

# Natural Living Journal

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

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**Fresh Start for New Year**

**Finding Joy in Every Day Life**

**Don't Take it Personally**

**Accessing Intuition**

**Compassion for Self & Other**

**Culinary Herbs**

**Creating Her Own Business, Success Beyond Adversity**

**Are You Eating Enough Protein?**

**Easing Depression & Anxiety by Chiropractic**

**Do You Have Trouble Staying Warm?**

**Natural Foods Recipe**

**The Return of Winter Seen with a Poetic Eye**

**Friendship Blossoms into Love (Short Story)**

Cover Design © Joyce Gerrish

## Table of Contents, Winter 2018

- P.3. Finding Joy in Everyday Life, Joyce Gerrish, M.A.
- P. 4. Don't Take It Personally, Gerry Boylan, Ph.D.
- P. 6. Are You Getting Enough Protein? Dr. Lisa Tostado, ND
- P. 8. Fresh Start for the New Year, Kathy McBroom, M. Ed..
- P.9 Depression & Anxiety Helped by Chiropractic, Dr. Richard Reul
- P. 10 The Return of Winter, Elsa Lichman, MSW,LICSW
- P. 11 Culinary Herbs, Staff
- P. 12. Compassion for Self and Other, Karen Schellinger, LPAT,LPC
- P. 14. Do You Have Trouble Staying Warm?, Kelly Riska, OTR/L, RYT
- P. 16. Creating Her Own Business, Success Beyond Adversity, Catrina Hill, Interviewed by Faith Grady
- P. 17 Friendship Blossoms into Love, Joyce Gerrish, M.A.
- P. 18. Accessing Intuition, Joyce Gerrish, MA
- P. 20. Change Opens My Heart to Unknown Ways, Joyce Gerrish, M.A.

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## ***FINDING JOY IN DAILY LIFE***

***Joyce Gerrish, M.A.***

The secret to true joy is to keep a joyful attitude. We don't need to wait for someone or something to cause us to feel joy. We can look for joyful nuances in whatever we're doing or whoever we're with.

There is much cause for joy in simply observing nature's beautiful plant life that grows all around us. Maybe it's the tree leaves changing with the seasons. With autumn it gives great joy to watch the leaves turn beautiful colors. In winter I love to see the intricate patterns of the tree limbs and branches silhouetted against the sky. I also adore watching the leaves when they first come out as buds in the spring and then gradually open to their full beauty as mature leaves. I enjoy watching the leaves ripple as the breeze blows through them and then flows on its way.

The ever-changing sky gives me much joy. Who needs alcohol or drugs to get a high when we have the extraordinary beauty of the heavens on which to gaze. The colors of the sky can change from hour to hour. The clouds can provide a panorama of forms and sky-scapes. As we all know, they can look like animals or people or anything one's imagination dreams up. May we take joy in these simple pleasures of observing nature.

What gives you natural joy? Do you love animals? If so, go out of your way to interact with them. If it isn't possible for you to have a pet, volunteer at a pet shelter or pet sit for friends now and then.

When you interact with people, try making a cheerful comment about something going on that day or appreciating something about them. Perhaps tell them an event you enjoyed recently or ask them to tell you about what they enjoyed doing recently. It is important to share life's challenges, but also life's joys. Some people get stuck in brooding over the difficult things in life. Find something to chuckle about if possible when you are with someone. They'll most likely be grateful to you for lifting their day!

What do you most love to do that gives you joy? It is of great importance to honor that and allow yourself to enjoy it frequently, if possible. For now, let this joyful experience not be anything that you put in your mouth, watch passively from your couch, or buy. Do you love to create a craft, or play a musical instrument, sing in a chorus or choir, or visit a spot in your city that is new to you? Do it!



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Joy is a state of mind. It is a decision to find something in every situation that we can appreciate and that lifts our heart.

That doesn't mean that we should be Pollyanna and out of touch with reality. That doesn't help. Ideally, amid having full awareness of the complexity of a situation - - and being completely present for our responsibilities - - may we find room in our heart to be grateful for what is good and beautiful. That can give us joy and help sustain us even when life is challenging, and the next step is not yet completely clear. Gentle joy can help us stay focused to meet each day's events wide eyed and with compassion for the complexities of life. It can help us meet our fellow humanity with comprehension of the depths of life's challenges - - and yet not allow those to weigh us down into depression. That is of tremendous importance in today's complex world.

May we greet each person with whom we interact with a warm heart, keen understanding of life's issues, strength of character, and a gentle sense of humor. Compassionate joy can help keep us afloat when the day may begin to feel heavy. Know your natural sources of joy and allow them to help sustain you from inside out - - rather than from outside in. Sing if you love to sing, dance if you love to dance, walk in nature, create something that expresses how you feel, listen to uplifting music, read a book by your favorite author. Give joy a chance to fill your heart - - and allow it to help you meet life's challenges as a stronger more balanced person.

**The following are some enrichment experiences for enhancing joy.**

I encourage you to listen to a song about joy that I composed and sang, "I Whirl Like the Wind." Locate it on my website [www.joycegerrish.com](http://www.joycegerrish.com). When you (Continued on P.19)

## ***DON'T TAKE IT PERSONALLY***

***Gerry Boylan, Ph.D.***

I came face to face with the ridiculousness of taking things personally many times, but the one that stands out for me was when Margo and I were driving one day, and someone encroached on my space (or I thought that person did). I got really upset which was ridiculous, how can I own that space? With the Native Americans we gave them a piece of paper and said, "I own this land." They said something like, "You crazy? You can't own the land, you can't own the sky." So, somebody seemingly encroached upon my space. I let out a few expletives. Margo said, "Why are you getting so upset?" See, the whole secret is that the personality self takes things personally. The personality self is a copy of a copy of a copy - - right down to the clothes I wear. To get all bent out of shape and excited when somebody does something to my personality self - - it's like getting all excited if somebody does something to my hat. Here, if you don't like my hat, that's your problem. But it seems ludicrous for me to identify with my hat. But it is also tremendously ludicrous for me to identify with my personality, because that's not who I am either. That's the whole thing. When I think I'm my personality self and I'm locked into that, then I am going to take all things personally - - because that's my perception. That's who I am, this little being here.

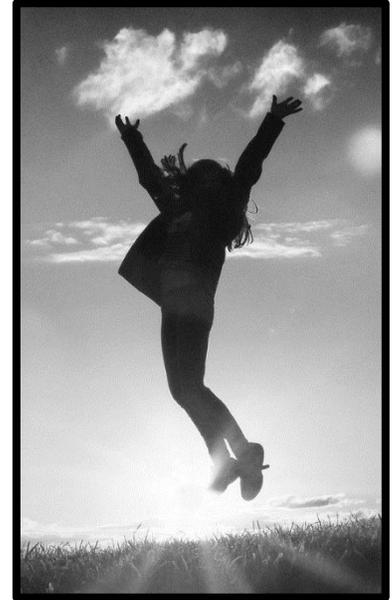
Consider the possibility that you are not your feelings.

You are not your thoughts, either. You're not even who you think you are. I have invented a nice little personality self, and you probably did, too. The objective of my personality self is that you will like me. That's O.K. There's nothing wrong with that particular goal, but you see the trap here is that the more I become involved in trying to make you like me, the more I get involved in my personality self - - and the more I start denying or getting out of touch with the truth of who I really am.

There's value in being impeccable with your speech. There is a Buddhist principle about "Right Speech." It means stopping a moment and asking yourself before you open your mouth, "Is it kind? Is it true? Is it necessary?" Now my personality can't buy those things. It's going to say, "Is it exciting? Is it dramatic? Is it going to make me the center of attention? Are people going to be talking about this for weeks?" Now when I say to my personality self, "be kind, be truthful, be gentle," It doesn't know how to do that. It's wrapped up in its own particular piece of drama."

My Mother used to say, "Who do you think you are young man?" Wouldn't it be wonderful if I had looked up and said, "I'm

a Divine Child of God unconditionally loved." On some level of your consciousness you probably already know this is true of you. You are a Divine Child of God. You are a unique expression of God, of the Divine. Now, here is where we get hung up. We start thinking that our personality self is that unique expression of the Divine, and it's not. It's just the personality self. The unique expression of the Divine is your and my ability to be truly compassionate and



loving. It has nothing to do with our personality self. It has nothing to do with our political opinions or the clothes we wear, or any of those little labels we kind of put over ourselves. It has nothing to do with that-

What's going on here? From the moment we are born, and maybe before that, we go into what a teacher of mine likes to call "people training."

People start telling us who we are. We start becoming what we think other people want us to be. I became very aware of this while I was watching my grandson from the moment he was born start "growing up." The moment he was born he was a nobody. He didn't have any attachment to any kind of label or idea. He wasn't attached to any identity at all, he just was. He was there. Then all of a sudden, I started watching what we might call "people training" - - which he is still doing now. He started developing for himself a little label. "I'm Irish, I'm rough and tumble, I want to be just like my Dad, I'm a boy and boys don't cry, and so on." He was creating this persona around what he thinks other people want him to be.

At this particular time in his life, he is still living out of that particular place. I know that some day he will be challenged, just as each one of us is challenged to break out of that mold and say "is that who I really am? Is that really the truth of who I am?" It's not a bad thing. It happens to all of us. We all have labels and signs and symbols that we become attached to. We all grow up with ideas of who we think we are and (Continued on next page)

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who people have taught us to be. Who we are today is the result of pains taking "people training." We've all done this, and we'll continue to do it. When parents and teachers and other people in our lives stop doing this for us, then we start doing it for ourselves.

You know, it would be interesting every once in a while for each of us to stop and ask ourself, "What is the story that I am creating in my own mind about what is happening outside of me?" Every time we start telling ourselves a story, it's our personality self creating some kind of drama, some kind of soap opera. I can get lost in the illusion about what's going on in my life- - making it up one step after the other. And you know what's really interesting, is that nobody cares too much because they're too involved in their story. Nobody comes along and tells us that this personality we have spent years creating isn't who we truly are.

We may begin to learn at some point in our life that we are a Divine being created in the image of God (as it says in the Bible Genesis 1:27). But that somehow doesn't quite fit with this personality self that we have spent so much time and energy creating. Our conscious spiritual path may challenge us to go beyond that personality self that we think we are - - to go beyond what we think we know - - to go beyond who we think we are. But what prevents us from getting there? What prevents us from moving through what we know is a kind of a mask or a model or a curtain we have sort of created for ourselves. What keeps us from going beyond that?



So how do I not take the things of life personally? I go back in my mind often to that wonderful image of Thomas Merton standing on the corner of a busy city intersection. Instead of seeing people walking by he saw everyone as "beings of light." He saw no personality, no body, just the essence of who we really are. I wonder what it would be

like if we could always see each other as "beings of light?"

Who am I without my mask? Who am I without my personality? I am a Divine being who is unconditionally loved, and yet I still sometimes get lost in my little melodrama. The lesson here is not so much about not taking things personally. The real lesson is remembering and practicing remembering who we truly are.

My true self is the me beyond all the usual "I'm a man, I'm a teacher, I'm a preacher, I'm a grandfather." The truth of me comes clear of all of that. My true self is beyond the drama, the soap opera. It is beyond the way that I normally defend or define myself. When I strip away all the non-essentials, my "I Am" is God's "I Am" free of all the prejudice, or hatred, attachments that keep me stuck in my little ego. My true self responds to nothing except God. It responds to and only recognizes love. The ego cannot know God, and the true self already does. With unconditional love, giving and receiving are exactly the same.

**BIO FOR GERRY BOLAN, Ph.D.** Gerry began his career as a teacher and retreat leader at Xavier High School where he taught Biology, Chemistry, and Religion. His undergraduate degree is from Catholic University and he has graduate degrees in Biology and Transpersonal Psychology, and a Ph.D. in Comparative Religions. He teaches classes at Unity of Louisville along with guest speaking at Sunday services.

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## ARE YOU GETTING ENOUGH PROTEIN?

Particularly When Eating More Plant Based Foods or When Eating a Lot of Processed & Snack Foods

By Dr. Lisa Tostado, N.A.

Protein is a very important fuel for our body. It provides the basic building blocks for our organs, muscles and tissues. The amino acids found in protein are needed to make hormones and enzymes, both essential for life. The current research is pointing to the major health benefits of protein, including increased satiety (appetite satisfaction), improved weight management and a healthier metabolism. Individuals who increase their protein intake (especially if they are not eating enough already) generally report more energy, eat less carbohydrates (including sweets) and have improved cognition. This is because protein has a stabilizing effect on our blood sugar levels. When we eat foods with a high glycemic load -- such as cakes, cookies, pastas and white potatoes, we get a surge of glucose (blood sugar) into our bloodstream -- and we know what goes up must come down.

What we are seeing is that people are experiencing a "crash" 2-3 hours after their high carb. meal. A high input of glucose leads to a high output of insulin by the pancreas, which eventually causes the baseline blood sugar to drop too low (aka reactive hypoglycemia). Symptoms such as fatigue, anxiety, irritability, and shakiness can develop -- and ultimately increased cravings for more sugar or stimulants like caffeine. These daily highs and lows in blood sugar can wreck our metabolism over time and causes stress on other organs and glands such as our adrenals and liver - leading to more fatigue, elevated cholesterol, fatty liver and even poor sleep quality. Persisting symptoms and needing a quick fix due to blood sugar imbalances can lead into a cycle of poor dietary habits and declining health. This can contribute to the development of diabetes.

So how do we stop ourselves from getting on what I like to refer to as the blood sugar rollercoaster? The key is eating protein with every meal or snack. Although the RDA for protein is only at 0.36 grams of protein per pound (i.e. If you weigh 140 pounds, then you should be eating 50 grams of protein daily), you may need to increase these amounts if you are trying to lose weight or build muscle. Here are some formulas you can use to calculate your protein needs based on your health goals:

For your average adult:  $\text{Your weight} \times .36 = \text{grams of protein per day}$

For weight loss:  $\text{Your weight} \times 0.7 = \text{grams of protein per day}$



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For muscle gain:  $\text{Your weight} \times 0.8 - 1.0 = \text{grams of protein per day}$

Quality protein can be animal and plant based. If you are vegetarian, or vegan, it is vital that you get complete sources of protein. This may require some food combining such as eating wild or brown rice with beans. Combining whole grains with beans or lentils increases the extent to which the body can utilize those foods as protein. This is called protein balancing. This also applies to nuts or seeds being balanced with beans or lentils.

I often recommend supplementing with a good quality protein powder that consists of ingredients like pea protein, flax seeds, and pumpkin seeds. They are good sources of protein, along with vitamins and minerals. They usually contain more than 10 grams of protein in a rounded tablespoon. In general, raw nuts and seeds (including chia seeds) are good sources of protein, however most nut milks do not contain a substantial amount. Although dairy free milks offer a great alternative, they alone fall short of meeting our daily requirements. A cup of rice milk for instance contains only about 1 gram of protein and most of the others don't contain much more protein. Soy milk contains the most with about 4 grams of protein in a cup. Some people wisely mix a heaping tablespoon of protein powder into a glass of dairy free milk when they use it with cereal.

Be sure to diversify your diet with other sources of protein including avocados (large avocado = 4 ½ grams), vegetables like peas (7 grams per cup), broccoli (4 ½ grams per cup), carrots (1.3 grams per cup), kale (5 grams per cup), and sprouted grains (about 3 ½ grams per cup).

Good sources of animal protein include cage free eggs, wild caught fish, free range chicken and grass-fed beef. Other options include nitrate free deli meats and bacon, kefir and bone broth liquid or powder. (Continued on PI \_\_)



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(Continued from P.6) **Are Getting Enough Protein?**

If you need help with tracking how many total grams of proteins you are getting daily in your foods, you can use apps like MyFitnessPal or MyPlate Calorie Counter. Ultimately, your goal is to eat a protein with every meal or snack --along with a healthy fat and complex carbohydrate. This will keep insulin levels balanced. Keep in mind that it's impossible to lose weight, feel energetic and stay healthy with high circulating insulin. Let's make it a goal to eat for healthy blood sugar levels!

**NOTE:** You might want to think in terms of eating an average of about 15 grams of protein with each meal. About 3 ounces of fish or meat contains roughly about 15 to 20 grams protein. Three ounces of meat or fish is roughly about 3 inches square and ½ inch thick. Non-animal source protein content was, of course, discussed in the article.

**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.

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**NOTE:** As always, consult your health care practitioner before making any changes to your health practices.



## ***FRESH START FOR THE NEW YEAR, by Kathy McBroom, M.Ed.***

The end of the year brings a time of reflection. The beginning of the year brings an opportunity for new goals. Some will find themselves embarking on a year that will bring a new baby, an adopted child, or a new family member by marriage. This could be the year for a job change or a move. Some will find themselves alone for the first time in years for various reasons.

All of these life changes could be good or bad. Let's consider some key things to remember as we ring in a new year.

1. If you happen to be glad to see the past year gone, remember this old saying that is still true: time heals a lot of ills. Change is a for sure thing. That's good. I have been there many times. Lamentations 3:23 states that God's mercies are new every morning. That means that God is giving you a fresh start everyday. We need to adopt that thinking. Everyday is a new start. Every day.

2. If you have made mistakes and who hasn't, don't dwell on them. Take time to apologize, mend fences, forgive whatever is required and move forward. Do the tough work it takes to restore peace. Then, God's Word in Philippians 4:8 says "Whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue or any praise, think on these things." Your past doesn't define you. Your mistakes don't define you. What God says about you defines you. He says that we are His creation. Isaiah 49:16 states that He has our names written on the palm of His Hand. That's who you and I are, loved by the Creator God, faults and all. Move forward from the standpoint of unconditional love.



3. Live grateful. In the midst of my darkest moments, there was always something for which to be thankful. Everything in me didn't want to be thanking God for anything, but as stated in #2, we must change our thinking.
4. Be careful of the attitude of following your emotions or the attitude of "this is what I feel is right for me: therefore, it is right." My feelings and emotions have led me down some very destructive paths. I have also seen that happen in many around me. That

**KATHY McBROOM, M.Ed.**

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***This Ain't Hollywood Either, & Giving Yourself Away***

thinking is sometimes code for "I know this is wrong, but I am going to do it anyway." There is a price to pay for that. God's Word says that the emotions are sometimes deceptive. Base your life on truth. God's Word is peace and truth.

Best advice for a new year?

- End toxic relationships NOW.
- Find a good church that teaches the Word of God.

Don't attend one that will make you feel good all the time. A little discomfort sometimes for the sake of growth is good. At the end of that discomfort is a God who loves you enough to change you.

- Make every relationship governed by the Word of God. What does that mean exactly? Begin studying God's Word: you will figure this one out.

New opportunities, the next adventure and change are just around the corner. Wait. Remember: God is a relationship worth pursuing, right? That could definitely change everything. Consider Jesus. Peace and exciting times are just around the corner.

And one more thing, I have three books for sale on Amazon: **You Ain't in Kansas Anymore, This Ain't Hollywood Either, and Giving Yourself Away.**

**Kathy McBroom, M.Ed. Bio:** Bachelor's in Science & Master's in Education. Kathy is married to Robert McBroom, Connections and Missions Pastor at Little Flock Baptist Church in Shepherdsville. Kathy writes a blog you can find at [www.kathymcbroom.wordpress.com](http://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.

**PHOTO:** Walking Into the Light\_Pixabay\_1681031\_1280.

## ***How Depression & Anxiety May Be Eased with Chiropractic*** **Dr. Richard Reul**

Not many people present in my office with a chief complaint of anxiety or depression. However, many people suffer with these conditions. So how can chiropractic help?

We all have a stress history... physical, chemical, emotional, spiritual. We navigate through life handling stress the best we can. Our nervous system is generally resilient. We respond to whatever stress comes our way. Most of us have heard of the fight or flight response. When perceived danger approaches, muscles tighten, blood pressure increases, heart rate increases, corticosteroid levels increase (see note), digestion is inhibited, etc.... Once the incident passes, our nervous system resets, letting go of its protective response.

If the stress or trauma is overwhelming though, the nervous system doesn't fully recover or reset. The muscles that have tightened to address the danger do not fully return to their relaxed state. We become "uptight" and are less flexible when the next stress presents itself. Overtime we accrue layers of muscle tension that get stuck in our nervous system. People try exercise, massage, meditation, etc. to help themselves relax. These are all very good for you and can help to a certain extent. But if your brain/nervous system is stuck in a pattern of response, these techniques can have a limited impact.

Chiropractic adjustments allow the nervous system to reboot, to let go of responses that were once appropriate, but are not currently helpful. Your nervous system can be likened to a computer feedback loop -- "garbage in garbage out." In order for a computer to work properly it has to be maintained. Files need to be deleted or compressed to make room on the hard drive. Updates need to be made to increase speed and efficiency. If a computer is corrupted with a virus, it has to be reprogrammed and rebooted.



Subluxations, or interference with the nervous system flow, affect us physically, chemically, emotionally and spiritually.

Chiropractic is really about wellness more than it is about treating symptoms. It is about clearing out the cobwebs and

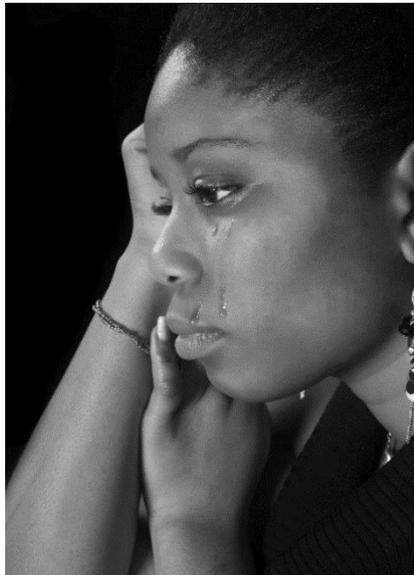


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*Chiropractor*

**3772 Taylorsville Road**  
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**(502) 458-2559**    **www.reulchiropractic.com**

rebooting the computer. So we have all had a history of responding to emotional stress. There have been losses, stresses at home, relational stress, work stress, abuse issues, school stress, financial stress, etc. How we have perceived these stresses, impacts our ability to reset. Perception is huge!



Imagine two identical twins jumping out of an airplane. They are physically identical. One person is a seasoned skydiver. This is his 100<sup>th</sup> jump and he can't wait to feel the rush and freedom of the dive. The other person is going to be pulling the rip cord by himself for the first time. Who do you think is going to have the more stress-filled response?

I've seen many people who suffer from depression and anxiety improve their mental state of well-being. Do I treat anxiety or depression??? No. But reducing through chiropractic adjustments pent-up tension in the nervous system that resulted from response to past emotional trauma can help people on an emotional level. I remember one patient who was referred to me by a clinical psychologist. The psychologist had been working with her for two years. Her patient was described as stuck and cynical. It was basically the same story for two years. Within a short period of time under chiropractic care she was seeing change. The psychologist said that she was more positive and less cynical. She was actually moving in her healing process.

If you or someone you know are experiencing emotional distress, chiropractic may be able to help. Who knew that chiropractors could give you an attitude adjustment!

**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 (Cont. P 15)

## THE RETURN OF WINTER

Elsa Lichman, M.S.W., Waltham, Massachusetts

The winter solstice, also known as midwinter, marks the day with the shortest period of daylight and the longest night of the year. This astronomical phenomenon occurs when one of Earth's poles has its maximum tilt away from the sun. It happens twice a year, once in each hemisphere. In the Southern Hemisphere the shortest day and the longest night is the June solstice. This year in our Northern Hemisphere it takes place on December 21, as we are thrust deep into the coldest and darkest time of year. Yet as the season progresses and we become adapted to its vicissitudes, we also experience its marvels and beauty.

At a local cove in the Charles River, a patina of thin ice has formed. Sunlight creates a streak of platinum on its surface. Later in the day, it takes on the sky blue pink of sunset. Many humans and birds have migrated to warmer climes, but some also overwinter. The tiniest of birds, the golden-crowned kinglets, have found a variety of ways to survive in the deep north in winter. These kinglets lay large numbers of eggs to offset high mortality. They huddle together at night and sleep in snow caves, under tree limbs, or in leaf piles.



Berndt Heinrich, in his educational work "Winter World," comments: "I've felt an infectious hyper enthusiasm flow from

them, and sensed a grand, boundless zest for life. They could not survive without being programmed for optimism." Yet again, it seems we have a lot to learn from our fellow creatures.

This season also affords us the possibility of seeing snowy owls arrive from the Arctic in search of southern feeding grounds with more abundant prey. They often land at our Logan Airport, as it is tundra-like, with many prey items - - but it's dangerous. One Massachusetts Wildlife specialist retrieves these enormous birds from this habitat, which can endanger them and humans.



He relocates them to northern shores. The solitary owls in their non-breeding season are mystical and magical, ranging in color from almost pure white to white with dark striations on the head and body. Their eyes are a startling yellow.

Our resident waterfowl are cooperative as the rivers and coves

freeze over. They share small areas of live (unfrozen) water at dams - - unlike their at times ferocious protection of territories in breeding season. We have year-round mute swans, Canada geese, mallards, an occasional coot, and Arctic visiting ducks sharing the same live water.

We are plunged into Arctic temperatures for days on end, the thermometer reading as low as one below zero. The cold slithers under doorways and through crevices, creeping along the floor like a live thing. Views from each window have changed after a major storm. Our new landscape consists of white mounds, puffed and rounded, as well as peaks and valleys.

I put on my twinkle lights in the bedroom and enjoy their reflections on the gleaming wood floor. When Hanukah arrives, we light a new candle each night, until at last there are eight plus one 'leader candle', which is used to light the others. As they burn down, there is just the incandescent wick with its aura of flame. One by one, they snuff out in an instant, sending up curling lines of smoke which ride subtle air currents. I will leave you with my:

POEM FOR A WINTER'S EVE, by Elsa Lichman

The cemetery is covered in deep snow, just one bouquet of poinsettias jutting up, blood-red.

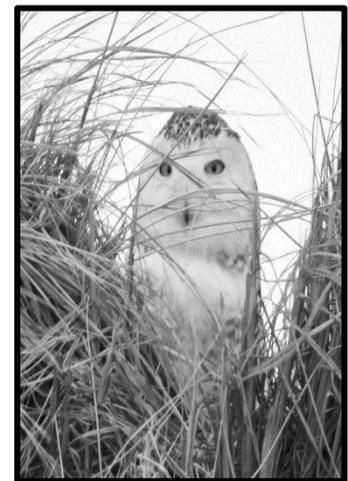
Scenes are flat facades, black on white, white on black, landscapes and cityscapes alike.

We take refuge in a cafe, sipping cappuccinos, topped with heart-shaped frothy milk, admire reflections of rainbow lights on glass.

After heavy rains, a brume arises from the snow, creates eerie shapes. Boundaries are blurred, mists float across the road.

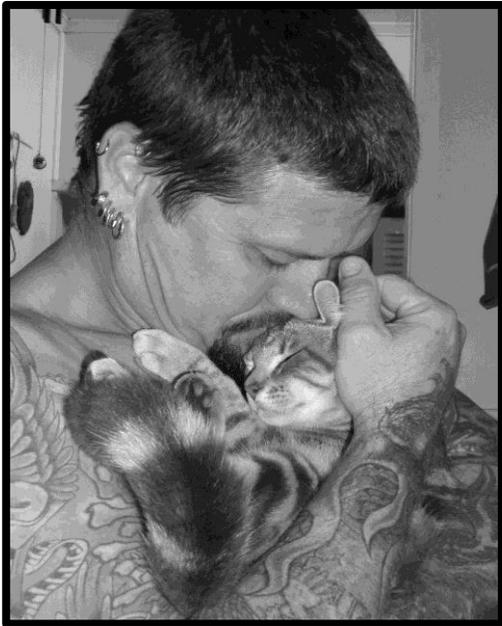
Back at home, narcissus blossoms atop tall stems emit subtle aromas, a whisper of spring.

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



**PHOTOS:** Benediction at Sunrise, by Elsa Lichman. Snowy Owl, by Frank Peace.





***COMPASSION FOR SELF  
AND OTHER***

**Karen Schellinger, LPAT, LPCC**

During my academic pursuits I met a gentleman in a course, and during one class we shared a group experience using mindfulness techniques. Over the weeks we exchanged greetings and several small conversations. One day before class he approached and said to me "Mindfulness is important, but COMPASSION will change your life". I heard his words loud and clear- - it was as if he used a megaphone. This classmate, also a monk, shared this wisdom in the Spring of 2015, and my practice continues daily. In my life experience I no longer ignore unsolicited communications. It is my opinion that these communications sometimes have a deep impact on my life experience.

***"If you want others to be happy, practice compassion. If you want to be happy, practice compassion."***

***— His Holiness the Fourteenth Dalai Lama***

This Dalai Lama quote summarizes the importance of a Practice of Compassion for self and others. The search for happiness is a natural and a very common practice however the search may produce undesired results such as alcoholism, drug addiction, overeating, excess shopping, moving, or even changing jobs. The search for happiness appears to be instinctual, however when searching outside of self the results may be devastating.



**Karen Schellinger, LPAT, LPCC, LLC**

**Licensed Professional Art Therapist and  
Counseling Professional**

**schellingerkaren@gmail.com  
502-383-4812**

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

We might ask if there is a difference between Compassion and Kindness? The simple answer is yes. When noticing the differences, we also look at the similarities. Kindness is an act, a doing, for self or others while Compassion is a feeling about self or others. Both are important, and more time and space would be necessary to continue on the topic of both, therefore we will focus on the practice of Compassion. How does one practice Compassion? To begin look inside one's self. Compassion is not found outside self in material possessions, food or drink. Compassion for self and others may be the internal heartfelt flame prior to the act of Kindness. Try to think of a recent act of kindness...now imagine feeling angry or hurt and achieving the same act of kindness. Now return to your example of a recent act of kindness... search your memory for the feeling prior to your example. This may be what Compassion feels like, happiness is not the mover of Compassion it is the result of the practice.

Compassion may also neutralize or transform undesired feelings if practiced daily. How is this accomplished? Being human becomes intentional by increasing a practice of self-awareness in thoughts, feelings and actions. Intentional thoughts, feelings and actions moved by Compassion produce different more positive results.

Where to begin? Now may be a good time. Sit quietly and bring your awareness into self. Be aware of your thoughts. Try not to hold them or judge them, simply allow the natural flow of thoughts and feelings rather than holding them in place. Holidays can add stress in a variety of ways. If we bring our practice of Compassion to the table it transmutes the stress to calm. By bringing my awareness to what Compassion may feel like while driving was one way for me to practice and learn important life lessons. I noticed Compassion felt similar to the desire to yield even within the laws of driving in Kentucky. To clarify, it is the desire and not the yield itself.

Last week outside my office window my attention was carried to hearing intense talking. Then I realized that two grown men upon waiting for a red light had gotten out of their individual cars and began yelling at each other. That was another teaching moment, was it road rage, displaced anger? What if either person or both had incorporated the practice of Compassion and self-awareness, would this road trip have been happier? Had one yielded or given way to his thoughts, feelings, and emotions driving in late afternoon traffic would (Continued on P.13)

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(Cont. from P.12) **Compassion For Self And Other.....** there have been different more desired results? The act of being cut off or of someone else not following Kentucky law while driving is outside one's control. The response is within one's self. Compassion tempers reactive behavior.

Compassion is universal, it may be practiced anywhere, at any time, in any situation. In my professional practice I use Compassion as well as teach adults to begin a practice of their own. There are many books written on Compassion. Classes are available locally in Louisville on the cultivation of Compassion and how to assimilate more Compassion into one's life. Enjoy your Practice of Compassion. Following are resources to help develop greater understanding that where there is pain and suffering there can be Compassion resulting in greater happiness. Deepening Your Practice with Pamela, every Monday 3:00-5:00 or 7:00-8:15pm (drop in class), Drepung Gomang Center for Engaging Compassion, Sliding scale: \$10-\$20. Open to all. Tashi Gomang Dharma Center - Louisville, KY, USA. [www.DrepungGomangUSA.org](http://www.DrepungGomangUSA.org)

**BIO: KAREN SCHELLINGER** is a National Board Certified Art Therapist, (ATR-BC), Licensed Professional Art Therapist (LPAT) and a Licensed Professional Clinical Counselor (LPCC). Karen holds Certification in Mandala Assessment Research Instrument (MARI), Certification in Pranic Healing (Energy) and a student of Plant Prana with Therapeutic Oils. Karen is a veteran of the US Navy Dental Corps, 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 21+ in her Private Practice by appointment. Karen may be reached by calling 502-383-4812 or at [Schellingerkaren@gmail.com](mailto:Schellingerkaren@gmail.com).



**Photo:** Man Holding Cat\_Pixabay 648631\_1280.  
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**Photo:** Fir Trees in Snow, Pixabay 3028615\_1920



## **DO YOU HAVE TROUBLE STAYING WARM IN THE WINTER? Kelly Riska, OTR/L, RYT**

Editor's Note: *Some people seem to generally feel colder than other folks during the cold months. This can be for various reasons. It is important to check with one's health care practitioner if feeling cold is a problem, and together work out an appropriate plan. It's possible that one might be anemic, in which case iron intake may need to be increased. In addition, the following suggestions offer a gold mine of ideas to help a person feel warmer.*

Feeling cold is something I have struggled with my whole life! And contrary to popular belief, growing up in Minnesota did not make me immune to the cold!! Unfortunately, I inherited a condition called Raynaud's disease or syndrome. This was on top of an underactive thyroid causing poor circulation to my extremities.

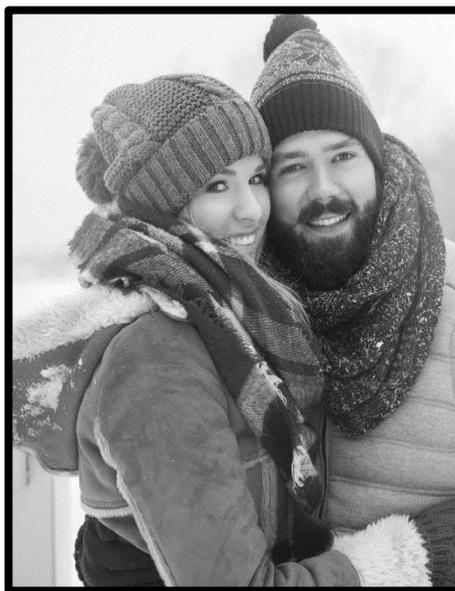
Raynaud's is a disorder that affects the small arteries primarily in the fingers and toes which causes constriction or narrowing and briefly reducing blood flow. It can also affect the nose, lips, and ears. When exposed to cold, the fingers/toes will turn white and then blue causing numbness. After blood flow returns, fingers will often turn red and throb, tingle, or become painful. These are known as "attacks" and can last from a few minutes to several hours and will often occur daily depending upon temperatures.

The whole Raynaud's phenomenon is caused by the neurovascular system where the nerves that control blood flow through the arterioles become overly sensitive constricting these vessels. Therefore, calming the nervous system and slowing it down aids in lessening symptoms and the severity of attacks.

Over the years, I have used various methods to combat this condition. One of the easiest solutions is to dress in layers especially around the torso. I've been doing this for years and often get made "Fun" of at work... but I'm used to that now! I simply do what works best for me. I often wear long underwear under my clothing, wool socks, and a scarf to cover my neck.



It's a good idea to warm up the body before going to bed, such as by taking a warm shower. I wear long pajamas and socks to bed. And when the temperature is really cold,



**KELLY RISKKA, OTR/L, RYT**  
**HEART OF WELLNESS**

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I'll wear my hoodie to cover my head and ears at night. My nose gets cold too, and I'll place the covers over my head or gently put my hand around my nose for a few minutes. I actually Googled "nose mitten" and I found some crocheted ones that are really cute.

When dressing for outdoors, I try to wear a long coat that covers part of the legs, a hat, mittens or gloves and something to cover the neck and possibly the face. I bought a shirt and gloves last year which contain wiring for battery operated heating. The gloves are a little bulky but both work great for keeping warm. They also make battery operated socks and pants which are often used for winter sports. Using hand warmers in gloves or shoes can help and last for several hours. I also saw some DIY hand warmers on the internet.

One of the other ways I attempt to stay warm is by eating and drinking only warm foods and drinks. I like herbal teas such as

Ginger which is very warming especially if you use fresh ginger. It helps to get the blood flowing more freely which warms the extremities. Sometimes I'll simply sip on a cup of warm water. I use an electric tea pot so I can have a constant supply of warm water on hand.

It's important to keep alcohol and caffeine to a minimum as this will cause blood vessel constriction. Herbal remedies such as Ginkgo Biloba and Gotu Kola help increase circulation. And I use essential oils Black Pepper and Cyprus on my feet and hands at night to improve blood flow. I also like to rub Shea butter on my hands and I then put mittens or socks over my hands to lock in heat and moisture. I like to use Bert's Bees.

I read years ago about eating only cooked foods especially for people like me with poor circulation and low body fat. I never drink cold drinks in the winter ...I mean really!! Anyway, I actually like to eat soup or oatmeal for (Continued on Page 15)

**(Continued from P.14 ) Do You Have Trouble Staying Warm?**

.....breakfast. Other foods that are warming include: chili with chili peppers, casseroles, brown rice, soups such as black bean, sweet potatoes, butternut squash, baked apples, and pumpkin soup.

Keeping hydrated in winter is also important and avoiding increased salt intake. Ingesting too much salt will increase blood volumes and pressure causing stress to the heart and blood vessels. Water is our purifier and keeps things moving in a lot of our systems. Basically, you want a balance between food and water to help keep blood sugar levels up which help increase energy in the body and thus bodily temperatures.

Some other simple ideas I've come up with are to put your hands in warm water and then rub lotion on them. In general, I try to keep my hands out of water; however, this is impossible as I work at a hospital. So, I will place my hands under my arm pits for a few minutes or simply rub them together vigorously. I also know where the warmest rooms are and can run in there if I really need to! I discovered another idea while I was doing the laundry. Place a towel or blanket in the dryer for a few minutes and then lay it on your head, neck, and shoulders. Feels awesome!!!

To keep the blood flowing well, I make sure to get some movement in my day through walking, Yoga, and other forms of exercise like lifting weights. It's so important to get the heart rate up to increase blood flow and circulation. If unable to get to the gym or outside, just walk around the house lifting the legs and arms up as you go. Walking up and down stairs a few times or doing some heavier house cleaning like vacuuming is helpful.

As mentioned earlier, one of the reasons for poor circulation is over reactivity of the nerves which constrict vessels. This can be caused not only by the cold but by increased stress as well. Therefore, practicing stress reduction techniques such as deep breathing and meditation are very beneficial for calming the autonomic nervous system. Visualizing warm colors and places (like a sunny summer beach) while keeping a steady breath and mind can also begin to warm the body.

I hope some of these suggestions are helpful to you. Perhaps you have some things that have worked for you as well. Please email me if you do as I am always looking for ways to stay warm!!

**BIO: KELLY RISK** is an experienced Occupational Therapist, treating adults with various physical conditions. She incorporates holistic modalities such as Yoga, Craniosacral, and Reiki to enhance and balance energies within the body. Areas of expertise: pain management, stress reduction, and body awareness. She provides individualized assessment and treatment for the highest level of well-being.

**NOTE:** As always, consult your primary health care practitioner before making changes in your health practices.

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## (Continued from P. 9) How Depression & Anxiety May Be Eased With Chiropractic

Degree from Life College School of Chiropractic. He participates in health fairs doing posture, stress and headache screenings. Visit [www.reulchiropractic.com](http://www.reulchiropractic.com) for more information on Dr. Reul's practice.

Note 1: As always consult your health care practitioner before making any significant changes in your health care.

Note 2: Corticosteroids are hormones secreted by the adrenal glands. Their secretion increases during stress related to anxiety or severe injury.

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Photo of Snowy Trees, Pixabay 69657\_1920



## **CREATING HER OWN BUSINESS: Catrina Hill. Success Beyond Adversity. Interview by Faith Grady**

Catrina's Kitchen is a seasoning line owned by Catrina Hill. Her products can be found in 220 Kroger stores in Louisville, Indiana, and parts of Ohio. Catrina is a devoted mother and grandmother who has a beautiful story of resilience, faith, and hard work.

**Tell our readers a little about the Catrina's Kitchen brand and the passion that drives it.**

**Catrina:** Cooking has always been my favorite pastime – I was raised by parents who were southern cooks, so you can say they passed down their talents to me. I owned a restaurant called Dinner is Done for 12 years, and we had 3 locations in suburban Louisville. I had some health issues in 2010, and I was no longer able to physically run the restaurants, so I made the decision to close them. It was a devastating time, but I knew that I had to make my health a priority. During this time, however, my passion for sharing my love of food persisted. Shortly after closing, I had the thought that just because the restaurants are closed, doesn't mean my flavorful food has to stop being made available to my customers! I remember they always used to ask me to put my seasoning in a bag for them to enjoy at home – so I decided to do just that. From that idea, I launched Catrina's Kitchen Southern Spices with a product line that includes A Little Somethin' Seasoning, All Purpose Southern Seasoned Flour, and Fish & Vegetable Seasoning. We also offer a catering business as well!

**What are some of the obstacles you faced as a woman business owner?**

**Catrina:** One of the biggest obstacles I faced when opening my business was not knowing anyone that could show me the blueprint of the business. I knew several business owners, but none of them were in the same industry I was trying to break through, so that was a little tough. I learned a lot by trial and error. Fortunately, now I've been able to pass on what I've learned to others who also have the desire to start their own businesses in the food industry by working with the Economic Development Department as a mentor. Being able to help others has always been something very special to me --the joy it brings is indescribable!



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**You mentioned that you had some health scares in the past; how did you persevere during such dark times?**

**Catrina:** Faith, grace, mercy, and family!

**What would you say was your first measure of success with Catrina's Kitchen?**

**Catrina:** Being able to have my products for sale in Kroger.

That was one of the best feelings I've ever had. I felt grateful, excited, and scared at the same time, but I knew that everything would work as it was supposed to.

**Where can we find or order Catrina's Kitchen products?**

**Catrina:** You can find our products in Kroger on the Kentucky Proud shelves, on amazon.com and our website, [catrinaskitchen.com](http://catrinaskitchen.com)

**Thank you so much for sharing your story with us, Catrina. It's truly inspiring.**

**Catrina:** It was a pleasure and thank you for having me.

**BIO:** FAITH GRADY is a graduate of Tennessee State University where she received her Bachelors in Communications. She currently resides in her hometown of Louisville, Kentucky where she enjoys writing and raising her beautiful daughter Elle. [Faith Grady Freelance](http://FaithGradyFreelance) specializes in content marketing, social media management, and blog writing for small businesses. [faithgrady@gmail.com](mailto:faithgrady@gmail.com) , 502-712-2745. Photo by Faith Grady.



## **FRIENDSHIP BLOSSOMS INTO LOVE**

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

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

Crystal and Vic are walking along a lake in the park. Vic says gently, "Crystal, please see me not only as your close friend, but as a man who loves you. Believe me, friendships really can become love. In fact, that's the best way." Crystal gasps, "But Vic, you know what a mess I am. You've been there thru some messy parts of my life. You know how I struggle sometimes." Vic listens carefully, "Yes, and I've seen you come out of them stronger and wiser. Do you think my life's been all smooth? That's how life is sometimes, you know?"

Crystal coughs and looks at the ground. Then she takes a deep breath and gazes seriously at him. Vic continues, "Look, my shoes aren't polished and my socks don't quite match. But my heart is pounding and I'm beginning to perspire. He stutters, "I love you. Who's perfect? I don't know anyone who is. I feel the important thing is to keep trying to be a good person and contribute something helpful to the people and world around you. That's us, right? You're a good teacher - - the kids adore you." Crystal says in a hushed voice, "You are too. I guess we care."

Vic continues, "The only thing I'm addicted to now is the 7:00 o'clock evening news. I've been sober for five years - - and that's forever, you can count on that." Crystal responds earnestly, "I believe you, Vic." They stand quietly together for a few minutes watching two squirrels scurrying around seemingly searching for acorns. Then Vic says reflectively, "We've been there for each other through some rough times, but we've enjoyed lots of good times together, too. In fact, they're been mostly good times." Crystal smiles and says, "Remember the time we and some of the others went fishing together? We all got up really early at dawn and were out in row boats on the lake. It was so peaceful, I loved the hush of the early morning. I didn't tell anybody, but I didn't put a worm on my hook. It was lovely to just be there on the gently rocking water holding the pole and gazing at the birds

flying above calling to one another and to see the sky gradually changing colors. Remember how my daughter Amy's line started bobbing, and she called out that something was on her line. She was only about five then and she was so excited. Then you pulled in the fish - - and it turned out to be the biggest fish



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caught all day. I loved seeing her so delighted!" Vic laughs, "Yeah, that was fun!" Crystal giggles.

Vic and Crystal then look quietly in each other's eyes. They don't notice that the sun is gradually going down and the sky is turning deeper shades of blue. Vic puts his arm around her shoulder and they stand quietly together watching the sun set over the lake. After a while Crystal says, "Look at my hand, Vic. It's trembling. This is weird, you'd think we were kids." Vic takes her in his arms and quietly says, "Let's stop talking, please. Just hold me." She looks up at him with a Mona Lisa smile, and kisses his lips very gently. Long subdued unexpressed feelings stir in each of their hearts.

**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](http://www.joycegerrish.com). 812-566-1799.

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## **ACCESSING INTUITION TO CREATE OPPORTUNITIES**

**Joyce C. Gerrish, M.A.**

Life today presents us with unprecedented challenges and unexpected events around every corner. It just isn't business as usual. On a regular basis we are being required to adjust, adapt, let go, and rise above. How far can we stretch?

We may feel that the harder we work and the more intensely we try, it will enable us to hang on to the familiar but overly materialistic and competitive and unsustainable life styles and patterns that we may see so much around us. It may seem scary to sense things changing. We've always been told that extra hard work and intense competition is the way to succeed and achieve the mythical "perfect" life we crave. The truth is perhaps a little different.

We are magnificent human beings with unbelievable potential. It's within us waiting to be acknowledged and awakened. We are created in the image of the Creator. When we constantly push ourselves to the point of stress, our higher creative potentials and intuition tend to shut down. When our adrenalin and stress mode activates, our body "thinks" it is in a struggle for survival. Then only the most basic human capacities of repeating the familiar routine harder and faster seem possible.

The call for great change is now constantly in the news. This is a time in history of tremendous transformation and opportunity for our country, planet, and for ourselves as humans. What we have always done may not seem to be working as well now. Our institutions are being forced to change drastically and rapidly before our eyes. We may need new solutions for issues we haven't perhaps confronted before. To come up with new ideas, we need to activate and trust our intuition. How do we do this?

A car or a bicycle can be operated in different gears. We humans can function in different "gears," too. Each of these has its valuable purpose and gifts for our life. In the "first gear" we are mainly functioning physically, such as eating, sleeping, walking, and physical labor. To accomplish a project in this gear, we need to work hard physically. In the "second gear" we are experiencing life through our emotions. This definitely adds color to life, as long as we keep our emotions in balance.

In the "third gear" we are thinking and working with ideas. Much can be accomplished with an active mind applied industriously. Next, in the fourth "gear" of life you can activate your intuition and your connection to your Higher Power and Soul. This is when the magic can really start, and life can begin to truly work for you in ways that you would perhaps never before have believed possible.

To activate intuition, the important thing is to take time to lift your mind out of the everyday routine into a place of peace and a sense of expansive freedom. One way to facilitate this is by focusing on your breath, and simply being aware of your breath gently flowing in and out. Ten minutes would be very good for a start. Play some peaceful instrumental music. As you breathe in, imagine that you are breathing in light into your mind and body. Sense yourself filled with light and peace.

Bring your consciousness to as uplifted a place as possible and say a brief prayer asking for Divine blessings and guidance. Visualize yourself in a ball of light. Then ask God, your Soul, and your intuition what would be the best approach to whatever issue you want to solve in your life. Allow your consciousness to be quietly receptive to what comes into your awareness. You may "sense" an image of yourself doing something, or you may simply get an idea that hadn't occurred to you before. You may sense a word - - or you may get a hunch of a person, place, book, or web site where you could get valuable information to help you solve the issue. A helpful insight may come to you the next day, or in a dream. The possibilities are vast. The important thing is to be open to allow a new idea to present itself to you. Use your common sense, of course, too. But don't allow your common sense to drag you down and hold you back. Explore, research, and expand on your hunch or insight. This may help you come up with a plan of action that may be somewhat different than you would have anticipated.



An example of a possible plan might be that someone decides to really pursue a long-held dream of developing a talent he or she had been ignoring but longing for. An out of work person may decide to offer carpentry or sewing (or other skill) to do for barter/exchange or for pay for acquaintances. Notices could also be put on bulletin boards. Another possible plan is to organize a neighborhood or church group to develop special programs that would be creative and positive opportunities for local teens - such as nature outings or amateur musical presentations.

The next step once you have your new plan is to visualize it happening. The power of visualization is real. Daily imagine a picture of what you wish to manifest, affirm it silently in words,

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and emotionally feel thankful joy that it is happening. Be sure that what you are seeking to manifest is positive and would not hurt or control anyone else. Always manifest for the highest good of everyone. What we send out to the Universe always comes back to us in some form - - and amplified. In the meanwhile, start taking physical action steadily to realize your plan in physical reality.

May we trust ourselves, believe in ourselves. May we allow positive transformative things to evolve in our life. May we think in terms of cooperation rather than competition with each other. Healing for our society and planet won't necessarily come from working harder and harder at what we have been doing. We need to open our minds and hearts to our higher intuition and allow whole new cooperative sustainable ecological solutions to manifest through us.

**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

**CONTINUED FROM P. 3. Finding Joy in Daily Life**

..... visit the website, click on 'Meditations, Songs, Designs.' Once that page opens, then click on 'Let Joy Lighten Your Day.' When that Joy page opens, then click on the song. I hope that you like it. While on that page for enhancing joy, I encourage you to listen to my audio meditation for enhancing joy spiritually. During the meditation, a helpful color to visualize for accessing joy is peach.



Every emotion such as joy (and other life qualities such as healing, peace, or love) have a unique special energy which we can access through meditation, prayer, and invocation. It's wonderful to be aware of this and to explore enhancing positive emotions and life qualities in this spiritual way. It can truly bless your life. I explore and explain that in more depth in my book "Secrets of Wisdom" which is available on Amazon. I wish you much Joy.

**Bio: Joyce Gerrish, M.A.** is a Holistic Life Coach, Counselor, and Energy Therapist. Louisville Office. www.joycegerrish.com. 812-566-1799

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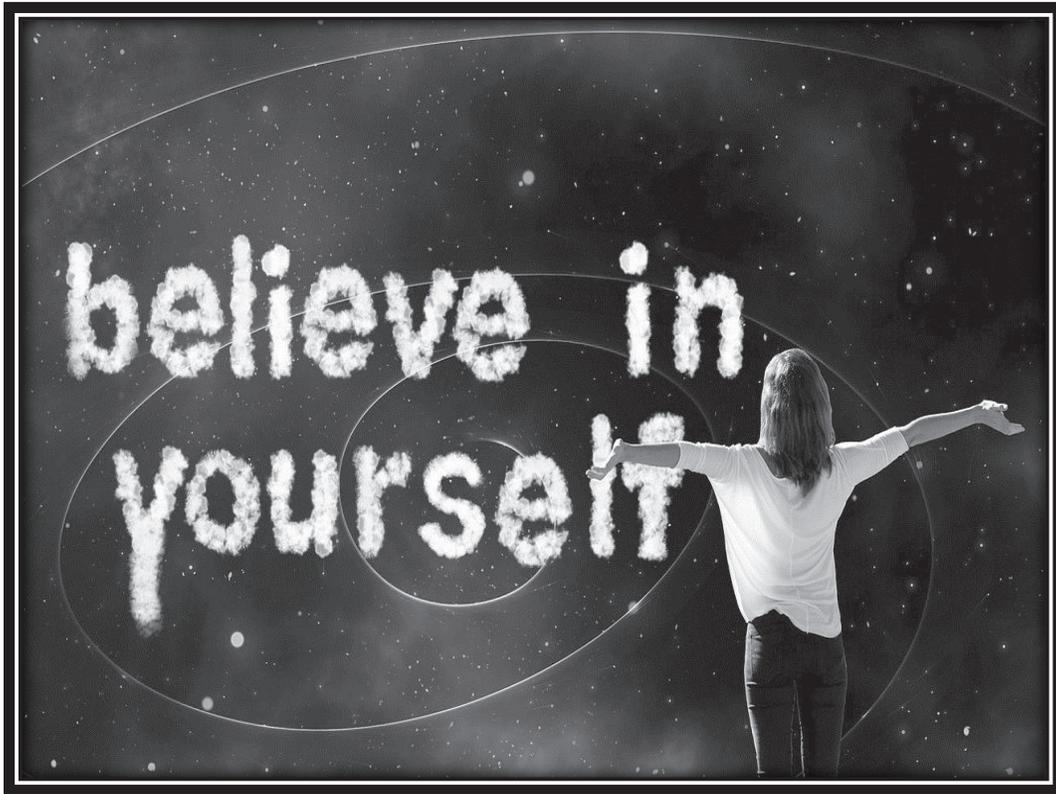
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**LENTIL & YAM SOUP OR STEW**

- 1 Cup Red Lentils
- 1 Medium Yam or Sweet Potato
- 1 Small Onion or Half Large Onion
- 1 Clove Garlic
- Ginger
- Curry Power
- Olive Oil
- Lemon Juice If Desired

Simmer Lentils 10 Minutes  
Add Chopped Yam and Onions  
Simmer Until Soft.  
Add Finely Minced Garlic, ¼ T. Curry Power,  
2 T. Olive Oil & Juice of ½ Lemon  
Salt & Ceyenne Pepper to your taste.  
Adjust Herbs & Seasons to your taste.  
Serve and Enjoy.  
This recipe comes highly recommended.



## CHANGE

CHANGE OPENS MY HEART TO UNKNOWN WAYS.

CHANGE SHIFTS MY MIND TO SOMETHING NEW.

CHANGE TRANSFORMS MY WEARY FEARS,

AS I OPEN TO THE YEARNINGS IN MY HEART.

AS I LEARN NEW WAYS OF BEING ME.

WHO AM I TODAY? WHO'LL I BE TOMORROW?

WHO AM I TODAY? WHO'LL I BE TOMORROW?

ONLY TIME WILL TELL. ONLY TIME WILL TELL.

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