

Natural Living Journal

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

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Cover Design by Joyce C. Gerrish

**Poet Rumi on Flowing
with Change**

**Animal & Bird Feelings
& Intelligence**

**Transforming Grief to
Peace & Love**

**Why Organic Farming
Is Very Important!**

**Attuning to Holy Spirit
and Life Purpose**

**Are You Ready for Solar
Energy?**

**Flavor & Flow of
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Self-Care Renewal

Natural Foods Recipe

**Kahlil Gibran on
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Healing Takes Time

**Finding Solutions with
Co-operation**

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Wisdom & Reflection Series
RUMI on CHANGE
Great 13th Century Spiritual Poet

Karen Schellinger, LPAT, LPCC

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

This year brings a reflection of 2020 with changes we the human race have experienced both locally and globally. Rumi suggests we not hold on so tightly to what was and let life move through us. It can be exhausting trying to control others in hopes everything will stay the same.

We do not have the capacity to tell the future. Rumi asks us to explore life without worrying how we may allow the gifts of life to come our way. Rumi and nature show us change is constant. It may be the resistance to life's changes that holds us in yesterday and brings worry about tomorrow. Growing awareness in the present moment and allowing life to live through us is a practice worthy of exploration according to Rumi.

“Yesterday I was clever, so I wanted to change the world. Today I am wise, so I am changing myself.” ~Rumi

The wisdom of Rumi is understanding we do not have the power to change others. We can however be the change by treating self with kindness, dropping use of words that create judgment on a local and global level, and living life through the eyes of kindness and compassion in relationship with self and others. Live and let live was a bumper sticker I



Karen Schellinger, LPAT, LPCC, LLC

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

remember seeing long ago. It speaks to our connections to each other and our similarities as human beings on planet Earth. It also speaks to the unconditional acceptance helpful to change self rather than focus on those around us.

**The ground's
generosity takes in our
compost and grows
beauty! Try to be more
like the ground.”
~Rumi**

Rumi speaks about transmuting compost into beauty. I love this concept. The ability to suffer (which we all do on some level) yet transmute suffering into compassion for our ourselves and those around us is key. By increasing awareness of our individual self-talk and the words we use in relationships we can allow life to move through us without worry and fear. Our words have energy and impact our behavior. Choose wisely. May you be peace.

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. Schellingerkaren@gmail.com,



PHOTO: Canstock Photos_Marilyna.
Editor's Note: Earth accepts our food scraps & transforms them back into wonderful rich soil when we keep a compost pile or bin in our backyard.

ANIMAL & BIRD FEELINGS & INTELLIGENCE

Elsa Lichman, MSW, LICSW

I'm sure that pet owners have all experienced emotion in their companions - - bonding, love, compassion, attachment, joy, despondency, anger, and even grief. A pet may grieve for a lost animal companion for quite some time.

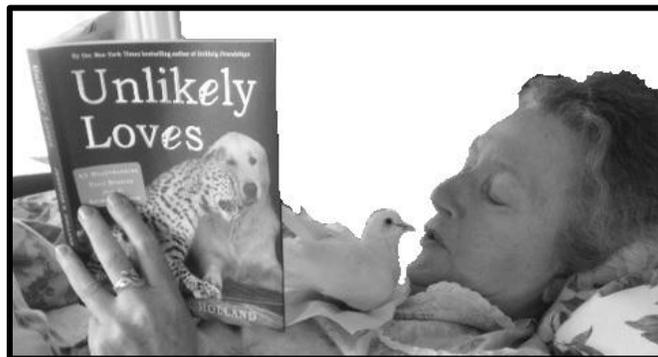
Joanna Burger, renowned ornithologist, has written a book called 'The Parrot Who Owns Me' about her relationship with her adopted parrot. Her bird Tiko was at first hostile, then chose her as a mate and fought her husband for attention. When she had a severe case of Lyme disease, the bird stayed with her the entire time once gently preening every single one of her long curly hairs while she slept. Tiko spread them out on the pillow like a fan. It was hours and hours of labor and of love.

Scientists are just beginning to scratch the surface of feelings and intelligence in wild animals and birds. Observations and studies are created to delve into this controversial topic, as many feel we humans anthropomorphize other species, i.e., project our own feelings onto them.

A PBS special delved into crows as intelligent beings, able to use tools and recognize over 200 calls, as well as recognize individual human faces and remember them. The University of Washington carried out a five-year study that documented facial recognition that lasted at least 5 years after a stressful event, such as short-term capture and banding.

Those researchers wore a particular mask, which was recognized by banded crows. Twenty per cent of crows reacted angrily squawking and flapping when they saw the masked figure. After five years 60% reacted the same way to a figure with the same mask, indicating 'that word had spread among the flock that this was a dangerous face.' This information was also taught to young birds, an indication that these birds have a highly evolved brain capacity and methods of communicating with each other. When the same bander wore a different mask there was no reaction.

Peter Wohlleben, in his book 'The Inner Life of Animals,' describes brain structures in a wide variety of species, including fish and other ocean creatures. Apparently, these brain structures enable them to experience emotions including pain, fear, and intelligence in foraging.



Author Elsa with her beloved Nupi dove who died 2 years ago.

Studies were carried out in Europe around active volcanoes. The studies included animals and even insects which altered their behavior just prior to a major eruption. Wohlleben thinks that we humans could predict more dire weather events as well if we were also acutely sensitive to the slightest changes in the natural world around us. I recall the tsunami which hit Bali years ago. Before the 'sudden' arrival of the huge wave animals had vacated. That was later remembered as an eerie silence before the disastrous event.

Ravens in central Europe were almost wiped out during the mid-20th century, as people thought they were attacking large farm animals, which was not accurate. These magnificent birds mate for life. If one dies, the other does not seek a new mate, but rather flies high overhead circling endlessly. Thus, the species does not procreate and dies off. Fortunately, in this case, when the human behavior was stopped, the birds began their comeback.

Wohlleben and other accomplished researchers have also discovered that trees and plants are sentient beings capable of intelligence and emotion. That is a topic for another edition of this journal!

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



PHOTOS: Photo of Elsa & Nupi, by Linda Berry. Photo of Woman with Bird on Arm, Canstock Photo_Jozef



THE PROPHET

by **Kahill Gibran**

Excerpt and Photo from The Public Domain
which they entered January 7, 2019

MARRIAGE

Then Almitra spoke again and said, And what of
Marriage, master?

And he answered saying: You were born
together, and together you shall be forevermore.

You shall be together when the white wings of
death scatter your days.

Aye, you shall be together even in the silent
memory of God.

But let there be spaces in your togetherness,
and let the winds of the heavens dance between
you.

Love one another, but make not a bond of love:

Let it rather be a moving sea between the shores of
your souls.

Fill each other's cup but drink not from one cup.

Give one another of your bread but eat not from the
same loaf.

Sing and dance together and be joyous, but let each
one of you be alone,

Even as the strings of a lute are alone though they
quiver with the same music.

Give your hearts, but not into each other's keeping,
only the hand of Life can contain your hearts.

And stand together yet not too near together:

For the pillars of the temple stand apart.

And the oak tree and the cypress grow not in each
other's shadow.



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KAHLIL 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 of 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.

ATTUNING TO HOLY SPIRIT AND THE CALL OF OUR LIFE PURPOSE.

Rev. Valerie Mansfield

I don't know about you, but I think almost all of us need a little healing these days. What does that look like? What does that mean? I think it's different for each of us. In order to heal the deepest wounds whatever they are in our lives, in our community, or in our world - - we have to begin to understand with compassion. We need to stand in our faith as love and allow the activity of Holy Spirit to move in and through us.

The unfoldment that can happen is miraculous. I know that many of us have experienced this in our own lives. Within humanity there is a reflection that is the "Breath of Life." Holy Spirit is the true "Breath of Life" in each of us and in our togetherness as one. It is that moving force and that healing energy. What's the path for each of us? We are all on a different journey. We all have different purposes, but collectively we're all one. We're here to transform ourselves in the world through love, healing, and service.

We have to heal ourselves before we can go outside and offer healing to others. We have to have an understanding of our own being and the creative powers that we are before we can move forward and show others how to transform their lives - - how to heal themselves. There's great power in Holy Spirit /Divine Spirit. There's great power in that "Breath of Life." When we use that power for the good of ourselves, for the good of our family, our friends, this community, city, or country - - the whole world is affected by the power that we breathe into our own life by our own creative powers.

Sometimes our ideas are simple and they're easy to follow. The direction that we receive may be a very simple one and we can step forward into it with ease and grace. Sometimes the ideas are so big that we may forget to breathe. That fear may start moving in or we may start blocking ourselves off from the good. We need to allow ourselves to remember to breathe when those big divine ideas come through, knowing that whatever is manifested is bigger than we are, and that's okay. It might be a little scary and it's still okay, because if we follow the path and we're guided by that higher spiritual presence - - then we're doing what we're here to do. We are being love in action. We are expressing love. We are healing ourselves and others, and we are bringing together the oneness that is our truth.



*Wherever you are on your spiritual
journey, you are welcome here!*

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How do we do all this since it can feel overwhelming? It is through prayer. We tap into the Holy Spirit through prayer. It is the prayer of the soul as it enters that "Upper Room" and brings that Spiritual presence down into our being. Maybe you have felt

and experienced that, when that Spirit flows in and through you and pulsates outward. That's the real "Breath of Life." That's when the Holy Spirit is actually moving in and through us bringing life to us as individuals and bringing life to the world. It's happening right now everywhere we look because it's springtime. We've had the rains and the rains are receding. Now we have the warmth and the sunshine, and the trees are beginning to blossom. The flowers are coming up out of the ground.

So from the darkness life arises upward. And when we meet in this space from the rising up and the Holy Spirit coming down, that is the "I Am" in action. And that's who we are. We are the feet of understanding. We are the feet of the absolute. We are the hands in action. It's up to each of us to do what is ours to do and not to sit on the sidelines and play small. Say "yes," even when you are thinking, "Oh my goodness, what are we going to do now?" We say "yes," and we breathe, and we stay present in the moment.

We become one in this moment with the Divine Light, allowing that to guide us so that we don't get back in our head and think limitedly. We allow ourselves to be guided in all decisions, to be inspired on the path that is ours. We allow it to shine from within us illuminating our mind, and everyone's mind, the mind of the communities - - guiding every thought and word, directing us to the right and perfect action. (Continued next page)

PHOTO: Dove Symbolizing Holy Spirit, from Canstock
Photo_Irochka



WE OPEN OUR HEARTS TO THE DIVINE LIGHT, TO THE WISDOM OF KNOWING THE RIGHT ANSWERS ARE UNFOLDING. AS WE LISTEN AND STEP FORWARD, WE BRING THE HIGHEST GOOD NOT ONLY FOR OUR INDIVIDUAL SELVES, BUT FOR OUR FAMILIES, OUR COMMUNITY, AND THE WORLD. THAT'S WHEN WORLD PEACE BECOMES TRUTH.

This is so affirming. It is good, but now we have to put action with the affirmation for it to happen. May we allow Spirit to breathe in and through us, may you allow Spirit to breathe in and through you, because we know when we are in communion with the Divine Life at the highest level it is awesome, it is unstoppable. We can feel that awareness and that oneness of truth in and all around us. We can feel that life pulsating each and every step of the way and carrying us with ease and grace - - and blessing all that we are here to do. In order for our individual transformation to occur, we have to understand how Divine Spirit works in our lives. We are that divine ideal becoming fully realized through the activity of the Holy Spirit. We are one with that Creator, and that's when greater things happen than what we could ever imagine manifesting in the world.

I found two unpublished statements of Charles Fillmore about the Holy Spirit (1929). The first one is "The Spirit of God moves upon the love of God and the love of God is the Holy Spirit. We are the love of God. We are the Holy Spirit. We are the movement in action." The second unpublished quote: "We have the potential; the Holy Spirit is within us. We couldn't live a minute without a certain degree of Holy Spirit activity, but we can enlarge that. We can enlarge it to the point that it shall have 'The All' of the Holy Spirit working in and through us." That's what we're here to do, to transform ourselves into that 'Allness' and transform others into that 'Allness' just by being true to ourselves, just by being and doing what is ours to do.

What is yours to do today? There's a Bible verse that I want to

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share. "Give me also this power that anyone on whom I lay my hands may receive the Holy Spirit." (Acts 8:19) The "Breadth of Life" is what is ours to do. Healing ourselves and the world around us is what is ours to do. How we do that comes down from the Holy Spirit host when we are in prayer.

Being responsible in our daily prayers, and our thoughts, and our words, and our actions to that purpose which we've been given is the essence of our truth. Today let us join together in Holy Spirit, let us stand in truth in the "Upper Room" and know we are filled with the "Breath of Life." We take the right action to do what is the right and perfect thing, what is ours to do as we transform ourselves in the world through love, healing, and service. Take a breath, feel the movement, and get ready to fly because it's happening. Whether we want it to or not it's happening. I love you. I bless you. I behold the living spirit as you.

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



DEEP APPRECIATION TO UNITY OF LOUISVILLE
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THE FLAVOR & FLOW OF A SANGHA (Buddhist Meditation)

Barabara Vasiloff & Michael Reitz

Tonight our Buddhist Sangha will meet. To prepare I have tried to maintain a spirit of silence throughout the day. Oh, I spoke, I even sang, but in both actions I was mindful of what I was saying or singing. During pandemic we gather on Zoom to practice meditation, each in our own habitat. How we meditate privately is now brought to the group to end our isolation. Members of the sangha understand the difference between silence during meditation and simply refraining from speaking. Initially it was as though we were doing nothing. Within a short time, practice became easier. Initial reservations were replaced with an enjoyment of the silence.

When all are gathered, the opening bell rings. We begin quieting the mind, body, spirit. A second bell sounds and then a third. We become aware of our breathing... breathe in through the nose, breathe out through the nose... aware of our body. We choose a comfortable posture, perhaps a lotus position, open hands, thumb and index finger joined. Unique postures for unique individuals... aware of the stillness. Silence serves as an equalizer.

As thoughts drift in, we work with the energies of thinking. Without pulling the thought in or pushing it away, we simply notice its existence. We observe the thought and accept any judgments that arise. We gently guide our attention back to our point of focus... our breath, a mantra, or whatever guided meditation we are listening to. As we learn to do this, the momentum of the thinking mind begins to slow.

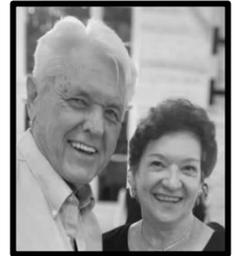
Our attention may get swept up in hearing. We let the sounds be a part of our practice. We notice the sounds and then gently guide our attention back to our point of focus. Our impulse wants things to be different. We know the problem isn't that sounds are arising; rather the problem occurs when we expect our environment and experience to look a certain way. Twenty, twenty-five, thirty minutes... we sit silently. Silence is the means to quieting the mind, to acquire insights and to come to understand the true nature of things and of oneself. Three bells sound to end silent meditation. The time seems short.

We listen to a reading/teaching and let the words impact our hearts. We get in touch with words and phrases that are speaking to us. Emphasis is on an emotional dimension over the functioning of the discursive mind. When the reader finishes, we sit quietly. A woman is the first to indicate she wishes to speak. She makes a slight bow (with hands in the lotus position). She speaks, "I was reminded of an ethereal experience I had this week." She shares. When her words have ended, she bows again. Another bows. A gentleman speaks of his confusion regarding a passage from the reading. He explains how his lived experience does not match the sentiments read. He bows to end the sharing of his thoughts.

There are no expectations to respond to what has been shared. Conversation is not a debate or dialogue. Members do not try to

qualify the comments of the person speaking before. We show respect to the other person by silently taking in their words. We reverence their experience, their interpretations, and personal conclusions. We respect that they have opened up and shared the unique validity of their viewpoints. Three bells resound again. We maintain silence until the bells ring to end the meditation. We recommit ourselves to be diligent in our practice, free from attachment and aware of impermanence. Our solidarity with the group buoys us up and refreshes. We each lift our heads, put our hands together, and bow to the group. When we gather in person, after the meditation someone asks "Tea anyone?"

BIOS: Michael and Barbara met and corresponded briefly 53 years ago. He married and had 5 children; Barbara married her business. Last February they reconnected on Facebook and they have been in relationship since then.



NOTE: For more information read: The Role of Silence at the Retreats of a Buddhist Community, Orsolya Huszar in *KOME – An International Journal of Pure Communication Inquiry*, Vol 4, Issue 2 p. 59-73.

Breath Is Prayer & Breath Is Healing

Author: Michael Reitz – Michael@mcreizt.com

Companion books with simple practices for the healing of the mind, body and spirit.

BREATH IS PRAYER. Reflection Booklet. **Overview:** At your birth, everyone waited in anticipation for your first breath. Your breath connects you to this life from birth till death. We take this connection of breathing for granted. Mindful breathing grounds us in the here and now. Mindful breathing is health giving for yourself and all around you. Breathe in and breathe out with intention. (42-page 7½ x 3 in.)

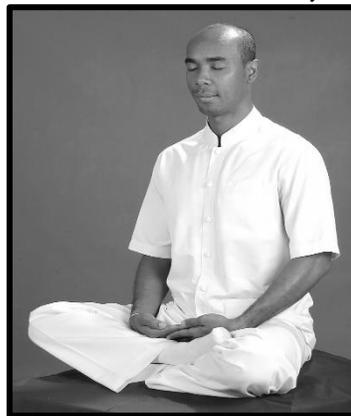


Photo: Pixabay, Honey Onshawee

BREATH IS HEALING. Focusing on our breath is a way of becoming aware of life. We make breath a vehicle of prayer, inspiration, love, compassion and healing. Awareness of our breathing helps us focus on our responses to life's pain. We embrace the healing response for the good of ourselves and other people in our lives. In *Breath Is Healing*, (43 pages, 7½ x 3 in.) you will walk through many situations where healing is required and attention to your breath will help you heal.

Discipline With Purpose: Nurturing a Child's Self-Discipline, Author: Barbara Vasiloff, MARE, Founder of "Discipline With Purpose" and author of, "Nurturing a Child's Self Discipline." dwpbv@aol.com .

This book for educators and parents describes self-discipline in simple terms so that independent skill practice can begin as early as age five. The suggestions for teaching 15 self-discipline skills include factual information, experiential exercises, poetry, songs and stories that illustrate the skills in action. Available on Amazon and at www.selfdisciplinedwp.com.

SHINING SOME LIGHT ON SOLAR ENERGY Environmental Protection Series

Joyce Freville, Ph.D.

“Sun, sun, sun, sun. I live for the sun.” So goes the old song. Many people have decided to install solar panels on their properties because it reduces electric bills and provides renewable energy. 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. In addition, the government offers up to 30% tax credits. Sound like a good investment?

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. The maintenance costs are low since the panels only require regular cleaning. In addition, there are relatively no parts to be replaced except for the inverter that might need replacement between five to ten years. Then panels themselves might last 20 to 30 years, and batteries to store the solar energy might last 5 to 15 years. The main purpose of the solar inverter is to “invert” the solar energy—generated by your solar panels—from DC to AC so that your home and utility grid can use it. Solar panel maintenance requires very little water while nuclear power plants need a lot for maintenance which leads to wasting water. A small set up with a few solar panels, battery, and inverter might cost \$2000. From there costs go up.



A nuclear power plant uses uranium fuel to produce steam for generating electricity. Very occasionally such as at Chernobyl and Fukushima, a nuclear power plant accident occurs. At such a time, heat and pressure build up, and the steam along with the radioactive materials may be released. A major environmental concern related to nuclear power is the creation of radioactive wastes such as spent (used) reactor fuel and other radioactive wastes. These materials can remain radioactive and dangerous to human health for thousands of years. Right now, all of the nuclear waste that a power plant generates in its entire lifetime is stored on-site in dry casks. Significant design modifications for nuclear power plants have been recommended by the International Atomic Energy Agency (IAEA). The IAEA is firmly committed that such accidents do not happen again. (May 19, 2019)

Solar energy has essentially no negative impact on the environment, whereas fossil fuels produce greenhouse gasses that pollute the air and water. Another benefit is that solar energy production is at its maximum capacity during the time that energy usage is at its peak from eleven AM to four PM. However, there are some disadvantages. Since solar panels are dependent on the sun, they are not reliable during rainy weather and during the months when the sun is less available. Since solar panels cannot store energy at night when there is no sun, energy must be stored in batteries which

can be expensive. Manufacturing of these solar panels makes use of some toxic materials. Plus, the land that is used by large solar fields is massive and cannot be used for other purposes.

Although solar energy reduces electric bills, the initial cost of installing the solar panels can be expensive, not to mention the cost of the batteries that are necessary to store energy. The cost, of course, is dependent on the number of solar panels and batteries installed. You do not get something for nothing. Just as in producing anything, some precious natural materials must be used. Some people find they just don’t like the looks of all the panels that are usually placed on home roofs. Also, depending on the area of the country, some have more or fewer “solar days” than others. This must be factored into the overall value of the investment. There are people who provide all the power for their home from solar panels, and ALSO provide electric energy for their electric powered car. Thus, they are virtually off the commercial electric power grid. See Vol. 4, Issue 3 at www.naturallivingjournal.com for a very informative fascinating article about such a person.

Even with any disadvantages, solar energy may still be a better choice than fossil fuels that are steadily being depleted in nature, and their use is a serious threat to the environment through buildup of greenhouse gasses. We all know how climate change is causing the temperature of our whole planet and the oceans to rise incrementally and is resulting in slow but steady melting of polar ice caps. This is causing rise of the water levels around the world and is already adversely affecting some ocean front land areas and flooding. Warmer oceans are contributing to more powerful tornadoes and weather patterns on land. Hotter temperatures are contributing to drier forest conditions and massive forest fires in the United States.

Passive solar heating and cooling is worth keeping in mind. When building or buying a home, consider choosing large windows facing south and small few windows facing north. This can make a big difference. Any trees on the south side should be deciduous (that drop their leaves in the winter) so that the sun can shine through the windows and enhance warmth. Evergreen trees should be on the north side of the house to protect from cold winter winds. Retractable awnings can be put over the south windows to help keep out the hot sun in the summer and keep the home cooler. Of course, the deciduous trees on the south would have their leaves in the summer to also help shade and cool the south windows. Consider all of the factors mentioned above when deciding whether to buy solar panels for your home. PHOTO: Canstock Photos_gwhitton.

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.



SELF-CARE MENU OF RENEWAL ACTIVITIES. Leah Bomar, Life Coach

Many mental side-effects from the past year's lock-down are starting to be reported like loneliness, isolation, depression, difficulty remembering what you used to do for fun, and trouble finding new fulfilling activities to fit into a post-pandemic world. You can create a menu of activities so when you are feeling down, bored, or desiring a deeper connection, you have got a resource of ideas to choose from. Each person's 'Self-Care Menu' will look different, so take the time to brainstorm on what brings you peace and joy. Hang it on your fridge or keep a running list in the note section of your phone and add to it often!

Try to include a variety of activities so when the mood strikes, you have selections to fit different time frames, energy levels, sensory experiences, and physical/emotional needs. Start asking yourself these types of questions then write down answers with no self judgement! What do I like to do for fun? What is relaxing to me? What brings me comfort in a safe and healthy way? What new activities would I like to try? What new places would I like to go or revisit again? What activities did I used to enjoy as a child, teen, young adult? What is relaxing to me? What smells, sounds, types of materials bring comfort to me?

SELF-CARE MENU EXAMPLES.

Self-care goes beyond bubble baths, but it can be exactly that simple as well! Surround yourself with comfort items like a fuzzy blanket. Purchase a toy like one you enjoyed in your childhood (check out eBay). That can bring great joy! Try to engage your senses. Use a diffuser with essential oils to brighten your mood or help wind down at night. You can also place preferred oils on 'diffuser' jewelry like lava beads that are porous and hold the scent, clothing, or linens for a soothing sniff of calm when needed.

Carrying a crystal in your pocket can help keep supportive energy nearby at all times. Place particular crystals around your bedside to ward off nightmares. Design a crystal grid or altar in your house with items from nature to call in your desired intentions. Plenty of information about different methods or uses for crystals can be found online or in books at the library (which is now open to the public again in the Louisville, KY area and a great free resource to research new interests!)

Art Journaling is another simple and easy way to express yourself while generating creative vibes. You don't have to 'Dear Diary' it up, just open any old notebook and start sketching, write down quotes, 'I Am' statements or affirmations. Meditate for five minutes then write for five minutes and repeat. Make lists! Things you are grateful for, things you are manifesting into your life, gratitude for what you've already received.

Dream. Make a list of places you want to travel, people you want to connect with, life goals. Let your mind wander. Reminiscing can



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

be fun like listing favorite concerts you've attended, best birthdays, favorite New Year's Eve parties, Halloween costumes and capturing the memories associated with them.

Use whatever art supplies you have to decorate, color, draw in your journal or on other canvases and surfaces. Refurbish old furniture or household items. Explore photography for fun using your smart phone, polaroid, or camera with a manual lens. Create a scrapbook or album of printed out pictures. With so much being digital these days, spend time with the texture of prints, arranging the photos in a certain sequence in an album or in a collage is therapeutic and fun. Use free apps or websites like Pinterest or

Canva.com to create a digital dream board or wish list!

Be spontaneous. Play games following your intuition. Go new places. Drive to a destination, then get out of your car and look around. Explore! What do you see? What can you find? Play a game with your kids letting them decide what direction you drive or walk in. Drive

until you find a street that begins with a certain letter. Roll the dice and make that many left-hand turns. Show children or partners areas from your youth. Create new memories together.

Join groups on social media for inspiration and track your hours outside like the #1000HoursOutside challenge. This can help motivate everyone to spend more time outdoors. Visit new parks or cemeteries especially with children to tap into immediate opportunities for history and cultural lessons. Paint rocks. Hide them on trails, in parking lots, then post about them in groups online like #LouisvilleRocks.

Gamify chores! Put on music and power clean through a set number of songs. Facetime with a friend while each is working on a dreaded project. It will make the time go by faster and you will enjoy the time spent chatting while working. Reward yourself for each task completed. We can all continue healing while having fun in our own unique creative ways.

Photo: Pixabay_Piet van de Wiel

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

HEALING TAKES TIME

Dr. Richard Reul

I have been in practice as a chiropractor since 1993. I have been blessed and honored to have the opportunity to participate in my patients' healing journeys. A big part of my job is to educate people about chiropractic and the dynamics of health and healing.

In general, patients present in my office with complaints that are most commonly pain related, and that are affecting their ability to do some activity that is important to them. The pain is usually a musculoskeletal complaint like neck pain, thoracic pain, low back pain, sciatica, or headaches. In many cases, they experience an acute episode where the pain is unbearable. They may not be able to point to the specific cause for their condition. In other cases, they report that they have had similar complaints in the past, but they would always recover after a relatively short period of time. The frequency of episodes has gradually increased, and it is taking longer to recover. Most of the time there is a process of decline that is very gradual, taking years before symptoms appear and more years before someone surrenders to seeking outside help.

I liken the process to driving a car that is out of tune. When you get a car tuned up, it is performing at its best. You're getting the best gas mileage, and your car is running very smoothly. But very slowly and insidiously your car can get out of tune. It is imperceptible at first. You don't realize that you are getting less gas mileage. Then your car starts running a little rough, but not too bad. Then it starts to ping and knock. You know it needs service, but your finances are low and you put off giving it attention. Then it stalls in the middle of an intersection. You're almost in the middle of an accident, and you need a tow truck to get it serviced. This is an analogy for how people take care of their health. Most people end up in my office when they need a tow truck. If they had sought treatment sooner, they may not have gotten themselves in such critical condition.

We are exposed to a lifetime of physical, chemical, and emotional stresses. Our innate intelligence, with the help of our nervous system, is designed to handle the stresses that come our way. But if our nervous system is overwhelmed, our nervous system may not be able to fully let go of its protective response to stress. Gradually people accrue layers of tightness or tension that make them less able to fully reset.

Everyone has a "bag of bones" that they bring into my office with its own history of stresses. Work conditions, accidents, family or relationship history, even diet and exercise history, etc. all contribute to your current condition. Rome wasn't built in a day! Just like it's generally a process to get ourselves in the shape we're in, it's going to be a process to get to a better place. Some people come into my office hoping for a quick fix. Although there are times when there is spectacular relief with one adjustment, healing takes time. There are layers and layers of tension locked in your body. It is probable that momentum has been going in a negative direction for a long time. It's amazing how quickly people can start moving in a positive direction. But if your body is riddled with arthritis,



DR. RICHARD T. REUL
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degenerative discs, scoliosis, herniated discs, spinal stenosis, etc.... it can affect the rate of healing. Your chiropractor can only work with the raw material you bring into the office. The goal is to remove "cobwebs" from your nervous system, so that your body is in the best position to heal itself. Chiropractic adjustments help to bring ease into the nervous system improving the overall tone of your body. We want you to have a new normal, to reasonably get you in a better place and then maintain that progress.

Everyone heals differently. Adjustments affect a change in your nervous system. Most people experience significant relief after an adjustment. But sometimes they can have sore spots, muscles that were tight might loosen and muscles that were loose might tighten. My job is to locate where to adjust. How your body responds is up to your body. I tell my patients that they can have good days and bad days. You can improve in two ways.... decreased frequency of pain and decreased intensity of pain. So, if someone was in pain 24 hours a day and now they're in pain 23 hours a day, they have actually improved. Although it doesn't seem like it during the 23 hours of the day. Or if their pain was a 10 level and now they're at an 8 level, they're still in pain it is but less intense. If people are still experiencing pain, they forget about how bad they were when they started.

Typically, chiropractors put their patients on a treatment plan with visits more frequent in the beginning of care. This creates momentum in a positive direction. Then visit frequency decreases as a person is in a better place. You can help your chiropractor out tremendously by being patient with the process. If it becomes clear that a certain complaint is not getting better with chiropractic care, there may be something that requires medical treatment or surgery due to a limitation of matter. I tell my patients that even if the complaint they come in with doesn't improve, there are positive things that could be happening elsewhere in their body. **Just remember healing takes time!**

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



TRANSFORMING GRIEF TO PEACE & LOVE. Gerry Boylan, Ph.D.

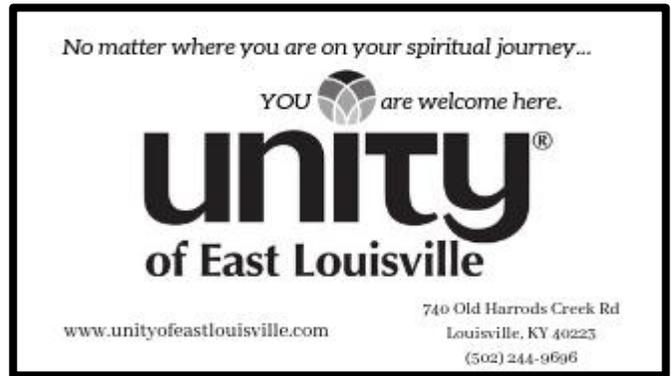
"May all beings be at peace. May all beings be free of suffering. May all beings remember who they are." I'm not about to suggest that everything is easy. I have some days that are better than others. May we remember there is such power in the love that we have, the love that we give, and the love that we have been given.

I recall years and years ago when my mother made her transition, I was getting ready for the funeral. I was standing outside of the funeral home. It was a gray day in March in Brooklyn. I often think there was nothing ever grayer than that day. The streets were gray. The sky was gray. The people were gray. My mood was gray. I remember praying at that moment outside in the misty rain on that gray, gray day saying, "God, why do I hurt so much?" Blaming God for the hurt, but also knowing it wasn't God's fault, nor was it mine. It was one of those prayers that got an immediate answer that came into my mind. The voice of spirit very simply said, "You hurt because you choose to love." I never forgot that it wasn't blame. It was just the essence of this raw human emotion of pain of losing somebody and recognizing that I would not feel that way unless I loved them deeply. Am I going to trade that for anything? Would I trade my ability to love that deeply for erasing some of the pain?

I am deeply missing my grandson. Fionn lives in Chicago. I recognize that my missing him is also a reflection of how deeply I love him. Would I trade that for anyone or anything? The answer is no. We are all grieving these days. There are many things that we miss: some simple, some profound. Yes, we are doing that. We are grieving and we need to grieve. Can I begin to recognize that my grief is also a reflection of my love and how deeply I care?

Can we open ourselves to the gift of transformation? Not that I will stop hurting, not that this human pain might go away. I wish it would sometimes, but it lets me know this is a reflection of how deeply alive I am, how deeply I am loved, and how deeply compassionate I can be. We are living obviously in a time of great, great change. Any time we change we may grieve like that. Like that book "Life is Goodbye, Life is Hello." It always is. You know what I realized a while ago is that we're always grieving. There's always going to be change. There's always going to be something that is going to shift in your life or my life. We're always going to be losing something and getting something else.

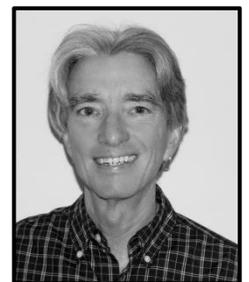
Sometimes on the spiritual path I think it becomes very difficult to deal with our human emotions. Sometimes we even think we shouldn't have them, especially grief. You shouldn't be grieving because something good is going to happen. Wait, stop. We can experience more than one thing at a time. We can be grieving and also at the same time have an awareness that something else good is going to happen. At this moment I'm standing on this particular threshold of making a choice of "What am going to do with this moment?" What am I going to do at this difficult challenging moment in history we're all going through? I can affirm that it is chaotic. It's horrible. It stinks. Or, I can affirm that this is a



moment of transformation. That's my choice. Even though I might not know what this is going to look like, I affirm a higher vibration that is working on making itself manifest at this moment in this time and in this space.

Some patterns of thought and behavior that might have served me for years, I find out no longer serve me. I'm going to let go of that. I'm not just going to snap my fingers and let go of it. It might be kicking and screaming a little bit as I let go of it. That's just part of the process. I'm not going to pretend that it disappears, but that's what Saint Francis was saying in that wonderful prayer of his. "Where there is hatred let me sow love." Let me transform my feelings into lovingness. Letting go is not hopelessness. It is living in the transformational power of love. No matter what I might be feeling, no matter what I might be experiencing - - it has the ability to change, to transform, to become something different than what I thought first.

Here I am at the edge of my grieving what is lost, letting go of my attachment to those thoughts and ideas and those patterns of behavior that no longer serve me. I am grieving that loss. Yet, I am opening myself up to the fullness of life to be loved and to love completely and unconditionally. It has two sides. I can't tell you how to do that, but I know that every moment of every day I can ask the question, "What is this moment teaching me? What am I supposed to learn from this moment? Whether it's my pain or my joy, what is it teaching me? It is raising everything up in my life to be my teacher and to be what is working with me - - working on me - - stretching me. I realize that when I grieve those people and connections that I might miss, what I realize even in my pain and in my grief is that I can be grateful and thankful that I can love this much - - that I can love this deeply. Then on the flip side of things, I can be thankful to be loved this much and loved this deeply. In this moment of healing, in this moment of grief, in this moment of letting go - - in this moment of enlightenment, in this moment of transition and transformation, may I be at peace and awakening in greater love. God bless.



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

ORGANIC FARMING IS IMPORTANT *Here's Why! "Eastward Gardens" Sells at Farmer's Markets. Michelle & Larry Lesh*

We are the stewards of Eastward Gardens, a small-scale high diversity garden located in Hardinsburg, Indiana. We provide over 150 varieties of fresh vegetables, fruit, flowers and culinary herbs. We are Certified Naturally Grown and garden with a strict rule of no: synthetic pesticides, herbicides, fungicides, or fertilizers. We do use natural solutions like seawater minerals, rock minerals, microbes, seaweeds, cover crops, crop rotation, and floating row cover. At Eastward Gardens, we are in the business of growing living soil to provide you and your family with nutrient dense safe food.

WHY ORGANIC FARMING OF VEGETABLES & FRUIT & HERBS IS EXTREMELY IMPORTANT. We have been eating an all-organic plant-based diet for many years before we started farming in 2006. We were also very aware of the environmental and human impact of conventional farming and understood that genetically modified organisms (GMOs) have a negative effect on human and animal health. This knowledge had a large impact on our lives and was part of the driving force that led us into agriculture. So, when we started farming, we were and continue to be purposeful in our methodologies and approach to why we do what we do.

VERY IMPORTANT INFORMATION ABOUT PURE NUTRIENT RICH ORGANIC SOIL. We are a Certified Naturally Grown (CNG) Veganic Farm which means we use no synthetic pesticides, herbicide or fungicides and we use no animal inputs...yes that's right, **NO ANIMAL INPUTS!** We use no blood meal, no feather meal, no animal manures, no fish emulsion, etc. You may be asking yourself, but why? Farmers have been using manures for centuries...I thought it was a healthy thing! The reality is that many animal manures today are from CAFOs (Concentrated Animal Feeding Operations) or other animal industries where the animals are treated poorly, given antibiotics and hormones, and are fed GMO grain. That manure is then composted and can be sold as organic. We desire to avoid GMOs at all cost and we therefore have decided to avoid manures on our farm. We also believe that the animal kingdom today has been adulterated and manipulated in many ways that renders it unfit for human consumption or use on our farm. We also avoid using any soy, corn, cotton and canola as a nitrogen source due to the fact that the majority of these crops in the US are GMO. Instead, we use organic legumes, seed meals and cover crops.

In addition to all that, we have a very extensive amendment program where we test our soil at Kinsey Ag Services and implement the Albrecht method of remineralization. Also, we use Advancing Eco Ag (AEA) for biological and trace applications to maintain

high photosynthesis levels to allow the plants to use as much sunlight energy as possible. This approach focuses on balancing the soil structure, chemistry, and the biological engine striving to facilitate an inhabitable environment for the soil food web. Last year we were blessed to meet Charlie at Charlies Compost in Calhoun KY. We now have an amazing resource for a veganic vegetative compost that is truly the best compost we have ever used. This is an aerobic, fully digested compost that is biologically active and alive. This compost is tested using Dr. Elaine Ingham's lab Soil Food Web to guarantee that the compost is biologically active with good bacteria and beneficial fungi.



WHY IT IS CRUCIAL THAT FLOWERS BE GROWN ORGANICALLY, TOO.

We grow seasonal flowers **WITHOUT** synthetic chemicals using veganic practices! **WHY?** Flowers are a labor of love for us...they attract beneficial bugs and pollinators and bring beauty and joy to our farm. When you buy local flowers, it means you are supporting your community and your environment. Most grocery store flowers are imported and are grown overseas, that means that they travel long distances. That has a huge impact on our environment, not to mention the quality of the flowers. These flowers are also often grown using harsh chemicals, synthetic pesticides, fungicides and herbicides that not only affect the earth but also those people that are working under poor labor conditions exposed to those toxic chemicals. Because we grow our flowers using the same principles that we have for growing our vegetables & fruit, they are safe for you and your families to enjoy. Photos: Courtesy the Leshers.



WHERE TO BUY VEGETABLES, FRUITS, & FLOWERS AT FARMER'S MARKETS IN LOUISVILLE or elsewhere. Call city information 311 line for details.

Rainbow Blossom Farmers Market (Lexington Rd) Sundays 12:00 -4:00pm (May – December)

Nulu Phoenix Hill Farmers Market Tuesdays 3:00-6:00pm (May-October). There are also other Farmer's Markets in Louisville.

Contact Eastward Gardens: www.eastwardgardens.com, eastwardgardens@gmail.com, 502-744-2942.

Finding Solutions with Co-operation

Joyce C. Gerrish, M.A.

Earth is in a time of great change as we all know. Every one of us can help channel this change in truly positive directions. It is crucial to know that each of us is very important for contributing our talents, wisdom, and life experience to healing every aspect of our civilization. Injustices have plagued our planet since time immemorial. There seems to be a desire in many people to try to prove that they are more important than others. It doesn't have to be like that. We can all be harmonious together supporting each other in whatever ways we can. That can be our greatest pleasure. To see others happy. This is a major learning goal that we need to deeply grasp at this time if we are to truly thrive as a human race. Competition, in a lot of ways, has outlived its usefulness. We need to switch from deriving satisfaction by winning over others - - to deriving deep satisfaction & pleasure from success as a whole group.

There is much waste of effort in competition compared to cooperation. In competition the struggle to work out the solution to a challenge or problem is waged at innumerable locations.

Everybody is working on his or her own to find the solution. People are often afraid to consult with each other even though they may be trying to find the answers to the same challenge in their own way in their separate laboratories or offices. We can find our solutions much more rapidly and safely by sharing experiments and results - - and helping each other.

The truth of the matter is that often the people working to develop something have no grudge against people in a different country or even a different research and development group in the United States. Leaders may feel that "the winner takes all" the prize, financial success, and fame. Some of the upper management of corporations these days earn multi millions of dollars that they can't reasonably spend - - and don't actually need. If you get together the teams of workers at the more ground level of the development, they are likely to enjoy each other's companionship and be able to thrive with the increased brain power brought to bear on cracking the code of the knotty problem that they are seeking to understand on the two different sides of the "fence" or "knowledge barrier."

When groups of people are brought together to work as a team within a corporation or a smaller company, morale goes up immediately. People feel less stressed when they feel a part of a team than when they feel that they must perform on their own. People like to feel they are part of a supportive team where the different people can enrich and stimulate each other's visions and ideas and knowledge. No one person is likely to know everything there is to know about a given subject, but when you get a group of people working on a project, it is highly possible to have specialists whose knowledge does expand further collectively than any one

person could provide. That can become fertile ground for significant discovery that can really help masses of struggling people. Plans and inventions exist in the higher spiritual levels of Universal Mind to help humanity inexpensively take better care of all humanity (not just the wealthier). Some of the great discoveries and breakthroughs throughout history came through intuition, dreams, and higher consciousness.

Another reason that cooperation is better than competition is that it deepens friendships, goodwill, and health. Some may rightly believe that competition spurs people onward at a faster pace, but the stress isn't worth it. Stress can weaken health in a very real way, and make people feel suspicious of each other and of each other's motives. Warm friendship and integral trust strengthen the aura energy field of a person whereas suspicion actually weakens one's energy. This can be demonstrated with kinesiology which involves testing the strength of a muscle when the individual is feeling appreciated and supported as compared when the same muscle is tested while the individual is feeling mistrusted or judged.

We all hope for peace, joy, and safety for ourselves and our loved ones. This is clearly human nature. We wish this for ourselves, and by extension we wish it for those we are close to. Our family and

close friends are experienced to some extent as an extension of our self and our well-being. We can understand this very well. That is good. We probably do what we can to support that. In general, our family and close friends and acquaintances may look somewhat similar to us as far as physical qualities of skin tone, eye color, general appearance of hair, and

possibly voice accent and clothing style. This is not unusual for groups of people to cleave to those people who seem somewhat similar.

What is crucial for our ongoing welfare as a nation and truly as a planet at this time in human history is to extend that concept of our "extended family" to humanity as a whole. In the past history there may have been extensive physical distance between us and those we considered "others" who maybe didn't look exactly like our own group in some ways. There may not have been instant reaction from others everywhere and every place like there is today. Everyone wasn't quite so aware of what everyone else was doing every moment. BUT THAT IS OVER NOW. There is a huge leap facing humanity, and there is no getting around it. We have to go through it. We are one huge family on one tiny planet. There just isn't room for hate and violence and severe competition anymore. The only answer is cooperation. We pray to God Holy Spirit to lift all of our hearts into compassion, peace, goodwill, and desire for safety and equality for all.

BIO: M.A. in Human Development & Graduate of National Institute of Whole Health. Practitioner & teacher of numerous natural healing modalities including Reiki, Spiritual Healing, Chakra Healing & Reflexology. She's author of book "Secrets of Wisdom - Awaken to the Miracle of You," & Publisher- Editor of Natural Living Journal. Louisville Office. 812-566-1799. www.joycegerrish.com. PHOTO: Canstock Photo, dolgachov





SEEKING WISDOM AND UNDERSTANDING



MAY WE TAKE TIME TO LISTEN TO EACH OTHER. J. Gerrish

It is so important that we all keep our minds and hearts open to listen to each other, and not assume that we already know what another person thinks and feels. Each of us is a unique individual and soul with one's own profound nature which can never be pre-judged. It takes time and patience and caring to get to know another person. Stereotypes are meaningless. What we hear and see on the news or in films or in politics or anywhere else can't and should never be used to define any of us.

There is so much richness that we can derive from learning about and sharing in diverse cultures. Life can ideally be about learning and growing as long as we are alive. We need never get bored that way. There are so many fascinating things to learn about. There are different ways of cooking, many types of music to enjoy, various forms of art and dance. Life is an adventure which we can all share.

We're all here on planet Earth to respect and nurture and learn from each other. It can give us a warm feeling in our heart to help someone else feel more hopeful if they are discouraged. Then they may do the same for us if we are feeling challenged at another time. That is how we can all co-exist in harmony by the Grace of God.

GHETTO OF THE MIND

Barb Vasiloff & Michael Reitz

Our likes are not our likes,
but those we are born into,
those shared by others.
Our hopes are not our hopes,
but those wished in common.
Our loves are not our loves,
but fantasies snatched from
news-headlines,
movies and media,
and public influence.

Black and white dreams are filled with
hopes that have no future....
I have a friend whose color is not my color
my profile, my privilege.
I have a wish that my friend and I can share.
I have a 'Me' that is so diverse,
that we cannot have friendship
unless there is search, discord, and change.
What compels some to imprison others,
limit their unlimited selves?
To cut life into segments that cannot be
integrated?
What compels us to fashion others
as completed projects
no longer in need of
new ideas,
new persons,
new life?....
Is it because we are all alike,
sharing the ghetto of the mind?

Photos: Hands, Pixabay_Leejoann. Flowers,
Pixabay_Ellen Chan



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BREAKFAST DELIGHTS, PROTEIN POPPERS, NO BAKE ***by Barbara Bosler***

As parents we should set the example and encourage healthy eating habits for our children. Good nutrition starts early, and children's eating experiences can affect how they will eat later in life. So from the beginning introduce them to healthy foods. At about 6 months when they go beyond mothers' milk or infant formula, offer a rainbow of different colored baby foods. By the time they are 2 years old, he or she will be able to eat most of the same foods as the rest of the family, offering appropriate portions and bite size. Avoid processed foods with high sugars and sodium. Feed them fats from healthy sources, such as olive oil, for fats must be present to enable the absorption of fat-soluble nutrients such as A, E, & D. Try these kids tested protein poppers on your kiddos. They and you will be pleased

- 1/2 cup your favorite nut butter. I use almond butter
- 1/3 cup honey or agave
- 1 teaspoon vanilla
- 1 cup quick oats.
- 2/3 cups toasted coconut
- 1/2 cup flax seed meal
- 3 Tablespoons dark chocolate mini chips, optional.



Put all ingredients in a bowl and mix well, using hands roll into walnut size balls. Store in the refrigerator. Quick rolled oats are used in the recipe without being cooked. If you choose to use "old fashioned" rolled oats, it might be important to run them through a food processor first. My family loves these Protein Poppers, I hope your family does too! As always, whatever you whip up for your family to eat, enjoy your time in the kitchen. Happy cooking. Barbara

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