



# ***Natural Living Journal***

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

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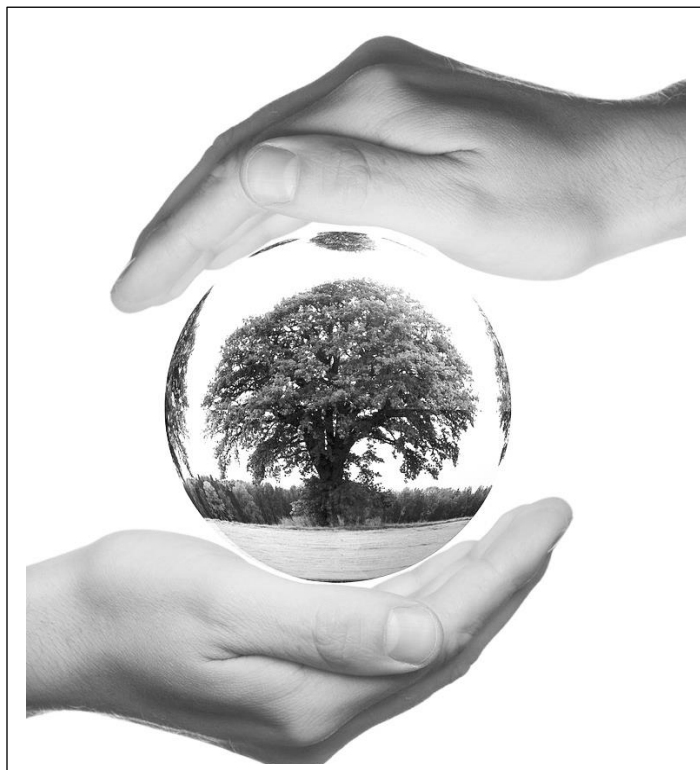
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Natural Living Journal encourages people to live in harmony with the wholeness of their physical, emotional, mental, and spiritual well-being. We encourage all to live in harmony with each other, with our precious planet and all aspects of nature, 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**

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## **TRANSITIONS**

**Elsa Lichman, MSW**

A brilliant red sunrise framed  
by dark, stark branches rises  
over skims of ice on a wintry river.

A fierce black and white bald eagle  
feeds on prey at the edge of the ice,  
harassed by territorial crows.

But signs of spring delight, as  
many birds return from winter migration  
to enjoy spring's onset, flitting  
from treetops to the ground and back.

Seagulls soar elegantly overhead, as  
red winged blackbirds frolic in low bushes,  
their red and yellow shoulder patches aglow.

The kildeers are back! A lone pair  
strutting and preening, showing off  
white, black and brown stripes  
and a lively entertaining gait

Pairs of doves begin to bill and coo,  
even as blustery icy winds chill.  
Grackles amass in loud groups,  
as a lone tree swallow sits  
motionless on a branch, iridescent blue.

Swans in a cove display territorial behavior,  
as nesting season approaches.  
A red-tailed hawk gathers nesting material  
from a tall tree, flies directly overhead  
swooping close, ascending to build its new nest.

The scent of spring is in the air.  
A cluster of white snowdrops  
emerges from a ground  
still covered with dried oak leaves.

Robins, starlings, and sparrows  
mingle with departing juncos  
and black and white Arctic ducks  
which will soon return home.

We inhale that new scent  
like a balm.

**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.



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Cplumlee; Kildeer walking  
(middle right) by Roamingowls;  
Kildeer sitting (with striped  
throat) by Estebandorf; Tree  
Swallows (two birds with white  
chests) by Blender Timer. Sea  
Gull (lowest) Heinrich  
Bossard.



## THE BODY'S DETOXIFICATION SYSTEM AND HERBS THAT AID IN CLEANSING

By **Jamie Dickerhoof, CNC, CCMH**

Every spring clients come into the office for help doing a "cleanse." It's a nice tradition to clean your temple and get ready to embrace the warmer weather and prepare your body to embrace as much physical activity and outdoor time as possible, whether you are looking forward to a vacation, staycation, spring festivities and summer get-togethers, or chilling in your yard and taking in some R&R, a cleanse is always a great way to help your body with this transition and support your health.

### The major players

The body's main organs for detoxification are the liver, colon, and kidneys. The liver does a lot of heavy lifting in the body for detoxification and plays a big role in digestion. It secretes bile for the digestion of fats. The small intestines work with the liver to cover many functions of digestion, including nutrient absorption and utilization. The liver can become overworked and carry a toxic burden, making it sluggish and unable to perform its 500-plus functions properly. If the liver is under-performing, then the effects of that will cascade into other areas, usually the digestive system. The body is a perfect machine, and the liver has a relationship with everything in the body, so you need to keep it happy! The liver is a detoxifier. Everything we take, from supplements to OTC products to pharmaceuticals, is metabolized by the liver. Depending on how they are broken down, they can be metabolized too fast, making them ineffective - - or too slow, resulting in toxic buildup.

The liver works with the intestines, where nutrients have been absorbed into the bloodstream and then transported to the liver. If the liver is backlogged, it won't effectively use these nutrients. Furthermore, the liver breaks down our stress hormones. This is very burdensome if you are in a constant state of stress.

The kidneys are also big players in our detoxification process. They filter a lot of fluid and choose what to eliminate in the urine and what to reabsorb. They regulate the pH of the blood, maintain the body's chemical balance, and are responsible for fluid balance and electrolytes. The kidneys play an important role in blood pressure regulation and help maintain the body's water balance. When they are overworked, we often see issues with water retention and blood pressure regulation. Toxic wastes build up in the bloodstream when there is kidney malfunction.

### Dietary Cleansing

One of the easiest and most effective ways to help your body detoxify through the diet is eating more alkaline. The key here is to eat about 75% vegetables and fruit, as raw as you can tolerate. Eat a natural, carbohydrate-rich diet focused on plant-based sources, including proteins from plant sources, such as legumes, quinoa, and nut butters. The other 25% of the diet can



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consist of some dairy and lean, healthy animal protein. Avoid heavy fats like butter and bacon, lean towards olive oil, coconut oil, and nuts. Avoid processed, pre-packaged foods & sugar.

Juicing is a great option to aid in a cleanse. You can replace one meal a day with green juice, giving an alkalizing boost to your system. Try celery, spinach, green apple, and cucumber. Watermelon is a lovely alkalizer and great for the kidneys. Eat it alone 30 minutes away from other foods. If you have a juicer, watermelon juice is a delicious treat! I made a (Tiktok) video on eating alkaline, you can find access on my website.

### My top 10 herbs for detoxification

**Milk Thistle** seed is the #1 herb for liver health and detox. It contains silymarin, which protects the liver from toxins and the effects of drugs & alcohol. It's been shown to help reduce insulin resistance.

**Aloe Vera Juice** is soothing and healing to the entire GI tract

**Dandelion Root** is an excellent herb for the liver and gallbladder, from blood-filtering to bile production.

**Licorice** is known as "the great detoxifier" and has been used as such in Chinese medicine for 1000 years.

**Cleavers** pulls heavy metals and toxins out of the body through the urine

**Psyllium** is an excellent herb for gently cleansing the colon.

**Astragalus** is considered an adaptogen. This is a favorite of mine for the body's resistance to stress and balance of function.

**Burdock Root** removes toxins from fat tissue. Additionally, it stimulates liver function and promotes kidney function.

**Parsley** leaf is great for fluid retention and is a good overall kidney function herb.

**Alfalfa** is highly nutritive. It also helps reduce carcinogens in the intestines

If you'd like help navigating a cleanse, I'm always happy to help.

Note: Please consult Primary Care Practitioner first.

**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 holds a BA of Arts in Music. She is dedicated to health & healing from within.

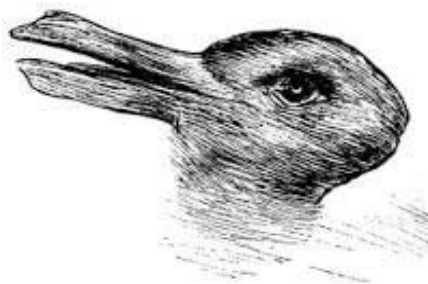


## **GROWING THROUGH OUR PERSPECTIVE**

**By Rev. Valerie Mansfield**

We all have our perspectives on what is happening in our country at this point in history. Some are saddened or outraged, others are happy or enthusiastic. There is speculation and fear in the mix of all what might appear chaos.

Right or wrong, black or white is it the Truth? Look at the 100-year-old image below. What do you see? Do you see the duck or the rabbit or did you see both at the same time? Our minds are shaped by our beliefs and experiences. During an experiment in



1993 autumn most people saw the duck, in the spring most people saw the rabbit. Recently, when I was asked, I saw both and was unable to distinguish which I

saw first. Now that you have seen this, what will be your experience the next time you see it?


All of us grow based on our beliefs and experiences. In order for humanity to come to a place of harmony and wholeness we must step through our comfort zone, examine our beliefs, and expand our experiences. How can we do this? By being in courageous conversations with others and listening to someone else's point of view. Not for confirmation of right or wrong, but to hear others and be heard.

If the state of our country is a concern, then actively begin to educate yourself with what is actually happening. Do not assume what you hear is correct or unbiased. Then decide how you want to participate in change. You have a choice to be stuck in worry and fear or to actively find a way to be involved as an open, compassionate being.

Now is the time to think outside the box and create wholeness in society. What innovative actions can you take to counter a cause and create a new workable solution? This is what is being called for at this present moment - - a new way forward. We are the solution and must use our creativity to change the way to ensure life, liberty and the pursuit of happiness for all.

How do we use our creative imagination to solve problems? Start by allowing your mind to be clear and open to all possibilities.

No matter where you are on your spiritual journey...

YOU  are welcome here.

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Mornings or when you awaken for the day are usually the time when the plasticity of our brain is open to change. Before putting your feet on the floor silently use an affirmation to start your day. I AM strong, courageous, loveable, patient, compassionate whatever you want to be and become. Be patient and loving with yourself. Add some gentle movement to your morning routine. Stretching, walking, yoga or tai chi are all good wake up activities. Spend time in the 'Silence' each morning, allowing your inner self to guide you through the possibility of creating new forms in your life.



The imagination is an innate tool and can be used to explore ideas, people, places and things outside of your current reality. It allows us to create empathy and to think outside the box. This is how we solve the challenges we face daily for ourselves and the world. Change is the one constant in life. We can be part of the herd or we can take ownership in our life, our community, our country and the world.

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.



Photo: Surprising Snapshots of Pixabay

## EFT TAPPING: A SIMPLE TOOL FOR BIG HEALING

**Kimberly Curran, LMT, Certified EFT**

Imagine if you had a simple, natural way to calm your mind, ease your stress, and even reduce physical discomfort—right at your fingertips. Literally. That's exactly what EFT tapping offers. It's an easy-to-learn, effective technique that can help you shift emotions, release tension, and feel more balanced in just a few minutes.

### A Little History on EFT Tapping

EFT, or Emotional Freedom Techniques, was developed in the 1990s by Gary Craig, an engineer with a passion for personal development. He based it on Thought Field Therapy (TFT), a practice created by psychologist Dr. Roger Callahan. TFT involved tapping on specific meridian points to reduce emotional distress. Craig simplified the process so that anyone could use it, anytime, anywhere - - no special training required. Since then, EFT has gained a strong following among therapists, coaches, and everyday people looking for a simple way to manage emotions and stress. Research has even backed up its effectiveness, showing that tapping can lower cortisol (the stress hormone) and help with conditions like anxiety, PTSD, and chronic pain.

**How EFT Tapping Works.** At its core, EFT combines two key elements:

1. **Tapping on Meridian Points** – Similar to acupuncture (but without the needles), EFT uses gentle tapping on specific points along the body's energy pathways to help release stuck energy and emotions.
2. **Focusing on an Issue** – While tapping, you bring attention to a specific feeling, thought, or physical sensation, acknowledging it rather than suppressing it.

**A Basic EFT Session** looks something like this:

1. Identify the issue (stress, anxiety, pain, etc.).
2. Rate its intensity on a scale from 0-10.
3. Create a setup statement: *"Even though I feel [emotion], I deeply and completely accept myself."*
4. Tap on the key points (top of head, eyebrow, side of eye, under eye, under nose, chin, collarbone, under arm, and top of hand) while repeating a reminder phrase.
5. Check in with how you feel and repeat as needed.

The tapping helps rewire the brain's response to stress by calming the nervous system and interrupting patterns of fear or discomfort. Over time, this can create lasting changes in how you react to triggers.

*Self Care is healthcare, not a luxury!*



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~schedule online

 842 Mulberry St.  
Louisville, KY 40217

**Kimberly Curran**  
MASSAGE THERAPIST  
EFT TAPPING PRACTITIONER

### Why It Works

EFT taps into the body's energy system, helping to clear disruptions caused by stress, trauma, or limiting beliefs. When we experience emotional distress, our brain's fight-or-flight response kicks in, flooding us with stress hormones. Tapping helps reduce this response, allowing us to think more clearly and feel more in control. It's also a form of self-acceptance. Instead of pushing away emotions, you acknowledge them and allow them to process. This shift in mindset can be incredibly powerful, helping you feel more empowered and less stuck in negative patterns - - and to help release the stuck energy and emotions.

### Why You Should Give EFT a Try

You don't have to be in crisis to benefit from EFT. It's great for everyday stress, boosting confidence, improving sleep, and even overcoming cravings. Plus, it's free, easy to learn, and requires no special tools—just your hands and a few minutes of your time. If you've ever felt overwhelmed, anxious, or stuck in an emotional loop, why not give EFT tapping a shot? You might be surprised at just how quickly and effectively it can help you feel better. And the best part? Once you learn it, you have this powerful tool for life.

**Kimberly Curran is a Licensed Massage Therapist and Certified EFT Practitioner** in Louisville, KY. With a holistic, client-centered approach, I help individuals release stress, trauma, and tension. I offer both bodywork and energy techniques to support healing and balance. Learn more at [letsbeginhealing.com](http://letsbeginhealing.com).

**Photo:** Lotus Manseck Kim Pixabay





## ***STRUGGLING WITH SLEEP?***

### ***How To Rest Better.***

***Michele Finn, Certified Aromatherapist***

If you find yourself lying awake at night staring at the ceiling at 3 AM or waking up and you still feel tired, you're not alone. Sleep issues are all too common, especially for women navigating stress along with life changes and hormonal shifts. The good news is that better sleep is possible, and the benefits can be life changing in the best ways!

Deep, restorative sleep is just as important as nutrition and exercise, yet it's often the first thing to go out the window when life gets busy. Lack of sleep doesn't just leave one feeling groggy, it can affect memory, mood, immune function. It can even increase the risk of chronic conditions such as heart disease, diabetes, and Alzheimer's. Many of us don't realize how deeply sleep impacts our overall well-being, and instead of addressing it, we power through with caffeine or short naps. However, prioritizing sleep is one of the most powerful steps we can take for our long-term health and vitality. Not only that. It can be luxurious, darling!!

Two driving forces impact sleep and understanding them can help improve sleep naturally. First, the body's internal clock, the circadian rhythm, signals when to be awake and when to wind down for the night. When we ignore it, our body has mixed signals and our sleep habits can get wonky.

The second factor is called sleep pressure, which builds up throughout the day and makes one feel increasingly tired. This is due to a naturally occurring neurotransmitter in the brain called adenosine. Adenosine starts building when we wake and helps us fall asleep at night. If we take long naps (more than 20 minutes) we lose it. When these systems are out of sync, falling asleep can feel like an uphill battle.

Fortunately, small changes to the daily routine can reset the sleep cycle and make a noticeable difference. Going to bed and waking up at the same time every day strengthens the circadian rhythm, making it easier to fall asleep naturally. Reducing screen time in the evening helps support melatonin production, the hormone responsible for knowing when to go to sleep. Since bright light from phones and tablets can suppress melatonin, switching to arts and crafts, reading a book, or stretching and listening to relaxing music before bed can be better alternatives.

Our sleep environment itself also plays an important role. It's important to create a cool, dark bedroom. This encourages restful sleep! A noisy or warm room with lights, even little ones, can lead to frequent waking. Keeping the bedroom at a cool temp, like 67 degrees, using blackout curtains, and

eliminating unnecessary noise can create a space that allows one to get deep rest. Some of the things we eat and drink along with some lifestyle habits matter, too. Did you know that caffeine lingers in the system for about ten hours?

Cutting it off before lunch can really make a difference. Alcohol, though it may initially cause drowsiness, actually disrupts deep sleep and leads to waking up during the night. Taking just a few moments to soak in sun as soon as it's up or you're up, whichever is first, can help to reset your internal clock.

For many women, hormonal changes play a significant role in sleep difficulties. During menopause, drops in estrogen and progesterone can lead to increased anxiety, night sweats, and an overactive mind at bedtime. Stress is another major factor, as higher cortisol levels, the stress hormone, can interfere with relaxation. Learning to manage stress through relaxation techniques, deep breathing, or gentle movement before bed can help quiet the mind and prepare the body for sleep.



Natural remedies such as our Dreamland CBD and Surrender aromatherapy blend have also gained attention for their ability to promote relaxation. CBD has been praised for its calming effects, helping to ease anxiety and improve overall sleep quality without

the grogginess or side effects that other sleep aids have. Essential oils have long been used for their soothing properties, helping to lower heart rate and signal to the body that it's time to rest.

Better sleep doesn't have to feel out of reach. By making small, intentional changes to your routine, you can improve the quality of your rest and wake up feeling more joyful and refreshed! If you're ready to start sleeping better, I've created a free guide filled with simple and effective tips to help you fall asleep faster and stay asleep longer.

**<https://www.mymichelesapothecaary.com/5-tips-for-better-sleep> ACCESS YOUR FREE SLEEP GUIDE THERE**

Sleep is the foundation of your well-being. When you take steps to improve it, everything else—your energy, focus, and mood—follows. Tonight, try allowing yourself to truly rest. Your mind, body and spirit will thank you

Bio- Michele Finn, creator of Jubilee of Wellness, is a 200-hour certified aromatherapist, with an independent line of CBD & Essential Oils, inspired by caregiving for her mother. You can find her at the New Albany Farmers Market on Saturdays and at [www.jubileeofwellness.com](http://www.jubileeofwellness.com).


***CHIROPRACTIC: I CAN'T  
PROMISE - - BUT- - Give Your  
Body a Chance by Having Nerve  
Interference Blockages Cleared.***

Benjamin Franklin said that the only things guaranteed in life are "death and taxes." Patients seek out chiropractic care most often when they have musculoskeletal complaints such as back pain, neck pain, sciatica, and headaches that have somehow limited their normal daily activities such as sitting, standing, walking, lifting, sleeping etc. It is rare that someone presents for pure wellness optimization (unfortunately!) No matter what condition a patient presents with, I can never guarantee or promise that chiropractic care will "fix" it - - but it will most likely improve it.

Chiropractors are nervous system doctors. Our job is to locate what are called subluxations (nerve interference/blockages in the nerve flow). The basic concept is that we humans are self-healing entities. If you cut yourself generally it heals on its own. Your body has an innate intelligence which oversees keeping you alive. The nervous system is the main conduit through which your innate intelligence flows. Every muscle, organ, tissue, cell is affected by nervous system flow. Chiropractors are trained to locate subluxations and to adjust your spine in order to help your body with its own intelligence have the fullest possible expression of health. When subluxations are removed, your nervous system is more in tune - - just like when a car is in tune, you get better gas mileage and a better ride. Subluxations are caused by physical, chemical, and emotional stress that have overwhelmed the nervous system. We have a lifetime of dealing with stress. Adjustments allow our nervous system to "reboot" and let go of past patterns or responses that no longer apply to our current situation.

Technically chiropractors don't treat symptoms. Our job is simply to help your nervous system be as free as possible from nerve interference. When these blockages in energy flow are removed, good things generally happen. In most cases, chiropractic care can improve your presenting problem. I can point to similar complaints that have responded well, but I can never guarantee the same results.

Now here's the "but" part... even if there is no improvement with your primary complaint, you may see improvements in other areas that you didn't expect - - such as digestion, sleep, breathing, anxiety, depression, ranges of motion, general



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stiffness/muscle tightness, focus, and energy level. If there is some type of limitation of matter involved, such as someone needs surgery or other medical intervention, or if someone has a herniated/ ruptured disc, spinal stenosis, advanced degenerative disc disease, bone spurring that is too advanced - - they may have limited or no improvement. But I have seen many people who have very compromised spines and have been through all types of medical intervention, including surgery, who have had miraculous results with chiropractic care.



I will tell patients right up front that there are no guarantees. But that does not mean that there is no hope. If it becomes evident that after 2-4 weeks that there is no progress, I will try to help patients determine the next best step in their care. Chiropractic care in my office is designed to get your nervous system to fire on all cylinders, to reasonably get you to a better expression of overall health. I give a patient orientation class every Tuesday at 6pm. Anyone is welcome to attend to get a more thorough understanding of my chiropractic work. I am also very happy to talk with

anyone about their health concerns. Feel free to call 502-458-2559 or visit website [www.reulchiropractic.com](http://www.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 visit [www.reulchiropractic.com](http://www.reulchiropractic.com).



Note: As always consult your health care practitioner before making any significant changes in your health care. Photo: Pee Hunta Pixabay



## **LOVE OF GOD, PART 2,** **By Rev. Gerry Boylan, Ph.D.** *(Esoteric Spiritual Perspective of Jesus and The Holy Spirit)*

Let us say that the Son represents the personification of love. Notice how you relate to that. There is perhaps a sense of reverence when you talk about or think about the person of Jesus. There is a sense of gratitude; there is a sense of wonder. There is also a knowing of the love that emanated from him. When you allow yourself to become aware of the resurrection, the personification of the Christ Consciousness present now and forever - - then you allow yourself to be more present within your own connection with that higher vibration of love, unconditional love, total respect and honoring of the perfection that you are. As you enter into that realm of experience, because it does go



beyond understanding, you can allow yourself to experience love and being loved. And that is the beginning of the answer to part of the question "How can I experience being loved by the Infinite?"

Now let us speak for a while about the Holy Spirit. In many ways the Holy Spirit is the bridge between the Holy Father and the Son, the energies of the Father and the Son. I remind you that I am not talking about emotions or feelings in the strictly human sense, like feeling OK or feeling loved. As nice as those things are they are not the truth, in fact they can be distractions from the truth.

Because you also have an ego consciousness, a limited self-centered consciousness, there will be times when either deliberately or inadvertently you will perhaps stray from this path of love. For whatever reasons, you will perhaps seek out or be attracted to counterfeits for love perhaps because they present a more attractive or easier, softer way. It is those times when you become awake again after a period of sleep or unawareness that the Holy Spirit slips into that awakening space and, for want of a better word here, reminds you that you can choose differently, and actually creates for you not the choice - - but an openness to that choice. In a way, this is making the crooked ways straight and the rough ways smooth, so that once you realize you have been mistaken, your ability to correct that mistake does not have to be done out of blame or guilt or shame but can be done with a gentle yet powerful sense of self love. This is the intervention of the Holy Spirit who is forever here.

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

**Sunday Service: 11:00 AM**



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One of the goals in this human existence is not only achieving the conscious love and loving that we have talked about earlier with both Jesus, the personal Jesus and the Christ consciousness, but also achieving that sense of awareness of the creative and redeeming power of the Holy Spirit that is always present.

I honor you now for knowing that you do not need to understand this with your thinking mind, but with your heart. With openness to this truth, you are able to embrace it, honor it, cherish it, and give thanks for your acceptance of this (let us call it) challenge. But you must know that by asking the questions above you open yourself up to the answers. (Part 1 of this article was in Vol. 10 #1. You can read it at [www.naturallivingjournal.com](http://www.naturallivingjournal.com)).

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.

PHOTOS: Woman, i chistran of Pixabay. Man, Arron Cabrera of Pixabay



# THE FUTURE IS THE CHILDREN

**Nicole Bartlett, Founder, Louisville Salt Cave**

Stay with me as I connect some dots to help navigate the path to world peace by supporting the next generations. Thirty-one percent of adults worldwide view stress as the biggest health problem in their country. Reducing stress levels across the population will improve the quality of life for both current and future generations. Alcohol abuse, crime, white supremacy, mental illness, and violence all stem from systemic and ancestral complications that require thoughtful introspection, time, and resources. Solutions arise through dedicated community involvement and a personal commitment to better understanding one's motives.

Relationships activate. Activations occur when someone says something, looks a certain way, or is perceived to have done something unsupportive, triggering self-imposed internal narratives. The key practice is to approach these instances with curiosity, detach from the emotional charge, and consider a different perspective. One of my favorite prayers lately has been, "Lord, help me see this differently."

Unfortunately, a stress response in the body is so ingrained that it often feels easier to cling to familiar reactions—taking things personally and overlooking the many variables that shape a situation—rather than embracing a peaceful state. When the body becomes conditioned to respond in a certain way, the cells recognize this pattern and automate the response—in this case, stress. Breaking free from these addictive patterns requires intentional commitment and support.

While isolation significantly harms well-being, staying home, avoiding conflict, and remaining in comfort zones may seem easier than engaging with others where activation can occur. However, isolation compounds negativity and prevents society from fostering stronger communities. According to the American Medical Association, about half of adults experience loneliness, a significant public health threat comparable to smoking and obesity. Every individual has a responsibility to do the self-work necessary to become more comfortable with activation—taking things less personally—so they can contribute to the community work essential for societal healing. Supporting those with mobility issues is another topic worth exploring in systemic approaches to reducing isolation.

A simple yet powerful action everyone can take is to stop gossiping. In Islamic teachings, backbiting is likened to eating

another person's flesh and bones, requiring a literal blood purge for purification. Energetically, the impact is the same. Being mindful of spoken words builds trust, strengthens community efforts, and ultimately safeguards future generations.

Raising children requires a village. Beyond childcare for working parents, there is a constant need for emotional support, nutritious meals, enriching activities, homework assistance, guidance through physical changes, and help in understanding relationship dynamics.

Let's return to the playground where a toy is taken and the response is disruption. Solution-based thinking teaches children to share. Resources rarely belong to any one person. The culture of grasping at perceived ownership limits growth, curiosity, and supportive behavior. Society must first look inward to understand what is being activated within and ask why. This is doing the work.

Doing the work means slowing down to recognize activation, creating space between oneself and the reaction, and reducing the emotional charge. This can be achieved through therapy,

slow somatic movements like gentle yoga or tai chi, meditation, breathwork, connection with friends, support groups like church, or valuable programs like DEI training. The avoidance of learning fosters ignorance. The avoidance of feeling perpetuates violence.

Kids need presence. They need a trusted adult who does not project unhealed wounds onto them, reinforcing destructive patterns. Parents can only do so much. While it is ultimately their responsibility to raise their children to the best of their ability, society must foster supportive communities to fill the inevitable gaps. Some incredible community resources must be highlighted, utilized, and shared to remain impactful. Get involved wherever you feel your curiosity activated so you can grow, too. Our world depends on it.

Office for Safe and Healthy Neighborhoods; Louisville Alliance for Sustainable Gun Violence Reduction (Meets Wednesdays at 3 PM); Society for the Prevention of Aggressiveness and Violence Among Adolescence; Americana Community Center; Louisville Urban League; Mental Health Louisville; YMCA; Goodwill Industries; Metro United Way; Louisville Free Public Library.



**Bio:** Nicole Bartlett founded the Louisville Salt Cave in 2015. She is a Reiki Master, Breathwork Facilitator, devout meditator, and student of spiritual understanding. She enjoys the small gifts in life like greeting the day, watching her children grow, and listening to Earth's whispers. **Photo:** Greyerbaby of Pixabay

## **UNDERSTANDING OUR LYMPHATIC SYSTEM AND HOW TO KEEP IT FLOWING.**

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

The lymphatic system is a crucial part of the body's immune and detoxification processes. It consists of a vast network of lymph vessels, nodes, and organs that work together to transport lymph, a clear fluid rich in white blood cells, throughout the body. Unlike the circulatory system, which relies on the heart to pump blood, the lymphatic system does not have a built-in pump. Instead, it relies on body movement, muscle contractions, and breathing to keep lymph fluid circulating.

### **The Role of Lymphatic Vessels in Detoxification**

Lymphatic vessels run parallel to blood vessels, acting as drainage pathways to remove toxins, waste and excess fluid from tissues. These vessels carry lymph through a series of nodes where impurities are filtered before the fluid is returned to the bloodstream. This cleansing process helps maintain a strong immune system and prevents fluid retention that can lead to swelling and puffiness.

### **How to Cleanse the Lymphatic System**

Since the lymphatic system does not have a natural pump like the heart, it requires external stimulation to function effectively. Here are some methods to keep it flowing and support detoxification:

- **Deep Breathing:** Proper breathing techniques, especially diaphragmatic breathing, create pressure changes in the chest that naturally encourage lymph movement.
- **Exercise:** Physical movement, especially rebounding (jumping on a trampoline), yoga, and walking, helps stimulate lymph flow and prevent stagnation.
- **Manual Lymphatic Therapy (MLT):** Unlike traditional massage, MLT uses gentle, rhythmic strokes to encourage lymph movement and reduce fluid buildup.
- **Compression Therapy:** Wearing compression garments can help facilitate lymph drainage, especially for those with lymphedema or swelling issues.

### **Lymphatic Work vs. Traditional Massage**

Although both lymphatic therapy and massage involve physical manipulation of the body, they serve different purposes. Massage typically focuses on muscle relaxation, while lymphatic drainage uses light pressure and specific directional strokes to facilitate detoxification. However, lymphatic work can be easily incorporated into a massage session by adding gentle, rhythmic strokes along the lymph pathways, especially in areas prone to fluid retention like the face, neck, and underarms, groin, and legs.



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### **Facial Lymphatic Drainage for Sinus Relief and a Youthful Look**

One of the most effective ways to clear the sinuses and reduce facial puffiness is through lymphatic drainage of the face. Using light, sweeping motions along the cheeks, temples, and neck can help clear sinus congestion and promote a more sculpted, youthful appearance. Regular facial lymphatic drainage reduces swelling, enhances circulation, and gives the skin a natural glow.

By incorporating these simple lymphatic cleansing techniques into daily routines, one can support overall health, reduce inflammation, and achieve a more vibrant, refreshed look.

**BIO for Christi Murphy:** 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.

**Editor's Note:** Lymphatic cleansing and movement of the lymphatic system can also be enhanced by the following exercises - - particularly for people with mobility issues. Sit in a fairly upright chair with your feet flat on the floor. Then raise and lower your heels numerous times at a comfortable pace. Another exercise involves a small device with pedals like a bicycle. Sit in the chair and calmly pedal the device.

**Photos:** Lymphatic Massage, Natalija Tschely-Kreibish, Pixabay; Walking, Icsillviu of Pixabay





## HOLDING ON TO ANGER

**By Dee Patterson, Intuitive Healer**

*There is a saying that holding onto your anger is like you are drinking poison and expecting the other person to die.*

Most of us know by now that anger can literally kill you by causing all kinds of health problems and ruining your life. Many years ago, I told my mother that my stepfather who always had something "eating away at him" would end up with Cancer. This was before I realized that I had psychic ability. Cancer is a disease that literally "eats away" at the body. He just seemed so angry about everything - - letting small things get to him. That was a prediction that did come true. He developed Cancer of the blood and suffered for ten years. The last two years he was in uncontrollable pain. It was sad to watch.

For many years I had a client who was married to a prominent and very successful man. She was a dutiful wife taking care of their three children. When she learned that he was having an affair with a co-worker, in a rage she divorced



him. Although she got a nice settlement, she never forgave him nor got over it. She came to see me several times a year and I did my best to help her to move on with her life. As time went on her children grew up. One became an addict

who eventually died of an overdose. It just added more fuel to her anger, since the husband who was quite wealthy by then had enabled the child thinking he was helping. Her constant anger strained her relationship with the other children. I wasn't surprised because she was still so angry about something that had happened many years previously. She felt she had been cheated out of the life she was supposed to have had and that she didn't get nearly enough in the divorce. To make matters worse, her ex used his money to tie the children to him, only infuriating her more



because she couldn't do the same.

From my perspective, I witnessed a person who could have had a good life but was so angry it poisoned the rest of her life. I haven't spoken to her in several years so I don't know if she was ever successful at letting



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go of her anger. I hope she did.

Anger can be a good thing if it compels us to act when otherwise we wouldn't. But to accomplish anything, you need to be calm since most people tune out when someone angrily confronts them. The client was justified in her anger at a philandering husband. The downside was she allowed it to affect everything else in her life, ruining current and future relationships.



There are therapists who can help someone deal with their anger. I went through a program in 1994 thru 1995. I was able to recognize the causes of my anger, and most importantly to release it. I couldn't change what had happened to me in the past, but I could stop it from affecting my future. After therapy, my life became calmer and my relationships improved.

*Anger doesn't have to control your life. Only if you let it.*

**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](http://www.deepatterson.com).



**Photos:** Person looks out window, Juno1420 of Pixabay, Counseling olegsturm Pixabay, friends twgtheworldgrad Pixabay

# FINDING YOUR CALM IN UNCERTAIN TIMES

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Workshop described above offered by Kimberly Curran. See her article in this journal on Page 13.



## IN LOVING MEMORY OF REBECCA MARTIN.



We miss Dr. Rebecca Martin. She died on January 5, 2025. She has been an inspirational source of wisdom in this community for many years. We prayed and flowed together doing Tai Chi. The Ashram was a safe place. There we found open arms and peace. Many of us were blessed with her guidance on trips to India and Peru. We miss you, Rebecca. Yet you taught us well. We will continue the mission, the journey, to find Truth and Light. (Flower Photo by Manseck Kim of Pixabay)



Photo of Woman Praying by Thiagosnot23 of Pixabay.  
Photo of Woman Reading by Annie Bragg of Pixabay



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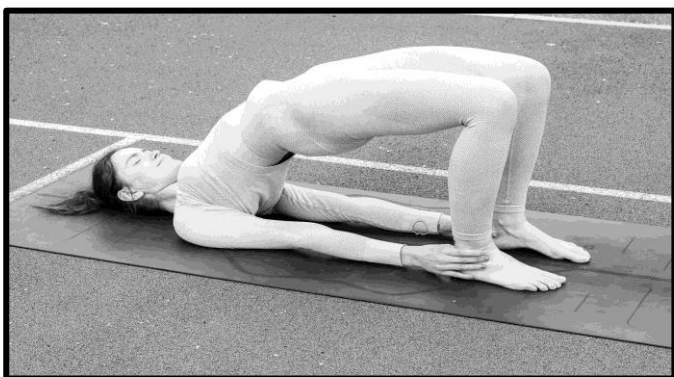


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## ***HOW TO MOVE UP THROUGH THE LEVELS OF OUR CONSCIOUSNESS - - and Simultaneously Enhance Our Health and Our Soul Mission Contribution***

We are each born with the potential to access wonderful capacities through our higher consciousness in order to live a dynamic fulfilling life - - and contribute to the higher good of life around us. The next step of our Soul Mission is calling us. This is why we were born on planet Earth. We aren't here by accident. As a Soul we chose to be here at this time. With the support of the Divine Realms, we chose our Soul Mission and our close associates. In the Bible (Genesis Chapter 1:27) it says "So God created mankind in his own image. In the image of God he created them." This, of course, doesn't refer to what we look like. It is referring to our amazing potential consciousness. This is of massive importance if we truly understand it. We have the awesome opportunity to develop our magnificent higher consciousness or let it lie fallow. It is a choice!

We have different potential levels of our consciousness which express as our aura energy field. We exist, of course, within our physical body when on planet Earth. Our physical body is Spiritually often referred to as our body "temple." It is the home of our Soul consciousness while we are alive on planet Earth. It is our responsibility and honor to take as good care of our physical body as possible. **As we grow Spiritually, our physical body needs to be able to handle the higher frequencies of energies that flow through our being and still stay healthy.** We now know that as more and more powerful energy frequencies are coursing through our cell phones and computers, we have to keep upgrading our devices to handle those more powerful energy frequencies! It is somewhat similar regarding our need to upgrade our physical body in order to stay healthy.

There are complex energy streams constantly flowing through our body. The active flow of these energies through our muscles, bones, organs, tissues and cells are essential to maintain our health. Inadequate health practices (such as poor nutrition) slow down our aura energy flow and even create blockages where the energy can barely get through to maintain wellness. Hand and foot reflexology, acupressure, energy healing such as Reiki, and movement can help to keep the energy moving throughout the body. Nonetheless, we need to put healthy substances into our "body temple."

Emotional trauma, stress, anger, and worry can also cause energy blockages in the aura. We may also absorb the trauma energy from other people or from the "mass mind" - - if we don't keep our energy uplifted and regularly connected into Spiritual

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levels above the "mass mind." We really need to use our "tools" to help keep our emotions as steady, peaceful, loving, and joyful as possible - - so that higher spiritual energies can flow through. If we allow ourselves to be depressed or stressed it can cause our emotional astral aura to be heavy and block out higher clear energies that we need in order to thrive. The emotional astral aura expands out from the center of our being in all directions into a sphere about five to ten feet diameter.

How do we keep our emotions uplifted?? - - By being thankful, walking in nature, prayer and worship, good fellowship with loving people, enjoying some kind of creativity, listening to peaceful music, and more. Let's choose to create some joy and peace in our life.

Now let's expand beyond the emotional astral level of our aura to the higher mental aspect of our consciousness. This also expands out from the center of our being, except at a somewhat higher energy frequency than the astral, and it normally expands out somewhat further. It is created by our thoughts. Hence, let's think positively!! Our mind has a powerful effect on our consciousness and our life.

Next, we can expand our consciousness into our higher spiritual levels where we can experience Divine Peace and Oneness with our Higher Consciousness and the Spiritual Realms. From this Divine, light-filled, joyous, Spiritual source we can draw on vast wisdom and truth and guidance for our Soul Path and the next step of our Soul Mission. Insights for helpful innovative non-polluting inventions and programs can come from this Divine source. At the same time be sure to also stay "well grounded" to the energies of Mother Earth. All together we can open to our true higher consciousness and be empowered to help create a more peaceful safer loving world that meets everyone's basic needs for food, shelter, safety, and respect.

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 you can find two chapters of the book, 17 songs I composed and sang, videos, some of my inspirational designs, and much more. I lead a weekly Zoom Healing Meditation and more. Peace.

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