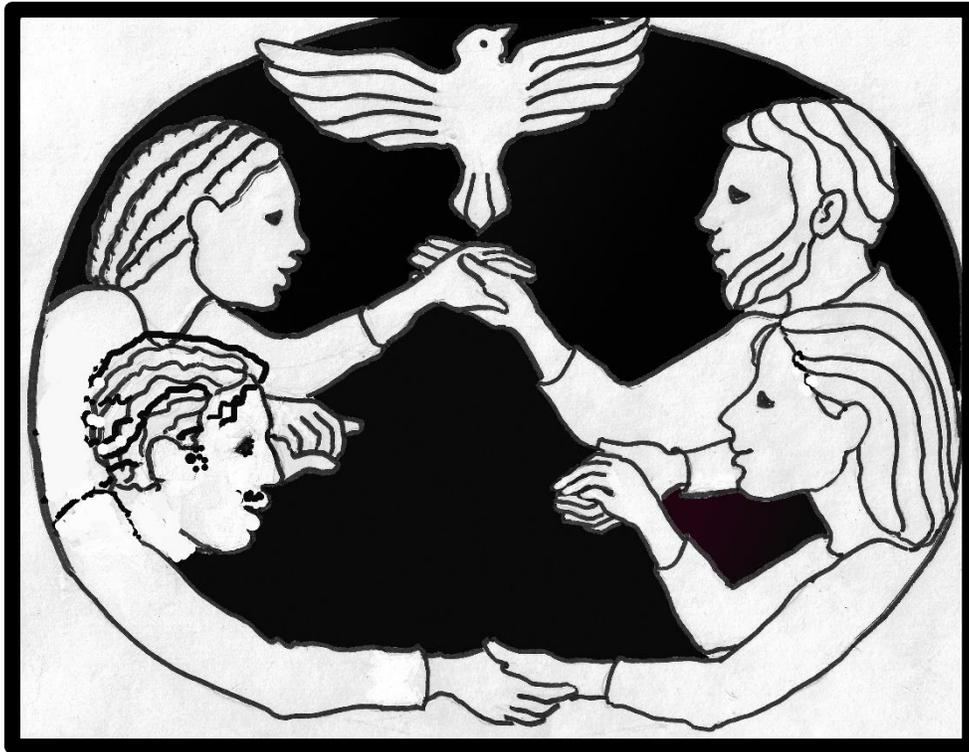


Natural Living Journal

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

Vol. 5 Issue 4 **READ FREE ON-LINE** www.natural-living-journal.com, Aug.-Sept. 2020



**Awaken to Greater Peace,
Wellness & Spiritual Connection**

The Power of Possibilities

Summer During Pandemic

Power Within Microgreens

Lentil & Yam Easy Special Recipe

Great Poet Rumi Wisdom Series

Creating Safe Place in the Arts

**How Are You Dealing With
Covid 19 Stress?**

What's Going on Racially

Truth & Mystery About Water

Your Home as Powerhouse

Insights on Transformation

Nutrition, What It Means to You

When All Else Fails

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COMPASSION

Poem by Joyce C. Gerrish

Compassion fills my heart. Not just compassion for myself and those who look like me.

I feel compassion for the whole rainbow of faces I see near and far.

I feel compassion for all the rainbow of faces throughout the planet.

We all love the same luminous sky and the same beloved Mother Earth.

We are all the rainbow family of God.

We are all brothers and sisters placed here on Earth together by our Creator.

Our purpose is to love each other and live joyful productive lives in harmony with our blessed land.

May compassion overflow our hearts now and always.

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SUMMER DURING A PANDEMIC & PROTESTS

by Elsa Lichman, MSW, LICSW

Our entire world has turned on a dime. We are hardly able to integrate the sudden new way of life required to try to keep us safe. Restrictions on the usual day to day routines vary from country to country and even state to state and city to city. Here in Massachusetts we are slowly opening up after a period of 'stay at home,' as the numbers of cases and deaths fall. Some are out in groups as if nothing had changed; others are fearful of leaving the safety of home. Mask-wearing is hit or miss and not embraced by all - - a danger.

We are now seeing the opening of outdoor cafes everywhere in my hometown of Waltham: some streets are blocked off. There are tables with colorful umbrellas like flocks of tropical birds proliferating. Some have even brought in flowering trees and pots of bright flowers. People are seated six feet apart. I often wished that the US were more like other countries where one could linger outside, watch passersby, and sip a slow coffee.

I had found that in Europe there were many city public bathroom facilities that were clean and sparkling, whereas at home we had somehow forgotten a natural human function. Hopefully, the pandemic will create changes that will enhance life now and in the future. A slight silver lining. More importantly, we have seen the effects of just stopping our usual commutes and letting nature breathe in a new way. The sky became bluer, animals and birds were free to move into our empty spaces and thrive, the earth sighed with relief, all in a short space of time. If we are mindful, we can preserve this, to pass on a healthy globe to our progeny.

Complicating the pandemic are the protests, marches, speeches, and public gatherings in the aftermath of an incident of police brutality so harsh that the country has exploded with a demand for an end to systemic racism. They are demanding immediate change. The timing is poor in regard to our health, and yet here we are with some folks deciding to risk the virus to effect change. Looting and vandalism seem to have come with the territory. Most protesters are peaceful; some folks will always take advantage. Police officers often put their lives on the line for us every single day; a few will react with violence. Change comes in fits and starts and life will never be perfect, but it seems we are ready for change. We can hear that ringing voice of Martin Luther King "all men are created equal." His time has come.

Well, summer is here and its sweetness has an edge for many, with pools and spray parks closed for



the moment, physical closeness and geniality curtailed, summer camps and day care closed, average folks struggling with job loss, and food pantries overflowing with the new needy. Yet we find creative ways to honor our young graduates, our birthdays, special events, and religious ceremonies, and find sweetness in life along with the turmoil. We can call on our spiritual selves - - meditate and pray for a new era of peace, health, equality, and prosperity. We can help heal a planet whose ills are surfacing to be washed in the light of the highest good.

Summer always brings on reminiscences of past years of our often-carefree youth, days at the beach, simple picnics, evenings outside chatting in the cool breeze, and glorious swims in the frigid salty ocean or fresh-scented ponds and lakes. We often had our arms draped around one another in physical closeness with freedom from fear. We can still promote our own healing by choosing to be in quiet places in nature where wonders abound. Flora and fauna burst out this season with new life and color, mindless of the human drama. We carefully watch a robin's nest on a dirt pile, an unlikely and dangerous spot for new life to emerge from tiffany blue eggs. But against all odds it does. Those eggs hatch into blind, thin-skinned chicks with impossibly tall necks stretching up for food. They grow quickly and soon seem to spill over the edge of the nest until one day they are gone - - fledged. We spy a young bird hopping around on nearby grass.

BIO: Elsa Lichman is a retired social worker who now writes for her local newspaper. Her "Nature in the City" column appears regularly, often discussing her



adventures in viewing wildlife. She studies voice, and has sung with a multilingual chorus, and has a duo with vocals and guitar which performs for local nursing home residents. You can contact her at: elsalichman@comcast.net

PHOTO: Bird, by Frank Peace

WHEN ALL ELSE FAILS, TURN TO WONDER !

By Kimberby LaFollette, Psy.D.

“When all else fails, turn to wonder” is a common quote in the field of counseling. It is something I often say to my graduate students as the fear of being “the helper” sets in. It’s hard to want to help others - - but not know how. Sometimes there are no easy fixes. Now more than ever, it seems like the solutions to our problems are out of our grasp. While we may not have the answer to every problem, we can use wonder to explore how we got here, how we are affected by what’s happening to us, and how to best move forward.

Even though the resolutions to our problems may seem impossible or improbable at this time, turning to wonder can bring a sense of hope. When we stop to wonder how our nation got into this state of



Photo: Pixabay, Alexas Fotos

brokenness we can learn from our mistakes and prepare to do better in the future. If we ask the question, “How did we get here?” it helps us to understand that this is just a moment in time. It is part of a journey; it is not the final destination. It instills hope that while our current place is not where we want to be, we have the ability to correct our errors, change our course and move on.

When frustrated by other people’s behavior or beliefs, turning to wonder helps there too. When I stop judging someone’s behavior and become curious about what may be causing their behavior my compassion grows. It is in those moments that I am reminded that most destructive behaviors come from a place of fear and most people just want to feel valued and protected. In these moments, I find myself feeling connected to the

human experience and becoming more willing to listen instead of reacting.

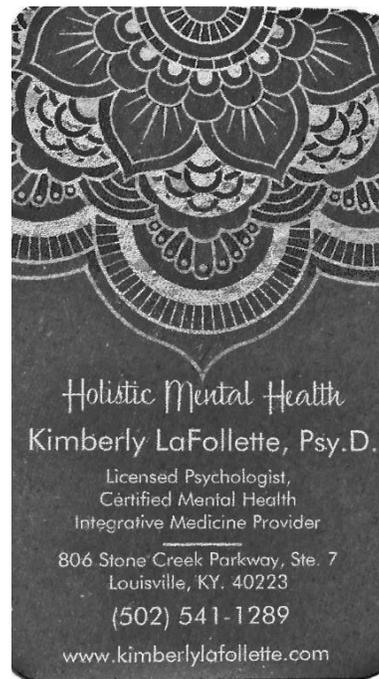
By wondering how I am affected by my current surroundings, I allow myself some grace. When I stop to consider how I am challenged by the current state of the world, I permit myself to understand that I am just a person who is struggling to survive in an unpredictable and

scary situation. In these moments, I stop beating myself up for not functioning at my highest capacity. Turning to wonder lets me start to imagine my future. It allows me to start thinking about how I want to grow and change as a result of this experience.

As any good therapist will tell you, sometimes there are problems that you cannot fix. Sometimes, turning to wonder is all we can do. Trying to understand is sometimes the only way we can cope. By exploring how we got into a situation, we can avoid making the same mistakes in the future. We can develop some compassion for those around us and start to work toward our collective healing.

On a final note, I want to share another piece of knowledge that all good therapists know. Crisis is the catalyst for lasting change. While it can feel terrifying while you’re in the middle of it, the biggest and best changes happen after everything falls apart. So perhaps now is our time to contemplate how we got here and then decide how we want to rebuild ourselves as a nation and as individuals. This can become a wonderful moment of rebirth. I wonder what we will become.

BIO: Kimberby LaFollette is a Licensed Psychologist and Certified Mental Health Integrative Medicine Provider. You can find out more about Dr. LaFollette and her practice by visiting her website kimberlylafollette.com .



THE POWER OF POSSIBILITIES

Rev. Valerie Mansfield.

The power of possibilities and opening to the infinite: what does all that mean? Basically, it means living in this moment in this world of manifestation - - wholly without limits. It means allowing ourselves to live right now, and really trusting that we are good - - and for the greater good. As we live into that expectation, we are the greater good and all that we do flows out of love and all that we are.

Sometimes this world we live in feels crazy - - especially right now. I do like my quiet time, but I love people, too. I miss being able to be with people and do the things I like to do. I love to get out and go to the beach, and go visit my Mom, and just get to live my life - - you know? As we are all in this together, where are our thoughts? Maybe we need to be extra creative in our own lives and in the life of the world. We know what we know, and that is all we know in the moment.

Right? But in the next moment we might know something different. We've all grown up and lived in a time of rapid change. It is pretty astounding that on Zoom I can stand up and talk and a great many people can be simultaneously watching and listening, and we can all sing together, and we don't have to all be in the same physical building. The participants can be anywhere in the world and we can all be part of what is going on. Even ten years ago I probably would not have thought of that. But somebody did

The internet has changed our lives. Space travel has changed our perspective. There are teenagers at home printing masks with 3-D printers for our local hospitals. I still haven't figured out that one yet. Here's this 3-D printer and they are mass producing these masks - - one at a time - - but still they're doing it. That's amazing to me. We only know what we know in the moment. There is a greater knowledge that exists, and we all have the ability to tap into it if we take the time, and we have the desire, and we learn to be open and receptive to the good. Reality is truly unlimited. Manifestation and abundance are truly unlimited. We limit it through our own perspective, through our own lens based on our beliefs, and based on our thinking.

We know from quantum physics (that's what we're calling it, that's what we named it) that 95% of the

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unseen material in the Universe is dark matter that can be transformed into anything that we want it to be. Just because it is named dark matter doesn't mean that it is dark. What it means is that it's not visible to us yet. We can't see it in form yet, but it is there waiting for the vision to be formed of what it is. And it never goes away. It is unlimited source. Myrtle Filmore, Co-Founder of Unity, said "All visible things have their origin in the invisible." That's the potential. Whatever we see came through the invisible. That's a little mind

boggling to me to know that anything is truly possible. Anything. There are no limits onto the good that is available to us.

Right now, with this Pandemic and staying home more, I recognize I can get lazy and comfortable. I can be in my own little world and not really be aware of the greater world that is going on - - and all the hatred. It

doesn't seem to affect me very much, but it does indirectly because it's being created and manifested as an error of thinking. For me that's a wakeup call. I don't know about any of the rest of you, but it's a wakeup call to my own awakening to the reality of the spiritual being that I am and that each of us truly are. From the limits of "Consciousness of Lack" comes the thinking that "there's not enough in the world." It stifles us, it stifles me. Then fear begins to move in instead of love. Limitations and boxes begin to be drawn instead of the infinite and oneness. A shift in what we are doing and thinking can create what is required for us to manage this pandemic instead of living in fear.

This is not the first time that humanity has been faced with a virus. In the medieval times there was the black plague: fear and death were rampant. The knowledge was all local, it was all unknown. They didn't understand what was happening in their world. They didn't understand that there was a greater world around them that they could tap into for those



answers. During the Spanish flu in 1918 there was a high flu and death rate. The difference (in my thinking) between the Spanish flu and the Plague, was that during the Spanish Flu there was hope. There was hope in the science and medicine. They didn't have that knowledge during the black plague. There was an awareness of a different thought process in the universe in 1918. A new level of science had just been born at the time of the Spanish Flu. You had this whole new thinking coming into the universe. Also, psychology had just come into the scientific community. That knowledge was always right there, it was just that nobody had tapped into it. There was also a major flu in the 1950s. It is comforting to know that we've done this before in relatively recent times. The flu in the 1950s wasn't as bad as now, but the fact that we made it through it gives hope!

Having hope is a good thing, but it is what we do with the hope that really transforms us into action. Do we just let the hope settle and let someone else take action and do what needs to be done? Or do we take the reins in our own life and begin to learn, create, and put into action that which is ours to do. We have to be careful to not live in hopelessness. We have to live in the moment consciously aware of our thoughts and of our doubts or our worries. Sometimes I do have doubts or worries! Have any of you not had a doubt or a worry recently? If you haven't, please tell me the secret. The important thing is to shift our thoughts and our perceptions. Virtually every healing modality that I have experienced, the first thing that we are taught is to **BREATHE**. We tend to breathe automatically, but we often don't truly breathe more deeply - - as the cleansing breath. When you get into a state of anxiety or worry or doubt, take a deep cleansing breath. Take three or four deep breaths and have some space between the breaths. That helps clear out what is no longer needed. Let go of the worry. As the Daily Word says, "Let go and let God move in!"

We can go to our heart space. We can go to that place within us. The heart space is the seat of our soul. We really truly have to go within and listen to our Divine Guidance and connect. We have to look at our beliefs and our perceptions and remember that we are unlimited beings. If we forget that for a while, then we need to forgive ourselves for buying into the old habits, the old beliefs, the old programming - - whatever you want to call whatever came before. That is one of our greatest challenges - - to not allow those old beliefs and old perspectives to run rampant in our lives.

We have to really take hold of what today we call Quantum Physics. Jesus showed us how. Quantum Physics explains the unseen. That's what it really does

- - explain the invisible. What Jesus did was to activate and use the invisible energy to create miracles. He used creative infinite energy in and through himself in the moment. Creative infinite energy is always active. It never stops being active. We just need to tap into it. It never goes away. It doesn't only happen when we are sitting in the quiet in prayer. Every moment is a prayer. Every thought and every word is a prayer - - whether it is good or bad. As we sit in that flow and use that creative power to imagine differently - - we can create miracles just as Jesus did in feeding the 5,000, healing the sick, turning water into wine, and raising the dead. He had an awareness of the unlimited potential available in the Universe. He used it for good.

There's not a person in the Universe who cannot do the same thing. Is it easy? No, not if we have limited thinking. Not if we're really living in the physical world and not in the Spiritual world. Or not in both. Jesus said, "Whatever you sow in your heart when ye pray, believe that you receive them, and ye shall have them." (Mark 11:24) Whatever you are believing, that's what you're going to have. I invite you to be aware of your thoughts and beliefs. Go within. Forgive yourself first, because once you do that there is nothing to forgive in anybody else. You have to be the "Big You." Yes, the "Big You." Know that your desires are already there. You don't have to wait for it to happen, it has already happened. You "see it." Just as the teenagers knew their part in this Pandemic was to take the 3D printer and print masks to help protect others. We can let go of whatever is blocking us and live in that space of gratitude all the time. Living in the flow, living in the now. As we do this and live in the NOW, that activates the flow all the time. Whatever our desire - - it is already done or something better in and through us - - for us and for the Universe.

BIO: Rev. Valerie Mansfield serves as the Senior Minister at Unity of Louisville and as the Minister Consultant at Unity of East Louisville. Valerie is a Holistic Healer and Spiritual Life Coach. Rev. Valerie is a Spiritual Consultant engaged in practical, positive life coaching for adults and youth. Rev. Valerie leads classes and workshops based on Universal Truth Principles as well as peacemaking, conscious parenting, personal transformation and healing for adults and youth. Valerie's passion is to create a safe loving atmosphere where all ages can explore and manifest a life filled with love, peace, and joy. 502-583-5559.



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**DEEP APPRECIATION TO UNITY OF LOUISVILLE
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How Are You Dealing With Covid-19 Stress? Dr. Victoria Snelling

With the covid-19 quarantine restrictions, our lives have changed so much. Some of us have more free time and some, especially health care workers, have very little. We generally aren't seeing our families and friends. Most of us don't even see our co-workers if we're still employed and working from home. That loss of contact with other people can lead to negative effects on moods, emotions, and brain chemistry. Stress has accelerated and we've had to find ways to cope with new regulations and unexpected changes in day to day life. Many of us have dropped healthy habits in favor of what's convenient and as a result, our nutrition may be suffering. All of these factors can negatively affect our health. How can we resolve this? **Be sure to stay in close touch with loved ones by phone or zoom or other safe ways. Keep structure in your day. Consider a pet if you don't have one.**

Nutrition and Exercise. Keep your good nutrition up! Try to maintain your healthy eating habits. If you could use some improvement in that area, now is the time. Add in more fresh vegetables. Try a new recipe. Choose more organic options. Most of us are having most, if not all, meals at home. Take small steps to improve your nutrition. Many people haven't yet returned to the gym and many of us are missing the friends we would meet for a yoga class or a long walk in a park. If you've become more sedentary, take advantage of online classes in yoga, Pilates, strength training, etc. You can find almost any type of exercise and fitness instruction on YouTube. Many local facilities have online classes, too. If the weather is comfortable, take a long walk or a run in your neighborhood for the added benefit of fresh air.

Take Supplements That Can Help Your Mood, Cognitive Function and Stress Level.

1. Vitamins D3, C, K2, omega 3 fatty acids (fish oil or other), Zinc, Magnesium, L-theanine and B complex (choose one containing natural methyl-folate and avoid artificial folic acid.) This is a great list of needed nutrients that we all surely need an abundance of right now. These will enhance immune function to help keep us healthy.

2. There are a few herbs that can be helpful during this stressful time. Ashwaganda can reduce the harmful effects of stress and enhance brain function. Bacopa is one of my favorite herbs to decrease the effects of stress and sharpen mental focus. If you're having difficulty with stress-induced insomnia, add a cup of organic Chamomile tea an hour before bedtime, and take your magnesium an hour before bed for its relaxing effect. One of my favorite brands is Standard Process MediHerb. If you aren't familiar with MediHerb, make sure you are purchasing high quality herbs that are certified organic. Dried herbal products concentrate

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a great deal of toxins if they are not organic.

3. Apart from supplements, consider homeopathic remedies to help during this epidemic. I wrote a previous article outlining remedies to consider for prevention and remedies that may be helpful if you are physically ill. Let's look at a few remedies for the mental and emotional component that can be present, even in absence of physical symptoms. Aconite is a very useful homeopathic remedy for shock, fright or the upset of receiving bad news. It's a good de-stressor! Argentum-nit is useful for anxiety with anticipation, worrying that something will occur, impulsiveness and indecision. Calcarea-carb is useful for fright, mental strain especially in someone who needs a sense of security. They may be happy to stay at home and seek support from family and friends. The homeopathic remedy Phosphorous helps fears and anxieties, a sense of helplessness and even depression. They may worry a great deal and have strong emotional reactions. Pulsatilla has a picture of grief, sorrow with changeable moods. They often feel neglected and can feel better with consolation and caring. Always choose the best quality supplements you can afford. If in doubt, contact me and I'll recommend a reputable discounted source of high-quality supplements, herbs and homeopathic remedies.

Check Your Mental Attitude. It can be hard to maintain optimism these days. Try to find what lifts you up, what encourages you and what fuels your positive attitude. It might be inspiring literature, or a chat with a positive thinking friend. Is there book on your shelf that you've been meaning to read that would reinforce your courage? Remember your successes in the past. No doubt we've all faced challenges, great and small. Give yourself credit for how you've coped so far. With the suggestions above and some good self-care, we may get through this even healthier than before. Please reach out for help if you need it.

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

AMAZING TRUTH & MYSTERY OF WATER, Joyce Freville, Ph.D.

Did you know...that water covers approximately 71 percent of the Earth's surface with 96.5 percent being in the oceans? So that only leaves about 3.5 percent of the Earth's water being fresh. Water is also found in rivers, in the atmosphere, in our bodies, in the ground, and in lakes. The Great Lakes are the largest group of freshwater lakes on Earth by total area, and second largest by total volume, containing 21 percent of the world's surface fresh water by volume. The large lakes are Huron, Ontario, Michigan, Erie, and Superior (HOMES). In fact, you are made up of 55 to 78 percent water.¹ Feeling thirsty yet?!

All living things (including you!) need water to survive whether they live at the bottom of the ocean or the driest desert. Water transports many essential molecules and other particles around the body. Water delivers dissolved nutrients to cells; and it transports dissolved waste away from cells. Along with dissolved electrolytes, water allows electrical signals to travel along the nervous system. However, research by Dr. Masaru Emoto suggests that water may be a Living Consciousness that is affected by thoughts, sounds, and intentions.

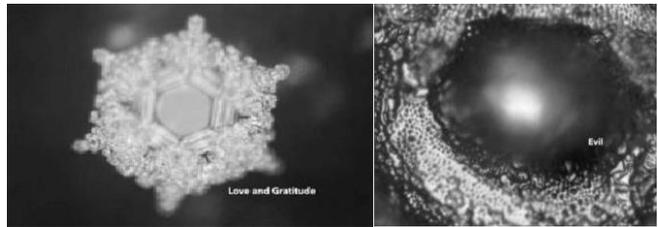
Using Magnetic Resonance Analysis (MRA) technology and high-speed photographs, Dr. Emoto studied how words, prayer, intentions, and sounds impact water. (MRA measures the random motion of water molecules in tissues, revealing their microarchitecture.) A series of experiments were performed in which water was kept in a variety of bottles, each carrying a handwritten label with a different message. The messages ranged from positive and caring (thank you, love) to negative (I hate you, I want to kill you), and then drops of water from these bottles were placed on slides and deep-frozen to form snowflake-like crystals. It was found that the crystals that formed on positive messages were more geometric and aesthetically pleasing, while the crystals formed by water with negative messages were disorganized and varied in shape. Similar results were seen after water crystals were exposed to classical and heavy metal music. Classical music generated beautiful crystalline patterns, while heavy metal music generated ugly and distorted crystalline formations.

There were similar results with spring water

and polluted water. After receiving a prayer and intention, polluted water was restored to beautifully formed geometric crystals found in clean, healthy water.² How does this relate to you? Do you feel calmer, better, etc. when you hear soothing words or music, as compared to harsh words or pure noise? This concept is interesting because if water *is* in fact conscious and receptive to energy frequencies, how can these positive or negative messages affect our bodies on a molecular level since the human body and brain are composed of about 60 percent water?

A similar study concluded that subtle changes of intention alter the strength and quality of light emissions from humans and water. Evidence shows that any substance that comes in contact with water leaves a trace upon it.³ However, human emotions are the strongest influence. It may be helpful to pray over the water we drink. Water constitutes, migrates, and interpenetrates everything. Everything is connected by water.

In conclusion, even if you do not believe water has a consciousness, water is still vital to our health and survival. Let's not take our water for granted. We all know it's there in an instant at our taps. But it's a life force to be appreciated...sip for sip, drop for drop.



Source for photos: Emoto, Masaru (2004). *The hidden message in water*. Hillsboro, OR: Beyond Words Publications, Inc.

Left photo: water exposed to positive words; right photo: water exposed to evil.

BIO: Dr. Joyce Freville earned a doctorate in Human Services with a specialization in Health Care Administration from Capella University. In addition, she earned an MBA from Webster University, a BS in Accounting from Arizona State University, and is certified in Health Care Compliance and Health Privacy Compliance. She has been in healthcare reimbursement, finance, and compliance for over 35 years. She is a retired Command Sergeant Major in the U.S. Army.

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WHAT'S GOING ON RACIALLY -

An Opinion. By Dr. Renee Campbell

EDITOR'S NOTE: I would like to introduce you to a very special lady. For more than 40 years Dr. Renee Campbell has practiced in the areas of education and social work. Dr. Campbell is the Coordinator/and Clinical Assistant Professor in the College of Social Work at the University of Kentucky. In the last 20 years of this experience she has served as President/CEO of a non-profit organization. Her work, interest and passion extend beyond the United States borders to Africa, where she spearheaded programs to address intimate partner violence, and recently established an educational scholarship program for children K-8th grade in the village of Tolon Ghana-West Africa where she is a sub-Chief. Dr. Campbell is a public speaker and facilitates educational conversations pertaining to communication, race relations, intimate partner violence, and mindfulness, to name a few. Dr. Campbell has a bachelor's degree in social work, master's degree in social work, with a mental health specialization and a doctorate degree in leadership education.



RENEE SPEAKS: A system of 400 plus years of designed, systematic and orchestrated White supremacy exists. Black families have consistently been denied an audible voice. Black people have been ignored when they express thoughts and feelings about treatment in employment, how Black children are treated differently by their white teachers, how Blacks are treated while attempting to purchase property, how Blacks are followed around behind when they are in department stores, negative body language and looks that White people give Black people when they apply for benefits, to name a few. Many Black people do not feel safe and are in a state of high alert because of thinking about past traumas that were, and still are being inflicted on Black people, personally and collectively. Black people might not consciously think that present and real dangers are present all the time, however Black bodies and souls act and respond as though it is. Ask a Black person how they feel when a police car rides up behind them while they are driving and see what they tell you. The system of white supremacy has prevented Black people from having an ordinary human adaptation to

life. Every human being should have the opportunity for an ordinary adaptation to life.

So, one might ask, “why are Black people so angry. I am White, and I had nothing to do with Africans being torn from their native land? What can I do about it and how can I help?” First, let me address my views about why Black people are so angry. Black people are angry because of the collective mistreatment and disregard of Black people. Black people knew rampant murders of Black people by the Police existed. In the past murders of Black people were not recorded - - and recorded or not, there was little or no justice. There are hundreds of examples of Black people who are killed unjustly. Black people are beyond mad!! We are fed up with the injustice that

Black people knew was happening, and it is only now that some “get it” because you witnessed firsthand the intentional atrocity, and lynching on National and World news.

Secondly, as for the sentiment, “I’m White and I had nothing to do with what happened in slavery, and I’m not a racist.” White people benefit from a system of White supremacy whether they like it or not. Every time you hear a racial slur, or stereotype, and you do not say anything to the person hurling it, you are actively supporting white supremacy. Every time you influence a Black person to feel that they have to explain themselves, or justify their feelings on the issue of race and call

upon them to provide you with empirical researched data and statistics, you are perpetuating white supremacy. It is okay to request such data, however that type of discussion should be intentional and planned. The subject of racism is not just academic. Racism is an emotional subject for Black people and time should be taken to address and respond to questions and anecdotal innuendos and questions Here is why the topic of racism is emotional for Black people. When white people quiz Black people on racism, we have memories of our enslaved African ancestors. These memories are a part of our collective cell memory. Black people begin to visualize our grandmothers, grandfathers, who were mistreated, raped, branded, whipped, castrated, and those thoughts influence miserable feelings that often make it extremely difficult for us to give White people the academic answers they are seeking. So Black people need time to prepare mentally, and physically for the innuendos and questions from white people.



Dr. Martin Luther King Jr. Statue at Sunrise

Lastly, to address the question about what can be done to help. You can help by listening to a Black person, and not speaking until they are finished explaining their experiences and feelings about being Black in America. You can respond by not becoming defensive and voicing that you feel attacked. You can ask the Black person with whom you are having a conversation, how you can get involved. Another way to help is to first and foremost realize that Black history is a part of American history. White people should immerse themselves in information and knowledge and take responsibility for educating themselves. Read books like the Miseducation of the Negro by Carter G. Woodson and White Fragility by Robin Diangelo. White people should challenge themselves to read accounts of enslaved Africans like Never Caught, the Washington's Relentless Pursuit of Their Runaway Slave, Ona Judge by Erica Armstrong Dunbar. Enroll in a facilitated conversation about race led by an informed Black person. Some of the challenges I am suggesting might taste like bitter medicine going down. I hope that White people will take the educational medicine about race, begin to think about and analyze what was learned, and integrate new information into their individual lives. After becoming well versed about the history of Blacks in America, it is White people's responsibility to educate others who are in their circle. The next step for White people is to acknowledge the racism and be intentional about destroying intentional and engineered barriers designed to impede Black people's progress.

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PHOTO: Statue of Dr. Martin Luther King Jr. at Sunrise. © CanstockPhoto/jdwfoto

INSIGHTS ON TRANSFORMATION

By Kesha Shahid

My initial thoughts when I heard of the covid 19 issue and the riots that were occurring all over America, was that I felt it was all a part of what needed to occur for change to happen in this world. The old system and paradigm were unjust and did not work, so it had to be transformed.

Within the Spiritual Community, I had heard a few years ago that a big change was coming to the world due to Saturn (the planet of structure/karma) being conjunct with Pluto (the planet of transformation) in Capricorn (the father of the zodiac that is governed by Saturn). That alignment occurred on January 12, 2020.

Therefore, I feel that it is inevitable that real change is finally happening in America. I am happy about it and excited to see the outcome. To see Caucasian brothers and sisters being the majority protesting in the streets and initiating topics on race relations and injustice is absolutely beautiful to me. I feel we are at the beginning stages of Utopia

I have been awaiting, dreaming, passionate about and also working towards manifesting Utopia for many years. I still remember being introduced to the word at the age of 13. I envisioned and felt how I feel when Spring occurs - - green grass, trees, birds singing, bees, flowers, butterflies and rainbows every day. Being an empath, I instantly felt the feeling of a place where everyone experiences Peace, Harmony, Unconditional Love, Joy, Prosperity, True Freedom and Divine Bliss.

BIO: Kesha is a mother of five, University of Louisville Graduate, Reiki Energy Healer Master-Teacher, a Naturalist, and a Humanitarian. 502-882-0446, kekeshayaa@outlook.com



CREATING A SAFE PLACE IN THE ARTS, By Julie McWilliams, Owner of The Louisville Academy of Fine Arts

I remember when I was around 7 or 8, I knew that I wanted to be a part of the magical world of the performing arts, particularly dance. That jump started me on the path of really focusing on dance: it became my first love. I danced with the Young Dancer's Company, the Louisville Ballet Civic Company, and then the Lexington Ballet. After a short professional career, I began teaching ballet classes and fell in love all over again with dance and the idea that I could instill in others the love I felt for my art. I knew then that all of my years of training had been about me becoming a teacher. That was 1989, and now 31 years later, as the owner of the Louisville Academy of Fine Arts I strongly believe in the philosophy that children need the arts as a part of their learning experience - - educationally, emotionally, mentally and spiritually.

Dance is my personal passion and the art form that lead me down this path, but we can all find this passion in ourselves in any of the art forms. We need some form of creativity as an outlet. I think that the arts give us a connection to one another. There is a spiritual quality that shines through when we are creating art. It's a way for people to leave their worries for a moment. While dancing, singing, painting, acting, or playing an instrument our brain is focused and open allowing our subconscious to put other life events, daily and monumental, in perspective. The act of creating comes from a place of joy and inspiration which can be a great tool for problem solving. That is one of many life skills that children who study the arts gain and carry into their adult lives.

Here at the Louisville Academy of Fine Arts, we offer a world where children have an opportunity to study and participate in dance, music, drama, and visual art. We strive to teach them to take the skills they learn as an artist and carry them throughout their lives. Whether they continue on with their art form in college or in life, we encourage them to be open minded thinkers, community leaders and adults who have a passion and respect for the arts. We give our students the opportunity to have a freedom to be who



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they are, find the guiding spirit within to be the best that they can be and to have the ability to nurture their creative spirit. Learning an art form is a humbling experience but one that can be completely and utterly life encompassing and an act or an exercise that allows one to escape and provide a safe place from daily life. An artists' creativity then becomes a way to decompress from stress and allow ourselves to re-channel our negative energy into positive energy. I constantly remind my students that the studio is their safe place - - a place to work out problems constructively.

An Art Form Will Enhance One's Entire Life

At the Louisville Academy of Fine Arts, we welcome students of all ages! Our doors are open to children as young as 6 months to 18 years old, college students and adults! We offer classes in Dance (Ballet, Modern, Jazz, Tap), Drama, Visual Art and Music (private lessons with instruments and vocal). We are currently open at this time, offering classes both in studio and virtually, a new twist on teaching in the arts. During this global pandemic many people turned to their art form and other artists and we discovered how the arts will pull people together, from across the world to across our streets. And as artists we create no matter what, we adapt, we keep moving and we share our souls wherever we are. An art form will enhance one's entire life. Art is always something that one can draw from to connect us to our innermost selves and to others. For more information or if you have any questions, please reach out to me!



Photo: Kathryn Ruley dancing in Nutcracker 2019

Wisdom and Reflection Series
RUMI DURING COVID-19
The Great 13th Century Spiritual Poet

Karen Schellinger, ATR-BC, LPAT, LPCC

I would like my life to be a statement of love and compassion...and where it isn't, that's where my work lies. – Rumi

Rumi is not talking about the work we wake to each day outside of ourselves: it is the work within. It is taking the time to be aware of what space may require work. It may appear as trust, validation, judgment, comparison, low self-esteem. Any of these will stand in the way of love and compassion. The work comes by slowing down to notice it is standing in the way.

Wear gratitude like a cloak and it will feed every corner of your life. – Rumi

Rumi suggests we surround ourselves with gratitude to feed the corners of our lives. Expressing internal gratuities may begin just after waking: if we slow and stretch each of these become a gratitude. Moving our limbs as we reach for the floor can be two more gratitude's, then walking yet another. Gratitude is set up in the mind, the awareness of the human body to simply arrive from sleep to standing may carry five or six gratuities or more. The ability to speak, hear, see, smell and taste - - our senses' gratitude for their ability to guide us to the present moment with awareness and intention, are all worthy of gratitude.

The soul has been given its own ears to hear things mind does not understand. – Rumi

Rumi speaks of hearing beyond the mind's ability to understand. What might this be? - - Intuition, the voice not our own, a knowing unrelated to the thoughts existing in our mind. Are we aware of the stillness beyond the chatter of the mind? It may be easier to hear in the stillness of present moment. Awareness may be an exploration of differences or possibly similarities when the soul hears what the ego/mind is unable to understand.

Wherever you stand. Be the soul of that place. – Rumi

Rumi is asking as the physical body stands in a place to use our awake mind to be the soul of that place. Is

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

he asking us to allow the ego to quiet, the mind to cease all chatter, and the awareness to rise and be the soul of that place. When awareness rises and soul leads the way it is a different journey...

Listen with the ears of tolerance. See through the eyes of compassion. Speak with the language of love. - Rumi

While searching for Rumi and how he may have experienced a Pandemic I found my way back to the reality we are human beings on this planet experiencing the same Pandemic. When coming to the awareness of this universal experience we have time to look inward, to truly listen with the ears of tolerance as Rumi suggests.

When we see, do we look or do we truly see what is in front of us? When seeing through the eyes of compassion this alone will create a shift in the human element. In my opinion Rumi the poet speaks with the language of love. We

allow our minds to chatter during our waking hours, this is how we express our feelings, opinions, and thoughts. How might it sound if instead we use the language of love to communicate in all areas of our lives...Be safe, Be Well.

Note: One of Rumi's Spiritual Practices was Sufi Ecstatic Twirling which helps one reach higher states of consciousness and bliss.

Design: © Canstock Photo/ ihorzigor

Bio: Karen Schellinger is in Private Practice, accepting adults only. Karen is licensed as an Art Therapist and a Clinical Counselor. Her approach is non-judgmental and compassionate while practicing awareness of present moment. Karen provides her clients with real life practices to transmute suffering. Karen is a Veteran, Author and Fiber Artist. [Schellingerkaren@gmail.com](mailto:schellingerkaren@gmail.com),



THE POWER WITHIN MICROGREENS, Debbie Stevens

A microgreen is a miniature version of the full-grown vegetable. They are harvested at what we call the “true leaf” stage which is an early stage of the plant. My husband and I grow microgreens of some individual vegetables and also some salad blends of microgreens from several vegetables combined. The University of Maryland did a study on them and found them to be 4 to 40 times (at least 40%) more nutrient dense than the full-grown vegetables. They are high in antioxidants, and vitamins C and E and K. There is also a lot of beta carotene in them and chlorophyll.

Microgreens are very much flavor enhancers to numerous foods. They taste like the actual vegetable. The first one I grew was radish because I was very doubtful that a little thing like that could have so much flavor. I was brave and had a big handful of them - - and they were very powerful. It was like eating an entire radish. You just need a little bit to get the nutritional value as well as the flavor. Pea shoots, for instance, taste exactly like peas. Carrot shoots are tiny, and they taste just like full grown carrots.

Brassica salad blends include a spicy salad mix and a mild salad mix. There’s a salad blend called borage that is cucumber flavored. The pea shoots and sunflower shoots are usually about two to three inches tall when harvested. The stems are just as flavorful as the leaves. Salad blends are usually harvested at one inch. In order to get their full nutritional value, microgreens are all ideally eaten raw and not cooked. In addition to putting microgreens on salads, we have put microgreens on almost any kind of food and found them to taste delicious. We enjoy combinations that you would never think of. We add them to baked or mashed white potatoes and to sweet potatoes. They are delicious on omelets. If people only put them on salads, they lose out on the many different ways they can be used to enhance food flavors in amazing ways. One microgreen mix tastes like Grey Poupon Mustard!

The microgreens are added to cooked foods AFTER the foods are cooked. We do not chop our microgreens: we put them on whole. Other people chop theirs up, either way is fine. Our new favorite is tomatoes with olive oil and a little mozzarella cheese, and then top it with sunflower shoots. That gives it a little nutty flavor and a crunch.



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My next-door neighbor has three boys and they love eating the sunflower shoots. I was out in my front yard yesterday and one of the little boys had a container of my sunflower shoots in his hand and was happily eating. It was quite a testimony for the shoots. Children might like them because they have a crunchy nutty flavor and may not taste like a vegetable to them. On the other hand, if children don’t like the shoots, you can chop the shoots up small and slip them into foods where they won’t be noticed.

I am currently selling the microgreens to Bell House Restaurant in Shelbyville, Kentucky. Chef Brent uses them in various dishes. He is currently using the “superfood” microgreens with scallops. He cooks the scallops with a light sauce, and then puts a twist of lemon and some of the “superfood” microgreens in the middle. I have eaten that dish, it is delicious! “Superfood” microgreen mix is a blend of broccoli, purple kohlrabi, radish, collard, and turnip.

A lot of people use microgreens with grilling by topping them on anything that you grill such as fish, hamburgers, or chicken. My husband likes them on steaks so much that he puts a whole handful on top. In conclusion, my reason for having this business is to reach out to people with good nutrition options.

BIO: Debbie Stevens is the Owner and primary Farmer in The Power Within Microgreens, LLC., based in Fisherville, KY. She started her business with this simple message; “God designed our bodies and it’s up to us to keep them healthy through good nutrition and exercise. We have the power within us to do both!” She has been doing training in microgreens farming through microgreensfarmer.com and has pursued extensive research on the nutritional values and benefits of microgreens. Her business is a “Kentucky Proud” affiliate. The business sells through stores, farmer’s markets, and delivers to individual homes.

TIPS FOR YOUR HOME AS A POWERHOUSE OF POSITIVE ENERGY! Leah Bomar, Life Coach

You can't put a price on happiness. Feeling free and unencumbered in your own home is invaluable! Many don't realize the weight and pressure possessions are putting on their psyche. If your home is filled with clutter or some unwanted furniture that is old or broken, you can easily begin shifting the energy of your surroundings. Start by discarding old items (or give away or recycle to a community service center) and rearranging the things you have - - or transforming the cherished items into new love in-fused displays of manifestation. The physical items you choose to be in your sphere of being are powerful symbols of exactly what you are attracting into your life and home.

Changes and upgrades to your house can be made with little or no money spent. During times when so many people are spending a vast amount more time indoors, filling your environment with items that induce peace, love, and joy is important. Energetic upgrades and infusions can be as simple as dusting off a shelf while rearranging possessions.

Repurpose old items by moving them to a new room or location. Spray paint frames or decor to give new life. You can uplift an entire room with a gallon of paint that can be purchased for around \$20-\$30 or less with a coupon or buying off the overflow shelf. But if you're going to that much effort, why not invest in a color of your own intent? Choose a shade that is special to you simply because it makes you happy and every time you look at that wall your heart will sing! You can use particular colors in different areas to lift the mood of the room or boost energy.

A quick study of Feng Shui can be a great guide to switching up the vibe. Even if the particular design or layout of your house feels stagnant or is not "good Feng Shui energy" you can place items such as wind chimes, mirrors, or works of art to help that area feel more alive. Even an item from a certain element like a metal frame, stones and crystals, or color that reminds you of nature can be helpful to 'cure' and counterbalance overly dominant energy of an area or room.

Bring in elements of the outside like paintings, pictures, or posters of beautiful water scenes. Adding an aquarium or even a bowl of water with a floating candle or a small water fountain makes a huge difference. For Earth energy, introducing houseplants



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will perk up a room tremendously. If you're hesitant about keeping a plant alive, there are species that are very easy to take care of such as cactus or philodendron. Even an artificial plant can be beneficial such as an arrangement of silk flowers. You can even hang strands of artificial greenery like vines. To enhance the fire element, emphasize your fireplace by placing items on the mantle you would like to infuse with fire energy, light candles, add a blast of bright red or orange decor with the intention of bringing in fire energy.



You can add so much peace and joy to whatever space is provided if you get innovative and allow for endless possibilities to present themselves through artistic expression in your home. Execute your vision with a willingness to play by opening your home to the good vibes you emit and desire to draw in. A great beginner's book if you art interested in increasing the energy of you or home with Feng Shui is

[The Everything Feng Shui Book: Create Harmony & Peace in Any Room](#) by Katina Jones.

Check out next month's issue for the next article in this series focusing on how to design pockets of peaceful, FUN, positive vibes in your house through creating designated areas for relaxation, Fun Zone, Creation Station, Comfy Corner, and more! Share the pictures of your 'Powerhouse Energetic Home Upgrades' with us at: [Facebook.com/thenaturallivingjournal](https://www.facebook.com/thenaturallivingjournal)

Leah Bomar is an author, speaker and certified Life Coach specializing in Therapeutic Art. She graduated from University of Louisville with a degree in English, teaching elementary art and working as a substitute teacher for JCPS. As a Super Mom of three children, she started a local Creative Co-op for Homeschoolers and taught middle school & electives at a local cottage program. More info at LeahBomar.com or email AuthorLeahBomar@gmail.com

Photo: Leah's husband Kenny Thompson is painting a "Family Tree" which will have leaves with photos of family members recent and past.

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DELICIOUS EASY LENTILS- SWEET POTATO- PUMPKIN RECIPE, by Barbara Bosler

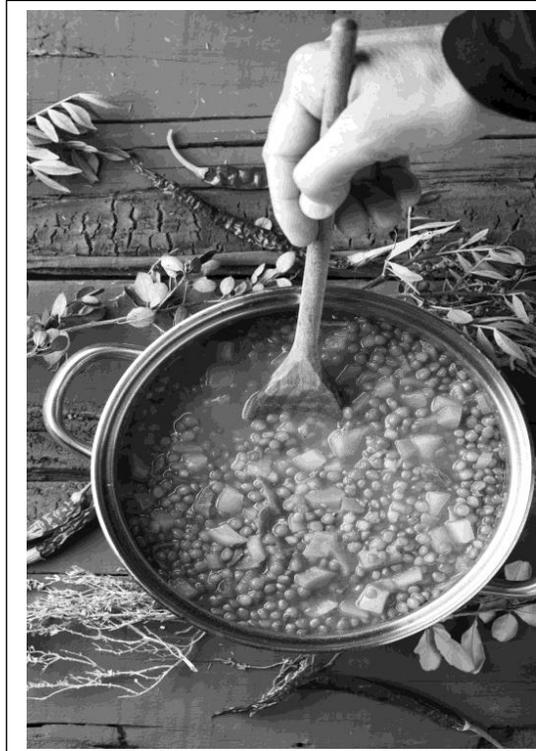
My idea of fast food isn't a drive through restaurant. My idea is whipping up something wholesome and tasty for my slow cooker/crock pot - - in my own kitchen in under 20 minutes prep time. It's ready when I come home hungry, and cleanup is a breeze. This delicious recipe for curried lentils with sweet potatoes and pumpkin is rich and flavorful. Served with salad it is a complete nutritional meal.

Lentils whether red, green, or brown are all good sources of protein. They contain high levels of B vitamins - - particularly B3 a deficiency of which can lead to poor memory and irritability. They are also rich in iron and recommended for pregnant and lactating women, as well as those with anemia. Lentils provide fiber and help to regulate colon function. You can serve them in soups, salads, quinoa, and I love them in my grits!

Broth for the recipe could be left over cooking water from food with a flavor and aroma compatible with what you are adding it to. Broth could also be boxed organic bouillon that you buy at a store. Of course, dilute your bouillon in warm water before adding it to a recipe.

As always use organic ingredients. Enjoy the time in your kitchen! Happy Cooking! Barbara

1 cup red lentils rinsed. (Sort them by picking out any foreign debris like a very little rock)
4 cups your favorite broth.
3 or 4 diced fresh tomatoes (or 1 can diced tomatoes)
2 peeled diced small to medium sweet potatoes
1/4 cup pumpkin purée
2 teaspoons curry (I use Penzey's "Now Curry")
1/8 teaspoon crushed red pepper (optional)
Put in slow cooker on low, cooks in 5 to 6 hours.
Serves about 4 people.



Photos: Stew @Canstock Photo/nito. Other photos: Pixabay



NUTRITION, An Individualized Personal Choice, by Tom Isaacs

The term nutrition refers to nourishment or foods that are necessary for proper health and growth. Health refers to maintenance and development of biological systems that bring about physical, mental or emotional wellbeing. These "foods" are divided into two groups called macronutrients that include carbohydrates, proteins and fats and micronutrients which are essentially vitamins and minerals. Two additional recognized elements of nutrition are dietary fiber and water. What if these functions (maintenance and development) are best carried out in relation to one's blood type and similarly one's blood pH? From an evolutionary standpoint, what if your blood type is reflective of an adaptive chromosome which enables you to more easily assimilate nutrients dependent upon your local environment. If you think about it what other reason would there be to even have 4 distinct blood types?

In real time your blood is your lifeline. It TRANSPORTS nutrients and oxygen to your cells and transports waste from the cells, it PROTECTS your biological system from disease and REGULATES metabolism, hormone levels, body temperature maintaining homeostasis throughout. It is, in fact, a connective tissue so why don't we include it when talking about human health?

The 4 basic blood types are: O, the hunter-gatherer (Adam); Type A, the cultivator / farmer (Cain); Type B, the nomad / herder (Abel); and Type AB, a modern enigma carrying both A and B antigens. Type O's characteristically utilize concentrated protein (meat) and light carbohydrates as mainstays, while Type A's are basically vegetarians relying on chicken and fish as meat sources. Type B's have the broadest selection with meat, carbohydrates, and dairy - -while Type AB's are on an expanded version of vegetarian plus dairy with - - chicken is a no-no for Type AB and Type B. Accordingly it would seem like an individualized dietary plan would certainly include this information given the importance of blood to our overall health. Such a protocol does exist in a book called "Eat Right for your (Blood) Type" by Dr. Peter J. D'Adamo.

The single most important health factor to consider, in my experience, is the pH level of your blood. Blood and tissue pH is measured on a scale from 1 to 14 with 7 representing pH balance. Any reading under 7 is considered acid and any reading over 7 is considered base (alkaline). Depending on whom you talk to, your body works to maintain a blood level pH from 7.28 to 7.45 which is somewhat alkaline. However, the vast majority of people are overwhelmingly acidic. This condition is called Acidosis and is caused by improper diet as well as stress. It is my observation that 95% of all chronic inflammatory conditions are a direct result of chronic over acidity. The body becomes rigid and loses

its elasticity initially resulting in chronic stiffness and loss of energy. Eventually more serious conditions (disease) arise over time. Acid forming foods are generally meat, dairy, and grain products, a few vegetables plus coffee, dark tea, soft drinks and sweeteners. Given our investment in genetically modified grains (feed) as in corn, all commercial meat, dairy, grains and sweetened products are hugely acidic. Obviously, most of what we drink is highly acidic and since we consume liquids of all kinds, we are seldom thirsty for water. This does not mean that we stay away from "acidic" foods. It is all about balance... and a ratio of 80% alkaline foods verses 20% healthy acidic foods is a good place to start. You can get pH testing strips at a drug store to put under your tongue to determine your pH level. Also, there is a book written by Dr. Robert O. Young entitled "The pH Miracle" which explores this subject in depth.

Additionally, hydrate... with water. Your body is 70% water and your brain is approximately 90% water. Your nervous system is substantially more efficient when properly hydrated. The amount of water you need is dependent on your size (structure), your metabolic rate, and your activity level. You can start with 45oz a day and from there see where your thirst takes you. Proper kidney, bladder, and pancreatic function are especially dependent on water content. Remember to use water that has an alkaline pH and don't overdo. Water is an essential element of good health. Hydrating with "liquids" is a myth... almost all "drinks", including most bottled waters are quite acidic and designed to keep you thirsty. PH labeled waters are good but expensive. I personally use a Water Ionizer to purify, alkalize, and oxygenate my drinking water. A unit with a 5-year warranty will normally pay for itself in 10-12 months, utilizes tap water, takes up very little counter space and requires no plastic bottles whatsoever. Not all water is created equal!

My message, obviously, is to give primary attention to the factors of blood type and blood pH if you are considering implementing a Lifestyle Dietary Plan that will give you consistency and health-wise results for years to come. Both of the plans I have mentioned involve back to the basic know how and discipline and each regimen offers many dietary choices as well as a large number of recipes and cooking tips. In today's world, your body and mind are your best friends. Treat them accordingly.

BIO: Tom Isaacs has been a practicing Foot Reflexologist in Louisville since 1996 and has developed a unique nutritional approach based on his experience and wellness acumen. He has been involved in wellness and fitness programs since the mid 1980's and also uses sound therapy as a tool to balance and relax various systems of the human bio-energetic field. 502-417-3710, tom@LivingpHure.com, www.LivingpHure.com

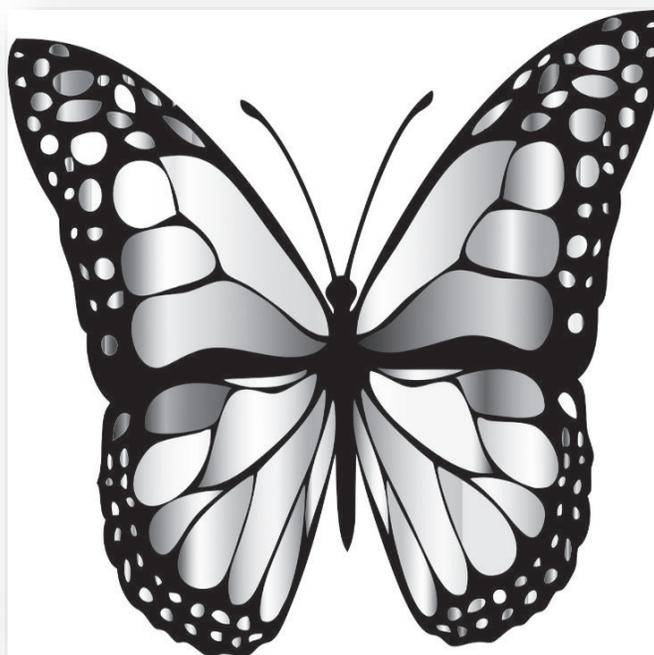
AWAKENING TO GREATER PEACE, WELLNESS, & SPIRITUAL CONNECTION!

By Joyce C. Gerrish, M.A.

Stress may seem inevitable during this unprecedented period of the Coronavirus, demonstrations and political unrest, financial uncertainties in our country and world, and other possible challenges that may occur. One might say that stress is the normal path when faced with challenges. It may be the typical response - - but unfortunately it doesn't help. It tends to make it harder to think clearly as to how to best move through situations and come up with workable solutions. We all know this, the difficult thing may be rising above stress and not going there. We can do it; we can take the peace route. It is possible!

One reason that it is crucial to stay in the peace zone is how it affects our physical body. Stress can cause us to indulge in unhealthy sugary or high fat foods, chemical laden or sugary drinks, excess salty snacks, caffeine or cigarettes - - all of which lower our health and immunity. Over time stress can have the effect of causing our physical body systems and organs to be more acidic in nature and develop low level inflammation. Once low-level inflammation is developing in our body, it can be detrimental to all aspects of our health and may intensify any chronic health issues. This can make a person more vulnerable to the Covid 19 virus. We don't need or want to go there.

WHAT I WANT TO COMMUNICATE IS THAT GIVING HIGH PRIORITY IN OUR LIFE TO OUR HEALTH AND SPIRITUAL PRACTICES AND STAYING PEACEFUL ARE AMONG THE MOST IMPORTANT THINGS WE CAN DO NOW AND PROBABLY FAR INTO THE FUTURE. That may sound Pollyanna and impractical. It may seem that we don't have time to do the things that will help keep us more healthy and peaceful - - or we can't get ourselves to do them when we feel stressed. Taking good care of our health and staying peaceful are what will enhance our immunity



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and help protect us from the Coronavirus. The doctors are talking that this virus may be around a while longer until a proven vaccine and cure are found - - which may not be as soon as we may wish. We don't know. Our health is really our most important possession. Strong immunity can help our body heal from whatever health challenges may confront us. Our body may

have to somehow co-exist with at least a small level of Covid-19 virus in our environment for a while. That might be inevitable: we need strong immunity.

I myself am spending more time than usual resting (half hour rest in afternoon), meditating, taking walks outside in nature (early in morning while it is still cooler), doing things that help me feel happy and peaceful and calm such as creative activities like art and playing my guitar and singing. I

am preparing three healthy meals a day and eating calmly. I don't consider these as indulgences that are taking too much of my time, I consider them health insurance to keep my immunity as strong as possible and help me stay as healthy as possible. If I get sick, maybe it will be less severe than otherwise. I realize that not everybody can invest the same amount of time on peaceful activities, but it is crucial to know that those are very important health insurance.

HEART OF WELLNESS

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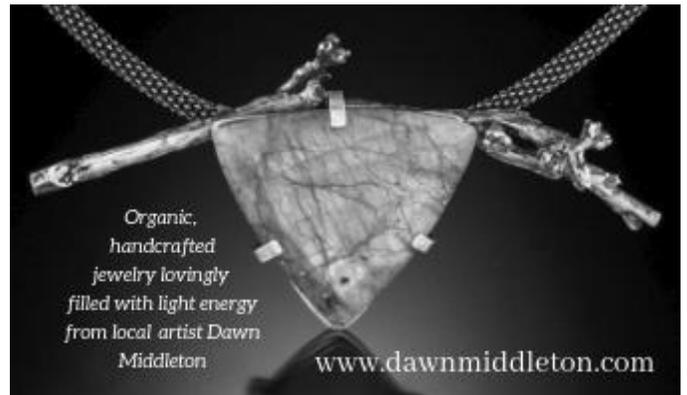


Heart of Wellness
Find Your Inner Calm

WHAT HELPS YOU FEEL PEACEFUL AND CALM? GIVE THOSE SOME TIME IN YOUR DAY. Some things like breath awareness you can do while you prepare your food and as you clean up after your meal or any time. If you start feeling stress or worry, let that be a signal to do something that helps you feel calm such as some yoga or tai chi for even a little while each day. Listen to peaceful music while doing some chore that may be needed such as house cleaning or when driving. If you are doing a job at home or at an office, stop every hour for a few minutes and stretch and focus on deep breathing -- walk around for a while and go outside during lunch if possible. (Don't meditate and drive.) Make your peace and health practices your high priority. Getting sick is a big waste of time and no fun. If you have children or a partner or others living with you, be an example for them -- don't let them pull YOU off center from your peace and health practices. You can be an inspiration for them. You can do it!

We exist within our energy field (aura). Our aura is within and around us. (This aura can be scientifically photographed by Kirlian photography). It is not just a theory. Spiritual practices such as meditation, yoga, tai chi, chanting, and peaceful walks quietly enjoying nature can help keep our aura clearer so we can deal with life with a clearer awareness of good choices. Stress, worry, depression, fear, fatigue, and poor food choices cloud our energy field (aura), weigh us down, and fill our aura with static. We know what it is like trying to listen to TV or radio or a phone with static. When our energy is filled with static and heavy energy blockages it is very difficult to think clearly, feel peaceful or joyful, or make optimum choices, or feel optimistic!!

Let's open up to our higher good! Let's open up to the clarity of our higher consciousness and true wisdom. Let's let the light of Holy Divine Spirit shine through to us, and may we not block it out with a leaden heavy aura!! May we open our heart to let in love: God's love, the love of our family and friends, the love of the trees and flowers and Mother Nature. As we beam out love



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to all -- it circles around creation and comes back to us increased many times over. May we frequently beam out love and live in a sea of love. We can be "love billionaires." Why not? It's free, readily available, and totally beneficial. May we focus in the center of our chest and affirm, "I AM DIVINELY LOVED, DIVINELY WORTHY. I LOVE MYSELF AND I LOVE ALL CREATION. THANK YOU, GOD."

If you wish, join in on my FREE TELECONFERENCE MEDITATION. It is twice a week for half an hour 7:40 pm on a drop-in basis Wednesday and Sunday. (Call me for the access phone numbers) It includes peaceful chanting to help clear and activate our energy centers, inspirational readings, energy healing, and accessing higher consciousness -- sharing feelings afterwards. Remember you can listen free to my guided meditations and peaceful soul songs on my website. Wishing you much peace, joy, blessings, and radiant health.

BIO: Joyce is offering Individual Telephone Healing Sessions on a budget sliding scale. People find these very helpful and transformative for moving through stuck energies and opening to one's greater peace, clarity, and Spiritual connection. She has a Master's Degree in Human Development, and is a Graduate of National Institute of Whole Health. She is a highly attuned and sensitive guide for Personal & Spiritual Growth, Higher Meditation and Spiritual Awakening. She has extensive training and decades of experience as a practitioner and teacher of numerous natural healing modalities including Reiki, Reflexology, Chakra Healing She is author of the book "Secrets of Wisdom -- Awaken to the Miracle of You" and is Publisher- Editor of the Natural Living Journal. 812-566-1799, www.joycegerrish.com



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RENEWAL & JOY WITH WALKING

Judith Ann Conley. I am not a morning person, and I have been lazy about exercise. However, with spending so much time at home because of Covid, I have discovered the joy of walking. With the heat, I force myself to get up at 6 or 7 in the morning to walk. As much as I initially don't want to, I feel so much better after my walk! It is not just a physical activity but a meditative one. There is so much to observe on my walks—the rabbits, birds, squirrels, the blossoming flowers, the corn that an immigrant family planted that seems to grow taller each day. I look forward to my walks, and as much as I despair of the changes that this virus has brought, it has made me slow down, be disciplined about walking, and appreciate the wonder of nature.

Joyce C. Gerrish. I began my love of walking when I was 28 and chronically not feeling optimally well for a few years. There was stress in my life at that time. Right then as a major turning point in my life I changed to an all-natural and healthy diet, a daily stress relaxation method which I later discovered was very similar to meditation, and WALKING two miles daily. Within six months I was healthier than I had ever been. I have always continued those three golden practices as beloved crucial pillars in my daily life. Walking has been one of my greatest joys. I never get bored observing the endless variations of nature. When I am in a city I enjoy seeing the ingenuity of people in creating their homes. My body is happy when I am moving and breathing freely and vigorously. The air feels fresher, and I feel really alive and vital. What's more, it is free and readily available exercise.



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TRIBUTE TO UNITED STATES REPRESENTATIVE JOHN LEWIS

We honor the late United States Congressman Rep. John Lewis. He served in the U.S. Congress from 1987 until he passed away recently July 17, 2020. He was a great man and will always be remembered for standing up bravely for the rights of minorities, particularly for people of color. His wisdom reached out to support very many important causes, including gun legislation. His work contributed to the passage of the 1965 Voting Rights Act, and he was awarded the Presidential Medal of Freedom in 2011.

