

Natural Living Journal

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

Vol. 9 Issue 4 **READ FREE ON-LINE** www.naturallivingjournal.com, July – Sept. 2024



The Affection of Trees

**What is Your Vision?
May that Vision Inspire
You On**

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Tuning Forks**

**Power of Peaceful
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Nature Lover's Diary

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**Cultivate Your Own
Happiness by Accepting
the Conditions of Now**

Adjusting to Change

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ADJUSTING TO CHANGE

By Kimberly LaFollette, Psy.D.

In the past two months, I've moved, gotten a puppy and my oldest child graduated from high school. These are all good things - - things to be celebrated and enjoyed. However, amid all these events, I found myself distraught and feeling more stressed than I had in a long time. I felt ashamed for being so upset when all these happy events were happening. I knew that there was nothing wrong and I was frustrated with myself for feeling so down. I tried all my usual coping skills, but nothing worked. It is in these moments that I am forced to remember that despite my professional training, I am just as vulnerable to life's stressors as the next person.



As a psychologist, I know that change is hard, even when the changes are anticipated and joyful. I've had countless conversations with clients over the years who had new jobs, new relationships and new babies who were confused about why they were so devastated. What I've told them, and what I will share with you, is that anytime our lives are disrupted, it feels uncomfortable. Whether it be for cute puppies or expected health issues, the distress can feel the same.

The silver lining is that there are some things you can do to ease the discomfort during life's transitions. The most important thing is to acknowledge and accept that life's changes are difficult. Recognize that you are having a normal human reaction to change. Once you accept the change and allow yourself to feel what you need to feel, the load will feel lighter. Often, it's the shame and resistance of these feelings that make them worse. We only prolong our misery when we try to deny and suppress our emotions. What you resist, persists.

Once you acknowledge and allow yourself to feel your emotions, your next step is to process how the change, whether it was anticipated or not, is impacting your life. When changes occur, they naturally shift our normal routines. Taking time to reflect on how your life is shifting



and making modifications to accommodate the change allows for a smoother transition.

On the other hand, it's also important to find some consistency in your life. Try to keep some daily routines that feel grounding and familiar. It feels good to have an aspect in your life that is unchanged. Even if it's as small as having your coffee in your favorite mug every morning, it's important to ground yourself in something familiar.

Finally, when life feels overwhelming and out of control, it's important to make room for joy. It is during these times that we must be intentional about finding joy. This can often be done by making a daily gratitude list that allows you to focus on the little, good things in your life.

The good news is, we usually adjust to life's changes in about a month. If you follow these recommendations and give yourself a little grace, you will feel better in no time. As I am writing this article in my new home with a puppy sleeping beside me, I am happy to say that I am feeling much better. All of these changes were welcome and brought with them a little humility. For I was forced to remember that despite my professional training, I am nothing more than a normal woman who has normal reactions to change.

BIO: Kimberly LaFollette, PsyD. is a Licensed Clinical Psychologist and Certified Integrative Mental Health Professional. You can find out more about Dr. LaFollette and her practice by visiting her website kimberlylafollette.com , 502-541-1289.



PHOTOS: Man with Dog, Dr. Nick Stafford of Pixabay, Woman Smells Rose, Sheng-hu of Unsplash.

THE POWER OF PEACEFUL INTENTIONS

By Rev. Valerie Mansfield

What does it take to create peace in our lives and the world? Peace for me is living in harmony with consciousness in my life. Every choice I make moves me either away or towards peace. It starts with my relationship with myself. While it seems simple it can be one of the hardest things to act on. I align with my inner divinity through affirmative and heart-centered prayer. "I affirm I AM Peace. I Know I AM Peace and I take Action to be Peace."

In the past two years, a small group of us in Louisville participated in the Louisville Renasant Peace Project. The results confirmed that through intentional heart-centered affirmative collective prayer we can reduce the rate of violence in a measurable area of our city.

Now we are joining with other folks across the world to do our work through the Peace 2030 games. What is Peace 2030? The Peace Game uses 7 actions to empower individuals to live in harmony with themselves and the Earth. The actions of empowerment, oneness, unity, cooperation, abundance, love, and faith. It grows out of the Hopi Prophecy activated in 1986 when a torch of peace, witnessed by a billion people, encircled the globe stopping wars, uniting the world, and initiating the great turning toward a thousand years of peace.

You can also [sign up for](#) the next Global Peace Online game, on Wednesday, September 25. It is a commitment of nine weeks for two hours a week, plus the time you commit to working with each of the values. It is a commitment that will open your eyes, heart, and mind to a better way of being and showing up in life.

We must be the peace we want in the world. It starts and ends with each of us. What is more important than peace in your life and the world? Now is the time to grow into a life of peace. Now is the time to live in harmony with all other beings and Mother Earth. Together we build the momentum to be the tipping point for global peace. What is more important than life?



We have a responsibility to ourselves and every living being to change, to awaken to the Truth of Oneness. We know that there is more than enough in

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our world, abundance is our truth and yet we allow thoughts of lack to overshadow the Truth. Release the limited fearful thoughts. We are living in a creative world of unlimited possibilities. It takes each of us to transform our beliefs, thinking, and patterns from destructive to wholeness.



Are you willing to take a chance and do it differently? Join us in creating an intention-conscious process of self-love and self-respect that allows us to show up in wholeness as love and a beacon of light. Find out more at <https://peace2023.earth/events> or <https://unityofeastlouisville.org> , or Peace on Earth by 2030 Events, or Legion of Light Prayer Circle.

BIO: Reverend Valerie Mansfield is the Minister at Unity of East Louisville Church and a Spiritual Director serving to unlock the individual's pathway to living an abundant life in harmony, peace, and love.



Valerie assists families in working together to create balance, bringing harmony into the daily family consciousness. Her mission is to move forward in life with ease and

grace, illuminating her way and those around her with integrity, compassion, and bliss. She is a lifelong Unity Truth Student living life through conscious thought and practices. Valerie lives with her husband Bruce and loves spending time with her family, and friends. Blessings of Harmony and Love

Photos: Lotus by razabar of Pixabay. Young man meditating, by kalyanayahaluwo of Pixabay

ENERGETIC HEALING INVOLVING TUNING FORKS

By Jamie Dickerhoof, CNC & CCMH

In the field of alternative medicine, tuning forks are very much a known tool. Most practitioners know a little about them and that they are beneficial, but the concept behind tuning forks and how we use them can be elusive. I'll even admit that 15 years ago or so, if someone mentioned using tuning forks and was heading in my direction, I'd have run for the hills. But people change, and here I am today sharing how wonderfully powerful the frequencies of tuning forks can be.

Before Human Soundcheck (my practice) existed, I was creating some meditation music, and searching for some unique sounds. After some time, I stumbled on the concept of how specific frequencies of tuning forks can aid in healing and relaxation. I decided to get a set and see for myself. That was it. The day they arrived I knew I'd be working with them for the rest of my life. I then set out to discover for myself exactly how they resonated with me (and obviously others) on such a deep and meaningful level.

ENERGY HEALING DEMYSTIFIED

One of the challenges many of us face is the concept that we are energetic creatures. We have an energy field - - that is proven. We also have many energy pathways moving through our physical bodies. The Ancients of China and (now) India have documented this for us. Here in the US, we are a little late to accept these energetic truths about the human bioenergetic field, but the concept is not new.

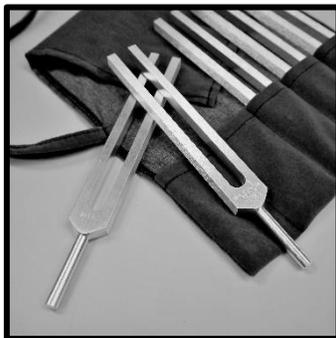
What really perplexes me is that we accept the concept when it is talked about in some ways but not when it comes to healing. What do we speak of when we refer to the need to "get something out of our system?" We let kids play and run to get the excess ENERGY out of their system.

Sometimes we have a good cry, and afterwards, we are glad we got "it" out of our system. We have a hard conversation and are grateful afterwards because we got "it" out of our system. "It" is displaced and gunky energy! We have a built-in energetic system, and it will let us know when it needs maintenance.

HOW TUNING FORKS WORK IN OUR ENERGETIC SYSTEM

Not to get too nerdy, but I need to lay out some framework: We know that the human body consists of more than 60% water. Sound travels four times faster in water than in air. Sound is frequency. Each sound resonates at its own particular frequency.

There was a lot of buzz a few years back related to "brain entrainment," which basically changes someone's mood to a more positive one by using external stimuli such as pulsing sounds or lights. The brain would sync up to the external stimulus for a more positive outcome, such as a sense of calm or a more positive mood.



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Jamie Dickerhoof, CNC, CCMH, B.E.S.T. Practitioner

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With tuning forks we have the raw, living frequencies at our disposal. There is something special about being in the presence of some of these amazing frequencies as they work within your system. The brain and energetic system and pathways all seem to pay attention pretty quickly. I witness people shift energetically in just a few minutes once we begin a session. The forks get to work, and the body will utilize the frequencies where it is best suited for correction of fussy and disruptive pockets of disturbed energy.

There is some fascinating research out there on the particular range of the main forks I use (Solfeggio frequencies). There is not enough room in this article for more details— I encourage you to look into them! <https://glasp.co/youtube/p/they-call-them-the-holy-frequencies-sacred-knowledge-of-ancient-solfeggio-scale>

I, along with others in the field, believe that the brain syncs up with these frequencies to bring about a relaxed state. But I don't just think that the brain is capable of being entrained. Therefore, through the speed at which these frequencies travel through the body, they are working in many areas that are in need of calibration. The Solfeggio frequencies are the most well-known for this work, and I also use others tuned to specific resonances, like the Fibonacci sequence and Schumann resonance. <https://gongs-unlimited.com/blogs/unlimited-blog/exploring-the-schumann-resonance> and <https://ask.audio/articles/how-sound-affects-you-fibonacci-tuning-forks> I hope this leaves you with a better idea of how frequency and tuning forks work in sound healing.

BIO: Jamie Dickerhoof is a holistic and bioenergetic healing practitioner. Healing sessions incorporate many energy healing techniques. Jamie is a Bio Energetic Synchronization Technique (B.E.S.T.) practitioner, Life Coach, Pranic Healer, Master Herbalist CCMH, and Nutritional health counselor CNC. Jamie also holds a BA of Arts in Music. She is dedicated to health and healing from within.



PHOTO: Pixabay 1902-632

THE AFFECTION OF TREES

Kristen Houser of Fauna Speak

I've been loved by so many trees -- beginning before I realized I was a recipient of their generous affection. That was prior to understanding they not only held earth together, but our hearts, too. Yet one in particular inspired me to write this piece -- our backyard crabapple. It's his comedic charm that always strikes me. Like a lighthearted patriarch, crabapple's favorite joke is to steal my hat. Shading the narrow deer path to the forest, it's easy to become entangled in his loving embrace of lichen and knucky branches. One night my hair got so caught I had to holler for help -- but honestly, I was flattered. It reminded me even of my own dad who was always cleverly insisting his daughter hang out just a little while longer.

These are not often characteristics associated with plants. Even though the sentience society is slowly attributing some of these qualities to them, there remains rather singular emphasis on function, value and aesthetic. Yet despite the plant kingdom being seemingly stationary, they are most dynamic and creatively penetrative. I find flora to be so fond of us, craving cooperation; often jovial and skilled in relating.

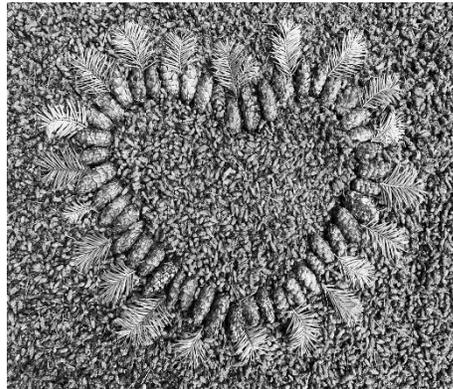
In their presence, I either have a huge smile on my face or become suspended in some state of awe. Additionally, I experience a profound sense of eldership in connecting with such terrestrial leviathans as trees. Grateful to their unmoving presence in our lives. Connecting me with my best parts, and in crabapple's case, even my paternal lineage.

Unbottling the notion of shared sentience can be exhilarating. An endless corridor of innerconnectedness, core memories and collaborative potential. Plants are constantly observing, it's no wonder they are experts of us. They are kindly reminding that our wellbeing is a result of their purposeful generosity, and that we can also contribute to their success, having barely scratched the surface of what we actually teach and represent to each other. --



creating less division amongst species that was only ever artificial to begin with.

An aspect of tree medicine assists in witnessing & nurturing



dormant parts of ourselves. Trees can mirror the quiet slumber of our deep feelings and facilitate the peaceful presence necessary to awaken them. This can help

usher us in the direction of spring and seasons of awareness that benefit generations of animals, plants and humans alike. This is inspiring a more mutually decided upon future. In the very act of writing this piece, more memories unearthed.



Crabapple's insistence I go deeper was far more purposeful than I had preconceived. A long-dormant memory surfaced of my dad planting a young crabapple tree in the yard of my childhood home. That reminds me that crabapple had been there all along. No matter how many miles and borders I live away, there will always be a tiny, tart apple representing the indivisibility of love, presence, ancestors, earth -- even myself.

When the crabapples ripen this year, I will nibble the fruit with fresh understanding. Fruit born from the collaborative efforts of pollination. A multispecies achievement with nectar nourishing the highest frequencies of our ascending planet -- leaving me more amazed than ever to say, 'I am what I eat.' The love in me was born from both human family and plant parenting and it's up to me to embrace all their affection.

I encourage readers to write/create about their favorite tree. Describe attributes, quality of presence -- flora as placeholders and memory keepers -- so we may populate our world with stories of the ones who have been loving us all along. Let it be like a scrapbook of elder affection so they can receive in return.

BIO: I offer both Animal Communication sessions for companion, domestic and wild animals as well as Animal Guidance sessions where one can receive clarity and direction from such wise beings. The Whales are my oldest, dearest friends and I offer specific sessions with them, as well. We can also study Animal Communication together in a variety of ways, including my next Intro to Animal Communication Workshop Series beginning in Fall via Zoom. Visit faunaspeak.com for details or to reach out.

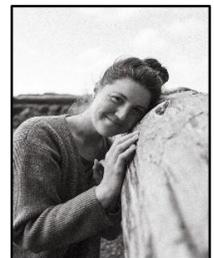


PHOTO: Heart design created & photographed by Kristen. Photo of Crabapple tree by Josie Wess of Unsplash.

CHIROPRACTIC: SECRET BENEFITS !

by Richard T. Reul, DC

Most people have a preconceived notion about what chiropractic is. That notion goes something like this: "Chiropractors pop your bones to get rid of musculoskeletal complaints (low back pain, neck pain, thoracic pain, sciatic pain, even headaches.)" In my patient orientation class, I tell my patients that if I never met a chiropractor or had gone to chiropractic school, I can pretty much guarantee that I would never have stepped into a chiropractor's office. I really had no clue about what a chiropractor did.

We are nervous system doctors. Your nervous system, brain, spinal cord, and nerves affect not only muscles. Every organ, tissue and cell are affected by your nervous system. If there is interference with the normal messages that come from your brain through the spinal cord and out of the vertebral column through the nerves, your body is out of tune. Your body is in a state of dis-ease.

A car that is out of tune is not as efficient or smooth running as a car that is in tune. Without even realizing that your car is out of tune, you are getting less than ideal gas mileage. If our nervous system is out of tune, we're not getting a full expression of health.

What chiropractors do is to adjust the spine to help your body remove blockages in the nerve flow (subluxations). When your nervous system is less encumbered by these blockages, your body functions better on all levels. Your body's innate



intelligence oversees keeping you healthy. So, what's the secret?

Chiropractors are not just musculoskeletal doctors treating back pain. We are doctors who help your body, with its own intelligence, heal from the inside out on all levels. A lifetime of



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physical, emotional, chemical and even spiritual stress can overwhelm the nervous system causing tension to be stored causing blockages of nerve flow. Pain and inability to do normal activities is what brings people into my office for care. During care, unexpected results can occur.

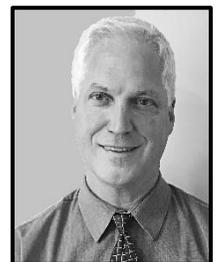
Sleep, energy levels, concentration, digestive issues (constipation, diarrhea, acid reflux), urinary frequency, asthma, attention deficit disorder, anxiety, depression, to name a few, can improve.

The true goal of chiropractic is to help people achieve their overall health potential. Chiropractors technically don't treat anything. Their job is to adjust the spine to help improve the flow of nervous system energy. When your innate intelligence is not interfered with, your body is in a much better place to heal on all levels. It is very exciting to see

people's back pain get better. It is more exciting to see their overall health and sense of well-being get better.

If you are interested in learning more, you're invited to attend a patient orientation class offered every Tuesday at 6:00 pm. Anyone is welcome. Just let us know if you want to attend. Please visit my website reulchiropractic.com to learn more about what I do.

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.



Note: As always consult your health care practitioner before making any significant changes in your health care.

PHOTOS: Man exercising Keifit of Pixabay. Couple dancing, Fox 55 of Pixabay.

ADDICTION & ATTACHMENT

By Gerry Boylan, Ph.D.

In western understanding there are these phenomenon you call addictions. Many are referred to as a disease as opposed to being a moral problem. The definitions of addictions are usually reserved for those behaviors which play the role of seriously interfering with an individual's life. These would include alcohol, drugs, gambling, etc. In recent years the list has grown to encompass areas far beyond the original boundaries. Food, sugar, sexuality, and other behaviors that have become life interfering or destructive are now being included in this category of addiction.

In the east, especially after the establishment of Buddhism, these actions or attitudes or behaviors that interfere with spiritual growth are called attachments. Simply put, you can become attached to anything including material objects and also ideas and beliefs. In the east we are not limited to making one attachment more important or even more devastating than another. As Buddha

stated in his second Noble Truth, "All suffering comes from attachment."



For this lesson the terms are interchangeable. It is thought that it would be more confusing to attempt to make a distinction between addiction and

attachment. They carry with them the same sort of energy whether overt or subtle. They are energies which identify you with the addiction or attachment and also which keep you in your limited ego consciousness.

The mind as always wants to go back to the origin of things and continually asks the question, "How did all of this get started?" And we say to you now that the best answer we have to that question is that "breaking free of attachments and your identity with your smaller self is part of your curriculum here on planet Earth." We will keep it that simple.

A central purpose all through life is to bring to conscious awareness the divine truth of who you are. Today we will limit ourselves to exploring this as a central part of that journey of your incarnational life here on Earth.

When you incarnate as a human being, your soul/ your spiritual nature takes upon itself a human physical form as well as a voracious intellect that is created to constantly seek answers and



solutions. The physical body with five primary senses informs the intellect about the external world. Your essential self/ your soul/ your spiritual nature is your connection with divine truth. Your soul/

your spiritual nature, along with your physical body, your intellect,

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

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your senses, and your personality are all part of this unique expression of the divine that you are. Your personality is an aspect of the vehicle you have chosen for this lifetime, and it is also an expression of your karma. Your karma is the healing you have taken on to work with and through during this lifetime. It too is an aspect of this unique expression of the divine.

When you incarnate you tend to have an awareness of this divine self that you are. Yet this awareness is somewhat unconscious, and because of that as you begin to grow and develop, you begin to become identified with the 'you' that you think you are and the you other people are telling you that you are. For some time in your formation and even after you are born this manifestation of your human self is still vaguely aware of this divine nature - - of the essence of who you are.



But it is the nature of things, the nature of the classroom of planet Earth that you become involved with and participate in the material world along with all of the attributes described above. Underlying all of life, within your soul is a yearning for the conscious awareness and identification with the divine self that you are.

What happens to most beings is that this yearning of the soul is translated in the mind as the need for something in the material world, something outside of the self. So this search begins, and your yearning now comes forth in earnest. You become consciously involved in this process of responding to your soul's yearning but missing the mark and attempting to appease the yearning of your soul with thoughts, ideas, beliefs and material objects that are all part of the physical world. *Hence the addiction process may begin.*

Bio: Gerry began his career as a teacher and retreat leader at St. Xavier High School where he taught Biology, Chemistry and Religion. His undergraduate degree is from Catholic University and he holds graduate degrees in Biology and Transpersonal Psychology, and a PhD in Comparative Religions. He teaches classes at Unity of Louisville along with guest speaking at Sunday services



Photos: Handcuffs, 1886402 Pixabay;; Woman, Engin Ak yurt. Cigarette 2326318 1280 Pixabay

NATURE LOVER'S DIARY !

By Elsa Lichman, MSW

I want to share with you some of the marvelous sights of birds and nature that I have enjoyed seeing in the last couple months in Massachusetts where I live. Observing the wonders of nature is one of my great pleasures in life. In early spring we usually see a variety of Canada goose families in various stage of progress, but there were almost none. Radical shifts in weather may have caused them to be late, as gradually families of all ages and sizes began to appear. Some folks are not fond of this bird, but I was happy to have them back.



Now we see large goose feathers scattered over lawns, as the adults are molting. At the same time, their young are growing in new feathers. For quite a while, no one can fly, as the adults also molt flight feathers. It is a vulnerable period, when taking to the river is the best strategy for safety for many. It is a thrill when we see them take off

At Purgatory cove, in Waltham, a swan family forms an idyllic tableau, the parents and young together in a tight group at the far end. One little head peeks out from under the mother's wing feathers.

We have a spell of cold, raw, rainy days, followed by one perfect day. All the ducks and geese at the dock area are peaceful, seeming to soak up the warmth. A mallard pair lie on pavement; others stand on one leg or rest flat down by the river's edge. A mother takes to the water, her brood quickly gathering to her, like filaments to a magnet.

Barn swallows mate in an old shed, then carry nesting material, mud and grass, to the rafters, to build their structure. When they first return to our skies after migration, it is a breathtaking sight, as they swoop and dive to collect insects on air.

A wild turkey mother, neck alert, guides her brood around stones at the Mount Auburn cemetery, the tiny chicks stepping up a small hill, until they are out of sight.

A pair of bright orange and black Baltimore orioles are on the ground, perhaps collecting their own nesting material, to construct an elaborate swinging basket at the tip of a tall branch, away from predators. Their stunning coloration is a feast for the eyes.

The area is filled with lush foliage, tones blending, complementing one another, creating a natural mural. Tender newborn leaves are soft to the touch. A miniature raccoon peeks out of an elongated hole in a tree, mask and all.

One year I caught the very end of the great blue heron nesting season in Concord, with many high nests on naked trees in a swamp. Almost every one held a large bird, and I couldn't figure out what



was happening until a parent came to feed one of them! The adult took off fast.

It seems that a variety of species can have one last offspring which does not fledge with the others. One winter I observed a male swanling close to its mother in the frigid water, both accompanied by the apparently disgruntled male. He tried to push the young bird up onto the ice, not terribly aggressively, as if he had almost accepted the situation. The female, nonplussed, continued to forage.

On a highway with my late partner, we spotted an osprey flying to a distant cell tower with its scrappy nest. Somehow we



located it, in a small picnic area in an



industrial complex. There was one young bird in the nest, and we had the amazing experience of watching the parent teach it to fly from the nest and return. Each time it would go a little further, the young one following, until it got the hang of it! I still wonder at the serendipity of this moment.

In a mall in New Hampshire, osprey parents built their nest on top of a flat streetlamp, with cars and folks coming and going beneath. The two young had fledged, flying back and forth from lamp to lamp and then to the nest. The parents were probably foraging at the river behind the buildings, having successfully raised their brood in a most unusual spot.

Turtles are out and about now, crossing roads on their way from waterways to rich loamy earth in which to lay and bury their eggs. At this stage, the small ones may need a rescue to get to the other side. Only an intrepid soul would attempt to carry a twenty-pound snapper to safety.

Even if we are off to a late start this year, procreation abounds; just being alert to our surroundings, both in city and country, will reward us with views of new families making their way.

BIO: Elsa Lichman is a Licensed Independent Clinical Social worker, who retired and pursued new activities. She joined her first chorus, began voice lessons, acquired her first computer, and started writing a nature column for her local newspaper. She has published her prose, poetry, and photographs in a variety of print and online journals. She has also sung in choral concerts and in a duo. Her 43-year career was a gift, as is her current expression of her creativity.

PHOTOS: Left- Gooslings , Mabel Amber Pixabay; Middle- Osprey feeding babies, Bryan Hanson Pixabay; Right, Canadian Geese, harp80 Pixabay; Bottom, turtle by Anton Abramov, Pixabay



DO LESS

Nicole Bartlett, Founder of Salt Cave

What happens if we do less? We live in a world where agnosticism is pragmatic. Success has been defined as financial prosperity, the level of degree attained, or who has the most shiny Instagram account. Science must validate everything to be valid, but science continually disproves itself. Why else would we continue to question, observe, and test?

I was raised to work hard, be a good girl, support myself, and betray myself. Consumption was a theme of the 80s and 90s. Whenever I think of the Little Mermaid and the treasures she collected, I can see where we as the North American middle class placed value.

I went to school, got the degree, climbed the ladder, married, reproduced, and bought the farm. This all happened so fast that I wasn't intentional about most of it because my wounding was



leading the charge. However, through years of observation and realization of the responsibility I created in my life, I've learned that ease and grace come from not producing.

When I take time away from my business, it

thrives. When I hustle, I'm creating the very resistance to the open flow of energy that I'm trying to avoid. Social media is so out of my alignment, yet I haven't dropped it because there's still this lingering question of what might happen if I did. Owning retail and service businesses where people need to know you exist makes it feel essential. And I know better than to work outside of what aligns. I know better than to not fly on the wings of faith because true surrender is a trust fall.

The sages would recommend watching what happens when we let life unfold. In recent years, my biggest lesson has been to slow down. I have much greater success creating the life I want to live when I take the time to simplify and turn inward than when I'm out sharing myself, no matter how authentically. I am more available when I discern and practice healthy boundaries. My favorite teacher, Caroline Myss, says, 'Sometimes God's greatest gift is to keep you hidden.'



Is it not the responsibility of every one of us to practice the word no? Whether that's standing up to unrealistic work timelines or overbooking our social calendar, why do we feel more obligated to show up for the physical world than we do for our spiritual one?

I recently heard that a person in the 1800s would consume as much information in a lifetime as is available in a Wednesday's edition of the Wall Street Journal. Now, whether that's even close to accurate, it's clear that our level of consumption, through all avenues, has reached titanic proportions.

In a world ravaged by war and us saying we seek peace, what are we doing to make that happen? If what we see is what we've created from within, does the war in our world reflect the war within us that can be identified and healed? We're not going to find that by producing without conscience.

"The sea does not reward those who are too anxious, too greedy, or too impatient. To dig for treasures shows not only impatience and greed, but lack of faith. Patience, patience, patience, is what the sea teaches. Patience and faith. One should lie empty, open, choiceless as a beach—waiting for a gift from the sea." — Anne Morrow Lindbergh, *Gift from the Sea*

BIO: Nicole Bartlett founded the Louisville Salt Cave in 2015. She is a Reiki Master, Breathwork Facilitator, devout meditator, and student of spiritual understanding. She enjoys the small gifts in life like greeting the day, watching her children grow, and listening to Earth's whispers.

PHOTO: Sea by Sean Oulashin of Unsplash. Woman by Sea by Tyler Nix of Unsplash.



HEALING MODALITIES FOR INNER CHILD WORK

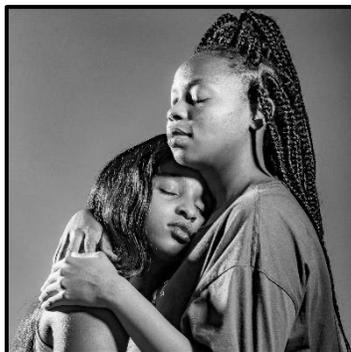
Rebecca Geracitano, M.A., MHT

After my initial certifications with hypnosis, I began studying healing modalities for the Master Hypnotherapist certification with materials used by the National Association of Transpersonal Hypnotherapists. I completed the certificate in 2020 with a Licensed Social Worker on hand to guide us through our abilities to distinguish the appropriateness of regression for some individuals. By then I was well acquainted with my work in hypnosis and regression, and ready with a deeper level of healing modalities to add to those techniques I already had been trained to work with.

Anytime we are working in the subconscious mind there is a good chance of abreaction since that is where all our memories, emotions, and shadow aspects lay. Abreaction is the expression of repressed emotions due to connecting with old memories during the hypnosis and regression experience. Having the ability to guide, honor and assist my clients with their emotions and the messages that lay behind them is an important part of the regression process.

Inner work can only be done when the individual is ready and open. It can be tough and uncomfortable but when the weight of emotion is released, and the understanding attained, it is well worth it. My own first instance of great healing was within a dream group I had joined. A couple trained in the Carl Jung and Robert Johnson methods of dream work came up from Owensboro to the Unity of Louisville every Wednesday. A friend asked if I wanted to go and so every week I was there and learned the many valuable aspects of how our dreams are a rich source of healing our shadow aspects and inner child wounds. For about three years I was in this dynamic group.

I would say that a layer of my inner child issues and shadow aspects were truly healed. I say "layer" because just as in the "onion model" we are often ready for only so much at a time. That's why some of us are surprised when we think something was healed only to find a trigger later because the time became ripe for more healing. One reoccurring dream that I started my dream journey with was of someone chasing me. It was usually dark and sometimes I'd hear an ominous black bird. I would be in a panic trying to get away from the person chasing me. What I learned later was that it was an aspect of myself I was running from! The final dream of this type occurred which I call my "break through dream." In the dream it is daytime, and I am running from two men. I run up a flight of stairs and into an apartment. I turn around and one man is holding a gun aimed at me that I quickly retrieve and turn it back on him in triumph and the dream ends. The fact that it was light and not dark in the dream was significant. Also running up the stairs symbolized rising into my higher consciousness which enabled and gave me courage to successfully confront and dismantle the adversaries.



Because of the healing I found in the dream group, I was led to do my studies for my Masters in Transpersonal Theories and Practices which further led me to embark upon my Hypnosis and Regression certifications. I finished my master's with a culminating thesis of "Dream Service Project" in which I led a group for three months with various dream work modalities. The more I recorded my dreams the more intuitive and prophetic they became - - not that it was the goal, but it is a residual effect of what can happen when we meditate, listen to and work with the subconscious mind. To this day, I still record my dreams and find valuable information from them.

As I trained in hypnosis for regression I found deep inner healing there as well. Whether it was current or past life regression with a facilitator there were residues and patterns that found connection, awareness, acceptance and finally integration. This allowed me to feel freer and more confident of who I am and of my authentic self. When we do inner work on our own, we can find some levels of understanding and healing. When we have a facilitator trained in healing modalities assisting us, it can give us a

feeling of safe guidance and support. This can allow us to go deeper into our patterns than our ego will otherwise allow and help us find a more profound release and integration.

As you can see there are various modalities that can assist us with our shadow aspects and inner child wounds. For me I found mine with dreams and regression and it became my mission and purpose to assist others on their path to wholeness.

BIO: Rebecca is a Certified Master Hypnotherapist. She offers Current, Past Life, Life Between Lives, and Quantum Healing Regression. She also offers hypnosis for habits and issues, spiritual mentoring, meditation, dream work, Reiki and crystal bowl meditations to help her clients understand their inner life and to heal within.

www.integrativemind.net, 502-468-1894



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UNDERSTANDING THE BODY'S MESSAGES

Dee Patterson, Intuitive Healer

Louise Hay's book "You Can Heal Your Life" became a best seller based on her key message: "If we are willing to do the mental work, almost anything can be healed." The premise of the book is that emotional issues can settle on the body in various places causing dis-ease. Louise explains how limiting beliefs and ideas are often the cause of illness, and how you can change your thinking...and improve the quality of your life. By looking at the part of the body that is in distress, this gives us a clue as to what emotional issue or trauma might be contributing to the problem. A list in the back of the book has most common illnesses and likely emotional causes.

You don't actually need her book to access the possible reasons for an illness. It is just a handy reference guide. This is an example: I have a client whose elderly husband is wheelchair bound. He can be demanding and ungrateful for the help his wife gives him. She feels that she has no choice but to stay with him by honoring her marriage commitment and that she would be overcome with guilt should she decide to leave. For the last eighteen months she has dealt with several issues with her eyes. They improve for a time, especially when the husband is being nicer, but flair up again when he takes his bitterness out on her. I pointed out that her eye problems relate to the simple fact that *she does not like what she sees*. While there is a very real physical issue with her eyes, the stress of her marriage also plays a role. By looking at the list of illnesses in the book, here is what Louise says about eye issues. *Eye: Represents the capacity to see clearly past, present, future.*

Another book that is very good is "The Secret Language of Your Body" by Inna Segal. She lists the major eye diseases and their causes. They include Astigmatism, Eyelid Inflammation, Cataracts, Conjunctivitis, Color Blindness, Double Vision, Eyes deviated inward, Eyes deviated outward, Farsightedness, Glaucoma, Cornea inflammation, Nearsightedness, and Sty.

My client has Diplopia, or Double Vision. Here is what Inna says about this condition. Long standing stress. Blurry and lacking clarity. Fear or internal conflict, which leads to seeing more than one possibility. Difficulty making decisions. Regrets. Unsure what to do. Feeling threatened.

Not all of these descriptions apply. *Long-standing stress* certainly does. She was a widow who took care of her late husband through several illnesses during the last eight years of his life.



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Unlike her current husband, he was grateful for her help. Still, caretaking takes a heavy toll on the caretakers and their body.

Inna's book also has suggested remedies. In the case of the eyes, she counsels that for your vision to improve, you need to shift your focus from what you don't want to see to what makes you feel happy and brings beauty into your life. She goes on to list things that can contribute to a sense of wellbeing such as

going outside into the light, placing the palms of your hands over your eyes and feeling the healing energy of sunlight regenerating your eyes. She suggests doing this for a few minutes two or three times a day.

If you think about a particular issue you have with your body, think about what the body part represents to you. I often find that people who have knee problems also seem to be those that are unwilling to "bend." Or, they do not want to "bend the knee" to someone in authority. If neither seems to apply, then it is necessary to understand what the knee represents and the problems it causes when in distress.

Both books are very helpful in gaining an awareness into health problems. They are meant to be a guide for further healing, along with traditional medicine and procedures.

My client wears special glasses for her double vision and her chiropractor routinely does neck manipulations. Her vision improves with the treatments and the healing awarenesses.

If you are looking for more insight and help with your own healing, you might want to consult one or both of these books.

BIO: Dee Patterson is a professional psychic. She reads the past, present and future, is a medium, medical intuitive, past life regressions, spiritual counseling and emotional release. She also has a wide variety of Crystals and Stones for sale. Call 502-426-2220 or text 502-295-0788. deepatt@bellsouth.net and www.deepatterson.com.



WHAT IS YOUR VISION? MAY THAT VISION INSPIRE YOU ON!

BY JOYCE C. GERRISH, M.A.

The world is full of beauty when we are alive to it. When we are keeping our consciousness attuned to be aware of it, we will find what we look for. We will see what we are open to expect. We live in a dualistic world for better or worse. There are the positives and negatives. If we focus our consciousness on creating good and beauty within us and around us, that is what we will experience and what we will share with others. Where we place our consciousness is what we will magnify in our life. The opposite will still exist to some extent but will become in a sense latent and inactive. This is not an easy concept to comprehend, and not one that is well received or liked, but it is part of existing within a dualistic reality.

Different realities have different qualities and operate within different frameworks. Can you imagine that each solar system in this vast creation is begun with a Plan. This is a very important principle to understand. No two are exactly the same. This is part of what keeps it all very interesting to the great Divine Beings over lighting it all. The word God can be understood to mean the "incomprehensible, all-knowing, vast creative consciousness who holds creation in manifestation." This creation is ever evolving and growing and changing, ebbing and flowing at a pace that is beyond time. It is important to not try to pin it down with exact definitions. Earth currently exists within three-dimensional time, though it won't always. It is gradually moving into the fifth dimension. This is part of the beauty of it all, that life is a creative process. The more spiritually evolved we become, the more we can understand that.

Earth is now in a period of major transformation. Some people are flowing with this transformation, and many are resisting it. An important aspect of being willing to lift into spiritual renewal is having a vision of what is possible and striving toward it. That vision has to be somehow very powerful in the consciousness so that the person will be willing to sacrifice some comforts to grow and strive forward. It isn't always easy to be a standard bearer of the new reality. By demonstrating with one's life what is possible, it can cause some people to dislike you because they feel you are trying to deprive them of the comfort of what is familiar — even if the familiar is destroying the planet and leaving many people left out and suffering.

Think about it in terms of your life. What are you doing to help heal our planet where it is hurting? Do you have a special vision in your consciousness somewhere of something glorious you would like to help create in your lifetime? Maybe this came in an awesome dream one night and it keeps coming back periodically to inspire you in spite of all odds. That is how great leaders do their important work -- by answering the call of their higher visions. These visions



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hand dreams may come through meditation, and then one can pull themselves up into that reality by a shift of consciousness. Nothing around that person may have changed, but the vibrational

frequency of their consciousness may have changed. When the vibrational frequency of one's consciousness has lifted -- nothing is the same anymore. One becomes a magnet for "good." One attracts good and helps magnify good. One also attracts people and situations that need help moving into the new transforming reality. Wake up!! See the vision, dream the dream of the possible "good" wherever you are. The seed is there that needs to be nurtured. May we keep saying "wake up" to ourselves and each other. Be the caterpillar that transforms into the butterfly. It is just as easy to read an inspiring book as a depressing book. Create beauty in your environment, no matter how simple your environment may be. Beauty helps create harmony. Dare to see the possible good in a situation. When you see the good in a person or situation, you help draw it forth. You help materialize it.

What is your vision for your life? What inspires you? Can you find people who share that vision? You can help lift each other. We need this everywhere on planet

Earth at this time.

BIO: Zoom Meditations for Healing & Higher Consciousness Weekly Wednesdays 6 pm. In-person class 1st Sunday monthly at Unity of Louisville at 12:15. See website events page. By donation. Joyce is a Transformational Energy & Emotional Healer providing individual sessions on Zoom, telephone, or in person. She's a highly attuned & sensitive guide for Higher Meditation & Spiritual Awareness. Master's Degree in Human Development, Reiki Master, extensive training & decades of experience as a practitioner & teacher of Spiritual Healing, Chakra Healing, Reflexology, Meridians, & Zone Therapy. She offers Past lives readings/healings. She's author of book "Secrets of Wisdom - Awaken to the Miracle of You," & Publisher- Editor of Natural Living Journal. 502-572-4871 www.joycegerrish.com. Photo: Irochka of Canstock.



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CULTIVATE YOUR OWN HAPPINESS BY ACCEPTING THE CONDITIONS OF NOW ***By Leah Bomar, Author***

When 'life happens,' it can feel hard to ground into your own energy. Outside forces often interfere with internal peace and satisfaction... if we let it. We do not have control of all the things that 'happen' to us in life. The past few months since the Solar Eclipse have shaken up things in the life of many. I've experienced unexpected turmoil in my own life as a mother of three teens, the daughter of aging parents with health conditions, sick pets, car problems, and the ground literally disappearing from beneath my feet in an accident where the wooden deck I was standing on collapsed. Scary!

Realizing we don't have control of outside influences or happenings can bring about additional suffering through unnecessary worry, fear and anxiety. I spent many years of my life suffering and feeling frozen from anxiety. I was scared to go anywhere or do anything! In the Amazon Best Selling book "GlitterBomb" I share my personal 'Journey to Self-Love' about how I lost myself in the overwhelming cycle of everyday life. A major part of me experiencing less anxiety and more joy in my life was learning how to live in peace regardless of the outside circumstances.

"You can cultivate your own happiness by accepting the conditions you are in," explains Christy Leonhart Albert, a researcher at University of Louisville and creative contributor for TheElementalSoul.com. Cultivating your own happiness through acceptance is empowering and true freedom because it doesn't come with dependence on external factors like validation through a job, relationship or 'success.' If we can cultivate happiness from within, when life altering things 'happen' to us, like a break-up, medical diagnosis, or major upheaval in our home or physical surroundings, maybe we won't slide into complete breakdown. We can learn to trust more that we will be OK no matter what happens. "That way if the external stuff is shaken up, it doesn't affect that other place. When the external falls away, it becomes an internal job, and that's where the recovery is." So how do we create our inner world to be aligned with acceptance?

When desires of the soul or heart go unrecognized, unacknowledged or suppressed, they will come out in our actions. These actions can sometimes be self-sabotaging ways like falling into old damaging habits and patterns or methods of coping that are outdated and even more harmful to ourselves and life. Finding what truly brings us peace and joy before our world comes crashing down is imperative in our capability to process emotions and deal with difficulty in life when it comes our way.

In 2018, I started hosting #GlitterBombRetreats because I realized how important it is, especially for women, to get out of our everyday life and go away together -- somewhere we can just breathe -- just BE. Next, I learned how to create pockets of peace that were applicable in my day-to-day life, especially when I was experiencing anxiety. I didn't grow up with lots of outdoor activities,



Leah Bomar

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but lately I've been realizing the importance of nature, being unplugged, allowing abundance to flow. Staying in my own energy.

For me that looks like not getting on my phone to check text messages, emails or social media first thing in the morning. I allow myself the space to greet the day without the immediate influx of energy from others bombarding my energetic field and influencing my mood. I created a new morning ritual or routine that includes quiet time for setting intentions for the day before getting out of bed, meditating, journaling, pulling cards from an oracle deck, taking my supplements, preparing a loving meal, clearing my energetic space by drumming, dancing, or saying affirmations.

Then I spend some time cleaning and clearing my physical surroundings by putting away items from the day before, like unpacking bags, cleaning out the litter box, doing laundry or dishes, completing my chores, often while listening to music I enjoy, an uplifting YouTube video or something spiritually nourishing from a website or app like "The Elemental Soul." Through practice and intention, I've learned one of the most powerful ways to experience peace and joy in your life when you need it most, is to give yourself the grace to experience life as it comes and surrender to the calming, safe space cultivated within, always available to you when needed.

BIO: Leah Bomar is a two-time Best-Selling Author and Publisher. Under her printing imprint #GlitterBombBooks, she ushers other women, men, children and teen's dreams of becoming a published author into reality. Leah is a nominee for the Most Admired Woman 2024 by Today's Woman Magazine and was named one of the Best Local Writers by LEO Magazine 2023. As an intuitive channel, she offers oracle card readings and Healy frequency medicine virtually and in-person. Leah also loves assisting others in creating more joy, play and peaceful hearts as a Certified Therapeutic Art Coach. She is also a JCPS substitute teacher and homeschool mom of three teens. Leah enjoys making magic with her partner of 25 years at vendor events, festivals and craft shows sharing their curated Crystal Kits for Healing, Hand Wrapped Jewelry and Activation Journals. Photo: Roses from Pixabay

