



Natural Living Journal

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

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Embodying Our Soul Mission

Creating Sculpture

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Awesome Scents & Colors of Autumn

Opening My Heart More Fully to Joy

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Aging & Chiropractic Care

Gratitude, an Alternative Perspective

Reflections From the Mirror of Life

Turning Grief Into Purpose

AUTUMN ISSUE, September, October, November 2026



**NATURAL LIVING JOURNAL
WELCOMES ARTICLE AND AD
SUBMISSIONS. Holistic subjects such as
Environmental Protection, Natural Foods,
Exercise, Inspiration & Positive Thinking,
Natural Healing, Creativity, Wholesome Joy.**
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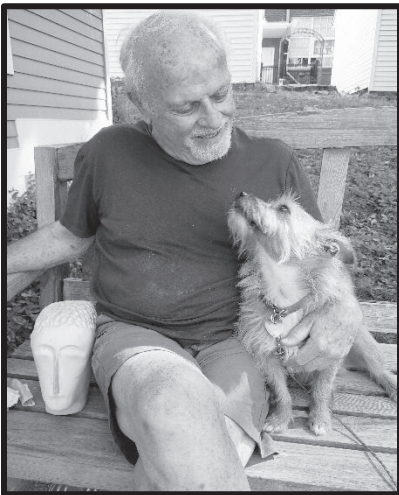
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I FEEL CALM & PEACEFUL CREATING SCULPTURE

by William Ronay, Sculptor

In my earlier adult years, I started a number of successful businesses. I was very involved with those and had an active family life with my wife and three sons. I started my art career about forty years ago. I had always been interested in art, but I had never gotten into creating it myself. Finally, one of my friends suggested that I talk with a fellow who worked in stone who gave lessons. The sculptor's name was Paul Fields. I worked with him in his barn at the end of Frankfort Avenue. The first lesson he gave me went like this. He gave me a chisel and a hammer. He told me, "now hold the chisel like *this* and knock off the pieces that don't belong there."



Over the years I have enjoyed working with sculpture immensely because on weekends it allowed me to think about something other than business, money matters, and all that. It

calmed me down and I thoroughly enjoyed it.

I had an opportunity to go to Europe and one of the places I went was Greece. While there I went to the Cyclades Islands. They are a group of thirteen islands offshore Greece in the Aegean Sea. There I found art of a Cycladic nature and I immediately fell in love with it. I have been inspired by that for the past forty years. The Cycladic art that I love was produced there around 2500 BC. As of now historians are still trying to figure out what was being expressed. Primarily they think they are burial figures. They are very plain and absolutely expressive,



I feel that art performs a valuable role for humanity. For me it is an expression of my feelings. For people other than myself, depending on the beautiful objects they are seeing (whether paintings or sculpture or various formats of ink or cloth or whatever) it can help them get in touch with and express their feelings. I always enjoy seeing work by other artists whether it is a major appeal or just interesting. What art really does for me now that I have sold my companies and I am retired, I have something I can work with in a very calm state of mind and have a reason for living.

In addition to art, a great joy in my life is my family. I have three sons and my grandchildren. My son Matthew Ronay is a world-famous sculptor. I have friends and have had a lot of wonderful experiences. I have traveled quite a bit. Friends are very very important to me. Discussions are important. Art is to me a "vacation" on a daily basis.

Contact: For further information about William Ronay Sculpture, contact wm.ronay@gmail.com



EMBRACE THE BEAUTY OF CHANGE

Rev. Valerie Mansfield

As summer's vibrancy begins to fade and fall's brilliance arrives, we have an opportunity to connect more deeply with ourselves, our surroundings, and life's natural rhythm. School is back in session and life changes. Mother Earth transforms into a million colors.

Fall is a time of transition. It is a time to look at your life and reflect on the changes you want to make as you move forward on this life's journey. Take time to enjoy the beauty all around you - sit outside and listen to the sounds of the birds singing or feel the crunch of the leaves as you walk. Smell the earthy scent of autumn and taste the seasonal foods like squash and apples. Observe the squirrels gather their food for the coming winter. Feel the crispness of the air and the gentle warmth of the sun. Allow this beauty to inspire you to embrace change in your own life, recognizing it as a natural and essential part of your growth.



Fall offers a unique opportunity to be outdoors in cooler weather. You can visit a local orchard and pick apples, go to a pumpkin patch to find the perfect

fall decor, or simply take a walk in one of the many parks cultivated for us to enjoy. Breathe, move, and be still to slow down and heal your mind, body, and spirit.

As we approach the season of Thanksgiving, it is a time to cultivate gratitude. Start a gratitude journal where you jot down three things you are thankful for each day. This practice shifts your focus from what you lack or what challenges you to the abundance you already have in your life. Share your gratitude with others; expressing appreciation can deepen your connection and create a greater sense of community. Consider organizing a gratitude gathering with family and friends, where you can all share what you're thankful for; this creates a shared



sense of positivity and a ripple effect in the world.

As the holidays approach, remind yourself you are the best gift you can give. Simple gifts of love, made with your imagination, are the gifts folks truly cherish. And yes, some love the packages under the

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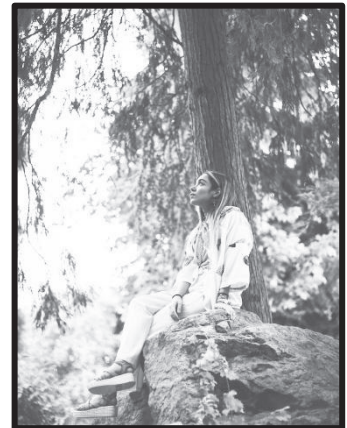
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tree. When you share your love, remember that healthy relationships are one of the most important things in life.

As the year approaches its end, take time to reflect on your goals and aspirations. What have you accomplished? What lessons have you learned? Use this reflection to set intentions for the coming months. Consider writing down your thoughts and goals. This practice not only clarifies your desires; it helps you stay focused and aligned with your values as you transition into winter.

Living consciously during the fall season invites us to embrace change, cultivate gratitude and connect with nature. By reflecting on our journeys and setting intentions for the future, we can navigate the transition into winter with grace and mindfulness. Embrace the season's beauty; let it inspire you to live fully and consciously in every moment.



BIO: REVEREND VALERIE MANSFIELD. She is an Ordained Unity Minister, Life Coach, & Holistic Healer.

She is manifesting a new enterprise "Pathways to Harmony". Pathways to Harmony is a threefold operation. It's an opportunity for individuals to bring harmony, clarity and understanding to their daily life. Families work together to bring harmony, peace, and love to the forefront of the family dynamics, through Conscious Connections. Consulting for non-profits and small businesses focusing on harmony, efficiency, and effectiveness. Valerie currently serves as the Minister of Record at Unity of East Louisville, Inc., and the Treasurer of Unity Worldwide Ministry. Valerie's mission in life is to create a harmonious, loving, conscious experience daily. Reverend Valerie Mansfield is a lifelong Unity Truth Student and welcomes you to join her on a spiritual journey of harmony, love, and transformation. She lives with her husband Bruce of 40 years.



Photos: Hikers, Getty Image with unsplash. Person Relaxing on Boulder, hamed daizi unsplash. Squirrel, ana paula grimaldi unsplash

WHAT IS BIOCHAR? How Can It Help Enrich Our Soils Naturally & Help Protect Our Environment?

Bruce Weston, Engineer, Environmental Research

Bruce Weston reminds us that global warming is real. We are all aware that the weather has been unusual in recent years. He is working to create a practical way for people to make Biochar to help them enrich their soil without polluting the atmosphere or harming the crops, earth, beneficial insects, farm workers, and all of us. Biochar is a carbon rich



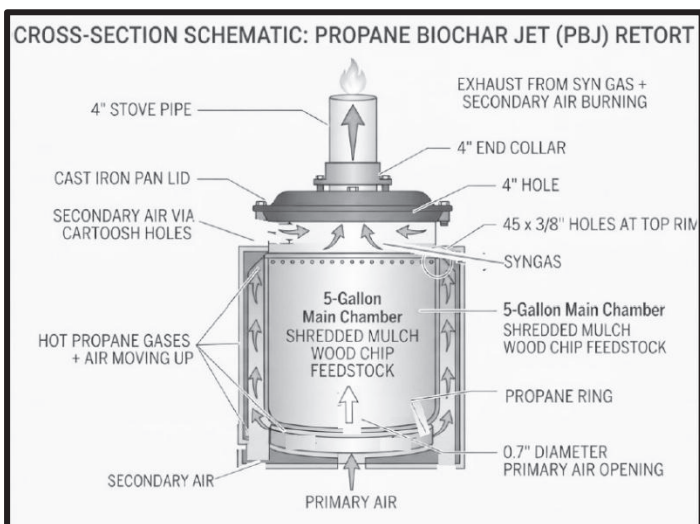
charcoal created by heating substances like wood chips, crop residues, and manure in a low oxygen kiln-like structure. The resulting charcoal can be charged with plant nutrients and be added to poor or sandy soil at a ratio of 10% biochar to 90% soil to build a more drought tolerant and nutritious soil to improve growth of crops or plants.

HAVE YOU HEARD OF TERRA PRETA? Biochar is the primary ingredient of Terra Preta (Portuguese for "black earth.") This ultra-fertile, man-made soil was created by Amazonian indigenous populations between 500 and 2,500 years ago. They mixed charcoal, human waste, bones, clay, and organic debris into the region's naturally poor tropical soils. The results were astonishing: Trees grew up to **six times larger** than those in normal Amazonian soils. Crop yields increased by **800%**. Wow!

Terra Preta serves as an inspiration for soil building. What is very important about Biochar is that the burning process to create the wood based charcoal leaves only pure carbon in the form of the wood structure. The heat changed carbon in this



charcoal substance is incredibly stable and it can remain in this charcoal form for tens of thousands of years effectively sequestering the carbon and preventing it from ever entering the atmosphere as carbon dioxide and contributing to global warming. At the



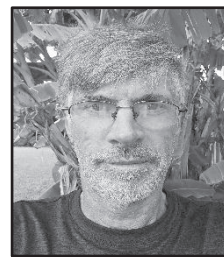
same time the carbon structure is loaded with millions of negatively charged electrostatic bonding sites in its pores that can hold ionic bio-available plant nutrients such as calcium, magnesium, potassium, and more.

Biochar is for sale at stores like Home Depot and Lowes and other stores for about \$30 for 22 pounds (or less money for a smaller amount of Biochar). If your soil is sandy or weak, you might want to buy some along with your regular organic soil building products when you're doing planting.



Bruce's work presents a propane-assisted biochar retort (powerful kiln-like oven) and a streamlined recipe to create a high-quality biochar soil amendment that targets Terra Preta-like qualities. People with technical know-how may wish to try creating their own biochar. This could be particularly helpful for a farm or garden. Bruce was an engineer his whole career and has now been retired for five years. He is currently working independently on this biochar process to promote its use for gardening, growing, and as a way to take actions to help protect our world from global warming. The complete plans and directions are available for you to access free of charge on the website of this Natural Living Journal. You can find Bruce Weston's document at www.natuallivingjournal.com.

Photos: top left: separated chamber components, Middle right: Chamber components operating with temp measurement, Bottom left: with lid to side showing Syngas secondary combustion.



Winter Squash: The Fall Vegetables Many People Aren't Sure What to Do With. By Jamie Dickerhoof CNC, CCMH

Every fall, the produce section fills up with beautiful squash in every shade of orange, yellow and green. They look inviting, seasonal and somehow like something we should be eating. Then a lot of us walk right past them because we aren't sure what to do with them. Winter squash may look intimidating, but once you know how to prepare a few varieties, they are some of the easiest whole foods to add to a fall meal. They don't need complicated recipes or a long list of seasonings, either. A little olive oil, salt and pepper—and knowing how to cook them helpful ways—goes a long way.

Unlike tender-skinned summer squash such as zucchini, winter squash are harvested when mature. Their firmer flesh and harder skins allow many varieties to be stored much longer than summer squash. And while they certainly bring plenty to the table nutritionally, that's not really the point here. They're delicious, versatile whole foods that are surprisingly easy to prepare. Remember to buy organic whenever possible, especially if you are eating the skin. What follows are four of my favorites and some very simple ways to prepare them. (See Cutting Note at end if article)

Spaghetti squash deserves to be more than a stand-in for pasta. Spaghetti squash is probably best known as a substitute for pasta, but I think it deserves to be enjoyed as a vegetable in its own right. Cut the squash in sections and remove the seeds. Generously brush the cut sides with olive oil and season with salt and freshly cracked pepper. Place cut-side down on a parchment-lined baking sheet and bake at 400°F for 50–60 minutes, or until a knife easily goes all the way through. Scoop the flesh into a serving bowl and season with nutmeg and a little more salt and pepper to taste. Finish with a drizzle of good-quality olive oil—or, for a special treat, truffle oil. It's simple, savory and delicious.

Delicata is the squash for people who don't want to peel squash. If peeling squash is what keeps you from cooking it, meet delicata. Its thin skin is completely edible. Wash it well, slice it (the round part) in half, then cut each half lengthwise. Scoop out the seeds and slice the squash into ¼- to ½-inch moons. Toss with olive oil, salt, pepper, a few dashes of cinnamon and about a teaspoon of maple syrup. Spread evenly on a parchment-lined baking sheet and roast at 400°F for 20–25 minutes, or until soft. The small amount of maple syrup and cinnamon enhances the squash's natural sweetness without overpowering it.

Acorn squash practically comes with its own serving bowl. Cut it in half and remove the seeds. (See cutting note) I also cut the stem and pointed ends just enough to create a flat surface so each half can sit upright, cut side up. Pierce the skin several times with a fork.



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Brush the flesh with olive oil, season with salt and pepper, and put a generous pat of butter into the center. Bake at 400°F until the flesh is soft and easily pierced with a fork. Eat it right from its natural bowl or scoop it out to serve.

Butternut Squash may be the most versatile of the bunch.

Butternut squash is wonderful in soups and recipes, but it's equally good simply roasted. Peel it, cut it in half, remove the seeds and cut the flesh into roughly 1-inch cubes. (An alternative way to cut it is across the thinner section every three fourths of an inch very carefully. When you get to the more bulbous section, make cuts at angles - - not across the whole thing at once.) Toss with olive oil, salt and freshly cracked pepper, spread in a single layer on a parchment-lined baking sheet and roast at 400°F for about 30–40 minutes, turning once, until tender with browned, caramelized edges. Finish with a drizzle of good olive oil and adjust the seasoning to taste.

Sometimes simple really is better. You certainly can dress winter squash up with herbs, spices, sauces and elaborate recipes, but you don't have to. One of the best things about cooking with good whole foods is learning how little they sometimes need. So, when those piles of strange looking squash appear this fall, don't just use them as decorations. Pick one up, take it home and enjoy eating it.

Cutting Note: Cutting winter squash needs to be done with great care, in order to not cut oneself. Be sure your knife is sharp, proceed slowly, and keep your fingers out of the way. Hold the knife in your right hand. If you are right-handed and use your left hand to hold the squash steady. It is usually easiest to cut across the most narrow direction, particularly with butternut squash. One idea to make cutting easier is to bake the whole squash for a while in the oven until it is at least somewhat softer. If you are peeling winter squash, please use a peeling tool. Natural Living Journal and the author cannot be held responsible for anyone cutting themselves.

BIO: Jamie helps people who feel stuck, stressed, or unwell finally understand what their body is communicating so they can heal and feel like themselves again. She is a Mastery-Level B.E.S.T. Practitioner, Master Herbalist (CCMH), Certified Nutritionist Consultant (CNC), & Creator of the Human Soundcheck method. Learn more at <http://humansoundcheck.com>



THE AWESOME SCENTS AND COLORS OF AUTUMN

By Elsa Lichman, MSW

*Editor's Note: This poem is moving from the first hint of autumn
Into fully embracing the autumn season.*

Trees are still lush with leaves blowing in the breeze.

Yet a few outer leaves are becoming red,

A small hint of the autumn to come.

We begin to appreciate cooler nights

Piles of crisp leaves, which children cannot resist.

We begin to reminisce

About the scents and sights of summer,

Yet we now are looking forward to apple picking,

Piles of pumpkins, gourds, and the

Exquisite decorative colors of the trees around us.

We reminisce about burning leaves

Sending up that particular fall aroma,

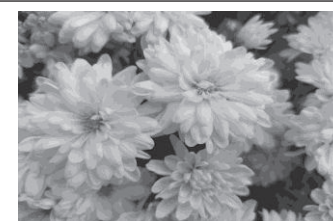
And look forward to enjoying this season.



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: All from Unsplash. Bridge, Adam Neumann; Child, Lukes Parnecan; Squash, David Trinks; Woman picks apple; Ayla Meinberg; Autumn Flower, Juliaa Ly



TURNING GRIEF INTO PURPOSE

Christi L. Murphy, LMT, CLT, Reiki Master

One of the most meaningful gifts you can give yourself during grief is permission to follow what I like to call “sparks of joy.” In the beginning, this may feel difficult. Grief leaves us feeling raw, vulnerable, and unsure of how to move forward. The world continues around us, but our own world may feel as though it has stopped. The last thing we often want to do is put ourselves out there, try something new, or allow ourselves to experience happiness again. We may even feel guilty when moments of joy appear, as though laughing or smiling means we are forgetting the person we lost. But healing does not mean forgetting. It means allowing love and joy to exist alongside grief.



Following sparks of joy does not require huge changes or dramatic moments. Often it begins with the smallest things that gently lift our spirit. It might be watching a funny show that makes you laugh, listening to a favorite song,

spending time in nature, enjoying a quiet cup of coffee, or noticing a beautiful sunrise. These moments may seem simple, but they remind us that there is still beauty around us and that our hearts are still capable of experiencing peace.

Grief can also be an opportunity to reconnect with parts of yourself that may have been waiting to emerge. Maybe there is something you've always wanted to learn—how to play a musical instrument, painting, gardening, learn a new language, photography, or another creative hobby. You don't have to be perfect, and you don't have to turn it into a goal or accomplishment. Simply allow yourself the freedom to explore something because it brings curiosity and happiness into your life.

Christi Murphy

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These small moments of joy are powerful because they gently begin to shift our energy. They remind us that grief is only one part of our story. We are not pushing away our sadness or pretending the loss didn't happen. Instead, we are creating space for healing to grow alongside our pain. At first, these sparks may feel small and temporary. Some days, simply getting through the day may feel like enough. Be patient and compassionate with yourself. Healing does not happen all at once. It unfolds through small moments—a conversation with a friend, a peaceful walk, a new interest, or a genuine smile that surprises you.

Over time, those sparks begin to multiply. One moment of joy leads to another, and slowly they begin to fill your days with renewed purpose and meaning. They become little reminders that although loss changes us, it does not take away our ability to experience love, connection, and hope. By following those sparks of joy, we honor both the person we lost and the life that still continues within us.

BIO: Christi 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:** Lois Komolafe Unsplash

BOTH CAN BE TRUE

Kimberly LaFollette, Psy.D.

I recently started working as a disability evaluator for Veterans. I spend day after day, hour after hour, talking to some truly remarkable individuals. I enjoy meeting these Veterans, but quite honestly, they have shared some of the most traumatic and heartbreaking recollections I have ever heard in my more than twenty years as a psychologist. I greatly underestimated how difficult it would be to hear and document these stories on behalf of our Veterans. I have ended each day with a head that feels completely full and a heart that feels incredibly heavy.

I work from home, so after each evaluation, I find myself almost sprinting down the stairs and out the back door to pace around my backyard.



Yesterday I noticed that I was barely speaking to my husband as he tried to initiate a conversation while I bolted out the door. As I paced around my yard, I wondered why I had been in such a rush to get outside at the end of every evaluation. Was I simply trying to distract myself from the work that

remained to be done? Was I trying to stretch my legs after sitting for so long? Or was it something else?

Today as I paced around my yard, it struck me. The reason I bolt out the door is because I am trying to remind myself that it is still beautiful out there. As I walk around my yard, I make an effort to notice all of the new flowers that have bloomed that day. Sometimes, if time allows, I make a fresh bouquet. I pay attention to the birds at my feeders, and I marvel at how the fat bumblebees glide effortlessly from flower to flower. I recognize now that, in doing this, I am not avoiding the trauma I have just heard or putting off the work that remains to be done. Instead, I am allowing myself to remember that things can be awful and beautiful all at once. Both can be true.

This is a conversation I often have with my own private practice clients. Sitting with both the good and the bad is a skill that must be learned. The ability to acknowledge and



honor both the misery and the beauty in life is hard. It is incredibly easy to become consumed by the misery around us and within us. When we do, our world can begin to feel very dark and hopeless.

On the other hand, when we ignore the pain and suffering around us or within us, we miss opportunities to address what needs our attention. Pretending that everything is okay does not make the difficult things disappear.

Somehow, being a healthy and functioning adult means learning to stand firmly in the middle. We must be brave enough to sit with the discomfort of life - - and to acknowledge that it can be tragic, painful, and deeply unfair. But we must also be willing to notice the magnificent beauty occurring all around us.

Life can be incredibly hard, and there can still be moments of extraordinary beauty. When we learn to make room for both, we open ourselves to the fullness of life. We can acknowledge the hard things without allowing them to become the only things we see. Perhaps in doing so, we find a way to navigate through the difficult times while still having a deep appreciation for the goodness and beauty that already exists.

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: Flowers, Gettu

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ENJOY RECIPES FROM INDIA TO REPLENISH ENERGY

Laura Spaulding AYRI, KPJAYI

Authorized Level I, Sharath Jois Level 2, Yoga Alliance E-RYT 500, President Yoga East

These are healthy vegetarian recipes from India that I have enjoyed over the years.

Kichadi

This recipe is recommended for yoga practitioners or anyone else who wants or needs a soothing warm dish.

½ cup Basmati rice
½ cup mung dal (a small yellow split pea having a mild flavor, available in Indian stores, in Louisville there's Jay Hind Store)
1 tbsp ghee or olive oil
(optional) 1 dash hing powder (asafoetida, available in Indian stores)
1 tbsp whole cumin seeds
½ tsp turmeric powder
1 tbsp finely minced fresh ginger
1 cup chopped vegetables such as carrots, cauliflower, bok choy, spinach, kale, Swiss chard, or squash.
Salt to taste
6 cups water
½ cup chopped fresh cilantro leaves (optional)
Wash and sort the rice and dal. Heat the ghee or oil in a large saucepan (Optional, add the hing. It will bubble and smell fragrantly nutty. Don't let it burn).
Add the turmeric and cumin seeds. When the cumin begins to pop, add the washed dal and rice and stir to coat the grains with the oil and spices.
Add the ginger and vegetables, then add the water. Stir and bring to a boil. Turn the heat to low and simmer until the rice and dal are cooked (15-20 minutes). Garnish with cilantro leaves and serve with whole wheat chapatis (flat Indian bread) and Raita (that recipe follows).

Raita

Combine all ingredients:
1 cup plain unsweetened yogurt, stirred until smooth
½ tsp whole cumin seeds
½ cup peeled, seeded and diced cucumber and/or chopped tomato
1 tbsp chopped cilantro leaves
1 tbsp chopped onion (optional)
salt to taste

Chai – Masala Tea

Per 2 cups tea, use:
2 ½ cups Water
2 whole cloves
1 peppercorn (optional)
1 slice fresh ginger
4 cardamom pods



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<https://yogaeast.org>



Scan to see the schedule or register.

½ stick cinnamon

Boil spices together for 5-15 minutes. Add 1 cup brewed black or jasmine tea. Add milk (plant based milk ok) and sweetener to taste.

Ashram Savory Cereal

This recipe came from an ashram I used to visit. Combine all ingredients except cilantro and bring to a boil. Lower heat to simmer until grains are cooked.

Bring to a boil 6-8 cups water
¾ cup of any kind of grain or mixtures of grains like millet, bulgar wheat, quinoa, steel-cut oats, farro, barley.
1 tsp whole cumin seeds
2-3 tbsp of fresh grated or dry shredded coconut (not the sweetened kind)
2 tbsp finely chopped onion
1 tbsp grated ginger
½ cup of finely chopped vegetables, such as celery, cauliflower, carrots, tomato
2 tbsp chopped fresh cilantro leaves
1 tsp salt or to taste
Garnish with cilantro and serve.

Bio: Laura Spaulding has studied yoga with accomplished teachers and Sanskrit scholars since 1967. She has been president of Yoga East since 1994. Authorized Level I, Sharath Jois Level 2, Yoga Alliance E-RYT 500,



Editor's Note: What a fun adventure to prepare these recipes! A woman from India several times prepared her delicious meals for a group of us. What a treat. A grocery store in Louisville that sells food from India is Jay Hind International Grocery Store at 1941 S. Hurstbourne Parkway, Lou., KY 40220. Phone: 502-742-2025.

AGING AND CHIROPRACTIC

CARE, Richard T. Reul, DC

One reality that we can't escape is the fact that we are all getting older! Aging is a part of the natural flow of life. The human body starts to decline as early as the mid-20s. Each decade of life that passes brings signs that our body struggles to perform at the same levels as when we were younger. We all age differently due to a combination of genetic and environmental factors. From the time of conception, we are exposed to physical, chemical and emotional stress. The younger and healthier we are, the quicker we adapt to and recover from the stressful events we experience.

The better we take care of ourselves physically, chemically, emotionally and spiritually, the better our body navigates the aging process. Exercise, good nutrition, and having a positive social environment all help counter our exposure to stress. Having a healthy nervous system is vital as we navigate the challenges of life. Our nervous system is resilient. We respond to stressful situations with some sort of physiological response. In the fight or flight response muscles tighten. Blood pressure, heart rate, adrenaline and cortisol levels increase. Digestion is inhibited. When the stress passes our nervous system ideally resets. Muscles relax. Chemical levels and physiological levels return to normal.

If our nervous system gets overwhelmed, sometimes we don't fully reset. Tension gets stuck in the system making us less flexible to deal with future stresses. We start accruing tightness and tension in our body that gradually affect our overall health. One of my favorite analogies is the windshield analogy. When we have a clean windshield the quality of our driving experience is optimal. As we drive, we may get a couple of bugs on the windshield. That's no big deal. But as we accumulate bugs, our ability to see clearly gets compromised. If we never clean our windshield, the accumulation of bugs can affect our ability to drive safely.

Chiropractors work specifically with the nervous system to help get the bugs or blockages out. By removing what are called subluxations, chiropractors are effectively cleaning the windshield of your nervous system. The older we get, the more bugs we tend to have in our nervous system. Chiropractors work to help our body express the best health possible.



DR. RICHARD T. REUL
Chiropractor

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Regardless of the advancement of degenerative processes in the body, we all have the potential to get better on some level. I can't tell you how many people have said "I have arthritis so nothing can help me." In chiropractic, we have a term called "limitations of matter." We can only work with the raw material that comes into our office. There may be a limit to how much better a person can become, depending on the extent of degenerative changes that have occurred in the body.

Regular chiropractic adjustments can help minimize the effects of degeneration that have already occurred. I ask my patients: "If you could feel 25% better than the way you feel now, would that be a win? The answer is usually a resounding yes! I had a patient who was in his 90s tell me that if I could stop his condition from getting worse, that would be a win. This patient had never been under chiropractic care before but got the big picture. No matter what age you are, having a healthy nervous system can enhance your sense of well-being and increase your ability to enjoy your life. I can't tell you how many people I have witnessed have the quality of life improved through chiropractic care. I hope you consider giving chiropractic care a try, especially as you get older!

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. Photo: Getty, Unsplash:



HOW DO I OPEN MY HEART MORE FULLY TO JOY?

Rev. Gerry Boylan, PhD.

I remember a line from a movie called "Tender Mercies" with Robert Duvall. He's talking to a young boy who says something about happiness and Duvall reflects and responds, "happiness, I don't trust happiness, never have, never will." I identified with that right away. I'm very wary of happiness. I grew up in an environment where happiness could be taken away by an alcoholic whim. The pain of it being ripped away for no particular reason was enough to warn me against becoming too enamored of happiness. It hurt too much when it was taken away,

I realized on some level of my being that I was missing out on a lot of life, but I wasn't sure how to get it back. So part of my adult life has been cultivating ground for joyfulness or happiness and not being afraid of it - - or at least not being afraid of it too much. I began to realize that guarding myself against happiness or joy, I was only living half a life or not much at all. So how do I do that? How do I open my heart, my mind, my Soul to joyfulness? How do I overcome my fear of happiness? Well, part of that solution begins with recognizing that joy or what we sometimes refer to as happiness is not just an emotion. If it is an emotion, like all other feelings, it's not going to last - - it's going to be dependent upon external circumstances; it's going to change when your focus changes.

A fundamental metaphysical principle crops up here: When I see it happening out there, it is happening in here inside me. In other words, in order for me to be able to see joy / happiness I have to be experiencing it myself. So there's the challenge. Can I be joyful in the midst of chaos? Can I be joyful in the midst of sadness or the one I'm dealing with right now, can I be joyful in the midst of grieving?

Can I be joyful in the midst of grieving? On an emotional level it's one or the other, but if I'm talking about a spiritual state of consciousness, I can be both. I can be experiencing both, so that's my message today. Because I am a divine being we are each a Divine Soul in our body temple, I can be experiencing everything at the same time, there's no judgment, no sense of separation. I don't say joy is good, but pain is bad. They're all part of my human experience and whether I realize it or not, I have chosen this human experience. This is what my trip is all about. This is my agenda. This is my blueprint. Can I be joyful and grieving at the same time?

When growing up I did not look at myself as being a pessimist, but a realist. I was always prepared for the worst

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that might happen. If the worst stuff didn't happen I could at least be a little bit grateful - - but not so much as it brought me joy. Happiness is not a byproduct, our natural state is to know we are one with God, that we are loved unconditionally, and knowing that nothing is separate from God's love. That's our natural state, not an emotional high but an inner reality. Does it include pain and suffering, of course it does. It's life being life; its part of the trip. The biggest difference is we don't get all wrapped up and we don't make a drama of it. We don't make it who I am. I am neither my sadness nor my joy. I have both.

Tenderness contains an element of sadness. It is not the sadness of feeling sorry for yourself or feeling deprived, but it is a natural situation of fullness. You feel so full and rich as if you were about to shed tears.

Sadness in this is not the opposite of happiness, the opposite of happiness is a closed heart. Happiness is a heart so

soft, so expansive that it can hold all the emotions in a cradle of openness. A happy heart is one that is larger at all times than any other emotion.

Jack Kornfield wrote, "An open heart feels everything including anger and grief and pain, and a bigger and wiser all-encompassing sense of being." Joseph Campbell called it, "the joyful participation in the sorrows of the world." Allen Levi wrote in Theo of Golden, "It is another of life's great mysteries that sadness and joy can coexist so compatibly with one another."

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:** Christian Buehne off Unsplash.



REFLECTIONS FROM THE MIRROR OF LIFE

By Cathy Lindbeck, APRN,
Psychiatric Nurse Practitioner

As I lay in bed and struggle to turn on my side, I feel a knife-like pain radiate through my shoulder. Why did this happen to me? Sure, I am 72 and expect some health issues. Having my third major surgery in 5 years seems unfair, not to mention unreal. I remind myself that the 2 hip replacements were due to cartilage loss secondary to Lyme's Disease. This recent shoulder surgery that included a bicep and rotary cuff repair was due to long distance swimming. That's just not right. Why me?

Does "why me" sound familiar? I think of all the newspaper articles I have read in the past of horrible events happening to people, to other people. I feel compassion. I think how horrible it is. On another level I understand it is happening to other people, not me. It is a different story, a different understanding, when it is happening to oneself. Aging, illness and loss are experienced by all living beings. It is the human condition. I think we can intellectually understand that. After all, none of us are exempt from human suffering, particularly as we age. To fight the reality of this is also a cause of suffering. What to do?

I have tried all types of things to deal with the "why me" events of my life. The first is to cry out at the injustice of the situation. This is swiftly followed by denial. This isn't really happening to me, I say. It's not as bad as I think. If I do a quick assessment of the situation that construct quickly fades away. A natural progression then for me is to anger. This is not right. It should be fixed immediately. This feeling gives way to a feeling of despair as I begin to appreciate the current situation is not in my control. Again unfair.

Finally, I have found accepting the situation, not liking it, not putting on rose colored glasses, seeing it for what it is helps. It is a part of being human. It is a big part of aging. One re-frame I use frequently is "This is the way it is now, it cannot be other." That does not mean it won't change. It does not mean you like it. You accept the reality of the current situation. It's not fair, it shouldn't be happening to you. The truth is it is happening and happening to you.

The aging process can be filled with these moments of unavoidable truths. Life may feel unjust and fill you with anger. This is a part of being human. The flip side of this are the moments of wonder you can feel at the ordinary things in life that are often overlooked. Since I have retired, I have more time to notice things I may have not have paid much attention to. I take deep pleasure leisurely enjoying my morning coffee in bed and watching the world wake up. I am awestruck at the beauty of a sunrise and a sunset. I am filled with wonder and



Cathy with a red-tailed hawk at a Falconry Event where one holds a piece of food, and the bird comes to you. Awesome! Below is photo of Cathy hiking with her dog.

joy at the love of family, friends, and pets. The kindness of strangers also touches my heart.

I find aging to be bewildering. I look in the mirror and wonder how I came to look so old. My soul feels ageless. The mirror reflects another reality. It reflects the physical body not the ageless soul. Both exist simultaneously. I am trying to embrace this reality.



Since retiring 3 years ago I have put a focus on staying physically and mentally active. I have taken up Pickleball and drawing. I find I am fairly good at these activities which was a surprise to me. My body is slowing down, yet aches and pains aside, I feel I am in better physical shape than I have been in years. This was another surprise. One I never would have experienced if I hadn't pushed outside my comfort zone and tried something I had never done before. I encourage others to try new things. You never know, you might really enjoy them.

Life is one mysterious process. It gets really interesting as we age. Our bodies change, we experience loss and illness. We can choose to accept these events or not. They are going to happen regardless. Why not take some time to enjoy the moments as they pass? Try that new activity that sounds interesting to you, take a risk and call that acquiescence to get together. Live a little. Better yet, live a lot!!

BIO: Cathy Lindbeck APRN is a 72-year-old psychiatric nurse practitioner who has been practicing in various mental health settings for 46 years till her retirement 3 years ago. She now lives on Amelia Island in Florida with John her husband of 44 years and their 9-year-old German Shepherd.

GRATITUDE

(Alternative Perspective)

By Lorena Peter, PhD, Writer,
Reiki Master, Medical Intuitive

Many spiritual teachers discuss the value of forgiveness. Hmm? I guess forgiveness is necessary if you become angry at a person who has “hurt” you. Based on my experiences I don’t much believe in “forgiveness,” rather I believe in “gratitude.”

If you believe that it is all in Divine Order, doesn’t that include EVERYTHING?? If you believe that this life is filled with lessons whether created by a God in Heaven or by the Cosmic Consciousness, aren’t all lessons good? If the people in your life are to enable you to learn some cosmic truth or even a personal truth, isn’t that a good thing? Wasn’t my divorce to teach me something, perhaps about my own self-worth? Sometimes relationships or marriages don’t last very long because you learned the lesson in a



short amount of time. Yay for you! Those starter marriages are actually extremely successful when they have moved you physically or emotionally to the place from which you can start the next stage, the next lesson. One way of looking at it is that “that guy volunteered to be a **catalyst** in my life! Thank you for the blessing of giving up some joy in this life in order to teach me a very important lesson.”

One friend was given so many gifts by her short relationship that it is difficult to count. She was moved to live closer to her family. His death (**though it was very sad and painful for her**) left her the gift of financial independence. - And because of being totally uprooted, she changed the focus of her life to art and to service to her community. Those were blessings to the people around her as well as to her.



Other people have lessons to learn in the course of a long relationship with one person. To be clear, not all lessons are painful, although we humans often require a fair amount of pain to motivate us to change... to try on different behaviors or different relationships and to push ourselves beyond. One adage is that humans fear change more than anything!!

Some self-help coaches advise writing a “gratitude journal” to put yourself in a good position emotionally. It is one way to remind yourself of all the blessings you’ve received. What a great idea. Examples they provide include the flowers blooming in your neighborhood. My suggestion is that when you add to your journal - - try seeing the blessings in the worst things that happened that day. Try seeing how all of life fits together in a mosaic of happy and unhappy experiences to enrich your life and help you see the events of your life as grace.

BIO: Lorena Peter, Ph.D., Writer, Reiki Master, and Medical Intuitive. Books Lorena has written and is currently writing:

Gaff—Wisdom from the Sea (2010)

Dread by Peter Rufer (2025)

The Fairy Guarden (fall, 2026)

You are Beautiful (Coming soon)

“The Spirits of Buffalo Trace” and “Toast for Toofa” in Mystery with a Splash of Bourbon (Anthology of short stories, 2020)

EDITOR’S NOTE:: Karma from a past life relationship can draw one into a challenging relationship that needs healing resolution.

PHOTOS: Man by Leilani Angel of Unsplash. Woman Writing, Hannah Olinger of Unsplash.



WALKING OUR SOUL PATH, EMBODYING OUR SOUL MISSION

Joyce Hemdahl Gerrish, Reiki Master

Dear Reader, life is complicated. It's not all black and white. There are nuances to be felt and understood. I feel that we came as Souls to planet Earth again and again through reincarnation to learn to embody the Divine Qualities of God. Close to 50% of people on planet Earth believe in some form of reincarnation. I wrote a book Secrets of Wisdom, Awaken to the Miracle of You. It has a chapter on seventeen of these Divine Qualities of God. No one said it's easy to embody all of them, but I feel that's the goal. The greatest of all of these is Divine Love. That doesn't mean romantic love, but that can be part of it - - if it is kind. Kindness is extremely important and compassion - - but not to allow oneself to be walked all over.

Some of these Divine Qualities of God in addition to Divine Love are Peace, Wisdom, Truth, Joy, Power for Good, Patience, Healing, Grace, and Illumination. How do we learn to more fully embody these Divine Qualities of God? Each person has their own journey; each Soul has their own inner Sacred mystery. Certain actions of a person may seem incomprehensible to someone else, but it may seem imperative to that Soul. They may need to walk that path in order to learn a certain lesson or to work out and balance a piece of karma they carry. Complicated? Yes. Feel it in your heart when your consciousness is in as high a state of meditation as possible, not when depressed or feeling heavy.

As I wrote my book Secrets of Wisdom over a two-year period, I felt inspired to compose a Soul Song for each of 17 Divine Qualities. You can listen to me singing my Soul Songs with my guitar on my website www.joycegerrish.com. Look under "Songs and Meditations," and find there a section for each of those Divine Qualities, Sing along with me, the printed words are right there! Along with each Soul Song there is a related design I created and a short audio guided meditation. The meditation for Divine Illumination might be particularly helpful as it includes support for clearing the seven major energy centers (chakras) and rising up through the levels of your consciousness.

So how do we learn to more fully embody the Divine Qualities of God? I have been a Higher Meditation Guide and Aura Therapist for the past 45 years. Everyone (except a few very high Saints) has energy blockages of old traumas from

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this life or past incarnations. Those can make it somewhat difficult to perceive and fully embrace the Divine Qualities of God. Making progress in clearing those blockages is part of our Soul work - - along with our Soul Mission. The contents of those blockages can make themselves known to one during higher meditation or quiet moments (or working with an intuitive energy healer). We may remember someone or something we need to forgive and let go of - - or to put it a different way "give-forth to God." We can ask ourselves, what did I learn from that situation? It can be complicated.

May we take one step at a time on our Soul Path. You may wish to pray to God, Divine Grace, and to your Higher Consciousness to watch over and bless and guide you on your Soul journey. Please find your own meaning and relationship to the word God. Perhaps "Over-lighting Divine Spirit of All Creation." .

NOTE: As Editor of this Journal I mention that the order the articles appear doesn't indicate the

order of importance any more than the first chapter of a book is more important than the last chapter. Each article is what that Soul wanted to share for you to consider.

BIO: Zoom Meditations for Healing & Higher Consciousness Weekly Weds.6 pm. By donation. Joyce is a Transformational Energy & Emotional Healer providing individual sessions on Zoom, telephone, & in person. She's a highly attuned & sensitive guide for Higher Meditation & Spiritual Awareness. Master's Degree in Human Development, Reiki Master, extensive training & decades of experience as a practitioner & teacher of Spiritual Healing, Chakra Healing, Reflexology, Meridians, & Zone Therapy. She offers Past lives readings & healings. She's author of book "Secrets of Wisdom - Awaken to the Miracle of You," & Publisher- Editor of Natural Living Journal. 502-572-4871 www.joycegerrish.com

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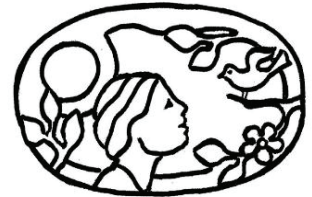
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