



Natural Living Journal

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

Vol. 9 Issue 1 READ FREE ON-LINE www.naturallivingjournal.com February-March, 2024



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**What is the Meaning of
Life?**

Whale Wisdom

Rest & Restore

**Environmental
Protection: Coral Reefs**

5 Step Dream Method

Transitions & Grief

Healing Spirit Within

**Thriving with Divine
Grace**

**Emotional Freedom
Technique**

**Healing Meal from
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**Enhancing Inner
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First Snowstorm, Poem

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Natural Living Journal
 P.O. Box 1506, Louisville, KY 40201
www.naturallivingjournal.com
 502-572-4871

Publisher & Editor, Joyce C. Gerrish, M.A.

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**ALL SEEKERS WILL
EVENTUALLY COME FACE TO
FACE WITH THE QUESTION:
“WHAT IS THE MEANING OF
LIFE?” By Gerry Boylan, Ph.D.**

I continue to puzzle about my lifetime on earth. Not only why I am here; why is this happening; why is this necessary, in a global way, but also this personal lifetime of mine, in this moment? So, you see there is this overall question and also a very particular one about my life here and now.

Recall that wonderful quote from Kurt Vonnegut about the purpose of life? “To be the eyes and ears and heart and mind of the Creator of the universe.” And if I could embrace that as Truth, I would have the only answer I need.

But even that answer only seems to satisfy the mind for a short amount of time. As with most answers, the intellect is continually searching for something more.

So, you see there are at least two answers here, one for the intellect and one for the soul. The intellect, which is continually searching, continually hungry, looking for more or a better answer to a particular question, and the soul which is seemingly satisfied with a rather childlike answer and is not compelled to seek any further. And then there is your Spirit, your spiritual nature, which also has an answer that might not be expressed in words and yet which is completely satisfactory.

Although you lovingly embrace that parable of the Prodigal Son, you still wonder why the journey was necessary at all. The mind asks, “Why did he have to leave only to return home again? Why this seemingly senseless interlude of raucous free will, pain and suffering, and then the arduous journey back home to where it all began?” There is an aspect of you that sees the growth and awareness and the results of that growth and awareness, but you wonder as well if that is the purpose, why could it not have happened in a softer or gentler way?

You have an image of a child learning to ride a bicycle, and you see all of the missteps, falls, skinned elbows and knees. You even see the anger, the impatience, the frustration. “Why is this not working; why can't I get it; I will never get it; this is impossible; this might work for other people, but it does not or cannot work for me.”

And then seemingly without explanation you are gliding along on two wheels. You recall that sense of exhilaration and

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accomplishment, the wonder of it. Although you might not have consciously felt or expressed that sense of gratitude that you made it through all of the difficulty pain-and-suffering, you still leave that all behind in the rejoicing of the success of the present moment.



Was it necessary that there was difficulty in this learning? Why could not have happened instantaneously? Why not just get on the bicycle and ride? We might ask the same question about walking. Why not just get up and walk?

As you are reading this, you become aware that it is the pain and difficulty that you focus on. Yes, that is an aspect of the learning, but what of the joy, the exhilaration? And are you learning this just for yourself? How does what you learn and how you learn - - how does that contribute to all beings? Do you see how limited your questions are?

Let's just sit for a moment within the mystery of all of this. You wonder if one of the apostles or disciples asked Jesus a question such as “What is the purpose of life?” I believe that most spiritual traditions

would resonate with the reflection of Jesus when he stated, “Store up for yourself treasure in heaven where neither rust nor moth consume.”

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: Jackson David of Unsplash

CORAL REEFS: Rainforest Of The Sea. **Environmental Protection Series. Joyce Freville, Ph.D.**

Let's talk about "surf and turf." On the turf side, you've heard about tropical rainforests. And you may know how they help stabilize the climate, provide food, medicines, absorb massive amounts of carbon dioxide and emit massive amounts of oxygen for us to breathe. The Amazon rain forest absorbs one-fourth of the carbon dioxide absorbed by all the land of our planet. Today that is 30% less than 30 years ago because of deforestation. But on the surf side, did you know that the coral reef ecosystems are the "rainforests of the sea?" That is right! Coral reef ecosystems are known as the "rainforests of the sea" and like tropical rainforests they are crucial to the environment. But what exactly are coral reefs?

Corals are a living species that provide a home for millions of other species. They are tiny animals that live in colonies and receive nourishment and energy from a mutually beneficial relationship with zooxanthellae algae. Luminously colored tropical fish, lobsters, clams, seahorses, living corals, sponges, and sea turtles are some of the organisms that rely on reefs for their survival. In addition, reefs play a significant role in buffering and protecting adjacent shorelines from wave action, erosion, and the impact of storms. They provide important benefits to humanity including fisheries, coastal protection, medicines, recreation, and tourism. Over thousands of years, coral reefs accumulate and form as limestone skeletons and become a foundational base for living corals. Coral reefs are mainly in Australia, Indonesia, Philippines, Papua New Guinea, Fiji, and the Maldives - - also they are located in tropical and subtropical waters around the world including the Caribbean Sea. Sad to say, coral reefs are in danger of dying.



The greatest threat to the coral reef ecosystem is changing oceanic temperatures and the resultant increase in levels of carbon dioxide in seawater as the chemistry of the ocean changes because of warmer atmospheric temperatures. Warmer temperatures cause corals to lose the microscopic algae that produce their food. Algae also causes the coral to have the bright color. Without algae, the color bleaches out of the coral. The color bleaching resulting from the loss of algae exposes the white color of the calcium carbonate structure underlying the polyps. Severe or prolonged bleaching can kill coral colonies or leave them more vulnerable to other threats such as infectious disease.

According to the Environmental Protection Agency (EPA), stony coral tissue loss disease was detected in the vicinity of Miami, Florida in 2014 and has since spread throughout the greater Caribbean region. The disease has had a devastating impact on countless species of stony coral in the region and threatens their survival. While there is no definitive identification of the cause of the disease, evidence suggests one or more bacteria may be involved. The disease can be transmitted through water, as well as through direct contact between corals. Ballast water of ships has been suggested as one mechanism for the spread of the disease. Furthermore, it is predicted that if the

temperatures rise by 1.5 degrees Celsius (2.7 degrees Fahrenheit), substantial coral could be lost. For example, Australia's Great Barrier Reef (the largest in the world) could lose 95 percent of its living coral by 2050 because of rising temperatures.

Coral reef ecosystems play a vital role in the survival of the earth and humankind. Our role is also vital. Small actions that we take can make a tremendous impact on the survival of the coral reefs. What can protect the coral reefs is EVERYTHING that we already know is needed for environmental protection for our precious planet to keep the temperature from rising in the waters, air, and land. This, of course, includes foremost reducing emissions from fossil fuels. Save energy at home and at work. Turn off lights and electronic devices such as computers when not using them and opt to buy energy-efficient appliances such as Energy Star-certified appliances. Use and support renewal sources of energy such as solar when and where possible. If you are buying a car, consider an electric model. When possible, use an environmentally friendly mode of transportation such as walking, bicycling, using public transportation, or using power scooters which are available around cities now rather than driving a car. Recycle as much as possible. Minimize use of non-organic fertilizers. Most conventional fertilizers contain chemicals that are somewhat harmful to beneficial insects in the soil and to animals. In the long term, they can get washed with rain to streams and then to rivers and eventually reach the seas. This contributes to the pollution of the waters of the planet.

Be conscious when buying aquarium fish. Avoid purchasing living coral, and if you buy a marine aquarium fish make sure that it has been collected in a sustainable manner. Take a reef-friendly approach to sun protection. Some ingredients in sunscreen can be harmful to or even kill corals.

Inform yourself of safer choices for coral. Better yet, cut down on sunscreen use by wearing a long-sleeved shirt or rash guard [form fitting sun protective clothing] to prevent sunburn. Avoid buying a specimen of coral to decorate your home. If you are in an area where there are coral reefs and you are going to do diving or snorkeling, do so in a way that is safe and responsible for the reefs. Avoid touching reefs or anchoring your boat on the reef. Contact with the reef will damage the delicate coral animals. Anchoring on the reef can kill corals, so look for anchoring on sandy bottom or use moorings, if available. Please spread the word on all of this

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. 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. She is a member of Zonta International a global organization of executives and professionals working together to advance the status of women worldwide through service and advocacy.



PHOTO: Left healthy coral and right coral that has experienced bleaching. By Henry Wolcott of Marine Photobank.

WHALE WISDOM and ANIMAL CONNECTION

Kristen Houser of Fauna Speak

The Whales were an instrumental part of my journey as a young girl. A girl who still walks with me, inspiring my more mature focus of connecting the whale species and humanity. Being landlocked, my adolescence was about getting to Whales and near those who loved/protected them. My adulthood became about crafting a purpose-oriented career that connects people to their wisdom. What a winding, beautiful path to finding others with an ocean dream in their heart. Being more “Whale” each day is a real education for me, uncovering how to create as generous a container of love and support as they continue to cultivate for me.

Everything I sought and couldn't find in the human realm, I experienced in community with the Whales (still do). Their often giant bodies and elder spirits have an entirely expanded capacity to hold the bigness (and littleness) of what life presents - - the ocean does so, too. I give Orca in particular all the credit for tuning me into an ever-widening network of animal support. I always loved and gravitated to animals, but no human ever explicitly shared with me the potential to collaborate, much less communicate with Whales until - - I first met my human mentor who wrote the book on communicating with Orca Whales.

She sparked my remembrance that of course we can talk with the animals. She went ahead and opened up my reality to the potential of being able to speak with any being at any time: animal, plant, stone, mineral, mythical, even earth as a whole, other celestial beings, a star in the sky, fellow civilizations. I simply needed someone to share and example that there was no limit on who, how and when I could connect with the infinite and unconditional support of our sentient universe. Rather than limitations I opened to creativity, open-heartedness and a dash of discernment. The creative potential of connection remains a core aspect of what I offer and how I share about Animal



Communication and relationship to this day.

Yet I always find myself returning to Whales and the sea “who” cradles them. My writing today

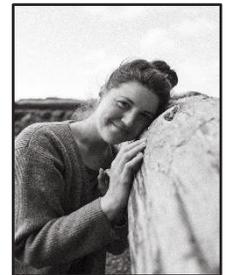


is a living prayer and woven fabric of intention in humble gratitude to their service and generosity of insight. All we have to do is connect. Consider listening to their songs or watching them swim/breach/breathe to benefit from and reflect on their unique frequencies of wisdom.

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Here is an excerpt from my collection of 44 Cetacean communications entitled *Whale Words*. This is from Humpback: *“We recall our histories and weave the ones we are living in the intricacy of our songs, similar to how one may interpret the growth rings of a tree. Our vocalizations are musical because we prefer everything in our world to be flowing and resonant. These songs are rich and layered, detailing a Whale’s life, culture, personal messages, love notes, ancestral stories, this planet’s history, current energies and our celestial connections. The ballads all echo the same theme, the togetherness we feel and the balance we desire for all beings. Our songs are for everyone.”*

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



PHOTOS: At top is a Grey Whale in birthing lagoons of Baja Calif., Mexico. On left is Kristen by Orca Mural.

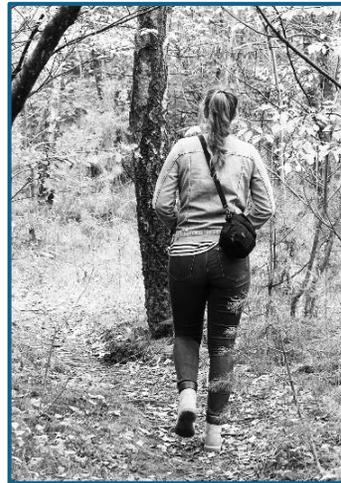
REST AND RESTORE: The Importance of Downtime ***By Kimberly LaFollette, PsyD.***

I haven't been accomplishing much lately. I have a long list of "to-dos" that aren't getting done. Motivation is harder to find when it's cold and dreary, and I know I'm not the only one. I talk to clients every day and many of them verbalize frustration with themselves about their lack of productivity and movement toward goals this time of year. It's very easy to start feeling down when the whole world is pushing "new year, new you" nonsense and all you want to do is rest.

Unfortunately, rest has gotten a bad reputation in our culture. The concept of taking time to do nothing is deemed as laziness. There is little to no discussion of the importance of rest. As a clinical psychologist, I would like to inform you that rest is necessary. We cannot and should not hold ourselves to the standard of non-stop productivity. Just like all other living things, we need times of stillness to restore our energy and nurture our nervous system.

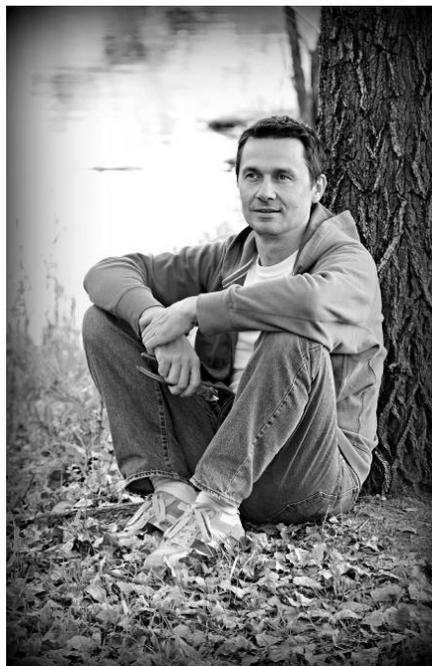
The winter months are meant for rest and restoration. Look around, every living thing on this earth needs time to rest. I am reminded of this when I look out my office window. In the summer, there are lush green trees full of birds and squirrels busying themselves with important tasks. As I look out my window today, I see bare branches and very little movement. When I look at this scene, I don't chastise the trees for losing their leaves or the animals for being still. Instead, I realize that the trees must lose their leaves and go dormant so they can have the energy to create new and beautiful leaves in the spring. I know that the squirrels are doing their best to stay safe and survive the winter. While I don't love the landscape and the stillness of nature in the winter, I know it's necessary. I appreciate that nature takes this quiet time to rest and restore itself so that it can come back bold and beautiful in the spring.

People are no different. Throughout our evolutionary history, humans have been less active in the winter. The cold weather, along with less sunlight, caused our ancestors to decrease time spent outdoors and engage in less productive behaviors. This wasn't seen as laziness; it was seen as survival. There was no shame in spending the evening in front of a fire reading a book or playing games with family and friends. The winter was seen as a time to rest and prepare for the spring.



Unfortunately, we have gotten away from our evolutionary history. We now live in environments that aren't in synch with the natural seasons. Thanks to the brilliant inventions of heat and electricity, we can work without being impacted by seasonal changes. While this seems like a wonderful advantage, and in many ways it is - - it has stripped us of our much needed downtime.

Just because we can be productive all year doesn't mean we should.



I wonder what would happen if we all allowed ourselves to be still in the winter? What if we stopped chastising ourselves for our decreased productivity? My hunch is that if we changed our lens and saw ourselves as part of nature and acknowledged that our slowness this time of year was in synch with the rest of our natural world, we would be kinder to ourselves. I'm betting that if we took the time to enjoy the stillness, we might actually find ourselves a bit happier and a lot less stressed. There is no shame in stillness. Our bodies need and crave time for rest and restoration.

So, as you nestle in tonight and experience a night of stillness, I urge you to let it happen. Know that this is a season that your body craves. Consider yourself a creature of nature who is in synch with the environment. Take

care of what you of what you must and let the rest wait. This season of rest is necessary. When the spring comes and the whole world comes alive again with purpose and movement, you will too. But for now, rest easy my friend.

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

PHOTOS: Man seated by Kris, White 77 of Pixabay. Woman Walking, 4967505 1280 of Pixabay.



TRANSITIONS AND GRIEF

By Rev. Valerie Mansfield

Did you know the highest death rates occur in January, December, and March? Many have lost a loved one during the last few years because of the increase in the virus. In addition to death, any change in our lives also can shift us into grief. Grief is an internal reaction to external events and we all handle this differently. A feeling of loss may accompany any change in our life, such as a change in marital status, change in employment, retirement, children leaving home, financial crisis, a geographic move, or national or world disasters. Multiple changes create cumulative grief.

Life is a series of transitions, some expected others unexpected. Expected change is easier to deal with than unexpected change. In either case, we may experience a loss of stability and feel anxiety, anger, or unrest. Feelings of being overwhelmed may propel us into a shutdown or unproductive habits. A good question is, "What can I do to get through this now?" During the transition you ideally realize what the change means to you and what is required. This is a time for reflection in addition to action. You are getting in touch with how you feel and what you want or how you want to move forward.

Talking with someone you respect and trust can help you through this process as well as spending time with yourself and also journaling your feelings and thoughts. This means you have to be in the uncertainty of the situation, or accept the change and move forward, or leave the situation. Ideally, you will come to a resolution and new routines occur. You adopt a new attitude, set new goals, and develop a new plan to move forward.

STAGES OF GRIEF:

Shock is the initial stage most of the time even experienced when the loss is expected. We can only stand so much physical or psychological pain until the emotional/mental systems may shut down temporarily. Denial can be part of this stage. There may be a sense of unreality or "numbness."

Emotional release may be built up and is released when the shock wears off. A verbal or physical release can be healthy, yet we must ensure the safety of ourselves, others, and property during a release.

Depression may come from feelings of loneliness and isolation. A common feeling for many is "there is no hope for me." You may yearn to be with others and at the same time crave solitude. Physical distress similar to the symptoms of illness in which the loved one died may occur. Symptoms of chest or stomach problems, fear of heart attack, or cancer are common for those whose loved ones died in an accident. These are common and show the depth of loss. The person left behind may wish to join their loved one.



Photo radu-floryn 22 pixabay

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Anxiety is a common response to loss because of the uncertainties that must be dealt with.

Hostility and anger at God or those close to us or even those who have died.

Guilt is a common experience for those survivors who are hostile and angry toward those who died.

Return to normal activities is hard. There is still a desire to talk about the loss. Folks worry about what others will think and fear other's reactions.

Healing memories are part of the healing process and need to be integrated into the lives of those in bereavement. This is a time to reach out to embrace the situation and accept life must change.

A New Life cycle begins where we can let go of the grief and live in peace and build a new way to live life in joy and love.

The harder the change, the longer each stage takes. Stages are important to healing. You have to heal and release old attachments before new healthy situations can be structured. Taking the time you need to heal before diving into something new will benefit you in the long run. A professional counselor can help you to change at the right and perfect time for you.

BIO: REVEREND VALERIE MANSFIELD: She is the Minister at Unity of East Louisville Church and a Spiritual Director serving to unlock the individual's pathway to living an abundant life in harmony, peace, and love. Valerie assists families in working together to create balance, bringing harmony into the daily family consciousness. Her mission is to move forward in life with ease and grace, illuminating her way and those around her with integrity, compassion, and bliss. She is a lifelong Unity Truth Student living life through conscious thought and practices. Valerie lives with her husband Bruce and loves spending time with her family, and friends.





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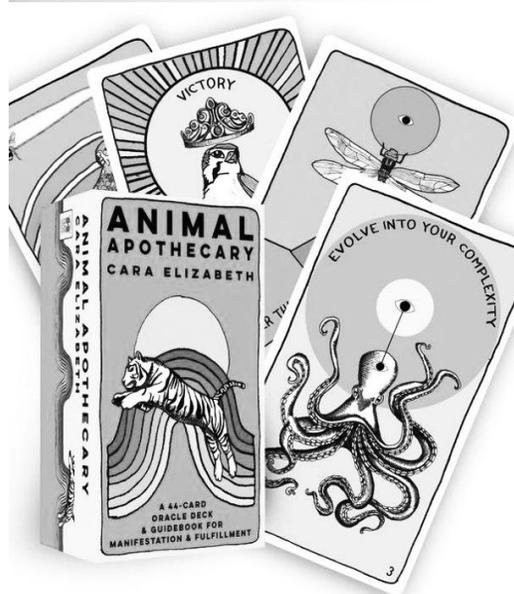
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FIVE-STEP DREAM METHOD

Rebecca Geracitano, M.A., MHT

In my last article on dreams in this journal, I touched on a dream method made popular by Montague Ullman PhD., psychologist, pioneer, and developer of a special dream group method. His method was adapted into a Five-Step dream process by the Association of Research and Enlightenment (Edgar Cayce's A.R.E.).

To review, Ullman believed that the content of our dreams stem from elements of our past that we have not fully resolved and aspects of our personality and attributes that we are unaware of. The emotional charge results from past experiences that are similar to a present situation thus creating the dream imagery, context and feeling.

This information allows us to make a connection to past or present situations, issues, people, and places that may still be lingering in the subconscious mind that needs understanding or integration. The feelings, symbols and imagery can help us make comparisons to help make sense of the situation. Ullman states that "the relevance of the dream to a still-active issue in our life, the mobilization of pertinent information from our past, and the ability of the dream to bring us closer to the (our present) truth are the three features of our dreaming experiences that give values to the dream and render it a potentially healing source." (Ullman & Limmer, *The Variety of Dream Experience*, 1999, pp. xiv,xv,4)

Here is the "Five Step Method" of dream work in more detail to be used for one person or a group. First, we want to get into the habit of remembering our dreams by setting that intention before we go to sleep and keeping nearby a pen and a journal to write in upon awakening.

1. **Feelings:** For a group discussion, each person would use the phrase or something like, "If this were my dream these are the feelings the dream evokes for me." The dreamer notes each association in a journal. Ask yourself, "What feeling was I having in the dream and upon awakening?"
2. **The Theme:** The individual or group comes up with and settles on a theme: Limit yourself to a one-sentence summation of what is happening in the dream. If the dream is long and has several scenes, write a theme for each section.
3. **Symbol Amplification:** Each person would take a turn and say "If this were my dream" this is what this symbol would mean to me: The individual chooses one symbol at a time from the dream. Freely associate. What does this symbol remind me of? What does it do? What do I like or dislike about it, if it appeared in front of me in real life? Return to the symbol after each association. The dreamer notes each association in a journal.



Tip: Before using a dream symbol dictionary, we first want to associate how we feel about the symbol using symbol amplification questions. Look to a dream symbol book if you cannot derive any meaning and to help stimulate your own imagination. Either way, wait until you get that "Ah Ha" feeling, before settling on the meaning. Take your time and let the meaning flow to you. I have found meaning in a dream but left it open for further understanding if I am not quite satisfied.

4. **Form a Preliminary Understanding:** The dreamer will be asked to comment on the groups' contributions and whatever insights the dreamer gained from them to form a preliminary understanding. Most important is what the dream means to the dreamer regardless of the input from the group. On an individual level, ask yourself where, when, and what in your life does the totality of your dream steps point to? What does it all remind you of? What are you going through now in your life? Sometimes a dream can be about your health, career, relationships, past life or current life residue or a meaningful message about your path or purpose. Since dreams can have layers, try to recognize if it can point to a few things in your life. If the initial understanding feels right, it's time to think about how to apply this in your life.
5. **Application:** What action does that dream lead you to? This could be an action associated with the mental, physical, or spiritual. (exp: Eat more fiber, meditate, or exercise more, talk over a problem with a friend, join a spiritual or support group for further understanding or healing, get a physical).

Go ahead and give it a try! With consistent dream journaling and interpretation, the potential of understanding and healing ourselves is so empowering!

Bio: Rebecca is a Certified Master Hypnotherapist. She offers Current, Past Life, Life Between Lives, and Quantum Healing Regression. She also offers hypnosis for habits and issues, spiritual mentoring, meditation, dream work, Reiki and crystal bowl meditations to help her clients understand their inner life and to heal within. www.integrativemind.net, 502-468-1894

HEALING THE SPIRIT WITHIN

By Dee Patterson, Intuitive Healer

I was doing a healing session with a man who had many challenges in his early life. He had been abandoned by his family and spent years in foster care. While the family he ended up with treated him well, he always felt like he was the “other.” He struggled with his work and in relationships, always feeling that he was being abandoned. It didn’t help that he sought out situations where this pattern played out over and over.

As we progressed in our sessions, I noticed he would have unrealistic views of his capabilities. For instance, he wanted to buy another car, but he couldn’t afford it. He determined that getting a second job would give him enough money. I pointed out that the last time he had that magical thinking, he had worked part time in a car wash. As long as he was cleaning the cars, he was o.k., but when they asked him to do the duty of cleaning up the restrooms, he quit. He didn’t have guaranteed hours and often didn’t work as much as he was promised. I pointed out that a second job might prove to be unreliable.

Along with my intuition, I utilized a program called “Primary Emotional Energy Recovery” which I initially used mostly for my own healing. It turned out that in doing so I was also learning techniques to assist others in getting to the root of their behaviors and destructive beliefs. It was a very effective program in healing my childhood issues. While I did intensive weekend workshop sessions, I chose to go more slowly with those I was helping. I also incorporated Louise Hays workbook, “You can Heal Your Life.” It contained eleven chapters, and each person would complete a chapter at a time and answer the questions at the end of the chapter. It was helpful in getting to the causes of their issues when I reviewed the answers. There would be some chapters that were easy for them, but it was the difficult ones that brought about the most change.



While I was working with Ron (not his real name), I did a regression session taking him back to his early childhood. As we moved forward it



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suddenly became very clear to me that his underlying issue was that he did not believe that God was there for him. It was not just that he felt that God had abandoned him, but that he wasn’t worthy of God’s help. I saw it as a crisis of his spirit. How could he heal if he did not feel he deserved it. I realized that many of us feel that way, especially if we have had an abusive childhood.

I did my best to guide him through his issues and we were successful in healing some of them. However, he eventually stopped the sessions and I lost track of him. He was far from free of his demons.

In my upbringing, I was taught that we all come into this world with an original sin. I feel that kind of dooms us from the start. I don’t believe in a vengeful God, and I don’t believe we have an original sin. I do believe in God’s love and that we each come into this life with expectations and

goals to accomplish. We set them, not God. It seems ridiculous to believe that most people cannot be redeemed. I learned that to heal your life and be free of destructive patterns, it is necessary to heal your spirit first. We must believe that God will forgive us as long as we are truly repentant. Then we can change into a better version of ourselves that is kind and loving not only to others, but also to ourselves.

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. She also has a wide variety of Crystals and Stones for sale. Call 502-426-2220 or text 502-295-0788. deepatt@bellsouth.net and www.deepatterson.com.

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EXPLORING THE TRANSFORMATIVE POWER OF EMOTIONAL FREEDOM TECHNIQUE (EFT) TAPPING IN HOLISTIC WELL-BEING, ***Kimberly Curran, Certified EFT Practitioner & Massage Therapist***

Greetings, embarking on a journey toward holistic well-being often involves discovering innovative and effective practices that align with our personal philosophies. One such powerful yet accessible technique is Emotional Freedom Technique (EFT) Tapping. In this article, we'll delve into the essence of EFT Tapping, its benefits, the role of a practitioner, and why it might be a valuable addition to your holistic well-being journey.

Understanding EFT Tapping: A Holistic Approach to Emotional Freedom

EFT Tapping is a practice that combines ancient wisdom with modern psychology, offering a unique way to address both the physical and emotional aspects of well-being. This technique involves tapping on specific points of the body while focusing on troubling thoughts or emotions. This is akin to emotional acupuncture without the needles. The goal is to release blocked energy, alleviate emotional distress, and foster a sense of emotional freedom.

Why Consider EFT Tapping in Your Holistic Well-Being Journey?

For those intrigued by complementary therapies, EFT Tapping holds several merits:

Holistic Harmony: EFT Tapping acknowledges the interconnectedness of the mind and body and addresses both your physical and emotional parts.

Stress Relief: Acting as a stress-management tool, EFT offers a practical way to navigate daily challenges and maintain emotional balance.

Emotional Freedom: For those seeking liberation from persistent emotional patterns, EFT Tapping provides a structured approach to process and release emotions.

Accessible Wellness: EFT Tapping's simplicity requires no special equipment, allowing individuals to practice it independently.

The Practitioner's Role in EFT Tapping

While EFT Tapping can be practiced independently, the guidance

of a trained practitioner can enhance its effectiveness. A practitioner serves several crucial roles:

Guidance and Support: A skilled practitioner assists in navigating the emotional landscape and ensures that the session is focused and tailored to address specific concerns.

Energy Alignment: Practitioners often help individuals identify and shift energy imbalances during the tapping process. This alignment can contribute to a more profound sense of well-being.

How EFT Tapping Differs from Talk Therapy

While EFT Tapping shares a common goal with talk therapy – addressing emotional challenges – it distinguishes itself through its approach and methodology:

Direct Engagement with the Body: Talk therapy primarily engages the mind, relying on verbal communication. EFT Tapping, on the other hand, directly engages with the body, acknowledging the mind-body connection and promoting a more

integrated approach to well-being.

Action-Oriented: EFT Tapping is action-oriented. It empowers individuals to actively participate in their emotional well-being journey by providing a practical tool they can use independently.

Immediate Impact: Tapping is often reported to have an immediate impact, providing individuals with a tangible and accessible technique to manage stress and emotions in real-time.

Ready to Explore EFT Tapping with a Practitioner?

If you're considering incorporating EFT Tapping into your well-being journey, exploring this technique with a trained practitioner can offer valuable insights and support. A practitioner serves as a guide, creating a safe space for emotional exploration and facilitating a customized experience to meet your specific needs.

Here's to the transformative power of EFT Tapping and the holistic well-being journey that awaits. Warm regards, Kimberly.

Photo: istockphoto



FIRST SNOWSTORM

By Elsa Lichman, MSW

**This was a Massachusetts northeast snowstorm that started at night and ended the next day. I went out to see the birds, animals, and the snow at the cemetery.*

Sweeps of snow blow sideways off roofs, creating a white vista below.

Unseen in the day, tracks show rabbits scampered to be safer from predators in the night.

My lilac, filled with clumps of snow, seems to have a second blooming, its shadows on the pristine ground lovely in the streetlamp.

Our cemetery is bleak and empty, save for the birds:

Tiny juncos, winter migrants, feed on slim new trees, their dark gray backs and white bellies in concert with the snow-painted branches.

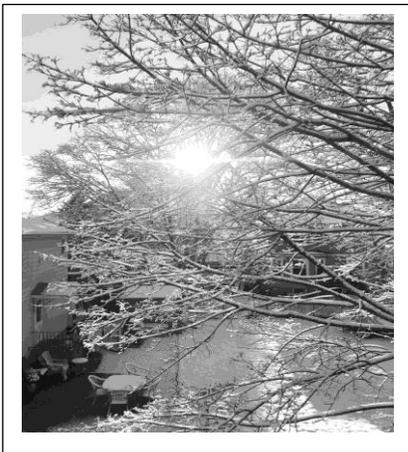
Two hawks stand fat and full in a naked tree, colors blending in with the scene.

Crested merganser ducks, in stunning black and white, forage in the rushing river, dive fast to feed.

Females sport a swept-back, rusty colored hairdo, as if styled by the wind.

The broad skyscape is filled with billowy clouds, streaks of light, and hopeful patches of blue.

Three wild turkey females move along quickly, unperturbed by people, pecking intently on the ground laser- focused on food.



To dispel the bleakness even more, two yearling deer come out of the woods, exactly at sunset, as a massive flock of Canada geese takes off en masse, honking loudly.

One young deer feeds on tree twigs at the edge, oblivious to our car and its curious humans.

The other, stands so close, ears alert, staring at me with those endearing eyes, interested but unafraid.

Almost a mirage, this beautiful peaceful being brings wonder and awe to the end of the day.



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: Snowy Tree by Elsa Lichman. Deer, Alfred Schrock of Unsplash. Junco Bird, Leucistic of Unsplash. Duck by Alexas Fotos of Pixabay. Tracks, Florentino-1, Pixabay



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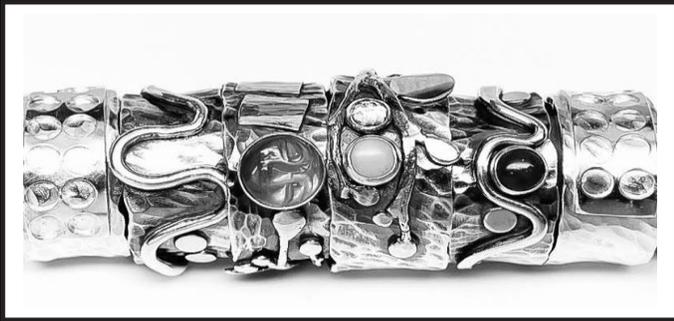
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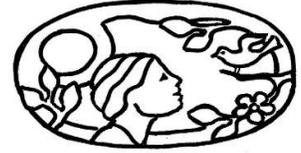
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ENHANCING YOUR INNER SPIRITUAL POWER To Help Heal Our Planet.

By Joyce C. Gerrish, M.A.

This is a song I composed and love to sing with my guitar. It is about expressing our true inner spiritual power, the truth of who we are as a Soul and Spirit. "Shine Like the Sun. Glow like the Stars. Be all that you truly are deep within your heart. Melt away, melt away, melt away any doubt or fear. Radiate the sun that glows deep within your Soul."

I feel that we are ALL meant to be Spiritually powerful. We can ALL be powerful together to help create peace, compassion, safety, food, clean water, and shelter for all of us, not just for some people - - but for everyone. It is important that we know that we are naturally powerful as we awaken more fully to our Spiritual essence and Higher Consciousness. This is important. When we awaken to our Higher Consciousness, we are functioning at a higher more powerful energy frequency/capacity.

What does "More Powerful Energy Frequency" mean? Let's look at that. A lot of people these days are waking up to increased intuitive sensitivity to energies. Have you ever entered a room somewhere and sensed it felt "different" somehow. Maybe you entered a church or meditation hall and the "energy" felt highly charged or uplifting and you felt immediately more peaceful. That is an example of "feeling the energy." What about if you entered an exercise workout center? There is a definite highly charged physical "energy" created by all those people being physically active. Then there is a different very clear mental energy to a library where people are studying, reading, and focusing mentally. It is easier to study and think clearly in this type of energy. If you are just beginning to sense energies, you might want to be aware of what you sense intuitively as you enter different places. How does the "energy" make you feel? It is useful to be intuitively aware of the energy in a place, and also the energy that a particular person radiates.

Let's consider the reality of energy as it relates to a person's aura and consciousness. Some people may radiate peaceful energy and you may feel peaceful when you are around them and you may not know why. Someone else may radiate chaotic energy and it may cause you to feel chaotic if you are around them for long. Energy is real, and we have a CHOICE as to the energy in which we exist within our aura energy field. Some of the activities that can help us create peaceful energy in our aura and consciousness and home are (of course) meditation, compassionate loving thoughts, kindness, helping others, prayer, and peaceful music. If we want to feel peaceful and have a peaceful aura and radiate peaceful energy - - those are some of the activities that can help us move in that direction.

On the other hand, sometimes a person may feel really upset or out of sorts. This also expresses in our aua energy and radiates out around us. This upset energy can affect the people around us

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and linger in our home spaces. This stress may be caused by anger at someone or about something, confusion regarding an issue, not getting enough sleep, too much alcohol or caffeine or other less than helpful substances. So, the idea is clearly that we can create positive energy within and around our being - or the opposite. The energy that we create with our consciousness and aura energy - - and that we radiate out around us is a CHOICE. The effect that we have on other people is a CHOICE. The world is greatly in need of enhanced peace and harmony. Do we choose to be a source of peace and harmony within ourself and for people around us, or a source of chaos?

As we develop our Higher Consciousness, we can be an increasingly greater source for helping to channel Divine Peace and Divine Compassionate Love to our planet. This is greatly needed. We can pray to God and ask that one or more of the precious Divine Qualities of God (Divine Peace, Harmony, Divine Truth, Compassionate Love, and more) can be enhanced within our being and overflow through us to bless our neighborhood and beyond.

To increase our capacity to be a conduit for higher spiritual energies for our neighborhood and beyond, we can chant the name of one of the Divine Qualities of God (such as Divine peace) over and over silently as mantra. We can do that while we cook or wash dishes or do house cleaning or when we are relaxing or when meditating in a more formal way. We don't need to be pulled down with the lower confused energies and depressed feelings of large sections of the masses of people on planet Earth or the tragic events we may see and hear about on the news media. There are good things happening in our city and on the planet, too. Watch for those and maybe get involved somewhat to support the good and peaceful happenings, even if it is simply praying for the good efforts being made by people in your city or neighborhood. As we strengthen our consciousness and aura energy we can use our augmented inner Spiritual Power to support peace, harmony, and the highest good for ourselves, for the people of our neighborhood and city, and for our planet as a whole. God bless you.

BIO: Joyce is a Transformational Energy & Emotional Healer providing individual sessions on Zoom 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." See Website Events page. Louisville Office. 502-572-4871 www.joycegerrish.com

HOMELESS PEOPLE - - IMPORTANT PRACTICAL IDEAS TO HELP THEM. Joyce C. Gerrish, M.A.

I feel that all homeless/unhoused people who are willing should be under a roof in dormitory-type very simple housing that is warm in the winter and reasonably cool in the summer with no rodents or insects. Each person would be assigned to a cot with their name on it that only they are allowed to use. Each person would have a locker under or beside their bed (or both) that have a combination lock. Staff would have records of the combination if the individual forgets it. These dormitories could be in LARGE rooms in former businesses or factories or warehouses. There would be at least two toilets, two showers, sinks, and a paper drinking cup dispenser in each large room.

Sober women with or without children could be in a fairly large room/space with maybe 50 cots. Sober nonviolent men could be in a separate fairly large room/space also. Groups of orphans would have special rooms with extra loving care. People addicted to alcohol or drugs would need to be in smaller areas with more supervision. Addicted men and women would be in similar but separate dormitories. Addicted people should have access to daily 12 step programs to help them if they are willing and therapy support groups.

There should be separate dormitory areas for men and for women who have some of the following conditions: mental illness, mental retardation, physical disabilities to the extent of needing extra care, the very elderly, and people who seem potentially violent or criminal. Each of these dormitories would need sufficient staff who are trained to be able to deal with and provide care for these different issues. There need to be dormitories for people who have entered the U.S. from our southern border and from other countries. Doctor prescribed medicines administered by trained staff would be available to moderate behaviors where needed and for health conditions.

These people should be allowed to stay with their bed during the day if they wish. There should be enough simple upright chairs in each dormitory for the number of cots in the area. There should be some simple tables that seat four to six people where they could read/study to prepare for getting a job, play card games or other games, eat meals, do a simple craft, etc. A moderate-sized TV should be in the area with the station only able to be changed by the staff (so there aren't arguments as to station). A supervised computer should be available for job training purposes, resumes, and job applications - - not for social media or computer games. There need to be washing machines and driers so people can keep their bedding and clothes clean.

I feel that the government cannot afford to provide all the thousands of unhoused people (in most cities) with apartments or houses with only three or four people living in them. The great need is to get people off the streets for their own safety and health - - and for the safety of the general public. The goal of

these dormitories and their staff is to prepare the people (who are capable and willing) for doing some kind of job to support themselves and for moving into independent housing.

The people who are sufficiently capable and responsible could help with very simple meal preparation in a central kitchen. That would be job training for working in a restaurant or fast-food shop. The meals should be wheeled on large multi-tiered carts into the different dormitories rather than bring people with all the different types of conditions together in a large dining area. Some individuals could also help with cleaning the facilities: that is job training, too. Cleaning jobs are widely available. There would ideally be outside people who volunteer to come into the dorms to teach job training skills, share music and singing, lead exercises, lead emotional support discussion groups, and lead simple craft projects appropriate for the individuals in that dorm.

These dormitories should NOT be in a central city. They need to be located at the outskirts where there are lots of trees and green plants and natural areas where the individuals can walk, watch the birds and squirrels, and find greater peace. Some of the individuals could be "garden and grounds apprentices" and help work on large vegetable gardens to grow food for the central kitchen. They could also help care for the grounds and keep them attractive. Those are marketable skills for a potential job. Some of the people could be trained as apprentices in carpentry and building skills by helping to build simple wooden structures on the property for purposes such as a health clinic, education center for the children and youths, or a small shop for selling to visitors various arts and crafts items made by individuals in the dormitories. Items for sale could include knitted hats, sweaters, or baby blankets. Most of the sale price would go to the individual who made it. One of the structures could be a "wood crafting" center for individuals to learn to make wooden chairs or wooden hobby horses and wooden toys for children. Those could be painted attractive colors and decorated with stylized flowers and animals. Those could also be sold in the Visitor's Shop to make money for the individual that made them - - and lead to jobs..

All of this, of course, is not cheap - - but it is less expensive than trying to provide apartments for all these individuals. The goal is to get as many unhoused people as possible off the streets and out of sleeping in their cars and to help get them on their feet, working a job, renting a room or an apartment, and living as happy and productive a life as possible. Some of these individuals, as they become stabilized and trained could possibly become staff in one of the dormitories or with one of the services. Some of the individuals might need to stay in a dormitory fairly permanently, such as the very elderly or seriously disabled or mentally retarded.

If you agree with some of these ideas, please send this article (or an article you write) to some of your government leaders and related agencies. Please send it to your email contacts and social media. Thank you profoundly.

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