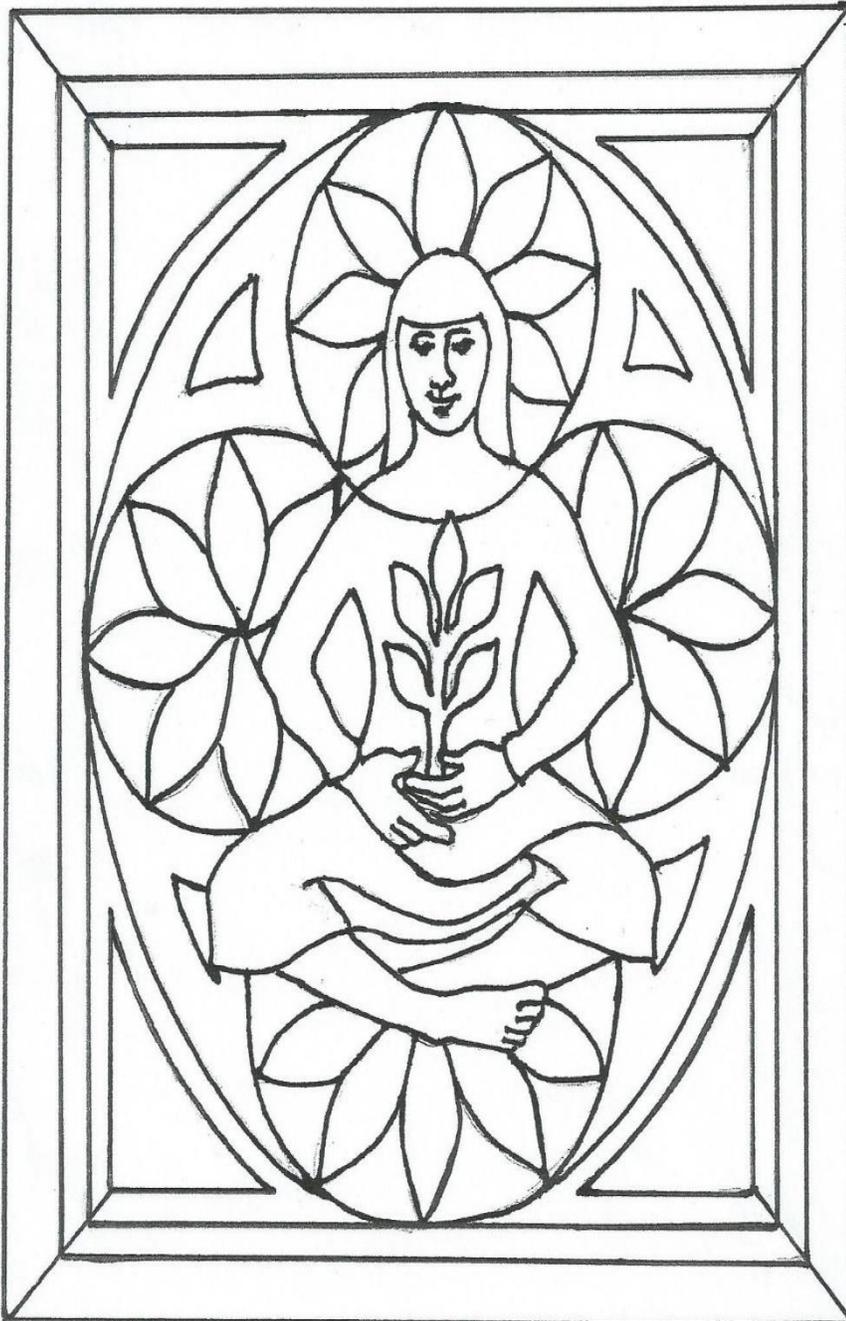




Natural Living Journal

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

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Radiant Skin From Within

Finding Peace in Midst of Stressful Times

Awesome Inspiration for Physical Fitness

Times of Change

Accessing Renewing Power of the Sun

Do You Remember Your Dreams?

Keeping Your Arteries & Heart Healthy

Continuing Saga of Eagle Family

Organic Raised Bed Garden: How To

Reflections on Opening to Spirituality (Poem)

Lesson of the Two Blankets

Moving Through Depression

Natural Foods, Black Bean Burgers

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AWESOME INSPIRATION FOR ENHANCING PHYSICAL FITNESS AT ANY AGE, In Spite of Possible Challenges. Redefining Physical Fitness.
by Teresa Saborsky

Here at Louisville Strength and Endurance we work with people of all ages for performance and general health enhancement. We get kids and adults who are in sports, or any physical activity, and want to improve their fitness and performance. One of our trainers has recently worked with a University of Louisville basketball player to increase his speed and agility. Some of our trainers were athletes in high school and one of our newest trainers played NFL football. Now he is using that and is getting started with fitness for young kids.

I'm a corrective exercise specialist and have been in sports most of my life. I have always worked with people and coached on various levels. As I got older, I had a lot of injuries. I had a bad knee, which is why I started walking all the time rather than running. I found out I could walk marathons, then got into Triathlons and Century Cycles. I coached people to walk marathons, then I started coaching a hiking program, both through the Leukemia & Lymphoma Society Team in Training Program.

I had to have a knee replacement in 2011. Before deciding to have the surgery I told a friend of mine, who is a physical therapist, that I had signed up for a Triathlon in Washington D.C. I asked if I could be rehabbed for that. She said "If this was anybody else I would say no, but since it is you, I'd say YES." So, I did the Nation's Triathlon. My knee surgery was in November and the Triathlon was the following September. I had kinesio tape on my leg to kind of help out. That's a black tape that athletes use to support muscles that aren't working quite right at the time of a sports event. People asked me what it was for. When they heard my explanation they said "you need to do something to let people know that they don't have to stop being physically active if they reach a certain point of physical challenge." I talked to a few people about that, and I decided there was a niche for someone



like me to guide people in a way to know that they don't have to give up.

Not only did I work with kids, but I also started working with people who were over fifty or sixty and let them know that they don't have to stop being





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physically active. I had a client who came in with a protective boot on one foot. She was 72 at the time and had an injured Achilles tendon. She worked with me and was starting to make progress. She got out of the boot. Then she called one day and was crying. I asked, "What's wrong?" She said, "They put me back in the boot." So I said, "O.K. That's only your foot. We've got the whole rest of your body that we can work with. You don't need to stop just because your ankle is hurt. You can do, everything else." I told her that we would meet the next day and would work. During the workout session, she was sitting in a chair, sweating, and said, "You weren't kidding!" I want people to know that, though we may have a perception of what an age is and of what a weight is and of what being fit is, it's usually none of those things.

I am 62 and I have started training for a 112 mile bike ride next June. I have a really good friend who, when she was 67 years old, climbed Mount Kilimanjaro. Now these friends I trained to do marathons are now my clients. I started personal training with all these people with whom I had travelled miles in marathon training. They started getting older and I started training them in a different way, working with basic core strengthening and balance to help them continue to move effectively. We combine that with massage therapy and other support. We also work with a physical therapist. Yes, you may have an actual physical problem, but you don't have to stop. You can work with what that problem is and what that issue is - - and you can fix it or improve it. It's a matter of strengthening things around it. You can strengthen supporting muscles and increase flexibility. It's also important to get proper nutrition to support your body. Find out what your body needs. All bodies are different.

We have trainers here such as Michael who does physique enhancement. He prepares people for competitions, helping people build their bodies to be very strong and really look nice. On the other hand he also works with a young lady that could not walk and had not walked for years. Now since working with Michael, she stands. I'm not talking about miracles. Yes, there are physical limitations, but you have (Continued on p 5)

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TIMES OF CHANGE

By Karen Schellinger, LPAT, LPCC, LLC

Robert Frost writes "In three words I can sum up everything I've learned about life: *it goes on.*" Life will go on for the soldiers returning from war, the survivors of cancer and the survivors of natural disasters, how is this possible?

C= Compassion
H= Holding
A= Awareness
N = Now
G= Galvanizing
E = Experience



"Compassion holding awareness now by a galvanizing experience," came to me when my thoughts returned to my own past experiences; CHANGE was the common thread woven into my story.

My galvanizing experience of being diagnosed with cancer came two days before Christmas. Months later our home was crushed by trees and three thousand gallons of water displaced on three floors. What was needed when my husband returned from the Gulf War? How could I possibly survive the death of my mother? Were my needs the same? Was it possible to go on as Robert Frost writes? YES! YES! YES! It will, it does, Life will go on!

Stormy weather is a natural condition on this planet. Natural disasters may be seen in real time all over the world using technology today. Pictures of Houston and Florida traumatized the senses while watching the evening news day after day.

How is it possible to lose everything and begin again? Awareness in the present moment and by transforming thoughts of what life used to be to what life is. By choice or by galvanizing experience change is a natural process of being human. Eckhart Tolle suggests accept, embrace and not push against change.

With the shock of the experience, in many cases individuals are filled with intense emotions - - and words will not be enough. Most recently my attention was drawn to the news coverage of an interview in Key West. In this interview, a man overwhelmed with emotion began to cry, he then held back his tears covered his eyes with his sunglasses and continued the interview.

Joseph Stromberg of the Smithsonian states, "Emotional tears have protein-based hormones including the neurotransmitter leucine enkephalin, which is a natural painkiller that is released when we are stressed."

Tears allow the body to cleanse. In a project called "Topography of Tears," Rose-Lynn Fisher, a professional photographer uses microscopes to provide pictures of dried human tears. During a time of loss Fisher reports having a, "surplus of raw material." She

realized and came to the conclusion after a recent hip surgery and viewing a fragment of her hip bone that, "everything we see in our lives is just the tip of the iceberg."

Fisher photographed over 100 tears of joy, grief, sadness, and many more. After closely studying tears for a long time she stated,

"Tears are the medium of our most primal language in moments as unrelenting as death, as basic as hunger and as complex as a rite of passage." Lastly, she states, "It's as though each one of our tears carries a microcosm of the collective human experience, like the drop of an ocean."

As humans, we possess a higher knowledge. We feel, we think, we behave. Following a shock or trauma emotions may feel

unmanageable swirling inside much like the ocean Fisher commented on. Allow tears to flow rather than holding them back and stuffing the emotion. In my galvanizing experiences, I found a therapist nearby. Each week I walked to her office and cried. After crying I returned to acceptance of the present moment, brought compassion to each choice and began again.

In the case of the lives affected by hurricane IRMA the shock of what life used to be is followed by the awareness of having survived the natural disaster. The compassion piece of change may begin with tears. Breath by breath, life will go on. In an effort to include wisdom from others...

"The moment you change your perception, is the moment you rewrite the chemistry of your body." Dr. Bruce Lipton

"Try not to resist the changes that come your way. And do not worry that your life is turning upside down. How do you know that the side you are used to is better than the one to come?" -RUMI

"Sometimes in the waves of change we find direction." Transform Design Group (Continued on P. 5)



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

AWESOME INSPIRATION, Cont. from p3

everything else in your body that you can work with and develop. You don't have to stop developing your body fitness. Then there is Tanya who likes to work with women using weights, helping them get physically fit and build their muscle tone. There is Chajuana who teaches PiYo, a combination of Pilates and Yoga that is just amazing. I am a corrective exercise specialist and I also specialize in senior citizens.

We have some high schoolers, and definitely those in their 20's, 30's 40's, 50's, 60's, 70's, and 80's are welcome. We all work together. Louisville Strength and Endurance is an integrated system of a lot of ages, men and women, all races and religions or lack of religions, it doesn't matter. We are a group of people supporting each other, helping each other to find our goals and reach them. Most important is that, although society has a tendency to put people down, we want to lift them up!!! We want people to come in here and see their possibilities - - that they have potential to be anything that they want to be. It's never too late to be what you want to be! Age is in the mind.

The whole point is that just because you get older and live longer, doesn't mean that you have to slow down. I mean, sure, my body is not doing the same things that it did ten or twenty years ago. It recovers differently. I have to fuel it differently. That doesn't mean that I can't do the things I want to do. Everybody in this center feels the same way. We support each other. Someone comes in who is 67 years old and is 100 pounds overweight - - so what? Come on in! That's why we're here - - to show you that you can do it. You don't have to struggle to get out of a chair. You can stand up straight. It doesn't matter if you have Parkinson's disease or MS and you can't do certain things because those are neurological conditions - - we can help you work with your muscles. We're not going to cure it, but we can help you go into this thing a little better. We can help you slow it down a little bit. Have a better quality of life while you can. You don't go into it gently, you go into it kicking and screaming. Whatever your fitness goals, we'll help you!

Bio for Teresa Saborsky: Teresa is 62 years old. She has coached people to walk marathons and is a track throws coach for ages 8-18. She is a certified Tai Chi instructor and has experience teaching the Shaolin system of Martial Arts.. Since 2000, she has completed over 30 marathons, a number of half marathons, 5 olympic distance triathlons, and 3 century cycles.

Note: As always, consult your health care provider before making any significant changes in your exercise routine.

TIMES OF CHANGE, Cont. from p4

"Life is a series of natural and spontaneous changes. Don't resist them; that only creates sorrow. Let reality be reality. Let things flow naturally forward." ~ Lao Tzu

BIO: KAREN SCHELLINGER is both a Licensed Professional Art Therapist and Licensed Professional Clinical Counselor. Growing up in the military when families moved annually Karen learned to



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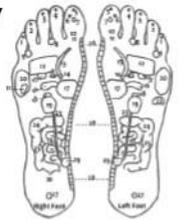
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navigate change. After high school Karen joined the US NAVY Dental Corps. By the age of 23 she was honorably discharged from active duty and began college. Realizing her passion for teaching adults, she returned to complete her second Master degree at University of Louisville. Karen is currently accepting new clients in her Private Practice, by appointment and may be reached at Schellingerkaren@gmail.com or by calling 502-383-4812

KEEPING YOUR ARTERIES & HEART HEALTHY

by Maji Koetter-Ali, MS, RD, LD

I have hanging in my office an illustration that shows how plaque can build up in a person's artery walls over time. I explain to my clients how this can happen with a diet that is too high in saturated fat. A diet with excess saturated fat can lead to plaque build-up in their arteries possibly causing a stroke or heart attack. The recommended dietary allowance of total fat in the diet is 20-35% of total calories, up to 10% can come from saturated fat. The American Heart Association recommends that saturated fat stay below 6%. Saturated fats are found in whole milk, cheese, butter, and cream. It's also found in red meat, poultry with skin, pork, lamb, bacon, as well as fried foods.

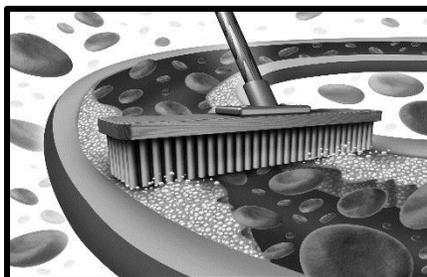
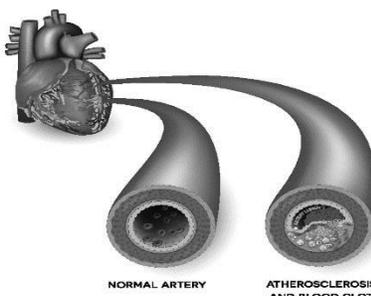
I recommend my patients follow the 80-20 rule, meaning consume nutrient-dense foods 80% of the time and save 20 % of their diet for other foods that they really enjoy such as bacon or rich desserts. I don't like to tell people, "No, you can't have something." People can have anything they want within reason. When I'm working with someone with heart disease, I assess their overall diet. I ask them to tell me what they ate the previous day from the first thing they ate or drank to the last, this is called a 24-hour recall. Looking at their food choices is usually a good place to start with my patients. This allows me to see where the guidance needs to come in. For example, if a person tells me they have fried eggs and bacon and a glass of whole milk for breakfast every morning, I will suggest skim milk, eliminating the bacon, and using cooking spray instead of butter to cook the eggs. I would also suggest including fruit with breakfast for added vitamins, minerals, and cholesterol-lowering fiber. Making these small changes can help lower the total saturated fat, calories, and increase the nutrient content.

Everyone has different taste preferences. When people ask me what is the best food, fruit, or vegetable to eat I always say, "The one you will eat is the best." Any fruits and vegetables a person will eat is better than not having any at all. Any time we can increase fruits and vegetables in the American diet, it is going to be for the better.

Patients follow-up with me on a consistent basis. When working with a heart-disease patient, I will review their lipid panel that shows their total cholesterol, LDL and HDL cholesterol, and triglycerides at their initial assessment. After about three months of working with me, my patients are usually excited to get their blood work done again because they know their numbers will be significantly improved over a short period of time just by making dietary changes. Many of my patients are able to lower their medication dosage or completely stop taking their medications. Many of my heart-disease patients also have pre-diabetes or diabetes and they also see improvement in their blood glucose

levels and sometimes can prevent or stop taking those medications as well. Most of my patients do not intend to have a poor diet, often it is due to lack of exposure to adequate nutrition education or guidance.

Triglycerides are the fat found in your blood. Your triglycerides should be 150mg/dl or less. If you have high triglycerides it could be due to eating more calories than your body needs. Along with excessive calories, a diet that is 60% or more of carbohydrates can be a contributing factor, as well as excessive alcohol on a regular basis.



Many people are unaware of how many calories they consume or how many calories are appropriate for their body. Often time people consume excessive calories not realizing that simple changes in their diet can lead to weight loss, lower triglycerides, and overall improved health. For example, if a person drinks several sugary beverages daily or carbohydrate-heavy meals with few vegetables and protein I would teach them easy food swaps to help them achieve a more balanced diet. I would suggest switching out the sugary beverage with water or a lower-calorie beverage instead. I would also teach them how to achieve balanced meals that include carbohydrate as well other macronutrients. I would review appropriate portion sizes, what to look for on food packages and labels, and ways to reduce

total calories to avoid excess. A person can improve their lipid panel by just losing 5 to 7% of their body weight.

During a counseling session, I review what all the numbers mean on a lipid panel and how diet changes can improve them. HDL is considered the good cholesterol and it is unique because it can help to lower the "bad" LDL cholesterol. If someone's HDL is low, they likely have high LDL and possibly high triglycerides. By increasing fruits, vegetables, heart-healthy fat, total fiber, and decreasing saturated fat in the diet a person can increase their

(Continued on Page 7)

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DO YOU REMEMBER YOUR DREAMS? (Short Story)

By Joyce C. Gerrish, M.A.

(Ongoing story of five friends' intertwining life journeys: Crystal, Vic, Janis, Nathaniel, and Nallie)

Crystal is absorbed in drawing on a napkin and she's really getting into it. "Wow, yes!" she whispers to herself. She's waiting for her friends to arrive for their monthly gathering at Charlie's Snack Shop after work. "I think I'll create a painting of this angel when I get home." Nathaniel and Vic arrive together and Vic exclaims "Crystal, I like that drawing, tell me about it." Crystal looks up and smiles with a far-a-way look, "Hi guys, this is what I dreamed last night. It was so vivid that I still see this angel emblazoned in my imagination. In my dream she was beautiful shades of blue and purple scintillating and glowing. I felt as though I was inside an awesome temple. There were several angels there in my dream, and I felt as though my grandmother was there, too. She died when I was sixteen. I loved her so much, she was like a



second mother to me. I felt like she was right there with me in the dream. Then I woke up suddenly and it was all gone except this glowing image in my mind. So I treasure it." Her eyes water up a little, and she looks down.

Vic responds gently, "Crystal, that is so touching. I'm happy for you that you got to see your grandmother and the angels in a dream. I can understand that means a lot to you." He hugs her shoulder and says, "I believe in angels, they're described many places in the Bible. Our dreams are one way we can experience them." Crystal looks in Vic's eyes searchingly and smiles slightly through tears that are now flowing. She responds very quietly, "Thank you for understanding. Have you dreamed of angels? Have you dreamed of someone you love who died many years ago?" Vic gazes at his two friends a few moments and then says, "Yes, I have - - both angels and loved ones who have gone on. Dreams are very important to me. I really pay attention to my dreams and take a few moments to recall them when I wake up. I like to jot down what a dream was about and occasionally reflect on it a few moments during the day. That way some additional (Continued on P. 11)

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KEEPING YOUR ARTERIES HEALTHY (cont. from P. 6)

"good" cholesterol and lower their "bad" cholesterol and triglycerides. Along with improved diet, one of the only ways to increase "good" HDL cholesterol is to be physically active. Unfortunately there are people that eat a very healthy diet and exercise and still have high total cholesterol. These individuals likely have genetic factors that cause it and medication may be necessary to manage it. The dose can be lower if paired with a heart-healthy diet.

I have experience working with bariatric patients, individuals that were morbidly obese and chose to have surgery to help lose a significant amount of body weight. I saw first-hand what a poor diet and little exercise can do to a person's body. I now work with college students at the University of Louisville and I provide free nutrition counseling for any full-time students that want or need it. I'm thrilled to give them nutrition education that they can start using at a young age and hopefully prevent serious illnesses later in life. I also currently see patients at Athena Health and Wellness, as well as offer food and fitness challenges with my husband who is a personal trainer.

BIO FOR MAJI KOETTER-ALI: Maji has a Bachelor's degree in Public Health from the University of Louisville and a Master's degree in Nutrition Science from Indiana University. She completed a comprehensive clinical dietetic internship at the University of Kentucky Hospital and the Lexington Veterans Affairs Medical Center. Maji specializes in weight management, diabetes management, and disease prevention.

Note: As always, consult your health care provider before making any significant changes in your health practices.

DEEP PEACE MEDITATION

With JOYCE GERRISH, M.A.

• *Oct. 25, Nov. 1 & 8, 6-7:00pm*

Louisville Learns (JCPS Adult Ed.)

At Seneca High. Call 502-572-4871

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at Highlands Rainbow Blossom Community Room



ORGANIC RAISED BED GARDEN

& Autumn Tips for Preparing All Gardens for the Following Spring

by Terry Stigers

After the autumn growing season, usually about the end of October or the beginning of November, you want to get your garden ready for the next planting season in the spring. You need to enrich the soil, otherwise it gets depleted and vegetables grown there are less healthy. The things I add in my personal garden and that a lot of our growers add are trace elements like azomite which has tons of minerals in it. It is a natural trace mineral for soil. Azomite has soluble magnesium and potash (contains potassium). It's derived from volcanic ash deposits. Add one or two tablespoons per gallon of planter. If you have a raised bed or garden it is one or two pounds per ten square feet.

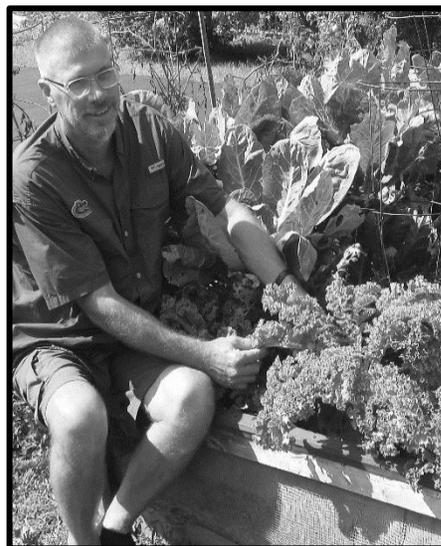
I also add green sand which has seventy two trace elements and provides potash. It is a green sand that is mined off the coast of New Jersey. It promotes plant growth and is something that you want to add to your garden every year. It takes about three years for you to get all the good benefits from green sand. You'll get a few of the benefits the first year as it begins to break down, and then by the third years its nutrients are fully available. Green sand is also excellent on your lawn.

You can add kelp meal or feather meal. Kelp meal is a seaweed that has been dried and ground and contains many minerals and nutrients. Feather meal is from broken down feathers and is a great source of nitrogen. To decide what nutrients to put into your garden, you can do a soil analysis and then add the elements you may need.

A lot of farmers and gardeners use manure. You have to be careful and make sure that it is composted. Most people that use manure probably get it off of a farm where it has been in a pile being turned periodically. It does tend to start breaking down on the farm where the animals are, but it wouldn't hurt to go ahead and add that to your garden in the fall. You don't want to put fresh manure on your garden when you put in plants in the spring. You'll burn them up. (That would be likely to kill the plants.) Concerning the timing of placement of manure on a garden in the autumn rather than the spring, it's more a matter of not "burning up the plants" as mentioned, rather than a matter of purity. When you pick up manure on a farm, you can probably put it in a five gallon bucket. It's not going to take much manure to fertilize a 4' X 8' raised bed for example, maybe two gallons would be adequate enough.

For the top layer on a garden in the autumn, I like taking grass clippings and mulched leaves and turning them into the garden (digging them into the garden slightly). I'm an urban gardener. I only do raised beds. I'm not a massive farmer, though I do grow a whole lot of vegetables in my raised bed.

Autumn is a perfect time to build a new raised bed garden. A lot of people come into our stores in May and say "I'm building a raised bed." And I say, "Ah, you should have done that in the fall." That's because it is important to get the soil and what you add to it blended and worked together well over the winter. (See above: autumn harvesting in a raised bed garden.)



For the sides of your raised bed, choose nice western cedar boards. They don't rot as fast as other cedar or other types of wood. To fill the bed, I like to use a good mix like peat and vermiculite and composted manure and maybe some mushroom compost. Compost means that the materials have been aged and broken down in some manner. If you spend the money initially to put the right stuff in your raised bed, it's going to last you for years and years. You would just add some trace elements each year as described above. I know that a lot of people take top soil and they just dump it in the garden, and then they have issues right off the

bat. That's because there are fewer nutrients in there and no fertilizers - - and so they have problems. Top soil is not loose, it's compacted. It's good to start off with a good mix in your raised bed and it will last you for years to come.

To make the raised bed you could probably just call a local handyman if you don't have those skills yourself. A contractor might be a little "big" for the project. You just make a square or a rectangle. Depending on how long you make it, you might need a cross support in it. The boards can ideally be about 1 1/2 inch thick. Most people build their raised bed one foot tall. I like mine two feet tall because I don't like to bend over. If you make it two feet tall you will need to fill that much larger a space with the materials we have been describing - - twice as much. The raised bed can sit right on top of the ground, it doesn't need to be set down into the ground. Once the raised bed is complete, a person can sit on the top edge as he or she works, if desired. On my beds I have a board that is like a skirt that goes all the way around the top. I can sit on it as I pull weeds and place my cup of coffee or other beverage on it. The corners of the raised bed can be attached in whatever strong way

(Cont. on P. 19)

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ARE THERE HAZARDS IN YOUR BEAUTY BAG?

by Danielle House RN HN-BC

I first started thinking about the relationship between chemical exposure and our health over a decade ago, as I was sitting in class during nursing school. "Beautician's have a higher level of risk for bladder cancer." Those words my teacher spoke were alarming to me as I used beauty products and I knew most other women did. I wondered if beauticians knew this information before starting their career. Not long after I graduated from nursing school, I started working on a neurological science unit at the hospital where many men and women came in experiencing seizures and brain tumors without any medically found reasoning. Many of these patients had said they felt their exposure to chemicals years before had triggered the seizures and caused tumors. I listened and I held their hand as more questions arose, and watched as the current treatment was not very comfortable or pretty and many times it was not effective.

The information was mounting and my curiosity for answers was not stopping. At that time, there was not as much information on the World Wide Web and I turned to and opened a book titled "Gorgeously Green" and found that the chemicals in our everyday products were related to not only our environment but to our health as well. I started going through my cabinets and products and reading the ingredients, trying my best to sort everything out and even tried making my own beauty products among other attempts to decrease my own and my family's chemical exposure. (Not an easy job at all)

I continued to see and make the connections over the years, and heard so many stories as I took care of and tended to a population where chemical exposure had directly led them to their health battles.

There has not been a law passed since 1938 regarding the regulation of the chemicals put into beauty products.

There are currently only 30 chemicals banned in the United States, while other countries such as the European Union have banned over 1400 chemicals.



These chemicals, while making the soap sudsier and the lipstick stay on longer, have a huge impact on our health as the number of serious health conditions related to these chemicals rises. One example of these chemicals, and this is just one of the thousands of chemicals in our products, is Phthalates. Phthalates are

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found in many common products including cosmetics, pharmaceuticals, baby care products, building materials, cleaning materials and insecticides. Phthalates are readily absorbed through the skin (which is our largest organ) and are considered to be endocrine disruptors because of their complex effects on several hormonal systems including the estrogen and androgen hormone systems. Research has linked this ingredient to hormone changes, low sperm count, birth defects, obesity, diabetes and thyroid irregularities. Studies have shown that nail salon workers exposed to this chemical have high rates of infertility and birth defects in offspring. Information concerning Phthalates comes from numerous sources including *Nurse Coaching Integrative Approaches for Health and Well-being* by B. Dossey, S. Luck, and B. Schaub, p. 485.

There is a growing amount of awareness and correlation to these chemicals that are in people's daily lives and are affecting health. There are tools to help navigate this system. There are many apps that you can download for your phone where you can scan your product and see what the ratings are. One that I use is called EWG from *Environmental Working Group*. I invite you to read the labels on your products and start moving into the direction

of letting go of the chemical exposure affecting your health. I invite you to look at the whole picture, not only from the food you take in, to the thoughts that you hold in your mind, to the chemicals you are exposed to, and ask yourself if these things are nourishing or poisoning to you and your well-being.

BIO FOR DANIELLE HOUSE: Danielle is a Board Certified Holistic Nurse, Personal and Community Health and Wellness Consultant and Coach, Reiki Master and Teacher. Danielle assists and supports women in becoming healthy, happy and whole. As a professional nurse coach and leader she partners with communities, businesses, organizations and personal clients to promote health from person to globe. Danielle is actively involved in the shift from a disease focused healthcare model to a person centered and health promoting model. Danielle creates personalized nursing care-plans for her clients and offers classes, workshops on and offline.

THE CONTINUING SAGA OF AN EAGLE FAMILY

by Elsa Lichman

I have been watching the day- to- day life of an eagle family near the river for two seasons, and have followed this year's nest with great anticipation and excitement. At first there were two lovely eaglets, but now we have seen only one for days and days. We have lost the younger bird, possibly to illness or fratricide. Our informal group of birders is in mourning. We write tributes and poetry, share photos, and wrap our arms around one another for support and comfort. The days take on a hushed tone as we come to terms with our loss. That small eaglet was very much loved. I place a bouquet of flowers at the base of the nest tree.

In such occurrences, the parents let nature take its course, and carry on with full vigor, caring for the remaining offspring. We have named the eaglet Spirit. I watch in awe as the female breaks off a large branch of a tree, and flies low past me. I hear loud wingbeats, perhaps caused by her wings brushing against the branch, as she flies in a wide circle up to the nest. She arranges the branch carefully, then feeds the young bird, then both share a meal.

Now is the time for our eaglet to practice wing exercising and jumping, on its path to branching (getting back and forth from the nest to a branch). Near dusk, the bird flutters its wings, then goes airborne across the five foot span of the nest, in a jump-fly. It's quite thrilling.

Another day I see Spirit yanking up morsels of food in the tall nest, ingesting the prey left by a parent. It no longer needs the parent to tear it into manageable pieces. Suddenly the male comes in with another prey item, drops it off, and leaves. He flies downward to a cove, and there he is in the shallows, dipping his head to sip sideways, then dropping his white head back to swallow.

One day soon after that the male sits on a nearby branch vocalizing, as the young bird watches. The father hops into the nest and back out to the branch numerous times. He seems to be patiently teaching his offspring how to branch. This goes on for hours. Then he tenderly feeds the eaglet! It reminds me of human parents raising a young teen, vacillating between encouraging independence and providing nurturance.



One dry, hot and sunny Sunday afternoon, folks have gathered in lawn chairs, looking toward the nest tree like sailors

with binoculars regarding the horizon. We are peaceful, chatty, funny, and hail from far and wide. It is a graceful, gracious experience, not usually encountered since Victorian times when the pace of life was



slow. The eaglet remains hunkered down in the nest for most of the day, but occasionally gets up to furiously beat and flap its enormous wings. But it does not yet branch. Each at its own pace.

Next, the parents try a minimalist tactic. I see the male come in, his wings in a W shape, with a glistening fish in his talons. There is a commotion in the nest, he drops the prey, but he soon leaves. I have not yet seen the young bird branch, although others have witnessed it. I watch the young bird stand tall at the back of the nest looking out, filling that space, filling my heart - - and I feel I

live a miracle every day, to look up and find it there. At dusk, the female drops off prey, then flies to a white pine across the way. She cleans her beak on a branch; she looks huge and gorgeous. The father sails down the middle of the road, then swerves, lands at the top of a spruce for a glorious moment. He proceeds to his old roost tree from last year, resting close to the trunk. All three are safely tucked up for the night, in close proximity.



At last, my patience has paid off, as I get to see Spirit hop-fly to a thin branch to the left of the nest! Several days later, I arrive to find the male in the empty nest searching, while the eaglet sits on a branch of that tree. As I watch, the young bird

crashes down to an even lower branch. As it finally settles safely, the parents bring in prey, and we get to see how enormous the eaglet has become. The parents have landed in a low tree very close to the eaglet, one above the other, as the sun pours over them like a benediction. Their idyllic pose is punctuated by their scintillating white heads and tails and black bodies. (See the newly fledged young eagle in the photo above.)

The next morning the bird has fledged, a once only occurrence when the eaglet leaves the nest tree for the first time. There she is, our beauty, in a naked tree! Her brown and cream coloration is stunning. A group of us watch her in the afternoon, as she tries to fly up to gain altitude, and fails over and over - - at times falling from a branch onto the grass. The parents are nowhere to be seen. This bird flies low over a friend's head, then walks in a lumbering gait right toward me, very close, hops on top of a small outcrop, and swoops close to the ground for quite a distance. But it cannot seem to get up to a branch as night begins to fall. Just as the light is about to disappear, it makes a lunge to the lowest bushy branch of a small tree, wings all in a jumble, and stays!! The crowd cheers. She is safe, a brand new creature out in a confusing and difficult

(Continued on Page 19)

DO YOU REMEMBER YOUR DREAMS?

(Continued from P. 7) by Joyce C. Gerrish, M.A.

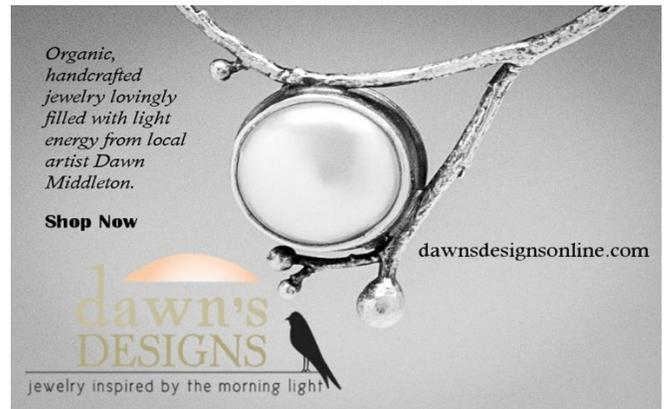
details of the dream and insights may occur to me. From time to time if I am seeking to better understand some issue in my life, I pose it as a seed question before sleeping. That sometimes brings helpful insights through the dreams which I may remember in the morning.”

Nathaniel leans forward and adds, “You’ve mentioned your dreams from time to time. I’m fascinated. You know, I very seldom remember my dreams, but I’ve had a few that were very important to me. I’d like to remember more of them. Once my wife was visiting her sister in St. Louis for a few days, and I dreamed that she got a flat tire on the way home. I felt concerned in the morning and called her. She said she would get the tires checked before driving back. She did and the car repair shop found a shard of glass and a slow leak. The repair man said it might have gone flat during the long drive. Since then I have a lot of respect for dreams. I just wish I remembered them more often.”

Janis has arrived and slipped into a chair with her friends around the table. “Whew, yes! Fantastic. I believe that our consciousness is capable of so much more than we sometime understand. You know, there are different brain wave energy frequencies. When we are busy doing practical things we are focused in Beta brain waves. When we are very relaxed and peaceful - - perhaps meditating or praying - - we are probably focused in Alpha brain waves. In Alpha we can have inspiring insights and feel hopeful, peaceful, and sometimes somewhat intuitive. When we’re in light sleep we can also be in Alpha. So our dreams can sometimes give us helpful insights and help us access our deeper levels of consciousness. Deeper sleep can be Theta. Deepest dreamless sleep is Delta waves.

Nathaniel blurts out, “Janis, what about scary dreams? My children have scary dreams from time to time. I do too occasionally. Nallie has just arrived and speaks up, “Me too, what a drag! What do you think, Janis, you’re the trained counselor here?” Janis gazes at Nathaniel and Nallie with loving eyes, “Take time to relax and feel peaceful before going to sleep at night. Get your mind into Alpha.” Nallie rolls her eyes, “Get my mind into Alpha? At that hour I’m just trying to get my exhausted body into bed.”

Crystal glances around the table, “We all have at least some choice in how we use our time, right? I know it isn’t always easy at all. I’ve finally made it a priority to really relax before bed. It helps me sleep better. Sometimes I listen to peaceful music and read some uplifting passages from a book I find inspiring. I often listen to even part of an audio guided meditation. It really helps me sleep more soundly and wake up more refreshed.” Janis adds, “I totally agree. I’ve gotten so I don’t watch the news before bed. There’s too much in it that upsets me and puts me on edge. I put all of that out of my mind before going to sleep. When I take time to slow down and relax before sleeping I find I get to sleep more easily. I



also seem to remember my dreams more often, and they’re more peaceful dreams.”

Nathaniel responds, “O.K., I hear you. I’ve been trying to use T.V. to help me unwind a little before bed, but I’m not sure that works very well. A lot of the shows are violent, even the better ones. Maybe I’ll put my feet up and read something relaxing a little while instead. Yeah, I’ll try that. - - And maybe I’ll have more pleasant dreams.” Vic lifts his tea cup and says, “Here’s to pleasant dreams.” They all smile and chuckle.

Then Vic looks around the table with an intent expression, “What do you think, let’s all relax into Alpha before bed and jot down our dreams in the morning when we remember. When we’re together again for our gathering next month we can share our experiences.” Words of - - “O.K. - - It’s a deal - - I’m willing - - Let’s do it,” resound around the table.

JOURNAL WRITING QUESTIONS FOR SELF UNDERSTANDING, REFLECTION, AND DISCUSSION

Take time to relax in some manner before going to sleep at night. Meditating or listening to peaceful music or reading something you find inspiring would be beneficial. If there is something which you are seeking insight on, pose it as a seed question before you actually get ready for bed. Once you are in bed, affirm silently that you will remember your dreams. In the morning, take a few moments to see if you remember a dream. If you remember even a fragment of a dream, jot it down. More may occur to you later if you bring that dream fragment to mind. Over a period of days or weeks, you may find that your dreams become more accessible to you, and they may bring helpful insights.

You may enjoy creating drawings or designs depicting some of your dreams. Dreams can be a wonderful source for creativity. From time to time you may wish to share a dream with family members or special friends. This can possibly lead to interesting discussions and help bring you greater understanding of each other and closer together. Keep in mind my website has audio meditations on it that could be very helpful to you. www.joycegerrish.com. Click on “Songs, Meditations, and Designs.” Next click on one of the chapters such as Chapter 7 “Choose Peace, Glorious Peace.” Then click on ‘Audio Meditation’ or listen to the peaceful song I recorded. Blessings and peace to you on your path. Joyce Gerrish

RADIANT SKIN FROM WITHIN

by Dr. Lisa Tostado

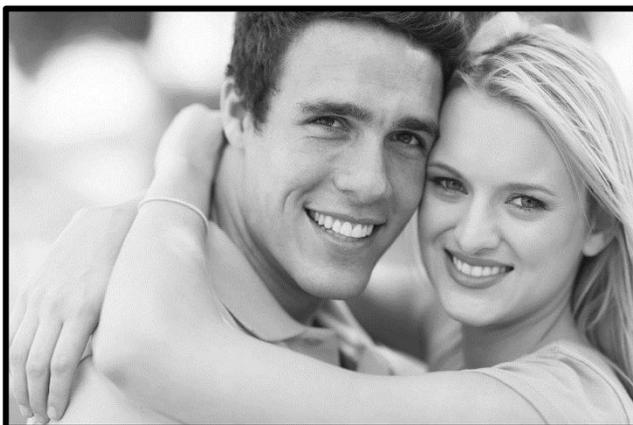
Our skin is the largest organ of our body. It is our first line of defense and protects us from a variety of environmental threats including radiation, viruses, bacteria, yeast, chemicals and toxins. It is an essential component for vitamin D synthesis in the body and for the regulation of our body temperature. Unlike most organs like our heart and kidneys, we wear our skin on the outside. It is one of the first things we notice when we meet someone. Eruptions on the skin like acne, boils, brown spots, psoriasis and eczema can happen at all stages of life. Not only can the eruptions be bothersome, causing symptoms like itching, oozing, flaking, scaling, crusting, discoloration, and even scarring, they can adversely alter our appearance.

When considering the health of our skin and the outward manifestations that can develop, we must first look to our internal body chemistry. Sure it is easy to buy a topical medicine, beauty product or undergo a cosmetic procedure to treat or mask the issue from the outside, but truly vibrant, radiant, glowing skin is a reflection of optimal health from within. Keeping the body well hydrated, eating nutritious foods, and elimination of toxins are some of the keys to resolving and preventing a variety of skin conditions.

We now have 80,000 chemicals registered for use in the U.S. Many of these chemicals end up in our air, water, food, and products we buy on the shelf including cosmetics, cleaning and personal care products. They eventually find their way into our body, whether by inhalation, skin or ingestion. What is important to understand is that these chemicals can accumulate in our body and interfere with our health. They can cause inflammation in our body, damage our DNA and cells, cause hormone imbalances and overburden our major detox organs, including our liver, kidneys, digestive system and skin! Yes that is right, our skin aids in detoxification and elimination. If we are dealing with an overburden of toxins, these toxins will release through our skin. Consequently, our skin may look dull, age more quickly, be prone to outbreaks, or suffer from conditions that reflect a deep imbalance in our body, including chronic inflammation.

Regardless of your age, there are some universal steps to take in achieving that healthy glow. Here are some very important considerations when looking to support and resolve a variety of skin conditions.

Drink lots of filtered water. In order for our skin to be an effective barrier to our environment, it must be well hydrated. I recommend drinking half your bodyweight in ounces per day. The water should be filtered and preferably not exposed to plastics. I store my water in a glass container or glass bottle. I often



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recommend adding fresh squeezed lemon juice to your water. Lemon can support cleansing & elimination of toxins. If there are concerns that the acidic properties of lemon could over time harm the enamel of your teeth, my recommendation is to drink the lemon water with a straw or brush your teeth immediately after.

Load up on essential fatty acids. Fats are important for our skin health. They help keep our skin lubricated, which helps us retain moisture. They also reduce inflammation in the body. One type of essential fatty acid, an omega-6 fatty acid called gamma linoleic acid (GLA) can be found in evening primrose and black currant seed oil. This can be particularly helpful in resolving psoriasis and eczema. According to a study conducted by the University of Italy, a 12 week trial showed a dramatic reduction of eczema symptoms with GLA.

Eat the rainbow. Vegetables and fruit are full of antioxidants. Antioxidants protect us from the damage that stress, toxins and free radicals that can inflict on our skin cells, and for that matter, all cells. Vitamins A, C, & E are antioxidants found in our foods that are essential for skin health. Vitamin C in particular, is needed to synthesize collagen. Collagen is like the glue in our body that holds everything together. It keeps our skin looking supple. Vitamin C can be found in foods like citrus fruits, berries, broccoli, peppers and dark leafy greens.

Detoxification & Purification. Our health depends on our body's ability to filter and eliminate toxins. Toxins are processed by the liver and eliminated via our stool, urine, sweat and body fluids, including breast milk. If they are not eliminated through these channels, they will exit through the skin. This can show up as acne, boils, or other types of skin eruptions. Supporting these organs so that they can do their job better is essential. This can be achieved largely by our diet. Cruciferous vegetables (such as broccoli, cauliflower, kale, Brussels sprouts, collard green and cabbage) help the body metabolize old hormones like estrogen. Proteins contain amino acids that support the liver's major detox pathways. Herbs like milk thistle, dandelion and

(Continued on Page 13)

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RADIANT SKIN FROM WITHIN (Cont. from P. 12)

burdock can help support the liver and cleanse the blood. I recommend a cleansing program once or twice a year to help purify the body.

Digestion & Elimination. Our ability to remove waste products from our body relies largely on our digestive system. We should be having a bowel movement several times a day. Fiber, adequate water intake and eating fermented foods like kefir, cultured vegetables (kimchi, beet kvass, sauerkraut etc.) and yogurt can help keep us regular and support a healthy, balanced gut flora. Food allergies/sensitivities can also be linked to various skin ailments like chronic rashes and should be identified & removed. Dairy, grains and nuts, particularly peanuts, are some food common triggers.

In conclusion, the health of our skin relies on various factors, including our day to day nutrition, hydration and ability to detoxify. We should also strive to reduce our toxic load. The Environmental Working Group (www.ewg.org) is a great resource and has several databases like Skin Deep for personal care products and cosmetics that can help us determine risk and safety. A nutrient dense diet full of antioxidants will help protect us from environmental threats. If you find that your issues are not resolving, there may be a deeper issue that needs to be addressed like autoimmunity or food sensitivities. In this case I would recommend seeking the help of a naturopathic doctor or certified holistic practitioner to help you discover the root cause. I am offering free 15 minute consultations to see how I may be able to help you on your path to total wellness and vitality. Schedule your appointment today!

Bio: Dr. Lisa Tostado, N.D. graduated from Southwest College of Naturopathic Medicine, in Tempe, Arizona; one of the leading accredited naturopathic medical schools in the U.S. Inspired by the early pioneers in whole food nutrition, Dr. Tostado decided to complete the CCWFN program in 2016 with the International Foundation for Nutrition and Health. Currently she has two office spaces, one at the Rainbow Blossom Wellness Center at Springhurst, and one at Whole Health Associates, 3834 Taylorsville Rd., Ste. B1.

Note: As always, consult your health care provider before making any significant changes in your health practices.



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NATURAL FOODS RECIPE

BLACK BEAN BURGERS *Contributed by Barbara Bosler*

- 1 ¾ cups cooked black beans (drained)
 - ½ med. Sized (red or green) peppers chopped small
 - ½ cup green onion (chopped small)
 - 2 TB. chopped fresh cilantro (optional)
 - 1 clove garlic minced
 - 1 large egg
 - 1 TB. Cumin
 - ¼ to ½ teaspoon kosher salt, sea salt, or what you have
 - 1 teaspoon hot sauce (optional)
 - 1/c cup quick oats
- Mash beans well. Stir in veggies & garlic.
- Add oats, eggs & herbs, spices & salt. Mix well.
- Make palm size patties – about ½ inch thick.
- Bake at 375 degrees on olive oil brushed baking sheet 7 - 8 min. Flip & bake another 7 - 8 min.
- Dress them as you like and enjoy!

Natural Living Journal Online

www.natural-living-journal.com

ACCESSING THE ETERNALLY RENEWING POWER OF THE SUN

by Tony Sweazy

Before installing solar panels, my company first assesses the energy efficiency of the home. What we try to do is to maximize the energy efficiency of the home first, and then talk about how much of a solar array the homeowner would want to satisfy their needs. People have different interests such as they may want to offset just a little bit of their electric power with solar, some may want to replace a portion, and some may want to offset all of their electricity with solar energy. What we're trying to do is to work with the customer to satisfy what their goals are. Probably the first questions that need to be asked are, "What are your goals, what are your plans, how do you see this working into your lifestyle - - and into your finances."

The next step is to get a little more specific as to the types of systems and the applications of the systems. If you have a roof that might have a little bit of shading during part of the day, or if the roof is not at just the right angle, we can optimize the system so it can take into account the shading or the roof slant at exactly the right angle through a string inverter, or micro-inverter, or what is called an optimizer.

Let's look at what an inverter is. DC electric current is generated from a solar panel, and the inverter transforms it into AC electric power so that it is usable in the house. DC is direct current, AC is alternating current. DC gives a constant wave, whereas AC is an alternating current which is a little different in the way the electrons move through the wires. The inverter is in a box that sits up on an outside wall of the house where it can be accessed. The different types of inverter systems described (micro-inverters, string inverters, or optimizer) all work to maximize the power that you get from your solar array. Ideally the solar panel will be installed on the side of the roof facing south or west. As you can imagine, on the north side of the roof the efficiency goes way down.

As mentioned at the beginning of the article, before deciding on the solar system a family wants for their home, it is important to measure the energy efficiency of the home as it is. We would look at one year or preferably two years of energy bills to get a sense of how much electricity the home uses. This gives an idea of the size of the energy needs and how big an array is needed. Then we look at the building and we evaluate the insulation levels. We look at the ratio of the walls to the ceiling, look at the windows, and look at the mechanicals (the furnace and air conditioner). There is always a lot of "low hanging fruit" you can get which means thorough air sealing around windows and around any wall penetrations throughout the house. There are many inexpensive




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things that a person can do to improve the energy efficiency of their home tremendously.

You can increase energy efficiency by having foam insulation sprayed into the walls of the house in some places. To make windows more efficient, you can do some sealing around the framing. Storm windows are very effective for energy efficiency. Storm windows can be left in during the summer if desired, and they are usually able to be opened for fresh air.



Some people might spend \$4,000 or \$5,000 to make things more energy efficient in and around their house, and thereby lower their energy needs. After they made the improvements and lowered their energy needs, the solar panel array costs might go down \$10,000 dollars. So they really start out saving \$5,000.

Someone may ask, what about having one or two panels just to keep a few things such as a small refrigerator and a few lights going in the house if electricity isn't available. That's probably not going to happen. There are safety precautions that when the electric grid goes down, you can't use your solar array. The reason is that the inverter needs electricity in order to function at all. If there is a power outage and an electrical worker is up on the electric pole trying to make repairs, it is crucial that there is no electricity coming through the wires. That can shock people. So they made the inverters to require a little electricity from the grid in order to function.

If a Louisville family wants to have an extensive solar capacity and still stay connected with the electric company and power grid, they can explore the LG&E "Net Zero" plan. An aspect of that plan entails sharing with the electric company any extra electric power that they generate beyond what they need. Then they can draw back that amount of electricity later when they may need it, such as on a series of cloudy days. The "Net Zero" plan would, however, cause the solar system to not work during a power outage.

If a family really wants their solar power to not be affected
(Continued. on P. 19)

Lesson Of The Two Blankets

by Darrel Joy

I had thought a lot about my first 24 hour vision quest, and I wanted to return to the place where it all happened, to see what I saw before, and feel what I felt before.

I returned not quite a year later to the exact same spot, hoping to repeat the magic carpet experience. It had been a sweltering hot day and was the start of the weekend. I had the time, and the weather seemed to be cooperating, so I did it similar to, but not exactly, like I did before. The differences were noteworthy. This time it was an informal visit. No tobacco. No prayers. Just a feeling of awe about how Sacred this place was to me. I wished I could somehow share the original experience with someone. Anyone.

Like before, I had my wool blanket, but little else. At the last moment, I added a polar fleece blanket to my backpack, thinking that since it had been so hot during the day, the wool blanket might be too warm when night came. I also brought a canteen of water. This time, it would not be a vision quest, but just a night out in the wilderness.

I was sleeping out under the stars, expecting warm, balmy July breezes when it became unexpectedly quite cold. I was laying on the warm, thick blanket, and was under the thinner blanket that wasn't very warm, yet it still kept off the damp night wind.

Eventually, the chill was more than I wanted to bear, so I got out from under the not-so-warm thin blanket to swap it with the warmer blanket underneath me. In doing so, I had to endure the cold night air without any blanket at all until the blankets were swapped. Eventually I could get between the blankets again, and I gradually grew warmer from having the thicker blanket on top.

The next day, I thought about this experience and sought to extract what lesson might be learned from it.

Sometimes, changes in our life are like swapping the two blankets. We have to endure more difficult times while the changes are taking place. These times can be much more difficult than the uncomfortable conditions that we were trying to get away from, but in the end the changes are all for the better.



Another way of expressing this lesson might use a more common way of saying it. "Things often get worse before they get better," but this shorthand way of saying it leaves out some crucial aspects of how the



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world works. The key point that it leaves out is that a person must take action in order to bring about change, and that it can take a while for these actions to produce the desired result.

This lesson can be found in a wide variety of circumstances:

-- In healing, there is the Herxheimer effect where the treatment or cure temporarily produces symptoms that suddenly become much worse. This effect can be produced when dead bacteria that caused the original ailment are broken up or washed into the bloodstream where one's normal antibodies will attack them and remove them from the body. Until the agent is removed, the person can experience high fever and other undesirable symptoms. Lyme is a disease where the Herxheimer effect is common.

-- In weight training, such as lifting weights at a health club, this lesson goes by another name: "No pain, no gain".

-- In home repairs, such as fixing a leaky faucet, you have to turn off the water before replacing the leaky gasket, or before disconnecting the supply lines when installing a new faucet. During this time, you won't have any water at all at that location. If there were no shut-off valves under the sink, you might have to shut off the water to the entire house -- so it gets a lot worse with no shower and no toilet flushing until the plumbing repairs are totally completed.

-- With auto repairs, you typically take your car to a mechanic, and then you have to go without a car until the repairs are finished.

-- I read a story about a Pinball Wizard who was very good at playing a certain pinball machine. There came a day when he ceased to get any better, no matter how much he practiced. He was certain he could top his best score, so he sat down and analyzed his technique. Over a period of days, he developed a list of radical changes that theoretically should give him a better technique and thus a better top score. When he started using the new technique, his scores plummeted dramatically -- he was (Continued on P. 17)

REFLECTIONS ON OPENING TO SPIRITUALITY, by Maya Griffin

I have realized there is no answer to my thoughts but to cease them. There is no end but to stop completely.

I know it angers my ego that I am finding the true answers, combating its netting. It's just scared, fearful. Here, let me pet you down, follow me, I know your greatest fear of abandonment. I will not leave you, but you must follow me beyond your fortress to the divine. For I must know more of me than just you.

The joy is harsh on my soul, so accustomed to mold and concrete. It is bright, and seems gratefully drying to my eyes. I cannot tell what hurts more. So be it. That is what was broken in me. Unadulterated joy. Simple. Choose with joy, live from joy, birth from joy. What is good is not always enormous nor all-encompassing. It doesn't convince just everybody



Mountain Design by Maya Griffin

It's not strong in might necessarily. It's a pink stain on a glass, a sip of tea. Just one flower quiet, subtle, unassuming, a hum of goodness under all the noise.

Every piece of me that has been me I have finally retired from my being I breathed them all outside -- the timid self, the shy self, the brooding self, the painful self, the broken-hearted and neglected self. They are no longer in me, tied to me in strands. They are all my dear sisters, I love them, I have compassion but they are not me anymore.

And with that -- I can watch every bad memory, I can meet each monster. I can be reminded and have no fear, no avalanche nor knee-buckling. Thank you for partaking in my learning game, but I am purging. I no longer need to keep relics of my pain nor trophies of my joy. Because they no longer belong to me.

Ego, may I tell you, if you'd listen -- Forget all the hurts, all the bans you've made. Be free, live in the law of liberty. Be fearless, be ruthless, share the vigor of your spirit. Don't spend all your time distracted or under the covers. Have courage, have strength, be full of frontier.



The universe is full of beauty and full of suffering. It is dynamically rich in all substance. I will hold you in the cup of my hands with firm rocks at the bottom for foundation, fertile soil in the middle to help you grow, straw on top to protect you before you emerge, and the sun, the rain, the stars, the storms all of creation around you once you are fearless to break through. Know always, a strong home supports you, nourishes and protects you, to at any time shelter you again. But still, never be too afraid to break into wonder.

If you are too scared to allow, at least try to let yourself be unaware that you are allowing, Silently whispering. Whether things come on purpose, Or as a surprise. Let them come.

I am weak, but if you know something with absolute certainty, would you not fight for it? You are only weak because you do not know, you are not sure. Trust, that as you know, as you become sure, You will become strong.

You have to visit more often, you only have to stay longer in the peace, relief and divinity, of seeing the truth of the world. You only have to experience it so fully that it leaves impressions on your skin, your heart, your eyes. So when misery comes to visit, it will not be able to tell you it was all a dream. For your memories will be strong, the kiss still lingering. You will know it, you will believe you can return. And you will come back always. The longer it takes, (Continued on Page 17)

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LESSON OF TWO BLANKETS

(Cont. from P. 15)

awful. He had to concentrate and fight the urge to slip back into his old technique which had become automatic and natural to him. Over time, with a lot of practice, he gradually got better until the new technique also became automatic and could be performed without thinking. When this occurred, he was able to significantly exceed

his previous top score.

-- In relationships, the transition between having the relationship and the termination or loss of that relationship can produce emotional distress such as the grief experienced when a loved one dies.

In a divorce, or the breakup of a relationship, one or both partners can experience the same grieving process, and experience pangs of loneliness and need. Sometimes the transition can be tougher than the circumstances that started the break up in the first place. This difficulty can often result in one of two things:

It encourages people to quit dragging their feet to get the transition over with, so that they can get on with their lives.

It scares people into reconsidering the steps that would allow the transition to proceed. They think: "Maybe it didn't used to be so bad after all, and we should try it again." This choice can sometimes keep people in a relationship for years and years when it just doesn't work, yet the difficulties with the known seem, to them, to be better than facing the uncertainties of the unknown. This is the logic sometimes used by people who are in an abusive relationship, and is the reason that the battered partner refuses to leave.

Each individual must decide for themselves whether the benefits of the relationship outweigh the difficulties, and whether the problems can be worked out together. In this latter case, perhaps letting each other know that there is a problem and discussing possible solutions is all that is needed.

Whatever you call it, or whatever circumstance you apply it to, the lesson is the same: during a transition from one (unwanted) state to another (improved) state, things often get worse before they get

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better. The key to making the situation better is to take some kind of action to see if the change works. (Note: See photo of Darrel Joy with the small owl on P. 15)

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REFLECTIONS ON OPENING (Continued from P. 16)

the more time we get to plan your return feast.
I have always known that I was put on this Earth to move,
to move you, to displace you, to mix you up, bake you
and let others enjoy your sweetness.
I was put here to discover what you are missing,
blindfold you and walk you to it.

I love to conjure up these moments.
This is only a clue, a hint, to remind you.
Oh, what I could write that could
shake you through to your bones.

To see how deeply we are in flux,
to note how truly "you" don't exist outside of anything.
See this paper. Do you see the trees, the flowers,
the windy day and blue sky it was.
It is all part of the page.

BIO FOR MAYA GRFFIN: Here in Louisville Maya is a manager at Revelry Boutique Gallery where she also sells her own art and jewelry. She specializes in ink portraiture. She has done over 50 portraits of artists, musicians, and others. She takes great joy in immortalizing special loved inspiring figures for people. Prints and commissions are available.

MOVING THROUGH DEPRESSION

by Amber Worman, M.Ed., LPATA, LPCA

Depression can be challenging for the person experiencing these symptoms and for those who support them. Within this article my hopes are to provide an Eastern view into Western minds on depression and the healing aspects of movement, expression, herbs, and nutrition. Depression can include the loss of interest and pleasure in activities, weight loss or gain, insomnia, slowed movements or agitation, fatigue, feelings of worthlessness or excessive guilt, trouble concentrating or making decisions, and suicidal thoughts.

It seems more people are looking for alternative treatments versus seeing their primary care physicians for medication in times of need. As a Holistic Healer I see many avenues to explore within alternative medicine. Of particular interest to me is Traditional Chinese Medicine, TCM. Within TCM there can be several patterns of disharmony which can cause depression symptoms. Today, I wish to focus on Liver Qi Stagnation alone for the purpose of this article, which may not fit all cases of depression, but is a heavy cause in our Western lifestyle. First, let me briefly tell you what Qi and the Liver are from a TCM view. Qi is energy, some also call it life force or prana. Whatever form of the word you use is O.K. The Liver is in charge of the flow of Qi and its direction in the body. If it gets stagnated, the energy is not free to move, creating an imbalance. Some symptoms associated with Liver Qi Stagnation are: mood swings, depression, irritability, frequent sighing, inappropriate anger, a stuck feeling in the back of the throat, melancholy, unhappiness, a general tense feeling, tight neck and shoulders, digestive issues, and PMS.

Liver Qi Stagnation is commonly caused by: poor diet- especially eating large amounts of fried and fatty foods; overuse of stimulants- coffee/teas, drugs, and alcohol; overwork without enough rest; and repressed and unexpressed anger and emotions. I was talking to a client Lori (not her real name) the other

day in my office and found she was experiencing Liver Qi Stagnation along with other patterns. I explained this pattern and symptoms to her. For Lori I then provided various lifestyle recommendations including herbal and nutritional suggestions (both western and eastern thoughts), and movement and expression



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through art to support and balance the flow of Qi in her body. When I asked her how she felt about all the information we talked about, Lori replied "Hopeful." I often feel hopeful as well with all the possible tools for healing within alternative approaches. It's not a diagnosis or disease, it's an imbalance that we can work together to correct.

With all clients the first thing I want to do is encourage them to get moving. Research has shown the use of behavioral interventions or what I prefer to call healing arts such as exercise and moving the body helps combat depression levels. This helps get more blood flow and oxygen to the body and brain. That increases cell growth in the hippocampus which is the learning and memory center of the brain. This movement can be done with moderate amounts of cardio such as riding a bike, walking, running, yoga, Tai Chi, Qi Gong, cleaning, dancing, and kayaking. Movement is one of the most important tools someone with or without depression can use for prevention. I recommend at least 30-60 minutes a day. It comes down to figuring out what works for the person and then they need to get moving, even when they don't feel like it.

Creative outlets are supportive in resolving the underlying unexpressed emotions. In my office, I teach and guide clients through this process. Dance is one of my favorite personal and professional ways to move Qi as it is both creative and physical. I often use music, dance, and art making in sessions with clients. Art making is a wonderful healing tool for supporting the expression of these repressed emotions and anger. This taps into the subconscious and allows a beautiful outlet for pain. I have also utilized nature in sessions both individual and with groups such as hiking, gardening, and going for walks with clients.

In conclusion, I want to leave you with a few other supporting thoughts as a combination of treatments leads to better outcomes than a single intervention. Getting proper sleep is vital. Finding work, play, and activities that are enjoyable to you is extremely helpful for reducing stress levels. Research shows stress is showing up as a main (Continued on P. 19)

CONT. FROM SOLAR POWER, P. 14

when the city electric power grid goes out for a period of time, they would need to go off-grid. That would mean that they wouldn't get any electricity from a power company such as LG&E. They would need to be completely independent. This may require some significant adjustments in life style and use of energy to match the capabilities of their solar array system. It could be combined with passive solar and a wood stove for back-up. An additional back-up possibility is a system of batteries to store some of the extra solar energy that may be generated and then release it when needed. That, though, would be quite expensive

Passive solar doesn't generate electricity, but it can increase the comfort of your home naturally. It does help to have some thermal mass to store the heat while the sun is shining, and to release it when the sun isn't shining such as at night. These various options could be explored in depth before deciding on the best course for yourself. The city or county probably have certain regulations and permits that would need to be attended to. Your solar installation company could probably help you with information on that. This article has described a number of solar energy options. Solar is an extremely important renewable energy source.

BIO FOR TONY SWEAZY: Tony has certificates in the energy rating and renewable energy fields. He works with ECOs Materials and Services in Energy rating work and co-owns Solar By ECOs, a solar PV installation company.

EDITOR'S NOTE ABOUT PASSIVE SOLAR: I once lived in a passive solar house for ten years. With passive solar, a house can be built with very large windows to the south, much smaller windows to the east and west, and maybe only one very small window to the north. There can be super insulation in the walls, super insulating windows (high R-Value of 5), and thermos drapes to keep out the cold at night. You can have big evergreen trees protecting the north, east, and west sides of the house in the winter, and only a few deciduous trees to the south that provide cooling shade in the summer and let the sun's warmth through in the winter when the leaves have fallen off. Also, awnings can be helpful in the summer on the south windows.

CONT. MOVING THROUGH DEPRESSION, P. 18

trigger and directly linked with the hippocampus shrinking in size, which we don't want as this is the learning and memory center of the brain. There are Chinese herbal formulas that can be vital for supporting mood imbalances due to Liver Qi Stagnation and other patterns of disharmony. A few supplements and herbal products that have been shown to support depression are Omega 3's, 5-HTP (high in the amino acid L-tryptophan to boost serotonin levels), Turmeric, St. John's Wort if there is anger present, and rose petals/orange peel/mint make a nice tea. Lastly, nutrition is key for treatment of depression. Staying in the thought of Liver Qi Stagnation we want to reduce foods that stagnate Qi like fried and fatty foods, nuts and nut butters, avocados, cheese, dairy, and hot and spicy foods. Instead, we can include cooked greens, lemon

water first thing in the morning, whole grains, legumes, and lots of vegetables. Ultimately, we need joy, play, nutrition,



movement, and expression in order to function at our optimal levels.

BIO: AMBER WORMAN M.Ed., LPATA, LPCA is the owner of Amber D's LLC & Phoenix Rising Wellness where the healing approach is focused on the whole you- mind, body, and spirit. Phoenix Rising Wellness offers Healing Art Sessions, Herbal and Nutritional Coaching- integrating both Traditional Chinese Medicine and Western thought, Plant Medicines, Aromatherapy Products, and Reiki.

CONT. FROM EAGLE FAMILY, P. 10

world, filled with both beauty and obstacles. At last, both parents arrive at that tree, and all three of them chatter to one another. It takes the eaglet eight days to get back to the high nest. I am there alone with the bird when it develops a strategy, and arrives safely back to home base!!! We hope that its forays will allow it to become more independent, as it practices skills needed for future hunting, and survival. We hope that we will have the opportunity to witness this stage in a young bird's life, and to eventually see it leave the territory to make its own way in the world.

BIO: ELSA LICHMAN is a retired social worker, who studies voice and sings in a chorus. She is now part of a major improv production, in which she both sings and acts. She has studied art and music in a variety of cultures, and has traveled extensively to swim with wild dolphins and whales. She writes poetry and prose for her local newspaper and a variety of publications. While travel and adventure are exciting, she has found that opening her heart to nature in her own environment has proved equally thrilling.

CONT. FROM NEW EARTH ORGANICS, P. 9

the person building it wishes, everybody does it their own way. A raised bed garden can be a really enjoyable way to garden.

TERRY STIGER is a life-long highly experienced gardener who has been part of the New Earth Staff for ten years.

NEW EARTH ORGANICS AND HYDROPONICS has been inspiring gardeners since 1988, when they opened as Kentucky's first organic garden center. Nearly thirty years later, New Earth is still family owned and operated, with two locations in Louisville. Don't miss their garden expo November 4th, and their annual community seed swap in late January.

FINDING PEACE IN MIDST OF STRESSFUL TIMES,

by Joyce C. Gerrish, M.A.

Inner peace can feel elusive sometimes. We all know that. We don't live in a highly peaceful period of history. For some people, just to survive can be a challenge. Other people are luckier and may have it easier - - having been born into a situation that nurtured a fairly smooth transition into a stable adulthood. We need to always be grateful for fate if we were born into a stable environment, because many people were not. They perhaps had to struggle from the very beginning. Perhaps you were one of those.

The important thing is to always remember that we can rise above our environment or what may be our limiting situation. We don't need to define our self by our environment. We're all created by God. The crucial thing is to give our self some quiet time each day (even if only ten minutes) to reconnect to the source of our being. This is absolutely essential. Focus in your heart center in the center of your chest or in your brow center between your eye brows and up a little. When you focus in one of these energy centers and focus on your breath flowing in and out - - the physical world temporarily seems to cease to exist in the usual way. Inner peace can be achieved in the midst of relative chaos.

The truest reality is the spiritual energy reality. Everything that exists in physical form has an energy double that is the template upon which the physical form manifests itself. That is an extremely important understanding. Think about it a moment. We are used to thinking of the physical plane of reality being the basis of life, and that any other aspect of reality is created around the physical form. In truth it is the other way around. There is more in life than you might imagine that is understood backward on planet Earth. We'll look more into that later. Even physical objects have their energy double. This is called the etheric energy level of reality. That is why our mind can affect our world. That is the basis of the power of positive thinking. The truth of this can't be emphasized enough.

You have probably heard that athletes often find that it helps their performance when they visualize their endeavor going excellently and optimally before they compete or even practice. Their mind helps energize what their body does. Before an important meeting or interview, it is considered a beneficial practice to visualize the interaction going very well and sending good will to the other person or persons. This helps to energize the meeting. **EXPECT EVERYTHING TO GO WELL AND VISUALIZE IT FULL OF LIGHT AND GOOD FEELINGS.** That is an important key to successful living. That way you aren't fighting yourself or sabotaging yourself. Please think about it. Do you know people who seem to radiate goodwill and for whom life seems to flow well? It's usually not by accident or luck. It is probably because they believe in themselves and expect life to go well. Consciously or unconsciously they visualize everything going well, and accept

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minor setbacks as part of the normal flow and don't allow those to pull them off track or into depression.

So this is the true path to inner peace. Live in the moment, not dwelling in the past or future. See your life and your situation as full of radiant light and going well. Visualize it going better and better every day. Make adjustments as necessary, but don't dwell on them. Beam out love and goodwill from your heart center. Treat everyone with respect, though don't let them into your personal space until they have shown themselves to be trustworthy and kind and working for the common good of all. Those are sterling guidelines for creating and maintaining inner peace and a stable life.

Lift your consciousness daily through meditation, contemplation, inspirational reading, walking quietly in nature, or a practice such as yoga or tai chi. That is indispensable to give yourself that quiet time to lift and expand your consciousness above the confusion and stress of the mass mind. The mass mind is, of course, the sum total of the thoughts and feelings of everyone living on planet Earth now and in all periods of the past. It's not necessarily easy to rise above it, though with persistence and clear intention it can be achieved. Once you have lifted above it, everything flows more easily, and you'll be drawn seemingly miraculously to other people operating at that dimension - - you'll recognize each other. It is people operating through their higher consciousness above the mass mind who have the clarity to truly help move the people of this planet ahead to a better life for all. The secret for a better tomorrow is to awaken to your higher potentials and then to help awaken the people around you and everywhere. It can be done. That is the great united purpose for all of us, and we aren't doing it alone. The Divine is manifesting it through us as we step into our true life purpose - - our soul mission. - - and so it is.

Keep in mind the audio meditations, inspirational articles, uplifting songs that I composed and sang, and art works on my website www.joycegerrish.com. They can be valuable resources for you. Blessings on your path.