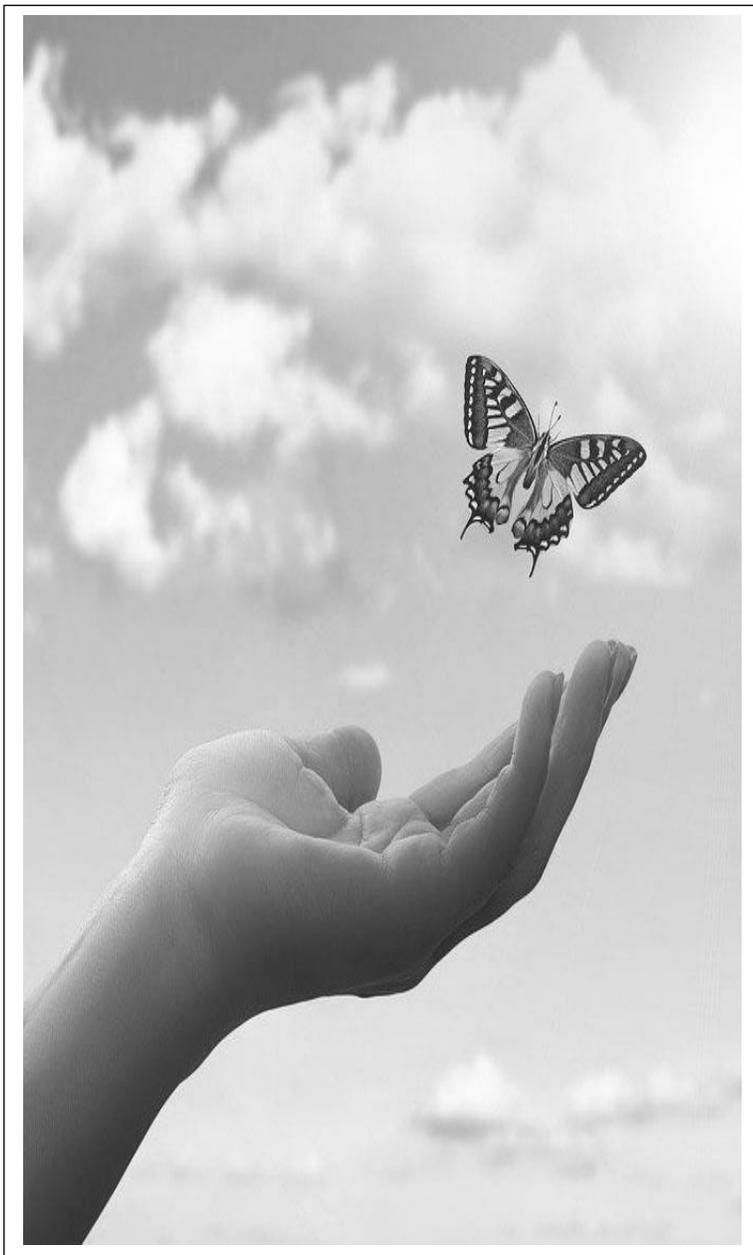


Natural Living Journal

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

Vol. 10 #1 **READ FREE ON-LINE** www.natural-living-journal.com January-March 2025

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Finding Happiness

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Seasonal Depression**

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WINTER ISSUE, 2025

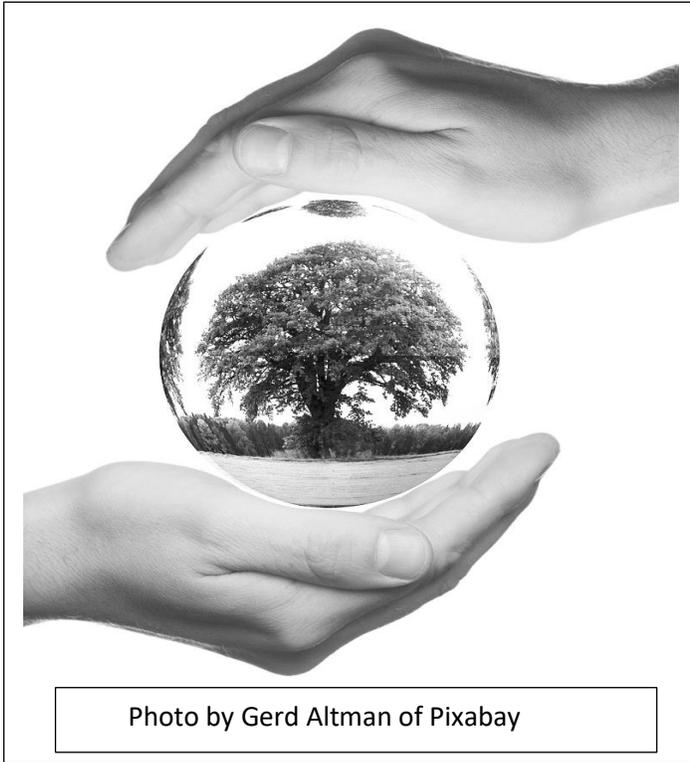


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Natural Living Journal

P.O. Box 1506, Louisville, KY 40201

www.natural-living-journal.com

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

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**FINDING INSPIRATION & JOY
THROUGH CREATING JEWELRY**

**Rhonda Abbott of Velvet Mews
Jewelry**

My journey into jewelry designing started over 20 years ago. I quickly realized not only is it fun, it is a stress reliever. It is a form of meditation and therapy.

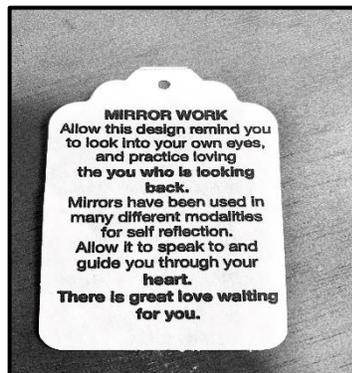
I found the creative process helps me release tension and recharges my energy. Once I am in the creative flow, worries seem a lot less worrisome.



Over the years of retailing my designs, I have learned just how important it is to create what I love - - what inspires me. I like the quote from the movie Field of Dreams, "If you build it, they will come." When I focus on what lights me up and what stirs my soul, then the designs will light up for others.

Creating inspirational pieces is my passion. I love finding ways to bring some of my favorite quotes, spiritual practices and modalities to life through jewelry. I also love using specific stones for healing qualities and charms as reminders.

Louise Hay's "Mirror Work" inspired a necklace with a



small handheld mirror charm, a pearl for wisdom, and a stone representing the heart chakra. According to Louise, "Mirror work is the most effective method for learning to love yourself and



seeing the world as a safe and loving place".

Not all of my designs have such a deep meaning. Some of them are just for fun and joy - all from the heart! This is especially true of a couple of designs created in homage to a much beloved character from the Walking Dead television series. In 2013, the actor Norman Reedus, who played Daryl Dixon in that series, was scheduled to be in Louisville at a Fandom Fest and we had to go! I had to design something special for us, which I did. The fun,



excitement and joy were expressed through those pieces. I found myself being published in the winter 2015 issue of Jewelry Affaire Magazine.

Follow YOUR path, YOUR heart, YOUR joy and see where YOU find YOURSELF.

BIO: Velvet Mews Inspired Designs are available on Velvetmews.com or at Enthos Salon, 333 Vincennes St. New Albany. Or come visit me at the Stella di Luce Fine Art show at Huber's Orchard and Winery, March 22nd and 23rd, 10am-6pm and 12pm-5pm.



ESSENTIAL OILS FOR SEASONAL DEPRESSION

Michelle Finn, Certified Aromatherapist

The rain, the clouds, the cold... it can be enough to make us want to pull the covers over our heads. Every year around 10 million experience winter S.A.D. According to Kelly Gillooly of University of Louisville (UofL), Seasonal Affective Disorder is a common disorder that can be caused by fewer daylight hours and reduced amounts of serotonin. Serotonin is the chemical that regulates mood in the brain.

♡*Disclaimer -These recommendations are to help with low levels of seasonal depression. Please see below for further help with S.A.D. From UofL Peace Hospital, "If you are struggling with symptoms of SAD or another mental health concern, know that it is always OK to seek help! Getting help can improve your quality of life. If you are having thoughts of suicide or if you are in a crisis, dial 988, a free hotline. A trained, compassionate counselor will talk with you and provide resources." x

Some of the culprits that increase our chances of experiencing SAD are shorter days which can lower our vitamin D. Vit D is very important for cardiovascular & bone health and is necessary for our bodies to make serotonin. Lower Vit. D also affects our sleep/ wake cycle. So as you can see, S.A.D. is not in our head. It is real and can sometimes cause some real-life wellness challenges. So, what can we do to help ourselves through these cold and rainy days? If you are experiencing S.A.D. this winter, I have some tips to help you keep it at bay until the sun reappears this spring.

Go Outside. Yes, I know it may be cloudy and no longer the optimal 74 degrees and sunny that we all love but we need sunlight just like summer tomatoes, just year-round. Even on cloudy days, 20 minutes a day can so very beneficial for our mood, mental and physical health. Bonus tip - - If you have trouble sleeping, go outside first thing in the morning for 2-3 minutes and then again right before the sun goes down. Your body will reset!

Eat Foods With Vitamin D, This includes salmon, mackerel, sardines, whole eggs and mushrooms.

Tend To Your Self. Allow extra time for quiet, peace, and self-care. It's ok if you don't want to party like it's 1999 on a winter night. This season is made for some down time and self-reflection. Maybe you can invite a friend to the movies or make a trip to your favorite library. If you're experiencing loneliness this season, your library will likely have book clubs and other events that will welcome you.

Essential Oils. One of my favorite things to do, that you can do anytime and anywhere is to bring in your own sunshine! As an aromatherapist, carrying essential oils everywhere I go truly

Michele Finn

Aromatherapist/ CBD educator

michele@jubileeofwellness.com

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helps with my emotional health. If I'm stressed, I pull out a roller bottle and take in a nice big breath. During the winter, my favorite essential oils are the citrus oils. When I open my grapefruit, lemon or sweet orange essential oil, it's like a burst of happy hits my brain! Want to add a little warm comfort to the citrus essential oil? Go ahead and add an herbal essential oil like rosemary, peppermint or basil. The combo is enough to brighten your day and help you get through whatever you need to work through at that moment.

The reason that essential oils are so popular worldwide is that they can not only help you heal physically, like putting lavender on a bug bite or making a healing salve with tea tree, frankincense and roman chamomile; they can also help you heal emotionally. How many medications can help with both? They are truly unique in this approach.

Featured essential oil blend recipe is 10 drops of Sweet Orange, 5 drops of Clary Sage, and 3 drops of Frankincense to invite some blissful joy into your winter day.

Lift Your Spirits with Essential Oils

Diffuser Blends

What oils do you need today?

Clary sage is a euphoric oil encouraging happiness & joy

Sweet Orange helps to create energy and positivity

Frankincense cleans the aura and elevates our mental state









Photo by Nicky Pe of Pixabay.

WINTER DREAMS
Elsa Lichman, MSW

A pallid sun dips
down to the horizon,
leaving a wash of
mauve and pale pink.

Frigid air hardens the ice
skim on the river,
where a lone arctic duck
skitters and slides.

A swan pair sleeps on ice,
their bright white
contrasting with the
nearby live black water.

At a cove, waterfowl
are all asleep on this
bitter day, lying flat
on dark pavement or
standing on one leg,
heads tucked under wings.

A great blue heron arrives
at the near bank,
hunkers down
against the cold.

A rare pileated woodpecker,
with his bright red crest
atop stark black and white
coloration, flits from trunk
to branch, drilling for insects.

Tiny dark-eyed juncos
have arrived for the winter,
deep gray on wings and back,
with a creamy breast.

They take two hops forward,
one step back,
in a dance to clear snow,
uncover wild seeds.

Just as dusk meets dark,
a great horned owl
swoops down from a tall tree
on wide, silent wings,
followed by its mate.

Behind the dark branches
of a leafless tree,
a sliver of a crescent moon
appears,

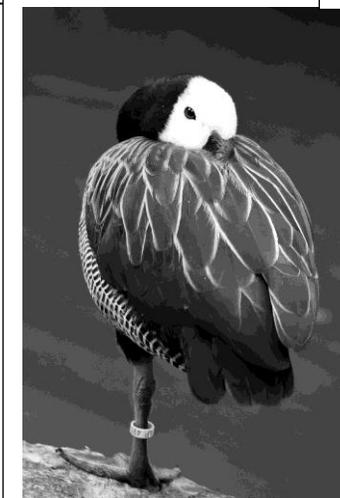
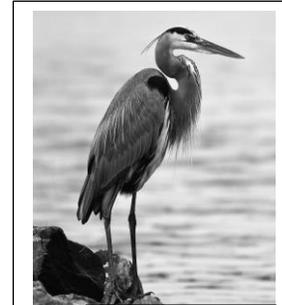
A new beginning after
the glowing super moon
has dazzled and departed.

A dusting of snowflakes
becomes a snowstorm,
our first, coating shrubs,
leaving a tracery of white
on bare, black branches,
and animal tracks
in the city snow.

Bio: Elsa Lichman is a Licensed
Independent Clinical Social
Worker who retired and pursued
new activities. She joined her
first chorus, began voice
lessons, acquired her first
computer, and started writing a
nature column for her local
newspaper. She has published
her prose, poetry, and
photographs in a variety of print
and online journals. She has
also sung in choral concerts and
in a duo. Her 43-year career
was a gift, as is her current
expression of her creativity.



Elsa with Screech Owl.



Photos from
top to bottom.
All photos from
Pixabay.
Swans by
Couleur. Owl
by PetrCZ.
Woodpecker
by Veronika
Andrews.
Heron by
Nature Pix.
Water Fowl on
One Leg and
Head Tucked
Under Wing by
Foto-Rabe.
Little Junco by
Indigo Bunting.

Editor's Note: Where Elsa mentions the
"sliver of a crescent moon following the
glowing super moon," she is choosing to
draw on poetic license. She is aware that it
takes days for a full moon to appear as a
sliver of a crescent moon.

EMBRACING THE WINTER SEASON, Rev. Valerie Mansfield

Winter is a season that invites us to slow down, cozy up, and find joy in the little things. While the chill in the air can make us yearn for the warmth of summer, it also presents unique opportunities to create happiness and embrace the magic of the season. Here are some heartwarming ways to fill your winter with joy:

Embrace Hygge: The Art of Coziness. The Danish concept of "hygge" (pronounced hoo-gah) is all about creating a warm and cozy atmosphere. Think soft blankets, warm drinks, and the flicker of candlelight. Dedicate some time each day to enjoy these simple pleasures. Whether it's reading a good book by the fire, sipping hot cocoa, or enjoying a slow-cooked meal, find comfort in the cozy. If you don't have a fireplace, you can bring one to life by searching YouTube.

Get Moving Outdoors. Don't let the cold keep you indoors. Bundle up and step outside to breathe in the crisp winter air and **take a brisk walk**. Ice skating and sledding are enjoyable **weather permitting**. These can invigorate your body and mind. Plus, the beauty of a wintery landscape is a reminder of the season's unique charm.

Stay Connected. Winter can sometimes feel isolating, but it's the perfect time to reconnect with friends and family. Host a winter gathering, whether it's a festive holiday party or a simple game night. If meeting in person isn't possible, virtual hangouts can be just as fun. Regularly connecting with loved ones can boost your mood and create lasting memories.

Indulge in Creative Hobbies. Winter is an excellent time to dive into hobbies that might have taken a backseat. Whether it's knitting, painting, baking, or writing, engaging in creative activities can be incredibly fulfilling. These hobbies not only occupy your time but also bring a sense of achievement and joy. You can even use your hobby as a mindfulness activity.

Practice Mindfulness and Gratitude. Winter offers a natural pause in the year's fast pace, making it a great time to practice mindfulness and gratitude. Take a few moments each day to reflect on what you're thankful for and to meditate. This practice can help you stay grounded and focused on the positive aspects of your life.

Plan for the Future. While it's important to enjoy the present, winter can also be a great time to plan for the future. Set some S.M.A.R.T. goals for the coming months, whether they're related to personal growth, career ambitions, or new adventures. S.M.A.R.T. goals are specific, measurable, achievable, relevant and time-bound to ensure success. Having something to look forward to can be a powerful motivator and a source of joy.



Explore Comfort Food Recipes. There's nothing quite like the warmth of a home-cooked meal on a cold winter day. Explore new recipes that bring comfort and joy, from hearty soups and stews to delicious baked goods. Cooking can be a therapeutic activity, and sharing your creations with loved ones can spread joy all around.

Decorate Your Space. Bring the winter wonderland indoors by decorating your home. Whether you go for traditional holiday decorations or a more subtle winter theme, creating a festive atmosphere can uplift your spirits. Think twinkling lights, evergreen wreaths, and seasonal scents like cinnamon and pine. So go out and gather some pine cones and sprinkle them with your favorite essential oil, put them in a nice bowl and enjoy.

Volunteer and Spread Kindness. One of the most fulfilling ways to create joy is to give back. Volunteering your time, whether it's at a local shelter, food bank, or community center, can bring immense satisfaction. Acts of kindness, big or small, not only help others but also enrich your own life with a deep sense of purpose and connection.

Winter may bring shorter days and colder weather, but it also offers a unique opportunity to find joy in the quieter moments and simple pleasures. By embracing the season's special qualities and creating new traditions, you can make winter a time of warmth, happiness, and unforgettable memories.

BIO: Reverend Valerie Mansfield is the Minister at Unity of East Louisville Church and a Spiritual Director serving to unlock the individual's pathway to living an abundant life in harmony, peace, and love. Valerie assists families in working together to create balance, bringing harmony into the daily family consciousness. Her mission is to move forward in life with ease and grace, illuminating her way and those around her with integrity, compassion, and bliss. She is a lifelong Unity Truth Student living life through conscious thought and practices. Valerie lives with her husband Bruce and loves spending time with her family, and friends.



THE “IN-BETWEEN”

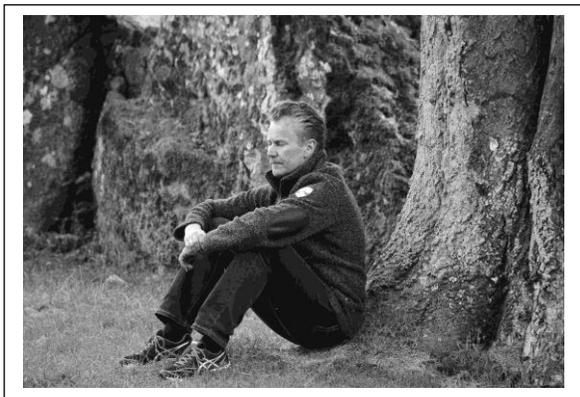
By Kimberly LaFollette, Psy.D.

It's the beginning of the year and many are tirelessly working toward their New Year's goals. This time of year, it may feel like everyone is getting their lives together. However, you may be stuck in the “in-between.” That is the uncomfortable season in life where you are acutely aware that changes must be made, but you are uncertain what those changes are and how to move forward. The “in-between” can feel like purgatory—a place where you are forced to reflect no matter how uncomfortable it may be.

The “in-between” moments in life often occur immediately before or after large events such as break-ups, career changes, deaths, and changes in health. The “in-between” is never comfortable. It can often be an agonizing, shameful, and embarrassing place to be. When you are immobilized by uncertainty you may feel inadequate, as if the unpredictability of life is a personal failing. It feels like everyone else knows exactly what to do, but I promise you, that's not the case. These “in-between” moments in life are unavoidable and necessary.

You may feel tempted to rush through this moment in your life. As a clinical psychologist, I can tell you that those who rush into something new without taking the time to sit with their discomfort are mistaken. We all need to pause and reflect from time to time no matter how uncomfortable it *may be. It is necessary to sit in the messiness of the unknown. The soul-searching that occurs in the “in-between” can lead to profound personal transformation and growth.*

Unfortunately, I cannot tell you when your “in-between” will end. There is no time limit; you must remain in it for as long as necessary. Fortunately, I can tell you that it WILL end and when it does, you will emerge a wiser, better version of yourself. Just as winter eventually gives way to spring, allowing flowers to break through the frozen ground, your purpose and direction will emerge, and your time in the “in-between” will be over.



How to survive and thrive in the in-between:

- Embrace the uncertainty- understand that not knowing is part of the process
- Forgive yourself for not knowing- times of uncertainty are necessary and part of the growth process. Being in the in-between is not an indicator of failure. It is proof that you are alive.
- Allow yourself to be in this space- Don't rush out of this spot! Allow yourself to be uncertain and know that it's part of the process.
- Get curious- Ponder what has brought you to this point. Are there parts of yourself that you have been ignoring that need your attention?
- Be still and listen- Allow yourself time for rest and reflection. Don't busy yourself with unnecessary tasks. Listen to your inner voice and honor your intuition.

BIO: Kimberly LaFollette, PsyD. Is a Licensed Clinical Psychologist and Certified Integrative Menal Health Professional. You can find out more about Dr. Lafalette and her practice by visiting her website kimberlylafollette.com. 502-541-1289.

Photos: Woman, Friday2022 of Pixabay.
Man, FsHH of Pixabay



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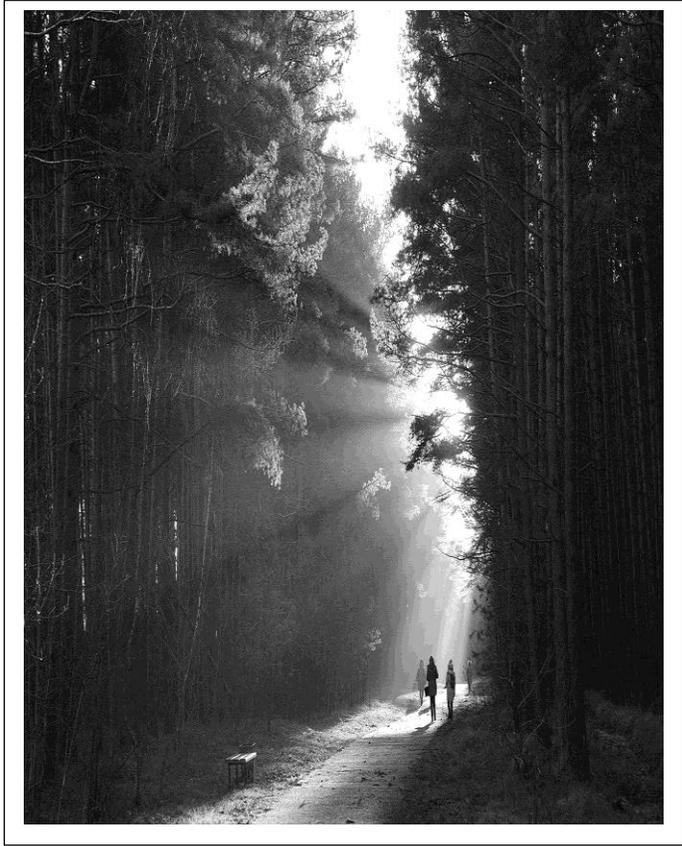


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FINDING HAPPINESS
Dee Patterson, Intuitive Healer

“Folks are about as happy as they make up their minds to be.” Abraham Lincoln

When Abe spoke these words, he could not know that eventually science would prove him right. The guiding principle of the Law of Attraction is that what you focus on is what becomes your reality. Scientific study is now proving that your outlook on life has a great deal to do with whether you have a life filled with joy or one filled with misery. What you believe is what you get. Studies have shown that when we have positive emotions, we broaden the amount of possibilities that we process -- making us more thoughtful, creative and open to new ideas. People who are filled with anxiety or anger end up with fewer ideas. Ninety percent of long-term happiness is predicted by how your brain processes the world.

I have a friend who always sees the glass as half empty.. Most people would consider her life blessed, but she doesn't see it that way. She considers far too much of her life to be a failure instead of seeing the benefits she has derived from her experiences. No matter how much you point out her blessings, the negative is all she sees. You have probably known people like this, and they can be exhausting.

Most people don't realize that their beliefs and actions create their life. There are people who have gone through tremendous hardships and yet maintain a good attitude. They find happiness in the smallest things and don't let problems define them. There have been over 200 scientific studies that included nearly 275,000 people that found that happiness leads to success in almost every area of our lives. This includes marriage, health, friendship, community involvement and our jobs, careers and business, all benefiting when we are happier.

Being happy gives us a real chemical and biological edge. Positive emotions flood our brain with dopamine and serotonin, the feel-good chemicals allowing the learning centers of our brain to perform at higher levels.

Happiness also affects our health. The old adage “you are only as old as you feel” turns out to be true. In an experiment, Ellen Langer, a professor of psychology at Harvard recruited eight men in their 70s for a five-day retreat in New Hampshire. These men were in normal health for their age. They were slow, bent and easily

fatigued. Determined to see if this could be changed, she had the retreat outfitted to resemble the world twenty years earlier. The music, TV programs, news, clothing etc., all related back to the earlier time so they were totally immersed in the experience. All mirrors were removed so that the men could not see themselves. They were treated as though they were in their 50s. At the beginning and end of the five-day session, Langer administered a series of physical and cognitive aptitude tests. On every metric, their performance improved dramatically, and in many cases it was closer to what would be expected for men a decade or two younger.



This study proved that we have a mindset about aging, that things we can do at fifty we can no longer do at seventy. Simply by believing that they were in their fifties, these men became younger. This clearly illustrates that “what we think matters.” This example was taken from the book The Happiness Advantage by Shawn Achor.

Why not take the opportunity to review your life.? When someone asks, “how are you,” do you always respond with a list of your ailments, or do you tell them something positive that is happening? We all encounter problems, some more serious than others. But how we deal with them determines whether we are happy or sad. You can feel happiness when you change your outlook, so why not give it a try?

Bio: Dee Patterson is a professional psychic. She reads the past, present and future, is a medium, medical intuitive, past life regressions, spiritual counseling and emotional release. She also has a wide variety of Crystals and Stones for sale. Call 502-426-2220 or text 502-295-0788. deepatt@bellsouth.net and www.deepatterson.com.

Photo: Thienobrand of Pixabay

THE LOVE OF GOD, Part 1, by Rev. Gerry Boylan, Ph.D.

**“God loves each of us as if there were only one of us.”
Augustine.**

Here are some questions that have been on many minds for some time. “How do I love God? How do I praise God?” Those two questions seem to have been a puzzlement for many people. There is a struggle between connecting with a personal God and a transcendent one. We think that the personal God is some sort of creation of our own imagination. Whereas the transcendent God, that indefinable essence, is who or what God truly is. So, we struggle with, “How can I love or even be loved by this impersonal thing, this sense of Being?”

God is both personal and transcendent. It is no wonder that there is such a struggle with a personal God or a God who can love you as you are. That is the real question here. We are not questioning God, we are not even questioning whether God is transcendent or the personal or both. We may be questioning our own worthiness to be loved. “How can this be?” your little self may ask. “How can I possibly be loved by the infinite?” And until that question is answered to the satisfaction of your soul then the other question of “How can I love God” will remain unanswered.

Our learning has shown us that God manifests in various ways and that when we speak of a personal God, we are making reference more of the manifestation of the Son and Spirit. Although many teachers and parables in Scripture will speak of the metaphor of the loving Father, the Father energy in the triune of God is more the energy of the transcendent - - that all encompassing energy and power that is beyond definition. Although the words can be spoken “God is love,” the essence of the meaning of that is far beyond the understanding of the thinking mind. And so, focus for a while on the Son and the Spirit which can be more comprehended, not just by the thinking mind, but also by the human heart.

Jesus once said, “I had given you an example, to love one another as I have loved you,” and we realize that he was not simply speaking about his brief time on earth. We know this already, that the love of Jesus, the love of the Christ Consciousness, travels through all places, all realms, all dimensions, and that includes the one we are living in at this moment.

There is no denying, once we focus on it, that we are loved with an everlasting love. It is the Hound of Heaven* all over again. There is no place you can hide; there is no place you can even imagine that is without this absolute total and unconditional love. And so you see, in this realm of understanding, even the question begins to change. It changes from “How can I possibly be loved?” to “How can I possibly not be loved?”

***Wherever you are on your spiritual
journey, you are welcome here!***

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Now we can wonder why such a simple answer or such a simple explanation may have eluded us for so long. And we realize that for such a long while we may have been on a level or vibration of thought and of questioning and doubt and skepticism. In this lower vibration of thought we may not have been able to experience that love or, let us say, not able to experience it fully. If we did not experience it at all we would have just incorporated a long, long time ago. We know, we already know, that love sustains us even in the darkest of times. We know love has

sustained us in the darkest of times. We know love sustains us now even when we are not conscious of it. And perhaps that is another thing that has come from our questioning, our doubts, our skepticism - - and that is without even realizing it we may have not only lowered our vibration in its ability to accept and receive love, but we may have also blocked love from our consciousness.

And so here is some of the challenge today, to bring to our mind (our conscious mind) the conscious awareness of the love that is given to us. That is step one. Then to realize the love that we are, then to realize that if we receive love, if we are the object of love, if we are love, then how can we not love ourselves back? There is no force or effort in that process; it is the most natural thing in the world.

*Poem The Hound of Heaven by Francis Thompson

Bio: Gerry began his career as a teacher and retreat leader at St. 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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CHIROPRACTIC: OPTIMIZING YOUR HEALTH

By Richard T. Reul, D.C.

Most people seek out chiropractic care when they are dealing with an acute problem. Pain is becoming unmanageable or routine activities are being limited. It is rare for someone to have no complaints and seek out a chiropractor.

In my patient orientation class, I pose the question: "If you don't have any symptoms, are you healthy? It's a deer in headlights moment for some. Then comes the response, "not necessarily." I applaud the insight.

In most cases, symptoms begin to appear after a process of "dis-ease" has been going on over a long period of time.

Your nervous system is the main controlling system of the body. When your nervous system is free of blockages or interference, your body is in a state of ease. You are expressing optimal health. If you have blockages (subluxations) in the nervous system, your body is in a state of "dis-ease." You are not expressing optimal health.

Patients are aware of their symptoms. They are not necessarily aware of the signs that have contributed to their current condition. Signs of subluxations include muscle tightness or spasm, fixations of the spinal segments (vertebra), muscle soreness or tender spots, inflammation, a heat difference and possible muscle weakness.

Chiropractic adjustments help your body's innate intelligence remove blockages in the nervous system flow. When subluxations are removed, your body becomes more at ease. When your nervous system is



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less encumbered by interference, health and healing are optimized.



Most people present (come to me) with musculoskeletal complaints like neck pain or low back pain. These symptoms generally improve. Breathing, digestion, anxiety, focus, sleep, and headaches may also improve.

Anyone interested in learning more about chiropractic is invited to attend my patient orientation class offered every Tuesday at 6 pm or visit my website reulchiropractic.com.

BIO: Dr. Reul has been in practice in Louisville since 1993. He holds a BA in psychology from St. John's University (Jamaica, NY), a Master of Theological studies from Catholic Theological Union (Chicago, IL), and a Doctor of

Chiropractic Degree from Life College School of Chiropractic. He participates in health fairs doing posture, stress and headache screenings. For more information on Dr. Reul's practice, visit www.reulchiropractic.com.



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

Photo: Surprising Snapshots of Pixabay

THE NEED TO BE MINDFUL OF SUGAR INTAKE

By Jamie Dickerhoof, CNC, CCMH

We all know that eating too much sugar is not good for us. It's not that all sweet things are bad, we just need a better understanding of which ones are considered "bad" and what the body does with any type of sugar we put into it.

First, I want to discuss refined or processed foods. This group is made up of candy, cookies, cakes, most packaged snacks, cereal bars, most boxed ready-to-eat cereals, white bread, granulated sugar, and perhaps the absolute worst - corn syrup. Sodas and sugary drinks are also definitely included here. These foods contain few vitamins or minerals that are important for your health. Every sugary cereal you see on the grocery store shelf is *fortified* with vitamins (synthetic ones) which don't make up for what was lost in the processing.

Know your carbohydrates. Processed foods are usually very high in carbohydrates and ultimately, if you want to understand sugar, you need to get to know carbs. Carbohydrates come from plant foods and also milk. There are two categories of carbohydrates: simple and complex. Simple carbs are simple sugars and can be refined, like table sugar (sucrose), and others in their natural form such as fructose (from fruit) and lactose (from milk). Fruit is the most natural form of simple sugar. Fruit also contains enzymes, vitamins, and minerals the way nature intended. I am speaking of plain, natural fruit— not canned fruit cocktail swimming in corn syrup, which to your body is basically like drinking a Mountain Dew.

Complex carbohydrates are also made of sugars, but the molecules are strung together to create longer complex chains. These foods contain fiber and starch and take more time to break down. Again, carbs come (mostly) from plants. This group consists of vegetables, beans, legumes, and whole grains. Complex carbs are important for a healthy gut and overall health. They are most beneficial in their natural or minimally processed form.

Carbohydrates are the main source for blood glucose and the body does not differentiate. A carb gets broken down into its simplest form, glucose, once it is digested. Glucose is instantly useable and goes straight into the bloodstream to be deposited in cells. Simple carbs break down rapidly. An example of what I would have eaten as a teenager before I wised up was a Hot Pocket, Snickers, and a Coke (refined and processed carbs). This is an overload. The body needs to work fast.

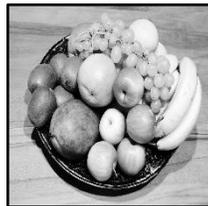
The body works hard to control glucose levels - - to keep a steady level in the blood stream to be delivered to the cells. When carbs are eaten the body gets to work breaking them



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down. To the body, any carbohydrate is glucose in the end. How does it deal with a highly processed, high-carb glucose dump?

Insulin. When we eat carbs the body either uses the glucose right away for energy, stores some away in the liver for later, or when it is too much, stores it as fat in adipose tissue (body fat). Insulin, a hormone, is a "key" that allows the door of the cell to open and let glucose enter so it can be delivered to where it is designated. Over time, if we eat a diet that is too high in the wrong kinds of carbs, and not offset by the correct ratio of healthy fats and proteins, we are relying on insulin to surge through the body and keep knocking on the cells, to get the excess glucose out of the bloodstream. This can lead the cells to just ignore the request, which is insulin resistance.



How can we cut back on sugar and still enjoy life?

For years, I struggled with sugar handling. I had hypoglycemic episodes and never realized it was my diet. I finally lowered my carb intake and made sure to eat a balance of carbs to healthy fats and protein. It is helpful to understand how the foods you choose impact your blood glucose levels. You can check the Glycemic Index score of foods. Low GI foods are best for sugar handling, and high GI foods are high in sugar. [Glycemic-Index.net](https://glycemic-index.net/glycemic-index-chart) is a great online resource. Here is a link for the glycemic index that is mentioned: <https://glycemic-index.net/glycemic-index-chart>

In this day and age, many of us lead semi- if not mostly sedentary lifestyles. We are not outside, doing manual labor from sunrise to sunset. There are many athletes and extremely active people who can handle a higher carb load than the rest of us. I urge you to explore and see what works best for you

Bio: Jamie Dickerhoof is a holistic and bioenergetic healing practitioner. Healing sessions incorporate many energy healing techniques. Jamie is a Bio Energetic Synchronization Technique (B.E.S.T.) practitioner, Life Coach, Pranic Healer, Master Herbalist CCMH, and Nutritional health counselor CNC. Jamie also holds a BA of Arts in Music. She is dedicated to health and healing from within.



<https://humansoundcheck.com/understanding-the-solfeggio-frequencies-better/>

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KINESIOLOGY TAPE AND MASSAGE:

A Powerful Duo for Muscle Support and Recovery
By Christi Murphy, LMT, CLT

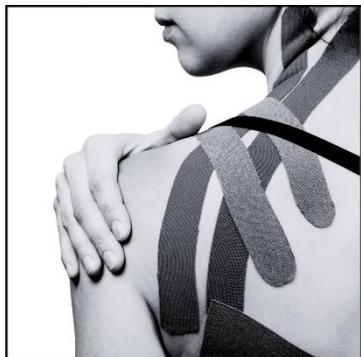
Kinesiology tape has become a go-to tool for athletes, physical therapists, and fitness enthusiasts seeking muscle support and enhanced recovery. When combined with massage therapy, it creates a synergistic effect that promotes healing, reduces pain, and improves overall muscular function. Understanding how kinesiology tape works and its benefits alongside massage can help you maximize its potential.

What is Kinesiology Tape? Kinesiology tape is an elastic adhesive strip designed to mimic the properties of human skin. It allows full range of motion while providing support and reducing strain on muscles, joints, and ligaments. Unlike rigid athletic tape, kinesiology tape does not restrict movement but instead encourages the body's natural healing processes by lifting the skin slightly. This lifting action improves blood flow, reduces swelling, and enhances lymphatic drainage, which are essential for recovery and muscle repair.

How Kinesiology Tape Supports Muscles. Applied correctly, kinesiology tape stabilizes muscles and joints without compromising mobility. This support reduces stress on injured or overworked areas, preventing further strain and promoting proper alignment during movement. By improving circulation, the tape helps deliver oxygen and nutrients to affected tissues while flushing out metabolic waste like lactic acid, which can cause soreness.

For athletes, kinesiology tape can help maintain peak performance by reducing fatigue and discomfort during prolonged physical activities. It also aids in faster recovery, making it an essential part of many training regimens.

The Role of Massage Therapy. Massage therapy is another powerful tool for muscle care and recovery. Techniques like deep tissue massage, myofascial release, and Swedish massage target muscle knots, tension, and adhesions, improving flexibility and relieving pain. Massage also stimulates blood flow and lymphatic



drainage, much like kinesiology tape, while promoting relaxation and reducing stress levels.

The Synergistic Benefits of Kinesiology Tape and Massage. When kinesiology tape is



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used in combination with massage therapy, the benefits are amplified. Massage first relaxes tight muscles and improves tissue pliability, creating an ideal environment for the tape to be applied. Post-massage, kinesiology tape helps maintain the therapeutic effects by keeping muscles supported, improving posture, and prolonging the increased blood flow achieved during the session

For injury rehabilitation, this duo is particularly effective. Massage addresses acute tension and promotes healing, while kinesiology tape provides ongoing support between sessions. Athletes recovering from strains or overuse injuries often find this combination reduces recovery time and enhances overall function.

Conclusion. Kinesiology tape and massage therapy are complementary tools that enhance muscle health and recovery. Together, they reduce pain, improve mobility, and support the body's natural healing processes. Whether you're an athlete or simply looking to recover from everyday muscle strain, this dynamic duo can help you achieve your goals and stay active.

Bio: Christi is dedicated to guiding women on their journey to find balance and well-being of the body, mind and spirit through bodywork, energy healing, mindfulness practices, and intuitive card readings. Christi has a Bachelors of Science in Natural Health, is a Reiki practitioner/instructor, meditation instructor, massage therapist, and spiritual coach. She works with oncology patients at Norton Healthcare and has a private practice.

New Thought Patterns for 2025!

Rebecca Geracitano, M.A., M. Ht

For the New Year I thought over what I might do to clean out the old to make room for the new. Knowing how powerful our thoughts can be and how they greatly influence our reality, I thought I would assess mine. My thoughts went to a book I have by Greg Braden, "The Divine Matrix, Bridging Time, Space, Miracles and Belief." I had read it several years ago, but it recently caught my eye on the bookshelf. I decided to open the book just to see where I would land. I came upon the chapter called "Reading the Mirrors of Relationship: Messages From Ourselves" where he discussed one of the "Five Ancient Mirrors of Relationship." In it he told a story about himself that described one of these mirrors: The Mirror of "Reflections of What We Judge in the Moment." The story is about his relationship with three people who worked for him. He had put great trust in them but upon coming back from one of his out of town engagements, he discovered that his bank account had been cleaned out.

After a great amount of anger and normal thoughts of retribution, he spoke with a dear friend who tells him a story about someone who took an item that was very important of his. His friend's response when asked what he did about it was, "I did nothing, because she lives with what she has done". After leaving his friend he thought about what his response meant for his own life and current situation. He concluded that this event was showing him about his self. It didn't really matter that the people were wrong in what they did because they would have to "own" their actions their whole life and face that themselves, similar to the idea of karma.

What was important was that he understood the message and identified the underlying beliefs he was extending to the people that wronged him. Because of these beliefs he would have attracted them to him in the first place. Finally, he understands that because he has always been an honest, truthful person and highly values trust and integrity, he has always held a stern underlying judgment toward others. He began to recall how continually people throughout his life had violated his honesty, trust and integrity until the cleaning out of his bank account made him take notice and face this particular mirror. What he understood is that these three people "were not showing him who he was but rather was showing him the things he judges". They were at the core of something that affected his whole life to such an extent that he could no longer ignore it. It was a lesson for him to clear out this old pattern so he could embrace his life with even more love and genuine accomplishment.

Braden invites us to recognize our own mirrors and to examine our relationships with people who are closest to us. To acknowledge the traits and characteristics of those that seem to irritate us to no end and then ask the following question: Are these people showing me myself in this moment? If the gut reaction is "yes" then you may know they are demonstrating and



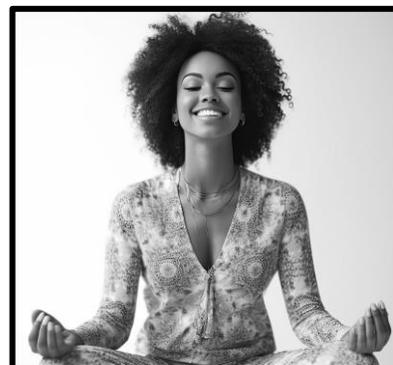
reflecting an aspect of yourself you might be unaware of. If the answer is "no" then it might be something deeper. They might be showing you the reflection of "the things you judge in life." To become aware of these mirrors is the beginning of healing patterns that no longer serve us.

The mirror concept shows us that sometimes it is very hard to see what we are doing and attracting unless we stop (daily) and look at the synchronicities in our life. They often are pointing right at the solution. The great mystic Edgar Cayce often said "watch self go by." With right awareness we can see the situations and people in our life as reflections of what energy we are giving out and attracting to ourselves. We may want to ask ourselves, what is my hand in this situation? What have my thought patterns been like lately? What judgments, expectations or even stereotypes have I been holding of others? Are my thoughts expansive, helpful, loving, and thoughtful or are they based on my fears and come out as judgmental, critical or stereotypical? The mirror concept can become a tool to assess what part we might be able change - - since we all know we cannot change others we can at least start with ourselves.

I wish you the best for cleaning out the old and making room for 2025!

BIO: Rebecca is a Certified Master Hypnotherapist. She offers Current, Past Life, Life Between Lives, and Quantum Healing Regression. She also offers hypnosis for habits and issues, spiritual mentoring, meditation, dream work, Reiki and Crystal Bowl Meditations to help her clients find inner healing. www.integrativemind.net 502-468-1894

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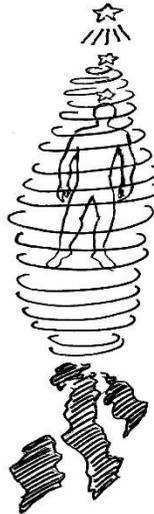
**STAYING PEACEFUL,
UPLIFTED, & CENTERED
WITHIN A GENTLE SENSE OF
JOY, by Joyce Gerrish, M.A.**

I'm sharing with you some things that help me to feel uplifted and peaceful most of the time. Staying focused in a steady flow of my breath is very helpful. If I sense I am somewhat holding my breath, then I focus on a harmonious rhythmic flow of breath for a while. I breathe in sparkling light, fill myself overflowing with light. Sometimes I repeat over and over silently a mantra such as "Thank you, God" or "Praise God" or other phrase that is meaningful. This can really help hold me steady. Singing an uplifting song can also do wonders!

May we let go of constantly worrying about potential or current problems in our life (and in the world around) by really focusing on appreciating what is interesting and attractive around us in the moment and when possible doing some creative activities that give us joy. This will help clear our mind so that when it is time to deal with our issues, we can bring greater clarity and wisdom to the situations. I love to take walks - - long and shorter. When I am outside, I enjoy gazing at all the plants and birds and the people that may be around. I leave my cell phone in my pocket. Observing nature can be an ENDLESS source of fascination and joy.

Are you somewhat sensitive to energies? You can send love energy from your heart center/chakra to plants and trees - - and you may well feel love energy returning to you. Focus in the center of your chest (this is where the heart chakra is, of course) and just feel as though you are sending the feeling of love to a plant or animal or person. This is a magnificent pleasure to me, and you may enjoy it, too! Try it, if that is new to you. You've probably heard that Native Americans would hug a tree for a while to receive energy when feeling a need to be revived. Love the plants in your home, too. They can also return your love energy in a supportive way - - and they can increase the oxygen level in your home. If you have very few house plants, please reach out for some more plant "friends." I specialize in philodendrons. They require very little care and are beautiful. Enjoy this inexpensive delightful way to add pleasure, beauty, and upliftment to your life.

We can also, of course, send love from our heart center/chakra to the people in our life - - even to those with whom we interact briefly. We don't need to hug everyone, but we can beam out love energy to help lift our interaction with that person and lift our own spirits. They are very unlikely to know that we are sending love energy, but it may give them and ourselves a gentle warm feeling during perhaps a challenging day. With our loved ones and friends, not only hugging but also sending love energy helps us all stay more uplifted.



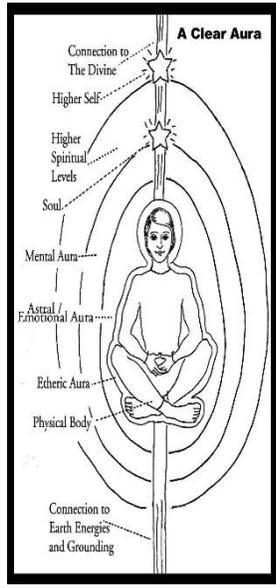
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To help sustain us when we may feel discouraged or stressed (or any time) we can also focus in our love for God, and send love to God through our heart chakra. We can pray for Divine Love to bless us and fill us with peace. Invocation is real. We can lift our consciousness in a brief or longer meditation and "call"/invoke Divine Love to flow from above and through our heart center and immerse us in a warm sense of pure love.

As a meditation teacher and energy healer, it is clear to me that many people have their mind and body weighed down with energies of worry, discouragement, stress, and maybe some fear, anger, or other heavy emotions. A person can also be weighed down by the heavy energies of the people and world around them. We can learn to let go of those heavy energies with energy healing techniques and higher meditation. These can be learned and utilized in a practical way. We need to clear away and lift up above the possible heavy layers of energy and create a pathway to the higher more peaceful energy above/beyond which can then flow in to help sustain us. This is real what I am describing, not just a fanciful description. I've been working with and teaching people this for thirty-five years.

Spiritual people are needed all over the world to be lifting up above the frequently heavy mass-mind to exist in more peaceful clearer spiritual energy - - and beam that out to the people around. We can all be "lighthouses" to help our struggling planet find greater harmony, and at the same time enhance our own peace and joy. I have written a book Secrets of Wisdom, Awaken to the Miracle of You which has lots of helpful guidance and charts and descriptions. On my website www.joycegerrish.com you can find two chapters of the book, 17 songs I composed and sang, some of my inspirational designs, and lots more. I lead a weekly Zoom meditation. May bountiful blessings fill your life.



HEALING WITH LIGHT ENERGY

Cindy Perry, Registered Nurse, MSN

David Schmidt is founder of LifeWaves, scientist, inventor, and CEO. He developed LifeWave technology over the past 20 years. The technology is patented and has over 80 clinical studies to demonstrate the science behind the patch.

What is Lifewave Technology? LifeWave are phototherapy patches that stimulate the skin with light energy to produce health benefits. The patches reflect light in the infrared and visible wavelength range to stimulate the body to improve energy production and the flow of energy in the body. Our nerves on the skin are stimulated by these wavelengths of light and this triggers a specific chemical reaction in the body.

This is referred to as photobiomodulation, which increases the production of multiple antioxidants. It increases peptide production, anti-inflammatory effects, and improved pain control, increase and protein synthesis. This production has multiple outcomes: reduction in pain, reduction in stress, improved quality and duration of sleep, detoxification, reduction in lines and wrinkles, improves hormone function, and increases the level of energy.

Light therapy is not new. Examples we are familiar with include blue light therapy for newborns with elevated bilirubin levels, sunlight production of Vitamin D, laser treatment with eye surgery, and face lifts with light therapy.

What is in the patch? It is a crystal lattice structure in a specific molecular pattern. It contains proportions of water, oxygen, amino acids, sugar, and salts. It is latex free, non-transdermal, free of drugs, and free of chemicals and stimulants.

The patch is placed on specific acupressure points which clears the meridian; the energy highway in your body sending a specific frequency through the skin, body, and brain. When there is congestion in this highway; that can lead to illness. These promote balance and healing.

So, as you age, stem cells mutate and go dormant, causing the wrinkles, gray hair, and body aches. The unhealthy stem cells circulating in the body are one of the reasons we experience aging and illness. Healthy stem cell activity dramatically declines with age. Stem cells are special cells that are a main part of how our body repairs itself. Having an abundance of healthy stem cells is key to aging well.

Types of Patches

X39 is for repair and longevity increasing a copper peptide to regenerate stem cells Source: tinyurl.com/X39Research

X49 is for performance and bone health; also supports cardiovascular health, cognitive function, muscle gain and fat loss. Source: tinyurl.com/X49Study

Aeon is for stress and inflammation increasing glutamate, cysteine, glutamine, serine, and proline. It helps to reduce inflammation, cortisol, C-reactive proteins, and stress. Source: tinyurl.com/AeonStudy

Carnisone is for the brain and circulation. Known to improve mental clarity and visual degeneration. Source: tinyurl.com/CarnosineStudy

Energy Enhancer is for vital energy. Source: tinyurl.com/EnergyEnhancerStudy

Glutathione is for detoxification. It is a master antioxidant. Source: tinyurl.com/GlutathioneStudy

IceWave is for pain relief, both acute and chronic. Source: tinyurl.com/IceWaveStudy

Silent Nights is for sleep. This increases serotonin which increases melatonin which improves both quality and duration of sleep without morning grogginess. Source: inyurl.com/SilentNightsStudy

SP6 is for cravings and hormones. This reduces sugar cravings and balances hormones. It supports the health of the liver, pancreas, kidneys, thyroid, hypothalamus, adrenals, and intestines. Source: tinyurl.com/SP6Study

The benefit of using this technology is that you apply the patch, and you are mobile –not tied to a chair or bed for light therapy. It costs \$3.30/day for the patch versus \$20-40K for stem cell injections. They do not interfere with any medications you are currently taking.

It is important to discuss use of the patches with your physician and especially in situations such as undergoing active chemotherapy. LifeWave does not diagnosis or treat medical conditions. **Start X39now.com** is an excellent resource for education on LifeWave technology.

BIO: Contact Cindy Perry RN MSN at csueperry@aol.com Nurse, Certified Reiki Master; Therapeutic Touch Training, Hanna Kroger Training, Bioenergetic Technology, PEMF and 45 years of healthcare.

