

Natural Living Journal

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

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April-June, 2024



Magic of Composting

**I Lift to the Sky & I Am
Joy**

Meaning & Purpose

**Surprisingly Safe &
Natural Wellness
Solution**

I Am Music

**Three Pillars of Self
Care**

**Family Pleasing Tomato
Soup**

**Process of Releasing
Emotional Pain**

**My Journey Through
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**Children in Spring:
Helping Them
Experience Joy**

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THE THREE PILLARS OF SELF-CARE

by Kimberly LaFollette, PsyD.

I spend a lot of time urging clients and students to take care of themselves. It seems so simple, but it can be difficult to convince someone who is already overwhelmed and strapped for time to take care of themselves. When in distress, self-care often seems like a luxury that can't be afforded. However, what most people don't understand is that the lack of self-care is contributing to, if not causing, their overall distress.

Often, people don't even know what classifies as self-care. When I tell them they need to engage in self-care, they think I'm suggesting a vacation or a manicure, which are both wonderful, but not always attainable. Instead, all I'm asking is for people to take care of their most basic needs of movement, stillness, and nutrition. If you make time each day to address these very basic needs, you will find yourself better able to manage your daily stress.

Yes, I know there is the challenge of time. It's hard to find time to care for yourself when there are so many people and tasks that demand attention. There is no one size fits all schedule or routine that works for everyone. What is most important is that you find a time that works for *you* and schedule it daily. Thinking that you will take care of yourself when you have a break in your schedule never works. There will always be people and tasks that demand your attention. You need to treat your own needs as important as the needs of others and schedule the time to care for yourself.

I wholeheartedly understand that sometimes sitting down to have a meal or to be still for ten minutes seems like an unnecessary break. However, as a psychologist, I can tell you that if you do not take care of these basic self needs, you will end up taking the time to address the aftermath. Think of it like this, you can either make time for the prevention or make time for the cure. You decide.



If you decide you'd rather spend time proactively, engaging in self-care is entirely doable! And the good news is, once you start addressing these needs, all of your other challenges won't feel so overwhelming. It's an absolute fact that we are less emotionally reactive and better able to problem solve when we are rested,

well fed and physically healthy. Engaging in these three basic self-care activities can ensure you are emotionally and physically ready to manage the stressors in your life.

The Three Pillars of Self Care Include:

Movement: Build in time each day to engage in movement. Your body needs to move. Moving allows your body to produce and release all the neurotransmitters that help to reduce stress and increase happiness. Remember, movement doesn't have to mean going to the gym. It can be a quick walk around the block, dancing to your favorite song, or digging in your garden. It doesn't matter how you move your body, it's just important that you do. Thirty minutes a day is best; this can be broken up into 3 ten-minute segments if necessary.



Stillness: Our brains and bodies need time to rest and restore. information or regulate emotions efficiently. Take time to rest. Also, beyond sleep, take time each day to be still. This can take the form of meditation, prayer, or mindfulness. 10 minutes a day of stillness helps to regulate the nervous system and allows us to better manage daily stressors.

Nutrition: Eating a balanced, nutritious blend of whole foods reduces inflammation in the body and gives you the energy you need to handle life's stressors. Also, remember to eat slowly! Your body can process and better digest food when you are in a relaxed state.

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 sleeps, by Mjntazar Mansory of Pixabay. Woman Gardens, by CDC of Unsplash; Fruit Bowl by Couleur of Unsplash.

A SURPRISINGLY SAFE AND NATURAL WELLNESS SOLUTION

Michele Finn, Certified Aromatherapist

In 2014 the Farm Bill made hemp products legal in the USA and CBD hit the shelves. CBD contains only .3% of THC, the psychoactive chemical that can produce a feeling of intoxication.. CBD has been said to help reduce pain, reduce anxiety, help fight disease and cancer, help us sleep, reduce tremors from Parkinson's and Epilepsy and the list goes on!

If you would have asked me in 2014 if I thought all of this was true, I would have been skeptical. I would have probably shrugged my shoulders and said, who knows! Ask me today and I will stand here with my hand on my heart and swear it to be true. Does this mean that I believe it's a miracle drug and can magically fix anything? It's not quite like that. Let me share what I do know. It helped to save my mom's life.

I'll introduce myself. Hi! I'm Michele Finn - caregiver, aromatherapist and CBD educator. In 2017 my mom, only 57 at the time, was diagnosed with acute lymphoblastic leukemia. It came out of nowhere and she was almost gone before we knew what was happening.

At the time, I had never used CBD. Hadn't even heard of it! Little did I know that it would change my own and my mom's trajectory entirely! How could a hairy plant, whose stalks are used to create ship sails and rope, whose seeds are used for topping salads and making plant-based milk, and whose roots are ground up and added to salves, help save lives?

It turns out that this plant, in one form or another, has been used for medicinal purposes for thousands of years! The first documented use is from 2800 BC, when it was listed in the Emperor Shen Nung's (regarded as the father of Chinese medicine) pharmacopoeia.

When my mom was going through treatments and living at the hospital, I started using essential oils in her hospital room. Imagine this. I knew that lavender is relaxing, peppermint can help to soothe an upset stomach and citrus was uplifting. That was the extent of my aromatherapy knowledge and yet... it was absolutely enough to help comfort my mom when she was anxious, sooth her when food didn't taste good and cheer her up when she needed to walk and stay mobile.

As I dove into the aromatherapy world, I was amazed at how deep you can go! And then, I really got lucky! Or as I see it, the stars aligned. I made a connection with a world-renowned essential oil chemist. I explained that my mom was battling cancer and I wanted to supplement her care with natural remedies. He connected me to an aromatherapist to study under and taught me about CBD.

He generously connected me to a local supplier. We discussed my mother's conditions, medications and goals and I started to

Michele Finn
Aromatherapist/ CBD educator

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give my mom CBD occasionally. We didn't really notice anything at the time. My mother was having complications from the bone marrow transplant and we were constantly putting out life threatening fires.

Then we accidentally found the key for getting results. I had asked her to please take her CBD every night and every morning to help ease the pain of being in a hospital bed. She agreed. I found out later that she did it just to appease me. Then we upped the dosage and we got consistent. -And then things started to change for the better. We went from 1-3 emergency room visits a month to none for a year and a half. She went from battling chronic GVHD, also known as Graft Vs Host Disease from her transplant, to going on a cruise with my cousin and getting to see Cozumel and Jamaica!

It turns out that, according to Dr. Raphael Mechoulam and many other cannabis researchers, CBD not only can reduce inflammation, pain, stress and anxiety through our endocannabinoid system, it can also help us sleep and it holds back GVHD. GVHD is sometimes life threatening and beyond.

Life has never been the same since my mom's cancer diagnosis and I didn't expect to become a caregiver when she was so young. Yet, I am so filled with gratitude that I get to go into another year learning how to teach others how to care for themselves and their loved ones in a natural and beneficial way. I also get to help remove the stigma from CBD and show people that our local farmers can grow the same high-quality hemp as other states, if not better! I get to this point with my mom still here with me --thanks not only to her wonderful medical team and modern medicine but also thanks to hemp CBD and the holistic care that was provided along the way. In gratitude & curiosity,
Michele.

BIO: Michele Finn is creator of Jubilee of Wellness and Michele's Apothecary. She is a certified aromatherapist, with an independent line of CBD & Essential Oils, inspired by caregiving for her mother. You can find her at the New Albany Farmers Market on Saturdays and at www.jubileeofwellness.com.

Editor's Note: As usual, please consult your health care practitioner before making a significant change in your health care practices.

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MY JOURNEY THROUGH CANCER

Rebecca Geracitano, MHt, QHHT, LBL

It was April 1, 2018, and I had just retired from my twenty-year job in accounting and finance and almost seven years of working my hypnotherapy practice part-time...ready to go full time. I could tell something wasn't quite right. With testing, scheduling, and insurance I didn't have a biopsy until August 2nd at which time I was diagnosed with stage 3C endometrial cancer. Within three short weeks I was scheduled to have a complete "radical" hysterectomy to remove the cancer including that found in lymph nodes. My doctor thought they had removed all the cancer but didn't want to take any chances. I struggled with the idea of having chemotherapy and radiation as I was unsure about the availability and effect of holistic treatment.

I understood with my spiritual studies that illness demonstrating in the body is giving signals and warning signs that not only is the body trying to heal, but also could indicate that there are potential mental or emotional patterns and residues that need healing, too. Over the previous years, I had worked to resolve a lot of inner child and shadow aspects through dream work, meditation, and regression. I had tweaked my diet, eliminated red meat, reduced sugar, and ate as much whole unprocessed foods as possible. I worked out with weights twice a week and walked daily one to two miles. I worked a lot but also spent important time with my family, traveled, and had fun. I felt in the best shape ever at age fifty-five.



During chemotherapy and radiation treatments, I continued a favorite activity of journaling and meditation every day with my chakra stone process and affirmations. The chemo and radiation never made me sick in the usual way, but there were days I was weak as it lowered my white blood counts. On those days I would still walk but often shorter distances when my husband could hold my hand.

I reduced sugar even more and ate as clean and organic as possible. I stayed hydrated with a water bottle by my side. I drank only water and herbal teas. I listened to hypnosis hypnotherapy audios I made for healing to visualize the chemotherapy as a healing elixir moving through my body and releasing the cancer. Our bodies listen to the messages we give it, and if I listened to mainstream media the message was that cancer treatment would kill me. "No, I am too strong and healthy," I said. I embarked on spiritual drum and dream journeys with my dear friends. I was so loved and supported by my husband, daughters, family, friends, and my spiritual community at Unity. I journaled about my dreams and amazing spiritual messages of "help" I felt I was receiving from "the other side." I felt so close and at one with all people here and beyond the "veil." It seemed I could feel the etheric substance that is beyond matter. It's what I believe is meant by

Rebecca Geracitano
Certified Hypnotherapist
MHt.,QHHT.,LBL.




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Heaven on earth when we are living our oneness with Source or God.

I was lucky that the cancer could be removed, because I know that isn't always the case. I know there are cancers more severe than what I had. Each individual needs to research and trust their inner discernment and make decisions about cancer treatment based on the type and stage of cancer as well as the physical condition and age of the body.

A cancer diagnosis is a confusing time, especially if you are told you only have a short time to live. I know this personally from my dear mother's experience. Here I honor her memory and her cancer journey that occurred less than two years ago. She too had a good diet and seemed healthy. She was an avid dancer, traveled a lot, did water aerobics and kept up with us walking and hiking at 77 years old. She was given three months to live after being diagnosed with pancreatic cancer but chose to take on a special trial cancer treatment and to cancel a cruise vacation to do it. She passed just three and a half months later.

Would I have chosen that? I don't know. But it was her decision and her life path. A day before her full transition and with a broken heart, I tried communicating with her in prayer and meditation and I heard her say, "I'm sorry honey, but it's my time."

I have come to realize in all things related to our transition, whether it happens with cancer or in some other way, it too is our journey to healing. And what I do know for sure, it just wasn't my time.

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
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Photo from Pixabay.



CHILDREN IN SPRING: Helping Them Experience Joy in Nature,
by Nicole Bartlett, Founder of Salt Cave

As a mother and daughter, I have learned to lean on the Great Mother Gaia to provide uncomplicated support during all seasons. Metaphorically, she represents reciprocity, abundance, stability, and beauty. I can tune into her vibration for guidance and stability when human relationships feel more complex. Memories of my mom alone in her garden founded this appreciation. This is where she found peace. Sheets dried on a clothesline continue to be one of my favorite things reminding me of my mother, and radishes and snow peas in the spring remind me of the breakfast I would choose as I was unleashed, barefoot, and dew-kissed in the early summer days.

When my daughter was around four, she pulled up my green beans because she knew how much time in the garden meant to me. It was my break from the constant demands of being a business owner, wife, and mother. It was where I “listened” to nature, and it took time away from her. Raising our kids in natural environments has always been a value. As much as they call me the nature nerd or meditation lady, all the clutter falls away when they set out on a trail. The melodic steps create their meditative flow, the walls come down and the imagination blossoms. Accessing my inner child on a subconscious level helps me connect with my children better. Research shows that forest bathing, which is literally walking in the woods, and earthing, which is placing your feet directly on the earth, help to regulate our nervous systems. This puts us in harmony and coherence with our ecosystem.

We live in a world of overstimulation, and children process life energetically as they develop their reasoning abilities. If we slow down enough to allow this gift, we can nurture and learn from it. Cultivating it is necessary for the health of our future. Reversing the damage we’ve done to our planet requires an individual effort. Heather White of One Green Thing says, ‘Individual action shifts the culture.’ She suggests we should not rely on individual contribution math to convince us we don’t make a real difference, because our influence is impactful and not captured in that data. She suggests individual household changes can contribute to a 25% reduction in emissions. Our children are growing up understanding that their parents’ consumer-driven culture does not support their future. We’re not, as the Iroquois and other Native Americans have suggested, planning for a sustainable world seven generations forward. Learning from our kids and connecting with them around conservation opportunities allows us to grow together and nurture that innate understanding of our interconnectedness.

We are part of the ecosystem, after all—what we do to one, we do to the whole. How can we question war, disease, and hatred



when we treat our planet which sustains us, with those same negative qualities? As spring teaches us the rebirth available after a long winter and our energy picks up to do more in the world, here are some fun activities you can enjoy with your children as a way to bring the intentional reciprocity needed to honor the Great Mother: • **Compost** -- Save vegetable scraps for a composting container or space in your yard. To become nutrient-rich soil, it must be mixed with dry, organic material like leaves and



Father & Daughters Blowing Bubbles

newspaper. Adding worms aids in this process. • **Hike**—Our parks are an incredible treat for anyone! Full of birds, deer, flora, and walking paths. Let the melody of your soul lead you forward. • **Ride a bike**—Not much takes one back to the freedom of youth, like the wind in one’s hair embodying all senses for safety and fun. Rentals are available in multiple locations around Louisville. • **Get a bird feeder**--Bring nature to your window to help you remember. • **Visit a**

nature center—Learn more about our natural world. Some options include the Louisville Nature Center, Waterfront Botanical Gardens, the Parklands, Falls of the Ohio, Bernheim, and Jefferson Memorial Forest. Many offer classes. • **Incorporate ritual**—Any organic element you offer the earth, such as flowers, seeds, hair, or food, allows for a moment of honoring all that she gives back. You can share yourself with the offering through intention and your breath.

Bio: Nicole Bartlett founded the Louisville Salt Cave in 2015. The Cave is a community space for spiritual and self discovery, and has eased allergy symptoms for thousands in the Ohio Valley over the past 7 years. She is a Reiki Master and Breathwork Practitioner. She enjoys the small gifts in life like greeting the day, watching her children grow, and listening to Earth’s whispers.



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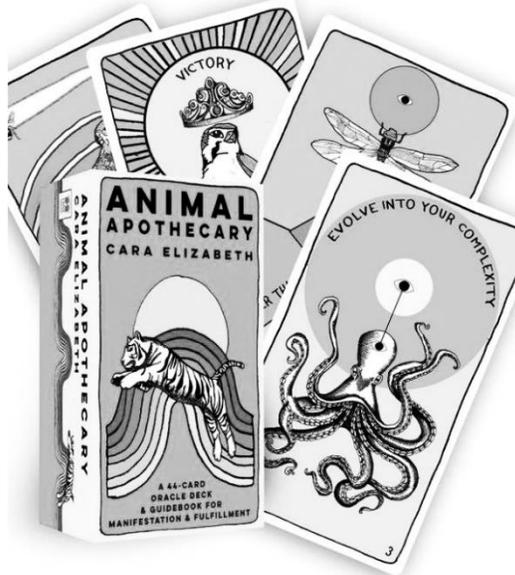
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THE MAGIC OF COMPOSTING: Transforming Food Scraps & Wasted Food into Rich Soil to Renew Degraded Farmlands. Environmental Protection Series.

By Joyce Freville, Ph.D

Americans waste around 330 million pounds of food every day. That includes parts of drive-thru meals and very expensive dinners alike. The United States is not the only country that wastes food. Together, China and India waste more than 1.3 billion tons of food a year. We're not talking about leftovers or food that has gone bad. We're talking about good and edible food. Not only does the average person waste food; businesses do too. In fact, as much as 40 percent of all food goes unsold or uneaten in the United States and ends up in landfills (huge trash piles) where it releases methane—a greenhouse gas that is much more potent than carbon dioxide. This contributes to adverse climate change. If we could reduce the amount of food that ends up in landfills, we could make a significant impact on helping to reverse climate change.

In addition, according to the Food and Agriculture Organization of the United Nations, thirty-three per cent of the earth's soil is already degraded and is no longer rich natural soil with the topsoil intact for growing truly nutritious food crops. Farming on degraded soil usually involves the application of heavy amounts of synthetic artificial chemical fertilizers to grow crops. At the current rate of soil degradation, the world could run out of topsoil in about 60 years. But what can the average person do to help the earth?

One way that is relatively easy but would make a major impact on climate change and degrading soil is composting. Not only would composting help reverse climate change, but it would also put nutrients back into the soil. But what exactly is composting? Compost is a pile of organic waste that over time breaks down or “decomposes” into nutrient rich soil. Organic waste is something that was once alive or came from a living thing.



A compost pile is usually made of a mixture of “green” organic materials like food scraps, garden trimmings or fresh manure (for nitrogen) and “brown” organic materials like dead or dry leaves, shredded paper and wood chips (for carbon). These chemicals, plus air



Wooden box type compost bin. See box around food bits. Photo by Ben Kerckx

wooden one with a lid to keep out critters.

Compost can be added into normal soil to help plants, flowers and crops grow faster, stronger, and the food more nutritious. Instead of buying commercial synthetic chemical fertilizer that can soak into the ground, and end up in our water, we can make natural organic compost fertilizer for free at home. This involves saving the vegetable and fruit scraps and leftovers in a bucket or other container with a lid. Once every day or two, take what has been collected out to the compost bin. At intervals other materials (as described previously) can be layered with the food scraps to help them break down into wonderful compost that is very similar to rich topsoil. The contents of the compost bin need to be turned over periodically. Metal compost bins (below left) can be rolled over easily with the bin door closed. The wooden form of compost bin (above) can be turned over with a pitchfork or shovel.

Composting is an easy way to help slow climate change and keep our drinking water and aquatic environments safe and clean. Another very important benefit, of course, is that it adds nutrients back into the soil. It can help keep food scraps tied in plastic bags (which won't break down for eternity) out of landfills. In some cities, vegetable scraps are collected at homes all over the city each week in special separate bins alongside the bins for regular garbage and for recycling. Encourage schools to increase awareness of composting by presenting it as projects for children. More importantly, set the example and start composting yourself. You will feel good about yourself for helping the planet.

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.



and water, make the perfect living conditions for tiny organisms, like bacteria, as well as creatures like worms and insects. They feed on the organic matter and help to break it down. You don't need any special equipment to compost, but you can purchase a metal compost bin or make a

FAMILY-PLEASING TOMATO SOUP

by Jamie Dickerhoof, CNC & CCMH

I have seldom met a person who doesn't like tomato soup. For many of us, it brings about fond memories of enjoying it alongside a grilled cheese with some of our favorite people.

I feel that the tomato has been given some bad press, being of the "nightshade" family. Fruit and vegetables from the nightshade family include tomatoes, eggplant, peppers, and potatoes. There has been some swirling information that an alkaloid in these vegetables can cause flares in those who have issues with inflammation and arthritis. Particularly with tomatoes, the issue concerns joint irritation in some people with arthritis. It is unknown, however, if it is related to acidity, allergy, or something else.

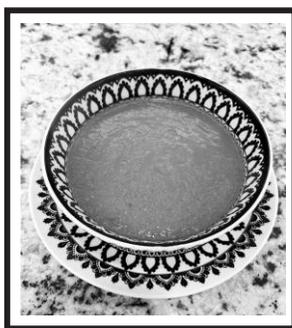
What about the good in tomatoes? They certainly have some nutritive qualities! They are a great source of potassium and vitamins C and A. Tomatoes also contain the wonderful antioxidant called Lycopene. Lycopene can lower the risk of heart disease, decrease high blood pressure, shrink the size of tumors, reduce elevated **PSA** levels in men, and much more.

Since spring is here, I've been thinking about the garden. I only grow herbs, but I love it when my friends share fresh tomatoes from their gardens with me in the height of summer. There is nothing like a sun-kissed perfectly ripe tomato! So, if you grow tomatoes, be sure to give this recipe a try when you harvest them. If you don't grow tomatoes, I'd still try the canned tomato version, but keep your eyes and ears peeled to get in on your friends' tomato harvests!

This recipe is meant to be smooth and creamy, blended with a hand blender (or countertop blender). However, if you do not have one, don't worry. I have made it without blending, and the flavor is still great!

Ingredients:

15 Fresh tomatoes, coarsely chopped
OR
1 28 oz can chopped tomatoes **and**
1 14 oz can chopped tomatoes
2 Tbs Tomato paste
1 1/2 Tbs Olive oil
1 Tbs Butter
2 Tbs White flour (or gluten-free flour)
1 Medium-sized white or sweet onion, diced
2 Garlic cloves, minced
2 1/4 C Vegetable or chicken stock or broth
1 Tbs Sugar
1/2 tsp Oregano (dried)
1 1/2 tsp Salt
1/2 tsp Black pepper





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Directions:

- 1 In a large pot, heat the oil and butter on medium-low, then add the onions, sautéing until translucent. Add the garlic for about a minute more.
- 2 Add the flour and stir well, incorporating it into the fat and onion/garlic.
- 3 Add the tomatoes, stock (or broth) and paste. Stir to combine, bring to a boil, then reduce to simmer.
- 4 Add the sugar, oregano, salt and pepper. Stir to combine.
- 5 Let simmer for about 10 minutes.
- 6 Blend with a hand blender, or cool slightly and use a countertop blender.
- 7 Season to taste with more salt and pepper if desired.

NOTES: Serves about 6.

If you are using fresh tomatoes, the simmering time may take longer, keep checking! This is a pretty easy-going recipe. If you have 2 28oz cans of tomatoes on hand, then use them both. You can adjust with more broth and paste, and season to taste with more oregano, salt, and pepper. Adjust as necessary. Just don't try to accommodate by adding more flour; leave the onion, garlic, and flour ratios alone.

Of course, I recommend enjoying this soup as-is with a grilled cheese! But here are some suggestions for add-ons to your bowl:

- Garnish with some fresh basil from the garden.
- For a more substantial bowl, add some cooked quinoa.
- Top with some cooked ground meat seasoned with salt & pepper.
- Top with grated Pecorino or Parmesan cheese.

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 & healing from within



PHOTO: Bowl of Soup by Jamie Dickerhoof

I AM MUSIC

Timothy A. Mast, BA, Music & Energy Therapist

In this journey of life, I arrived at the awareness of "I Am Music" many years ago. I grew up humming, singing, whistling, tapping, always creating some sort of sound. I grew up in Nature. Listening to the sounds of the forest, the streams, the waterfalls. I would be in the woods and streams for hours at times and often, particularly during the summer. As I continued to mature, I was trained in piano, trombone, and later vocal training. I took music composition classes which I still utilize regularly - - and thoroughly enjoy to this day.

Later in my journey I started to study Energy. Everything is energy. I studied Reiki, Crystal Healing, Sound Healing with crystal bowls, Pranic Healing, Quantum Touch, Shamanic Healing (which incorporates drums, rattles, and crystals) and other modalities. Not only is everything energy, everything is sound. Everything is music from rocks to trees, to the seashells and the seas.

For those people who are able to perceive the energy world and see auras and energy flows, the human body looks like a miniature universe. Stunning. Beautiful. Full of life and color. One has the major and minor chakras as swirling energies. There are meridians flowing through the body. One has the aura colors, and each person from my awareness and study will have three primary aura colors. There is the Kundalini energy going along the spine. There is the Shushumna channel that goes from root to crown, which I differentiate from kundalini. The human being is amazing!

What makes Nature so special? First, the primary structure there is the Phi Ratio. When one looks at a flower or sea shell, the pattern and flow one sees is the Phi ratio. That ratio is often referred to as the Golden Ratio. One can come to a close estimate of that ratio by using what is called the Fibonacci Sequence. The beginning of that sequence is 1, 1, 2, 3, 5, 8, 13 and 21. Human structures tend not to reflect that phi ratio. What is more harmonious? Nature? A human city?

In my study of world religions, I learned that the Buddhist awareness is that Creation began with sound, and that sound was "Om," or one will sometimes find "Aum." Within the Christian awareness, that concept comes through John 1:1, "In the beginning was the Word, and the Word was with God, and the Word was God."

Could the Source of Creation also be Sound? Or was sound used to create this Reality? Should this verse be, "In the beginning was Sound, and the Sound was with God, and the Sound was God?"

TIMOTHY MAST

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From the book The Body Electric: Electromagnetism and the Foundation of Life by Robert O. Becker, Gary Selden, Maria D. Guarnaschelli (Editor) from 1985, we see that life has all these currents and electrical fields. We, as part of the life on this planet, have an electro-magnetic field. What happens when one is

around high-powered electric lines? One can hear the hum. Does that correlate to our bodies? Are we creating a hum?

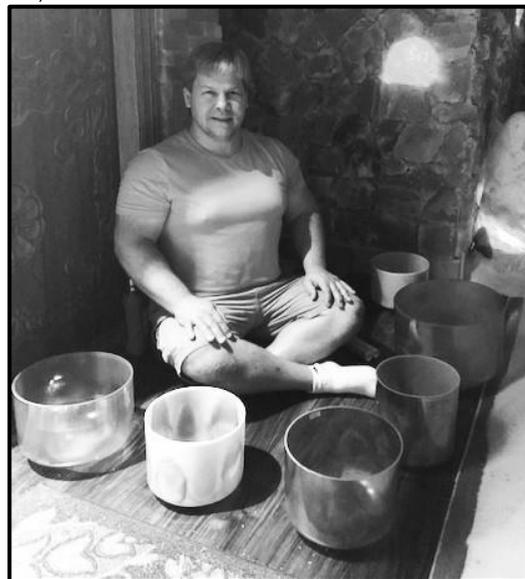
There is now plenty of evidence that informs us that plants communicate. Plants respond to animals nearby, can assist one another in overcoming infection, respond to being cut, to music, and respond to emotions. Perhaps there is truth behind those people sending their plants "love," and those plants growing better. There have also been experiments with people hooking up electrodes to plants and mushrooms. Both are creating frequencies. We may or may not call that sound music, but they are emitting sound, mostly outside our ability to hear. Check out this link to learn more

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9503271/>.

The sun and planets of our galaxy have been recorded as each having a unique sound. To my awareness, each human has a unique sound. All life brings forth sound and adds to the symphony of the universe. I hope this assists you in understanding that everything in the universe is energy, light, and sound. So, if everything is music and every living thing is producing sound, whether heard or not heard, can we conclude that we are music? Within your universe find those things that support a harmonious life and support the energy and sound of who you are. You are music. We are music. I am music.

BIO: Timothy Mast studied many different energy therapies and body therapies as described in his article and in the Business Card Ad above. He can be contacted for information at wizkid33.mt@gmail.com. His Illuminatae and Flow Class is held at the Collective Wellness Spa in Louisville.

PHOTO: Tim with Crystal Bowls for Sound Healing. Photo.provided by Tim Mast.



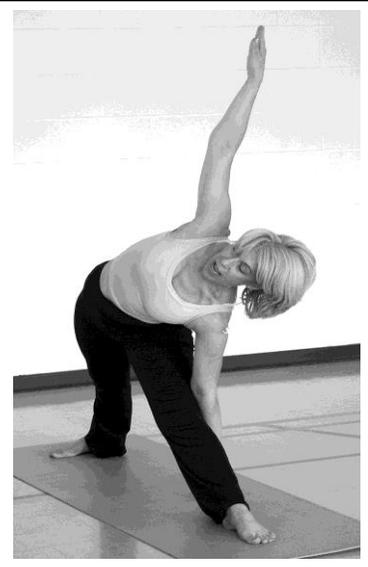
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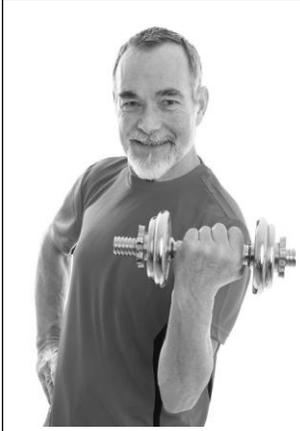


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MEANING AND PURPOSE, Part II ***By Gerry Boylan, Ph.D.***

It is interesting to note that no matter what answer to the question "what is the meaning of life?" the mind might receive, it will only be satisfied for a short amount of time and then will seek further clarification. This is not a judgment nor a condemnation. We are merely pointing out the essence of the thinking mind. Not only does it live in duality, but it is also never satisfied. That is its nature -- to continue to seek, to continue to look.

Now there are a number of things that can happen here. One is that you can remain attached to your thinking mind, your intellect, and allow its continued seeking to rule your life and to be the main goal of your existence -- or you can allow that thinking mind to lead you to a place of surrender, acceptance, of knowing that there is something beyond that might not be grasped by the mind but still can be known.

Even in this surrender we do not deny nature or the energy of the thinking mind. It continues to be a marvelous tool in the exploration of your material world and leading to or contributing to scientific discoveries. As human beings you are asked to balance this intellectual knowing with the knowing of your Inner Divine Self. Both are important for earthly existence and we do not deny one or the other, nor do we make one better than the other. Your earthly mind is a tool and as a tool it is perfect. It is perfect in its construction, it is perfect in its nature.

We only emphasize here that you do not mistake either the thinking mind or its yearning for the essential yearning of your soul. Nor do you mistake the answers that might come to you through your thinking mind or through the material world as being the answers that your soul truly seeks.

As we said a moment ago, your questions are limited. Their focus is on your individual self, your race, your species, and thinking that somehow you are the center of the universe. You realize you are not, and yet it is difficult not to think that way.

There are so many dimensions to explore, so many different kinds of beings that are part of this universe. A rather crude analogy would be to realize that your material world, your physical eyes, can only see a very limited part of the spectrum of light. There are many, many more aspects to the spectrum than you can see with your physical eyes. The same might be true for your hearing; there are many, many more sounds and wavelengths that you could be aware of. It would be very easy to think or perceive that what you see, what you hear, what you taste, what you touch is all there is.

You also live in a world that is made up of matter, this dense stuff that you move through and work with. What if we told you

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that worlds exist, many worlds exist, without matter -- or at least without matter as you perceive it. What it be like to know that there are worlds occupied by beings without bodies; what would it be like to realize there are worlds that exist without any of the attachments or baggage of your world?

In each one of these worlds and dimensions, these almost infinite worlds and dimensions, all beings are participating in this continual evolution of love, love, love, love. All are drawn towards

the One which is the Source from which they have come. In your limited thinking mind, you think that you return to the One after a period of absence, and somehow you reconnect, you return, either penitent or very much the same as you were when you left. If that were true, then life certainly would be a rather meaningless process. But what transpires for you and all other beings is that you bring with you back to the One your experiences, whether they be physical, mental, emotional, or spiritual. These experiences as you "grok"* them, as you embrace them,

as you allow them to be, literally add to the substance of love, literally add to the "God-stuff" of life in the universe.

So, we encourage you to know, when you ask or get stuck in questions of this kind, to open yourself to the deeper reality, that there is much more than you can even possibly understand, and that you are part of this grand scheme that is continually unfolding from love, and in a way that you cannot comprehend is creating love in return.

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.



Photo: Davide Canteli of Unsplash

*Grok means that one knows something extremely deeply.

PROCESS OF RELEASING EMOTIONAL PAIN ***by Arleen Carr, M.Ed.***

There is an order to the universe based on spiritual laws. Throughout the ages some wise teachers understood and taught us words of wisdom. Mostly, though, the information was based on superstition or half-truths. In the current times we have been privileged to have more consistent and authentic information on how to live life effectively.

The Law of Attraction is a basic law. In essence it states that you get what you dwell upon. Most spiritual followers know this law. When you think about what you want in a positive manner you tend to get it. However, when you dwell upon your fears you tend to bring about a negative experience. The problem for most people lies in how to change a fear to a positive. What most spiritual teachers tell you is to just think about what you want, not what you don't want. The issue is that what you fear is still there underlying the goal. The undercurrent can be powerful and will often negate the objective, or at least deter it until the fear is eliminated or at least substantially reduced.

The only way to release anything not wanted (fear, guilt, etc.) is to confront it. It is saying to what feels bad, "I can face this." Tara Brack explains it well in her book, *Radical Acceptance*.

In a simplified nutshell the way to release whatever holds you back is to sit with it. Mindfulness is a great tool. I like to use mindfulness and toning in combination. The process I use is to find the emotion and feel it, allow it, accept it. After a time period (10 minutes, or 40 minutes, or repeat sessions as necessary), the unpleasant feeling dissipates.

I often use toning in combination with mindfulness. Toning is simply vocally expressing yourself. There is no formula to it. Whatever comes from you is appropriate because it is actually coming from you. You can also try breathing into the old feelings you are seeking to release and then feel yourself letting them go as you breathe out.

Another important aspect of the process is to hold in mind a positive thought or feeling. I have a client choose an appropriate mantra prior to the session. It is specific to

the individual. For instance, they might choose, "God is with me," or "I believe in me," or "It takes manure to grow flowers, and I believe in my flowers." After the unpleasant or fearful feeling starts to release, the good feelings begin to flow. The uplifting feelings can be felt simultaneously and independently with the unpleasant feelings or can merge with the low energy for a time. Over time the continuing release of the low energy feeling allows the positive feelings to flow unhindered. Once you have jump-started the release of the low energy in a session, the energy will continue the process of change in your everyday life.

The process of merging the positive and negative probably applies to many, if not all processes of positive change. For example, an alcoholic attending an AA meeting may tell his story. This is his act of releasing his negatives. The audience is also releasing their own negatives as they listen to and identify with the speaker.



Joyful woman in shorts in grassy field.

Following his presentation the speaker may feel a sense of acceptance by the group. This is the positive energy coming through. Throughout the following days he may still feel his low energies, but now there are positives coming through also to modify the once more purely negative feelings. His energy has changed and is more uplifted. With the Law of Attraction, he is now able to draw in a higher level of energy and so is on his journey upward.

It takes courage and persistence to face emotional pain. I wish you well on your journey.

Bio: Although Arleen has a master's degree in psychological education, she finds that her deepest knowledge comes from having done her own work. She is intuitive and an empath. These abilities enable her to assist clients in finding their hidden emotional pain. Her objective for all her clients is self-empowerment, so that they can learn to do their own work and "fire" her. In addition to counseling, Arleen enjoys teaching spiritual skills and techniques to emerging healers. First half hour free. kyspiritualcounseling.com, arleencarr@att.net, 502-893-1858

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I LIFT TO THE SKY & I AM JOY **by Joyce C. Gerrish, M.A.**

These are challenging days in a number of ways. I am certainly aware of that, and you may well be, too. I won't try to elaborate on that right now. The important thing, I feel, is to keep our consciousness uplifted as much as possible and feel our oneness with the Spiritual realities however we perceive of the Divine. May we fill ourselves to overflowing with Divine peace, love, clarity. This may be through meditation, yoga, walking in nature, listening to peaceful music, being creative in our favorite way. May we allow these blessed moments to help keep our consciousness above the mass mind that may be depressed, fearful, or angry. May we beam out peace, love, and compassion to the people around us -- even joy. Innocent joy is "food" for our Soul and really for our health. When we allow ourselves to be engulfed by stress it throws off our endocrine glands system and our nervous system -- and really all aspects of our body that control the functioning of our physical body. This is true more than one might imagine. It is like we are activating the "out of order" button when we allow ourselves to dwell in stress. Let's dwell in Divine peace and joy and allow it to fill our being to overflowing. This is NOT ignoring the challenging issues that may be in our life and in our neighbor and city. From that place of clarity we can deal with serious issues that may surround us more effectively.

Let's focus on joy for now. Joy is a state of mind, not a reaction to an event. We can choose to be joyful. We don't need something to cause us to feel joy, it can come from within. Pure joy is a Divine gift straight from God. Our true nature is joyful. What can weigh us down is the sense of separation from the truth of our being. Many people believe that to feel cheerful they need to hear or see something funny. They wait for a person or something else to connect them to joy. It is sad to give away or outgrow our natural joy. We are not dependent on anyone else to give it to us. It is part of our innate being. Joy naturally bubbles up from our oneness within the Divine. The Divine is joyful. Joy is one of the Divine Qualities. May we never lose access to this very precious part of ourselves and our oneness with the Divine. It makes everything else feel worthwhile.

We each have a unique and natural pace at which we feel most vibrantly alive. We each express ourselves in our own special way. This needs to be respected and honored. As said, we are each like a song. If we try to sing someone else's song, we are likely to feel out of touch with who we are and with our natural delight. Joy is not something we can force or put on a schedule. Its very essence is freedom to be ourselves.

Here is an experience you can try. It is important to do this over a period of time, not just once. A few times a week give yourself the gift of an hour for discovery. Make a date with yourself and put it in your calendar if necessary. (If an hour seems too much, try half an hour.) Give yourself permission to do whatever nurturing activity seems to well up from your inner



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being seeking expression. Let it be something you don't normally allow yourself to do very often. It may be to take a walk in a park on a nice day. It may be to just get down on the floor and have fun playing with your child or pet. It may be to relax and lie in a lounge chair in the backyard and watch the clouds roll by. Or perhaps it is to take out an arts and craft project you started and continue it, or maybe even finish it. Let this be something that feels like a gift from you to your inner child.

With practice, this experiment can become a treasured part of our week, whether it is half an hour three times a week or an hour or two on the weekend. What is important is that it brings us simple harmless pleasure and brings a spontaneous smile to our face. For the purposes of this experiment in spontaneous joy, it is important that it not require anything that we put in our mouth to cause the pleasure effect. Let's just let it be our own being that supplies the endorphins to stimulate the feeling of joy.

My inner child really loves to play when I give myself a chance. I guess one of my biggest sources of joy is playing my guitar and singing. For me, time disappears with music. Something else my inner child loves is taking walks and just feasting my senses by looking at every little bird and bush and feeling the sunshine or breeze.

What simple pleasures give you joy? Maybe it is hiking in nature, playing tennis, dreaming up creative ideas with your family photos, or making a fun woodworking project. Those simple enjoyments are important for your emotional, physical, mental, and Spiritual well-being. Please remember to give yourself permission to indulge in simple pleasures.

BIO: Zoom Transformational Healing Meditations Weekly Wednesdays 6 pm. In-person class 1st Sunday monthly at Unity of Louisville 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
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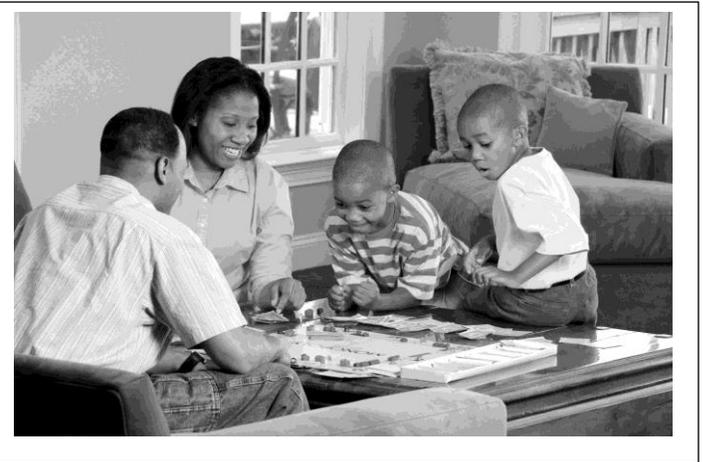
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