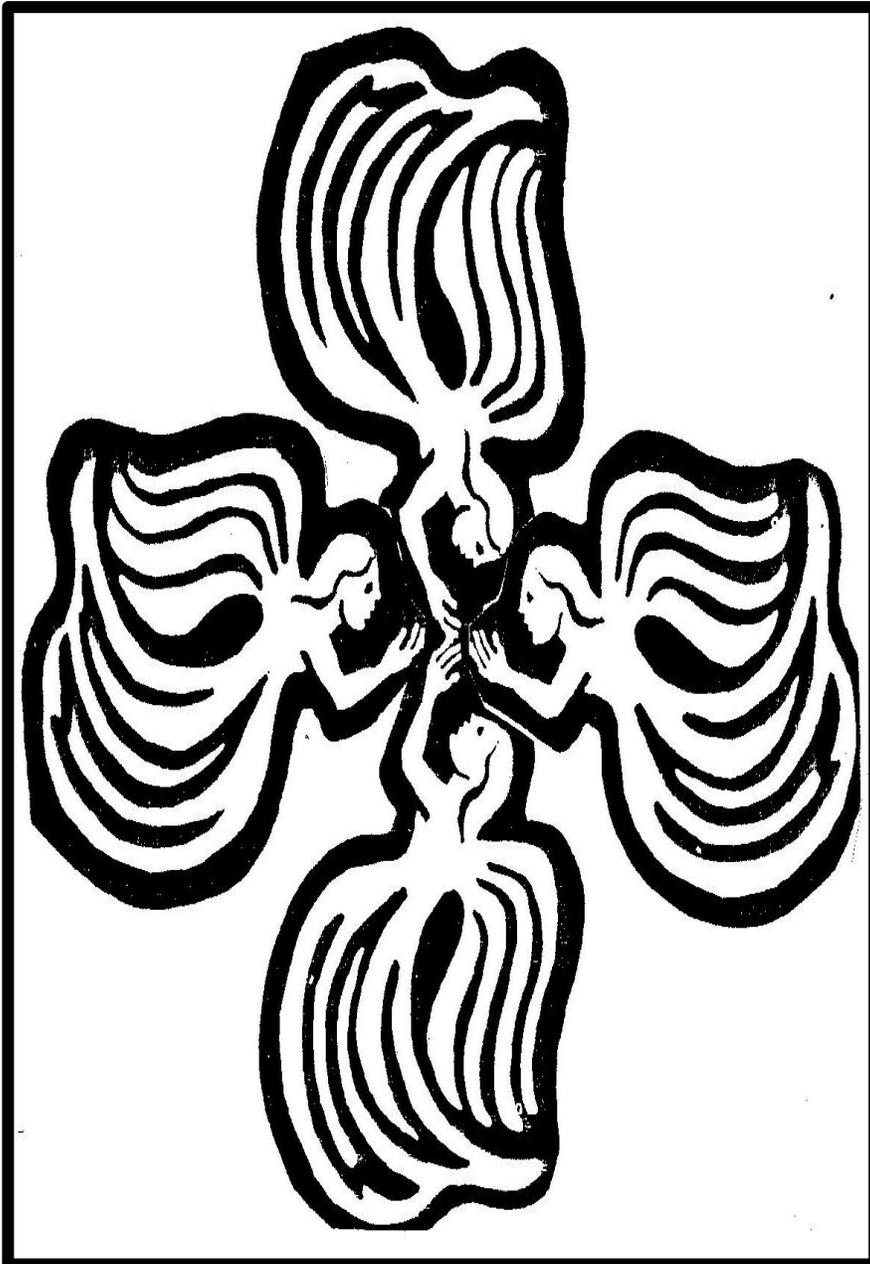


Natural Living Journal

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

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100% Solar Power for No More than Current Utility Bill

Learning to Use the Law of Attraction

Lyme Disease, What We Know & Natural Approaches

Remembering The Truth of Who We Are

Solution Creating

Nourishing Our Skin

What is Iyengar Yoga?

Laser Assisted Periodontal Regeneration

Awaken to Miracle of You

Self Esteem & Communication

Eastern Cottontail Rabbit

Parenting Teen Years

Clear Clutter, Attract Prosperity

Openness to Self

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SPECIAL FEATURE ARTICLE THIS ISSUE

100% SOLAR POWER FOR YOUR HOUSE at No More Than You Pay for Utilities Now. Why Electric Car's Less Costly to Run

You Can Be Off the Power Grid. Help Heal Our Planet & Yourself.

by Daryl Cleary, Arborist for St. Matthews

I advocate for clean energy and vehicles that don't pollute. I don't sell any of these alternative energy products. I help people free of charge who want to access clean energy. The smoke that is sickening us on the planet right now comes from combustion engines and how we get our energy. So many of us don't really think about where our energy comes from when we plug something in, we just take it for granted. A lot of it is at great expense of the land, the air, the water, and our health and medical bills as well. When you burn something, you create pollution. For example, when you burn coal to get your electricity you are definitely getting pollution byproducts such as coal-ash. A lot of people will say, "Well, then there's natural gas." The gas power plants create 30% less carbon, but again if you burn it you are creating pollution. Carbon is not the only toxin that comes from burning things for energy.

The other thing that is sickening humans and the planet is the combustion engine, as I mentioned. To get gasoline for the combustion engine we have to drill, frack, transport, process, formulate - - and then burn it. Sometimes there are spills, leaks, and explosions. A person can reduce their driving. The best thing one can do is to ride something that doesn't have a combustion engine. In the Ohio Valley it rains a lot, so riding a bicycle is not always practical, particularly if you have to wear a suit or something nice when you show up to work. If you show up sweaty and soaking wet, that doesn't work. What I've found to be a good alternative to all these problems is to drive or ride a solar charged 100% electric vehicle including metro 100% electric busses.

My current house has 100% solar power, and no natural gas. All gas appliances have been removed and all electric appliances have been put in their place. All electricity in my home comes from clean energy sources instead of burning things. My family and I only drive 100% electric vehicles. Hybrids were a good steppingstone to electric vehicles maybe twenty-five years ago. Now we have the technology to where the cars can go down the road on just a trickle of electricity. If that electricity comes from solar energy, there are no emissions from the vehicle and there is no pollution generated. You can get solar power even on a cloudy day because the sun is shining behind those clouds. On the cloudiest of day, you can get a sun burn. So, there is more sun

coming through than you would think. You can get 50% or 40% even on the cloudiest day. If you combine that with energy storage such as batteries, then you can store that energy. Batteries such as lithium ion batteries have really changed things now. There is also concentrated solar which stores the energy in molten salt. There are lots of ways to store energy which are clean and safe ways. You can store energy, but I have found that even on the cloudiest of days in the cloudiest of areas (which would be here in Kentucky) I get plenty of power to power my entire life and my family's life.

I have 38 solar panels on my roof. They produce about 300 watts each, and the house is 100% solar powered as mentioned. That is for a 4000 square foot home with six bedrooms, four baths, and two 100% electric cars, and a battery powered lawn mower. Right now, there are just three people that are living in my house. We will be moving into a smaller house. Like a lot of people, we really don't need as much space as we thought we would need, so we will be moving into a 1200 square foot home. Only two of us will live in the smaller house. The solar panels will stay with the home from which we are moving. They have increased the value of the property considerably, so we will be able to get more money. Houses sell more quickly when they have no utility bills. We'll procure new solar panels for the house where we move which will be 80% solar and 20% wind power.



100% Solar Powered House & Electric Cars

There is a plan which I will share at the close of this article that will allow you to get the solar panels without paying anything more than you would pay for your regular utility bills. You can get your solar without paying anything extra, no down payment, no installation fee - - just pay what you were paying to dirty energy.

Pollution is the major cause of inflammation in people's bodies. Inflammation is the number one ailment and seriously affects people physically. It is a primary cause of diseases. Non-polluting power can help remedy that.

There are a lot of planetary symptoms from pollution such as ocean toxification, coral reefs are dying, animals in the ocean are dying. We are drilling and fracking at the bottom of the ocean, we're using sonic techniques to find oil that are endangering whales and dolphins. They are washing up on the shore. It is very important to realize that if the oceans die, we die. We really need to get on with trying to have energy independence such as roof top solar and driving 100% electric cars that are charged by that solar power on our roof top. Just like solar, electric cars actually cost less. There is a lot of money to be saved by going with solar powered homes and electric cars.

With an electric car you never buy gas again. My wife has not had to pump gas for about five years. We





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have had no breakdowns, no maintenance, no tune-ups, no oil changes. In an electric car there is no engine, there is no transmission. Instead of two or three thousand moving parts that all rely on each other heavily, there are only 15 to 17 moving parts in a 100% electric car. Just the fuel money from my previous fairly fuel-efficient car bought me a new Mitsubishi electric car. You have to research for good deals. I paid \$12,500 for my brand new 100% electric car in 2012.

In an electric car there is a small electric motor about the size of what powers a washing machine. There are some batteries about the size of a double A battery. Those are lithium batteries. They are very small yet powerful. Those lithium batteries in an electric car are guaranteed for about 8 years. They are expected to last half a million miles. You don't even have to replace the brakes in an electric car. For example, Tesla (which has been creating electric cars since 2009) has found that people aren't having to replace the brakes. The brake pads on an electric car will outlast the car.

I have had 100% electric vehicles since 2008. I have done nothing except plug them into the regular electric outlet in my house, and I've had no repairs, no maintenance. I did run over a nail one time and had to replace a tire. Even the tires on the electric cars are made to last longer and wear much more slowly.

The average person drives no more than thirty miles a day. You plug your car into a regular 110 outlet in your house. The electric cars come with a twenty-five-foot charging cord. There are three levels of charging. The fastest level of charging will charge you up in twenty minutes. When you are traveling, there is an app called "plug share." It will tell you where all the public chargers are. There are about 50 public chargers total around here in Louisville. Some of those are provided by L.G. & E. There are public chargers from other sources, too, such as Evolveky which doesn't ask a fee to charge an electric car. Some locations have multiple chargers. Prices vary. If you charge your car at home, it is only about a penny a mile. If you are going about a hundred miles, it costs you about \$1.00. If you travel about 300 miles, it would cost about \$3.00.

This technology is in its infancy, but it is getting better and better all the time. Chargers are getting faster. It's not more difficult

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to drive an electric car, it is different. If I did travel a lot, I would get a larger touring car that gets about 200 to 300 miles on a single charge.

In Louisville it is now legal to have a low speed wind turbine on your roof, or ground mounted on a pole. The wind turbines start charging at four miles per hour winds. You can store all this in a battery bank. The wind turbine that I'm looking at is about \$2500 and it produces 3000 watts. That can be a good supplement to solar power.

DARYL DEAL: I don't sell any of these alternative energy products I'm writing about. I help everybody for free. If you want clean energy, I'll help you. If you would like solar power but think you can't afford it, the "Daryl Deal" will not cost you any more than you are paying for your electricity now. I have secured an arrangement with a large reputable installer who offers financing with No Down Payment, low interest, and they'll set your monthly payments at whatever you're currently paying your utility company, so your budget is not affected. If your average electricity bill is \$100 a month, for example, they will set your payments at \$100 a month, and in 8 - 12 years your system will be paid off. Then your electricity is free. My own solar panels are black and made in America with a 25-year guaranteed, but they are expected to last 50 to 60 years. You can stay on the grid for about \$12 a month and take advantage of the "Net Metering" system or purchase you own battery for energy storage and go off the grid. Call Rachel Schultz at 1-859-653-4886 for a FREE estimate and ask for the Daryl Deal! Figure your average monthly electric bill before you call and leave her a message as she's often out doing estimates.

BIO: Daryl Cleary is a living example of having a 100% solar powered home, vehicles & whole life. He was featured in documentary called "Evolve: Driving a Clean Future in Coal Country." He was previously Louisville Metro Parks supervisor. He is currently City Arborist and Green Advisor for the city of St. Matthews. He does not sell anything. At no charge he helps people find Electric Cars and Solar they can afford. Contact Daryl on Facebook or Messenger. If you aren't on Facebook, get a friend to help you connect in. Daryl has many articles on Facebook that are available to the public. Just go on the Facebook website and type in his name which will bring up his articles which are published for the public. You don't need to belong to Facebook. You can talk with him through Messenger which is a part of Facebook.

EASTERN COTTONTAIL RABBIT

Elsa Lichman, M.S.W., Waltham Massachusetts

The Eastern cottontail is the most common rabbit species in North America. Optimal habitat includes open grassy areas, clearings, and fields, with abundant green grasses and herbs, and shrubs in the area or edges for cover. In New England, they typically inhabit one home range throughout their lifetime, but it can shift depending on vegetation and weather changes. They are very territorial, and the home range average is 1.4 acres for adult males and 1.2 acres for adult females. The largest ranges are occupied by adult males during the breeding season, up to 6.9 acres in spring, 10 in early summer, and then decreasing. Males fight to establish dominance and mating priority, as do males of many other species

They appear chunky, red-brown or gray, with large hind feet, the signature fluffy white tail, and white fur on the underside. Large brown eyes and long ears allow them to watch and listen for danger. The pelage is more gray in winter. Kits develop the same coloring after a few weeks, but they also have a white blaze on the forehead, which eventually disappears. Adults are medium size and weigh from 1.8 to 4.4 pounds, with an average of around 2.6 pounds

When chased, they run in a zig-zag pattern, up to 18 mph. They do not dig burrows, but rest in a shallow, scratched-out depression in grass, dirt, or under brush. At times, in winter, they utilize the abandoned burrow of another animal. They are active year-round; and although crepuscular or nocturnal, they can be seen at any time of day.

In New England, breeding occurs from March to September. In southern states, breeding can last nine months or even occur year-round. Mating is promiscuous. The nest is a slanting hole dug in soft soil, lined with vegetation and fur plucked from the mother's breast. Average gestation is 25 to 35 days, and the young are born blind with fine hair. They begin to see by four to seven days. At 12 to 16 days, they begin to move out of the nest, and are weaned and independent by 4 to 5 weeks. Litters disperse at about 7 weeks. The females do not stay in the nest, but return to nurse, usually twice a day. Females average 3 to 4 litters a year, with an average number of 5 kits.

The reproductive season is very interesting to watch. Over the years, I have often had a resident female in my yard with a visiting suitor. The pre-mating dance is amazing to see: the two face off, one leaps over the other, they face off again, and the other takes the leap the next time. This can go on for a long time, followed by the two chasing one another all over the yard and beyond.

I have seen tufts of fur in my thick grass and have been alerted to try to discover a nest, sometimes in a thicket of pachysandra or in garden dirt. Once I noticed the female sitting facing the house

for numerous hours and discovered the slanted nest in a garden next to the house, about 12 to 15 feet away from her. She seemed to be guarding her brood. Another time, my neighbor came home late after work and saw tiny rabbits running around the driveways! And one deep dusk, as the light dimmed, I saw a tiny pale kit run after



the mother relentlessly until she finally just stood still - - and that baby stood on its hind legs and nursed. A most unusual and unforgettable sight, fading as night came on.

The diet of this species varies according to season. In summer they prefer tender green herbaceous vegetation, much to the dismay of gardeners. In many areas, they enjoy Kentucky bluegrass. In winter they consume twigs, buds, and bark.

Annual adult survival is about 20 per cent, with average longevity 15 months in the wild - - with the oldest recorded at 5 years. Captive animals can live to 9 years. In addition to car strikes, disease, and parasites, there are many predators including coyotes, corvids, owls, domestic animals, black bears, bobcats, hawks, eagles, snakes, foxes, and more.

At times I have been fortunate to have a resident rabbit which seems to get to know me, my voice, and my habits. Often at night, I have found one waiting for me at the edge of the driveway and walkway. One year, I set up a lounge chair under my apple tree and began a meditation program. "My rabbit" came up to the chair in the shade, scratched out a hollow right next to me, and stretched out, to linger with me as I followed my program.

BIO: Elsa Lichman retired after 43 years of social work, and turned to the arts for creativity and inspiration. She has written the regular Nature in the City column for her local newspaper for years, & has published her poetry and prose in a variety of venues. She studies voice and performs with a sophisticated, multilingual chorus. She has created a duo with guitar and vocal harmony called the Wild West Duo. Contact her at: elsalichman@comcast.net.



Photo of Kit by France Peace.

Photo of Larger Rabbit: Pixabay 439214_1280

REMEMBERING THE TRUTH OF WHO WE ARE, Gerry Boylan, Ph.D.

Buddhist Prayer: May all beings be at peace. May all beings be free of suffering. May All beings remember who they are.

If we were to condense all the sacred books, all the workshops, all the lectures ever given on spirituality, and even all the lectures, workshops and books that are going to be written about spirituality - - they all distill down into one very simple message, "**remember who you are.**" I might complete that thought by reminding us - - don't get too disturbed if you forget, because your forgetfulness is actually part of the journey.

Often, I will ask myself, "Why is life so difficult at times?" I don't ask myself that in joyful moments - - but when struggling moments come along, there it is again. It's something I've questioned many, many times and probably will question many more times as well.

There are times when things just don't fit. They don't seem to go along with the way I think things ought to be. From this limited state of mind that I happen to be in at those moments, I'm continually reacting to the events of life. Part of me seems to need to be right all the time. I don't say that out loud, but somehow I need to be in control of things. I need to have things predictable. I need to have people moving in the direction that I want them to move, but there is so much more to you and me than that frightened little personality self. I believe there is a deeper aspect to you and me that accepts the facade I've created, but also sees through it to the Divine that is within me, the Divine that is within you, and the Divine in all things. This part of me within does not have to be in control; it is perfectly fine being in the flow of life.

There is a spiritual teaching that says we create our reality through our consciousness. What that really means to me is whatever shows up in our life, we've created. "Oh really?" my little ego self asks. We may not particularly care for that creation, but that's because our personality doesn't care for it. If we look a little bit more deeply, we will begin to realize, our soul created that incident/circumstance so we could learn from it. That's our lesson. It's perfect. Perfect may not feel very perfect, may not look very perfect. From a personality perspective, we might not like it. We might not want it; we might want it different. But here it is anyway. You can run from your lessons, but you can't hide from them.

We can do whatever we want to do to try to make situations different for our self - - but if we stop for a moment and listen to our soul, our soul won't ask "Why is this happening to me?" Our soul will ask very simply, "What am I to discover from this? What

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do I need to realize and learn from this?" What would it be like to realize that all of the stuff in my life is the creation of my soul's desire to learn and be free? Everything! Would I be able to approach life with a little bit more equanimity?

Last year I did quite a bit of traveling back and forth to Chicago, and I began to hate Chicago traffic. What I began to realize was Chicago traffic wasn't doing anything to me. It's just

being Chicago traffic. How I'm handling it is what's going on. So now my personality self wants to change Chicago traffic to suit me. When I listen to my Divine self saying, "Oh, what do you need to learn from Chicago traffic?" A whole different realm of awareness or truth opens up for me.

You probably recall this old Zen story, which deserves repeating. It continually reminds me that life is so much more infinite than I could ever imagine.

An old oriental man's prized possession is his wonderful stallion that for some reason runs away. All the neighbors come and commiserate with him and say, "Oh, isn't that horrible, isn't that terrible, isn't that awful?" And he says, "You never know." And a few days later this stallion comes running back leading 26 mares behind him. And then neighbors all come back and say, "What a great thing, was wonderful what happened." He said, "You never know." While his only son was breaking one of the horses, the horse threw him, and he broke his leg. The neighbors came running back again and said, "Isn't it awful, your only son broke his leg?" And the old man said, "You never know." And a couple of days later what happened was that the army came through enlisting any youthful male member of society. But of course, they couldn't take the son because he had a broken leg. So all the neighbors came back, "Wasn't it a great thing that your son broke his leg?" Of course, the old man said, "You never know."

What would it be like if we were to say to ourselves, "Oh, what a wonderful thing. You never know. What a horrible thing, you



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never know. Oh, oh, oh. I hurt my leg. Isn't that awful? You never know. Oh, I bought this new book, it's the most wonderful book, it's going to change my life." Oh really? You've done that one, haven't you? Me too.

What would it be like if every once in a while we were to just stop and say, "God, I don't know the answer, you do, show me." Or another way of saying that is "God knows what I don't know." The divine in me knows what the human part of me fails to know. Inner knowing might not come to you or me through words. The knowing might come through a memory, it might come through a photograph. It might come from a piece of music. It might come from anywhere, anytime.

It is so typical of me to focus on the more negative and difficult aspects of creation and forget the other side. We can also create from joy, bliss, love, harmony, but then I notice something strange happening here.

How long can you allow yourself to be in a state of bliss without looking for some distraction? The difficult thing about being human is that what our soul longs for us to be in is that state of bliss, of peacefulness, or however you want to describe it. And yet, we have all these contradictory messages we keep giving ourselves which tend to block the experience of our joy and our freedom. When bliss or joy comes along, we say, "Okay, that's enough; time for the real world. I've got to clean the toilet, got to do dishes, got to do this, got to do that." As somebody once said, "I don't need any outside enemies, I have perfectly good ones residing in between my ears." My limited self cannot handle the bliss. It does not know how to respond to bliss, unconditional love, perfect peace.

I wonder if I could be a little bit more like Mark Twain when he said, "I'm an old man and I have many problems, but most of them have never happened." Can I be aware that most of the things that I am worried or concerned about are not real to begin with, are only manifestations of what I think is inevitable in my mind, but which are also changeable if I choose to change them.

How many things that mattered six months ago matter right now? How many things that maybe mattered yesterday, we might not even remember what they were. When we begin to make changes in the thinking in our lives, we begin to become more and more aware of what no longer serves us, and we begin to let that go. We begin to realize that all of the stuff in our life is our life. It's

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not getting in our way; it is our way. And it's our way not just because we created it, but because it was something that we promised our self as a soul, as a spiritual being, that this is what we need to learn.

Harry Chapin once said, "There's no straight lines that make up my life, and all my roads have bends. There's no clear-cut beginnings, so far no dead ends." There are no hurdles in life, there's just life and life isn't something that happens to you and me, life is something that we created. And we created it to learn and evolve and to grow with.

There's such a huge missing piece here that I come back to time and time again. It's what Emmet Fox called the Golden Key. "Whenever you have a problem or a difficulty, instead of dwelling on the problem or the difficulty, dwell upon God." Shift your focus to where the answer really lies, and to the aspect of you that lives in Truth.

BIO: Gerry Boylan, Ph.D. 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 has graduate degrees in Biology and Transpersonal Psychology, and a Ph.D. in Comparative Religions. He teaches classes at Unity of Louisville along with guest speaking at Sunday services.

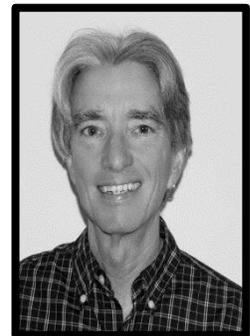


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OPENNESS TO SELF **by Karen Schellinger, LPAT, LPCC**

This article is to share about an Eastern philosophy of mind-mind and heart-mind, two minds. Our awareness as to which mind we operate from may be observed in our communication with others as well as our behavior.

During the warm summer months roads are repaired resulting in changing traffic patterns. Due to holidays and schools out for the summer, heavier traffic is the new norm. Yesterday my attention was brought to an individual on the road pressing on the car's horn for an extended period - - mind-mind? The traffic was heavy and reduced to one lane and yes, lunch time. Were all of the cars not pressing on the horn operating from heart-mind? The Universe will bring us important lessons, and changing traffic patterns may be one of those lessons. - - An opportunity to observe.

Another observation is where cars pause to allow another to turn into a space, heart-mind? By observing our day, we can increase our awareness of self. Are we so distracted by technology and instant results that reacting has become more important than responding? Openness to self is defined as acceptance. The 14th Dali Lama says, "A feeling of warmth created a kind of openness. You'll find all human beings are just like you".

Each day opportunity arises for the possibility of responding to an event or a communication as a response from heart-mind. The care or lack of care we provide ourselves weighs heavily and influences our reactions or responses to any event. Openness to the awareness of suffering is where life's lessons take place. This may be in traffic, waiting in line, or all moments we consider suffering. In my own experience I learned more about the human connection when my mother left her body than in all my previous experiences combined.

As she was dying during what was to be her last week, I could not breathe. I am strong in breath, so it became an issue of the medical community running every possible test to determine the cause. No physical cause was found. After her passing I attended a Qi Gong event in Dayton, OH. A group was led by a therapist and we sat to visualize and clean the organs. We began with the liver and anger which related to the color red. It was my first experience of connecting an organ with an emotion and color.

The next organ was the lungs. Prior to the instructions of the next organ, the lungs, I began crying. Tears streamed down my face, the unconditional release of suffering - - and openness to this experience. The lungs are associated with the emotion of sadness and the color yellow. The awareness of my breathing issue came flooding back, I could not breathe due to the sadness of the physical loss of my mother. - - Openness to self.

While the ebb and flow of life greets us daily, we have choices. I love choices and each day continuing on the journey of life. Traffic is in my opinion a great place to practice heart-mind. Choosing to respond to life rather than react increases our self-care, our health in the physical, and our mental body. We can choose openness to self and the experiences of present moment.

Karen Schellinger, LPAT, LPCC, LLC

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Counseling Professional**

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

BIO: Karen Schellinger is a National Board-Certified Therapist (ATR-BC), Licensed Professional Art Therapist (LPAT), and a Licensed Professional Clinical Counselor (LPCC). Karen holds Certification in Mandala Assessment Research instrument (MARI), Pranic Healing and Plant Prana with Therapeutic Oils. A Navy Veteran, Author and Artist, Karen's approach is compassionate and non-judgmental while practicing awareness of the present moment providing her clients with real life practices to transmute suffering. Karen currently accepts clients ages 12+ in her private practice. See contact in Business Card.



Photo: csp60577625CanstockPhoto ufabiz

**May we Pray for Peace, Harmony, Wisdom,
& Love to bless all People and all Creation.**

WHAT DO WE KNOW ABOUT LYME DISEASE? NATURAL Prevention & Treatment Approaches. by Dr. Victoria Snelling, DC, DHM

Summer is a wonderful time of year, but researchers think of June, July and August as Lyme season. This disease has now been identified in every state in America. There are about 300,000 cases of Lyme disease reported to the Center for Disease Control every year. We know that ticks transmit Lyme disease. How does this occur? Ticks, in particular *Ixodes scapularis*, can pick up bacteria and other organisms from an animal host that it's feeding on and pass that on to us. The organism the tick carries, *Borrelia burgdorferi*, is the spirochete that causes Lyme disease. Ticks can carry other organisms that cause co-infections, and these can be just as troublesome.

When you've been outside, check for ticks on your scalp, armpits, backs of knees, waistbands, everywhere. If a tick has attached, it will not come off when you shower or bathe. Check your pets, too. If you find a tick, remove it with tweezers, grasping close to the skin and pulling steadily away from the skin to keep the tick intact in one piece. Clean the area with rubbing alcohol. Then make sure to save the tick in a clean jar or zip lock bag and keep it in the freezer until you are ready to have it tested. Check http://www.tickcounter.org/tick_testing/labs for information.

Lyme disease is called "the great imitator" since it seems to mimic so many other conditions like fibromyalgia, chronic fatigue syndrome, lupus, multiple sclerosis, and even Alzheimer's disease. This can make diagnosis difficult. What are some signs and symptoms of Lyme? Acute or early stage: bulls eye rash, fatigue, sweating, aching, stiff or swollen joints, light sensitivity, headache, fever. Chronic or late stage Lyme: numbness, tingling, speech problems, fatigue, sleep issues, poor concentration, muscle or joint pain, weakness, anxiety, and depression.

Diagnosis can be made by the appearance of a bulls eye rash at site of the tick bite, but not everyone develops this marker of a tick bite. Tests include the Western Blot and ELISA. These are commonly used, but are less effective in diagnosing acute Lyme. They are better at confirming late stage or chronic infection, so unfortunately a negative test does not rule out Lyme. Fortunately, there are new tests that identify the genetics of the organisms that cause Lyme and associated co-infections from a patient's blood sample. It is more accurate and gives immediate information.

Doxycycline, or another antibiotic, can be prescribed by your physician. If you choose this mode of treatment, it's best to start as soon as possible. Many doctors prescribe this for only 7 to 10 days, but the International Lyme and Associated Diseases Society (ILADS) recommends 20 days of antibiotic therapy immediately after a tick bite. With a positive Lyme test, antibiotic care is often required for 6 months or longer.

Herbal care is available for Lyme and co-infections. I have a great respect for the work of Stephen Buhner. He has formulated a treatment regime for Lyme and co-infections that has benefited

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people for decades. Also, for prevention he recommends the herb Astragalus, 1000 mg daily, and 3000 mg during the summer months, if you are outdoors hiking, kayaking, doing yard work, etc.

Homeopathy has a lot to offer. At the first sign of a tick bite, take the remedy *Ledum palustre*. You can find a 30c potency in some health food stores, online or from my office. Take a dose 3 times a day, for about a week. This remedy is useful for any insect bite or puncture wound. We rely on it to prevent or quickly treat impending infections. Take this remedy with you if you're hiking or camping. Another type of remedy, nosodes, can be useful with even long-standing cases of Lyme. These should always be supported by a constitutional remedy (treatment for the person as a whole). For chronic Lyme, personalized remedy selection is best offered by an experienced homeopath.

Whatever form of care you choose, make sure that you are monitored by someone educated and experienced in working with Lyme. If you choose antibiotic care, be sure to rebuild your gut flora along the way, and continue probiotics for at least six months after you complete antibiotic therapy. If you suspect late stage Lyme, seek out testing and the treatment paths that can restore your health.

Resources:

www.ilads.org The International Lyme and Associated Diseases Society is a good source of information on Lyme, co-infections, and Lyme-literate doctors.

Stephen Buhner's books: *Healing Lyme* and *Healing Lyme Disease C- infections*. You can also find his videos on YouTube.

BIO: Dr. Victoria Snelling has a varied practice in homeopathy, functional medicine, chiropractic, nutritional genetics and CEASE detox therapy. She has been in practice in Louisville since 1988. Dr. Snelling leads the monthly Kent Society Homeopathy Study Group (you're invited!) and offers a quarterly schedule of one-day classes on natural health topics. She can be reached at 502-426-2033, or www.DrSnelling.com.



NOURISHING YOUR SKIN FROM INSIDE OUT to Help Minimize Chronic Skin Conditions Dr. Lisa Tostado, N.D.

Nourishing the health of our skin from the inside out will help ensure that it stays radiant, vibrant and resilient for as long as possible. The aging process can bring forth many changes to our skin, including the tone, color, and texture. Our skin may take on a more dull appearance, lose collagen and develop lines, or experience more dryness. Other dermatological issues may arise like chronic rashes, and immune related conditions like eczema, rosacea and psoriasis. Triggers may include nutrient deficiencies, consuming too much sugar, persistent infections, hormone imbalances, a build of toxins and poor digestion. Some of these issues may require the expertise of a naturopathic physician or holistic doctor to resolve the underlying root cause. Although skin care products such as moisturizers, serums and toners can help bring a more youthful glow to our skin, our internal body chemistry plays a very important role in its structure and integrity.

Here are the top nutrients, herbs and spices I recommend when supporting and feeding the health of your skin starting from deep within.

Vitamin A is essential for skin cell renewal by fostering cell growth. Beta Carotene, the vitamin A precursor found in some fruits and vegetables, is abundant in carrots, mangos, papayas, squash, pumpkin, spinach, broccoli and most leafy greens. It is also found in its active form (retinol) in eggs, liver, salmon and cod liver oil. Vitamin A is a powerful antioxidant that protects the skin from the damaging effects of free radicals. Retinol is used in many acne fighting formulas – and in many anti-aging skin care products to reduce the appearance of wrinkles, age spots and brighten the skin. Vitamin A is fat soluble and when taken in excess, can become toxic to the body. Please be sure to consult with a doctor before supplementation.

Vitamin C is important for collagen synthesis. Collagen starts to break down with stress and aging, causing the skin to wrinkle more easily. A diet rich in protein and Vitamin C will help the skin remain supple. It is another important antioxidant that can protect the skin from environmental stressors such as cigarette smoke and UV radiation. It is found in many plant-based foods including broccoli, bell peppers, strawberries, oranges, lemons and rosehips. Vitamin C is often sold as a supplement as ascorbic acid, however this is the synthetic version. It is best to supplement Vitamin C in its whole food form so that you are getting all of the other co-nutrients that make it bioavailable to the body.

Zinc is a mineral that plays a key role in maintaining skin integrity and structure. Individuals with chronic wounds or ulcers often have a zinc deficiency. There is also an increased susceptibility to rashes and infections. Good sources of zinc include raw oysters, shellfish, legumes, seeds, nuts and eggs. Supplementing this nutrient in a whole food form will be much more beneficial than taking it as a synthetic. Excess zinc can lead to a copper deficiency. It is best to take minerals as a

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complex in the proper ratios so that other imbalances are not created.

Essential fatty acids, particularly the Omega-3 fatty acids found in fish like salmon, cod liver oil and in flaxseed oil is great for nourishing the skin. Omega-3 fatty acids reduce inflammation and damage from oxidative stress. It can help provide luster and lubrication for the skin. Another excellent essential fatty acid to consider is Gamma linolenic acid (GLA) -- a type of Omega-6 fatty acid that has anti-inflammatory effects and balances hormones. A good source is black currant seed oil. Taken as a supplement it can be helpful for addressing eczema and dry skin.

Gotu Kola is an herb that has been traditionally used for its skin healing properties. It can calm inflammation, speed wound healing, stimulate new cell growth, build collagen (great for softening wrinkles), and improve circulation. It also helps support cognitive function and eases the effects of stress on the body. This can be taken as a supplement in the form of a tablet or consumed as a powder or tea. Follow the label for dosing.

Turmeric is a spice that has long been known for its healing properties. Its active compound curcumin has widespread anti-inflammatory effects. It can be helpful for a variety of skin issues from redness, swelling, to acne, eczema, psoriasis and reducing the appearance of scars. It can help improve liver detoxification and the removal of toxins from the body and skin. Turmeric can be taken as a supplement, used as a seasoning, or enjoyed in a warm tea or as a beverage such as Golden Milk. It is often paired with black pepper or fenugreek to increase its availability to the body.

Some final tips and last thoughts: It is also important to stay well hydrated and eat an overall clean diet rich in protein, complex carbohydrates and healthy fats. Taking a general multivitamin and mineral complex will help address nutrient deficiencies that are not corrected by diet alone. Skin care products should be free of chemicals. Natural oils for skin care include coconut, almond, and jojoba oils. **NOTE: Please consult with your doctor when starting a new supplement.**

Bio: Dr. Lisa Tostado, N.D. is 10-year Louisville resident. She graduated from Southwest College of Naturopathic Medicine, in Tempe, Arizona; one of the leading accredited naturopathic medical schools in U.S. Inspired by early pioneers in whole food nutrition, Dr. Tostado completed the CCWFN program in 2016 with the International Foundation for Nutrition & Health.

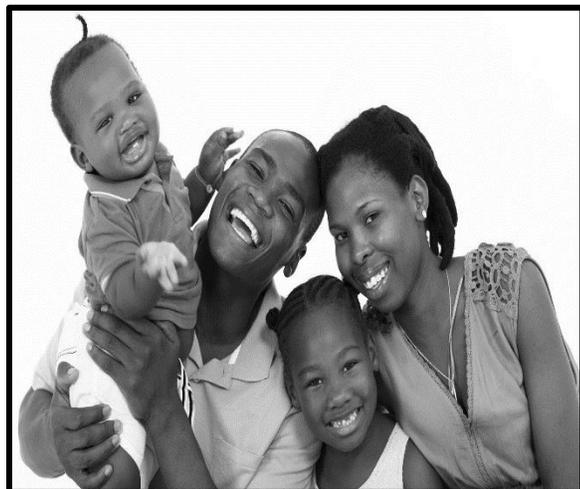


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BROILED TOMATOES

Recipe from Barbara Bosler

Slice tomatoes thick (1 inch)

Lay on a baking sheet.

Drizzle with Olive Oil

Season with your favorite seasonings.

Put a few leaves of fresh or dried basil

Sprinkle on top, Parmesan or Mozzarella cheese.

Broil until browned – eat right away

This fresh and easy recipe puts to good use all those

Summer tomatoes that find their way to your kitchen.

They are a blessing from backyard hardeners who

Are willing to share the bounty of mother earth.

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Some Corporations Are Going Solar.

Not only individuals are deciding to make an impact on the environment through their purchasing habits and energy source choices. Large corporations like IKEA claim they will soon be energy independent by 2020... producing as much renewable energy as they consume using wind turbines and solar panels.

Some Dairy Farmers in Britain Practice Tai Chi in Front of their Organic Cows to Raise Milk Yields.

A dairy farmer in Britain practiced Tai Chi in front of his 100 organic cows to get them in the right mood to produce lots of milk. The experiment was successful. Then other organic dairy farmers did likewise, and also achieved good results. The organic system encourages healthy and natural methods, such as using composted soil, replacing essential nutrients like nitrates without the use of synthetic products. Tai Chi is one such approach that can bring an additional healthy energy uplift to their herds, fields, and farm yards. You may well know that animals are very aware of and attracted to energies such as Reiki and Tai Chi and Meditation. .

WHAT IS IYENGAR YOGA?

By Jeanne Kennedy, Iyengar Yoga

With all the different types of yoga out there, it can be confusing if you're new to yoga, or even if you're not. The simplest way to define Iyengar Yoga is to say that its practitioners follow in the lineage of B.K.S. Iyengar. The next question you may be asking is "Who is B.K.S. Iyengar?" B.K.S. Iyengar was born in the southern Indian village of Bellur on December 14, 1918 and died on August 20, 2014. He was introduced to yoga as a teenager through his brother-in-law, the yoga master, Krishnamacharya.

Iyengar was a sickly child (tuberculosis and other problems) and took to yoga to help him overcome his poor health. He was sent to Pune in his late teens by his brother-in-law to bring yoga to that area of India and after years of struggling to make a living, he eventually gained students. By the 1970s, many westerners were coming to take yoga intensives with the man.

Iyengar is known for practicing yoga up to fourteen hours a day. He wrote the seminal yoga text, Light on Yoga, published in 1966. He discovered the depths of yoga through his avid, devoted practice. Iyengar realized that yoga props, such as bricks, belts, and larger props such as trestles and backbenders could be used to help students. He used these props in part to help students therapeutically who were suffering from all types of physical ailments. He is also known for sequencing poses for specific purposes; for instance, a forward bend sequence can result in a peaceful and tranquil mind. He taught with exacting precision, so that students' bodies were aligned as closely to perfection as possible. In such a state, students were totally absorbed and united within -- body and mind, breath and soul.

As a youngster I would "do" yoga with Lillias Folan on PBS, so when I got to college (UofL) and saw a yoga PE course offered my senior year, I was thrilled. (Back then, you had to have two PE requirements to graduate.) My teacher, Iyengar certified Judi Rice, made no mention of what type of yoga it was. I guess back then it just didn't matter. I couldn't believe how disciplined she was and how much the class impacted my impulse control issues in a positive way. I would leave the 8 am class, which lasted close to two hours, feeling light, awake and alert, even after having worked the graveyard shift at UPS the night before.



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If you are interested in yoga, you may want to consider seeing if Iyengar Yoga resonates with you. One of the nice things about our method is that no two classes are ever the same. A student may do jumpings one class, standing poses another class, and backbends or forward bends in another. Inverted poses are very important in our method; shoulderstand is always included, and

once shoulderstand is learned and the student is proficient with it, headstand is learned. We use props for students if they have a physical ailment, such as a bad knee, back, or shoulder, to help the student heal over time and prevent further injury.

So far, what I've mentioned is more the external aspects of Iyengar yoga. Like all types of sincere yoga, Iyengar Yoga helps the mind become quiet, the body becomes stable along with the mind, and a spaciousness is felt in the body that impacts the openness of the mind.

Design by: Canstock Photo Tasia. 37740903

Bio: Jeanne Kennedy is an Intermediate Junior II Iyengar Yoga teacher. She has been teaching Yoga for 15 years. She has a bachelor's degree in Psychology and an MBA from UofL. She worked for many years as an internal auditor. Contact her at: jeannekennedy1.33@gmail.com or 502-439-4984. Visit her website at www.iyengaryogastmatthews.com



LASER ASSISTED REGENERATION FOR PERIODONTAL HEALTH

Dr. Jill Hayes

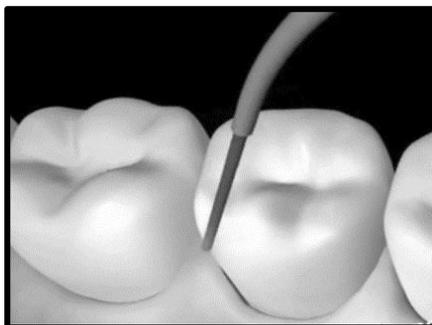
Periodontitis is an infection in the gum and bone that supports the teeth (1). In many cases there are no symptoms until the teeth get loose. 50-85% of adults have some form of gum disease. This type of infection has known risk factors and increases the likelihood of affecting body systems like heart and blood vessels, diabetic and hormone systems, and even in pregnancy with low birth weight (1,2). A recent study found the bacteria that causes gum disease in the brain of Alzheimer's patients. There are several things that affect good oral health, and knowledge of prevention methods and available treatments are invaluable tools.

One of the treatments used to treat periodontitis is periodontal regeneration with Laser Assisted New Attachment Procedure (LANAP) or the newer term Laser Assisted Regeneration (LAR) (3). This is the superior method for treating periodontitis, as it uses lasers and not scalpels to reach the areas of infection (3).

Laser therapy has been around since 1994 and has been found to be safe and effective (4). Not having to use scalpels and have stitches in the gums has multiple positive effects such as quicker recovery time and less pain (3). Over the counter pain medicines are all that is needed post operatively. LANAP/LAR is not only used to treat infection, but for regeneration of healthy tissues. One surgical treatment has a 90% success rate of regenerating new bone, periodontal ligament, and root cementum over a period of three years.

Lasers can also be used to help maintain healthy tissues as this laser vaporizes all of the bacteria in the mouth and keeps it gone for 6 weeks. Puffy bleeding gums are gone immediately. Loose teeth tighten up. The cost is the same as for conventional gum surgery. Although LANAP/LAR has been available for more than twenty years, it is still novel to some. LANAP/LAR is available in the Kentuckiana area. Periodontal health is achievable with the patented FDA approved LANAP/LAR protocol. Only certain lasers can regenerate the lost attachment between the teeth and the gums. It has to do with laser physics. It is possible and advisable to keep your own teeth. Having a healthy mouth helps you have a healthy body.

NOTE From Kay Jones, FNP BC, PMHNP BC: The holistic health goals of KHNA (Kentuckiana Holistic Nurses Association) include sponsoring a holistic health speaker series at the monthly KHNA meetings which are open to the public. KHNA wishes to help educate the public through these speaker programs as to what are the best treatments available in the here and now. I am a Nurse Practitioner and am Co-Leader of KHNA. I have been active in holistic health for my entire nursing career. I have been



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active in KHNA for the past six years and they have helped me grow in my own self-care and in my wonderful supportive friendships. Learning how oral health can be regenerated in a method with less pain is an excellent lesson from this recent speaker program with Dr. Jill Hayes. I support any questions or contacts via the KHNA contact information.

BIO: Dr. Jill Hayes has been performing LANAP/LAR since 2010.

She is a certified instructor for the Institute for Advanced Laser Dentistry, and has taught many others in the dental realm. In addition to her dental degree, she has a Naturopath Degree from Clayton College of Natural Health. She currently treats patients at Periodontal Care Center at 3409 Stony Spring Circle in Louisville, KY 40220. Email: j.hayes3409@gmail.com Phone 502-499-6171

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I AM A SOLUTION CREATOR - - & SO ARE YOU! Leah Bomar, B.A.

Nature is in a constant state of renewal... and so are you. You can't be the same person you were yesterday, ten years ago or when you were a teenager. It's never too late to regenerate and evolve to a new you. Let's construct the next kind of person you desire to be. Excavate more of the real you. Your dreams are not over because you're 40, 60 or 82. Who are you now? Who do you want to be? You get to create the evolving you. And if you don't even know what makes you happy anymore, we can find out together and it's going to be *fun!* Especially if you have experienced a lifetime or season of struggle, you can 'GlitterBomb' some soul salve over those wounds to make way for higher healing. This is the part where you get to become a 'Solution Creator' and design the life of your dreams.

Prioritize your own healing. Take better care of yourself by participating in activities that keep you open to love in all forms including self-forgiveness. Stay grounded in the conviction that the best life has to offer is available and deserved. What does your daily, weekly, monthly self-care routine presently look like? You can start by adding the smallest acts of self-love into your everyday life. 'Self-love' or spirituality doesn't have to be some big huge effort to have a profound impact. The addition of simple habits matched with a loving intention will impact your life in a calming, positive way.



If you are stuck in a rut... develop and nurture a hunger for life. Seek new experiences. Your brain *loves* new experiences, even tiny changes like driving an alternate way to work so you can explore a new part of the city. Anything that breaks a habit stimulates your neurons and makes the brain (and your intuition) wake up and pay attention.

You have the power to start making simple decisions to challenge the way things have always been done. Learn, grow, evolve. Resisting change hurts more than accepting it. If you've come from a family where pain and suffering seem to run in the DNA as addiction, stress-related disease, mental illness, dysfunction.... The suffering can stop here. The choice is truly yours. When you are ready, offer your own skills to the sacred purpose of healing your children, the world, and generations to come. Use your own gut-wrenching life lessons and experiences to impact others. You can be a bearer of blessings and facilitator of change for others. By restoring *yourself*, the ripple effect of your love creates a difference in the life of others around you from those you mentor to their spouses, children and grandchildren. Most importantly, you will be the one to spark the generational change to alter your family's lineage in the best way.

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Immediately stop reinforcing any negative self-talk. Quit complaining all together. It's surprising all the sneaky, insidious ways negative thoughts and degrading comments creep back in. Catch yourself in the process, then reframe the narrative. Speak to yourself (and others) with vivacity about your strength, verve, and vitality. That's how the brain works. You can recognize and apply your mind's powers instead of being a victim to its bullying. Nourish your spirituality by understanding and infusing the effects of positive psychology. Changing your life will be one of the most exhilarating, satisfying adventures. While change can be painful at times, it's also unavoidable. Take back as much power and navigation as you can, then have faith the rest will work out. By using what growth skills are available to you and seeking the next higher level of support, we can channel a higher consciousness to heal those hurt parts once and for all.

Are you ready to manifest your success? If you are tired of self-sabotage or repeating certain behavior patterns over and over despite a strong desire to change, we are going to create *your* solution together. I am a Solution Creator and so are YOU. If you are continually looking for answers outside yourself, I will show you how to not just *find* the answers to all your pressing problems, but intentionally *create solutions* that are in alignment with who you really are and want to be in this world.

PHOTO & HEADSHOT BY Katie Willis Rhodes Photography

BIO: Leah Bomar is an author, speaker and certified Therapeutic Art Coach. She graduated from University of Louisville with a degree in English. Leah taught elementary art and worked as a substitute teacher for JCPS. As a SuperMom of three children, she started a local Creative Co-op for Homeschoolers and taught middle school & electives at a local cottage program. Through her 'GlitterBomb' Retreats, Dream Board Parties, and online Solution Creator Masterclass, she connects people who are ready to rediscover their own dreams and purpose while learning new techniques to turn overwhelm and everyday stressors into sources of JOY.

CLEAR THE CLUTTER, ATTRACT PROSPERITY ! by Nathan Lynch, Web Master

Are you feeling unprosperous? Feeling like things are weighing you down? Then consider clearing out the clutter. Yes, a cleaning out both figuratively, and literally can create a space for you to bring in more prosperity and to clean out the cobwebs of unclarity. Cleaning out the closets of one's life so to speak, making space and readying yourself for the universe to respond in a likewise flow of abundance. So get ready for the good to become an everyday occurrence in your life. *Here's how.*

But first, let me tell you a story...

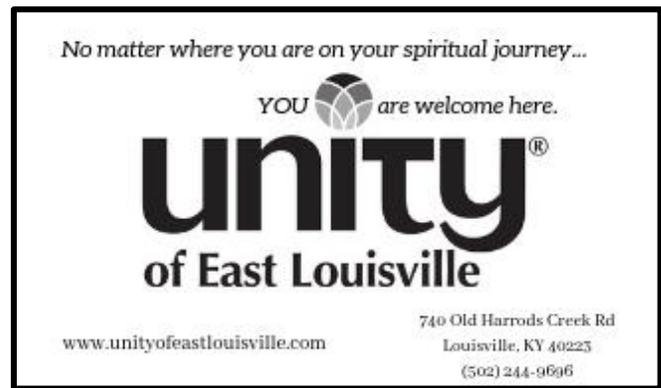
My girlfriend, and I were resting in bed a few weeks back, and as we lay there she whispered, "I don't feel prosperous in our bedroom." That's when I said, "well let's change that right now." See, I believe that the universe loves speed. Although we had thought about redecorating the room previously, we had put it off for a long time. Procrastinating is a huge block for me. I would get it done one day, I thought to myself, just not now. I made excuses in the past, like too much work, too hard, and I was just afraid of change. *Have you ever been there?*

So back to action.

That's when I jumped up and started ripping up the carpet. There was this beautiful hardwood floor beneath that really opened up the room. By the way, there were 100's of tacks and such keeping the old ratty carpet in place. But we did it! Yes, we were done with the first stage.

Then she said, "I want to paint the room a new color." We both picked it out and Home Depot was having a sale on paint. Wow! The universe was responding! So that next day we picked up all the paint supplies and painted the bedroom in one day.

We made a vow, to be very conscious of what we would allow back into this space. We would be following feng shui principles and making it just feel really good. What is feng shui you ask? According to Wikipedia, it is (in Chinese thought) a system of laws considered to govern spatial arrangement and orientation in relation to the flow of energy (qi), and whose favorable or



unfavorable effects are taken into account when siting and designing buildings.

We were on a roll now and sending out good vibes to the universe.

So you ask, how has this helped prosperity? In the last few weeks, it has started me on a cleaning binge and selling things on Ebay. Making several hundreds of dollars in the process and literally clearing out the closets.

So here are my rules for clearing out clutter for abundance and clarity.

- **Ask, is this item, something I love. Yes, or no?**
- **If your answer is no to this first question, then ask yourself, have I used this item in the last 6 months?**
- **If there is no on both, put that item up on eBay, Craigslist, or give it away immediately.**

The big takeaways are that you will feel better, by getting your physical surroundings in tune with your spirit. All that clutter has an effect on the way you move through life and you can make money to boot! So tackle that clutter now.

PHOTO: © Can Stock Photo / Dimol

BIO: Nathan Lynch is a computer guru - specializing in web design, and online promotions. Nathan is also a member of Unity of East Louisville, believing that we are all one and that we are love.



SELF ESTEEM AND COMMUNICATION

By Kayla Douthitt, B.S.

How are you talking to yourself today? Better yet, how are you letting other people talk to you? For a long time, I always let other's opinions and actions dictate my own. They would guide my conversations and make me feel like I wasn't good enough if I didn't *act* a certain way, which left me having low self-esteem. I wanted to speak up but didn't really know how because of being afraid of hurting their feelings. It diminished my confidence and made me doubt my self-worth. It was a cycle that needed to close to say the least. In reality I was hurting my own emotions by holding back and not standing in my power. The fear of not fitting in was all too real, it was horrible. There's no other way to put it.

What did I learn and still learn each day because one never stops learning? Communication is key! How we give and how we receive messages influence our own behavior. Communication is crucial to our well-being and helps others see our value. How we are feeling can be expressed through our communication. Even if it's nonverbal, we are still communicating.



In this article, we're going to focus on the impact of our messages and how they can affect our self-esteem. Believe it, people we spend time with are impacting our lives. In some way, shape, or form, they can bring out the best or the worst in us. I would choose people who bring out the best in you, because ain't nobody got time for the worst. Life is too short!

Aren't you tired of feeling like the little guy getting stepped on? I know I sure was. It hurts to even think about myself with such low self-confidence. I heard once on a motivational speech that if you hang around with losers, pretty soon you'll start acting like one. It's bold, but it's the truth. Be careful of who you spend your time with.

If people are true friends, they will respect you. They will be able to talk openly and honestly how they feel, and not shun you for doing the same.

Take for example, you're a person who hates drama such as people acting overly emotional and "acting out." But you're surrounded by nothing but drama every time you and your pals hang out. To each his own, but I can absorb other people's energy easily. If I'm around too much negativity, it makes me upset.



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If all that my friends want to talk about is drama, it leaves me feeling empty. I want conversations that are empowering, uplifting, and make me think a little. This helps my self-esteem, and I think it will help yours too.

It's not to say I don't want to help my pals, quite the opposite actually. I absolutely love helping others and am a firm believer of "doing unto others as you would want done unto you." But I've had to learn when to communicate my feelings and when to take a pause. And pausing is OK! Sometimes that is when we learn the most. Remember, you are of value, your time is valuable, and to speak with love. I'll leave you with these three tips to help raise self-esteem and have better communication overall.

Practice ACTIVE listening: This was an aspect I had to train my ears and my mind to do. When we actually listen, we learn a lot about a person. We live in a day full of texting even at the dinner table, taking selfies on the whim, and updating our status like it's a popular news story. What does that do to our non-verbal communication? It's making it nonexistent. What does that do to our self-esteem? It can deplete our self-worth when we're not being paid attention to fully.

Speak Up: Just because we all don't agree doesn't mean that we should shy away from speaking our piece politely. It will be heard. How someone takes it, that's on them, not on you.

Practice body language: Make eye contact, smile, nod, etc. It ALL counts! You'll start making meaningful relationships this way.

The next time you get ready to communicate, take a moment to recognize what is happening, see if it's benefitting your growth, and understand you are powerful! Much love, Kayla

BIO: Kayla Douthitt is a health coach specializing in helping people overcome negative body image, self-esteem issues, and eating disorders. She overcame a 10-year battle with anorexia and binge eating, and has been recovered going on her 5th year. Kayla's passion & desire is to help others heal from the inside out.



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LEARNING TO USE THE LAW OF ATTRACTION

by Norma Wileman, B.S., EFT Practitioner, TAAP & ACE Certified

There are many books written about the Law of Attraction and how to harness its power to bring good things to your life, whether you would like a new relationship or a new boat. But what do you really know about this Universal Law? Just like the Laws of Gravity it is an actual phenomenon. It is a basic law of physics that like vibrations attract like vibrations.

Everything is energy! Our words, and our unspoken thoughts are vibrational in nature. They have equal impact and power in your life. If you constantly think negative thoughts, you will attract more negative energy, situations, or people into your life. The bonus comes when you learn to override your negative thoughts and feelings with positive ones. Even when we are in a dark place, we can bring ourselves out of it with positive thoughts, words and actions. Sometimes we have to pretend life is getting better and speak about it out loud and/or silently to our self to bring about positive changes.



Listen to yourself and see what types of negative statements you may make regularly, then write them down. Next, rewrite them to turn them into a positive statement. Avoid using words like no, none, and never.

Example: I am never going to get a raise at my job. Turn that into: What would it take for me to suddenly get a raise to \$16 an hour at my current job? We write and say this in question format. When you state that you are going to get a raise to \$16 per hour, both your conscious and subconscious minds can sabotage you. Your conscious mind and subconscious mind may be thinking, "yeah, right!" and that is just enough to sabotage your efforts. When you ask the question, "What would it take for me to get a raise to \$16 per hour?" Your body and the Universe immediately begin to try and figure out how to make that happen for you. Success comes fastest when you repeat the statements several times a day over the course of many weeks, or until you get that raise. You can also be manifesting several things at one time, but to build your belief system, it is best to start with only one or two desires.

There are many references in the Bible which allude to this phenomenon, such as "Ask and Ye Shall Receive" and many other variations on that theme. The good news is that it doesn't matter if you are a Christian, an atheist, or a complete skeptic. The Law of Attraction is always in effect. We must start listening to the way



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we speak in general. Then we can make it a habit to speak about positive desires.

HERE ARE YOUR BASIC INSTRUCTIONS:

Before you begin, find a quiet moment and pretend you are connecting with Universal Source Light above and bring that light down through the top of your head and all the way through you and into the center of Mother Earth. If you don't feel anything, just pretend or intend to do so.

Name something specific you would like to have the Universe gift to you. Then ask the Universe specifically to bring it to you, by saying something like, "What would it take for me to win 2 tickets to see Hamilton? That or better!" We ask for "that or better" because the Universe might gift you with 2 tickets, 2 round trip afares and 2 nights stay in a hotel! This is actually something that was manifested by someone I know. Always be specific and always ask for, "that or better."

Put as much love and joy into the request as you can and know that you deserve it. Know that it is on its way to you. Thank the Universe for it. Feel that feeling of receiving it and build the happy feelings up larger than the Universe. Tune into your manifestation request a few times a day until it arrives. You can manifest for anything whether it is love, a dog, or weight loss. Everything is fair game.

The saying "Abracadabra" is Aramaic for "I will create as I speak." As children we used to say that loudly when we pretended to do magic. Try to create a little magic in your life today. You are welcome to start with something small, but the Universe doesn't judge if you ask for something much bigger. Please follow me on FB @ TouchPoints EFT for more information.

BIO: NORMA WILEMAN is former Biology teacher. Introduced to Energy Medicine and Energy Psychology healing methods 8 years ago. Has been a practicing EFT or Tapping Practitioner for 8 years. Extensively studied the works & methods of Gary Craig, the founder and developer of EFT. Certified in Advanced Clearing Energetics ACE & Allergy Antidotes. Has helped many people release allergic type symptoms as well as emotional and physical issues. Is an International Speaker on EFT for Sports Performance & has worked with amateur, collegiate & professional athletes to naturally enhance performance. Upcoming group classes include Clearing Gestational, Birth & Infant traumas

PARENTING DURING THE TEEN YEARS

by Kathy McBroom, M.Ed.

Ahh, the years that make every parent cringe: the teen years. What was once your sweet little boy or girl has now turned into this perhaps pimple-faced, moody, and sometimes acting out person. They have a strange desire to wear the same clothes everyday and never shower or else be obsessed with the latest teen fashion trends. What happened?

As a parent we are now dealing with someone who is almost nonhuman. Our child is stuck between being a kid and an adult, physically and emotionally. As a high school and middle school teacher of twenty-five plus years, I can offer some survival tips. My husband and I also have two daughters, one twenty-four and one twenty-six who recently married. More than just survive though, we want to cherish these years that fly by. It all goes too fast, but quite honestly, some days move at a snail's pace.

Previously in my article on surviving the elementary school years, I emphasized the importance of listening. Now, listen more. Teens are like an onion: you must peel away some layers to get to the heart of the matter. A good parent knows when something is wrong. A teen is reluctant to admit mistakes, teasing or relationship issues. These things can be embarrassing to them. A child always wants his or her parent to be proud. Many teens have told me things that I would deem trivial, but remember that to him or her, it is huge. Don't minimize it.

Problem solving skills must be taught. Look at all issues that arise as training ground. Remind your child that it is going to be ok while letting him or her know that today might not be ok. Some issues take months to resolve, and you must coach him or her through it.

It is also time to teach life skills. Hopefully, this has already started. There are no freeloaders. Our children need to learn how to wash clothes, make up beds, clean his or her room, feed pets...etc. Begin a system of rewards, possibly involving money. This doesn't need to be much money, but now is also the time to teach money management. Teaching a good work ethic and a healthy respect for money is extremely important. A teen who has to work for money is less likely to spend it frivolously. This opens the door for discussions about future careers. My husband always loving said, "When you graduate high school, you are out." Our girls knew that he was not being harsh, but realistic. They had a choice of college or some training after high school or get a fulltime job. Both of our girls wanted their own lives.



In these years, we made sure that our girls were grounded in faith. As followers of Jesus Christ, we taught them how to pray and read God's Word. My husband is a minister, so they naturally ministered alongside us. We showed them that this is the best life: one that is not me focused. We also showed them that this was not drudgery but was a response to an amazing God's love for us. That plan is exciting and the only way to real peace and joy.

Your teen will become just like you, like it or not. As a teacher, when we meet with parents, behaviors of the child are explained 100% of the time. Being a parent is a monumental task.



It is not time to be their friend. Not yet. That phase comes next and is one of the most rewarding parts of being a parent. I also love it when my adult daughters now say, "Mom, you were right about so many things." I wasn't right all the time. Our girls got to see so many mistakes, but whatever came our way, we were in it together. That's what true parenting is

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AWAKEN TO THE MIRACLE OF YOU! By Joyce C. Gerrish, M.A.

This is a time to let go of past trauma and be free. Open to your heart call. The past can't hold you back now. There is a higher rhythm and new potential hope and joy manifesting for all of us. Let's be part of the solution for our aching planet. You are needed. Answer the call of your heart and Soul and God. You can do it.

Take some time each day to enter a quiet and gentle flow. Slow down for a few minutes or more in your favorite chair or back yard. Allow your whole body to relax. Feel the natural rhythm of your inner being, not harried or knocked off center by the stress and emergencies that sometimes arise during our day to day work and responsibilities. This is your time for inner peace. BREATHE and relax. Feel the natural quiet pace of your breath. Follow your breath for a while and let its relaxed natural rhythm help you feel more renewed and whole. Visualize yourself in a ball of light. That can make a real difference. Visualize yourself in a ball of light often to help strengthen your consciousness and aura energy field.

When you lift your consciousness, you can more readily feel the deep peace of your Soul and God. It may come as a still small "knowing" and a sense of your heart being filled with compassionate peaceful love. Spiritual awakening is not about becoming something different -- it is coming HOME to the truth of who you are within your heart and soul. Lift your consciousness in meditation, in prayer, or in quiet contemplation within the purity of nature. Focus in the natural flow of your breath and count your blessings. Often people take the good in their life for granted and feel overwhelmed by the inevitable challenges that will probably pass with patient attention, commonsense, and love.

We have different levels of our consciousness. These include (1) physical sensations (2) emotions -- potentially both heavy emotions of sadness, anger, or fear and more uplifted emotions of joy, hope, love, peace (3) mental thoughts and ideas (4) spiritual higher consciousness.

Our thoughts, emotions, and physical sensations get recorded in our aura energy field somewhat like a digital recording device. The stronger our feelings, thoughts, possible pain or disappointment, or spiritual bliss -- the more intensely they are held in our energy field within and around our body. Like a digital recording those impressions and feelings can keep playing back

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to us for better or worse. They can keep playing for many years if we let them! We don't need to be held hostage to our past difficult experiences. We've all had them, but we can heal them and let them go. My moto is "Keep the wisdom, let go of the pain." That is the whole essence of our experiences as a soul here on planet Earth.

We can free our self of the slavery of limiting old "thoughtforms" of doubting our self, or of heavy past trauma, or feeling helpless about world events. Even if it is pushed down into our subconscious, it may still be having an effect of causing us to feel chronically uneasy, eat too much unhealthy foods, or smoke, or drink alcohol, or overwork to try to dim it or not feel it. We can let that go. We can be free.

Do we really want to keep putting band aids on it? There's nothing to be afraid of, except our perhaps wounded sweet child self who tried so hard to fit in with our family as best we could given the circumstances. Our inner child

needs love and understanding to feel safe enough to come out of possible over self-protection that may still linger. What about those other wounds along the way as we each grew up? -- trying to hold our own with our friends in school. Maybe that was scary sometimes or felt intimidating. Did it feel safe to really be yourself,

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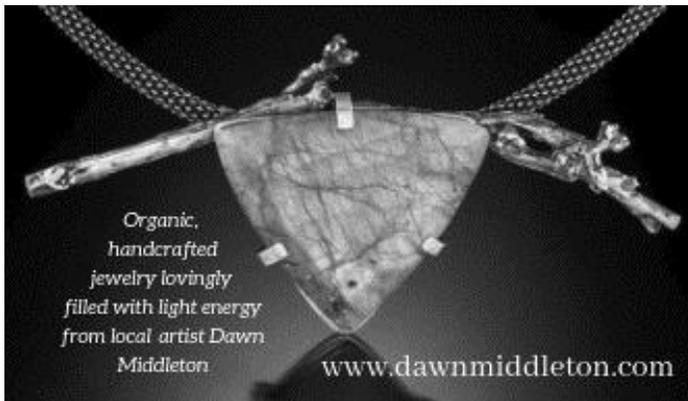
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or did it feel necessary to sometimes present a camouflage image of what we thought they wanted or expected us to be? Maybe it felt confusing, even though there were a lot of good times, too. Wow! We got older and found our first love. Can this person really love me? or does he or she love this image I'm projecting. I better keep hiding these scary old feelings inside of me. I guess I'll just stuff them down as deep as I can and hopefully no one will notice and maybe I can forget about them, too. Oh, my gosh, my sweetheart broke up with me. I can't believe it!!!! I thought he loved me. He said he loved me! - - and now he's gone. Who am I now?

Disappointments and heartbreaks happen to most of us along the way in life. The important thing is to realize that life goes in cycles, it's normal. We need to keep believing in our self and reaching for the good. Let's love our self and really get to know our self. Let's peel away some of these layers of "not-self." We don't have to hide any more. We are each created by God as a precious unique soul. We are each a glowing many faceted diamond. Our life adventure is to truly get to know the treasure that we are. This will sometimes bring us to extraordinary highs and sometimes to what may seem like the unknown. But we're not alone. We're not on this journey of life alone. When we open our heart, we'll be drawn to like-minded souls with whom we'll feel safe - - and with whom we can let down our façade. Oh, the joy of sharing heart to heart with good people who seem to understand us and be on a similar wavelength. Maybe we don't need to pretend so much anymore. May wisdom be our guide, not the dictates other people's perceptions. Wisdom, common sense, compassionate love, and the light of God can help us move along our life path with growing true inner joy.

As we start opening more to love our self and to let in God's love and light - - and to open more fully to the good people we find as we cleave to true wisdom and divine clarity - - something amazing may start to happen. The old pains and traumas that we stuffed down into our subconscious may off and on start to surface and leave. Good! Right? Yeah! Let's get rid of them!

Absolutely! They need to come up and out so they're not exerting those subtle (or not so subtle) off and on heavy feelings that one may try to ignore - - but that may keep coming back just when we thought they were gone. The GOOD NEWS is that there are techniques we can use to heal those old past heavy emotions and move them out of our aura energy and consciousness.

This is what I have spent my last thirty plus years helping people do. Now is the time to let go of those old heavy emotions that may keep off and on popping up in our conscious awareness and throwing us off center. Who needs it? It may take some courage to face them, but it's the road to freedom and joy. It is the road to discovering the truth of who you are, and your special gifts to share with the people and world around you.

As these old heavy emotions off and on start to surface in order to dissipate and dissolve in the light, there may be a little temporary discomfort until those energies are all the way out of your body and aura. It is a normal part of the clearing process of opening to your natural wonderful self as you were created to be. If you or someone you know is experiencing some discomfort for no known reason, and it has been checked out with your health care practitioner with no results - - then it may be really important to check if it is old blocked energies trying to surface and move out of your body and aura. A skilled holistic energy practitioner experienced in these matters can truly help. Let the old "not-self" go and open to the true miracle of you.

I have shared some very important information here about what is increasingly going on at this time for a lot of people. It is good, yet it is helpful to have support for the process. Chapter 10 in my book "Secrets of Wisdom" explains this further (available on Amazon), and there are free guided meditations on my website joycegerrish.com. Also, see my article "Discovering the Treasures of Higher Consciousness" at www.naturallivingjournal.com in Vol. 4, Issue 2

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