



Natural Living Journal

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

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**Embodying Our Soul
Purpose**

**Learning to Listen to
Your Inner Voice**

**Anti-Aging With Infrared
Light**

Freedom and Mastery

**Pros & Cons of
Enjoying Soy**

**The Importance of
Community**

**Support for Air
Pollution & Nasal
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Global Warming

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The Whisper: Learning to Listen to Your Inner Voice

by Kimberly M. LaFollette, PsyD.

Lately, I've been having a lot of conversations with clients about trusting their inner voice. If I'm being honest, I've been struggling to honor my own inner voice as well. Sometimes, life gets so loud and demanding, it's hard to hear the voice. At other times, we hear the voice but choose to ignore it because it is asking us to move in uncomfortable directions. For me, it's the latter. I've been scared to honor my inner voice and I'm guessing you know what that feels like too.

When I talk about your inner voice, I am referring to that part of you that is inherently *you*. I like to call it my soul, some call it intuition, some define it as their true self. Whatever you call it, it's the innate part of you that is your guide to authentic living. This inherent knowing is present in all of us and is our most trusted adviser for living an authentic life.

Many individuals don't trust themselves to know what is in their best interest. They seek guidance from others to move them toward the correct course of action. Because I am a clinical psychologist with decades of experience and training, clients come to me for the solutions to their life's problems. Ironically, I spend most of my days telling my clients that I can't solve their dilemmas. I stress that only they know the correct course of action. As you can imagine, this is disappointing to some. Disappointing or not, I will never pretend to be an expert on someone else's experience. I can offer guidance, I can offer suggestions, but I do not know their truth. What I strive to do is to help my clients gain confidence in their own ability to know their truth. I have learned over my years of practice that we all inherently know what is in our best interest. Our soul knows our truth, even when our physical brains and bodies don't.

I once listened to an episode of Oprah's Super Soul podcast. She and her guest were exploring the idea of our inner wisdom and how, if we

pay close attention, we can hear the whispers of our soul guiding us on our authentic path.

Unfortunately, most of us ignore the whispers or are so distracted by the busyness of life, we just don't hear the whisper. When we ignore the whispers long enough, we suffer big consequences. We become depressed or anxious, we lose important jobs or relationships, we suffer illnesses, or our bodies shut down. - - All because we

didn't take the time to acknowledge the whisper of our soul telling us what it needs.

My challenge to you is to listen to the whispers. Get in touch with your inner self. I promise that you are innately aware and capable of finding the right path for your life. Despite what everyone else has told you, you were born with the answers. Although sometimes these answers do not lead us down the typical, expected path, they will lead you to an existence that is authentically yours. My greatest hope is that you, and I, will be able to set aside fear and become our most authentic, true selves.



Here are 5 ways you can get in touch with your inner voice:

1. **Be still:** Take time out of each day to allow stillness of your body and your mind. At the very least, 10 minutes.
2. **Be quiet:** Get rid of all the noise. This includes noise in your environment and also your mind. Make meditation a daily practice.
3. **Pay attention to the whispers:** Often, our bodies quietly try to guide us. That sick feeling in your stomach or feeling of distrust or dread you are feeling is likely your body telling you that something, or someone, is not right for you. Move away from those situations and people.
4. **Notice what lights you up:** Notice what brings you joy. Notice the activities that excite you and motivate you. Pay attention to the individuals who make you feel heard and seen. Move towards those situations and people.
5. **Let go of the "shoulds":** Let go of the expectations that society has placed upon you and the idea that there is only one path to happiness. Don't engage in activities or relationships because you "should" enjoy them. If your inner voice is guiding you away from these activities or individuals, honor your voice.

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



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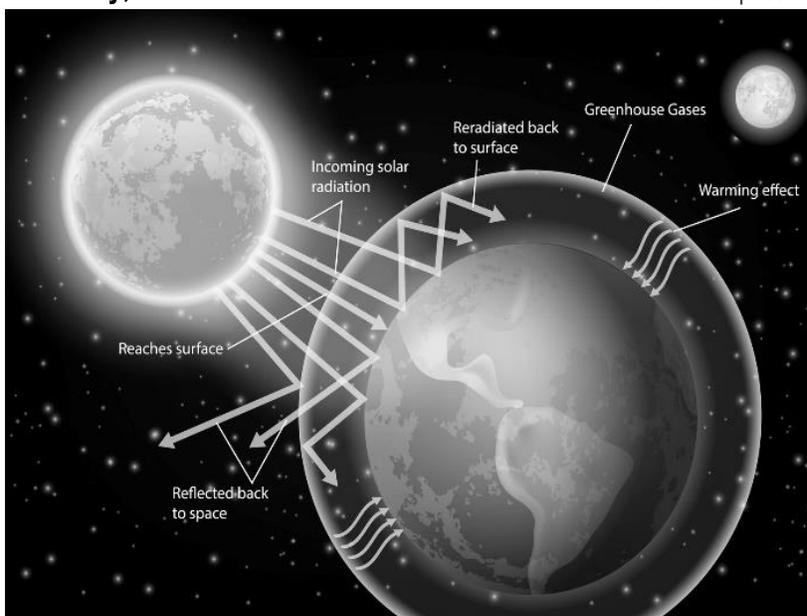
Environmental Protection Series
GLOBAL WARMING
By Joyce Freville, Ph.D.

We have all heard about the greenhouse effect, but did you realize that it is essential to life on planet Earth? That is right; greenhouse gases are essential, but it is important to keep the gases in balance. Human-made emissions are off-setting the balance of gases and are trapping and slowing heat loss to space. This causes the earth to gradually become warmer and causes the overall climate to change.

The Earth's surface, warmed by the Sun, radiates heat into the atmosphere. Some heat is absorbed by greenhouse gases like carbon dioxide and then radiated to space. Some heat makes its way to space directly. Some heat is absorbed by greenhouse gases and then radiated back towards the Earth's surface. With more carbon dioxide in the atmosphere later this century, more heat will be stopped by greenhouse gases, warming the planet even more.

So, what are humans doing to increase these harmful emissions? The primary cause of the harmful emissions is fossil fuels like coal and oil. In addition, the clearing of land for agriculture, industry and other human activities has increased the greenhouse gases. Scientists have proven that human influence is the principal driver of most changes seen across the atmosphere, ocean, frozen water part of the Earth, and the world's ecological system.

You may not realize it, but global climate change is not a future problem; it is a current problem. We are already seeing widespread effects on the environment. For example, glaciers and ice sheets are shrinking, river and lake ice is breaking up earlier, plant and animal geographic ranges are shifting, plants and trees are blooming sooner, and there are more intense heat waves. Furthermore, droughts, wildfires, and extreme rainfall are happening faster than scientists previously estimated. The severity of effects caused by climate change will depend on the path of future human activities. We need to act quickly, the window of opportunity to secure a livable future is rapidly closing. So, what can we do to help? The following are suggestions.



INCREASE ENERGY EFFICIENCY:

- Turn your thermostat up two degrees in the summer and down two degrees in the winter to save energy (and money on your bill!)
- Switch fan blades of ceiling fans to counterclockwise in winter to keep warm air from collecting nearer ceiling.
- Each month, change the filter in your heating, ventilation, and air conditioner. (HVAC)
- Make sure your HVAC vents are not blocked by furniture or plants.
- Use LED Energy Star light bulbs (they use 75% less energy)
- Wash clothes in cold water.
- Turn off lights when you leave a room.
- Caulk windows.
- Remove excess build up on stove burners of old bits of food residues and grease.
- Match the pot/pan size with the size of the burner. Use crockpot and stove top instead of oven when possible. (Avoid use of microwave. See note)

INCREASE THE USE OF RENEWABLE ENERGY

CONSERVE AND PROTECT WATER RESOURCES THROUGH EFFICIENCY, REUSE, AND STORMWATER MANAGEMENT.

CUT WASTE, PREVENT POLLUTION, AND INCREASE RECYCLING.

If everyone will just do their little bit, it can add up to tremendous positive change for our dear 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.

DIAGRAM: Canstock Photos Siberianart
NOTE: Microwave energy is found to be disruptive to the human aura,



ANTI-AGING With Infrared Light Therapy & Massage

Are you looking for ways to assist with anti-aging? Let me provide you with information on the benefits of infrared light therapy and massage in relation to anti-aging.

INFRARED LIGHT THERAPY to slow aging.

Infrared light therapy, also known as low-level light therapy or photobiomodulation, utilizes specific wavelengths of light to penetrate the skin and provide various therapeutic benefits. Here's how it relates to anti-aging.

Stimulates collagen production: Infrared light therapy can stimulate the production of collagen, a protein that helps maintain the elasticity and firmness of the skin. Increased collagen production can help reduce the appearance of fine lines and wrinkles, promoting a more youthful complexion.

Improves skin tone and texture: By promoting circulation and increasing oxygen supply to the skin, infrared light therapy can improve skin tone and texture. It can minimize the appearance of age spots, hyperpigmentation, and other skin irregularities, resulting in a more even complexion.

Reduces inflammation: Infrared light therapy has anti-inflammatory effects, which can be beneficial for aging skin. It can help reduce redness, swelling, and inflammation associated with various skin conditions, such as acne, rosacea, and eczema.

Enhances cellular regeneration: The deep-penetrating nature of infrared light stimulates cellular activity and enhances the regeneration of skin cells. This can lead to a more rejuvenated and youthful appearance over time.

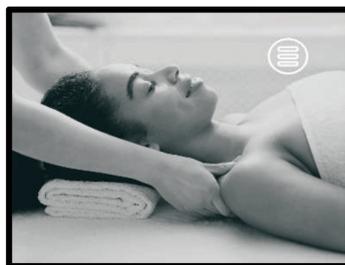
MASSAGE to slow aging.

Massage therapy offers several benefits that can contribute to anti-aging efforts. Here's how massage can help:

Relieves muscle tension and stress: Massage techniques, such as Swedish massage or deep tissue massage, can effectively release muscle tension and promote relaxation. By reducing stress levels, massage can help minimize the appearance of stress-induced aging signs like wrinkles, frown lines, and sagging skin.

Improves blood circulation: Massage increases blood flow to the skin and underlying tissues. Improved circulation ensures an adequate supply of oxygen and nutrients to the skin cells, promoting a healthier complexion and aiding in cell regeneration.

Enhances lymphatic drainage: Massage techniques that involve gentle pressure and rhythmic movements can improve lymphatic drainage. This helps remove toxins and waste products from the body, reducing puffiness and promoting a clearer complexion.



TRONDA GRAHAM

OWNER + LICENSED MASSAGE THERAPIST

PHONE: 502-415-9421

EMAIL: hello@trondagraham.com

WEBSITE: www.aligntotalwellness.com

Boosts mood and overall well-being: Massage therapy promotes the release of endorphins, which are natural mood enhancers. By reducing stress and improving overall well-being, massage can contribute to a more youthful and vibrant appearance. At Align Total Wellness we encourage a comprehensive Holistic Practice approach to wellness. Anti-aging practices encompass a variety of lifestyle choices and habits including:

Stress Management: Chronic stress can accelerate the aging process. Practice stress management techniques such as massage therapy, meditation, and deep breathing exercises.

Balanced Diet: A healthy well-balanced diet rich in fruits, vegetables, whole grains, lean proteins, and healthy fats can provide your body with essential nutrients and antioxidants.

Hydration: Drink an adequate amount of water every day to keep your body hydrated. Hydration is important for maintaining healthy skin, as it helps improve elasticity and reduce the appearance of wrinkles.

Regular Exercise: Engage in regular physical activity to improve circulation, boost metabolism, and maintain muscle tone.

Skincare Routine: Establish a skincare routine that includes gentle cleansing, moisturizing, and sun protection.

Sun Protection: Protect your skin from harmful UV rays by wearing sunscreen with at least SPF 30.

Sleep: Get enough sleep each night to allow your body to rest and rejuvenate.

Remember that everyone ages differently, and the effectiveness of these practices may vary from person to person. While it is impossible to stop the aging process completely, let Align Total Wellness assist you in maintaining a youthful appearance and slowing down the effects of aging.

BIO: Tronda Graham is Owner of Align Total Wellness. She is a Licensed Massage Therapist. Reserve your Healing Touch Massage and Infrared Light Therapy at AlignTotalWellness.com. 502-415-9421.



FREEDOM AND MYSTERY, Freedom and Mastery, PART 2 **By Gerry Boylan, Ph.D.**

This article is a continuation of Part 1 of Gerry's article in recent Issue 8, Vol. 3. Part 1 might be summarized as: Genuine choice is expressed by response rather than reaction. Reactions inevitably are fearful, judgmental, separate in nature. Response flows from awareness, compassion, a sense of Oneness.

And that brings us to another juncture here. To stretch you a little, imagine what it would be like if we were to say, "No matter what the outward appearances might be, no matter even what the outcome might be, everything that is done is done with the intention of love.

Now the intention or the power behind the response might come from a very limited sense of what love is. In other words, it might be very, very conditional and even very, very self-centered. Or another way of saying that is, the choice might be very limited by the individual's capacity to love or to experience love.

Let us take a moment to explore karma and the role it plays with freedom and your ability to respond. Interestingly enough, total freedom means you can respond in any way possible and yet at the same time total freedom means you will always respond with love. Try that one on for size!

Simply put, karma means that actions, both mental and material, have consequences. It is very similar to the laws of motion and gravity. It is simply an awareness of what is -- sometimes referred to as Law. That is not in reference to a command or dictate, it is more what we would call an inevitable consequence.

The world & all that is in it is continually evolving.

There is an older movie called "Groundhog Day" that some people love, and others can't stand. I have noticed in my travels that those who enjoy the movie are usually those who are recovering from some serious forms of addiction! The movie portrays a character doing the same thing over and over and it is only when he realizes that he is stuck in this loop of what we might call "doing the same thing but expecting different results" that he realizes the insanity of all of that. It is within that awareness that he is able to make decisions to change. So this is the deeper nature of life events, to realize that everything can be used as a tool for awakening.

I recall that Buddha at the moment of his enlightenment became aware of all his incarnations and was able to see in an instant all that he evolved through and experienced to reach this point of

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awakening. His first recollection was that of a situation where another being was about to be harmed. At that moment he saw his choice either to remain where he was or to choose to step in and protect that other being by blocking that danger and taking it on himself. And so that is what he chose. This moment of compassion.



Let's suppose that each moment of your life surrounds itself with choices you can make. Whatever the situation, you can either open your heart or close it; you can either respond from a higher vibration or lower one. That is where your freedom of choice comes in. Your karma, or sometimes what is referred to as your karmic predicament, is more a reflection of your attunement with your awareness. In other words, it goes back to the initial point we were making at the beginning of this lesson; that when you react, your reaction is usually the result of your attachment to past experiences, the need to be right, fear,

guilt, shame and all of those other aspects that can influence our decisions or our actions.

You have often said to yourself before being challenged to look more deeply, "Well that's just the way I am." But when you are aware enough you can choose to rise above your karma, to rise above your reactivity, and to respond from the love and truth that you are. That does not mean your "stuff" goes away; there might still be both psychological and spiritual work you might need to do, but in choosing to rise above the dictates of your karma (your past experience) that healing process begins on the deepest of levels.

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.



PROS AND CONS OF ENJOYING SOY

By Dr. Lisa Tostado, ND

Although soy has been part of a traditional Asian diet for thousands of years, there is a growing concern about its safety in the U.S. Here are some points to consider before deciding if soy is right for you.

An Excellent Source of Protein & Other Nutrients:

Did you know that soy protein is one of the few vegetarian sources of protein that meets the requirement for a complete protein? This means that it contains all 9 essential amino acids necessary for human health and nutrition. It is a rich source of B-vitamins, potassium, magnesium, and plant-based fiber. It is also a source of omega-3 fatty acids, and low in cholesterol and saturated fats. A one-half cup of raw, firm tofu has 10 grams of protein, 5 grams of fat, and 227 mg of calcium. 1 cup of whole cooked edamame contains 22 grams of protein, and 8 grams of fiber. Edamame are immature soybeans before the beans harden.

Risks of Eating Soy:

Although many of the claims made against soy have largely remained unfounded, there is still a growing concern on whether it can contribute to various health issues including estrogen-based cancers. Soy contains many active compounds including isoflavones; plant-based estrogens that weakly bind to estrogen receptors. Yet, we find that in populations with a high soy consumption, such as in China and Japan, there is a reduced incidence of breast and prostate cancers. In one meta-analysis of 18 epidemiologic studies, there was a 14 percent reduction in the risk of breast cancer among women with a high soy intake compared with those with low soy intake.

Other Positive Outcomes:

Soy isoflavones show favorable outcomes in women suffering from menopausal symptoms including hot flashes, mood changes and sleep issues. One study found a 43% reduction in hot flashes and night sweats in the women consuming soy protein and isoflavones. Other studies show an improvement in bone mineral density with a decrease in bone loss as well as cholesterol lowering effects. In 1999 the FDA approved the health claim that soy protein may reduce risk of heart disease.

Cautions & Considerations:

Soy protein should only be consumed in its whole food form.

There are a lot of soy products on the market that use a processed form often found in soy alternative meats, soy milks and yogurts and protein bars. They often contain soy protein isolate rather than nutrition from the whole soybean, yielding lower amounts of protein and nutrient density. Aim for minimally processed soy.

Soy contains phytates that can bind to and decrease the absorption of certain minerals like iron, calcium, and zinc. Various cooking, sprouting and soaking methods can help deactivate it. Also consuming soy in its fermented state also neutralizes phytates, along with goitrogens. Goitrogens can interfere with the thyroid's ability to make thyroid hormones. You can also offset this by eating

Dr. Lisa Tostado, N.D.

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soy with iodine containing foods such as seaweed and kelp. Fermented soy includes natto and miso, and tempeh.

It is best to buy organically grown soy, as most soy produced in the U.S. is considered GMO soy. GMO foods contain higher levels of glyphosate -- a toxic chemical found in pesticides such as Roundup. Glyphosate has been associated with decreasing levels of good friendly bacteria in the gut.

Still unsure if soy is something you should be eating or not? Most people can safely eat several servings throughout the week -- however, if you are still unsure, consult with your doctor.



Tempeh is made from fermented soybeans. It has a somewhat solid pleasant texture a little similar to a burger. It can be delicious simmered and served with a sauce over it such as a tomato sauce or a gravy of some sort. **Miso** is a dark brown paste made from fermented soybeans. It makes a delicious soup base when added to hot water. First simmer some cut up vegetables and a little onion in water until tender. Then add the miso to the hot water that has the simmered vegetables in it. Add the miso in the

ratio of about one teaspoon per cup of water. The miso is more nutritious not added until the end. **Natto** are fermented soybeans apparently with a sticky texture.

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.

Editor's Note: I have enjoyed eating soy as organically grown tofu regularly for at least forty years. When I went through menopause, I had almost no symptoms -- literally. For many years I have made my morning smoothie using extra firm organic tofu. (¼ of the little 1 lb. tub that tofu is usually sold in.) I cut it into several pieces and simmer it in water for about 10 minutes and then discard the water. Cooking the tofu can help deactivate the phytates which, as Dr. Tostado describes above, should be kept to a minimum. Then I combine the tofu in a blender with about 1 ½ C. water, 1 T. organic flax oil, ½ banana or more, and about 2/3 C. of cut up organic apple pieces. Then I blend it up and YUM it is good. Of course, it can be made with any combination of fruit desired. I enjoy the smoothie over teff grain or amaranth cooked as a cereal (like oatmeal). That is a power packed breakfast. (Photo of Miso Soup: jyleen21 of Pixabay)

LIVES REMEMBERED

Rebecca Geracitano, MHT, QHHT, LBL

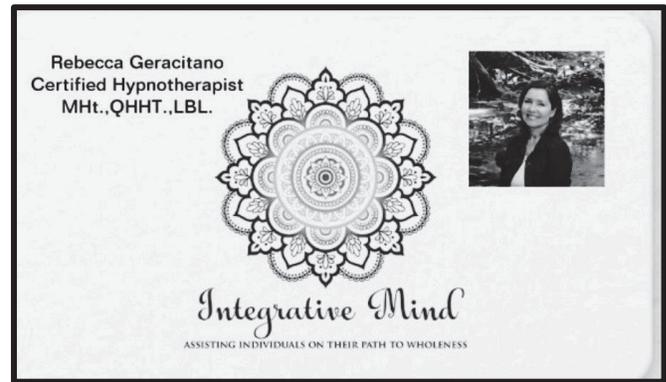
I have always been drawn to the workings of our inner minds and the reasoning behind our human existence. When I was quite young, I had an experience that made me aware of having lived a past life. One day at school in first grade, while washing my hands at the bathroom sink, I had a sudden insight. I stood with the vision of a woman standing at her door of a log cabin, looking out in the distance, face worn and tired. Then the vision showed me an arc of time and space and then I was born here in Jeffersonville, Indiana. I clearly understood that I had lived before.

I carried that vision with me over the years. I questioned it, pondered it, and tried to understand what it meant. At times I rejected it as childhood imagination but then I would think, "how would a first-grade child know about living before?" It was the mid 60's and no one around me discussed or believed it. To me it was a clear and strong "knowing".

After a divorce in 1996 and more soul searching, I picked up Brian Weiss's book "Many Lives, Many Masters" and was amazed at the story and research that made it all so possible and real for many to understand and accept past lives. A few years later, I came upon a book based on the Edgar Cayce readings by Gina Cerminara, titled "There Are Many Mansions" which examined the many past lives of Edgar Cayce which he discovered while in trance. I then joined a "Search for God" group here in Louisville, in which I now facilitate. I was thrilled to find like-minded individuals. The information from the readings helped me accept so many things about myself, past lives included.

Cayce's readings covered hundreds of other people's past lives, and though he found them hard to believe at first, he knew and eventually accepted the fact that he was divinely connected to the source, the Akashic records, that enabled him to glean the information for his clients. He encouraged all his readers and study group attendees that they too could explore this inner connection and could, through past lives, bring healing and understanding to their life purpose, and perhaps understand the lessons to be learned in this lifetime.

Through dreams and visions, I happened upon more insights that represented clips of other past lives. One dream was so vivid that I could feel myself walking down a wide, ornate staircase that widened and curved at the bottom. I was looking through the eyes of a woman walking down this staircase, wearing a long, beautiful, emerald green dress that draped the staircase behind her. I couldn't see her face but knew I had dark, black hair. I was looking out at a large room filled with people, patrons of some kind of music hall or restaurant. The voices quieted down as I



came down the steps. I was headed toward the area where there was a piano and then the dream ended, but I knew I was to sing. I had a past life regression about ten years later, where I touched upon this woman again and I saw that I led a wonderful carefree life as a professional singer in a small, old western town. I could see the connection, because as a child I was in the school choir and I loved to sing. I often would tell my mom I wanted to grow up and be a singer.



I thought often of that pioneer woman standing near her front door, looking out into the distance. With meditation and regression, I further connected with this woman who was worn out and abandoned by prairie life. Her husband had gone away to hunt with her sons. One day she realized he was never to return. Her wounds and tears became my tears. I wept for and honored her life and energy that I had brought forward into this life and I think now she (that part of me) is going to be ok.

Many times, I regress clients and they wonder if they are making it up. It's natural for our Western minds to do this, as we have been taught the "One body, One life" concept for so long that our analytical minds sometimes cannot fathom the natural process that past lives represent. If a past life regression brings inner contemplation and healing, and an ability to perceive ourselves

differently then why worry over the details? The proof is in the understanding of ourselves, the inner connectedness and healing of long-standing issues and feelings, and finally, acceptance that many answers to our life's issues really do lie deep within our subconscious minds.

BIO: Rebecca has a Masters in Transpersonal Theories and Practices from Atlantic University (Edgar Cayce's ARE) and is a certified Hypnotherapist. She offers current, past life, Life Between Lives, Quantum Healing regression and hypnosis for habits and issues, spiritual mentoring, meditation, dream work, Reiki and crystal bowl meditations to help her clients understand their inner life and to heal within. www.integrativemind.net , 502-468-1894

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our goals and to live our best lives. Community support can provide us with the motivation, encouragement, and resources we need to succeed.

My greatest strengths are normally optimism and faith. But due to a recent unfortunate event involving my teenage son, I was carrying a lot of distress and didn't know what to do to seek support for him and myself outside of using the Internet search engine. I felt unheard. We didn't know who to trust. I could feel my energy depleting, depression was trying to set in, and my faith was suffering as well.

Then a friend who heard our story referred me and my son to Gospel Missionary Church. From the moment I walked in I could feel the warmth and love from the folks at the table meeting. Other moms who understood our situation offered encouragement, hugs, and prayers. Elder Lorenzo Tucker took the time to listen and assured us right away that we were not alone anymore, and they would help us. We connected with super good people at the Voice of Louisville Civil Rights Association, including the Inspector General and finally got the encouragement and support we so desperately needed.

My trust is being restored. Spiritually I can even feel my faith getting stronger than it was before. If you or someone you love is faced with a difficult legal situation and you need to know your civil rights or you just need people who will understand and help direct you, I highly recommend this church. To donate or volunteer with their ministries, contact them. They're doing so much good in our city and deserve the same support they give.
bishopdvlyons@gmail.com.



Photos: Portrait of Author, Della, Logsdon.
 Photo of Group, Nassom Azeved of Unsplash.
 Photo of Hands, Saulo-meza of Unsplash

THE IMPORTANCE OF COMMUNITY, by Della Logsdon

Community support is essential for our physical and mental health, our sense of belonging, and our ability to thrive. When we feel supported by our community, hwe are more likely to be happy, healthy, and resilient. There is a growing body of research that shows that social connection is essential for our physical and mental health. People who have strong social ties are less likely to suffer from chronic diseases, such as heart disease, stroke, and depression. They are also more likely to recover from illness and injury more quickly.



Our sense of belonging is also closely linked to community support. When we feel like we are part of a community, we feel more connected to others and more confident in ourselves. This can lead to a number of benefits, including improved self-esteem, reduced stress, and increased happiness. Finally, community support can help us to thrive. When we have people who care about us and who are there for us, we are more likely to reach

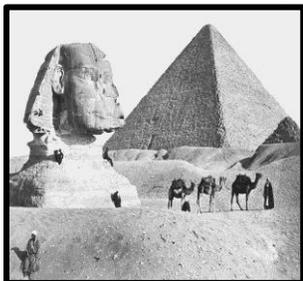
UNDERSTANDING ORIGINS OF HOW WE STRUCTURE TIME, SPACE & DISTANCE, Tom Isaacs

While we live in a world which we are told is a 3D continuum, we are not conscious of the nuance of how this aspect of our world manifests itself. What does it mean to be 3 dimensional anyway? Our particular consciousness involves the dimensions of time, space, and distance. All of these aspects of reality involve movement and measure. In order to "locate" ourselves, we live in a mathematical system that allows us to know ourselves in relation to our immediate environment.

Unknowingly, we live in a Sexagesimal system which is a mathematical system of movement and measure which is based on the numbers 12 and 60. But where did such a system originate? The Sexagesimal system originated in Sumer / Egypt in the 4th millennium (BC). It is the first binary number system used and recorded in ancient Mesopotamia. It is the basic system we use to describe our current linear system of time, space, and distance. Our concept is that time is indeed a straight line centered around the birth of Jesus. It is a male (straight line) concept referring to a past, present, and future and was originated by the Romans and is used as a format for the Gregorian calendar which is the basis for the modern business calendar which we use today. Presented as a calendar of 12 months (moons) this system is designed to redirect our concept of time from measuring our continuum on the basis of cycles (circles), orbits, and relationships of movement and measure beyond our one-dimensional focus (business). It diminishes the inclusive value of the Earth's planetary relationship within the configuration of our solar system and beyond. It is an instrument of control to limit our concept of Earth and its inhabitants in relationship to the role we play as stewards of Earth - - as well as ourselves. It is a system within which we locate ourselves - - but in relation to what?

And where did such a system originate? Like the ancient civilizations of Sumer and Egypt, this complicated system of 12 and 60 came out of nowhere - - but it is used everywhere. Who decided that there are 60 seconds in a minute, 60 minutes in an hour, 24 hours in a day, 12 months in a year, 12 inches on a ruler (foot), 360 degrees in a circle? Who originally ever conceived of these things? Who invented systems such as geometry and advanced mathematics which involve precise relationships of movement and measure?

There is no precursor to these systems. History doesn't explain how humans went from nothing to building pyramids overnight. Such influences as the Sexagesimal mathematical system are not



sourced in historical context. They just appear as the basis for civilizations of a given period of time. How convenient! Whoever it was that brought them here is another discussion altogether.

Alongside the Sexagesimal system, there are no known systems that we use so



extensively. The Mayans of another time and place used a system based on the numbers 13 and 20 which is an entirely different system based on cycles and circles. Their cosmology was based on our relation to the heavens. They were master astronomers and could read planetary inferences in relation to circular time and space. They understood Earth's role as a planet within the "grand scheme of things" and could project planetary influences and measurements based on a cosmology of interrelated, stellar, and planetary relationships. Their calendar held 13 x 28-day moons (months) plus one day for crossover. These measurements were indigenous and cyclic in nature and followed the path of our own binary timepiece - - the moon. There are many numerical systems for measuring facets of time and



energy such as the metric system and the I Ching, but the Sexagesimal system permeates all cultures and is our current business model.

We put so much emphasis on "doing" instead of "locating," that time has become a commodity. Since we seldom reflect, we seldom find ourselves in the moment. By focusing only on the "doingness," we "do" often without acknowledging that we are out of balance with our original lineage that is biological in nature. While digital platforms and increased internet speeds disrupt our original biological frequencies and cause us increased discomfort.

Slowing time down is a product of our own awareness and intention. Prayer, meditation, body movement / synchronicity, and breathwork are just a few tools we can use to rebalance our biological frequency (vibe). You cannot face a situation until you are aware that you have one - - and you cannot know where you are going until you understand where it is you have come from. More to come on Space and Distance.

BIO: TOM ISAACS has been a practicing Foot Reflexologist in Louisville since 1996 and has developed a unique nutritional approach based on his experience and wellness acumen. He has been involved in wellness and fitness programs since the mid 1980's and also uses sound therapy as a tool to balance and relax various systems of the human bio-energetic field. 502-417-3710, tom@LivingpHure.com, www.LivingpHure.com

PHOTOS: Ancient Greek Temple by Patrick of Unsplash, Ancient Pyramid Courtesy of New York Library through Unsplash.

SPIRITUALITY AND SCIENCE

Rev. Valerie Mansfield

Science is proven when we set an intention and then focus on it on a regular basis- - it will manifest. This is true if it is positive or negative. So let's focus on the positive. We change and the world around us changes.

The Power of Intention or in some circles Prayer is the founding principle of Unity's philosophy. When we go within, connecting to the Source we gain inspirational insight and power to transform our mind, body, and spirit. Through prayer using affirmations and denials we change our thinking, shifting us to a higher state of consciousness. Denials here means that no person, place or thing has power over our lives. The inspiration we receive manifests in our life as we act and grow.

Humanity has an unquestionable quest for answers. How often have you looked up at the sky and wondered about our existence? We know people from Ancient Egypt and Mesopotamia studied mathematics, (including engineering), astrology, and medicine.

Science was a part of the church until the 16th century when Galileo wrote of the "Dethroned Earth from the center of the heaven." He was referring to his heretical heliocentric (sun) model of the universe and that he condemned the practice of taking Biblical passages for face value.

The 20th century brought advancements into our homes and lives with the Industrial Revolution and the mass production of automobiles, appliances, pharmaceuticals, computers, etc.

In the 21st Century, things are rapidly changing with the sequencing of human DNA, stem cell therapy, the discovery of the Higgs boson particle ("God particle"), and the introduction of artificial intelligence. (See Note)

Science has proven everything is made of energy, which cannot be created or destroyed, only changed. The focus of our attention changes reality itself, which suggests we live in an interactive universe. Our beliefs and feelings influence the world beyond our physical presence. The space between "things" (elements of an atom, the universe) is not empty. The Universe, our world, and our bodies are made of a shared field of energy. Our heart-brain communication relation can help to manage stress, increase coherence, and deepen our connection to self and others.

Spirituality has re-emerged, and in many is replacing religion as the practice and belief system. The practice of meditation is commonplace and recognized as a powerful force in health and wellness. Many seek the state of Oneness. Spirituality is a personal experience with the Divine. The "breathe of life" is for all.



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Loving one another is basic teaching, including your "enemies" even in the midst of hardship and fear. We all have access to a Divine power within to manifest our life. When you are open, focused, and willing to change the way you think, you change your life! Prayer and meditation are a way to access the Divine.

The power of thought is the greatest universal law of existence. All manifestations come through ideas put into action. We know our thoughts create our reality and now is the time to remind ourselves it starts within and radiates into our families, friends, and community. So, what are you thinking?

Note: From U.S. Department of Energy: The Higgs boson is the fundamental particle associated with the Higgs field, a field that gives mass to other fundamental particles such as electrons and quarks. The Higgs boson is a wave in that field. The Higgs Boson is often called "the God particle: because it is said to be what caused the "Big Bang" that created our universe eons ago.

BIO: Rev. 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 on harmony, 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.

Photo: Wikilimages of Pixabay



SUMMER BLENDS INTO FALL

Poem by Elsa Lichman,

Avians and animals
have been in the throes of
reproduction,
protecting their broods,
vigilant, territorial.

Smaller birds relentlessly
chase hawks, darting
and pecking at their backs,
to ward them off.

Turtles cross roads to
climb hills opposite
the river to find
suitable locations
to dig and lay.

Young red tailed hawk siblings
swoop and play together,
their tails still brown.

One lies on its back
as they tussle,
then swoops to a tall tree
to scream for food.

A parent, with its brilliant
dark red tail, flutters and
shimmers in the dim day,
a chipmunk in its talons.

It lands in the crotch of the tree,
where the young bird begins to
contentedly devour the gift.

Canada geese are vulnerable,
none can fly until
adults grow new wing feathers
after a molt, and the young
create brand new ones.

We see large groups
on land and water,
feathers scattered.



We await that day
when they take off,
skimming the land,
then honking in full flight,
in vee shapes!

Young creatures of all types are
larger, more independent, as
twinges of red, orange, and yellow
begin to appear on tips of branches.

A cool refreshing breeze
blows through our hair.
Days are shorter as we transition
to our next season with its own
delights.



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



Photos: Canada Goose (above) by Art Tower of Pixabay. Hawk (bottom right) by Julian Ursache of Pixabay

SUPPORT FOR AIR POLLUTION AND NASEL IRRITANTS,
Dr. Victoria Snelling, DC, DHM

Have you noticed more congestion, burning eyes, or coughing? You might not be coming down with a cold or illness, but you might be reacting to an increase in air pollution due to the wildfires in Canada. Locally, we've had more days of reported poor air quality

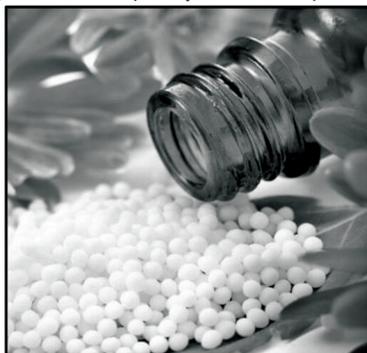


than I can remember experiencing in the past. Wildfire smoke can be carried more than ten miles in the air and hundreds of miles by prevailing wind currents. Apparently, the smoke from wildfires contains particles that are much smaller than

other pollution we may be exposed to, and this makes for a pollutant that is much more harmful. More than 120 million people are thought to be at risk of health issues as a result.

Some of the physical effects of our currently polluted air can be sinus congestion, cough, low energy, and headaches. For those who are currently ill or immunocompromised, the effects can be greater. This pollution can aggravate asthma, can lead to bronchitis or other respiratory conditions and even heart attack in those more susceptible. Those neurological conditions like multiple sclerosis, Parkinsons, Alzheimer's, and others can experience even stronger side effects from pollution and experience an unexpected worsening of their condition.

Sometimes we don't have the luxury of staying indoors and some occupations require working outside. You've likely heard of some of the recommendations to avoid or limit your time outside, keep windows at home and in the car closed. Think about getting out those unused Covid masks to wear when out of doors for any length of time. Hopefully, this will all pass sooner rather than later,



but in the meantime, precautions are needed.

There are a few additional things we can do to try to limit the effects of air pollution. Try a nasal rinse when you get home from spending



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time out of doors. A neti pot is a good tool to have and the plastic "NeilMed" bottles are easy to use. You'll find them in any pharmacy. (If you're a patient of mine, stop by the office and we'll give you one.) The directions for making a gentle saline solution for the Neti pot or NeilMed bottle should be included when you purchase one. To err on the side of caution, change your clothing and take a shower when you get home from outdoor work or activities.

There are a few homeopathic remedies to think of with exposure to pollutants. Natrum muriaticum can be used to try to minimize the effects of the pollution. Arsenicum album may help burning sensations in the nose, eyes, or throat. Bryonia is a better match if symptoms are in the lungs. Carbo vegetabilis is useful for breathlessness, or feeling as if someone can't get enough air when they are breathing. Euphrasia is better if the irritation has affected the eyes with stinging or burning. Arnica is a good general remedy, and I've used it in my pets' water bowls to give them some protection. With each of these remedies,

a lower potency, such as 12C or 30X is useful.

You might be a seasoned user of homeopathy, but if you'd like more information, the homeopathy study group will be meeting one Saturday per month starting in September. We welcome your inquiries if you'd like to join us. Stay safe and stay well!

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 502-426-2033, or www.DrSnelling.com.



PHOTOS: Man, Brittany Colette of Unsplash. Herbs and Bowl Photo and also Photo of Homeopathic pills by gajdamak of Canstock.

Enhancing Peace with Breath Awareness ***by Nicole Bartlett***

The level of sensitivity that we're born with is a gift. The intensity of feeling is also the first to be disrupted as the world happens all around us. Our formative years, when we develop lifetime behavior patterns, are within the first eight years of our lives.

We create behavioral responses to what we perceive as safe or dangerous, which repeatedly inform us as we develop. Some might say that perceived threats exist from current or past life experiences or ancestral wounding.

Whether we're working through generational trauma, past life karma, or current life circumstances, safe containers are necessary for healing. As compassionate beings, a technique that calms provides temporary relief. The more extreme any of these circumstances, the greater feeling of normalcy one understands.

I've had an intimate relationship with cravings over the years, and I've learned to listen when I want to reach for something outside of myself for comfort. This is an awareness practice, putting space between yourself and the stimulus. We practice not repelling a negative feeling or clinging to a good one—then becoming curious about what we're witnessing instead of being judgmental. Self-discovery questions like "What does this mean? Is it a repetitive pattern of feeling throughout my life? What causes it to surface? What helps me to understand these feelings." One of the most successful ways to do this is by slowing down.

I began to recognize my level of sensitivity to the world around me once I had kids. I spent the first ten years out of college entrenched in my career, and I was one of the few of my friends who graduated college and went straight into a job I'd studied for. Not because I was a great student but because my patterning told me I wasn't good enough unless I did all these things. I unconsciously achieved the standard life expectations of college, career, marriage, kids, white picket fence, and all.

Through unconscious conditioning, lifestyle, and genetics, I developed a degree of unconscious dependence on tobacco and alcohol. As alcohol went from a social norm to something that affected my mental state -- depression and anxiety resulted from my consumption. It wasn't until I decided to give it all up for a prolonged period that I found transformation in sobriety.

Now I'm able to remain content with limited indulgences every now and again. This is not the case for everyone, but it is possible for me. I credit breathwork for this. It was a continual opening and clearing through the practice, as well as having a community of support that was doing the same thing. In this significant reset, I got more clarity with my cravings and what caused me to desire outside comfort.



I have met very few people who don't have a relationship or craving dependence to some degree on something such as coffee, sugar, shopping, cigarettes, social drinking, sex, or something else. It's just a matter of what it's toward and how much we connect with it. We know when we're giving our power away to something or someone else. It helps to have a community when breaking self-sabotaging behavior to support and serve as a mirror. The support of community allows one to build trust in the self for long-term discipline.

Who you surround yourself with matters. Relationships have come and gone in my life more frequently since taking this path. It requires clear discernment and the ability to uphold boundaries when you might usually engage in self-sacrificing behavior. It requires grace and allowing imperfection. I've never lived more fully. This doesn't mean life is easy, but it's worth it.

NOTE: There are different breath awareness techniques that a person can utilize to enhance peace when feeling stressed - - or regularly on an ongoing basis is even better. It can be as simple as relaxing in a chair, or lying down, or sitting on a cushion on the floor. Simply become aware of your breath as it flows gently at its own pace. You don't

have to hold your breath, simply follow your breath as it flows in and out. You might wish to imagine that you are breathing in sparkling light within the air. Allow your body to relax as you follow your breath. Visualize yourself in a peaceful place in nature. Image the color of the sky and of the plants. Do you hear birds singing. Sense a gentle breeze. What else do you sense? If your awareness wanders, just bring it gently and lovingly back to your breath. Visualize yourself in a ball of Light. Enjoy the peace. Close when you wish.

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.



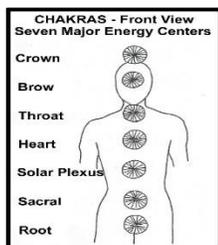
EMBODYING OUR SOUL PURPOSE, To Help Heal Our Planet, Joyce C. Gerrish, M.A.

How do we know what our Soul Purpose is? How do we find the courage and power to do it? If we have been doing what we feel is our Soul Purpose, is there a next step calling us? These are crucial questions. There are pressing challenges in our country and world right now that need wise spiritually awake people to help solve them. It is possible if enough of us get in touch with what we sense is our true purpose - - and we all work together. Now is the time.

Some of these challenges, of course, include global warming and environmental protection, homelessness, everyone having enough healthy food to eat and clean water to drink, addiction issues, suicide prevention, growing violence, meaningful afterschool and summer activities for children and youths, and more. All of these need solutions and clear-headed compassionate people working together. We can do it.

We can access the clarity and awareness of our Soul Purpose through Higher Meditation. Our Soul decided our Soul Purpose before we were born. It is emblazoned in our heart and soul. We can clear away from our mind, aura, and energy field any old cobwebs of stress and blockages from old and recent trauma. Higher meditation combined with natural healing techniques, yoga, tai chi, qi gong, and possibly supportive counseling can help with this. As we lift our consciousness above the heaviness of the mass mind and heal our own wounds, we can find our greater clarity. What sets our heart aflame to pitch in to help manifest for the higher good of those around us? I feel that we are all here on planet Earth at this time for a reason. Many very wise people and wisdom from some ancient traditional cultures indicate that this is a very unusual time of potential great transformation for all of us and for the Earth. It is felt that the Spiritual Realms are pouring in special powerful transformative energies at this time to assist humanity.

We don't need to act alone. We can join with others in an established group or along with others help create something new that will help those around us. If someone has limited physical strength and capacity, he or she can help through prayers and positive visualizations. Nonprofit groups can often use help that can be done on a computer or phone, such as reaching out to governmental agencies, political representatives, and other citizens.



In order to raise our consciousness above the heaviness and confusion of the mass mind, as mentioned, higher meditation is very helpful. There are different forms of meditation that have different purposes and effects. Many forms of meditation can help one feel calmer which is very good and

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important, but not all facilitate raising awareness spiritually into higher consciousness. As human beings we each have a number of levels of our consciousness which include physical, emotional- astral, mental, and four levels of progressively more spiritual

consciousness. I find, as an energy healer, that a large percentage of people function mainly on the physical and emotional-astral levels. Those people are highly vulnerable to the opinions that they hear around them - - and may not have access or inclination or sufficient clarity to truly access their higher consciousness and wisdom for the highest good of all rather than just for a particular group at the possible expense and detriment of others. This is very sad.

There are meditation approaches which include awareness of how to progressively heal, clear, and illumine the chakra energy centers and the different levels of one's consciousness and aura. This can feel like washing clean the windows that have been difficult to see through because of accumulated dust and the wear and tear from over the years and decades. We need to clean our homes regularly; we also need to regularly clear our consciousness and energy field which exists within and around

us and is affected by all our thoughts and feelings (and the thoughts and feelings of others and from the mass mind). So, to enhance peace, clarity and wisdom - - and to more profoundly contribute to the healing of our planet and humanity - - let's consider higher meditation, if not already doing so. Let's join together each embodying our Soul Purpose to help heal our beloved Planet Earth and Humanity.

BIO: Zoom Transformational Healing Meditations Weekly Wednesdays 6 pm. In-person class 1st Saturday monthly. 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, and more. She offers Past lives readings/healings 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 www.joycegerrish.com. (Charts by Joyce C. Gerrish)

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The hot springs have valuable minerals for medicine and to help ease aches away. Sometimes early Native Americans lived in caves which helped them because the caves had earth's coolness in the summer and warmth in the winter. Many tribes, of course, lived in teepees and also often created structures.

1864 in America was the first time in our country that the hot springs near LaGrande, Oregon were used for geothermal heating. In 1892 in Boise, Idaho, 200 homes were heated by steam. Now over 5 million homes and businesses use the heat generated from geothermal resources.

1904 brought about the first geothermal power plant located in Larderito, Italy invented by Prince Piero Ginori Conti. In 1921, John D. Grany used steam from a well at The Geysers. In 1930, the first commercial greenhouse used geothermal energy in Boise, Idaho. Around 1930, Charles Lieb developed the first Deep Hole Heat Exchanger to heat his home, and the rest is history. Today, more than 500 Deep Hole Heat Exchangers (D.H.E.) are in use around the country.

PHOTOS above: Boy Playing Guitar by Valery Lebedev of Canstock Photos. Dancer by Jeffery Erhurse of Unsplash.

Geo-Thermal Heat & Cool In Past History, by Patti Carpenter, MD

I have often wondered what it was like being without air conditioning and heat during the time before electricity. From archeological evidence, humans have been using geothermal resources for at least 10,000 years. In ancient Persia in 17th Century BC, they had ice in the desert. In the winter they poured water over a large stone plaza at night where it formed a thin layer of ice. They collected the ice before sunrise and stored it in an underground greatly insulated icehouse. The icehouse was further protected above the ground by a large insulated dome that had a small hole at the top to let out any warm air. In this way, the ice was able to stay frozen for fairly long periods of time in the desert.

There in the Persian desert, they also used an underground wind tunnel. Above ground hot surface air was drawn down into the cooler underground tunnel and then drawn into the basement area of a home. The basement was naturally cooler than the house above. This cooler air was released up to cool the home. Warm air in the home was then released into a tower where it was drawn up and out. This all helped create an ongoing circulation of cool air through the home.

Starting at least 10,000 years ago the Paleo-Indians were using hot springs not to warm their homes, but to warm themselves with bathing, to heal themselves, and to gather.

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