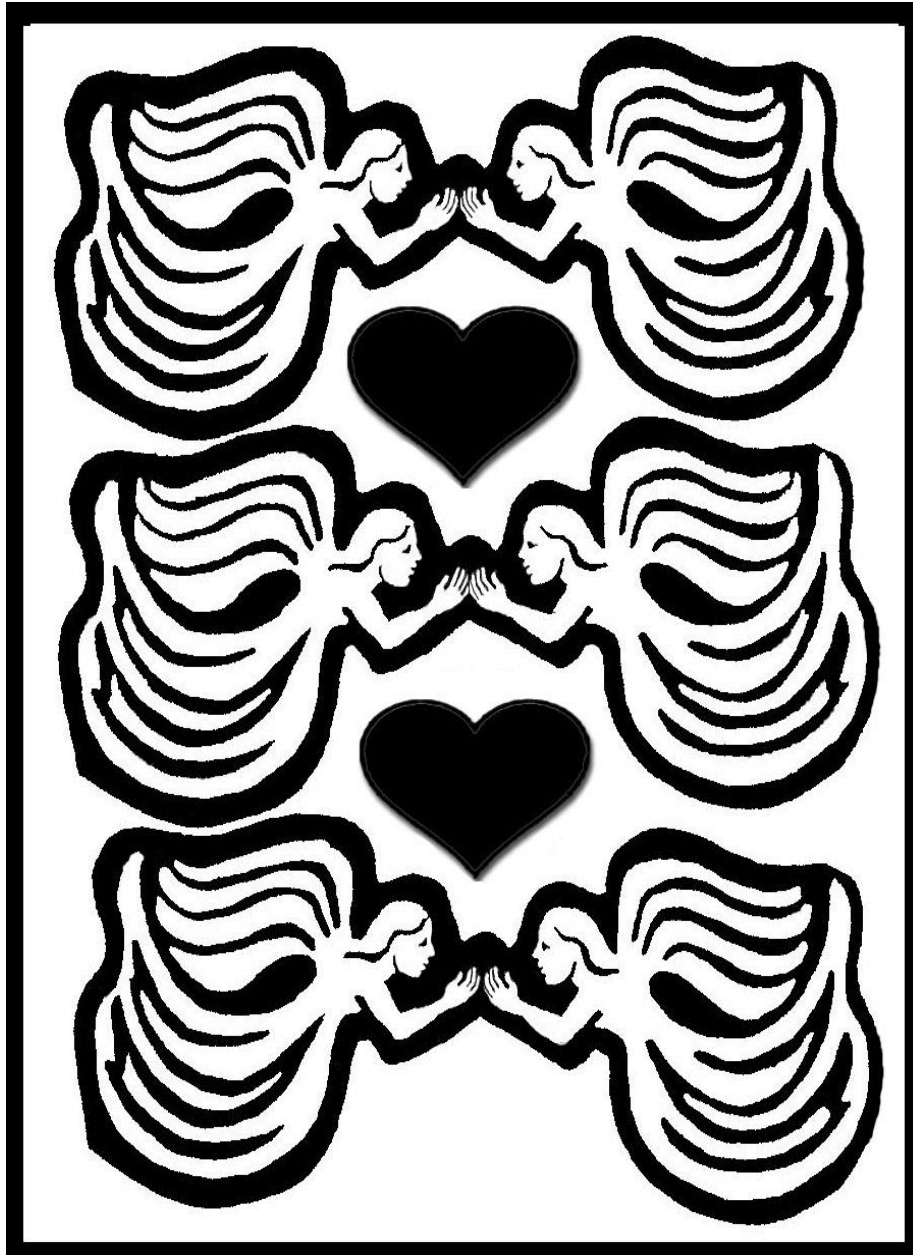




Natural Living Journal

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

Vol. 5 Issue 1 READ FREE ON-LINE www.naturallivingjournal.com Jan. - Feb. 2020



**Healing Through Art
Into the Unknown
Quilting for Art & Soul
Inflammation Causing
Your Depression?
Your Emotional Freedom
Participation in Theatre
Inspires Joy, Confidence
Transitions: Thrive
Plastic - - Health Alert
Wisdom & Reflection
Dental Oil Pulling
Whale Tales, Part II
Nursing Home Question
Natural Foods Recipe
Believe in Yourself
Tibetan Five Rites
Courage for Kids**

Cover Design © Joyce Gerrish

Table of Contents, Jan.-Feb. 2020

- P.3. Healing Through Art & Images, Joyce Dillon, RN, MN
- P. 4 Into the Unknown of Our Emerging Reality, Rev. Val Mansfield
- P. 5. Recipe for Southwestern Stuffed Peppers, Barbara Bosler
- P. 6. Quilting for Art, Mind, & Soul, Irene Hafer & Barbara Hutchinson
- P. 7. Is Inflammation Causing Depression, Kimberly LaFollette,, Psy.D.
- P. 8. Step into Your Emotional Freedom, Norma Wileman, B.S.
- P.9. Theatre Inspires Joy, Creates Confidence, Leah Bomar, B.A.
- P. 10. Thrive During Life Transitions, Nathan Lynch
- P. 11. Health Alert on Plastic in Your Food. Victoria Snelling, DC, DHM
- P. 12. Wisdom & Reflection: Poet Rumi, Karen Schellinger, LPAT
- P. 13. Oil Pulling & Dental Health. Dr. Jill Hayes
- P. 14. Adventure with Whales, Part 2. Elsa Lichman, MSW
- P. 15. Older But Wiser: Nursing Home Question. Joyce Freville, PhD.
- P. 16. Believe in Yourself. Blossom Forth. Joyce Gerrish, M.A.
- P. 19. Tibetan Five Rites of Rejuvenation., Joyce Gerrish, M.A.
- P. 20. Supporting Courage for Our Kids. Kathy McBroom, M.Ed.

Let your friends on social media & through e-mail know they can read Natural Living Journal free on website.

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

Mission Statement

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

Natural Living Journal

P.O. Box 1506, Louisville, KY 40201

www.natural-living-journal.com

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

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

Advertising Rates & Sizes

812-566-1799

	Size	Once	3 Times
Sm Bus. Card	3.5 x 1.25	\$20.00	\$55.00
Bus. Card	3.5 x 2	\$39.00	\$95.00
Oversized Card	3.5 x 2.5	\$47.00	\$130.00
Quarter Page	3.5 x 4.5	\$59.00	\$167.00
Half Page	7.0 x 4.5	\$90.00	\$250.00
Full Page	7.0 x 9.25	\$140.00	

Payment due with ad. Make check payable to Joyce Gerrish.

Contact natural.living.journal@gmail.com or 812-566-1799.

We accept: checks, MasterCard, Discover, Visa & PayPal.

Deadline for all submissions & Payments

5th day of the month prior to publication date.

Journal is published every other month. Contact Editor for Details. Ad Design Service may be available through Natural Living Journal. Prices start at \$25. All ads and photos must be sent as digital jpeg attached to an email. Manuscripts need to be sent Microsoft Word or compatible with Microsoft Word and attached to an email. Thank you very much.

HEALING THROUGH ART AND IMAGES

by Joyce Dillon, RN, MN

Align Your *Extraordinary* Power of Intuition, Imagination and Visioning with Your Mind, Body and Spirit

For centuries, creativity, visioning, and imagination have been used to express our deeper truths through our emotions, feelings, and thoughts far more fluently than words.

As a mental health nurse, life and creativity coach, I have used intuitive painting, collage, vision boards and other forms of creativity to help reduce stress, process loss and grief, get in touch with emotions, deal with trauma, dialogue with chronic illness, and to find and live one's life purpose.

Explaining how we feel in words can often be difficult and frustrating. If we have lost a loved one, feel abandoned, or lonely or struggle with pain, it is a challenge to articulate our feelings.

Instead of relying on words, we encourage people to use paint or collage to imagine what the feeling would look like if expressed as a color, texture, image, or shape. The idea is to bring the message and feelings to life with art rather than words.



Much research has been done on how creativity and art affect the mind-body to heal. Creating art clearly impacts your brain wave patterns and emotions, the nervous system, and can actually raise serotonin levels. Research has proven that creativity with art develops neural systems that produce a broad spectrum of benefits ranging from fine motor skills to creativity and improved emotional balance.



Joyce Dillon, RN, MN, BCC

Integrative Health & Wellness Nurse & Life Purpose Coach

Specializing in **Loss & Grief Retreats and Counseling**

jjdillon@mindspring.com

404.824.7332

The greatest benefit of exploring creativity through art is giving yourself a healthy outlet for expressing and letting go of unproductive thoughts, feelings and fears.



You don't need to be an artist or have previous art experience. Everyone has the ability to express emotions and feelings through imagery.

Participants are always surprised how quickly they can express themselves from a deeper level of knowing when they stop worrying about what the picture should look like!

We are having fun and allowing our true self or deeper self to express itself through color, images, textures, and shapes.

Come and join us. To find out about our next class, go to paintingfromtheinsideout.com or call Joyce Dillon.

BIO: JOYCE DILLON, RN, MN is the founder of Joyce Dillon Inc. she provides Health and Wellness training and coaching, life purpose facilitation, loss and grief retreats and counseling. Joyce has studied loss and grief with author Dr. Francis Weller and wise elder Maldoma Some and trained in rapid resolution, trauma therapy and clearing of old wounds and beliefs. She recently relocated from Atlanta back to her hometown of Louisville.

PHOTOS: Painting © George Pagan, Unsplash

Art supplies © Tim Auterbury_Unsplash

Woman painting © Dolgachov, Canstock Photo

INTO THE UNKNOWN OF OUR EMERGING REALITY

Rev. Valerie Mansfield

This planet is our promised land. It is potentially the world of our dreams and our visions manifested in our reality. In today's amazing world, we are transforming individually and collectively. We are learning to navigate a new reality. We have no clue what the map looks like - - because there's not one. We have not been here in this new reality ever before. Sometimes it gets a little scary, and I get in front of my computer and try to type in everything I can think of that I need to focus on in the next few months. I tell myself - - calm down, calm down, it will be O.K.

We can't really be in control. We just have to be in it (whatever it is) without the drama, without the chaos - - and just let it go. Learn and be patient. So that's really the process that we are going to be in and already are in. We are learning to adapt so that our values can move and flow with us knowing that we're going to be expanded in some way. We're going to be fine-tuned. We're going to be in a new state - - a new day - - a new dawn whatever that's going to look like. We may not have a clue right now. Whatever that new reality is going to be, we know that we have to strengthen our wisdom and our guidance to move through it well. As we pray and meditate may we trust that God is over lighting our whole process. And may we be in deep gratitude to those in our life who help to hold us steady. Without our supportive friends and associates, we'd be less stable.

Opportunities are unlimited - - freeing. We get the opportunity to create and manifest whatever our desire is. That's pretty amazing. No matter what we face - - we're going to be making hard decisions. We are venturing off the map into the unknown wilderness knowing that the promised land is there for us to create. That's exciting, right? A little scary, too? I know, I agree 100%. That's right, there are the unknowns. What we do know is that collectively within our community we can be resilient. Our community has weathered many storms. It really has. **We can be a loving resilient community if we remember to stay in our spiritual values and stand on our higher principles.** If **we stay in our prayerful** presence and higher values no matter what is coming at us, we will weather the storm.

Trust. Trust the process. May we have faith in our vision and our mission to transform ourselves in the world through love. The greatest thing is to love and be loved. That's what is ours to do individually and collectively no matter where we are. No matter in what home we reside, that's what we are here to do. We can see our vision in that new perspective and that new lens. We can see beyond the horizon. We can see beyond our physical eyes and see with our passion - - with our creativity. Whatever is to come, there are unlimited possibilities. That's pretty amazing. We get to be it, whatever it is. We get to move forward with that passion and



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

Sunday Service: 9:00 and 11:00 am
Youth Sunday School: 11:00 am

unity[®]
of Louisville

757 South Brook Street
Louisville, KY 40203 502.583.5559
www.unityoflouisville.org
FB Unity of Louisville

that wisdom into those uncharted waters - - creating anew. We can step into new opportunities, new patterns, a new culture while keeping what is essential - - and letting the rest blossom and bloom into the beautiful possibilities - - a beautiful new beginning. We have that higher calling to be the love - - to share that love outside the walls wherever we are. It takes all of us collectively to come up with those possibilities.

Don't think that it is crazy or that there are any dumb questions. We are all in this together. As the new possibilities unfold individually and collectively, we each bring our unique perspective to whatever we're moving into. So, honor that. Whatever your idea is, bring it forward because collectively we need new creative ideas. Bring your fresh ideas forth. May we grow and learn as we go. We are helping to create a new way, a new pattern, a new belief as we all go within and listen to the wisdom of the small still voice within our heart. May we listen for guidance and continue to expand our vision.

We are here to be love in this city and this world. We can be a light of wisdom to show that there is a different way for all of us to grow, be happy, be prosperous, and be whole and safe. Whatever it is that our hearts desire, together we can move it forward. We can move it forward collectively. It is possible. It is already happening. Right? Transformation and moving upward is already going on. If you try to sit still, you're probably going to get left behind somewhere. We're moving and we're moving fast. When I go within, the answer is there, the information is there. What is the right next move in this uncharted territory? Just go within and be the love that we are here to be. May we boldly step into tomorrow together. That's who we are and who we have always been, and who we are always going to be.

As we answer the calling to be free and to love in the open waters - - we know that as we say "Yes" miracles happen. We have to be willing to let go. That can be difficult. It is not always easy. But there comes a time when we know that it is time, and that there is a new more hopeful love-filled reality out there. We're

Deep appreciation to Unity of Louisville for printing 200 of Natural Living Journal each issue.

Retirement Income Planning

Jeannie Samdani, MA Econ., CMFC®
Chartered Mutual Fund Counselor™
Investment Advisor Representative



Kentucky Planning Partners
9300 Shelbyville Road, Suite 1310
Louisville, KY 40222
Office (502) 394-0400
Cell (502) 794-9976

Securities offered through I.P.I. Financial Member FINRA/SIPC. Investment Advice offered through KPP Advisory Services L.L.C, a registered investment advisor. KPP Advisory Services L.L.C and Kentucky Planning Partners are separate entities from I.P.I. Financial.

CAROL RYAN, HNB-BC, MSN RN

Board Certified Holistic Nurse

Integrative Imagery

Reiki

Jin Shin Jyutsu

10% OFF FIRST SESSION

502-298-3932 E-mail: jjimages7@aol.com



(Continued from previous page) not always sure what it is, or how we're going to get there, but it is the truth and the step forward. We have to let go and honor that. If doubts arise, take a deep breath and go within. As soon as we know and face the unknown, we move through it. Take a breath and move through it, keep going. As we navigate our emerging reality, we are transforming



who we are as love and higher consciousness to do whatever it is that we are called to do. We are still being that love, still having our core values, and yet manifesting differently. May we let go and learn as we put one foot in front of the other. Then magic happens. It's going to be fun and exciting, though sometimes there are inevitably sorrows. Together we can resolve challenges and be free, adventurous, and whole. May we be the

love.

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.

PHOTO: Visionary Man. Gautier / Canstock Photos



RECIPE for SOUTHWESTERN STUFFED PEPPERS

by **Barbara Bosler**

This is simple prep and a simply delicious wholesome meal. Once again, if you can read, you can cook. Recipes are not an absolute. You are free to be creative. Tweek recipes to your liking. You can omit or replace one ingredient with another. Exchange one protein for another, or one seasoning in place of another. Relax and enjoy your time in your kitchen.

TWO STUFFED PEPPERS

INGREDIENTS:

2 peppers (any color) washed, top cut off, seeds removed.

Filling:

1 cup cooked brown rice

¼ cup diced onion

½ cup rinsed, cooked black beans

4 tablespoons salsa

2 teaspoons fresh cilantro minced (optional)

Salt & pepper to taste

½ teaspoon Penzy's brand "Arizona Dreaming" (my favorite) - - -

- - or ½ teaspoon taco seasoning

¼ cup cheddar cheese shredded

Mix Filling – Fold cheese in last

Stuff Peppers, packing down as you go.

Here are two cooking options:

In Crock Pot: Place stuffed peppers in a lightly oiled crock pot. Cook on low 3 ½ to 4 hours or until peppers are tender. (¼ cup water optional.)

In Conventional Oven: Preheat oven to 350 Degrees. Place peppers in lightly oiled dish covered with foil. Bake 45 minutes until peppers are cooked to your liking. I like them still a little crisp!

Serve with salsa, a salad, and wholegrain bread - - or as you desire. Happy Cooking! Barbara

Note: Organically grown foods are healthiest for you & the soil.

PHOTO: Peppers © Irene Kredenets_Unsplash

QUILTING FOR ART, MIND, AND SOUL

Irene Hafer & Barbara Hutchinson

Quilts have a long and prevalent role in our history. They began as a need to make use of the materials on hand. Worn clothing and other resources for 'fabric' such as flour and feed sacks were 'recycled' into quilts for warmth and comfort during cold seasons. In fact, once manufacturers realized feed and flour sacks had become a major resource for quilts, they began using pretty prints for the sacks. And while we no longer rely on the feed and seed companies to provide pretty prints, quilt-making is still around and has many health and wellness benefits.

Quilting is now used more as an art form, or hobby, than as a practical matter of keeping warm. As with all art forms, it allows you an outlet to create. It can be just as much a form of expression as a painting or sculpture and as we all know, these types of creative outlets are good for the mind and soul. In addition to using the creative side of your mind, it also uses the thinking-problem-solving side of your mind which is another health benefit. Studies have shown that quilting helps the cognitive, creative and emotional well-being of people, builds self-confidence, and uplifts the spirit!

A wide variety of quilt techniques and disciplines are available to meet the needs of anyone who wishes to make a quilt. Traditional quilts are still very popular using blocks that have been around since the beginning of quilting. These quilts are usually the ones that come to mind when one thinks of a quilt. Blocks such as the nine-patch, flying geese, card tricks or pinwheels are familiar to almost everyone, although you may not know that those "squares" have names. Made with simple geometric shapes such as squares, rectangles and triangles, they are traditionally the introductory blocks a beginner learns. While in days gone past, these blocks were made by hand using templates, scissors, needles and thread, we now, for the most part, make them using our sewing machines although there are some who still hand-piece. Anyone that can thread their machine can learn to make these simple yet beautiful and useful quilts.

There is a vast world of other techniques for quilters of all levels. Many of these techniques come from other parts of the world and have other uses but have been incorporated into quilting methods here in the United States. The influences of the melting pot that is the United States makes quilting a fun and interesting hobby that is constantly evolving and expanding.

For many, their first reaction to a quilt is to see a "complicated compilation" of shapes and colors and think, "I can't do that". However, the fact is that we at The Cozy Quilter, have quilters as young as 8 years old and if an 8-year-old can manage, you can too! Like any new experience, it takes time, instruction, and the



admin@thecozyquilter.net
www.thecozyquilter.com

12204 Shelbyville Road
Louisville, KY 40243
502-742-COZY (2699)

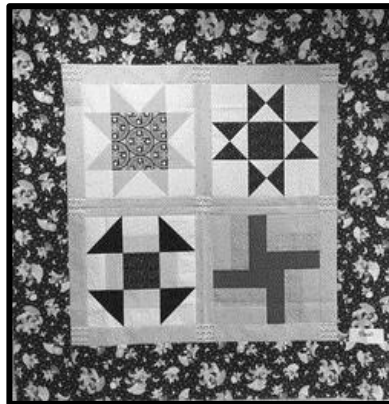
The Cozy Quilter, Inc.

Irene Hafer
Barbara Hutchinson

Mon - Sat: 10am - 4pm
Sun: 12pm - 4pm

proper tools to make a quilt. However, there are no rules when it comes to the creativity side of quilting and making a quilt teaches you accuracy, and patience.

Every quilt consists of three layers. The first layer or "top" is what everyone thinks of as the quilting but it's not! The top is the pieced layer. The color choices of the quilt maker and the placement of those colors create the design of the top. Using the simple geometric shapes mentioned earlier, the quilter creates movement and texture, light and shadow creating the bold strokes of the quilt.



Once the top is complete, a second and third layer are needed. The second layer is the batting (sometimes called wadding) which is usually a cotton or cotton/polyester blend. The third layer is the backing. It can be single piece of yard goods or several pieces, pieced together much like the top. Once the three layers have been put together, you have what is called the "sandwich." Once sandwiched together, the quilting can be done. As mentioned earlier, many people think that putting the top together is the quilting, but in actuality the quilting happens last and is the stitching you see running through all the layers of the sandwich. If you look at your bedspread, you may notice stitching that runs up and down across it. That is the quilting! Most quilting is now done by machine but there are still some who prefer to do this step by hand. It can be very relaxing and a productive thing to do while watching television or listening to the radio, audiobook or podcast!

With all the benefits of quilting, there is one in particular that we at The Cozy Quilter favor the most - a sense of community! In its infancy in the United States, quilting was a time to band together as a community. Women gathered around the quilting frame and talked about the events of the time and shared stories of loved ones living near and far. Today we foster that sense of community with several programs designed to that end. These include Sit-n-sews, clubs and events that all work as a means to bring quilters together (young and old, beginner and experienced, females and males - yes, males!) to spend time getting to know each other face to face and in a social media online world. It is one of our favorite aspects of quilting!

IS INFLAMMATION CAUSING YOUR DEPRESSION?

Kimberly LaFollette, Psy.D., CMHIMP

There have been many explanations for depression over the years. While life circumstances can certainly contribute, it is evident that there are biological factors at play as well. For years it has been thought that neurotransmitters, which are chemical messengers in the body, play a significant role in the development and maintenance of depression. Specifically, it has been said that the neurotransmitter serotonin plays a significant role in maintaining our positive moods and a decrease in serotonin is responsible for depression. However, recent research is indicating that it may not be that simple. There appears to be a lot more going on than just a lack of serotonin. While some theories continue to imply that serotonin plays a role in depression, they are now acknowledging that decreased serotonin is due to inflammation in the gut (a.k.a. your intestines). Others are arguing that it's not serotonin at all, it is only inflammation that triggers depression. Either way, it has become apparent that inflammation plays a larger role in depression than we ever realized.

In psychology, we have spent a great deal of time talking about the brain and how imbalances in the brain cause mental health disorders. Traditionally, when we say "the brain" we are referring to the brain in your skull. However, more recently we have begun to acknowledge that there is a "second brain." The second brain is more formally known as the Enteric Nervous System, or your gut. And apparently, what happens in your gut has a profound impact on your mental and physical wellbeing.

Recently, there has been an upsurge of research on the two-way interaction between your first and second brain. We have always known that whatever is going on in your first brain can affect your gut. Just think about the knots you get in your stomach when you are nervous or upset. However, what we are realizing is that the communication between the brain and the gut is a two-way street. What we are learning is that when our guts are inflamed, it can affect the neurotransmitters in our brain and how they are functioning.

In order to understand how nutrition can affect serotonin levels you must first understand how your gut works. The gut (your intestines) is where food gets broken down and absorbed, it is also responsible for the removal of waste. The gut is also the major source of neurotransmitter production in the body. In fact, the gut is where most of the serotonin in our body is stored. When the gut is healthy, our body can easily process the food we eat and produce the necessary amounts of neurotransmitters. When the gut is inflamed, our bodies cannot produce the neurotransmitters we need for optimal mental health.

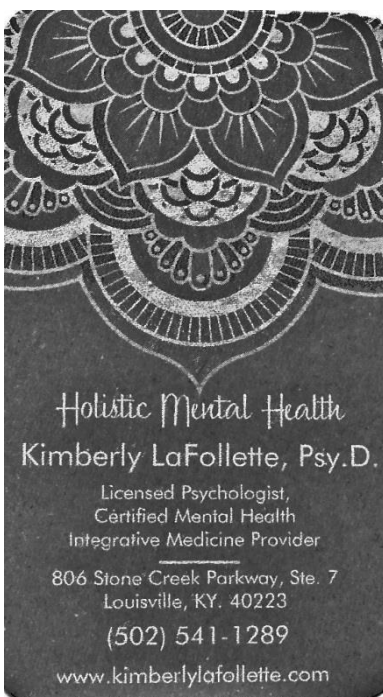
What this means is that when our guts become inflamed due to poor nutrition, food allergies or sensitivities our mental health

suffers. Leslie Korn, an expert in nutrition and mental health, states that the Standard American Diet (S.A.D.) does, in fact, make us sad. She argues that the Standard American Diet, which consists of highly processed foods that are high in trans fats, sugars, grains and dairy and low in plants and healthy fats, is responsible for the inflammation in the gut that causes depression.

While some say that the inflammation is responsible for decreased serotonin levels, Kelly Brogan, a previous psychiatrist, argues that a decrease in serotonin is not responsible for depression. Instead, she argues that depression is solely caused by inflammation in our bodies. In her writing she claims that there has never been sufficient evidence of the serotonin theory and that depression can be treated by reducing inflammation in the body. While she does not acknowledge the role of serotonin, she does argue that food plays an important role in inflammation in the body. She also looks at other causes of inflammation such as stress, lack of sleep, hormonal changes and chemicals in our environment.

While there is evidence that inflammation does play a role in depression, it is apparent that not everyone agrees how inflammation impacts depression. Unfortunately, we do not have the science to fully explain it yet. None the less, it would be foolish to ignore the evidence that reducing inflammation can improve our overall mental health and help to decrease depressive symptoms.

As a Licensed Psychologist and Certified Mental Health Integrative Medicine Provider, I am always looking for natural, holistic ways to improve my client's mental health. The good news is, there are many ways to reduce inflammation naturally. One obvious way is to improve our gut health by removing processed foods and eating whole foods that have not been exposed to toxic chemicals. Other ways to reduce inflammation are to practice good self-care and reduce unnecessary stressors. Getting enough sleep, exercising and meditating are also excellent ways to decrease inflammation in the body naturally.



BIO: Kimberly 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

REFERENCES:

Brogan, K. (2016). *A Mind Of Your Own: The Truth About Depression and How Women Can Heal Their Bodies to Reclaim Their Lives*. New York, NY. : Harper Collins.

Korn, L. (2016). *Nutrition Essentials for Mental Health*. New York, NY.: WW Norton & Co.

Korn, L. (2017). *Eat Right, Feel Right*. Eau Claire, WI. PESI Publishing.

Mayer, E. (2016). *The Mind-Gut Connection: How the Hidden Conversations Within Our Bodies Impacts Our Mood, Our Choices, and Our Overall Health*. New York, NY. : Harper Collins.



STEP INTO YOUR EMOTIONAL FREEDOM, Norma Wileman, B.S., EFT Practitioner, TAAP & ACE Certified


I can think of no better way to start the new year than to teach you an excellent way to release your stresses before they build up. It's called Tapping and involves tapping on acupuncture points. Tapping is part of Emotional Freedom Technique (EFT). It is effective on whatever you "aim" it towards. Tapping works for a variety of issues because it works at the cellular level. Whatever is stressful to you, you simply focus on it and talk about it while doing the Tapping. The EFT (Emotional Freedom Technique) motto, as coined by Gary Craig founder and developer of EFT, is to "try it on everything" when something is bothering you.

You can say what you are upset about out loud if you are alone - - or think about it while you Tap. I highly recommend Tapping aloud before events that might be stressful for you such as potentially challenging social or business events. "Bulletproof" your day.

In the Energy Healing world, we often refer to allergies as energy toxins. Energy toxins can be anything that causes you emotional, physical or other negative reactions. People can be energy toxins to you as well. You can Tap on all the reasons why a specific person upsets you. We all know someone whose mere demeanor bothers us, or someone who is intentionally rude or cruel. EFT allows you to greatly diminish their effect on you. But to be sure, please use it on anything that bothers or worries you. Be specific with wording. Tap on what you are feeling or thinking.

Many emotions can be present when we feel stressed. The ones I hear most often are depression, sadness, overwhelm, loss and anxiety. Each of these issues has many layers. Write down the issues, events or other emotions associated with your specific concerns and use them in your Tapping sequences. The more specific you can be, the quicker and more completely you will release the emotions that cause those feelings. Follow the Tapping Chart above starting at the Top of the Head (TOH) and finishing at the Underarm Point (UA). Then begin again at the TOH and continue until all negative sensations are gone. Stop after 3 rounds to reassess your intensity level. The points in the chart are on both sides of the body.

Start deciding your intensity level. Give your emotional issue (your feelings) an intensity level of 0-10, where 10 is the worst it could be. Write your number down. Tap from the top down by using a short version of the "set up" (what you're feeling). This might be "It depresses me to attend social events alone," or just "this depression." Then you add in any other pertinent factors as to why you feel this way. We may be sad because our loved ones are no longer here with us either through separation, divorce, or death. While you continue to Tap you can simply talk about



Holistic Wellness

Heal Abuse, Anger, Anxiety, Allergies, Chronic Pain, Depression, Fears, Phobias, Headaches, Migraines, Self Esteem, Limiting Beliefs, Injury & Surgery, Trauma, PTSD, Smoking Cessation, Weight Management, Corporate Programs, Manifesting

HEAL FROM WITHIN

Norma Wileman
nwileman@gmail.com

502-819-8200 www.touchpointseft.com

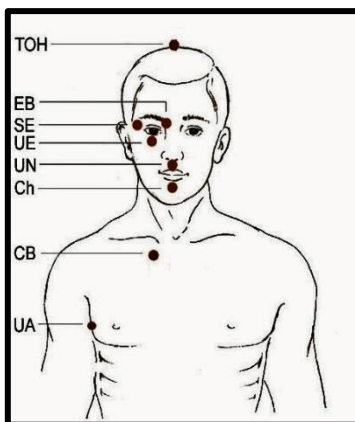
what happened in detail. You can give each topic or emotion a name and Tap on that. Or just "Tell the Story" of your event while continually Tapping. After every 3-4 rounds of Tapping, stop and reassess your intensity level. Don't automatically say it's a 10. Think about what it feels like now in comparison to where it started. Don't say what you think the number is. Feel what that number feels like after Tapping. Keep that up until you feel like it is no longer an issue. Tap until it feels like a zero in intensity. If it isn't going down, look for other "parts" to that story and Tap on any other emotions that come up. Releasing the emotions is the most important aspect to emotional freedom. Tap these to zero also. If there is still some discomfort around the issue, ask yourself what else you feel. This may give you another topic to Tap on. Keep Tapping until all issues are zero. Even skeptics will benefit from Tapping.

My best advice for you is to be grateful about what you do have. Gratitude heals the body in miraculous ways. If you need to put a picture of someone you love in front of you to remember to feel gratitude, please do that. If the events or

emotions are too strong for you, just Tap without words. If still too strong, please contact me for a session. Also, please spend time with those you love and volunteer periodically to help bring cheer to those who are less fortunate.

NOTE: A few additional details of the points are: TOH (top of head), EB (inner edge of eyebrows), SE (side of eyes on the bony ridge), UE (under the eyes on the bony ridge), UN (under the nose), Ch (under the lips above chin), CB (1 1/2 inch below the inner edge of each collar bone), UA (about 4 inches below your arm pits). Tap gently yet firmly. For another article by Norma about Tapping, see Natural Living Journal Vol. 4., Issue 4, Sept.-Oct. 2019 on website www.naturallivingjournal.com.

BIO: NORMA WILEMAN is a former biology and oceanography teacher. She has been an active practitioner in several energy modalities for over 9 years. She is AAMET/EFTi Accredited Certified Level 1 and Level 2 EFT Practitioner. She is also certified in Advanced Clearing Energetics, ACE, and is a Trained Allergy Antidotes Practitioner & Ask Receive Practitioner. She's an International Speaker on EFT for Sports Performance & has worked with professional, collegiate & amateur athletes. She has helped many people with emotional and physical issues, including pain management, injury and surgery recovery & more.



THEATRE INSPIRES JOY, CREATES CONFIDENCE

by Leah Bomar, B.A., Life Coach

Making your theatre dream come true is as simple as saying yes to the part of you who still enjoys fun and play. Joy comes from many forms of self-expression. Creative arts, including theatre, is a wonderful way to experience joy and share your talents with the world.

When you step into joy, your inner light shines as a bright beacon to inspire others to follow their own peace and passions. Fourteen-year old Darian Vazquez is a homeschool student who became inspired watching her sister in dance class. She thought, "Hey I can do that. I like doing stuff with my face!" After seeing another friend on stage performing in *The Addams Family*, she sought out classes at Louisville Creative Arts Academy and was soon cast as Juliet in the fall performance of *Romeo and Juliet*.

"I was proud of myself because there were a lot of talented people trying out," Darian said after landing the lead role. Following through on pursuing your dreams not only brings happiness and joy to others, but creates confidence that spills over to other areas of life.

To find joy through theater at any age, start researching local opportunities to take acting or playwriting classes, or start out by offering your services backstage. You don't have to stay restricted as an audience member to participate in the thrill of theatre. There is always a place for a creative person, whether the role is on stage or writing the script, designing the set and costumes, or working in tech or stage managing. Volunteering your time to a local school or drama club can be personally fulfilling and beneficial to everyone. Extra hands backstage are always needed and appreciated. Volunteer services such as sewing costumes, building sets, or doing the hair and make-up of the actors on show night is invaluable to a school or program with little to no budget. This spring 2020, Newburg Middle School will be performing 'Beauty and the Beast' for the first time with elaborate handmade costumes donated to the school.

Supporting the arts through attending performances is a fabulous way to spend some time and money. By putting money back into local theater groups and companies, you are supporting the dreams and livelihoods of many artists both on stage and behind the curtain. If your secret passion is to be in the limelight, find a way to let your joy shine bright!



SELF-LOVE RETREAT

Relax. Laugh. Create.

Want to feel more peace & happiness? Learn to love & enjoy your life more starting with what brings you joy!

Participate in a weekend of workshops, guided journal writing, nature walks, food, friends and intuitive crafts & creating. Leave with a new spiritual toolkit to take home a piece of serenity in your purse, heart and soul.

2/22/20 View more info at **LeahBomar.com**

When registered nurse Lisa Jones recently retired, she decided to start attending an acting class at Actor's Theatre. She enjoyed working with other adults on stage, doing improv and even writing and performing her own monologue. While attending a Retreat with me last fall, she led an improv session with other participants where each person was given a role to play in a fictional scenario. A timer was set, and the women acted out an improve scene on the spot.

Sometimes joy is found in just letting down your guard and being silly with friends. Acting doesn't have to be a huge formal production. A small group of people can get together and put on a show, just for fun. Everyone has a voice, a message, a light to shine in the world. If you can get back to a place of childlike play and wonderment, happiness awaits.

BIO: Leah Bomar is an author, speaker and certified Therapeutic Art Coach. She graduated from University of Louisville with a

degree in English. Leah taught elementary art and worked as a substitute teacher for JCPS. As a Super Mom of three children, she started a local Creative Co-op for Homeschoolers and taught middle school & electives at a local cottage program. Through her 'GlitterBomb' Retreats, Dream Board Parties, and online Solution Creator Masterclass, she connects people who are ready to rediscover their own dreams and purpose while learning new techniques to turn overwhelm and everyday stressors into sources of JOY.



PHOTO: Child in costume of teapot for performing in "Beauty and the Beast.." Photo by permission of child's family.

THRIVE DURING LIFE TRANSITIONS, by Nathan Lynch

*Part of "New Thought" since 2006; he is a Unity of East Louisville
Board of Trustee Member & Prayer Associate; and Web Master*

"THE ONLY THING THAT IS CONSTANT IS CHANGE."
Heraclitus (Greek philosopher)

My spiritual community, Unity of East Louisville, has been through transitions of late - - going from a Minister based ministry to mission-based ministry. This has gotten me thinking about transitions and how it can be hard to make changes in our lives. There are many times in my life where I could have used tips like these on how to more gracefully navigate a transition period and not only flow but to thrive. This is how this article came to life. I have brought together 5 tips to help you thrive during life transitions, or at least more peacefully navigate them.

1. Be "In The Now"

It is easy to get stressed with the uncertainty of future events and circumstances, or to get stuck in the loop of what will come. For instance, taking a new job or going back to school can feel overwhelming - especially when thinking about everything it may entail - from the steep learning curve and new expectations. Of course, divorce or separation are other major transitions.

Oftentimes we tend to think circumstances will never end, especially in stressful times. This is the best time to sit and become still and be in the Now. By sitting in prayer or meditation or by walking in nature we can instill more peacefulness in our lives. We can become more in touch with God / our Higher Power and more in touch with our heart connections with the people around us. Creative solutions may occur to us. Voila! Magic can begin to come into our lives.

2. Maintain Your Sense Of Humor

The more joy you find in things that happen, the more you enjoy life. Sometimes it's hard though. I was talking to a good friend a while back about his experience of moving through his wife's cancer. From test results that weren't encouraging to radiation and chemotherapy, that all took a toll. Each week brought challenging news - - and then one day they just said, "you know...we have to start laughing at the little things and the craziness of it all." Humor helped her body relax, the organs and bodily systems heal more readily, and helped them both navigate the entire process more peacefully. She is now cancer free.

3. Accept That Change Is Natural

Not having expectations may be the key. Change is necessary. Without change, we wouldn't learn, grow, or experience the richness of human experience and connection. Consider the



changes in nature that are around us: day and night, seasonal changes, and stages of life, birth, death. Some are magnificent, some are painful, and some are both. They are all part of life.

Did you know? Trees need to get blown around because that is the way they grow strong roots. The same can be said for transitions helping to strengthen areas in our lives that we never quite dealt with before. Transitions help to strengthen our coping skills and our confidence so that we can face other transitions in life. Change continues to happen, and our ability to develop good coping skills and strong shock absorbers are key to moving through the transitions as gracefully as possible.

4. Tap Into Your Network - Asking For Help

Oftentimes when going through something for the first time, we tend to think that we are the only ones going through something like this. But in reality, many others have gone through circumstances just as challenging and/or traumatic. I can think back to my mother transitioning from this earth. She had developed pancreatic cancer quite suddenly. Her moving through this was so sudden that it was hard for me to process all the flooding of emotions - - not to mention the feelings of my father, brother, and friends. It was super stressful. If I had to do it again, I would have reached out more to a support network to navigate that time. So, don't do what I did, make sure you ask for help.

5. Take Things One Step at a Time

Breathe. Yes, take a deep breath and remember that change is inevitable. The best way to go through transitions is to take it one manageable step at a time. This way it is easier to chunk it down in our brains so that this transition period can be handled more gracefully. Remember, there are resources out there to help us become better at navigating the unknowns in our lives. Use the above steps to help make it through more gracefully and thrive during times of transition.

BIO - NATHAN LYNCH is a computer guru - specializing in web design, and online promotions. Nathan is also a Unity of East Louisville Board of Trustee Member, and believes that we are all one and that we are love.



HEALTH ALERT ON PLASTIC IN YOUR FOOD & WATER! You Can Lower It & Why !!!

Dr. Victoria Snelling, DC, DHM

I was recently in London and I spent my “jet lag day” wandering around the city that I love so much, noticing what had changed and what was so familiar from long ago. I was happy to find a great selection of salads that I planned on taking for lunch during a class I would be attending. And then it struck me that many of the grocery stores had become Americanized in a way that was dismaying. I was surrounded by a sea of plastic. Although the check out counter encouraged reusable cotton bags, nearly everything that was available for purchase was sealed in plastic.

I’ve made an effort to cut back on the use of plastic containers at home. I take cloth carrier bags to the grocery, I recycle whenever possible, and I’ve found alternatives to plastic bags at home and in my office. It’s hard to escape the prevalence and the convenience of plastics in our environment, but I feel we can make a difference.

Plastics were widely introduced in 1907 with the invention of “Bakelite,” used as a safe electrical insulator. The synthetic plastics industry took off and *starting in the late 1960s* plastic containers and plastic wraps were in every kitchen in the country. They were convenient- -just use and discard. Those discarded synthetic products soon became a big problem. Today, we discard more than 30 million tons of plastic per year, and only 8 percent is recycled. More than 5 trillion articles of plastic, a total of 250,000 tons, are floating on the seas.

Plastics have an unfortunate effect on the health of humans, animals, and on the planet in general. Chemicals easily leach out of plastics and are now found in the blood and tissues of nearly everyone on the planet. These chemicals have been linked to many health issues such as birth defects, cancers, hormonal dysregulation (think infertility, miscarriage, early puberty, etc), autoimmune disorders and many more. Plastics pollute with at least two main chemicals, BPA (bisphenol-A) and phthalates. These toxic substances leach out from plastics into our ground water, into our drinking water, watering crops, and flowing into rivers and oceans. We come in contact with these toxins in our food, our water and from the air we breathe. Plastics are a major threat to wildlife as they are scattered all over the world by ocean currents, appearing in remote and non-industrialized populations. These toxic residues are impairing healthy reproduction of animal life - - including humans.

Dr. Victoria Snelling & Associates

*Bringing you the best of natural and complimentary
therapies since 1988*

- *Genetic Nutrition*
- *Gentle Chiropractic*
- *Functional Medicine*
- *Classical Homeopathy*

9700 Park Plaza Ave, Suite 109
Louisville, KY 40241
www.DrSnelling.com
502-426-2033



It seems impossible to avoid the chemicals in plastics, but there are many things we can do to help the situation. Take it one step at a time if it seems overwhelming. Try to reduce your use of plastics. Opt for glass containers, as they are much more likely to be recycled and are generally inert. Use glass containers for storing food and leftovers. While you make changes, please avoid microwaving food in plastic containers as this puts a toxic plastic load into the food being heated. Definitely take paper and cotton bags with you when you shop for food. Be mindful of what you buy. The market will make the changes that we demand. A few other ideas: avoid plastic straws and carry your own stainless-steel water bottle instead of buying water in plastic water bottles. Brew your own tea or coffee instead of buying your morning brew from a takeout coffee shop. You’ll save money and avoid disposable cups and lids. A reusable lunch box is likely still plastic, but it’s a better option than single use plastic wrap. Better yet, look for a retro metal lunch box. Check your kitchen for ways to reduce plastic use and watch your shopping habits for ways to reduce and reuse.

What can we do about the health effects of plastics? It is possible to test for phthalates and other chemicals to know if this is a factor in your health. Specialty labs can test blood or urine. A very gentle treatment, Homeopathic Detox Therapy, is available to help safely eliminate these toxins, and many others. Knowing your genetics, specifically your detox genes and how to optimize their function, is always helpful. As always, a healthy diet goes a long way to improve health. The first step is getting these chemicals out of our environment. That will benefit us all.

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



**WISDOM & REFLECTION
SERIES: The Great 13th Century
Spiritual Poet Rumi (Part 2)**

by Karen Schellinger, LPAT, LPCC

“Raise your words, not voice. It is rain that grows flowers, not thunder.” RUMI

Imagine communication where the words we choose create a safe and sensitive environment that is non-judgmental and compassionate. - - Words that heal one another, lifting spirits without volume. Words carry energy, spoken or not, and when remembered continue to grow within. What would the day be when words are kind to self or others?

“Be like a tree. Let the dead leaves drop.” RUMI

Is this the “baggage” of the mind Rumi is speaking about? Are we holding onto thoughts or words created within ourselves or stated by another? - - Words that are no longer helping us grow, but are rather keeping us in a belief that our life job is to hold onto words or memories that are creating mental weeds choking any growth we’ve imagined? Is this really what will bring joy to living in present moment?

“Seek the wisdom that will untie your knot. Seek the path that demands your whole being.” RUMI



“Wear gratitude like a cloak and it will feed every corner of your life.” RUMI

How beautiful to fill our thoughts with gratitude rather than weeds. If we look at the words Rumi chose, how does one feed something in every corner of life. Is it awareness of the thoughts we choose and the energy created by those thoughts that are feeding other areas of our life?

Often our beliefs show up as teachers if we are willing to listen. Work in Neuroscience has shown experiences from our past impact our present. For some these experiences become knotted together with a fear. Wisdom is what Rumi is saying is needed to untie the knots. Where is this wisdom found?

This is my personal experience of playing in the deep end of the swimming pool as a child. Hitting my chin and going under the water was enough to keep me away from water far too long. I knotted together the childhood experience with a new fear of deep water. Last year I chose to show up fully with my whole being for adult swim lessons. I love the ‘Total Immersion’ style of swimming now and look forward to many years of swimming.

While it does take work to understand our belief about something, we can ask ourselves “is this helping me now?” A limiting belief may prevent us from being on our path with our whole being.

“It’s your road, and yours alone, others may walk it with you, but no one can walk it for you.” RUMI

Karen Schellinger, LPAT, LPCC, LLC

**Licensed Professional Art Therapist and
Counseling Professional**

**schellingerkaren@gmail.com
502-383-4812**

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

Rumi understood that with so many choices in life, what it meant to walk your road or path. I have written about “staying in my lane.” Regarding my own awareness of living my life, this lesson came to me while driving to work one morning. I am waking each morning, setting an intention for the day, and taking responsibility for being the best version of myself for this day. This is my understanding. Stay in my lane, welcome those who enter and wish them well when they go.

Rumi provides us a teaching, a gift. It is up to each unique human being to demand our whole being grow wrapped in gratitude. Rumi is guiding us to show it is possible to elevate our communication; discard any belief no longer serving us, drop thoughts no longer lifting us up, and spend time unknitting fears or thoughts preventing our present moment existing in wholeness - - and to walk our path surrounded by a cloak of gratitude. It is a practice.

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. Contact: Schellingerkaren@gmail.com,



PHOTO: © Canstock_Elenathewise_Meditation Garden

OIL PULLING AND DENTAL HEALTH, by Dr. Jill Hayes

Oil pulling is a practice of Ayurvedic medicine originating in India thousands of years ago. It is the practice of swishing oil in the mouth and is done to prevent tooth decay, bad breath and to help the overall health of the teeth and gums. Popular oils used are sesame, sunflower, and coconut.

Use about half a tablespoon to a tablespoon of oil in your mouth. Coconut oil (cold pressed virgin is a good choice) is solid below 76 degrees but melts quickly in your warm mouth. Swish the oil around your mouth and use your tongue and cheek muscles to pull the oil through your teeth. Some studies have shown that coconut oil is as effective as chlorhexidine (a prescription mouthwash) in the reduction of *Streptococcus mutans*, the bacteria that causes cavities.(1) The oil helps to break down the cell membrane of the bacteria and it mixes with your saliva and becomes thick and milky after about 20 minutes of pulling. Do not swallow it but spit it out in the garbage can and not into your sink or toilet as it may cause plumbing issues. The coconut oil can also whiten the teeth over time.

Our mouths have over 300 different types of bacteria living in them. Some strains cause cavities and some cause gum disease. The oil pulling helps with the cavity causing bacteria as stated above and helps to create health on the surface of the gums. Normally the gum pockets around your teeth should be no deeper than 3 millimeters. When they get deeper anaerobic bacteria such as *Porphyromonas gingivalis* take over and form acids which can cause infection in the root, gum, bone, and blood stream. These anaerobic oral bacteria have been shown to be linked to many health issues such as heart disease, stroke, diabetes, Alzheimer's, erectile dysfunction, pregnancy issues, and cancer. They can even cause a joint replacement to get infected. It seems that it is finally realized that your mouth is connected to the rest of your body!

Many people have no symptoms of periodontitis, the medical term for gum disease involving bone loss. Some have bleeding gums and others will feel mobility or shifting of teeth or bad breath. If you are good at your oral hygiene your tissue can look good on the surface but you could still have gum disease in the deep pockets. A thorough exam and a good dental X-ray is needed to determine true dental health. My examination includes detecting mobility of teeth, gum recession, quality of keratinized tissue, pocket depth, bone loss, a thorough bite evaluation, and more. The bite being off can also be a major contributor to periodontitis. Also reviewed is a medical history as some conditions and medications can cause periodontal issues.

In 2010 I was the first Periodontist in Louisville to use the Periolasé to treat periodontitis. The LANAP protocol vaporizes the anaerobic bacteria that causes gum disease, restores occlusal stability and stimulates the bone to regenerate around the teeth. It is 90% successful. This laser penetrates 6 millimeters past the tip and is able to remove the bacteria that has invaded the gum, root, and bone without harming any normal tissue. It vaporizes the



Dr. Jill Hayes

Periodontist and Naturopath

sleep • discomfort • energy • alkaline water

Periodontics • Laser • LANAP • IV Sedation

3409 Stony Spring Circle • Louisville, KY 40220

(502) 499-6171 • Fax: (502) 499-9980

j.hayes3409@gmail.com

bacteria and diseased tissue and seals off the nerve endings resulting in minimal post op discomfort. The Periolasé uses invisible infrared energy and is the only dental laser that is FDA approved for "True Regeneration". Other dental lasers don't have the capability to penetrate or to regenerate. The Periolasé protocol also helps treat infected dental implants. There are no contraindications for treatment & there is no need to miss work or take narcotics. Patients are happy because their teeth tighten up.

Many people have had scaling and root planing (SRP), also called "deep cleaning". This does not regenerate the lost bone or get rid of the bacteria in the bone or tissue and can cause the gums to shrink and expose the root (also called recession) which can be sensitive. Studies show that the bacteria still remain in the mouth after SRP but not after LANAP.(2) LANAP is superior to SRP because it removes all of the bacteria and creates the environment for healing the gum and the bone with very little recession.

80% of US adults suffer from some degree of gum disease, making it one of the most common diseases in America. If you are unsure about your periodontal health please come to my office and get a complete periodontal exam done. Periodontal health is good for your dental health and also your general health. Healthy mouth = healthy body.

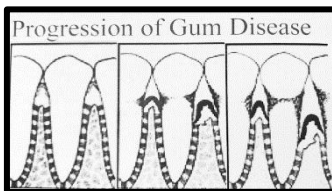
(1)Comparison of Antibacterial Efficacy of Coconut Oil and Chlorhexidine on *Streptococcus mutans*: An in vivo Study. FC Peedikayil et al. J Int Soc Prev Community Dent 6 (5), 447-452. Sep-Oct 2016.

(2)Immediate Effects of Laser Assisted New Attachment Procedure (LANAP) on Human Periodontitis Microbiota. Thomas McCawley et al. J Int Acad of Perio 2018 20/4:163-171.

BIO: DR. JILL HAYES has a Naturopath Degree from Clayton College of Natural Health. She has been an advocate and distributor of infrared and other natural products since 1998. Dr. Hayes has been using the infrared Periolasé and performing LANAP/LAR since 2010 and is also a certified instructor for the Institute for Advanced Laser Dentistry. She received her Dental Degree from University of Louisville and her Periodontal Specialty from University of Kentucky. She currently works through Periodontal Care Center at 3409 Stony Spring Circle in Louisville, KY 40220. Phone 502-499-6171. Email j.hayes3409@gmail.com



DIAGRAM: © Dr. Jill Hayes



STELLWAGEN BANK ADVENTURE WITH WHALES

by Elsa Lichman, MSW, LICSW

I drive to the Dorchester marina in Boston to meet my friend Jerry. We row out to his elegant sailing yacht in a small dinghy and climb aboard. The accommodations are luxurious with wood trim, a small kitchen, dining and living area, and cozy bunks in the fore section. It is dusk, and we plan to spend the night with the whales at the protected Stellwagen Bank marine sanctuary 25 miles out to sea. We are on the water alone - - our sails filled with the quiet wind.

At sea, conditions are ever- changing. Wind suddenly carries sheets of water across the surface, which rush to us, preceding a fiery squall. Drenching rains catch us topside, as lightning strikes the water nearby. Our metal mast is a magnet, yet we are spared. He sends me down below with a long list of things to do. I think of batten down the hatches, but I don't really know what that means. - - And below, I think I need a marine dictionary, as I do not understand a single direction, although willing and able.

We regain peace when the storm passes and sail off into the night into our own version of paradise. In the distance we hear the skin-tingling trumpet blows of humpback whales. Coming to rest at anchor, we stay out on the aft section. We stretch out on pillowy benches just inches from the water, near the transom. All is quiet, we are restful after a long day.

Unexpectedly, I hear a loud blow right next to me in the ocean. I jump startled, and my friend is also stunned by the proximity of this exhalation. The night is black with not a glimmer of light from a moon. I ask him to shine a searchlight all around us, but we come up empty. We just can't see anything.

I spend much of the night breathing in that whale breath, lulled by the constancy of the powerful sound, feeling assured that there is a whale just under us with only its blowholes at the surface. I am awed; I am sleeping with a whale. Sailors of yore often heard whale-song through the hull at night and mistook it for sirens or mermaids calling to them, beckoning them onto dangerous shoals.

Eagerly awaiting dawn so I can finally see the leviathan which rested with us, I am crushed to hear that we have to leave. We have channels to enter, and tides and winds to consider, as we need to make it home! "I'll never know who we were sleeping with!" I just cannot believe it.



As we progress, dawn begins to break over a flat calm sea with a hint of rose on the horizon reflected in the ocean. We are living in a watercolor. The weak sun becomes stronger as we continue our daytime sail.

A large mother humpback whale visits the prow with her small calf in tow. Jerry runs to the bow amazed that these animals would come to us. He had never experienced this before. They play around us, slip under the sloop, and come out the other side for a good 45 minutes, as close as it gets. In the US the only people who can enter the water to swim with marine mammals are researchers, or those dignitaries with special privileges. The consequences for disregarding the law are dire; an enormous fine and the threat of losing the craft. And yet, we accomplished what we set out to do, our magical night and day forever etched in our memories.



PHOTOS: Sailboat © Frank Peace.

Whale tail © ekays Canstock Photos

BIO: ELSA LICHMAN retired from social work in a variety of settings, after 43 years, and has turned to the arts in retirement. She studies voice and performs arias, art songs, jazzy tunes, and songs from musicals in studio recitals, performs with a multilingual chorus, and created a guitar and vocal duo called the Wild West duo, which performs on a volunteer basis in local nursing homes. She writes the Nature in the City column twice monthly for her local paper and writes for other venues as well. She will be teaching a writing course at her local senior center. Contact her at elsalichman@comcast.net.



Please Recycle Plastics to keep them out of the oceans & rivers where they harm water mammals and fish life, and pollute the precious waters of our planet. Consider carrying a stainless-steel water bottle rather than buying water in plastic bottles. Consider having a water filter appliance at home.

Older But Wiser: The Nursing Home Question

by Joyce Freville, PhD, CHC, CHPC

The Baby Boomer generation is the fastest growing segment of the senior population in the United States, and encompasses individuals born between 1946 and 1964. During this period, the U.S. saw an explosion in birthrates never seen before and not seen since. As the US demographic shifts, the number of Americans over age 65 is projected to rise from 46 million to 98 million from 2018 to 2060.

It is estimated that 50 percent of Americans 65 and older will require long-term care such as nursing home care at some point. There is no doubt most of us will directly or indirectly assist someone who will need a nursing home. Here are a few things to consider when selecting a nursing home.

First, find a nursing home as close to home as possible. This will allow the family and friends to visit frequently. Next, compare the quality and staffing of the nursing homes you are considering. Visit the Medicare Nursing Home Compare website to get an idea of the quality of care provided. This government website rates nursing homes based on periodic inspections and staffing data that is transmitted to the government.

It is important to visit the nursing home prior to making a decision. Visit on weekends, during shift change, and mealtimes. This will give you a good idea of how attentive the staff is, and if staff is adequate. Talk to staff and ask them how much overtime they work and if they feel there is adequate staff. Find out if the staff are consistently assigned to care for the same residents, or are they moved around frequently. Studies show that consistent staffing affects quality of care. In addition, ask how many residents one staff member cares for on a given shift. Are they spread too thin to provide adequate care?

Observe a meal to see what the food is like, and how timely meals are served. Is everyone who is sitting at the same table served at the same time, or do some residents have to wait for their food while watching someone eat? Does the food look appetizing and hot? One independent study showed that food is the most important thing to nursing home residents. It was actually rated higher than quality of care. Eating delicious food is what they look forward to the most and may still have some control over. Also, see how many residents are eating in their rooms. It is easier for the staff to put a tray of food in front of residents rather than take the time to escort them to the dining room. It is healthy for residents to go to the dining room and socialize with others. Ask for a menu and see if they follow it.

Request an activities calendar and attend some of the activities to see how involved the residents are. Are the residents just sitting around in wheelchairs? Does the nursing home offer religious and spiritual services? Do they have a social hour? Talk to the residents and ask them if they have a choice in selecting the activities.

Federal regulations require nursing homes to assist residents with establishing a Resident Council made up of nursing home residents. Attend a Resident Council meeting. You will get to hear directly from residents what the issues are and how responsive the Nursing Home Administrator is to their requests.

The best plan is to avoid going to a nursing home. Of course, a healthy diet and exercise are the best ways to avoid nursing homes. It is never too late to make a difference through diet and exercise. According to the National Institute of Aging, exercising as a senior may delay or even prevent diseases like diabetes, cancer, stroke, heart disease and osteoporosis. Stronger muscles help reduce the risk of falling and improve the ability to perform the routine tasks of daily life. Make exercising easier; get a stationary bike or a desk cycle to use while watching television. Get them involved in social activities. Many Senior and Community Centers offer age appropriate activities.



Seniors Exercising. (c) Canstock_monkeybusiness

Make healthier food choices; replace fast foods with vegetables, fruits, low-fat milk or cheese, oatmeal, nuts and beans. Fruits and vegetables can be added to smoothies. Prepare soup or other recipes in the crock pot. That way, meals need only to be heated. Consider adding supplements to the diet after consulting a physician.

There are other ways to help avoid a nursing home. For example, consider having a home health aide visit several times a week. Many nursing homes have adjoining Assisted Living Facilities that allow residents to maintain independence. As their health declines, they can transfer to the adjoining nursing home. This will help the transition since they are already familiar with the surroundings.

The decision to transition someone into a nursing home is difficult, but with proper planning, you can help ensure they receive quality care. Let your loved be one of the 50 percent who do not go into a nursing home. Encourage them to start on a healthy diet and exercise program today!

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.

BELIEVE IN YOURSELF, BLOSSOM FORTH!

by Joyce Gerrish, M.A.

Let's clear away what isn't who we really are - - and find that place of deep peace and joy within our heart and soul where we know we've found the truth of our being. To support this journey of actualization, we can look to the plant kingdom for symbols of the magnificent human blossoming forth.

As with plants, we need roots where we are ideally deeply connected to Mother Earth to draw healthy energy sustenance and stability. Our roots are an important part of helping us feel strong in our body. They are extremely important to help hold us steady when the winds blow - - which they will from time to time. We've all noticed during a windstorm how the plants and the trees dance, blow, and lean. I find it incredible how resilient they can be, yet that resilience and endurance is dependent on strong roots that go deep in the Earth.

Staying well connected to the Earth is called being "well grounded." Here is a technique to help you stay well grounded. Stand tall. Imagine you are a magnificent tree. Imagine and visualize sending powerful roots deep into the Earth.

Wrap those roots around a boulder. Then as you breathe in your nose, imagine you are breathing the power of the Earth up through your feet and ankles. As you breathe in your nose, imagine you are breathing the stability of the Earth up through your calves and knees. As you continue to breathe in your nose, imagine you are breathing the power and peace and stability of the Earth up through your thighs and into your hips. Feel love and appreciation for the Earth and for your body. This is helpful on a regular basis and particularly if you are feeling "spacy" or somewhat overwhelmed or unsteady.

Let us continue our exploration of the symbolism of the plant kingdom for a person developing his or her magnificent potential. The plant stem or tree trunk can symbolize our chakras (energy centers) located up along our spine. When activated, they help us be upstanding responsible effective adults in our family and community. To support this, listen free on my website to the guided audio meditation for helping to awaken the chakra energy centers. www.joycegerrish.com, then click on "Songs and Meditations," click #1, then scroll down to the audio "Meditation to Enhance Spiritual Awakening and Illumination."

We need to stand tall like a magnificent plant and claim our rightful power as we develop and utilize our special skills to support ourselves and contribute to our community. It is important that we all be powerful together, not some trying to be powerful over others. We are all needed to contribute our unique abilities.



Enhance Your Peace & Goals. Heal Old Wounds or Trauma.

LIFE COACH & ENERGY HEALING

JOYCE GERRISH, M.A.

www.joycegerrish.com

812-566-1799, Louisville Office



Master's Degree in Human Development

Reiki Master Teacher and Practitioner

Graduate, National Institute of Whole Health

Sliding Scale Reasonable Fee. 30 Years Experience. Heart Centered.

The leaves of plants symbolize how we reach out to the sustaining sunlight and warmth of sharing goodwill, love and compassion with our fellow humanity. Sharing love and compassion nurtures and sustains our being as indispensable

emotional and spiritual food - - and blesses those with whom we share it. Compassionate love can be a very healing energy. Compassion and goodwill can help people work together peacefully, and to find agreement or meaningful compromise on important issues as needed. Try sending out the feeling of love from the center of your chest (heart center) to someone you care about. Visualize that person's face and say their name silently. It only takes a minute and love energy will actually flow to that person. Love energy is very real and can be helpful to whomever you send it. Sending love energy also helps enhance your heart center and blesses your life. Any time you are with one or

more people, consider sending out love energy to help that person or those people - - and thereby enhance kindness and goodwill.

The blossom is the crowning achievement of the flowers. It symbolizes our higher consciousness, our truth and clarity, and our oneness with the Divine. Our higher consciousness inspires our ability to rise above possible abuse or greed that may be around us and to work for the welfare of ALL people. When our higher consciousness is activated, we more and more clearly recognize situations which support selfish gratification of some at the expense of others. Compassionate outreach and service is the hope for peace on Earth for all, and in truth supports our own true peace and joy. (Continued Next Page)

JOYCE C. GERRISH, M.A.

Reiki & Intuitive Energy Healing

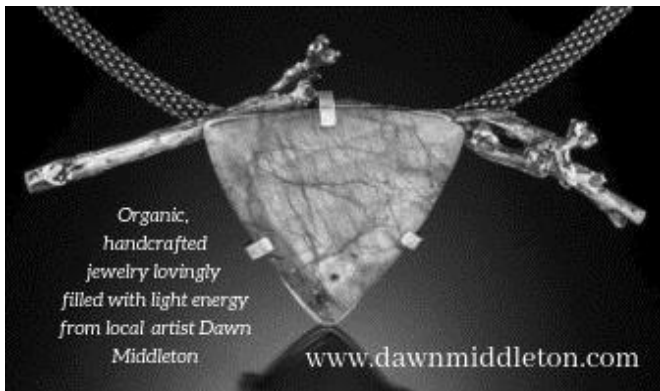
Advanced Reflexology: Hand and Foot

Acupressure and Meridian Activation

Life Coach, Counseling, Couple Counseling

Higher Meditation & Higher Consciousness

Chakra Energy Centers Healing & Balancing



(Continued from previous page)

How do we achieve that higher consciousness? We can move into higher consciousness through regular devoted meditation and or prayer, through yoga or tai chi, or possibly peaceful meditative walks in nature. We can each find the way that works for us to help bring us into the state of blissful peace and sense of union with all that is. It is a matter of gradually learning how to focus our consciousness at a higher and higher energy frequency. Just as a radio can be tuned to different radio stations, a person can learn how to tune his or her consciousness to be immersed in Divine Peace and Light. With patient devoted practice this can awaken the energy flowing up the spine which is called the kundalini - - and can powerfully open the crown center and the higher energy centers which I call star centers. This is the consciousness in which we can access extremely valuable insights, feel immersed in Divine Oneness, and help achieve magnificent accomplishments to benefit humanity and our beloved planet - - with little or no pollution!

The seeds of a plant can symbolize for us the heritage of pure intention and wise guidance that we need to pass on to future generations to help them navigate safely and wisely the often uncharted and sometimes challenging terrain here today and in times to come. May we each seek to be a model of that pure intention and wisdom to help inspire those around us, particularly the young people. So many people are confused and suffering because of what is going on today with abuse of drugs, alcohol or many other substances and activities which can pull one off center and cause depression. May we each be a "lighthouse" of hope and clarity and wise action.

Continuing the plant symbolism, it is important to protect plants you take care of from harmful insects or mold or rot or other problems. Similarly, you need to protect yourself. There may be those who would distract you and pull you off center from your higher good and from fully contributing your creative abilities to the welfare of your family and community. Periodically visualize yourself in a ball of light, and perhaps silently say a brief prayer such as "I am in a ball of Light. Only Light can come to me, only Light can be here."

Stress can cloud the clarity of your mind with static and create energy blockages in your aura. Over time those energy blockages can build up in your aura and body and become emotionally stressful or physically painful if they aren't regularly cleared out. If you have pain and your doctor doesn't discern a medical reason, it may be energy blockages that need healing and clearing. Those

energy blockages can weaken the functioning of your physical body or distort and distress your emotions. An experienced energy healer can help clear those energy blockages. That is very important. We need to be healthy and strong and clear of mind in order to understand the difference between what is true and what is distortion and distraction (such as endless media advertising and manipulation). To stay clear from being pulled down, and to cleave to your guiding vision and life purpose - - stay in close touch with your true Spiritual essence. Stay in touch through quiet time in nature and in prayer and meditation. Consider clearing and energizing your aura on a regular basis with individual and group spiritual practices and individual sessions periodically as needed with an energy healer. Find what supports and feeds your spiritual center. Believe in yourself! Blossom forth!

May we be inspired by the symbolism of the plants to reach up to the sun for higher inspiration and sustenance to help us stand upright representing our highest potential for peace, joy, well-being, and creative solutions for the way forward in our life.

BIO: Joyce Gerrish is a Holistic Life Coach, Emotional Therapist, and Transformational Energy Healer. 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 Higher Meditation and Spiritual Awareness. She has extensive training and decades of experience as a practitioner and teacher of numerous natural healing modalities including Reiki, Polarity Energy Balancing, Theta, Reflexology, and Meridian Activation. She is author of the book "Secrets of Wisdom - - Awaken to the Miracle of You" and is Publisher- Editor of the Natural Living Journal. Louisville Office. 812-566-1799, www.joycegerrish.com



PHOTOS: Woman & Sunflower (c) Dibas_Canstock Photo
Roses © schneeknirschen_Pixabay



LET US PRAY FOR PEACE IN OUR COUNTRY & WORLD


MASSAGE IS HEALING FOR EVERYONE
 — AGES 9-99 —
 MASSAGE IS HEALTHCARE, NOT A LUXURY
 30, 60, 90, 120, 150 & 180 MINUTE SESSIONS
 www.messageishealingforeveryone.com

KELLY RISKA, OTR/L, RYT
HEART OF WELLNESS

Email: kelly.riska@gmail.com
 502-377-1659
"Find Your Inner Calm"
Therapeutic Yoga
Craniosacral
Reiki



Heart of Wellness
Find Your Inner Calm

MYSTIC DREAMS POEM BY JOYCE GERISH

I SWIRL THROUGH THE SKIES -- SOFT BLUE, INDIGO, VIOLET AND PASTEL PINK BLENDING GENTLY.

I SWIRL IN THE AIR CURRENTS, AND GREET THE SUN AND THE STARS.

MY HEART BEATS WITH JOY AS I VISIT MYSTICAL CASTLES AND TEMPLES ON LOVELY ETHERIAL PLANETS WAITING FOR ME TO EXPLORE.

THE COSMOS IS SO MUCH MORE THAN WE MAY IMAGINE. WE CAN FLY WITH OUR CONSCIOUSNESS -- DO WE ALWAYS NEED A SPACE SHIP?

PHOTO: Waterfall © Cindy Lever _ Pixabay

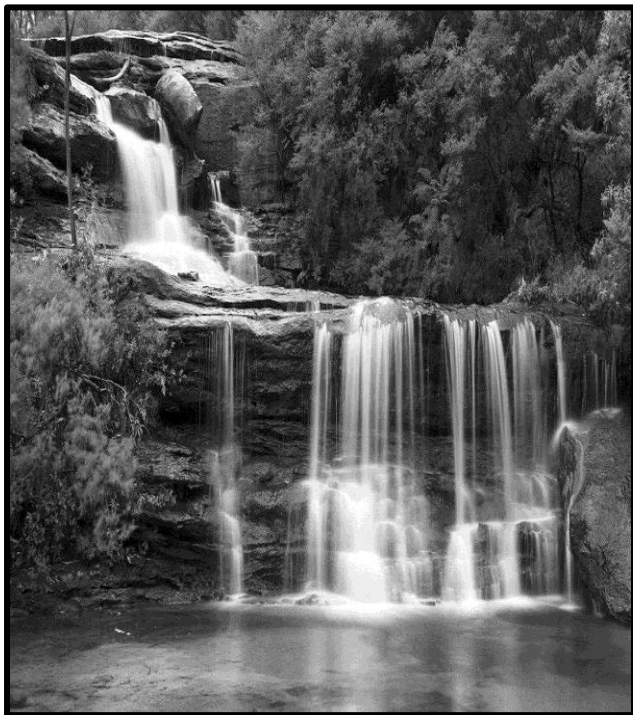


PHOTO: Dreamer ©Peter pyw_Pixabay



**Reul
Chiropractic**

DR. RICHARD T. REUL
Chiropractor

3772 Taylorsville Road
Louisville, KY 40220

(502) 458-2559 www.reulchiropractic.com

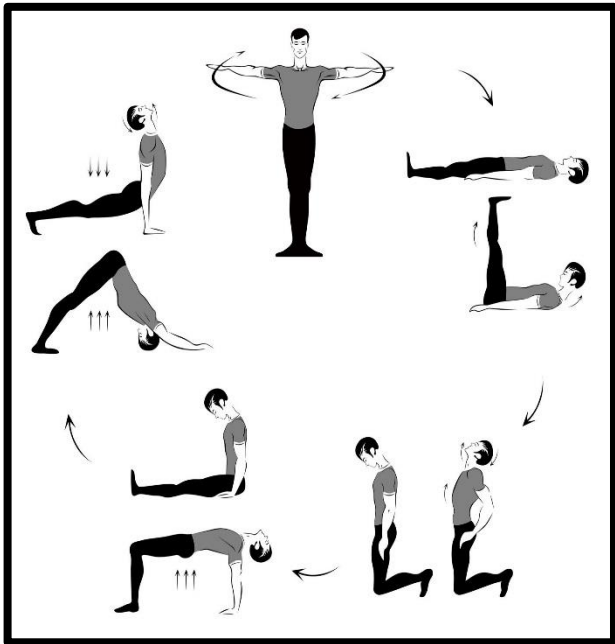
FESTIVAL OF HEALING & SPIRITUAL AWARENESS IS RESCHEDULED. DUE TO CIRCUMSTANCES BEYOND CONTROL, THE FESTIVAL OF HEALING & SPIRITUAL AWARENESS THAT WAS SCHEDULED FOR JAN. 18 -19 IS RESCHEDULED TO APRIL 25 – 26 IN LOUISVILLE AT RAMADA INN.

TIBETAN FIVE RITES OF REJUVENATION

By Joyce Gerrish, M.A.

I would like to share with you a little about the Tibetan Five Rites of Rejuvenation. I have been doing these positions / exercises for more than 25 years and have found them very helpful. They originated from ancient Tibet. They can be done in about 15 minutes more or less depending on a person's pace.

A person ideally works up to doing each "exercise" 21 times, but it is wise to start with two and then gradually work up to 21 over weeks or maybe months (or longer) depending on the person's strength. These exercises activate the energy centers (chakras) in the body and energize the body in general. The activated energy centers have a beneficial affect on the endocrine glands. The endocrine glands have a major effect of toning and normalizing the organs and systems of the body. After doing these Rites / exercises, a person tends to feel good. I know that I do.



The first exercise involves spinning slowly (see chart above, the exercise at the top of the chart). When beginning these practices, it is crucial to circle VERY slowly and perhaps only do two. You don't want to fall. To not get dizzy, it is helpful to look at one spot on the wall, which is called "spotting." Dancers sometimes do that to avoid getting dizzy. Going clockwise around the chart, the second exercise involves raising the legs and head simultaneously. If that is uncomfortable, adjust it as needed - - as perhaps only raising the legs at first. The third exercise involves knelling and leaning backwards. I suggest coordinating the movements with your breath. The fourth exercise involves raising your body up in the manner shown in the bottom left of the chart. You are sort of in the position of a table with your back to the floor. It feels good. The fifth exercise involves facing the floor and raising your hips. This one took me the longest to build up to 21. It is energizing.

These exercises are credited with slowing the aging process, balancing the energy centers (chakras), supporting sound sleep, enhancing memory, emotional-mental health, improved strength & coordination, detoxification, and more. On-line there are books and videos about the Tibetan Five Rites. If you try them, be sure to go VERY SLOWLY with the first exercise of spinning, and only do two. You don't want to fall. I do wish you much peaceful enjoyment, good health, and strength.

PHOTO: Chart of the Tibetan Five Rites of Rejuvenation. © Pittore_Canstock Photo

SUPPORTING COURAGE FOR OUR KIDS FOR MEETING CHALLENGES

by Kathy McBroom, M. Ed.

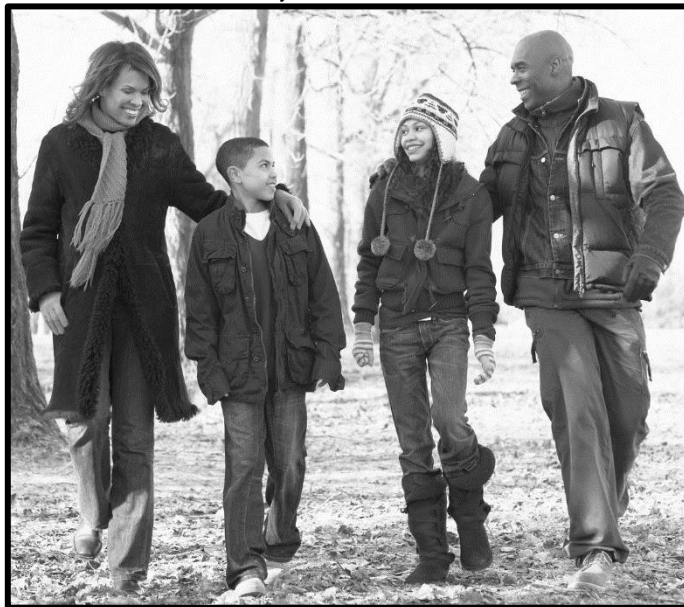
Students today face many challenges. As a teacher I'm aware it is not uncommon for students to experience fear of being bullied, peer pressure, or to not feel safe while at school. The word encourage means to give courage, and of course, we want to encourage our kids and grandkids during these times - - but how do we do that? How do we give courage?

First, we can encourage our kids and grandkids with words. Proverbs 25:11 states "A word spoken at the right time is like fruit of gold set in silver." Our words can build up or they can tear down. Each day we should fill our children and grandchildren with words of encouragement. We need to let them know that we not only love them but also, we like them. We need to let them know that they are smart, gifted in lots of areas, and that all trials and troubles will work out. Our children do not have the experiences that we have. Therefore, they need to hear that it is going to be OK and that they are wonderful in our eyes.

Another way that we can give courage is by what we do. Consider a small gift or a note left in a lunchbox. Attach words of encouragement to that gift or simply write a note reminding your child or grandchild of how important he or she is to you. Your actions speak louder than those words. Nothing shows me that I am important to my husband more than simply his time and attention. When I know that I am a priority, confidence is born. This gives me lots of courage. I know that at least one person is on my side.

Since we are showing our grandchildren and children that they matter by what we say and what we do, we need to simply spend time with them. Go to a movie, take a walk together, or fix their favorite meal together while chatting, and definitely attend their sporting events or band events. I have attended a precious girl's play when her mom did not. Imagine how children feel when other parents are sitting in the stands or audience while they realize no one is there for them. This is a horrible feeling for a child.

We need to also remember as we are spending time with our children that we must be telling them that they are good enough. As parents and grandparents, it is easy to become critical of our children. This undermines all of a child's courage. We must let go of our expectations for our children. Sometimes parents live



KATHY MCBROOM, M.Ed.

TEACHER, BLOGGER, VIOGGER, BIBLE STUDY TEACHER

Available to Speak for Retreats, Conferences, Prayer Breakfasts, Dinners

All proceeds go to Ecuador 2019 Fund

kathymcbroom@gmail.com kathy.mcbroom.wordpress.com

CHECK OUT MANIC MONDAY ON FACEBOOK

THREE BOOKS FOR SALE ON AMAZON: *You Ain't in Kansas Anymore,*

This Ain't Hollywood Either, & Giving Yourself Away

through their children and try to change their child into an image of what the parent thinks the child should be. This sends the message that your child is not good enough. This is not a child problem; it is a parent problem. We must deal with our own insecurities and not cast those expectations on our children.

What is the key to encouraging our children and grandchildren? We must be secure in ourselves. If we do not have courage, we cannot give courage. We must have a solid foundation of who we are, loving ourselves faults and all. Psalm 139:14 states that we are fearfully and wonderfully made. We are loved by the Creator of all things, the One True God. In Christ Jesus, we see a God Who loves us. He expressed His love for us with a cross. If we embrace those truths, we are full of courage. We see a plan and a purpose to this life, and a person that claims these truths can't help but be confident.

Giving courage takes having courage. Once we have courage, giving it away is a daily task. View each day as a new opportunity to share our courage with our kids and grandkids who desperately need it.

BIO: KATHY MCBROOM has a Bachelor's in Science and Master's in Education. Kathy is married to Robert McBroom, Connections and Missions Pastor at Little Flock Baptist Church in Shepherdsville. She is a teacher at Hebron Middle School in Shepherdsville. She and her husband Robert have two daughters, one a first-grade teacher in Harlan, Ky and the other the High School Girls Youth Minister at Englewood Baptist Church in Jackson, Tennessee. She has 3 books for sale on Amazon: *You Ain't in Kansas Anymore*, *This Ain't Hollywood Either*, and *Giving Yourself Away*. Visit her blog: kathymcbroom.wordpress.com.

PHOTO: Family Walk © Monkey Business_Canstock Photo.Inc.