



Natural Living Journal

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

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The Beauty Within

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Natural Living Journal encourages people to live in harmony with the wholeness of their physical, emotional, mental, and spiritual well-being. We encourage all to live in harmony with each other, with our precious planet and all aspects of nature, and with the Divine. This journal is independent of any organization and is not affiliated with nor advocates any specific religion or political ideation. We support natural holistic health care practices, and we seek to work in harmony with the medical field. Our deep purpose is to foster wisdom, peace, joy, creativity, co-operation, love, ecology and sustainability, inclusiveness, wholesome adventure, stewardship, community service, natural abundance, and the arts.

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HARMONY WITH NATURE

By Rebecca Geracitano, M.A., M.Ht

For the well-being and health of our human mind, body and spirit, planning time to reconnect with nature in some way can have far-reaching and beneficial effects. Awareness of our natural interconnectedness with our earth, sun and even our solar system of stars and planets often gets lost in our technological advancements and the everyday business of living our busy lives.

For as long as I can remember, I have found great contentment and peace being in and walking in nature. My mother often took our family to popular Kentucky parks such as Cherokee Park and to Bernheim Forrest and to Clifty Falls State Park in Indiana. I learned to respect and find peace in our natural world and love the animals that too are a part of our world.

Usually twice daily, I walk along the country road to the creek nearby where I live. I enjoy the calming sounds of water and birds. Looking up at the great canopy of green trees and blue sky creates a peaceful present moment that brings clarity and balance to my mind. I often spot deer with their young and various birds like hawks, blackbirds, redbirds, bluejays, yellow finches, woodpeckers, and occasionally an eagle, barn owl, or the resident blue heron that flies above the path of the creek. They represent to me beauty and innocence in their purest form.

I find daily walking in nature along with my spiritual practice of meditation paramount to life itself. Daily walking frees my mind and brings in fresh ideas and expanded creativity. When it's too cold, rainy, or icy outside, I reconnect with nature by meditating and doing yoga near my bedroom window overlooking evergreen trees and winter bird feeders. I watch the interaction of the various birds and sometimes a squirrel or woodpecker taking advantage of the winter feed. I have a treadmill in my bedroom that looks out to nature, and I often watch displays of deer and other creatures as I walk.

The benefits of moving my body in some way each day allow for greater physical health, which is also of great importance to me. Keeping my body in shape, eating well and re-connecting with nature have long been a part of my life. I met with an illness about seven years ago. I met the challenge by keeping peaceful with nature by walking as far as I could each day. I strived to walk a quarter mile, then a half mile, until I could walk a full mile - - sometimes with assistance with my walking partner, my husband Mickey. I recovered fully and of course



walking was my number one core and muscle builder to achieve the return of my energy and well-being.

For those needing a more kinesthetic way of meditating besides yoga, walking in nature can allow for a type of walking meditation. I had not thought of walking in nature as a form of meditation until I read "A Path With Heart" by Jack Kornfield about twenty years ago. The walking meditation is described on page 66, with the chapter preceding it titled "Training the Puppy: Mindfulness of Breathing." He says that "like breathing meditation, walking meditation is a simple and universal practice for developing calm, connectedness, and awareness.

The art of walking meditation is to learn to be aware as you walk, to use the natural movement of walking to cultivate mindfulness and wakeful presence."

I believe that reconnecting with nature each day in some way keeps me connected with the reality and acceptance of my humanness however fleeting. The magnificence of the sun, moon and star systems, mountains, forests, rivers and streams, beautiful flowers and fauna, and rock formations remind me that we are also part of something much greater. That we are all intrinsically connected with

nature, needed within the scope of our spiritually - - that we are in many ways as often heard, "spiritual beings having a human experience." This reminds me that when we are one with nature, we are with God, or the life and creative force that we are all one and part of - - mutable, living and breathing in whatever form life gives us, from birth to transition and onward from there.

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 find inner healing. www.integrativemind.net, 502-468-1894.

Photo: Vika Glitter, Pixabay



NUTURING YOUR FAMILY'S HEALTH Through the Fall Season.

Dr. Kathrine Conliffe, Integrative Medicine Practitioner.

As summer fades and families settle into the rhythm of the school year—or simply adjust to a new season—the shift brings both excitement and challenges. The transition to fall often means busier schedules, shorter days, and the arrival of cooler weather. These changes can affect energy, mood, and immunity for adults and children alike. Fall is the perfect time to lean into the wisdom of seasonal living and support ourselves with natural practices that nourish both body and mind.

Restoring Sleep Rhythms. After the looser routines of summer, consistent sleep becomes one of the most powerful tools for keeping families thriving. Children and adults alike benefit from predictable rhythms that help regulate mood, strengthen the immune system, and improve focus. A calming bedtime routine—dim lights, a warm bath, reading together, or a gentle cup of chamomile tea—helps signal the body that it's time to rest. Keeping screens out of bedrooms and aiming for 8–9 hours of sleep for adults and 9–11 hours for children (depending on age) makes a big difference. Parents often find that when kids sleep better, the whole household feels more balanced.

Warming the Body from Within. Across cultures, traditional medicine has always adapted to the seasons. As the air cools, our bodies naturally crave foods that are warm, grounding, and nourishing. Warming spices such as cinnamon, ginger, turmeric, and cardamom not only enhance flavor but also support digestion and reduce inflammation. Try sprinkling cinnamon into oatmeal, adding turmeric to roasted vegetables, or simmering golden milk with ginger and honey. These comforting additions can turn everyday meals into simple medicine for the whole family.

Supporting Immunity with Natures Remedies. Fall also ushers in the season of sniffles. Herbs like elderberry, echinacea, and astragalus can be wonderful allies for immune support. A spoonful of elderberry syrup, a warm echinacea tea, or simply cooking soups with garlic and onion can fortify the body's defenses. Supporting the immune system works best when we combine modern medicine with traditional wisdom. Vaccines themselves are a form of natural medicine—born from the discovery that exposure to a harmless version of a germ can teach the body to defend itself. Preventive tools such as staying up to date on vaccinations and wearing a mask in crowded indoor spaces remain important ways to reduce the spread of illness. Daily outdoor play and movement are just as



vital—fresh air, sunshine, and exercise all help boost resilience.

Seasonal Foods for Balance. Eating with the seasons is a timeless way to align with nature's rhythms. Fall brings apples, pears, squash, sweet potatoes, pumpkins, and hearty greens. These nutrient-rich foods are high in fiber, vitamins, and antioxidants that steady energy levels during long school and workdays. Preparing seasonal meals doesn't have to be complicated—baked apples with cinnamon, roasted root vegetables, or a pot of lentil stew are nourishing, affordable, and family-friendly.

Cultivating Calm in Busy Days. With school routines, work demands, and extracurriculars, family life can quickly feel overwhelming. Building in small pauses during the day helps both adults and children regulate stress. Simple mindfulness practices—such as taking a few slow breaths before starting homework or keeping a gratitude journal by the bed—offer a gentle reset. Family rituals, like sharing a “high and low” of the day at dinner, create space for emotional connection. Even five minutes of laughter, music, or stretching together can shift the tone of an evening and remind children that health includes emotional well-being, too.

Embracing the Season with Balance. Fall reminds us to slow down, nurture, and prepare. By weaving together restorative sleep, warming foods and spices, gentle herbal remedies, preventive tools, and mindful family routines, we can create a strong foundation for health during the busier months. As the days grow shorter and cooler, these practices invite warmth, resilience, and balance into daily life.

BIO: DR. KATHRINE CONLIFFE, a board-certified pediatrician and integrative medicine practitioner in Louisville, KY, offers nutrition counseling and integrative consults through FitinLou. She is passionate about providing families with holistic practical tools to help children and adults thrive year-round.
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WHAT AM I DOING HERE?

Rev. Gerry Boylan

I continue to puzzle about my lifetime here on earth regarding not only why is this so, why is this happening, why is this necessary in a global way - - but also about this personal lifetime of mine in this moment. So there is a general question about the purpose of life and also a very particular one about my life here and now.

I often recall to mind 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." 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 I suppose there are a few facets here, one which satisfies the intellect which is continually searching, continually hungry looking for more or a better answer to a particular question, Then there is that of the soul, my spiritual nature, who's answer might not be expressed in words and yet which is completely satisfactory and is not compelled to seek any further.

Although I lovingly embrace the parable of the Prodigal Son, I 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 me that sees the growth and awareness and the results of that growth and awareness, but I wonder as well if that was the purpose, why could it not have happened in a softer or gentler way? I have the image of a child learning to ride a bicycle, and I see all of the missteps, falls, skinned elbows and knees. I 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."

Then seemingly without explanation I am gliding along on two wheels. I recall that sense of exhilaration, accomplishment, and the wonder of it. Although I might not have consciously felt or expressed that sense of gratitude that I made it through all of the difficulty of pain-and-suffering, I still leave that all behind in the rejoicing of the success of the present moment.

Was it necessary that there was so much difficulty in this learning? Why could it not have happened instantaneously? Why not just get on the bicycle and ride? We might ask the same



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

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question about walking. Why not just get up and walk? As I am writing this, I become aware that it is the pain and difficulty that I am focusing on. Yes, that is an aspect of the learning, but what of the joy and the exhilaration? And am I just learning this lesson for myself? As I learn and heal and grow, am I not contributing to the growth of all beings?

Let's just sit for a moment within the mystery of all of this. I wonder if one of the apostles or disciples asked Jesus a question such as "What is the purpose of life?" It is not recorded, but since it is such an obvious dilemma, it seems likely that he would have been asked a question such as this sometime during his short ministry. Do you not think that in his studies in preparation for his public life that he also explored the various answers or approaches to this question? Do I expect to explain the human condition in a few short moments?

Therefore I ask, "What is the purpose of my life?"

The answer to that question can only come from Higher Consciousness/ Higher self/ Divine self/ Christ Consciousness. The human self, the small self, the limited self cannot grasp or comprehend the meaning of this. No matter what answer the mind might conceive, it will only be satisfied for a short amount of time and then will seek further clarification. This is not a judgment nor a condemnation. We are merely pointing out the essence of the thinking mind. Not only does it live in duality, but it is also never satisfied. That is its nature to continue to seek, to continue to look.

I do not attempt to explain mystery. Let me finish this piece with words that go beyond words: "Seek ye first the Kingdom of Heaven and everything else will follow."

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

Photo from Pixabay

A HEALTHY PELVIC FLOOR & PELVIC FLOOR YOGA

By Leslie Howard YA E-RYT 500, IAYT

Leslie is a certified yoga teacher, author of Pelvic Liberation, and a recognized expert on the pelvic floor.

Proper work of strengthening, stabilizing, stretching and softening the pelvic floor helps to create the correct foundation for each movement in the body. It is a basic tool to avoid loss of energy from this important area. A strong pelvic floor helps keep the pelvic and abdominal organs healthy as we age. But “strong” also means flexible. Think of your torso as “a tote bag” for your organs. The pelvic floor is the bottom of the tote bag. Someone with a weak pelvic floor (too loose or too tight) has a tote bag that is about to have the bottom fall out! Prolapsed organs, incontinence and pelvic pain are common to over fifty



Squatting Helps Tone Muscles of Pelvic Floor

percent of women. Yet what is most prescribed as a catch all cure is “just do your Kegels.” A healthy pelvic floor is more than doing Kegels. A healthy pelvic floor is more than doing *mula bandha*. These practices are under taught, misunderstood and can

sometimes lead to more problems.

The female pelvis and the pelvic muscles are an under-appreciated region of the anatomy. Important not only for sexuality, the pelvic floor muscles are crucial for optimal functioning of the body. The pelvic muscles begin at perineum and are a complex arrangement of muscles that create a “bowl” for the lower organs. Common problems that are related to the health of the pelvic floor are lumbar spinal problems, sacroiliac, hip or sciatic pain, bladder weakness, prolapse of the uterus or the bladder, and digestive, menstrual and sexual difficulties. This area can be too gripped, or too weak and sometimes both. Many women have a lack of tone due to age, lifestyle, bearing children or hereditary tendencies. What is less commonly



known is that about 20-25 percent of all women have a chronic holding and tightening of the muscles of the pelvic floor. Sometimes an unhealthy holding pattern can start in early age or perhaps develop as a result of a fall, an accident or sexual abuse.

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Learn how to distinguish if you are lacking tone or have too much tone in the pelvic muscles and what you can do to start the road to recovery. You will learn how to distinguish the three layers of the pelvic floor and how to soften and strengthen these areas. You will learn that every pelvis has a story and how to start a conversation with yours. Everyone has a pelvic floor, this workshop is appropriate for all genders.

Recommended Books: A must-have book for all women is *The Female Pelvis*, by Blandine Calais-Germain, and *Pelvic Power*, by Eric Franklin; both are great introductions to pelvic floor work with a focus on strengthening. However, if you suspect you might be a person that grips their muscles, or you know you have cystitis, vulvodynia, etc., *Ending Female Pain*, by Isa Herrera, focuses on how to deal with it, and she has great advice for self-massage.

Photos Courtest of Yoga East.: Portrait of Leslie Howard and Yoga Pose.



ACCESSING INTUITION WITH A PENDULUM

Christi Murphy, LMT, CLT, Reiki Master

Accessing Intuition with a Pendulum. Tapping into our intuition can feel difficult when the noise of everyday life drowns out our inner voice. A pendulum is a simple yet powerful tool that helps us connect with our higher self, spirit, or subconscious mind to receive guidance with greater clarity. By amplifying the subtle messages that we already carry within, the pendulum becomes a bridge to our inner wisdom.

When using a pendulum, you are not summoning anything outside of yourself in a way that feels foreign or forced. Instead, you are opening a channel to the deeper layers of guidance that already surround and reside within you. For some, the pendulum is a way of tapping into the subconscious mind, that vast inner library where memories, intuition, and hidden knowing are stored. For others, it is a sacred tool that connects with the higher self -- the eternal part of you that sees beyond the limitations of the physical world and understands your soul's path.

Many also feel the pendulum serves as a bridge to divine energies such as angels, spirit guides, or universal intelligence. These loving presences are believed to nudge the pendulum in alignment with your highest good, offering support when clarity is clouded by doubt or overthinking. Whether you view it as a whisper from within or a message carried by spiritual allies, the pendulum's purpose is the same: to help you bypass mental noise and access deeper truth.

Testing Yes and No. Before asking questions, establish your pendulum's language. Hold the chain or string steady, allowing the weight to hang freely. Ask, "Show me yes." Notice whether the pendulum swings back and forth, side to side, or in a circle. Next, ask, "Show me no." The opposite movement usually appears. Repeat a few times to confirm consistency. This unique "yes/no" signal becomes your personal guide.

Choosing a Pendulum. You don't need anything elaborate. Many people start with a favorite necklace or pendant that already carries their energy. Alternatively, metaphysical shops and online stores carry pendulums in crystal, wood, or metal. The right one for you will feel natural in your hand. If shopping in person, hold different pendulums and notice which one responds with movement or feels energetically "alive." Trust your instincts, your higher self will draw you to the right tool.

How to Use It. Sit comfortably with your elbow resting on a table, holding the chain between thumb and forefinger so the pendulum dangles freely. Keep your wrist relaxed. Begin with



energetic balance.

Final Guidance. Approach pendulum work with openness and respect. The more you practice, the stronger your connection becomes. Keep a journal of your sessions to track accuracy and build confidence. Remember, the pendulum doesn't replace your free will, it sharpens your ability to listen to the wisdom you already hold within.

Bio: Christi Murphy is dedicated to guiding women on their journey to find balance and well-being of the body, mind and spirit through bodywork, energy healing, mindfulness practices, and intuitive card readings. Christi has a Bachelors of Science in Natural Health, is a Reiki practitioner/instructor, meditation instructor, massage therapist, and spiritual coach. She works with oncology patients at Norton Healthcare and has a private practice. (Photo: Canva.com copyright permission)

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simple yes/no questions such as, "Is today a good day to make this call?" or "Would this food support my health?"

You can also use pendulum charts for more complex answers, such as identifying emotions, uncovering blocked energy, or choosing between multiple options. Always form questions clearly and in the present tense, avoiding vague or double-barreled inquiries.

Everyday Uses. A pendulum can guide everyday decisions such as what to eat, which supplement to take, whether to accept an invitation, or which project deserves your focus. It can also be used for deeper spiritual exploration such as confirming intuitive hunches or checking

AUTUMN IS AWESOME

Elsa Lichman, MSW

Mother Nature has blessed us with another colorful, pungent, and artistic season. It begins with a shift from steamy nights and late sunsets to earlier dusks and a chill breeze. I can just sit on the porch admiring the trees and wildlife, relishing that cool wind on my face.

Leaves at the far edges of branches turn red at the tips on my Norway maple. The ginkgo biloba spreads a carpet of molten gold, blanketing the ground beneath. A denuded tree on a high hill spreads all its red leaves on the ground, a stunning sight.

Birds are beginning to migrate -- a group of kildeers arrives to forage and gain weight for the long flight to warmer climes ahead.

Mourning doves gather in groups, feed, and are gone the next day. This is a stopover for a variety of species.

One day I see at least a hundred Canada geese gathered peacefully in one large area, feeding, co-operating, walking slowly and even daintily across a road and back. A hush in the air sends me into a meditative state.

I see a large group of rosy tinted house finches for the first time, flitting from branch to branch and then to the ground. They even appear on my golden delicious apple tree, utilizing sharp thick beaks to poke a hole to feed, which others can utilize.

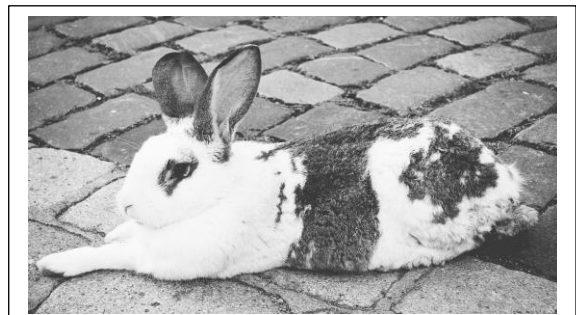
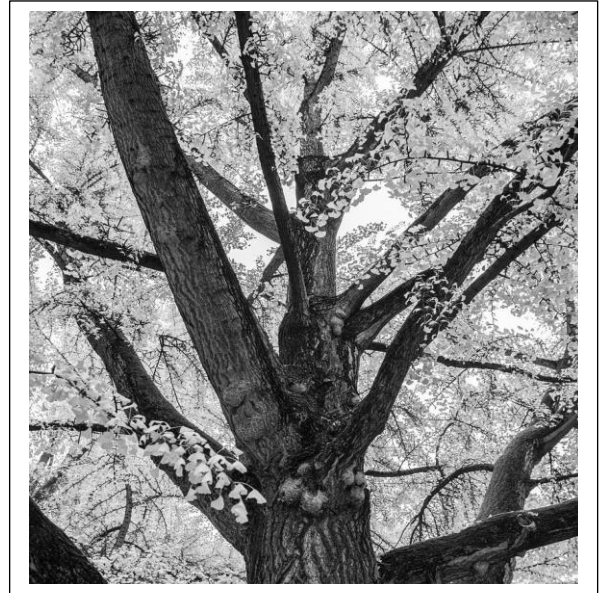
A small rabbit takes refuge under my outside table and stretches out to rest, unafraid of human contact. This is a breezy spot under the maple, which turns gold, orange, yellow, and red, as the season progresses.

When little, I was given a gift of a Kodak box camera when my family took a trip to see fall foliage, and I captured scenes and vistas in brilliant color. I am pleased to experience this season every year, another of nature's bounties.

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: Ginkgo Biloba Tree, Pixabay;; Ginkgo Leaves, Hans of Pixabay; House Finch, Pixabay; Rabbit, Freestock Photos Pixabay



THE BEAUTY WITHIN

By Rev. Valerie Mansfield

When you look at Mother Nature as the leaves shift from green to orange, red, and gold, it's breathtaking. But that beauty isn't just on the surface—it comes from deep within the tree, from the roots grounded in the earth. The same is true for us. Our real beauty isn't found in appearances, achievements, or what the world sees. It shines from within, through the light and wisdom of life that already lives in us. *You are that light.* So pause for a moment and ask yourself: **Are you waiting... or are you living your beauty?**

FREEDOM THROUGH LETTING GO

Life happens. We can't always control what shows up at our door—but we *can* choose how we respond. And that response is shaped by our thoughts. Real freedom doesn't come from the outside. It comes when we let go of old stories, limiting beliefs, and outdated patterns that keep us small. That's when true transformation begins—when we finally create space for the light within us to shine. Emilie Cady wrote in *Lessons in Truth*: "The revelation of God to each of us is an intimate, personal thing that can only take place within the depths of our souls... The awareness of the indwelling Presence takes place only within." That's the heart of it. Truth isn't something new we discover—it's something we awaken to. It's always been there, quietly waiting. At your core lies this Truth—your eternal beauty.



TWO WAYS TO IGNITE YOUR INNER BEAUTY

1. Notice Your Self-Talk. The way you speak to yourself matters. Your inner dialogue can either dim your light or help it shine brighter. In meditation or quiet reflection, pay attention to your thoughts. Write them down and gently ask:

- Is this thought true?
- Where did it come from?
- Why do I believe it?

You may notice how quickly negative thoughts feel "true," and how often positive ones get questioned. When you find a thought that isn't serving you, replace it with a positive affirmation that reminds you of your worth and beauty. Keep it somewhere visible. Repeat it often. Let it become your new truth.

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2. Feel Truth in Both Mind and Heart It's not enough to just think about your beauty, you have to feel it, too. Prayer and meditation connect us with the Divine, not through words but through a deep inner knowing. It's in the stillness that inspiration flows, reminding us that our beauty comes from within, not from the outside world. When both your mind and heart align with this Truth, you experience what some call a "new birth." Your light begins to radiate outward—just like the brilliant colors of fall, each leaf glowing with the beauty of nature.

LIVING YOUR RADIANCE

The beauty within you isn't something you need to chase or earn. It's already here. It's who you are. The more you nurture it—through self-awareness, loving thoughts, prayer, and presence—the more it shines into everything you do. So today, take a moment to honor your inner light. Let it guide your words, your choices, your relationships. Because the world doesn't just need your presence, it requires your radiance. Let your beauty within radiant, blessing your life and those around you with joy and love.

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



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BOUNCING BACK TO LIFE

*Angelina Vlasenko, MSc, Ph.D.
Certified Ayurvedic Practitioner*

Ayurveda is one of the oldest health care systems in the world, a most beautiful and authentic one. Like Yoga, it originated on the ancient Indian subcontinent more than 5000 years ago. It is rooted in the ancient sacred texts of India - Vedas. Living in India for extended periods of time, I got charmed by its warmth and diversity, its bounty of colors and flavors, and its remarkably long and rich history. India contains lots of wisdom, knowledge and secrets of wellness, vitality and longevity.

Ayurveda teaches that everyone is a unique phenomenon having individual one-of-a-kind physical, mental and emotional characteristics derived from the five nature elements: water, earth, fire, air and ether. When your elements are out of balance, you are more easily affected by the external influences such as stress, trauma, relationships, seasonal change or work environment. The Ayurvedic practitioner will identify your body-mind constitution (Prakruti) and your current imbalances (Vikruti), conduct a five-level evaluation (Nidana Panchaka), connect the dots and equip you with recommendations to follow at home. It includes a detailed look into your diet,

lifestyle, physical activity (yoga, walk or exercise), breathing practices (pranayama) and an herbal protocol. Ayurveda has remedies to address allergies, diabetes, skin issues, back pain, arthritis, insomnia, vision, digestive issues, emotional and mental imbalances and lots more.

We also welcome you to try some "Moon-Veda" ayurvedic detoxifying and rejuvenation treatments. We use warm medicinal oils and dry and fresh herbs and pastes to reach all your five senses, to nourish, to sooth your pain or eliminate stiffness, and to find your energy and spark. This is how we work whether it is a Shirodhara calming down your busy mind and giving daily stress relief or an application of warm herbal oils following the steam sauna. Whatever treatment you have, you will leave the studio radiant, balanced and nourished, with a roadmap towards rejuvenation and longevity.

BIO: Angelina Vlasenko, MSc, PhD, is a certified Ayurvedic Practitioner, owner of Ayurvedic studio "Moon-Veda" in Middletown, graduate of Ananda Ayurveda Academy who was additionally trained on Panchakarma detoxification and rejuvenation practices in India in 2024. Angelina guides both males and females on their path to wellness. Angelina is a member of NAMA and AUM. Please learn more at www.moon-veda.com, (502) 472-2635.

B.E.S.T. – A GENTLE RESET for Body and Mind.

Jamie Dickerhoof, CNC, CCMH

You've tried the usual fixes and maybe even a few unusual ones, but perhaps they haven't seemed to help you yet. What if your body is simply carrying out instructions it received years ago and never stopped Bio Energetic Synchronization Technique (B.E.S.T.) is a gentle, hands-on way to clear the stress "programs" that keep the body stuck so healing can happen.

B.E.S.T. was developed over 40 years ago by Dr. M.T. Morter, Jr., a chiropractor who blended chiropractic principles with mind-body science and physiology. Today, it's used worldwide to help people resolve pain, stress, and chronic health challenges. For the past three and a half years, I've invested heavily in the study, art, practice, and education of B.E.S.T., making it a cornerstone of my holistic health work here in Louisville and beyond.

What Is B.E.S.T.? In simple terms, B.E.S.T. restores proper communication between your brain and body. Our bodies run on electrical signals: the brain sends messages to muscles, organs, and systems telling them what to do. Stress, whether physical, chemical, or emotional, can interrupt that flow of communication. Sometimes the stress is in the past, but the body never got the "all clear." It stays locked in a defensive pattern that can keep symptoms in place for years.

Muscle Testing & Subconscious Interference.

One of the main tools I use in B.E.S.T. is muscle testing. This isn't about strength; it's about how a muscle responds to gentle pressure. If the muscle stays strong, it tells me the signal between your brain and body is flowing well. If it "unlocks" or goes weak, it's a clue that stress is interfering with the signal. Often, the cause isn't structural damage but subconscious interference, stress patterns stored in the nervous system from past experiences. These patterns run quietly in the background, like an old error message slowing down a computer, keeping the body reacting as if an old threat is still happening.

Symptoms as a Perfect Response. Your symptoms are not mistakes. They are the body's perfect response to the stress it perceives, whether that's pain, digestive upset, insomnia, or anxiety. Your body is doing the best it can to protect you. The problem comes when it's protecting you from something that's no longer a threat. B.E.S.T. helps the body recognize this so it can shift out of defense mode and into repair mode.

What to Expect in a Session. We begin with you lying face-down (prone) on a treatment table. This position allows the body to release tension it may be holding without you even realizing it. This is called defense physiology, a protective posture the body adopts under stress. Through B.E.S.T., your system can recognize there is no threat, and that shift allows it



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

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to stop bracing for impact and return to balance. After the prone treatment, you'll turn face-up while I make gentle contact at specific points, guiding you through breath patterns and focused thought. These steps help your brain and body reconnect so your own innate healing mechanisms can do what they are designed to do.

There's no cracking, no needles, and no pain. Most clients find the process deeply relaxing, with many noticing changes right away: lighter mood, easier breathing, less pain. For others, improvements build more gradually. B.E.S.T. isn't a one-and-done technique—many benefits reveal themselves over time, especially with maintenance visits.



Benefits of B.E.S.T.. Because B.E.S.T. works with the body's natural healing systems, it can complement other health and wellness care. People seek it for relief from lingering pain, headaches, digestive issues, anxiety, insomnia, and stress-related symptoms. Many also notice benefits they weren't expecting, such as better focus, steadier energy, and a greater sense of emotional balance.

A Gentle Reset. You don't have to live at the mercy of old stress patterns. With B.E.S.T., your body can remember what it's like to feel safe, balanced, and capable of healing. If you've tried other approaches without lasting results, it may be time to try something different—something that works with your body instead of against it. If you're curious about what B.E.S.T. could do for you, I'd love to welcome you into my practice to experience it for yourself.

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



<https://humansoundcheck.com/understanding-the-solfeggio-frequencies-better>

Photo of Jamie in her office.

THE STRUGGLE IS REAL (AND NORMAL)

By Kimberly LaFollette, Psy.D.

Life has been hard over the past two years and most of us have struggled in one or more areas of life. That is not surprising. What is surprising is how much we beat ourselves up for struggling. Recently, I've had a lot of conversations with people who feel like they are failing at life. What I have found is that it's not the actual struggle that makes us so miserable, it's the belief that we should not struggle.



Unfortunately, embedded in American culture is the belief that constant happiness is the only acceptable way of being. We have been fed a falsehood that achieving this eternal happiness is achievable. Worse yet is the belief that if we are unhappy or struggling it must be remedied as soon as possible. We've become a culture of individuals who cannot tolerate any uncomfortable emotions. As soon as sadness or grief enters our life, we try to push it out.

In the midst of trying to rid ourselves of these emotions, we also tend to blame ourselves for having them. It's as if to feel anything other than happiness is a personal failure. What I have noticed is that instead of treating ourselves with kindness when times are hard, we tend to belittle ourselves and think that there is something inherently wrong with us because we are struggling. Oftentimes, this leads to a downward spiral of pain and self-loathing.

What I have learned as a psychologist is that being sad, afraid, and angry are all part of the human experience. These emotions are adaptive and necessary from time to time. For most of us, these emotions present themselves to nudge us to pay attention. We must sit with these emotions and allow them to teach us the lessons they offer. When we try to rush through these emotions, or



numb them all together, we can miss out on some very important life lessons. In order to have a fully present life, we must be open to experiencing the pleasure *and* the pain.

The next time you are struggling, imagine what

might happen if you just allowed yourself to have the emotional experience without judgement. How might that feel? What I can tell you is that if you accept the emotion and allow yourself to feel it, it will not be as powerful as when you fight against it. Most of the

time, if we allow ourselves to experience and process our emotions as they come, they tend to fall away. On the other hand, when we fight against our emotions they tend to stick around. A phrase I say constantly to my clients is, "what we resist, persists."

In the end, I hope you know that life will always contain moments of great struggle; but they are only moments. You are not wrong for thinking life is hard sometimes. You are not failing if you are struggling to get by right now. You are having a completely normal human reaction to a very difficult time. The sooner you accept that and start practicing self-compassion, the sooner your current struggle will end. Not to worry though, another one will come along. And that's okay.



BIO: Kimberly LaFollette is a Licensed 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: Top, Laurenz Kleinheider – Unsplash;; Left, Vika Glitter, Pixabay; Bottom Right, Pexels of Pixabay



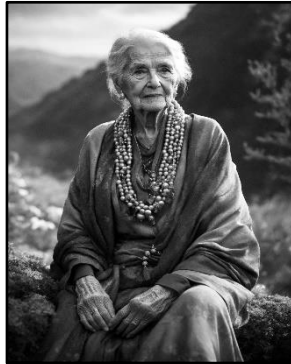
AN OPINION PIECE ON VACCINES:

Vaccines Save Lives
Dee Patterson, Intuitive Healer

Those of us who are in the Holistic Community can applaud some of the things that Robert Kennedy is promoting, such as eliminating dyes and other additives in the food supply. However, his attitude and policies about vaccines are problematic. I am old enough to remember what it was like to worry about Polio. It was nearly eradicated by the vaccine. The same can be said of many other vaccines. While there is no doubt that some have been harmed by vaccines, many more have been saved.

During Covid, the vaccine craze arose, primarily because of misinformation.

The vaccine was developed very fast, although not fast enough for those who died. In actuality, there had been many years of work on the mRNA vaccines. First with SARS and then MRSA, all from the same family of Viruses. Scientists only had to pivot to the strain of Covid, which they did with remarkable results.



During that period of time, I have several friends who refused to take the vaccine. I told them I was all right with that. I lined up as soon as they were available to me to get my shot in the arm. Because I was vaccinated, I wasn't worried about spending time with the unvaccinated. I am in the age group that was at risk. I have continued to get vaccinated every year.

However, that did not keep me from getting Covid. During a trip to Las Vegas in 2022 and most recently a trip to New York City, I contracted Covid. Both times my symptoms



were like a very bad cold and by the fourth day I was feeling better. While I would have preferred not to have Covid in my body, fate played a different tune.

There are still many people who don't believe in the Covid vaccine. I recently had a client who was unvaccinated and



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became infected with Covid in 2022 and nearly died. She spent months in the hospital and had a double lung transplant. An unvaccinated friend got it in 2021 and spent 20 days in the hospital. She came close to dying. One was in her fifties and the other in her forties. It didn't only harm the elderly.

Deaths from Covid dropped dramatically after the vaccine was introduced. Since Kennedy's assault on vaccines, three children have died from Measles and many more have suffered infection. Needlessly.

We should not equate opinion with scientific fact. He has cancelled many research



projects to find cures for many diseases, including Cancer and Parkinson's. I wish holistic medicine was the answer, but I know it isn't. It can certainly work for some illnesses, but not for others. Research has been giving us cures for the many forms of Cancer and I lament that much needed therapies will not be available in the future. There is now a treatment for Kidney Cancer that was not available in 2006 when my brother passed away from it.

I support alternative medicine and I support traditional medicine. It should be up to the individual to make that decision for themselves.

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



Photos all from Pixabay: Woman jcoope12, Man Soroboss, Child Vikkibilan

THRIVING IN MIDST OF THESE CHALLENGING TIMES ON EARTH, Joyce C. Gerrish, M.A.

These are unusual times on Planet Earth, with the extremes of weather, violence, diseases, governmental challenges around the world, wars, and more. People are very concerned about all of that, and we pray that everything will work out O.K. before too many years. Also, I feel that there are aspects to this situation that aren't understood by most people. Our planet is changing and our whole solar system is changing. Nothing stays static in this solar system or in our Milky Way Galaxy or in the whole cosmos. Everything is in motion as we may know. We hear that from the astrophysicists. Our whole reality is in motion and constant change. Our planet is spinning. Over trillions of years galaxies manifest and then after unimaginably long periods of time seem to evolve into pure energy into another dimension.

Earth is hopefully in the process of moving into a somewhat higher energy frequency. It is doing this in synchronization with the other planets in our solar system. We are behind for a number of reasons. This has a lot to do with the truth that the people of Earth have freewill, which is an unusual privilege. Freewill can complicate progress though. People may not do what they may be called on to do by their Soul and God. People manifesting in physical body on Earth also have great density which makes it difficult to stay in conscious touch with their higher consciousness. Earth as a whole is a very dense planet compared to the other planets in this solar system. So, progress has been slow on Earth given its free will and serious density.

Regarding all these challenges occurring on our planet and in our cities, try to keep your consciousness uplifted above the mass mind which may be heavy and somewhat disturbed these days. Try not to let yourself be pulled down with what is going on unless it directly affects you. Stress is hard on one's health and, of course, destroys peace of mind, and makes it hard to focus clearly on one's work or responsibilities. To stay lifted above the mass mind/emotions visualize yourself frequently in a ball of light. Periodically pray to God to protect and heal you and fill you with Divine Light and peace. It is helpful to meditate daily to lift into Divine Light. One can say helpful affirmations or prayers over and over when you don't need to concentrate on something. The 23rd Psalm can be very helpful. Sing uplifting songs to lift your feelings.

As our solar system as a whole is moving into a higher energy frequency, this higher energy is also sweeping into Earth and flowing through all the plants, animals, Earth as a whole, and through each of us humans. It is sweeping through all the levels of our aura and through our physical body and consciousness. It is loosening up any old stuck energies that hold old emotional traumas that need to be cleared out. This is good to have these come up from the subconscious to be cleared out, but as these old emotions come into our awareness it can feel upsetting or distressing. The crucial thing to remember is that they are only coming up to be healed and let go of and released into the Light - - not to let them stay there.

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How Does One Let Go of These Old Surfacing Emotional Energy Blockages? Please don't let them pull you down. Unless it is a current situation, tell yourself it is past and over. Imagine you are breathing in Light into them and breathing them out. If you sense what the old emotion is about, ask yourself, "What did I learn what the situation?" Nothing is wasted if we learn something from it. Keep the wisdom, let go of the pain or shame. Earth is a "schoolhouse" for us souls to come learn valuable lessons of how to embody the Divine Qualities of God such as Divine Love, Peace, Truth, Wisdom, Illumination, Healing, Compassion, Power for Good, and so much more. If you believe in reincarnation, you understand that this process of learning to embody the Divine Qualities of God is the work of very many lifetimes. Life your consciousness in meditation and pray to God (Divine Grace, Divine Healing, Divine Illumination) to move those old, disqualified energies from your aura. Forgive yourself if you wish you had done something differently. Forgive anyone else involved if possible. Even if it seems impossible to forgive the situation, give it to God. "Give it forth to God." When you lift in meditation, visualize a spiral of Light coming from Divine Realms and spiraling Light into and through your aura and body and sweeping out any old energy blockages that you ready to move. Pray that this clearing occurs at a pace for your highest good. This clearing of old energy blocks will also enhance your health. DRINK LOTS OF WATER TO HELP FLUSH OUT TOXINS RELEASED IN YOUR BODY FROM THE ENERGY BLOCKAGES AS THEY MOVE. OUT OF YOUR BODY. Eat pure food focusing on fresh fruits and vegetables you prepare at home. Avoid food additives, preservatives, colorants, and pesticide chemicals - - read the labels. Go low on sugar and drink pure liquids.

All of this can help you feel better and thrive as the energy frequency keeps increasing on our planet. Pray for world peace. God bless you in your energy clearing and healing process. The book I wrote, my classes on Zoom and in person, individual sessions, and website can help you in this journey.

Bio:Joyce Gerrish has a Master's Degree in Human Development.. She has extensive training and decades of experience teaching & as a practitioner of numerous natural healing modalities including Reiki. She is author of the book "Secrets of Wisdom - - Awakening to the Miracle of You" and is publisher/editor of the Natural Living Journal. She is a Holistic Life Coach, Counselor, and Energy Therapist. Weekly Zoom Healing Meditation. Louisville office or Zoom individual sessions 502-572-4871. www.joycegerrish.com

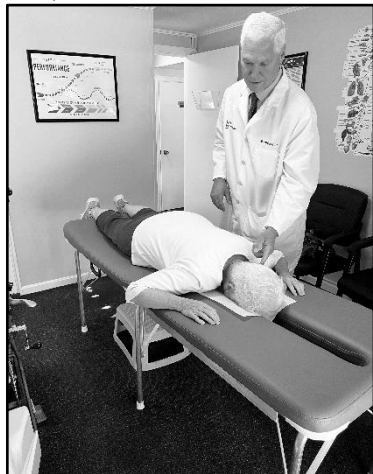
**CHIROPRACTIC CARE:
EXPANDING YOUR
CONCEPTS**

Richard T. Reul, DC

In my patient orientation class, I bring up a concept called "bubble of experience." I ask the question, "Would you agree that you have limited knowledge?" The answer is an immediate yes. I go on to say that the smartest people in the world realize how limited their knowledge is. There is a humility in acknowledging that you may not know everything and that you are constantly growing, learning and incorporating new concepts and ideas. Thus, we all have our own "bubble of experience." I asked my patients, "if you never heard of Chiropractic, what are the odds that you would ever go to a chiropractor for help?" The answer is zero. Then I ask if you only heard negative things about Chiropractic what are the chances of you going to a chiropractor? Generally, the answer is not very high. The reality is that only a very small percentage of the population ever receives chiropractic care. I even confess to my patients that if I had not met a chiropractor and gone to chiropractic school, I would never have sought out a chiropractor. My only image of a chiropractor was somebody that treated low back pain and "cracked" backs. .

In the course of taking prerequisite classes for physical therapy school, I ran into a chiropractor who was teaching my anatomy and physiology course. He asked me if I ever thought about being a chiropractor. I basically said no. He informed me about a seminar put on by his chiropractic school that's about the chiropractic profession.

I ended up going. What I heard changed the course of my life. Without getting into too much detail, I learned that chiropractors work with our bodies own inner intelligence



and nervous systems. Chiropractic adjustments are utilized to help free up nerve interference that limits our body's ability to express optimal health. I learned that stress -- physical, chemical, emotional, and even spiritual --



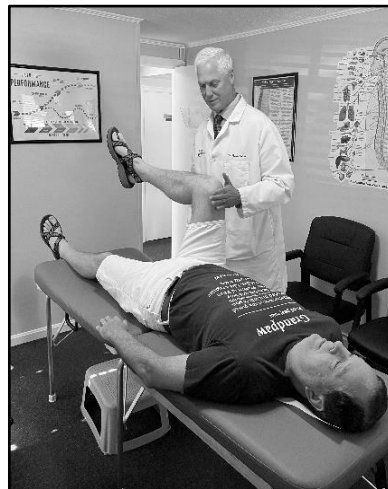
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Chiropractor

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can lead to our nervous system being overwhelmed and compromised. I found out that Chiropractic adjustments can help the nervous system reboot. It can help remove patterns of response that no longer serve us. I realized that



through adjusting the spine to remove nerve interference, I could help people on a physical, chemical, emotional, and even spiritual level.

My "bubble of experience" was expanded! My path led me to discovering the beauty of Chiropractic! It saddens me that many people will never go to a chiropractor because of no information or misinformation. I offer a patient orientation class that I give every Tuesday night at 6 o'clock. if you have any interest in expanding your "bubble of experience" you are

welcome to attend.

BIO: Dr. Reul has been in practice in Louisville since 1993. He holds a BA in psychology from St. John's University (Jamaica, NY), a Master of Theological studies from Catholic Theological Union (Chicago, IL), and a Doctor of Chiropractic Degree from Life College School of Chiropractic. He participates in health fairs doing posture, stress and headache screenings. For more information on Dr. Reul's practice, visit www.reulchiropractic.com.



Photos: Dr. Reul with patients in his office. Note: As always, consult your health care practitioner before making any significant changes in your health care.