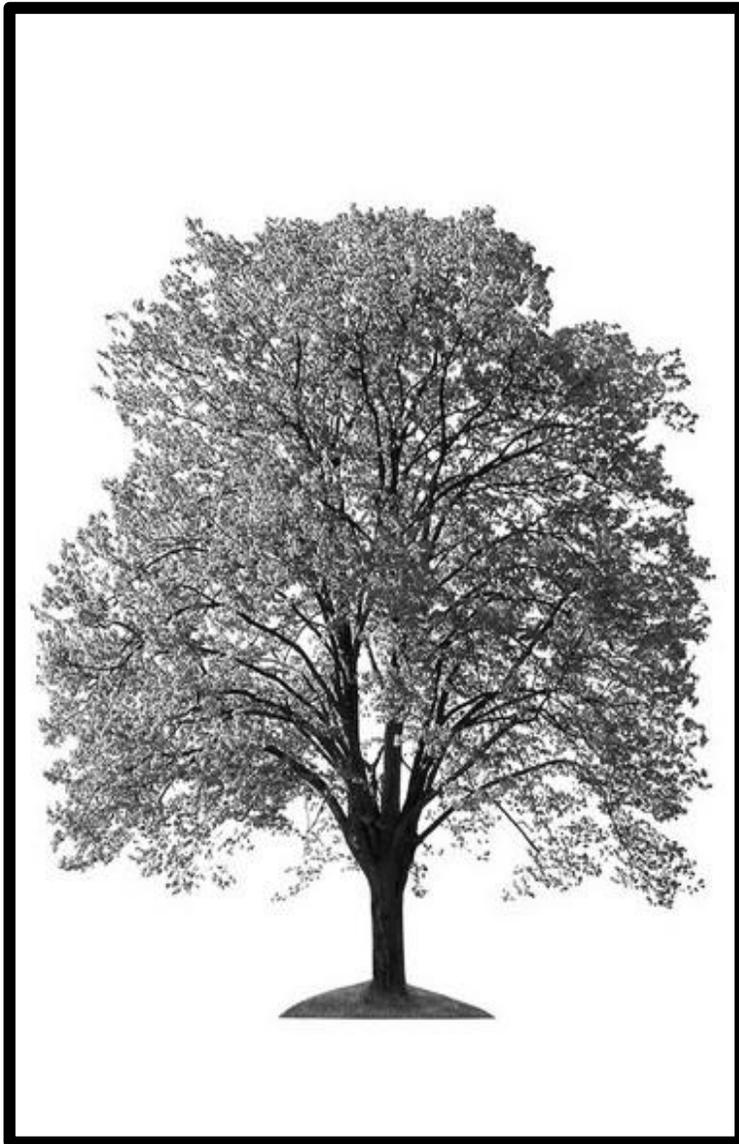




Natural Living Journal

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

Vol. 8 Issue 3 READ FREE ON-LINE www.naturallivingjournal.com June-July 2023



Finding Your Authentic Self

Renewal With Mother Nature

Lush & Melodious Season

**Important Link Between Coffee
& Anxiety**

**Freedom and Mystery, Freedom
and Mastery**

Essential Oils for Healing Fear

**We Awaken To Our
Magnificence**

**Natural Major Improvement for
ADD/ADHD**

**Copper Enigma Art Exhibit at
Melwood Art Center**

God Lives in Paradox

Reforestation Barren Land

Growing With Intention

Ketogenic Diet Revisited

Photo: Majeczka of Constock

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A LUSH AND MELODIOUS SEASON

By Elsa Lichman, MSW LICSW

A colorful wood duck in a cove sports an Elvis hairdo, topping off blocks of startling color delineated by white borders.

A lone osprey soars above fishing, an almost ghostly presence with pointed wings backlit by the summer sun.

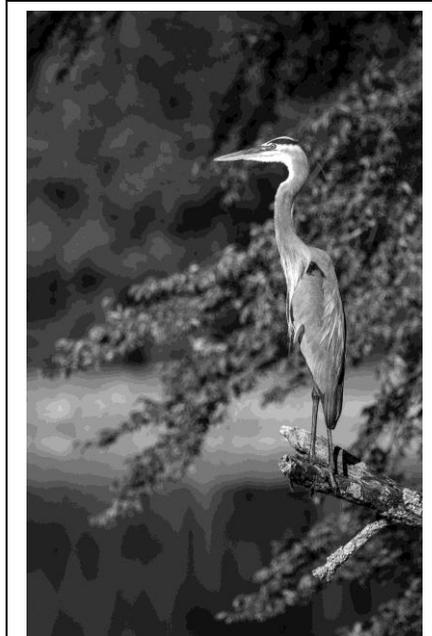
Painted turtles line up on a log in the river, each slightly atop the one in front and revel in glorious sun.

A falcon pair amaze as they appear to stand still on air, they do hover, seeking prey from above.

A black crowned night heron stands stock still on a low branch over the water awaiting dusk to begin its night of fishing.

Great blue herons soar far and wide, carrying fish and crustaceans to hungry offspring in tall nests.

A raucous crow chases a large monarch almost on its tail, but the butterfly flutters off, safe.



Great Blue Heron, Joshua Cotten



Warbler, by Hans Toom of Pixabay



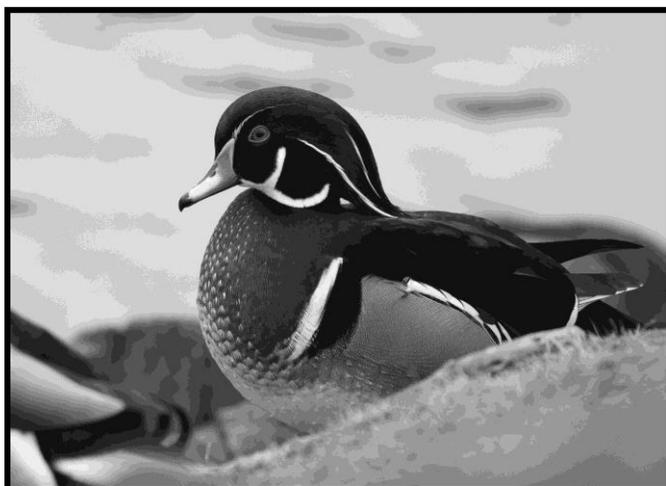
Swallow, by Wikimages of Pixabay

A swallow on a naked hanging branch swings in the breeze, an unusual sighting, as they mostly soar and swoop on high, catching insects on the wing.

Warblers arrive en masse, singing out delightful tunes in thick trees and bushes.

Yellow warblers, warbling vireos, Baltimore orioles, indigo buntings, and multitudes more, shimmering, serenading.

The long winter, shivery and bleak, has turned green and luxurious. we soak up warmth.



Wood Duck, by Christy Obalek of Unsplash

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.



ESSENTIAL OILS FOR HEALING FEAR

Therapeutic Approach for Healing Fear Response, by Greg Toews

Essential oils can be used to reduce the stages of the fear response. This approach reduces tension in the body, brings emotional and mental stability, and deepens sleep including processing that happens during dreaming. Reducing fear triggers increased cognitive function while improving a sense of well-being. The fear response is a complex physiological and psychological reaction to a perceived threat or danger. It involves a coordinated response from various parts of the body and brain.

HERE ARE SOME OF THE COMPONENTS THAT MAKE UP THE FEAR RESPONSE:

Perception of threat: The fear response begins with the perception of a potential threat. This can come from an external source, such as a loud noise or a dangerous animal, or from an internal source such as a negative thought or memory.

Activation of the sympathetic nervous system: When a threat is perceived, the body's sympathetic nervous system is activated, which triggers the release of adrenaline and other stress hormones into the bloodstream. This prepares the body for action, such as fight or flight.

Increased heart rate and respiration: The release of adrenaline and other stress hormones causes an increase in heart rate and respiration, which allows the body to deliver more oxygen to the muscles and brain.

Constriction of blood vessels: The sympathetic nervous system also causes the blood vessels to constrict, which redirects blood flow to the vital organs and muscles.

Heightened sensory awareness: The fear response can also enhance sensory awareness, allowing a person to better detect potential threats.

Emotional response: The fear response is often accompanied by a strong emotional reaction, such as anxiety, panic, or terror.

Activation of the amygdala: The amygdala, a small almond-shaped structure in the brain, plays a key role in the fear response. It processes incoming sensory information and sends signals to other parts of the brain to trigger the appropriate response.

TYPES OF FEAR

There are many different types of fear, and they can be classified in various ways. Here are some of the most common types of fear:

Specific phobias: These are intense and irrational fears of specific objects or situations, such as heights, spiders, or flying.

Social anxiety: This is a fear of social situations, such as public speaking or meeting new people.

Panic disorder: This is characterized by sudden and intense attacks of fear or panic, often accompanied by physical symptoms such as sweating, shaking, and heart palpitations.

Generalized anxiety disorder: This is a chronic and excessive worry or fear about a variety of everyday situations.

Fear based on past experiences: This can occur after experiencing or witnessing a traumatic event, and is



characterized by intrusive memories, avoidance of triggers, and heightened arousal.

Existential fear: This is a fear of death, meaninglessness, or the unknown.

Fear of failure: This is a fear of not succeeding or not living up to one's own or others' expectations.

Fear of rejection: This is a fear of being rejected, criticized, or judged by others.

Fear of the unknown: This is a fear of uncertainty or the unknown, such as the future or new experiences.

THERAPEUTIC GOALS:

Decrease the initial emotional response to fear stimuli: This is done with the use of the essential oil Benzoin which creates space for one to process the situation which allows for different responses to evolve.

Decrease agitation in the amygdala: The use of the essential oil Bacopa helps to undo the emotional imprints from the past which allows for a more "present" response.

Reduction of tension in the smooth muscle of the gut, fatigue in the cardiac muscle, and hyper reactivity of the adrenals. Deepening the breath, reducing tension in the spine, and calming the body are all targets in this phase of treatment which is done with the essential oil known as Inula.

Treatment of all nine types of fear responses: This aspect targets all nine aspects since there is significant overlapping of symptoms and tendencies. Essential oil blends have been developed to reduce the agitation in the body's systems which are inhaled sequentially to produce a deep level of relaxation. Sleep is usually induced by this process which allows for a "brain reboot" producing relief from the triggers which induce the fear response.

Plant Prana Essential Oils has produced a video guiding people through this process which includes all the essential oils necessary for this process. Plant Prana makes no diagnostic claims and simply offers the benefit of the founder's clinical experience of treating a wide range of conditions including issues related to fear.

BIO: Greg Toews is the founder of Plant Prana Essential Oils, best-selling co-author of Human Design and Essential Oils, and the President of Astara (A Mystery School based on Mysticism & Clairvoyance) Websites: plantpranaoils.com and astara.org . Advanced Medical Aromatherapy Certification, Medical Aromatherapy Certification.



NATURAL MAJOR IMPROVEMENT FOR ADD/ADHD

Dr. Lisa Tostado, ND

UP TO 50% OF CHILDREN RECEIVING FISH OIL SUPPLEMENTS NO LONGER MET CRITERIA FOR ADHD WITHIN THREE MONTHS OF BEGINNING THE SUPPLEMENTS !!!

According to a 2016 report, approximately 9% of children (6.1 million) have been diagnosed with ADD (attention-deficit disorder) or ADHD (attention-deficit/hyperactivity disorder). The average age of onset is before 7 years old - with boys typically having a higher risk. ADD/ADHD often coexist with other

This could change for the better the life of your child or you! Incredible! Read carefully.

conditions such as depression, anxiety, and learning disabilities. They are each characterized by a range of symptoms that can adversely impact behavior at both home and school. Children with ADD/ADHD often struggle with low self-esteem, troubled relationships, and poor classroom performance. While medications can be helpful, they often come with adverse side effects such as insomnia and appetite suppression.

Fortunately, there are numerous studies pointing to the role of nutrition, supplements, and environmental factors in the prevention and/or treatment of ADD/ADHD. The following are some important treatment considerations.

DIET: There is a strong link between nutrition, cognition, and behavior. Nutritional factors that may be contributing to the development of ADHD includes the S.A.D. (Standard American Diet) which is high in refined sugars, preservatives, food



colorings, additives, and toxins (i.e., pesticides). Furthermore, the S.A.D. diet is low in essential nutrients. Those with ADHD are found to have deficiencies in iron, zinc, magnesium, vitamin D, iodine, and vitamin B12. One study found that in 116 children with ADHD, 95% had a magnesium deficiency. Consuming a whole foods diet rich in vegetables, clean sources of protein, healthy fats, and fiber helps support a healthy brain and nervous system.



Fish Oil Pills give Omega 3 Fatty Acids. These can be tasteless & added to food.

colorings, additives, and toxins (i.e., pesticides). Furthermore, the S.A.D. diet is low in essential nutrients. Those with ADHD are found to have

Dr. Lisa Tostado, N.D.



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OMEGA-3 OMEGA 3 FATTY ACIDS: Two recent studies have demonstrated significant improvement in ADD/ADHD symptoms using fish oil. Up to 50% of children receiving fish oil supplements no longer met criteria for ADHD within three months of beginning the supplements. The oils utilized delivered a combined total of 750-800 mg EPA and DHA per day -- with a ratio of 3x more EPA to DHA. The longer the children took the fish oil, the better the improvement.

PROBIOTICS: The microbiome (community of gut flora including beneficial bacteria) plays a critical role in brain health.

Alterations in the microbiome can lead to adverse effects in cognition and behavior. We are seeing this more and more with the wide use of antibiotics, and exposure to pesticides such as glyphosate found in GMO foods. They can kill off beneficial strains of bacteria in the gut, changing the gut terrain -- leading to inflammation in both the gut and the brain. I believe that probiotic foods and supplements can help offset the damaging effects of these changes in the microbiome, along with gut healing nutrients such as glutamine and bone broth.

ENVIRONMENTAL FACTORS: There appears to be a connection with ADD/ADHD and environmental toxins. We now have over 80,000 registered chemicals. Naturopathic doctors are trained to assess for total body burden of toxins through various testing methods as well as investigating sources of exposure such as cleaning and personal care products. They can also determine if mold exposure is another potential factor.

Please take the time to consult with an N.D. or integrative doctor if you or your child are suffering from ADD/ADHD - it can make all the difference! They are trained to figure out the underlying root issues and employ a natural approach to support healing and restore function.

Bio: Dr. Lisa Tostado, N.D. graduated from Southwest College of Naturopathic Medicine, in Tempe, Arizona; one of the leading accredited naturopathic medical schools in the U.S. Inspired by the early pioneers in whole food nutrition, Dr. Tostado decided to complete the CCWFN program in 2016 with the International Foundation for Nutrition and Health. She has been a resident of Louisville, KY for the past 14 years. Her office is at Louisville Lifestyle Medicine, 3012 Eastpoint Pkwy., Louisville, KY 40223.

Photos: Pills, Unsplash Leohoho. Family, Canstock 4774344 Sean

***FREEDOM AND MYSTERY,
Freedom and Mastery
by Gerry Boylan, Ph.D.***

We have spent much of our lives in reactivity, for example, something happens and we react to it. So many of our (re)actions are programmed into us from parents, teachers, and religion. Those reactions become such an integral part of our lives we do not even question them or suspect they are not our own. Our reactions are so well disguised that we even think they are free choices. Genuine choice is expressed by response rather than reaction. REACTIONS inevitably are fearful, judgmental, and separate in nature. Response flows from awareness, compassion, and a sense of ONENESS.

You think you are free, but every time you react you are responding from the energy of contraction and limitation. All of your reactions are programmed responses from previous experiences - - fears, prejudices, attempts to please others, and attempts to be safe. The list is close to endless. All of these factors are contributing to your reaction, and so to say 'this is a free choice on my part' would be a grave misunderstanding. Your response can never be free unless it is made totally from your consciousness.

You have been told, "The truth shall make you free." And we are also taught "Nothing, absolutely nothing happens in God's universe by chance." We are told that we have free will, but on the other hand that there is predestination. To the intellect it has to be either one or the other, but we know as spiritual pilgrims that we actually live out of both of those realities. We are dealing with an essential paradox here, not an untruth but of levels of understanding. It would be foolish of us to suppose that all of this could be completely understood with the thinking mind, because it cannot. Evelyn Underhill wrote, "If God were small enough to be understood, He would not be big enough to be worshiped." Quoting Edmund Pugh, "If the human brain were so simple that we could understand it, we would be so simple that we couldn't."

The question that arises most often is "how or why did this whole thing get started?" In Buddhist terminology we might ask what started this whole wheel of Samsara, earthly attachment, and karma that we are attempting to free ourselves from? In our Christian tradition we have the mythological story of the Garden which is a layer upon layer metaphor (which might take lifetimes to unravel). Let us suppose we just say, "it happened." Here we are, there is nothing that we can do to change that and so having an answer might be intellectually satisfying, but may not have anything to do with the reality that we find ourselves living in. If



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

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your house burned down, it might be helpful to find out how the fire got started, but that piece of information is absolutely useless when you are facing the destruction that the fire has caused.

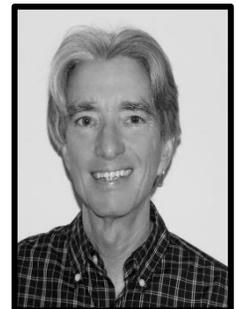
When confronted with a situation that requires your response, if you are aware and conscious enough, you can choose a response of higher vibration. You might also realize that you can choose a response of lower vibration or simply react thoughtlessly. Even though there might be a seductive attractiveness to an angry, fearful or egotistical response, the more practice you have in responding on a higher level of your being, the more attractive that higher response will be.

There is that wonderful statement from Augustine, "Love God and do what you please" - - which pretty much sums up the entire paradox. You see the ego will grab a hold of a statement like that and say to itself, "All right, I can do anything I want to do," but you see that is not

what is said here. This statement begins by saying "Love God" and of course from that flows love of neighbor, love of self, love of all creation. When I am "in love" with God, self, others, and all creation, then my response will only be love (and can only be love). It is only the ego that will see that as a limitation.

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: Olly of Canstock Photos



FINDING YOUR UN-STORIED UNBURDENED AUTHENTIC SELF, by Carrie Meurer, Founder of Touch Tree Connections

We all have STORIES attached to our identity. We often allow these stories to define who and what we are. Stories become habits and the internal dialogue can sound like:

- *I am so awkward in social situations. No one will like me.*
- *I can't tell them how I really feel. They won't love me anymore.*
- *I don't have time to focus on myself. Too many people need me.*
- *I don't know how to relax.*



A big story I carried around for most of my life until a few years ago was: *"I am not lovable or worthy of love. I need to work hard to secure love so I can feel a sense of belonging and won't be rejected and abandoned."* The loss of connection was too painful. So, I was "giving" beyond my capacity to ensure I was loved and cared for. Upon deeper introspection, I realized that all my selfless hard work at making sure others would

not abandon me was actually causing me to abandon myself. Our stories come from a place of self-protection. They assist in allowing us to avoid feeling pain, vulnerability, rejection, loneliness, insecurity, and so much more.

What stories or self-limiting beliefs immediately come to mind for you? Oftentimes we don't realize the stories we tell ourselves because we are too busy to listen and observe how they are impacting our experiences and relationships or because they have become so ingrained as a part of our image. Observe your thoughts and words, free from judgment and shame. Approach yourself with curiosity. Make a note of your internal dialogue. Once you identify a habitual pattern of thoughts that create the story, speak into that part of you with compassion and tenderness. Counteract the negative self-limiting belief with what is true.

- Storied self- "I am so awkward in social situations. No one will like me."
Unstoried self- "I am just right as I am. I will attract those who will appreciate me when I show up authentically."

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- Storied self- "I can't tell them how I really feel. They won't love me anymore."
Unstoried self- "My feelings are important. I am valuable and will speak bravely and in love. Another's response to my authentic feelings is not about me and is not my responsibility to control."
- Storied self- "I don't have time to focus on myself. Too many people need me."
Unstoried Self- "I will make time to slow down and connect with myself and listen to what my body, heart, and Spirit are asking for. I will best serve and support others when my needs are met."
- Storied self- "I don't know how to relax."
Unstoried self- "My body can be at peace. I will practice moments of stillness to reflect and connect and it will become easier and easier to slow down and tune in."

My favorite teacher, Sarah Blondin, speaks of this undoing - - "Immersion into myself brought me to both a place of insanity and a revelation I never could have imagined. It is how I know that if we wish to find truth, we must first meet the untrue." Sarah continues in her book Heart Minded - - "The pain you may encounter is merely the cry of the most abandoned part of you, groaning with relief upon touchdown. On the other side of this jagged hurt is breath, wide-open sky, your intrinsic nature. Your unstoried, unburdened self."

When you find this abandoned part of you, don't withdraw from the pain you feel. Embrace your pain. Hold yourself in gentleness and offer the compassionate care you have been craving all along.

(Photo: Tokluoglu of Unsplash)

BIO: Carrie Meurer is radiantly passionate about cultivating sacred spaces that allow connection, healing, and embodiment to flourish. TOUCH TREE CONNECTIONS was born in 2021 and offers life-giving spaces that can look like small intentional gatherings, large wellness retreats, meditation, group Reiki classes, plus individual Reiki energy healing sessions. Discover more at Touch Tree Connections FB/ IG and find upcoming events at Touchtreeevents.com.



HUMANS CRAVE CONNECTIONS, FRIENDSHIPS & FUN !

by Leah Bomar, Author and Life Coach

Humans crave connection. Finding new friendships as adults can feel daunting. Over the past year after a period of release, I began to choose to spend time in environments that are gentle, patient, loving, spacious, nourishing, and peaceful. I started showing up to local connection events of interest found through social media or recommendations from others I trusted. My life has changed in beautiful, fulfilling ways.

I now listen to the rhythm of play in my heart and reach out to others to connect, converse, create, laugh, dance, sing, make music, make love. I am in love with my friends. I cherish the time we spend together. We prioritize ourselves in our busy schedules filled with careers, families, obligations, and caretaking of others. We care for ourselves by keeping a meet-up on the calendar. We plan play dates, then we follow through on our commitments to ourselves and each other. None of that "Oh, we should get together" crap. We break out the calendars and literally schedule in fun. Then we go do it!

We meet at coffee houses and sometimes even strike up conversations with strangers who are drawn to our playful energy. We plan road trips together, movie dates, sleepovers even! We go to the zoo without our kids early in the morning and marvel in the majestic animals and beauty of nature.

We frolic in open fields and adorn our heads with crowns made of flowers plucked from the earth. We splash in creeks and take photographs with sun beam rainbows beaming down from heaven. We meet up in parks and stare out over lush vistas while meditating or doing yoga. Ok, they do yoga, but I enjoy the stillness of these moments where we are not forced to find words to fill the silence.

We let our hearts do the talking. We hug hello and goodbye -- and even me, a person who does not enjoy touch, has come to accept these genuine embraces of physical affection.

How serendipitous it feels to just be floating through life feeling lost and alone -- then BAM! People are brought into your life via connections with other or seemingly random events. Adventure is out there! When I decided to get out of my comfort zone (read: couch) and leave the solitary safety of my own home, miracles happened.

So just say yes! Say yes to adventure and the unknown. It's not as scary as it sounds once you get over the hump of showing up.



The poster features the text "Creative Reprive" in a large, bold, serif font, with "Sober Friendly Meet-up for Crafters & Creatives" in a smaller font below it. To the right, it says "Glitter Bomb Upcoming Events:" followed by "• Creative Reprive Sober Meet-ups! 1st & 3rd Monday of each month @South Central Regional Library 6:30pm". At the bottom right, it says "Learn more at LeahBomar.com". The background is white with various black and grey illustrations of people and objects related to crafting and social activities.

Just show up. Show up for yourself. You deserve a life full of wonder, connection, and fun.

To combat my social anxiety, I often make a deal with myself that all I have to do is just show up to the event in question. If I am

horribly uncomfortable or hate it, I can always leave. I can leave anytime I want! But if I go to all the effort of putting time and attention into myself by getting dressed and driving to a meet-up,

I make myself walk through the doors. "Just for 10 minutes" I tell myself and when that time passes without a panic attack, I'll say "10 minutes more!" And usually by then some sort of magical connection or purposeful conversation happens and I get confirmation that I am exactly where I need to be at that time and place.

I have learned to release many unhealthy routines and attachments that no longer serve my highest good. I trust in my own timing and know I am assisted by unconditional love. I love myself. I believe in myself. I believe in miracles. I trust out of

darkness light emerges. I dance into the realm of possibility. Magic happens when we gather. Go to where the people are and see what happens!

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



Photo: Courtesy of Leah Bomar

RENEWAL WITH MOTHER NATURE
Creatively Re-energizing After Covid.
By Dee Patterson

I love everything about spring and early summer. It is a joy to feel the renewal of our surroundings with trees blooming, the flowers springing forth with their colorful blooms, and the birds singing their lovely songs. You can't help but feel extra spring in your step and enhanced well-being. This is especially so after our last several years of Covid.

Although Covid is still with us, we no longer have the fear and uncertainty we had during the pandemic. We have treatments, vaccines, and natural immunity from the many who were infected. While there was certainly a pent-up demand for material things we couldn't have or didn't need during the pandemic, there was also a pent-up demand to understand who we became after our hiatus from our normal life. To say it was disruptive is an under-statement. We saw many workers decide to check out of jobs that they perceived as unfulfilling, looking for more satisfaction in work. Childcare became a problem and many women were forced to leave their jobs, delaying their own promotions and ambitions. For those of us who are older, it may have been a waste of precious years that we cannot get back. In many ways it was a reset of our lives. Some of us lost loved ones, either to Covid or as a side effect. It was very disruptive to our normal lives.

That is why this period is so important. For the most part, life has returned to normal. We can see friends and engage in activities that we missed or never tried. We can once again make new plans, rejuvenate ourselves, and explore many possibilities that were put on hold. The worst thing we can do is to return to a way of life that wasn't fulfilling but was perhaps easy. We are now challenged to plant new seeds and watch for new things to grow.

If you created new dreams during Covid, now is the time to dust them off and put plans in place to fulfill them. Maybe they aren't or weren't realistic, but it helps the soul to find joy by trying something new. The only real failure is the failure to take action. You can't succeed if you never try.





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We are living in a very negative time and it's very easy to get caught up in the events that are going on all around us. With 433 million guns in the hands of US citizens, you cannot feel completely safe no matter where you go. But to stop living is the worst thing we can do. We had enough of that during Covid. I feel it is important that we are aware of what is happening around us, but it is equally important that we take positive steps to create more love and joy in our lives. I don't know of anyone who

doesn't have problems. How we deal with them shows our character. I feel sorry for those who resort to violence and may have never known enough kindness or joy. I grew up in that kind of environment and I know that you can make your life better. You just have to be willing to try and get beyond feeling like a victim.

We can rejuvenate ourselves by taking a different path. We can get help if our anger gets out of control. If our anger is directed inward, it often results in addictions and harming

ourselves and those we love. There are always many options to living a more fulfilling life, even for those with chronic illnesses or disabilities. We are blessed to live in a country that still affords opportunities, even if they are not always equal or fair. We are still much better off than many who live under authoritarian governments. So don't waste time living in the past -- figure out a way to rejuvenate yourself. Little changes can often bring big rewards. If you can't imagine that your life can change, consider this -- even after the harshest winters, a flower will spring forth from a crack in the sidewalk. It wants to embrace life, so you can too.

BIO: Dee Patterson is a professional psychic. She reads the past, present and future, is a medium and medical intuitive. She also does past life regressions, spiritual counseling, and emotional release. Call 502-426-2220 or text 502-295-0788.

deepatt@bellsouth.net and www.deepatterson.com.

PHOTOS: priscilla du preez, Unsplash, Apple Blossoms, Pixabay



***GOD LIVES IN THE PARADOX.
Truth Lives in the Oneness.
Nicole Bartlett, Founder Salt Cave***

This article is about our oneness and how we create the world we live in. I see expressions of God in the paradox. When there is a tragedy, we find community. When we experience deep grief we can also find immense joy. When we label something good or bad, happy or sad, right or wrong, we can get lost in the label and miss the gift. It is the taijitu (the yin and yang). When we get clear about how we're contributing to this world connection, it's easier to open to God in the paradox.

Our planet, people, plants, microorganisms, and alien entities are all connected. We communicate with each other through our dreams, our breath, the wind, electromagnetic frequencies, our buying power, our thoughts, and prayers. With the truth of this statement, we have both the power to create our reality and the responsibility to do so justly.

An elder in our community, Gerry Boylan, often reminds us that what we witness lives within us. If we didn't have war and violence within, we wouldn't see it as an expression in our world.

I fully believe this to be true. It offers me the hope to believe in world peace because it gives me the chance to take responsibility for my part and do something about it. Mahatma Gandhi said to 'Be the change we wish to see in the world'. This has been a guiding light in my life.

A Shamanic exercise I learned from The Power Path, a book by Jose and Lena Stevens, guides us to take inventory of our lives. This is a great practice annually to get clear about living from a place of integrity. Our martyrdom does not serve the collective. Our blame does not create positive change. When we get clear on what is serving us and what isn't, our purpose is able to flow through us. To take inventory, you must ponder where you spend your time and what gives energy or drains it. Do you love tidying your home because you appreciate order and clean living? Do you love your work because it fulfills the ability to express yourself? Are there people in your life that drain your energy? We are responsible to know why we do what we do and allow what we allow.

This is especially true for our familial relationships which are so near to the heart. We must move beyond the idea that we're obligated to serve in some capacity when it creates a sacrificial energy. We can be in a relationship that supports the collective when respect and honesty are incorporated. Enabling creates victimization which leads to a cycle of depletion, upset, and hurt. This isn't the frequency where we create a better world.

It's also really critical that we become aware of our addictions. This could be anything from caffeine to control to cocaine. When we get disrupted internally, there is plenty we can seek to soothe



ourselves. Did you know you can be addicted to drama? It literally releases a chemical which when frequently activated over time can cause us to seek it out in order to feel what we have learned to be normal.

This awareness is critical in our modern society of convenience. Algorithms know what we believe we need, and we lose the ability to question when all we see makes us believe we're right.

What would happen if we slowed down to contemplate? Have we lost our sense of wonder?

Here are some suggestions for a more peaceful community. Please sit with these over days and see if your perspective shifts as time allows greater awareness.

- What excites me?
- What do I do with my anger and sadness?
- Who is affected by my buying habits?
- What makes me feel safe?
- Where does my trash go?
- What brings me back to the present moment?
- How do I build more trust in myself?
- Where are my energy leaks?
- Who is affected by my vote?

Where does my food come from?

What can I do right now to make a difference?

When we bring our shadow to the light we heal. These practices sometimes need to be sipped a little at a time, allowing the feeling of disruption to rise and settle so we can intentionally remove judgment from what we're learning about ourselves. God is found in the paradox. It is through our greatest suffering that love is born.

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.



PHOTO: Unsplash, fa barboza

IMPORTANT LINK BETWEEN COFFEE AND ANXIETY

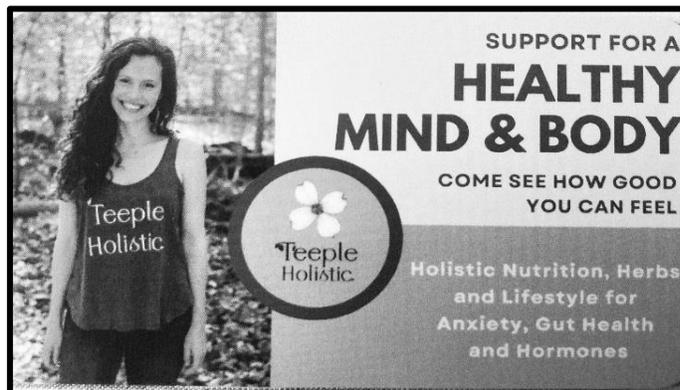
Sarah Teeple, Certified Ayurvedic Health & Nutritional Counselor

So many of us are struggling with anxiety. How could we not? Look at the state of the world, our political landscape, social injustice, and the daily demands on us in our personal and professional lives. *It's all so much!* But there is a lot we can do to positively impact our mood and mental state, starting with what we choose to put into our bodies. **Here is a simple step we can take to soothe our anxiety- - by choosing a different beverage to start our day. If we experience excessive worry, overwhelm, panic, or ADHD-type thoughts and behaviors it is important to steer clear of coffee, as its overstimulating effects will intensify all of those symptoms.**

- Coffee is a stimulant to your nervous system - it can activate your sympathetic nervous system and put you into "fight or flight" (raising blood pressure, stress hormones, and yes, anxiety).
- Coffee is a "liquid stress hormone" - literally. It spikes your adrenaline and cortisol, giving you that "boost" that many of us crave. But if you have anxiety, your nervous system and stress hormones **do not need** that boost, and coffee can worsen your symptoms.
- Depending on your genes, you may also be a "slow metabolizer" of caffeine. This means that caffeine lingers in your system later into the day, and its negative effects on you are more intense...late afternoon overwhelm and anxiety, anyone?
- It stimulates (or overstimulates) your digestive tract - While some people experience this as a desired laxative effect in the mornings, for many it increases stomach pains, burning sensations, and loose stools.

The Ayurvedic Take: There are three main types of mind-body constitution called Dosha. These are Vata, Pitta, and Kapha. Coffee aggravates both Vata dosha (mentally and physically) and Pitta dosha (mentally and physically), but is slightly beneficial for Kapha. (earth and grounding focused.) Don't know your dosha yet? Just Google, "Sarah Teeple Dosha Quiz," to take my short, fun quiz and get diet and lifestyle tips to benefit your unique mind-body constitution.

In Vata: Coffee is too stimulating for sensitive Vata. Mentally, it upsets the nervous system, leading to anxiety. Digestively, it over-stimulates the stomach and gut, causing abdominal tension and cramps in the upper and middle GI tract. Then it dries out the colon - not a good combo for vata who already tends towards gas, bloat, and constipation.



In Pitta: Mentally, coffee increases irritability, stress, and feelings of perfectionism and pressure, turning Pitta's natural fiery drive, into **overdrive**. Digestively it overstimulates Pitta's already "quick-gut" increasing loose stools, acid reflux, and burning sensations in the belly.

In Kapha: Kaphas are more prone towards depression (rather than anxiety), lethargy, and having trouble motivating. One cup of coffee daily is actually good for them, but make sure to enjoy it black, not with loads of cream and sugar - or what I like to call dessert coffee. Kapha tends towards easy weight gain, and the sugar and dairy bog down their digestive tract, increasing accumulation of fat and water in the body. So, keep it black, and even add a pinch of cinnamon powder or ginger for added digestive benefits.



The Ayurvedic Takeaway: If you are Vata or Pitta, ditch the coffee and try one of my favorite delicious and healthy alternatives. **Best Coffee Alternatives** (in my order of preference): 1) **Rasa Koffee** - this adaptogenic herbal coffee is dark, rich,

toasty, and has several herbs that help rebalance an aggravated nervous system (like is found in anxiety and panic disorder) 2) **Dandelion tea** - this is especially amazing for Pitta, in that it contains powerful liver-detoxing properties. It also tastes rich and toasty, but not as "coffee-like" as Rasa. 3) **Teeccino** - this dark and tasty chicory root tea is an easy coffee sub and can be found at most health

If you just love coffee and aren't going to give it up, at least enjoy it in the healthiest way possible. Healthy Coffee Tips: Choose a dark roast, which are naturally lower in caffeine and acidity (and in my opinion taste much better). Have it with or after breakfast, not first thing in the morning on an empty stomach. Have it with 1/2 - 1 tsp of coconut oil, ghee, or a milk substitute like almond, oat, or coconut milk. The healthy fat slows down the absorption of the caffeine and helps protect your mesentery skin (gut lining) from coffee's acidity. Limit your coffee intake to 1 cup daaily. Less is more here. Finish it by 9am, especially if you think you might be a slow caffeine-metabolizer.

Bio: National Ayurvedic Medical Board Certified Health & Nutrition Counselor



DR. RICHARD T. REUL

Chiropractor

**3772 Taylorsville Road
Louisville, KY 40220**

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***REFORESTING BARREN LAND
That Has Had All Its Trees Cut Down
For Lumber, by Patti Carpenter, MD***

Hooray!! It is springtime again and time for planting our vegetables, perennials and annuals. We have weathered the pandemic, the extremes of weather, and we are all rejuvenating - - except Mother Earth. She has been through so much, her top soil in so many countries has blown away, including in large parts of the U.S. Many people have been looking at how we can avoid another dust bowl like we had back in the 1930s. Researchers have attempted a variety of approaches to try to help, some have been good, while others did not make the grade. One of those that has been better around the world is called FMNR. What in the world?? "Farmer Managed Natural Regeneration."

It started in 1983 in Niger, the poorest country in Africa, with two thirds of the people living in the sub-Saharan desert. What the farmers there did, just as the U.S. farmers have been doing, was to clear the land leaving it totally void of trees. This, in turn, causes moisture to evaporate since there is nothing on the ground to hold in the moisture. When the stumps of the trees are still alive, they grow many little stalks. Then people cut all those stalks down because they inadvertently think that our plants need full sun - - which is not quite the case. What they do need, however, is moisture.

With FMNR Techniques, rather than planting a new tree, it works better to utilize the established root system of a tree stump - - and encourage a few of the numerous shoots growing out of the stump to grow tall. This can be done by cutting away some of the smaller shoots so that a few of the stronger ones can receive more of the nutrients coming through the roots. In many countries, when new trees were planted, they often were not trees native to that location that could even grow well there. Encouraging shoots from the stumps to grow and reestablish as trees as described is helping to bring back land from becoming like desert. The farmers follow up in 2 to 6 months to make sure that the shoots from the stumps are growing well and will grow into trees. This is less expensive and more successful than planting new trees. Over 30,000 farmers in

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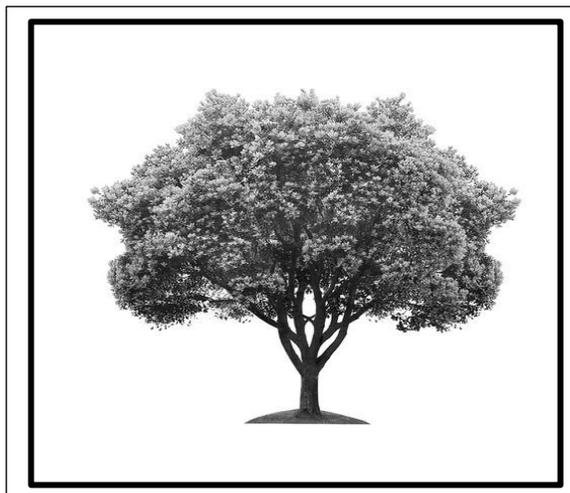
Organic,
handcrafted
jewelry lovingly
filled with light energy
from local artist Dawn
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the U.S. are using this technique in 6 states: Alabama, Mississippi, Texas, Virginia, Pennsylvania and Oregon.

FMNR is helping Mother Earth to rejuvenate, to get her topsoil back, to retain the moisture so badly needed throughout the world. It provides much needed shade, retains moisture so badly needed, and gives back nutrients from the leaves. FMNR is a forest maker and a famine fighter. How exciting !! Thanks to the U.N., Tony Rinaudo and World Vision.

Photo by Canstock Photos Majeczka:



**NATURAL LIVING JOURNAL WELCOMES
ARTICLE SUBMISSIONS & NEW ADS. See Page 2.**

**GROWING WITH INTENTION,
Creating the Life of Your Vision.
By Rev. Valerie Mansfield**

Imagine a life where you live stress free, relaxed, and filled with joy. The intention you set everyday goes a long way to create your stress free, relaxed, joy filled life. It takes a moment for you to decide what you want your life to look like. Keep it simple.

What is your heart's desire? Grab a piece of paper. Take a few minutes to rest with your image or your desire, then write it down. Start with a breathing exercise or another centering process you



like. Let us say you desire a stress-free or peaceful life. Close your eyes, take a breather and be peaceful. Breathe in peace...breathe out peace, feel your body relaxing. Take another breath in as you breathe in

peace...breathe out peace...feel your mind releasing any thoughts. Now once you breathe in peace... and breathe out peace again...sit in the peaceful moment you have created and be still allowing the presence of peace to flow.

We all go through various levels of consciousness, from victim to mastery and we can do it in a moment. When we begin the practice of setting intention for our life, we take control and move out of the sense of victimhood. This requires action. Think for a moment about one action you need to take to create your desire. Write it down, set a time frame to complete this task. Be real here because this may be the challenge to accomplishing your dream. Will it take an hour, a day, or a week? Put it on your schedule. Then check it off when completed. How does it feel to have reached one step closer to your desire? What thoughts, beliefs, or words come up during the process? You may want to take a few minutes to journal your thoughts and feelings.

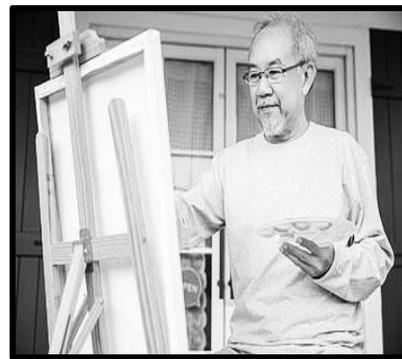
You can repeat this process for a new direction or the next action until you become your desire. This growth journey is a process of ebb and flow or releasing and creating. The creative law works for all, you can do it your way. Be open, limitless, and let the



thoughts rise like good bread rising - or let them flow like the river to the next destination. At times it will be easier than other times. Be creative every day even if it is just for a

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moment. It is ok to reset or shift to a new desire. Maybe what you thought you wanted is not really feeling complete or comfortable. If so, make an adjustment and continue. Treat yourself with love and know you are perfect just as you are. Your happiness



matters and you are the master of your destination.

Setting intention is a process. If you have an interest in experiencing intention, join me and others around the city of Louisville and the world as we

set an intention to reduce violent crime in a select area in Louisville. The Louisville Resonant City Peace Project will be held July 22-30, 2023.

Image your life's desire, take action, and use the law of creativity to be the best you!

Bio: Reverend Valerie Mansfield is Senior Minister at Unity of East Louisville Church and is the Treasurer of Unity Worldwide Ministry. She is also a Life Coach & Holistic Healer. She is manifesting a new enterprise "Pathways to Harmony" which is a twofold operation. (1) It's an opportunity for individuals to bring harmony, clarity and understanding to their daily life. Families work together to bring harmony, peace, and love to the forefront of the family dynamics through Conscious Connections. (2) Consulting for non-profits and small businesses focusing jharmony, efficiency, and effectiveness. Her mission in life is to create a harmonious, loving, conscious experience daily. She is a lifelong Unity Truth Student and welcomes you to join her on a spiritual journey of harmony, love, and transformation. She lives with her husband Bruce of 40 years & loves time with her children & grandchildren.



Photos: Guitarist, by Michael Jung of Canstock. Painter by Soropopo of Canstock. Woman Public Speaking by Light Poet of Canstock.

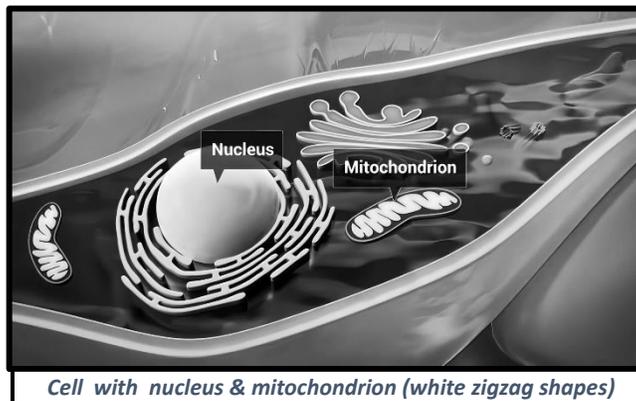
KETOGENIC DIET REVISITED

By Dr. Victoria Snelling, DC, DHM

Most people are now aware of the Ketogenic diet. Maybe you've tried it or you know someone who has. I certainly have and it benefited me greatly. I've been dismayed that some of my patients haven't seen better results while on Keto, and I think I know why after delving into some new data from Dr. Steven Gundry and Dr. David Perlmutter. They both have written volumes about nutrition and diet and recently they've introduced "new" information about how to benefit from the Keto diet and maintain or achieve better health. They introduce, in layman's terms, the importance of "uncoupling our mitochondria" to maintain or regain our health, and suggest a straightforward way to achieve this.

Mitochondria are the body's powerhouses, like battery packs, that are needed to help produce energy. "Uncoupling" produces more mitochondria to generate even more energy. When we are able to increase this process, we have improved health and we have a much better chance to live a longer life. Uncoupling is important not just to our physical health, but also to our mental health. It also affects our metabolic rate, which in simple terms is the rate that we burn up calories versus storing them as fat in our bodies. There is strong evidence that this uncoupling can reduce not just obesity but also cardiovascular disease and some neurological disorders.

How can we increase mitochondrial uncoupling? We can make more ketone bodies, through a ketogenic diet and by intermittent fasting. Intermittent fasting is limiting the time that you spend consuming calories, such as a 12 hour fast followed by 12 hours of having your meals. This could also be a 16 hour fast and an 8-hour window of eating. This may not be safe for diabetics or those who have had weight loss surgery among others, but for healthy individuals this can be very useful. Antioxidant supplements such as glutathione and melatonin can induce uncoupling. My favorite method is increasing the amount of fruits and vegetables in the diet which contain polyphenols and polyamines. These include berries, apples, onions, nuts, many herbs especially turmeric, as well as black tea, flaxseed and olives.



Cell with nucleus & mitochondrion (white zigzag shapes)

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Another helpful food is MCT oil which is extracted from coconut oil. I would recommend an organic brand. MCT has a mild to no flavor. You can drizzle it over your vegetables, include it in a healthy keto-friendly smoothie, or use it with low heat to cook your morning eggs. In your healthy smoothie you can flavor it with organic cocoa powder which is high in polyphenols.

If you've been reluctant to try a ketogenic diet, consider a version that is higher in vegetables, fruit, spices and hopefully many of your favorite foods. I think a good ratio is 2 or 3 servings of vegetables to 1 serving of fruit. This keeps your sugars at a lower rate. Add intermittent fasting, unless a health condition contraindicates, add MCT oil to your food plan and add years to your life and add more life to your years.

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

in Louisville since 1988. Dr. Snelling leads the monthly Kent Society Homeopathy Study Group (you're invited!) and offers a quarterly schedule of one-day classes on natural health topics. She can be reached at www.DrSnelling.com or 502-426-2033



Editor's Note: As always, it is very important to discuss with your primary care practitioner any changes in your health practices and nutrition. The ketogenic diet involves eating a lower amount of carbohydrates and replacing them with eating more fats to encourage your body to burn fat for energy. Instead of relying so much on fuel from glucose that comes from eating a lot of carbohydrates (such as grains, legumes, vegetables, and fruits), the keto diet relies more on ketone bodies, a type of fuel that the liver produces from stored fat and the fats one eats.

Photos: Chart, Creativepic of Canstock Photo, Inc. Tennis Player by Pixabay 703784.

WE AWAKEN TO OUR MAGNIFICENCE God Created Us In His/Her Image.

By Joyce C. Gerrish, M.A.

The divine spark within us transforms our being into light - - into love - - into joy - - into peace. We are each a divine being in our body temple. Each of us is a spiritual being who has come to planet Earth with a soul mission in our heart to share with those around us. We each have an important contribution to make to the healing of our planet. As we lift our heart and consciousness in higher meditation we can gain the clarity, inspiration, and spiritual power to move ahead into the next step of our soul mission. We are each needed. For each person this soul mission would be unique according to his or her soul gifts and experience and interests. The possibilities are endless for helping to meet the needs of some group in today's complex society. It could mean volunteering with a favorite non-profit cause or starting a helpful group. It could be encouraging involvement in some aspect of the creative arts or helping with positive after school activities for teens.

Our planet is in the process of shifting into a less dense and higher energy frequency level of manifestation. Some people say that we and our planet are moving into the Fifth Dimension. It seems clear that life is changing. We are all here to help create a more sacred planet, to help create Heaven on Earth. It's not an easy process. Increased energy is sweeping through everyone's consciousness, aura, and body bringing to the surface what needs to be healed and transmuted into peace, forgiveness, and wisdom. People who have long been downtrodden and taken advantage of are speaking up for their rights. The people who have been privileged are fighting back to try to preserve their status and power. I believe that God is expressing through this challenging time of transformation - - and a period of more equity, peace, and greater wellbeing for all will evolve.



As the energy frequencies increase on our planet, our physical body needs to be able to resonate harmoniously at that higher energy frequency. This may require purifying our body in order to stay well and strong. I feel that we each need to really listen to our body to sense what it needs in order to thrive in this new emerging phase of our planet. What we have eaten and drunk in the past may possibly not keep us as well now as it used to. We have gone through a pandemic and are now being told that these viruses and others are likely to be permanently with us at lower levels in evolving variations. I feel that to keep our body healthy it is important to avoid pesticides and excessive chemicals in our food and personal care products and lawn care. Today we tend to live in a sea of chemicals - - may we keep things in our life as natural and pure and organic as possible.

As an energy healer and higher meditation teacher and guide, I find that people's aura and consciousness are definitely different now than even five years ago. Most people tend to have

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a stronger spiritual connection through their crown chakra/energy center. Yet they may not be able to connect to it because of all the emotional stress energy that is held in the emotional/astral level of their aura. This emotional trauma in the aura generally comes partially from current challenges in their life, but also from issues held over from previous incarnations. Often there is a connection between the past and the present - - with one bringing the other to the surface to be dealt with and healed. There needs to be healing and clearing occurring so that the aura doesn't become overburdened with heavy energies and blockages. These blockages can interfere with the person being able to connect with their higher consciousness for spiritual and creative inspiration - - and for inner intuitive guidance. Heavy blocked energies in the aura are often also being picked up from people around one and from the "mass mind" as well. This may be pulling the person down somewhat from being able to really pursue the soul mission. We need to keep our aura and consciousness as clear as possible not only for our spiritual clarity, but to keep energy blockages from creating physical illness - - which it can.

Our physical health can be enhanced through learning and practicing basic natural healing techniques such as reflexology and Reiki energy healing techniques. Energy blockages can distort higher energy frequencies from flowing freely through our body and sustaining us optimally well. In this time of profound transformation of our planet, we are all needed to heal ourselves to stay well and strong in order to move into the next step of our soul mission and do our part in helping to heal humanity and our planet. May we each awaken to our magnificence. God bless you as you walk your spiritual path.

Bio: Joyce Gerrish, M.A. is a Transformational Energy & Emotional Healer providing individual sessions in person or on Zoom. She's a highly attuned & sensitive guide for Higher Meditation & Spiritual Awareness. Extensive training & decades of experience as a practitioner & teacher of numerous natural healing modalities including Reiki, Spiritual Healing, Chakra Healing, Reflexology. She offers Past Lives Readings and Akashic Readings. She's author of book "Secrets of Wisdom - Awaken to the Miracle of You," & Publisher- Editor of Natural Living Journal. Louisville Office. 502-572-4871. See ad above & website events page at www.joycegerrish.com

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**COPPER ENIGMA ART
EXHIBIT, at MELWOOD ART
CENTER, June 1 - 30**

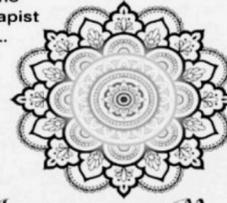
Michael Reitz & Barbara Vasiloff

Around 11,000 BC prehistoric humans discovered a blue stone. When heated, it became a shiny metal. After discovery in rock form, copper was found to have innumerable uses in the evolution of civilization. The element, Cu (copper) is essential to biological life, including for humans. Our ancestors used copper to fashion tools, ornaments, and weapons. Copper was the first metal used by man in quantity. Today, it is used in electrical wiring and with motors, roofing, plumbing, industrial machinery and more. Copper can be combined with other metals and cannot rust. Copper Enigma celebrates the mystery of copper.



Two local artists Barbara Vasiloff and Michael Reitz will exhibit a collection of over ninety framed art pieces in the Pigment Gallery during the month of June. They have taken copper foil and covered it with sand, stone, shells, wood, broken glass, dirt and more - - symbolizing the earth from which it came. Some pieces are organic and some are more stylized. Some can be put in the category of whimsical. These one-of-a-kind art pieces capture the mysterious beauty and the wonderful enigma that is copper. The work will be on display during the month of June in the Pigment Gallery at the Mellwood Art Center, 1860 Mellwood Avenue in Louisville. (See the poem in the next column "The Window" that accompanies the above design "Window Willow.")

Rebecca Geracitano
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The Window

By Michael Reitz

Take your chances
with the air currents,
the flying things,
the crawly thing,
the sounds of forest talk,
and the dark.

Stick your head out
look and see,
what has been plowed under
flourishes again...
fresh air, fresh scents,
fresh fruitful rain
soaking mother earth.

Turn off the control knobs,
still the machines,
leave behind the reasoned
institutions.
Enjoy...even for a moment,
in silence,
the intuitions of the soul.

For more information contact dwpbv@aol.com or
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