

# *Natural Living Journal*

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

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Natural Living Journal encourages people to live in harmony with the wholeness of their physical, emotional, mental, and spiritual well-being. We encourage all to live in harmony with each other, with our precious planet and all aspects of nature, and with the Divine. This journal is independent of any organization and is not affiliated with nor advocates any specific religion or political ideation. We support natural holistic health care practices, and we seek to work in harmony with the medical field. Our deep purpose is to foster wisdom, peace, joy, creativity, co-operation, love, ecology and sustainability, inclusiveness, wholesome adventure, stewardship, community service, natural abundance, and the arts.

### Natural Living Journal

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Designs on Equality.

*No one is born hating another person  
because of the color of his skin,  
or his background, or his religion.  
People must learn to hate,  
and if they can learn to hate,  
they can be taught to love,  
for love comes more naturally  
to the human heart than its opposite.*

*Nelson Mandela*



## **IT'S THE LITTLE THINGS**

### **Keep Moving Forward a Little at a Time Toward Your Goal.**

#### **Kimberly LaFollette, Psy.D.**

Late winter is here; February and March can feel harsh and unrelenting. This time of year finds many of us longing for spring. While some of us are simply lamenting over the weather, some are also plagued with feelings of distress over New Year's resolutions gone bad. In fact, research shows that most people have dropped their New Year's resolutions by now. So as winter trudges on, you may find that your hopes for the New Year have dissipated. Don't despair. If you have fallen short of meeting your goals or dropped them all together, there is still time to get this year back on track. What is important is that you keep moving forward, a little bit at a time.

The reason so many New Year's resolutions fall apart is because they are simply too daunting. So many individuals look at the New Year as an opportunity to make profound life changes. However, by the time mid-January rolls around you are faced with the magnitude of your declaration of change. You may become discouraged by the large task ahead and simply give up. It is not because you are incapable of change, it is because you are going about it in a self-defeating way.

While making a big resolution might feel like a good idea, the truth is you are much more likely to stick to lifestyle changes that are small and attainable. Therefore, it would be better for you to take that large goal you had for this year and break it down into smaller 6-week increments. For example, maybe your goal is to write a book this year. Instead of getting overwhelmed by the idea of completing an entire book, think about what you need to accomplish over the next 6 weeks to get you moving toward the book. Maybe it's just getting the outline done. Having a few weeks to finish an outline feels more manageable than writing a whole book.



Making progress a little at a time builds confidence and momentum. Once you start focusing on the small daily goals you can accomplish, you will soon find that they will add up to large

accomplishments over time. It's the little behavior changes over time that will lead to attaining your goals.

Another trick to help you meet your goals is to focus your energy on what you want rather than what you don't want. For example, if you want to spend more quality time with your loved ones and less time on social media, it's best to focus your attention on adding small increments of time with loved ones in your daily routine rather than

declaring you will reduce social media consumption. Even though you are having the same outcome, it feels better and more reasonable to add more of what you want in your life than to

remove or avoid things. By adding more of what you want in your life, little by little, you will find that the behavior you wanted to reduce will start to fade away.

Oftentimes, it is just these simple shifts in thinking that will get you moving toward your goals. When you alter your goal from long term to short term, those accomplishments come quicker and you will find greater motivation. By focusing your energy on what you want to increase in your life you will be filled with the joy of

fulfillment rather than the despair of depravation. Once you start to feel motivated and fulfilled, nothing will stop you from succeeding.

So, maybe these late winter months won't be so bad. They don't have to have the stench of failed resolutions. Maybe you can use the grey cold days as an opportunity to hunker down and revise your goals. Perhaps you can reframe your failures as your lessons and allow yourself to really dream about what you want to accomplish-not this year, but next week. If you make these changes now, you will start to see some real changes, a little bit at a time.

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](http://kimberlylafollette.com) .

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**RUMI on KINDNESS**  
**by Karen Schellinger, LPAT, LPCC**  
**Rumi was a Great 13<sup>th</sup> Century Spiritual Poet**

**When we practice loving kindness and compassion, we are the first ones who profit. ~ Rumi**

Now more than ever the practice of unconditional kindness is vital to the human race - - void of judgments and comparisons, expectations and assumptions. I have written in the past about flying and being asked to put your oxygen mask on prior to your child or others under your care. The challenge is to begin loving kindness practice with self first, knowing you will benefit as well as the receiver.

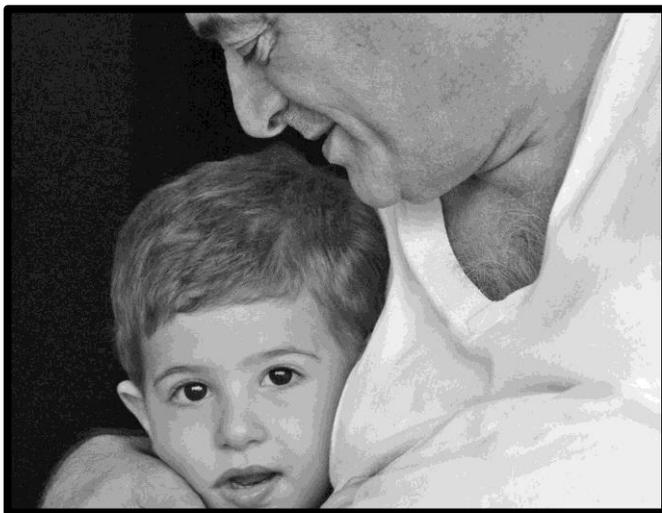
**Let your kindness be like rain, that cares not about whom it falls upon. ~ Rumi**

Growing up like most teens embarrassed on some level by our parents, we were no different. Now proudly I share my mother and let her kindness fall like rain on everyone around her. All along it was falling like rain on strangers, acquaintances, young, and old - - and it fell every day.

The practice of unconditional kindness includes self and others. It will look the same, it will feel different. The practice is void of judgments. There is no room for both unconditional kindness and judgments...one must go. We have seen the media reporting on examples of how far judgments can be taken. Imagine what your day, our day will look like if the practice of kindness falls like rain on those you come in contact with today and every day.

**Your acts of kindness are iridescent wings of divine love, which continue to linger and uplift others long after your sharing. ~ Rumi**

Unconditional kindness when shared does linger. On an urban hike we found an elderly man lying on his back on rocks, I called out to him, "are you ok?" No movement, I continued, "are you ok?" I began walking toward him. No movement, I continued. After a few seconds which seemed like minutes I saw his hand moving. He picked



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

himself up and he began to notice cuts on his hands. I stayed by him and asked more questions as to the day and his activity. I handed him his clippers. He stated he had done something not too smart. I asked to see if he had hurt his head, he obliged. He recalled he had sat on the stone fence while cutting lemons from his tree, lost his balance and fell a couple of feet onto his back and head. He then asked me if I would like to have some of those lemons. He



asked that I take as many as I liked. We said our good-bye and continued on our hike with a bag of beautiful lemons. Once home, I made fresh lemonade and used other lemons on Tilapia. It was a kindness which continued to linger. Please practice kindness. We the human race need kindness to uplift ourselves and others. This is something each of us can do.

**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 and Fiber Artist.

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**PHOTOS:** Grandfather Comforting Grandson, Pixabay 992946\_1280. Hands, © Public Domain Pictures, Canstock Photos.



## **ENHANCING JOY THROUGH HIGHER CONSCIOUSNESS**

**Rev. Valerie Mansfield**

We are all that we are searching for. We already have it within us. That is the truth for you. It is the truth for me. It is the truth for all of us whether we realize it or not. We may have just not realized it yet. We are the joy of life unfolding - - as the twinkling in a child's eye. We are an expression of God, of Spirit - - whatever name you would call it. Within that spiritual energy, we can experience spiritual joy. We can radiate it.

That spiritual energy is flowing not only for us, but for all our brothers and sisters everywhere. We live in a world that was created for all. It wasn't created just for me. It wasn't created just for you. It wasn't created just for Christians or Buddhists or just for any other religion. Any one culture was created for all humanity. We often forget that in our day to day struggles in our outer world.

As a young child, I was taught that being "conscious" opens me to the birth of spiritual awakening. That's what so many of us are seeking. This last year I have chosen to really concentrate on Christ Consciousness being awakened within us - - allowing us to be in that Higher Power where we are one, and to feel that radiant energy. That is because for me, that is what I want to see in the world right now. It is radiant joy. There has been so much sorrow, so much hurt, so much angst in our lives with this pandemic, with social injustice, with the death of so many young people living on our streets. When we are driving down the street, we see the scenery of the folks who are living on the streets. There's a lot of despair in the outer world chaos. What I want to focus on is that Christ Consciousness - - that Higher Power giving us the strength of the world of spirit. I want to help show others how we can find that Divine Spirit within ourselves so that no matter what the outer circumstances we can all manifest and create abundance.

Recently on a nice day my husband and I were sitting on the porch and our two-year-old grandson was outside playing. After his lunch, the first thing he does is go outside. He learned very early how to unlock the door with the key. He takes the key off the keyboard and unlocks the door. He's been doing that since he was a year and a half. He loves to be outside. He thinks it O.K. if it is him and Daisy Mae the dog who are outside just the two of them. Daisy Mae is cute, but she only weighs twenty pounds. My grandson feels it is O.K. if he is outside with the dog because he is not alone. That's just his two-year-old mind. So the three of us were on the porch. There were a lot of pebbles there. My grandson went over and picked up some pebbles and put them on a little table near us. He started moving them and counting them one at a time. "One, two, three, four - - " all the way up to ten and beyond. He got a little confused at eighteen. For a two year old to count objects up to ten was amazing to me. A little while later I turned on some music with traditional folk songs. He knew all the words!



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He showed me that he is still in that place of "knowledge" that he came in with at birth. He has yet to forget all that and realize that he can't do that. Wouldn't it be a different world if we all remembered what we knew before we "realized" that we didn't yet have that knowledge? He tapped into that "knowledge" that he already knew the words to those traditional well-known songs. What if we all automatically "understood" all the ancient texts, artifacts, and different cultures that came before the written words?

I am a real science buff and archeology is one of my favorite subjects. I spend a lot of time examining archeology books. I find it so fascinating that so much that was written in our Bible came from other cultures and was written a thousand years before the Bible was written. Regarding information about the underworld and the darkness - - and how we view the darkness in our own Souls, we haven't really ever figured out all the answers. Humans have been seeking and searching for thousands and thousands of years. Life is a mystery. Why is darkness allowed to be? We arrive at the knowledge that goodness can penetrate through what are considered to be bad things.

I don't know about you, but sometimes when I catch myself worrying, I realize that I'm not worrying about the truly "big stuff." So often I or others are focusing on all the "crazy false stuff" that's going on in the world - - instead of focusing on the good that we are, and always have been, and always will be. Focusing in "the good" often doesn't come from our mental thinking, nor does it come from our physical body, it comes from Spirit - - that some call Holy Spirit. That's where my joy of life comes from and the energetic flow that is flowing through my being and radiating outward as joy.

We can access our higher state of consciousness when we allow ourselves to get out of the way. When we allow our ego to rest. To contact our Higher Self in meditation doesn't mean that we have to be sitting quietly, even though the more you practice the higher the consciousness will rise. We can be in that state of being - -that connection to Spirit - - anywhere when we just take a moment and focus on that connection. When we "listen" we are eternally in the



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presence of Spirit - - we are even understanding our right thinking. To me it is an understanding of our greater essence, our "I Am." I am the energy that flows through my being. I am the energy that flows all around me. When out hiking in the woods, do you ever see the energy glimmering around the trees? Do you ever see the energy rising above the water itself? It is a miracle, and it is a mystery. The energy is alive. That energy allows us to manifest and allows us to heal. We can all heal our mind and body with spirit.

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.

PHOTOS: © Canstock\_Bilanol. Child, this page.  
© Canstock\_Fizkes. Woman Meditating, opposite page..



**Focusing in "the good" often doesn't come from our mental thinking, nor does it come from our physical body, it comes from Spirit - - that some call Holy Spirit. That's where my joy of life comes from and the energetic flow that is flowing through my being and radiating outward as joy.** Rev. Valerie Mansfield

I am sure we are all searching on this path - - seeking whatever we are seeking - - whatever we are missing. If nothing else remember the happiness, the joy, the strength that giving and receiving allows us to activate in our life. That's what the spirit of Christ Consciousness is really about. It's not about the physical things. It is really about the power and strength of the energy of love. We already have the best of life when we allow ourselves to BE in the flow of Divine Spirit. May we know that we really are blessed, and that Christ Consciousness is what it really is all about - - the joy and radiance. May all of us take bold steps into a new journey - - whatever that journey may be for you. It is different for all of us, yet it is being in the flow of Divine Spirit. Wherever you are - - God is, and so it is.



**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.

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## EARTH'S ENERGY: LET'S LIVE IN HARMONY WITH OUR PRECIOUS PLANET.

### Environmental Protection Series

Joyce Freville, Ph.D.

Since people have inhabited Earth, there were different forms of energy available and used. For millions of years it was chiefly natural and fossil fuels, primarily wood. As time went by others entered the mix, including solar, wind, geothermal, biomass, hydroelectric, hydrokinetic, and nuclear. All of them impact our environment to some degree. Which form do you think causes the most harm to our environment? If you said fossil fuels, you'd be right. The use of nuclear energy has strong advocates, but there is some controversy concerning its long-range safety.

Fossil fuels include coal, oil, and natural gas formed over very long periods of time from the remains of living organisms. The use of them does much more harm than the other sources of energy. Examples of how the use of fossil fuels negatively impact our environment include air and water pollution, damage to public health, wildlife and habitat loss, water use, land use, and global warming emissions.

Approximately two-thirds of the United States' electricity comes from fossil fuels. Research suggests that the use of fossil fuels causes global warming. Global warming is a gradual increase in the overall temperature of the Earth's atmosphere generally attributed to the greenhouse effect caused by increased levels of harmful gases and other pollutants. The average temperature of the Earth is rising at nearly twice the rate it was 50 years ago. The Earth's rising temperatures are causing glaciers and sea ice to melt, and a shift in the precipitation patterns. A combination of these factors is destroying animals' habitats, among other things.

Solar power, wind power, and geothermal energy, biomass, hydroelectric power, and hydrokinetic energy are considered preferable for the environment since they are renewable energy. Clean energy is more efficient and effective than fossil energy.

Solar power gets its power from the sun. Solar panels capture the sun's energy and convert it to a usable form of energy to power heating and cooling systems, hot water, lights, appliances, etc. You can buy or rent solar panels, and if your panels are connected to the national grid, you can be credited for energy you create with your solar panels but don't use.

Wind energy uses turbines or windmills that turn as the wind blows to convert the wind's kinetic energy into useable electrical energy. It is not as reliable as other sources since wind is not predictable. Like solar, energy from the wind is renewable as it makes use of a natural, reoccurring source from the environment. However, it impacts wildlife and habitat in some ways. Birds sometimes get caught and harmed by the windmill blades. Also, the windmills create sound and vibration that irritate some nearby residents.

Geothermal energy works much like a traditional heat pump, but it uses the constant temperatures from below ground to stabilize the temperature in your home.



Five feet down the earth is always 50 degrees. That can be drawn up to help heat or cool a home. Regions containing geothermal reservoirs (hot underground lakes) or hot springs can have their water pumped into a heat exchanger where heat energy can be transformed into mechanical energy for us to use.

Bioenergy is created by burning organic matter known as biomass, such as wood chips, leftovers from crops, algae, landfill, and even garbage. Liquid manure, plant silage, or wood chips, for instance, can be burned in a plant or other facility that has the technology to make power. (Though renewable and avoids overburdening landfill sites, burning biomass can contribute somewhat to air pollution.)

Hydroelectric power, also known as waterpower, is usable energy that is created from falling or quickly traveling water such as waterfalls or rivers. Thanks to the U.S. Army Corps of Engineers, 10 percent of the nation is powered via hydropower.

So, what can you do to help reduce global warming, reduce the greenhouse effect, use less energy, and reduce your energy bill?

- Use energy efficient products that are certified by Energy Star. (Energy Star is the government backed symbol for energy efficiency).
- Seal and insulate your home and office.
- Look for Energy Star certified homes.
- Switch to energy efficient light bulbs.
- Switch to cleaner energy resources such as solar!

In summary, clean energy includes renewable energy and is more efficient with less impact on the environment. Although all forms of energy have an impact on our air, water, and land to some degree, the use of fossil fuel is the worst. (The safety of nuclear needs more study.) Producing and using electricity more efficiently reduces both the amount of fuel needed to generate electricity and the amount of greenhouse gases and other air pollution. Electricity from renewable resources such as solar, geothermal, and wind generally does not contribute to climate change or local air pollution since no fuels are burned. Let's all do our part to help save Mother Earth.

**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.

PHOTO: Pixabay Photos/ Angela C.



**THE PROPHET** *By Kahill Gibran*  
Excerpt From *The Public Domain* which it  
entered January 7, 2019.

## LOVE

Love gives naught but itself and takes  
naught but from itself.

Love possesses not, nor would it be  
possessed.

For love is sufficient unto love.

When you love you should not say, “God is  
in my heart,” but rather, “I am in the heart of  
God.”

And think not you can direct the course of  
love, for love, if it finds you worthy, directs  
your course.

Love has no other desire but to fulfil itself.

But if you love and must needs have desires, let these be your desires:

To melt and be like a running brook that sings its melody to the night.

To know the pain of too much tenderness.

To be wounded by your own understanding of love;

And to bleed willingly and joyfully.

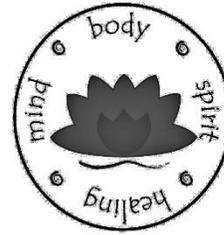
To wake at dawn with a winged heart and give thanks for another day of loving;

To rest at the noon hour and meditate love’s ecstasy;

To return home at eventide with gratitude;

And then to sleep with a prayer for the beloved in your heart and a song of praise upon your  
lips.

**Khalil Gibran** was born on January 6, 1883, to a Maronite Christian family in Bsharri, Lebanon. A quiet, sensitive young boy, he displayed an early artistic aptitude and a love for nature that became evident in later works. He was considered a Lebanese-American writer, poet, and visual artist. He was also considered a philosopher although he himself rejected that title. He died April 10, 1931 in New York, NY.



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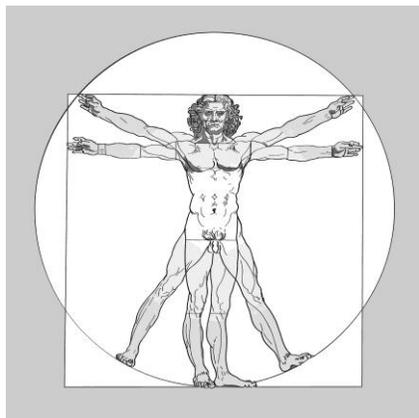
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## ***CHANGE... AN EVOLVING CONSTANT IN 2021***

*By Tom Isaacs, Holistic Health Coach &  
Foot Reflexologist*



As we enter into 2021, we are experiencing unprecedented change and a dissolving of many of our long-held beliefs and perceptions. Numerically speaking, while 2020 is a "4" and represents structure, 2021 is a "5" and represents change. The year 2020 has actually



begun an entire decade of self-reflection and cultural evaluation as we ponder our future and hopefully learn from our past. I feel this process is inevitable and will be ongoing until 2029. It will give us many opportunities to work together to create new ways of living together involving more inclusiveness, more equality, more respect, and an enhanced understanding of health as it relates to our mental, emotional and physical well-being.

From my health perspective, I focus on the physical body because it is the most complex and serves as the dense core of our bio – energetic field. It 's base energy is light (mitochondria) which is the energy nucleus of each cell. It holds two mutually resonant aspects of the life force (Chi and Jing). A "healthy" body is more agile and is better prepared to navigate the changing frequencies to which we are often exposed. Your physical expression represents your mobility on this Earth plane. Your body / mind is, in fact, your outreach of power in this reality. It is inherently constructed based on the number five (change) - - having 5 senses, 5 limbs (appendages) and five digits on both the hands and feet. In sacred geometry, the human form represents the Divine image from which it was shaped. In Leonardo da Vinci's illustration of the Vitruvian Man, the pentagram is representative of the Golden Ratio (1.618), the measure of perfection. This gives new meaning to 2021 (5).

Therefore, it is obviously imperative that you (we) take really good care of yourself. Listen to... and feel at home in your body. Nurture yourself not only physically but also with seeds of positivity and possibility as well. Gather in community to reinforce that deep knowing that we (you) are not separate. Realize that if the body instinctively knows how to recognize and respond to trauma, it follows that the body also knows how to feel safe and how to find the way home.

What will we create with the opportunities which will be afforded us? Only time will tell, but this is certain - - huge changes in our personal and collective consciousness are unfolding and we are here, of our own evolutionary choosing, to be part of this journey at this portal in time.

**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](mailto:tom@LivingpHure.com), [www.LivingpHure.com](http://www.LivingpHure.com)  
Photo: Canstock Photo/ Peter Hermes Furian.

## **KEEPING UP YOUR IMMUNITY BY STAYING EMOTIONALLY POSITIVE, Jackie Miller, RN BSN**

I feel that in order to stay well during this pandemic, it is very important to stay emotionally and mentally positive. If a person doesn't stay positive, he or she might go into a depression. That can hurt the immune system faster than anything. An important aspect of staying positive is keeping in regular touch with family and friends. We need that social interaction even if we can't be with them in person. This is particularly true for people who live alone or whose relatives live far away. If we stay home and don't talk with anybody and we don't really connect with anybody, we can start feeling closed in and alienated.

When you feel you are connected with family and friends, you get a warm sense. Your sense of humor can come out. If you are by yourself that doesn't happen. Right now the telephone, texting, Zoom, Facebook, emails, and similar modalities are really major life lines for many of us socially. When you are checking with them and talking with them, it makes you feel good. You know if they are healthy or not and if they are having a hard time with depression. You can pick up a sense if they are sick and might need help. That's an important additional important reason to talk with friends and family as well as cheering you both up. You can pick up if they are depressed or having problems. If you feel that someone is struggling in some way, you can perhaps help them before they get really sick or deeply depressed. You can tell if someone is having problems by the tones in their voice, and are they willing to talk about what may be bothering them? Those are good ways to make sure your family is doing well, and if needed to help them before they get sick.

If you are working from home, are retired, unemployed, or are a stay-at-home housewife or mother, it is very important to get out and take a walk regularly for exercise and fresh air. Maybe you have a small (or large) park nearby. It feels good to get out in nature. Even on a normal neighborhood street there's lots to see. Maybe you'll see a neighbor you can chat with keeping more than six feet apart and having masks on. During winter, the cold and fresher air may help you feel stimulated and more activated. Dress warmly with several layers of clothing, warm scarf and hat, warm mittens, maybe thermo underwear. When you feel warm, you can enjoy being outdoors when it is cold. On days when it is raining or you choose not to be outside, there are lots of indoor exercise options. You can walk inside, jog in place, or do yoga or tai chi. You can do various kinds of exercises indoors. Consider checking on YouTube for videos. In warmer weather I enjoy working in my yard and garden.

I enjoy getting out and enjoying long walks with my dog. Sometimes we walk by the Ohio River. There are so many interesting things to see. My dog is a terrier-doberman mix. He keeps me moving in the house as well playing games and catching balls and such. I got my dog two years ago. I had another dog previously. A year after he died, I told a friend I wasn't going to have another



dog. One night I was driving to go visit my mother. It was dark and raining. While driving I saw a little black puppy limping. It was amazing that I saw him in the dark. I picked him up and he's been with me ever since.

In addition to staying connected and exercising, it is also crucial to eat healthy food. If people get depressed, they may be more tempted than usual to eat junk food, snacks, treats, and stuff one really shouldn't eat. Those don't give you the foods you need to build your immune system. Foods to strengthen the immune system are unprocessed foods like fresh whole vegetables and fruit, whole grains, lentils, beans, meat, fish, eggs, dairy foods, nuts, seeds, potatoes, sweet potatoes, and healthy oils like olive oil. A few years ago, I decided not to eat meat anymore, that's just my personal preference. I'm pretty much a vegetarian now with the addition of dairy foods and eggs. I cook very simply. I buy whole vegetables and fruit, whole dried beans, lentils, and whole grains such as quinoa, millet, and brown rice. I don't particularly use recipes. I do enjoy Asian Indian cooking with curry and Asian herbs and spices.

We don't have to buy prepared processed foods like frozen or packaged meals. Cooking from whole foods is very easy. Just wash the whole foods, cut up the vegetables, cook until tender to a fork being inserted. There are various options for preparing them. (Editor's Note: Following this article, please see suggestions for easy preparation of fresh whole vegetables.)

My spiritual life is major to me in keeping up my spirits. I have a spiritual focus frequently throughout my day. I don't do sitting meditation, though I would like to. My meditation is walking in nature. That's where I feel balanced and particularly peaceful. As always, please remember and follow the CDC guidelines for

helping to stay well during this pandemic - - wear your mask, keep six feet social distance, wash your hands frequently, and avoid touching your face. PHOTO: Tom & Nicki Loschner\_Pixabay.

**BIO:** Jackie Miller, Registered Nurse, Bachelor Science Nursing

### **SUGGESTIONS FOR EASY, HEALTHY PREPARATION OF NATURAL WHOLE VEGETABLES.** By Joyce Gerrish, M.A.

Wash & cut up vegetables. Put them in a steamer metal basket in a pan with water up to near the bottom of steamer basket. Cook on medium heat until vegs are how you like them. On plate add a little apple cider vinegar, olive oil or real butter, & a little salt or herbs.

Salad or raw slices. Add olive oil, apple cider vinegar, herbs to salad.

Crock pot. Cut vegs in pieces and cook with potato pieces, beans or meat. Add enough water to cover, cook about 8 hours or until tender.

Put whole medium size baking potatoes in a baking dish or pan. Cut a slit across tops. Cut up a whole chicken or use chicken legs and put on another baking pan. Put both pans in oven or Dutch oven and cook at about 350 degrees until tender. Perhaps an hour, check periodically. Include whole carrots and onions cut in half for last half hour on pan with potatoes. **BUY / GROW ORGANIC IF POSSIBLE.**

# **AMAZING WAYS ANIMALS, BIRDS & REPTILES SURVIVE OUTSIDE IN WINTER**

**Hybernation & Other Fascinating Survival  
Techniques, by Elsa Lichman MSW LICSW**

Have you ever wondered how animals, birds, and reptiles survive outside in winter? It can be really cold out there! During February and much of March New England is still in the dead of winter. There can be blizzard conditions, bitter icy temperatures, great accumulations of snow, and wild winds. While we humans pray for our electrical power to remain constant and hunker down in cozy dens of our own, animals have a variety of unique strategies for survival during this season.

Some wildlife in New England adapts to overwinter here rather than migrating to a warmer climate. Some birds and animals add feathers and fur for enhanced insulation. Fluffing up feathers traps air in pockets keeping in heat. According to Audubon, birds' feet and legs are made up mostly of tendon not muscle, and blood flow is minimal. Some species, such as waterfowl and gulls have circulatory veins and arteries in close proximity, so the blood from the heart warms the venous cool blood returning to the heart. In this way the feet are just warm enough so they do not freeze when standing on ice.

Many mammals and birds huddle together for warmth, usually with others of their own species. But otters may choose to live in a beaver lodge or muskrat den even if already occupied! Some animals store food - - and some birds dig a tunnel under the snow to stay warm. There are different types of hibernation and torpor (decreased physiological activity) utilized by a variety of animals. Warm-blooded animals such as bats and woodchucks hibernate. True hibernation includes a drop-in metabolic rate, heart rate, breathing, and body temperature. For example, a hibernating woodchuck's temperature drops from 99F degrees to 38F degrees. The heart rate drops from 80 beats per minute to 4 or 5 beats. Bears, on the other hand, are in a lesser state of hibernation more similar to sleep. They are able to awaken for short periods for self-defense or to forage when the weather warms a bit. Some species, such as our whitetail deer, bobcats, and wolves are able to remain active when the weather turns frigid.

Terrestrial frogs and snakes are examples of ectotherms which



means they derive the heat they require from the environment. They find cover in rock crevices or leaf litter which are protected from freezing and then go into brumation which is similar to hibernation in endotherms (creatures which create their own heat from internal chemical reactions). Reptiles can come out of the state of brumation for short periods of warmer weather. Aquatic frogs find similar conditions near water or in mud. Some birds can go into a state of torpor to keep from freezing at night, a short period of hibernation perhaps several hours in length.

Most of our turtles spend the winter at the bottom of frozen lakes, ponds, and rivers, not in torpor - - but awake in mud below which remains just above freezing temperatures. This occurs due to the density of the freezing water above. They may also enter a muskrat burrow. It is possible to see them moving under the ice on warmer winter days. They can survive without oxygen by lowering metabolism and utilizing stored fat and sugar, although this can produce too much lactic acid in the system. Amazingly, the alkaline calcium in their shells helps neutralize the acid.

Some frogs may appear to be no longer living. Bernd Heinrich, naturalist and scientist, describes a phenomenon in which the water in their cells moves to interstitial spaces and freezes, protecting vital organs. In spring, this reverses and the animal comes to life! Also, they utilize a second strategy, i.e., producing a form of antifreeze. Adult Mourning Cloak butterflies also do this while overwintering in tree cavities. They are among the first butterflies to emerge in spring. Nature never ceases to astonish; we are amazed at the variety of coping strategies our furred and feathered and reptile neighbors utilize to survive in winter. And yet, our hearts turn to thoughts of spring as March 20 approaches.

**BIO :** Elsa Lichman, MSW, LICSW, retired from 43 years of social work, and began writing for the Waltham News Tribune and the Natural Living Journal. She has published poetry, prose and photographs in a variety of venues, and is a singer, performing with a duo and chorus and her voice studio. Contact her at [elsalichman@comcast.net](mailto:elsalichman@comcast.net)



**PHOTOS:** By Frank Peace  
Overwintering Gray Screech Owl, & New England Fence in Snow

# THE GINKGO TREE: AN ULTIMATE SYMBOL OF RESILIENCE

**Nathan Lynch,** He is a Unity of East Louisville Board of Trustees Member & Prayer Associate, and Web Master

The Ginkgo tree can be a personal symbol of strength, and it could give us the inspiration to make it through just about anything. Did you know that the Ginkgo tree is literally a living fossil? In many ways, the Ginkgo tree has been unchanged in more than 200 million years. If we were to look at the fossilized Ginkgo leaves through a microscope, the leaves have looked similar for over 200 million years. It is a tree that has made its way from China and is now on city streets from Seoul to New York. So that leads me into the strongest symbology behind this incredibly resilient tree, and why it can be a symbol for our making it through life's trials - - and through whatever life throws at us.

## Did you know that the Ginkgo tree survived Hiroshima? Yes, and here is the story....

On August 6, 1945, an Allied plane dropped an atomic bomb on Hiroshima, Japan, creating a fireball 1,200 feet in diameter. Terror and disaster rained down upon the city, killing an estimated 150,000 people and leveling both natural and man-made landscape. Little was left standing, but somehow the Ginkgo trees were able to survive one of the most destructive moments in human history.

Those trees, now dubbed "A-bombed trees," or hibakujumoku, are still in Hiroshima today, monuments to both humanity's capacity for destruction and nature's ability to withstand us at our worst. "While these roughly 170 Ginkgo trees are now famous for surviving the Hiroshima blast, Ginkgos as a species have persisted through a 200-million-year history of close calls that laid the foundation for its ability to withstand the A-bomb attack," explains Sir Peter Crane, Ph.D., director of Yale's School of Forestry and Environmental Studies.

The Ginkgo tree has been revered throughout the world for its amazing adaptability and its extreme resilience. One way that the Ginkgo tree has lasted through so much world upheaval and



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turmoil for so long is perhaps that the female tree drops the seeds in the late fall usually all at once. It has been noted that this was possibly part of its early seed dispersal system giving a greater chance for the seeds to take root. Also, through that some animals are attracted to the smell (which is really bad by the way) of the Ginkgo's seeds. Dogs, for example, love the seeds, but they also pay the price if they eat them. This is because dogs will many times get sick because the Ginkgo nut is potentially toxic.

Another reason for the Ginkgo tree's resilience is that it is strong inside. That no matter what happens on the outside of this plant, because of the inner strength of this tree, it can make it through anything.

Oftentimes I tell others that the Ginkgo tree has been revered throughout the world for its amazing adaptability and its extreme resilience. "A lot of trees are resilient, but Ginkgo seems to be more so than other trees," Dr.

Crane explains. And so there you have it, the beautiful Ginkgo has so much wonderful lore.

**EDITOR'S NOTE:** The Ginkgo tree is also traditionally associated with fire resistance. Some claim that its sap has fire retardant properties. There are also claims that its leaves release moisture on exposure to heat. Apparently traditionally Ginkgo trees have been planted around temples in Japan to protect from fires.



**BIO -** Nathan Lynch is a computer guru - specializing in web design, and online promotions. Nathan is also a Board member of Unity of East Louisville, believing that we are all one and that we are love. He has been part of "New Thought" since 2006.

**PHOTOS:** GINKGO TREE © Canstock Photos/ hraska. GINKGO LEAF from Pixabay.

## **ENHANCING PHYSICAL RENEWAL**

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

Make friends with your body. Regularly check in with yourself and sense how your body is feeling and what it needs in order to stay in RENEWAL. Enhancing our health not only helps increase our immunity during this pandemic, but it also makes it possible for us to stay more youthful. Our physical body may not have exactly the expiration date that humans have come to assume on planet Earth. The human body and consciousness are able to stay active and healthy and have a totally clear mind longer than we may assume.

**RENEWING BREATH.** Renewal involves staying in touch with our body's needs. Hatha Yoga teaches that between each asana (series of related poses) you pause and rest a few moments and focus on breathing in light until you feel refreshed before going on to the next asana or series of poses. As you breathe in, imagine you are breathing in light and energy. With practice you actually will be breathing in enhanced energy. That way one doesn't get tired, you just keep feeling more refreshed. In some ways, it is similar when working out at a fitness center with an excellent trainer. After a series of repetitions of an exercise it is important to pause a moment and focus on the flow of your breath before doing that series of repetitions again. That is a way to help keep the body in renewal rather than exhausted after a workout.

**TRADITIONAL TIBETIAN FIVE RITES (EXERCISES) OF RENEWAL** are important for quickly and efficiently activating the energy centers (chakras) in the aura and the whole energy anatomy of a person. That includes the energy meridians (that an acupuncturist activates) and the energy zones that flow throughout a person's energy field. See instructions in Vol. 5, Issue 1 at [www.naturallivingjournal.com](http://www.naturallivingjournal.com).

**ACCESSING INTUITIONAL WISDOM FOR OUR FOOD CHOICES.** May we eat to live, rather than "live to eat." Choose foods that help your body feel stronger and that are vibrationally compatible with your body. Muscle Testing is a technique used by many professional holistic health care practitioners. It is accomplished by having someone first test the strength of one of your arms by pushing down on it as it is held straight out to the side. Then hold a small sample of a food (that you are unsure if it is good for you) in your other hand. Then have the tester recheck the strength of the previously tested arm (held straight out to the side) to see if it is stronger or weaker. Have the tester be GENTLE yet firm with pressing down on the arm. This is not a time for the tester to prove how strong he or she is. The body has an intelligence of its own that we can tap into, yet also use your common sense and intelligence here.

**ORGANICALLY GROWN FOOD.** Eat pure food and know that you are worth it if it costs a little more than conventional. It is worth every penny. Otherwise, one is feeding one's body substances that



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perhaps aren't good for it such as pesticides, preservatives, colorants, artificial flavors and chemicals. Please read article in Vol. 5, Issue 2 of [www.naturallivingjournal.com](http://www.naturallivingjournal.com) by Joyce Freville "Why Eat Organic." It's true. Organically grown foods help keep your body functioning naturally, healthfully, and renewing.

### **HAND AND FOOT**

**REFLEXOLOGY** are very helpful for relaxing us, activating the energy in our body, and keeping us in renewal. You may be somewhat familiar with having a professional do reflexology for you. That can be really helpful. You may not think to do it for yourself, as well. Reflexology is fantastic. It moves energy through your body, supports healing, and helps move out whatever stuck energy needs to move. There are free instructions in Volume 1, Issues two and three of this journal which are on its website [www.naturallivingjournal.com](http://www.naturallivingjournal.com).

**STAY HYDRATED.** Are you thirsty? Drink some pure filtered or spring water. Stay hydrated, your body loves it! Be sure to exercise each day in some way such as a walk outside if possible - - or walk, dance, or do yoga or other exercises inside. Love your body. Take a short rest when tired. Get enough sleep at night. I will share a lot more about renewing our body in future issues of this journal. I wish you excellent health in the present and a vibrant future. Please wear your mask during this pandemic and follow the CDC Guidelines.

**AUTHORS NOTE:** There are also complete instructions and charts for reflexology in my book "Secrets of Wisdom, Awaken to the Miracle of You." That is available as an e-book on Amazon very inexpensively. It explains all about our energy body/aura and how to keep it activated and in RENEWAL. You Are Invited To Join Joyce's Zoom Transformational Healing Meditations Sundays 7:30 -8:15 PM (Est) & Zoom Self-Healing Group Wednesdays 7:30 – 8:15 PM (Est)

**PHOTO:** Ellen Chan, Pixabay



**BIO:** Joyce is active as a Holistic Life Coach, Emotional Therapist, and Transformational Energy Healer (on Zoom or Telephone during pandemic). She has a Master's Degree in Human Development, and is a Graduate of National Institute of Whole Health. Joyce 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, Intuitive Spiritual Healing, Chakra Healing, and Reflexology. She is author of the book "Secrets of Wisdom - - Awaken to the Miracle of You."

**EDITOR'S NOTE:** As always, consult with your primary health care practitioner before making any real changes in your health care practices.

**Enhancing our health not only helps increase our immunity during this pandemic, but it also helps our body to renew and stay more youthful.** Joyce C. Gerrish

**CHANGE**

**Poem by Joyce Gerrish**

**CHANGE OPENS MY HEART TO UNKNOWN WAYS.  
 CHANGE SHIFTS MY MIND TO SOMETHING NEW.  
 CHANGE TRANSFORMS OLD DOUBTS AND FEARS,  
 AS I OPEN TO THE YEARNINGS IN MY HEART.  
 AS I OPEN TO NEW WAYS OF BEING ME.  
 I FEEL IT SHIFTING. I FEEL IT LIFTING.  
 AS I OPEN TO WHOM MY SOUL IS BORN TO BE.  
 I OPEN, I OPEN, I OPEN.**



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**PHOTOS** this page: Photo to left by DerWeg of Pixabay. Photo above, Anncapitures of Pixabay.

# NATURAL FOODS RECIPE

## EASY ONE BOWL MEAL

by Barbara Bosler

The idea here is that food is layered with grains, protein, veggies or fruit.

My favorite one bowl meal is when I make use of leftovers.

### FOR ONE SERVING, YOU CAN USE:

1. First your favorite cooked grain about 3/4 cup.
2. For protein - - cheese, or beans, or nuts, or seeds - - 1/4 cup (or as desired)
3. Raw or cooked veggies about 1/2 cup (or more).
4. Garnish with a fresh herb and drizzle olive oil over it (seasoned olive oil if desired)

My favorite ingredients for a one bowl meal are quinoa, then pistachios, then blanched green beans, 1/2 raw apple chopped, next sautéed red pepper & zucchini, then fresh basil, drizzled with olive oil seasoned with Penzeys Fox Point. This is a delightful bowl of goodness that is quick and so easy. I love Penzeys brand herbs and spices, they make everything taste so good. As



always...get creative. These are ideas to take and run with. Any ingredient could be hot or cold - - it's your choice. With this recipe the idea is that the layers stay fairly separate and don't get stirred together. The possibilities are endless.

Whatever you prepare for you and your family, enjoy you time in the kitchen!

Happy Cooking!! Barbara Bosler



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