

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.

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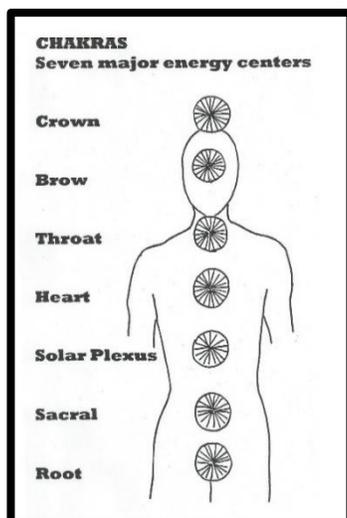
A JOURNEY OF SPIRITUAL AWAKENING, By Joyce C. Gerrish, M.A.

Our consciousness is not static. It is constantly fluctuating. It could be described as how we are using our mind or awareness at any given moment. Our consciousness can focus in very different ways - - and each of those ways will cause us to feel and think differently. This could be compared to accessing different kinds of electronic devices that have a fantastic range of amazing capabilities. We can do equally unusual and amazing things (and much more) with our consciousness as we learn how. This has always been possible for humans throughout millennia. This treasure of our higher consciousness requires no pills, herbs, or devices to activate. It is a skill we can learn to enhance our life!

So how do we go about learning how to activate and develop our higher consciousness and aura energy? An excellent step is meditation. Perhaps you are already a regular meditator or even an occasional meditator. There are many forms of meditation. Prayer is very valuable along with meditation. Focusing on your breath is an excellent approach in order to help keep the attention from wandering. This is often accompanied by gazing at a candle or a mandala circle design, or repeating a mantra word (or phrase) or a short prayer. Meditation can help relax the mind and emotions, and lift the heart.

Over time while regularly meditating, we may begin to be aware of the reality of palpable energy (or perhaps we already are aware of it). As we begin to truly relax more deeply through meditation, we may begin to experience our body and consciousness in a totally different way. It is a fascinating adventure!!

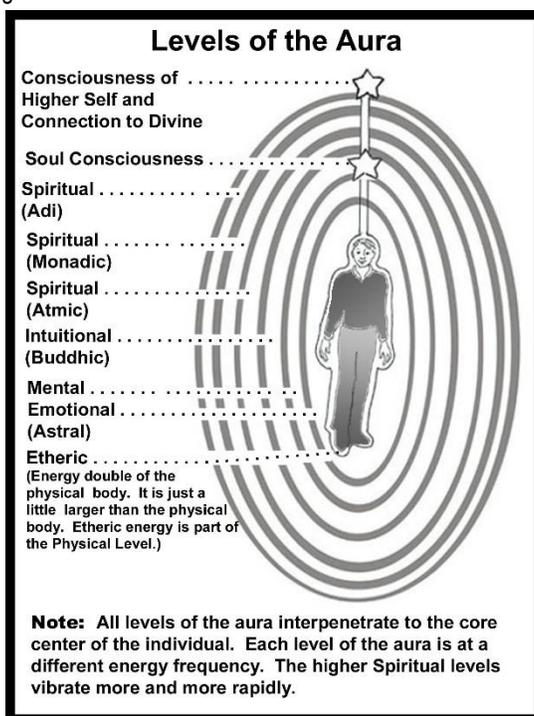
The energy within the physical body is called the Etheric aura. There are special energy centers called Chakras within our Etheric aura that we may begin to become aware of



when we focus in our breath. When ignored, these energy centers tend to become dormant. To become more aware of our inner energies, we can begin to focus on the Chakras while breathing in a sense of light and peace - - and then imagine we are breathing out any stress or worries. With practice that will actually be happening. Please see the chart of the seven major energy centers that are located along the spine from the base at the

coccyx bone to the top of the neck and to the top of the head. They open to front & back. Each of these seven major energy centers focuses a person in a different type of consciousness. Activating and clearing the Chakras can enhance our life. Let kundalini energy rise on its own when it's ready.

The root center focuses us in physical awareness and survival. The sacral center focuses us in emotional feelings and responses. The solar plexus center is related to feeling confident and powerful. All seven of the Chakras may be filled with negative energy and angry or depressed feelings or thoughts. They can also alternatively be cleared and filled with Divine light and the energy of positive feelings and thoughts. The heart center is related to kind loving feelings, caring behavior, and joy. That is of great importance! The throat center is related to communication, verbal expression, and creativity. The third eye (brow center) relates to intuition, will, and wisdom. The crown center connects us closer to our higher consciousness and the Divine.



At the beginning of meditations and periodically throughout the day it is valuable to visualize ourselves in a ball of light, say a brief prayer, and thank God. Then ground ourselves by sending roots from the base of our spine or the bottom of our feet deep into the earth and wrapping them around a boulder. It is also wise to close a meditation that way.

There are various levels of our aura that we can learn to expand into, to clear, and enjoy experiencing. They all emanate from the center of our being. Some expand out further and are less dense energy. Expanding beyond our Etheric aura is our Emotional-Astral aura. This holds energy generated by our emotions. We can breathe in light and invoke Divine Illumination which can help clear emotional stress. Expanding from the center of our being and out beyond our Emotional-Astral aura is our Mental aura holding the energy of our mind. Clearing

our Mental aura can help focus and strengthen our mind. Expanding beyond that are the various levels of our Spiritual aura consciousness. All of the above described levels of our aura energy can be gradually cleared and opened to be more filled with peace, Illumination, and accessing our Higher Consciousness and God. I humbly use the word God to refer to the Divine Consciousness that creates and maintains all creation. All of the above is truly a magnificent Sacred journey! In addition, there is so much more of the Spiritual journey to experience and learn.

I encourage you to check my website www.joycegerrish.com, navigator button "Songs & Meditations," then click on #10. There are two of my guided audio meditations on that page, the second one includes the Chakras. Some of the other guided meditation audios are very helpful in other ways. I offer a weekly Zoom guided meditation and also private sessions which can be very valuable. My book is *Secrets of Wisdom*, available on Amazon. BIO: See Page 15 in this journal. CHARTS: Joyce created charts.

THE MAGNIFICENT MONARCH

by Elsa Lichman, MSM, LICSW

Butterfly fossils date back to 56 million years ago! They have survived for so long, and we can take steps to keep them on our planet for future generations to come. The monarch is a milkweed butterfly in the family Nymphphalidae, with a distinctive orange, black, and white coloration. Its wingspan is 3 1/2 to 4 inches. The female takes on a paler hue, subtly lovely. The shape and color of the wings of both sexes change to a deeper red in our North American species at migration time. Its flight has been poetically called "slow and sailing," and it reaches a speed of 5.5 mph. This butterfly may have been named after King William III of England, as his secondary title was the Prince of Orange.

Although it has six legs, common to most adult insects, it only utilizes the middle and hind legs in walking, as the forelegs are small and held against the body. The life cycle comprises four stages of total metamorphosis. Eggs are laid on the underside of tender milkweed leaves in spring and summer. They are cream colored or pale green, and extremely tiny, yet the mother may lay up to her own body mass in eggs! She may mate several times, and for the season can lay from 300 to 1200 eggs. They hatch into caterpillars in only 3 to eight days. The caterpillars molt five times, each time gaining in size and preparing for the non-feeding pupal stage. They breed and feed only on the milkweed plant, which is why it is so important for us to save and plant this species.

The pupa transforms into the chrysalis, which is about one inch long. The adult butterfly forms inside. It emerges after about two weeks and hangs upside down until its wings are dry. Then it flies and feeds on various nectar plants. Monarch butterflies typically live from **2 to 6 weeks** except for the last generation of the year, which can live up to 8 or 9 months.

The Northeastern monarchs travel thousands of miles in a two-month period to overwinter in Mexico. They make the entire journey in huge clusters. They utilize directional aids including the magnetic pull of the earth and position of the sun, among others. This migrating generation has never before been to Mexico, yet they arrive en masse. They become reproductive before traveling back north in the spring. This migration requires 3 or 4 successive generations in order to reach their

destination in Mexico.

To preserve these amazing and magnificent insects, we need to educate ourselves about them. We need to ensure that milkweed plants are in abundance, and create gardens and habitats in which native plants are grown. This helps avoid invasive species taking over. We need to limit herbicides and pesticides. Planting goldenrod, butterfly bush, cosmos, lantana, lilac, zinnia, echinacea, and more, provide necessary nectar.

In Massachusetts, we have a Meadowscape Project in a variety of cities and towns. Grants are provided to fund programs for youth of all ages, to educate them about planting native species to attract native birds, insects, and butterflies. Each participant creates a patch of garden along a river path,

or in a garden at home, or in a field of grass. The results are often spectacular and lush, teeming with wildlife. Planting nonnative species requires a host of chemical products and specific care, while the native meadow can become self-sufficient when fully flowered. These youth are also available to help homeowners plant native meadows on their property, and the fees charged help support the program as well.

As I sit in my yard nursing a bad back this summer, I enjoy my own meadow which is a section of garden I have allowed to grow wild and free. I have been treated to the sight of the beautiful monarch cruising around my yard, landing on delicacies to feed. Once I even had a transient hummingbird

which was attracted to my fragrant and sumptuous lilac, and two American goldfinches which landed on black and yellow flowers that mirrored their own coloration.

There is so much we can do to heal our planet one step at a time. We can take on manageable projects and make a difference.

BIO: Elsa Lichman is a former social worker, who enjoyed a 43-year career. After retirement, she became a nature writer for a group of local newspapers, as well as the Louisville journal. She studied voice, joined a chorus, and formed a duo which performed in local nursing homes as a benefit. The pandemic has put a hold on the singing for now, but nature blooms in all seasons, even during this difficult era.



PHOTO: Monarach Butterfly by Barry Haas.



ADVENTURES IN ADAPTATION

By Kimberly LaFollette

Just when you think you've got this pandemic thing figured out, everything changes. Two months ago, I could see a glimmering light at the end of the tunnel. Things were looking up. However, in the past two months, we have seen Covid and the Delta variant go from bad to worse. It seems that our emotional endurance is being tested. I am tired and I am uncertain of what is going to happen next. I am weary of feeling tired and uncertain, and I know I am not alone.

This feeling of exhaustion is normal. Under constant states of stress your body will wear down. Your exhaustion is not an

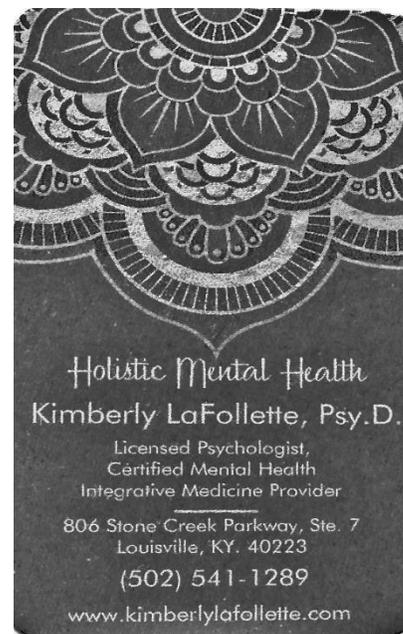


indicator of a failure on your part. In fact, you are enduring. You are winning. I know you probably do not feel like the strongest most capable version of yourself right now, but you are doing what every successful human being has done for millions of years. You are adapting.

Despite what you may have been taught in school, it is not the strongest and fittest individuals that survive. The individuals who survive are the ones who can adapt to ever changing circumstances. Never has that been truer than in our current environment. The information we receive on how to survive changes daily. And while the information on how to keep ourselves physically healthy is easily found, our psychological health needs are not as openly addressed.

As a psychologist, I can tell you that we experience the greatest distress when we fail to adapt to life's changing circumstances. When stressors arise, we usually try to cope by

using tools that worked in the past. When those tools no longer work, we become frustrated and feel hopeless. The good news is that if we can accept the changing circumstance and seek new ways of addressing the situation, our psychological health can improve dramatically. Change is always stressful, but those who can accept the change and find new ways to adapt are psychologically healthier.



So while you and I may be feeling exhausted and discouraged by the recent uptick in Covid, let's not forget the lessons we have learned over the past 18 months. We are capable of adapting to new situations and are much more resilient than we ever realized. We all fare better when we support one another and express loving kindness towards ourselves and others. By sticking together and allowing for change to happen we can get through this experience a little wiser and more resilient.

Ways To Promote Psychological Adaptation:

1. Practice radical acceptance. Whatever is occurring in your life that is causing you distress, accept it. Acceptance does not mean that you like or even approve of what it is happening, it just means that you are acknowledging that the event is occurring, and you are not denying its significance.
2. Explore new and novel ways to cope with the event.
3. Move forward with your new coping skills and be willing to adjust as necessary.

Be patient with yourself. Allow yourself to feel whatever emotion is coming up for you. These are trying times; it's okay to feel overwhelmed and tired.

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



PHOTO: Elia Pellegrinni, Unsplash

ARE YOU DANCING? LIVING IN JOY AND LOVE! Rev. Valerie Mansfield

Are you dancing? Are we still living in the past, the past of grief? After this year of being alone and being separate, are we willing to dance? Life unfolds in many moments, and we put those moments together. We create and manifest what we think we love and who we are. What's our real truth? Are we filled with sorrow for what is gone by, for those old days? Or are we standing in the crossroads taking a new path, a new way. Thoughts have creative power to determine events and attract experiences. So, what are we determining? What are we manifesting? What are we attracting and creating? Are we going to sulk in sorrow and in grief? Our choice is part of who we are, and it is going to be with us ebbing and flowing through our entire life. I'm going to ask you after you read this article to put on some music and/or sing and let yourself dance - - even if you're dancing from your chair or from your bed or wherever you are right now. Lift up your life to that higher vibration!

I'm not making light of where we are. There's a different path for each of us. Grief is universal and it's difficult. All our attitudes and beliefs are being tested and have been re-tested this last year. These last 16 months many of us have been pushed. I know I have, or maybe I'm the only one. But what did you make of that time when you were at home, totally alone for some of you? I still had my family that was with me through the process. A lot of people stayed connected with each other online and by phone.

So, what are we really grieving for? I think it's for joy. I think it's for living! And what did you make of the last 16 months? Did you get creative or try something new if you had some extra time? What did we really manifest? We often tend to be a reflection of the bigger world. Whatever is happening outside of us may be happening inside of us, and we may be projecting it outward. If we don't change our belief in what the outer really is, we're likely to be caught in whatever is going on around us. So we may be in that grief, we may be in that sorrow. Sometimes instead we can choose to be where we can live and dance and be the rebirth of ourselves. So, what is it you haven't done recently that you may have been yearning to do?

You hear a lot about there not being enough servers in restaurants, or at the bars, or in the stores. Apparently, we don't have enough people to work. You hear that a lot. But what if during those 16 months people took an opportunity to change, and they taught themselves new skills and they got different types of jobs where they're working from home. They're being creative in different ways instead of at the store or at the restaurant serving your food. Is that possible? You hear a lot that people haven't come back to work because they're still getting their benefits, whatever those are. I don't know about you guys, but if you've ever received unemployment benefits you can't survive on them. They're not enough to live on. So why would people stay in unemployment? I really believe that a lot of folks have found new ways, manifested new lives and jobs. I also believe that people don't want to go back to whatever it was before because they realize now that life can be



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filled with more joy.

Having time to "be" is joyful. When you're caught up in the materialistic energy of the universe, you don't always get that joy every day. It can get really humdrum to show up at the office with all the gossip and all the negativity, instead of being pure and joyful and letting life flow. Right? So living in the flow is really, really important! We have to let go of the old limited ways of the past, which we may have falsely created. They don't really exist now. Because when we were in them, we perhaps weren't happy. And so, if we recreated the past, are we going to be happy again? No, we're probably not. We have to remember that the Christ consciousness within us does the work of lifting us. Our job is to connect with that Christ consciousness within us.

It's also our job to care for each other as love and light. No matter what's going on in the outer world we have to stand in our truth and "be love." When we're interacting, we need to interact as love. We even have to interact as love with those that we have a problem with. Because if not, then we're contributing to all this chaos in the universe. We all know that, but we may do it sometimes anyways. May we recognize what we're

doing. We've got to live from that Christ consciousness within us. We've got to live the truth of who we truly are. We've got to live the love and the joy! Let's dance!

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



THE SECRET OF MANIFESTATION IS YOUR ENERGY FREQUENCY OF BELIEVING, Leah Bomar, Life Coach

We are manifesting all the time whether we realize it or not. We are constantly emitting a signal drawing towards us matching frequencies. People, experiences, songs, all things. When you cast a request for something amazing to come into your life, a dream so big it scares you a little bit, that's OK because if you can maintain that frequency of believing and act as if you've already received what you desire, your dream coming true is inevitable. It can be none other than certain because you are allowing the flow of the future to penetrate and live in the now.

Your dreams are inevitable. Allow yourself to believe your dreams are *eventual because they are certain*. Accept this as fact and have fun on the way as your journey deliciously unfolds. Trust and patience are as powerful as believing. Manifesting is embracing the never wavering certainty that your dreams *will* become a reality. The 'when' doesn't even matter because the fact of its existence is unavoidable. The universe will give you exactly what you need along the way as it's required to make the dream happen. Trusting in your dreams eventually happening only draws it closer through the undeniable universal truth of divine timing.

In life when things go wrong tragically, horribly, awfully wrong -- people will often say, "God only gives us what we can handle." There's a truth to this on the other side of manifesting what we want as well. We cannot possibly have all that we want at once because we wouldn't be able to handle it. We have to calibrate ourselves to our dreams, constantly and consistently matching our energy to that higher vibration.

Like when climbing a mountain, you can't just go straight up to the top because the sudden jump in higher elevation and altitude will make you sick and you could even die. Hikers must climb in a zigzag pattern slowly but surely making their way to the summit. Like a scuba diver carefully coming up out of the sea, pausing to adjust to the pressure, we must allow our dreams to unfold in their own natural rhythm. Trusting in the universe to give us what we need *when* we need it all along the way.

Never stress, fear or worry about the details. Especially about timing by wondering when it will happen, because that only takes you out of the vibration of receiving and repels the dream further away. If you don't allow yourself to fully trust and believe, you are contradicting your own request to the universe and further delaying its arrival. If you begin to doubt the timing and give into the bumps in the road (which actually aren't even delays, just part of the natural preparation for the manifestation to appear) you are just moving yourself further out of alignment of the frequency of your dream life and further delaying the inevitable. Before you know it, your impatience and lack of trust will deny the dream altogether. You'll give up, thinking "Well that didn't



happen in my humanly conceived timeline, so it must not be for me." You'll abandon the dream in shame and disappointment, when all along you were always on the right path. When perceived 'roadblocks' start popping up, don't let yourself fall out of a vibrational alignment with the dream. Don't start thinking the 'obstacles' are detours or signs to abandon the dream because really whatever is happening is just the natural progression of the journey preparing you for what you said you wanted.

Whatever happens in life is just part of the grand plan. There are no accidents or detours. If things are not working out to your satisfaction, it's because you've allowed yourself to stray from belief that everything is working out for your highest good. Never give up! You are always on the right path. Say to yourself if you begin to doubt, "I am right on time." When your dream feels big or overwhelming, you can practice saying, "I am getting ready to receive. I am *preparing* for my dreams to come true." Often people jump straight to the "I am ready to receive" affirmation. Sometimes the reason why they can't start manifesting immediately is because it's too big of a jump for them from dream to reality. There's too much of a mindset change required to go from not trusting to fully believing 'all my dreams are coming true.' Whatever lessons you learned on the 'detour' is what you needed to learn in order to prepare yourself for receiving what you want.

If it seems that you need a vibrational boost, you don't have to wait for it. You can feel the very vibration of what you desire right now through meditation, journaling, imagining.... dreaming! Close your eyes and try it. Get very specific with sights, sounds, smells, colors, what it *feels* like to be there. If you place your request right back in the vibrational field surrounding you, the magnet of desire (law of attracting) will be activated instantly again!

NOTE: This is an excerpt from the book by Leah "*GlitterBomb: A Journey to Self-Love*," available for pre-order at LeahBomar.com.

BIO: Leah Bomar is an author, speaker and certified Life Coach specializing in Therapeutic Art. She graduated from University of Louisville with a degree in English, teaching elementary art and working as a substitute teacher for JCPS. As a Super Mom of three children, she started a local Creative Co-op for Homeschoolers and taught middle school & electives at a local cottage program. More info at LeahBomar.com or email AuthorLeahBomar@gmail.com

PHOTO: Unsplash, Hendrick Morke
Editor's Note: Also, work toward goal.



THE TAO IN ME.....

Tao: a name for the universal connectedness of all that is existence, life & consciousness.

BY MICHAEL REITZ

I have tried to be other than the Tao, but could not.
My nature seems to be sufficient in my insufficiency.
I am unable to argue because I do not argue well.
Without cleverness or knowledge, I have acceptance.
I cannot stand out because I do not feel less than or more than.

I write poetically because I have no refute.
I like old stories but remember they are in the past.
I meditate to be with the day and yet know timelessness.
I walk, bike and garden to experience the live earth.

I cannot handle the daily news because I have sensory overload and then feel detached.
Decisions are difficult because I see all sides.
I have no weapons because instead of courage they produce fear.
I am simple because I have no mind for the complex.

Because I cannot control my spirit, I overflow into all.
I do not know ultimate secrets through knowledge or intuition.
Therefore, I interact with existence as it comes to me.
Beautiful and ugly, good and bad, existence and nonexistence, heavy or light, high and deep, before and after are relative concepts with no absolute truth.
I do without knowing.

If I am still, am I flowing? Whichever, everything flows around me.
If I move am I in sync or out of sync? Sync with what?
If I exist like an empty flute that creates music from the Tao,
then I am an empty form and there is no death or sacrifice.
All living is relational; there is no one or nothing alone.



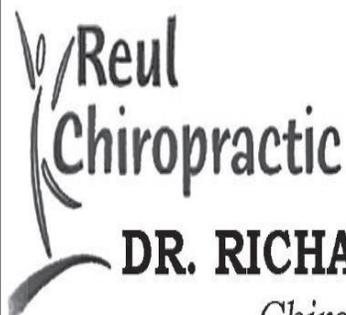
When the work is done, it is time to withdraw.
That is all any of us can be... ourselves!
Ahhhhh life does its work on us....some kind of purification that manifests differently in each one of us.
Oh yes, we are all on our own path...discovering who we are, and surrendering to our true spirit....

BIO: Michael Reitz is an author and retired educator who has taught on the Navajo Nation as well as public and private schools in Ohio.
Author: Michael Reitz – Michael@mcreitz.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).

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.

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***No Sugar PUMPKIN SPICE
BREAD, Barbara Bosler***

It's that time of year again...pumpkin spice time. Everything from pie (of course), all baked goods, cereal, coffee, and believe it not body lotion, and everything in between. That distinct blend of ground spices: cinnamon, ginger, nutmeg, all spice, and cloves. I use Penzey's brand pumpkin pie spice. It has a dash of mace as well. Here are a couple of tasty pumpkin pie spice recipes I know you'll enjoy.

- 2 eggs
 - 2 cups flour
 - 1/3 cup olive, sunflower, or any cooking oil
 - 1 TB pumpkin spice
 - 1/2 cup 100% pure maple syrup
 - 2 teaspoons baking powder
 - 1/2 cup milk
 - 1/2 teaspoon salt
 - 1 cup canned pumpkin purée
 - 1/4 teaspoon baking soda
 - 1 1/2 teaspoons vanilla
- Mix dry ingredients in one bowlwhisk wet ingredients in a second bowl.
Blend the wet and dry. Pour into greased and floured 9x5 bread pan.
Bake at 325 degrees for 55 to 65 minutes.

***PUMPKIN SPICED GRANOLA ,
Barbara Bosler***

- 3 cups old fashioned rolled oats
- 1/2 cup olive, sunflower, or any cooking oil
- 1 cup chopped pecans or sliced almonds
- 1/2 cup 100% pure maple syrup
- 1 cup dried fruit (raisins or cranberries)
- 1 teaspoon pumpkin spice
- 1/2 teaspoon salt

Whisk oil, maple syrup, spice, and salt.
Add oats and nuts, stir to coat.
Spread on parchment lined baking sheet, press a little.
Bake at 300 degrees for 10 minutesthen stir.
Bake another 10 minutes, remove from oven, sprinkle on dried fruit.
Press the fruit into granola.
Cool, break or stir and enjoy.

As always do your family, yourself, and your planet a favor, use organic...and enjoy your time in the kitchen.
Happy cooking !!

Barbara



HEALING HAPPENS WITHIN THE ONE.

BY GERRY BOYLAN, PH.D.

On a Cosmic level there is no need for healing because nothing is wrong. However, we have all come here from the cosmic level to evolve even further. What is many times referred to as “healing” is looked upon as the return to your original state. In mythological terms you could say you were returning to the Garden. But the cosmos moves in a never-ending spiral that is always traveling further and upwards. It is only within the illusion of linear time that you think you desire to return ‘back’ to something. Within the illusion of time that “something” or that primordial state that you think you are yearning for, no longer exists. So you see, so often in this realm, what you have called to yourself is an impossible task.

Let us examine what is possible. What your human self yearns for and desires the most is to be at peace - - to be at peace with itself, to be at peace with all beings. To be at peace is much more than the cessation of conflict. To be at peace, even on a human level, is to see yourself as being safe. There is no need for the illusion of the protection that comes from fear and all of its other manifestations— blame, shame, guilt, and projection onto others. There is no need for any of that because you are safe.

Now the mind can build all sorts of illusory structures that promise a modicum of safety, and when you are identified with the intellect and the small self, even these unreasonable promises of safety appear to be quite attractive. Because many of you have learned that you have a soul and even that it is made in the image and likeness of God, yet no one has really been able to convey to you the power that soul has. Your limited learning has come from those who are also trapped within their individual identities. Because they are so focused on fear, then fear and all of its cohorts appear to be much more attractive and powerful than love or peace or joy. Even when love and peace and joy are experienced, within the perception of the small self, there is always the fear that they will be taken away. So many of you have been taught that fear is more powerful than love so that most of your everyday energies are spent keeping the darkness at bay.

Although we have said before that what needs healing most within you is your perception, for many of you that requires such a leap in understanding that it is difficult to comprehend. We are not denying the woundedness that you might have experienced. It would be foolish of us to simply attempt to write that off as an

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illusion. You can only grasp the illusory nature of woundedness from a place of great love and compassion. But until that awareness is reached and absorbed into your being then it will be necessary to work with the level of healing that you can understand and accept even with your smaller self.



There are therapies that have been developed that not only help to heal the wounded smaller self, but also which allow for the spirit to be set free. Without both these conditions, any work that you do will only yield partial and temporary results. We are entering into a realm now which will not be fully understood or grasped by the thinking mind. We will use a model or metaphor here rather than getting involved with various forms of therapy or healing.

Healing begins with the acknowledgment that healing is possible. The possibility of healing is an acknowledgment and an awareness that there is more to you than this small, egotistical personal self. What that is, you might not know, but you do rest in the knowing that there is more. So it is within this realm of realization that healing takes place.

Metaphorically, it would be as if your divine self were holding your human self as you would hold a child. Holding your inner-child in love, in safety, and in a place totally free of judgment, and communicating to this child, “you are free to do anything you need to do— laugh, cry, kick, or scream to release or open to transformation. You are free to release anything that is keeping you from the peace that your heart desires.




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It is within this space of safety and freedom that healing takes place. It is only after all of that stuff has been released that you are no longer held captive by your mind, and no longer keeping your mind captive. At that point you begin to realize the illusory nature of that bondage. Focusing on those patterns of behavior or thought or beliefs as being an illusion before you are able or ready to let them go, only contributes to a deeper sense of separateness or wrongness.

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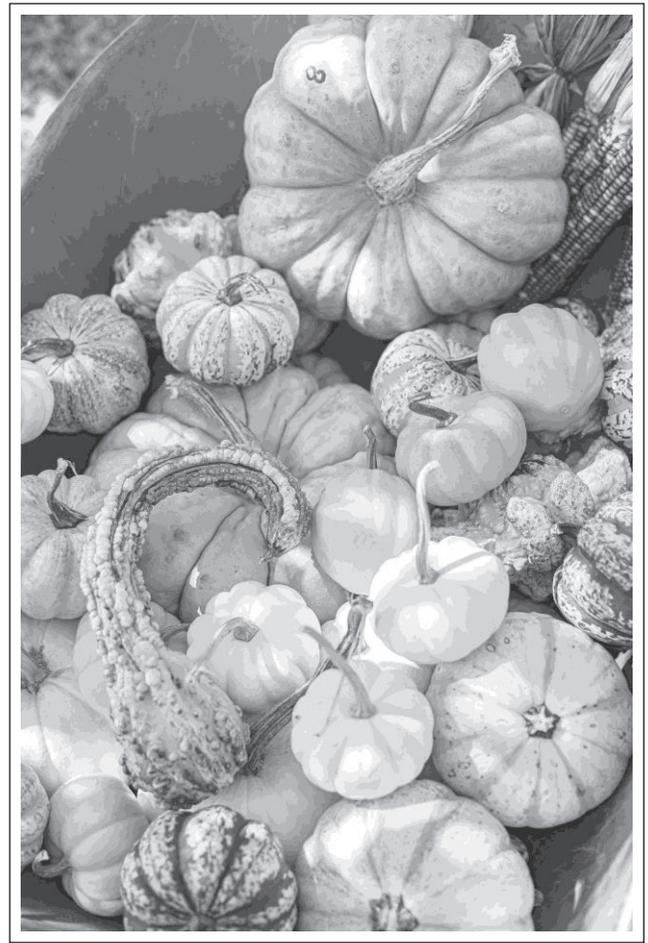
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In this state of release or surrender the healed personality self does not disappear. It remains as your bridge between the divine self and the outside world. It no longer seeks to dominate the landscape. Although it is temporary, it is still embraced as an essential part of your being along the path in this journey.

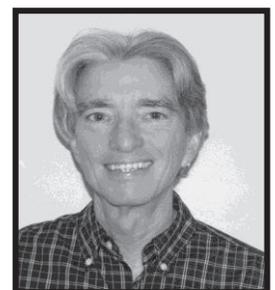
So what healing looks like is an integrated being who is at peace with himself/ herself. It is the acknowledgment of perfect safety. It is the ability to love without fear of loss. It is the knowing, in the flow of life, that anyone and anything can be loved as it is. And because your perception has been exchanged for deep inner knowing, you carry with you the recognition that all is perfect, all is good, all is flowing exactly as it should. AMEN

BIO: Gerry began his career as a teacher & 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 Biologoy and Transpersonal Psychology, and a Ph.D. in Comparative Religions. He teaches classes at Unity of Louisville along with guest speaking at Sunday Services.

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Gerry Boylan, Ph.D.
 Author of Article



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Effects Of Red Tide on the Environment

Joyce Freville, Ph.D.

Many of us have heard about “red tide” and how we should avoid getting into the ocean water when it is present. But what is it and what causes it? Red tide is a harmful algae bloom that can cause water to look red or brown. It produces chemicals that can affect our breathing. It also affects marine life, many times killing fish and other animals. Red tide is caused by the rapid growth of a harmful algae. Even though red tides start offshore, away from coastal nutrient sources, these blooms can drift toward shore and then consume both natural nutrients and “runoff” from man-made ones. Runoff from non-organic fertilizers can fuel many harmful algae blooms. It’s a blooming mess all the way around!

The algae bloom may also deplete oxygen in the waters and/or release toxins that may cause illness in humans and other animals. The algae bloom can cause respiratory illness and eye irritation in humans. It can also kill marine life, and lead to a temporary halt in harvesting shellfish. It is responsible for large fish kills (see photo) and is the leading cause of death of manatees (an endangered species). It is also blamed for many dolphin deaths.

Additionally, red tide has an economic impact. It is responsible for vacation cancellations and a devastated seafood industry along Florida’s coasts. According to UCF Today (University of Central Florida), this harmful algae bloom cost 12 coastal counties in Florida a combined \$130.6 million per year in damages. More than \$14 million in emergency funds were designated for beach cleanup in 2018.

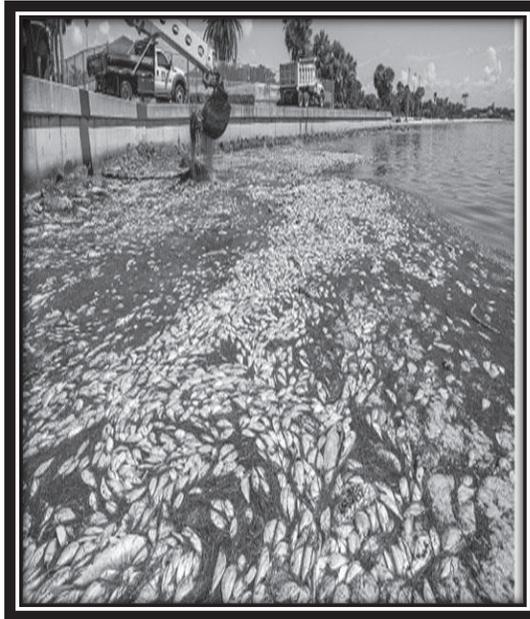
A study at the University of Central Florida is underway to see if there are environmental safety concerns around using a clay solution to reduce the impact of the harmful algae. The study focuses on spraying a clay solution to sink the cells of red tide to the bottom sediments. However, further research must be done to make sure this is environmentally safe in the long run. The effects of clay on native habitats and other organisms are not yet known. We can also take other steps to help reduce this problem before it begins.

While the problem is seen around coastal areas, the solution actually can begin at home – your home. When it rains, non-organic weed killers, pesticides, and fertilizers are washed out and are added to the waterways, or they sink through the soil and pollute our ground water. Water from sprayed fields runs into streams and then rivers that flow into the ocean.

Harmful algae blooms can occur on freshwater lakes and rivers as well as on saltwater shores. Sometimes the color is blue green. Whether an area of blue green algal bloom is toxic varies and can best be determined through testing by the local Department of Health. As is known, many streams and rivers and lakes have a degree of pollution.

What can we do to help?

- Support organizations and governmental leaders that work for environmental protection.
- Reduce your runoff by minimizing fertilizer use and learn proper fertilizer practices. When needed, use organic fertilizers and pesticides on your lawn and garden. Algae feed on the chemicals in conventional fertilizers and pesticides. Organic fertilizers and pesticides, on the other hand, don’t feed algae or contribute to red tides. If you fertilize your lawn or garden, make sure you’re using organic fertilizers.
- Use natural “environmentally friendly” dish soaps, hand & body soaps, and laundry products that don’t have harsh chemicals in them. Most major supermarkets carry these now, as well as the natural foods stores.
 - If you live in a coastal area and have a garden, transform it into an ocean-friendly garden to help prevent red tide. Ocean-friendly gardens use native and climate-appropriate plants and landscaping that don’t require as much fertilizer.
 - Conserve water to protect the natural watershed. Basic water conservation techniques can reduce wastewater to decrease harmful chemicals entering natural waterways and contributing to algae blooms.



Dead Fish. Photo: John Hopkins All Children Website

In conclusion, with a few minor changes to our daily routine, we can make a significant positive impact on our oceans and rivers. This in turn will help save the lives of many fish, manatees, and dolphins to name a few. Start to make a difference today!



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.
Editor’s Note: These ideas can also support our own health.

VIRAL PREVENTION.

By Dr. Victoria Snelling

An excellent diet, a few supplements and adequate sleep are important in keeping your immune system strong. We all need a healthy method of dealing with stress and that may be even more important now. Make sure to get some exercise, or at least move your body to your tolerance every day. It's good for the immune system and it's a good stress buster. Sleep 7 to 8 hours a night if at all possible. Your body, including your brain, repairs and cleanses itself while you sleep. Your neurochemistry is very different at night than during the day, and your sleep cycle is important to your immunity.

I've been taking glutathione for years, long before covid was a topic of conversation. We know it's the master antioxidant and that NAC (n-acetyl cysteine) helps our bodies make glutathione. But glutathione isn't just a great oral supplement. I appreciate this gem of a supplement even more since reading about a university study from last year. Doctors, including oncologists, used liquid glutathione in nebulizers to treat patients who were diagnosed with covid-19. There was a control group that were given nebulizers without the glutathione. They found that those receiving the glutathione recovered more quickly and generally had better outcomes than the control group. There were far fewer deaths in the group receiving glutathione.

<https://pubmed.ncbi.nlm.nih.gov/23631796/>

Apparently, glutathione coats the lungs, protecting against the severe inflammatory response caused by COVID-19. Healthy lung tissue should have this natural glutathione coating for proper lung function and health. There are many reasons why this coating can be lacking, such as poor diet, allergies, pollution, and pathogens among others. How can we reinforce this protective coating when we need it the most? If you've never used a nebulizer, a liquid solution (in this case with glutathione) is made into an aerosol and is delivered to the upper respiratory tract and the lungs through a mask that covers the nose and mouth or is delivered directly into the lungs via a mouthpiece. Some people are sensitive to the naturally occurring sulfite in glutathione. At this time, that is the only known caution regarding this treatment.

How do you nebulize glutathione? You'll need capsules of glutathione **without any other added ingredients**. Open a capsule and empty content into a small container or nebulizer cup. Add 1 to 3 milliliters (about half a teaspoon, depending on your machine) distilled water or pure saline solution. Let stand or agitate briefly until the solution is perfectly clear. It's now ready to use. If you have a nebulizer, you should have instructions for use of the device. Speak to your health care professional before use. your doctor may be willing to give you a prescription for liquid glutathione for nebulizer use.

If you're not inclined to use a nebulizer but would like help in



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keeping the airway clean, I have a few ideas for you. Most of us are washing our hands more often and taking other precautions to stay healthy. What about the sinus passages and throat? If you have a Neti pot, or an inexpensive NeillMed bottle, you can mix a sinus rinse that relieves congestion, soothes the sinuses and has antibacterial, antifungal and antiviral properties. To begin with, if you're congested due to a cold or allergies, rinse with a mild saline solution first. Mix 3 parts salt (non-iodized!) to 1 part baking soda. Use 1 teaspoon of the mixture per 1 cup of lukewarm distilled water or tap water boiled at least 2 minutes. Make sure the water temperature is comfortable to you. For use, follow the directions supplied by your Neti pot or NeillMed bottle. This saline rinse is great after a day outdoors for those who are allergic to the ragweed and grass pollen in the air now. After your saline rinse, or if your sinuses are already clear, you're ready for a good antiseptic rinse: colloidal silver in a Neti pot. Omit the salt and baking soda when you use colloidal silver for best effect. If you'd like a simpler

procedure, my shortcut method is to use colloidal silver in a pump spray bottle for sinus cleansing. "Sovereign Silver" is one brand I've found locally and I'm sure there are others.

You'll also find colloidal silver in a throat spray. That's an easy way to add a first line of defense against viral contagion. The corona virus likes the warmth and dampness of the throat and sinus passages. Even once a day use can give your immune system a

little help in keeping you healthy. There is even early evidence that mouthwash can destroy the viral envelope that surrounds the SARS-CoV-2 virus. We might want to wait for the full study on this but, rinsing and gargling for at least 30 seconds is an easy thing to do. Be well. Keep your loved ones close to your heart. Have some fun every day. Goodness knows we all need that right now.

BIO: Dr. Victoria Snelling has a varied practice in homeopathy, functional medicine, chiropractic, nutritional genetics and CEASE detox therapy. She has been in practice in Louisville since 1988.

Dr. Snelling leads the monthly Kent Society Homeopathy Study Group (you're invited!) and offers a quarterly schedule of one-day classes on natural health topics. 502-426-2033, www.DrSnelling.com.

EDITOR'S NOTE: As always, consult your primary healthcare provider before making changes in your healthcare.



RACIAL HARMONY: LEGEND OR MYTH?

by Diana Norred

I love sitting on my back porch on sultry nights. My husband Jim and I sometimes get into deep discussions about everything from music, family and what's happening in the world today. A serious discussion came up one night about how people view racial equality. Jim said, "I think the only place it appears is in the Declaration of Independence." That got me to thinking and it took me back to 1967 when the movie "Guess Who's Coming to Dinner" was filmed. In the movie Sidney Poitier (who plays a young black physician in his thirties and in love with a young white woman) verbally attacks the actor who is playing his racist father. In a rage, he declares "your whole generation believes that the way things were for you is the way they've got to be forever, and not until your whole generation has lain down and died will the dead weight of you be off our backs." The sobering realization is that Poitier is now 94 years old, and the problem still remains.

It's clear that time has not solved the problem and we must stop expecting time to solve it for us. The old adage that time heals all wounds doesn't hold true here. It simply allows the problems to fester. Our problems, including racial problems of all peoples and cultures, belong to us---not our descendants.

We need to stop presuming that if one race advances another must regress. In large measure this thinking accounts for an illogical reaction to programs that aim to help minorities. It's this line of thinking that accounts for some of the hostility between many minority groups. Can only one person of color advance and rise within a given organization? I hope not. Does an increase in Hispanic clout spell defeat in blacks' success and well-being? It definitely shouldn't.

We need to realize that ending the hate and hostility is the beginning, not the end, of our goal. How many times do you see television celebs crying out for us to stop the hate? I wonder who their target audience is for that particular broadcast. My guess is that it's aimed mostly at people who don't hate anyone. Stopping the hate has little effect on bringing people of different ethnic cultures together. Of course, it's much better than fueling hate, but stereotyping and discrimination are not the primary result of hatred. If we focus on making hate the only problem, we avoid facing up to the fact that it is non-hating people who play a bigger part in racial inequality.



living in largely segregated neighborhoods, socialize in different circles, attend segregated places of worship, and yet maintain a symbiotic relationship in the workplace where race was not a factor.



We must become serious about fighting discrimination. In our rush to declare ourselves colorblind, we have jumped to the conclusion that racial equality does exist, and discrimination has largely disappeared. We have to be open about it and keep the conversations going. Dialogue is definitely not a panacea for racial estrangement, but

conversations, as opposed to confrontations, about race are better than turning a blind eye. There is no one solution to all our racial problems, but if there is one answer, it lies in realizing how complex the issue continues to be and in not using that complexity as a reason for inaction.

My husband may be right: racial equality might only exist in the Declaration of Independence, for now. I hope not. But I truly feel that we all have far more in common than we allow ourselves to believe. Respect and cooperation will yield the sweet fruit of reconciliation, admiration, and genuine love. It takes all of us to make a difference—for all of us.



BIO: Diana Norred lives in St. Petersburg, Florida with her husband, Jim. She graduated from Pasco State College with a degree in Communications and is retired from the Tampa Bay Times where she worked in Advertising Management for 28 years.

Top Photo: joel-muniz. Unsplash.

Center Photo: ammentoroop. Canstock Photo

LIVING LIGHTLY ON BELOVED MOTHER EARTH

By Joyce Gerrish, M.A.

Beautiful Mother Earth needs to be treated with gentle loving care. More and more, people's attention is being powerfully brought to focus on nature's call of distress and imbalance. We need to act now to avoid even stronger planetary reactions of storms, floods, droughts, fires, and hurricanes. May we love and honor Mother Earth and support renewal and healing. I studied closely with a Native American Medicine Woman and Spiritual Teacher with long weekends for several years in northern Vermont while I lived in Massachusetts. This had a profound effect on my life and conscious relationship with Mother Earth - - with the beautiful subtle multitude of aspects of creation including the Kingdoms of Plants, Minerals, Animals, and Angelic - - and the Earth, Water, Fire, Air, and Ether (Spirit). Creation is conscious!

I composed a song in tribute to Mother Earth. The words go as follows. "Mother Earth is so loving and abundant for us. The plants grow such bounty for our food. The wood from the trees gives us warm safe homes. The waters quench our thirst. Shall we cherish our abundant Earth? Shall we cherish our abundant Earth and be wise stewards - - while we can. And be wise stewards, yes, we can." You can hear me singing this song with my guitar on my website. Click on the navigator button for "Songs and Meditations" and then on #17. Sing along with me.!

Humans need to learn how to live more lightly on Mother Earth. We need to live in ways that don't deplete and scar Mother Earth's magnificent body of trees, all types of plants, hills, valleys, soil, lakes, rivers, and so much more! The trees are how Mother Earth breathes. The trees take in carbon dioxide and release the oxygen we need. Trees grace the Earth in many ways including holding the soil in place with their roots so the soil doesn't get washed away, providing homes for innumerable birds and small animals, providing fruit and seeds to feed humans and animals and beneficial insects. There is a delicate ecological balance within our precious planet which can't be disregarded for quick profit. We need to not clear cut the forests and leave them bare, but rather when necessary selectively thinning the trees somewhat leaving the ecology as much intact as possible. This balance needs to be very carefully maintained with loving devotion.



Photo: Bill Oxford, Unsplash

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Some of the earlier Native American tribes had this respect and lived very lightly on the planetary body. They very frequently gathered in circles to sing songs and dance to honor Great Spirit and Mother Earth. With every act, they took into account the welfare of seven generations to come. It wasn't a matter of only considering what might benefit oneself in the moment with little or no concern about the welfare of all

aspects of the Earth - - or about the needs of people in generations to come. There were many different Native American tribes and nations, and they didn't necessarily have exactly the same traditions, but great respect for Mother Earth was fairly consistent from one group to another.

What can we realistically do now to help? Vote for and write letters to governmental leaders who speak up for and act for the environment. Support environmental groups. The time is now when action is needed, not twenty years from now. Buy and grow organically grown foods, even if it seems a little

more expensive. Pesticides are on and in many vegetables people eat. The pesticides on the soil harm the small animals and birds and beneficial insects like bees. Buy recycled toilet paper and towel paper to spare trees! If you live in Louisville, contact Louisville Gas & Electric and ask about the \$6/month solar share. What aspects of nature might you be interested in finding out more about and getting involved? Water purity. Clean air. Recycling. Composting. Solar Power. Let's each do our part, whatever it may be, to help heal our planet!

BIO: Master's Degree in Human Development, Graduate of National Institute of Whole Health. She is a highly attuned and sensitive guide for Higher Meditation and Spiritual Awareness. She has extensive training and experience as a practitioner and teacher of numerous natural healing modalities including Reiki, Reflexology, and Chakra Healing. Author of book "Secrets of Wisdom - - Awaken to the Miracle of You" and Publisher- Editor of the Natural Living Journal. Louisville Office. 812-566-1799. www.joycegerrish.com.

NOTE: JOIN MY ZOOM TRANSFORMATIONAL HEALING MEDITATIONS SUNDAYS 7:30 - 8:15 PM EST.

KISS YOUR ELBOW, BOOK EXCERPTS

By Deanna O'Daniel, Author

Deanna's first book, *Kiss Your Elbow – A Kentucky Memoir*, describes life in the '40s when Deanna grew up on a farm on the edge of town. As the oldest of eleven siblings, she recalls the responsibilities of the "oldest girl." She takes us to the fun days of Louisville's famous amusement park, Fountain Ferry, and gives delightful descriptions of its excitement. She recalls the glamour of shopping in the beautiful downtown department stores on "4th Street" and the theaters there. "It was so special that everybody wore white gloves, hats and heels." She recounts the bustle of Union Station Train Depot when Louisville was known as the "Gateway to the South."

Deanna's second book, *Changing the Sheets – A Kentucky Memoir*, describes the huge changes her Silent Generation had to make. Raised to be sweet, lovely housewives, they altered their personalities to handle the outrageous 'Boomer Generation' born shortly after them. The wild 1960-70s, brought the 'The Pill and Woman's Liberation Movement,' which caused 'The Sexual Revolution.' Women's lives changed forever! Jobs took women away from the household. Changing role models affected marriages of the day, even Deanna's own marriage to the man she had formerly called "the man of her dreams." New acceptance of therapy made divorce a badge of honor!

The third book in Deanna's Kentucky Trilogy, *Opening a New Window – A Kentucky Memoir*, tells of life for the Silent Generation Women in their quest for liberation. "The Women's Movement was so strong in the 1970's that we thought the ERA (Equal Rights Amendment) would pass and make us equal to men!" After her divorce in 1979, she found out, like so many of her friends, that was an illusion. Struggling to keep an optimistic attitude, the hardest thing Deanna faced was to partially give up her children on a newly formed idea called, "joint-custody." Believing that "There are no mistakes," she tells how life was for a single woman of her Silent Generation during the 1980s and beyond. Her naivety gave her some pretty risky adventures, but like other spunky women born in her era - she made it!

Excerpts from Kiss Your Elbow

Shopping Downtown – Age eight in 1949

Finally, Mama and I were heavily burdened with purchases. We finished shopping in plenty of time before the last Blue Motor Coach back to Hikes Point. We went to higher-priced stores like Stewart's just to see the nicer things. Stewarts hired a beautiful

DEANNA O'DANIEL, Author, Speaker

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model seated on a rope swing to swoop back and forth over the cosmetic counter. The ropes on the swing were covered with fresh flowers. Everything smelled so good that I wanted some for myself, but I knew my brothers would tease me to death. In Bacons, I noticed the sound of the women's high heels went "thump, thump, thump" on the wooden floors.

Mama let me ride the elevators while she busied herself downstairs. The attendant wore a smart uniform that looked something like that of a member of a marching band. He grabbed the big brass handle, pulled it down to the left, and the ratcheted door closed all of us inside. The ride tickled my tummy. Most operators were skillful and stopped it level with the approaching floor. Others "jockeyed" the brass handle back and forth and jolted our stomachs. Many complained, but I was just happy for the ride. It was almost as much fun as the Ferris wheel at Fontaine Ferry Park.

BIO: Deanna O'Daniel, Author. In retirement from being a classroom teacher, Deanna became a writer and also developed a company called, *SelfSeek Spiritual Center*. Besides writing memoir, she has also been

published in magazines, newspapers, and anthologies. Deanna is the mother of two and a grandmother. Using herself as a representative, Deanna chronicles the history of women of her *Silent Generation*; those born between the Depression and the end of WWII. Her writing is nostalgic and humorous - guaranteed to make you laugh and shed a tear. These books are fun reads with positive content and make great Christmas gifts. They are crowd pleasers for all ages, but especially nice for older folks who remember the social practices and the places in Louisville that Deanna describes from the 1940's, '50s, '60s, '70s and beyond. Deanna is available to speak to groups. 502-648-7937.

<https://www.amazon.com/Opening-New-Window-Kentucky-Memoir/dp/172835871X>

PHOTO: Deanna with two younger sisters.

