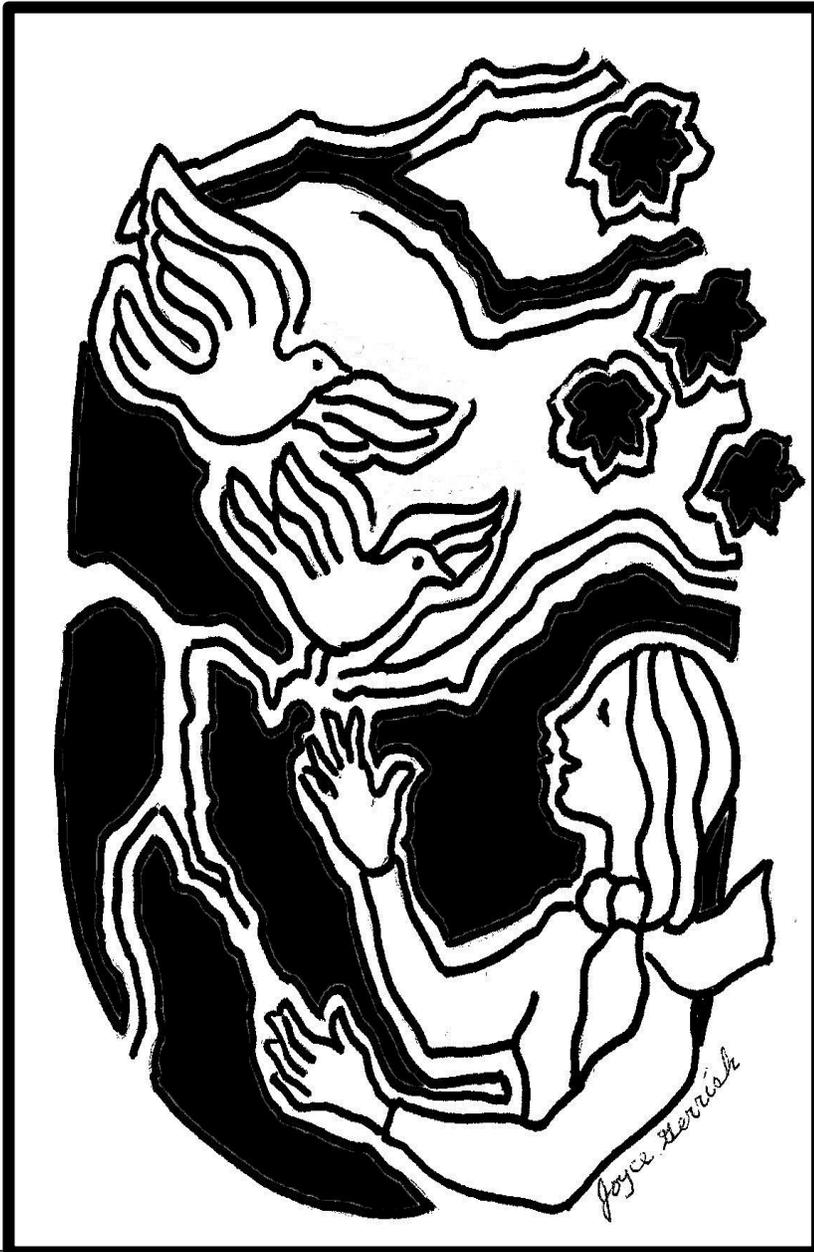


Natural Living Journal

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

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**The Adventure of
Ballroom Dance!**

The Call of Heart & Soul

Good News for ADHD

**Mind Map: Right/Left
Brain Technique**

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**Imagination Can
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Transition**

Natural Healing for Pain

**Reiki Energy Healing:
Why & How It's Helpful**

**Listening to Each
Other: A Short Story**

May We Be Gentle

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THE ADVENTURE OF BALLROOM DANCING!

Linda Jackson, Ballroom East Dance Studio. (Interview by J. Gerrish)

Cha Cha, Tango, Waltz, Swing - - Wow! Picture yourself moving happily across the ballroom floor! What fun! "Dance is for a lifetime," says Linda, "Let us get you dancing. Enjoy learning new dances, moving your body, meeting new people, and having fun. When you are doing something you like to do, you don't even think of it as exercising, you are just having a fantastic time." There is great pleasure when you're moving rhythmically to music. Dancing supports good posture which helps you look your best - - and be ever more naturally graceful.

The social aspect of Ballroom Dance can be nurturing and joyful. It can enhance or rekindle a romantic relationship or marriage. If you're single, you may possibly meet a new special someone.

Some of the types of dances taught at Ballroom East include East Coast Swing and West Coast Swing, Cha Cha, Advanced Nightclub, Waltz, Hustle, Tango, Samba, Rumba, Foxtrot, and Bolero. Classes are offered for different levels of experience for numerous of those dances. There is exciting adventure here for many years of exploring the world of dance - - and allowing dance to let you express the inner you. There are classes for kids, too.



Each dance has its own tale to tell based on the changing of popular music throughout the ages. The oldest of all the dances is the Viennese Waltz which then evolved into the slow Waltz. Both of those are turning dances which dance in a counter clockwise direction around the room danced in $\frac{3}{4}$ time. The Jazz age brought us the Foxtrot (1910) which peaked in 1930 and was sped up to produce the Charleston and then Quickstep. Other dances which started in the 30's were Swing (USA) and Mambo (Cuba). Those are both non-traveling dances which have offshoots now of East Coast Swing, West Coast Swing, Shag, Lindy, Retro Swing, and Salsa from Mambo.

The Charleston and Carolina Shag are both attributed to the Carolinas around 1937. The Rumbas and Bolero which originated from Cuba portrayed the sensuality of body movement to music, and dancing in a spot instead of around the room as the early American dances and the Waltz. In the early 70's we saw the Hustles: Spanish, New York, and Latin - - which were

mainly danced in discos and nightclubs. The Hustle was famously portrayed in the 1977 movie Saturday Night Fever, in both the line dance form and partner form. These are just some of the dances that are still around and quite popular all over the world socially and competitively.



Once a month Ballroom East has a Friday Night Social Dance. It's open not only to Ballroom East students, but also to the public. This is a great way to enjoy dancing in a relaxed, friendly environment. People can come with or without a partner. There's no alcohol served, and people come in everyday clothing. Everyone mixes and mingles and dances with one another or the person they came with. There are people of all different ages from youths to seniors - - and diversity of ethnic groups. The cost is \$5 which also includes the instruction class before the social dance.



In addition to teaching ballroom dance, Linda was a very successful professional competitive ballroom dancer for many years. Her partner was and is Charles Jones who also teaches at Ballroom East. Together they won many important prizes and awards in the United States and Canada. They love the challenge of the intricate choreography and beautiful dance forms. Linda and Charles both teach competitive ballroom dancing as well as social ballroom dancing. They both adjudicate (judge) dancing competitions, and both have outstanding qualifications. Chase Abell also teaches at Ballroom East and has a rapidly growing career in dance. In addition to teaching at Ballroom East, Linda also teaches ballroom dance at the University of Louisville.

The very large ballroom at Ballroom East is sparkingly beautiful with mirrors on all walls. It invites one to start whirling and dancing the moment one steps into it. The entrance and adjacent areas are lovely and inviting. Come visit and join the dancing! www.BallroomEast.com. *Photos by Ballroom East.*

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CALL OF YOUR HEART & SOUL

Joyce Gerrish, M.A.

What calls to you in your heart and soul? Take time to listen. What do you yearn to accomplish in this life? What gives you heart felt meaning? What do you want to contribute to the people and world around you? The answers are in your heart and soul. No one else can tell you. I believe that everyone comes into life with a sense of purpose. We have a special gift to share with the people and world around us. It may be our warm loving manner that helps people believe in themselves. It may be our inspired ideas that spark people's imagination to create something needed in the world. It may be our leadership ability to inspire other to join us in action for a worthy cause.

The Earth is going through tremendous change and transition now as we see all around us every day. People in all walks of life are wanting to have their voices and needs heard. I feel that it's important that we help move this planetary shift toward positive directions and outcomes - -that we help foster hope and a better life for everyone - - not just for some.

Even if we've been on a career path for many years, we may feel something stirring within and calling us to explore some new beneficial extension of our work, or a next step. Feel it! Let your heart and soul speak to you. Your unique wisdom and skills are needed to help bring new joy and hope and meaning for yourself and for those around you.

The work I do is helping people get in touch with their higher consciousness, clear away old doubts or fears that may be holding them back, and open to what they sense in their heart is the next step that is beckoning them to a fuller more meaningful life. A person may ask, "How does one do that?" In the following paragraphs I will share insights concerning this process.

There are various levels of consciousness within the human psyche. First, let's consider the subconscious. One aspect of the subconscious relates to the autonomic nervous system maintaining the intricate functioning of our physical body such as breathing, heartbeat, digestion, and all else. That frees us from having to think about how those bodily functions operate. Another aspect of the subconscious is our emotions and thoughts that we for various reasons choose not to acknowledge consciously. Hence, we put them in storage and temporarily under lock and key. This is not a permanent fix, but it at least allows us some time to bring healing for the emotions involved until we are ready to accept them and deal with them



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constructively. It might be many years later before that time arrives, but it is emotionally freeing when it does come. The contents of the subconscious affect our feelings and mind even though we may not be aware of them. Upsetting emotions held repressed in the subconscious can cause us to feel an ongoing low level of depression, anxiety, fear, or lack of confidence - - without knowing why. Many people go through life that way feeling that it is inevitable, and nothing can be done about it

except to perhaps take some kind of medication. The medicine may seem to help a little temporarily, but there tend to be side effects that may not be helpful in the long run.

Those repressed subconscious emotions can detract from daily effective functioning at work or play and from higher consciousness. Those repressed emotions can be let go of with a good energy therapist. There are numerous techniques that work well. To a certain extent it is a matter of calmly looking at that they are past and over. The old emotions are held as energy blockages in the aura energy field. When beginning the "letting go process," before each healing session it is important to lift your

consciousness with meditation or uplifting music or some other inspiring activity. That helps loosen the grip of the old heavy feelings. People who are sensitive to energies can feel the heavy old energies when they are moving out. There may be some residual emotion experienced as the old repressed emotions exit, but it is usually brief. The residual old emotions are normally only coming up to be let go of, not to hang around. It may take several healing experiences to completely let go of some old traumas. With patience, though, they can be moved out and healed.

Our everyday practical conscious awareness allows us to do our daily work, take care of ourselves and others, and do the things that we enjoy. It is measured scientifically as beta brain waves. In addition to the subconscious(Continued next page)



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(Continued from previous page) level and the beta brain wave level of everyday awareness - - there is the alpha level of brain waves which is experienced during peaceful relaxation, light meditation, and in energy healing such as Reiki. It is important to know that consciousness is more than that which is experienced through the brain and measured as brain waves. The brain and consciousness are not the same. However, knowledge of the brain waves during different states of consciousness can be helpful.

We come into life on planet Earth as a conscious soul, and we inhabit a tiny physical body as a baby. Early life involves getting used to coordinating our movements in our physical body and utilizing the senses of sight, hearing, touch, taste, and smell. It also involves getting used to coordinating thoughts through the brain and communicating them to others. That is a big achievement for a toddler. As children grow up, they tend to gradually come to think that the thoughts coming through the brain are all there is. They often ignore anything beyond that. In truth, we have a wealth of awareness beyond the brain which tends to get ignored. We usually get programmed that way by our family or friends or teachers. Anything beyond the brain is often termed imagination or day dreaming. This is sad, for there are great riches in our awareness beyond brain logic. This would include flashes of intuitive insights and creativity and inspiration.

Let's look further at higher consciousness or spiritual consciousness. This is a fairly high subtle type of awareness. It has traditionally been considered the property of inspired spiritual leaders, prophets, and saints - - and not something to which normal people would aspire except in rare "mountain top moments." The truth is that higher spiritual consciousness is potentially available for all of us if we choose to seek it. That involves giving oneself quiet time every day to still the busy brain and focus within. As the brain and mind quiet, more subtle awarenesses begin to be sensed. This may be experienced as profound peace - - "peace which passes understanding." In that state of tranquility and stillness of mind valuable insights may surface in the consciousness with solutions for challenges in one's own life or to help solve problems on a broader scale around one. Life can begin to flow more smoothly. There are

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definite approaches to opening higher consciousness that can be facilitated by an experienced teacher/guide.

At this point of spiritual development, there is more spiritual power energizing one's thoughts and actions. This gives one the capacity to help initiate needed improvements and reforms. This can be the "food" of genius. It can spark inspired writing and speech, ideas for valuable scientific inventions, creative arts, and breathtaking music. Poets, artists, musicians, authors, and philosophers past and present often refer to this capacity as their "muse" from which their creativity flows. In short, the consciousness becomes expanded in numerous ways.

This is all a blessed journey that is potentially open to all of us. Life on planet Earth is changing and evolving. We all know how rapidly life and technology are transforming all around us. This isn't likely to slow down soon. Sense in your heart what you feel inspired to contribute to help lift the lives of people around you. We can all have a crucial part to play. Take time to lift your consciousness above the mass mind which is often full of stress or confusion. Find what helps you center and renew - - such as meditation, prayer, peaceful music, or nature. Find that place of peace and clarity where valuable insights will come to you. Explore how you can plug in your skills, knowledge, experience, and vision to assist in the healing of our neighborhoods and cities and planet Earth. We can all work together for the highest good of all.

BIO: JOYCE GERRISH has a Masters 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. Guide for Higher Meditation/Higher Consciousness, Coach for Moving into Next Step and Actualizing Your Goals. You may wish to visit www.joycegerrish.com website and the meditation audios there. 812-566-1799



ADHD AND CHIROPRACTIC

Dr. Richard Reul

Although chiropractic is not about treating symptoms and conditions, it can help people achieve a higher level of wellness by optimizing the health of the spine and nervous system. Many symptoms are reduced, and conditions are improved with chiropractic care. So how can chiropractic help with concentration and ADHD?

A case history will shed light on this. I had an eleven-year-old patient, Thomas (not his real name), present with a chief complaint of ADHD. His mother would sit with him for 2 ½ hours a night trying to help him focus on his homework with little success. She found out about chiropractic through an ADHD support group. I immediately informed her that I do not treat ADHD, but I had seen patients improve with chiropractic care in the past.

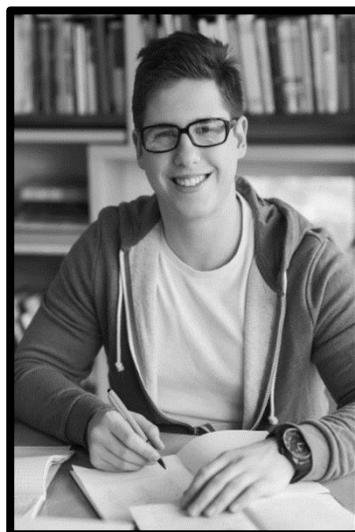
Thomas struggled developmentally since birth, both physically and emotionally. Thomas had a traumatic birth that included a forceps delivery. Forceps apply pressure to the skull allowing the practitioner to facilitate the baby's head to clear the birth canal. This requires a significant amount of force. Some babies have the shape of their skulls altered for life as a result. During the process, it is highly likely that the spine, especially the upper cervical region

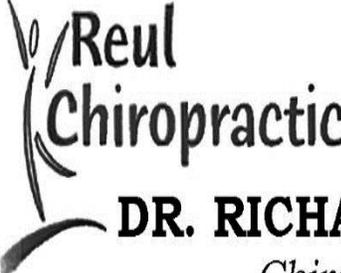


can become misaligned, causing nerve interference, compromising the flow of the nervous system energy.

I asked Thomas if he had any pain.... headaches, neck pain, thoracic pain, low back pain. He had no complaints. When I examined Thomas, I noticed that his posture was off. He had a very thick/short neck. I did muscle testing to screen for nerve interference. Muscles are innervated by nerves. If the nerves going to the muscles are irritated, they tend to inhibit the muscles to which they go. So nerve interference in the neck can affect the muscles in the arms, hands and fingers. Nerve interference in the low back/sacral region can affect the muscles in the hips, legs and feet. He couldn't resist (or hold strong) for any muscle test. When I palpated, or felt for muscle spasm or tenderness, he almost jumped off the table. His nervous system was on fire.

Thomas had misalignments of the





DR. RICHARD T. REUL
Chiropractor

3772 Taylorsville Road
Louisville, KY 40220

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vertebrae in the upper cervical spine. They had been stuck out of position for 11 years. Thomas's nervous system was compromised. If you imagine yourself driving on a long trip and you are listening to your favorite radio station. Soon you get out of range and you hear about 4 or 5 stations at once. You have to change the station or turn the radio off because it's so unpleasant. Thomas had all kinds of noise in his nervous system. When you are listening to 5 radio stations at once, it's hard to concentrate.

After Thomas' first adjustment, all muscle strengths returned to normal, posture improved, and hyper tenderness levels were reduced. Within 2 weeks of treatment, Thomas was doing his homework on his own. He started doing better in sports, his confidence level improved.

So, can chiropractic help everyone with ADHD??? No. There are multiple reasons why someone may have this condition. But if there are subluxations (interference in the normal message that comes from the brain to the rest of the nervous system), chiropractic adjustments can help. It's worth a try! Wouldn't it make sense to try chiropractic and natural approaches first and leave medications as a last resort?

BIO: Dr. Reul has been in practice in Louisville since 1993. He holds a BA in psychology from St. John's University (Jamaica, NY), a Master of Theological studies from Catholic Theological Union (Chicago, IL), and a Doctor of Chiropractic Degree from Life College School of Chiropractic. He participates in health fairs doing posture, stress and headache screenings. For more information on Dr. Reul's practice, visit www.reulchiropractic.com.

Note: As always consult your health care practitioner before making any significant changes in your health care.

REALLY GOOD NEWS FOR ADD/ADHD, Dr. Lisa Tostado, ND

Attention Deficit Disorder (ADD) and Attention Deficit Hyperactivity Disorder (ADHD) are widely recognized as complex childhood disorders that have a strong genetic, neurobiologic and neurochemical basis. They are each characterized by a range of symptoms that can adversely impact behavior at both home and school. Children with ADD/ADHD often struggle with low self-esteem, troubled relationships and poor classroom performance.

Criteria for diagnosis includes six or more persisting symptoms for at least 6 months related to Inattention (ADD) and/or Hyperactivity/Impulsivity (ADHD). Symptoms include trouble staying focused in tasks or play, appearing not to listen (even when spoken to directly), fidgeting with or tapping his or her hands or feet, or squirming in the seat, have difficulty staying seated in the classroom or in other situations etc.

According to a 2016 parent report, approximately 9% of children (6.1 million) have been diagnosed with ADHD. The average age of onset is before 7 years old -- with boys typically having a higher risk by 3x the amount -- compared to girls. ADD/ADHD often coexist with other conditions such as depression, anxiety, and learning disabilities.

While the most common strategy for treatment includes the use of stimulating medications (ritalin, adderall), those do not come without their side effects. In addition to that, there is the stigma of taking medications as well as the cost.

UP TO 50% OF CHILDREN RECEIVING FISH OIL SUPPLEMENTS NO LONGER MET CRITERIA FOR ADHD WITHIN 3 MONTHS OF BEGINNING THE SUPPLEMENTS.

Several studies suggest that there are significant improvements in symptom management when addressing potential root causes such as food allergies/sensitivities, heavy metal toxicity, thyroid disorders, low protein/high carbohydrate diets, and deficiencies in minerals, B vitamins, essential fatty acids and amino acids. For example, two recent studies have demonstrated impressive improvement in symptoms of ADD/ADHD through the use of supplemental fish oil. Up to 50% of children receiving fish oil supplements no longer met criteria for ADHD within three months of beginning the supplements. The oils utilized delivered a combined total of 750-800 mg EPA and DHA per day -- with a ratio of 3x more EPA to DHA. Those are omega-3 fats. The longer the children took the fish oil, the better the improvement. Similarly in another study, it was found that in 116 children with ADHD, 95% had a magnesium



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deficiency. Others demonstrated low levels of zinc and iron. Addressing these deficiencies (with supplements) improved symptoms -- as did diet modifications such as removing processed sugars, food dyes, artificial flavoring and chemical additives.

Given the positive outcomes of these studies, I believe it is imperative that we consider nutritional approaches as well as addressing toxicity and environmental factors. Since our digestive system is intricately linked to our brain health and cognition -- assessing for infections, flora imbalances and supplementing with probiotics may prove to be other important strategies. A closer look into family dynamics at home and creating structure can also result in better outcomes.

Naturopathic doctors are trained to treat the whole person and address root causes using natural strategies. The goal is to support the body in a way that it has

the opportunity to repair and heal. Please take the time to consult with an N.D. or integrative doctor if you or your child are suffering from ADD/ADHD - it can make all the difference!

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 completed 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 significant changes in your and/or your family's health practices.

**MIND MAP: RIGHT/LEFT
BRAIN TECHNIQUE**
Karen Schellinger, LPAT, LPCC

I would like to take time to introduce an old friend. Mind Mapping!!! This is a technique utilizing both right-brain and left-brain activity. In the world of strengths, often I hear individuals voice a lack of drawing skill. In Mind Mapping art skills are not required. Everyone can draw a smiley face, a check mark, or fruit while using different colored markers or pencils. It was 1993 when I first picked up the *Mind Map Book*, by Tony Buzan to assist my notetaking ability in college. Tony popularized but did not invent Mind Mapping. I found the technique appealed to my learning style because it used both words and pictures to assimilate the lesson in front of me. Now a licensed Art Therapist and Clinical Counselor, I use this technique for clients to process emotions, feelings, thoughts, and other issues creating stress or life challenges.

Journaling longhand has been proven effective to assist in relieving stress. In many cases, however, what has been demonstrated to me is that clients relive the event they are journaling about - - forgoing the stress release. Emotions are stirred while past memories become present for another round of suffering.

Mind Mapping has demonstrated the capacity to provide an emotional distance from the event if traumatic. The possibilities in using a Mind Map range from daily intentions, gifts of gratitude, meals, or daily struggles with an issue; anything may be Mind Mapped. I recommend if using the Mind Map for processing trauma that it be done with a Licensed Art Therapist, Clinical Counselor, Social Worker or School Counselor.

The instructional Mind Map provided is from <https://selfdesigninstitute.org/mindmapping-and-selfdesign/>. One only need to google Mind Map now to see unlimited varieties of Mind Maps and issues being mapped. When using a Mind Map in a clinical setting it allows the mapper to decide how far to go. Each limb that relates to the central issue deserves a different color. If we look at the instructional example above the map is a virtual "how to." As an example of using the above "How to Mind Map" technique, I will describe mapping my today's food intake. I write "today's food intake" as the central issue in the center box. The red limb may reflect my morning meal, each prong on the branch a different food, the check marks may reflect successful choices. The smaller red limb may be a reflection of

Karen Schellinger, LPAT, LPCC, LLC

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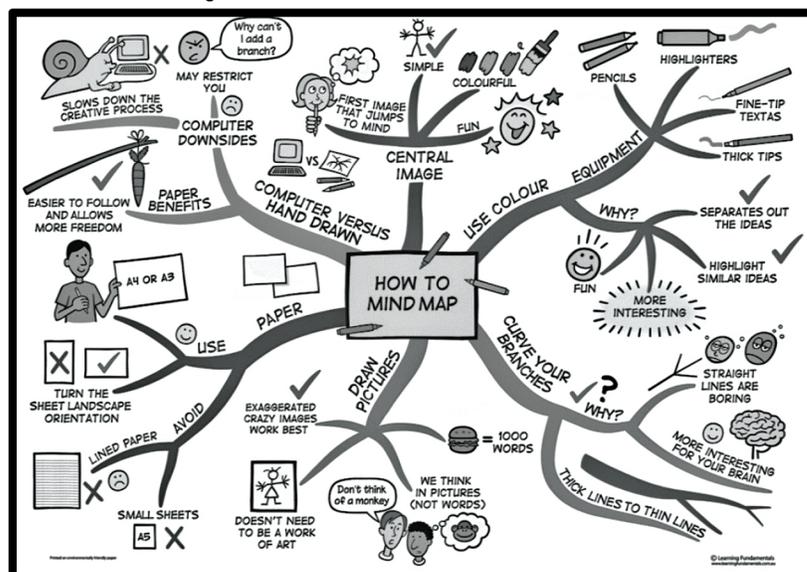
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**If you are at peace, you are living in the present.
Lao Tzu**

how I felt after this meal. The light blue branch may reflect my lunch meal, the successful choices I made. I do avoid asking why. The small green branch might reflect a mid-day snack and how I felt with appropriate art drawings. The dark blue limb may represent the dinner meal with the variety of choices, including desert. The colors choices vary, no rules on color or design.

Each limb expresses or helps resolve a different part of the central issue. Mind Maps also provide a visual for both right and left brain (accessing the conscious and unconscious) to address any issue presented using this technique. Using Mind Maps allows the mapper to explore and assimilate information otherwise not thought about.

Each limb expresses or helps resolve a different part of the central issue. Mind Maps also provide a visual for both right and left brain (accessing the conscious and unconscious) to address any issue presented using this technique. Using Mind Maps allows the mapper to explore and assimilate information otherwise not thought about.



Above mind map by permission of Jane Genovese, www.learningfundamentals.com

presented using this technique. Using Mind Maps allows the mapper to explore and assimilate information otherwise not thought about.

In seminars my method of notetaking is Mind Maps. Many classroom settings utilize computers now with art applications to Mind Map online while taking notes in class. If paper and pens are more appealing, try to Mind Map rather than long hand journal and see how it goes. This is a unique way to address most any issue in life and to process through what shows up - - which may often surprise the mapper. Happy Mapping!

BIO: KAREN SCHELLINGER is a Licensed Professional Art Therapist (LPAT) and a (Continued on P 13)



AUTUMNAL DREAMS

Elsa Lichman, Waltham, Massachusetts

We luxuriate in the lush greenery and flowers of the season, even as nights begin to cool and leaves start to fall from trees. As I walk over crunchy leaves, I reminisce about childhood in the fall, when we used to jump with abandon in piles raked up by our parents, tossing leaves into the air and drinking in the aromas when they were burned - - a unique scent which lingers in the memory.

Purple loosestrife lines river banks with fuschia-lavender tones decorating the scene for miles. A mauve sky is reflected in the water at dusk - - enhancing the ambiance under a pale half-moon as refreshing winds blow.

Young swans are getting larger. I watch a family preening - - the gray beaks of the cygnets are wet and shiny. They welcome a lone Canada goose into their midst, which preens right alongside them. It is a tender scene as the goose looks so small by comparison. In October I watch the parents take off, flapping large wings over the nearby river. I am stunned to hear more wing beats as I see the swanlings fly for the first time!

At a pond I admire a sweet bay magnolia tree with its yellow pods bursting with red berries, a magnet for fall birds. Beneath it, on the ground, there is a tiny natural art installation. It's a leaf and cluster of berries with a dark gray feather next to them. Tall reedy stems at the bank sport orange-red flowers swaying in the cool wind.

I go with friends to a quiet beach to swim in frigid fresh salty water. Someone has floated large sunflowers here and they bob on the surface like yellow cups with deep black centers. Above there is a wide rainbow sun halo, a perfect ring around the sun, an almost mystical sight I have never seen before.

We stop at a local museum to visit the artist Childe Hassam's paintings of scenes from the Isles of Shoals which are rocky outcrops off the coast of New Hampshire and Maine. In the late 1800's and early 1900's, Appledore island hosted artists of all kinds, as they gathered to create and share their work. Hassam's paintings include gardens full of pale poppies and hollyhocks and the hungry sea lapping at rocks.

We end our day trip with a longing look at our own seascape in full moonlight. The poet Celia Thaxter wrote a work entitled "Moonlight" which mirrors our experience: "The whispering waves... a hush divine... the infinite illimitable sky...wherein the great orb of the moon on high... in stillness down the quiet deeps doth swim."



In mid-fall, at our local cove, heart-shaped leaves on shrubs are burnt crisp at the edges, contrasting with lacy, creamy seedpods on

twiglets, each with a pale green seed at the center. Across the river, a spice-orange tree stands out among the green. It pours its color onto the water below. The pink sunset over the autumnal



Sun Halo Over Ocean by Chris Wojnar

scene is bliss. A bald eagle on a bare tree spreads enormous wings and flies down out of view.

As autumn slides toward winter, snowbirds have flown, and we hunker down to anticipate the burdens and beauties of our winter world. A buck appears, wounded, with only half a rack, a testament to the brutality of the mating season. Pitch blackness descends earlier and earlier. Trills and whinnies of screech owls fill the air, as hearing becomes our sharpest sense.

We await that first fresh snowfall which transforms our world into a white paradise, so lovely to contemplate - - especially when cozily cuddled in front of a fireplace, sipping hot chocolate with heavy cream floating on the surface.

BIO: Elsa Lichman, MSW, LICSW is a retired social worker, who studies voice and sings in a choir. She writes poetry and prose for her local newspaper and a variety of (Continued on P. 13)



Fallen Leaves & French Chair; Elsa Lichman

LISTENING TO EACH OTHER

Short Story by Joyce C. Gerrish, M.A.

(This is an ongoing saga of five friends' intertwining lives & adventures. They share heart-centered wisdom & support)

Vic and Nathaniel are walking briskly and chuckling about funny things that occurred during their day of teaching. Vic confides, "It's good we can laugh, otherwise we might cry, you know?" Nathaniel responds, "You're right. I couldn't teach in public school if I didn't love the kids as much as I do. Somehow my loving them so deeply makes it all worthwhile. I believe in the youngsters and they know it. I think they see me as a bridge somehow to what they see as the crumbling screwed-up adult world." Vic sighs, "They really are our future, as we know so well. Everybody knows that, though somehow they so often get short changed in the attention they need to thrive. You have a son at home who gets the attention and care he needs. That's fantastic, but too many of these kids fall through the cracks at home. Maybe their mother works two full time jobs to try to make ends meet. Maybe their Dad is far away or has problems. My heart goes out to those kids every day, and I yearn to be able to solve all their problems, but of course I can't. I can just do everything in my power to try to support and empower them while they're with me for that 55-minute class period." Nathaniel puts his arm around his friend's shoulder as they walk, and responds, "My heart aches for some of them, too, for sure." They walk silently pensively together for a few moments, then Nathaniel says gently, "Here we are at the Buddy's Home Cooking. It'll be good to see the others and hear how they're doing."



Crystal waves from the far side of the shop as Vic and Nathaniel enter. "Hi guys, come on over," she calls. Janis and Nallie wave, too, and jump up to hug their friends as they arrive. Janis exclaims, "Wow, we're all really here at the same time for our Thursday After Work. Life gets so busy sometimes that even a half hour pause for sanity seems extravagant." They all laugh! Nallie chimes in, "It sure helps to know I've got this support."

They busy themselves ordering some coffee or tea and a snack. Crystal confides, "I really have to watch what I eat, or I can put on pounds quickly. It used to feel like a drag, but I'm beginning to enjoy a light feeling in my stomach. I feel like I maybe have more energy, too. On the way in I grabbed one of

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the apples Buddy keeps on the counter." Janis responds, "Good for you, Crystal, you're looking fantastic." Crystal laughs, "Fantastic enough to meet my dream guy?" Janis responds, "Yes, for sure, if he's got any sense." Vic coughs, and says from a deep place, "I think you're always beautiful inside and out." He gets an unusual look on his face and stutters quietly almost in spite of himself, "Remember I'm here." Crystal looks caught off guard. She gazes at her friends and then at Vic. After a pause she says, "Vic and I have talked about this a little. We've been close friends for so long teaching together in the same school forever - - you know." Then she gazes directly at Vic, "When I look at you I still see your ex-wife. She's such a tiger. Forgive me. Can close friends really become more?" Everyone at the table is silent for a few moments. Crystal and Vic look at each other uncertainly, and then drop their eyes quickly. Vic touches Crystal's hand and she blushes.

Janis comes to the rescue and changes the subject. "An amazing thing happened today in one of my "Life Skills" classes I teach. One of the girls raised her hand and got a really serious look on her face. She said, 'Do you think that our country is falling apart? Can the U.S. pull together again or are we going to have more and more violence and confusion and endless disagreements?' She took me by surprise with such a serious question - - I paused before attempting to answer. Some other students quickly spoke up in the void and I heard some truly profound insights that amazed me. One of the boys says that he spends the summers helping on his uncle's farm. He says it's a small farm and they don't use any pesticides. Everything is natural. He says he loves being there helping to take care of all the vegetables and the fruit trees. He spends a lot of time out in the woods with his dog after the (Continued on next page)



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(Continued from previous page) day's farming. He says he feels like a kind of different person when he's close to nature - - calm and peaceful. He feels like lots of energy is moving through his body from the earth and the fresh air and the sunshine."

Janis looks around the table wide eyed and continues, "I wanted to run over and give him a big hug in that moment, but I didn't want to embarrass him, so I just said, 'That's great, I've felt that way, too.' So, his sharing started a big discussion for the rest of the period. Some of the girls said they don't feel all that safe in their neighborhoods sometimes, particularly after dark. They wondered if they would feel safer if they lived away from so much big city overcrowding. I didn't know what to say because I didn't want them to feel unhappy about their homes, you know. But the kids were on a roll with their discussion. I sort of let go of the reins of trying to control the conversation because they were truly speaking from their hearts. I've never felt so much heart-to-heart sharing. That really has to be what education ideally is about, I almost felt a tear come to my eye I was so touched. A strong group bond seemed to be formed today. Even some of the shy ones had deep feelings to share. Since I'm racially mixed, I think it may help some of the kids feel sort of safe with me. I kind of look a little like all of them - - colored and Hispanic and white.

Janis continues, "I have a deep feeling that a lot of these kids would be happier living in a smaller community with lots of trees and open land. When I was growing up we lived right next to woods with a wonderful stream going through it, and a few blocks down was a big park. What fun we had. Wow! There was something to say for the simpler life. Yet, I'm profoundly aware there are advantages to being in a big city. Believe me, I love the opportunities I can access so easily in our metropolis here. I'd love to see wholesome activities more readily available and encouraged for youths, so they would have lots of interesting alternatives rather than hanging out on the streets. - - Guided hikes on the weekends and nature study, all-teen performers in repertoire theatres, volunteering at animal shelters to help take care of and love the homeless creatures, and so much more.

The friends sit quietly for a few moments in reflection. Then Nathaniel's phone rings. He answers, "Hi Son. - - - Sure, I'll play some basketball with you, that will be fun. I'll be home in about twenty minutes. Love you, Bye." Nathaniel says to his friends, "Mike is needing a little extra attention right now and I want to be there for him. I'll meet you here next Thursday." Janis rises and gives him a hug and says she needs to be on her way, too. The others join the good-bye hugs and agree to meet next week at Buddy's Home Cooking.

BIO: JOYCE GERRISH has a Master's Degree in Human Development and is a Graduate of National Institute of Whole Health. She is a Holistic Life Coach, Counselor, and Energy Therapist. She has extensive training and decades of experience teaching meditation and 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. www.joycegerrish.com. 812-566-1799

IMAGINATION CAN ENVISION UNLIMITED POSSIBILITIES

Rev. Valerie Mansfield

We all have the ability to seek higher consciousness, just as the great saints throughout history have done. It is part of our evolution of who we are. We can imagine ourselves in a different way. We can let go of our doubts and fears. What are our thoughts, what is our mind? We can condition ourselves to look to a higher realm of consciousness. When I was a teenager I began to understand, and the light flicked on. It is all about the human evolution of who we are right now shifting and changing - - our own evolution. We can create anything we desire in this world. Think about that for a moment, we have the ability to create anything we can imagine. Is that true? Yes, it is. What keeps us from that? It's like a darkness that's fear - - that unknowing that can keep us right where we're "comfortable" and stuck in place. At least that's how it has been for me from time to time. It's that moment of "Oh, that's a really large task! Can I break it down and do baby steps?" Sometimes you just can't do that. Sometimes you have to say, "God, I'm doing this, and I'm counting on you to have my back because I don't have a clue what I'm doing." - - And, if we fail it is O.K.! Right? Because we have learned, we have grown, and we have moved forward.

The imagination can envision unlimited possibilities in this universe. We've moving from darkness to the light. - - From that dark space into the light. That is our personal evolution on a daily basis through a process. We get to choose what that process is. Moving from fear to awareness, that's my process.

Charles Fillmore says in his book, "Keep a True Life," that our mind and idea and expression are a trinity. We can get an idea from Divine Mind. It comes through to us and then we can express it and manifest it out into the world. Now that's not always easy. A thought may just pop into our head randomly. Then we can write it down. I used to carry a recorder in my car. Nine times out of ten it is when I'm driving that the ideas come through and there's nothing to write it down on. So, I hit the record button and saved what ever was coming through. Yes, we have to put it into words. We have to take it from this thought, and we need to speak or write it into words - - or draw it into a

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picture. We have to start to create a physical foundation for whatever that idea is. For the container of the idea. Then to really express it we have to take action. In order to manifest that into the world, it is up to us to take action steps. We can't just sit back and say, "O.K., when is that going to happen?" I'm praying for it, how is it going to come through? We have to step out in faith and take action to create whatever our desires are.

It is a continuous process, it's not a one-time deal. It's our evolution. There's a movie that some of you may be aware of that is called "Let There Be Light." There are a few of them out there, but for this one if you Goggle it type in: Fusion.FilmLTBL (for Let There Be light). It is about co-fusion and how in 1948 a Russian man in a conservatory was watching the stars. He realized their vast power and thought that if we reproduce the energy

combustion process that stars make then we could have fuel for eternity. That was in 1948. How many of you know that in Seine France there is a whole campus of scientists working on co-fusion? Most of us don't really know about it? These people are going to work every day creating and building this magnificent huge magnum project. Step by step six countries are funding it - - to make the pieces to build this reactor that they are trying to create. They estimate that it will take over a hundred years. In this movie some of the workers on that project talk about their experiences with the idea that one man had. Now each one of this group has a component of the project. They won't see it finished, they're going to leave this Earthly plane before it's done. But it is so vital to human evolution that they are doing it anyway. Some people say they're crazy, that it's never going to work, but they are determined to find the answer for our fuel and survival in the next stages for Earth. I think that is really cool! (Cont. P 13)

(Continued from P 12, Rev. Valerie Mansfield)

Can you imagine what it takes to create all these aspect of the research - - creating different parts in six different countries so they can put it all together? They are creating this huge reactor so that we have energy that is reusable and renewable forever. That's what imagination can do - - that chamber of imagination. One man's spark of thought created a whole community working together in six nations since 1948. Whereas out in the larger world everybody is fighting each other. Why do we have all the chaos? I don't have that answer. But I think that collectively if we each begin to do what we sense is ours to do - - and work together to create collaboration - - we can create peace and love and send it out into the world. If that's what we do collectively every day, then this planet and every human being on it would be healed! That's my thought. I see it manifesting. I don't know if I'll see it in my life time, I hope that I do. I see it manifesting. We can all stop fighting and start working together so that humanity survives and grows through all of our differences - - so that we can be aware of each other as love. Ultimately that's the goal. It's how we can work together and be the love. Share the love, grow through the love, and just be.

During your time of daily silence, allow your creative imagination to open. Ask the Universe, "What is my heart's desire? How can I create my heart's desire in life? Follow your inner guidance to your truth and see it pictured in your life. Journal or express your thoughts in another medium. Take action to create your heart's desire - - and manifest it in the world. It can be done. It wouldn't be your heart's desire if it couldn't be done. My heart's desire is to share love and healing with the world, and as a minister I get to do that. I am blessed by it. A helpful affirmation is. "In the quietness of spirit, I see myself as God sees me, perfect whole and complete." We're not talking about perfection as humanity sometimes sees it in that we have to do everything to the "t." Sometimes we may have challenges and fail, but then we're going to get up and dust ourselves off. Then we can move through again. With spirit and trusting in the faith that we're doing our heart's desire, all things are possible. So take the time to imagine and manifest that which is yours to do. Believe in yourself. Believe in the Universe. Believe in humanity. Believe that we can all co-exist on this planet together as one.



BIO: Rev. Valerie Mansfield serves as the Associate Minister at Unity of Louisville and Co-Director of the Resilience Family Project. Valerie is a Holistic Healer and Spiritual Life Coach. Valerie serves the Louisville community working with homeless families and women

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in recovery, creating conscious living skills, promoting peace, compassion and resiliency. Valerie's passion is to create a safe and loving atmosphere where all ages can explore and manifest a life filled with love, peace and joy. **502-583-5559.**



Autumn Harvest, Photo by Picabay

BIO: Elsa Lichman (Continued from Page 9) publications. While travel and adventure are exciting, she has found that opening her heart to nature in her own environment has proved equally thrilling. E-mail address: elsalichman@comcast.net .

BIO: Karen Schellinger (Continued from Page 8) Licensed Professional Clinical Counselor (LPCC). Karen is a US Navy veteran having served in the US Navy Dental Corps at the age of 17, 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.

NATURAL HEALING FOR PAIN

Norma Wileman, EFT Practitioner, TAAP & ACE Certified

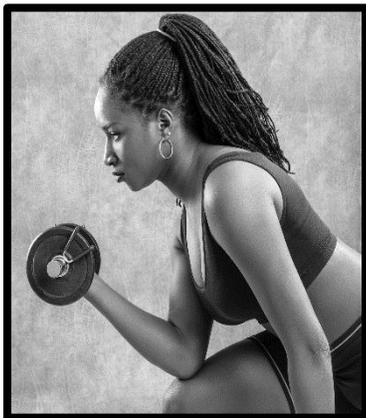
Everyone has experienced physical pain at some time in their lives. Approximately 100 million people (2010) live with chronic pain. Many of them must rely on pain medications, chiropractic care and physical therapy to be able to manage the pain. Pain takes a toll on the bearer as well as the whole family. That toll can be both physical and mental.

Pain results in: absenteeism putting the workload on others at work, home and school; anxiety; sadness; depression; grief; overwhelm; emotional debilitation; physical debilitation; stress on family relationships; anger; limiting of physical activities, affecting your level of fitness and life enjoyment.

Most of the major health organizations and many research hospitals (WHO, NIH, Mayo Clinic, etc) agree that almost all illness, injuries and disease processes are rooted in emotional causes. Research by several Energy Medicine based groups seem to point to the fact that emotions are stored in a chemical form on our cell receptor sites. These chemicals of emotion can sometimes be stored indefinitely. As long as the emotions are stored it is likely the pain will continue. To be sure, working with a chiropractor, physical therapist or other health practitioner can help alleviate the pain and is always a first step you should take. However, there is a growing consensus as well as a large body of evidence that once emotions are released biochemically from the body, the pain itself is release, often permanently.

Many people suffer their whole lives with pain, but this is no longer the only choice. Pain can be alleviated naturally, easily and permanently in many cases through a series of acupressure

techniques. In order to release pain, the emotions leading up to, during and after the onset of the illness, disease process or injury must be eliminated. Once eliminated, most pain goes away and the changes are typically permanent. We use one of several different





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natural medicine modalities to make these changes.

I suffered from chronic neck and back pain for over 28 years. When I found traditional care to be temporary I found several natural healing methods that completely relieved my back pain eight years ago. EFT, TAT, AR and other methods are highly successful at permanent pain relief. Many of my clients need fewer than 4 sessions to accomplish this goal. Some only need one session to be pain free.

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 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

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FINDING SOLUTIONS IN INNER STILLNESS & PEACE

Kathy McBroon, M.Ed.

Back to school. We all know what that means; here we go to school again. I am a middle school teacher, so for me this means the party is over.

For parents it can be a "Yay, finally, get those kids back in school" or it can be an "Oh no, the lazy days of summer are over". As a mother of two grown daughters, I feel your pain both ways.

The onset of school can be stressful. Endless school supply lists must be covered, usually some new clothes are necessary and oh goodness, that daily "Get up! Get dressed! You are going to make me late!" begins. The lunches, the planning, the signing of those endless pages (a parent NEVER designed all those documents that must be filled out). Then comes "Do you have any homework?" The answer is many times, "Yes, and I need help". Then, we all have homework.

After awhile, the dust settles, and we all start to breathe again, settling in to a new routine. One day your daughter comes home crying, or your son comes home quiet. Upon investigation, you realize that now we are truly back in school -- someone has hurt the feelings. You had hoped that your child would get Mary Poppins as a teacher, but instead he/she got Cruella de Vil. Here comes a year of struggling.

God's Word in Psalm 46:10 says, "*Be still and know that I am God.*" In light of school starting back, what does that mean?

First, be still. When I look back at the school age children years, I thought so many things were important that were not. I wasted time on things that amounted to nothing. *Be still.* God calls us to slow down. Your child needs you. He/she needs you to have conversations each day, really listening to him/her. Ask questions based on what he said, proving to him that you were listening and care. Let your child know that no one is more important to you than he is. Use that time in the car to talk. I cannot tell you how car talks changed everything at our house. Turn off the radio. GET RID OF THE PHONE. Lately, I am sick to death of my phone and it's attempts to rob me of moments in my life. *Be still.*

But what about dirty dishes? Paper plates.

But what about meals? Those cooked chickens under those lights, or bread and peanut butter and jelly.

But what about my dirty house? Can you walk through it? You are good. It will only get dirty again.



Be still.

Also, recruit help. We started our girls at an early age loading and unloading the dishwasher. After college, both of them lived in rental houses without dishwashers. When they came home to visit recently, as they were loading the dishwasher, they both said, "Oh my goodness! A dishwasher. This is so wonderful." I bet you've waited twenty-two years to hear that, mom. When they were tall enough to reach the washer and dryer, they learned to wash towels (start simple). Then they were to finish that - - dry them, fold them, put them away. No freeloaders at our house. The maid only shows up on the thirty-second of each month.

Know that I am God. God can handle our lives better than we can. I need to daily let Him take it. He sees all, knows all and can be trusted. When I am stressing, I need to stop and breathe. I need to say, "God, I can't, but you can. Help me." God is peace, and He can bring peace to your chaotic household.

No worries: Christmas is just around the corner. Here we go again.

"Be still and know that I am God." Psalm 46:10

BIO: Kathy McBroom. Bachelor of Science and Master of Education. Kathy is married to Robert McBroom, Connections and Missions Pastor at Little Flock Baptist Church in Shepherdsville. Kathy writes a blog www.kathymcbroom.wordpress.com. Each Monday she posts a video blog called Manic Monday. Like her page Manic Mondays to catch this each week. She is the 8th grade Reading teacher at Hebron Middle School in Shepherdsville. She and her husband Robert have two daughters, one a first-grade teacher in Harlan, Ky and the other the High School Girls Youth Minister at Englewood Baptist Church in Jackson, Tennessee.

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Healthy Autumn Transition

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

It is time to embark on the change of seasons from Late Summer to Fall. The kids are going back to school, the days start to get shorter, and the leaves begin to change. As the colors of the leaves change so must we in order to stay in balance. Traditional Chinese Medicine (TCM) includes the 4 seasons we are familiar with and an additional 5th one of Late Summer, Mid-August until the start of Autumn. This is the time of the Earth Element and Spleen/Stomach Organs. The Spleen rules not only Late Summer, but also: our mouths, lips, dampness in our bodies and in the weather, the color yellow, the flavor of sweet, its direction is Center, smell of fragrant, and the emotion of worry and overthinking. The Earth Element (Spleen Organ) is seen as in between all changes of seasons as it helps to stabilize us and provide a strong ground and center from which we can transition.

Autumn is ruled by the Lungs/ Large Intestines Organs and the Element Metal in TCM. This is the time to release and let go of what no longer services us. The Metal Element also rules dryness in our bodies and the weather, direction of the West, color of white, flavor of spicy, rotten smell of decay, the nose/skin/ body hair, and the emotion of grief. Autumn can present to be challenging to many who struggle with letting go and releasing the old and by those sensitive to cooler and less sunny months of the year. Both of these Organs are connected to releasing in the outside world. The view on this release is beautiful as the Lungs are our connection to the outside world, we breathe in what we need and breath out what is old and no longer needed. The Large Intestines release substances that are useless after the nutrients has been absorbed by other organs in the body. In Western thought, we view Spring as time to release with Spring Cleaning. However, if we look to nature it is doing its releasing in the Fall with the leaves falling and the last Harvest before many plants die. They are showing us how to



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send back to the earth what is dead to be transmuted into fresh life in the Spring, Pure Alchemy.

I often see many who struggle to release the old and get stuck and/or fight the feelings of grief. This can manifest in many ways such as Seasonal Affective Disorder, depression, excessive crying/grieving, and holding on. According to the Mayo Clinic website, "Seasonal affective disorder (SAD) is a type of depression that's related to changes in seasons. If you're like most people with SAD, your symptoms start in the fall and continue into the winter months, sapping your energy and making you feel moody."

As an Expressive Arts Holistic Health Counselor, I look at the whole person I am working with and alternative ways to treat. This includes considering the changes of season and the effects it has on the mind and body. This helps me make suggestions for my kid and teen clients, and their parents regarding foods, herbs, and lifestyle changes.

As an Herbalist, I take the view that food is the people's medicine and it's the first place I start with clients in my office. Here are some suggestions I use for creating a smoother transition into the Fall months ahead. Eat more cooked foods, soups, root vegetables, and yellow foods for Late Summer to ground and build your Earth and Spleen energy. Watch excessive eating of dairy which creates dampness in the body. Also, in between all changes of seasons eat these foods to create more strength going into the next season. Once Fall has arrived eat root vegetables, whole grains, lentils and legumes, winter squash, meats, autumn (Continued on P.17)



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(Continued from P. 16) Healthy Autumn Transition

fruits, and use herbs and spices such as cinnamon, ginger, rosemary, thyme, sage, and garlic.

Within our meals we can add healing tonic herbs to Autumn dishes. It is customary to include these herbs in weekly and even daily soups in China. Simply add the following Tonic herbs to a whole chicken and vegetables of choice, and then cover with water and cook in a large sized crockpot: 10 grams Korean Ginseng or Codonopsis, 4 pieces Astragalus, ¼ cup Lycii berries, and 5 Jujube dates. This is great for the whole family as it builds immunity, strengths the body, and prevents disease. While these herbs are pretty safe, I recommend you contact a trained Herbalist or your physician before adding herbal medicine to your diet.

Remember it's important to reduce stress and excessive worry, get out in nature, breath, and to exercise-build strength and muscle to protect you during the cold months ahead. Let go of what no longer is for your highest good with grace. Nurture yourself and get supportive services such as: therapy, acupuncture, reiki, massages, and whatever else works for you as soon as you notice any symptoms of depression start. Follow my blog and check my website for upcoming workshops to learn more nutrition and herbal tips.

Bio: Amber Worman M.Ed., LPATA, LPCA, ATR is an Expressive Arts Holistic Health Counselor in Louisville, KY. She is the owner of Phoenix Rising Wellness a healing center for kids and teens. She is a Herbalist, trained in Western, Ayurvedic, and Traditional Chinese Medicine methods and is a licensed Art Therapist. She integrates dance, music, art, nature, Ancient Chinese Medicine, healing foods, and plant medicines into practice. Her focus is on the whole client mind, body, and spirit.

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

Photo of Woman & Leaves: Can Stock Photo_yellowj

REIKI ENERGY HEALING: WHY AND HOW IT'S HELPFUL

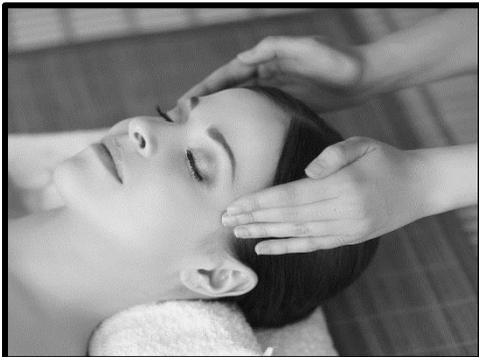
Joyce Gerrish, M.A. Reiki Master

Reiki Energy Healing is becoming fairly well known as being very helpful for supporting people to feel better. Reiki means life energy in Japanese. We humans and everything on planet Earth exists within a sea of energy. Everything that exists is composed of energy at its essence. Einstein spoke of the universe existing as the interaction of time and energy. Science tells us that every atom in our human body is like a tiny solar system with the electrons circulating around the proton in the center of the atom. Each atom is mostly empty space like a solar system is mostly empty space. Hence, our physical body is not as solid as we may be inclined to think. Our body is composed of constantly circulating energy. This energy flows around our body like rivers delivering the sustenance to maintain life.

Our physical body seems solid to us because we have learned to experience it that way. With practice an energy therapist can also experience a person as his or her aura energy. Most people these days know what the human aura is. It is the energy within and around a person's physical body. The aura can be photographed with kirlian photography. The human energy field and aura are definitely acknowledged now by main stream science.

The energy within a healthy person's aura is constantly flowing freely within the body. If the energy flow slows down, then the person will not feel as well, and health will begin to decline. This is very unfortunate when it happens. Stress can cause this type of slowdown of energy flow. It can also be caused by lack of exercise, poor nutrition, illness or disease, injury, or exposure to pollution, or other causes. You probably naturally recognize those factors as the same factors that we already know can cause a person to not feel optimally well. One reason that a person doesn't feel good is because his or her aura energy flow has slowed down and is likely blocked in various places in the body.

Reiki Energy Healing is particularly helpful when a person's health or strength is weakened or when stressed. Reiki is, though, exceedingly helpful at any time to help maintain and enhance health. The Reiki practitioner learns how to become a



conduit of Universal Life Energy for the person he or she wishes to help.

Accessing Universal Life Energy or Spiritual Energy for another person has been practiced in many cultures and churches throughout history. It is often called "laying on of hands.". After lifting their consciousness in prayer and/or meditation, the healers traditionally lay hands on the receiver's head or shoulders and pray that Divine energy flows through them to the person in need. The healer isn't seeking to transmit his own energy to the receiver, the healer has the intention to be a clear conduit of healing energy to the person being helped. This can replenish a person's aura and help him or her feel better and heal more rapidly.

With Reiki Energy Healing (and some other energy healing techniques) the process works somewhat similarly. An important part of the process is for the healer to first lift his or her consciousness through meditation, prayer, or some other uplifting practice.

Energy healing works quite well through a person's normal clothing. The receiver can be sitting in a chair or lying down whichever is preferred. Ten or fifteen minutes can be helpful - - an hour is excellent. A person can do Reiki not only for others, but also for him or herself. This is true because the energy is not coming from the healer, but from universal life energy which is inexhaustible and all around us. I often encourage people who are leaning how to be a Reiki practitioner to do Reiki for themselves often - - every day if possible, if only for fifteen minutes while relaxing. That can really make a difference for one's well-being. It can help keep the streams of energy flowing throughout one's body renewed and flowing freely to help support excellent health and peace.

Reiki Energy Healing can be initially learned in an afternoon. This leaning process is called an "Attunement." Receiving Reiki Energy Healing or learning how to do Reiki can truly enhance one's life in a wonderful way.

BIO: Joyce Gerish, M.A., Reiki Master Teacher, Life and Holistic Wellness Coach; Practitioner of Reiki, Reflexology, Acupressure. Master's Degree in Human Development, Graduate of National Institute for Whole Health, www.joycegerrish.com, Sliding Scale fee, Heart Centered, Louisville Office. 812-566-1799, Photo: ©Can Stock Photo_Shmeljov

NATURAL FOODS RECIPIES

with Barbara Bosler

TASTY MISO SOUP

Miso is a delicious traditional condiment of many Japanese dishes. It adds a nice mellow taste to a soup and replaces the need for salt. It can be bought in a paste-like form in a small tub found in the refrigerated section of natural foods stores. It is a vegetarian fermented food and is classified by the ingredient, color, and taste. By ingredient there are 3 types: rice, barely, and bean. It is most frequently enjoyed in a soup - - ranging from a light broth-like soup to a heartier stew-like soup. Miso is considered excellent for digestion and is extremely nutritious. Fermented foods like miso are healthy natural probiotics that help support digestion by adding beneficial microorganisms to a person's digestive tract.

This recipe calls for miso of fermented soybeans (though any type of miso would work well). The traditional (dashi) fish stock has been omitted. In its place you can use dried seaweed (nori or wakame) and that too is optional. Veggies like cabbage, potatoes, carrots, green onions, spinach, bean sprouts and even pumpkin may be used. You can use your favorite vegetables - experiment and enjoy.

INGREDIENTS

3 cups water

1/8 to 1/4 cup miso (according to your preference)

1/4 pound diced firm tofu (about 1/4 package of tofu)

1 cup mixed vegetables chopped

1/2 cup green onions

Optional: 1 teaspoon dried seaweed (nori or wakame)

Step 1. Bring water to a boil. Add tofu & hard vegetables excluding those that cook quickly like spinach, cabbage & bean sprouts. Cook until hard veggies are soft.

Step 2. Now add the quick cooking veggies and optional dried seaweed. Cook 2 minutes, then turn off heat.



KELLY RISK, OTRIL, RYT HEART OF WELLNESS

Email: kelly.riska@gmail.com

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Step 3. Stir 1/8 cup miso into a little warm/hot water until it is fairly dissolved, then mix it well into the soup. Taste the soup to decide if you wish more miso or if you like it just as it is. Serve and enjoy.

DELICIOUS TEFF PORRIDGE DESSERT

Teff is the traditional ancient grain of Ethiopia. It is the world's smallest grain and almost looks like ground flour. When you buy a package, read it carefully to make sure whether it is teff grain or teff flour. This recipe calls for teff grain. Teff is gluten free, and offers outstanding nutrition including high calcium, protein, iron, and fiber. 8 servings

1 cup teff

1 Tablespoon butter

1/4 Teaspoon cloves/cinnamon

3 cups water

3/4 cup chopped dates

1/4 teaspoon salt

3 Tablespoon honey

1/4 cup walnuts

Step 1. (Optional) Heat over medium heat a 2-quart saucepan. Add teff and toast, stirring until it begins to "pop," 3-6 minutes.

Step 2. Add water, butter, and spices and bring to a boil for 10 minutes.

Step 3. Stir in the dates, salt, and honey. Cover and cook 5 to 10 minutes. If it gets too thick, simply add a little boiling water.

Step 4. Remove from heat, allow it to rest 5 minutes. Spoon into bowls, top with walnuts, drizzle with honey and enjoy.

*Teff grain can be purchased at Rainbow Blossom Natural Foods on Bardstown Rd at the Gardiner Lane Shopping Center or on-line.



MAY WE BE GENTLE

GENTLE AS A QUIET BREEZE CARESSING MY CHEEK.

GENTLE AS A KITTEN'S WHISPER SOFT PAWS AND FUR AS I HOLD HER CLOSE.

LOVING HARMLESS LITTLE CREATURES HELPS ME REMEMBER THE INHERENT PEACE IN MY SOUL.

IT'S BALM TO HELP THE CARES OF THE WORLD MELT AWAY.

MAY WE ALL TREAT EACH OTHER GENTLY AND HONESTLY FROM OUR HEARTS AND SOULS.

HEALING EACH OTHER'S ESSENCE IN UNCONDITIONAL LOVE.

THE OFT TIME NOISY HECTIC WORLD HAS NO PLACE HERE IN THE COCOON OF GENTLE LOVE.

AH, THE TOTAL TRUST OF THE INNOCENT ONES -- YET UNTARNISHED BY HARSH INJUSTICE.

MAY THAT TRUST BE PROTECTED AND CHERISHED ALWAYS --- BY THE GRACE OF GOD.

MAY THE MEEK LIFT UP AND REALIZE THEY HAVE COLLECTIVE BENIGN POWER.

TOGETHER WE CAN CREATE PEACE FOR OURSELVES, OUR PLANET, AND ALL.

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