his actions instead of his words, and a whole new relationship opened up. I listened as he loved unconditionally. I watched as he forgave those who hurt him. I saw how he let the little things go – all of them. Yes, he shook his head at some of us sometimes, but he never said a word in judgment. He knew it was our life's choices, and instead likely said a quiet little prayer. Above all of this, I watched as he gave thanks to God and Jesus throughout his life.

I rewound time even further to look back on his life with these new ears of mine. Despite working farmer and rancher hours, he ended early some days when it came to service work. He was an elder of his church, serving a vital role in the spiritual health of the community. He volunteered in many non-profit organizations and local services, such as being a volunteer fire fighter. My dad would always help others when it was the right thing to do and he had the means to do it.

Now that he is gone, I heard his wisdom loud and clear: every day God is expressing itself through our hands and heart.

We have no choice but to reflect on our own lives: how are our actions imprinting our legacy?

Let's not add to our new year's resolution list. How about we simply give gratitude for what we're already expressing through our hands and heart. Also, who do we have a hard time hearing today in our life? Let's take these expanded ears to them and I bet we will hear clear as a bell.



Kathy & her dad

*This article has been shared with permission by the author, Kathy J. Sotak. Read more ways to flip our script at [2MinuteLift.com](https://2MinuteLift.com)*



## Expansive Freedom: a meditative affirmation

*I am seeking the light of the Divine Spirit to flow unobstructed into my crown chakra, illuminating every cell of my being with its radiant presence. With this intention, I take a deep breath and honor the sovereign power of equanimity that is always mine to behold, feel, and act upon. There is no past, no future—only this sacred moment of now.*

*The mind, conditioned by time and illusion, often drifts into the realm of memories, conjuring fear-based narratives that keep us bound in separation. These echoes of past events are mere projections of the small, ego-driven self—a self that sees division where none exists, a self that judges others without realizing that every judgment cast is ultimately a judgment against itself. But the truth is simple, unwavering, and ever-present: The only reality is now.*

*In this moment, I choose to raise my frequency. I choose to align with the higher, infinite intelligence that is always available to me, whispering through the spaces between thoughts, guiding me toward love, expansion, and freedom. To raise my frequency is not just a fleeting desire—it is my responsibility. It is my birthright. It is the key to transcending limitations and stepping into the vast, limitless potential of my soul.*

*When I surrender to this divine flow, I allow light to fill every part of my existence. This light is not something I must seek externally, for it has always been within me, waiting to be acknowledged and set free. It is the light of divine love, the eternal energy of creation itself, vibrating at the core of my being. And as I open my heart and mind to this luminous truth, I dissolve the illusion of fear and scarcity, reclaiming my innate sovereignty.*

*Equanimity becomes my foundation. No longer swayed by the turbulence of the external world, I remain centered in the eternal now. I embrace the sacred neutrality of divine wisdom,*

*where all things are as they should be, and nothing is truly separate. In this state, I recognize that every experience, every encounter, is an opportunity for growth and reflection—a mirror showing me the way home to myself.*

*As I breathe deeply, I welcome the radiant presence of the Divine into my being. I become a vessel for love, a beacon of peace, a conduit of divine intelligence flowing unhindered through me. This is my power. This is my truth. And in this moment—this infinite, ever-expanding moment of now—I am free.*

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Academy of Embodiment Arts teaches Qigong and Baguazhang Kung Fu as tools for health and spiritual growth. These arts rewire the nervous system and strengthen the body to anchor soul level energies necessary for personal growth and evolution. Alongside the physical movement arts, we teach courses and workshops on spiritual growth, ascension protocols, and provide Shaolin Qi healing.

## Breathwork With Marcy

[marcygoetz@hotmail.com](mailto:marcygoetz@hotmail.com)

Marcy Goetz trained under Jon Paul Crimi and has been a breathwork facilitator since 2020. She is passionate about guiding others to release what is no longer serving them, to step into their truest and most loving self. She offers live group sessions, 1:1 or private group sessions in Brandon as well as online sessions, each with carefully curated musical playlists to guide you on your journey inward. Email her to learn more about upcoming sessions.

## Butterfly Touch

[butterflytouchhealing@gmail.com](mailto:butterflytouchhealing@gmail.com) | 204.761.1550 | [facebook.com/butterflytouchenergy](https://www.facebook.com/butterflytouchenergy)

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## Countryside Studio & Gym

<http://countrysidestudiogym.com> | 204.720.6629 | <https://www.facebook.com/countrysidesg/> | <https://www.instagram.com/countryside.studio.gym/>

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## Grit and Growth Centre

<https://gritandgrowth.center/>

The Counsellors at Grit and Growth Centre support individuals in healing their past and building resiliency to live more whole, embodied lives. Services are offered virtually and in person in Neepawa and Erickson.

## Grow Your Life with Kim and Jackie

Two holistic healer friends/business partners, sit down and discuss their stories, experiences and all the things they are doing to unlearn the limiting beliefs and blocks that keep us from living the best life. They each have wellness businesses and talk about the real life stuff and how to navigate through it to create the best version of our selves and our lives! They share what they are doing personally and in business to make the shifts necessary to allow the success we are all dreaming about.



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Kellie Williams offers 12th dimensional high vibration energy clearing and healing sessions and a trauma informed listening ear from a peer support perspective. Each session provides a safe space to explore your inner world and gain a shift in your energy and perspective, leaving you feeling empowered and more able to live your life in alignment with your true desires. This can be a first step on your spiritual journey, a catalyst for change, or an ongoing wellness practice.

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Bringing balance to your body, mind, and spirit! Deb uses AO Scan technology to detect imbalances and applies nutrition, lifestyle changes, and frequency-based wellness tools to support overall health. Deb helps clients find root causes and restore harmony naturally. Registered Holistic Nutrition Practitioner, Bio-resonance Technician. Specializing in Childhood/Pre/Post Natal Nutrition.

## Intentions Yoga

<https://www.intentions-yoga.ca> | [alecia@intentions-yoga.ca](mailto:alecia@intentions-yoga.ca) | <http://www.youtube.com/@IntentionsYoga>

Alecia is a guide for spiritual awakening, offering kundalini yoga, coaching, and tarot to support women in healing, growth, and alignment. Blending trauma-informed practices with energy work, she has created a space where inner transformation can occur. Through movement, mindfulness, and intuitive insight, Alecia helps others embody their inner wisdom and step into their highest potential.

## Kellie Winzinowich, CHt

[www.kelliejwinz.com](http://www.kelliejwinz.com) | FB - <https://www.facebook.com/knksouliscovery> | IG - @tinywisemama | TikTok - Tiny Wise Mama Kellie

Kellie is a Certified Hypnotherapist, Life/Spiritual Coach and Energy Healer. A clairvoyant alchemist, Kellie uses her intuitive abilities with a person's inner wisdom assisting them to unblock causes of pain or patterns holding them back. With over 25 years of experience in shadow work, she also teaches workshops on energy mastery, providing people with a framework of understanding their physical bodies on the Earth plane.

## Massage Temple

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## Mystic Raven

[Johnsonshayla@outlook.com](mailto:johnsonshayla@outlook.com) | 204-620-2346

My name is Shayla Johnson and I offer intuitive mediumship readings, home cleansing, shadow work support, and womb space healings. Through guided meditations, I help connect clients with spirit animals and guides. I also host monthly group sessions covering topics like shadow work, life coaching, and women's circles, creating a safe space for healing, growth, and transformation. My work is dedicated to deep spiritual connection and personal empowerment.



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Renewal Therapies Wellness Clinic in Brandon, Manitoba boasts an eclectic combination of empowering health + wellness services, including orthopedic remedial massage therapy, fascial release, myofascial cupping, reflexology, ionic detox foot baths, energy modalities such as Access Consciousness and Reiki, premium nutritional analysis + counseling, and AO Scan Technology. We also have a wide variety of natural wellness products and unique gifts in our gift shoppe.

## Solange LaBelle

<https://www.solangelabelle.com> | [solange@solangelabelle.com](mailto:solange@solangelabelle.com) | 204.868.6422

Solange is a certified fitness instructor and nutrition coach, specializing in Chakradance, POUND, Zumba, and Zumbini. As a Usui/Holy Fire III Reiki Master, she promotes well-being through movement and energy practices within a safe and supportive environment. She offers group and private sessions both in-person in the Westman area and online, hosts monthly Full Moon events, co-hosts Equinox and Solstice events and leads the Nutri-Genius Club.

## Soul Synergy

[soulsynergylindz@gmail.com](mailto:soulsynergylindz@gmail.com) | 204.721.1883

Soul Synergy Practitioner, Lindsay Lewis is based in Brandon and offers these sessions: Access Bars, Access Energetic Facelift, Access Body Processes, and Spinal Flow (coming soon). She also offers Access Bars Certification Training.

## Spirit Hands Healing

[www.spirithandshealing.ca](http://www.spirithandshealing.ca)

Laura Haslen created Spirit Hands Healing in 2013 after experiencing a life changing Phoenix chapter that catapulted her into fulfilling a deeper Soul Purpose. Showing up publicly as a Messenger, and as a Conduit, she works for the Spiritual Postal Service delivering your Mail in loving compassionate ways. Healing and Insight may be accessed through Readings, Energy Healing, Holistic Massage or Soul Coaching.

## Sweet Hummingbird Healings

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Michelle Leray is a Spiritual Medium, Death Doula, Reiki Master, Funeral Celebrant, Animal Communicator/Medium, and Teacher. She offers mediumship readings and Reiki healing sessions locally in Winnipeg and online globally, supports the dying and bereaved, and provides education on many different topics. She is also the founder of Death Doulas of Manitoba, and is a facilitator of Death Cafés.

## The Stress Experts

[www.thestressexperts.com](http://www.thestressexperts.com) | [louise@thestressexperts.com](mailto:louise@thestressexperts.com) | 204.825.4328 |

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I help people have a positive inlook on themselves so they can have a positive outlook on life - feeling better, doing better, being better. I empower them with research-based tools including HeartMath techniques and EFT/Tapping so they can be their own 'stress expert' - removing limiting beliefs and fears, and cultivating inner capacities to grow from life's challenges and step into the best version of themselves. Individual/Groups. Virtual/In-person.

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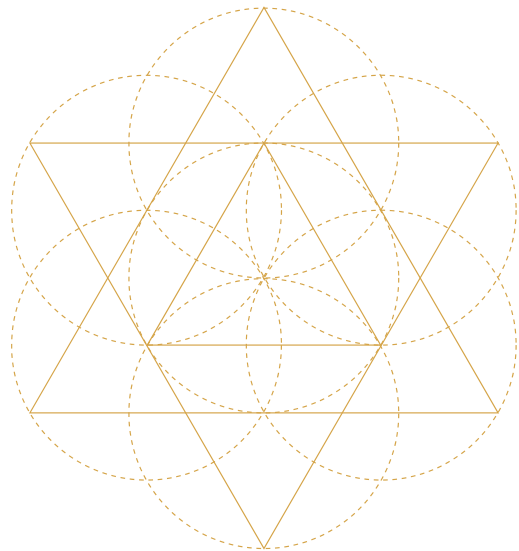
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Discover the power of Healing Touch through expert Self-Care Workshops, certified Healing Touch Courses, personalized Coaching, and rejuvenating Healing Touch Sessions. Serving both rural communities and urban centers, our offerings promote stress relief, energy balance, and holistic well-being. Available in-person and online, we empower you with tools for self-healing and growth. Experience the benefits of Healing Touch and restore your energy wellness today!

## Valley Art Therapy

<https://www.valleyarttherapy.com/services>

Valley Art Therapy provides individual therapy for all ages, specializing in trauma and various concerns such as ADHD, addictions, anxiety, depression, and more. Utilizing diverse modalities like Art Therapy, EMDR, and Somatic Experiencing, their person-centered approach promotes mental health and well-being. Sessions are available in-person and online, typically lasting 50 minutes. Their skilled therapists offer a safe, supportive environment for healing and growth.



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