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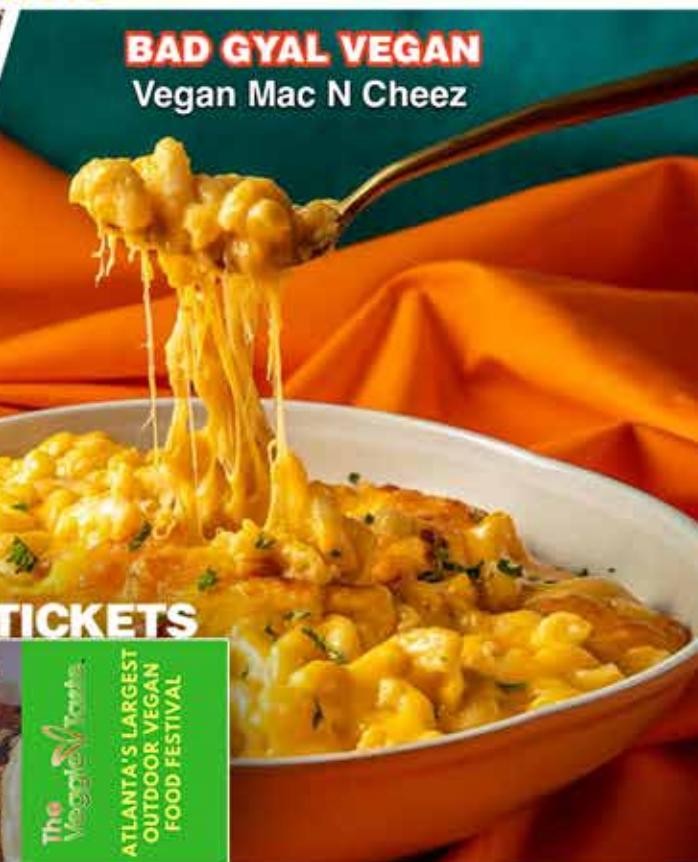
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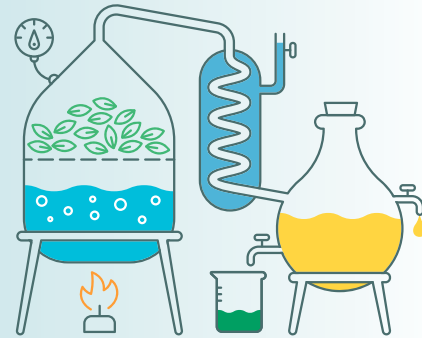
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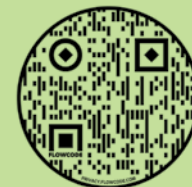
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The Other Reason to Go on
YOGA RETREATS

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"Yoga retreats in foreign countries offer even more benefits—like the opportunity to interact with people of other cultures and learn about village life," writes Terry Repak, a Seattle-based yoga practitioner for 34 years. "Retreat organizers usually work with local contacts who can connect participants with inhabitants and enrich their experiences. At retreats in Cuba, Nicaragua and Mexico, for example, I visited sites that I'd never see on my own and met people who radically changed my perceptions about their countries."



Yoga class in Nicaragua

In keeping with the theme of this month's lead article, meaningful travel, we offer Repak's piece on her experience with international yoga retreats.

bit.ly/yoga-retreats-0923

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CORRECTION: In July's issue, "Kadampa Meditation Center," the word "meditation" was misspelled in the second sentence.



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LETTER FROM THE PUBLISHER



Barbenheimer

Plus >> Searching for a Particular Nonprofit

I'm pretty immune to trends and viral phenomena, but I recently found one online invention irresistible: "Barbenheimer!"

Yes, I did the *Barbie-Oppenheimer* double feature. *Oppenheimer* first, of course. Can you believe 200,000 people saw *Barbenheimer* during the opening weekend? (Sadly, I could not find a more recent figure.) The ridiculous proposition of seeing two movies with diametrically opposed content, tone and color—pink versus black and white, anyone?—was just too much temptation for our feeble wills confronting 90-degree-plus temperatures every day. Oh, who am I kidding? I would have done *Barbenheimer* even if it was perfect weather!

And I am very glad I did. First and foremost, as many have said, *Oppenheimer* is a masterpiece. It is easily one of the best movies I've ever seen, and I can't wait to see it again. I was in tears at the end, but not for the reason most people cry at the end of movies, which usually involves the death of an appealing character.

No, it was the impossibility of *Oppenheimer's* situation. He was trapped as much as any animal has ever been trapped. He had no choice but to do what he did, and it was a world-changing act if there ever was one. He had mixed feelings about it—if not complete regret. When you know you are one of the few people in your country who can deliver a weapon of mass destruction

that would end the war against fascism and defeat an enemy committed to wiping out your people from the face of the earth—*Oppenheimer* was Jewish—how could you say no?

Turning the screws even further, Germany was working on a bomb at the same time. Winning the war, it seemed, came down to a race—not on the battlefield, but on the home front—in science labs.

I have found myself in a similar situation before—feeling trapped with no alternative and given just one possible action. But mine was a personal situation; the only world that would be massively affected by it would be my own. Still, that didn't make me feel any less trapped. Director Christopher Nolan did an incredible job creating empathy for his protagonist, and I have never felt a character's despair so profoundly.

Barbie, of course, was a whole other ball of wax. I most likely would not have seen the movie in the theater were it not for the *Barbenheimer* pairing, but it was perfect in the yin-yang design of the day. It was funny, clever in parts, and delivered on the promise of woman-girl power. I do, of course, fully embrace and support the movie's message. After all, how could a magazine publisher, whose readership is 80 percent women, not support it? However, for those who saw *Oppenheimer* one hour earlier, here's where *Barbie* suffered. While I fully endorse the message, I wish the words delivering it were more poetic. America Ferrera's ferocious monologue checked many boxes regarding the countless difficult conditions women and girls face worldwide, but I swear I've heard that speech with those exact words spoken by friends and feminists over many years. Given that *Oppenheimer* delivered several lines of pure poetry, I was left wishing for some of the same from *Barbie*.

How wonderful to have the freedom to write anything I want in this letter; its content doesn't have to have anything to do with what's in the rest of the magazine! That said, I'd love to hear what others thought of *Barbie*. I think I'll post that question on our Facebook page!

Seeking a Particular Nonprofit

I'm trying to find an Atlanta-based nonprofit, and I'm hoping that mentioning it here will prompt them to reach out. This company emailed me about a program we did a few years back in which we donated a 12-month campaign of a quarter-page ad to a deserving nonprofit. I received their email a little over two months ago, and I've tried to find it, but I haven't succeeded. I've been experiencing bizarre email problems lately. In any case, if you're that nonprofit, please email me again at Paul@NaAtlanta.com, or give me a ring at 404-474-2423. 📞



Publisher of Natural Awakenings Atlanta since 2017, Paul Chen's professional background includes strategic planning, marketing management and qualitative research. He practices Mahayana Buddhism and kriya yoga.

Black Sustainability Summit Offers Education and Networking

For anyone of African descent interested in sustainability, Black Sustainability, Inc. is hosting the eighth annual Black Sustainability Summit from October 6 through 8 so people can network, inspire each other and facilitate collective work. It will be a zero-waste event.

Attendees will learn from sustainability practitioners and leaders around the globe about how communities can implement homegrown, climate-conscious and environmental solutions while leveraging available resources. Presenters will host hands-on workshops and share reports of their work. The event will also feature demonstrations of atmospheric water, water quality testing, solar and EV solutions and disaster/climate preparedness simulations.

"After this year's Black Sustainability Summit, we would like to see the development of a State of Black Sustainability Report to share scalable, climate/environmental solutions addressing the pervasive issues that impact our communities," says Nikeya Alfred, Black Sustainability's marketing and communications



The Bamboo Workshop at the 2018 Black Sustainability Summit

specialist. "We want attendees to walk away having learned the practical steps they can take every day to live more sustainably and restore the planet."

"We are unapologetically committed to sustainable, liberated, lifelong learning communities for people of African descent," says the event website.

The three-day summit will feature State of Black Sustainability Reports on October 6 from 10 a.m. to 7 p.m. in Stonecrest; Practical Application and Workshops on

October 7 from 10 a.m. to 8 p.m. in Snellville; and Next Steps on October 8 from 9 a.m. to 1:30 p.m. in Atlanta. Outdoor workshops for the entire family will be provided on October 7 at The Original Promised Land in Snellville in partnership with the 14th Annual Collard Greens Cultural Festival.

Details on the final locations will be provided upon purchase of a ticket and ticket prices will be on a sliding scale for all sessions.

For more information and to purchase tickets, visit BlackSustainabilitySummit.com.

THE POSTURE PROJECT CELEBRATES 20 YEARS IN WOODSTOCK

Yoga, wellness and massage studio, The Posture Project is celebrating its 20th anniversary of serving the Woodstock community and is offering special discounts. The cost of the studio's Self Massage with a Foam Roller class, held on July 9 at 3 to 5 p.m., will be reduced to \$20. Hill will teach the class. More special discounts can be found on the studio's website.

Ann Pauley and Shalan Hill founded The Posture Project in 2003 with a mission to relieve stress and promote health and well-being. The studio offers alignment-based hatha yoga classes for beginners, "older bodies" and anyone who wants a gentler experience of yoga. It also offers yoga retreats, massages, infrared sauna, crystal therapy, micro-circulation, life and health coaching, energy tune ups and more.



Ann Pauley and Shalan Hill

The Posture Project also serves as a supplemental education and training space for massage therapists at the Heal Center in Atlanta. Combined, Pauley and Hill have 49 years of experience in massage, yoga and mind-body knowledge, and they are eager to share their experiences with others.

"We are so proud and honored to have been providing quality self-care options to our community for 20 years! When you are serving such an amazing community, time flies when you are having fun," says Hill.

The Posture Project is located at 303 Hickory Ridge Tr., Ste. 170, in Woodstock. For more information, visit ThePostureProject.com, call 678-494-3450 or email Info@ThePostureProject.com.

10th Annual Natural Mystic Fair September 8, 9, 10

The 10th annual Natural Mystic Fair will be held Friday through Sunday, September 8 through 10. Saturday and Sunday's activities, which run from 2 to 11 p.m., will take place in the backyard of Tassili's Raw Reality Café, a vegan restaurant located at 1059 Ralph David Abernathy Boulevard in the West End. The location for Friday's event wasn't finalized by press time.

The fair's theme this year is "Meet Your Inner Child and Other Magical Folk," and it features speakers, music, dance, art, vendors, food, music and more. The keynote speaker for the event is Kwame Sun Horse, an indigenous elder and healer who will share his knowledge and wisdom about the journey to the world of spirit guides, animal totems, ancestors and more.

The rest of the speaker lineup includes naturopathic practitioner Mark Armstrong, nurse practitioner Patrice Little, Neter Ankh, Queen YoNasDa LoneWolf, King Simon and Queen Mother Tassili Ma'at. Musical performers include Raury, Ransom Razina, Sunday Jones, Arata Maat and Uwi.

Ma'at is the founder and owner of Tassili's Raw Reality Café, as well as the founder of the nonprofit I AM Ascension Temple of Love, and the two organizations join forces to produce the Natural Mystic Fair. Ma'at describes the temple as the "spiritual and educational component" of Tassili's Raw Reality. It is located above the restaurant.

Ma'at sees the Natural Mystic Fair as an occasion to "hold space for the beloved community" and "have the difficult conversations that must be had in order for the beloved community to heal and move forward in health."

For more information, visit TassilisRawReality.com/Natural-Mystic-Fair or email Events@TassilisRaw.com.



Herb Alkymest and Tassili Maat
[Photo: Sacred Secret]

October 7th Health Fair AT LOTUS OF LIFE CHIROPRACTIC



Dr. Lilliana Warner (center) and staff of Lotus of Life Chiropractic

Lotus of Life Chiropractic and Wellness Center is hosting a community health fair and open house from 10 a.m. to 2 p.m. October 7 to celebrate its 17 years of service to Decatur families. The event is free to the public.

Visitors can meet the center's practitioners and staff, enjoy wares from guest vendors, and have fun with kids' games. A complimentary chiropractic or nutrition consultation is available to visitors as well.

"It has been such an honor to help generations of families thrive and truly discover a life of wellness," says owner Lilliana Warner, DC. "We can't wait to serve more families looking to maximize health this year and in the future!"

Lotus of Life Chiropractic and Wellness Center is located at 603 Church St. in Decatur. For more information, call 404-377-7743 or email OfficeManager@LotusOfLifeChiropractic.com.

14TH ANNUAL COLLARD GREENS FEST COMES TO SNELLVILLE

Celebrating the traditions, culture and historical contributions of African Americans, the 14th annual Original Collard Greens Cultural Festival will take place October 7 at The Promised Land in Snellville.

"The Collard Greens Festival is such a wonderful event that brings together the community to celebrate culture and delicious healthy eating," says festival founder, Dr. Mama Nobantu Ankoanda. Its mission is to promote family unity and the importance of healthy eating

and living for the well-being of future generations.

The festival will feature vendors, entertainment and a cook-off. Visitors can enjoy Wellness and Sustainability Pavilions, a farmers' market, arts and crafts vendors, and a Children's Sprout Land. Live and prerecorded music, including gospel, blues, reggae, jazz, R&B and hip hop will be performed. Greens, yams, black-eyed peas, collard green muffins and collard green ice cream will be available.

A Collard Green King and Queen cook-off and a vegetarian cooking demonstration will be featured. The cash prize for the



LaDonna Carter, 2017 Collard Greens Queen



Attendees of the 2017 Fest

first-place winner of the cook-off is \$500, the first runner-up wins \$100 and the second runner-up receives \$50. "It is simple," says the festival's website. "You will leave wanting to 'Eat Mo' Greens!"

The eighth annual Black Sustainability Summit will also take place alongside the festival, with a focus on renewable energy, agriculture, waste management and more.

The approximately 100 acres of The Promised Land is the property of the Livsey family, headed by Thomas and Doretha. Thomas' father, Robert, bought the land, which had been part of a 1000-acre, slave-worked plantation in the early 1920s. Over the last century, the property has become home to Black families and businesses; the Livsey family literally built a Black community. It is located at 4540 Lee Road SW in Snellville.

The festival is currently seeking sponsors, vendors, entertainment and volunteers. For more information, call 800-253-3397, email ATLCollardGreenFestival@gmail.com or visit CollardGreensCulturalFestival.com.

David Wright Launches Life Advice

Holistic mental health practitioner, Dr. David Wright, has launched Life Advice 360, an online life coaching, life advice and self-improvement service. The service allows individuals to request and receive experience-based advice from a professional, quickly, easily and affordably.

At Life Advice 360, Wright provides advice about issues relating to health and wellness, family, relationships, mental health, career, workplace and life in general. He has been featured in multiple publications, including *Modern Luxury Medicine* and *Psychology Today* and has written two self-improvement books as well as *The Nutrient Diet*, a diet, nutrition and weight-loss book.

Wright, an M.D., has been providing clients with life coaching, cognitive behavioral therapies and self-improvement techniques for almost a decade. His specialties are life direction, depression, anxiety, attention deficit hyperactivity disorder and relationship issues.

"I am really excited about what Life Advice 360 can offer people who need some degree of life coaching and/or life advice but who may not have time for a normal appointment or who may be financially strapped right now," says Wright.

Subscription plans for Life Advice 360 range from a basic plan costing \$25 a month or \$250 annually to a more comprehensive plan at \$250 a month or \$1,500 annually. Subscription plans are discounted by almost 20 percent when purchased on an annual basis.

Life Advice 360 is located at 2711 Irvin Way, Ste. 211, in Decatur. For more information, visit AtlantaCoaching.com/life-advice/ or email LifeAdvice360@gmail.com.



Dr. David Wright

SANKTUARI OF SELF Reopens After Fire

Last December, Sanktuari of Self, a metaphysical boutique in the West End, was forced to close after a huge fire destroyed the back side of the store and parts of adjacent businesses, and the area sustained significant water damage.

Thrilled to be able to reopen, owner SundariMoneek Reid is planning a "soft opening" on August 20 and a grand opening in September. The date of the grand opening had not yet been determined by press time.

"Our purpose at the Sanktuari is to support spiritual growth, learning and healing of the community through products and services," says Reid. "We are excited to be back serving the community with positive energy, love and items that serve their highest good."

The boutique had been open for five years. It is located at 568 Lee Street SW, Unit I, in Atlanta.

The company's website is currently under construction. For more information, reach Reid at 1Sanktuari@gmail.com or on IG @Sanktuari.



SundariMoneek Reid



LaVida Massage LAUNCHES NEW SKINCARE PROGRAM

LaVida Massage of Sandy Springs has launched a new skincare program and will introduce it to the public with a meet and greet on September 16 from 11:30 a.m. to 4 p.m.

Visitors can schedule a 15-minute appointment with LaVida's well-trained and seasoned aestheticians to explore products, get a face mapping and learn about the company's services. The cost to book an appointment is \$25; however, that amount will be applied to any products purchased.

LaVida invites people to stop by the store at 6623 Roswell Road NE, Suite C, in Sandy Springs or call 404-236-7291 to get information on the skincare or benefits programs.

"We are so excited to be welcoming an additional healthcare wellness program that couples with massage therapy," says Nora Harris, owner. Harris took over the business six years ago and considers it a "one-stop shop" for skin care, massage and waxing. "My vision for the store was to have a place where people can come in, relax, get specialized work when they need it, and leave feeling like they're floating on a cloud," she says.

For more information, visit LavidaMassage.com.



Savor the Present Moment

HOW TO ADD MINDFULNESS TO MEALTIME

by Veronica Hinke



Recipes That Enrich Mindful Eating

The Ann Wigmore Natural Health Institute, in Aguada, Puerto Rico, offers a mindful eating class that invites diners to practice with a bowl of Ann Wigmore's Energy Soup—a recipe by the institute's founder containing an array of vegetables, legumes and grains. "It's fulfilling, nutritious and cleansing, all in one," says Executive Director Carolyn Marin. "Key in what makes this a mindful eating meal is that while it is pulsed in a blender, it is not a liquid, and it requires chewing. Also, it is served at room temperature, which helps with mindful eating and proper digestion."

While soft music plays in the background, students of the mindful eating class are instructed to slowly pick up their spoons, place a serving of soup in their mouths, set their spoons down and unhurriedly chew 30 times. "They look out at the ocean, breathing carefully, eating consciously and slowly, taking their time and getting their body out of fight-or-flight mode and into healing mode. It can be very emotional," Marin explains. "Mindful eating also aids in digestion because the person is chewing the food fully and allowing it to spend more time in the mouth, where digestion begins. Many of our guests have experienced noticeable improvement with acid reflux, stomach aches and nausea."

Four Aspects of Mindful Eating

Marc Demers, head chef at The Himalayan Institute, says there are four aspects of

mindful eating—right food, right time, right quantity and right attitude or environment—each of which can be individualized and honed to deepen awareness and improve health. Here are his recommendations.

RIGHT FOOD: Eat fresh, whole foods that are easy to digest and give energy. We need mindfulness to notice which foods support us and which cause indigestion, mucus or fatigue.

RIGHT TIME: Our bodies naturally digest better in the daytime and when we feel hunger. Stop eating at least three hours prior to bedtime. We need mindfulness to notice the difference in digestion between eating ice cream at 3 p.m. and at 11 p.m.

RIGHT QUANTITY: Eat just the right amount of food—enough to feel satisfied and fuel the day's activities, but not so much that we feel lethargic or sleepy. Mindfulness helps us notice our hunger and fullness, as well as how we feel after we eat.

RIGHT ATTITUDE OR ENVIRONMENT: Sit down in a peaceful place, ideally with people we like, rather than eating while driving, working or walking. Don't eat when stressed or angry. If we are upset, it is better to take a moment to mindfully breathe and calm the nervous system before eating. The goal is to welcome the food with gratitude and openness.

Take It Slow and Steady

For those struggling to commit to mindful eating, Pierce says, "Start practicing mindful eating with the food that you enjoy the most. Don't try to do it all at once. Just try one meal each week as a start. Make it a priority. Set a reminder if it helps. Have fun with it. Make it a playful practice. Say, 'Today is going to be my mindful eating day.' That opens the gateway to something that will become an integral part of your spiritual life." 🌱

Veronica Hinke is a food historian and author of *The Last Night on the Titanic: Unsinkable Drinking, Dining and Style and Titanic: The Official Cookbook*. Learn more at FoodStringer.com.

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Photo by Vincci Tsui

GREEK ORZO AND CHICKPEA SALAD

This recipe by Vincci Tsui, a dietician and intuitive eating counselor in Calgary, Canada, can inspire mindfulness because it requires chopping, dicing and cubing ingredients, which can be methodical and meditative activities. In terms of eating the salad, the numerous flavors and textures provide ample opportunity to engage the senses and be present with the food.

YIELD: 4 TO 6 SERVINGS (6 CUPS)

- 8 oz orzo
- 1 19-oz can chickpeas, drained and rinsed (about 2 cups cooked)
- 1 pint grape tomatoes, halved
- 1 large English cucumber, chopped
- 1 red bell pepper, chopped
- 1 bunch green onions, chopped
- 1 cup chopped basil
- 7 oz feta, cut into ½-inch cubes

FOR THE DRESSING:

- ¼ cup red wine vinegar
- 2 Tbsp lemon juice
- 1 tsp honey
- 1 tsp dried oregano
- ½ cup olive oil
- Salt and pepper to taste

Cook the orzo according to the package directions. Drain and rinse with cold water. Set aside.

Meanwhile, make the dressing by whisking together the red wine vinegar, lemon juice, honey and oregano until honey is dissolved. Slowly whisk in olive oil. Season with salt and pepper to taste. Set aside.

In a large bowl, mix together cooked orzo and remaining salad ingredients. Add in dressing and toss to coat.

Recipe and photo courtesy of Dietician and Certified Intuitive Eating Counselor Vincci Tsui.



Photo by Himalayan Institute

HEARTY QUINOA SALAD

YIELD: 4 TO 6 SERVINGS (6 CUPS)

- ½ cup extra virgin olive oil
- 7 Tbsp scallions, sliced thin
- 1 cup quinoa
- 1 cup corn kernels, fresh or frozen
- 1¾ cups kale, stems removed, finely chopped
- 1¾ cups cheese of choice, crumbled or diced small (use tofu or tempeh for vegan option)
- ½ cup pesto (dairy or vegan)
- ½ cup sunflower seeds
- ½ cup dried tomatoes, chopped

Wash and drain the quinoa three times. Cook according to package instructions.

Let cool. If using frozen corn, cook in water for 3 minutes.

Blanch the kale (spinach or other leafy greens work also). Press out extra water.

Sauté the scallions for 2 to 3 minutes. If using tofu or tempeh, lightly brown it in the skillet.

Combine all of the ingredients, and mix well. Use within 3 days.

Photo courtesy of The Himalayan Institute; recipe by Head Chef Marc Demers.

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TRAVELING WITH PURPOSE

NINE DESTINATIONS FOR SPIRITUAL ENLIGHTENMENT

by Kiki Powers

Throughout history, humans have embarked on pilgrimages in pursuit of wealth, good fortune, divine intervention, spiritual enlightenment and other blessings. These journeys could be considered the earliest manifestations of one type of adventure travel, while today some of these would be defined as spiritual tourism.

The notion of “spirit” refers to both our conscious and subconscious minds. A spiritual practice, then, is any activity that enables us to step away from the noisy parade of life and explore our emotions, where any concept of the human spirit resides. This spiritual self-care includes any ritual or practice that helps connect us with our most authentic higher self.

Travel can be an amazing way to explore metaphysical interests with new people, sites and scenes, in order to invigorate the senses, stimulate the imagination, refresh the mental framework and invite new ideas and personal insights. Some places qualify for spiritual travel by virtue of their natural beauty, or due to some historical, mythological or religious significance. For a trip that fosters mind-body-spirit self-care with a generous portion of adventure, check out these sacred sites.

Mount Shasta

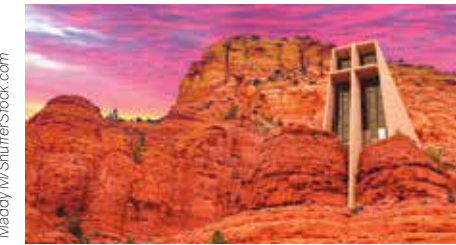


This Northern California treasure is believed to be a powerful spiritual vortex that has long captured the imagination of spiritual seekers. By some accounts, Mount Shasta is reputed to be the Earth’s root chakra, in keeping with the belief that, like the human body, planet Earth possesses chakra energy centers.

This majestic mountain, which is associated with healing, transformation and spiritual awakening, is a stunning backdrop for the many spiritual retreats and workshops offered locally that include meditation, energy healing, yoga, sound therapy and other restorative modalities.

Spiritual guide Andrew Oser, who has led Mount Shasta retreats for decades, says, “I can help you allow Mount Shasta’s transforming energies into the core of your very being, and by utilizing my direction to harness the mountain’s heightened vibration, you will feel it almost magically dissolve all of your fears.”

Sedona, Arizona



Surrounded by red rock canyons, whimsical forests and waterfalls, Sedona’s natural beauty inspires spiritual reflection. It is also part of one of the most powerful energy vortexes in the world and a New Age mecca for those seeking transcendence through energy healing, yoga, sound baths and a host of other spiritual offerings.

From venturing to the bright turquoise waters at Havasu Falls nearby to visiting the Chapel of the Holy Cross, there are many activities in Sedona for those wishing to connect more deeply to nature and themselves.

Bali, Indonesia



Known as the “Island of the Gods,” Bali is a captivating destination with a serene, spiritual ambiance. Nestled amidst lush greenery and terraced rice fields, the town of Ubud, in the uplands of Bali, enjoys international recognition for its spiritual offerings and welcoming vibe for those seeking inner peace and self-discovery.

Holistic healing options in Bali include energy therapies, sound healing and traditional Balinese massage. Yoga enthusiasts will be delighted with the varied class options, immersive programs and specialized workshops. Along with wellness spas offering rejuvenating treatments that harmonize the body, mind and spirit, Bali offers beautiful meditation areas for quiet contemplation.

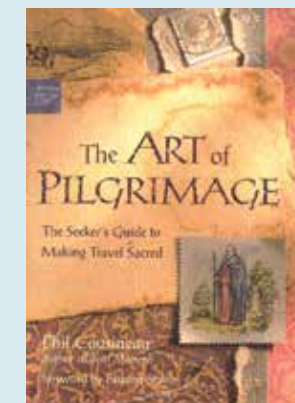
Machu Picchu, Peru

Spirituality runs deep in the Peruvian culture, from the ancient temples of the Incas to the living history of shamanism in the Amazon jungle. Machu Picchu has long been a revered site, and historically the



Making the Most of a Spiritual Vacation

by Linda Sechrist



Phil Cousineau, author of *The Art of Pilgrimage: The Seeker’s Guide to Making Travel Sacred*, specializes in creating meaningful travel experiences and leading tours to sacred sites. “All pilgrimages are a search for meaning and purpose, which is why I prepare groups on how to travel deliberately, ways to experience it and how to integrate the experiences into daily life so they are not forgotten,” he says.

Cousineau recommends getting off the bus, putting away the video recorder and simply walking into the landscape. “Remind yourself why you traveled to there,” he says. “Take the deepest, most probing question in your life with you. Chronicle your answer for two to five minutes daily. At the site, look for one detail that represents your entire visit that day and take a photo. Use active imagination to open your heart, rather than waiting for something to happen. Don’t compare your travels. When you are comparing where you are with where you’ve been, there’s no meaning—it becomes just one more purposeless tour.”

To share the experience with traveling companions, Cousineau says, “I begin mornings over breakfast with a long conversation that includes any stories about where we’re visiting. We’re reminding ourselves that we’re forming a small community by traveling together and studying the same stories so that we can continue our long conversation over dinner. This is where the meaning starts to form and deepen.”

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place for worshipping the sun, the main Inca deity. Seekers can explore Machu Picchu on their own or participate in guided spiritual meditations—either way, it is a beautiful destination for a mind-body-spirit getaway.

For those seeking a deep mystical experience, Peru Sacred Tours provides a safe haven for spiritual advancement with the individualized attention and guidance of indigenous practitioners, including the herbalist shamans of the rainforest, Q'ero Inca priests of Cuzco or Moche San Pedro shamans of Chiclayo.

Egypt



Egypt is considered a land of majesty and mystery, attracting treasure hunters, history buffs and adventure seekers, as well as those searching for spiritual transformation. This world-renowned destination has a long history of spirituality, with a colorful tapestry of beliefs and practices. The ancient Egyptians were convinced of the existence of a spiritual plane, while also maintaining deep reverence for the natural world, and these concepts continue to inform contemporary Egyptian culture and spirituality.

In recent years, there has been a surge in demand for spiritual tours in Egypt, particularly for meditation workshops in iconic places like the Great Pyramid of Giza, Valley of the Kings, Mount Sinai and Nile River. One of the more well-known tour guides is Freddy Silva, a leading researcher of ancient civilizations, sacred sites and their interaction with consciousness, as well as the bestselling author of *The Divine Blueprint*.

Varanasi, India

Varanasi may be the world's oldest city, settled more than 4,000 years ago. Located on the banks of the Ganges River, it



is regarded as the spiritual heart of India, with a tradition of Hindu mythology, as well as Buddhism. Religious, humanist and secular visitors frequent the evening *aarti* ceremony, when *sadhus* [sages] show their devotion by raising flaming lamps amid the aroma of incense.

If this strikes a chord, renowned author and spiritual teacher Andrew Harvey is offering a 14-day pilgrimage to the artistic, historical and spiritual soul of North India in November. He is the founder and director of the Institute for Sacred Activism, an international organization that inspires people to take up the challenge of our contemporary global crises by becoming effective, practical agents of institutional and systemic change.

Kyoto, Japan



Imbued with the rich heritage and history of Zen Buddhism, this enchanting city is an ideal destination for seekers to explore close to 2,000 Shinto shrines and Buddhist temples, as well as the iconic Golden Pavilion, where centuries of devotion and wisdom have been housed. Many of these sites also provide inspiring settings for quiet contemplation, meditation and discussions of The Buddha's teachings.

The traditional tea ceremony offered at numerous venues around the city is a refreshing, meditative practice that cultivates a sense of tranquility and connection to the present moment. Kyoto is also home to exquisite Japanese gardens that illustrate the profound relationship between nature and spirituality in this gentle culture.

Italy



As there are many sacred sites in Italy, a guided experience or well-planned itinerary may help facilitate an immersive spiritual journey. This is a labor of love for Phil Cousineau, author of more than 40 books, teacher, editor, independent scholar, documentary filmmaker, travel leader and storyteller. His lifelong fascination with art, literature and history of culture has taken him on journeys around the world.

Author of *The Art of Pilgrimage: The Seeker's Guide to Making Travel Sacred*, Cousineau has stated, "To shine the light of your own natural curiosity into the world of another traveler can reveal wonders—to remember the mysteries you forgot at home. What matters most on your journey is how deeply you see, how attentively you hear, how richly the encounters are felt in your heart and soul."

In partnership with Sacred Earth Journeys, Cousineau has prepared a guided tour in November entitled *The Sweet Life of Mythic Italy*, which will explore sacred locations in Rome, Perugia, Assisi, Montepulciano, Florence, Verona and Venice. To learn more, visit Tinyurl.com/SweetLifeTour.

Stonehenge, England



Every year, more than a million people make the spiritual voyage to Stonehenge, in Wiltshire, England. Archaeologists are still seeking a plausible explanation as to how the stones weighing multiple tons were transported to the site. This ancient masterpiece of prehistoric engineering remains shrouded in mystery to this day.

There is further spiritual charm in myths around the purpose of Stonehenge. People ask, "Was it intended as a funeral monument, an astronomical observatory, a tool to predict the seasons or a sanctuary where the sun was worshipped?" Stonehenge is believed to be an epicenter of Earth energy with as many as 14 ley lines converging on the site—powerful channels of energy associated with places of ancient and primordial significance.

It is plain to see that when we are ready to invest in our spiritual well-being in a fun, mind-expanding way, many mind-body-spirit travel options abound. 🌿

Kiki Powers is a health writer, blogger and national speaker specializing in plant-based nutrition and healthy green living. Learn more at RawKiki.com.

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Does CBD as Daily Supplement Make Sense?

by Camille Lueder



CBD, or *cannabidiol*, is just one of many phytocannabinoids found within the cannabis plant, specifically hemp. From clothing materials to lotions, CBD offers many benefits to the human body. Unlike its sister plant, marijuana, hemp only contains about 0.3 percent THC, or tetrahydrocannabinol, which is the psychoactive component responsible for feeling “high.”

According to a *Forbes Health* study, out of 2000 U.S. adults surveyed, 60 percent have tried CBD products and believe it offers some medicinal benefits.

Does it make sense to take CBD as a daily supplement simply to bolster one’s health—even without any specific symptoms to address? Some think so, and others don’t. *Natural Awakenings* asked three area CBD experts to get their opinion on the question. However, ultimately, it’s up to each individual to make their own choice.

The Endocannabinoid System

Named after cannabis and discovered in the early 1990s, the endocannabinoid system, a biological system made up of endocannabinoids, allows cannabis to interact with the human body. Endocannabinoids are neurotransmitters that bind to cannabinoid receptors, which are found throughout the vertebrate central nervous system and peripheral nervous system. CB1 receptors are found in the central nervous system, while CB2 receptors are found in the peripheral nervous system. When one consumes cannabis in any form, whether its CBD or THC, it binds to those receptors, resulting in anything from pain relief to feeling “high.”

The endocannabinoid system is responsible for regulating and controlling many bodily functions, such as learning, memory, sleep, eating, temperature and pain control,

emotional processing and inflammatory and immune responses. The goal of the endocannabinoid system is to stay in homeostasis, but to do that, the body needs endocannabinoids. These molecules are produced by the body and allow internal functions to run smoothly.

Some people don’t produce enough endocannabinoids for their body to stay in homeostasis, and that’s where cannabinoids come in. Cannabinoids are essentially the same molecules as endocannabinoids; they just come from outside the body instead of inside. Having healthy eating habits and exercising can cause the body to produce more cannabinoids but, these days, when stress levels are high and people are busy, sometimes eating healthy and exercising isn’t enough, and a supplement is needed.

Perspectives in Favor of CBD as a Daily Supplement



Dr. Felecia Dawson, a cannabis advocate, educator and consultant, takes CBD as a daily supplement for mental health and longevity. She first heard about cannabis in 2013 by watching *Weed*, a documentary about medical marijuana treating childhood seizures. In medical school, Dawson had been taught that cannabis was a harmful drug, but she became fascinated with CBD and wanted to learn more. In 2016, she closed her

brick-and-mortar ob/gyn practice and began advocating, consulting and educating about CBD.

“We’re starting to see people lecture about Alzheimer’s and dementia and say that perhaps we should all start taking a little bit of CBD. CBD is also a neuroprotectant, and it decreases the injuries from traumatic brain injury and helps new brain cells form,” says Dawson. “It wouldn’t hurt to do a daily CBD full-spectrum organic supplement.”

Dawson recommends “start low and build slow” when taking CBD. She says the dosage for beginners should start around 10 milligrams and eventually build up to 1,500 milligrams a day. If one is already on medication, it may be wise to speak with a doctor before taking CBD, but for someone who is typically healthy, it should be fine. Dawson has found no negatives side effects to taking CBD as a daily supplement, and she recommends choosing an organic supplement.

The “hemp guru” at Health Unlimited, Duane Piel, takes CBD as a daily supplement and recommends others take it as well. He started taking CBD after his doctor recommended it to help with pain from



Duane Piel

osteoarthritis and a congenital lower back issue. Piel now takes 50 milligrams of Water Rock Farming’s hemp extract twice a day. He says the product has helped to control his blood pressure, cholesterol and gastroesophageal reflux and has produced unbelievable effects.

“I’m able to stay calm, I’m able to stay focused, I’m able to have all the things that I’m looking for regarding pain. It’s not necessarily gone, but it’s much more manageable. It also helps with anxiety, tension, stress and sleep, so it’s pretty amazing,” Piel says.

Many people are excited about CBD products and enjoy taking them, says Piel, even those who were previously wary of hemp; his sales have been steadily increasing.

“All of us are changing and growing, and if you take CBD or any of the cannabinoid products, then you’re going to also be

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activating your endocannabinoid system, which is going to help your body work with balance,” says Piel.

Concerns Regarding CBD



Greg Lee

The general manager of Good Nutrition, Greg Lee doesn't take CBD as a daily supplement, but he has taken it a few times for sleep. Lee became interested in

CBD after learning about how the endocannabinoid system interacts with cannabis.

“Five years ago, we didn't know anything about the endocannabinoid system. CBD is what really kind of brought that to the forefront, and we all ended up learning that that system is connected to everything,” says Lee.

When CBD products, such as oils, gummies, creams and capsules, first became available at Good Nutrition, many people were wary of it, considering it marijuana. But now, Lee says, people understand that it comes from hemp instead. Sales were good in the beginning but have slowed down because CBD is available everywhere now.

“CBD is available now in every gas station and a lot of different places, but people have to be aware of what they're buying. There's an awful lot of junk out there,” he says.

Today, Lee has a steady group of customers who purchase his CBD products, but a lot of people have soured to CBD because of where purchased it. Lee only recommends taking CBD as a daily supplement as a last resort. If someone is struggling with sleep, pain, anxiety, autoimmune disorders, seizures, depression or addiction, and that person has tried everything else, then Lee says CBD should be investigated.

Not everyone is as thrilled about CBD as Dawson, Lee and Piel. In January, the Food and Drug Administration decided not to declare CBD a dietary supplement because it didn't find adequate evidence determining how much CBD can be consumed before causing harm. Dawson, Lee and Piel disagree with the decision. Lee says hemp growers have tried to educate the U.S. Congress about what CBD actually is, and Dawson says that CBD is a botanical or plant medicine, so it is safer than pharmaceuticals. Whether it's for pain, anxiety, sleep or any other issue, there is growing proof that taking CBD can help ease negative symptoms and lead to a longer and healthier life. 🌿

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Medical Tourism

NAVIGATING THE RISKS AND REWARDS

by Sheila Julson



Many Americans have experienced sticker shock upon receiving a medical or dental bill, whether or not they have health insurance. As healthcare costs continue to rise in the United States, patients are grabbing their passports and turning to medical tourism—the act of crossing borders to obtain quality medical care at a lower cost.

“We have a great healthcare system in the United States, but it is priced out of the market for millions of people at the bottom of the economic pyramid,” says Josef Woodman, CEO of Patients Beyond Borders, a medical tourism resource. He estimates that to date, 2.1 to 2.4 million Americans have intentionally crossed borders specifically for medical care. Approximately 65 percent of those people sought complex dental treatments.

The town of Los Algodones, Mexico, located just over the U.S.-Mexico border near Baja California, has approximately 300 dental clinics. Known as “Molar City”, the town is a mecca for people looking for more affordable dentistry. U.S. travelers also head to Costa Rica, Turkey and Thailand for elective cosmetic surgery, bariatrics, infertility treatments, orthopedic medicine, cardiology and cancer care, or to obtain low-cost pharmaceuticals.

Add holistic treatments to the list, says David G. Vequist IV, Ph.D., the founder and director of the Center for Medical

Tourism Research at the University of the Incarnate Word, in San Antonio. “People are very interested in how Asian countries naturally combine both alternative and traditional medicine. Philosophies like ‘food as medicine’ are commonly used in treatments there,” says the 15-year scholar of medical tourism trends.

Planning for the Best Outcomes

According to Vequist, “The best Mexican hospitals are using the same standards that we have in the U.S.” In 2009, for example, when Mexico’s General Health Council set out to create national hospital certification standards in their country, officials followed protocols established by Joint Commission International, an influential U.S.-based nonprofit that has served as a global driver of health care quality improvement and patient safety for the past 20 years.

Nevertheless, it is important to understand that complications may arise during a healthcare procedure regardless of where it is performed. Vequist cautions that the farther a patient travels from home, the more likely they will be exposed to bacteria that is unfamiliar to their body. Also, traveling in a pressurized airplane after complex surgical procedures should be avoided, and seeking medical care outside of a patient’s

regular care network may break the continuum of care, leading to miscommunication and errors in the transfer of medical records.

“Although global health care isn’t for everyone, those who try it will find the quality is the same or better than at home, with modern facilities at a fraction of the cost,” says Paul McTaggart, founder of two specialized travel agencies—Medical Departures and Dental Departures—that help patients become informed about the best and most appropriate clinics and doctors around the world for their medical needs. They also book appointments, forward medical records and make travel arrangements.

McTaggart vets medical providers outside of the U.S. by verifying doctor credentials with local regulatory authorities; measuring web reputations; conducting onsite inspections when possible; posting authentic, patient-verified reviews; removing partners that consistently receive poor reviews; and checking the web for legal and other claims against hospitals or clinics.

Woodman advises that extensive research of foreign hospitals, clinics and providers is crucial for a positive medical-tourism outcome and cautions against making a decision based solely on cost. “There are some bad actors out there that advertise mostly on price to attract U.S. patients. If a clinic advertises that you’ll save 80 or 90 percent off U.S. healthcare prices, be wary—that’s way too high of a discount.”

Other red flags include clinics that are located in strip malls or a lack of verifiable credentials for a provider. “A medical tourist needs to be a little more adaptable and critical of their surroundings,” Woodman says, adding that even if they’ve made the trip, when the circumstances seem off, a patient should never feel pressured to go through with the treatment or procedure.

Jonathan Edelheit, president of the Medical Tourism Association, recommends using healthcare providers that are certified or accredited by international organizations like Global Healthcare Accreditation. “Be careful of trusting any website,” he warns. “Some medical tourism facilitators are middlemen or agencies that receive a commission. Some will refer you to the best provider, but some will refer you to a provider that provides the largest commission, but who isn’t the best.”

Edelheit believes that with proper research and planning, cost-effective, quality health care is possible. He reminds travelers to avoid countries where the U.S. Department of State has issued a travel advisory, and he recommends speaking with several patients that have gone through the same procedure to get a firsthand review and manage expectations. He asserts, “The value you receive and being able to immerse yourself in another culture and integrate a vacation is something that most medical tourists treasure and cherish.”

Sheila Julson is a freelance writer and frequent contributor to Natural Awakenings.


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HEALTHY KIDS

Helping Kids Cope

GUIDING CHILDREN THROUGH TRAUMA AND ANXIETY

by Carrie Jackson



Children today are facing ever-increasing amounts of stress and anxiety. In addition to academic pressure, bullying and family dynamics, kids are worried about navigating social media, climate change and school shootings. While a certain amount of stress is normal and healthy, too much can cause debilitating physical, emotional and cognitive effects.

A 2010 study published by the National Scientific Council on the Developing Child, at Harvard University, reports that persistent fear and chronic anxiety can have lifelong consequences by disrupting the developing architecture of the brain. Parents can help anxious kids by modeling stress-management and problem-solving techniques, and inviting their children to talk about their feelings.

Acknowledging and Coping With Fear

While each child's anxiety is unique, the themes are often universal. "Children fear not being liked, being made fun of, failing when they try new things, getting hurt, losing a loved one, being left out and not fitting in. If this list seems familiar, it's because they are all the same fears adults have too," says Michelle Nelson-Schmidt, an author and illustrator of 32 children's books, including *What If I Know My Feelings?* and *The Whatif Monster* series. "It is debilitating when we don't talk about our fears and anxieties. Children often don't have the vocabulary to verbalize their fears, so they bottle it up, letting fears get bigger and scarier. The earlier they learn that it's okay to be scared, to talk about their fears and to ask for help, the less power fear and anxiety will have over their brains."

According to Dr. Carol Penn, author of *Meditation in a Time of Madness: A Guidebook for Talented Tweens, Teens, Their Parents & Guardians Who Need to Thrive*, "Fear is a natural phenomenon. It's how we're hardwired to survive as a species. However, when fear turns into anxiety and the body enters a chronic state of hyper-arousal with raised cortisol levels, it

can be debilitating. This shortens attention spans and disrupts the hypothalamic loop, which deals with creating short-term memory, causing kids to lose the ability to engrain long-term learning."

Penn notes that kids can pick up on their parents' anxiety, so it is imperative to model self-care and create a soothing home environment. "Children are unsettled when their parents are unsettled. By observing body language and energy, kids can intuitively gauge when something is wrong, and they often make up stories about why," she explains. "Teaching kids to take regular breaks throughout the day for relaxed awareness encourages them to notice a mind-body connection. Take two minutes before getting out of the car or starting a new activity to pay attention to your breath and observe and label pain or tension in the body. If you are hunching your shoulders or clenching your jaw, make mindful adjustments to reset and settle the body and nervous system."

Overcoming Anxiety After a Traumatic Event

Last year, Highland Park, Illinois, experienced the improbable yet possible event of a mass shooting during their Fourth of July parade. "While the community worked to rediscover a sense of safety, our school focused on the necessary structures and initiatives to help students heal and rebuild," says Holly Fleischer, the assistant principal of diversity, equity and inclusion at Highland Park High School. "As we started the school year, we recommitted to a focus on social-emotional learning by teaching strategies to manage emotions, sustain healthy relationships, develop an awareness of self and make healthy decisions. By practicing coping skills with everyday stressors, our students are learning to develop feelings of control, safety and resiliency as they navigate a traumatic experience or event."

According to Fleischer, "While there is little control of one's outside world and circumstances, kids can find calm in a storm through strategies like deep breathing, recognizing your five senses, listening to music, reaching out to loved ones, using ice packs for sensory intervention and giving oneself a strong bear hug. Students will get to know which ones work for them. It is also essential to disrupt maladaptive coping mechanisms like avoidance, which do not allow for the practice of these healthier ways of self-management."

Building Resilience for the Future

"Thoughts are the language of the mind, and feelings are the language of the body," Penn counsels. "When stress develops, have kids draw three pictures identifying what it looks like for them. The first is a picture of themselves right now; the second is the challenge they're facing; and the third is how they will feel when the challenge is resolved. This gives children control over their feelings, allowing them to self-soothe and creatively work through challenging situations. When children learn to be adaptable, flexible and imaginative critical thinkers, they can respond to even the darkest days and move forward with grace and hope." 🌱

Carrie Jackson is a Chicago-based freelance writer. Connect at CarrieJacksonWrites.com.

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YOGA

Stephen Cope

YOGA AND FINDING YOUR CALLING

by Sandra Yeyati



photo courtesy of Kripalu Center for Yoga & Health

Specializing in the relationship between Eastern contemplative traditions and Western psychology, Stephen Cope has been a scholar-in-residence for more than three decades at the Kripalu Center for Yoga & Health, the largest residential yoga center in North America. He also founded the Kripalu Institute for Extraordinary Living, a global network of scientists that researches the effects and mechanisms of yoga-based practices. Cope is a classically trained pianist, dancer and psychotherapist, as well as the bestselling author of *Yoga and the Quest for the True Self*, *The Wisdom of Yoga* and *The Great Work of Your Life*. His latest book is *The Dharma in Difficult Times: Finding Your Calling in Times of Loss, Change, Struggle and Doubt*.

Why is it important to find our calling?

In classical yoga, there's a view that everybody has a vocation. The earliest myth that supports this dates back several thousand years to the Vedic tradition in India and involves the god Indra, who is said to have cast a vast net over the entire universe. At each vertex of this net there's a gem, and that gem is an individual soul whose job is to hold together the net at that point.

This introduces the view that each of us has a responsibility to contribute our gifts in such a way that we hold together our little piece of the net. If we don't, the net starts to unravel. *Dharma* is Sanskrit for sacred vocation or sacred duty, which comes from the root *dhri*, "to hold together". It's this fascinating notion that we have a responsibility to our own idiosyncratic genius, which sustains not only us by providing a fulfilling life, but also the whole world by taking care of our corner of the world.

How can we find our life's purpose?

The practice of yoga and meditation is about increasing our connection with the subtle, internal world. Thoreau called it the distant drummer. While our culture constantly draws us out and distracts us, Eastern contemplative traditions invite us to quiet our monkey mind and listen inside to that still, small voice that is attuned to our deepest needs and to the way the world works. It's that awake, or enlightened, part of the mind that can connect you to your true calling.

There are three questions that people can ask themselves.

First: What lights you up? This is an energetic experience in our bodies when we come close to the occupation or endeavors that are important to our soul. Get familiar on a day-to-day basis with what lights you up, then slowly move toward those things and integrate them into your life.

Second: What duties do you feel called to? I don't mean those onerous things that are imposed on us by our culture. I mean a duty that if you don't do it in this lifetime, you'll feel a profound sense of regret and self-betrayal.

Third: What problems or difficulties are you facing in your life right now? Difficulties can point you to something that might be your dharma. Marion Woodman, a good friend and feminist who was diagnosed with bone cancer in her mid-60s, decided to close her psychoanalytic practice and devote the rest of her life to being in relationship with the cancer, investigating it as her calling. Very often, somebody's calling is something really difficult they're experiencing, like an unhappy marriage or dissat-

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isfaction in career, and their dharma is to investigate what this means for their life.

How do we follow the still, small voice when it feels like we're stepping off the cliff?

Robert Frost stepped off a series of smaller curbs that added up to a cliff. He was concerned, as we all are, about security, making money and keeping his family safe, so he became a teacher. But there was a point at which he had to give up teaching and follow

this deep voice that said, "Poetry is your calling." He was 38 when he made the final decision to let go of other sources of income, and when he did that, his poetry came alive.

What advice do you have for fulfilling our life's work?

In the Bhagavad Gita [Hindu scripture], there are four pillars of dharma. The first is discernment—finding your calling in this lifetime. The second—the doctrine of unified action—is to bring everything you've got to whatever you decide is your calling. Third is to let go of the outcome, also known as relinquishing the fruit. The ancient yogis discovered that if you're grasping for a particular outcome, it takes you out of the moment and into some future fantasized moment. By letting go, you empower yourself to be more present to the possibilities of the moment. The fourth pillar is to turn the whole process over to God or to something bigger than just yourself. My friends who don't believe in a higher power or god understand that concept of dedication to the planet, to humanity or to all beings.

Are you hopeful about the future?

Very hopeful. The contemplative traditions discovered that human beings who were *jivanmukta*, or soul-awake, were special versions of human beings in that they had capacities of compassion, lovingkindness, joy, generosity and selflessness. Those qualities, which are developed in the practice of yoga and meditation, add to the common good. I'm hopeful that as we become everything we can be, we will have the capacity to solve some of the huge problems that we have. As reckless as we are these days with our world, human beings have very often risen to the challenge of complex dilemmas and resolved them. As we come together, we start manifesting unified action. The power of human beings working together for the common good is almost limitless. 🙏

Sandra Yeyati is the national editor of Natural Awakenings.

YOGA IN ATLANTA

- A Focused Advertising Section -



calendar

TUESDAY, SEPTEMBER 5

Beginner Yoga Series – Tuesdays, Sept 5-26. 6:30-7:45pm. With Kira Wilsterman. This series will help you build confidence in your yoga practice while exploring the foundations of yoga in a nurturing and supportive environment. \$85/series, \$25/drop-in. Vista Yoga, 2836 Lavista Rd, Ste D, Decatur. 404-929-9642. VistaYoga.com.

SATURDAY, SEPTEMBER 23

Autumn Equinox Restorative Yoga, Reiki and Sound Bath – 6-8:30pm. With Marti Yura, Alex Ballew and Dan Ellis. Join us for a beautiful evening of yoga and sound to celebrate the Autumnal Equinox, marking the start of fall in the Northern Hemisphere. Marti will guide you through a practice to honor the change of season, a time of release. \$55/advance, \$65/day of. Vista Yoga, 2836 Lavista Rd, Ste D, Decatur. 404-929-9642. VistaYoga.com.

FRIDAY, SEPTEMBER 29

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7-9pm

With Radha Rose and Josh. Full Moon Release Ceremony with Ilona Moore. Sit back, relax and drop into your heart to feel the powerful vibrational practice of call-and-response kirtan singing. \$55. Peachtree Yoga Center, 6046 Sandy Springs Cir, Atlanta. 404-847-9642. To apply: Ilona@PeachTreeYoga.com. PeachtreeYoga.com.

MONDAYS

Yoga with Angie – 6pm. Whether you're a beginner or intermediate yogi, we welcome you. Free. Neva Lomason Memorial Library, 710 Rome St, Carrollton. Tinyurl.com/2p9x5pn6.

WEDNESDAYS

Atlanta Laughter Yoga Club – 12-12:30pm. 1st Wed. With Celeste Greene. Come as you are.

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Free. Trolley Barn, 963 Edgewood Ave NE, Atlanta. CelesteGreeneLaughs.com.

FRIDAYS

Community Vinyasa Flow – 6pm. Pre-registration required. Donations welcome. Liff Dunwoody, 1705 Mt Vernon Rd, Ste E, Dunwoody. Also at Liff Alpharetta, 501 S Main St, Ste 101, Alpharetta. LiffYogaStudio.com.

SATURDAYS

Online Sunrise Yoga Meditation – 7-8am. Simple mantras, gentle asanas, pranayama and guided meditation. Love offering. Zoom. UnityNorth.org.

Yoga at Preston Ridge Community Center – 9am. Grab your mat and join our amazing instructors for a complimentary class. 3655 Preston Ridge Rd, Ste 100, Alpharetta. Liff-YogaStudio.com.

Zen Sound Bath – 11:30am-1pm. 3rd Sat. With Gabriel Nelson Sears featuring crystal and Himalayan singing bowls, gongs, bells, flutes, drums and chimes. \$16. Trinity Center for Spiritual Living, 1095 Zonolite Rd, Atlanta. Registration required: TrinityCenterAtlanta.org.

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Understanding Light Pollution

ENVIRONMENTAL CONCERNS AND ACHIEVABLE REMEDIES

by Sheryl DeVore



At Montana's Medicine Rock State Park, visitors have a rare opportunity to look up at the night sky and see an awe-inspiring display of planets and constellations, as well as the Milky Way, our spiral-shaped galaxy that contains about 100 billion stars, according to the National Aeronautics and Space Administration. It is a magnificent sight, but those of us that live in or near cities with artificial lights beaming out of buildings and cascading over parking lots and highways may never get the pleasure.

"Because of light pollution, up to 80 percent of people living in North America are unable to see the Milky Way where they live," says Sabre Moore, executive director of the Carter County Museum, in Ekalaka, Montana. "Medicine Rock State Park is designated as an International Dark Sky Sanctuary, and the Carter County Museum has committed to safeguarding it in perpetuity."

The park's sanctuary certification was issued by the nonprofit International Dark-Sky Association, based in Tucson, Arizona, with a grassroots network throughout the world. The organization offers five dark-sky designations based on stringent outdoor lighting standards and relies on the help of community stakeholders, such as Moore, who serves as a volunteer dark-sky preservation advocate. At Medicine Rock, she helps host sky-parties for people to enjoy the celestial show and learn about the negative impacts of light pollution.

Threats Posed by Artificial Lighting

The skies around cities are hundreds, if not thousands, of times brighter than they were 200 years ago, according to 2017 research published in *Science Advances*. In addition to robbing us of the Earth's nocturnal skyscape, outdoor illumination negatively affects many plants and animals, including humans. Human-made lighting threatens approximately

30 percent of nocturnal vertebrates and 60 percent of nocturnal invertebrates, and it "is increasingly suspected of affecting human health," writes scientist Christopher Kyba, lead author of the report.

The mechanisms by which these life forms are affected vary. For example, when birds migrate, they fly into buildings that are lit up at night. Scientists estimate that at least 100 million bird deaths in the United States annually are related to light pollution. "Bobcats and bats rely on the cover of darkness for their survival and are also being affected," says Moore, adding that artificial light interrupts human circadian rhythms, thereby affecting our REM [rapid eye movement] sleep, which is vital for our well-being. The flight patterns of night-active insects are disrupted by outdoor lighting, which partially explains their declining numbers worldwide.

A Simple Switch Saves Turtles

It is possible to reduce these negative impacts, as the Sea Turtle Conservancy has proven. By getting people to modify the positioning and types of lights used in buildings along Florida and Texas beaches, the nonprofit has been able to rescue loggerheads, leatherbacks and green sea turtles from the brink of extinction.

Female turtles have evolved to instinctively lay their eggs on the beach, allowing the hatchlings to emerge at night and head toward the light of the horizon into sea. Humans, however, have interrupted this natural course with artificial light emanating from the windows of high-rise condominiums, garden spotlights and outdoor lamps.

"When hatchlings erupt out of their

nests in the middle of the night, the bright horizon today is in the direction of the land. They go the wrong way into roads, parking lots, swimming pools or dunes, where they are run over by cars or subject to predation," explains David Godfrey, executive director of the conservancy.

Researchers have discovered that lights with longer wavelengths that are amber, orange and red in color do not disturb the turtles, as opposed to outdoor fixtures that emanate shorter-wavelength blue and white light. According to Godfrey, the good news for these sea creatures is, "LED can be programmed to emit the specific wavelength you want."

The conservancy works with coastal counties, beachfront property owners and others to switch to turtle-friendly lighting, and the National Fish and Wildlife Foundation often provides grants to pay the retrofitting costs. As a result, Godfrey reports, there has been increased nesting in areas with changed lighting and greater survivorship by the hatchlings.

"We are saving tens of thousands of hatchlings every season, and homeowners are seeing a reduction in their utility bills. People love it. They've found the longer wavelengths are more pleasing to the eyes," Godfrey asserts. "Since we know that light



Before sea turtle-friendly lighting

pollution affects various other forms of wildlife and humans, the managed use of lighting at night is something that everyone should pay attention to." 🦋

Tips to Address Light Pollution

- Avoid blue-light fixtures.
- Turn off unnecessary lights in the evening.
- Use dimmers, timers and motion detectors.
- Close curtains and blinds at night to stop indoor lights from beaming to the outdoors.
- Visit *Lights Out: Recovering Our Night Sky*, an exhibit at the Smithsonian National Museum of Natural History, in Washington, D.C. (NaturalHistory.si.edu/exhibits/lights-out).
- Get involved at *GlobeAtNight.org*, a citizen-scientist group that monitors light pollution.
- Support dark-sky designated areas (Tinyurl.com/DarkSkyPlace).

Sheryl DeVore is a frequent contributor to national and regional publications and has authored six books on science, health and nature. Learn more at SherylDeVore.wordpress.com.



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Submit free listings to calendar@naAtlanta.com and paid listings to ads@naAtlanta.com.

FRIDAY, SEPTEMBER 8

Coffee House – 7-9:30pm Our Sept Coffee House will celebrate all those we hold dear as “family.” This includes both biological and chosen family. Entertainment and inspiration include stories, writings, music, dancing and more. Potluck meal. All invited. Love offering. Unity Atlanta Church, 3597 Parkway Ln, Peachtree Corners. 770-441-0585. UnityAtl.org.

SATURDAY, SEPTEMBER 9

Editor's Choice **Butterfly Experience 2023** – Sept 9-10. Hundreds of butterflies to observe, education stations, children's crafts and activities, live animal shows from Nature's Echo and Jim Nark's Party Animals, live music and entertainment, food and drinks, and more. Dunwoody Nature Center, 5343 Roberts Dr, Dunwoody. 770-394-3322. Registration required: DunwoodyNature.org.

Just Breathe: Half-Day Silent Meditation Retreat – 1-4pm. Learn a variety of meditation skills to develop and maintain inner strength and happiness. All welcome. \$20. Kadampa Meditation Center GA, 741 Edgewood NE, Atlanta. 678-453-6753. MeditationInGeorgia.org.

SUNDAY, SEPTEMBER 10

Twin Hearts Community Picnic – 10:30am-3pm. Join us for a delightful picnic at Stone Mountain. We will have meditation, pranic healing, sound healing, a gong bath, and a wonderful picnic with great food and drinks. \$25. Twin Oaks Pavilion, Stone Mountain, Old 78 Hwy W, Stone Mountain. Register, HealingwithUrsula.Tinyurl.com/28s4hwbk.

THURSDAY, SEPTEMBER 14

World Day of Prayer Service – 7pm. All are invited to attend this special service in-person: “Heart of Healing.” Unity Atlanta Church, 3597 Parkway Ln, Peachtree Corners. 770-441-0585. UnityAtl.org.

SATURDAY, SEPTEMBER 16

Editor's Choice **The Veggie Taste** – 12-6pm. Vegan, raw, plant-based and vegetarian tasting event where chefs will be sampling some of their delicious mouthwatering cuisine. Includes nutritional speakers, artisan marketplace, music, product samples and much more. Morris Brown College, 1 Walnut St SW, Atlanta. TheVeggieTaste.com.

SUNDAY, SEPTEMBER 17

Back to your Roots Farm Fair – 12-4pm. Meet live farm animals, bring a picnic, and get down in the dirt. Continue enjoying the fall season with partners, games, crafts, and the opening of Naturally Artistic which explores connecting art and nature. Included with General Admission; free/CNC Members. CNC, 9135 Willeo Rd, Roswell. ChattNatureCenter.org.

WEDNESDAY, SEPTEMBER 20

Blood Mountain Day Hike – 10am-3:30pm. 5-mile out-and-back hike along the Byron Reece Trail and Appalachian Trail to the summit of Blood Mountain. Free with a suggested \$15 donation. Meet at Mountain Crossing at Neels Gap, 12471 Gainesville Hwy, Blairsville. Register: GeorgiaConservancy.org.

Park Pride Virtual Roundtable: Inclusive Play Spaces – 12-1pm. Meghan Talarowski will share insights on the importance of accessibility to play, types of innovative play spaces, and how to incorporate more inclusive play into local greenspaces. Free. Register: ParkPride.org.

FRIDAY, SEPTEMBER 22

Editor's Choice **The Atlanta International Night Market** – Sept 22-23. 5-10pm, Fri; 2-10pm, Sat. 2-day celebration of diversity, community, culture and creativity. Includes live performances plus food and retail vendors representing communities from around the world. Free admission. Lawrenceville Lawn, 210 Luckie St, Lawrenceville. AtINightMarket.org.

SUNDAY, SEPTEMBER 24

Editor's Choice **Atlanta Streets Alive** – 2-6pm. A beloved event attracting thousands of participants to engage in cycling, walking, rolling, jogging, strolling, scooting, etc, or just to experience a fun day on the 3-mile street closure. Peachtree St, Between 14th St and Mitchell St. AtlantaStreetsAlive.org.

TUESDAY, SEPTEMBER 26

Online: Transmission Meditation – 7:30pm. A meditation to help the world. Sponsored by Share International USA SE Region. Free. Via Eventbrite. Info: 770-302-2208 or Info-SE@Share-International.us. Register: Tinyurl.com/bdhxwcmh.

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Goat Yoga – 1-2pm. With GGA Dwarf Goat Yoga. Perform breathing exercises and various yoga positions. While doing so, dwarf goats can hop around you, climb your back, sit on top of you, even nap on you or your yoga mats while you let go of all your stress. \$35.

SATURDAY, SEPTEMBER 23

Aura Photography with The Auraweaver – 12-5pm. AuraWeaver is a specialty photography experience company. Clients receive an aura photo of themselves surrounded by their colorful energy and an interpretation of their photo by our readers. \$75 single photo; \$160/couples special (3 photos for 2 people). Register: Auraweaver.com.

SUNDAY, SEPTEMBER 24

Group Reiki Session – 1-3:30pm. 2 sessions: 1-2pm or 2:30-3:30pm. Prepare to relax and release during this chakra balancing group reiki session hosted by David Stample. Be sure to dress comfortably with intentions and manifestations on the forefront of your mind. As we gather for a collective healing session with breath work and high frequencies. \$16.

THURSDAY, SEPTEMBER 28

The Nature Club Dine and Discover – 7-9pm. Join Robby Astrove, Park Ranger at the Arabia Mountain Nature Preserve, for a presentation and walk to learn more about fruit trees, orchards, and edible plants appropriate for Atlanta. \$10/general, \$5/CNC Members. CNC, 9135 Willeo Rd, Roswell. ChattNatureCenter.org.

PLAN AHEAD

SATURDAY, OCTOBER 7

Health Fair and Open House: Lotus of Life Chiropractic and Wellness Center – 10am-2pm. Meet the practitioners and staff, check out the guest vendors, and participate in some kid's games. All welcome. 603 Church St, Decatur. 404-377-7743. LotusOfLifeChiropractic.com.

WEDNESDAY, OCTOBER 11

The Coming Out and Coming Into Unity Monologues – 7-8:30pm. In the setting of a black box theater, LGBTQ+ individuals share stories of their spiritual journeys. Taken together, the stories reveal how embracing and affirming identities is a pathway to creating a beloved community where all are included, valued and recognized as God's love in the world. Free. Unity North, 4255 Sandy Plains Rd, Marietta. UnityNorth.org.

ONGOING

Sundays

Online & In-Person Sunday Experience – 9am, Adult Study; 9:30am, Meditation; 10am, Music; 10:30am, Service. Spiritual Living Center of Atlanta, 3107 Clairmont Rd, Ste A, Atlanta. More info: slc-atlanta.org.

Red Clay Sangha Sunday Morning Service – 9am, meditation; 10:30-11:30am, service & dharma discussion. Via Zoom or in person. 3420 W Hospital Ave, Ste 102, Chamblee. More info: RedClaySangha.org.

Online: NWUUC – 10am. Via Zoom. Northwest Unitarian Universalist Congregation: 770-955-1408 or nwuuc.org.

SRF Atlanta Meditation Service – 10-10:45am. An opportunity to meet with other truth-seekers to commune with God and share spiritual fellowship. 4000 King Springs Rd, Smyrna. 770-434-7200. srfatlanta.org.

Meditation Open House – 10-11:30am. Discussion at 11:30am and tea at 12pm. Meditation instruction available from 10-11am for those new to the practice. Atlanta Shambhala Center, 1447 Church St, Decatur. More info: Atlanta.Shambhala.org.

Second Sunday Sober Bike Ride – 10:30am. 2nd Sun. Brings together people from all walks

of sober living who are seeking fun and active ways to connect with likeminded people. BTA Bicycle Tours of Atlanta will provide a bike at no charge if needed. Bicycle Tours of Atlanta, 659 Auburn Ave NE, Atlanta. Register: Tinyurl.com/yjzutjf4.

One World Spiritual Center Sunday Service – 11am. To watch: OneWorldSpiritualCenter.net.

Unity Atlanta Church Sunday Services – 11am. Attend in-person or watch via livestream. Youth Sunday School is also held in-person at 11am for ages 5-18. Nursery service available for ages 2-4, 10am-12:30pm. 3597 Parkway Ln, Peachtree Corners. 770-441-0585. UnityAtl.org.

Online: UUCA Service – 11am. Unitarian Universalist Congregation of Atlanta: uuca.org/live.

SRF Atlanta Reading and Inspirational Service – 11am-12pm. An opportunity to meet with other truth-seekers to commune with God and share spiritual fellowship. 4000 King Springs Rd, Smyrna. 770-434-7200. srfatlanta.org.

Sunday Morning Talks and Discussion – 11am-12pm. With Vedanta Center of Atlanta via Zoom. To watch: VedantaAtlanta.org.

Unity North Online & In-Person Sunday Service – 11:15am. 4255 Sandy Plains Rd, Marietta. More info: UnityNorth.org.

Meditation Classes – 4-5pm, Level I; 5-6pm, Level II. All religions, all ages and all people. Learn how to meditate for spiritual enlightenment. \$15. 5161 Brook Hollow Parkway, Ste 220/225, Norcross. Register, Andrea: 404-557-4306. MeditationWellnessClub@gmail.com. MeditationWellnessClub.com.

Healing Strong Support Group – 4:30-8:30pm. 4th Sun. Healing Strong is a non-profit organization that promotes education about natural healing strategies through community support groups. Free. The Well of Roswell, 900 Old Roswell Lakes Pkwy, Ste 300, Roswell. TheWellOfRoswell.com. HealingStrong.org.

Mondays

Top Shelf Toastmasters Club – 6:30-8pm. Meets in-person 2nd, 3rd, 4th Mondays. Looking for an opportunity to improve your public speaking and presentation skills? Toastmasters International Clubs empower members to develop communication and leadership skills, resulting in greater self-confidence and personal growth. Guests are welcome to visit for free. New members pay a \$20 one-time fee. Dues paid every 6 mos include \$15 Local and \$45 International. Unity Atlanta Church, 3597 Parkway Ln, Peachtree Corners. More info, Ajaye Hopper: 678-622-2225, tm.ajhopper@gmail.com.

Online: Monday Night Meditation – 7-8pm. A live, instructor-led meditation and discussion. Develop a meditation practice by maintaining

a moment-to-moment relaxed awareness of our surrounding environment, bodily sensations, thoughts and emotions. All levels. \$10. Register: TheOpenMindCenter.com.

Meditation & Modern Buddhism – 7:30-9pm. With Resident Teacher, Gen Kelsang Norden. Talks, guided meditation, discussion and Q&A. All welcome. Kadampa Meditation Center Georgia, 741 Edgewood NE, Atlanta. 678-453-6753. MeditationInGeorgia.org.

Tuesdays

Online Meditation Open House – 7pm. A 30-min meditation and a 30-min discussion via Zoom. To watch: Atlanta.Shambhala.org.

Twin Hearts Meditation – 7-8:30pm. A short, guided meditation blessing the Earth with loving kindness, peace and good will. Donation. Spiritual Living Center of Atlanta, 3107 Clairmont Rd, Unit A, Atlanta. 404-417-0008. Meetup.com/Twin-Hearts-Meditation.

Metro Atlanta Sierra Club Meeting – 7:30pm. 2nd Tues. More info: SierraClub.org/georgia/atlanta.

TUESDAYS/THURSDAYS

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30-Minute Guided Meditation – 8am. Be guided through a simple yet powerful meditation that gives rise to an experience of mental peace and wellbeing. No experience necessary. Beginners welcome. \$5. Kadampa Meditation Center Georgia, 741 Edgewood NE, Atlanta. 678-453-6753. MeditationInGeorgia.org.

30-Minute Guided Meditation – 12:15pm. Be guided through a simple yet powerful meditation that gives rise to an experience of mental peace and wellbeing. No experience necessary. Beginners welcome. \$5. Kadampa Meditation Center Georgia, 741 Edgewood NE, Atlanta. 678-453-6753. MeditationInGeorgia.org.

Online: Joy of Breathing Class – 1-1:30pm. Learn the Joy of Breathing technique, practice a deep Pranayama session and enjoy the benefits. Free. Register: Tinyurl.com/muwwanm9.

Weekly Wednesday Meditation Class – 7-8:30pm. Open to all levels. Experience true inner peace. With the Venerable Nicholas Thannissaro of the Georgia Meditation Center via Zoom. To register: MeditationCircle.org.

She Recovers Foundation Atlanta Sharing Circle – 7:30-8:30pm. 2nd Wed. Come join us as we support one another on our journey to wholeness. We are all recovering from something. With Allison Stanley. Free. The Well of Roswell, 900 Old Roswell Lakes Pkwy, Ste 300, Roswell. 770-778-2051. TheWellOfRoswell.com.

Thursdays

Tai Chi & Qigong – 9:30am. For beginners. \$7/at door. Meets in The Jefferson Parks and Recreation Dept, 2495 Old Pendergrass Rd, Jefferson. 678-510-9573. CarolOsborne.org.

Dunwoody Beekeeping Club – 6:30-7:30pm. 1st Thurs. Meeting features a pro-

gram, followed by a question and answer session with the ability to meet and learn from other local beekeepers. Free. 5343 Roberts Dr, Dunwoody. 770-394-3322. DunwoodyNature.org.

Meditation Fundamentals – 6:30-7:30pm. Suitable for complete beginners. Get a practical introduction to meditation and includes topics such as the benefits of meditation, mindfulness, good posture, types of meditation, and how to start a daily meditation practice. In-person & online. \$15. Kadampa Meditation Center Georgia, 741 Edgewood NE, Atlanta. 678-453-6753. MeditationInGeorgia.org.

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Twin Hearts Meditation – 7pm. This meditation is an act of service. We use divine energy to bless the planet, our loved ones and every part of our life. With Atlanta Pranik Healing Center via Zoom. To watch: AtlPranicHealing.com.

Fridays

Qigong Exercises & Meditations – 12-12:45pm. 1st & 3rd. Led by Master Cheng, who has been teaching in Atlanta since 1976. Free/ member, \$8/nonmember. Tai Chi Association, 3079 Midway Rd, Decatur. More info & registration: Tai-Chi-Association.com.

Meditation Classes – 6pm, Level I; 7pm, Level II. See Sun listing. 5161 Brook Hollow Parkway, Ste 220/225, Norcross. Register, Andrea:404-557-4306. MeditationWellnessClub@gmail.com. MeditationWellnessClub.com.

Prayers for World Peace – 6:30-7:15pm. Includes a guided meditation, a short teaching and chanted prayers for world peace. No experience necessary. All welcome. Kadampa Meditation Center Georgia, 741 Edgewood NE, Atlanta. 678-453-6753. MeditationInGeorgia.org.

Saturdays

Free Saturday Meditations – 8-8:30am. A guided meditation to start your day with a positive state of mind and carry that inner light with you for the rest of the day. No prior meditation experience necessary; all welcome. Kadampa Meditation Center Georgia, 741 Edgewood NE, Atlanta. 678-453-6753. MeditationInGeorgia.org.

Morningside Farmers Market – 8-11:30am. Year-round. Offers organic produce, bread, pastries, grains, meat, honey, along with chef pop-ups, prepared foods, coffee, in-season fruits, and locally produced crafts. Morningside Presbyterian, 1411 N Morningside Dr NE, Atlanta. MorningsideMarket.com.

Dunwoody Nature Center Saturday Volunteers – 9am-12pm. 2nd Sat. For anyone in the community who wishes to volunteer. A wonderful way to start off your weekend in nature and service. To promote social distancing, sign-up is mandatory; limited to 24 people. 5343 Roberts Dr, Dunwoody. 770-394-3322. DunwoodyNature.org.

Oakhurst Farmers Market – 9am-1pm. Year-round. Fresh produce, meat, baked treats, and more. Additional offerings include live music and chef demonstrations featuring seasonal recipes. Masks required. Sceptre Brewing Arts, 630 E Lake Dr, Decatur. cfmatl.org/oakhurst. Free Online Guided Meditation for All – 9:45-11am. Will go over basics and guided meditation. No prior experience is needed. Classes meant to come together and meditate and learn little by little. Via Zoom. Register: Tinyurl.com/y3x5yy2s.

Reiki Share Group – 3:30-5:30pm. Last Sat. A gathering of like-minded reiki practitioners who participate in group healing treatments on each other. \$21. Healing Hands Reiki & Spiritual Development, Inc, 27 Waddell St, Ste A, Atlanta. Tinyurl.com/2rykarft.

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Be patient toward all that is unsolved in your heart
and try to love the questions themselves.

~Rainier Maria Rilke

The Assumptions and Curiosity of Childhood

by Linda Minnick



I had ten brothers and sisters. My parents were bookbinders when books were still being sewn together. After the book bindery closed, my father started working as a bartender at a local family-owned bar and restaurant about two blocks from our house. For as long as I can remember, he worked six days a week with only Sundays off. During the summer, this grueling schedule hardly left any time for family vacations or weekend picnics—with two exceptions.

On the Fourth of July and Labor Day weekend, my dad's side of the family would have picnics in the park with us. Uncle Frank's birthday fell on the Fourth of July, and my birthday is September 3, which typically falls on Labor Day weekend. So along with the fried chicken, potato salad, beer and Kool-Aid, there was always birthday cake and ice cream. I knew it was a special time because Daddy and Uncle Frank were both there! Uncle Frank's birthday, I figured, was so special we even had fireworks! It was so special, I concluded, that everyone took the day off work and celebrated with us—even if they were at their own picnic sites! Until I was nine years old, I assumed Uncle Frank and I must be very important people.

Isn't it amazing how, as little kids, we deduce things based on the facts as they appear in front of us? Due to our lack of life experience, we conclude things based on what we know. Santa must be real. Mommy told me he was. I wrote him a letter. I got what I asked for!

As we grow up and experience more of life, we begin to recognize that our earlier conclusions might not be accurate or are no longer true, and we begin replacing them with revised thoughts or beliefs. Sometimes discovering these erroneous beliefs is fun, like when I learned that my grandfather really did run away and join the circus—he wasn't just teasing me.

I've found that with the tens of thousands—possibly millions—of thoughts I have, I can't assume that all of my earlier

thoughts and beliefs—erroneous or not—have been edited or corrected as needed. Through the years, I'd find myself thinking or assuming things based on biased beliefs I had formed as a child or young adult. Sometimes those beliefs were still appropriate, but sometimes they weren't. It took many years for me to acknowledge that my understanding of life—what I held to be true—was influenced by the people, places and things in my world at the time.

As my world expanded, I soon realized that not everyone came from a large, blue-collar family in the Midwest as I did. It took longer, though, for me to realize that not everyone had the same values and beliefs I had. How was I supposed to know that bowling wasn't everyone's favorite team sport?

Those summer celebrations of my early years were wonderful experiences, and I looked forward to them every year. But if I'd had any idea of the wonders the world held for me, I would have celebrated my birthday knowing I was one year closer to being a citizen of this amazing place we call Earth.

Many of us are challenged to accept and understand that people are different and that the world around us is not always what we expect. I find it interesting that, while we often insist on holding on to childhood beliefs that no longer serve our growth, we often relinquish that childhood curiosity that kept us asking questions.

What would our lives be like if, instead of listening to our assumptions, we started asking the questions we asked as little kids? "Why?" "When?" "How?" "What?" 🧐



Linda Minnick is a speaker, author, life coach and preferred PSYCH-K facilitator. She lives in Roswell with her husband, John. Her most recent book, *New Day, New Life*, can be found on Amazon.

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