

Natural Living Journal

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

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FREE

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Letting Go of Doubts

**Bridging Love With
My Father**

Gardening Tips

**Treasure Hunting
Fossils**

**Easy, Delicious
Natural Foods**

**Rejuvenate Our Body
by Eating Organic**

**Joy of Creating
Beaded Jewelry**

Gentle Chiropractic

**Agreements in
Loving Relationship**

**Word-Crafting as
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Short Story:

**Flowing Peaceful
Like a River**

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LETTING GO OF DOUBTS

~ Joyce C. Gerrish, M.A.

Each of us is born to accomplish special things—each in our own way. It is crucial to believe in our self and go for the “call of our heart.” There is a wonderful project needing to be done that is waiting just for you—perhaps right in your own neighborhood. That project is waiting for you to manifest it into existence. All you need is the insight to become aware of it, the vision and wisdom to understand what is needed and how to go about it—and the confidence to step into it. That confidence is exceedingly important because many potentially beneficial ideas and projects die on the vine due to lack of confidence. That can be transformed. The time is now! This planet and everyone on it are waiting eagerly to help create a better life for themselves and everyone. This is a time of new beginnings and letting go of aspects of the old that don’t work well any more.

One needs some quiet time in order to allow creative ideas to express and take form in one’s consciousness. If one’s brain is always being distracted by talk and texts as well as recorded and broadcast sounds, it keeps awareness on the surface of the mind. Some people find this a relief in some ways because they sort of fear what seems to come up in their mind when they aren’t distracted by media and in other ways. They may start remembering things they want to forget. They may experience feelings of old fear or depression or anxiety. This is sad to be ruled by these old memories or traumas. If this is somewhat true for yourself, please know that those old memories or traumas can be healed and let go. You don’t need to allow them to control and limit how you live life in the present.

Many people say, “How can I let go of those old thoughts and feelings so they don’t bother me now? All I’ve been able to do with them is try to keep them down so I’m not really aware of them.” The truth is that even if a person isn’t consciously aware of what is repressed, those old memories and feelings are constantly exerting a powerful influence on the conscious mind. Those old repressed fears or doubts or sadness can make people limit their possibilities because they may feel that they aren’t good enough for some desired outcome or they may fear they won’t be able to succeed in the endeavor. That is sad and unnecessary.

How do you clear away old doubts and fears that may be clouding your confidence to move ahead? Number one is to believe in yourself. Ideally be your own best friend! Affirmations can help in this regard. Limiting thoughts and beliefs build up in your consciousness through constant repetition over time because of people or situations that put you down or

caused you to doubt yourself. The process of removing those limiting thoughts or beliefs can be accomplished through reversing the situation.

Now with deep intention start affirming how capable, wise, and powerful you are! That’s right! You are now your best friend and mentor! Now is the time to lavish yourself silently with encouragement and compliments. Your subconscious will love it and will soak it up. Just keep pouring it on and believe it with your whole heart. Even if some part of you seems to doubt it, just keep overriding that doubting part of your psyche. If you sometimes tend to hunch over to some extent—stand up straighter!. Feel how that helps you feel more confident. Lift your chest and allow your shoulders to move back. How does that feel? Give yourself an encouraging pat on your shoulder and once again silently affirm “I believe in myself. I’m a marvelous person. I can accomplish wonderful things.”

Keep this up day after day. Put up little reminders around your home to encourage yourself to assert your affirmations. Before long this will all feel quite natural. That doubting part of your psyche will have dissipated. You will feel more confident about yourself and your capabilities and your life potential. Yes! YAY! Now things can begin to become more interesting for you. Now you will start to notice opportunities that you know in your heart you could do! You’ll notice possibilities that you realize you have the skills to step into or manifest. If you feel inspired to make a big life change, allow it to be gradual and not sudden so you can make wise choices.



Life is meant to be an enjoyable adventure. Your soul comes into life with unique capacities that you can enjoy discovering and developing. You are like none other. Nurture your skills and talents, and give yourself opportunities to express them! That is the flowering of who you truly are. Blessings on your path.

“I seek strength, not to be greater than other, but to fight my greatest enemy, the doubts within myself” –P.C. Cast

“Doubt kills more dreams than failure ever will.”
–Suzy Kassem

THE JOY OF CREATING BEADED JEWELRY WITH NATURAL STONES

After Glow Beads interviewed by Joyce Gerrish.

NLJ: There's joy in creative self-expression. Creating jewelry with natural stone beads is a wonderful form of creativity! Tell me how you feel about it, Barbara.

Barbara Bosler: When I go to the beading store, I always tell my husband, I feel like a "kid in a candy store" there are so many beautiful beads to choose from. I particularly love natural stone beads.. In my mind I plan a design or a color, then I choose the beads, I string them, tie them, and glue the knots. That can create a really attractive necklace!. What I discovered about beading is just how relaxing and enjoyable it is.. It's a good distraction from the day-in and day-out stuff. You can kind of get lost in it and lose track of time, at least I do. It decompresses you and you don't think about everything. I get lost in the art itself.



Another special thing about beading is that in a really short period of time you've got a finished piece that you can enjoy. It's not a big long project like quilts, which I also make. Beading is a quick gratification. Originally, I decided to try beading because I like to give something that I make as gifts for birthdays and Christmas. Then I decided I could update an outfit or create a splash of color for an outfit by creating a pretty necklace for myself. It's a real creative outlet, and it's easy!

NLJ: I love the idea of making beaded jewelry with natural stones for holiday gifts! Dawn, how did you first get involved in creating jewelry?

Dawn Middleton: A friend of mine taught me how to string beads, and how to attach them, and clasp them. She also showed me how to make earrings with natural stones. She taught me how to do that before I had my spinal fusion. It was a great thing to have learned right before that surgery. During that six week recovery I made jewelry whenever I had the energy. It kept me busy and kept my mind doing something that I found very healing and therapeutic. That's what led me to my current career.

I now create jewelry using natural stones and metalsmithing. I now hand fabricate jewelry using various metalsmithing techniques with gold, silver, bronze, and precious and semi-precious stones. I've always been drawn to everything that comes out of our amazing earth.. Beautiful things come from the earth. My entire line of jewelry is all very organically inspired. The lines and the forms of my designs come from our natural surroundings, and natural stones are complimentary to that because they all come from the earth. They all have a lot of amazing healing energy associated with them.

NLJ: That is so true, Dawn. Tammy, you're the manager of **After Glow Beads** which is a store in Louisville that specializes in natural stone beads and beading supplies. Tell me how a beginner such as myself might approach beading.

Tammy Felker: There is a vast variety of natural stone beads available. I encourage a beginner to think about if you have a color in mind, or a specific semi-precious gem stone or natural stone. I suggest to a beginner to come into the store and look around and see what you're attracted to. We have bead trays where you can lay out the beads you select-- and you can design them while you're here. I can give suggestions on how to put your piece together, or help you if you have an idea in your head and you want to know if you can do it.

NLJ: What are some of the different types of stone beads that are available? I think natural stones are so beautiful.

Tammy Felker: At our store we have hundreds of different types of stones. Some are like clear quartz, some have a solid color like turquoise, then you'll find stones like rain forest jasper that have greens and yellows and oranges blended together. So you have great variety to choose from. With jasper alone there are 170 types (though we don't stock that many). Then there are amethyst and even sapphires.. We have a large variety of all different sizes and shapes and patterns. The size of stone beads range from 2 millimeters (about 1/4 ") all the way up to a

24 millimeter (about 1 1/2). Some of the gem stones are faceted and some are not faceted. There are also beads made of wood, bone, glass, sterling silver, and much more. The price range on the beads is wide. It ranges to 10 ten cents a bead to about \$9 a bead.

Most of the stones come with a hole in them for beading. For stringing the beads, there are choices of different types of cord or wire. There are also stones that don't have holes for people who like to create a design by wrapping stones with special wires for attaching to jewelry, and other techniques.

NLJ: Tell me more, I'm eager to create a necklace.

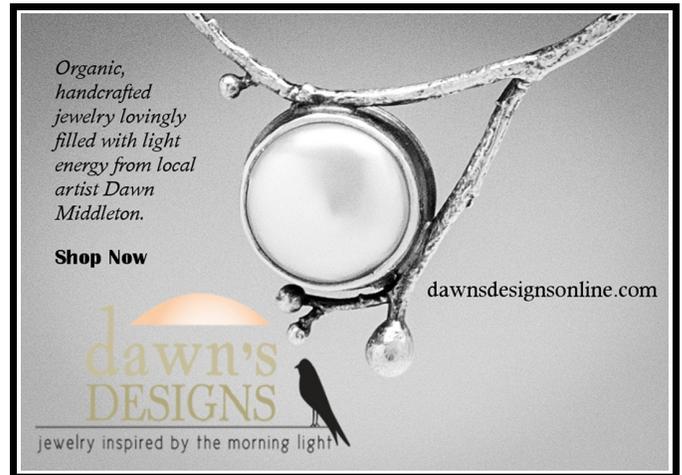
Tammy Felker: Some people like to create the whole piece of jewelry from one type of stone, others may wish to place a smaller metal bead between each of the stones. Some people like to create a repeated pattern by alternating different types or sizes or colors of stones to create something that pleases them. Some people like to do their piece of jewelry all by them self, other people want lots of guidance.

Once the arrangement is chosen, then the beads can be strung on a cord of waxed cotton, leather, silk, a chain, or other possibilities. The piece could be finished as simply as tying a knot at each side of the necklace where the beads end. A little clear nail polish can be applied on the knots to keep them tight. The easiest closure is to just tie a knot when putting the necklace on and to untie the knot to take it off. Another nice option is to have one beautiful stone bead on a cord by itself.

After a person has strung a necklace or bracelet, I can apply a jewelry clasp if the person wishes—or I can teach the individual how to do it. I teach a beginner class. In that class the person can make a bracelet and earrings. All the materials and tools are provided. It's about an hour long, and the person leaves with a pair of earrings and a bracelet. That class can be for one person or several scheduled for their convenience.

NLJ: This all sounds like a wonderland of creative possibilities to me! I'm looking forward to creating my own necklace.

Note: To see Dawn Middleton's beautiful jewelry visit her website www.dawnsdesignsonline.com and see her ad in this journal. For more information about fantastic After Glow Beads Store, see their ad in this journal and website www.afterglowbeads.com.



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Treasure Hunting to See Fossils at Falls of the Ohio

~ by Faith Grady

It is so easy to get caught up in the day to day bustle of life that we can forget to take the time to admire the beautiful city and scenery around us. Kentuckiana is so rich and vibrant and full of history, let's enjoy taking a little time to explore and get to know her better. Recently I ventured across the bridge to visit the Falls of the Ohio. I had been there a time or two before when I was younger, but then I had no appreciation for history or artifacts.

I visited the Falls on a Saturday afternoon with my fourteen month old daughter and best friend in tow. There were families and individuals out admiring the views and there were even a few people along the bank fishing!



The first thing I noticed while walking toward the falls was the breeze. The sky was a perfect shade of blue. The current was pretty high, but the skies and breeze gave off a very relaxing, tranquil vibe. There's something about being around water that is so calming!. I made sure to take plenty of deep breaths to maximize the relaxing effects.

One of the highlights of walking along the Falls is the chance to see fossils. If you take your time and walk closely along the bank, you will be amazed at what you find!. I marveled at the children around me as they found fossils of shells and leaves in excitement. Per policy of The Falls of the Ohio as well as State and Federal law, fossil collecting is prohibited; however it is fun to admire them and take photos! If you are planning to look for fossils, be sure to wear comfy clothes and tennis shoes as there are quite a few boulders and rocks on the climb toward the water. I traveled down on my own while my daughter and friend explored the upper area. The rocks are too big for my toddler, though children a

little older love them.

After I made my way back up, we decided to visit the Interpretive Center to get some history and facts on the Falls. Entry is \$9 for ages twelve and older, \$7 for ages five to eleven, and free for children under five. Once you enter you are welcome to watch a short 14-minute video on the history of the Falls in the auditorium. Immediately as you exit the video, you are emerged in plenty of hands-on geological facts about the Ohio River that date back to almost 400 million years ago!

The floor plan in the Interpretive Center is very open and the staff encourage you to let your little one's run freely! I enjoyed several hands on activities with my daughter such as solving a puzzle and making a rubbing of a fossil on paper. My absolute favorite part of the center was the history of the Shawnee Indians. There were several displays of the Indians in their traditional garb, and there were also replicas of animals they would hunt and skin for food and clothing. There was also a room with a recording of a conversation of a family of Shawnee Indians who had spent the day fishing. It was an awesome experience to hear the Shawnee language, a native tongue I can say I have never heard prior to visiting the center. The gift shop offered rocks and crystals and other interesting things!

I really enjoyed myself at the Falls of the Ohio and so did my daughter. On the way out I deposited .25 cents into the sightseeing binoculars that are available right outside of the Interpretive Center. I caught closer views of the waterfalls and the skyline of downtown Louisville. Simply amazing!. I strongly recommend anyone to visit the Falls, as the views are unforgettable, it is fascinating to discover all the fossils embedded in the rocks, the breeze is nothing short of divine, and learning more about the history of the Ohio River and its surroundings is truly a treasure within itself!

Faith Grady is a local freelance writer and a graduate of Tennessee State University with a major in Communications. She loves exploring and sharing about interesting places and opportunities in Kentuckiana.

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



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A GENTLE APPROACH TO EFFECTIVE CHIROPRACTIC CARE

~ NLJ Interviews Dr. Richard T. Reul

NLJ: I personally prefer chiropractic care that is gentle. A lot of people that I know feel the same way. You use a gentle chiropractic technique. I think there are plenty of people who would be interested in learning about it, including some who have never tried chiropractic. Please tell us a little about your technique.

Dr. Reul: I generally use a gentle adjustment method that doesn't involve manual manipulation. It is Torque Release Technique (or TRT). This process effectively locates and reduces misalignment in a person's spine to improve the function of the nervous system and improve well-being. It is gentle, low impact and has been proven to be effective. It doesn't matter whether one has been in a car accident, pulled a muscle, or suffers from chronic pain; the torque release technique not only improves spinal alignment and nervous system functioning, it also supports your overall health and wellness. It works in a holistic manner. Treatment can be tailored to the specific conditions of a person's body.

NLJ: Have you always used the TRT Technique?

Dr. Reul: When I started my practice twenty-two years ago, I used more traditional techniques that involved manual manipulation of the spine, i.e. the drop method. The results were good. Nevertheless, although I am trained in many chiropractic techniques, I now adjust most of my patients using the TRT. I am very excited to have found this technique. It's the most specific and effective technique that I have used and allows me to practice with *real* certainty.

Through a series of tests, I am able to pinpoint the exact location of the vertebral subluxation that needs to be adjusted. Subluxations are where the bones of a person's spine (vertebrae) move out of position *somewhat* and irritate spinal nerves. It's not uncommon that at any given time we all *may* have about 10 subluxations or blockages working. However, at any one time there is only one primary subluxation. If you get the primary subluxation, the nine secondary subluxations clear. With this system, I

can find the primary every time. Each adjustment is laser-focused. It's like getting ten adjustments, yet undergoing only one adjustment. We release tension in the nervous system and by doing so the muscles around the spine will relax and allow the spine to realign itself more normally.

TRT involves using an instrument called an Integrator, an FDA approved hand-held instrument. TRT is very gentle and non-invasive. Even if you have had spinal surgeries or have conditions like osteoporosis, you can still benefit from chiropractic care using TRT. No one is too young or too old for this approach. Some of conditions that can benefit from TRT are chronic pain, disc disorders, fibromyalgia, headaches and migraines, multiple sclerosis, sciatica, Parkinson's disease, and scoliosis.

NLJ: That sounds really helpful. As I recall you also provide other holistic integrative health services to support the spinal adjustments?

Dr. Reul: Yes. In addition to helping a patient heal after an injury, I can also help patients maintain their health and aid them in preventing future injuries. Treatment can be tailored to the specific conditions of a person's body. Some of the services provided at my office, in addition to spinal adjustments, include: extremity adjustments (shoulders, elbows, wrists, knees, ankles, etc.), electric stimulation, myofascial release, heat/cold therapy, x-rays and examinations, custom-made foot orthotics, patient orientation classes, exercise instruction, chiroflow pillows, biofreeze, and hot/cold packs. What is ideal care for one person may not be ideal for another. At our practice, we look at a person's total health and specialize in personalized chiropractic treatment catered to that person's specific needs. We treat the mind, body, and spirit.

NLJ. What is the role of exercise in maintaining good skeletal alignment? As far as I understand, good muscle tone is very important for holding the spine and the whole skeleton (and all aspects of the body) in healthy alignment on an ongoing basis. Exercising is really important in my life. You did mention exercises briefly a moment ago.

Dr. Reul: I find that people who exercise regularly, eat well, meditate, etc. tend to respond more quickly to adjustments, and they hold their adjustments longer.

NLJ: Thank you for your truly helpful insights.

Author's bio: Dr. Reul graduated Magna Cum Laude with a Doctor of Chiropractic (DC) degree from Life University College of Chiropractic in Marietta, Georgia. He was awarded a Master of Theological Studies degree from Catholic Theological Union in Chicago, Illinois. He received a Bachelor of Arts degree in Psychology from St. John's University in Jamaica, New York. More about his work can be learned at www.reulchiropractic.com. He can be reached by phone at 502-458-2559.

NLJ note: As always, we suggest that you follow the recommendations of your own practitioner. If you wish, ask your practitioner if Gentle Chiropractic is right for you.



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Bridging Love With My Father

~ by David Collings

This is about when my Dad became sick. I drove him the day that he went to the oncologist. When I went with him into the exam room, I noticed a newspaper clipping describing that the doctor my father was seeing was starting an acupuncture practice. That sort of fit with new things I was learning about alternative healing. The doctor came in and pretty much said that he couldn't do anything to help Dad. The results showed that the cancer had advanced to a point that there was nothing that he could provide. Doctor said he could do some very aggressive things that might possibly extend my father's living just a little bit longer, but it was essentially not a good approach because it would lower his quality of life to go through these really harsh things.

Back in the car I said to Dad that I would search for something to help him feel better. So I talked to several people and I found out about Reiki Energy Healing Therapy. Shortly afterward I took a beginning Reiki Course. A person doing Reiki Therapy allows Spiritual healing life energy to flow through him to the receiver. Reiki means universal life energy in the Japanese language. The very first time that I gave Dad a Reiki treatment (for about an hour) he said, "I don't know what you did, but the pain is gone."



I spent a lot of time with him in the following months doing Reiki for him. This created a new bond for Dad and me that wasn't there before. He was a quiet person who didn't like to touch or hug other people. He was a farmer who

worked by himself through most his life.

Reiki usually involves lightly touching the recipient (who is fully clothed). This was a completely new way for us to have a relationship with each other. It was a transformation for both him and for me. The numerous times I did the Reiki for him were gentle healing experiences for both of us. My dog often came in to sit by him and Dad patted her. I played quiet soothing music. Every time I worked with him he said it eased the pain.

Before long he began to decline physically, as the doctor predicted. The Reiki did ease the pain and help him feel better. Mom and I stayed by his bed when it seemed that he might soon be passing on. I felt his presence spiritually comforting us. When I went out to

the backyard on the night that he transitioned to the Spirit world, the moon was shining brightly and there were little clouds to both sides of the moon that looked to me like angel wings. I felt very close to Dad through this period, and I felt his love more than ever before.

Note from J. Gerrish: Reiki Energy Healing enhances the aura (energy field) of a person, animal, plant, or anything else--though usually it is utilized for people. It can be done for oneself or for another person. For those who are somewhat new to Reiki (pronounced Ray-Key) I'll mention a few important pieces of information:

Reiki and other forms of energy healing therapy are more and more widely recognized by mainstream America as very beneficial. Large numbers of nurses have been trained in Reiki and other forms of energy healing, and use it to help their patients. Nurses can receive Continuing Education Credits by taking training in Reiki Energy Therapy. There are a tremendous number of Reiki Therapists around the United States and the world. Reiki normally involves the therapist lightly touching the recipient. Through prayer and focused intention, the therapist is able to act as a conduit of universal life energy to support the enhanced health and healing and general well-being of the recipient. A special form of photography called Kirlian photography can photograph the change in a person's aura before and after receiving Reiki. After Reiki the colors of a person's aura are clearer and brighter.

Energy healing can speed the healing process for a person after surgery, or an accident, or an illness – and help maintain health in a preventative way. It can help calm stress, and can aid normalization of the body and emotions in general. Numerous of the major hospitals in Louisville and throughout the country offer energy healing (by various names) to their patients to support the healing process.

Energy healing has been in existence as long as there have been humans, because it is a normal human capacity. During some periods of history people have sort of forgotten that they have this natural ability. Some people can do it more easily than other people, yet with practice just about everybody can learn Reiki. There is some relation between Reiki and "laying on of hands" as practiced by some traditional churches.

David Collings is a Reiki Master Teacher Practitioner and Adult Education Teacher.

*People are healed by different kinds of healers and systems
because the *real* healer is within.*

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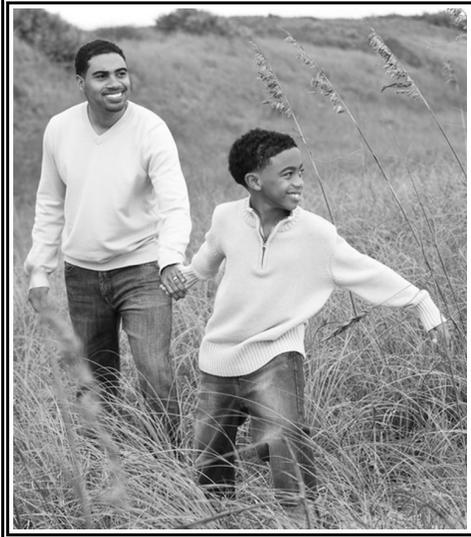
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Walking Lifts My Mood, Balances My Emotions, And Relaxes My Body

~ Barbara Bosler & Joyce Gerrish

Barbara Bosler: My day always goes better if I take a walk in the morning. It gives me a jump start. Some people drink coffee, I don't. For me walking is a must. If I don't walk I feel stagnant, and I don't feel as well. For me, it is a way to commune with nature as well. I don't listen to music with ear plugs during my daily walk, I listen to nature. You know, the wind in the trees, and the birds singing, and the sound of the tree frogs. It's God's music. I also love the smell of the honeysuckles at the right time of the year, watching the squirrels and the birds, the smell of the wooded areas. It gives me great pleasure, it makes my heart smile when I'm outside and see nature so active all around. It's such a treasure!



I love to get outside each day—get out of the box. Although, if the weather is too inclement for walking outside, I sometimes go to a mall or a large store and walk around. Time goes by quickly when I do that, too.

Walking is very good for my back. It keeps my back loose. It helps keep my whole body kind of loose. If I sit too long without much movement, I get sort of stiff. Sometimes discomfort in my back flairs up. I find that if I walk every day and I'm diligent about it, I don't have those problems as often. I've talked with other people with back issues, and movement seems to be important to them, too.

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Enjoying the outdoors and nature is really part of my way of life for preserving my well-being—physically, emotionally, mentally, and spiritually. Walking is beneficial on so many levels. It really, really is. It helps lower blood pressure, and it's a good stress reliever. And I've read that people who walk every day tend to be happier than people who don't. So there is something about it. There's definitely something to it.

Joyce Gerrish: I love to take a walk almost every day and in every season of the year. What a joy to observe the changes in nature day by day throughout

the year. I find that some of the most marvelous forms of entertainment are free, and walking is one of them! My body feels wonderfully alive as I walk, the air feels fresh as I breathe, and I'm happy. It never gets boring for a moment.

In autumn I enjoy seeing the beautifully colored leaves transforming the trees in spectacular surprising ways. Autumn is a particularly pleasant time for walking because the temperature is generally mild, neither too hot nor cold. I love to watch the squirrels scurrying around gathering acorns and other treasures and then hiding them for feasts during the leaner days ahead.

In truth, I feel that summer and winter are good walking seasons, too—I just dress accordingly. In the winter I bundle up well before I head out to enjoy the quiet beauty of resting Mother Nature—the graceful lines of the bare tree limbs and branches silhouetted against the blue sky and the periodic sparkling blanket of snow. In spring as I walk, I love to observe the new delicate buds appearing on all the plants and trees, and then the dewy fresh leaves miraculously springing forth. In the summer I like to walk on shady streets and in the coolness of the early morning or early evening. I passionately enjoy observing all the lush flowers and vegetation. What joy to observe the changes in nature day by day throughout the year. It's a magnificent cycle of creation.

How do *you*, the reader, feel about walking? For your walking pleasure, you may wish to find a walking buddy to join you periodically. That can be enjoyable. Any children in your life? See if they'll come with you some of the time, it's so important for them. Maybe your dog is your walking buddy, great! How long are you walking? 15 minutes is a good start, then perhaps work up to at least 30 minutes brisk walking. Have fun!



Note from NLJ: As always, before starting any new exercise program, check with your health care provider to make sure it is appropriate for your specific health needs.



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FLOWING PEACEFUL LIKE A RIVER

~ By Joyce C. Gerrish

We're beginning to listen to each other more. Counseling seems to be helping. You know, we've been married fourteen years and we're finally beginning to really listen to each other when a difficult issue comes up. We used to go into our corners and come out fighting—and then sulk for hours." Nallie is confiding in her close friend Janis while they're out walking their dogs along the river bank. "I'm embarrassed to say that we've had this pattern of arguing too often our whole marriage. I feel we love each other and are good friends. We both enjoy doing all sorts of outdoors things together with our sons and just the two of us. This off and on arguing is like our Achilles heel. It hurts to see this person you love so much glaring at you." Nallie pauses and gazes out over the river. "Wow! Look at the river flow so peacefully. Deep in my heart I really believe that is how one's life can flow." She pats her dog's head and continues, "I guess that's part of the reason I like to walk by the river."

Janis put her arm around Nallie's shoulder and hugs her, "I've sensed the deep love between you and Stan. I know, though, you've spoken of these arguments." Nallie looks in Janis' eyes, "The crazy thing is that usually the arguments have been about the same things over and over. You'd think that we're hamsters running around a rotating treadmill getting nowhere. Usually one of us gives in and goes along with the other, though not without at least some resentment. Sad, huh?"

Janis strokes Nallie's back and says, "No one ever said marriage is always easy, did they?" Nallie laughs and replies, "No, they didn't. I watched my parents argue a lot when I was young. I found it confusing. I think that some part of me figured that must be how it is. You know? I got the feeling that they didn't like each other very much. Stan says his parents were sort of the same way. So here we are repeating some of their patterns. Well, anyway, our counselor has us exploring some agreements on a few of the issues we seem to argue about."

Janis responds, "That's good. How's that working out?" Nallie pauses to reflect and replies, "I feel it's helping. It's a process." Nallie looks pensively out over the river and asks, "Do you mind if I run by you one of the issues we've been developing agreements

for?" Janis responds, "Go for it, I'm with you." Nallie says, "Well, one big issue is money. Wouldn't you know that we'd have one of the same issues that's at the top of the list for tons of couples? Anyway, I feel the need to save money and Stan likes to spend it. I have this constant awareness of our two sons needing to go to college before long. In five years the oldest will be graduating from high school. In addition, we're still paying the mortgage on the house, and we should start saving something for retirement, right?"

"Regarding the kid's college, Stan feels like we don't have to save for that because he thinks that the boys should handle college expenses pretty much on their own. He encourages them to plan on going to a local college, apply for a scholarship, work part time, and live at home to keep expenses down. We'll see how they deal with that plan when the time comes. It's been a quandary and concern to me!" Nallie shrugs her shoulders. "Stan lives in the NOW



financially. You know, in his mind the future is far away and the present moment is beckoning with fabulous fun possibilities. In truth, that is part of why I fell in love with him in the first place. Now, though, I'd appreciate a little more practicality. He just bought a camping trailer that we can hitch behind our station wagon. Now we can easily transport our canoe, all four of our bicycles, plus our camping gear when we

go for weekends. It'll be great fun for our family, though wow that blows our budget to smithereens. It makes me feel stupid for trying to save money."

Janis listens carefully and says, "So what does your counselor suggest to help you two find common ground?" Nallie looks thoughtful and responds, "From the outset, we need to think of ourselves as a team and not as adversaries. We need to make some agreements. Our first agreement we've worked out is that when we sense an argument starting to surface we go to separate spaces. There we might sit down and relax for at least five minutes and focus on our breath, or maybe go outside for a short walk. Before we get back together we each write down our feelings and thoughts on the issue—pros and cons. This plan helps by slowing things down a little and clarifying the issues. Agreement number two is that once we get back together only one person speaks at a time. We take turns each speaking for three minutes while the

other listens carefully and doesn't interrupt. It involves listening to each other with the intention of understanding and coming up with some agreements—even if it requires a little compromise here and there." Janis responds, "It sounds like a plan."

Nallie's eyes light up, "You know what else is helping us to feel more peaceful together and more ready to find solutions? We've been doing foot massages for each other! Oh, that feels so-o-o-o good. As we relax more, we seem to be listening to each other more deeply. Best of all is that it seems to be bringing more tenderness and passion back into our love life." Nallie looks down at the grass for a moment, then lifts her gaze toward the sky and closes her eyes a moment. Then she looks at Janis and says quietly, "It was only about six months ago that Stan was involved in an affair, remember? We talked about maybe divorcing, but decided to stay together. Since then we've been doing regular therapy as a couple and some individually, too. We're doing better now, a lot better." Janis gives Nallie a big hug. To be cont.

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Agreements Between Couples

Continued from page 12

When one is sharing true love, the peace and happiness and health of the beloved are of immense importance. The sacredness of the relationship will not be broken just for fascination elsewhere. If change to the relationship is necessary because of insurmountable differences, deep searching is needed and possibly therapeutic support. Separation with love may sometimes seem to be necessary. If so, the relationship can possibly continue in a supportive caring way in a different form.

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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Clear Agreements Can Be Very Helpful Between Partners in a Loving Relationship

~ Joyce Gerrish

How Have Agreements Worked for You?

Obviously there needs to be a certain amount of responsibility within a loving relationship of any type. Every loving relationship is based on an agreement of some sort. This agreement will vary tremendously according to the type of relationship it is. Let's look at couples. Some couples may agree to split responsibilities within a relationship. In this case it is a form of respect between the two people to uphold the agreements. If both people in a two-person agreement are faithful in their responsibilities, things can run fairly smoothly. This was the case for a very long time in a lot of marriages. It was tradition that the man would have certain jobs to take care of in the family, and the woman would have others. This worked fairly well for many families.

Things are very different today for couples living together in a romantic relationship. Roles are not at all clear-cut anymore. Many decisions need to be made as to who is responsible for what. It is important to bring to mind that most women are now working a job (usually full-time, often more than 40 hours) in addition to any child care and home upkeep. This significantly affects fair sharing of the load of responsibilities in the home in order to avoid possible physical and emotional drain and burnout. Eating most of the meals out really isn't a healthy solution. Restaurant meals often tend to be too high in sodium or fat or calories. Also relevant to this discussion is that traditional roles are sometimes stifling to both women and men. Not all women want to fulfill the traditionally feminine roles in a relationship, and not all men wish to fulfill the traditionally masculine roles. Additionally, many couples today are not heterosexual. Same sex relationships bring up inevitable decisions as to who would like to meet which needs within a relationship or home. The important issue is that realistic agreements need to occur as to what is expected of each other.

Tremendous honesty is necessary here if the loving relationship will thrive. If there is honesty and good intention, there is a good chance for the two people to be happy. Another crucial piece of the agreement in order for it to succeed is trust. An agreement between

two people in a romantic relationship needs to be a sacred trust. Honesty, good intention, and trust will go a long way toward allowing romantic love to last and thrive. Without these, it is anything but love--it becomes control and struggle.

Trust, respect, and good intention can create a safe space in which true love can thrive—we all need that, right?

Love is not just a feeling, or passion, or excitement in the presence of the beloved--it is a trust and respect and the intention to treat each other very well and live up to agreements. This can create the safe space in which true love can thrive, whether it is romantic love or an agreement between any two people.



The form that the agreements might take would vary greatly depending on the needs of the two people and their life style. If they are living together or plan to live together, the agreements might include (among other things) decisions as to: feelings about children and their care; how money is handled; feelings about sex; religion; the sharing of home responsibilities (house cleaning, grocery shopping, cooking, washing dishes, laundry, yard care, car care, etc.); what is or isn't expected of each other regarding sharing each other's strong special interests. This can make for very helpful valuable discussions which can deepen and enhance understanding and clarity in a relationship.

What About Sexual Faithfulness in a Romantic Relationship?

I feel that true love doesn't give either person in a romantic relationship license to be unfaithful to the other. That can, of course, cause great heartbreak emotionally. Also, when a person is unfaithful to his or her sexual partner and has an affair elsewhere, this can put the original partner in possible serious danger of sexually transmitted disease. Many people don't realize when they are carrying a sexually transmitted disease and it can be transferred around to others without anyone knowing it at the time. This can be an extremely serious health risk. If a condom isn't used in an extramarital affair that, of course, further increases the risk of sexually transmitted disease.

Agreements Between Couples continued on page 11

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When you come to the edge
of all the Light you know
Faith is taking the next step
Knowing you will either be --
Given a solid place to stand
or wings to fly!

Dancing on the Edge of Existence

*One foot raised above the other,
Arches aching, toes clinging to the edge.
I balance ever so cautiously
The past on one side,
The future on the other.*

*Could I only see what lies ahead,
Could I only dare to jump into the abyss?
No thought of the morrow,
No regrets of the past.*

*If a hand was offered to make that leap,
Could I take it willingly?
My only garment being my faith,
My bedfellows have hitherto been my fears,
My nightmares closing in,
Coloring my existence as through a veil.*

*And now, the dawn of transformation,
The passage I have been waiting for,
And I hesitate still.*

*Can I let go and fly into space?
Oh sweet Spirit, please....help me soar!
~ Sybil Soaring Eagle*

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Rejuvenating Our Body By Eating Organic

~ by Wendy Johns



Once upon a time all food was organically grown, believe it or not. What we now call conventionally grown foods have been treated with pesticides, herbicides, fungicides and larvacides to mention a few. Do these chemicals become magically nontoxic once the foods finally arrive on our plates? They don't all wash off, and some get absorbed within the plants as they grow. Any word that has "cide" added to the end of it is a chemical that is ultimately toxic to the human system. Accumulation of these toxins is a big key player in the lack of health, especially in the United States, as it is being experienced. This is especially true since the 1990s with the introduction of GMOs (genetically modified organisms). Going back to the toxins that have been sprayed on all of our foods, this started about the 1930s at the beginning of World War II. Scientific developments at that time led to mass production of chemicals being used on larger and larger crops. While science looked at these chemicals as increasing crop yield and making for what "looked" to be a healthier food specimen, once inside a person's body there's a different story.

When we eat food—it gets assimilated into our body, into our cells, and into our DNA. So the old saying "we are what we eat" holds true and it has always been true. Food is of massive importance as to how we feel and whether or not we will develop certain diseases and how long we will live. Certainly heredity plays a significant role here too; however, the new science of epigenetics tells us that our environment and the foods we eat are actually the regulators of what genes will be expressed or not expressed.

What are we putting in our mouths? It is important to realize that after we swallow food, there is a whole other world going on. It's not just about getting a full belly and moving on with our work day. People only have to walk themselves through their

work day and take mental notes, "How do I feel after I eat this? How do I feel after I eat that?" Most of the time people don't attribute their fatigue to the fact that they ate something that might have been toxic or completely devoid of nutrition. Again the energy of food, how fresh it is, how organic it is, and how it is prepared are very major players in preserving our health. Everything in our life can be stripped away. You're running around in a body. This is your body, it is your vessel to maintain. Some people would not miss an oil change for their car for anything. Their car is the crucial thing to them. The ultimate vehicle is the human body. It's made of minerals and other nutrients that are absorbed by the cells, the cells then cluster together to form tissues, these tissues form our organs.

The majority of Americans are eating conventionally grown foods which have been sprayed with chemicals—and/or they are eating completely dead foods that are fried, microwaved, or gotten from a fast food line. There's really no mystery as to why such a high percentage of Americans are so unhealthy. So many people are walking around not feeling good at all and it has become the new normal. Yikes! How did we get to accept this way of life?

We need to make a connection between the vibrant health and energy that we maybe had as an adolescent (if we were lucky)—and knowing that we can actually have this past the age of forty! We don't have to accept the ideas of degeneration and disintegration with age, the aches and pains, expecting the premature graying, and not feeling like doing the things we used to feel like doing. This is happening to people at an earlier and earlier age. It is becoming more and more recognized that the millennials born in the 1990's and 2000's will be less healthy than the previous generations. That's counter-intuitive in this age of unprecedented access to information and technology! We should be going forward in health, this is obvious. So to understand this backward trend in personal health, we have to look at where our food is coming from.

What happens when we eat conventionally grown foods that have been sprayed with pesticides and other toxins? When our body is breaking down food in the intestines, our intestines have little villi hairs that extract nutrients. Then on the other side of the villi hairs the nutrients go into the bloodstream. What also gets extracted and absorbed from the food are toxins. The nutrients want to get into the cells, and sometimes the toxins get into the cells, too. The human being is comprised of approximately a hundred trillion cells. We are a walking body of cells. That's what we're made of. The cells are the cornerstone of our health. So if we have too many toxins come in, that affects the outer layer of the cell which is the membrane (the barrier around the cell). With

toxicity, the membrane can become rigid and hard, and thereby limit absorption of nutrients such as vitamins and minerals. The rigidity of the membrane also can limit the cell's elimination of its own waste material. This situation can contribute to hardening of the arteries and high blood pressure. If we think of our body and our health on a cellular level, then we get past the idea of eating anything handy and thinking, "Oh, my belly is full, now I can get on with my day."

When making decisions about the foods we eat, we MUST ask ourselves, "Do I really want to make my hair, skin, nails, bones, eyes, and brain out of this?" Our body has NO choice but to take the food we eat (whatever it may be) and use it to try to regenerate our body. Without sufficient nutrients to regenerate—our body begins to disintegrate and become subject to any number of degenerative diseases.

SO if you've been eating conventionally grown foods and GMO foods what can you do as a first measure to clean up and detox your body (cells)? There are many methods and protocols with which detoxification can occur; however, one of the easiest ways to begin is to simply make every attempt to buy and eat organically grown foods. Studies show, as soon as the toxins are removed from one's diet the body miraculously begins detoxing itself!! Yes, the body has its own innate wisdom and can detox and heal itself! The body is designed to have amazing self-healing capacities when given optimum natural healthy conditions.

In closing, I invite you to watch this video to learn what is possible for your body and your overall well-being when you eat organic.

The Organic Effect <http://bit.ly/1zLmERQ>

This article is for education only, consult a healthcare practitioner for any health concerns.

Sources:

Photo Credit: Natural Living Ideas

Local Affordable Grocer Bans Toxic Chemicals From Food:
<http://bit.ly/1QaPcMe>

The World's Healthiest Foods <http://bit.ly/2bVWHrR>

Jeffrey A. Morrison, MD *Cleanse Your Body, Clear Your Mind*:
<http://amzn.to/2bNmYoC>

Millions of Bees Die After Farms Spray Neocicotinoids:
<http://bit.ly/2bNkpmG>

Wendy's favorite source for health science news:
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Wendy Johns is a Transformational Health Coach and Energy Healer. Through her own journey of intentional self-healing, she is passionate about sharing her knowledge to inspire and empower others to step into their own masterful healer by reconnecting all states of health—physical, mental, emotional and energetic bodies. To learn more about Wendy's work, contact her for a complimentary strategy session wendy@wendyjohs.com 502-648-7433 See ad on page 19.

One cannot think well, love well or sleep well
if one has not dined well.

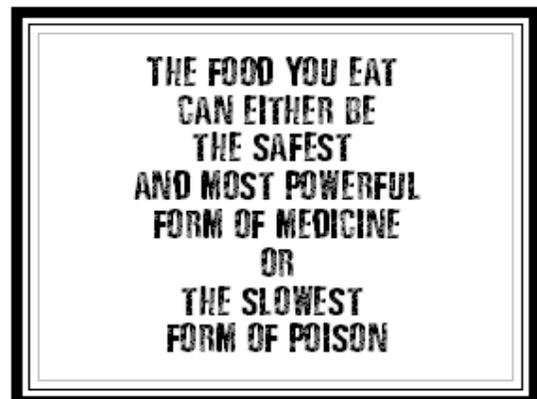
MY PERSONAL STORY OF HOW EXCESS SALT AFFECTED MY HEALTH

~ by Joyce Gerrish, M.A.

Seventeen years ago I personally had a period of seriously bad health caused by months of excess eating of bags of salty popcorn while driving long commutes for my job. It seemed innocent enough at the time. The bags only said popcorn and salt and oil. The list of ingredients didn't even include chemical sounding words that I didn't recognize. It tasted good and amused me as I did my long commutes. I ate too much of it too often. It got so that I counted on having that bag of popcorn almost every commute. Habits can sometimes seem to form quickly.

In a few months people began asking me if I was O.K. I could tell in the mirror that I was looking chronically tired and I was feeling less energetic than usual. My skin was beginning to be very sensitive to the touch in an uncomfortable way, so much so that I began wearing very loose fitting clothes. The most alarming effect of all was that my fingers sometimes turned white as a sheet if I was out in cold weather more than briefly. That was scary! Several times I actually wondered if my fingers were going to come back to normal color.

I knew I must make changes. I researched my symptoms and realized that the excess salt was likely a major factor. I also studied more deeply into the acidic effect of excess salt on the acid/alkaline balance of a person's body chemistry. I knew that I had to drop the excess salty popcorn habit. I started singing along with the radio instead of eating as I commuted. That was a much better choice. My health gradually came back to normal within about four months. That was a miracle as far as I was concerned, and a lesson well learned. This and other improvements in my food choices improved the acid-alkaline balance of my body chemistry—and I was my normal self again.



Organic Gardening in September & October

~ Sybil Watts

As summer winds down to fall, the leaves change into their brilliant fall colors, and you awaken to a distinct chill in the air. You realize that winter is just around the corner. You may have the thought, "It's time to put the garden tools away for the year, settle back, relax, and wait for spring to arrive. MMM? maybe not just yet!

In most areas of the country, there are still many garden tasks that need doing—even after the first frost.

Now is time to clean up the garden and plan for next spring.

Fruit and Vegetable Gardens

Harvesting fruits and vegetables is the best part of growing them. As is often the case, you may have produced much more of certain type than your family can consume. Share the abundance of Squash, Tomatoes and Zucchini with friends and neighbors, and do remember your local food bank or second harvest organization! You could also get a booth at a local farmer's market to bring in a little extra cash.

- Although most fruits and vegetables are best when eaten fresh on the day they're picked, you can extend the season by freezing, drying, storing, or canning. If you don't know how to properly store food, here is a book that will help you learn:

- **Big Collection: 130 Canning and Preserving Recipes + 40 Tips on How to Store Food**
<http://amzn.to/2bvzxKe>

- Fruits and vegetables should be checked regularly for ripeness and harvested at their peak of ripeness.
- Plum trees should be pruned right after harvest, to insure a bountiful crop next year.
- Once the tops of onions that are for next year's planting, have withered, the bulbs should be pulled and dried in a warm, dry, sunny location for about 10 days. Then they should be stored in a cool, dark, dry place.
- Some root crops such as carrots, onions, and parsnips can be left in the ground in cold climates and dug up as needed. Apply enough mulch to keep the ground from freezing, and the crop will be kept fresh until it is needed.
- After you have finished harvesting your summer vegetables, plant a cover crop of clover, cow peas, or soybeans for the purpose of plowing under next

spring. These nitrogen producing plants will provide good organic matter and food for your garden crops next year, as well as helping to control weeds over the winter.

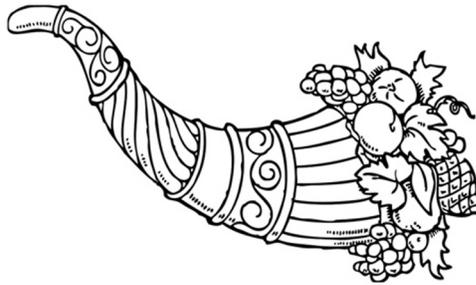
- Before the first freeze, it is the time to:
 - Dig and divide congested clumps of rhubarb.
 - Cut back raspberry canes that have grown too long, this prevents damage caused by winter winds.
 - Plant bulbs for early spring growth.

Caring for your House Plants

The longer your house plants were allowed to remain outside in the fall, the more shock they will go through when they are finally moved indoors. Bring your house plants in before first frost. Before moving plants indoors, remember to check for disease and take steps to control the problem. You don't want those pests inside!

Gardening Odds and ends

- I know. You are probably tired of hearing this, and I'm gonna say it one more time, because really the theme can't be overstressed: **get those slugs!** The fall rains have gotten the little critters moving through the garden again. One last application of organic slug bait will eliminate a lot of slugs and prevent them from reproducing again this fall. Result: Fewer slugs next spring.
- Remember to water trees and shrubs less, allowing them to harden off before winter sets in.
- Mark your perennials with permanent tags, or create a map showing their locations so you'll know where and what they are when they die back at the end of the season. This will help you to avoid digging up something you intended to keep when you start planting next Spring.
- The birds will soon begin their winter migrations. Give them a helping hand by providing them with some food for their long journey.
- Continue to watch for insect, or disease damage throughout the garden, and take the necessary steps to control the problem.
- There is still time left to plant perennial seeds and bulbs!
 - With a little effort in the fall, you will speed the timing of that first new growth by as much as a month. During the fall months, after soil temperature drops below 60°F, the bulbs of spring flowering *Tulips*, *Daffodils*, *Hyacinths*, *Siberian Squill*, *Dwarf Irises*, *Anemone*, and *Crocus* should be planted. Select healthy, disease free bulbs. Add Bone meal or Bulb fertilizer into the planting hole, as you prepare the soil.
 - Most spring flowering bulbs should be in the ground by the early part of October, with the



exception of Tulips which can be planted up until early November, just get them planted before first freeze.

- *Gladiolas, Dahlias* and other tender bulbs should be dug before the ground freezes, and stored in a cool, dark area. *Dahlia* and *Begonia* tubers should be stored in a box of slightly moist peat moss. Gladiola corms can be stored in a paper bag without additional packing.

- Clear away those final weeds. The weeds you eliminate this fall will possibly prevent thousands of weed seeds from sprouting next spring! My Grandmother used to say, "A stitch in time, saves nine!" It wasn't until I started gardening that I learned what she meant by that statement.

- Keep lawn and garden raked clean of leaves and debris. Fallen leaves, old plant parts and grass clippings should be added to the compost pile. Leaves left on the ground over winter makes for ugly grass next spring.

- Clean and oil your garden tools for winter storage. Wash any stuck on dirt with the hose. Place some sand and vegetable oil in a large bucket and mix it up, then slide your garden tools in and out of the sand. This cleans the tools and leaves a layer of oil to prevent over-winter rust. I use an 18 quart storage tub so I can clean all tools, including rakes. I keep a bottle of vegetable oil in the tool shed just for the purpose. Most home supply stores (i.e. Lowes and Home Depot) carry sand.

- Clean your gutters and downspouts to remove fallen leaves and other debris. Plugged gutters can cause serious damage to your home as well as your garden when the winter rain and snow arrives.

- Continue mowing until first frost. After the last mow, run the mower until it runs out of gas. Clean the underside of the mower and store until spring.

- Spray all the last bit of your organic weed killer and liquid plant food from the sprayer, rinse with water in preparation for winter storage. Remember to spray water thru the sprayer nozzle to clean it.

Wherever you have a plot of land, however small, plant a garden. Staying close to the soil is good for the soul.

Remember: There are NO gardening mistakes, only experiments.

If it doesn't work this time, next time change the process.

HOMEMADE NATURAL PASTA SAUCE

This recipe is VERY important because bottled & canned pasta sauces tend to be FAR too high in sodium/salt. About 2000 milligrams salt/sodium in a whole day is O.K. Most pasta sauces have about 530 mg sodium/salt in 1/2 cup sauce. If a person eats more than 1/2 cup sauce, the sodium could get up close to 1000 mg sodium. That is close to 1/2 a person's quota for the whole day. Wow! High sodium/salt is typical of many processed & fast foods (those that aren't sweet). Over time this can contribute to a somewhat acidic condition in your body chemistry which can adversely affect your health. It is very important to read the "Nutrition Facts" label on any food in a bottle, can, or package. For restaurant food, check their website "Nutrition Facts."



- **6 oz bottle or can organic tomato paste**
NO SALT

- **3 or 4 fresh tomatoes** chopped. Or Substitute bottled/canned tomatoes 16 oz. NO SALT.

- **3 garlic cloves, minced** (substitute 1 TBSP garlic powder as a last resort)

- **1 onion, chopped**

- **1 Green pepper, chopped**

- **Organic Herbs: 1/2 to 1 teaspoon** of all or any of the following: Basil, oregano, thyme, Rosemary (as desired)

- **Salt and pepper, to taste**

Combine all the ingredients in a sauce pan. Cover and simmer on low heat about 30 minutes, stirring occasionally to prevent burning/sticking.

- **Set a timer**

While this sauce is cooking, cook your pasta or rice according to package instructions. (Consider using organic non-wheat pasta. Experiment with a little of it on your own before serving it for a group)

- **Add 3 TBSP of olive oil** after sauce is cooked.

Add sauce to cooked pasta or rice.

Sprinkle with Parmesan cheese, if you wish.

Vary this recipe in any way you wish. It's easy & worth it!

Optional Add-ins:

- **Small can Zesty Mild Green Chilis**

- **1 cup mushrooms fresh, cut up**

- **Any Veggies on hand, such as zucchini or carrots**

- **1 lb. lean ground beef**

If you use ground beef in sauce, simmer the ground beef in a pan until browned. Drain. Then add all other ingredients and follow above directions. (Possible substitutes for beef could be chopped firm tofu, or extra cheese topping, etc.)

Tip: Have veggie shy children? Place all the veggies into a blender and blend until smooth. Ta-Da! a serving of veggies magically becomes sauce for spaghetti—a food loved by most kids.

Word Crafting as Alchemy

Talk Your Walk - Release

by Sybil Watts

In this, the fourth article in the *Talk Your Walk* series, I want to present to you the idea that a word we use everyday in the process of clearing what no longer serves our highest good is actually detrimental to clearing our blocks - that word is **release**. When we want to get rid of old patterns, mind sets, any kind of suffering, we say "release it." Turns out, this is not the best way to become free of what no longer serves our highest good. Nor does it set us up for permanent clearing of our suffering and sorrow.

The dictionaries tell us that **release** means: *the act or an instance of liberating or freeing (as from restraint)*. However, we need to look at the two syllables separately to be fully cognizant on how our mind really understands this word.

The *Cambridge English Dictionary* describes the prefix "**re**" as: *a prefix added to a verb to have the word mean "do it again"*.

The word "**lease**" is defined as: *allowing someone to use something for a long period of time, for a price, and with an end date*. In American English, lease means "take long-term, yet not permanent, ownership of something."

Putting the prefix "re" (do it again) together with "lease" (take long-term ownership of, with an end date) we create a situation of doing something over and over again. Sort of like the old fashioned paddle ball game, where you have one end of a rubber-band connected to a paddle, and a ball connected to the other end. When one hits the ball with the paddle, the ball goes out to the end of the rubber-band, then returns to the paddle. No matter how many times one hits the ball, the ball always returns to the paddle until such time as the rubber band breaks - then the ball keeps going until it falls to the ground, or strikes an immovable object.

Another meaning of release, as given by dictionaries, is: *relief or deliverance from sorrow, suffering, or trouble*. However, when we look at the meaning of "re" and "lease" separately, instead of getting rid of our sorrows, we simply send them out away from us, where the Universe takes temporary ownership of the suffering. However, the Universe's lease soon expires, and the trouble is returned right back to us, just like that little ball on the rubber-band. Trouble and sorrow that we thought we released and sent on its way elsewhere, just keeps returning to us

time and again. Boing! Boing! Boing!

So now you are probably thinking two things: "OH! That is why life lessons I think I learned keep coming back?" And, "Well, if releasing does not get rid of what no longer serves my highest good, how **do** I get rid of the trouble and sorrow?"



Glad you asked. It is actually very simple. You stop releasing and start clearing and letting go. When working with energies, thoughts, mind-set, feelings, emotions, etc. that no longer serve your highest good, you set the intent that you are clearing, letting go and the energy is transmuted to positive and reabsorbed back to source light. The

statement I use is: *"I clear and let go this energy, from my physical, mental, emotional and spiritual being. I let this go from all Universes, time, space, dimensions, and realities. This energy that I now let go of is transmuted and reabsorbed back to source light. And so it is."*

I follow this up by running my two fingers—the index and 2nd finger, or a magnet,—along the central meridian starting at my brow, up over the head and down as far as I can reach on the back of the neck / upper spine. I do this three times while affirming the above.

Once finished, I ask if there is anything further about that I need to know or clear about this particular energy. When I get a "no," I have the clear knowing and understanding that this particular energy will no longer trouble me. So far, anything I have cleared in this manner has not returned.

Please note, it often takes more than one round to clear all of a sorrow from all my systems, especially if there is anything "ancestral" involved.

Sybil Watts is a Life Optimization Coach and Wordsmith.. She guides people to let go of old habits and actions that no longer serve their highest good and supports them in living their optimal life. sybil@bioenergeticcoaching.com You can learn more about Sybil's work at bioenergeticcoaching.com.

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Autumn Reflections

The beginning of Autumn and the Autumn Equinox is September 20. Autumn is the symbol of preparation for change and the challenge of the unknown. Our psyche finds courage in the brilliant colors of the autumn trees as the leaves change their foliage from emerald green to bright red, yellow, and orange. These colors are the promise of hope for the eventual return of renewal. Then this brave display of colors gives way to the browns and grays of the empty tree branches. Mother Nature is doing her alchemy before our eyes, though it may feel like a withdrawal to us. Shall we remember that the caterpillar must shed its old skin to be reborn as a butterfly. Each autumn Mother Nature sheds her summer foliage in preparation to be reborn anew in Spring. In truth, we ourselves can only grow as we let go of the aspects of our past that have served their purpose and may now constrict us. May we open to forge ahead into the beckoning creative unknown. It is the alchemy of Autumn transmutation.

~ By Joyce C. Gerrish