

Natural Living Journal

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

Volume 2

FREE

May-June 2016



**Believe in Your
Possibilities**

**Enjoy Bernheim
Arboretum and
Forest**

Gardening Tips

**Make A Collage
Greeting Card**

**Easy Delicious
Natural Foods**

Hand Reflexology

**Healthy and
Energized With
Qi Gong**

Media Review

**Avoid Injuries
Due To Falling**

**Word-Crafting as
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**Figuring Out
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IN EVERY ISSUE

Articles from Local Writers

A Short Story

Recipes & Home Tips

Gardening Tips

Media Review

Classifieds and Community Calendar

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Welcome to Natural Living Journal

Join us in opening to ever greater peace within ourselves and with the world and people around us. Rejoice in the rhythms, beauty, and integrity of Mother Nature. We hope that these pages will help inspire enhanced well-being, harmony, and joyful discovery along your life path.

BELIEVE IN YOUR POSSIBILITIES

Watch expectantly for good things to happen in your life.

Expect things to turn out all right.

Be an optimist at every turn.

Rejoice in the good that does surround you, even in the midst of challenge.

However you focus the beam of your mind, it tips the scale for events in your life to move in that direction.

Believe in beautiful rainbows glowing in the midst of rain showers, and unicorns dancing as the sun shines through the clouds after storms.

The sun never quits shining above the storm.

Remember that the sun is glowing in your heart, too.

You are not forsaken or alone.

You are a divinely created soul.

You belong here and are a valued part of the whole.

Spread your sunshine, and believe in yourself.

Under every rock and in every corner lie possibilities if you can see it that way.

Open your heart in each moment and let it inspire your creative ideas.

Good things don't necessarily develop in a straight line forward; often they take detours in unexpected ways.

Some of the more enriching experiences can evolve during detours into previously unexplored territories.

Believe in your possibilities, keep your eyes open.

Let in the blessings.



Joyce C. Gerrish

THE BEAUTY AND TRANQUILITY ARE BEYOND WORDS!

~ By Barbara Bosler

Come feel refreshed here at Bernheim Arboretum and Forest. Join the moonlight walks in the woods, and enjoy the amazing walkway amid the treetops.

The beauty of Bernheim Arboretum is that you can go out there and really relax - - and BE in those peaceful surroundings. You can enjoy the fragrances of nature and the feelings that you get when you are around all those wonderful trees. It is one of my favorite places in the world. The beauty and tranquility can be beyond words. My husband and I always leave there feeling fulfilled and at peace. There are times in my busy and sometimes stressful life when I say "I've got to get to the forest." I tell my husband, "I've got to go. I've got to have a Bernheim fix." As soon as we can work it in we jump in the car and go. It is easy and quick to get to. From downtown Louisville it is a 35 minute drive straight south on Rt. 65 to about twelve miles past Gene Snyder.

I've taken lovely photographs there. I've blown them up and hung them in frames in my home. It is a photographer's heaven. It is a great place! They have thirty five miles of hiking trails in the forest. There are picnic areas where you can take a luncheon and enjoy eating a meal in the forest, or you can eat in their delightful Isaac's Café. The cafe serves vegetables and herbs that they grow themselves, as well as food grown in the surrounding local areas.

There are 600 acres of beautifully landscaped trees and gardens in Bernheim Arboretum. The Research Forest area is 12,000 acres. Part of the forest is accessible to the public and part of it is reserved for nature research.

Bernheim is terrific for bicycling. If you have a mountain bike you can go back on the trails. If you have a regular street bicycle you can ride on all the paved roads that go throughout the Arboretum. For people who can't walk too far and for little children, you can drive your car on the roads to get back to the different streams and special areas. There's a really big lake where people can fish. Throughout the Arboretum there

are marvelous pieces of art and sculpture. It is really beautiful. They have an "Art in Nature Program." Artists come to stay and make all kinds of art out of nature. You'll really want to see the awesome sculptural environment maze created with grapevines.

They have moonlight guided hikes through the forest. How exciting can that be on a full moon night? There is star gazing available, and sometimes concerts at night. There are children's playgrounds, and a big fire tower that you can climb. From the top of the tower you feel like you can see forever. They have something fairly new that they call the Canopy Walk. This is where you can walk high above the forest floor within the canopy of the trees seventy five feet above the ground. The entrance to the walk is off a cliff, believe it or not. It is really a wonderful experience. It's just amazing. You are walking up there amid the leaves and you feel like a bird.



My first experience at Bernheim was as a child when I went on a school day trip. That very first visit left an everlasting impression on me. I have returned there time and time again ever since then. I've been a member twenty years now. I plan on training there to be a volunteer naturalist and guide. Bernheim is free Monday through Friday, and there is a modest fee on the weekends. Bernheim is a priceless treasure. It is one of the biggest blessings that we have in the Louisville Metro area. (You may wish to check their website www.Bernheim.org for visiting details)

Share Special Warm Wishes By Giving A Collage Greeting Card You Make

~ Ann Hemdahl-Owen

There are so many ways to have fun making a greeting card with collage techniques. A collage, as you probably know, is a design created by gluing pieces of various materials and shapes onto a single firm surface. I often make personal birthday cards or greeting cards for friends. Sometimes I begin with cutting out the letters of the person's name from magazines or junk mail. Sometimes, I find letters all the same color and type. Other times, I choose different colors, sizes, types. That makes them jump and start dancing on the card. A glue stick or white glue works well to hold letters and images to the card. Then, I look for images that tell a story about the person. Maybe magazine photos that look like their pets - - or images of their hobbies like gardening, hiking, playing golf, or cooking. It is fun to make jokes like veggies flying out of the pot or a huge bug crawling out. The golf ball might fly into the woods or up above the clouds and over a rainbow. You can quickly imagine a silly story to make the receiver laugh. This card then becomes a "keeper." It might take an hour or more to make the card - - though so does standing in front of the cards at the store searching for the perfect one.

If you have time, going to the arts and crafts store and looking at scrapbook papers can be a pleasant way to start your card. Creating a collage greeting card is sort of an extension of scrapbooking. You can cover the background with special scrapbook paper or with any piece of fabric or paper you like. There's a huge variety of beautiful papers available for scrapbooking purposes. The color scheme or the pattern of the paper or fabric you choose can reflect the personality of the person you're making the card for. The background might look soft like an English flower garden or vibrant like an abstract painting. As another option, you might wish to use

something around your home for the background like a brown paper bag or wrapping paper. You may wish to include interesting textures like some sand paper to suggest a beach. You can have torn edges rather than have all sharp edges. A textured edge can be attractive. Or cutting with pinking shears can give a zig-zag edge.

You can have sections of dark and sections of light. You can have sections of pattern, sections of texture, and sections of plain paper. Then as mentioned, you can cut out and glue on images or shapes that are somehow reflective of the receiver. The letters can be contrasted to the background and glued on top. This can be really creative. It is fun, because one thing leads on to the next. It just kind of builds. You might not need to have your total idea or concept before you start! Just jump in.



If the card becomes too large to mail in an ordinary envelope, you can use a manila envelope or a post office mailer. Put in a piece of cardboard to sort of protect it. If you are going to be able to hand deliver the card, it can become three dimensional. You know how when you were a kid, you sometimes kind of folded and pleated paper together like an accordion so it would pop up.

For a child or an adult you can have a "seek and find" kind of card. You can have numerous intriguing things hiding behind lift up flaps at different spots on your card. There could be a tree with lift up flaps of sections of leaves glued unto the card (just glue down the edge of the flap). Those leaf flaps can have birds of different colors or squirrels or fruit hidden behind. You lift the flap and see who or what is beneath. You could have a house with a door that is a flap glued on. The door flap can open up to reveal a person inside with a big smile or something funny. The windows of the house can have shutters that can fold open to reveal cute people or funny animals inside. Above the house there could be a bird that has a wing that sticks out to show it is flying.

These kinds of card would certainly be keepers. They could become THE birthday present itself! If you have children in your life, they might like to join you and make a card, too. The important thing is to have fun creating it!

Try Taste Treat of Lesser Known Grain – Amaranth

~ By Joyce Gerrish

Amaranth is a grain that has tiny light brown granules and is gluten free. I love to eat it as breakfast cereal, though it can be enjoyed in many other forms. For cereal, be sure that the label says grain and not flour. Cook it as you might cream of wheat. Use three parts water to one part amaranth grain. Once it is boiling, lower heat to medium low and stir off and on until it thickens to a consistency similar to cream of wheat (about fifteen minutes). If you wish, add a little salt after it is cooked. Enjoy it with cow's milk or almond milk or some other alternative milk if you prefer.



If amaranth is new to you - - before tasting it add some honey or stevia, chopped nuts, sliced banana or other fresh fruit and/or raisins. Give yourself a good chance to really appreciate it. Any food that is somewhat new to you, try it at least a few times before making a decision about how you like it. I love amaranth!

A cup of cooked amaranth has about 200 – 300 milligrams of calcium (depending on how thick you cook it) which is about the same as a cup of cow's milk. Good deal, right? We all need calcium for our strong bones, and calcium is better absorbed from food than from pills. A cup of amaranth also has about 9 grams of protein, which is more than a cup of milk has. A somewhat average sized woman needs about 45 grams of protein a day to help maintain a healthy body. I think that you may get the picture that

this grain can provide a super start for your day, especially for people who are lactose intolerant or who don't care for cow's milk. If you don't get your morning calcium and protein from milk, you can get it in the delicious form of amaranth. I usually cook more amaranth than I need for one breakfast, then I store what's leftover in the fridge and just heat it up for a couple minutes the next day. If you or a family member is lactose intolerant, it is important to know that milk alternatives such as rice milk or oak milk taste good - - but tend to have quite low protein and quite low calcium. Amaranth as cereal compensates nicely for that deficiency. If you do tend to drink milk alternatives, you may wish to consider adding protein power. There are many forms of non-dairy protein powder.

If you like to bake, amaranth bakes nicely. When you purchase it for baking, be sure that the label says "amaranth flour." The flour and the grain look similar because the grain granule is so tiny, as mentioned. But they are different. You can check for recipes on the internet for baking with the flour or for cooking with the grain. Amaranth is now available prepackaged in some conventional grocery stores. In natural foods stores you can buy it prepackaged and possibly in the bins where you scoop up your own purchase into a bag. Amaranth is definitely a "Super Grain" that I encourage you to enjoy.

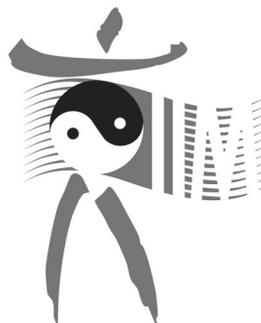
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Gluten Sensitivity, Celiac Disease, & Wheat Allergy

~ By Joyce Gerrish, M.A.

What are the Similarities and Differences?

How many different types of grains do you enjoy regularly? Most Americans have a love affair with wheat in the forms of white bread, pasta, pizza crust, cookies, cake, and much more. Rice, corn, and oats get eaten to a lesser extent, but wheat tends to be the hands down favorite.

Many people get indigestion or numerous other symptoms from wheat or from gluten which is found in wheat. Those people may not even be aware that their symptoms are related to wheat or gluten, though they may be very aware of the indigestion or other symptoms such as headaches, fatigue, or depression. There are at least three different conditions that may cause a person to not digest wheat well. These are wheat allergy, celiac disease, and non-celiac gluten sensitivity. Gluten, as you may be aware, is found not only in wheat, but also in rye and barley. It is also found in a lot of processed foods that contain small amounts of wheat, rye or barley. It is important to read food labels carefully.

Wheat Allergy. An allergic reaction to wheat can be mild to severe. It can occur soon after eating wheat or several hours later. The reaction could include diarrhea, nausea and vomiting, rash, nasal congestion, eye irritation, or other symptoms. A severe reaction may interfere with breathing.

Celiac Disease. This involves the immune system responding abnormally to gluten. It is an autoimmune disorder. For people with celiac disease, eating gluten can cause the immune system to damage the villi in the small intestines. That impairs absorption of crucial nutrients from food, which is very serious. Symptoms can include

abdominal distress, constipation, diarrhea, depression and/or anxiety, joint pains, headaches, or numerous other effects.

Non-Celiac Gluten Sensitivity. This condition is when a person gets symptoms from eating something with gluten in it, but does not have celiac disease or wheat allergy. These symptoms may include fatigue, brain fog, gas, bloating, abdominal pain, or headache.

Not all possible symptoms are listed here, and some of the symptoms overlap between the three different conditions. It is important for people to see their health care provider if they are having digestive disturbance. Tests can determine if it is wheat allergy or celiac disease. If those are ruled out, then it may be determined if the issue is non-celiac gluten sensitivity or something totally different such as stress or poor food choices or something else. This knowledge can help people begin to take more optimal care of themselves in the needed ways and hopefully begin to feel much better. Natural fresh foods prepared at home facilitate this journey. Non GMO and organically grown foods are of great value for everyone, including people with these conditions.

And the Good News is . . .

The really good news here is that there are numerous delicious kinds of grains that one can enjoy eating without eating wheat or rye or barley. These other wonderful grains include quinoa, millet, amaranth, teff, and of course rice, corn, and oats. (Sometimes oats contain small amounts of gluten from cross pollination in the growing fields.) Rice, corn meal and corn products, and oats have long been available in conventional grocery stores. Now numerous of the other lesser known grains are being offered in main stream grocery stores. Those grains have long been available in natural foods stores. Please see companion article in this journal about tasty amaranth, how to prepare it simply, and how it is very high in crucial nutrients. There will also be articles in future issues about how to prepare and enjoy other grains that may be somewhat new to you. And as always, enjoy your veggies and eat well-balanced meals with sufficient protein!

Bon appétit!



HAND REFLEXOLOGY

Enhance Health for Yourself or Someone Else

~ By Joyce C. Gerrish, M.A.

All people, animals, plants, minerals, and the earth itself have an electromagnetic energy field. This energy can be photographed by Kirlian photography and is scientifically generally understood as fact. For a person this energy is called vital life energy, and it is the aura.

Take a moment to look at the Hand Reflexology Chart. You will notice that on the palms of the hands and fingers there is a point for almost every organ and aspect of the body. By massaging these various points gently (not hard pressure) you can stimulate an increased flow of vital life energy to the corresponding areas of the body. This aids the relaxing or healing of these areas. Any point you work on one hand should be repeated on the other hand to keep the energy flows on the two sides of the body balanced. The right hand corresponds to everything on the right side of the body, and the left hand corresponds to everything on the left side of the body.



To get an idea of where the reflex points are located (without always having to look at the chart) imagine superimposing a chart of the human head and torso over a chart of the fingers and palms of the hands. Reflex points for the head are on the thumbs and fingers. Reflex points for the chest and lungs are located on the palms just below the fingers. Moving down the palm toward the wrists, you will find the same progression of reflex point locations as the actual organ locations occur in the body. Reflex points

in the middle of the palm (half way between the fingers and wrist) correspond to the waist and middle area of a person's body. Points for the bottom of the torso are located in the lower half of the palms (near the wrists). Knowing these general location guidelines, you can use your intuition to locate reflex points. Notice how the reflex points for the spine go from the outside edge of the lower thumb (neck) all the way down the side of the hand almost to the wrist (base of the spine).

If you massage both palms and all ten fingers completely, you will have benefited the entire body. Where there is tenderness (unless it is caused by direct injury to the hand), that spot may benefit from extra massaging to loosen stagnant or blocked energy in the area of the body corresponding to that reflex point on the hand. Press the thumb with moderate (NOT HARD) pressure on a point which needs extra attention. A guide for the length of time to stimulate a particular reflex point is:

- ◆ Endocrine glands (pituitary, pineal, thyroid, thymus, sexual glands, adrenals, pancreas): A few seconds.
- ◆ Organs: One minute.
- ◆ Spine and other bones: Up to five minutes.

As indicated, the amount of time to stimulate an endocrine gland is shorter than for the other points. This is because they secrete minute amounts of powerful substances directly into the blood circulation to help maintain proper functioning of the body. They perform major roles in regulating total body functioning. (Note: Part of the pancreas functions as an endocrine gland and secretes insulin. The remainder of the pancreas functions as an organ. I suggest limiting stimulation of the pancreas reflex point to only a few seconds.)

Different ways to stimulate a reflex point:

1. Place your thumb on the reflex point and make very small circles without lifting your thumb. You are basically gently moving the skin and underlying tissues slightly, not sliding your thumb across the skin.
2. Place your thumb on the reflex point and move your thumb back and forth slightly without lifting your thumb. Once again, you are gently moving the skin and underlying tissues slightly, not sliding

your thumb across the skin.

- Place your thumb on the reflex point and apply moderate (definitely not hard) pressure without moving your thumb. Never hurt yourself or someone else.
- Inch worm technique. Place your thumb on the reflex point and let your thumb sort of "inch" its way along like a tiny inch worm (one-eighth inch at a time).

Experiment and sense which technique feels right for you. Professional reflexologists apply quite firm pressure; nonetheless I feel that it is very important for non-professional beginners to work gently. In passing I'll mention that I have used the word massage a few times in the description because it is a word with which everyone is familiar. Reflexology is not a form of massage, though it is sometimes included in therapeutic massage, and it does involve touching.

It is also important to mention that reflexology charts from different sources will often be a little different. Don't be surprised! Every human body is at least somewhat different. The way to know if you have the correct reflex point for a particular part of the body (such as the stomach) is to look at the chart, and then gently work around the general area of the palm indicated until you possibly find a tender spot. There is a good chance that if you find a tender spot, it may be the reflex point to support the health issue in question (unless that spot on the hand was injured in some other way, in which case don't touch it). Work that tender reflex point in one of the ways described above. If you don't find a tender spot in the area of the hand indicated for the organ you are seeking to help, then work all around each palm and the fingers. You may find another spot that is tender,

and that may be a reflex point that will be helpful for the situation in question, or for the body as a whole. Go easy, and let it be a relaxing, gentle experience.

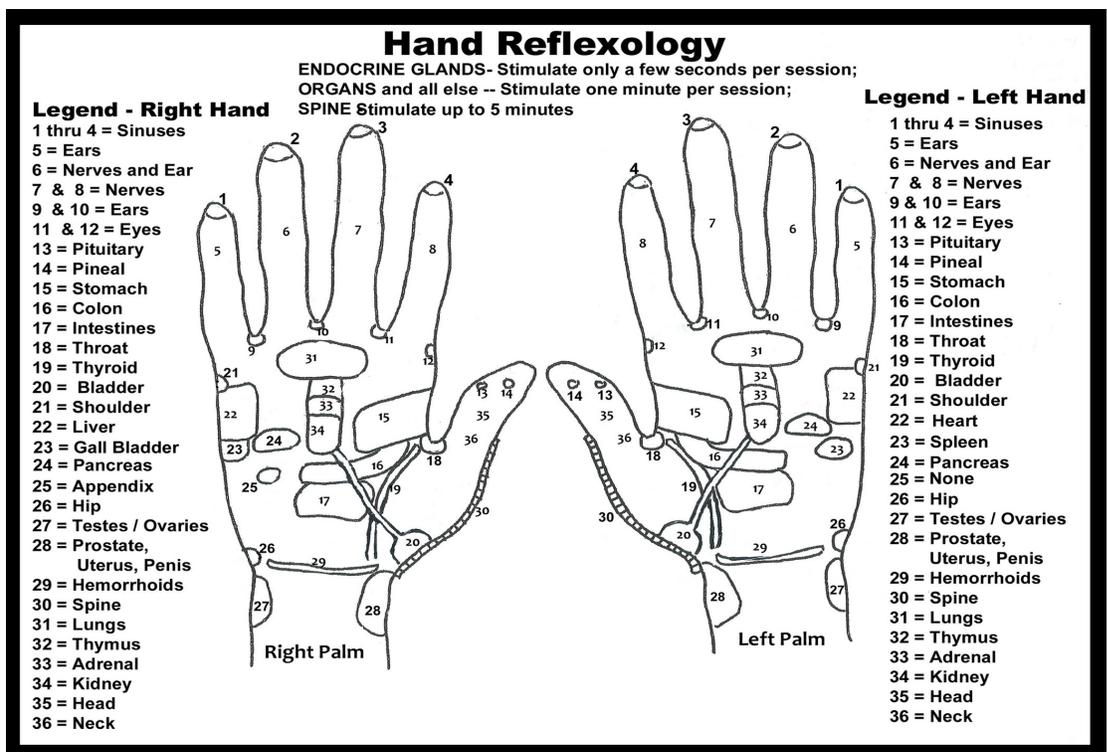
You can do reflexology for yourself or for someone else. To start, visualize yourself in a ball of light. If you wish, say a brief prayer of your intention that the reflexology be a true blessing for yourself and whoever is receiving (if someone other than yourself). To close your session, gently flick your hands a few times as though you are flicking off water. It is also helpful to wash your hands in water, if possible, to help clear off any static energy that may be lingering on your hands. Visualize yourself in a ball of light again and visualize the receiver (if someone other than you) in his or her own ball of light. Close with a brief prayer if you wish.

I hope that you find this a helpful and fascinating journey. One to three half-hour sessions a week might be a good amount of time to get started. Be gentle and enjoy it as a relaxing experience.

Next issue of this journal I will present foot reflexology, which complements hand reflexology.

Note: Check with your health care provider before embarking on learning how to do reflexology for yourself, particularly if you have a serious health condition.

To get an idea of where the reflex points are located, imagine superimposing a chart of the human head and torso over a chart of the fingers and palms of the hands.



Figuring Out The Next Step

~ Story by Joyce C. Gerrish

"I'm puzzled what to do! I love Arnold - - at least I think I do! - -though he doesn't seem to understand the bind he puts me in time-wise! The flip side is that he says I'm the one who doesn't understand all that he is doing for me!" Crystal is talking with her long time close friend, Janis. They're walking amid flower gardens in their favorite park.

Janis puts her arm around Crystal's shoulder and hugs her. "I hear you. I really feel your sadness like a rock in my chest. It's hard when you're a single mom working full time to fit in everything and everyone. I know that!"

Tears well up in Crystal's eyes. "He is everything I've been dreaming of and hoping for. He's good looking, fun, passionate, intelligent, has a good job - - . He's knowledgeable on just about any subject you can think of. But you know, he sort of talks nonstop sometimes. He likes to tell me about fascinating places he's traveled. He wants to take me on a fancy cruise when we can fit it in. That's kind of exciting. I've hardly gone anywhere for years!"

Then Crystal stops and gazes into the eyes of her steadfast friend and says, "You and I have been here for each other through so many wonderful times and through some seriously tough times, too. I really need to try to tell you how I'm feeling. Though to be perfectly honest, I'm not really sure what I'm feeling. I just know that it all doesn't seem to fit together, and I feel like I'm being pulled in too many directions."

Janis says, "Talk to me. I care, you know I do."

Crystal looks wide eyed, gulps, and blurts out, "The new love of my life totally ignores little Amy - - and she doesn't seem to feel comfortable around him either. I was hoping the three of us could be like family. I'd love if the three of us could do fun things together like go to the zoo or go on boat rides or have picnics in a park. Arnold just doesn't see it that way. Amy's only eight, I

can't leave her alone on weekends, and I don't want to. Her father lives far away in California. I can't split myself in two. Yet when Arnold holds me I just want to be with him - - and I've been enjoying the whirl of nights out dancing, expensive restaurants, cocktail parties, and good sex! Wow!" Crystal's eyes light up, then cloud over. "But Amy is acting quiet, nervous, and distant recently. She says that the child sitter I've been calling on is bossy and cold - - and will I please find someone else. For Pete's sake, I want to be there with my child who is growing up so fast. I feel like I'm caught in the middle here, and I don't know what to do."

Janis says in almost a whisper with deep caring, "It seems like Arnold has really been coming on strong. How long have you been dating now?"

Crystal stops and gazes vacantly at a robin pecking around in the grass. "Oh, it's been maybe about three months. It seems longer. She pauses. Though you know, Janis, there is so-

o-o-o much more that I'm dealing with in addition to Arnold. My Mom's getting really forgetful. She had a stroke about a year ago and doesn't get around easily. Dad is feeling overwhelmed trying to care for her and the house, and he's not all that well himself. They really need a lot of help. My sister, Joan, just isn't pitching in much. It's falling on me more and more. How far can I stretch myself, really? I love Mom and Dad with all my heart, yet I can only do so much. You know? I've been stopping at their house for about an hour almost every day on my way home from work. I do what I can. They get Meals on Wheels and a house keeper comes in once a week for a few hours, but that just scratches the surface. They don't want to go into some kind of housing for senior assisted living -- and that would be expensive. I wish my sister would get more involved and help me figure this out."



Crystal continues, "On top of it all, I'm really worried about my finances. But I won't go into that right now. I'm reeling! I'm only thirty eight, yet sometimes I feel ancient. I'm sort of tired a lot of the time, which is a drag."

Janis says, "Crystal, let's sit down on this bench a few minutes, O.K.?" They settle on the bench and Janis continues. "May I tell you what I sense?"

Crystal rolls her eyes and says "Please!"

Janis quietly says, "You need to take care of yourself in all this, and set some limits on what everybody seems to expect from you. Let me help you relax here a minute, all right? Gaze at those flowers over there and just be aware of your breath flowing in and out for a while. As you breathe in your nose, imagine that you're breathing in the glowing rainbow colors of the flowers. As you breathe out, imagine you're breathing out all this stress and worry. Good, I'll breathe with you for a while."

In a few minutes Crystal seems to breathe a little more deeply and she sighs with relief. "This helps me realize that I just can't stay wound up so tight," she says. They continue the relaxing breath awareness a few more minutes.



Photo by Darrel Joy

"Now my friend," says Janis, "what is one thing that would help your life feel more manageable?"

Crystal gazes at the sky for a few minutes, and then from some deep place within her being she says, "I've got to protect my daughter. I can't let my gentle child be treated like she's in the way. She is the heart of my heart. I guess I hadn't really realized how much this was eating at me. Arnold has many wonderful qualities, but I'm not sure that deep compassion is one of them. That's really hard for me to say. I'm in a quandary. In some ways all that drama of dating him maybe doesn't feel like what I honestly want for my life.

I feel like it may be moving me in directions I'm not sure I want to go. It's a painful thought, yet I think it's important for me to get some perspective on this."

Janis adds, "I encourage you to take it slowly and stay in touch with your feelings."

"O.K." says Crystal quietly. A tear rolls

down her cheek, and she grabs a tissue from her purse. She closes her eyes for a few minutes, then says with feeling, "Thank you for helping me look at this." She stands up suddenly looking a little shaky, "I've got to run pick up Amy from her after school program. I'll call you tonight."

Later that evening Crystal calls Janis, "Sorry I got so emotional on you this afternoon. Thanks for being there. I realize that I've got to slow down a little and get in better touch with myself. I need to figure out my feelings regarding Arnold. - - And I'm ready to talk with Joan so we can find some better balance between us for helping Mom and Dad. She loves them as much as I do. In the midst of all this, I'm going to give myself more time to really relax before I get sick or something. That's as far as I can think at the moment. I want to start letting go of this Super Woman role. A single mom's got to take care of HERSELF, too, right? Janis responds, "Right!"

(Story to be continued in future issues.)

Joyce Gerrish, M.A. writes stories and articles to support emotional, physical, and spiritual well-being. She offers counseling, Reiki energy healing, & more. She teaches numerous forms of Natural Healing, Reiki, Meditation. She is a graduate of National Institute of Whole Health. Master's Degree in Human Development. website: joycegerrish.com. Phone: 502-572-4871

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BE HEALTHY AND ENERGIZED WITH QI GONG

~ by Beverly Byrum, RN

Qi gong is an ancient Chinese healing modality. It descends from traditional Chinese medicine, of which acupuncture is a part. There are two major types of qi gong: one where the qi therapist is working on the client, and the other where the practitioners are healing themselves. I teach the second type where people learn to heal themselves. The practice involves slow movements, meditation, and visualizations. Basically it is the development of the mind to heal the body. There are various ways to spell qi gong, including chi gong or chi kung. The spelling depends on who transliterated it from the Chinese characters.

There are thousands of different qi gongs and three main categories: (1) martial arts qi gong of which tai chi is an example; (2) spiritual qi gong which is done by people such as monks to enhance their spiritual progress; and (3) medical qi gong for healing body, mind, and spirit. I am a registered nurse, so I'm particularly interested in healing. Though you can heal using any type of qi gong, the focus of each type is different. Medical qi gong has health as the primary focus.

I have two explanations of how qi gong works. The Western explanation is that it triggers the Relaxation Response. As the mind relaxes, the body relaxes. Endorphins are released. As the muscles relax, circulation improves, and oxygen levels in the cells increase. With improved circulation, cells work better and toxins can be released. Improved cellular function promotes healing. The Eastern explanation of how qi gong works involves the same principles as acupuncture. Qi is brought into the body to break up energetic blocks and deposit qi in deficient areas. The slow, graceful movements encourage qi to flow through the meridians which are located throughout the body. The meridians are somewhat like blood vessels, except qi flows rather than blood.

In the level one qi gong practice the form is open, which means that we are exchanging energy with the universe. That may sound unusual, yet we all do it constantly without knowing it. One way we do it is by breathing. You breathe in fresh oxygen which has energy, then you breathe out carbon dioxide. You

are exchanging energy with the universe. Through visualizations qi is delivered to the energy centers of the body to "charge the batteries." Strengthening the energy centers promotes health. The focus for beginners is strengthening and balancing the energy body, which helps strengthen and balance the physical body.

There are three main energy centers in our body called Dan Tien. The Dan Tien is somewhat like a battery. You have one in your abdomen, one in your chest, and one in your head. They each have somewhat different purposes. During practice, we focus on the Dan Tien with the intention to gather qi into the body. Then, we focus far away to the blue sky or stars and allow whatever is not needed in our body to be released. We don't name what we release because the body has its own wisdom and will release what is necessary. During practice we alternate our focus from the body to the stars or sky. When the body is balanced, breathing regulates itself, so we don't focus on the breath.



Beverly's qi gong instructors in China

In Eastern medicine the focus is not on symptoms, but on overall balance of the body, wholeness, and setting up the conditions to allow the body to heal. There are, however, techniques that are specific to the back, or the internal organs, or other areas which may be injured or diseased. The approach is to work toward overall balance first, then on specific problems. If a person has physical limitations, they can visualize themselves doing the complete movement, while doing a modified practice. The visualizations are the key to healing in the type of qi gong I teach. That is why the physical movements can be modified and still be effective. If someone feels they can't visualize, then they can use their imagination or intent. Not everyone can "see" what the visualizations call for. I am one of those people. I

don't see well what is to be visualized, but I can feel qi sensations. Before that happens, I simply use intent.

Qi gong can be done by anybody and is great for stress relief. People who are physically fit can do more active movements such as squatting to maintain health, heading off potential problems. On the other hand, some of the people I work with are recovering from cancer, have balance problems, injuries, etc. People who are wobbly, weak, or have limited motion can stay seated. There is a more gentle version for them. They get no less effect while remaining seated than the people who are standing. You do what you are physically capable of doing. Even women who have surgery for breast cancer and may have difficulty raising their arms can do a modified version that is still effective. For someone who is very ill, it can even be done while they are lying in bed. Qi gong practice is adjustable to everyone's health and strength level.

Beverly Byrum, RN is a certified qi gong instructor and energy therapist. she has been teaching qi gong in the Louisville area since 2003. Group classes are held on Mondays at 10 am, 2 pm, and 6:30 pm. Each class is 90 minutes long and costs \$12. Classes can be arranged for private groups or businesses. Individual classes available. See our ad on page 20. Contact information: bhbyrum@twc.com or 502-897-6236. Website: <http://naturalhealingky.abmp.com/>

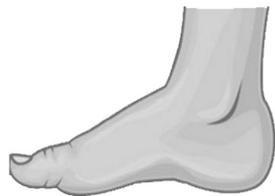
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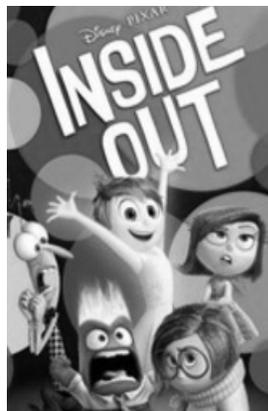
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Movie Review

INSIDE OUT



Inside Out shows us how each member of a family works through five different emotions, each in their own personal way. Using the emotions of Joy, Anger, Disgust, Fear and Sadness, the movie converts complex concepts -- like memory, subconscious, dreams and imagination -- into a visual game, a psychology lesson for

both children and adults. Using these five emotions as characters with very specific personalities, the filmmakers create a fun, fantastic and imagination-filled explanation of the mind's inner working.

Inside Out follows an 11 year-old, soccer playing, fun-loving Riley, who is uprooted from her home in the Midwest and moved across country to San Francisco. The story takes place in the Control Room of Riley's mind as it follows her through the trials and tribulations of an 11-year in a new town and new school attempting to make new friends. It feels like a roller coaster! Utilizing scientifically sound examples of how emotions are constructed, *Inside Out* is a smart, entertaining, compassionate film about the emotions that live in the mind and the, sometimes, painful process of leaving childish notions behind. It teaches us how important it is to *feel* all our emotions. No one can be Joy 24/7. Without being able to express and experience Sadness, for example, we have no contrast with which to recognize and enjoy the Joy.

Personally, I have seen this four times. And every time I see it, I see something I missed before. No matter when this was released, it is new and timely today as when released.

Loaded with imagination, color and crackling with emotion, "*Inside Out*" is quite magical. Highly recommended.

This is one of the best films to come out of Pixar in years. Rated PG for thematic elements and action. Most children over 5 will love it. Children under 5 will enjoy the fun of the visuals.

Critics Consensus: Inventive, gorgeously animated, and powerfully moving, *Inside Out* is another outstanding addition to the Pixar library of modern animated classics.

Release Date: Summer of 2015

Insights On How To Avoid Injuries Due To Falling

~ by Laura Spaulding
President of Yoga East

In the last two or three years a few of our yoga students have fallen at home. Although their injuries were not enough to require hospitalization, they were severe enough to require treatment and caused them to pause their yoga practice. In 2012 Hilary Clinton fainted due to an infection, and fell and sustained a concussion with some serious complications. In October 2010, my eighty year-old mother, who routinely walked every day and was in pretty decent shape, fell and broke her hip. Her Alzheimer's, which was causing my sister and me some concern, dramatically worsened within days of her fall and hip replacement surgery. Before the fall she was living independently with some supervision. After the fall she went to a nursing home barely aware of her surroundings.

According to the Center for Disease Control and Prevention, 10 million Americans sixty-five and older fall each year. After age seventy-five, falling is the number one cause of death. Even if they don't die, many older people sustain severe injury and disability which lowers their quality of life and hastens death.

The reasons for falling are complicated. The National Safety Council lists several ways to lessen falling hazards for everyone, and particularly for older people.

- Immediately wipe up spills on surfaces such as bathroom and kitchen floors.
- Avoid clutter collecting in hallways, stairs, or in walk spaces between furniture.
- Fasten carpets and throw rugs to the floor.
- Have night lights in kitchen, bath, stairs, and other places as needed.
- Make sure outdoor areas are well lit and walkways are smooth and clear of debris (and clear of ice in winter).
- Use a ladder or footstool rather than standing on unstable surfaces such as tables or chairs.
- Apply non-skid adhesive strips in tub/shower (and on stairs as needed).
- Install grab bars in the bathroom and railings on stairs.
- Keep electric cords well out of the way.

More information on this subject is available here: www.nsc.org.

I turned sixty-three last year, and in spite of all my years of yoga practice, I see that my ability to balance has declined. Things that I easily did when I was twenty are a little more precarious now. I can do a much better Maricyasana D (complicated twisting pose) now than I could then, and now I can stand up out of a backbend, but Utthita Hasta Padangushtasana (a standing balance pose) has gotten a little shaky. Just be aware that yoga doesn't protect you from everything. Be alert, cautious and realistic about your physical abilities.

I am much better off for my yoga practice than I would be without it. Only time will tell if yoga will help me to avoid Alzheimer's disease, which prematurely ended the life of my great-grandfather and grandmother, who were healthy in all other respects; and has severely limited my mother's quality of life.

I encourage you to practice yoga (or some other physical strengthening and flexibility practice). There are forms of yoga geared to all levels of physical fitness, including "gentle yoga" classes.

Remember to be careful. Wise precautions as described here can help preserve your health, strength, and enjoyment of life.

Be sure to consult your health care practitioner before starting a new exercise program.

Laura Spaulding is president of Yoga East and has been practicing yoga for 49 years. Yoga East, Inc. is a 501(c) (3) non-profit educational organization founded in 1974 and has three locations in Louisville (Highlands, Holiday Manor, St. Matthews). Yoga East provides yoga classes for all ages and levels of students, as well as yoga teacher training. For more information see our website www.yogaeast.org or phone us at 502-895-1510.

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Amit Ray, Yoga and Vipassana: An Integrated Life Style



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Gardening Calendar

~ Sybil Watts

May in the Garden

The month of May in Kentucky / Southern Indiana is a time of constantly changing weather - the temps can soar to 80+ degrees, and then we get a frost warning for the same evening. Hardiness zone maps are for suggestion only, created on the averages of past years. That zone map cannot predict a freak frost or snowstorm, or excessive rain, or prolonged spring dry spell. It is really important to be "weather vigilant" this time of year.

- If frost or cold weather is in the forecast, protect those tender plants with a mulch, newspapers, light cloth or some type of frost cap made with a roll of poly film tented over the plants. Remember to remove the plastic tent as soon as the danger of frost is over, otherwise your plants will bake in the sun!

- If the weather is sunny and dry, remember your watering! Most flowers and shrubs need about an inch of water each week to perform well, and newly planted seedlings will perish if their roots are allowed to dry out.

- Some plants such as Azaleas, Rhododendron, and Junipers like acidic soil (PH below 7), while others such as hydrangeas, Swiss chard and cantaloupes, prefer alkaline soil (PH above 7). Now is the time to get your soil tested to determine which plants will grow best in a certain area, or whether you need to feed the ones that are already there. Soil tests are now free (usually \$7 each) in Louisville (up to 2 per household) for a limited time, through the Soil and Water Conservation District. See the SWCD website to get a voucher.

<https://jefferson.ca.uky.edu/SoilTest>.

- Now is the time to feed roses, deciduous shrubs and trees. Keep a vigilante eye on the roses. Keep them sprayed for aphids and other pests, as well as diseases such as black spot. Look around your garden area. If you have ants, you have the high potential for aphids. Ants farm the aphids for food.

- Early flowering deciduous shrubs such as Forsythias, Weigela, and Spirea should be pruned back when they have finished blooming. Cut back a

third of the oldest canes to ground level, then cut back one third of the remaining branches by one third of their height.

- Remove the wilting seed heads from Rhododendrons and Azaleas so that the plants energy can go to foliage growth and next years flowers, rather than seeds.

- Work lime in the soil around your Hydrangeas to produce pink flowers or Aluminum Sulfate for blue blooms.

- Remove any sucker growths from fruit trees as soon as they appear!

- Pines and other conifers can be kept to a compact size by pinching off the new growth 'candles'.

- Lilacs should be pruned lightly after they finish blooming, removing sucker growths and dead blooms. Feed lilacs in May with a good all purpose 10-10-10 fertilizer after they have finished blooming. If your soil is acidic, work a little lime into the soil as well.

- Summer flowering bulbs can be planted this month. Gladiola bulbs may be planted at 2 week increments until the first of July to provide you with cut flowers until the first frost.

- Day-lilies, and other summer flowering perennials may all be set into the garden any time in May.

- Break off wilting Tulip or Daffodil heads and continue to feed and care for the plants until the foliage has died back naturally. Old plantings of Daffodils may be divided and moved when they have finished blooming. Treat them as growing plants and use care to protect the foliage and roots. Water them

thoroughly after transplanting. It is best not to dig or move other spring flowering bulbs until their foliage has ripened and died back.

- Pansies, Snapdragons, Petunias, Geraniums, Fuchsias and Impatiens should be ready to plant by mid month.

- Toward the end of the month, it should be warm enough to plant out the more tender annuals like Zinnias, Marigolds and Cardinal Flowers.

- Lightly side dress perennials with an all-purpose 5-10-10 or 10-10-10 fertilizer. Avoid spilling the fertilizer on the plant, and use care not to damage the shallow roots when you cultivate it into the soil.

- Setting the stakes next to your taller flowers early in the season, will help to support the plant against winds as well as making it easier to 'train'.

- Promptly remove spent flowers from any plant, unless your intent is to harvest the seeds. The plant's energy is consumed in producing the seeds, thus



reducing quantity, quality and length of blooms, while removing the dead flowers will promote further blooms.

June in the Garden

We should now be past the possibility of frost, although we may still have days of hard winds and rain.

- Warm weather vegetables should be in the ground - Corn, Beans, Peppers, Egg Plant, tomatoes, Squash, pumpkins, etc. If not, plant them asap.

- Tap flowering tomato plants to encourage good pollination; water EVERY day and start feeding them weekly once fruit sets.

- Protect all vine and tree fruits with netting.

- Continue thinning vegetable seedlings to provide ample room for growth.

- Mound the soil up around your potato plants. It does no harm to the plant if the soil covers the stem. Tubers near the surface which are exposed to sunlight will turn green and poisonous. As early potatoe vines begin to die back, reduce watering.

- Plant your Broccoli, Brussels Sprouts, Cabbage, and Cauliflower for next winter's harvest.



Gardening Tips

Clean in the Garden

Clean Fingernails

Before working in the garden, using a bar of soap, scrape your nails over the bar of soap, making sure the entire space under the nail is full of soap - then garden to your heart's content.

When finished working in the garden, wash and dry hands, and "Look, Ma, clean nails!"

Clean the Veggies

When harvesting, use a wire filing bin, which fits into a solid plastic container, and rinse with a hose. All the garden dirt is left in the bucket. Lift the harvest basket from the container - ta-da! clean veggies for the house. Now pour the rinse water back into the garden. Garden dirt stays in the garden, where it belongs and does not clog up the plumbing. This is most certainly a good thing! If you are harvesting small veggies, like cherry

tomatoes, you may wish to opt for a "chicken wire" basket. I've seen both types of bins on Amazon as well as at local stores where office supplies are sold.

Clean & Sharpen Garden Tools

Fill an 8 inch plastic bucket about 3/4 full of sand. mix in 1 cup mineral oil and stir to blend oil and sand. When finished with garden tools each day, rinse off most of the dirt and stick the tools into the pot-o-sand to keep them clean and sharp. I repurposed an old Easter bucket for this.

Must Share Garden Tip

- * 1 tsp. Epsom salt in 4 c. warm water. Blend well.

- * Spray on plant; repeat in 10 days

- * Produces more fruit due to boost in magnesium, especially for tomatoes, peppers and roses.

Fertilizing the Organic Garden

Organic nutrient sources have two distinct advantages: (1) they provide a slow release nitrogen source to crops that won't burn plants as easily or as severely as some commercial fertilizers, and (2) they improve soil physical conditions by adding organic matter.

However, even organic nutrient sources also have some disadvantages: (1) They are low in nutrients, so large quantities must be applied in order to meet plant needs; (2) they can lead to excess soil phosphorous (P) levels due to nutrient rations in many organic-sourced fertilizers. This leads to a potential risk of surface and groundwater contamination if erosion should occur. (3) weed seed can also be introduced into the garden from some manures.

Phosphorous buildup in soils is almost inevitable with organic-sourced fertilizers unless managed closely. Most manures and composts have a 1:1 ratio of N:P₂O₅. However, most plants use five times more nitrogen than phosphorous in an annual growing season. Excess phosphorous then continues to build up with annual applications. Look for P organic fertilizers, and plant legume cover crops whenever possible.



The best organic soil fertilizers - animal manures - are abundant in some areas, and difficult to find in others. Where available, poultry and cattle manures are excellent sources of nitrogen and phosphorous and help to improve the *tilth.

Manures, particularly poultry manure, must also be incorporated into the soil or some of the nitrogen

could be lost. If poultry litter has an ammonia smell, valuable nitrogen is being lost as ammonia gas.

Organic fertilizers must first be mineralized by soil microorganisms to the inorganic form before plant roots can take up the nutrients. Once mineralized, these nutrients are subject to the same soil chemical processes as synthetic fertilizers -- leaching, fixation, and absorption by soil clay. Therefore, an organic-sourced fertilizer can lead to plant nutritional imbalances just as synthetic-sourced fertilizer can. Soil testing is just as important in organic gardens as it is in others, so the gardener can keep up with the nutrients present in the soil and avoid potential problems. Following are some other organic and mineral fertilizers for the home gardener wanting to minimize or avoid synthetic fertilizer sources.

***tilth** - The condition of tilled soil, especially in respect to suitability to sowing seeds. Prepared surface soil.

Fertilizer	N	P ₂ O ₅	K ₂ O
Blood (dried) Very rapidly available organic fertilizer.	10	3	0
Manure			
Cattle	1.5	1.5	1.2
Chicken	3.1	2	2
Horse	1.7	0.7	1.8
Sheep	2.0	1.0	1.0
Bone Meal (Main value is nitrogen since most of the phosphorus is lost; more P is soluble for use by plants. 20% calcium.)	4	22	0
Peat (reed or sedge) Best used as a soil conditioner rather than as a fertilizer. Breaks down too rapidly.	2	0.5	0.7
Wood ashes Quite alkaline. Do not use on high pH soils. 20% calcium	0	2	6

Go Vertical!

Vertical tower gardening utilizing hydroponics and / or aeroponics is an approach to gardening that may be just what a lot of city dwellers will love. Aeroponics is becoming increasingly popular around the world as agricultural land uses must compete with developers for limited open space. For instance, in four square feet, a person can grow fifty plus different plants. Now that is making excellent use of space! This approach to gardening involves growing plants without the use of a traditional soil medium. You may wish to check on line to learn more about vertical tower gardening and hydroponics.

Vertical gardens can be used indoors or out. Google the vertical gardens in the Chicago O'Hare airport.

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Butt That But Out of Your Vocabulary

~ Sybil Watts

The word 'but' seems a rather harmless way to bridge two somewhat different ideas, doesn't it?

Did you know that the word 'but' although defined as a conjunction, and used way too often as a bridge to bring together two complex sentences, is really a disconnecter? A stopping point? The word cancels EVERYTHING that came before it. Using the word 'but' to bring two good, yet disparate ideas together, causes confusion in the mind. A confused mind is a controllable mind. The mind can feel the good in the first part of the sentence, then the cancellation of that thought with the use of 'but' before the second part, as in the example below., which throws the mind into complete chaos, thus making it vulnerable to suggestion.

i.e. *You can spend the night with your friend, but I would rather you stay home tonight.*

Did you feel the energy of rising hope, only to be dashed to the ground by a wet blanket? As soon as you heard the word 'but' you knew the night at the friends' house would not happen. Or if it does, you will be given a very large guilt trip.

The use of this word is endemic in our society. Even well-known thought leaders are guilty of *but-itis*. And yet they don't understand why their teaching is not catapulting people directly into their inherent state of magnificence, thus authors do not change their writing and speaking. Here is one: . . . *And only the ideas that are specifically aligned with your particular talent flow through your mind. But in order for these ideas to come into fruition, you must give them your attention.*

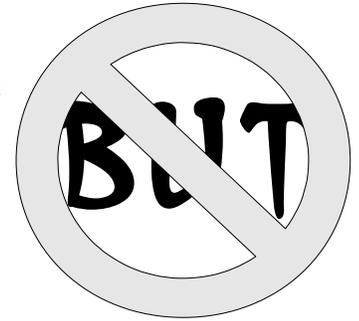
Only the ideas that are for YOU flow through your mind. YAY! That makes me feel good. I can match my talent with my thoughts and ideas as a pathway to success.

BUT, I must do something first. Now I feel deflated. Now I feel as if the ideas that were for my talent have stopped flowing. A way to keep the positive buoyancy in that statement would have been to simply leave out the 'but', or replace it with 'even so', which encourages continuity without cancellation.

. . . *And only the ideas that are specifically*

designed with your particular talent flow through your mind. Even so, in order for these ideas to come into fruition, you must give them your attention.

Feel the difference? Now, thoughts that match my natural talent are flowing, AND I learn that if I want to encourage the flow and bring the ideas into manifest reality, it is important to pay attention to the ideas and act on them. The second sentence is connected to the first, and keeps that positive flow, rather than canceling out the wonderful idea that thoughts aligned with my natural talent flow to me.



Here is one more example from the same book:

Money can sometimes grant you greater freedom, but not always.

Feel that? *Money can grant you freedom.* YAY! That is what we want to hear. That is why we desire money.. The freedom to be, do, have what is ours to be, do, or have.

BUT, not always. Now I feel deflated. Money doesn't grant me freedom. SIGH!

The last three words of the sentence could have been deleted and it would have retained its full power. *Money can SOMETIMES grant you greater freedom.* OK. we get that. Sometimes is not always, our mind knows that intuitively, and the sentence doesn't negate the possibility that money *could* give us greater freedom if we used money correctly, rather than allowing it to control us.

A funny little personal note: As I have began to read with more conscious awareness, I've begun to notice the deflating feeling of 'but' in books I'm reading, especially *power of thought* type books. I find myself so irritated by that one little word, that I find the book difficult to digest. So, I just take a moment and mark out the word 'but' and replace it with the word that feels right in the context. I have an extra fine, no-bleed sharpie that I use for the purpose. It is so very much easier for me to read the book, and integrate the teachings, if the 'good stuff' is not canceled out.

Here are a few words to replace 'but' without canceling the words before: however; yet; nevertheless; nonetheless; even so; still; notwithstanding; despite that; in spite of that; for all that; all the same; just the same; and. Google [synonyms for but](#) if you need an expanded list of words to more clearly state your meaning.

Butt that but out of your vocabulary and live free!

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yourself and others, so that you can
experience Life as nurturing & positive .
sybil@bioenergeticcoaching.com
bioenergeticcoaching.com



Allow all non-prosperity thoughts
to bubble to the surface and be healed
in the light of new wisdom.

Monday Qi gong Classes

10 am - St. Matthews area
2:00 pm & 6:30 pm-
Heuser Hearing Institute,
417 Benjamin Ln, Suite 202 Lyndon
\$12 per class
Beverly Byrum, R.N.
certified qigong instructor
bhbyrum@twc.com
502-897-6236.
<http://naturalhealingky.abmp.com/>

Spiritual Healing Classes

With Joyce Gerrish, 502-572-4871
www.joycegerrish.com
**Healing Meditation and
Spiritual Healing Experiences.**
2nd Sunday: 11:30 - 12:30
Rainbow Blossom
Gardiner Lane Shopping Center
3000 Bardstown Rd., Louisville 40205

4th Sunday: 1:15 - 2:45
Sanctuary of Eternal Truth
Corner of 10th & Market
New Albany, IN

QUALITY TRANSCRIPTION SERVICES

Sybil Watts
Sybil@sybilwatts.com
502-509-1647

- * Transcribe your podcast, lecture, interview,
webinar, teleconference or other recording
- * Convert PDF to text document in exact layout
- * Fast touch typist. Highly accurate
- * Native American English Speaker
- * English only. Strong accents ok
- * Confidentiality assured

15 minute recording \$25 with this ad



FESTIVAL OF HEALING & SPIRITUAL AWARENESS

Pritchard Community Center
404 S. Mulberry Street
Elizabethtown, KY 42701

Festival Times: **Saturday, July 16, 2016 10:00am ~ 6:00pm**
Sunday, July 17, 2016 12:00pm ~ 6:00pm

Lectures/Workshops throughout both days
conducted by various Holistic Teachers, Animal Communicator,
Intuitive Spiritual Counselors, Alternative Healers & Bodyworkers,
Health & Wellness Workers - Aura Photography

Admission: ONLY \$7* per day/\$10 both days
* \$2 Discount with donation of one canned food item for
SpringHaven Domestic Violence Program

More info on the Festival at www.FestivalOfHealingKY.com
Contact Virginia Gilpin 502-275-9692 MsCherub@aol.com
Festival of Healing - Louisville - October 29 & 30, 2016

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Don't EVER give up on yourself!



FULFILLING OUR DESTINY (Excerpt)

~by Joyce C. Gerrish

Life is about truly being who we are in the most profound sense.
No one else can fulfill our unique destiny.
It is crucial that we always believe in our self! We are Divinely created.
Since we walk this blessed Earth for only a certain length of time:
May we make each day count, and make each day an adventure in living.
Let's greet each day with anticipation and joy - -
and expect wonderful things to happen!
May we recognize the miracles unfolding all around us - -
And smile at the precious souls who pass our way.
Let us breathe in the ambrosia of air and be thankful for life.
May we drink the waters of renewal,
- - And know that we are here to help create a better world for all.