

Natural Living Journal

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

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Natural Allergy Release

Claiming Your Freedom

Peppermint Essential Oil, Multitude of Uses

Transcending Our Limitations

Summer Fun: Healthy and Safe

Companion Planting for Organic Gardening

Ho'Oponopono: Supports Forgiveness

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Swans, Herons, Owls: Summer Breeding

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Natural Foods Recipes

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NATURAL ALLERGY RELEASE

***How Allergies Are A Metaphor for Fear.
by Norma Wileman, EFT Practitioner,
TAAP & ACE Certified***

Allergy Season is upon us. Inflamed sinuses and increased mucus production become the norm. Allergic reactions contribute to the suffering of so many people in the Ohio Valley. The medical and drug alternatives only mask the problems temporarily but do not release them permanently. Year after year our quality of life is negatively affected. It can also affect the family if Mom can't go to the zoo or the park because she is allergic to so many substances. Yet there is a simple and holistic alternative that is typically permanent.

We often hear that allergies "run in the family," or that it's just the Ohio Valley Crud and somehow we just have to get through it. Whether we use drugs or weekly trips to the Allergists' office for allergy shots, it is a fact of life. The truth is that Allergies are often a Metaphor for Fear. Our allergic reactions and symptoms are actually caused by the body's overreaction to substances within our environment due to traumas, past or present which weaken our immune systems. These traumas can be large or small. When the body senses a substance that is unknown to it, or is coming at it in large quantities (think high pollen counts) it knows to do two primary things:

1. It throws inflammation at the "problem" to kill it. Inflammation is heat. The body is effectively trying to burn the offending item in order to protect you.
2. The body also throws water at the problem, in the form of mucus or bloat in an effort to dilute the perceived poison.

While these measures may make sense at the cellular level, they make us miserable. Our bodies are always trying to keep us safe but sometimes it miscues and causes us more problems than it helps. The mucus production and inflammation are the worst symptoms and create misery for the bearer. Traumas can induce fear at the cellular level of the body as well as being physically and emotionally taxing. I believe that trauma is in the eye of the beholder. Some people have what we refer to as heavy traumas such as mental and physical abuse, severe accidents, even witnessing abuse and



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violence, and watching the evening news. Even gestational and birth processes can be traumatic. An example of the "eye of the beholder" statement is if you like snakes and you come upon one, you may be enthralled. If you dislike snakes you could be seriously terrified. According to Dr. Doris Rapp, (Allergies and Your Family and Is This Your Child? and many more books and articles) an allergy is an abnormal response to a food, drug or something in the environment which usually does not cause symptoms in most people.



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Allergy-like reactions can be both physical and emotional. Symptoms can include ADD, ADHD, and OCD type symptoms, anxiety, depression, respiratory problems, digestive issues, chronic fatigue, brain fog, panic attacks, general behavior issues, and inflammation and sinus congestion. There is also evidence that points to some of the symptoms of Crohn's, IBS, and Autism being exacerbated by energy toxin reactions to everyday items. (Dr. Devi Nambudripad, N.A.E.T., author of Say Goodbye to Illness.)

Anything can cause an imbalance in the body's energy system. We use Energy Psychology methods to balance the body in relation to specific substances. This reprograms the nervous system to cease negative reactions to substances it once deemed dangerous. Your body very quickly gives the message that those cleared substances are now safe for you. In fact you can begin to see and feel physically how your body is no longer weakened by a substance or emotion but rather is strengthened in relation to them. We are able to release both the emotional component and the energy toxin or physical reactions, such as inflammation and mucus production. (Continued on P. 7)

Featured Favorite Essential Oil- Peppermint. A must for anytime!

Danielle House, RN HN-BD, NC-BC, HWNC-BC

The world of **certified pure therapeutic grade oils** can be exciting, overwhelming, life changing and fun! When I found that I could use these gifts from nature to clean with, use for beauty, health, and even cooking...I was excited and then overwhelmed with all of the unknowns. While there are hundreds of oils, I have found that starting with a few that can be used for multi-purposes and getting familiar with them is highly recommended. The certification mentioned above assures that the oil is organic as well as meeting other important criteria.

One of the oils that I carry in my purse year-round is *Mentha Piperita* otherwise known as Peppermint. This oil is strong, minty, cool and invigorating. This oil is extracted from the peppermint leaves through steam distillation. **Two of several ways that I utilize peppermint essential oil are that I might put a drop diluted with a carrier oil such as fractionated coconut oil on my skin, or I might inhale the aroma.**

Reported therapeutic properties of peppermint oil include - pain relief, antibacterial, anti-inflammatory, antifungal, supports the immune system, antimicrobial, antiseptic, anti-spasmodic, expectorant, decongestant, anti-cancer, aids with digestion, eases nausea and vomiting, eases headaches, astringent, stimulates pancreas and liver and gallbladder function, promotes oral cleanliness, promotes alertness and aids in concentration, combats fatigue, encourages self-confidence, and enhances creativity.

As with anything always make informed decisions about what you use in, on, and around your body. It would be very desirable to read about the uses of essential oils. There are many books and websites available. One book I would recommend is listed at the end of this article. DoTerra brand essential oils are highly recommended by the holistic medical community. With any essential oil be sure to follow instructions on the bottle. Please consult your medical provider before use, particularly if you are taking any medications.

Some very important things to remember:

One drop of these potent oils is considered a "dose." One drop of peppermint essential oil is equivalent to 65 cups of peppermint tea therapeutically.

Dilute with a carrier oil such as fractionated coconut oil when you apply to skin to prevent possible skin irritation.



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Water intensifies the effects of essential oils.

Avoid use of essential oils around eyes, inside nose, vaginally, or rectally.

Many citrus oils are photo-sensitive and should not be put on face when exposed to the sun.

Essential oils act somewhat differently on different people. Each person's body responds somewhat individually. Start with a low dosage, and possibly work up cautiously from there if that seems advised.

If you decide to work with essential oils, it is important to consult your healthcare provider, and work with the guidance of a health practitioner who is experienced with essential oils.

To help you make informed decisions for yourself, you are encouraged to read books about essential oils. One recommended book is *Modern Essentials – Contemporary Guide to*

Therapeutic Use of Essential Oils, published by Aroma tools.

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.

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TRANSCENDING OUR LIMITATIONS

by Joyce Gerrish, M.A.

We walk through our days perhaps wishing we could do something we desire, but there may be doubt in our mind that we can do it. That doubt can hold us back and limit our possibilities. Confidence is the power to succeed. Confidence can lift us above what may seem to hold us back.

Believe in yourself and take one step after another toward your goal. No matter how small one step may seem, it's important if it's leading you in the direction of your dream. One step after another, day after day, week after week, year after year will move you forward. It's worth it; your dreams are worth it. No one else can really do it for you. Others can sometimes offer you an opportunity. Fantastic! Though we can't wait for someone else to hand us our golden opportunity. Usually we create our own opportunities by doing the ground work - - by being prepared with the skills needed to step into that special chance. We help create our opportunities by being alert to when that door opens even a little, and then stepping up to it confidently.

You can do it, believe in yourself. Pursuing your dreams is what makes life exciting. Giving up on your dreams can make life perhaps seem dull. Ho-Hum. Pursue your dreams in what ever way seems realistically possible. Usually it's best to plan your dream where you are, rather than thousands of miles far away. You're more familiar with your area, where the needs are, and how to reach out and be ready to answer the call.

. Speak about your vision to those around you. Listen carefully to the feedback of those you consider wise and adventuresome. Don't be held back by the timid and their fears. Be bold. Talk to those who are doing something similar to what you would like to do. Their insights are very valuable. Find out what worked well for them, and what may not have worked so well. You can learn from their experiences, successes, and their frustrations. It can all be helpful to your journey. Just don't let yourself be pulled down by those who didn't really try and now live in regret.

No matter what your age, know that your dream is calling you as long as you keep your heart open. As a person gets older sometimes the approach may need to be adjusted, but the journey can continue. There are many ways to move toward the vision. Particularly in this age of the computer, many opportunities can be approached through computer sources, such as on-line training and on-line services. Keep your eyes



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open for the needs and opportunities around you that utilize the skills that you are developing. I believe in you, believe in yourself! Visualize your goal, "see" yourself there doing what you are longing to do. The Universe will more likely support you if your goal is something that benefits others in addition to yourself.

Talk with people you meet. Let them know what you seek to contribute and give them your contact information if that seems appropriate. A business card can be helpful. Mingle and network with people who share similar visions or .people whose experience and work complement or might integrate with your skills.

You can transcend what may have seemed like limitation. Take one step at a time, and you'll keep getting closer to your dream. You may well surprise yourself by arriving at a place that feels just right for you. It may be slightly different from your original goal - - but holding that vision and working toward it made it possible to arrive at that place that feels just right for you. Congratulate yourself! Step in and apply your skills and heart felt energy with loving devotion. You are where you are needed and where you can truly express yourself in creative service.

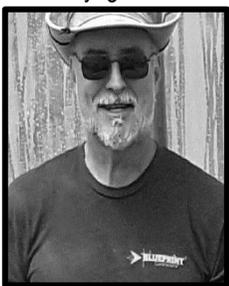
BIO: JOYCE GERRISH has a Master's Degree in Human Development and is a Graduate of National Institute of Whole Health. She has extensive training and decades of experience teaching numerous natural healing modalities including Reiki. She is author of the book "Secrets of Wisdom - - Awaken to the Miracle of You" and is publisher/editor of the Natural Living Journal. She is a Holistic Life Coach, Counselor, and Energy Therapist. Louisville Office. www.joycegerrish.com. 812-566-1799. Photo: Pixabay_Rose_3142529_1280.

COMPANION PLANTING,

Vance Roberts, Operations Director
New Earth Organics & Hydroponics

Companion planting has been around throughout history. When you're doing companion planting, you're putting plants together that are benefiting each other either by providing helpful nutrients or weed control or that provide a trellis for each other. One of the oldest examples from the Native Americans is called the "Three Sisters" where you plant corn, squash, and beans together. The corn provides a trellis for the beans. The beans provide nitrogen fixing in the soil that benefits both the squash and the corn -- and the squash spreads out and covers the ground so you don't get a lot of weeds. That's been around for thousands of years.

One of the reasons you companion plant is for shade regulation, such as large plants providing shade for smaller plants. Another reason for companion planting is for nutritional support such as corn and sunflower can help cucumber and peas. Some plants absorb nutrients from the soil and it changes the biochemistry for plants near-by, for example beans and peas help make nitrogen available. Some of the plants with a tap root such as burdock bring up nutrients from deep in the soil and make them more available for more shallow plants in the top soil. Squash and potatoes will spread out and minimize the areas where the weeds can take hold. Marigolds are probably the most commonly known plant for companion planting. They repel beetles, nematodes and sometimes even animals and garden pests like rabbits and deer. Nasturtiums are favored by aphids. Aphids will flock to the nasturtiums instead of the other plants. Carrots, dill, parsley, and parsnip attract beneficial insects like preying mantis, lady bugs, and spiders that dine on insect pests.



Leafy greens like spinach and swiss chard grow in the shadow of corn. They don't need as much light as a lot of crops. In fact once summer hits, if they start getting too much light they may get bitter. Providing them shade makes them taste better. Pansy discourages cut worms which attack asparagus. Cut worms also attack beans, celery, cabbage, lettuce, peas, peppers, potatoes, and tomatoe plants. One might plant pansies all around the garden for that purpose. Also catnip, hyssop, rosemary and sage deter cabbage moths which attack broccoli, cabbage,

cauliflower, kale, turnips, and radish. Mint wards off cabbage moths and ants. Sage helps against cabbage worm. Sage is also good to plant around Brussel sprouts, cabbage, cauliflower, and collards. Lavender is known to deter coding moths. Coding moths lay their eggs, and then the caterpillars eat the plants. Zinnias attract lady bugs, and lady bugs will eat most of your soft bodied pests -- especially aphids. Lady bugs look really cute, but they are the piranha of the insect world. They devour a lot of garden pests.

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With companion planting you can have a beautiful garden with flowers all over the place. In order for the companion planting to be effective, usually you'll want a perimeter. You can have marigolds all around the perimeter of the garden. Marigolds are helpful as they repel beetles, nematodes, and

deer. Other plants that repel by odor and you can also plant around your garden. Check chart on-line at Mother Earth News. Plants that have helpful value for specific plants, you put more of them around those plants they benefit. It's good to have beans spread out around your garden because they do nitrogen fixing, as mentioned previously. They make more nitrogen available to other plants because they don't need as much of it. All your other plants will benefit from it.

Potatoes, sweet potatoes, squash, or anything that's got a lot of mass to cover the dirt are helpful. (Continued on p 7)





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(Continued from p. 6) **Companion Planting**

They usually grow so aggressively, that they tend to outgrow weeds. At the same time, you do have to space those spreaders properly so that they don't overtake beneficial vegetables. With corn and beans and cucumber -- the cucumber and beans can use the corn for a trellis. On the other hand, the squash plant will stay down low and rarely get more than a foot and a half tall -- hence the taller plants will do well and not be impacted in a negative fashion by the squash. Squash plants are prolific vegetable bearers, so if you plant more than four or five of them it's helpful to know that www.allrecipes.com has over 2,500 recipes for squash. Also, there is an official "leave a squash on your neighbor's porch day."

When I speak of beans, that includes both green beans and various kinds of dried beans. Kentucky Wonder is a native green bean that if you plant a row of it and trellis it six feet high, it is prolific enough to feed a family of three or four for thirteen weeks solid. Beans that become dried beans grow in a pod and usually they are in the form of a bush. Nature has it all figured out concerning growing plants naturally without pesticides. This information can give you a lot of ideas. I encourage you to keep exploring, learning, and utilizing companion planting. It will reward you richly. We invite you to visit New Earth for guidance and support.

Bio: Vance Roberts is the Operations Director at new Earth Organics and Hydroponics and a consulting partner for a KDA approved, industrial hemp project with KyHempGanics. He and his wife live on seven acres and grow blueberries, blackberries, fruit and nut trees, and of course plenty of vegetables. Photo: © CanStock Dusan 6315688

(Continued from p. 3) **Natural Allergy Release**

Once the body's reactions are released, we are then able to reset the reactivity of our immune systems to accept these substances as safe. This in turn lets the body know it can calm down and relax in the presence of those specific substances both now and in the future. If the body is no longer reacting, you will no longer have the negative symptoms of an allergic response.

Bio: Norma Wileman is former Biology teacher. Introduced to Energy Medicine and Energy Psychology healing methods 8 years ago. Has been a practicing EFT or Tapping Practitioner for 8 years. Extensively studied the works & methods of Gary Craig, the founder and developer of EFT. Certified in Advanced Clearing Energetics ACE & Allergy Antidotes. Has helped many people release allergic type collegiate & professional athletes to naturally enhance performance. Upcoming group classes include Clearing Gestational, Birth & Infant traumas symptoms as well as emotional and physical issues. Is an International Speaker on EFT for Sports Performance & has worked with amateur collegiate & professional athletes to naturally enhance performance. Upcoming group classes include Clearing Gestational, Birth & Infant traumas

Healthy & Safe Summer Fun by Dr. Lisa Tostado, ND

The Summer months bring warmer temperatures, longer days and for many of us increased physical activity -- from hiking, to gardening, and biking. Although this time of year can be very invigorating to the mind and body, it can also be a time when increased exposure to the sun and outdoors can cause different types of injuries from sunburns to bug bites.

Here are my Top Five natural health tips to help ensure that your days in the sun stay fun!

Be sure to stay hydrated: According to one survey, 60-75% of Americans do not drink enough water. With soaring temperatures, it is much easier to lose fluids and develop heat exhaustion. Feeling thirsty is not the only or most reliable symptom. Other signs are changes in mood and behavior. Dehydration can contribute to changes in vision, recall, psychomotor skills and memory. Athletes, children and the elderly are especially susceptible. I generally recommend that you drink $\frac{1}{2}$ your body weight in ounces of water per day. However, when exposed to hotter temperatures, drinking more is a good idea. Be sure to carry your water in a glass bottle. If using a plastic bottle, keep it away from direct sunlight. Heat can cause plastics to leach into the water. In addition to this, choose to eat foods that are more hydrating such as cucumber, celery, citrus fruits, and coconut water.

Protect your skin: Although sunshine has many benefits for our health - prolonged UV radiation exposure can increase your risk for sunburns and skin cancer. The good news is there are several precautions you can take that will minimize your chances of harm from the potentially damaging effects of increased sun. Protective clothing can cut down on the risk of sunburn by as much as 27%. This includes wearing hats, shirts and pants. Furthermore, spending time under an umbrella, canopy, or tree decreases risk for multiple burns by 30%. If you plan on spending more than 15 minutes outside with direct exposure, then you may want to consider wearing sunscreen. My recommendation would be to buy one that is made from natural organic ingredients as much as possible. The Environmental Working Group (www.ewg.org) rates zinc oxide as being one of the safest, protective ingredients used in sunscreens.

Natural bug repellents: Those pesky bugs can be more than just a nuisance, they can also cause different types of



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illnesses. Mosquitoes carry different types of viruses, such as Zika and dengue viruses, that can be transmitted with a bite.

Deer ticks are commonly linked to Lyme disease and Rocky Mountain spotted fever. Lice and fleas can transfer different types of bacterial infections. Besides spreading infection, bug bites typically cause pain, swelling, itching and redness. However, in more serious cases, they can trigger allergies and

even anaphylaxis - - a life threatening condition where it is difficult to breathe. The most common commercial bug spray is made of a chemical called DEET. There are some concerns with its safety, especially with children. The good news is that there are natural alternatives. One study found that geranium oil (*Pelargonium x asperum*) works comparably as well as DEET in repelling ticks. Other essential oils that were found effective are catnip (*Nepeta cataria*), citronella (*Cymbopogon winterianus*) and lemon eucalyptus (*Eucalyptus citriodora*). You can add these in

a spray bottle with water or a carrier oil. The oil is a better choice if you want a longer lasting effect. You can also add them to lotions.

Plant medicines: Nature provides plenty of remedies, and sometimes they are in our very own backyard! Did you know that those wild dandelion leaves that seem to grow everywhere are great for soothing bee stings? Take a few leaves and turn them into a poultice for instant relief. Mother nature's answer to poison ivy and poison oak comes from a plant called Jewelweed, which is often growing in the same vicinity. (See photo by Darrel Joy) It is a lovely tiny orange flower that dangles like a jewel.) You can make a homemade tea with the leaves and then dab on the affected areas several times throughout the day to reduce itching. You can also buy a preparation of it in a balm or spray. Other favorite remedies include calendula, comfrey and aloe vera gel for burns, chamomile for bug bites, and essential oils like tea tree (cont.)

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(melaleuca), lavender, and Funhelichrysum have antimicrobial properties and can be used topically for abrasions, rash, and various skin eruptions. You can find many of these herbal products locally at your natural foods market. Divine Creationz at www.divinecreationz.com has some great options!

Greener Gardening: Summer in the Midwest is highly regarded for its lush landscapes. It is also a time for maintaining your yard, weeding, and planting your vegetable plot. Instead of using conventional garden care products and exposing yourself to chemicals -- choose non-toxic ingredients that are friendlier for both you and the environment. In place of using pesticides, sprinkle some diatomaceous earth around the perimeter of the plant. Similarly, you can also use coffee grounds to deter pesky critters. Neem oil is another great alternative. You can add some to the soil and it will incorporate into the plant's vascular system - making them less desirable to different types of bugs. You can also spray it directly on the plant, though it is best to test a small area first. Be sure to follow bottle instructions. White vinegar can be used to eradicate weeds. Also, in treating your soil, organic compost is a better and safer amendment than synthetic fertilizers.

Be sure to consult with your primary care doctor if you are unsure about any of your symptoms. While natural options for dealing with your ailments is great -- sometimes it is necessary to seek immediate medical attention. Have fun and stay safe!

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. She has been a resident of Louisville, KY for the past 8 years. 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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AVOID BEING BITTEN by a TICK
Darrel Joy, Professional Naturalist

I spray permethrin liberally onto all of my outer clothes (socks, pants, shirt and jacket during colder weather) and let it dry for a couple hours before putting them on to go out into wooded areas where I know there are ticks. The Sawyer brand of permethrin is available locally at Dick's Sporting Goods and can last on your clothes through a couple washings. Permethrin not only repels ticks but will also kill them so it can be sprayed onto thickets around your yard to get rid of them. It also repels mosquitoes. I also bathe with Grandpa's Pine Tar Soap found at Rainbow Blossom and elsewhere..It smells like wood smoke, so I suspect that is why it repels ticks. Most important is to always be aware. Frequently glance at your shirt and pants or those of anyone you may be with while you are in the woods. If you see a dark spot anywhere, take a closer look to see if it is moving or if it has tiny legs, or just brush it off if you aren't sure. (Also be aware of any slight tickle sensation on your skin and take a look to make sure it's not a tick before scratching or rubbing away the tickle, because a tick might not let go so easily. (Editor's Note: Also keep in mind the geranium essential oil recommended by Dr. Lisa in her article "Summer Fun; Healthy & Safe." in this issue.)



Photo: Canstock photo/half point

HO'OPONOPONO, Supports Forgiveness & Peace By Karen Schellinger, LPAT, LPCC

I want to share with you a regular practice of the ancient Hawaiians who believed in the importance of feeling balance, calm, and harmony with everyone around them at all times. It is pronounced [ho...opono...opono]. This practice may be used to finally be rid of anger or pain that may be creating energy blockages in the physical body. Pono is described as feeling that everything is right in the world. Dr. Matt James, who is usually referred to as Dr. Matt, describes it as "feeling so totally at peace with a person or situation nothing needs to be said," Ho'Oponopono is double Pono.

Lao Tzu (a great Chinese philosopher of 6th century B.C.) stated, "If you are depressed you are living in the past, if you are anxious you are living in the future, if you are living in the present you are at peace." What keeps individuals living in the past? Could the memories of past conversations turned into old tapes, or unacceptable behaviors be pulling one there? Could it be anger and pain? Will this practice of Ho' Oponopono help? This practice is of forgiveness is very beneficial for the individual practicing it.

Dr. Matt is a practitioner of Ho'Oponopono and has taught this practice for twenty years to his students. As a form of transforming suffering, Ho'Oponopono allows one to gain wisdom from the suffering. Individuals are free to "re-establish a relationship or not with the person who hurt them, it is their choice," according to Dr. Matt.

Practicing the steps of Ho'Oponopono may be done with the individual that created the suffering or who you may have created suffering for. If that is too upsetting, Dr. Matt says it may be done "in the imagination of the mind." It can be equally powerful that way.

HOW TO PRACTICE HO'OPONOPONO

Both give and receive: In Ho'Oponopono individuals take turns and say "I forgive you, please forgive me, too". This goes beyond the practice of saying I am sorry for something. Dr. Matt says "one can feel the difference in asking for and offering forgiveness - - it is a much more active, committed and vulnerable process."

Say all that needs saying: It may take time to feel calm enough to say what needs to be said without holding back. Avoid this step if angry or frustrated. Calmly share thoughts and feelings with the other person in this step. Breathing deeply is

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

very important. Listen to the other person share statements, and without interruption accept their statements as their truth. When both individuals share thoughts and feelings completely, Dr. Matt says, "you will feel as if you've said it all, and you're done."

Flow love to the other person: With the awareness that everyone is doing the best that they can in that moment flow love. We do not have a crystal ball to see the pain and suffering of another. We do not know their rationale for doing wrong. No, this practice does not excuse poor behavior choices. Dr. Matt says, "this step of sending loving energy to those who have wronged you is about you and for you." In Eastern theories emotions are attached to organs, holding anger will have an effect on the physical body. Part of Ho'Oponopono, says Dr. Matt, is to "open your heart and offer love and compassion to that other person (and to yourself!) no matter what."

Release the hurt, retain the learning: Pain and suffering are a part of life and are opportunities to learn and grow. Many individuals learn more about self from difficult times. We neither seek

out pain or avoid pain. Remember pain may be presented as thoughts, feelings and behaviors from self or others. "Accepting is part of life...and it can be a gift," according to Dr. Matt. In Ho'Oponopono, Dr. Matt states, "the objective is to forgive each other and ourselves, release the negative emotions, and extract the learning from each difficult situation."

Individual growth, balance and calm is possible in difficult situations. I share a story with you of a high school friend who occasionally reaches out to me about her past. She calls to say that she experiences daily suffering due to her thoughts and memories of childhood experiences, feeling stuck, and not moving forward into her present life. I felt the need to shock her one day (Continued P 11)





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(Continued from Page 10) and I shared with her; if we were meant to live in our past don't you think our eyes would be placed in the back of our head? We are physically built to see what is in front of us, yet many individuals live in the past or with what is behind them, feeling they have no control to change what was said or what may have happened. Control may be found in this practice of ...Ho'Oponopono.

The practice presented here is practical, it is doing something active, for me it brings a choice, my choice to heal wounds. I recently had the opportunity to use Ho'Oponopono with my parent. I did the practice in preparation before my father arrived at a family gathering. As much as I believed I had released hurt and pain back to the universe I found it was not so. I practiced Ho'Oponopono and when he arrived we were calm, I felt relaxed and healed. When I think of family now I find I am calm, clear and at peace with everyone. I did this for me, to heal me, to remove energy blockages in my physical body. Try it...for **you**.

Dr. Matt James is President of Empowerment Partnership, an international firm dedicated to personal transformation and author of several books including; *Ho'Oponopono: Your Path to True Forgiveness*; Cresendo Publishing, 2017. Photo with article: © Photography33_Canstock Photo 8901708.

BIO: KAREN SCHELLINGER is a Licensed Professional Art Therapist (LPAT) and a Licensed Professional Clinical Counselor (LPCC). Karen is a US Navy veteran having served in the US Navy Dental Corps at the age of 17. She is an Author, and Fiber Artist. Karen's therapeutic approach is compassionate and non-judgmental while practicing awareness of the present moment providing her clients with real life practices to transform suffering. Karen is currently accepting clients ages 15 and up... in her Private Practice by appointment. Karen may be reached by calling 502-383-4812 or at Schellingerkaren@gmail.com.

MAKING HARD DECISIONS (Cont. from P.12) It is our responsibility to make the hard decisions at their end of life. I have decided that I will assist my animals. I have decided that I will trust my gut to know when it is the "right" time, because I'm trusting my animal to tell me "when." I always tell others, "You will know." When my pet has let me "know," I will hold them, as I would on any other day. Until the last breath.

BIO: LETHA CUPP is a canine massage professional and animal reiki master teacher. She is trained in traditional palliative massage for canines as well as massage for the athletic dog and Trigger Point Therapy. She is an Usui Reiki Master/Teacher with a focus on reiki for animals. She has been a canine massage professional and animal reiki practitioner since 2008. Her business is mobile in nature, as well as special event based.

MAKING HARD DECISIONS

by Letha Cupp

Canine Massage & Animal Reiki

Professional, Reiki Master/Teacher

I've been called upon by friends to work with their dogs as they make the hard decision of the final moments for their companion animals. This is the most difficult decision to make during your relationship with your animals. It is a MAJOR decision. The process you go through in making the decision to allow for natural death or to humanely euthanize can take weeks or months. Many times, it is a matter of days and hours. Regardless of the amount of time you struggle to make the decision, it is heart wrenching. You want to do the right thing. I understand.

I spent seventeen great years with my cat. He was with me through address, relationship, and job changes. He sat with me while I grieved, and when I had ecstatic joy. With life spans as short as nine years and as long as twenty years, these animals are with us every step of the way. They hold our hands, cuddle with us, bring joy, and create distractions. They live long enough to have senior companion status: blind or cataracts, incontinence, arthritis, or hearing loss. Or if they are young but have catastrophic health conditions such as cancer, kidney disease, distemper, parvo, seizure disorder and more - - their life may be cut short. Or the perfect dog may somehow get in a life-threatening situation such as a car accident, a snake bite, or an attack. We, as humans, are faced with the task of deciding what is best for the animal.

I witness the love an owner shows for their pet in agonizing over making the hardest decision they will make for their companion animal. I cry with them, too. If you decide to allow your animal to have a natural death, you have my deepest respect. The caretaking process of helping an animal during this stage of life is nothing short of angelic and worthy of sainthood. Your dedication is unmatched. This is very hard emotionally, physically, and mentally for you and your pet. I believe you are very blessed. If you are agonizing over the prospect of humane euthanasia, you are not alone! Deciding "if"



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you should do it, and "when" you should do it are the two most stressful decisions you will make. There is a fine line between thinking you're doing it "too soon" and the animal "suffering." It is a difficult line to see.

When a friend has reached the area of "fine-line," they reach out to me because they know I understand. I work energetically with the animal in a way that will tie up "loose ends" for the owner. I'm not an animal communicator, but I'm highly empathic and pick up feelings from animals. Questions I get asked a lot are "Do you think they are ready?" or "Is it time?" Often, the animal has a few feelings they want to convey to their owners! "Promise me you will take care of yourself!" "I'm not afraid to go." "I'm very tired." "I will hold on as long as I can because you want me to." "Open your heart." Our animals are sentient beings. Anyone who says "It's just an animal" has never built a relationship with an animal.



A memorial mandala altar created by the Ilari family in celebration of their deceased pet. The ashes, contained in a box, sit at the center of the mandala, surrounded by natural items of tree leaves, crystals, prints of their pet's paw, and other shamanic tools are included.

We make decisions for our animals their whole lives. And by those decisions, we make their lives whole. We are enriched by them through their love for us and by loving them. They accept us for

all the good and bad decisions we make, and they do not judge us. Their love is unconditional. My heart melts just gazing at my dogs. I whisper, "I love you" and "You're the best dog" and "You make me so happy" on a regular basis! There is no replacement for these feelings. I know I will face the last days with each of my animals. Each sweet, four-legged sentient being has filled my heart with so much love, I am the one receiving the blessing. (Continued on P.11)

Summer Breeding: Swans, Geese, Herons, Owls, Eagles & more.

Elsa Lichman, Waltham, Massachusetts

Summer is just around the corner, and our waterfowl are nesting and caring for their offspring. The cemetery I frequent has so many Canada geese that they are going vertical! We see them flying up into trees in an uncharacteristic manner, and one female is sitting on eggs on a flat surface on a damaged tree, at least 20 feet up. She blends in with the coloration of the bark, with her own creamy breast, brown wings, and stunning black and white head. The challenge will be for the chicks to jump down to the ground when hatched and ready. There are gravestones, asphalt, and only a bit of grass to land on. I say a prayer that they survive this challenge. These birds are primarily herbivorous, and live close to water. They mate for life and remain together throughout the year.

They have been proliferating, partly due to excellent parenting. One day I watch a juvenile red-tailed hawk go after some young chicks. But the goslings dash under the mother, while both parents honk loudly. They have escaped danger this time.

Swans are also nesting now. One female is on a raised nest near the edge of the river, at times proud with head held high. She then bends to arrange her eggs beneath her. These are rolled frequently, to keep the yolks centered and healthy. She then pulls debris from the water and refurbishes the nest. When she gets up, she covers her eggs with down to hide them, and takes a brief interlude to swim and forage close by in the water. The male cruises the river in protective mode. These birds also mate for life. When she is in the nest, head tucked under her wing, she looks like a puddle of white.

A few weeks later we have eight cygnets hidden under the protective wing of the mother! On Mothers' Day we see the father in the nest curled up and sleeping, his tannin-colored neck under a wing. The entire brood is hidden beneath him. It appears he may have given her a gift of taking over this duty while she has a spa day!

We have an amazing opportunity to view a great horned owl family in action. Adults are 17 -25" tall, wing span 3 -5'. The pair nested in a small forest off the road near a busy city street. Sadly, their first offspring fell from the tall nest and died. The second later fell to the ground but managed to scramble up a tree trunk to a low branch under the watchful eyes of both parents. The bird is quite large at around eight weeks. It is light tan and fluffy and has a 'mask' around its penetrating eyes. All three birds are visible at fairly close range, although the area is roped off to protect this precious family. The parents are busy taking care of,

protecting, and feeding the owlet.

Our eagle nest is full of activity. There is now one startlingly large dark eaglet in the nest calling for food. Both parents bring fish and other prey to the young bird. Usually one parent stays in the nest. If not, one is always close by as other species and eagles come to intrude on the territory. That leads to aggressive protection of the nest site on the part of the parents. This eaglet seems huge overnight as we gaze at it with binoculars. It is 'wingerizing,' i.e. flapping its enormous wings madly in instinctive preparation for flight. One damp day I arrive to find a parent preening in a tall dead tree. It creates unusual shapes almost in silhouette as it preens wings, breast, and tail. It cleans its beak by stropping it on a branch. We await a banding by the Massachusetts Wildlife, and we hope for a fledge (first flight from nest) to the surrounding territory where the young bird can begin to learn survival skills. One day I see a parent resting in a tall deciduous tree, and to my amazement, the eyes close into tiny slits as it sleeps.



Photo by Elsa Lichman, Canada geese drinking

Another surprise comes when we find a brand-new heron rookery in deep woods, with four nests on dead trees in a swampy area. Each is occupied by a small but majestic adult which stands tall and alert. At times, one sails off into the sky for a swoop around the area before returning. These birds have an exquisite coloration of grays and blues, with a long neck and tall legs. The males will assist in the brooding of the eggs and rearing of the young.

Rabbits gambol in my yard and near the river. When in mating mode they face off, one jumps over the other, and they face off again. The next time the other rabbit leapfrogs over its potential mate! This game can continue for a long time. They breed several times in a season, and we see young offspring already.

The air is filled with birdsong as warblers, buntings, and orioles arrive back to their nesting grounds in the north after wintering in the south. As the leaves on trees become fuller, it becomes harder to spot these fanciful, darting birds as they prepare to mate and breed. Our spring came late and erratically this year, causing flowering trees to burst into wild, full bloom. We deliciously await the joys of summer days at ponds and beaches, when time slows down and we can daydream, meditate, and lose ourselves in nature.



BIO: ELSA LICHMAN is a retired social worker, who studies voice and sings in a chorus. 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.

CLAIMING YOUR FREEDOM: The Truth of Who You Are by Rev. Ray Nelson

It's time for us to stop depending on someone else to see our true colors when we forget. It's time for us to step up and see them for ourselves. It's time for us to stop forgetting and start waking up to the true nature of our being. This is the time for us to declare our freedom from our small self, from our ego. We can declare our freedom from the belief in lack. We can declare our freedom from the illusion of separation - - that somehow our sister or brother is different from ourselves. We are divine creations of God - - whole, complete and perfect in every way. The world is crying out for a healing- - for a deeper understanding. You can see it all over the world. People are crying out for a deeper reality. It is our right and our privilege, and our obligation to declare the truth, so that truth can be declared across the world. May we stand firmly in the truth of who we are.

I'm going to quote a passage from the Tao. In ancient Chinese philosophy, the Tao is the absolute principle underlying the Universe. If you wish, in your mind you can change the word Tao to God and that would be O.K. "Whoever is planted in the Tao will not be rooted up, because the Tao will not slip away."

I don't know about you, but there is a part of me that is hesitant to claim that, but it is time to declare our freedom as the divine child of God that we truly are - - and declare that for everyone else as well.

The Tao says, "Get rooted in the spirit of God. Stand firmly in the truth of who you are. Whoever is planted in the Tao will not be rooted up. His or her name will be honored from generation to generation. Let the Tao become present in your life and you will become genuine. Let it be present in your family and your family will flourish. Let it be present in your country and your country will be an example to all countries of the world. Let it be present in the universe, and the universe will sing." Let it be founded in a consciousness rooted in a presence of God within us. If we can become firmly rooted in God, and our feet planted in the ground, and declaring our golden identity - - then we can Know the truth of who we are. Then we're not buffeted by the events of the world, we are no longer like a boat without a rudder. We are grounded and living in the consciousness of who and what we truly are. We declare our freedom today from that sense of lack, separation, and limitation- - into the truth of who we are.

That's not easy It's easy to talk, it's not always easy to live out. For myself, just the idea of thinking about doing a talk on a

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topic will start bringing my stuff up, because I have told the Universe that "I am willing to engage it differently." Let me tell you, be really careful if you tell the universe that you are willing, because the universe will give you all the opportunity to practice - - in order to check out whether you are truly willing or not." These last few weeks as I began thinking about this topic and moving towards this- - any little things that would disturb my peace and self-esteem, I felt it brought up my self-evaluation and questioning of who I truly was.



I understood, and I began to think about that from a different perspective. Being enlightened and claiming the truth of my being doesn't mean that I quit having thoughts. It doesn't mean that I quit having emotions. It doesn't mean any of that. It means that I become present to it, and I don't necessarily buy into it. The first part of that is coming present. I'm fearful right now. My ego still says, "Go back to sleep, it's safe there. Don't do anything. Don't do the self-reflection. Save face. Stay easy. Go back to sleep." Now when I say sleep I don't mean going to bed. I mean

sleepwalking through life. My ego said, "This might hurt," and yet I know that with just being present to emotion without having to do anything with it, life can become different.

The next step is to have the emotion without the judgement. When you have an emotion, then the other side of the ego may say, "if I can't get you to go back to sleep, at least I can beat the heck out of you with thoughts and judgment like - - how can a spiritual being like you have a thought like that?"

I also have an inner mother in me pointing a finger at me. I might automatically go into judgement, yet the teaching is to just be with it. Just let it be what it is. All one's stuff may come up, and just know that.

When we are willing to see ourselves as a true divine being - - when we are willing to see ourselves differently - - we can



begin to change the planet. We can heal the planet one person at a time.

Another technique that the ego uses is “the problems are too big, you can’t handle the big problems.” If you worry too much about the problems of the entire planet, then you may just not do anything because you can’t do

everything. It’s a nice little technique for falling back to sleep again. Because one may then go into despair. Then one may go to inactivity, then to “I’ll just watch T.V. and eat some chocolate ice cream- - and maybe some popcorn, too. - - -Remember, we make a difference in our lives one person at a time.

About a year ago I was in another city leading a training, and while there agreed to give the Sunday talk. Then I realized that it was going to be on Father’s Day, and I usually try to avoid things like Father’s Day talks. I was struggling a little bit preparing for the talk. Some of my feelings about self worth and self esteem were coming up. Then a text message came through from a friend of mine. He reminded me that we make a difference one person at a time. He was the first person I sponsored in recovery twenty years ago. He said, “Thank you for being the father to me that my father never was. Thank you for showing me what it means to be authentic and a man in the world, that my father never taught me. Thank you for making a difference in my life.” And then I thought that’s what it’s all about, one person - - one life transformed because I was willing to do the work with him. I was able to walk through hell with him, not for him, and allow him to do the work. One life transformed in a completely different way.

The world is screaming for a new consciousness, for a new way of people acting with each other. It’s happening to one person at a time, and it is happening all over the planet. We make a difference, we are that light. These are the days that can make a difference in the lives of people all around the planet. (See Bio for Rev. Ray Nelson in next column.)

CUCUMBER SALAD, Barbara Bosler

- 1 English cucumber sliced into ¼ inch thick rounds.
- 1 cup shredded or grated carrots
- 1 cup shredded or grated radish
- 1 or 2 green onions thinly sliced
- 1 TB spoon chopped cilantro
- 2 TB spoons sesame oil
- 1 TB spoon rice vinegar
- 1 tsp lime juice
- 1 tsp toasted sesame seeds

Combine all ingredients and let marinate in refrigerator for a least 1 hour before serving.

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BIO FOR REV. RAY NELSON: He is Head Minister at Unity of Louisville Church. He is a graduate of the Unity Institute and Seminary. He has a Master of Divinity from United Theological Seminary of the Twin Cities. Unity of Louisville is an inclusive and welcoming spiritual community. Unity celebrate the many paths to God. The mission at Unity of Louisville is to transform oneself and the world through Love. Photo: © Pixabay_bali Photo © Pixabay, bali 1807464_1280.

WATERMELON ADE RECIPE

Barbara Bosler

- 5 to 6 cups cubed watermelon (no seeds)
- ¼ cup lime juice
- A little honey (if needed, optional)
- Pinch salt (optional)
- Crushed ice or ice cubes to serve over
- Fresh mint garnish (optional)

Place ingredients in a blender and pour over ice. Cool off with this refreshing summer beverage.

BUDDHISM & TRUTH, Path to Inner Peace and Wisdom,

by Ann Hemdahl-Owen, MA, MFA

I was recently in India for three weeks with Dr. Rebecca Martin's Mystical Journeys Pilgrimage. It was both magical and spiritual. It was important during the experience and after as I began realizing how it was changing me. My view of the world enlarged, my compassion grew, my hope for the future fluctuates...Change is needed in India and in America. I was surprised that I was drawn back to the Buddhist Truths weeks later. We had visited where Buddha evolved and taught the Truths in Saranath and Varanasi. We visited and meditated in the Serenity Garden. It was there that I read the carved stone monuments with these words.

Buddhist Four Noble Truths Are About Ending Suffering.

- ***There Is Widespread Existence of Suffering.*** Suffering exists...pain, getting old, disease or death; also, sadness, anger envy, fear, anxiety, aversion, hate, and despair.
- ***The Cause of Suffering Is Ignorance of The Impermanent Nature of Reality.*** Reality is in constant change, non-acceptance and/or attachment to what is impermanent causes suffering.
- ***Awareness of This Fact Is The Means To Eliminate Suffering.*** There is an end to suffering...by removing the cause which is ignorance and attachment. Removal of all desires and disturbing thoughts can end suffering.
- ***Practice of Noble Eightfold Path Leads to Elimination of Suffering.*** Suffering can be ended by following the eightfold path.

THE EIGHTFOLD PATH

1. **Right knowledge**...awareness of constant change and therefore non-attachment. Right understanding.
2. **Right thought**...elimination of involuntary negative thoughts and replacing with positive thought Intention.
3. **Right speech.** Harmlessness. Clear, truthful, uplifting.
4. **Right action.** Non-exploitation of self or others.
5. **Right livelihood.** Harmless & for highest good of all. Ideal society.
6. **Right effort, will to work and change** to benefit all.
7. **Right concentration detaching from the busy mind. Mindfulness.** Clear awareness. Meditation.
8. **Right view...knowing that reality is in constant change.**
Non-attachment can end suffering. Wisdom. Enlightenment.

**BIO FOR ANN HEMDAHL-OWEN, MA, MFA, Hypnotherapy,
Reiki Master and other Healing modalities. 812-944-9194**



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LOW-COST INOVATIVE SOLUTION THAT CAN HELP PEOPLE IN NEED & AT RISK. Help Spread the Word!

Governments & agencies could buy small farms that are being sold by farmers who are unable to compete with large commercial farms. About 30 people who have a similar problem such as Post Traumatic Stress Syndrome after returning from active duty in the military - - could live on the small farm together. There would be about 5 to 7 professionally trained staff to help and guide the residents on the farm. The participants would have a healing experience living close to the land. The residents would share some of the following responsibilities, pleasures, and growing experiences. They would all be guided by the staff as much as needed:

1. Learning to grow their own food in large vegetable gardens.
2. Help cooking for the group, dish washing & kitchen cleanup. House cleaning for the shared buildings & for their own spaces,
3. Learning how to build their own cabins (for those who are strong enough and willing)
4. Learning to make simple craft products that could perhaps be sold in a near-by city to help earn some money for the farm and/or for the individuals. This might be simple wooden toys, a basic wooden bookcase, crocheted baby items, or other ideas.
5. Nature walks in the surrounding woods enjoying being among the birds, squirrels and rabbits, trees, streams, fresh air, butterflies, and the vast blue sky above. Nature can be soothing, peaceful, and enjoyable. Other forms of healthy exercise could be yard care such as cutting grass, raking leaves, yoga, tai chi, etc.
6. Group therapeutic meetings daily such as a "12 step program" style gathering that is appropriate for their problems. Counselors available for individual therapeutic attention for those willing and interested.
7. Fun activities in the evenings such as group singing with a song leader/guitarist, simple circle-dancing or some other kind of dancing, telling stories to each other, verbal games of various kinds, watching movies, and more.
8. There would be gentle dogs and cats on the farm for people to pat and love. There could be chickens to feed and eggs to collect for breakfast.
9. There would be some computers available for people to take on-line courses, if they wish, in order to learn new marketable skills for when they return to regular society. For people who like living on the farm, they could stay long term and help welcome new residents over time.
10. The food available on the farm would be as healthy as possible, not fast food. There would be well prepared nutritious meals for the residents (some of it cooked from food they grew). Healthy nutrition along with good exercise, fresh air, companionship with people who understand them, enjoyable activities, purposeful meaningful work - - would help them feel better physically, emotionally, mentally, and spiritually.
11. There would be opportunity for those who wish to have simple worship services.

This plan could be replicated with multitudes of such farms all over the United States. Each farm could be dedicated to people with a particular need or set of needs. These different focuses could include: homeless people, people coming off alcohol addiction, people coming off drug addiction, long term unemployed people, people coming out of low-security prisons to help them not rescind, mildly mentally retarded people, some types of moderately mentally ill people who can't function well in normal society, youths in poverty areas who are jobless. Some of these groups of people would require different types of staff supervision and different training and help than others. This idea isn't new. Hundreds of years ago there were farms where people with special needs were able to take care of each other with some support from others at near-by farms and towns.

This plan could be much less expensive and more effective than some more conventional ways that these groups are handled now. Getting people out of crowded cities or desperately poor rural areas and getting them into a wholesome situation could give them a new sense of hope, better health, new job skills, & hopefully access some joy. The author lived 12 years as a member in an intentional rural community somewhat similar to that described here. It wasn't specifically for people with problems, but some did have problems. It was a beneficial experience for everyone - - those who stayed temporarily and those who stayed over the years. This plan could be a very affordable major solution for some of the big challenges of today. This is a grass-roots idea that needs no credits. **Please put this on Facebook, & e-mail it to friends, governmental leaders, & influential people.**

SOME FUN ACTIVITIES TO ENJOY THIS SUMMER.

Selected by **Faith Grady.** More information online or check local listings.

JUNE

Remember our wonderful Louisville Zoo !!!

Enjoy Picnics and Hikes in our beautiful Louisville Parks.

Relax on a Steamboat ride on the Ohio River.

Walk & Play in the Waterfront Parks.

Rent a Bicycle (if you don't own one) and take a spin, or grab your Tennis Racquet and head for the courts.

Butchertown Art Fair, 800 and 900 block of Washington Street. June 2nd -3rd. Annual art festival in Louisville's historic Butchertown neighborhood. Nonprofits, artists, food trucks, live music and more.

Paddock Shops Music on the Terrace, 4055 Summit Plaza Drive. Every Thursday June 9th - August 11th 6:30pm-8pm. Free face painting for children all ages. Live music and giveaways.

Upper Highlands Neighborhood Festival, Atherton High School 3000 Dundee Road. June 9th 11am-3pm. Over 50 vendors, food trucks, petting zoo, live music and more!

Shakespeare Festival in Central Park, 10-week festival featuring seven productions, pre-shows, food trucks and more! Free.

Waterfront Yoga, Waterfront Park. Every Tuesday at 7pm. Beginners welcome. Admission \$5.

JULY

Louisville Blues, Brews and BBQ; July 20th-21st, Louisville Water Tower Park. Enjoy Memphis and New Orleans-style blues and BBQ and craft beer tastings. Admission, \$10.

Nelson County Fair; July 16th-21st. Exhibits, ATV and Dirt Bike racing, and bull riding! Family night is Thursday, July 19th. Admission \$8-\$10.



Faith Grady & Elle

World Cup Soccer Festival, July 10th, 11th and 15th. Louisville Parks and Recreation is hosting a soccer street festival for the two World Cup Semi-Final games and the final. Food trucks, a small-sided soccer setup for youth games and knock-outs, and fun juggling competition, vendors and more.

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AUGUST

Kentucky State Fair, <https://kystatefair.org>. Farm animals, craft exhibits, free concerts including the Texas Roadhouse Concert Series in the new Bluegrass Village. 2nd half of August.

Seventh Annual St. Matthews Street Festival. August 4, 11:00 am -10:00 pm. Frankfort Ave. between Lexington Rd. and Bauer Ave. Bands, food, vendors & activities for children and adults.

16th Annual Louisville World Fest, August 31st - September 3rd 11am-11pm. The Belvedere. One of the region's largest international festivals celebrating world flavors with food, dance, culture and education.

Grand Prix of Louisville and Regatta Festival; August 18th-20th 9am-9pm. Waterfront Park. Admission: \$15. Televised world-class powerboat race and boat show.

SOME OF LOUISVILLE, KY FARMERS MARKETS.
Wonderful fresh garden veggies & fruit

Douglass Loop Farmers Market; 2005 Douglass Blvd, every Sat. 10am-2pm

Bardstown Rd Farmers Market; 1722 Bardstown Rd every Sat. 8am-12pm

St Matthews Farmers Market; Beargrass Christian Church 4100 Shelbyville Rd, every Sat. 8am-12pm

Jeffersontown Farmers Market; 10416 Watterson Trail; every Sat. 8am-12:30pm

Schnitzelburg Community Farmers Market; 1567 S Shelby Street, every Sat. 10am-1pm

Phoenix Hill Farmers Market, 829 E Market Street; every Tues. 3pm-6:30pm

Gray Street Farmers Market, 400 E Gray Street; every Thurs.

NATURAL CLEANING FOR YOUR HEALTHY HOME

By *Barbara Bosler*

Simple ingredients like baking soda, vinegar, lemon, and borax are common to our kitchens and are wonderfully effective as household cleaners. They are nontoxic, and by adding herbal materials like dried herbs and essential oils to the formulas - it boosts the cleaning power while leaving a pleasant natural scent. If you aren't already, it's time to go "green" when we clean - for the health of our self, our families, and the health of our planet.

KITCHEN SINK CLEANER

(Bathroom Sink and Tub, too)

¼ cup Baking Soda

½ cup White Vinegar

3 drops Lavender or Lemon Essential Oil

Make a paste, apply and scrub, and rinse well.

FRESHEN CARPETS

1 cup Baking Soda

12 drops Lavender Essential Oil

1 teaspoon dry rice

Place ingredients in a shaker (with holes smaller than the dry rice.) Sprinkle. Wait ten minutes. Vacuum.

Retirement Income Planning

Jeannie Samdani, MA Econ., CMFC®
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LINEN MIST: Lavender Essential Oil Mist

8 Ounces distilled water

10 – 20 drops Lavender essential oil

Shake and Mist ever so lightly on your bed sheets and pillow cases for the relaxing lavender scent to induce a good night's blissful sleep. It doesn't make sheets damp.

LEMON FRESH BLEACH ALTERNATIVE

Safe for laundry and septic systems.

5 cups distilled water

4 ounces hydrogen peroxide

1 ounce lemon juice

5 drops Lemon Essential Oil.

In a fine mist spray bottle combine all ingredients. Shake well to combine, and then shake before each use on hard surfaces such as counter tops, sinks, and tub. For laundry, add ¼ to ½ cup per laundry load.

WORDS TO THE WISE ON CLEANING PRODUCTS: Lavender Essential Oil and Lemon Essential Oil both are Antifungal, Antiviral, Antibacterial and very pure. There are more than 80,000 chemicals that are used in household cleaning products today. Only about 200 of them have been tested for safety. Household cleaning products today aren't required to list all their ingredients. There are ingredients are toxic and can adversely affect our health. Indoor air pollution is a serious problem today because of all the chemicals that people are unknowingly using in their homes. The EPA (Environmental Protection Agency) states that indoor air in homes is often five times more polluted than the outdoor air even in large industrial cities. We can be more aware of the cleaning products that we use. Consider creating natural cleaning products as described above and online at www.MotherEarthLiving.com/Cleaning. If you prefer to buy cleaning products, then you may wish to check at www.ewg.org/guides/cleaners as to which products are safer to use. It is very important to be aware of what chemicals you are allowing into your home and that you are breathing and touching.



AS I STAND IN THE PURITY OF NATURE

The grace of the swan and her precious babies gliding smoothly across the gently rippling pond fills my heart with peace. I thrill to see the graceful trees lifting their leafy limbs wide welcoming small creatures home.

Ah, the Creator spins the atoms of life into exquisite beauty that entralls me. It soothes my aching hunger to be embraced within the arms of pristine Mother Earth in her natural state.

I whisper a prayer of profound thankfulness as I breath in fresh air and let it fill and nourish my lungs.

I gaze into the clear water and rejoice with the gleaming fish gracefully swimming a sacred dance weaving circles among each other. My feet stand firmly on the ground and I feel solidly supported by bountiful Earth which generously sustains me.

I pray that all this beautiful nature is protected and cherished by humankind, so it can preserve life and bring delight for endless generations to come.

I lift my eyes to the vast azure sky that stretches into the heavens, and I know I am one with all creation. There is no doubt that we are all here to help our whole human family heal and thrive. May we live in harmony with each other and the animals and plants - - and with the earth, air, water, and the glowing sun.

Every cell in my body vibrates palpably with the rhythm of the universe singing a hymn of gratefulness - - - and of the joy of existence.

Poem by Joyce C. Gerrish. Photo: Swan 2494925 - 1280 Pixabay