



Natural Living Journal

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

Vol. 5 Issue 3 **READ FREE ON-LINE** www.naturallivingjournal.com June-July 2020



I Know It Is Possible!

The Adventure of Life!

Do You Feel Called to Live for the Good of the Whole?

Supporting Our Emotional Stability with Purpose

Insights on Change: Rumi the Great 13th Century Poet

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Gratitude: Anxiety Antidote

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Great Benefits of Air Purifier & Water Purifier

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Fun, Easy, Inexpensive: Create a Hardcover Book Online

Do You Really Know How Wonderful You Are?

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THE ADVENTURE OF LIFE

Rev. Valerie Mansfield

Life really is an adventure. We can choose to see it as a challenge and a joy, or we can get pulled down. The difference is how we allow the outer circumstances to affect us in our inner sanctuary - - and how we allow our inner sanctuary to deliver through our outer circumstances. To me that is how I see the two choices. Either I move into the fear and the unknown aspects of what is going on in our lives - - or I can move through in peace and love. I looked up the metaphysical meaning of life. Life is the expression of being which manifests as animation and activity. Life and substance are ideas in Divine mind. Life is the energy that propels us to action.

Right now, the actions that we take create our lives. Many of us (and speaking for myself) sometimes forget that. In the middle of the pandemic I decided that I was going to mow the grass. My allergies are pretty bad in the spring. The symptoms of the virus are cough, nasal congestion, high fever, aches, etc. So I mowed the grass. Then I went on a bike ride. I started sneezing. For two and a half days I was sneezing because of mowing the grass. It wasn't because I had a virus, it was because I chose to mow the grass at the height of the tree pollen season. I think that I won't mow the grass next week. Someone else will need to do that. That was the action that I took, then I remembered that was a dumb thing to do. It felt good to be outside. I love to be in nature and walk around on the ground and earth. I like to take time to do that, but I also have to be reminded that I live in the Ohio Valley and that it is spring and allergy season. So I will make a better choice next time and I will propel my energy in a different way.

We are created in the image of God, that propels us into action. We are not just our mind and emotions. Life is Divine, Spiritual, from the Source. The River of Life is within us all. As we

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begin to expand our consciousness within the River of Life, we can see Divine Spirit in our mind, we can see it in our body. We can envision it and consciously connect with our spirit. We can see every molecule changing to enhanced health and wholeness. We can see every cell shifted to enhanced health and wholeness. We can lift our thoughts be positive and uplifting.

That reminds we of the words of a song.

"Every little cell in my body is happy, every little cell in my body is whole. I'm so glad that every cell in my body is happy and whole." I love that! Sing it over and over and it becomes a repetitive affirmation. I've been singing that lately to help keep myself up and going. It helps me remember that every part of my body - - every system - - is functioning as it is supposed to function.

When I get into a mindset of fear or "what if," I can let it go and shift it with

that song. Myrtle Filmore (Co-founder of Unity) taught us to go within and talk to our body every day. Every organ, every muscle, all parts of the skeletal system, our eyes are all whole and perfect and healthy. Let's all do that for ourselves, for our family, for our friends. Spend time affirming the good that you are. Because you ARE good, and you are created in the image and likeness of God. It is important that we understand that we have the power to change our own life and to transform. We have the power to let others see what we do and invite them in. We can't do the spiritual transformation for them, but



we can be the way-showers, just as Jesus was the way-shower.

With our Higher Consciousness we can help hold the whole consciousness of humanity in love, in harmony, and in health. I invite you during this pandemic to join together in small groups with Zoom or other similar technology like Skype. Also, we can get together in the park and keep our social distances. We don't even have to talk. We can energetically comingle with each other. Our life is the blessing and spirit of God. We can tune within to our abundance, our truth, our understanding, and sense what is really happening in our world. We know the chaos is there, yet we can generate our own positive thinking and know the good that we are. We can start with our breath.

In this time, there is a process of forgiveness. Within ourselves we can forgive others who trespassed against us. Let us be aware of what our thoughts are. Be aware that Jesus taught us that Life is filled with miracles. We know that is true. Each of us is a miracle. There's no doubt about that. God is unlimited love, ever present life, wisdom, and knowledge. May we know the names of God are many and include Mother-Father God, Divine Mind, Allah, and Higher Power.

In courage and love may we stand in our faith. Each of us is an expression of the living loving God who is ever present. Today it is important that we see the choice to be a joyous loving blessing in the world. Much of society as a whole doesn't see the choice. That doesn't mean that it's not true.

During this time I have heard that this is a cleansing of the soul. To help release the pain in the world we have to be the love in the world - - to be the change. We have the ability to change our perspective and to live as a joyous blessing in the world. This is a time for each and every one of us wherever we are to move into the silence and to rest in the silence. Instead of being as much in the outer world right now with people and conversations - - we can really truly tap into the Divine Mind. This is our time, our generation to change humanity. It begins with me; it begins with you. It begins with all of us. The ripple effect goes out from each of us. This is a purification of the chaos our world has become. We are all one in life, it is a great adventure.

None of us know what tomorrow is going to bring. We need to live in this moment and not worry unduly about the next moment. We cannot worry about the past because it is over, and we cannot change it. I invite you to ask yourself, "What image do you want to project into the Universe? What image do you want to be within humanity? Go within and ask for the courage to be that, whatever it is, and to follow. For me the answer was and is joy, love, and peace. For twenty years I've been working in this ministry which focuses in transformation. I encourage you to go within and find the image that works for you in this great adventure of life. Know that you are powerful, you are mighty, you are a miracle.

BIO: REV. VALERIE MANSFIELD serves as the Senior Minister at Unity of Louisville and as the Minister Consultant at Unity of East Louisville. Valerie is a Holistic Healer and Spiritual Life Coach. Rev. Valerie is a Spiritual Consultant engaged in practical, positive life coaching for adults and youth. Rev. Valerie leads classes and workshops based on Universal Truth Principles as well as peacemaking, conscious parenting, personal transformation and healing for adults and youth. Valerie's passion is to create a safe loving atmosphere where all ages can explore and manifest a life filled with love, peace, and joy. 502-583-5559.



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I KNOW IT IS POSSIBLE !

Joyce C. Gerrish, M.A.

These are sacred days, at the same time that they are challenging days. These are unusual times beyond anything that most of us have ever known. We are being called to be courageous and to hold steady while so much that is familiar to us is changing - - changing - - rotating - - disintegrating from the ways that we have known them - - and reforming in transposed ways.

In the midst of the fear that many of us may feel now and then, perhaps a new awareness is emerging of new ways that we can connect with our loved ones - - with our neighborhood and city - - with the whole of humanity - - with our spiritual aspirations - - and to God.

We are all perhaps being called to be more than we were. We are perhaps being called to recreate ourselves since our prior way of being isn't as possible now as it was before. I know that this is happening profoundly within me and with my ways of relating to others and with my service - - and with the world. How all this will evolve for me I don't yet know - - it is a work in progress and is unfolding.

How is your world evolving? Is your consciousness shifting, perhaps deepening, and growing and lifting all at the same time? Do you feel something emerging within your heart that wants to be acknowledged? Who are you today? Are you the same as you were a few months ago? Do have some feelings or a "knowing" calling you?

How is our planet going to emerge from this period? Will it be the same? Are we perhaps all growing in wisdom from this period of greater quiet for many of us? Are we growing in compassion from witnessing the unbelievable suffering of so many humans? What effect is all this suffering having on us? Is it opening our hearts more fully as a people? Are we more aware and caring about the welfare of everyone



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else because we know the depths of uncertainty so many of us may have as to our own health and the health of the people we love - - and the people we know and have contact with? It is like numerous layers of our consciousness are being peeled away to reveal our inner spiritual

consciousness more fully. The layers of "not-self" may seem to melt away in the presence of facing the question of eternity - - the question of possibly facing our eternity and of watching on TV the many people who are facing their moving on to their "spiritual home in the eternity."

Why are so many people dying? It is very sad. I don't really try to explain except to honor those

souls who move on to their spiritual home. In the meanwhile, I encourage us all to live as healthfully as possible, follow the safety guidelines for this pandemic, keep our immunity strong, and lift up to our higher consciousness and the Divine.

I believe that what we are experiencing these days deepens us all. We face the question, what is truly important? What is of absolute importance in my life? Is it what I am wearing today, or what I will wear tomorrow, and if what I am wearing is in the latest style? What blazes in our heart may be "how can I help those around me or those around the world?" Perhaps
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DO YOU FEEL CALLED TO LIVE FOR THE GOOD OF THE WHOLE?

by Henry Lepler, M. Ed.

Member of Visionary Online Service Group

“Good of the Whole”

“Do you feel that you are on this earth at this time in this form to serve the good of the whole? We are coming together. We are finding each other. We are connecting in the most deep and high ways to do this work; to support one another in doing what we are each called here to do for the good of the whole.” ~ Marian Head

The “Good of The Whole” vision is a world where every individual feels valued, connected, and whole. Our Mission is to cultivate an ethos (spirit) of wholeness and nurture our innate capacity to live for the good. I’m part of an online resource organization called “Good of the Whole.” People can login to attend free Zoom supportive groups. We have a growing number of special programs that we offer, such as the weekly evening programs at 8 p.m. EST.

The Monday weekly evening group is a supportive men’s circle “Men in Connection.” The Tuesday weekly evening group is “Radical Earth Resonance” which focuses on our connection with our planet and our stewardship. The Wednesday offering is, “The Healing Field” which includes healing awareness and inspiration. Thursday is a group focusing on the wisdom of the great 13th Century poet and philosopher Rumi, their offering is called “Rumi’s Field,” and Friday evening I facilitate what I call the “Sound Connection.” In my “Sound Connection” group I share healing sounds using a number of musical and sound instruments with a focus on relaxation. Saturday evening is a couple’s group exploring ways of giving space to opening to enhanced well-being as a couple. All the leaders are highly experienced in their fields. Check on the website



for more information as to events upcoming and how to participate.

Another regular program is “The Dr. Julie Show: All Things Connected.” It is on the leading edge of personal, societal, and global transformation. Dr. Julie Krull is one of the two founders of “Good of the Whole,” along with Shelley Darling. Julie’s program “All Things Connected” is making connections that inspire and accelerate our individual and collective awakening. Each week, Dr. Julie is joined by evolutionary thought leaders and change makers from around the world, to explore social change, the generative power of conscious co-creative practices, and what’s emergent with health, science, spirituality, and the evolution of consciousness. Break through the illusion of separation; explore the infinite field of possibility; and find beautiful beginnings where endings leave off.

On Zoom, “The Good of the Whole” has time each day during the afternoon where we are exploring various ways of creating community on-line in what we are calling “The Connection Field.” It might be sharing from the heart and from one’s experience in the moment in response to an inspirational reflection. I was considering having a creative sharing time on Zoom!! People could bring poetry, music, sound, art, dance, or

whatever. Through the creative sharing we could create a heart space that is welcoming.

Online is an emerging way to have community, particularly right now while (Continued on Page 7)

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DO YOU FEEL CALLED TO LIVE FOR THE GOOD OF THE WHOLE? By Henry Lepler



we can't connect in person as much as usual. For me, an inquiry I am carrying through this is how can we through Zoom be open to and have ways to connect as deeply as if we were in person, or perhaps more deeply. Maybe even after this pandemic is over, it may be that this would be a really vital way to interconnect and have a larger sense of community.

We are realizing that our true nature is that sense of connection and wholeness with each other, as well as our connection with the larger whole of our planet. Together we can make a difference for ourselves, our communities, our planet, and all its inhabitants for future generations. Together we create the Connection Field which is an ever-expanding field of love and resonance for the good of the whole. "Good of the Whole" is a loving inclusive space in which to be authentic and expand in heart resonance, and meaningful connection. Join us to help create online community and coherence for the good of the whole. Anyone can sign up to receive weekly digests of activities and events at www.GoodoftheWhole.com.

BIO: Henry Lepler is a heart resonance facilitator, sound healing and conscious movement guide, musician, and speaker. An avid explorer of possibilities for healing and awakening, Henry delights in sharing from his explorations and research through healing sound immersions, movement journeys, inspirational talks and workshops, and sacred ceremony.

PHOTOS:

Photo of group is of some members of Good of the Whole. Photo courtesy of Good of the Whole.

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SUPPORTING OUR EMOTIONAL STABILITY WITH PURPOSE & PREDICTABILITY

Kimberly La Follette, Ph.D.

I vividly remember a frosty, dark February morning when I looked enviously at my cat as he lazily settled down for a morning nap. As I rushed to get myself and my children out the door, I recall telling my daughter, "I wish I was a cat. I wish I could just stay home every day." Little did I know, my wish was soon to be granted. Now, because of the social isolation and social distancing of Covid-19, I am reminded of the importance of purpose and predictability.

As a psychologist, I have long been aware of the human need for purpose and predictability. So, as the world has become increasingly unpredictable, it is not surprising that anxiety and depression are settling in. It also doesn't help that our jobs have either ceased or been altered dramatically. It is no wonder that most of us are feeling unsettled and scared. Our daily structure has been removed and most of us are left wondering how to fill the time.

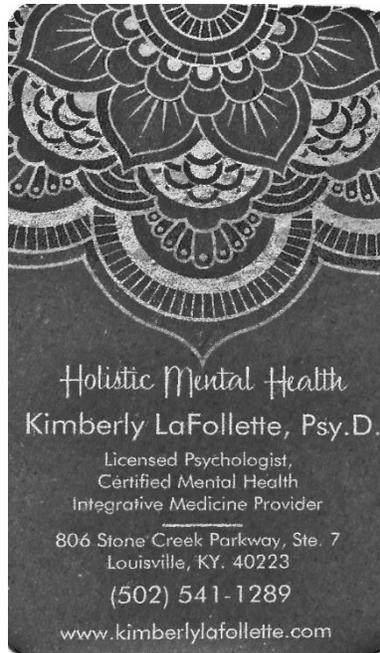
Of course, not all of us are bored. We have many worries occupying our brains. These worries include our health, the economy, employment and parenting. While some of us are stressed about only one of these things, others are dealing with the weight of them all. Some individuals are wilting away with no structured activities to fill their days, while the rest of us are drowning in the responsibility of trying to work from home, homeschool children and care for elderly parents.

So how do you establish some sort of emotional stability when our world has become an unstable and scary place? The first thing to do is to introduce some purpose and predictability. One of the things that can bring us joy, even in the most trying of times, is to find purpose. You can



do this by identifying daily goals. Each morning develop a list of goals you would like to accomplish during the day and put them on your schedule. When we do not schedule activities, we are less likely to get them done. Having tasks to complete each day can help you feel accomplished and also provide a reason to get out of bed. In addition to finding daily purpose, look more broadly at this experience as an opportunity to find your greater purpose. Reflect on what life is trying to teach you in this moment. Have you been so caught up in the busyness of life that you have lost your sense of purpose? Perhaps now is the time to be reminded of what is truly important. This moment in history can be an opportunity to refocus your life and start moving in a direction that brings you the greatest sense of purpose and joy.

Another way to reduce stress and improve emotional stability is to focus on what we can control. While we have little control over what is happening outside our own doors, we can control how we nurture and take care of our own bodies and environments. One of the best things you can do to establish some control during this time is to maintain a daily schedule. Try to keep your wake and sleep times consistent. Start and end work at the same time each day. Also, take control of your own health as much as possible. Focus on maintaining a healthy lifestyle. Be purposeful
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(CONTINUED FROM PAGE 5) I KNOW IT IS POSSIBLE, By Joyce C. Gerrish

we sense “I feel called from the depths of my heart and from my highest Divine oneness with my soul/spirit - - that I want to make a difference for the good. I am ready. Dear Lord, flood me with Thy light and cleanse my heart and Soul and lift my consciousness on high so that I can help manifest peace, love, joy, and justice for all on Earth. I know it is possible.

Out of the shifting of so much that has been stuck and complacent on planet Earth - - can now perhaps something new emerge? Now through our prayers, invocations, and united creative work and ministry - - I believe that our planet can re-emerge as the phoenix bird - - transformed for the highest good of us all - - for the good of the whole.

NOTE: Numerous religions such as Hinduism and many Buddhists believe in reincarnation where a soul returns to earth numerous times to learn important soul lessons such as loving kindness, patience, peace, joy, and wisdom. This belief is comforting to some people when a loved one dies.

BIO: Joyce Gerrish offers highly effective phone energy healing and emotional therapy sessions. Holistic Life Coach, Emotional Therapist, & Transformational Energy Healer. Master’s Degree in Human Development & Graduate of National Institute of Whole Health. Highly attuned and sensitive guide for Higher Meditation & Spiritual Awareness. Practitioner & teacher of natural healing modalities including Reiki, Reflexology, & Chakra Healing. Author of book “Secrets of Wisdom - - Awaken to the Miracle of You.” Publisher- Editor of Natural Living Journal. Louisville Office. 812-566-1799. www.joycegerrish.com

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(CONTINUED FROM PAGE 8) SUPPORTING OUR EMOTIONAL STABILITY WITH PURPOSE & PREDICTABILITY, by Kimberly LaFollette

about what you put in your body and spend some time each day engaging in movement.

Overall, what we need to maintain emotional stability during this time is what we have always needed. We need a sense purpose and a feeling of control over our lives. While it may seem impossible to find purpose or predictability during this time, it is possible to find some peace during this pandemic. Take solace in the things you can control and make use of this time to move toward your life’s purpose. While we may never look back on this time fondly, I hope we can look back at this as a time where we all learned some valuable life lessons. I, for one, have learned to never envy my cat.

PHOTOS: Page 8, Stocksnap/Pixabay.

BIO: Kimberly LaFollette. Licensed Psychologist and Certified Mental Health Integrative Medicine Provider. You can find out more about Dr. LaFollette and her practice by visiting her website kimberlylafollette.com .

PHOTOS from Pixabay: Left: Matthias Bockel. Center: Bessi. Right: Adege



VEGETABLE GARDENING: Let's Enjoy Getting Back to Nature!

David Erdley

A good thing about vegetable gardening is that you know where your food is coming from. You know what has been added to it and what has not been added to it. That is extremely important. Growing one's own food is also good with the Corona Virus being around, we know the source of our food and that it is really safe. In addition, it is great exercise, a wonderful hobby, and is superb for lowering stress.

I am Garden Manager at the Community Garden on 6th Street near Old Louisville. There are about 25 of us who each have a garden plot in this half acre lot. We decided to not use pesticides here, though this garden is not officially organic. To be legally organic there is a long legal process to fulfill all the requirements. In this garden we have fruit trees like peaches and apples that we share. We also have grapes and blue berries, and we have an area of beautiful perennial flowers, too. There are about seven or eight Community Gardens in the Louisville area. One can apply for the use of a garden plot for the growing season through the Jefferson County Extension Office (502-569-2344).

People can, of course, garden in their own backyard if they have that available, even if it is small. You need about eight hours of direct sun for most vegetables. Shovel up the earth to prepare your space, get a soil sample done, and go to work. The soil sample will tell you what your ground needs as far as being acid or alkaline. You want it about 7.5 on a 15-point scale. You add lime to raise the Ph and make the soil more alkaline, or you can add sulfur to make the soil more acidic and lower the Ph. This will help get your soil to the proper Ph. Read the package.

If you are new to gardening, I advise you to start out small and don't get frustrated. It does

take some work, but it is enjoyable. Plant some things that will come up quickly and give you some instant gratification like radishes and lettuces and spring vegetables. It's fun to watch the little plants grow. They will give you vegetables in twenty or twenty-five days. That can kind of get you hooked for planting other vegetables that grow a little more slowly.

I have planted as early as late February in the past in Louisville - - peas, spinach, and lettuce. This year I have planted my spring crop in the first half of March. In May you can plant your summer garden. I have a spring garden area and a summer garden area. One area can rest while the other is actively growing. What you may wish to plant depends on what vegetables you like to eat. Cucumbers are easy to grow if you have a fence where they can climb up, otherwise they take up a lot of space. Also, reasonably easy to grow are peas, green beans, tomatoes, and peppers. You can freeze what you don't eat. Zucchini is good if

you have the right soil for it. I cannot grow zucchini at my garden. It will come up and have a beautiful plant, but then it will die out before vegetables form. The borer insect messes with it.

If you aren't eager to dig and prepare the soil in your back yard (or don't feel strong enough), you can probably get someone else to do that for you. Then you can plant the seeds or little seeding plants in the

garden plot and water the plants and weed around them as needed. A person can use a small stool if desired or knee pads. I use more of that kind of thing now than I used to.

To protect the plants as they grow it is important to weed and hoe to discourage the weeds. Once you get a healthy plant going that is the first line of defense. We use neem oil to protect the plants. You dilute neem oil with water and spray it on the plants. That is the major one I use. That keeps insects away from many plants pretty well. There are (Continued on Page 21)



QUINOA: SUPERFOOD. DELICIOUS! QUICK! WOW!

By Barbara Bosler

We've all heard quinoa is good for us, but do we all realize how good? It is one of the best sources of protein in the plant kingdom and It contains all 8 essential amino acids (the building blocks of protein) that are essential for life. These essential amino acids must be obtained from food or



supplements. The central nervous system cannot function without them. So, let's start enjoying eating more quinoa! It's low in fat, and full of slow released carbohydrates which help balance the blood sugar. It's loaded with B vitamins to boost energy and combat stress, has vitamin E for healthy skin, and aids in the body's healing process. To top it all off it is rich in calcium, magnesium, & iron to help prevent fatigue, and it has zinc to enhance our immune system. We need all that, right?

Cook 1 cup of rinsed raw uncooked quinoa. Follow package directions and set aside. If you buy the quinoa in bulk and there are no directions, do the following. Scoop out 1 cup of dry uncooked quinoa and put it in a 2 or 3 quart pan or larger. Quinoa is a very small round buff colored grain. One cup uncooked quinoa might render about 5 cups cooked. Pour water over the uncooked quinoa to rinse it, and then strain off the water. Pour

fresh water over the quinoa until it is covered by several inches. Cover with a lid and cook on low temperature for about 15 minutes until it is tender. (You might want to get it started on a higher temperature, and then turn the heat down once it gets going. Use a timer.) Cooked quinoa has a tiny



curl coming from each grain as it opens while cooking. Cooked quinoa is very fluffy and delightful.

Dice the following ingredients:

- 8 oz. fresh mushrooms
- 1 small onion
- 1 small red pepper
- 1 peeled garlic clove

Now sauté these diced veggies in 1 TBspoon olive oil until tender crisp 3-5 minutes.

Mix in your favorite herbs or seasonings. (I love Pency's Fox Point.) Now add cooked quinoa and enjoy. You can use any veggies you like either cooked or raw. Try adding quinoa to soups or casseroles or by itself as a simple side dish. I think you'll love it. For breakfast maybe add chopped fruit and maybe some milk. Get creative and above all enjoy your time in your kitchen. Happy cooking!

Barbara

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WHAT ABOUT PROCESSED FOODS? What You Really Need to Know.

by Joyce Freville, Ph.D.

(S.A.D.) Standard American Diet: The Effects of Processed Foods on The Body

It is estimated that 65 million people worldwide will be affected by dementia by 2030. Currently, there are approximately five million people in the United States living with age-related dementias. But what is dementia and can it be prevented? Dementia is not a single disease. It is a term used for conditions and diseases characterized as a decline in memory, language, problem-solving and other thinking skills that affect a person's ability to perform everyday activities. Alzheimer's is one type of dementia. Many people believe that dementia is inherited or passed down from one generation to another. The truth is only a small portion of the population inherit dementia.

Unfortunately, the Standard American Diet (SAD) contains processed grains (genetically modified GMO), high levels of refined sugars, very high salt, processed oils and fats, chemical additives, preservatives, and traces of pesticides. These have been found to increase inflammation in our brain and body. Inflammation is our body's natural way of protecting itself when we are sick or injured. It can help stimulate healing, but chronic, prolonged inflammation is linked to an increased risk of diseases like diabetes, heart disease, dementia, and obesity. Constantly consuming processed foods can keep our body in a constant state of inflammation.

Sugar-sweetened beverages such as sodas, fruit juice drinks (that have extra sugar added), sports drinks, and specialty coffee beverages, often contain high fructose corn syrup, a type of sugar with a high glycemic index. A high



glycemic index means that the sugar is rapidly absorbed by the gut. A large glass of 100% fruit juice can have this effect, too. This may cause the body to produce a surge of insulin. Insulin is a hormone that allows our body's cells to either use or



store sugar. Most of the sugars we consume are stored as glycogen or converted into body fat and are not used immediately by the body as fuel. Continually ingesting excessive sugars can contribute to obesity. This could cause the body to lose its ability to produce enough insulin resulting in diabetes.

Furthermore, excess sugar in the bloodstream can interact with proteins and result in a situation that enhances inflammation of blood vessels and other body tissues. This can trigger cardiovascular disease, stroke, and degenerative brain diseases. Fried foods, meat cooked at high temperature, and more than a modest amount of dairy products can also result in even more problems.

Processed (factory-milled) grains such as white rice and unbleached or bleached flour that are used to make many kinds of pasta, cookies, crackers, pretzels, and other snack foods are stripped of fiber, vitamins, and other nutrients during manufacturing. That process leaves behind only simple carbohydrates or starches. Starches are absorbed in the gut very rapidly, just like sugars, and when consumed repeatedly, can lead to similar chronic inflammation and weight-related diseases such as diabetes, hypertension, and obesity. One hundred percent whole grain bread is more nutritious. What is called "wheat bread" is often only partly whole wheat flour and mostly bleached or unbleached flour. An additional issue with wheat is that it contains gluten which doesn't digest well for many people. Consider delicious grains that don't contain gluten such as such as brown rice, amaranth, quinoa and millet. Just simmer them in water until soft.



The good news is that we control what we eat. Use honey instead of refined sugar. Honey has been linked to improved heart health, wound healing, and is a blood antioxidant. As with anything use in moderation. Eat whole plant foods such as vegetables, whole fruit, nuts, whole grains, and legumes. These foods provide complex carbohydrates and are rich in protein, vitamins, minerals, and fiber, which nourish our brain and other organs. Plants also produce what are known as phytochemicals, which give fruits and vegetables their rainbow of colors and provide natural antioxidant and anti-inflammatory benefits. When we consume plant-based foods, we benefit from the protective effects of these natural phytochemicals. Eating foods that are organically grown and non-GMO is ideal, your health is worth it.

Vegetables, fruits, and whole grains contain fiber that slows the intestinal absorption of sugar, creating less of an insulin surge and a lower risk of developing diabetes and inflammation. Also, natural plant fiber helps us feel full faster and satisfied for longer, which prevents us from overeating. Our gut has gut microbiome that is millions of micro bacteria that live in our lower intestine. Plant fiber feeds our microbiome, and a healthy, diverse microbiome helps our immune system fight infections and some cancers — and may help our brain to influence mood and cognitive activity.

Eat plant-sourced high-quality oils such as olive oil or in moderation coconut oil. Fresh fruits and vegetables, nuts and seeds, protein-rich legumes and beans, fiber-rich whole grains, nuts, and seeds, and modest amounts of seafood (omega-3-rich fish, shrimp, scallops), lean meats (poultry, pork, or beef), and dairy products (aged cheeses,

yogurt, and low-fat milk). A little taste of wine is also OK (maximum one 6-ounce glass per day).

In summary, eating a diet primarily of whole foods is associated with improvements in function and memory, and a lower rate of cognitive decline as well as lowering risk for diabetes, stroke, obesity, heart disease, hypertension, and more. The old adage that physically “you are what you eat” - - still holds very true more than ever.

BIO: Dr. Joyce Freville earned a doctorate in Human Services with a specialization in Health Care Administration from Capella University. In addition, she earned an MBA from Webster University, a BS in Accounting from Arizona State University, and is certified in Health Care Compliance and Health Privacy Compliance. She has been in healthcare reimbursement, finance, and compliance for over 35 years. She is a retired Command Sergeant Major in the U.S. Army.

PHOTOS:

Raw Vegetables. Sven Hilker, Pikabay.

Vegs & beans Stew: Congerdesign_Pixabay



**WISDOM & REFLECTION
SERIES, Part IV
The Great 13th Century Spiritual Poet
RUMI'S INSIGHTS ON CHANGE**

By *Karen Schellinger, LPAT, LPCC*

**Learn the alchemy true human beings know.
The moment you accept what troubles you've
been given; the door will open. – Rumi**

This article is written with the compassionate understanding of the many sufferings at this writing. The practice of acceptance, in each moment, fully present to what I can do? What is possible? If acceptance is increasing the awareness of what is possible a shift in thinking may occur. What have you found possible?

**Life is a balance of
holding on and
letting go. – Rumi**

Rumi suggests a balance of holding on and letting go, what does this look like? My first thought is self-talk. This is where most of the holding occurs for many. In the mind. Do we believe this balance is a goal or maybe a lifestyle? Is it possible now to feel balanced in all aspects of being human? In my opinion it is possible each day. How then you may ask?

Rumi's suggestion is letting go. I often ask my clients what is serving them now? It may be a belief, a suffering or holding on to words spoken by another. The ebb and flow of balance is possible...we see it everywhere. The practice of letting go.

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



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

This year a Pandemic influences daily living which some refer to as a normal life. Normal is defined by what is thought to be typical or expected. Rumi may be suggesting the ebb and flow of life is absent of expectation. Change is defined as becoming different. For most the increased awareness of what may be different... or changed...increased as a result of staying home. Elevated awareness of what is important, how

adaptable we may choose to be, how compassion may present in the most unlikely way - - all the result of change.

**Be with
those who
help your
being. – Rumi**

This is one of those smaller statements that require a

closer look. At first glance it may appear as common sense? Of course, we want to be with those who help us. Rumi is telling us in my opinion it is not about doing but learning to be. To be with those who help us be. Those who appreciate our true nature - - who respect and accept us without asking us to be someone else. Those who help your being...

Yesterday is gone and its tale is told. Today new seeds are growing. – Rumi

Nature teaches us one day we need an umbrella the next day a coat to protect us (Cont. on P. 20)

ENJOYING KEEPING FIT AT HOME

Madison Campbell, Wellness Instructor

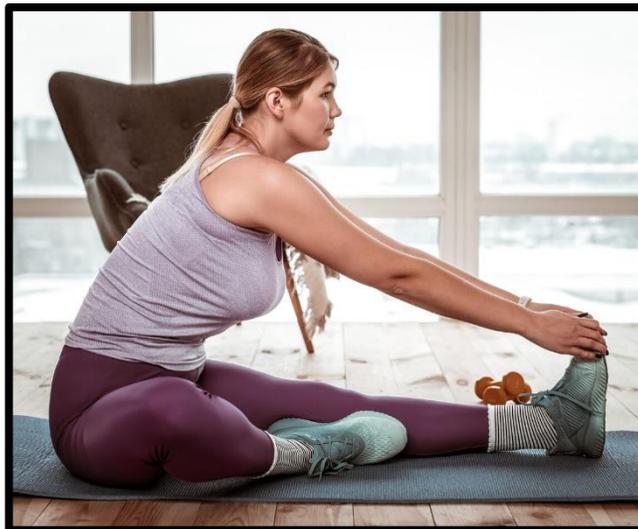
These are unusual times to be sure. Many of us are house bound to a certain extent by the coronavirus. We hopefully get outside to take walks on clear days. This can help us let go of stress with the regular rhythm of walking and with the fresher air. If there is sunshine, that can help to brighten our mood, not to mention enjoying seeing all the beautiful flowers blooming now in the warm weather. But what about rainy days? It is important to move our bodies on rainy days, too. There are also many ways to exercise indoors that can help us feel energized and to stay strong, even without going to a fitness center. Be sure to talk with your medical professional before starting any new exercises and follow their guidelines - - and listen to your body.

Stretching is one of the best things you can do inside in your home. It helps warm up your body and prepare for doing more vigorous exercises. You are less likely to pull a muscle or hurt yourself if you start with stretching. I start with stretching the upper body and then work the way down. When you are stretching you want to add the breath. Be aware of your breathing and don't hold your breath. You want to be mindful of your breath and your body working together. Breathe in as you reach or extend out and breathe out and you return to center. That is very important. Bring your shoulders up toward your ears, while your arms are just relaxed. Then totally relax your shoulders as you lower them. Bring your shoulders up and down several times very relaxed. Bring your awareness down toward your hips, knees, and ankles. When you are stretching your legs, it may be helpful to sit. One at a time stretch your legs forward, with your foot slightly off the floor.

One way to stretch and relax your torso and hips is to do the hoola hoop motion - - with or without the hoola hoop. This is fun and excellent stretching and exercise. For people with more delicate health to stretch your hips (if you don't have any hip issues such as a hip replacement or other instructions from your doctor) you can sit on a chair and gently move one hip forward with the foot on that side of your

body stepping out. Always modify any exercises as needed to be appropriate for your specific health and strength and condition.

There are indoor exercises that we can do using a chair. These can be helpful for people with limited mobility as well as people with full mobility. These are a resource for strengthening. There are several different ways. You can stand behind the chair and do deep knee bends and squats. Keep your posture as good as possible. To enhance your balance, feel your feet really connected to the floor: through your shoes feel your feet really on the floor. This is a form of grounding and you want to move your feet slightly until you feel a good center of balance there. As you lower yourself, you want to be comfortable. Feel your balance. As you rise back upward, have your feet pushing down on the floor and your hands pushing down on the chair back. strengthen your legs.



It is important to use intention and awareness as you exercise. As mentioned, think about your breath. Find some kind of movement you enjoy doing. If you don't enjoy it, you're not as likely to keep doing it. It is the repetition of moving the muscles that strengthens them. If you only do it one time and stop, it's not really going to benefit you beyond that day, you need to be regular. It is important as you exercise to relax your body.

Stay relaxed as you move.

You can use "dumbbell" weights if you have those, or you can improvise with objects that you have at home. The important thing is to use weights that are appropriate for your strength and health. An improvised weight could be a water bottle (with handle) filled with as much or as little water as is appropriate for your strength. You can hold one of these in each hand and lift them straight out in front of you, and then lower them. Breathe in as you raise your arms straight out in front of you, and breathe out as you lower your arms back down by your side. Take your time, there is no hurry. For someone with a back issue, this can be done sitting in a chair.

Stairs are excellent exercise, if a person doesn't have knee issues. Climb up and down to your heart's content. If you only have one stair somewhere(Continued on Page 23)

INSIGHTS ON CORONAVIRUS & HOMEOPATHY

Dr. Victoria Snelling, DC, DHM

I'm not writing this to replace the care of your medical professional, and you should be in contact with your primary care physician if you feel unwell. I do hope you'll find something here to empower you to protect your health and your peace of mind. Let's look at some basics, and some recommendations.

Boost your Immune System

Make sure to optimize your nutrition. Avoid tobacco and too much alcohol. Avoid sugar and sweets, as they feed infections. Increase your vegetables and fruits, preferable 3 servings of vegetables to 1 serving of fruit. Have healthy fats, enough protein, and drink plenty of water. Get out in nature to breathe fresh air. Do what you can to reduce stress. Sleep well, take naps. Exercise regularly. Keep in contact with loved ones by phone and online. Take a break from news outlets when you need to. Read, watch funny movies, be creative.



These supplements may help strengthen the immune system, particularly if started before infection: Vitamin C, Vitamin E, Vitamin A and beta carotene, Vitamin D with K2, Zinc, Selenium, Probiotics, Garlic, Tumeric or Curcumin, Echinacea, Berberine, Elderberry extract, and Mushroom extracts. Take your vitamins and minerals with your meals. You don't have to take them all.

Colloidal Silver has been used for thousands of years as an antiviral, antibiotic and antifungal. You can find this in most health food stores, pharmacies and online. Spray 2 to 3 times a day into your mouth if you've been exposed or are experiencing symptoms.

And now, for some Homeopathy!

Genus Epidemicus: When treating the many epidemics that affected Europe in the 19th century,

Dr. Victoria Snelling & Associates

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and America in the early 20th century, homeopathic doctors noticed that ill patients infected during a particular epidemic displayed similar symptoms. This is common today, too. If we can find a remedy that fits the typical symptom picture of coronavirus this would be the Genus Epidemicus, and would be beneficial at either prevention, or in lessening duration and severity of the infection. According to research by many homeopaths in India, the remedy Arsenicum Album seems most closely matched to the symptoms people have been reporting. They recommend taking one dose each week during an outbreak, and if symptoms start, take one dose twice a day as long as needed.

Be sure to reduce how often you take the remedy as you improve and discontinue when you feel nearly 100% again. The Banjeri clinics suggest Thuja 30C, taken in much the same way. Other homeopaths have other ideas. Remember, we need to fit the remedy to the totality of symptoms.

Individualized Homeopathic Treatment

If you start experiencing symptoms, of any illness, it's ideal to consult a homeopath and receive a remedy and guidance chosen specifically for you and your unique symptoms and expression of the condition.

I've included a link to Boericke's Materia Medica with Repertory. It's a great resource. I'll (Cont. on P. 24)



HEALTHY AT HOME IN MY WELLNESS HOME

By Dr. Jill Hayes

It's more important than ever that our homes are a place where we can experience wellness on a daily basis. Simple things done day in and day out can promote wellness. The environment that the body is in can promote health or dis-ease. The human body is made up of trillions of cells. Each day some of those cells die and some new cells form so that in approximately seven years you are a whole new you. Many people realize that taking supplements can help this internal environment. The external environment of the body can also influence that outcome. Creating a wellness environment for the body helps create healthy new cells.

After practicing dentistry for 8 years my body began to break down and I had aches and pains in my hands, neck and back which caused me to have poor sleep. I was introduced to alternative products distributed by a company called Nikken. I had an immediate response to a ceramic reflective magnetic wrist wrap that not only changed my wrist but led me to develop my interest in alternatives and help me establish my current wellness home. Twenty-two years later I consider myself very healthy. I take no prescription medicines, have no body pains, rarely get sick and have a lot of energy. I am still enjoying my work as a periodontal dental specialist and enjoy hiking, dancing and exercising and I give much credit to the following wellness products. These are the products that I am familiar with and use, but feel free to go online and research other similar products to find the best fit for you.



Air purification is the most immediate need since we breathe several times a minute! I use a Nikken KenkoAir Purifier because improving the indoor air quality is important to me. This unit has advanced, multiple-stage filtration and a high-



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efficiency particulate air filter that captures up to 99.97% of the particles that are as small as 0.3 microns in size in the air. It also generates negative-ions (similar to those found in natural environments such as forests and lakes), has a particle sensor and can be used on automatic or manual settings. I have a unit in my bedroom and in the living area and I also have several in my dental office which helps to remove aerosols.



Water filter: left. Air filter: right. Shower filter: in front

I enjoy clean, filtered and enhanced water for a fraction of what bottled water costs because I use the Nikken PiMag Waterfall in my kitchen at home for drinking and cooking, and at the office to use during dental procedures. It works without electricity or plumbing, and I can take it with me when I take long trips in the car. There is also a PiMag water bottle to use around town. Tap water is poured into the top of the Waterfall and goes through a series of filters that removes particulates as small as 5 microns. It also removes chlorine, lead, cysts, and bacteria greater than 99.99%. Then once the water is filtered, minerals are added to regulate the acid/alkaline (pH) balance in the range of 8.5-9.5 which is essential for maintaining health.

A typical modern diet and lifestyle can lead to excess acidity. Ordinary water from a household tap, well or bottle is also often acidic. The ionized water produced by the waterfall decreases the oxidation-reduction potential. A high ORP contributes to unwanted oxidative decomposition. Ionized PiMag water from the Waterfall can help offset the oxidizing effect (Continued on Page 21)

Finding Beauty In Nature, Sculpture, & Lovely Architecture During City Walk Amidst Pandemic

by Elsa Lichman, MSW, LICSW

Recently I've spent quite a bit of time visiting the famous Commonwealth Avenue in Boston's Back Bay, with its mall in the center stretching the whole length of the avenue. A walkway with grass, trees, and sculptures creates enchanting vistas, as folks meander along or walk dogs, maintaining a healthy distance from one another.

I was drawn to visit the area when I saw a photo in the Boston Globe of full magnolia blossoms in Back Bay. I headed over at rush hour and there were few cars. Streets were quiet; people were hunkered down; a virus rampaged. The scene got eerier, as slushy snow fell in huge clumps - - totally out of season for May 9. It tapped a loud rhythm on my umbrella, as I tried to balance deep puddles, an iPhone, and the umbrella, to capture images of wet snow on magnolia blossoms in early May.

Trees in the mall are still decorated with tiny points of light, put up in winter. This is a feast of a combination of sights and sounds in juxtaposition, that I've never experienced before. I have seen the delicate twinkle lights lining the mall trees in the dead of winter with snow all around, and magnolia blooms, heady and luscious in full spring, in glorious sunshine, but never together, as now, with the wet snow falling. These are strange yet beautiful times.

Another brighter, cooler day, I meander up the mall and admire the Boston's Women's Memorial sculpture, completed in 2003, to offset the disparity in homage to famous men vs women. This is part of the new Women's History Walk and comprises three statues of important women displayed at

ground level, accessible and personal. Phyllis Wheatley was the first African American woman to publish a book of poetry. She is at her desk, quill in hand, quotes from her writing on the stones around her. I place a white star magnolia blossom in her hand. (Editor's note: She lived 1753-1784. She was born in Africa and was brought as a child to America to be a slave. The family where she was placed realized she was a genius and taught her to read and write, and they helped her get her poetry published. She was one of best-known poets in pre-19th Century America. She was married, had three children, and then died at age 31. She went through severe challenges and yet had a brilliant admirable career in such a short lifetime.)



Abigail Adams (1744-1818) was the wife of one president, the mother of another, and well respected in her own right. Lucy Stone (1818-1893), is the third woman honored with a statue. She was an orator, abolitionist, suffragist, and the first woman in Massachusetts to earn a

college degree.

Each brownstone or brick building on the avenue is connected in a row, every one different, enriched with fanciful, unique details, and fronted by exquisite small garden spaces. Sparrows flit amongst the trees, sit atop pussy willows in a richly appointed stone urn, forage on the ground among yellow jonquils and ground cover. The trees are not in full bloom yet in Massachusetts; some are lush with tight yellow buds. When I squeeze one, chi energy flies into my fingers and travels through me. Even at this early stage, sweet perfumes waft in the air, up to open windows. It (Continued on Page 19)

IT'S REALLY FUN TO DO AND YOU FEEL VERY CREATIVE !!

Easy, Awesome, Inexpensive Way To Create A Beautiful Hardcover Book

Ann Hemdahl Owen, M.A.

Write a Book? Me? I never thought about writing a book. I'm talking about a real printed hardcover book you can keep on your coffee table and share with friends and family. A person can be an author for \$30 or less with a book that has real binding, attractive impressive cover, and endless options for creativity for each page. One copy of book can be printed or more. You can have as much description or text as you wish or just captions.

During the corona virus I created my book. It was the perfect time. I was spending more time at home and a little bored with the routine. I created my book about my trip to India where I did a pilgrimage a year ago.

You have probably almost made a book before when you downloaded photos and maybe printed them. Maybe you even added captions or made birthday cards? You probably have lots of photos stored on your phone and computer. You maybe have photos of family, friends, celebrations, pets, vacations, or selfies. Each category could be a separate book, and it is so great to have them available to look at or give as gifts.

Now is perfect timing for your book because many of the places that help you create a book, like Snapshot, Mixbooks and others are having sales - - sometimes 1/2 price. It is probably a good idea to order one book at first and see how you like it. Then if you want more copies, you can feel confident that it is just how you want it. You may get an extra discount for multiple copies ordered within a certain amount of time.

You complete your book using their templates. They have thousands of theme templates and wonderful options. There are page designs for the layout and for the number of photos on a page. There are text spaces that expand as you type, and wonderful patterns for backgrounds, or pages of different colors. Their tech support will help if you need it. You can get all the help you need. The book can include a lot of description, and even whole pages that are just printing. You can have pages that are one large photo, such as my photo of the Taj Mahal and one of an impressive elephant. You make all your selections - - then at the magic moment when you are ready, you press **PRINT!** Voila, you have



created your book! It's really fun to do and you feel very creative.

BIO: Master's Degrees in Expressive Art Therapy & in Fine Art. Full Professor of Art, 18 years. Reiki Master.

PHOTO: © Canstock /Monkeybusiness

(Continued from Page 18) **Finding Beauty in Nature, Architecture, and Sculpture.** E. Lichman

must be delicious to gaze out a window admiring the trees, imagining sitting on a veranda in Savannah.

We experience spring in a new way this year, staying close to home, away from people, terrified of the global pandemic which is moving toward Boston as the newest epicenter. We face shortages of beds and hospital equipment, as we hear that staggering numbers of people may become ill and overwhelm the system. And yet, spring is here, nature affords us our best chance at peace, excitement, intrigue, and beauty, filling all our senses with life at its best. Our thanks go out to all the everyday heroes as well, who step up to work and help and show kindness in our hour of need.

BIO: Elsa Lichman is a retired social worker who now writes for her local newspaper. Her Nature in the City column appears regularly, often discussing her adventures in viewing wildlife. She studies voice, and has sung with a multilingual chorus, and has a duo with vocals and guitar which performs for local nursing home residents. Contact her at: elsalichman@comcast.net

PHOTO by E, Lichman. Statue of Phyllis Wheatley.

(Continued from Page 14). RUMI'S INSIGHTS, by Karen Schellinger.

from the wind. The seasons change year after year presenting a wonderland of color, texture and shapes. Nature shows us the birds continue to sing and deer continue to graze. Nature is healing to our souls as we are helping heal our planet in this short time. Are these the changes Rumi talks of? I close with RUMI...many Blessings...



Be like the sun for grace and mercy. Be like the night to cover others' faults. Be like running water for generosity. Be like death for rage and anger. Be like the Earth for modesty. Appear as you are. Be as you appear. -Rumi

BIO: Karen Schellinger is in Private Practice, accepting adults only. Karen is licensed as an Art Therapist and a Clinical Counselor. Her approach is non-judgmental and compassionate while practicing awareness of present moment. Karen provides her clients with real life practices to transmute suffering. Karen is a Veteran, Author & Fiber Artist. Contact: Schellingerkaren@gmail.com,

DO YOU REALLY KNOW HOW WONDERFUL YOU ARE? Joyce C. Gerrish, M.A.

Do you really know who you are? Do you really know how wise you are? Do you really appreciate how kind and loving you are, and how greatly many people need that? Do you really realize what a wonderful listener you are, and how desperately some people need to be listened to? You are a fantastic person with very special gifts. You were born with soul gifts that are yours to share with your loved ones and other people in your life. You are greatly needed; you are being called by the Universe to help wake up the slumbering souls.

Who are the slumbering souls? They are the people who do all they can to drown and numb their awareness through distractions and substances. Distractions are whatever one allows to hold down one's awareness from clarity of purpose and hope for the highest good. We've probably all done it sometimes, and then we may realize that we feel numb inside, less alive than usual. We may eat more than we are really hungry for - - or eat or drink substances we know aren't good for us and leave us feeling groggy. Maybe we watch T.V. excessively or do something else that is meaningless to us. There may be times when we sleep more than we need.

The important thing is to believe in our self and know that our consciousness has vast amazing potential. We are not just a physical body, as magnificent as our physical body is. We are each a divinely created soul in our physical body temple. We are here on Planet Earth to help lift what is going on here into a higher octave into greater harmony and oneness.

What is it that we can or should do in order to help create greater harmony and peace? One key is to do that which helps us keep our consciousness in a place of peaceful joyful thankfulness. What helps you feel really clear and fully alive. Maybe it is planting an organic garden and feeling in harmony with the land, maybe it is walking in nature and breathing in the fresh air. Maybe it is doing a job with devotion for the people it is helping and that warms your heart and gives meaning to your day. Maybe it is paying attention to your dreams and finding inspiration and understanding and healing therein. Maybe it is telephoning or sending kind loving emails or texts to people you care about and love - - encouraging one another onward. Find something that truly gives you meaning and share it.

May we keep opening up and peeling the layers of the onion to reveal ever more fully the glorious shining truth of our being - - that we are each a divinely created soul living in our body temple. We each have a purpose in our heart of why we came here on Earth. Maybe we've been walking our path for a long time, but may we know that it is still revealing itself to us day by day. We are one. We are not alone. We are all here on earth together to create something beautiful. Yes, it is possible, and each of us is needed, each in our own way.

(Continued from P.10) David Erdley,
VEGETABLE GARDENING

lots of other harmless herbal pesticides available, too. Read the labels. We do not use commercial chemical pesticides and things like that. In the early morning before the dew has lifted, you can just pick off the beetles from the cabbages and cauliflower. Beetles like sugar water and beer so you can put a little container of those out to attract the beetles and they can drown happy. There are white flies and other insects and critters that are around to a certain extent, too, but it can all work out.

Getting out in the fresh air and being in the sun while gardening is enjoyable. It is good to be close to nature. I grew up in western Pennsylvania on a farm and gardening gives me a connection to my youth. My grandmother was a great gardener. My mother and the whole family canned. We grew acres of potatoes and corn and many vegetables. We ate well. I freeze and can vegetables, and still have plenty left over to give to neighbors and friends. I've been enjoying gardening my whole life. All year around I enjoy being able to eat something I grew in my garden.

EDITOR'S NOTE: For Louisville, KY call Jefferson County Extension at 502- 569-2344 (Donna Browne), if interested in a garden plot. David Erdley's Community Garden is full, but he feels there are probably plots available in other Community Gardens in Louisville. In another city, call local government offices. Consider if you have a neighbor who has a sunny area in the backyard and would be happy for you to garden there & share part of the vegetables grown.
PHOTO: David Erdley busy gardening.

(Continued from P. 17) **HEALTHY AT HOME IN MY WELLNESS HOME, by Dr. Jill Hayes**

of many elements of the modern diet and environment. This can actually help slow down cellular destruction.

Commercially bottled water is not only expensive, but the quality or level of contamination can also vary depending on where or when it was bottled. The PiMag Waterfall provides consistent quality and is environmentally responsible since it's use reduces the number of discarded and disposable plastic water bottles that become trash in landfills. This also decreases the consumption of fossil fuels used in manufacturing those bottles. PiMag products are made with recyclable and biodegradable materials, including a polymer that does not leach chemicals into the water as some plastics will. I use the Nikken PiMag Microjet Shower system that reduces my chlorine exposure and gives me quality water to shower in and makes my skin feel great.

I use Nikken sleep products. They feature a mattress topper, pillow, sleep mask, pillowcase and comforter with sunlight technology. The sleep pad is made from natural materials and is hypoallergenic, resistant to microbial growth and dust mites. It holds its firmness giving support, wicks away moisture, and controls temperature. This sleep cocoon helps me relax and fall asleep in just minutes and get into my deep sleep stage for a restful restorative night of sleep which is essential for a healthy immune system. In the next article I will continue to share more about my wellness home. If you are interested in learning more about Nikken products visit www.nikken.com/na/jillhayes or contact me.

BIO: Dr. Jill Hayes has a Naturopath Degree from Clayton College of Natural Health. She has been an advocate and distributor of infrared and other natural products since 1998. Dr. Hayes has been using the infrared Periolase and performing LANAP/LAR since 2010 and is also a certified instructor for the Institute for Advanced Laser Dentistry. She received her Dental Degree from the University of Louisville, and her Periodontal Specialty from the University of Kentucky. She currently works through Periodontal Care Center at 3409 Stony Spring Circle in Louisville, KY 40220. Email: j.hayes3409@gmail.com , Phone 502-499-6171.

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'GO INTO GRATITUDE' AS AN ANTIDOTE TO ANXIETY

By Leah Bomar, B.A., Life Coach

Even before a global pandemic, a crisis of fear gripped the hearts and minds of many. Sometimes, without even realizing it, we slip into a habit of worrying about the future, complaining about the present, or focusing our attention on past events which previously brought us pain. Negative thoughts only attract more problems and keep us stuck in a lower vibration of fear. Before we know it, our brain is spinning out of control triggering physical responses in our body and we are responding emotionally to intense feelings of anxiety. Gratitude can interrupt anxiety. By shifting your thoughts and focus to all that is OK in the present moment, you can use gratitude to attract even more experiences into your life to be grateful for

“Gratitude and anxiety cannot exist at the same time. Try it! Next time you feel yourself excessively worrying or feeling anxious, recognize, “Oh, I am doing it again” - - then stop and breathe. Focus in your heart and begin listing what you are grateful for in that very second. Gratitude is an energy of the present that in turn creates a future based out of love and appreciation versus fear or worry. Gratitude is confirmation of the present moment, a snapshot of what you currently possess, and what you are desiring to bring more of into your life. It's a call to the universe of “More please!” It's a contract. It's an acceptance of all the good the world has to offer and an agreement to focus on the appreciation of the space that is now. Gratitude is an allowance of love and goodness to flow into you. Gratitude is accepting you are worthy and deserving of every breath.





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Gratitude is a simultaneous confirmation of all the blessings bestowed and a promise to accept more. It is an invocation for Divine Grace. It is a willingness to say YES to life, love, yourself, God. Gratitude is not just a thank you, It's a willingness to accept life as is. A surrendering. Gratitude is a deep receiving of love and acceptance. An ebb and flow of oceanic proportions. Give and take.

When you are experiencing feelings of anxiousness, you are most likely caught in a fearful pattern of thinking, focusing on some future disaster scenario that may or may not happen. Or trapped in the past. But you are not your thoughts. The anxious thoughts you are observing are just waves that come and go, like all emotions and feelings. You are greater than any emotion because feelings are only temporary. You are not the wave; you are the ocean.

To break the cycle of fear or feeling inadequate, undeserving, not enough... you can go into gratitude. For free, at any time, as many times a day as you can. When you are angry, annoyed, scared or frustrated with a situation, especially during these times, begin training your brain to flip the switch to gratitude. Instead of focusing on all that is wrong with the (Cont. on Page 23)



(Continued from Page 15) **Keeping Fit. At Home**, by Madison Campbell

in your home, you can step up and down with that one stair for a while. Stairs are really good for aerobic exercise to increase blood and lymph circulation in your body and enhance your oxygen levels through deeper breathing that gets activated with aerobic exercise. That gets your heart rate up. Running in place can also provide you aerobic exercise and get your heart rate up. If you do something aerobic like stair climbing or running in place, don't stop suddenly. You need to go through a "cool down" period of gradually slowing down, so your heart and whole body can adjust gradually.



When I finish a routine, I usually do a cool down. Then I do a period of relaxation. Lay down if convenient or sit down. Sense your whole body relaxing. Scan your body from head to toes to sense if all parts of your body are relaxed. Visualize a ball of light above your head. Then imagine the ball of light expanding until it surrounds your whole body. Breath the light into your whole body. This helps calm the mind, body, and spirit - - helps you experience your mind and body and spirit as one. Once again practice your mindful breathing.

If you haven't been exercising for a while, and you are just starting out again, ten minutes might be enough - - and then work your way up to longer periods of time. For people who are used to exercising, start with an amount of time that is comfortable to you. The important thing is to be regular, such as every other day. Enjoy your exercising and how good it helps you feel.

PHOTO: Page 15 © Canstock Photo, jacobchuk

NOTE: As always, consult your Primary Health Care Provider before starting a new exercise program.

(Continued from Page 22) **Go Into Gratitude As An Antidote To Anxiety**, by Leah Bomar

present moment, start paying attention to what is 'right'. You can learn to block negative feelings and emotions by replacing them with gratitude, love, and a simple acceptance of the current facts. This is how you change your mood and entire life."

This article is an excerpt from the chapter on how 'going into gratitude' can become an antidote to anxiety from my upcoming book "GlitterBomb: A Journey to Self-Love".

BIO: Leah Bomar is an author, speaker and certified Life Coach specializing in Therapeutic Art. She graduated from University of Louisville with a degree in English and Teaching Elementary Art. She worked as a substitute teacher for JCPS. As a Super Mom of three children, she started a local Creative Co-op for Homeschoolers and taught middle school & electives at a local cottage program. Through her #GlitterBombRetreats, workshops, and Dream Board parties, she connects people who are ready to rediscover their own dreams and purpose while learning new techniques to turn overwhelm and everyday stressors into sources of JOY. To pre-order your copy of "GlitterBomb: A Journey to Self-Love" visit LeahBomar.com.

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(Continued from Page 16) Victoria Snelling,
INSIGHTS ON CORONAVIRUS AND
HOMEOPATHY

also include a link to Dr. Tim Dooley's book "Homeopathy: Beyond Flat Earth Medicine." My office is available for the purchase of homeopathic remedies, nutritional supplements and some herbal remedies. I can also email you a link to Wellevate, an online source of best quality remedies, herbs and supplements, offered at a discount. Phone my office if you'd like more information. I am also available for phone, Skype or Zoom consultations in Homeopathy, CEASE, Homeopathic Detox Therapy and Functional Medicine

.BIO: Dr. Victoria Snelling has a varied practice in homeopathy, functional medicine, chiropractic, nutritional genetics and CEASE detox therapy. She has been in practice in Louisville since 1988. Dr. Snelling leads the monthly Kent Society Homeopathy Study Group (you're invited!) and offers a quarterly schedule of one-day classes on natural health topics. She can be reached: 502-426-2033, or www.DrSnelling.com.

Boericke's Materia Medica with Repertory:

<http://www.homeoint.org/books/boericmm/>

Dr. Tim Dooley's book: <http://www.drdooley.net/Book.pdf>

National Center for Homeopathy:

<https://www.homeopathycenter.org/>

Editor's Note: As always, before making changes in your healthcare and supplements, be sure to check with your Primary Care Health Provider.

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