

# *Natural Living Journal*

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

**Vol.11, Issue 2 READ FREE ON-LINE [www.naturallivingjournal.com](http://www.naturallivingjournal.com) June – Aug. 2026**



Photo: John :Punia of Unsplash

**Compassionate  
Listening**

**How to Grow & Use  
Herbs for Healing**

**Enjoying the Summer,  
Conscious Living**

**Finding Serenity**

**Loving Through  
Grieving**

**My Philosophy of life  
(Expressed Through Art)**

**Divine Grace Expressed  
Through Reiki Energy  
Healing**

**Psychological Benefits  
of Gardening**

**Sprouts: Tiny Plants,  
Massive Nutrition**

**Jungle Doctor in India**

**Poem “Summertime”**

## SUMMER ISSUE, JUNE-AUGUST 2026



**NATURAL LIVING JOURNAL  
WELCOMES ARTICLE AND AD  
SUBMISSIONS. Holistic subjects such as  
Environmental Protection, Natural Foods,  
Exercise, Inspiration & Positive Thinking,  
Natural Healing ,Creativity , Wholesome Joy.  
(Photo above from Pixabay-Canva}**

Let your friends on social media and through your e-mail lists know that they can read complete Natural Living Journal free on-line at [www.naturallivingjournal.com](http://www.naturallivingjournal.com).

Copyright 2018 Natural Living Journal. All copyright belongs to the various authors. Other than for brief quotes, no part of the publication can be separated out from the complete journal and be used in any way without written permission from the publisher. Most images in this publication are from Pixabay.com. Some images are provided by the authors of the articles they accompany and belong to the author. The cover photos are mostly from Pixabay.com. People are encouraged to e-mail out the complete Natural Living Journal to their e-mailing lists. The Publisher's intention is to get the journal out to as many people as possible. People are also encouraged to print off the complete journal and distribute it to friends & clients. Authors and advertisers can call the Editor, and it might be possible to arrange some printed copies for them to distribute.

### Mission Statement

Natural Living Journal encourages people to live in harmony with the wholeness of their physical, emotional, mental, and spiritual well-being. We encourage all to live in harmony with each other, with our precious planet and all aspects of nature, and with the Divine. This journal is independent of any organization and is not affiliated with nor advocates any specific religion or political ideation. We support natural holistic health care practices, and we seek to work in harmony with the medical field. Our deep purpose is to foster wisdom, peace, joy, creativity, co-operation, love, ecology and sustainability, inclusiveness, wholesome adventure, stewardship, community service, natural abundance, and the arts.

### Natural Living Journal

P.O.Box 6153, Louisville, KY 40206

[www.naturallivingjournal.com](http://www.naturallivingjournal.com)

502-572-4871

Publisher & Editor, Joyce Hemdahl Gerrish, M.A.

The views expressed in this journal are solely those of the authors of the articles & are not necessarily endorsed or verified by Natural Living Journal (NLJ) or the Publisher. NLJ & the Publisher & Editor disclaim any responsibility for them. We encourage highest possible practice of conscious business. The authors of the articles in the journal do not, through this journal, dispense medical advice or prescribe the use of any technique as a form of treatment for physical, emotional, or medical problems without the advice of a physician or professional health care practitioner. The intent of the author is only to offer information of a general nature to help you in your quest for emotional, physical & spiritual well-being. In the event you use any of the of the information in this journal for yourself, which is your constitutional right, the authors and the publisher assume no responsibility for your actions. You, the reader, must accept full responsibility for your well-being. Ads do not constitute endorsement of the offered products & services by NLJ, its Publisher or Editor. People depicted n the photos are models for illustrative purposes only, unless otherwise stated.

### Advertising Rates & Sizes

502-572-4871

	Size	Once	3 Times
Sm Bus. Card	3.5 x 1.25	\$20.00	\$55.00
Bus. Card	3.5 x 2	\$54.00	\$149.00
Oversized Card	3.5 x 2.5	\$65.00	\$175.00
Quarter Page	3.5 x 4.5	\$80.00	\$225.00
Half Page	7.0 x 4.5	\$100.00	\$270.00
Full Page	7.0 x 9.25	\$150.00	

Payment due with ad. Make check payable to Natural Living Journal and Mail to Joyce Gerrish at the address above.

Contact: [natural.living.journal@gmail.com](mailto:natural.living.journal@gmail.com) or 502-572-4871.

We accept checks or money order.

Ad prices presume digital JPG format and camera ready.

### Deadline for all submissions & payments:

15th day of the month prior to publication date.

Published June 1 (Summer Issue), September 1 (Autumn Issue), December 1 (Winter Issue), March 1(Spring Issue)

### Ad Design Services Available

We can design your ad for you. Prices start at \$25

Contact journal at [natural.living.journal@gmail.com](mailto:natural.living.journal@gmail.com)

## **COMPASSIONATE LISTENING**

**Joyce Hemdahl Gerrish, M.A.**

Peaceful relations are needed in our world and in our personal lives more than ever before. Our lives keep getting more and more complicated in some ways and the general stress level in the world seems to be increasing. How can we slow down a little and listen to each other more deeply? To enhance communication with someone when there may be a challenge to be solved, agree to sit down together in a quiet somewhat comfortable location facing each other from perhaps across a small table. Don't set a time limit, give yourselves space,

### **BREATHE, FOCUS IN YOUR BREATH IN A RELAXED WAY.**

Slow down and really be present with your breath and with the person with whom you wish to enhance communication.

**PRAY.** Ask for Divine love, Divine peace, and God's grace to fill yourself and the person you are communicating with.

### **FOCUS IN THE CENTER OF YOUR CHEST AND IMAGINE YOU ARE BREATHING DIVINE LOVE INTO YOUR CHEST**

however you may imagine that. If you are used to meditating, you know that is the Heart Chakra where we can especially experience Compassionate Love. Breathe in the feeling of Compassionate Love and sense yourself sending out the feeling of warm love for all creation. Continue that until you feel more relaxed and feel a sense of peace and warm comfort in your chest.

**EACH PERSON SAYS SOMETHING APPRECIATED IN THE OTHER PERSON,** no matter how small that quality may seem to you to be. Sometimes in a period of challenge, we may somewhat forget how much we care about and/or admire in this other person.

**THE "COMPASSIONATE LISTENING" PROCESS.** Have a third person "Helper" present who can help the two listeners stay focused on their Compassionate Listening experience. The idea is that one person (Person 1) speaks for a few minutes (less than five) as to what is on his/her mind - - what they are feeling. The other person (Person 2) listens as carefully as possible, and then calmly tells Person 1 what they heard. Person 1 can then respond as to whether the other person heard what they said - - and if the other left out something IMPORTANT. Then Person 2 tells Person 1 what s/he is thinking and feeling. Once again for less than five minutes. Person 1 now listens as carefully as possible and then tells Person 2 what was heard. Then similar as to before, Person 2 tells Person 1 if what was said was heard, and if something important was left out. What was described in this paragraph could be called one "cycle."

**ENCOURAGE THE TWO "LISTENERS" TO SIT QUIETLY NOW FOR A FEW MINUTES AND ABSORB WHAT HAS BEEN SAID**

*TRANSFORMATIONAL HEALING, SOUL MISSION !*

*REIKI TRAINING! EMOTIONAL HEALING !*

**JOYCE GERRISH, M.A.**

[www.joycegerrish.com](http://www.joycegerrish.com)

502-572-4871 Louisville Office

**ZOOM, TELEPHONE & IN-PERSON**

Master's Degree in Human Development.

Reiki Master Teacher and Practitioner.

Higher Consciousness, Chakra Healing.

Sliding Scale Reasonable Fee.

35 Years Experience, Heart Centered.



**AND HEARD.** Focus again in the breath and in the Heart Chakra, Visualize yourself in a beautiful place in nature like a flower garden or at a peaceful beach or in a lovely wooded area. Breathe in peace and comfort. Feel your body relaxing.

Now the two listeners can choose to pursue a second cycle of Listening. The "Helper" can guide the process for a second cycle. Whoever was the first speaker before would now start out as the listener. This "Compassionate Listening" process can continue for as many cycles as feel helpful to both Listeners and to the Helper.

1. Does it seem as though any areas of possible agreement are occurring in a direction as to a feasible solution? Even a small area of agreement?
2. Does it seem as though there is a way that each of the persons could act somewhat differently (even a little differently) in the future to avoid possible conflict?
3. Have each person take a few minutes to imagine what it would feel like to be in the other person's "shoes" - - to be responsible to accomplish or do what the other person is trying to accomplish or do. This can be quite revealing,

It is also very important to consider what is the context within which this situation is occurring? Is this within a business with its own rules? Is it within a city agency with city laws? Is it within a school with school regulations? Is it within a church with church by-laws? Is this within a family with family traditions? Are there any laws being broken? These do need to be considered. Maybe one or both of these listeners need some kind of therapy to help avoid future conflict and to enhance their ongoing life path. Each of these two listeners are human souls whose future life path may need to be considered.

I pray for much peace and patience and compassion to bless all those who seek to seek to understand themselves and others more compassionately and wisely. **Note:** If any part of this article is helpful to you - - good. It doesn't need to be utilized as a whole. The "listening back and forth" aspect of this presentation was adapted from standard counseling techniques...

# Dig In! The Psychological Benefits of Getting Your Hands Dirty

**Kimberly LaFollette, Psy.D.**

As I write this, spring is coming to a close. I have spent countless hours outside pulling weeds, planting seeds, and spreading mulch. While my aging body may be sore, I end each day with a sense of peace and gratitude. There is something about getting my hands in the dirt that makes me feel centered and grounded. As it turns out, there are scientific reasons for that—which is why I often encourage clients to go outside and connect with nature.

One psychological reason gardening improves our sense of well-being is that being in nature gives us a sense of connection and oneness with the world around us. Through gardening, we gain a better understanding of the cycles of life. We learn that there are seasons of prolific growth -- and seasons of more rest.. When we can identify



with and appreciate the cycles of nature, it becomes easier to understand and normalize the cycles within our own lives.

Gardening also teaches us the importance of nurturing. We may have the heartiest seeds, but if we do not take the time to care for and tend to them, they will

not thrive. The same is true for humans. We need nurturing, support, and safe environments in order to become our best selves. In many ways, we are no different from the plants and animals in nature—we flourish when we are cared for.



Beyond these metaphorical and psychological connections, there is mounting research suggesting that dirt itself may be beneficial to our mental health. Certain microorganisms found in soil have been linked to increases in serotonin production, which can improve mood and reduce symptoms of anxiety and depression. These microorganisms are absorbed by our skin when gardening.



Nature also offers numerous biological benefits. Sunlight provides Vitamin D, which supports serotonin and dopamine production—our “feel-good” neurotransmitters -- and may help reduce inflammation in the body. Physical

movement associated with gardening can also help regulate mood by lowering cortisol levels and increasing serotonin. Finally, the slow, mindful pace of gardening encourages relaxation and presence, both of which are associated with reduced stress and improved emotional well-being. So, as summer begins to wind down, perhaps consider what you might sow in the earth this year that could help improve your mood and overall well-being in the next. One can plant bulbs such as daffodils in the autumn that will blossom in the spring and come back to flower each year as perennials. It is never too late to step outside and get your hands dirty.

**BIO:** Kimberly LaFollette, PsyD. is a Licensed Clinical Psychologist and Certified Integrative Mental Health Professional. You can find out more about Dr. LaFollette and her practice by visiting her website [kimberlylafollette.com](http://kimberlylafollette.com) 502-541-1289

.Photo: Man & Child, OPPO Find X5Pro  
Unsplash: Woman, Jane Thomson of  
Unsplash; Hands by Anna Jakutajc of  
Unsplash , Man , jsb-co of Unsplash



## **ROOTED IN WELLNESS: HOW TO GROW & USE HERBS FOR HEALING.**

**Christi L. Murphy, LMT, CLT, Reiki Master**

Growing an herb garden in Kentucky offers a unique opportunity to combine culinary creativity with natural healing. Thanks to the state's temperate climate—marked by warm, humid summers and cold winters—gardeners can successfully cultivate a wide range of herbs for teas, cooking, and compresses (cloths soaked in warm or cool herbal infusions and placed on the body to soothe discomfort). An herbal infusion is herbs soaked in water thirty minutes to overnight to extract a higher dose of vitamins, minerals, and other beneficial substances than a typical tea would have.

Most of Kentucky falls within USDA Zones 6–7, meaning herbs must be selected with both seasonal resilience and versatility in mind. Herbs are valued not only for flavor, but also for aromatic and medicinal properties, and many are used in aromatherapy to promote relaxation, focus, or stress relief. In Kentucky, herbs thrive best in locations with at least six hours of sunlight and well-drained soil, especially Mediterranean varieties like lavender and rosemary, which struggle in overly wet conditions.

Start with core herbs such as peppermint, lavender, basil, and chamomile. Peppermint is one of the easiest herbs to grow, but it spreads aggressively, so it's best contained in pots. Its "cooling" properties do not literally lower body temperature; instead, peppermint creates a cooling sensation on the skin and can feel soothing for headaches, sore muscles, congestion, or upset stomachs, making it ideal for teas and compresses.



Lavender prefers dry, well-drained soil and full sun, and certain hardy varieties can survive Kentucky winters. Its flowers are commonly used in calming teas and aromatic healing sachets—small fabric pouches filled with dried herbs that release relaxing scents. Basil thrives in Kentucky's summer heat and can also be used fresh in warm compresses to support circulation. Chamomile is valued for teas that support relaxation and digestion while also attracting pollinators when allowed to bloom.

To deepen your garden's impact, consider herbs like lemon balm, echinacea, thyme, and sage. Lemon balm supports calming teas, while echinacea is widely used in traditional immune-support preparations and grows vigorously in Kentucky soils. Thyme and sage offer antimicrobial qualities and can be

# Christi Murphy

WELLNESS



*"Holistic Services for Women"*

Licensed Massage Therapist  
Certified Lymphatic Therapist  
Reiki Master  
Certified EFT Tapping Practitioner  
Bachelor of Science Natural Health

Massage & Lymphatic Therapy  
Reiki Master Practitioner & Instructor  
Reflexology  
Tuning Fork Therapy  
Spiritual Intuitive & Tarot Card Reader

By Appointment Only: (502) 645-6588  
Website: [www.christimurphy.com](http://www.christimurphy.com)

used in steam inhalations—breathing in warm herbal steam to help soothe congestion—or infused oils, which are oils slowly steeped with herbs and later used in salves, massage oils, or skin treatments.

Grouping herbs by their natural preferences also improves plant health: lavender, rosemary, and sage prefer drier soil, while chamomile, mint, and lemon balm enjoy more moisture. Harvesting is where gardening transforms into healing. Leaves should be picked in the morning, when essential oils are most concentrated, and herbs can be used fresh or dried for year-round access.

Fresh peppermint or basil can be steeped in hot water and applied with cloth to the skin as compresses, while herbs like chamomile or lemon balm are commonly brewed into calming teas. Cooking with fresh herbs—such as basil in sauces or thyme in soups—not only enhances flavor but adds subtle therapeutic benefits to daily meals.

Ultimately, an herb garden in Kentucky is more than a collection of plants—it becomes a living apothecary. With thoughtful selection, proper placement, and intentional use, even a small garden can support both nourishment and well-being.

**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.

Design: Photo credit from Canva.

## ***SPROUTS: TINY PLANTS, MASSIVE NUTRITION***

***Jamie Dickerhoof, CNC, CCMH***

There's a reason sprouts have stuck around in the health world for decades; they're nutritional powerhouses packed into tiny little plants. Fresh, crunchy, alive, and incredibly easy to grow at home -- sprouts are one of the simplest ways to add real nutrition to your meals without overcomplicating things. I eat them constantly. My personal favorite is a good sandwich blend: typically a mix of alfalfa, clover, radish, and broccoli sprouts. You get freshness, crunch, a little peppery bite from the radish, and an easy way to upgrade almost any meal. Sprouts are seeds in their early growth stage, when the plant is waking up and beginning to activate its nutrient stores. That means you're getting concentrated nutrition in a very fresh, bioavailable form.

### **Little Powerhouses.**

Different sprouts offer different benefits. Broccoli sprouts are known for sulforaphane, a compound studied for detoxification support. Radish sprouts add a spicy kick and contain beneficial plant compounds that support circulation and digestion. Lentil sprouts provide protein and fiber. Alfalfa and clover sprouts are mild, mineral-rich, and easy to add to almost anything. As sprouts begin to green up and grow, they also develop chlorophyll, one of the beneficial compounds found in fresh green plants. The beauty of sprouts is variety. You're not locked into one flavor or one nutrient profile. The brand I personally use is Botanical Interests. Their sprouting seeds have been consistently reliable for me, and locally you can often find them at Frank Otte Nursery & Garden Center and Rainbow Blossom. The "Sandwich Blend" is my go-to.

Growing sprouts at home is surprisingly simple, and you do not need fancy equipment. All you really need is a wide-mouth mason jar, sprouting seeds, purified water, and either a mesh sprouting lid (readily found on Amazon) or a piece of cheesecloth secured with a rubber band. The sprouting lids make rinsing and draining easier, but the budget method works perfectly well too.

### **No Garden Required.**

To grow them, place one to two tablespoons of seeds into the jar and cover them with water for at least 8 hours or overnight. After soaking, drain the water completely and place the jar upside down. If you are using a screen sprouting lid, simply rest the jar upside down on the lid so excess water can continue draining out. If using cheesecloth, place the jar upside down atop two chopsticks to allow for airflow underneath. (Or drain well and leave it right-side up, the sprouts know what to do)

From there, rinse and drain the sprouts twice daily until they are fully grown and "showy." Alfalfa and sandwich blend sprouts





**Get Unstuck. Live Fully. Thrive**  
**Holistic Health & Personalized Support**  
Jamie Dickerhoof, CNC, CCMH, Mastery-Level  
B.E.S.T.  
502-599-5226      500 Envoy Circle #505  
Louisville, KY 40299  
[www.humansoundcheck.com](http://www.humansoundcheck.com)

are usually the fastest growers and are often ready in about 3 days during the warmer months. Lentil sprouts are a little

different, they don't really grow long tails and are generally ready to eat shortly after they sprout. The biggest key is airflow and proper draining. Sprouts do not like sitting in stagnant water.

### **Eat 'Em Up.**

One of my favorite ways to eat them is on an incredibly simple

sandwich: hearty bread, cream cheese or vegan cream cheese, sliced avocado, a generous handful of sandwich sprouts, and a sprinkle of Himalayan sea salt. My favorite vegan cream cheese is the brand "Nuts For Cheese," a fermented cashew cream cheese with incredible flavor. If you want extra protein, my husband Jeff adds a fried egg to his. Going with something fresh for summer, sprouts are also fantastic in fruit salads. One of my favorites combines strawberries, spring greens, goat cheese or feta, pecans or walnuts, sandwich blend sprouts, and a balsamic dressing. The slight peppery bite from the sprouts balances the sweetness beautifully. Another option is a salad with cubed watermelon, cucumber, feta, sandwich blend sprouts, a drizzle of balsamic vinegar, olive oil, lime juice, with a pinch of salt. The sprouts give the salad texture and a little zing that cuts through

the sweetness in a really satisfying way.

Sprouts are one of those rare health foods that are affordable, easy to grow, nutrient-dense, and genuinely enjoyable to eat. No complicated protocol. No expensive gadget. Just fresh living food that can easily become part of everyday life.

**Note:** Enhance your health by purchasing, growing, eating organically grown foods as much as possible.

**BIO:** Jamie helps people who feel stuck, stressed, or unwell finally understand what their body is communicating so they can heal and feel like themselves again. She is a Mastery-Level B.E.S.T. Practitioner, Master Herbalist (CCMH), Certified Nutritionist Consultant (CNC), & Creator of the Human Soundcheck method. Learn more at <https://humansoundcheck.com>.  
**Photo** of Sprouts by Jamie Dickerhoof



## The Cost of Holding On Might be higher than you think.

You tell yourself you've moved on.  
But your body reacts like it hasn't.

Stress. Reactions. Exhaustion.  
Relationship patterns. Sleeplessness.

The same emotional weight — over and  
over again.

The F-Word: **Forgiveness, Reclaimed**

A guided process for people who are  
ready to stop carrying what their body  
and mind were never meant to hold  
forever.

Next course begins Aug. 18. Live on Zoom.



code created at QRCode-monkey.com

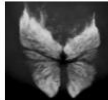


image licensed via 123RF

Learn more at [humansoundcheck.com](https://humansoundcheck.com)

## Perimenopause Changes Everything.

Your sleep is off.  
Your body feels unfamiliar.  
You're exhausted, foggy, anxious,  
overstimulated — and trying to function like  
nothing's changed.

But your body is changing.

Menopause Mastery is a live workshop  
brought to you by Spiritual Power and  
Alchemy (SPA) designed to help women  
better understand what's happening during  
perimenopause and menopause, and learn  
practical, holistic ways to better support the  
body through it.

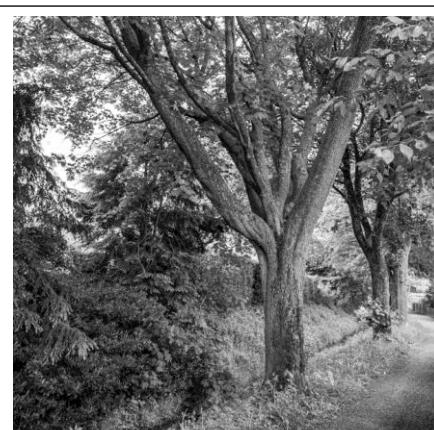
Because understanding what's happening  
changes everything.

Live Workshop • Louisville, KY  
August 30th, 2:00-5:30 PM



code created at QRCode-monkey.com

[humansoundcheck.com/understanding-perimenopause](https://humansoundcheck.com/understanding-perimenopause)



Photos: Woman with cup, Kagan Unsplash; Woman profile, Kateryna Hliznitsova of Unsplash. Silhouette, Shivam Kumar of Unsplash; Couple, Getty Images for Unsplash; Tree, Sergei Karpow of Unsplash.

# ***ENJOYING THE SPIRIT OF SUMMER***

***By Rebecca Geracitano, M.A., M.Ht***

Since childhood I can remember the excitement of spring turning into summer with the longer hours of daylight, the freedom of being out of school, and the warm beauty of nature blossoming all around us. I believe we have all experienced some measure of those childhood reveries, and that those experiences stay locked within our subconscious minds only to reemerge as the spring equinox comes along and life in the outer world reemerges more vibrantly. We then begin the odyssey of entering these longer days toward summer excited for what we might experience.

I remember camping with my cousins, having bonfires, and long hikes through the woods - - or catching fireflies and then letting them go. It was fun running and playing under the streetlamp in front of our house trying to step on each other's shadows and enjoying the warm night air. I can remember my great aunt MaryAnn's lake in Indiana and days of paddle rowing a fishing boat with my sister then jumping into the lake to swim and cool off. We loved riding our bikes and playing kickball late into warm evenings lit by streetlamps. A family trip to Florida was exciting, but it was the little everyday moments and long light that made this time of year seem magical.

I see the magic blossoming in my seventeen-month-old granddaughter's eyes as we go on walks. Her eyes and face aglow looking at the greenery of the trees, the clouds, birds, sky and the moon. At this age, all things are big and exciting. It's the important introduction to the colors, sights and sounds of the natural world that creates the foundation of loving Mother Earth and having that legacy that can bring us peace and a sense of inner connection to ourselves and others. Creating this foundation is especially important as we move into our adult years amid life's responsibilities and busyness. It is a foundation that is worth more than any money can buy.

As Spring blossoms into Summer, I still enjoy that old sense of wonder, magic and freedom. I enjoy my beautiful lavender Monet irises blooming for weeks in my backyard garden. I love long walks by the nearby creek and woods as the sun sets, feeling the coolness under the tree canopies and listening to the birds and



**Rebecca Geracitano**

**Integrative Mind LLC**

**Louisville 502-468-1894**

**Hypnosis & Regression**

**Reiki, Past Life Regression, QHHT**

**Crystal Bowl & Sound Bath Meditation**

**Email: [Rebecca@Integrative Mind.net](mailto:Rebecca@IntegrativeMind.net)**



seeing deer dine before retiring for the evening. I enjoy traveling to our nearby state parks for hiking or to a family gathering near or far. So often we spend our time together in nature hiking or

going to a beach. Creating summer family traditions of spending time together in nature can enrich the family dynamics and sentiment as we share peaceful times in nature.

As spring turns toward summer we can enjoy celebrating the Summer Solstice, the longest day of light in our part of the world. It is that magical time of old when our ancestors celebrated nature-based rituals of dancing and playing music around bonfires, honoring the great sun and the growth of spring planting. It can be a time to honor and feel a connection to the human cycles of time and seasons that we are all a part of.

Other ideas to celebrate our journey into the Summer Solstice and to move through the summer are to gather with friends or family around a bonfire or go on a hike and discuss intentions for the rest of the year. We could sit in meditation or practice yoga and honor the sun with yogic sun salutations. We could make a flower wreath or crown. At last year's solstice, a crystal bowl meditation participant made me a flower wreath crown. It was such a warm and beautiful gesture that I treasured. We could join other groups for music, prayer or meditation. Consider all the special ways you can honor summer to bring more connection, peace and calm into your life!

**Note:** I facilitate a crystal bowl meditation that will happen this year on Friday evening, June 19, 2026, at the Unity of East Louisville church which is open and welcoming to all the Louisville community. Please join us!

**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](http://www.integrativemind.net), 502-468-1894.

# **SUMMERTIME FUN: CONSCIOUS LIVING**

**Rev. Valerie Mansfield**

As summer rolls in, it brings with it an abundance of opportunities for joy, connection, and growth. By integrating conscious living into our summertime activities, we can enhance our experiences and deepen our relationships with ourselves, others, and the world around us.

## **Embrace Mindfulness in Nature**

One of the simplest ways to celebrate summer is by immersing ourselves in nature. Take leisurely walks, hike local trails, or enjoy a peaceful moment by a lake. Engaging with nature encourages mindfulness, allowing us to appreciate the beauty and wonder of our surroundings. This practice aligns us in mind, body, and spirit - - which emphasizes the interconnectedness of all life.

- **Tip:** Create a nature journal to jot down your observations, feelings, and insights during your outdoor adventures.

## **Foster Connection Through Community**

Summertime often brings communities together through festivals, farmers' markets, and outdoor events. Engaging with your community is a powerful way to practice conscious living. Simple living and connections encourage us to recognize the Divine in everyone, fostering compassion and understanding.

- **Tip:** Volunteer at local organizations or participate in community events. This not only helps others but also creates meaningful connections and nurtures a sense of belonging.

## **Cultivate Healthy Habits**

The summer season offers a wonderful opportunity to prioritize our health and well-being. Eating fresh, seasonal produce and spending time outdoors can significantly enhance our physical and mental health. Conscious living encourages us to make choices that nourish our bodies and spirits.

- **Tip:** Try new recipes using local fruits and vegetables. Host a potluck with friends to share these healthy dishes and enjoy each other's company.



## **Practice Gratitude**

Summer is a time for reflection and gratitude. By taking moments to appreciate the simple joys of life - - like a sunny day, a good book, or time spent with loved ones - - we can cultivate a positive



mindset. The power of gratitude helps us transform our perspectives and experiences.

- **Tip:** Start a gratitude jar. Each day, write down something you're thankful for and read them at the end of the summer to reflect on your journey. This is a great activity for youth. They can decorate the jar on a rainy summer day.

## **Engage in Creative Expression**

Summer invites creativity - - whether through art, writing, music, or other forms of self-expression. Engaging in creative activities allows us to connect with our authentic selves and share our unique perspectives with the world, an essential aspect of conscious living.

- **Tip:** Organize a creative workshop with friends or family. This could be anything from painting to writing poetry, and can help foster a space for collaboration and inspiration.

## **Conclusion**

By blending summertime fun with conscious living, we can create richer and more meaningful experiences.

Embrace nature, foster community connections, prioritize health, practice gratitude, and express creativity. As we engage in these activities, we align ourselves with a deeper understanding of our place in the world - - celebrating not just the joy of summer but the joy of being truly alive together. **Enjoy the season and let it inspire you!**



**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 of 40 years and loves time with her children and grandchildren. Phone: 502-338-3247, [www.valeriemansfield.com](http://www.valeriemansfield.com) **Photos:** Man by Jon Matthews, Unsplash. Couple by: Curated Lifestyle, Unsplash.

## **JUNGLE DOCTOR,**

**Laura Spaulding**, AYRI, KPJAYI Authorized Level I, Sharath Jois Level 2, Yoga Alliance E-RYT 500

In the Ashtanga Yoga tradition, an invocation is recited at the beginning of practice each day, which goes in part: Vande guruṇām caraṇāra vinde suṇdarśita svātma sukhāva bodhe Niḥśreyase jaṅgalikāymane samsāra hālāhala mohaśāntya, which means: “ I honor the guru (teacher) who shows the way to the highest good. The teacher is like the jungle doctor who removes the poison of worldly existence.”

In 2009 I took a teacher’s course with Sharath Jois who was the grandson of K. Pattabhi Jois, who was for many years the main teacher of the Ashtanga system. When I first met Mr. Jois in 1999, he told us in a conference one day that he planned to offer a course to already-authorized teachers to pass on the tradition. In 1999 I was new to Ashtanga Yoga and this was my first time in Mysore, but I could imagine how great it would be to participate in that course. Ten years later in 2009, he and Sharath planned to offer the course in June. By then, I had become an authorized teacher, and I was invited to attend. I wouldn’t have missed it for anything. Sadly, a month before the course was to have started, Mr. Jois died. After a period of mourning and the memorial service, Sharath taught the course on his own and he tried to make it as similar as possible to his experience of learning under his grandfather. We were required to teach each other while Sharath observed us and made corrections.

Sharath told us a story to illustrate that our duty as teachers of yoga was to practice and study yoga to be of benefit to others. He told us: *in a small village, there was a large banyan tree at its center. Banyan trees have aerial roots that descend from the branches so that the tree expands out from the center. Some trees are huge, taking up a lot of space. They don’t bear fruit and have little practical value other than providing shade. In this village, a yogi appeared and took up residence under the shade of the banyan. One of the village merchants didn’t like the tree or the yogi because they were of no value to the village. He tried to convince the other villagers that the tree should be cut down, and then the yogi would leave. However, none of the other villagers were willing to cut down the tree. It had been there for a long time. Not long after, one of the merchant’s children became gravely ill with a fever. One of the other villagers told the distressed merchant, “Take him to the yogi.” Desperate, the merchant took the child to the yogi, who took the child and held him in his arms. He instructed the villagers to bring him cool water, and he bathed the child and placed some herbs in the child’s mouth. Gradually, the child’s fever subsided, and the child began to sleep peacefully. The child recovered. The merchant changed his mind about both the tree and the yogi.*

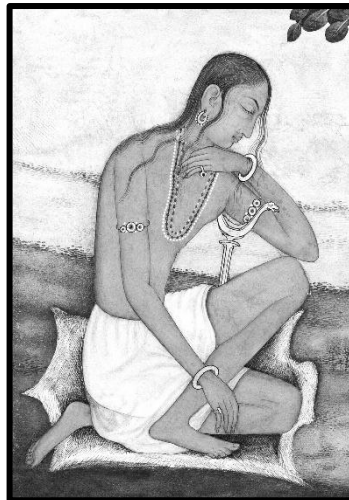
Then Sharath told another story of an incident that had been witnessed by his grandfather and grandmother while they were on a pilgrimage to the temple at Kedarnath. This famous temple is 11,755 feet above sea level, and 16 kilometers beyond the



**YOGA EAST**  
*Non-profit - serving Louisville since 1971*  
**Summer Classes for Everyone**  
[yogaeast.org](http://yogaeast.org)

nearest road in a remote part of the Himalayas. It is accessible only by walking or riding a pony along a steep mountain path, or by helicopter. Pattabhi Jois and his wife visited it before helicopters were used so they walked.

*As they were walking up the mountain, they saw a woman collapse, possibly from altitude sickness. No one knew what to do to help her, but a yogi appeared. He knelt beside her and examined her briefly, then he dashed off and came back with herbs that he crushed under her nose and revived her. Then he quickly left again and they didn’t see him again.*



In 2018 I took my second pilgrimage to Kedarnath and rode a pony. The ponies stop and let off their riders about two kilometers from the Kedarnath Temple, and everyone must walk the rest of the way or hire a porter to carry them. Porters are available along the way to carry people up the path. They have a large basket strapped to their back like a large baby carrier. Passengers sit in the basket and are carried up to the temple. A friend who was on the pilgrimage with me developed altitude sickness and was unable to walk the rest of the way to the temple after we got off the ponies. A

porter came along and wanted to carry her, but she was distraught and reluctant to sit in the basket. She kept trying to walk, but after two or three steps, she would have to sit again and try to catch her breath. As we waited for her to collect herself, I looked up toward the temple and saw an amazing sight. A young yogi dressed in the orange robes of a renunciate was striding down the path toward us. He was looking at her seated on the ground with great concern. This young man seemed to have a glow about him. He spoke excellent English and sat down beside her. He smiled reassuringly and began to give her helpful breathing instructions in a calm voice. Within a few minutes she had become calm and her breathing was no longer labored. She agreed to let the porter carry her and they went ahead of us. The young yogi continued down the mountain.

**BIO:** Laura Spaulding has practiced yoga for 59 years. She has been president of Yoga East, Inc., a nonprofit yoga school founded in 1971 and located at 1125 E. Kentucky Street. See the class schedule at <https://yogaeast.org>. She has made numerous trips to India to study yoga including two pilgrimages to Kedarnath in the Himalayas. **Photo:** In Public Domain, title “Kedar Ragini,” by Ruknuddin, ,ca 1690-95, now in Metropolitan Museum of Art.

## LOVING THROUGH GREIVING

Rev. Gerry Boylan, Ph.D.

My wife, partner and best friend made her transition on January 1st. I needed to write this article for myself and in the hope that it might be helpful to others. The only way you can know grief or describe it is from the outside looking in. When you're in it there are no words, there are no definitions, there are no explanations. This is partly because grieving is a unique process for each one of us. Grief and loss are so intertwined with love and awareness that the experience of grief goes beyond the emotional state and goes beyond our thinking mind.

That is not to say or deny feelings of grief and loss or the understanding that comes from them, but that feelings and emotions, and even intellectual understanding' is only a part of the process. The process itself can rip my guts out and can have me burst into tears or lost in depression in an instant, and for a brief moment I can go from acceptance and sadness to emptiness and confusion. Not only is this a unique process for each one of us, but it is also different at every moment. How do you describe how much you love another person? There is no definition of love that can describe the bond of two souls who have chosen one another and continue to choose one another even after the loss of the body.



Margo Boylan

The process of grieving is so paradoxical because we are feeling deeply or experiencing deeply the love we have for one another and yet it seems as if the other is no longer here. "How can I love someone who is gone?" my intellect asks and yet I know she is not gone but our relationship has changed. She is now free of a body that was broken and because she is no longer bound to earthly needs, she can be busy about many things, including loving me, at the same time.

That truth hurts somehow. I want to be the only one she loves that deeply and yet I know that is selfish on my part. I recall struggling with what a Course in Miracles refers to as a 'special relationship.' I happened to be walking in the streets of Chicago around Christmas time holding our first grandchild and feeling the warmth of that beating heart next to mine, and even though the baby's Mom and Dad and Margo suggested that they could carry her for a while I said "No, I'm fine." And I remember challenging

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

Sunday Service: 11:00 AM

**unity**<sup>®</sup>  
of Louisville

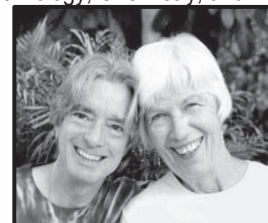
1228 E Breckinridge Street  
Louisville, KY 40204  
502.583.5559  
www.unityoflouisville.org  
FB: Unity of Louisville

this Course in Miracles truth to show me or to tell me how this so-called 'special relationship' was an illusion. It was one of those prayers that got an immediate answer. The words that formulated in my mind were, "Gerry, do you know how much you love your little granddaughter?" I certainly replied, "yes" - - and my inner voice confirmed that by saying "That's how you're being asked to love everybody: No exceptions." And I got it.

I'm experiencing some of that right now. In her love for me she loves and embraces all beings. In her space, in her place right now there is no judgment, there is no comparison, there is only unconditional love. I want to feel that emotionally, even though I realize that unconditional love is not an emotion. My emotions of love, as powerful as they might be, come from my limited self, my small self, my ego, my personality. I do not deny the efficacy of those feelings and yet they are only a minuscule part of the truth of love.

So, what am I grieving, what am I letting go of? Certainly, I am letting go of her physical presence and yet I stopped for a moment and asked myself, "Am I really?" I know she doesn't have a body any longer, but does that prevent or get in the way of her material presence? In some ways she is just as present as I am to myself in this moment, but at the same time I miss the presence of a body, of a smile, of a touch. That is part of what I grieve when I experience loss and what I wish were different but is not. Nevertheless, I feel her presence and love every day, and it comforts me.

**BIO:** Gerry began his career as a teacher and retreat leader at Xavier High School where he taught Biology, Chemistry, and Religion. His undergraduate degree is from Catholic University and he 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.



## ***SUMMERTIME***

by Elsa Lichman, MSW

Summertime, deep purple iris buds stretch skyward,  
Delicate lacy blooms enchant.

White coral bells exude a subtle perfume

As small, pale butterflies, flitter above.

Urban flowering trees transform

the usual vista into a magical sight. ess

We relish the sounds, sights, tastes,

and breezes of summer as a zephyr passes.

Fluffy, yellow, goslings,

Are intent on feeding, then pause contentedly,  
and drop to the ground to rest.

The air is filled with bird song.

Impatient little yellow Oriole chicks call out for food.

We hear the distinctive call of a barred owl,

He looks down at us from a large tree.

Our summer is a delightful season of vibrant life



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.



Photos: Butterfly, Pixabay,19830,1280 - Owl, Shlomo Shalev, Unsplash Flowers, Arthur Taeng, Unsplash,, Baby Ducks, Andrea Light Foot, Unsplash,



## FINDING SERENITY

### Dee Patterson, Intuitive Healer

If you have been feeling an uneasiness lately, you are not alone. It feels like something is about to happen, but you don't know what. You may be worried that something bad is about to happen to you. I have been feeling this also, but I know it is not anything we can put our fingers on. It is the general state of the world that is causing our anxiety. People are experiencing real problems, but this is something bigger. It is affecting us all, some more than others. Those who have some intuitive ability feel it more deeply. To put it simply, we are in difficult times. Change is all around us and most of us don't like change. When clients come to see me with these anxieties, I find myself telling them to start repeating the Serenity Prayer.

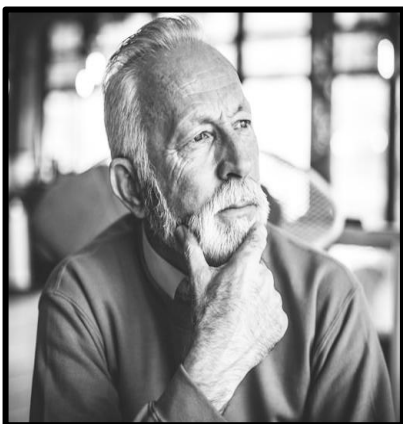
**God grant me the Serenity to accept the things I cannot change...**

**The Courage to change the things I can...**

**And the Wisdom to know the difference.**

Many of the changes that are taking place today are completely out of our control. They are happening on a global level. That is the reason we need "Serenity to accept the things we cannot change." Most of us want to control what is happening in our lives and around us. But we can't control everything.

I have a client who is dealing with a serious illness that could well lead to her death. She worries so much about every step of her treatment - is it good, is it bad, will it help, etc. that she has avoided living. She is worried that she might pick up something if she meets with a friend for lunch or attends a family function. **In truth**, she wears a high-grade mask, so she knows she can attend functions, **but** she just lets the fear take over. She is amazed at others who are in her situation who just go on doing whatever they want without fear. I have known her for many years, and she has always been



a worrier. Since I do believe in the body mind connection, I am not entirely surprised she has a serious illness, although saddened for her. Interestingly, there are things in her life that she has not had



Master Card  
Visa &  
Discover Cards  
Accepted

**Dee Patterson**  
**(502) 426-2220**  
**text only (502) 295-0788**

**Psychic & Medium**  
**Spiritual Counseling & Emotional Release**  
**Past Life Regressions**

Telephone sessions available - Appointments only

802 Stone Creek Pkwy Suite 1, Louisville, Ky 40223  
deepatt@bellsouth.net    www.deepatterson.com

On The Recommended Psychic List of the A.R.E.  
The Edgar Cayce Foundation

the *courage to change* -- issues that I feel contribute to her ongoing anxiety. I encourage her to live the life she has to the fullest. **That is** advice I have given for many years.



The hardest part of the *wisdom to know the difference* is that people tend to jump when they should take their time or delay so long that it no longer matters. We all make mistakes, and hopefully we learn from them. Some of my biggest mistakes occurred because I didn't want the advice I was given. It cost me plenty, although I did learn valuable lessons. I try now to be wise in making big decisions. Delaying so long in making an important decision can have dire consequences, as my client has learned.

The gift that I can offer clients is an insight that they might otherwise not be aware of. I have always been good at gleaning options unknown to them. Most of our fears come from feeling trapped, and options point to a solution. They have to use their own *Wisdom* to know if this is the difference they need. Still, many find it hard to make difficult decisions that can impact their lives. I offer my intuitive advice, but it is up to them to decide if they should act on it. I make no judgements either way.

**When you are feeling anxiety, remember the Serenity Prayer. It just might help ease your worry.**

**BIO:** Dee Patterson is a professional psychic. She reads the past, present and future, is a medium, medical intuitive, does 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](http://www.deepatterson.com)



Photos: Woman by Jatin Punia of Unsplash, Man by Getty Unsplash

## ***MY PHILOSOPHY OF LIFE***

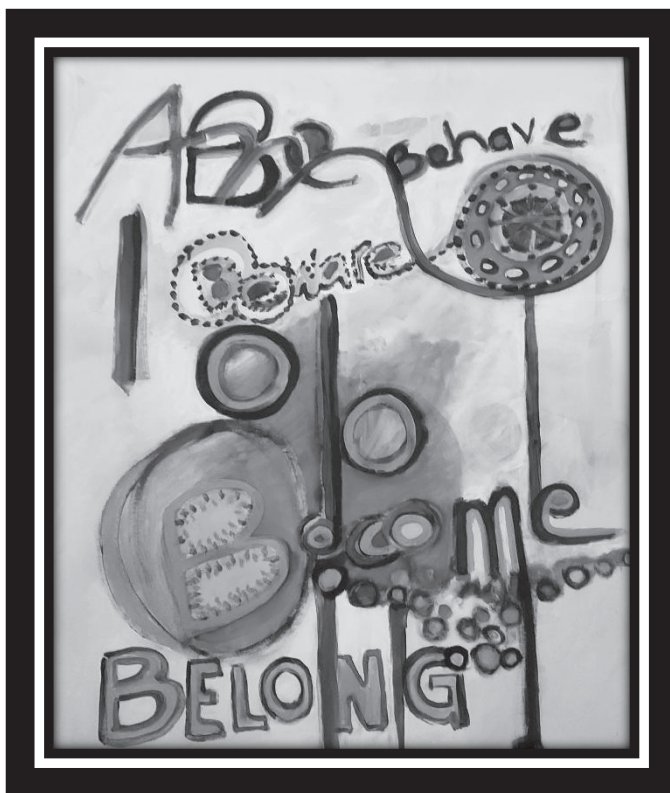
***Ann Hemdahl-Owen, M.FA in Fine Arts***

This Painting is a surprise, a mystery, a departure from anything I have painted before. I have some guesses as to how it evolved but it is a murky process. I had started painting simply because I wanted to have a painting to augment the church service I was responsible for in a few weeks.

I started with deep red, rapid brush strokes in the center of the canvas. That was a bold and scary beginning. Even more -- it was visceral and gut wrenching. Next appeared "Am" in the upper left corner and that m curved into the right side. This was very strange because Am is the way I sign my paintings and it is the last thing I normally do when my painting is complete, certainly not in the beginning. My signature is most often in the lower right corner. "Am" evolved from my name Ann being quickly signed. But more significant is that the phrase "I Am That I Am" is very spiritual and refers to one's higher consciousness. I also recently realized it has significance ongoing from my past lives into to my future lives. (I am beginning to feel like Alice in Wonderland -- and since I seldom use words in my paintings, this is curious and curiuser...) The painting continued to be a play on words with paint. It is very structured, hard-edged and uncomfortable for me.

I awoke several nights at 2 a.m. to process the words/thoughts/symbols that evolved in paint. Along with thinking, I kept staring at two fixtures on the ceiling. One circular that I could identify with the sun and moon. The other somehow reminded me of a % sign. It remained a mystery until I asked Mike at the YMCA check-in desk about the % sign. He is very wise, and he printed the word's history. That helped a little. The history of the % goes back to the Greek

and Romen times and even earlier. It is an ancient symbol used for more than money and goods. A murky beginning seemed to fit and that becomes relevant later. Behind "Am" is Be. At birth the first thing is Breath. Breath is the beginning of life and also the beginning of Being. To the right of Being is Behave which feels as if in the beginning the babe is constantly pushed and taught to behave, to fit in, to conform. Too often, behave wins over the babe's exploring. It seems imperative to have a balance between the desire to explore and the convenience of Behave. (I am not certain where that belief developed.) Immediately below Behave is a swirl, whirl of colors I label Chaos. This is the completion of the first part.



The middle of the painting is the % symbol in the dark red center which began the painting and now attempts to balance upper and lower sections. The % also becomes 90 in gold paint by moving the circles closer. This is significant because I am 90 years old, and also perhaps because it took me 90 years to acknowledge these truths for myself!

Below % is Become. This B is a balance to the chaos in the upper right -- but this is joyful and whirling. I was surprised to find "me" prominent at the end of become. That was a happy accident. Finally, at the bottom of the painting, is Belong. The movement from Become to

Belong is the jubilant completion of this painting. The final truth is that when I truly become me I am accepting all the good and the bad, the mistakes and successes of my 90 years. Belonging is finding peace surrounded by white light and love.

**BIO:** Ann Hemdahl-Owen, MFA in Fine Arts, MA in Expressive Arts Therapy, retired Full Professor of Art,,Hypnotherapist, Hypnobirth Coach, Counselor, Author, Reiki Master, Healing Touch, and more.



## ***DIVINE GRACE THROUGH REIKI ENERGY HEALING, By Joyce Hemdahl-Gerrish, M.A.***

I feel that Reiki is a gift from the Divine to enhance spiritual growth and healing through helping to illumine and energize one's energy field. It helps to awaken and expand one's consciousness. It is not a religion, but it can beautifully support whatever one's religion or spiritual path may be. Reiki can literally transform a person's life as it allows a person to let go of old heavy energy blockages and open to renewal. One wears normal street clothing to receive Reiki.

Do you feel or experience energy? Perhaps you can feel the difference between the energy in nature or in a peaceful church compared with that in a crowded busy store or a congested traffic intersection. Awareness of energy is a skill or capability that one can increase with practice and with exposure to energy healing. All humans and all life exist within an energy field. Scientists call it the electro-magnetic energy field. In a healthy person this energy is constantly moving and active within specific flows. Exercise can help keep one's energy moving actively throughout one's body in these ways. An uplifting Spiritual life can help keep higher Spiritual energies flowing into one's aura. Keeping one's mind actively engaged in life activities in a positive way is beneficial. Getting out in nature is also an excellent way to energize one's aura energy by intermingling with the energy of plants and trees and Mother Nature as a whole.

Things that can deplete one's energy field include poor food choices, depression, anger, and lack of exercise. Sickness or injury can also weaken one's energy field, as well as the gradual aging process. All of these can be benefited by Reiki energy healing to help keep a person's energy activated and moving throughout the body more beneficially. Yoga and other forms of energy therapy can also help.

Childhood abuse, trauma at any age, or detrimental experiences can create emotional disturbance that can cause distorted energy blockages at different places in the body. These energy blockages can cause physical atoms to coalesce around them and contribute to serious physical conditions or disease over time. But these can be gradually lessened with energy healing and the other sources mentioned above that help activate the energy field.

Receiving Reiki is wonderful and giving it for someone else is also a marvelously uplifting experience. I can't say enough about what I feel are the benefits physically, emotionally, mentally, and spiritually. At the same time, it is important to know that it needs to be handled with awareness. As a person receives energy healing it is likely to be freeing up some energy blockages. This

can help one feel better when the heavy energy blockages may gradually move and dissolve somewhat, but the person needs to drink extra water to help wash the associated toxins (that were released) out of the body with the lymph flow and urine. If a person is quite ill or has a disease, it is important to plan the energy healing sessions at a frequency that gives the body time to clear out the toxins released by one session before receiving another. Usually a week is a good interval for that purpose.

I first began energy healing training and being active as an energy therapist about forty-five years ago and it transformed my life. It has been an ongoing amazing ever expanding experience ever since. I consider it a high Spiritual honor to assist people in this way to open up more fully to their enhanced wellness and higher consciousness. Energy healing can help people to move into the next step of their Soul Mission and remember the truth of who they are. I am a Spiritual Life Coach, along with this I work with people on emotional healing, optimum nutrition, exercise, and stress management. As a person lets go of old heavy energy blockages (from this life and past lives) one can open to greater joy, creativity, and life effectiveness.

If a person chooses to take Reiki training, that is a whole additional expansion of the experience. There are four levels of training. Reiki training is called an Attunement because it is literally a spiritual energy activation and not strictly a transfer of information and techniques. After receiving Reiki One Attunement/ training a person can do the Reiki energy healing for oneself or for others.

A Reiki teacher is called a Reiki Master. I personally feel that a person receives the greatest benefit by waiting at least two to six months

between taking Reiki I and Reiki II in order to deepen in the practice. The second and third levels of the training magnify and expand a person's capacity to do healing for others and for oneself - - and help one grow Spiritually. Reiki IV empowers one as a Reiki Master. It is a magnificent adventure.

BIO: Joyce Gerrish is a Reiki Master. She has a Master's Degree in Human Development. She offers individual Reiki and Energy Healing sessions as well as Reiki Attunements/ Trainings. She also guides Higher Meditation, Awakening to Higher Consciousness, and moving onto the next step of Soul Mission, and much more. See website [www.joycegerrish.com](http://www.joycegerrish.com) for classes, articles, meditation audios, songs she composed, and more. 502-572-4871(text). She published the book Secrets of Wisdom, Awaken to the Miracle of You, Joyce Publishes and Edits this Natural Living Journal.





*Self Care is healthcare, not a luxury!*



[www.letsbeginhealing.com](http://www.letsbeginhealing.com)  
~schedule online

842 Mulberry St.  
Louisville, KY 40217

*Kimberly Curran*

MASSAGE THERAPIST  
EFT TAPPING PRACTITIONER

# Reul Chiropractic

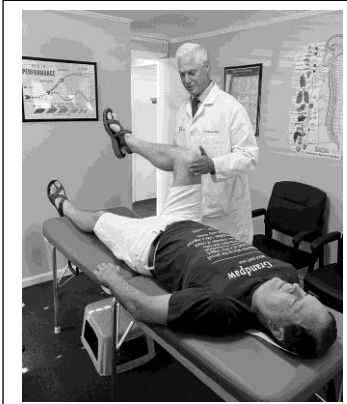
## DR. RICHARD T. REUL

*Chiropractor*

3772 Taylorsville Road  
Louisville, KY 40220

(502) 458-2559 [www.reulchiropractic.com](http://www.reulchiropractic.com)

Photos: Dr. Reul with Patient,  
Kimberly Curran with Client;  
Yoga, Getty Images Unsplash



*Organic,  
handcrafted  
jewelry lovingly  
filled with light  
energy from local  
artist Dawn  
Middleton.*

**Shop Now**

[dawnsdesignsonline.com](http://dawnsdesignsonline.com)

**dawn's  
DESIGNS**

*jewelry inspired by the morning light*

*Organic,  
handcrafted  
jewelry lovingly  
filled with light energy  
from local artist Dawn  
Middleton*

[www.dawnmiddleton.com](http://www.dawnmiddleton.com)

## YOGA WITH HOLLY

Community Yoga Class for All Levels  
Tuesday & Thursday at 6:00 pm at  
Saffin Center of Holy Family  
3938 Poplar Level Road, Louisville  
(Bring Your Own Mat) \$5.00

Holly Kennedy, 502-314-5142

## NATURAL LIVING JOURNAL

**WELCOMES ARTICLE SUBMISSIONS  
AND NEW ADS**

PLEASE SEE PAGE 2  
FOR INFORMATION.  
HELP CREATE POSITIVE  
SOLUTIONS & INSIGHTS



SEEK VOLUNTEER TO HELP WITH INVOICES & COMMUNICATIONS.

**DONATIONS** HELP JOURNAL KEEP GOING