

Natural Living Journal

Well-being for Body, Emotions, Mind, & Spirit

Vol. 3 Issue 2 READ FREE ON-LINE www.natural-living-journal.com, April-May 2018



Reiki for Your Animal Is Empowering

Essential Oils for Pregnancy

Can We Befriend Our Ego & Our Spirituality?

Boost Your Immune System Naturally

Thoughts, Energy, and Non-Attachment

Shiny Object Syndrome

Physical Renewal Program for Seniors

Community Garden Plots, Enjoy Gardening

Harmony in Your Life

She's a Gutsy Lady & A Survivor (Short Story)

What's Therapeutic Yoga

Hope Eternal

Tai Chi, Sports Therapy, Springtime Insights

Cover Design by Joyce C. Gerrish

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Natural Living Journal

P.O. Box 1506, Louisville, KY 40201

www.natural-living-journal.com

Publisher and Editor, Joyce C. Gerrish, M.A.

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REIKI FOR YOUR ANIMAL IS EMPOWERING

By Letha Cupp, RM/T, Canine Massage Professional

I have always enjoyed animals. We had numerous dogs, cats, fish, hamsters, birds, and even a horse as children. As an adult, my first personal animal was a beautiful white cat who grew to be over twenty-five pounds and lived to the age of seventeen. In his last days, I felt helpless. I felt I could not help him as I watched him fade away. On Christmas day in 2006, we made one final trip to the animal hospital.

After losing my first companion animal as an adult, I vowed to never be "helpless" again. I had dogs who needed me to be in charge and confident. I decided I would learn animal massage and reiki to empower myself for their benefit. More than massage, using reiki for my dogs has helped me to reach more than just their physical body. I ask permission first, then scan with my hands, place my hands on my dog then feel the energy flow. It feels good to the dog and me!

What happens when you offer reiki to your pet? I start with permission. Even my own dogs get to choose if they want to receive reiki or not. For the most part, the answer is yes. But there has been the occasion of receiving a "No" answer and I respect their response. When the answer is yes, I prepare myself by grounding, then place my hands where they feel most comfortable. When the reiki flows, I find the animal receiving reiki starts to breathe slower, gets comfortable, and ultimately naps during a reiki session.

How does an animal give you permission? Watch for a positive reaction; a 'glance,' a deep sigh, a movement toward your hands, a shift in their posture. Many times a pet will offer you an area to begin the reiki flow. With older dogs, I find they offer me their hips. I follow their response to my request for permission and then we start.

When I'm offering animals reiki, I find that time almost stands still. In my experience, for the most part, dogs allow 15-20 minutes of reiki before they are ready for something else. Sometimes, a dog will allow for much less or require much more. Watch for their signals. They are telling you at every moment what they need. If they awaken from their nap wait for their next signal. If they shift positions, follow their lead. If they walk away, that's enough. If they go into a deep sleep, don't change a thing!

One of the things I do that is a little different from other people, is that I work with an animal's chakras. I believe that dogs have eight major chakras; I include the nose as a major chakra just for the fact that a dog nose is powerful! A human has thousands of olfactory receptors. A bloodhound has over 300 million! So the nose is very powerful, indeed. The balance or imbalance of canine chakras will give insight into the animal's emotional needs as much as a limp or yelp will give you insight to their physical needs. From my experience of working with canine chakras since 2009, one chakra being out of balance will cause a reaction of compensation in the other chakras. I work to balance the chakras so that all the subtle energy centers are in alignment allowing for the maximum homeostasis. For example, a dog can get their feelings hurt and all but shut down their sacral chakra - inhibiting their ability to go with the flow and make friends easily. Their other chakras will overcompensate causing a complete exhaustion of energy to the positive or the negative affect.

How do I know if a chakra is functioning in balance? I use a



pendulum. I check each chakra as a separate entity, and then take into consideration how they are functioning together (or not). There are many ways of balancing the chakras. You can offer reiki with the intention of balancing a particular chakra or to the etheric body as a whole. You can use a pendulum, crystals, essences, or a combination of other tools you prefer to work with. A canine will mirror the energetic imbalance being experienced by the human companion. I often check the human as well. Once the human

is in balance, it is amazing how easily the animal immediately reflects the energetic change in their own chakra system.

Knowing reiki has helped me understand my pets on a much deeper level and to be able to render assistance when they need it the most. I must include that reiki is not a replacement for veterinary care or advice. Reiki is supplemental. Only your vet can diagnose, treat and cure your pet. I encourage you to seek the advice of a veterinary professional when your animal is in need.

BIO: LETHA CUPP is a canine massage professional and animal reiki master teacher. She is trained in traditional palative massage for canines as well as massage for the athletic dog and Trigger Point Therapy. She is an Usui Reiki Master/Teacher with a focus on reiki for animals. She has been a canine massage professional & animal reiki practitioner since 2008. Her business is mobile in nature as well as special event based. Contact: CreativeGypsy.biz , 502-403-9765

ESSENTIAL OILS FOR PREGNANCY

by Ashley D. Anderson, PhD, WHNP-BC

I recently gave birth to my wonderful son, Atlas. I feel pretty good and am back at my office as Nurse Practitioner seeing my patients. I'm adjusting my schedule somewhat to make room for my baby, husband, and my new life. Essential oils were very helpful to me during my pregnancy. I want to start by saying I only use DoTerra essential oils because I trust that they are certified pure therapeutic-grade. You can ingest them. Some essential oils you cannot ingest because they are not pure. You have to check the labels - - if it doesn't say that it has received an O.K. by the F.D.A. (Food and Drug Administration) for internal consumption, then don't use it internally. There are multiple ways that you can use essential oils during pregnancy - - internally, topically, and aromatically.

You can use essential oils internally for things like nausea and morning sickness. I think that every pregnant woman knows that morning sickness isn't just in the morning. One particular blend for morning sickness is called DigestZen. It has a blend of the following essential oils: ginger, peppermint, caraway, coriander, fennel, and anise seed. It is amazing for nausea, diarrhea, and constipation. It really helps balance the digestive tract during pregnancy when things are moving a lot slower and you're more likely to be constipated and nauseated. That was really helpful for me, and I used it in a couple of different ways. At some point during the pregnancy, I couldn't stand the taste of it. But before I got to that point, I would put two drops of DigestZen in about 8 ounces of water and drink it. Other times I would put two drops in a vegetable capsule and swallow it that way. Other times when I couldn't stand the taste, I would put some coconut oil in one hand, add a few drops of that blend, and rub it on my belly. That helped as well. I did that maybe three times a day when I was really feeling the morning sickness.

After a few weeks this regimen wasn't working for me anymore, so I switched to cardamom essential oil which is a really good one for morning sickness. Basically, with that you just put a drop behind each of your ears on the bony protrusion of the ear. That was really helpful for two to three weeks. Whatever I was using would be helpful for two to three weeks and then I had to try something else. I don't know why that was so, but now post-pregnancy they all work for me.

About two years before I got pregnant, I started a regimen using frankincense essential oil (two drops orally twice per day). I started that regimen because I had been diagnosed with uterine fibroids. I wanted to find a natural way to shrink them without



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having to have surgery. Originally, I had three fibroids, two on the inside of the uterus and one on the outside. After using it for about a year, I had my annual exam and after the exam an ultrasound. It was found that two of them were gone. The one on the outside of my uterus was still there but smaller. That was really important for my pregnancy. So I continued taking frankincense once a day while I was pregnant. It is very helpful in balancing the hormones of pregnancy as well as my mood.

Another way that I used essential oils topically during pregnancy was for stretch marks. Women care tremendously about stretch marks, of course. There is a book called "Essential Oils for Pregnancy, Birth, and Babies." It is written by Stephanie Fritz who is a mid-wife. She created a blend for stretch marks that was amazing. I gained forty-five pounds during my pregnancy, gave birth to a nine-pound baby boy - - and had no stretch marks. Her blend of essential oils is 10 drops of cypress, 5 drops of geranium, 10 drops of lavender, 10 drops of wild orange, and ten drops of a blend called Citrus Bliss made by DoTerra. Citrus Bliss has in it essential oils of orange, lemon, grapefruit, mandarin orange, bergamot, tangerine, clementine, and vanilla.

Add all of that to six ounces of coconut oil. I put mine in a spray bottle so I could just pick it up and spray it on my hand and then rub it on my belly. Starting in the second trimester, my belly was starting to pop out and I would apply that twice a day. When I got bigger and bigger and my stomach would itch, I would apply it and rub it in. It is desirable to not scratch your belly. I applied this blend all over my belly, hips, and breasts. A woman's breasts get larger when we are pregnant, and if we don't apply oil we can also get stretch marks there.

A lot of women complain about calf pain and getting
(Continued on Page 7)



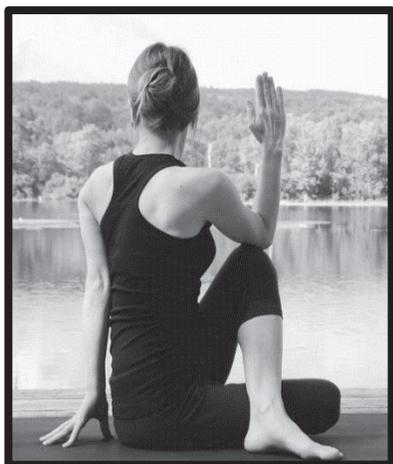
WHAT IS THERAPEUTIC YOGA? *Kelly Riska, OTR/L, RYT*

Yoga has been around for thousands of years. The ancient teachings of Yoga were originally concerned with understanding disease (etiology), and how best to eliminate it. Contrary to popular belief, Yoga is not just a form of exercise nor is it about making oneself able to configure into a certain posture. The system of Yoga is a tool for self-development of our physical, emotional, mental, and spiritual nature.

During a Viniyoga (Therapeutic Yoga) practice we begin to observe our habitual patterns of movement and the ways we compensate for areas of weakness. For instance, we could look at the way we stand and position our feet and body. If you prefer to stand with your feet pointed outward, the hips rotate externally and the pelvis starts to tilt backwards. This in turn will bend the upper back causing flexion or rounding of the upper spine. This is not something we typically pay attention to unless we begin to experience discomfort. Then without knowing it we might lean to one side, or have difficulty standing up straight, or experience neck and upper back pain.

Traditionally, Yoga Asanas (postures) were meant to be practiced in a comfortable, easeful manner rather than forced or fixed in a rigid kind of way. Viniyoga practice includes repetitive movements in and out of postures as well as staying in the postures for extended periods. This increases circulation by stretching and contracting muscles and prepares the body for holding the posture with minimal resistance. Each movement is correlated with a breath and practiced in a slow and controlled manner with intention. Modifications or adaptations may be used to achieve maximum benefit and promote more useful patterns of movement.

We begin the practice by turning inward, bringing our attention inside our bodies to listen and feel sensations.



Then we bring our attention to the breath and follow each in-breath and out-breath. The breath then becomes the Key to our practice - linking the mind,



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body, and spiritual qualities of ourselves. Each movement is initiated through the action of the breath which connects to the natural movements of the spine. Connecting with the breath gives an inward focus allowing us the opportunity to observe what is happening in our body.

Viniyoga is based in neurophysiology and was designed to improve the functioning of the body. It is used in the treatment of various conditions including any back or joint pain, digestive issues, asthma, allergies, hypertension, auto-immune disorders, anxiety, depression, and reproductive problems. The intent is to promote stability, strength, flexibility, alignment, balance, and ease of movement. Yoga can be practiced in a class or group setting. Therapeutic Yoga can also be provided by an instructor in a private session to meet the specific needs of the individual.

If you've ever thought about Yoga but still have reservations – no worries! Yoga is for everyone and always has been. Yoga was originally designed to meet the needs of the individual where they are and as they are. Viniyoga is a gentle, slow, and mindful practice. My students often say after class how energized and good they feel. So, what's not to like about that! Come and experience for yourself. It's like discovering a hidden treasure that was there all along. Viniyoga can help deepen your self-awareness to transform your physical, emotional, and mental reality into a more balanced and harmonious state for greater health and well-being.

BIO: KELLY RISKKA is an experienced Occupational Therapist, treating adults with various physical conditions. She incorporates holistic modalities including Yoga Therapy, Craniosacral, and Reiki. Areas of expertise: pain management, stress reduction, and body awareness. Kelly teaches yoga at Supreme Peace Yoga Studio. She provides individualized assessment and treatment for the highest level of well-being.

Notes: As always, consult your health practitioner before trying any new exercise programs. Photo from Pixabay 1812695-1280.

BALANCE, HEALTH & BELONGING WITH TAOIST TAI CHI

Marcy FitzPatrick Allman, Louisville

When I began Taoist Tai Chi in 2008, I was searching for an activity I could pursue for the rest of my life. I had joined a gym, done aerobics with Jane Fonda, and practiced Yoga for almost 20 years. It was time for something that would take me into my sunset years. Here's what I found.

BELONGING: What a lovely surprise when I signed up for my first class, to discover that I was joining a worldwide Society-- a multi-generational group with values I shared around health, service and inter-cultural appreciation. Membership means we are invited to practice at other branches when we travel. Groups around the U.S., in Canada, and in Germany have welcomed me to their classes. One of our members organized an economical driving vacation visiting numerous locations, enjoying local hospitality, and making new friends. The many hours of practice also eased any stiffness from the long drives.

BALANCE: Early on, I saved myself from several falls, twice rebounded quickly and have not fallen since. Diagnosed recently with a condition that affects balance, I was able to reclaim my equilibrium quickly. The physical therapist requested ten sessions, was approved for six, and finished in five! He was amazed at my quick progress. Tai chi had given me a great head start. I was centered and grounded in my core, able to stand easily on one foot, and maintained balance by using heel-to-toe turns.

BONES: After about three years of practice, my bone density improved from osteoporosis to osteopenia; I discontinued bone-strengthening medicines with their risky side-effects; and "grew back" 1-1/2 inches in height. That was the biggest surprise of all! This "spine-stretching" feature is very beneficial for stability and flexibility, too.

BODY AWARENESS: As beginners we are often puzzled when learning a new move if the instructors ask, "how do you feel?" We wonder what they mean. Then suddenly, we "feel it."



After concentrating on the OUTSIDE movements, we begin to sense what's going on INSIDE. In a culture that encourages ignoring, medicating or overriding body signals, we can relearn how to listen to "body wisdom." Recently that willingness to listen to my body and insist on medical assessment, led to early detection of cancer, when the doctors had preferred a wait-and-see approach.

TAI CHI ALL DAY LONG? I still remember the thrill of first realizing AFTER the fact that I had just done a tai chi move, without planning it. Reaching for a pot in the drawer below the oven, I "crept low like a snake." "Snakes" help aging hips fold in and out of cars, too. I am now aware of using many "foundation exercises" throughout my day, like lots of *toryu* for digging and weeding in the garden; protecting my knees with *donyu* on the stairs, and when sitting and rising. The "empty step" helps me move carefully on a slippery or uneven surface or climb safely from the bathtub. It's such a reward for the years of practice to have these AHA! moments, reminders that Taoist Tai Chi is so much more than an exercise program. When a friend recently asked if I practice every day, I responded that I attend class weekly and practice at home sporadically. Then I remembered, of course I practice every day-- Taoist Tai Chi has changed how I live and move in my body all day long.

TAI CHI AS A PERSONAL OR SPIRITUAL PRACTICE: Even after many years I find sitting meditation very challenging, whereas I frequently lose myself in the graceful moving meditation of the Taoist Tai Chi set. We also learn to let go of control and "trust the form," relaxing rather than "muscling through" a valuable life lesson.

In another foundation exercise I sense the embodiment of a profound principle. The gentle balanced motion of the arms and hands, in and out from the heart, represents harmony and wholeness. The movement offers a counterpoint to the dualistic consciousness passed down from ancient Greece, which can entrench an either/or dilemma. This meditation mirrors for me the ebb and flow of life, like the lapping of waves upon the shore; it is the balance of giving and receiving, doing and being, speaking and listening, death and new life. It is an expression of unity and equality, where everything belongs.

GRATITUDE: Most recently, after surgery I have appreciated the care and support expressed by the group, and the accommodations made by instructors to help me regain health and strength. The Taoist Tai Chi Society is a multifaceted gem whose value I hope to cherish for many more years, inspired by people with greater challenges and more longevity, like our octogenarians. Come and see for yourself! New classes every month. www.taoist.org - kentucky@taoist.org.

"The ancient Chinese believed that the true health comes when body, mind and spirit work together in harmony. Taoist Tai Chi arts grew out of this tradition and are a way to develop a body that is strong, a mind that is calm and clear, yet creative and dynamic; and a spirit that is light and peaceful, yet resilient." Taoist.org



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Essential Oils for Pregnancy (Continued from Page)

varicose veins when they are pregnant. My husband would rub my legs at night three or four times a week with marjoram essential oil in coconut oil. He would put coconut oil in his hand and add two drops of marjoram. It was a really good combination for muscle pain and cramping. I now have only two very tiny varicose veins counting both of my legs. This essential oil also provides a nice tingly sensation that feels great at the end of a long day!

Here is a blend that is helpful for mood. When a woman is pregnant, her moods often go all over the place. I've also heard a lot of pregnant women say they have trouble sleeping. This one blend Serenity helps with both issues. It has essential oils of Lavender Flower, Cedarwood, Ho Wood Leaf, Ylang Ylang Flower, Marjoram Leaf, Roman Chamomile Flower, Vetiver Root, Vanilla Bean Absolute, Hawaiian Sandalwood Wood. I used that blend every night, and I never had insomnia. I put it into a diffuser at night so that it was in the air. A person can also get a diffuser necklace on the internet which is like a small locket. You can put a little piece of material inside the locket and put a couple drops of an essential oil on it. This allows you to benefit from aromatherapy throughout the day. For a little boost of energy, try two drops of each, peppermint and wild orange essential oil.

BIO: DR. ASHLEY ANDERSON received her Bachelor of Science in Nursing from Berea College, Berea, KY. Master of Science in Nursing with a Women's Health Nurse Practitioner Specialty from University of Louisville, 2008. May 2016, PhD in Nursing at University of Louisville. She will continue research to better the reproductive health care provided adolescent females. She is a family planning specialist, trained researcher, author, certified health science educator, community activist, & motivational speaker.

IMPORTANT NOTE: If you decide to work with essential oils, it is very important to consult your healthcare provider, and work with the guidance of a health practitioner who is experienced with essential oils for pregnancy. To help you make informed decisions for yourself, you are encouraged to explore the following books: *Essential Oils for Pregnancy, Birth, and Babies*, by Stephanie Fritz; *Essential Oils for the Health Care Professional*, published by Artisan Aromatic; *Modern Essential – Contemporary Guide to Therapeutic Use of Essential Oils*, published by AromaTools; *The Essential Life*, www.oillife.com.

For a healthy pregnancy other very valuable factors include excellent nutrition, not smoking or using harmful drugs, low alcohol, appropriate exercise, moderately low stress, and fairly balanced emotions.

PHOTO: ©sam74100Can Stock Photo, Inc.

CAN WE BEFRIEND OUR EGO AND OUR SPIRITUALITY? YES! ***by Gerry Boylan, PhD***

Let me introduce you to my ego. Da-Da! There are other parts of my ego, too - - husband, therapist, minister, musician, and grandfather. You might notice that it is so easy to get lost in one aspect of the ego. As soon as we get lost in one or more of them we can run into conflict - - not only with ourselves, but with other people. When people get lost in their egos, they may kind of rub against one another. As soon as I feel I'm being rubbed against, as soon as I feel that irritation, it can be almost guaranteed that I'm working out of my ego consciousness rather than the consciousness of love - - the being that I really want to be acting out of. I don't really want to be acting out of the ego, so then I have a choice - - I can wake up.

Then I ask myself, how did we get into this predicament? What is this separateness that somehow my ego is my enemy? Did we eat the wrong apple? What happened? I sat with that for a pretty long time and I began to discover that our whole system of guidance and growing up and education is based on our ego consciousness - - and we sort of dis-identify from and don't have a whole lot of connection with our spiritual self.

The moment we are born, we go into "people training." People start telling us who we are. The difficulty is that the people who are telling us who we are - - don't know who they are. We didn't have any recourse as children. We didn't have any place to go, maybe we were just two years old. There was no place to go to check out if what they were telling us was true. "You're just like your old man" - - or whatever other bumper sticker label they stick on us.

I have no place to go with all that, all I can do is accept that as being the truth. At school they tell me, "You are your report card, you are your grades, you are how intelligent you are, or how well behaved you are." That's who you are because that's who they tell you that you are. That's how they'll accept you on a conditional love basis if you get "A's" and you're a nice little boy. And I think, hum-m—m, that's who I'm supposed to be. Now that has nothing to do with the truth of who I really am. And then I go to church, and in church they tell me, "you are what you do. If you do this, and if you do this correctly, then we will accept you and love you and embrace you. But if you don't - - we won't."

Then I think, Oh-h-h! That's what I'm supposed to be like! I'm supposed to be my report card, I'm supposed to be my good behavior, I'm supposed to be what my parents tell me to be, and

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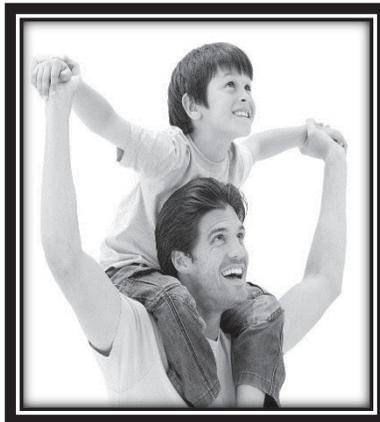
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if I do all of those things then somehow I will be loved, and I will be accepted. So, I spend a really good portion of my life doing that. I even learn in church, that I also have an immortal soul. They told me that it is made in the image and likeness of God. Wow! That's cool! But it didn't do anything. It just sort of whimpered out. The flesh and the devil were a lot more powerful than my immortal soul. I don't know about you, but all the things that were considered sinful looked a lot more interesting than the things that weren't. Now the trick is that when you die and drop your body, then your immortal soul is either going to go to heaven or hell. Even though my soul didn't get anything out of the things that were considered sinful that looked attractive to me - - when I die supposedly my soul is going to go to hell and fry like a wennie through all eternity. Now that didn't seem terribly fair. But that was the story.

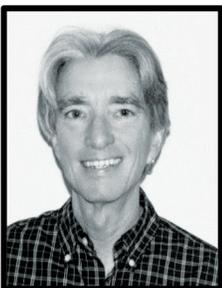
One of my mother's lines was, "Who do you think you are young man?" Maybe it was one of your mother's lines, too. If I really answered that question and said, "I'm a divine child of God," - - would she have understood? So here I am in this dilemma wondering what to do next if and when I have choices in my life with this ego consciousness of mine. It seems to be the essence of who I am because that's what everybody else tells me that I am.

Then after a while we may come to a place where nobody outright says that our divine self is not who we are. We learn to let go of blame, shame, and guilt. We buy into that. But I wonder sometimes, are we here just to feel better? Are we here just to let go of some of the old things that we've held on to for so long that have made us feel bad. Or are we really here to be stretched? Are we really here to grow? Are we really here to identify the truth of who we are? What would it be like, I wonder, if you and I just for a moment get in as perfect alignment as we can with our divine self? How would that be different? How would that make my sense of myself different? How would that make my sense of you different? You know we were taught to love our neighbor. We got that all wrong, because what we did - - - what



I did was -- I thought it was about my personality self loving my neighbor's personality self. I don't know about you, but there are times when I don't even like my own personality self. How am I going to like somebody else? If you love somebody's personality, do you have to invite them for lunch? God knows, there are a lot of people I don't want to invite for lunch. It doesn't mean that I can't love them. What we are asked to give in a spiritual sense goes way beyond the personality. It's not about personality. The personality self might be horribly unacceptable to me for whatever reason and whatever my values. What I am being asked to do is to love from my heart and recognize that divine self in you, even if I don't think you can see it. It is truly being a spiritual warrior.

A spiritual warrior loves when you don't feel like loving. A spiritual warrior shares peacefulness when you don't feel very peaceful. A spiritual warrior is willing to be joyful and grateful -- even when you don't feel joyful and grateful. It is way beyond what you feel. My ego said, "I will do what I feel, I will act the way that I feel. My spiritual self says "It doesn't matter how I feel, I CHOOSE not only how I act but what energy I allow to flow through me and from me. That is my choice every moment of every day. And so here we are, "what do I do with this now?" There are a number of spiritual teachers who have created the following image. Imagine a beautiful horse-drawn eighteenth century coach with all sorts of ornate scrolls on it. On top of this coach is a driver. Leading the coach are six wonderful huge beautiful horses. The driver is your ego, and the horses are your desires and your passions-- of course, they are being directed and regulated by your ego-consciousness. A good portion of my life was lived that way because that was what I thought I was. Then all of a sudden without realizing it, a silver cane came out of the coach and said, "turn right." The driver said, "Who the heck are you?" Then you say, "I own this coach, it's my coach. It never was yours. I was sleeping for a while. I'm awake now and it's up to you to take the coach where I say." What we begin now is the monumental struggle between the ego and my spiritual self. Who is going to win? The struggle is what the ego sets up as being the struggle. If the ego sets up the struggle so that it looks like somebody has to win -- you already lose. There is no place to go except more struggle. So here I am struggling with this ego consciousness that wants what it wants -- and right now! The more I struggle, the more I wind up in quicksand.



Now the choice that we have as spiritual teachers and spiritual warriors is "do I get into a fight and try to get rid of these things that seem to be going on in my life, or do I choose to enhance those aspects of my persona such as peace and love and joy that I know I have inside of me? How can I increase those a bit more or a lot more

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rather than getting into a fight or struggle with that part of me that seems to be belligerent? Then if you want to take it a step further you can make friends with your ego.

You mean you want me to make friends with this part of me that wants what it wants right now, and always wants to be "right" -- that is belligerent and always getting me in trouble, enamored of separateness, and always seems to be getting in the way of my spiritual growth? You want me to be friends with this thing? The answer is yes. If you haven't gotten it by now, my ego is three-years old. Do you get angry at a three-year-old for being a three-year-old -- an undisciplined three-year-old at that? It doesn't mean that I just accept that. It means that I need to give it guidance and love. But I don't try to pound that three-year-old into submission, or yell or twist his arm into submission. I don't say "you should do this." I say, "here's a way that works better, see for yourself."

Eventually what is going to happen is that all the different hats that we are wearing (such as my role as therapist, or musician, or husband, or as grandfather) they are all still going to be there. I don't throw away the hat rack, I don't throw away the hats. They are all still there, but what is going to happen (and I see this happening to each one of us on some level of our being) is that each one of those roles may be playing out in any moment as an expression of my divine self. You can be your divine self being a husband, or a therapist, or standing in line, or pumping gas, or cooking lunch. I can be each of these roles as an expression of my divine self. I befriend my ego because it is a part of creation. It is just as much an aspect of God as anything else might be such as a sunset or a little baby.

BIO FOR GERRY BOYLAN, PhD. Gerry began his career as a teacher and retreat leader at Xavier High School where he taught biology, chemistry and religion. His undergraduate degree is from Catholic University and he holds graduate degrees in Biology and Transpersonal Psychology, and a PhD in Comparative Religions. He teaches classes at Unity of Louisville along with guest speaking at Sunday services.

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BOOST YOUR IMMUNE SYSTEM NATURALLY

Dr. Lisa Tostado, ND

Our immune system plays a vital role in our health and well-being. It protects us from environmental threats, including bacteria, viruses, yeast and parasites. It is believed that 70% or more of our immune system is located in our gut. Our healthy flora typically creates an environment that is hostile to other pathogens. However certain medications like antibiotics, consuming too many processed foods and exposure to chemicals and toxins can harm our good bacteria, allowing opportunistic organisms to flourish. When we have an imbalance in our microbiome, we can develop infections and other illnesses. It is important that we keep our immune system strong with a plant rich diet -from both food and herbs. Their phytonutrients and phytochemicals offer protective effects and also provide antimicrobial properties.

The following is a list of herbs and nutrients you may want to keep in your medicinary for addressing various immune system challenges throughout the year.

Black Elderberries - This is one of my favorite ones to use during the flu season. You may find it labeled under its other name, *Sambucus nigra*. It is widely used due to its strong antiviral and antioxidant properties. It is particularly effective for cold, flu, respiratory infections and cough. Studies on elderberry show that symptom relief can happen within 48 hrs. It is generally safe to take in all age ranges and tends to be popular with children due to its pleasant taste. It can be taken as a syrup, tablet/capsule or the dried berries can be enjoyed as a tea.

Vitamin C - consuming foods rich in vitamin C can prevent the onset of colds. Bell Peppers, broccoli, kale, spinach, and lemons are great sources of this very important antioxidant. People who are deficient in vitamin C tend to experience more colds due to a weakened immune system. Studies show that taking 1,000 mg of vitamin C can shorten the duration and severity of a cold. When supplementing, my preference is to include whole food sources (acerola berry, camu camu, buckwheat etc).

Probiotics - Lower levels of beneficial flora can weaken our defenses, resulting in stealth infections. We can rebuild our healthy populations by eating foods that are naturally rich in probiotics including coconut kefir, fermented vegetables (sauerkraut and kimchi), kombucha, raw apple cider vinegar, kvass (fermented beet/vegetable drink) and fermented soybean (tempeh, miso etc.). You can also supplement. I recommend one that has a spectrum of beneficial bacteria including



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lactobacillus sp., *bifidobacterium* sp., and a beneficial yeast -- *saccharomyces boulardii*.

Oil of oregano - normally when we think of oregano, we think of using it as a spice. It adds a nice flavor to Italian dishes and pasta sauces. However, it has therapeutic properties when used as a concentrated standardized extract. It can be effective for eradicating yeast and fungus. It is a powerful anti-bacterial as well and some studies show that the essential oil may even be effective against MRSA (*Methicillin resistant Staphylococcus aureus*). It is great for supporting the immune system and promoting the health of the digestive system.

Echinacea - there are several species of this herb used for medicinal purposes, including *Echinacea angustifolia*, *Echinacea pallida*, and *Echinacea purpurea*. It is widely used in Native American cultures and is currently one of the most popular herbal supports for the immune system. A review of 14 clinical trials found that echinacea reduced the odds of developing a cold by 58% and the duration of a cold by 1 to 4 days. This is best to take at

early onset of a cold or part of a maintenance regimen to keep the immune system strong.

Garlic - a common staple in many households, garlic is a powerful natural anti-microbial. It is a natural antifungal, antiparasitic and antibacterial. It contains a sulfur compound allicin that is effective for cold, flu and infections. Studies show that it can purify the blood, prevent heart disease and even cancer. I like consuming it in its raw state -- where I typically crush it and use it in homemade salad dressings, sprinkle in soups and to flavor various dishes. A clove a day may keep the doctor away!

Vitamin D - also known as the "sunshine vitamin" - is closely linked to the health of our immune system. Currently we are seeing widespread deficiency, with darker skinned individuals and those living in northern regions being at higher risk. Low vitamin D is associated with frequent colds, autoimmunity and (Continued on Page 11)



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Boost Your Immune System Naturally, (Cont. from P.10)

depression. Natural sources include cod liver oil, mushrooms, fish, eggs, as well as daily sun exposure for 10-20 minutes. This can vary depending on time of day, skin tone (fair skinned individuals need less time), season, and where you live in relation to the equator. I recommend getting your levels checked annually. An optimal level for adults is 60 or above.

The plant kingdom provides us with a natural pharmacy that can aid every aspect of our health. Regularly consuming organic vegetables, low sugar fruits (berries, apples), spices, and herbs (from ginger, turmeric to green tea) can support wellness and longevity. It is also important that we have adequate levels of minerals and trace minerals - they participate in almost every biochemical process in our body. If you are interested in learning other ways to naturally support your health, Dr. Lisa offers free 15-minute consultations every 4th Wednesday of the month at the Rainbow Blossom Wellness Center for Wellness Wednesday. You can also schedule an appointment to discuss your health goals.

Bio: Dr. Lisa Tostado, N.D. graduated from Southwest College of Naturopathic Medicine, in Tempe, Arizona; one of the leading accredited naturopathic medical schools in the U.S. Inspired by the early pioneers in whole food nutrition, Dr. Tostado decided to complete the CCWFN program in 2016 with the International Foundation for Nutrition and Health. She has been a resident of Louisville, KY for the past 8 years. Currently she has two office spaces, one at the Rainbow Blossom Wellness Center at Springhurst, and one at Whole Health Associates, 3834 Taylorsville Rd., Ste. B1.

Note: As always, consult your health care provider before making any significant changes in your health practices.

Is Sports Therapy Just For Athletes? (Continued from P 12) Last but not least, MOVE however much or little you are able to do pain free. The body loves movement! If you need help, find a Therapist. Chances are there is one just right for you!

BIO: SHELIA KELLY is a Licensed Massage Therapist, a John Barnes MFR Therapist, a Cranio-Sacral Therapist and Reiki Practitioner. She enjoys meditation, Qigong, nature, hiking, painting, and the Arts. Her passion is helping others!

IS SPORTS THERAPY JUST FOR ATHLETES? Sheila Kelly, LMT

Certainly not! But what is Sports Therapy and is it right for you? I will address these questions and hopefully give you information to determine if Sports Therapy will be beneficial to your health and quality of life. Sports Therapy is often used by athletes who have received an injury during a sport. But this injury could also have happened outside of a sport such as a fall; when lifting a heavy object or even an automobile accident. Repetitive actions, i.e. sitting, computer work and improper posture can set one up for injuries and respond well to Sports Therapy also.

The focus of a Sports Therapist is on proper function of your muscles during activity as opposed to a Massage Therapist whose major focus may be relaxation. Sports Therapy also includes stretching and strengthening of the muscles. Sports Therapy is generally provided by a Physical Therapist, Exercise Physiologist, Massage Therapist or in my case a Myofascial Release Therapist. In most cases Sports Therapy is used in conjunction with the above or other forms of Therapy. It's meaning may differ within these fields and even from Therapist to Therapist. Confusing? Hence, I will explain how I use Sports Therapy in my practice.

The first step in my practice in a session is to listen to my client, learn about the source of their pain or immobility and what outcome she or he is wanting to achieve. It may be to compete in a triathlon, go for short walks, work in the garden, or sit in the car pain-free. Secondly, I look at body posture. Are you leaning to the left, forward, etc. Is one hip higher than the other? These represent imbalances within the body and are often caused by tight or weak muscles. I also look for subconscious bracing patterns in the body. The body is three dimensional not linear, so it needs to be evaluated in this manner.

Your health history is important also. Do you have old injuries or surgeries resulting in scar tissue? Another important health piece is hydration. Are you getting the fluids and minerals your muscles and tissues need to stay healthy and function properly? I have helped clients by suggesting coconut water, chocolate almond milk, or liquid minerals to provide additional nourishment for muscles/tissues.

I use Barnes' Myofascial Release Therapy(MFR) in conjunction with Sports Therapy to release tight muscles, tissues, and subconscious bracing patterns in the body. Old injuries, improper postures, and repetitive motions like assembly work, sitting in a car for extended periods, or some aspects of sports (like being a baseball pitcher) can set up these bracing



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patterns. Scar tissue usually needs extra attention by applying direct gentle friction.

Only after a complete MFR release -- I continue by stretching and/or strengthening the muscles/tissues. To stretch, the clients' muscle is relaxed as I move it into its range of motion. To strengthen, the client resists motion. In addition, I demonstrate exercises you can do at home to stretch and strengthen. A MFR ball or "soft" roller can also be used at home to aid in releasing tight muscles and tissues. It is important not to use a hard roller or tool because it can cause damage to your fascia, tissues and blood vessels.

How and when is the best time to stretch? Stretching should always be gentle, do not force the muscle. Stretching can vary from a time of 2 seconds to stretch your muscles or several minutes to release fascia and tissue. It is best to warm-up a bit before stretching, especially if you have been immobile for a long period. For example, if you have been sitting most of the day and are heading out for a run -- begin with a walk and slowly increase to your desired speed. You may wish to stretch before you reach that final speed, but it is most important to stretch after your run. Otherwise your muscles are likely to tighten up as you become less mobile. This method can be applied to any type of exercise -- begin slowly and stretch after your exercise.

It is not necessary for you to consider yourself an athlete or participate in a sport to choose Sports Therapy as an option for a body Therapist. If you have pain or you are not able to move about freely and engage in life as you would like -- it may be a good choice for you. The most important aspect of this decision is finding a Therapist who is right for you. The best results will be achieved if the Therapist listens to you and tailors the session to your body. Is your Therapist getting to the source of your issues and allowing for improvement in your health, or is your Therapist just treating your symptoms? Do your research: what is their training, are they recommended by others, do you feel like you would be able to connect and be heard? (Continued on P. 11)

THOUGHTS, ENERGY, AND NON-ATTACHMENT

Karen Schellinger, LPAT,LPCC,LLC

Spring approaches with sunshine feeling warm against the window, suddenly the thought of planting flower gardens arrive out of nowhere. The next thought arriving may be a list of vegetables to grow, then a trip to the store to find garden tools and seeds bombard our consciousness. Within minutes we are consumed with spring gardening and all it entails then...the light turns green and someone is blowing the car horn. How do we go from sitting and waiting for a red light to planting a garden?

ENERGY...a thought came, it began to grow in our consciousness as it received awareness it continued to grow connecting with other thoughts, feelings or memories. At any second the thought may show up in our body, now we feel and think depending on our thoughts and lastly our behavior may reflect our conscious thoughts and feelings.

A thought can arise in our conscious view and not receive the same intensity or energy but continue to pass from our consciousness much like a cloud passing by. Thoughts may also arrive as if they were pulled from our past as we view a photo, hear a song, or a drive to a familiar place. It is when we grow our thoughts via awareness and energy on a conscious level that we may begin to feel anxious or depressed in the body (while not fully aware, the unconscious mind is also influencing behaviors to some degree). This stress may also arise from energizing thoughts from others when brought to our conscious mind.



There is a practice called **non-attachment**. We can use this practice when thoughts arrive and leave us feeling unbalanced. Will there be a difference in how I behave or what I feel and think if I practice non-attachment? Will I be stuffing my thoughts only to release at some inconvenient time? These are grounded questions. You may increase balance in conscious thought thereby diminishing unconscious influence. Thoughts are not ignored by this practice of awareness without the need to grow the thought.

How is it possible to non-attach to our thoughts? We decrease the conscious energy or attention given to a thought. I sit with many individuals who are mentally repeating thoughts that have become their stories and cause a great deal of emotional suffering. For some the mind chatter (or thoughts) will not stop. Often more attention or energy is cast towards the thoughts and the thoughts grow larger and louder; much like a garden. By choosing now to be **AWARE** of the mind chatter without giving conscious attention to the mind chatter the thoughts move on. **THIS IS A PRACTICE.** As author Eckart

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**If you are at peace, you are living in the present.
Lao Tzu**

Tolle describes it, you become the "watcher of your thoughts," - observe without energy.

A lesson from Tao who is now celebrating 100 years of life can be found on You-Tube. Tao teaches a Yoga class every day and takes lessons in Ballroom Dancing. When asked in one of her many interviews what might be her pearl of wisdom at 100 years of age she stated, "Never put negative thoughts in your mind because it goes right to your body". I was so moved by her statement I wrote it down.

After a time considering what Tao's words meant to me I realized I want to be very particular about my thoughts. I told myself if every thought has an effect on my body I want to choose wisely my thoughts going forward. This brings us to self-talk, those internal conversations we think day after day and for some night after night. Self-Talk either builds us up or tears us down. A continual dialogue of thoughts while awake may be eighteen or more hours of dialogue. Imagine if every thought I think today builds me up - - what might this feel like. I can think thoughts of my choosing. I can choose the thoughts that serve me now rather than supply energy to thoughts that may tear me down.

With technology and social media our society is provided a window into individual thoughts that many tear others down. It is my opinion a thought is just a thought, it will only have power if I provide the energy. We are a society inundated with thoughts. Find a moment to sit and bring your awareness to your thoughts, if you do not like what you see or feel, choose a different thought. Find the thoughts that serve you now, uplift you now, provide you with what Tao calls her practice..." I just say I am going to have a great day."

BIO: KAREN SCHELLINGER is a Licensed Professional Art Therapist (LPAT) and a Licensed Professional Clinical Counselor (LPCC). Karen is (Continued on Page 18)



SHINY OBJECT SYNDROME

by Jenny Boice

Business and Life Coach

Do you struggle with shiny object syndrome? Your attention bounces from one thing to the next and you have a difficult time staying focused on one thing long enough to bring it through to fruition? If so, you are not alone. Don't be hard on yourself. Nearly every person I work with struggles with the same phenomenon. It's normal to have many interests. The trick is to learn how to manage this energy, so you can be more effective in your life and business. Organization and boundaries are key.

Here are some tools to help you stay focused on what is important to you.

Track your ideas. One thing that really helps me stay focused is to keep track of all the new ideas coming in each day. Ideas usually come in when we are driving, showering, or doing tasks that don't require a lot of mental focus. As these ideas come to you, write them down, email them to yourself, or start a list of them on your phone.

Sort them into categories. I have a journal dedicated to blog post ideas, a separate journal dedicated to program ideas and outlines, a master to-do-list and a daily to-do-list. File your idea in the appropriate place so you can easily get back to it. Keep separate lists for home and business.

Prioritize your ideas. Which ideas are you most excited about? Put a star next to those. Move those to the top of the list. Which ideas will be the easiest to implement? Put arrows next to these. These are easy to grab and run with.

Boundaries. Now this is where the boundaries come in. Just because you've had this new amazing idea, doesn't mean it's time to run off and leave the ideas you're currently working with behind. You can stay focused where you are then grab a new idea from the list once your current ideas are complete.

If your current ideas are no longer grabbing, then sit with this before running off to the next thing. Ideas can be like relationships, fun and exciting at first but become a little less



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exciting once you start working with them and see how much work is involved. But that doesn't mean the idea isn't a good one.

The most rewarding ideas (and relationships) are the ones you stick with, devote yourself to, and develop into something real.

Plus, what you learn about yourself through committing is priceless. It feels great to complete a project and bring your ideas into fruition. It builds confidence to go after and complete the next one. Over time, you develop a process of completion and learn you can trust yourself to stay focused and follow through.

Don't allow yourself to be so distracted by new ideas. There are tons of ideas available to us in the collective consciousness. Download them and keep track of them. Let the new ideas inform your path, but don't let them steal your attention or draw you off course. The new ideas are meant to guide us, not distract us.

Stay focused and keep working with what's in front of you while continuing to incorporate the new. If you have ideas you are struggling to implement, message me. I would love to support you in bringing your ideas into fruition.

BIO: JENNY BOICE is an Online Business and Life Coach for entrepreneurs who are ready to create money making packages and programs, grow their tribe, and generate consistent income while making a difference in the world. It's time to step up and out. The world needs your specific contribution. Learn more at www.createyourlife.coach.



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RUSHING HEADLONG TOWARD SPRING

by Elsa Lichman MSW, LICSW

We have been experiencing an eruption of snowy owls overwintering here from the Arctic. Sometimes this occurs every four years as the lemming population in the Arctic explodes. But sometimes we wait for a decade or more to see one of these magical birds. The owls somehow know whether it will be feast or famine with their prey item, the lemming. In lean years, they may not lay eggs at all, or perhaps one. In years of profusion, they lay up to 11 eggs, as they can support a large brood. But the environment cannot sustain this bounty for so many young owls, hence the mass departure south to obtain prey. The birds migrate to the northern states along the Midwest and Eastern US borders, and some have traveled south along the coast -- one even as far as Florida! **(Note: Photo of Snowy Owl by Frank Peace)**

The snowy owl is a large, heavy bird, white with brown or black markings which may change as it ages. It is 2.1 to 2.4 feet tall with a 49 to 59-inch wingspan. It hunts during daylight hours often just at dawn and dusk, but can also hunt at night. Sometimes a bird will stay in a habitat for days, weeks, or even a whole winter season before heading back to the Arctic to breed in the spring. Sometimes they can appear and disappear, creating an opportunity for a quest. Many snowy owls land at Logan airport, which is tundra-like, similar to their Arctic habitat, and full of small rodents. An Audubon expert is allowed onto the tarmac to rescue these birds which are a hazard to planes and vice versa. He has to first drive over a large mirror to ensure that he does not carry contraband! He collects the enormous birds one by one, holding onto their ankles above deadly talons. Their wide wings whoosh in an effort to escape. He drives for miles to relocate them to distant and safe habitats. Sometimes they are equipped with a radio transmitter to track their migration patterns.

I have been fortunate to find several of them this year, on shoreline rocks, rooftops, trees, and fields. That first sighting after a four-year drought was close and intimate, as the bird swiveled its head this way and that. It was vigilant, yet tolerant of an enraptured human. One bird on the very peak of the roof of a small house near a salt marsh, appeared dreamlike, surreal. All else faded as I become transfixed by this miracle of nature.

Well, snow or not, we are in full mating and laying season for a variety of species, particularly our raptors. A bald eagle flies right over my head carrying a curly stick back to its nest in a tall sturdy white pine. Both sexes are sitting on eggs, taking turns even when 80 mph winds rock the tree as if it were a reed by the river. Even when snow flies fast and furious, covering that nest.



A pair of peregrine falcons is seen in the vicinity and may nest on an old watch factory building roof, or on a crenelated tower. One day we see a falcon fly at an unsuspecting red-tailed hawk at breakneck speed, sending it careening out of its territory. One hawk flies right over the hood of our car. All we see are the feathery legs and outstretched yellow talons, as it goes after a squirrel and misses. Mute swans are looking for a likely spot to build their own nest in a cove in the river.

We are beginning to see and hear songbirds returning here to nest in spring. Despite the harsh weather they sing as if it were a bright and sunny day. Robins are back and so are grackles from their southern winter sojourn. As the season progresses we will see brilliant orange and black orioles, and red-winged black birds, among a whole host of spring warblers -- tuneful and colorful in a wide variety of hues. Hummingbirds will return to feed at our feeders. Sometimes they build a nest near massive raptors to be in that aura of protection, as they are of no interest to the large birds. One year, a female hummingbird raised two young in a nest which looked like a bump on a tree limb. It was covered with lichens placed on a mud frame to blend into the environment near an eagle nest.

We have high hopes for bushes bursting with blooms. Usually the yellow forsythia, already budding in the cold, blossom first. Week by week, we will see daffodils, crocuses, bearded and wild irises, hostas, lilies of the valley, and hyacinths in our gardens. The magnolia blossoms with their heady scent and the dogwood trees with their blossoms in white, pink, and salmon tones will appear. Aromas will waft as the tall lilacs and honeysuckle blossoms remind us to sip sweet nectar from a stolen fleurette. Maples, elms, and oaks start to sprout flowers first, then leaves. Neighborhood views are diminished as they fill in and cushion us with fluffy and delicious leaves. The sun will pour down on our faces and on new-mown grass. Tiny violets and clovers will cover that grassy area. Dandelions will attract bees. Shrubs will fill in, and peonies, delicate and scented will bend on weighted fragile stems. We can just taste the treasures of that new season when we toss off coats, boots, scarves, mittens, hats, and hoods to let the warm air circulate around us. Those of us who have stayed through the tough New England winter notice the nuances of this special season. We thrill at thoughts of spring when a young man's fancy turns to love, like all the nesting species around him!

BIO: ELSA LICHMAN is a retired social worker, who studies voice and sings in a chorus. She writes poetry and prose for her local newspaper and a variety of publications. While travel and adventure are exciting, she has found that opening her heart to nature in her own environment has proved equally thrilling.



PHYSICAL RENEWAL PROGRAM FOR SENIORS

Teresa Saborsky, Certified Personal Trainer

I started an experiment on myself. I'll be sixty-three soon. Through research regarding my Senior Fitness specialty, I became aware that after sixty you can lose 30% to 60% of your strength and muscle mass. Your arteries and veins start to become less elastic as do your lungs and other aspects of your body. Your system just starts to slow down. I felt like the Wicked Witch of the West and somebody had thrown water on me. I felt my whole body crumbling while I was reading this. I thought - - you know what? I'm going to see one of our trainers here at our Louisville Strength and Endurance. He does what he calls physique enhancement. It's not really body building, but he works with people to get muscle definition and help lean up the body and strengthen it. I thought, "I'll see how my body reacts to that kind of training. I haven't done that. The weight training I've done has been in conjunction with sports, and never specifically for building my body." So, I've started into that. During the course of this process, I've been keeping track of what my heart rate does. Do I gain or lose weight? Do I gain or lose muscle mass or fat and things like that? It has been a really interesting journey. My strength has increased considerably, and my stamina has increased. I'm starting to notice differences in my body.

The trainer has put me on a food plan with high protein such as fish and baked chicken. He has me cutting out starches and white flour stuff. I've been eating a lot of vegetables, particularly greens. I use balsamic vinegar and lots of spices. Sugar is addictive and not good for you. It's not an easy thing to give up, but I don't miss it too much now. Exercise is excellent for mobility and strength, but if you want to lose weight you've got to also watch what you put in your mouth.

I was at a group recently and there was music playing. A woman jumped up and said, "this music makes me want to move and dance." A man who walked in said "Not me." He was very down. The woman was probably in her mid-seventies and she said, "Oh, I swim every morning." She listed various physical activities she does; she was so peppy about it. There are a lot of people that buy into this thing that we're getting older and "my back hurts, my shoulders hurt, all my joints hurt - - so I need to slow down and stop." They may have broken their hip and they feel that they can't move. A person needs to get up and move to whatever extent possible. As soon as a person stops moving,





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that is when he or she is likely to start to decline. It affects a person mentally as well as physically. I know people who have diseases of all kinds, but they move. Some don't. But those who have the better attitude continue being active longer and have a better quality of life. They may not be able to get out and ride a bicycle or do ten laps in a pool. That doesn't matter. It's important for a person's well-being to be able to walk across a room without something hurting, or even just sit without hurting. Some people buy into the attitude, "I'm fifty years old or sixty years old, or I'm seventy years old: I'm supposed to have heart problems, my knees are supposed to hurt, or I have arthritis and my joints are going to swell." If a person buys into all that, it's more likely to happen. It can become self-fulfilling. If instead a person says, "O.K. I've got this set back now, but I'm going to keep being physically active in the ways I can."

Myself, my right knee is messed up and I have to go in for an MRI. Even if I have to have my knee fixed - - I've got good muscle tone in my whole body. I can exercise muscles around that knee. Why do people feel that they have to sit still while one thing is healing? You don't. You need to keep moving and keep your blood circulating. My left knee is an artificial knee and it's doing fine. My right knee will get fixed. Quitting is not an option for me

Within my Physical Renewal Program for Seniors, I do recommend receiving bodywork. We have two massage therapists here at Louisville Strength and Endurance. I have one client who broke her shoulder before coming here, and another who broke her hip twice before coming here. The one who had the broken hip has major bodily compensations. In addition to working with me, she's been going to a massage therapist who is helping her relax the overactive muscles. During this same period, I've been helping her get her foot turned back where it is supposed to be. I'm helping her work on strengthening her (Continued on Page 17)

Physical Renewal Program for Seniors

(Cont. from Page 16)

underactive muscles. That has been benefiting her a lot. She is now walking straighter. She was walking with a hitch with her feet turned out. Now she's not hitching as much, and her shoulder is straight. She is doing really well and getting better. I tell her that seventy-eight years old is just a number.

I give everyone exercises or homework they can do throughout the day, every day at home. These include standing up straight while you're cooking and brushing your teeth. There are exercises for balance that you can do during your normal day. Depending on what a person's physical condition is, I like to finish up a workout with some Tai Chi which is very good for balance. That also helps with the movement of energy in one's body. With seniors I focus on gaining strength in the body core. I take it slowly and help people learn to use their body properly for better strength and health. Included in that is keeping your shoulders back and learning to strengthen your back instead of leaning forward. I tell people, "Don't get that dowager's hump. Push back and start using the back muscles more." I have a client who is almost seventy-one. She was starting to get a little hump. After we worked for a while, one day she came in and said, "You know what? I sat in church and my back was touching up against the back of the pew." She has actually gained an inch in height because she is standing up straighter now. People feel better when they stand tall. It gives more room for the organs to function well. The legs can swing more freely when walking. People look better and more youthful when they are standing erect. Those are some of the kinds of things that I work on with older people. I always work with people safely according to their age and condition. We also work on attitude, because a lot of keeping your body healthy and youthful is mental. We talk while we work.

When two or three people call me to work on this Physical Renewal Program, we'll get a new group started. It will be two or three days a week.

Bio for Teresa Saborsky: Teresa is 62 years old. She has coached people to walk marathons and is a track throws coach for ages 8-18. She is a certified Tai Chi instructor and has experience teaching the Shaolin system of Martial Arts. Since 2000, she has completed over 30 marathons, a number of half marathons, 5 Olympic distance triathlons, and 3 century cycles.

Note: As always, consult your health care provider before making any significant changes in your exercise routine or nutrition.

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THERE ARE COMMUNITY GARDEN PLOTS WHERE YOU CAN ENJOY GARDENING

Now is that magic time of the year when Mother Nature is renewing herself again. Probably all of us are thrilled to see the plants and the trees sprouting out in lovely shades of green and the beautiful pastel colored blossoms. What a wonderful time to be alive and to feel in harmony with this profusion of new growth.

Do you have a space where you can garden at your home? If so, that is fantastic. If you would like a place to have a vegetable or flower garden, here's information to get you started. Call Jefferson County Cooperative Extension at 502-569-2344. They manage the Community Gardens throughout Louisville/Jefferson County. The price is \$10 to \$20 for plots of varying sizes ranging from 8' x 10' to 30' x 30'. At most gardens water and small equipment like tillers are available at no extra cost. Plots are protected by fences. Call for more details. For information you can also Goggle Louisville Community Gardens.

Grow some of your own food. Feel the love of Mother Earth providing for you and your family. If you are somewhat new to gardening, now is a perfect time to begin to learn. It's an adventure: Enjoy the fresh air, sunshine, and exercise. (Photo: © CanStock Photo/ Photography33. Csp8806654)

HARMONY IN YOUR LIFE

by Joyce Gerrish, M.A.

What helps you experience harmony in your life? Is it spending time out in nature taking walks or sitting by a lake? Is it reading a book that inspires you or that has ideas that intrigue you? Is it meditating or doing yoga? How often do you give yourself time to enjoy that harmony? Those harmonious experiences are food for your soul as much as meals are food for your body. Both your body and our soul need nourishment.

Is there some aspect of your life to which you would like to bring greater harmony? Reflect on that for a moment. Is there a person in your life with whom you feel a certain lack of harmony? Is that a person at work or in your extended family - - who is likely to be in your life for the foreseeable future? If you wish, consider sending that person the feeling of love from your heart center, in the center of your chest. When ever that person comes into your mind, send the feeling of divine love and divine harmony from your heart center. This is impersonal divine love and divine harmony, not personal. When you are with the person, visualize yourself in a protective ball of light. If it seems appropriate, say something good natured and pleasant, even if it's about the weather. Then go about your own business or interests. These techniques can help neutralize and harmonize a difficult relationship. Sending harmony and divine love can change the energy between you, in a way that the other person will feel unconsciously if not consciously. Keeping yourself in the ball of light will help deflect negativity, and help you feel uplifted and at peace.

On my website www.joycegerrish.com you will find a free guided meditation focused on harmony. You may find this helpful to support your meditation experience and to enhance harmony in your life. My book, "Secrets of Wisdom" is written about how divine qualities such as harmony, peace, love, and joy can enhance your life. There are many more divine qualities which we can learn to enhance in our life. This can be a wonderful life enriching journey. Each divine quality is an aspect of God and has a unique special energy which can bless us and our life. When you visit my website, click on the navigator button for "Songs, Meditations, and Designs." Then when the next page opens, click on Harmony. That will bring you to the Harmony page. There you can meditate with the 14-minute Harmony Meditation and then listen to the soul song I composed and sang to enhance harmony. I pray that thee will help nourish harmony in your life.

BIO: JOYCE GERRISH has a Master's Degree in Human Development and is a Graduate of National Institute of Whole Health. She has extensive training and decades of experience teaching numerous natural healing modalities including Reiki and Reflexology. She is author of the book, "Secrets of Wisdom, Awaken to the Miracle of You," and is publisher /editor of the Natural Living Journal. She is a Holistic Life Coach, Counselor, and Energy Therapist. www.joycegerrish.com. Louisville Office. 812-566-1799



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(Cont. from P.13) a veteran having served in the US Navy Dental Corps at the age of 17. Karen's therapeutic approach is compassionate and non-judgmental while practicing awareness of the present moment providing her clients with real life practices to transform suffering. Karen is currently accepting clients ages 15 to 19 and 20 to 64 in her Private Practice by appointment. Karen may be reached by calling 502-383-4812 or at Schellingerkaren@gmail.com.

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SHE'S A GUTSY LADY AND A SURVIVOR (SHORT STORY)

Joyce C. Gerrish, M.A.

Nathaniel is concerned because his wife has been seeming somewhat anxious recently. He's been busy all day teaching music classes, leading the school band practice session, and working with beginning instrumental students. He loves his job and the kids. He seems to be able to connect with them because they sense he respects them and they respond to his warm manner. Nathaniel thinks to himself, "I can hardly believe how well the band did today! Wow! I'm excited that three of them are trying out for the town 'Teen Talent Show' as a jazz trio. I'm going to encourage some of the others to get involved, too."

Nathaniel gets into his car to head home. He leans back for a moment and takes some slow deep breaths. He wonders to himself, "Why is Ellie so upset? It's really not like her." He muses about what might be going on for her that he hasn't been aware of yet. "Did I say something that really offended her? I sure try not to. She knows I love her. She's been seeming more serious than usual recently. When I get home, I'll see if I can get her to talk with me if there's something that is worrying or disturbing her. Maybe she's in pain and hasn't spoken about it - - the old back injury from the car accident might be flaring up. Hopefully I can find out - - at least she'll know I care." So, he heads home.

He arrives home and Ellie meets him at the door looking glum and frustrated. She blurts out, "I can't believe the washing machine isn't working again! Nathaniel takes Ellie in his arms and holds her close. "I love you, Ellie, please sit down with me a few minutes and tell me about your day - - how you're feeling, how things went at work. We can figure out about the washing machine a little later, O.K.?" Ellie reluctantly sits down with her husband and lets him keep his arm around her. In few moments her chest starts heaving somewhat and she holds her head in her hands. Finally, she says softly, "I can't believe it. I haven't said this to anyone, but I feel like maybe my sister Patty is taking too many pain killer pills. We usually talk on the phone at least once or twice a day. Now when we talk she sometimes just doesn't sound right. She sounds disoriented. I'm worried and I don't know what to do. She's not only my sister but my best friend and I count on her, and now it's like suddenly she's not the same person. - - I guess I've been sort of taking out my fears and upset on you the last few days. I'm sorry. It's hard for me to focus at work. I've got to talk to someone who can tell me what I should do." She kisses Nathaniel's cheek, "I should have spoken to you about this before rather than trying to keep it inside. Mother always said to keep family problems hush, but I'm afraid it's time to do something. Patty's been a bit of a loner since her divorce."



Nathaniel gazes at his wife sympathetically. He takes her hand and says to her as gently as possible, "We'll see if we can find help for Patty before it gets worse, right? We won't try to do this alone, O.K.? There are people who know a lot more about things like this than we do. I'm going to start by calling the crisis hot line number I have for drug issues. They can steer us in the right direction. I'll call our minister, too. Patty hasn't been going to church recently, but she used to attend. Rev. Don is very compassionate. Patty used to find his sermons comforting and supportive." Ellie murmurs, "Oh, I hate for people to know this is going on - - - it's so unlike Patty. She's usually like a rock of steadiness. I think the divorce and then the injury from her fall on the broken step on her back porch have shaken her confidence. I asked her if there are opioids in her pain medication. She said she wasn't sure, but that the pain is so intense sometimes that she feels she's got to have them." Nathaniel reflects a few moments. "You know, Ellie, we've probably both heard that those pain killer medications can take a person by surprise. A degree of dependency can set in very quickly."

He looks concerned and continues, "Hopefully we can help Patty switch to another approach before it gets worse. How about we give her a gift certificate for a series of massage therapy sessions? She might like that, right?" Ellie puts her head on Nathaniel's shoulder and cries quietly. "Yeah, thanks, we'll see if we can get her to the people who can help her pull through this." She pauses and then adds, "You know, I've been learning how essential oils can help people who are in pain and stressed to feel better. Patty likes to learn about things like that. I pray she'll go along with some of this." Nathaniel says, "I think she might. She's a gutsy lady and a survivor."

RESOURCES: (Photo from Pixabay)

Kentucky Treatment Programs. Referrals for Services, Programs, and Therapists helpful for preventing and/or treating drug addiction. 1-800-662-4357. If a person does not have insurance, they will help figure out how to handle the finances.

Crisis and Information Center (Seven Counties Services). A person in crisis can talk with someone at this phone number and express feelings. Information about sources for help is also available. 1-800-221-0446.

Natural Pain Relief. See articles and ads in this Journal for ways to lower pain naturally without drugs such as Tai Chi, Yoga Therapy, Massage Therapy, Chiropractic, and more.

Essential Oils: A helpful book is [Modern Essential: Contemporary Guide to Therapeutic Use of Essential Oils](#). Published by AromaTools. www.AromaTools.com It is important to obtain organic essential oils.

Note: Photo above is from Pixabay.

HOPE ETERNAL SUSTAINS ME

by Joyce Gerrish, M.A.

I gaze at the sky and I see the face of the Divine. I look in a clear pool of water and I see Mother Earth. I breathe in fresh air and I rejoice with all my heart and give thanks. I am grateful to be alive on this beautiful planet. I believe that all the people of Earth can come together in understanding. I know for sure that it's possible, if we all even halfway try. I say halfway because I truly believe that Divine Spirit will meet us more than halfway and lift us all into peace. Hope sustains me, it is a beautiful vision. I hope that you share that vision, too. Let's help make it a reality where ever we are in whatever way feels possible for each of us, through prayer, through being loving and compassionate, through volunteer service reaching out to young people and those in need, Through wise voting, and through developing and sharing our talents and skills for the good of all. (Photo by Darrel Joy)

