

Natural Living Journal

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

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Manifesting a Shared Reality

Peace Amidst Sadness

Creating a Sacred Space for Fun, Creativity & Peace in Your Home

Protecting Our Health Amidst Corona & Flu

Healing Today's Challenges with Divine Love

How to Build & Maintain Your Tribe

Environmental Protection: Water

Amazing Tales of Fall Migration

Self-Care: Rumi's Wisdom

At The End of The Day

Be Prepared in Case of an Emergency

Covid 19 – A Catalyst

Living Lightly on Planet Earth

Image: We Can Lift Up on Wings of Renewal. by Parker West, Pixabay

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SINGING THE SONG OF LIFE

IN HARMONY

Anonymous

Eyes meeting across the space between.
Understanding being stretched.
Minds learning to listen to each other.
Taking time to feel the heart call
For equality and justice for all.
Eyes shedding ancient tears
“Hear my cry, hear my cry” echoes through
the streets.
Please don’t be afraid of me because I’m a
little different.
Black, white, brown, and all the rainbow
shades between.
We’re all the same inside.
Our blood flows red in our veins,
Let’s not shed it.
Our hearts beat to the same rhythm.
We breathe the same air.
And we feel pain in the same way.
Ancestry tests reveal our DNA intermingles.
Our souls reincarnate from race to race.
Most souls have experienced black & white.
Let’s not hurt each other anymore
Through lack of compassion.
What may seem to be “otherness.”
That’s just an illusion. We’re all much better off
Coming together to sing the “Song of Life”
In harmony as one united Humanity.





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Creating a Sacred Space for Fun, Creativity & Peace in Your Home

Enjoy these Ideas with Children, Teens, & Adults ! By Leah Bomar, Life Coach

Your personal space is a sanctuary for peace. With people spending so much additional time at home during the pandemic, there are many creative ways to cultivate an atmosphere of comfort and fun within the walls of your bedroom, apartment, or house. Parents under increased pressure and stress working and/or schooling from home may be experiencing burnout or overwhelm. Hopefully this second article in the two-part series on how to turn your surroundings into a powerhouse of positivity will spark some ideas on intentionally creating an environment filled with even more love and calming vibes.

One of the first things our family of five (including three pre-teens) did during lockdown was generate some excitement and activities everyone could look forward to. During abnormal or intense times in the world when schedules have been interrupted and 'normal' modes of entertainment, celebration, or 'blowing off steam' are not available, it's more important than ever to find something fun and positive to focus on.

We started a rotating schedule where each family member planned a 'party' or meal. Have each person pick a theme for the dinner down to the menu, time/location in the house, dress code, decorations, and music to set the atmosphere. By allowing each child to be in control of their own event, we got to see individuality expressed in how they created their invitations and it also taught lessons in etiquette and party planning - - like how to behave in different scenarios, and customs like bringing a gift to the host when invited to a party. This gave everyone something to look forward to and initiated a buzz of excitement in anticipation for each other's event.

Some examples of our in-home parties were: Spaghetti Night served in the living room by candlelight, Campfire Cookout with dogs and S'mores outside, a Pancake Bunny Brunch, Tea Time with little sandwiches and everyone dressed in fancy clothes with hats and using the 'good' china, and a Family Video Game Night in the basement with snacks and appetizers. You can do this with your roommates, children, or even online via Zoom or FaceTime with friend groups, extended family members, or co-workers who physically haven't been together in months.

An idea for creating a calm and soothing space is to designate a certain area as a 'Comfy Corner' by gathering some blankets, pillows, and even stuffed animals for kids to create a soothing, low light, no stimulant 'Relaxation Zone' free from electronics. This is a perfect area for the whole family to stop by throughout the day for reflection, meditation, journaling, or coloring. A third idea is to hook up an old radio or record player somewhere designated as a little dance floor to encourage indoor body movement. You would be surprised how little space is needed to have fun & move your body!



Would you like to:

- Stress Less
- Create joy amid overwhelm
- Disrupt cycles of self-sabotage
- Overcome anxiety & fear

Join the journey to self-love by learning to choose peace & love over fear & worry.

Feel better... starting now!

LeahBomar.com

Don't forget to give some love and attention to the outside of your house. Much can be done to the entryway of your home which is where all the energy from the outside world flows in. Even if you don't have a yard or many landscape options, a simple sign can be hung as a warm welcome or a fresh painting of your door can signify a change in your life. Here's a special idea - - create an indoor or outdoor Fairy Garden! Let your children choose a plant to become responsible for the watering and care. Anyone in the family or group can place little decorations in the garden like rocks or acorns or shells. Turn basements or large unused areas like a garage or storage space into a dedicated 'Fun Zone' to skate, build things, deconstruct large items, design obstacle courses, execute science experiments or explore the imagination.



Start a 'Creation Station' for kids and adults where creative items like crayons, markers, stickers, magazines, and scrap paper are placed so people can make mini dream boards, write affirmations or simply scribble to express themselves. Pull out all the paints for a week or two so all the necessary craft items are easily accessible and ready to go! Next set up a table for puzzles, then turn it into a board game area and hold a gaming tournament for the weekend. On a fairly warm autumn day, set up a craft table outside in the sunshine to paint rocks or any other potentially

messy projects. If students are doing nontraditional Instruction or homeschooling, switch up the routine and spend time outside. Take a family walk with your dog.

For children, gather the old toys like Legos or Barbies that your kids haven't touched in years, give them another whirl, then donate or pass along to others who can enjoy them or properly store the items somewhere for the next fun time! By using the resources at your disposal and adding in a little creativity and intention, peace and joy can easily be infused into your hearts and home.

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, teaching elementary art and working 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. More info at LeahBomar.com or email AuthorLeahBomar@gmail.com

PHOTO: Leah and Her Family Enjoying a Tea Party



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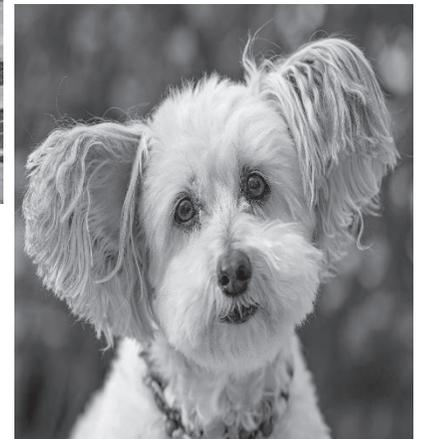
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PAUSE FOR A GENTLE SMILE.**



AT THE END OF THE DAY

by **Cheketa Tinsley, RM**

The year 2020 has proven to be one of, if not, the most challenging - yet rewarding times we have ever experienced collectively. Its force was ushered in so strongly that sensitives and intuitives could sense its precipice as early as the beginning of last year. Its energy and force remind us that we prayed for its presence in our lives - - and encourages us to move forward and walk boldly into our purposes.

Each of us have imagined or fantasized about what that major change (for the better) in our lives would look and feel like, only to be reminded that simply being in agreement with our highest purpose is our only work. The how's and when's are up to The Universe, and so we must be mindful of not interfering with its processes. Agreement is a form of non-resistance. When we are in agreement with our highest purpose, we enter a divine flow. In this flow there is no more struggling, hoping, nor wishing. It's akin to a lazy river, its current gently carrying us swiftly and safely to our next destinations.

This energy is so intelligent that it knows and goes exactly where it is needed. Whether by subtle nudges or a boot to our bottoms, it has been persistent in moving us out of our comfort zones and into that which our individual experiences have been guiding us to all along. For far too long, fear (False Evidence Appearing Real) has kept us complacent and compliant. Many of us now feel the support from The Universe to dissolve outdated relationships, careers, and that which no longer serves nor nurtures us. Marriages, friendships, jobs, and careers ~~will~~ be razed to pave the way for new foundations and opportunities.

Deep inside each of us are the tools that we need to make this process as painless as possible. Some of my favorites are:

- The Art of Non-resistance - Non-resistance is about trusting that all is or will be well. It's about believing that your needs will be met and resisting urges to "help" or interfere when the process or outcome(s) don't exactly match how you'd envisioned them. By practicing The Art of Non-resistance, a divine flow is entered.

- Daily Meditation - No matter what one's religious or spiritual beliefs are, we are collectively knowledgeable and aware that prayer is talking to your Higher Power. But most people don't practice or have an understanding of the power of meditation. If prayer is talking to The Most High, then meditation is listening. How effective is prayer, then, if you can't receive nor perceive messages from your Higher Power? There are many forms of meditation. Group guided meditations are a great place for newbies and skeptics to begin. Chanting and the use of mudras are wonderful for the more experienced practitioners.



- Yoga - Whether folks are practicing with a class or at home, yoga is an incredibly intimate union between practitioners and their Higher Power. Some physical benefits of yoga are: increased flexibility, circulation, muscle tone and strength, as well as, improved respiration, energy, and vitality.

- Organic Natural Diet - When we consume meat, we consume the traumas that animals experience when they are slaughtered for our consumption. In the pursuit of a world free of suffering, the slaughtering and killing of animals is absolutely counterproductive. In addition to the negative karma that consuming meat brings, a slew of health issues is also inevitable.

- Understanding - Understanding is not synonymous with agreeing. Understanding, in a nutshell, is simply removing emotions from the equation and truly imagining what it would be like to walk in another's shoes. It doesn't mean that you agree with someone's choices or actions, but instead that you can understand why they made them.

These are only some of many tools that are embedded deep inside of us awaiting our access to use to create a better world for all sentient beings. Because at the end of the day, we need and desire the same thing - - to love

and be loved. Let it be so and so it is. Light and Blessings,



BIO: Cheketa Tinsley is a Reiki Master, healer, author, entrepreneur, and metaphysicist. With child and family advocacy at her core, Cheketa was honored at the fourth annual Saturday Academy Sistah Summit hosted by the University of Louisville's College of Arts and Sciences for her work to inspire black women and children. When she's not writing, Cheketa is a Life Purpose Coach and uses unconventional sciences such as astrology and numerology as references and guides. She has two shape-shifting daughters, five magical grandsons and one mind-bending granddaughter. She resides in Louisville, Kentucky with her energy wielding husband and two wild beasts. Contact: thehealersmarket@gmail.com.



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Let's help lift our communities together! We can do it! The purpose and goal of Natural Living Journal is to help people enhance their highest good physically, emotionally, mentally, and spiritually - - and to live in harmony with beloved Planet Earth. May the rapid change around us evolve to greater peace and well-being for all.

(photo below by FIne of Pixabay)

See Page 2 of this journal for Mission Statement and other information. Each article needs to be accompanied by a Business Card (\$43) or Donation to help cover the cost of printing the journal. All proceeds go to the printing. Email to the Publisher-Editor for more information. See contact information on Page 2. Each article needs to stay on one page, about 800 words. Subjects of particular interest right now include: Natural Health Care, Holistic Nurse Guidance, Organic Gardening & Lawn Care, Holistic Pet Care, Wisdom to Help Inspire and Guide Children & Teens, Creativity in its many forms to Inspire us all. ADS can be about any business or service that is helpful to people's health & ongoing practical life.



MANIFESTING A SHARED REALITY, **Six Steps to Manifestion**

by Rev. Valerie Mansfield

Rejoicing is a big part of manifesting our reality, our shared reality - - because we do want to rejoice. We want to live that life of bliss. That's what we're all seeking, the truth is we already have it. We just haven't maybe consciously seen it arrive yet. So, what are we manifesting?

There is so much strife in the outward world. What is our role there? Do we have a role as individuals or as a community in that outer perception of strife? When I started this article, I looked up the metaphysics of manifestation. Manifestation is the coming forth of that which we have affirmed. When we are manifesting and creating something, we are actually affirming it and we affirm it to be good. It's that appearance of the idea in the mind. Once we set on what it is we want projected, we affirm it as if it already is. It has been created.

Then reality is the eternal unchangeable. That is interesting. So how are you manifesting a shared reality when the reality is really unchangeable? We have to remember the truth here that it's in our thoughts and the error of our collective thinking that has created the strife that has created lack consciousness that has created and manifested injustice in our world. (That is true for all of us collectively, yet we need to each start with ourselves.) That's what we have to change. The reality is that it is the good, it is that which we have already found and yet that we forgot. It's the principles of music and math. They're unchangeable. The discord comes in when we play it incorrectly, or when we think and solve the problem incorrectly, that's when the disharmony appears, and that's what we're living in right now. Disharmony - - I like that word. I like it because it's gentle, and we know that it's harmony out of balance. Our reality now is to get back into balance and how do we do that?

How do we do it when we're faced with the pandemic, racial injustice, and fear all at once - - when life as we knew it has changed forever? We know that even though it doesn't feel good, there is good in it. Even though we can't be here together and hug each other, we know that we are still united as one, even though we're in the sixth month of a pandemic, how do we take that action to transform our lives? If we go to the Bible, we're told that there are six steps to creation for manifestation.

If we use that as a guide, we really can balance and harmonize - - and manifest anything we choose. We start with the light. What are we talking about? Regarding light, we're talking about that intelligent awareness. We are very much aware of the challenges and the strife and the situations going on, and we have to be willing to change that.

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Are we willing to change? That's the first question we have to ask. If we're not ready and willing right now to change the outward circumstances that are our own personal life, then we need to stop and don't go any further until we're willing and ready. That is because it's a lot easier to change when we are ready.

I think that's why we're facing what we're facing. The virus and the pandemic gave us an energetic shift to be apart. What do we do when we go to meditation or we go within? We have to go apart from the outer world, we have to go within ourselves. That's what the virus

has done for us. Hence, see the good in it. I know it's not easy because we have been separated, and we continue to be separated - - but may we use the time we've been given wisely. May we go within. We know that when we bring forth the manifestation, we do it from that point of abundance, that abundance supply. In the Bible it says, let there be light. Let there be understanding.

We have to have a clear perception of the principle, and we have to believe that there is no lack in this world. We have to believe that the source will provide us with all of the answers, all the steps to move us forward. All the resources are available for us as individuals and collectively as humanity. The one universal eternal substance is there for us. Once we acknowledge that, and we believe that

it is so, we're coming back to belief again. We are coming back to a belief that we live in an abundant world and that the source is always there. We have to tap into it. We have to use it wisely.

We have to go within to that spiritual quality of light of wisdom when we're ready. We need to wait until we are ready because we can't go forward until we get that one - - until we know that God is a source and that there is a universal source for all good. When we get that first step, we can move to the second step which is faith. Faith brings us to the firmament dividing of the true from the apparent. What we see may not be the Truth. It may be in the illusion of reality. We stand in our faith. We affirm that which we want created in our life, in our mind, and in the world.

That's what we're talking about with faith. We have to affirm the vision that we see. We have to know that through that source and with faith, it is already done. It is manifested. If our vision is world peace, we have to affirm it with every breath. We have to see it everywhere we go. See the good even in the challenge because



there is good. Just like with the virus, the good is we get to go within and be separated from the outer world in a way that we haven't been before. Very few people living on this planet were alive in the last pandemic.

I kind of see it as the universe correcting itself. The third step is imagination, and I think that we all know and understand to some extent what it is to imagine. Do we really understand that with the principle of imagination we are forming the substance of our mind into the tangible world? Whatever thoughts we have are what are being created. We're in charge of our own individual lives. Collectively we're in charge of humanity. That's kind of scary. It's a big responsibility when you think about it. You have the power to form tangible effects in the world when you imagine. That's a big responsibility.

Now, one thing I want to make clear is that when we're imagining it - - and when we're creating it, it is not done yet. There's still work to be done. We have to be open to the flow from the source. We have to be open to other ideas that may correspond with ours to strengthen our vision, our creation. This is because where two or more are; gathered there is power. That is the truth in our visioning. It's not one person or one mind that creates and imagines for humanity. It is each and every one of us collectively. Whether you're doing it for yourself, for your family, for the city, or for the state - - as the leaders come together for the strategic planning, it's with your input individually. What is it that you see the community being? It is changed forever.

I don't know what it's going to look like two years from now or three years from now. What is your vision image for your family in world of 2024? For our city? It takes all of our faculties and our spiritual capacities to take that image and bring it into life. But we don't stop at that point. We keep moving. We keep moving into the light, which is the next step. There are two great lights. What does that mean? The sun and the moon - - and day and night. What is all that in this process of manifestation? Well, the sun represents the spiritual, the understanding of who we are and our place in this world and within humanity. The moon is the lesser sun of the night which represents our will and understanding. When we understand it, then we have the will to see it through. We move into and through it. We execute it.

The next step is the fifth step. The ideas of discrimination and judgment are developed which are the life in the mind. When we're individually balanced in our mind and our body, there's this equalizing force that flows into consciousness. That's when harmony really begins to develop in the process. That's where balance really starts to come in. It's that mental evaluation of our sense of perception and the spiritual understanding. It's the use of our right judgment - - our ability to discern, evaluate, and make decisions.

Then we get to look at what are the possibilities. What happens in our life when we see a vision and we think, "okay, now here's the next step?" Here's the next part of that vision. For example, let's consider the social injustice that we're faced with in America right now, and the racial injustice. We see it as it is and yet we have a greater understanding that with changes in education, policies and in the way that we interact with each other as love - - we have an opportunity to move through and come up with new ideas, new ways of being with each other, new ways of governing, and new ways of educating.

We need all of that. It's not just in one area in our world that we are out of balance. Our earth is out of balance. Our climate is out of balance. There are lots of areas that are out of balance. We have to look at it and begin to bring them into balance for change. And with that comes the sixth step. We bring them into balance with wisdom and love instead of hatred and fear. When we come together in the balance of wisdom and love we have an increase of universal energy of spirit - - and that's where our decisions have to come from for the greater good of all. We have to be unified in our individual consciousness and then unified in our humanity consciousness for the greater good of all. In oneness there is not us or them, his or hers. There's oneness of unity.

The last step is the Sabbath. It is that time when we continue to affirm yet we know that everything is already manifested in consciousness. Now we can rest in the assurance that what we have imagined is already done and is manifested in reality. We take this mental rest right here, so that we can meet and maintain our creative flow, because it's never done. There's always an improvement to be made. Our mind will create another error of thinking because that's the way our ego works with us. And if we are aware of that and we take seriously this resting period, then we know that when we are out of balance we can come back into balance because we have that creative energy to do it all over again. Be still and know. As we come together for the greater good, we must look at our differences and let them go.

We really have to find common ground and create a finer civilization for all of humanity to live in oneness. We have the power and the knowledge to create a new rule of life. It starts with us, flows into our families and our friends, to the community, to our city, to our country, to the world. That's the ripple effect when we manifest a shared reality. We have a voice, we have new ideas, so we speak our truth. We allow ourselves and our communities to live in harmony. Let us move forward to transform ourselves and the world through love.

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. She 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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**DEEP APPRECIATION TO UNITY OF LOUISVILLE
FOR GENEROUSLY PRINTING 200 JOURNALS
FOR THE NATURAL LIVING JOURNAL.**

HONORING OUR PHYSICAL BODY IN THE MIDST OF THE CORONA VIRUS & FLU

Joyce C. Gerrish, M.A.

People who are healthier are thriving better through this Corona Virus pandemic than those of weaker constitution. As we have heard many times, people with preexisting health issues are more vulnerable to contracting this virus, and that younger people are more resistant to contracting it. To a significant degree, it is a matter of the strength of the immune system to resist the virus. We must live a truly healthy lifestyle. We hear that we need to eat really healthy food and drink healthy beverages. Does that seem boring? Many people somehow don't really connect what they put into their body with how they are actually going to feel - - there is a disconnect on that in many people's minds. But that connection is REAL and truly needs to be deeply understood, acknowledged, and acted on in order to thrive now and into the future.

Some people's bodies can withstand more careless health and nutritional habits for longer than other people's bodies. Those people with cast iron digestive systems seem to mislead the vast majority of people who have bodies that respond more normally. TO THRIVE AND STAY HEALTHY FOR A LIFETIME, WE NEED TO BEHAVE AND LIVE IN HARMONY WITH THE NATURAL NEEDS OF OUR BODY. THIS IS A VERY MAJOR KEY TO WELLNESS.

Think of your body as a country. Every cell in the body could be compared to a person in the country. Each organ or body system is like a major city in the country. You are the benign ruler and overseer of this great county of your physical body. That is an immense responsibility to provide for the welfare of all these cell citizens that trust you explicitly to provide for them. This is an awesome responsibility and trust. Each cell is extremely complex in its abilities and responsibilities to the whole body. Just like a city, the cell citizens in all of these organs and body systems and muscles need to be provided what they need - - not something else because it amused the taste buds at that moment. Habit and addiction play a major role here and complicate our taking good care of our "bodily kingdom." Also pulling us away from good care of our bodily kingdom is often the influence and distraction of people around us who may encourage us to eat or drink things that aren't good for us.

Our lymph system is an important key to our health. As you may know, there are lymph vessels all over our body. To some extent



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this is similar to our blood vessels moving blood all around the body bringing nutrients to all the cells. A part of what the lymph system does is to help move out waste products from the cells. A crucial fact to understand about the lymph system is that unlike the cardiovascular system it does not have anything to pump the lymph fluid through the lymph vessels and around the body. It is exercise and muscle contractions that help move the lymph through the lymph vessels so that waste products can be moved out of the body. That is one of the very valuable gifts of exercise - - to help us keep our lymph moving through our lymph vessels.

If you should feel a tightness or a heaviness behind your knees, at the inside top of your legs where they join your abdomen, in your underarms, or on the sides of your neck - - that may be your lymph glands congested. You may want to drink some extra water. That can also be a clue to take a walk to help the lymph move through the lymph glands more actively. Then perhaps take a rest. Then you might feel somewhat better.

Our emotions can distract us from taking good care of our body. There is so very much going on in the world today that can be emotionally upsetting. That is true. There are many reasons that it is very important to keep our emotions as steady as possible. Yet, how is it possible to stay peaceful in today's complex world? To some extent it is a matter of choice. Be your own best friend and give yourself loving care. At any time, you can focus in your breath and give full attention to your breath flowing in and out. Sense how calming that is. Then focus in the center of your chest in what is called the "Heart Center" and think about something you are grateful for. There is always something that we can be grateful for - - the food we eat, our home, our friends. Stretch your body and walk at least a little to help release some tension. Give yourself some way to help express some of your feelings. It might be journal writing, some type of creative activity like painting or any craft or knitting. It will likely feel like a relief. Call a friend and share some of your feelings. The important things is to not keep it bottled up inside.



Meditation helps lift our consciousness up to feeling more hopeful and inspired and mellow. It allows our nervous system to calm down, which most everyone is needing these days. As we all know, there is great uncertainty in our country and in the world. Meditation can help us not get pulled down into the mass lower mind of humanity. Meditation can help us see a hopeful path forward for ourself, our loved ones, our city, and our country. We can draw on our higher consciousness and feel our oneness with God. This can help sustain us when life may feel challenging.



As you lift your consciousness and relax, feel yourself letting any trauma drain out of your body. Just let it go. Your body can function more normally without the stress. All your body systems can begin to normalize and harmonize. That gives your body a chance for better health, for feeling more energetic, and having stronger immunity.

Please take a moment to touch a pulse point on your body such as the inner side of your wrist or the side of your neck. Just quietly feel how steadily and lovingly your body is taking good care of you twenty four hours a day. I feel so very grateful to my body when I do that. Really I feel very grateful to my body all the time. Our body is a sacred gift we are given at birth in which to enjoy our lifetime on planet earth. A huge condition that comes with that gift is to take good care of our body. May we use wisdom and learn to understand

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what truly sustains our body feeling vibrant - - and what on the other hand sooner or later degrades and drags down our wonderful body temple. This is a lifetime adventure to stay alert and pay attention to what supports our body and what numbs it out and weakens it.

In order to be less vulnerable to the Corona Virus and the flu this autumn, we need to live a healthy natural lifestyle and thereby strengthen our immunity. This also includes exercise, lowering stress, and good regular sleep. A strong immune system is not an accident, it is a choice. Though genetics certainly play a role - - to a large extent, health is a choice! Let's give ourselves a better chance to avoid getting the Corona Virus or the flu. Also, let's follow the CDC guidelines for staying safe from Corona. We can do it, and help create a healthy "new normal."

ZOOM CLASSES: JOIN MY TRANSFORMATIONAL HEALING MEDITATIONS on Zoom. Sundays for 40 min., 7:30 pm on a drop-in basis, Donation. (Call me to be included and receive the link.) It includes peaceful chanting to help clear and activate energy centers, receive remote energy healing and healing instruction, accessing higher consciousness, next step Soul Purpose - - sharing feelings and insights afterwards. Remember you can listen free to my guided meditations and peaceful soul songs on my website. Wishing you much peace, joy, blessings, and radiant health. Other ZOOM CLASSES will be forming shortly on other days of week on various holistic, Spiritual, and Natural Healing subjects. Check on Website Events page.

BIO: Joyce Gerrish, M.A. provides highly effective Zoom or phone sessions for Transformational Healing, Emotional Therapy, & support for Soul Mission. She has a Master's Degree in Human Development, and is a Graduate of National Institute of Whole Health. She is a highly attuned and sensitive guide for Higher Meditation and Spiritual Awareness. She has extensive training and decades of experience as a practitioner and teacher of numerous natural healing modalities including Reiki, Chakra Healing, and Reflexology. She is author of the book "Secrets of Wisdom - - Awaken to the Miracle of You" and is Publisher- Editor of the Natural Living Journal. Louisville Office. 812-566-1799, www.joycegerrish.com



PHOTOS: Dancer on opposite page: Pixabay 4234344 1280

Angel on this page: © Canstock Photo, Subbotina

PEACE AMIDST SADNESS !

Gerry Boylan, Ph.D.

May all beings be at peace. May all beings be free of suffering. May all beings remember who they are. I was struggling for a while to get a sense of what was going on with me the past couple of weeks, or maybe even longer than that. I sat down and I was writing a letter about what was going on in my life and what I was feeling - - not why I was feeling, but just that I was. What came to my awareness was kind of a surprise, although it shouldn't have been a surprise. Along with all of the other stuff of the isolation, wearing a mask, doing this and doing that differently and not being able to do some things that I really enjoy doing like just hanging around the bookstore or having a cup of coffee at Starbucks with some friends - - what I became aware of was that along with all of the things that were going on with me there was a deep, deep sense of sadness.

I discovered as I talked to some other people about this, that we are all grieving in some ways. We're grieving the big things as well as the little things, but sometimes the grieving and the sadness can get so hidden behind anger and fear and boredom and outrage and other emotions that we can't see it. If you don't know something's happening with you, then you can't do too much about it.

One of the things that I noticed with myself is that I'm somewhat addiction prone. Fortunately, I've been in recovery for some of the real major ones, but I've still got some other ones that are waiting in the wings. What I noticed is that my addictions are really very ripe for covering up feelings that I don't want to look at. So, give me some more ice cream, give me some more pizza or give me some more sleep or give me some more whatever it is. That way I don't have to feel what it is I'm feeling.

However, I need to be honest with myself, and I really need to be honest with you. Here it is. I'm sad for Black lives taken senselessly, and I'm sad for those who have allowed their anger and their outrage to turn into violence. I'm sad for those who seem to know violence is a way of being heard. I'm sad for the heartbreak and the helplessness experienced by so many who have been touched by this Covid 19 disease either directly or indirectly. I'm sorry for all those who have been put in difficult or sometimes impossible situations that are beyond their control. I'm sad for all those who are grieving like me who don't even realize they're grieving and have become a victim to their heaviness and their despair that goes with helplessness and victim consciousness. I'm sad for all those beings who have forgotten the truth of who they are. I'm sad with the realization that I have helped create a world of violence and inequality where racism and all other forms of prejudice remain hidden in my own heart. The list is probably endless.

What I'm suggesting when those things came to me was that, okay, this is stuff that's up for me that needs to be worked on. It needs to be healed. It's calling to be healed. It's not looking for blame now or looking for shame. I'm not looking for what came from my mother, or what came from my father or from my heritage. You know, two generations don't matter. It's my puppy now, what am I going to do with that? What am I going to do with that lovingly? How am I going to learn from it? How am I going to squeeze it dry so I don't

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need it anymore? I mean we've all done that, too. We've all taken some things that have covered up fear or other things in our lives. We've probably realized that they're not serving us anymore. What we've done is we probably stayed with it and stayed with it and stayed with it until we recognized all the way through our being that we don't need that anymore. Maybe I never did need all that, but I come to the realization that I no longer need that now. I can release that blame, shame, fear, and guilt with love and let them go because they've taught me a lot. They have, they all do.

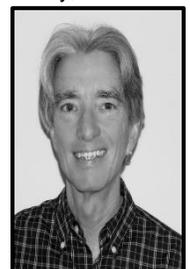
When John the Baptist of the Bible came walking out of the desert his major message was repent. Repent simply means take a look at how you're thinking - - and change it because you're not thinking clearly. You've forgotten who you are. It's that simple. Repent. Think this again, you are not your thoughts. You are not your mind. You're not your past. You're not your history. You're not your heritage. You are more than that. You are a divine being who has somehow or another gotten hidden behind all of this stuff. Remember what repent means, remember who you are.

Peacefulness, love, the expression of truth can sometimes be really nitty gritty, despite everything. The power of love and forgiveness are the only powers that work. Am I willing to work with that? Am I willing to live with that? Am

I willing to accept that? My question to myself and to you as well is "how do I need to stretch today? What's calling inside of me that might be something to let go of? It might be something to practice more deeply. How am I being called to stretch, to love myself, to love you as well, to love all beings in a way perhaps that I haven't done before in a way of openness, in a way of compassion, in a way of truth? We all have the ability to stretch ourselves for our own growth or the growth of another. May all beings be at peace. May, all beings be free of suffering. May all beings remember who they are.

BIO: 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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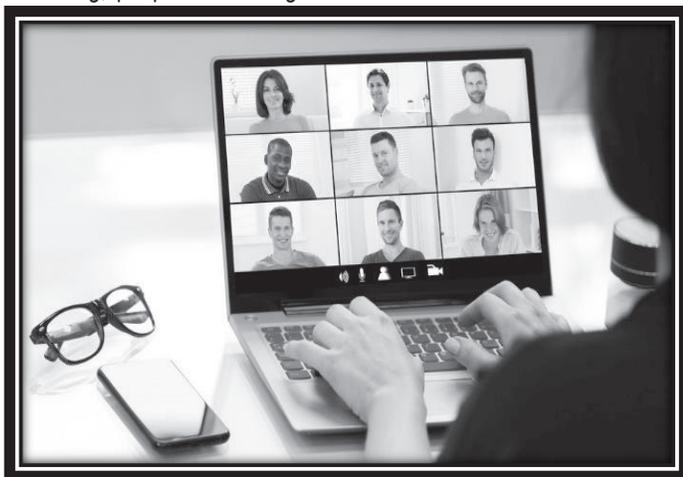
HOW TO BUILD AND MAINTAIN YOUR TRIBE

Kimberly LaFollette, Psy.D.

I have recently been reminded of the life-saving importance of a tribe. The Merriam-Webster dictionary defines a tribe as “a group of persons having a common character, occupation, or interest.” Tribes can consist of people such as family members, co-workers, church members, friends and neighbors. Really, anyone can be in your tribe. You can pick. What is important, now more than ever, is that you have one.

Tribes are an essential part of a well-lived life. Human beings are not meant to be alone. Psychological research shows that loneliness has detrimental effects on our emotional and physical wellbeing. People who have strong social connections live longer and happier lives. Being connected to others is built into our DNA, it is part of our evolutionary history. Being connected to others is how our species has survived and thrived. Simply speaking, we need other people to be at our best.

In my career as a psychologist, I often talk to people about their intense feelings of loneliness. And now, because of necessary social distancing, people are feeling lonelier than ever. It's hard to feel

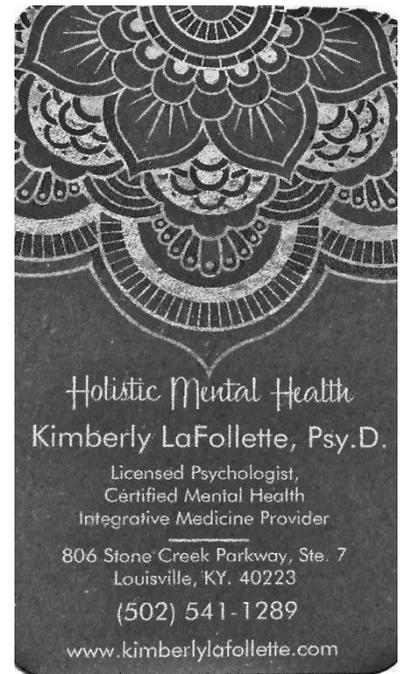


connected to other people, even in the best of times. However, this time in history is unique because the stressors just keep coming and there is no reprieve. All people are feeling the effects of this long-term stress. This is the time when we need each other the most. Now is the time to strengthen or build your tribe.

I know what you are thinking. How can you possibly maintain or build connections with others when you are supposed to be isolating? It is a challenge, I know. Nonetheless, it's important for your emotional, mental and physical health that you try. If you have an existing tribe that you have lost contact with, it's time to call them up! If you don't have a tribe, it's time to find one. I know as an adult it is hard to make and keep new friends. Life can get in the way and making new friends and scheduling time to connect with friends can feel like a frivolous and unimportant task. I assure you, though, that it can literally save your life.

If you are unsure how to build and maintain your tribe here are some pointers:

FIND LIKEMINDED PEOPLE: For a lucky few, this is your family. For others, it's your lifelong friends or current co-workers. For some, this can take more work. During this time of Covid, you may need to look online to build new connections. Find people with similar interests. You can find a lot of people to connect with on different Facebook groups. Check out the Meetup app, it is full of adult groups that have a broad range of interests.



MAKE AN EFFORT TO REACH OUT: Once you have your tribe, reach out. I can't tell you how many people convince themselves that they are inherently unlikeable because no one initiates contact with them. I can assure you from my experience as a therapist that *everyone* is making the same assumption. We are all a bunch of lonely people waiting for someone to reach out. Be brave. Make the first move.

BE VULNERABLE: It takes a lot of courage to be your authentic self. Be open and honest with others about your experiences. It's impossible to build real connections when you default to the, “I'm doing great, how are you?” response. When you are truly honest about your highs and lows you can start to build genuine connections and realize that you are not alone in your human experience.

BE CONSISTENT: This is the hard one. We are all so busy in our lives that connecting with others seems like a chore, but you must schedule it in. As adults, we can get so overwhelmed with responsibility that we neglect our tribe. Being an adult means you have to be very purposeful with your time. You have to schedule time to have fun and connect with others. Put it on your calendar and treat it with the same importance as you do your other obligations. Consider it a sacred act of self-care.



BIO: Kimberly LaFollette is a 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

PHOTO: In Touch With Friends By Zoom & By Phone.(c) Canstock Photo/Andrey Popov

LIVING LIGHTLY ON PLANET EARTH

ENVIRONMENTAL PROTECTION SERIES INTRO.

This Intro. by J. Gerrish. Environmental Series by Joyce Freville

We all know that during the past years global warming and climate change have gotten more and more serious. Many environmental scientist experts say we have already passed the tipping point of permanent harmful change to landmasses, animals, plants. We humans are living in the midst of all of this!

Traditional Native Americans tremendously respected Mother Nature including the earth, water, fire, and air. These all deserve great respect and careful treatment in order to not harm, pollute, and cause to be out of harmony with the whole. All the carbon dioxide from excess burning fossil fuel in vehicles and airplanes and homes and factories is contributing to the greenhouse effect around our planet. This is contributing to the temperature around our planet becoming erratic and generally becoming warmer. This is warming not only the continents but also the oceans. All this warming is contributing to the ice caps on the North and South Poles gradually melting. This is gradually causing the ocean and sea levels to rise and the water temperatures to become warmer. The warmer ocean and sea water around South Eastern United States and elsewhere is contributing to the hurricanes becoming more severe as they come on land and causing large scale destruction and flooding.

At the same time the warmer temperatures contributed to western United States having unusually severe temperatures well above 100 degrees recently for a period of time. These warmer temperatures contributed to vegetation becoming more dried out than usual and more vulnerable to severe fires. As we all know, the wildfires out west recently have sadly been extreme beyond belief. These fires are at least twice as extensive as in past years and are still going strong in 14 western states at the time of this writing (9/20/20). This is causing not only the charring of millions of acres of land, killing countless animals, burning down of thousands of buildings - - but it is creating serious air pollution which may increase and cause asthma difficulties and other lung conditions for millions of people.

Additionally, to protect the earth we need to not be putting poisonous pesticides on our crops. These pesticides don't just disappear from the food crops after they are applied. The pesticides get into the soil and up into the roots of the plants that humans and animals eat. The pesticides get absorbed into rainwater and some of it runs off into the streams and then into the rivers. Also poisonous substances not infrequently get discharged from industries into the water ways contributing to water pollution. Toxic substances also

frequently get discharged into the air through smokestacks contributing to air pollution and countless children and adults developing asthma. We need to be informed and stay aware of all of this and how it is affecting us, the plants, animals, and the earth throughout our country and planet. Pollution has been rampant. Environmental protection is a huge issue.

We can all choose to live more lightly on the planet and help Mother Earth rebalance and heal herself somewhat. To raise and feed an animal like a steer or a pig to full size and then eat the animal requires massively more resources than for us to eat vegetable source foods and skip eating the animal. Not that we need to stop eating meat completely, but maybe start slowing down - - and enjoy more delicious bean or lentil dishes like the Mexicans and Orientals do. Then there would be plenty of food for all people. Many people around the world starve while people in other parts of the world may overeat. Let's share more. May we keep in mind that eating organically grown foods will improve our health and the health of the framers and the planet.



Let's recycle more and not have a throw away mentality. So many things are manufactured that are intended to not be repaired. This contributes to people buying more and more. Let's take good care of what we own, repair them as much as possible, and gratefully use them a long time. Let us treasure Mother Earth and conserve her resources and her purity and beauty. We can recycle paper products so that more and more trees don't have to be cut down to create endlessly more paper. Along the line of paper recycling, it is important to buy recycled papers (like recycled toilet paper, paper towels, and computer printer paper) to support the recycling process.

We can compost our food scraps and food garbage (non-meat) in a compost bin and it naturally creates wonderful fresh soil for the garden. That

way it doesn't have to be put in plastic bags and dumped in a landfill where it can't return to the earth because of the plastic wrapping.

This is a brief article to introduce Natural Living Journal's Series of Articles by Joyce Freville on the crucially important issues of Environmental Protection. This is all about protecting our beloved beautiful Mother Earth. She provides our planetary home that we live on and depend on - - right?? Mother Earth loves us and has patiently allowed many of us to abuse her, but we have now gone too far, and she is suffering. Let's all cherish and protect our planetary home together. What can we do about all this?? One thing we can do is to vote for leaders who care about environmental protection and are ready to act on it. We can act on some of the suggestions above and in the accompanying article on water. This is all of extreme importance. We can do it together. Let's protect our beautiful beloved planet Earth which is our home! You may wish to read Jane Fonda's new book about protecting our environment called, "What Can I Do?" **PHOTO:** Pixabay 450596-1280

WATER, WATER EVERYWHERE, YET NOT A DROP TO WASTE!

Environmental Protection Series.

Joyce Freville, Ph.D.

You would think that since the Earth's surface is covered in approximately 71 percent water, there would be plenty water to go around. However, that is not the case since only about 3.5 percent of the Earth's water is fresh and drinkable. Water is vital to our health and survival. Still, millions of people do not have sufficient or reasonable access to water. And, just like food, access is everything. The United States holds more than seven percent of the global renewable freshwater resources and comprises approximately 4.3% of the world's population. The United States is home to the Great Lakes, the largest freshwater system in the world and alone contains six quadrillion gallons. That's a lot of water! The Mississippi River supplies water to 15 million people on its route.

The water from the majority of the land area of the United States drains into the Mississippi River Basins, the Missouri River Basin, and the Arkansas-White-Red Basin. *The western parts of the United States do not have anywhere near as adequate access to fresh water as the midwestern and eastern sections do. In fact, some of the western states regularly experience draught. In reality, our whole country needs to be aware of protecting our fresh water supplies.*

The U.S. Geological Survey (USGS) estimates that Americans use about 322 billion gallons of water each day; nearly twice the global amount (rate per person?) According to a 2013 study by the U.S. Government Accountability Office (GAO), 40 states will experience some kind of water shortage by 2023. GAO did a similar study in 2003, but trends in water usage have remained unchanged since then. In addition to human consumption, economic growth and land use changes complicate state water managers' planning efforts. In fact, the world is facing a water crisis right now. About 1.1 billion people worldwide lack access to fresh water, and a total of 2.7 billion find water scarce for at least one month of the year. By 2025, two-thirds of the world's population may be facing water shortages. When waters run dry, people can't get enough to drink, wash, or feed crops, and economic decline may occur. There are people on our planet who must walk hours every day for just one day's supply they must hand carry.

Water shortages may be caused by climate change, such as altered weather patterns including droughts or floods, increased pollution, and increased human demand and overuse of water. The global population increases by approximately 85 million each year. The demand for freshwater increases about twice the population growth, so the demand is doubling every 20 years.

Water is vital to our survival, yet our sources are being threatened by pollution, dam construction, wetland and ecosystem destruction, and depletion of groundwater aquifers. Fracking can cause poisons from the fracking process to get into water systems. Clearly, the world is in a crisis, and we need to get ahead of this situation.

Let's make a concerted effort to conserve water and stop polluting our rivers and oceans. Help stop the destruction of our wetlands and help increase awareness of this crisis we are facing. And remember, if each one of us makes small changes in our water usage, it will



make a tremendous difference overall. The following are some ideas on how we can get started today.

- Use the dishwasher instead of hand washing. Yes, you read that right! You use up to 27 gallons of water per load by hand versus as little as 3 gallons with an ENERGY STAR-rated dishwasher.
- Let professionals wash your car. Letting the local car wash clean your car could save up to 100 gallons.
- Test your toilet. Undetected internal leaks from tank to bowl could waste up to 100 gallons a day. Drop a dye tablet or food coloring in the tank yearly to see if the color of the water in the bowl changes color. If it does, your toilet needs a replacement rubber flapper or fill mechanism. (Your local utility might offer free tablets.)
- Check for faucet leaks regularly. A 1/16-inch opening in your faucet could waste 100 gallons a day. Tour your home monthly, inside and out, in search of dripping faucets, showerheads, hoses, and sprinklers. Most faucet drips can be fixed simply by replacing a worn-out washer.
- Add an automatic shut off valve to garden hoses and save up to five gallons of water per minute.
- Plant a native garden. One-third of residential water use goes toward watering the lawn and garden. But flowers, grasses, and bushes native to the area have adapted to regional rainfall rates—so require no water—and have better defenses against predators.
- Vote for leaders who support environmental protection.

In summary, little things each of us do daily can multiply to huge local, regional, and national level savings. So, if you pour yourself a glass of water to drink, drink it all and don't waste any pouring it down a drain. Every drop counts!

BIO: Dr. Joyce Freville holds 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 & Health Privacy Compliance. She's a retired Command Sergeant Major in U.S. A



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Wisdom & Reflection Series
SELF- CARE...
RUMI'S PERSPECTIVE
The Great 13th Century Spiritual Poet

By Karen Schellinger, LPAT, LPCC

DO YOU MAKE REGULAR VISITS TO YOURSELF? Rumi

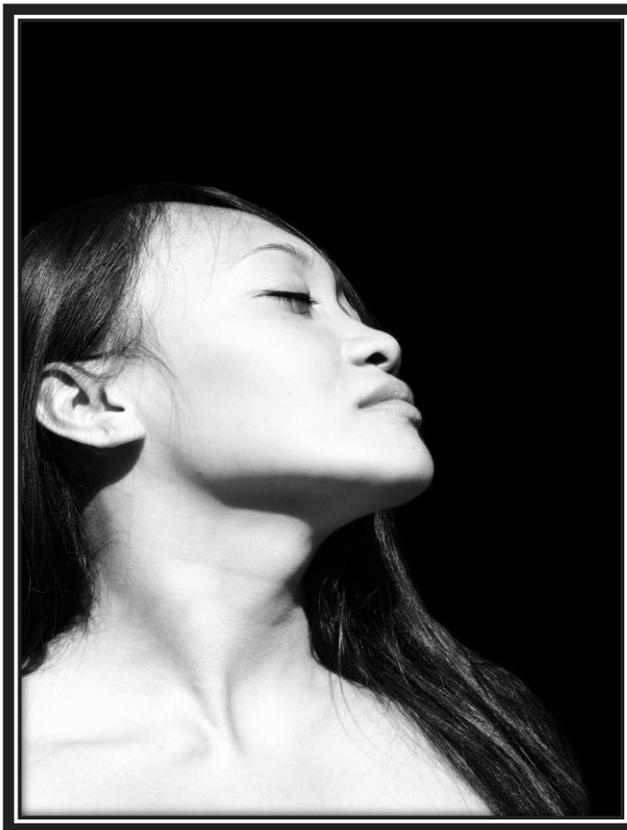
When the subject of self-care arises do we feel selfish? Have we learned that by taking care of ourselves it feels like a selfish act? Rumi clarifies this topic for us. The most important action we can take each day in my opinion is by making a regular visit to ourselves. As human beings, we seek balance or homeostasis, if you will. How then may this be achieved if we do not make a regular visit to ourselves? Checking in with our physical, mental, emotional and energy/spiritual aspects is key to a balanced day.

A LITTLE WHILE ALONE IN YOUR ROOM WILL PROVE MORE VALUABLE THAN ANYTHING ELSE THAT COULD BE GIVEN YOU. Rumi

Sit with yourself void of distraction or interruption. Rumi clarifies for us that a "little while alone in your room will prove more valuable than anything else that could be given you." What might this be? Explore, sit a little while alone, be present with yourself, be aware, notice without judgment or expectations. Notice what you notice.

THE QUIETER YOU BECOME, THE MORE YOU ARE ABLE TO HEAR. Rumi

Rumi asks for us to become quiet in stillness while listening...quiet the mind chatter. What do you hear? It may be the sounds in and around the environment you are presently in. It may be the beat of your heart, the hum of a fan in the room, or birds chirping outside the window. These sounds may often go unnoticed - - they require a space where you become quiet. By practicing what it feels like to be in a quiet space you return to your senses of sound, sight, and smell. In the moment that you are in, what do you notice?



BE LIKE A TREE AND LET THE DEAD LEAVES DROP. Rumi

We are aware of the seasons. Trees are such great teachers. In the fall the leaves

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

change, the wide range of colors appear as if a painting changing daily for private viewing. It is by the dropping of the leaves that the tree is able to conserve energy for the season. We see unhealthy trees where the leaves have died on the vine, this is what happens to our energy as human beings. Experiences, conversations, and thoughts are often carried

around in our mind as if they are alive rather than dying on the vine. As Rumi says, "let the dead leaves drop," conserve your energy for the next moment to arrive.

THIS MOMENT IS ALL THERE IS. Rumi

The present moment is a conversation I often have with myself and others. The present moment requires awareness and practice. Where are your thoughts as you read this? Has your mind gone on a different journey as you sit reading? Rumi clearly defines what there is - - "this moment is all there is." Self-care is bringing yourself to the awareness, and to the possibility of sitting with yourself in this moment while increasing your awareness of being fully present with no dead leaves - - in the quiet space where you are

able to hear. Be safe, be well.

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. Schellingerkaren@gmail.com,



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COVID 19 – A CATALYST . **by Tom Isaacs, Foot Reflexologist & Holistic Health Coach**

The emergence of Covid 19 is an imminent game changer in how we view and utilize our present-day healthcare system. Due to the extreme contagion of Covid 19, we now have to be conscious of whom we socialize with not only to avoid contracting this virus but moreover, to avoid spreading it to those who are most vulnerable among us. Our treatment for this pandemic is very narrow. Medically speaking, pharmaceuticals are no longer our first line of defense. "Treating" Covid 19 is certainly unique because its severity seems to be predicated on pre-existing conditions such as respiratory illness, hypertension, diabetes, heart complications and obesity all of which are commonplace in our culture today. The CDC tells us that 94% of all hospitalized cases involve those with "preexisting" conditions. Again, most of these illnesses we consider commonplace so how might we change our approach to health and wellness?

We first have to prioritize our focus and definition of what we consider wellness / homeostasis. This begins with educational consideration of food as a nutrient rather than a form of entertainment or convenience. Further, we must instill this concept in our younger generation through exemplary choices for them and for ourselves. Our dilemma is that there are too many unhealthy and addictive choices available to us. However, Covid 19 has made nutritional choices much more critical to our well-being if we are to survive and thrive given our present-day circumstance. Our immune response capability is our best defense against a threat such as Covid 19. Prevention, not treatment is the key.

Nutritional options require a plan. There are many factors in life over which we have no control. What we put in our mouth is not one of them. Wellness is a choice involving education, nutrient recognition and discipline. Junk food and fast food are just that. Comfort food provides comfort but little else - - only now we do not have the luxury of ignoring our habits and choices. Moderation and balance are hugely important. Diet and healthy lifestyle must become synonymous.

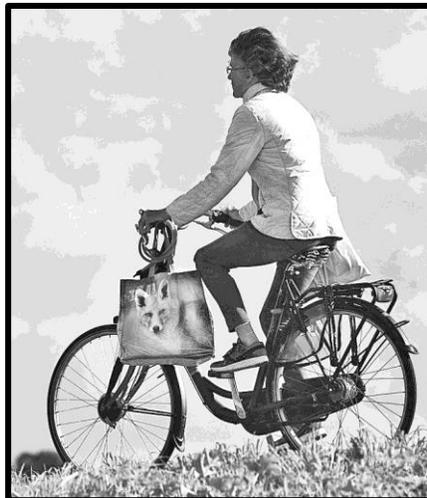
In the face of this pandemic, there are also a few key supplements which can really boost your immune activity to strengthen your ability to resist viral infection, and Covid 19 in particular. I view this combination of products as a safety net to augment viable, nutritional practices.

ZINC... plays an important role in supporting healthy immune response and is required for the activity of more than 300 enzymes that aid with digestion, nerve function, and active metabolism. Zinc supports brain health and is required for cell membrane repair, cell growth and the maintenance of healthy skin. Zinc dependent proteins play a fundamental role in DNA repair. This mineral has also been shown to reduce blood markers for inflammation. Zinc is found in both animal and plant-based foods such as oysters, beef,



crab and pork as well as baked beans, chickpeas, lentils, quinoa and oatmeal.

VITAMIN C... is necessary for development and repair of all body tissues and is involved in many bodily functions including formation of collagen, absorption of iron and the maintenance of cartilage, bone and teeth. The recommended daily amount of Vitamin C is 75-90 milligrams a day for adults, depending on activity level and stature. For this application regarding Covid 19, I recommend around 1600 milligrams per day. Vitamin C is water soluble and hence what the body doesn't utilize is normally excreted. Vitamin C is found in many fruits and vegetables such as oranges, strawberries, red peppers and broccoli.



ASHWAGANDHA (organic)... is an ancient medicinal herb found in India and is classified as an adaptogen - - meaning that it can help your body manage stress. It can also boost brain function, lower blood sugar and cortisol levels so as to reduce anxiety and low-grade depression. Ashwagandha also has anti-inflammatory properties which reduce cholesterol and triglyceride levels in the blood. A standardized root extract is commonly taken in 450-500 mg capsules once or twice a day. Although Ashwagandha is safe for most people, check with your health care provider if you have any questions or concerns.

Organic (non-commercial) sources of VITAMIN D will also be important as we enter the Fall and Winter months with less sunlight and the propensity of spending more time indoors. However, Vitamin D is a fat-soluble vitamin and should not be over used... check the recommended daily allowance. More is not always better.

BIO: Tom Isaacs has been a practicing Foot Reflexologist in Louisville since 1996 and has developed a unique nutritional approach based on his experience and wellness acumen. He has been involved in wellness and fitness programs since the mid 1980's and also uses sound therapy as a tool to balance and relax various systems of the human bio-energetic field. 502-417-3710, tom@LivingpHure.com, www.LivingpHure.com

Editor's Note: As always, it is important to check with your Health Care Provider before making changes to your nutrition and supplements.

PHOTO: © Pixabay, Bicyclist, Mabel Amber

HEALING TODAY'S CHALLENGES WITH DIVINE LOVE, A Profound Personal Experience of Divine Love

By Joyce Tinsley

Joyce Tinsley: I am very spiritual, that is how I find my answers and how I get my hope. I have grown into this strong faith. I had a spiritual experience when I was ten years old. A feeling of love came all over me, and for three days I was in that power of Divine Love. I couldn't see any wrong in anybody, I just saw love. In fact, my mother wasn't going to church or anything. This had nothing to do with the church. My mother became a believer because I was only ten years old and she felt a big change in me after that experience. For three days it was like I was in another realm. It was so full of love

You've heard about people who have had a "near death" experience? They talk about love. When they went to "this place" where they felt love all around them, they didn't want to leave it. That's exactly what it felt like to me. It was a place that had nothing but love in it. There was no prejudice, and nothing political. It was just something that really can't be explained.

I have a strong faith in Jesus Christ, and I feel that the Father God is LOVE. Once we love one another we don't see color. That love will automatically erase racism. If we love everybody, and we love ourselves, then we treat everybody the way we want to be treated.

Editor: Thank you for sharing, that is all awesome and beautiful. Some of the readers of this journal may come from a different spiritual background such as Jewish, Hindu, Buddhist, Unity, Nature Centered Spirituality, or other. Do you feel that people could reach this blessed state of Divine Love through one of these other spiritual paths as well? Many people feel that these can all be beautiful paths to God.

Joyce Tinsley: One of the "Love out pourings" came when I was in a Healing Touch Class (level II or III). This same powerful love feeling came during that class and poured all over me. This powerful love is not limited to just some - - it is how you are seeking. You have to be seeking this Divine Love. I wouldn't put a name on it or anything, because to me it is how you live your life and

what you want to do with your life? Mine has always been healing for other people and for the Earth. You have to follow your heart and center yourself on your path to God. I worked in the medical field much of my life, so I believe in spiritual healing. Jesus was really about healing and love.

This experience of "Love out pouring" is all consuming, it really is. It is a feeling that truly can't be explained. It is so Divine. It is like amazing love being poured all over you like water as if you are under a waterfall. There are no words for it. It has happened three different times in my lifetime. To some degree I have that experience on going, but once I come out of that I do have to deal with everything here.

I feel that this time that we are given here on earth is a time for learning. It is just like children being in school where we go through different grades up through high school. The journey is where we are supposed to learn

about walking our Spiritual path to God.

There is a pattern that we can live by. This pattern is how Jesus lived and how the disciples lived later on. When we pattern our life on this on a 24-7 basis, we can realize that this is a journey of exploration that we are on. We are exploring not only others, but ourselves - - and how we treat others. When we treat others with love - - sometimes we are somewhat "sacrificing" ourselves (in a good way) because we are loving our neighbor as our self. All this gets us closer to that realm that is an outpouring of Divine Love that is so

powerful. I believe that anybody can do it.

There is nothing special about me. I am telling you - - I have made mistakes like everybody else has. Yet I am always praying to Jesus to help me make a better choice and implement that in my life every single day. Then at night I don't let go of "Him." When I wake up, I think about him. I have a rock in my bathroom that has the letter "G" on it for gratitude. When I wash my face, I see that rock with the "G" on it and I feel gratitude that I can think clearly and I can move my body. I am always focusing myself back to love and Jesus. I guess that a person can do all this so much that God fills you with love. It just flows all over you. People will feel it from you, they will feel it in your home. It creates a sense of calmness around you and peace. Once you feel this, you don't want to let it go.

Photo: © Canstock Photo_Diego Cervo



AMAZING TALES OF FALL MIGRATION, Elsa Lichman, MSW, LICSW

As the leaves begin to turn and days crisp as apples arrive, many species prepare for their long migrations to warmer climates or to breeding grounds for the winter. Some of our birds and animals overwinter and find creative ways to survive the frigid temperatures and dearth of food. Others, even of the same species, take off - - our snowbirds utilizing broad flyways and crucial stop-off areas to re-fuel and rest. Destruction of stopover and wintering sites as well as structures such as power lines and wind farms can prove fatal. Collaboration and co-operation of nations is essential in the fight to preserve our fellow species on the planet.

The Arctic tern holds the record for the longest migration from the Arctic to the Antarctic each year. Albatrosses circle the earth flying over the southern oceans; their beaks have special structures to remove salt from water, their own mini “desalination plants.” Shorter migrations are also common. The timing seems to be controlled mainly by changes in day length. Birds utilize celestial navigation, the earth’s magnetic field, and mental maps. Some are nocturnal migrators, using short contact calls to keep the group together and avoid collisions. They stop over to eat during the day and to rest. One cost may be the loss of sleep; however, they may be able to compensate for this. Screech owls always sleep with half the brain at a time in order to stay vigilant against predators. Perhaps migrating birds have some similar coping strategy.

It is possible to track migrating birds on radar or utilize banding of some avians in order to better understand the process. Sometimes there may be a good breeding season followed by a shortage of food leading to irruptions in which large numbers of a species move far beyond their normal range. Here in Massachusetts, we have been very fortunate to have several years when many snowy owls descended from the Arctic tundras to overwinter with us, casting an unforgettable spell on the observers. Migration of species such as storks, turtle doves, and swallows was recorded as many as 3000 years ago by ancient Greek authors including Homer and Aristotle, and in the book of Job! There is a film showing migration of many types of birds worldwide. It is a mesmerizing tribute with little commentary - - just birds in their glory flying together. In one European country an elderly farm woman eagerly awaited the arrival of her heron-like birds in her field, both coming and going, and greeted them like old friends.

Humpback whales, along with a variety of species, also migrate as much as 5000 miles between summer feeding grounds and winter mating, breeding and calving grounds in more tropical waters. Pregnant females, and adults prepared to mate, make the long trek. Often juveniles do not, as they conserve energy and remain with the food source until they are old enough to breed. The cost of travel and the complete lack of food in some breeding grounds is a deterrent to them.

I have had the good fortune of traveling far out to sea to visit



some of these breeding grounds. I stayed on a small dive vessel in the Silver Bank, a shallow breeding area between the Turks and Caicos

Islands and Dominican Republic that is 80 miles out to sea. It was in a rough turbulent and often cold gray and forbidding setting. We were able to get into large orange inflatables or small vessels to get in the water with the whales, with snorkels only. Somehow my passion for this proximity to the whales, who are one of nature’s wonders, kept my fear at bay most of the time. These are formidable creatures, but often curious and comfortable with tiny humans in the water.

I saw things I had never before imagined: a calf nursing as a protective “escort” male looked on; a new calf right under me in clear water with every detail observable. I saw “sleepers” at the shallow bottom rising slowly right past me to surface and breathe every 20 minutes - - my core temperature dropped because I was unable to leave this amazing sight. Once I was behind my group, with an equipment challenge and I struggled to catch up. I saw a calf up ahead, or so I thought, but it was a full-sized mammal heading up to the surface. I imagined it would exhale and then take a deep breath - - but it kept right on going. I raised my head to view the surface, and this enormous creature breached right in front of me! Luckily it was heading away from me. It happened so fast I did not have time to be fearful, just stunned and amazed.



Gray whales, which can grow to 33 tons and 45 feet long, have the longest migration of any animal on earth. They migrate 10,000 miles round trip between their winter calving grounds in lagoons in Mexico to summer feeding grounds in the Arctic. I was also fortunate to visit the Ignacio Lagoon during breeding season and to go out in small pangas to visit them just above the water. Some of the large females are known to be ‘friendlies,’ coming up to the boat to be touched or travelling from boat to boat with a pickled-looking newborn to show it off. One of these young animals took an interest in our boat and provided us with quite a show with its exploratory antics. Magic is the only word for all this animal and avian movement around the globe. May we strive and succeed in protecting our precious earth and all its glories.



BIO: ELSA LICHMAN is a retired social worker who writes regularly for her local newspaper in Waltham, Mass., and for the Natural Living Journal. Her poetry and photography have been published in a variety of venues. She studies voice, remotely during the pandemic, and has a duo and chorus which are on hold until it is safe to gather again. She can be contacted at elsalichman@comcast.net.

Photos: Loon © Frank Peace. Migration © Mohamed Nuzrath/Pixabay



BE PREPARED IN CASE OF AN EMERGENCY. Stocking Up A Backup Pantry, Barbara Bosler

A food pantry should be stocked year-round. It's always best to be prepared for the unexpected. We never know when a weather emergency or something else can occur resulting in loss of power. A mandatory quarantine can be called, as we now know. Just recently the CDC recommended we have a two-week supply of food and essentials. Here is a guide to help you get your pantry stocked for any emergency situation.

1. Nonperishable protein:
nuts, seeds, nut butters, canned meat or fish or beans, dehydrated meats (jerky), canned soups and stews
2. Whole grain crackers and cereals
3. Shelf stable milks
Boxed almond, soy or rice milks
4. Canned fruits and vegetables, including canned tomatoes and canned potatoes
5. Herbs, dried onions, salt, and pepper
6. multi vitamins and minerals
7. (2) can openers, food storage bags
8. Water

This is simply a guide of basic essentials that can get you through emergency times. You can add to the list according to your likes. We hope we never have to endure an emergency situation or another quarantine. If you do ever find yourself and the local grocery store without power, or out of what you need, you'll be glad you were prepared.

RECIPE: "In A Pinch Soup"

- 1 can black beans
 - 1 can chili ready tomatoes
 - 1 can corn drained
 - Salt & Pepper to taste
- Drain and rinse beans, add remaining ingredients (including a little chili powder to taste, if desired.)

And be thankful you have food to eat. Happy Cooking! Barbara



Photos: Nuts & Dried Fruit..Nestor Martinex Garaavita.. Pixabay.

Father & Son, © Canstock Photo aletia.

Couple Cook, Werner Heiber Pixabay

Oil & tomatoes. Pixabay, Rita E

