

FREE

HEALTHY LIVING HEALTHY PLANET

natural awakenings

TODAY'S CHIROPRACTIC

Going Beyond Back Pain

A NEW LEASH ON LIFE

Shelter Pets Give Back

The FIRE of LIFE

Ayurvedic Tips for Good Digestion

THE MOTHER DIARIES



LIVING FOODS INSTITUTE



NEW THERAPIES AND PROGRAMS:

- ◆ Deep, cellular-level mind, body and spirit natural healing and detoxification intensive programs and boot camps
- ◆ General Chromotherapy
- ◆ Red Light Therapy
- ◆ Ozone Therapy and much more
- ◆ Energy renewal
- ◆ Anti-aging
- ◆ Liver detoxification
- ◆ Weight loss
- ◆ Brain health



1700 Commerce Dr, NW, Suite 100
Atlanta, GA 30318

Realign Your Chakras and Rebalance Your Body with Yin Yoga and Sound Healing

Hosted by:
Rebecca Turk and Beth Houser Coghlin



**Thursday, October 24
6:30 - 8:00pm**

**Living Foods Institute at Tula Health
1700 Commerce Dr NW Suite 100
Atlanta, GA 30318**

\$45 per person

To sign up, visit LivingFoodsInstitute.com or Eventbrite.com

WWW.LIVINGFOODSINSTITUTE.COM • 404.524.4488



ROBERTA D. CANN,
DMD, AIAOMT
AND ASSOCIATES.

Dr. Cann is an active member of the:

International Academy of Oral Medicine and Toxicology

International Association of Mercury Free Dentists

International Academy of Biological Dentistry and Medicine

Holistic Dental Association

Perio Protect Provider

American Dental Association



Caring for your comfort.

YOUR HEALTHY LIFESTYLE IS OUR PRACTICE STYLE.

We have created a welcoming and respectful environment for your care, including:

- Mercury-free for more than 25 years
- Safe removal of mercury fillings: SMART protocol
- Dental Ozone treatment
- Biocompatible dental materials
- Very low-radiation digital x-rays
- Perio Protect non-invasive treatment for periodontal disease

Cann Dentistry welcomes chemically and environmentally sensitive patients, as well as patients who simply want their dental care to be in harmony with their healthy lifestyle.

Our focus is the total health, comfort and well-being of our patients.

CannDentistry.com
404-233-1102

3525 Piedmont Road
Building 5, Suite 408
Atlanta, GA 30305

 [Facebook.com/CannDentistry](https://www.facebook.com/CannDentistry)

CANN
DENTISTRY



21st Century Dentistry

Mercury-Free and Metal-Free

Everybody in his office is such a joy to work with and talk to. They are informative and helpful in regard to all your dental needs. ~ Rusty W

*I am a big chicken when it comes to going to the dentist! Dr. Norton and his team are very kind and understanding and make the experience very pleasant. Also his prices are very reasonable!
~ George M*

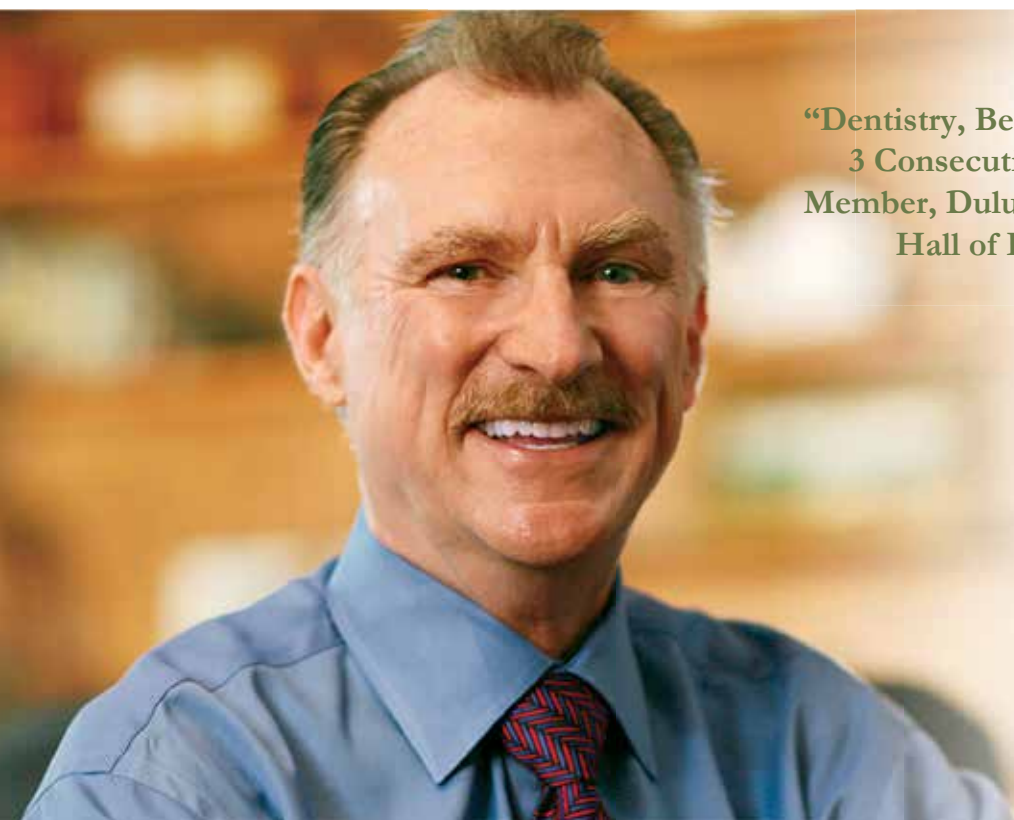
He is a seasoned dentist with state of the art laser dentistry equipment... I just had a filling today and it took, literally, 10 minutes. With laser dentistry, there's no novocaine and no pain!! ~ Alice J

Once again, they worked with me with the financial area as well. This dental office is awesome, the best that I have been to in the last 30 years. ~ Deborah B

*Always a gentle experience.
~ Marilyn O*

*I never wait more than 5 minutes.
~ Kathleen J*

I recently moved to New York and refuse to change dentists, so I fly to Atlanta to get cleanings. ~ Kenneth B



**“Dentistry, Best of Duluth,
3 Consecutive Years,
Member, Duluth Business
Hall of Fame”**



Hi. I'm Dr. Al Norton. Welcome to Dentistry At Sugarloaf.

If you have old silver mercury amalgam fillings you wish to have removed safely, we have a special protocol for safe removal.

With over 30 years in practice, I believe we have a winning formula. But don't take my word for it. Listen to what our patients have to say.

Al Norton, DDS
DENTISTRY at SUGARLOAF
FAMILY AND COSMETIC DENTISTRY
DentistryAtSugarloaf.com

To schedule a complimentary consultation ...

Call 770.513.1312

\$100 off

Any Restorative Treatment Including toward Co-Pay.

New patients only. An initial exam and x-rays are required prior to new patient treatment.

We've Moved!

**HEALWORKS IS NOW AT
BELLE ISLE SQUARE
4969 ROSWELL RD, SUITE 100-105**

OUR PROPRIETARY PROTOCOLS CONSISTENTLY RESULT IN

pain
healed

functionality
restored

five visits
or less



With over 35 years of practice, study and research, Dr. Guy Gunter, M.S., D.C., has developed a proprietary blend of Chiropractic, Nutrition, Chinese Medicine and Applied Kinesiology. Healworks is Atlanta's home for Frequency Specific Microcurrent Therapy, a pain relief technique with over 25 years of clinical documentation.

(404) 255-3110
drgunter@healworks.net
healworks.net



Offering Integrated Alternative Therapeutics

OUR PLEDGE: *If your condition is something we cannot effectively treat, we will refer you to an appropriate health care provider.*

AWAKEN YOUR BODY'S NATURAL HEALING PROPERTIES



BENEFITS THAT ONE CAN EXPERIENCE FROM REGULAR USE OF CRYOTHERAPY

STRESS REDUCTION
According to a study done by National Institute of Health, the use of Cryotherapy helps in reducing the key stress hormones.

BETTER SLEEP
As stress level drops one sleeps better and feels rejuvenated and fully charged up in the morning.

MOOD ELEVATION
The rush of endorphin in the blood following Whole Body Cryotherapy sessions leads to immediate mood enhancement. Mental health benefits of cryotherapy sessions lead to long term stabilization of mood.

Awaken Your Body's Natural Healing Properties

www.thecryogenplus.com
Hapeville: (404) 963 5265
Grant Park: (470) 428 2139

f t i
@THECRYOGEN

GEORGIA'S BEST CBD & HEMP WELLNESS CENTER

COASTAL GREEN CBD
NATURE'S RELIEF

Scientific and clinical studies have shown that CBD could be therapeutic and may help conditions including but not limited to:

- Addiction
- Multiple Sclerosis
- Alzheimers
- Neuropathic Pain
- Arthritis
- Promotes blood and oxygen flow to the brain
- Anxiety/Depression
- PTSD
- Most Auto Immune Disorders
- Skin conditions
- Diabetes
- Stress and more

DOWNTOWN DECATUR
201 West Ponce de Leon Ave (Unit 117)
Decatur, GA 30030

(404) 257-6423 | www.coastalgreenwellness.com

Seeking Surrogate



Loving couple is seeking a health-conscious person of birthing age to carry their child!

Healthy diet, sleep schedule, non-toxic beauty regimen and environment wanted.

No current amalgam fillings or recent removals, and no international travel while gestating.

Must carry some health insurance and have previously delivered a child.

We work with a local fertility clinic and agency to coordinate the medical, legal and compensation processes.

Interested persons please contact us via publisher@naAtlanta.com.



24

The Science of Energy Healing

EDITOR'S PICKS!

See them online: Our editor's Top 5 stories from the last three months!

Veganism Blossoms in Atlanta's Black Community
bit.ly/VeganismBlossoms

Four Atlanta Yoga Luminaries
bit.ly/ATLYogaLuminaries

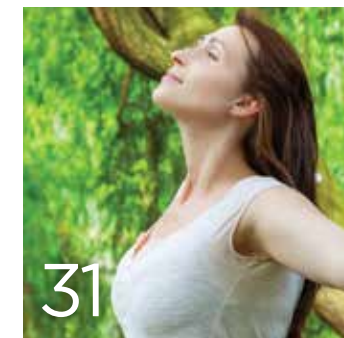
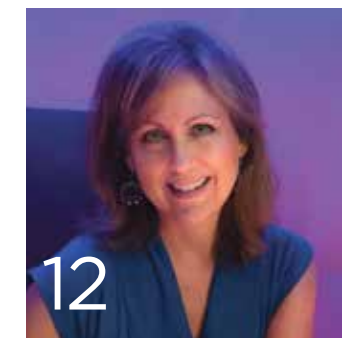
Detox Therapies: Health, Wellness & The Halo Effect
bit.ly/DetoxTherapies

Bruce Lipton: The Role of Consciousness in Healing
bit.ly/BruceLiptonPt1

The Mystery of IBS
bit.ly/MysteryofIBS

OMISSION: Last month's "Four Atlanta Yoga Luminaries" article did not mention this magazine's relationships with two of the featured yoga teachers. *Natural Awakenings* is a sponsor of Dirty South Yoga Fest, which Jessica Murphy founded. And Gina Minyard led a half-day yoga retreat in September that was produced by this magazine.

Contents



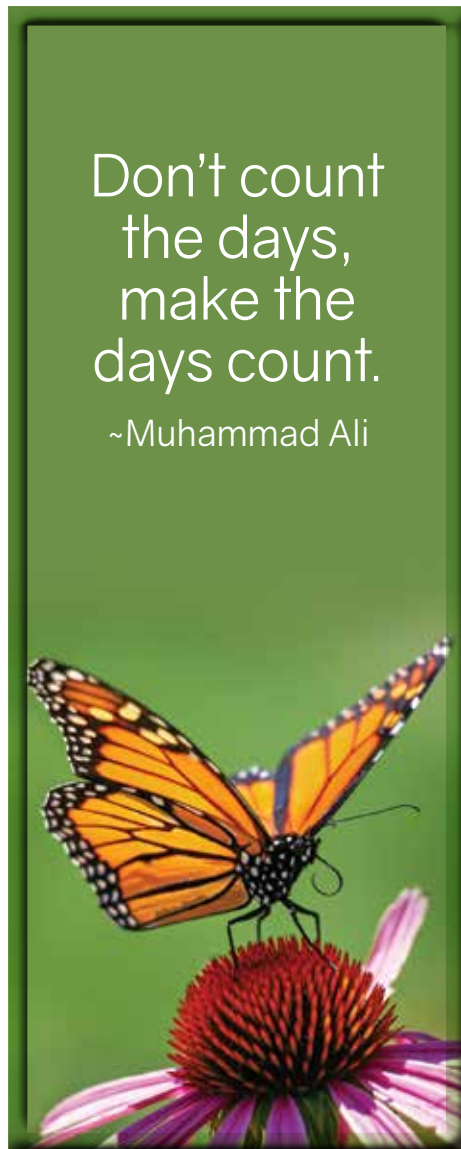
- 12 SOUND HEALING AT VIBROLOGY
- 14 GOING BEYOND BACK PAIN
- 20 THE FIRE OF LIFE: AYURVEDA PART 3
- 24 THE SCIENCE OF ENERGY HEALING
- 26 SHELTER PETS GIVING BACK
- 28 THE THREE GUNAS
Living a Sattvic Life
- 31 FOREST BATHING
- 42 THE MOTHER DIARIES

DEPARTMENTS

- | | |
|-----------------------|-----------------|
| 10 ATLANTA BRIEFS | 34 CALENDAR |
| 12 BUSINESS SPOTLIGHT | 40 COMMUNITY |
| 14 NATURAL HEALING | RESOURCE GUIDE |
| 26 NATURAL PET | 42 WALKING EACH |
| 28 YOGA SECTION | OTHER HOME |
| 31 FIT BODY | |

INDEX OF DISPLAY ADVERTISERS

Amruth Ayurveda22
 Athens Ayurveda21
 Awaken Ananda33
 Bela Drink.....18
 Blank Page Consulting.....17
 Cann Dentistry03
 Center for Love & Light.....43
 Center for Spiritual Awareness 17, 22
 Coastal Green Wellness 06
 CopperZap38
 Cryogen Plus06
 Dentistry @ Sugarloaf 04
 Dillsboro Inn19
 Divine Spine & Wellness12
 Elohee Center.....19
 Energywork ATL.....33
 Gaia Gals Retreat 19
 Georgia Eye Center.....24
 Happy Science44
 Heal Center.....13
 Healworks.....05
 Holistic Ukulele19
 Intrinsic Bliss25
 Life Grocery34
 LifeWorks Wellness Center39
 Living Foods Institute02
 Lotus of Life Chiropractic.....14
 Natural Awakenings.....18
 Naturally Healthy.....32
 Paint Rock Farm39
 Phoenix & Dragon Bookstore43
 Santosha Studio.....29
 Second Helpings34
 Seeking Surrogate.....06
 Self Realization Fellowship.....22
 Sevananda Natural Foods Market34
 Sustainable Wellness.....29
 Tree of Light Health.....32
 Vibrology Center.....32
 Writing Doctor.....15



Natural Awakenings is a family of more than 70 healthy living magazines celebrating 25 years of providing the communities we serve with the tools and resources we all need to lead healthier lives on a healthy planet.

Advertising & Submissions

HOW TO ADVERTISE

To advertise with *Natural Awakenings* or to request a media kit, please contact us at 404-474-2423 or email ads@naAtlanta.com.

EDITORIAL SUBMISSIONS

Email articles, news items and ideas to: editor@naAtlanta.com. Deadline for editorial: the 5th of the month.

CALENDAR SUBMISSIONS

Email Calendar Events to: calendar@naAtlanta.com. Deadline for calendar: the 10th of the month.

REGIONAL MARKETS

Advertise in multiple markets! *Natural Awakenings* is a growing family of locally owned magazines serving communities since 1994. To place an ad in other markets call 239-434-9392.

HEALTHY LIVING HEALTHY PLANET



ATLANTA EDITION

publisher Paul Chen
managing editor Diane Eaton
yoga editor Graham Fowler
calendar editor Theresa Archer
copy editor Patricia Staino
writers Noah Chen
design & production Kristin Hutchinson
distribution Donna Abbott
DistribuTech

CONTACT US

naAtlanta.com
info@naAtlanta.com
 404-474-2423

ADVERTISING

404-474-2423 or ads@naAtlanta.com

NATIONAL TEAM

ceo/founder Sharon Bruckman
coo/franchise sales Joe Dunne
national editor Jan Hollingsworth
managing editor Linda Sechrist
national art director Stephen Blancett
art director Josh Pope
financial manager Yolanda Shebert
franchise support manager Heather Gibbs
website coordinator Rachael Oppy
national advertising Kara Cave

Natural Awakenings Publishing Corporation
 4933 Tamiami Trail N., Ste. 203
 Naples, FL 34103
 Ph: 239-434-9392
NaturalAwakeningsMag.com

© 2019 by *Natural Awakenings*. All rights reserved. Although some parts of this publication may be reproduced and reprinted, we require that prior permission be obtained in writing.

Natural Awakenings is a free publication distributed locally and is supported by our advertisers. Please call to find a location near you or if you would like copies placed at your business.

We do not necessarily endorse the views expressed in the articles and advertisements, nor are we responsible for the products and services advertised. Check with a healthcare professional regarding the appropriate use of any treatment.



LuckyBusiness/Shutterstock.com

It was bound to happen sometime; I have no idea what to write about. It's 5 a.m. on the Tuesday morning of production week and I have been awake for well over an hour. I rarely toss and turn; on those infrequent occasions that I wake up in the middle of the night, I can very quickly tell if I'm going back to sleep or not, and if not, remaining in bed never seems like an attractive alternative; I am not one who worries or stresses much, but it seems as if the ideal time for worry to enter my mind is in the middle of the night.

To some degree, our journey together through the pages of this magazine reflects my own journey of discovery and learning. It goes without saying that many, many, many readers are much farther along the roads of natural health, emotional healing and spiritual awakening than yours truly, so it is fortunate that the nature of wide-circulation publications is more broad than deep. Moreover, when the longest single article in this magazine is no more than 2,000 words, or about a 10-minute read, it is difficult to get past introductory and beginner-level pieces.

Nuts! Not knowing what to write about, I just started writing, and now I realize this piece is about making sausage; the behind-the-scenes thinking about how

our content is chosen. It's exactly the sort of writing that our franchisor teaches us not to do. Oh well...

What I am driving at was this: the path of any awakening is, by definition, one of depth. But the magazine format stands in opposition to this. What we've tried to do here at *Natural Awakenings* Atlanta is go deeper into subject matter by employing one of three methods: 1) special sections, 2) series and 3) ongoing follow up.

We've done a number of special sections, three in this year alone. The largest, our April section on Energy Healing, has been followed up with articles on some research behind sound healing, the Emotional Freedom Technique. In this very issue, contributor Janet Raftis offers more science behind energy healing, and staff writer Noah Chen writes about the Harmonic Egg, a sound therapy device that one actually sits in!

Now we're in the midst of a three-part series on Ayurveda, a subject so vast that three articles seem terribly insufficient. Sounds like a reason for another stream of follow-up pieces!

By far, the deepest we've gone is on the topic of yoga. I believe that we're the only publication in Atlanta to feature yoga

LETTER FROM THE PUBLISHER

content in each and every issue. Moreover, we've intentionally gone deeper, wishing to draw yogis further into all eight limbs of yoga and not just talk about asanas. But more about that next month.

So, we try to extend the boundaries of the magazine format and its insistence on a maximum of 10-minute reads. We do this because we like depth, and depth is required for personal transformation, and we believe that you, our readers, want and appreciate depth as well. Our editorial team will soon meet to plan into 2020 and beyond. We would love it if you would let us know what you might like to see in print. Here are some of our ideas for topics to address more deeply. What do you think?

Hacking the Subconscious

- Holistic Skincare
- All About Water
- What is Self-Love?
- What is Mindfulness?
- Meditation
- Physical and Emotional Detoxing
- Building Community
- On Abundance
- Surviving the Dark Night of the Soul
- State of Talk Therapy
- A Course In Miracles
- Raw Food Diets
- Naturopathy

Which of the above topics resonates with you? Is there something missing that you'd like to see? Let me know! After all, the farther I travel this road, the more interested I become in co-creating content, and the most important of potential partners is you! Email me! paul@naAtlanta.com



Paul Chen has been owner/publisher of Natural Awakenings Atlanta franchise since January 2017. He is a practicing Buddhist and a founding member of East Lake Commons, a cohousing community.



Ryuho Okawa, founder of Happy Science.

New Happy Science Movie DEBUTS IN OCTOBER

Immortal Hero, a film based on the epiphany that inspired Ryuho Okawa to found Happy Science, Japan's spiritual movement of 12 million-plus followers, opens in the United States and Canada on October 18, 2019.

The film arrives in Atlanta on October 18 and plays for a week, but the location had yet to be determined at press time. Please visit immortal-hero.com for up-to-date information.

Based on the true story of the near-death experience that compelled Okawa to devote his life to spreading the truth he received from the spiritual realms and masters, *Immortal Hero* tells the story of Makoto Mioya, a highly successful Japanese writer and publisher who heals himself from a fatal heart condition after a near-death visitation from powerful spiritual beings. As part of his recovery, Mioya writes about his rebirth as an enlightened teacher. Although he faces challenges at home and abroad, Mioya promises to use his second chance at life to make a positive difference for as many people as possible.

Immortal Hero is the 17th film by Happy Science Productions, the award-winning media arm of the Happy Science movement, which was founded in 1986.

Happy Science's mission is to bring happiness to all humanity by integrating religions across the world, transcending religious and ethnic conflicts, and cultivating happiness, success, health and wealth for all people.

For more information: *Happy Science Atlanta Branch*, 1874 Piedmont Ave. NE, Suite 360-C, Atlanta, GA 30324, atlanta@happy-science.org, 404-892-7770.

ANOTHER BANNER YEAR FOR Dirty South Yoga Fest

Atlanta's sixth Dirty South Yoga Fest, held in August, once again broke its previous attendance record. Last year, the first year the festival extended past one day, attendance was approximately 750. This year, the first year the festival included Friday sessions, attendance jumped to 900.

"For a Friday, during the day, I think it was very well received," says Jennifer Kitchen, the festival's project manager. "We had more people than we anticipated."



(Photo: Serenbe)

Attune, a four-day wellness experience designed to support one's journey of awakening, will take place November 8 through 11 at Serenbe Wellness Community just south of Atlanta.

Keynote speakers for the event include world-renowned best-selling author and speaker, Elizabeth Gilbert; international lecturer, researcher, and author Dr. Joe Dispenza; and #1 New York Times best-selling author, Gabby Bernstein. The event includes healing workshops, cathartic movement classes, immersive experiences, time in nature, practical tools to support healing, as well as the opportunity to "slow down and return to a natural rhythm," according to its website.

Ticket options include Day Passes, starting at \$250, and Full Immersion Passes that range from \$1,800 to \$3,100 and include accommodations. Full Immersion tickets include organic and locally sourced meals, which include vegetarian, vegan and gluten-free options.

Attune founder, Jenny Emblom, who has a master's degree in spiritual psychology, was diagnosed with ovarian cancer at the age of 33. She decided to retreat at the Optimum Health Institute in San Diego, where she healed the cancer through a cleanse and detox program for body, mind and spirit. She has since founded Living Wholly, an interactive, informative e-commerce site for elevating consciousness.

Located in Chattahoochee Hills, Georgia, 30 miles south of Atlanta, Serenbe is set among acres of preserved forests and meadows with miles of nature trails that connect homes and restaurants with arts and businesses. Its conscious architectural planning is designed to support connection to nature and community living.

For more information, visit AttuneByLivingWholly.com.

The Friday sessions were geared towards yoga teachers and studio owners and were longer in length. Kitchen felt that these classes were well received.

Saturday and Sunday offered attendees what the festival has come to be known for—a wide variety of classes that extend beyond what one typically finds in their local studio. The classes that filled up fastest, for example, included Align Flow with Essential Oils with Holly Griffin; Sweat, Stretch and Detox with Anna Kennedy; Sacred Cacao Ceremony with Nina Simone; and Qigong with Corrine Chavez.

Disclaimer: *Natural Awakenings* is a sponsor of the Dirty South Yoga Fest.



Marietta's Café Life REINVENTS ITSELF

With Chef Jai at the helm, Café Life has re-invented itself inside and out.

Located in Marietta, the restaurant has remodeled its interior and updated its menu for the fast-moving, health-oriented customers of Atlanta today. It is operated and managed by Dare2Dream Culinary Consultants, LLC.

"We wanted to focus our energy on creating a cultural change that would excite the Cobb County vegan community along with all health-conscious people," says Chef Jai, a graduate of Le Cordon Bleu College of Culinary Arts in Tucker, GA, with 20 years' experience.

"The plant-based lifestyle has been a whirlwind of excitement and has sparked my desire to help everyone experience the wonderful benefits of healthy eating. I want people to know that we are here to service all of their food service needs with a vast array of options for their taste buds," says Jai.

Focusing on a "love for food, a taste for diversity and a love for people," Café Life claims to be Cobb County's only plant-based restaurant. It is located at 1459 Roswell Rd. in Marietta. For more information, visit CafeLife4Life.com or call 770-977-9583 Ext 122.

FREE TALK ON HEALINGS OF Bruno Groening

Dr. Wolfgang Vogelsberger, M.D., will talk about what many believe to be the thousands of medically verified spiritual healings of Bruno Groening.

"Bruno Groening left behind the knowledge of how to absorb a natural healing power that can bring long-lasting health to every human being," says Fred Stevens, a follower of Groening's work. "I've found that his teachings have simplified and clarified my own spiritual inclinations in ways that no other teachings have."

The Medical Scientific Group (MSG), an international forum of independent healthcare professionals, has documented and verified Groening's results.

The talk will take place from 6:30 to 8:30 p.m., November 9, at the Smyrna Community Center, 200 Village Green Circle in Smyrna. There is no cost to attend.

"The information provided may open you up for a way to healing, whether it's a health challenge, a financial difficulty, a parenting issue or any life problem that holds you back," says Stevens.

For more information, contact Sarah Thorsen at Sarah.Thorsen11@gmail.com or 404-217-4432.



(Photo: Devin Clayton)

Cryogen+ Recovery OPENS SECOND LOCATION

Top athletes LeBron James and Usain Bolt are just a few who have adopted cryogenic and compression therapy to aid recovery from punishing workouts and performance. The Cryogen+ Recovery and Wellness Center is now open in two locations in metro Atlanta, Grant Park and Hapeville, offering Atlantans the benefits of the technology.

Cryogen+ offers three treatment options for different needs. Whole body cryotherapy helps speed physical recovery by exposing the body to temperatures colder than -200° F for 3 minutes. Benefits can include muscle and joint pain relief, weight loss, younger-looking skin and improved mood and energy.

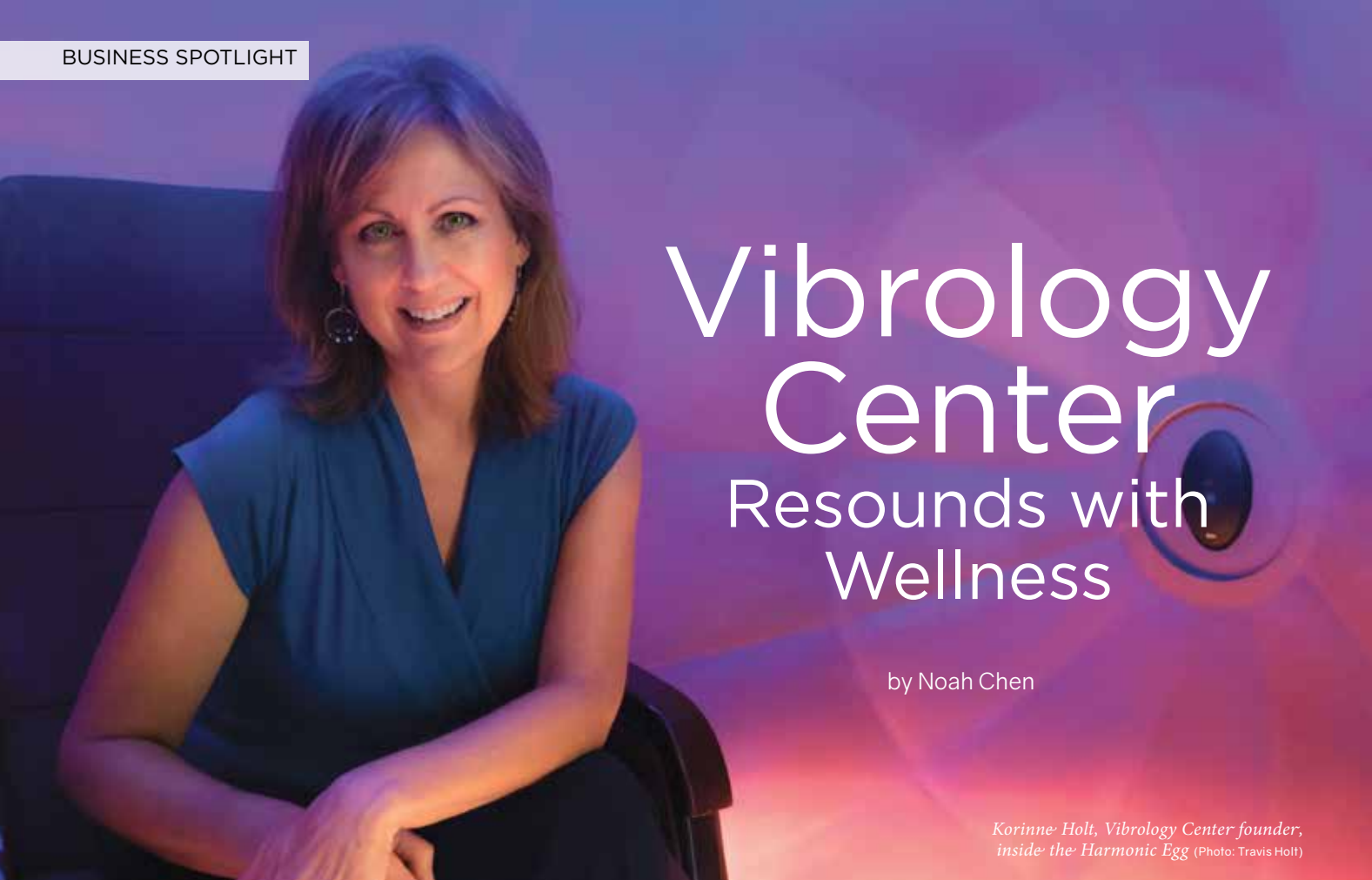
Localized Cryotherapy is used to promote collagen production, reduce inflammation, support athletic recovery for problem areas, and pain relief. It is also used to treat illness and discomfort in pets.

The center's third treatment option, NormaTec compression technology, is a dynamic compression device that uses dynamic, massage-like compression to increase circulation.

"If you consider that we all grew up using ice to treat pain, you can see that cryotherapy offers an improved version of a tried and true remedy. By perfecting 'icing,' we are able to speed recovery and help you get back to enjoying an active lifestyle," says founder Tynisha Astrel.

Memberships start at \$99/month. Individual sessions start at \$40 for localized cryotherapy, \$89 for whole body cryotherapy and \$40 for NormaTec compression sessions.

The Cryogen+ Recovery and Wellness Center in Grant Park is located at 1039 Grant Street SE, Building A, Suite A21 in Atlanta. To learn more, visit TheCryogenPlus.com, email recharge@thecryogenplus.com or call 404-963-5265 for Hapeville or 470-428-2139 for Grant Park.



Vibrology Center Resounds with Wellness

by Noah Chen

Korinne Holt, Vibrology Center founder, inside the Harmonic Egg (Photo: Travis Holt)

Tucked away on the second floor of Serendipity Labs in the business plaza of 100 North Point Center East is a hollow, multi-faceted wooden egg about the size of a car. The device, called the Harmonic Egg, is both a rare healing tool and the cornerstone to The Vibrology Center, run by sole founder, Korinne Holt.

Holt has been using the Harmonic Egg to heal and alleviate a wide variety of medical issues, from stress and insomnia

to helping multiple sclerosis (MS) patients recover lost mobility.

“So far there’s nothing it’s not improving. It’s resetting the autonomic nervous system and relaxing it,” says Holt about the Harmonic Egg. “It’s harmonizing the body, so all the healing mechanisms are coming online.”

Holt specializes in vibro-acoustic therapy (VAT), a form of sound healing, and admits that research about it is hard

to come by, although her website has links to several peer-reviewed papers on the topic.

VAT works by immersing the individual in musical vibrations that carry energy into the body. When the frequency of a muscle is matched

by the external sound, that muscle will resonate, causing increased blood flow to the area and loosening tightened fibers. Sounds during VAT can also affect the *pacinian corpuscle*, the receptors in the body that send certain non-pain messages to the brain when they’re stimulated.

The Harmonic Egg was built to enhance the healing qualities of VAT. The sound is more concentrated toward the individual when they are enclosed in the capsule, with the egg shape focusing the vibrations on the client. The wooden walls of the egg resonate like a musical instrument.

Holt describes the healthy body as being “in tune,” or vibrating at certain frequencies. The music played into the egg is customized to reverberate with the frequencies the individual is lacking, and by submerging the out-of-tune body in the proper frequencies, Holt is able to “retune” it.

General stress, sleep, and digestion are the three things Holt says she treats the most, but some people come with more complex issues, and some come on a weekly basis to counteract the damage of their high-stress lifestyles.

General stress, sleep, and digestion are the three things Holt says she treats the most, but some people come with more complex issues, and some come on a weekly basis to counteract the damage of their high-stress lifestyles.

“One gentleman I started working with has neuropathy and is numb in his feet; he’s getting the feeling back. I had an MS client who was unable to rotate her ankles, and she was able to rotate her feet and ankles for the first time in years.”

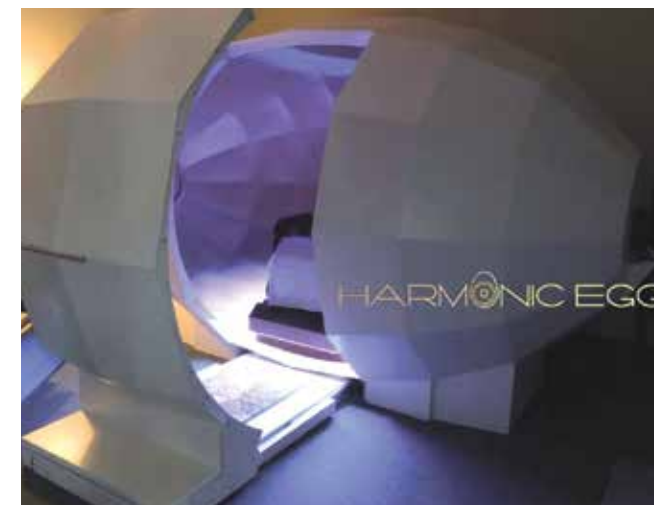
Some clients have issues of which they might not be aware. Holt has her own ways of finding what “notes” in the body are not resonating fully using kinesthetic muscle testing. This practice relies on the idea that the body knows what is right or wrong for it. For example, Holt

will ask a client to say “the note of A is resonating in my body” while monitoring the muscles in the client’s arm. If they hold firm, it indicates that the note is resonating fine, but if they slacken, there may be problems.

After identifying what “notes” the client’s body could resonate more effectively, the individual enters the Harmonic Egg and sits in a reclining zero gravity chair. Sessions consist of forty minutes of custom-chosen music, followed by ten minutes of silence. Afterward, the client discusses the experience with Holt, and future sessions, if necessary, can be planned.

Many report very positive experiences in the Harmonic Egg. According to Holt, the technology is doing so well that the manufacturer, Life Center, is backed up with orders until next month. Currently, Holt estimates there are only eight Harmonic Eggs in the world, with that number probably rising to around 20 within 18 months.

“I think people are starting to experience how powerful it is—and there are no negative side effects. Some things



(Photo: Harmonic Egg)

you just can’t keep in the can,” says Holt. “Now, how much Western medicine is going to jump on that, I don’t know.”

But the growing number of Harmonic Egg orders, as well as her own growing and diversifying client base, has given Holt an optimistic outlook on the future of her industry.

“I think we’re on the edge of a massive shift toward sound healing,” she says. “I think the cat’s out of the bag on this one.”

For more information, including details about the Harmonic Egg and how to book a session, go to <https://www.vibrologycenter.com/>.



Holistic Body Work

Reiki Classes & Attunements

Intuitive Health Counsel

Sacred Hikes

Coaching & Self Care Plans



Tia Rusan
678.561.7194

Visit us at www.DivineSpineWellness.com & book your session today!

TOUCH LIVES. MAKE A DIFFERENCE. BECOME A CERTIFIED PRACTITIONER.

REFLEXOLOGY CERTIFICATION TRAINING

A 48-hour course on the BodySystems™ Method of Reflexology. Preparing students with the knowledge, skill and compassion for professional level practice.

AROMATHERAPY PRACTITIONER COURSE

Immerse yourself in the world of essential oils. Hands-on learning and practice, assessment and blending in small groups, an ideal environment to study the art and science of aromatherapy. A 50+hr certificate course.

EDUCATION. PURPOSE. EMPOWERMENT.
CALL (404) 303-0007 | HEALCENTERATLANTA.COM



Don't just Live,
Thrive!

Individualized chiropractic and nutrition care for:

- pregnancy
- newborns
- pediatrics
- adults

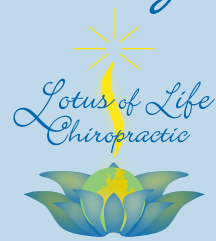


Lotus of Life is a unique progressive healthcare experience in a setting that is relaxed and comfortable. We serve children and adults of all ages through gentle and individualized adjusting and complete wellness lifestyle coaching.

Schedule Today!

603 Church St,
Decatur GA
404-377-7743

www.LotusofLifeChiropractic.com



NATURAL HEALING



Today's Chiropractic Going Beyond Back Pain

by Marlaina Donato

Chiropractors are often perceived as back pain specialists, but optimal chiropractic care treats the whole person from the inside-out, starting with the nervous system. This means practitioners can address many conditions that transcend typical expectations.

The human spinal column sports 31 pairs of nerves, some corresponding directly to digestive, reproductive and respiratory organs, which might explain why regular spinal adjustments and other chiropractic techniques can be helpful for seemingly unrelated conditions like asthma, chronic headaches, hormonal imbalances and temporomandibular joint (TMJ) disorders.

A scientific review of 179 published papers focusing on various non-musculoskeletal conditions shows benefits of full-body chiropractic treatment for asthma, infantile colic and cervical vertigo. Results

are also promising for middle ear infections in children and pneumonia in seniors.

Clinical evidence suggests the nervous system is a cohesive factor in achieving overall wellness. "In chiropractic and holistic philosophy, the body is considered a self-healing organism," explains chiropractic physician and applied kinesiologist Marc Terebello, of the Chiropractic Wellness Center, in Southfield, Michigan. "The nervous system controls the body, so issues in the toes or fingers may be caused by spinal issues in the neck and low back. Likewise, bladder and menstrual cycle problems can be caused by injury to the low back or pelvic regions."

William J. Lauretti, a New York Chiropractic College professor in Seneca Falls, concurs with the benefits of holistic treatment. "Chiropractors view the body as an integrated unit, and problems in one area might affect a seemingly unrelated

Chiropractors view the body as an integrated unit, and problems in one area might affect a seemingly unrelated area.

~William Lauretti

area," he says. "Most chiropractors have a wide variety of treatment approaches to offer, including advice on nutrition, lifestyle, stress management and exercise."

Chiropractic and Digestion

It's worth noting that the nerves that innervate important digestive anatomy—from the salivary glands to the stomach down through the intestinal tract—branch off the spinal cord at various levels of the cervical, thoracic and lumbar spine. "This means that chiropractic adjustments given to [the] neck, mid-back, lower back and sacrum are important to optimal digestive function," says chiropractor Sean Cailteux, of Exodus Health, in Shawnee, Kansas.

In his practice, Lauretti has observed better digestion as a positive side effect to regular adjustments. "I've had a few patients over the years who reported improvement in digestive problems after chiropractic treatment of the mid- and low back. In some of those cases, the improvement was serendipitous, because the patient didn't discuss their digestive symptoms initially, only after they noticed the improvement."

Hope for Headaches and TMJ Dysfunction

Chronic tension headaches and migraines can become the norm for too many individuals, but chiropractic care—including spinal adjustments, nutrition advice and addressing emotional causes such as stress and anxiety—can be key in reducing pain and getting to the root of the problem.

"Technically, only headaches with a list of very particular characteristics can be properly diagnosed as migraines," Lauretti explains. "The cause of many cases of chronic, long-term headaches is often from poor function of the muscles and joints in the neck." These types of headaches often respond well to treatment focused on restoring normal function to the neck, he says.

TMJ disorders can cause painful and sometimes debilitating symptoms, including facial and tooth pain and locking of the jaw. Chiropractic treatments often provide reliable relief. "The TMJ is a very important joint in the body, with thousands of neuroreceptors. TMJ involvements can cause headaches, particularly around the ear or side of the head, vertigo, tinnitus and other hearing issues," says Terebello.

Cailteux notes that aside from experiencing jaw pain and headaches, someone suffering from TMJ disorder may have

difficulty chewing, and may experience an audible clicking of the jaw with movement. "Chiropractic adjustments can be particularly helpful, especially when delivered to the TM joint and the neck. Gentle, soft-tissue manipulation of the muscles and tendons of the jaw, specifically the masseter, temporalis and pterygoid muscles, is also a highly effective treatment."

For a true holistic approach and lasting success, Lauretti offers this advice: "Look for a doctor who is willing to work as part of your healthcare team and who's willing to refer you for specialty care when appropriate."

Marlaina Donato is the author of several books, including Multidimensional Aromatherapy. She is also a composer. Connect at AutumnEmbersMusic.com.

YOUR BOOK
YOUR VOICE
YOUR STORY
ELEVATED

Whether you've got a complete manuscript needing editing or a fledgling idea that's begging to be ghostwritten—or anything in between—I'll help you transform your book into a polished, professional whole. Together, we'll unleash the power of your words and ideas to move, persuade, educate and enlighten.



the
Writing
Doctor

Professional Editor,
Ghostwriter & Copywriter

Diane Eaton, MCIS
928.451.5772

www.DianeTheWritingDoctor.com
Diane@DianeTheWritingDoctor.com

Marketing Certified
by Hubspot



Chiropractic GOES 3D

by Diane Eaton

Albina Gilisic/Shutterstock.com



Dr. Culig prepares a patient for taking detailed x-rays of the cervical spine. (Photo: DJ and Karen Hagerman)

“**V**ertebral subluxation.” If you’ve heard the term, you’ve probably seen a chiropractor.

Detecting and correcting *vertebral subluxation*—misalignments of vertebrae in the spine—has been the focal point of chiropractic care since the practice was invented more than 100 years ago. The idea being: if the vertebrae are reset sufficiently, the associated pain and functional loss can be reduced.

But two of Atlanta’s chiropractic care physicians have adopted advances



Russell Friedman, DC, ME, Ali Friedman, DC, Shaun Puro, DC (Photo: JC Penny)

in technology along with more holistic perspectives of the body in order to get better results than their more traditional counterparts.

Snubbing the push-pull-and-pop approach that chiropractic is famous for, their adjustments are ostensibly more precise and can benefit the patient’s health more significantly.

A Top-Down Approach

Dr. Randy Culig, founder of Pierce Chiropractic in Atlanta, believes that the cervical spine—the seven bones in the neck—is the key to chiropractic correction and the resulting improvements in health and wellness.

“Approximately 74% of low back pain surgeries are considered unsuccessful,” says Culig, a cervical spine specialist. “Why? If the problem isn’t coming from the lower back but originates in the cervical spine, then any back surgery is only correcting the compensation of the problem—not the problem itself.”

The cervical spine is by far the most movable area of the spine, which makes it the most prone to injury. The rest of the body tends to adapt to whatever’s going on in the cervical spine.

“The cervical spine has the most intricate structure,” says Culig. “The vertebral artery runs through it and supplies 11 out of the 12 cranial nerves. That’s why we see a lot of patients with things related to the cranial nerves: the blood supply can often be inhibited due to misalignment to the cervical spine.”

“When the cervical spine is out, it tends to bring the skull off balance, which then tends to throw off your entire center of gravity. So, we see a lot of conditions, including sciatica, numbness in the foot or hip pain that all tend to stem from the cervical spine.”

The staff at Pierce Chiropractic use several diagnostic tools to get a more precise understanding of a patient’s condition. They use thermography to provide insights about blood flow, which in turn tells them about the patient’s side-to-side symmetry. Then, with the help of X-rays and precision 3D imaging, they get a mathematical equation that calculates the exact vector in the neck that needs to be adjusted in the patient.

“We know the specific vector, and we leverage the area correctly,” says Culig. “When it comes time to do the adjustment, it feels like nothing more than a tap behind the ear.”

Not a Bone-Out-Of-Place Model

“The bone-out-of-place view is a mechanistic approach that’s like fixing your car,” says Dr. Russell Friedman, the senior physician at AlternaHealth in Sandy Springs. “But we’re not just cars that get dented. People are a whole system that responds with a nervous system and life force, and the body tries to compensate and create balance so it can be energetically sound.”

Gravity is the largest stressor on the human body, says Friedman, yet the “bone-out-of-place” model of traditional chiropractic treatment doesn’t account for it. “Posture. It uses more energy to stand up against gravity and it takes more neurological wiring and more structural integration into the fascia and bony system to integrate it” than any other system.

“We’re wired something like a puppet, with the string at the top,” says Friedman, who is board-certified in QSM3, NUCCA, and Orthospinology.

That top string is found in the cervical spine—the only place one can access “all the rubber bands, all three dimensions—anterior, posterior, up and down and side to side,” says Friedman. “All the lines from the pelvis come up through the

chest, the back, the shoulders, all the way around three dimensionally and up.”

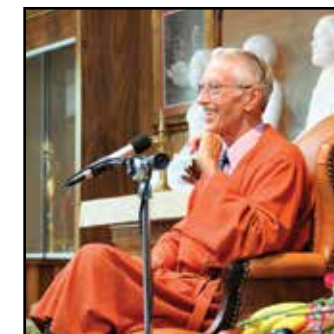
With their QSM³ technology, AlternaHealth can read the body’s weight differential from side to side, the “tilt” or “lean” of certain areas, and the “twist” of the body—the way the body is energetically holding itself. The data accounts for damage done to the body, its orientation and the way it is or has been breaking down energetically.

Friedman says the equipment allows him to get insights about the configuration of the body and how it’s responding energetically. “I can look in real-time—live—and watch the body as it oscillates. I look at the energy of the human body, and then I have what I need to restore the structure.”

The goal is *tensegrity*—a term that alludes to the balance and uplift of a well-filled balloon. “When you open the nervous system and expand the cells of the body,” says Friedman, “the human body reacts. The majority of my patients get a reset.”

Find out more about Pierce Chiropractic Center at PierceChiroCenter.com and AlternaHealth Solutions at AlternaHealthSolutions.com.

KRIYA YOGA Center for Spiritual Awareness Books and Retreats



With ministers ordained
by Roy Eugene Davis

Book Catalog and Schedules
of Our Meditation Retreats
in Northeast Georgia

info@csa-davis.org

706-782-4723 Weekdays

csa-davis.org

Share your smile with
the world. It's a symbol of
friendship and peace.

~Christie Brinkley

COACHING FOR WRITERS

Award-winning author and coach can help you find your voice! Character development, plot guidance, technical assistance, a comfortable writing schedule and the support you need to get to The End.



YouCanWriteYourLife@gmail.com
www.BlankPageConsult.com
678-938-2777

Bela
HERB-INFUSED WELLNESS DRINK

The power of Turmeric, Tulsi, Ginger, Amla, minerals & Vitamin C for healthy hydration.

0 SUGARS | 0 CALORIES | NON GMO | SUPPORTS ENERGY | GLUTEN FREE

A local Atlanta brand, sold at your neighborhood studio/gym and these local retailers

CANDLER SEVANANDA SAVI GRANT

drinkbela.com @bela_drink

HARMONY IN HYDRATION

WORKSHOPS & REETREATS

A FOCUSED ADVERTISING SECTION

MAKE YOUR CREATIVITY A PRIORITY

Holistic Ukulele Songwriter Retreat

NOV 1-3
HEARTWOOD RETREAT CENTER
BLUE RIDGE, GA

Turn your affirmations into songs on the ukulele with elements of meditation on this 3-day transformational retreat. Held at the tranquil, Heartwood Retreat Center in mountains of Blue Ridge, Ga. Feel the joy of expressing yourself in a fun and new way. No experience necessary. Brand new take home Ukuleles are available.

SPACE IS LIMITED, REGISTER NOW → WWW.HAJIBASIM.COM/UKULELE

Treat yourself to a Women's Wellness Retreat...

October 25th - 28th

3 Days/3 Nights starting at \$525 All-Inclusive

All Meals, Lodging, 20 Activities/Workshops....

Gala Gals Retreat

Reserve your spot online NOW!
LaurelHillFarmandPreserve.com
or call 303-746-2561
Spencer Mountain, NC

Great Talks, Walks, Yoga, Massage And Wonderful Food

Ayurveda • Sound Healing
Energy Work • Creative Writing
Yogastrology® • Plant Spirit Medicine
Guided Meditation • Intuitive Dance

Make Our List!

Tell us what books have helped awaken your heart, mind, body and soul! We're making a list for our December Gift Guide. Let us know at bit.ly/Book-List

natural awakenings

CONSERVATION YOGA AND ECOTOURISM

AT A WHITEWATER RESORT IN THE MOUNTAINS

Moonschool Yoga at the Dillsboro Inn
Gravitational Pulling Postures
For Stress Reduction and Emotional Cleansing
Weekday Classes and Posture Meditation

Come Visit Our Front Yard, A River Flows Through It

CONSERVATION YOGA, GRAVITATIONAL PULLING POSTURES
SACRED PRACTICES TO HEAL THE EARTH

DILLSBORO INN

DILLSBOROINN.COM MOONSCHOOLYOGA.COM (828) 507-3113

90 Minutes from Atlanta and a World Away
Make Time For You!

A residential retreat center nestled on 220 acres of North Georgia beauty where guests can take part in experiential courses related to stress-reduction, personal development, trauma recovery, art, music, nature, yoga, meditation and more.

elohee.org | 770.316.9195

Visit our website for a full listing of our retreat offerings
Elohee Center, Inc. is a Federal 501c3 Non-Profit Educational Corporation

THE FIRE OF LIFE AYURVEDA & DIGESTION

PART 2 OF A
3-PART SERIES ON
AYURVEDA

by Gedalia Genin

*When diet is wrong, medicine is of no use.
When diet is right, medicine is of no need.*
— Ayurvedic proverb

Ayurveda—a five thousand-year-old system of holistic medicine that promotes longevity, balance and overall health—is finally getting more of the attention it deserves.

Many popular energy and protein drinks now include Ayurvedic herbs such as turmeric and ashwagandha. Ginger tea is getting recognition for its immune-building properties. Ayurvedic treatments are offered at hotel spas, and Ayurvedic chefs are getting calls to cook for people with special needs. Even Forbes magazine claims Ayurveda is going mainstream in their “10 Wellness Trends” of 2019.

Considering the toxins in the environment and in our foods, the overuse of prescription drugs, increased stressors and a fairly broken health care system, Ayurveda holds a treasure trove of tools to help us return to our innate wholeness and optimal health. And beyond that, for those inclined, the practice offers people a path to spiritually align with their true divine Self, their purpose and creativity.

The Role of Digestive Health

From the Ayurvedic perspective, a healthy digestive system is the cornerstone of health and well-being, and every disease is believed to arise from inefficient digestion. People might eat what they think are the best of foods, organic and unprocessed, but if they are not digesting, absorbing and eliminating them properly, then undigested foods are stored in organs, tissues, the brain, cells and energy channels, according to Ayurveda. The result is *ama*, the Sanskrit word for toxins.

Common physical signs of impaired digestion include weight gain, fatigue, low libido, constipation, dry skin, bloating, congestion, acid reflux, impaired immunity, sleep issues, acne, eczema, psoriasis, brain fog, thyroid conditions and joint pain.

Ayurveda pays attention to *agni*, the “fire” or energy that is responsible for digestion. When the *agni* is balanced, things that are beneficial to health—courage, joy, intelligence—to arise. When *agni* is out of balance, emotions that are destructive to health—such as fear, anger and confu-

sion—arise. Further, how one “digests” their life is as important as what they eat.

Even with good intentions, doing things in the wrong order won’t get results. Ayurveda teaches that when a person tries to clean up their diet before first clearing out the toxins, the “good” food will literally go to waste in the digestive system. That doesn’t mean we should ditch the kale or the smoothies, just that we should first examine the larger picture of our health and consider detoxing. [In Part 3 of this series, Panchakarma, a comprehensive Ayurvedic detoxification program, will be discussed.]

On top of it all, the by-product of excellent digestion is *ojas*, the “essence of vitality.” It can be one’s best friend for maintaining vim and vigor, vibrant skin and clear intelligence.

Keeping the Fire Burning

How does one keep the digestive fire burning bright? By giving it the right amount of fuel. When one overloads it by eating too much at meals or drinking too much water with meals, one drowns its full potential. Unlike Western all-you-can-eat buffets, Ayurveda recommends eating only until the stomach is 2/3 full. Then, by giving the body enough time to fully digest between meals, the “sacred inner fire” is kindled.

Another key to good health is taking pleasure in, and bringing awareness to, the act of eating. Far more than it’s realized, meals are mechanical and joyless. People have countless excuses to avoid taking the time to prepare, share or enjoy a meal. But by bringing full attention to eating—and eating slowly—people can transform the act of eating into a ritual of thanks.

After all, the consequences of unconscious eating have become devastating. More than 10 percent of the world’s population, including 604 million adults, is now obese, according to a 2017 study at the University of Washington. There has also been a sharp spike in heart disease, diabetes and kidney disease.

Eating Seasonally

“Ayurveda is about living in harmony. Eating seasonally and locally. You not only get the most nourishment, but also rekindle your relationship to food and the environ-

ment,” says Nishista Shah of the Ayurvedic Institute of Albuquerque.

Ayurveda recommends we nourish ourselves by eating what is in season. For example, we can eat cooling foods, herbs and spices in the summer, such as cucumber, mint, coconut water, cilantro and watermelon. In winter, we can consume warming soups and stews that include spices such as ginger, cinnamon and chilis, and herbs such as ashwagandha and holy basil to warm us. Each season is associated with a primary *dosha*, or energetic quality, that dominates it, so when people pay attention to nature on the outside and on the inside, they harmonize and improve their health at the same time.

The Six Tastes

Much of the wisdom of Ayurveda lies at the tip of the tongue. Our taste buds do much more than simply identify tastes, they extract the nutritive value of foods and provide the initial spark that revs up the entire digestive system.

While many other health systems focus on labels describing protein content,

calories or carbohydrates, Ayurveda identifies six tastes—sweet, sour, salty, bitter, pungent and astringent—that need to be included in diets to help maintain health and balance.

Of course, Western culture emphasizes sweet and salty tastes, which will often trigger cravings for bitter foods such as coffee and chocolate. The cravings are one way our bodies tell us what we might be missing.

Ayurveda recommends incorporating the six tastes at each meal, suggesting that by balancing the tastes, one can feel more balanced and satiated. At the same time, one will be less likely to overeat or crave foods that are not good for them. If we consistently eat only a few of the tastes, for example, we are at greater risk of health problems.

Working with the six tastes is one way to balance the doshas. When one or more of a person’s doshas is out of balance, the tastes can help one repair an imbalanced state. [See Part 1 of this Series in our September issue for an exploration of the doshas.]

For example, the sweet taste decreases Vata and Pitta while increasing Kapha.

The sour taste balances Vata but increases Pitta and Kapha. While sour foods can awaken digestion, thoughts, and emotions, it can possibly lead to aggression.

The salty taste decreases Vata but increases Pitta and Kapha. It is grounding, good for absorption and helps with electrolyte balance and absorption of minerals. But too much salt can have a negative impact on the blood and skin.

The bitter taste increases Vata and decreases Pitta and Kapha. It is detoxifying but it can be quite drying for a Vata person if overdone.

Pungent foods, like ginger, garlic and onions stimulate the mind, nervous system and emotions. They will aggravate Pitta quickly (think of a spicy Indian meal) but balance Kapha.

Foods with astringent taste can aggravate Vata but balance Pitta and Kapha and can mentally strengthen and purify. In sum, the best way to approach the tastes is to aim to eat with the seasons and include all six tastes at a meal while favoring one’s primary dosha to keep it balanced. This is a pathway to inner balance.

Georgia’s Most Comprehensive Ayurvedic Center

From extensive exams and consultations, to highly personalized recommendations, to a full suite of therapeutic offerings, Athens Ayurveda offers it all.

With over 25 years experience as an Ayurvedic physician, Vaidya Falguni Trivedi offers a complete system of healing, has extensive knowledge of herbal supplements and is a recognized expert in Panchakarma, an Ayurvedic detox and rejuvenation practice.

Services Offered

Consultation
Panchakarma

Shirodhara
Skin Care
Meditation & Yoga

Natural Ayurvedic
Herbs & Products

Whether you’re facing a serious medical condition or are striving to enhance your health and prevent ailments, Ayurveda is the road you want. And Athens Ayurveda is the clinic you need.

Make An Appointment Today

athensayurveda.com | holistic@athensayurveda.com | 706-372-6118 | 1945 Barnett Shoals Road, Athens, GA 30306



A
Athens Ayurveda
A HOLISTIC APPROACH TO HEALTHY LIVING

The Ayurveda Panchakarma Center

We offer:

- Ayurveda consultations
- Panchakarma detoxification
- Rejuvenation therapies
- Abhyanga (Herbal oil massage)
- Shirodara (Stress relief)
- Basti and kizhi (pain relief)
- And much more...



Baba Ramdev Health Products
5675 Jimmy Carter Blvd, STE 520
Norcross, GA 30071
RamdevProducts.com
678-534-5423

Amruth Ayurveda
5354 McGinnis Ferry Road, STE 218
Alpharetta, GA 30005
AmruthAyurveda.com
470-395-4935



Simple Ayurvedic Steps for Healthy Digestion

Here are a few simple recommendations to promote healthy digestion based on Ayurvedic principles:

- Avoid ice cold drinks and foods directly out of the refrigerator.
- Avoid processed, radiated, microwaved and leftover foods. They have no *pranic*, or life force, energy.
- Learn to use healthy food combining.
- Eat only kitchari for a day or more. (See recipe below)
- Drink Digestive Tea (See recipe below)

**Disclaimer: This information is not meant to replace medical care, your medications or your doctors' advice. For best results, work with a professional Ayurvedic practitioner.*



DIGESTIVE TEA

- 1 Tbsp fennel seeds
- 2 Tbsp cumin seeds
- 2 Tbsp coriander seeds

Boil the seeds in six cups water for five minutes. Strain and drink throughout the day.

KITCHARI

Reprinted with permission from "The Ayurvedic Institute"

Kitchari is a staple in Ayurvedic life. It is an easily digestible, highly nourishing and detoxifying food that is made from rice, split mung beans, spices and vegetables. Kitchari can be used for a cleanse, for a "day off" from regular food or simply eaten on a regular basis. In Ayurveda, the transition between seasons is an optimal time to cleanse.

Ingredients

- ½ cup basmati rice
- 1 cup mung dal (split yellow)
- 6 cups water
- ½ to 1 inch ginger root, chopped or grated
- A bit of mineral salt (1/4 tsp. or so)
- 2 tsp ghee
- ½ tsp coriander powder
- ½ tsp cumin powder
- ½ tsp whole cumin seeds
- ½ tsp mustard seeds
- ½ tsp turmeric powder
- 1 pinch asafoetida (hing)
- Handful of fresh cilantro leaves
- 1 ½ cups assorted vegetables (optional)

Preparation

Carefully pick over the rice and dal to remove any stones. Wash them separately in at least two changes of water and place them in a pot. Add the water and cook, covered, until it becomes soft, about 20 minutes.

While that is cooking, prepare any vegetables that suit your constitution. Cut them into smallish pieces. Add the vegetables to the cooked rice and dal mixture and cook 10 minutes longer.

In a separate saucepan, sauté the seeds in the ghee until they pop. Then add the other spices. Stir together to release the flavors. Stir the sautéed spices into the cooked dal, rice, and vegetable mixture. Add the mineral salt and chopped fresh cilantro and serve.

Optional:

- Add vegetables such as zucchini, asparagus, sweet potato
- For Vata or Kapha doshas, add a pinch of ginger powder
- For Pitta doshas, leave out the mustard seeds

Next month: Part 3 of our Ayurveda Series: Ayurveda-based Therapeutic Methods



Author Gedalia Genin, Ph.D., has been using Ayurveda, breathwork, meditation, essential oils, Marma and more for over 15 years to help women

experience greater health and vitality. Contact her at GedaliaGenin@gmail.com or 678-357-3443 or visit GedaliaHealingArts.com.

**Atlanta: Saturday, October 26, 2019
10 a.m. to 12 p.m.**

TWO-HOUR MEDITATION SEMINAR with CSA Senior Minister Ron Lindahn

**Atlanta Marriott Century Center Hotel
2000 Century Blvd, NE (Century East)**

I-85 from North, Exit #91, turn right on Clairmont Road.
I-85 from South, Exit #91, turn left on Clairmont Road.
At the 3rd traffic light, turn right on Century Blvd.

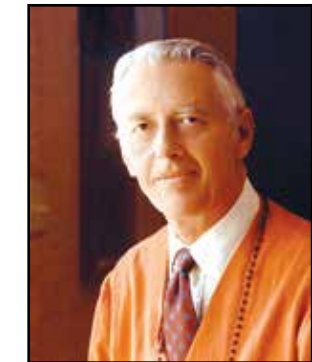
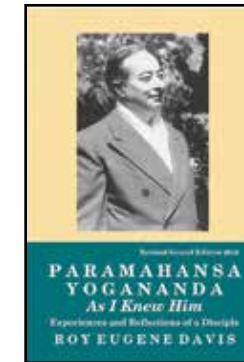
Practice easily, enjoyably, and effectively with prayer, affirmation, breath awareness, mantra, pranayama, analytical contemplation, and transcendence.

Invite Your Spiritual Friends Donation Basis

Pick up a free copy of *In the Sanctuary of Silence* (32 page meditation instruction booklet) at the Free Literature table.

Ron Lindahn met Roy Eugene Davis in 1970, was ordained a minister in 1978, and teaches meditation methods in the Kriya Yoga tradition at CSA Headquarters in Lakemont, Georgia.

Roy Eugene Davis' book *Paramahansa Yogananda As I Knew Him* will be at the seminar at a special price of \$5.00.



**Sponsored by Center for Spiritual Awareness
PO Box 7 Lakemont, Georgia 30552-0001**

706-782-4723 weekdays info@csa-davis.org www.csa-davis.org

Discover the Peace...

"Peace is the altar of God, the condition in which happiness exists."

— Paramahansa Yogananda



The ATLANTA CENTER OF SELF-REALIZATION FELLOWSHIP invites you to attend our inspirational services, which focus on meditation and spiritual ideals for everyday living. We would be happy to have you join us. All are welcome.

SUNDAYS 11:00 a.m.
THURSDAYS 8:00 p.m.

4000 King Springs Road
Smyrna, GA 30082 • Tel. 770-434-7200
www.SRFatlanta.org



Self-Realization Fellowship
FOUNDED IN 1920 BY PARAMAHANSA YOGANANDA

ATLANTA AYURVEDA RESOURCES

CLINICAL AYURVEDA SPECIALIST

Jaya Ramamurthy
California College of Ayurveda
Ayurveda Wellness Consultations
www.ayurjaya.com
www.facebook.com/ayurvedajaya



Discover your unique Ayurvedic constitution. Learn timeless Ayurvedic food and self-care practices for lifelong wellbeing. Please email for details and to book a consultation.

{SAMA} FOOD FOR BALANCE

56 E Andrews Drive NW STE 17
Atlanta, GA 30305
www.samafoodforbalance.com
404-500-3550



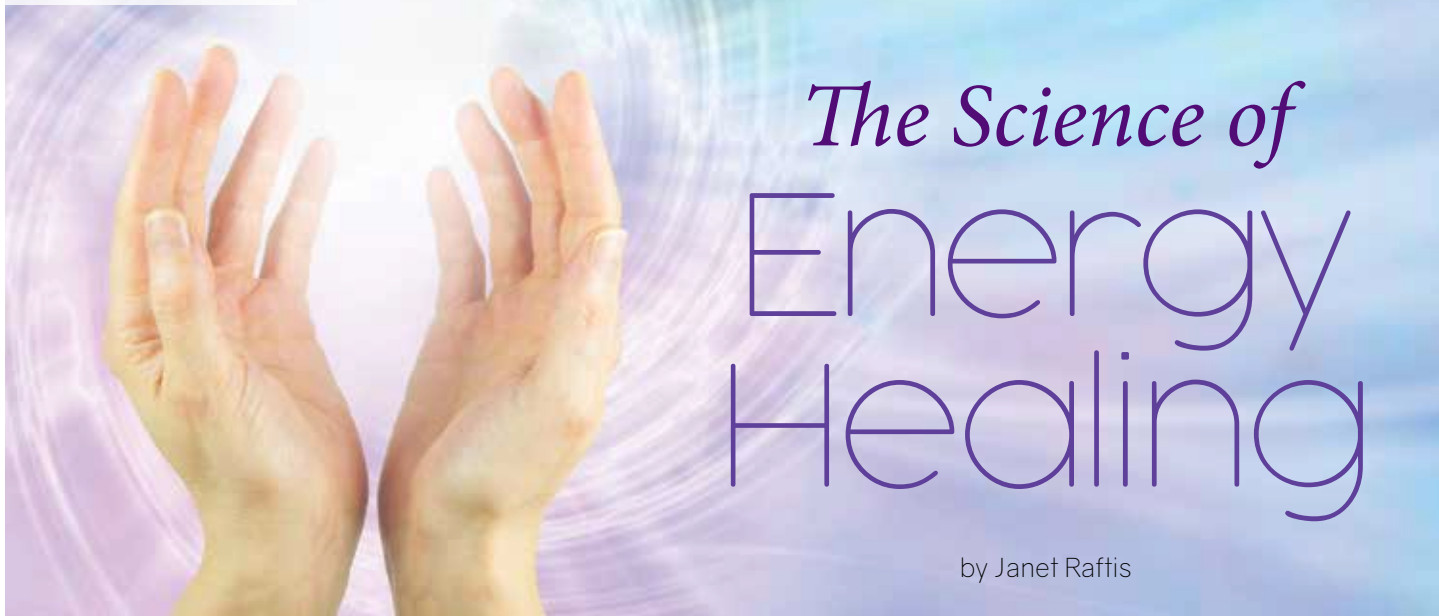
Dine according to your dosha! {SAMA} uses Ayurvedic principles, organic ingredients and a meditation studio to help balance your body, mind and soul. Voted Best Vegan Restaurant and Best Juice Bar.

TRACY JENNINGS-HILL, C-IAYT

Founder/Owner, LiveURYoga
Ayurveda Program Manager
www.liveuryoga.com/coaching
678-571-8236



Ayurveda Coaching & Consultation. Four-session initial program: Discover your dosha, identify imbalances, establish a plan, reassess/make adjustments as needed. Final session: Moving forward using all the principles of Ayurveda.



The Science of Energy Healing

by Janet Raftis

Nikki Zalewski/Shutterstock.com

Hands-on healing and energy healing modalities like Reiki have long been relegated to the supernatural and, until recently, have often been tossed aside as witchcraft, sorcery or other dark arts sometimes punishable by death. After centuries of getting such a bad rap, energy healing has made a profound and significant comeback—and is even backed by science.

Reiki is arguably the most common form of touch healing therapies, of which there are many. Practitioners of touch healing therapies channel life force energy into another person, and by doing so, rebalance the energies within the field of the client. Energy healing can be done both in-person—with the practitioners' hands touching or just above the body—or remotely across any distance.

The process works within the emotional, mental, physical and spiritual planes of the recipient's energy field and can create anything from subtle to profound shifts in the person's well-being.

As energy healing practices have become more mainstream, people have wanted to both prove and disprove their efficacy, and research has begun to emerge that demonstrates how science supports what occurs during an energy healing session. James Oschman, Ph.D., a leading authority on the scientific understanding of hands-on healing and author of the book, *Energy Medicine: The Scientific Basis*, says, "all medicine is energy medicine." Further, he explains, "any intervention with a living organism involves energy in one form or another."

Oschman describes the science of energy medicine as the way in which the body creates and responds to energies such as electric, magnetic, and electromagnetic fields—including light and sound—as well as heat, pressure, chemical and elastic energy, and gravity.

Much of the standard medical equipment in hospitals and research centers uses electric, magnetic, and electromagnetic fields to measure and diagnose, including X-ray and MRI machines, electroencephalograms, electroretinograms, and electromyograms. Their biomagnetic counterparts—those that involve the interaction of living organisms with magnetic fields—include magnetocardiograms, magnetoencephalograms, magnetoretinograms, and magnetomyograms. Other machines

that use energy for treatment include the magnetic biopsy, the electrical biopsy, the optical biopsy, transcutaneous nerve stimulators, cardiac pacemakers, defibrillators, lasers and more.

Research by Dr. John Zimmerman in 1990, validated by Kusaka Seto in 1992, found that the energy emitted from a healer's hands is simply another type of energy medicine, emitting frequencies within the same range as the equipment mentioned above. "Healing energy, whether produced by a medical device or projected from the human body, is energy of a particular frequency or set of frequencies that stimulates the repair of one or more tissues," notes Oschman.

Zimmerman found that the frequencies generated through energy healing therapies fall between the ranges of 0.3 and 30 Hz, mostly between 7 and 8 Hz. Research done by Andrew Bassett and Columbia University College of Physicians and Surgeons in N.Y. found that these frequencies also could jumpstart the healing of soft and hard tissue injuries. They worked to bring what they called pulsing electromagnetic field therapy (PEMF) for bone healing into modern medicine, which was approved by the FDA in 1979. They later expanded the study beyond just bone healing and found the range of frequencies responsible for other types of healing: two cycles per second (Hz) works for nerve regeneration, 7 Hz for bone growth, 10 Hz for ligament repair and higher frequencies for regeneration of the skin and capillaries—all frequencies found within the same range as those emitted through the hands of energy healers.

While the science shows that placing hands on the body of another person can generate frequencies that have a healing effect, can similar results be achieved when practitioner and recipient aren't in physical proximity to each other? "Remote energy healing"—when the practitioner and the receiver are not physically near each other—still yields the same healing results despite the distance. To more clearly understand how this works, it is helpful to set aside the Newtonian model of physics and take the perspective of quantum physics.

Within the quantum model, energy is considered non-local and non-linear. This means the transfer of energy is not limited to time or place. Through the holographic

model, what is "here" is also "there" and even "way over there." Because of this, we can access this energy in any location at any time through our intention alone. Einstein referred to this as "spooky action at a distance."

This concept has been the subject of quite a few studies, ranging from the healing effects of prayer to energy healing modalities. In two studies conducted by Targ/Sitcher and MAHI (Mid-America Heart Institute) and cited by Lynne McTaggart in her book, *The Field: The Quest for the Secret Force of the Universe*, groups that received healing energy remotely recovered at significantly higher rates than the control groups that received no healing. Moreover, significant positive results were observed in physical healing as well as emotional and psychological healing.

In the Targ/Sitcher study, which worked with subjects suffering from AIDS-defining illnesses—illnesses that the CDC has determined to be directly and almost solely associated with advanced HIV infection—those who were treated had significantly fewer doctor visits and hospitaliza-

tions, fewer days in the hospital when they did go, fewer new AIDS-defining illnesses and significantly lower severity of the disease compared to the control group. They also registered significantly better results on psychological tests than the control group. The results suggest that the frequencies that promote healing need not actually be transmitted from a hand placed over a body, but can also traverse space and time to achieve the same results from a distance.

As energy healing becomes more popular in the United States, it is gaining acceptance in mainstream medicine, with greater presence in hospitals around the country. Whichever energy healing modality you choose, the results are best measured by your personal experience.



Janet Raftis is a Master Energy Healer and divine channel whose work focuses on helping people achieve a greater sense of wellness and a stronger sense of

connection with Spirit. For more information, visit JanetRaftis.com

EXPERIENCING COMPLICATIONS AFTER LASER EYE SURGERY?



If you're experiencing blurry vision, double vision, ghost images, glare, or halos, I can help.

I'm Dr. Kyle Jones. I specialize in helping people with less than perfect results from elective/laser eye surgery. I listen intently and treat all patients with respect and compassion.

My office is dedicated to the restoration of your vision and comfort.

Call (770) 939-8840
drjones@georgiaeyecenter.net

GEORGIA EYE CENTER
 4135 Lavista Rd #100
 Tucker, GA 30084
www.georgiaeyecenter.net



YOUR DESTINATION FOR DISEASED AND IRREGULAR CORNEA TREATMENTS AND SPECIALTY CONTACT LENSES

Creative Energy Healing

Level-Up with an Energy Session!

Level-up Session:

- Increases Energy
- Sharpens Intuition
- Expands Creativity
- Promotes Self-Healing

"Look forward to every day, not just the weekend!"



Book Now

I3Bliss.net
 321.946.1702

 @Creative.Intuition

All sessions done by Reiki II Certified Practitioner Dawn Montemayor



I3Bliss

A New Leash on Life

Shelter Pets Give Back

by Julie Peterson

They are often the most devoted pets because they know they've been rescued.

~Emily Bach

Wade Breunig, of Buckeye, Arizona, had lost his marriage, his job and his house. To combat depression, he went to the local animal shelter to adopt the first cat that “talked” to him. As if on cue, a 2-year-old black cat yowled persistently. During the adoption, Breunig learned that “Bubba” had been scheduled to be euthanized. He was saving a life.

Fourteen years later, Bubba died, and Breunig knew he would miss the mischievous, playful companion that loved car rides more than most dogs. Crying, but surrounded by his second wife and kids, he realized, “I didn’t save Bubba’s life. He saved mine.”

Devoted and Practical

The benefits of the human/animal bond are manifold, supported by an army of studies that speak to pets’ ability to reduce stress, improve mood and even reduce the risk of cardiovascular disease. Research into animal-assisted therapy compiled by the University of California, Los Angeles, details the positive mental, emotional and physical effects of this natural modality.

Anyone looking to lower blood pressure, ease anxiety or secure companionship can find it all at their local shelter, where homeless dogs and cats are eager to oblige. Emily Bach, public relations and event coordinator at Bishop Animal Shelter, in Bradenton, Florida, has many inspiring stories about adopted shelter animals. “They are often the most devoted pets because they know they’ve been rescued,” she says.



Meet Your Match

Best Friends Animal Society has a quiz called Paws Like Me (BestFriends.PawsLikeMe.com) to match people with adoptable animals. Shelter workers can also help families select appropriate pets.

The outdated myth that shelter pets are incorrigible, unlovable animals with behavioral issues no longer holds. Family circumstances—a change of job or residence, death, divorce or illness—can land a confused and well-loved dog or cat in a shelter. Others become accidental strays or are unceremoniously dumped by uncaring owners. Bishop, a no-kill shelter, places about 100 pets every month, showcasing them on social media, news outlets and at outreach events.

No-Kill Initiative

Shelters share success stories of animals that get a “forever home”. Unfortunately, hundreds of thousands don’t and are euthanized. Best Friends Animal Society, in Kanab, Utah, is working to change this. By partnering with animal welfare organizations and shelters, Best Friends has a goal to “Save Them All” through an initiative to make all of the nation’s shelters “no-kill” by 2025—which means 90 percent of shelter animals might be saved. Euthanasia will be reserved for failed rehabilitation or when an animal has no chance of recovery from an illness or injury.

In 1984, when Best Friends was founded, about 17 million animals died in U.S. shelters annually. As of August 2019, that number is down to 733,000, a nationwide save rate of 76.6 percent.

Historically, no detailed data was kept on shelters. “For decades, we have worked in the dark to end shelter killing because we lacked accurate information about the problem we were trying to solve,” says Julie Castle, CEO of Best Friends. The organization recently launched the community lifesaving dashboard (BestFriends.org/2025-goal), a database that anyone can access to help save

shelter pets. “With a better understanding of where the trouble spots are and the profile of animals being killed in a community, we can better deploy our collective resources for the greatest lifesaving impact.”

Part of the success of the no-kill movement involves increased awareness that kindness toward all species is important. Bach points out that shelter animals are also the lower-cost option for people that want pets; most are vaccinated and neutered before they are adopted out and are often already trained.

Pets Promote Health

Many studies document the positive influence of pets on our well-being.

Healthy Heart

Single people that live with a dog have a decreased risk of cardiovascular disease. (Tinyurl.com/DogsAndCardiovascular). Part of the reason for this is likely because dog owners tend to get more physical activity than those without dogs, which makes dog owners generally more fit (Tinyurl.com/NIH-PetsAndHealth).

Less Stress

The demands of life can take a toll on the body. Contact with animals is linked to lower heart rate, blood pressure, cholesterol, anxiety and fear levels, and increased feelings of calmness. Lower levels of stress hormones, such as cortisol, have been shown to help regulate inflammation, which helps the immune system fight off everything from colds to diseases (Tinyurl.com/AnimalVisitationProgram and Tinyurl.com/StressAndInflammation).

Social Bonding

In children with autism spectrum disorder, animals help them learn to connect better to others. One study using guinea pigs found that these kids talked and laughed more with peers. There are now therapy



programs using dogs, horses and chickens (Tinyurl.com/AnimalsAndAutism).

Mood Boost

Animals elicit smiles, which makes them great for deterring depression (Tinyurl.com/PetTherapyAndDepression).

Cancer Help

From lessening loneliness to lifting emotional well-being, children and adults undergoing cancer treatment seem to benefit from time with dogs (Tinyurl.com/CaninesAndChildhoodCancer and Tinyurl.com/AnimalsAssistChemo).

Pain Killer

Animals can soothe away some chronic pain and enable people to reduce use of pain medication (Tinyurl.com/AnimalsAndPainRelief).

Getting Ready to Adopt

Before jumping in to help save them all by adopting, potential pet parents should research breeds, crunch numbers and think ahead. The American Society for the Prevention of Cruelty to Animals (ASPCA) suggests considering several issues:

Lifestyle: Dogs live 10 to 15 years, cats up to 20. Pets should fit the family now and in the future.

Money: Pets require training, food, toys, equipment, medical exams and treatment.

Breeds: Not all dogs and cats will be a good match for every home. Personality is key.

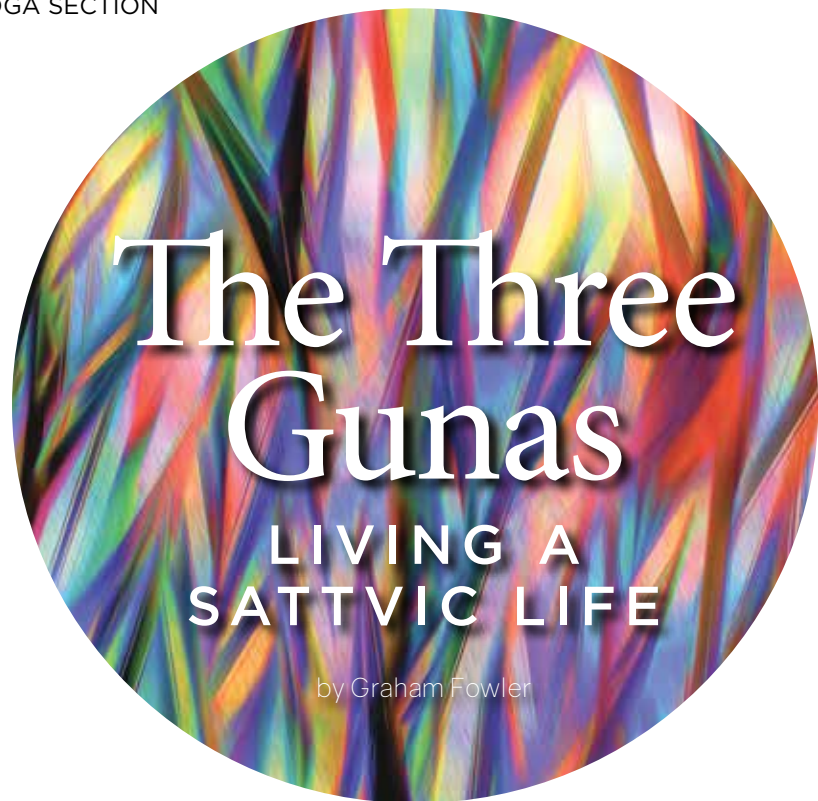
Safety: Pet-proofing a home includes removing potential dangers and preventing accidental escape through windows, doors or fences.

Not everyone can adopt, but anyone can help. Shelters accept donations and most have a wish list of items. Volunteers are a core need at shelters, and it’s work that can quench the thirst for spending time with animals without adopting any of them.

Julie Peterson writes from rural Wisconsin. Contact her at JuliePeterson2222@gmail.com.



October is National Shelter Pets Month
Bring Home a Friend for Life



According to yoga philosophy, everything is made up of three qualities or attributes, called *gunas*—sattva, rajas, and tamas. The predominant energy of *sattva* is light. The predominant energy of *rajas* is motion. The predominant energy of *tamas* is darkness. As *guna* means thread or strand, the three *gunas* weave together these three intertwined aspects to form everything in existence. The proportion of each thread determines the dominant feature of what is formed.

Everything exists because of the interplay of the *gunas* and every aspect of our existence is profoundly affected by them.

State of Flux

The three *gunas* are constantly in a state of flux, but we can and do influence them as well. Everything we say, think or do sets in motion the influence of *sattva*, *rajas* or *tamas*, reinforcing them in body, mind, behavior, and being.

A predominance of *sattva* is expressed as clarity, upliftment, intelligence, harmony, friendliness, compassion, discernment,

inner happiness or gratitude. A key goal of yoga is to cultivate *sattva guna* in every aspect of life.

A predominance of *rajas* brings up impulses of desire, ambition, passion. It can provide impetus to get things done. In excess, it can show up as restlessness, jealousy, greed, aggressiveness, hatred, anger, chaos.

When *tamas* predominates, it is grounding. A little bit of *tamas* makes for a good night's sleep. In excess, *tamas* leads to dullness, inertia, procrastination, doubt, superficiality, apathy and despair.

Cultivating *sattva* is of prime importance to the yogi. Allowing *rajas* and *tamas* to predominate is to allow toxic thoughts and behavior to predominate, leading to disharmony, disease and premature aging—obstacles to the state of yoga.

On the Yoga Mat

Imagine three people in the same yoga class, practicing *paschimottanasana*, or Seated Forward Fold. What *guna* do you think is dominant in each of them?

Ella is determined to make an impressive showing and struggles mightily to go very deeply into the pose. “I will touch my toes, by God,” she thinks. As a result, she rounds her shoulders to lurch farther forward, which gains her about an inch but brings pain into her lower back. She labors on, hoping to impress the new teacher, who seems interesting.

Emmett is just not into it. He’s absently checking his fingernails as he half-heartedly moves into the pose. He’s not really challenging himself. “What’s the use?” he thinks. He slouches his upper back, which compresses his diaphragm, interfering with breathing. But he’s only slightly uncomfortable, so he begins to drift off.

Chloe moves mindfully into the pose, present to body and breath. She has a pleasant feeling of restful alertness; her breath follows her awareness to the sensations of stretch in the body. Her body remains open as the stretch gradually deepens to the point where it feels right to her. Her sense of quiet exhilaration brings an upsurge of gratitude, which is imperceptible to others in the class except for the slight hint of a smile on her face.

Food for Thought

In the *Bhagavad Gita*, a highly regarded text from the yoga tradition, Krishna describes to Arjuna how the food we eat affects the presence of each of the *gunas*:

Sattva ~ Food that is fresh, soothing and agreeable to digestion, prepared with positive attitude and received in gratitude. Breakfast is light; lunch is substantial as required but not more; dinner is as light as possible so bodily organs can rest through the night. (b.g.17.8)

Rajas ~ Rajasic people are drawn to spicy, hot, bitter, salty, acidic and burning food. Like the people who eat it, this food produces pain, grief, and disease, and hinders spiritual attainment. (b.g.17.9)

Tamas ~ Tamasic people eat old, overcooked, stale, tasteless, impure, empty, and dead food with no nutritional value.

This food returns these qualities in kind to the eater. (b.g.17.10)

In practice, we tend to cycle through the *gunas*, with one then another predominating, in the same way we can tend to favor a certain diet, perhaps *sattvic*, but then fall off the wagon with some unconscious, habit-driven action that’s not in our best interest.

But there’s always a moment of a choice—even if it’s just a split second—to notice what may have otherwise been a mindless impulse to raid the fridge and scarf up massive quantities of that cold three-day-old pizza.

A coherent daily practice of meditation and yoga increases our consciousness and we become more aware of *rajas* and *tamas* patterns that no longer serve us.

Increased *sattva* improves our observation skills. With self-compassion, we monitor and make new decisions to further cultivate the presence and potency of *sattva*, both on the yoga mat and in every area of life.

We need all three *gunas*, but as yogis, we want to cultivate a predominance of *sattva guna*, while retaining some *rajas* and a small amount of *tamas*. How do we strike a balance? The eight limbs of yoga, as advocated in Patanjali’s Yoga Sutra, begin with prescriptions for a *sattvic* lifestyle. The first two limbs, *Yama* and *Niyama*, help us measure how well our behavior and mental patterns align with *sattva*. [See more about the first two limbs of yoga in “Live Like a Yoga Part 1” in our June issue.]

A Sattvic Life

According to Ayurveda, we “digest” everything we take in through our senses, not just through our food, and everything can have a *rajas*, *tamas* or *sattvic* influence on our being. Equipped with this awareness, we can be more discerning about our choices—the movies we watch, the substances we take into our bodies, the people we associate with, who we choose as our role models and all aspects of our lives.

To cultivate more *sattva* in life, we can begin to notice the effects of the day’s activities and begin to bring more awareness to everything we do.

In yoga practice: Notice the effect of your *asana* practice on your body and mind, both during and especially the time following your practice. Do you have a sense of clarity, upliftment, calm energy (*sattva*)? Or do you feel agitated, quick to fly off the handle, impatient (excess *rajas*)? Or dull, wiped out, needing to sleep (excess *tamas*)? Notice, and modify your practice as needed.

In meditation: “Be without the three *gunas*, Arjuna, freed from duality,” says Krishna in the *Gita*. But he is not advocating eliminating the three *gunas* from our lives. He is advocating a technique of meditation that moves us *beyond* the technique to a state of pure meditation—beyond any thought, attitude or intention. Resting in this state brings us back into alignment—the state of yoga.

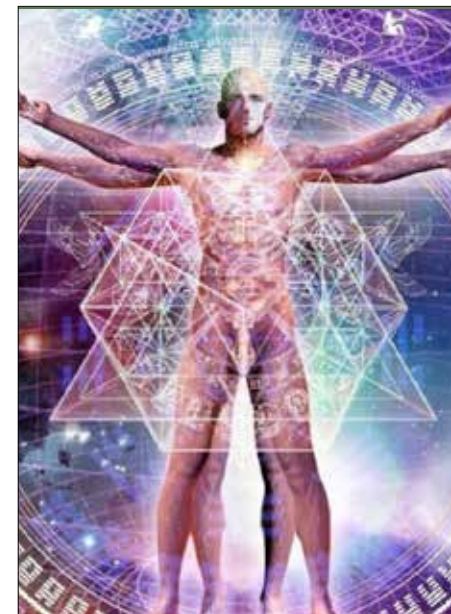
In activity: “Established in Yoga, perform action, for balance of mind is called Yoga.” (b.g. 2.48) By regularly resting in meditation, we return to activity refreshed and with a balanced perspective. We are more able to observe our life and make more conscious decisions on how we choose to be.

In our thoughts: Becoming more aware of the effect that our own thoughts have on us might be the biggest challenge of all. Are our thoughts creating conflict or separation (*rajas*)? Inertia (*tamas*)? Or upliftment and harmony (*sattva*)? It might be difficult to stop an unhealthy thought from manifesting at first. But we can choose not to entertain it.

As we grow in *sattva*, the quality of our thinking and behavior will naturally become more positive and life-supporting.



Graham Fowler is creating a haven on the banks of the Upper Tallulah River for yogis and lovers of nature. Contact him at graham-fowler@comcast.net.



santosha studio

Wholeness By Design: A Human Design Intensive
Nov 22-24 | 6 pm | 9 am | 8 am
Santosha Studio
<https://Santosha.as.me/HumanDesign>

Love yourself for who you are, and trust me, if you are happy from within, you are the most beautiful person, and your smile is your best asset.

~Ileana D’Cruz

TRANSFORMING – Challenging – Relationships

Everyone has challenging relationships.

No wonder. We value and teach debate: how to best present your position while diminishing another’s.

There is another way. We can heartfully connect and create healing and satisfying relationships. We can learn communication skills to manifest deep love.

Learn the Imago Dialogue. And transform all your relationships.



Call Sonali Sadeque, Certified Imago Relationship & Communication Coach
sonali@sustainable-wellness.com
678-596-1688
bit.ly/ImagoRelationships

Yoga in Atlanta

A Focused
Advertising
Section

Atlanta

BE HOT YOGA ATLANTA
Hot & Bikram style yoga
730 Ponce De Leon Pl NE
404-636-7535
behotyogaatlanta.com

BE KULA: SPACE FOR WELLNESS

Yoga | Tai Chi | Qigong
1561 McLendon Ave NE
Atlanta, GA 30307
www.bekulanow.com

Chamblee

BREATHE YOGA STUDIO
5300 Peachtree Rd, #1304
Chamblee, GA 30341
404-673-0415

Decatur

VISTA YOGA
2836 Lavista Road, Suite D
Decatur, GA 30033
404-929-9642
vistayoga.com

Duluth

DULUTH YOGA
3112 Main Street, Suite 100
Duluth, GA 30096
(470) 719-9131
duluthyogacenter.com

Johns Creek

JOHNS CREEK YOGA
11705 Jones Bridge Road
Johns Creek, GA 30005
770-619-1283
johnscreekyoga.com

TRUTH IN MOTION YOGA

9950 Jones Bridge Rd, Ste 1000
Johns Creek, GA 30022
truthinmotionyoga@gmail.com
truthinmotionyoga.com

Marietta

BRING IT OM POWER YOGA
3162 Johnson Ferry Rd, Ste. 440
Marietta, GA 30062
470-299-5256
bringitompoweryoga.com

Midtown

STILLWATER YOGA
Iyengar Yoga
931 Monroe Drive
Atlanta, GA 30306
stillyoga.com

Roswell

LIVEURYOGA
408 South Atlanta Street
Suite 157
Roswell, GA 30075
info@liveuryoga.com
liveuryoga.com

Private Instruction

**WILLIAM HUFSCHMIDT,
LMT, E-RYT500**
Yoga & Pranayama
Thai, Roling & Table Massage
www.yogawithwilliam.com
(404) 491-9176

GINA MINYARD, E-RYT 500
Privates | Workshops | Trainings
Deep Meditation Instruction
ginaminyard.com
678-521-0431

WIND AND SOUL, INC.
Gwen Taylor
hello@windandsoul.com
www.windandsoul.com
404-579-1080

YOGA WITH HEART
Elizabeth Yates
Structural Therapy &
Yoga for Osteoporosis
yogini2001@gmail.com



PEACHTREE YOGA CENTER

6050 Sandy Springs Circle
Atlanta, GA 30328
404-847-9642
peachtreeyoga.com

Friendly, safe environment to discover yoga. We have more RYT500-certified teachers than any other GA studio. And our teaching program has produced more teachers and studio owners than any other in GA.



SANTOSHA STUDIO

896 Davis Drive
Atlanta, GA 30327
santoshastudio.com

A private space for personal discovery, Santosh offers customized yoga experiences in an intimate, woodland setting: therapeutic yoga, small group classes, continuing education, and meditation staycations.

To place an ad in our Yoga section,
inquire at ads@naAtlanta.com

The main purpose is not exercise or getting from point A to point B, but rather having a mindful, sensory experience in nature.

~Hannah Fries

FOREST BATHING

Mother Nature's Rx for Body and Mind

by Marlaina Donato

In 1982, the Japanese government coined the term *Shinrin-yoku* ("taking in the forest atmosphere" or "forest bathing") to inspire people to visit and appreciate national parks. Today, that walk in the woods has become a medically recommended activity worldwide for improving immunity, reducing symptoms of anxiety and depression, managing chronic pain and promoting better sleep. The research supporting the physical and mental benefits of forest bathing is so compelling that it's advocated by the National Institute of Public Health of Japan and prescribed to patients there.

Researchers from the University of East Anglia, in England, examined years of studies and found significant evidence that experiencing nature has a positive impact on health. Published in the journal *Environmental Research* in 2018, the meta-analysis involving 290 million participants from 20 countries concluded that spending time in green spaces lowers blood pressure and cholesterol, and reduces the stress hormone cortisol. The study also noted a lower risk of Type 2 diabetes and death from heart disease.

Terpenes and Tree Therapy

Another recent review of studies, published in the *International Journal of Environmental Research and Public Health*, concluded

that Shinrin-yoku can ease the symptoms of adult depression. "Forest bathing plugs us into something we all seek—a source of peace and well-being. The thing that first hooked me into being a forest bathing guide was reading the robust body of research that proves the benefits of forest bathing," says Judy Beaudette, board secretary of Friends of North Creek Forest, in Bothell, Washington.

Melanie Choukas-Bradley, a certified forest therapy guide and author of *The Joy of Forest Bathing: Reconnect With Wild Places & Rejuvenate Your Life*, in Chevy Chase, Maryland, attests to the therapeutic value of forest bathing. "Even occasional nature immersion can have beneficial health effects that can last for days. Many doctors are now prescribing nature to patients. There's an organization devoted to this called Park Rx America." She recommends just 20 minutes during a lunch break to sit on a bench or on the ground beneath trees.

There are many theories of why spending time in the woods or any other natural place makes us feel good; for example, findings published in the journal *Toxicological Research* in 2017 attribute the immune-boosting, mood-lifting benefits of forest bathing to natural terpenes released into the air by trees, especially conifers. Terpenes contain anti-inflammatory properties that strengthen the body's natural defenses.

Sensory Immersion, Not Exercise

Shinrin-yoku is intended to engage the trinity of body-mind-spirit. "The main purpose is not exercise or getting from point A to point B, but rather having a mindful, sensory experience in nature. It isn't some prescribed task you need to do, like pushups," explains Hannah Fries, a poet and author of *Forest Bathing Retreat: Find Wholeness in the Company of Trees*. She communes with the wild for both health and inspiration. "Even if it's only 20 minutes a week, go outside without a phone or other electronic device. Walk slowly. Look more closely. Listen. Smell. Touch. Interact with the living, breathing world around you. It's that simple."

Choukas-Bradley says that observation is key. Recalling her first forest bathing experience, she says, "We paid attention to our breath and tuned in to the sights, sounds and sensations all around us. I noticed a perfect spider's web, just barely trembling in the slightest breeze, its creator clinging to the center."

She recommends finding a "wild home"—a neighborhood park, garden or backyard tree. "Make it a practice to find a 'sit spot' where you can quietly observe beauty and are apt to feel a sense of awe. Psychology researchers have shown that experiencing awe has many positive effects on emotional health."

It doesn't matter if we commune with nature in a rural or urban setting, only that we remain dialed in to our surroundings. "Forest bathing is a tool for slowing down our buzzing minds and practicing a secret superpower—the skill of consciously choosing what we put our attention on," says Beaudette.

Marlaina Donato is the author of several books, including *Multidimensional Aromatherapy*. She is also a composer. Connect at AutumnEmbersMusic.com.

YOGA EVENTS

SATURDAY, OCTOBER 26

2nd Annual PositiviTEA for the Soul - 3-5pm. All-levels, beginner-friendly Vinyasa yoga class, followed by discussion with light refreshments. We seek to build community from peoples of diverse backgrounds and launch the healing process for everyone. Presented by Yung Yogi, @thayungyogi. At Yoga Samadhi, 27 Waddell St NE, Unit A, thayungyogi@gmail.com, www.eventbrite.com/e/positivitea-for-the-soul-tickets-73004722089

SUNDAY

Feelflow Yoga & Sound Healing in Nature - 11:33am. Also Mon. 7:07pm. A great way to release any stress that you had to intake during your week. Bring own mat. Plant-based fruit snacks provided. \$7/class. Winn Park, 32 Lafayette Dr NE, Atlanta. Tinyurl.com/y6csqjvb.

Family Yoga - 2pm. Introduce your children to the pleasures of fitness with a weekly restorative yoga session. Designed for children 12 and under. Reiki With Love, LLC Healing Sanctuary, 420 McDonough Blvd SE, Atlanta. Tinyurl.com/y6qcu4oj.

Restorative Yoga - 3-4pm. With Reiki with Love, LLC, LaShorn Love, Owner. Bring yoga mat, water bottle and any other equipment you may need. \$10 if preregister. 420 McDonough Blvd SE, Atlanta. Tinyurl.com/yccx9jev.

MONDAY

Hatha Yoga - 6-8pm. With Raj Mehta. Gentle stretching and health education. Each week Raj presents information about different herbs. Free. Sevananda Community Room, 467 Moreland Ave NE, Atlanta. 404-681-2831. Sevananda.coop.

Hip Hop Yoga - 6:30-7:30pm. Led by certified yoga teacher Jaimee Ratliff. An inspiring flow for all levels, set to your favorite Hip Hop + R&B tunes. Free. The Home Depot Backyard, 1 Backyard Way, Atlanta. JaimeeRatliff.com.

TUESDAY

Yoga for Runners and Athletes - 6:30-7:30pm. Not held 1st Tues. With Morgan Bettini. Class gives you specific cross training that creates more strength, flexibility, mobility and mental stamina. All levels welcome. \$6/class. The Center for Love and Light, 1145 Zonolite Rd, Ste 10, Atlanta. More info & to register: WithLoveAndLight.com.

WEDNESDAY

Free Yoga & Mindfulness Class - 12-1pm. Introduction to mindfulness and how to apply it to daily life in order to live with greater freedom and happiness. Includes discussion, a gentle yoga practice and a formal mindfulness practice. 5575 New Northside Dr, Ste 100, Atlanta. SatiYogaAtl@gmail.com. SatiYoga.net.

PRIVATE INSTRUCTION

Mind Yo Bodhi Yoga offers private instruction for one to five students, helping you get grounded, develop inner peace and realize self-love. Tee Brooks, MA RYT-200, 704-669-8305, sociomindfulwellness@gmail.com.

SICK AND TIRED, AND TRIED EVERYTHING?

NATURAL SOLUTIONS: Real Answers, Radical Results

With over 15 years of experience in conventional and alternative medicine, I use the best of both worlds to truly solve your underlying issues. By combining best of Integrative and Functional medicine with the latest in quantum-based energy medicine, I will determine what's really ailing you—and how to restore you to optimal health.



TREE OF LIGHT HEALTH Living. Holistic. Care.

Martin Van Lear, FNP-C
Tree of Light Health, LLC
235 East Ponce De Leon Ave. Suite 308
Decatur, GA 30030
Office: 404-543-4158
martin@treeoflighthealth.com
www.treeoflighthealth.com



1 of 8 in the world! the **HARMONIC EGG**

DE-STRESS & DECREASE PAIN TODAY with Light & Sound

SUBSCRIBE at WEBSITE for **50% OFF YOUR FIRST EGG SESSION**

Sound healing re-harmonizes cells that have been altered by disruptive frequencies such as traumas, toxicity, noise pollution, pathogens, conflict, and many other ongoing stressors.

Get relief with...

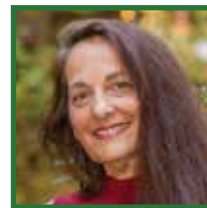
Physical Injuries	Anxiety, PTSD
Autoimmune	Depression
Digestive Ailments	Insomnia
Hormonal Imbalances	Joint Pain
Neurological Disorders	Diabetes
Chronic Pain	Chronic Fatigue
Emotional Traumas	Lyme Disease

Many medical professionals DE-stress with the Egg and refer their patients.

470-363-0054 VibrologyCenter.com
100 North Point Center East, Alpharetta 30022 ~ Next to North Point Mall

Why a Naturopath?

Because we eliminate root causes, not just symptoms. Because we heal the whole person — physical, emotional and mental — not just treat a body part. Because we engage your natural healing capacity instead of prescribing pharmaceuticals. And because we practice “an ounce of prevention is worth a pound of cure.”



Janine Romaner
Naturopathic Doctor
770.640.6690
naturallyhealthy.ws



DECADES OF HEALING WISDOM
MOMENTS OF HEALING GRACE



GROW Your Business

Contact us for special ad rates.
404-474-2423

natural
awakenings

ENERGY HEALING | A FOCUSED ADVERTISING SECTION

Sally Berger, LMT

(978) 804-1547
anatom.amma@gmail.com
www.anatomamma.com



Anatom'amma Intuitive Bodywork offers personalized healing sessions involving mindful movement, breathwork, and manual bodywork (massage therapy) in a quiet setting North of the city

Heal with Theresa

Certified Foundational Practitioner
Reconnective Healing®
Healwiththeresa@gmail.com
678-695-7500



Reconnective Healing® aligns your energy body with the natural harmony of the universe resulting in an optimal state of balanced health.

Essentials Health & Wellness Studio

Tangela: Shamanic & Reiki Healer, Life/Health Coach, Intuitive Readervarnertangela@hotmail.com
313-282-1759



Offering clarity, guidance and powerful healing to live your best life ever. Working with spirit to manifest desires and remove blocks. Cord Cutting and Chakra Balancing. Inspirational Psychic Readings.

Linda Minnick Consulting, LLC

Coach, PSYCH-K, Speaker, Author
lkminnick@live.com
www.lindaminnick.com
678-641-7005



PSYCH-K allows you to quickly change subconscious beliefs that are limiting your ability to live your life to the fullest. Why wait to be happy?

Melissa Lester Olson, LCSW

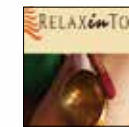
Advanced EFT Practitioner, EFTI
melissalesterolson.com,
melissa@melissalesterolson.com
770-313-7768



Therapy & Counseling for Women. Blending Body-Focused therapies with Psychodynamic talk therapy. EFT, Meditation, Hypnosis and more. Trauma Resolution, Eating Disorders, Coming Out Later in Life, Relationship and Work Stress.

Relax In Tones

110 East Andrews Drive
Suite 207
Atlanta, GA 30305
relaxintones.com
404-965-6262



Relax In Tones is the place for sound-based relaxation sessions using ZEN Therapeutic Grade Singing Bowls and other therapies that promote greater ease, balance and healing.

Lisa Watson

Integrative Energetic Medicine
lisahwatson.com
770-617-3001



Let's get to the root of what is holding you back from being your best self. In a caring, safe environment, I will help you embrace healing change.

Beacon Associates

20 years of PSYCH-K experience as advanced instructors/facilitators|beaconassociates.biz
404-329-9785

Madala Machini

Prana Moyo Healing
Pranic, Crystal & Psycho Healing
pranamoyohealing.com
pranamoyohealing@gmail.com

Rosemoon Reiki Wellness Center

At Align Wellness Center
2290 Ben Hill Rd
Atlanta, Ga 30311
rosemoonreiki@gmail.com

Suzanne Bailey

Reiki & Energy Practitioner
Anxiety & Subconscious Mind Healing
SuzanneSBailey.com
Suzanne@SuzanneSBailey.com
470-464-0802

Tammy Billups

Certified BioEnergy Therapist
Holistic Health for Animals & Their People
TammyBillups.com



Channeled Energywork

Experience emotional
and physical healing



Bill has 25 years of experience channeling energy. In 2013, life-changing trauma resulted in the emergence of a higher vibration that Bill can access and channel. Clients immediately experienced greater results, saying they were better than his Reiki work.

Are you ready for a higher vibration?

- Private Sessions
- Distant Healing
- Weekly Group Sessions
- Hospice/Hospital Visits

Centrally located in Midtown, Atlanta

(404) 423-5747
EnergyworkATL.com
EnergyworkATL@gmail.com



FIRST TREATMENTS FREE OR LOVE OFFERING

AWAKEN THE Goddess Within

Even smart, creative and successful women lose their way, become stagnant and feel caged in.

Through energy healing and personal coaching I help women awaken to their true purpose, express themselves freely, make money and live the Big Dream every day.

ANANDA. IT'S YOUR HIGHEST POTENTIAL.

Book your complimentary "Awakening Session" today.

Priya Laxhi
hello@awakenananda.com
(614) 404-6430

AWAKEN ANANDA
Healing for the Soul-Driven



www.awakenananda.com

Life Grocery and Café
 A Natural Food Market and Café
 Featuring Organic Produce
 Vegan · Gluten-free · Living Foods
 Shop Well. Eat Well.
 Live Well!



1453 Roswell Rd. Marietta, Ga. 30062
 www.lifegrocery.com 770-977-9583

**Making Atlanta green
 90 minutes
 at a time**



Learn more at
 secondhelpingsatlanta.org

**SECOND
 HELPINGS
 ATLANTA**

467 Moreland Ave.
 Atlanta, GA 30307
 404-681-2831



SEVANANDA
 NATURAL FOODS MARKET
 co-op

Your Vegan Vegetarian
 Headquarters



Atlanta 45 Years of Blissful Service 1974 - 2019 Little Five Points

CALENDAR OF EVENTS

Publicize your event! This section hosts free and paid listings. Each month, we select a limited number of events — they must have broad appeal and cost no more than \$10 to attend — to list for free. Otherwise, basic listings are \$35 and enhanced listings are \$75.

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

WEDNESDAY, OCTOBER 2

8th Annual FDHA Health Summit - 9am-1:30pm. Theme: Mind Matters Too. Purpose is to build a healthy community by sharing resources and solutions through various workshops, a luncheon and wellness screenings. Free. Hyatt Regency Hotel, 265 Peachtree St NE, Atlanta. Tinyurl.com/y2tuw5gj.

FRIDAY, OCTOBER 4

The Atlanta International Night Market - Oct 4-6. Celebrate good food, exciting performances, and most importantly cultural diversity. North Point Mall, Alpharetta. AtINightMarket.org.

Sustainable Atlanta Roundtable - 7:30-9am. Topic: Corporate Social Responsibility: Perspectives from Our Region. Southface Institute, 241 Pine St NE, Atlanta. Southface.org.

SATURDAY, OCTOBER 5

3rd Annual Joan P. Garner Walk & Health Fair - 9am-1pm. All ages. Includes health screenings and information, warm-up activities, and much more for the whole family. Free. Washington Park, 1125 Lena St NW, Atlanta. Tinyurl.com/y4kuw2nm.

Plant. Eat. Repeat. Fall Workshop Series 2019 - 10am. Whether you're a novice or a gardening pro, come prepared to learn from experts who will provide hands-on teaching and demonstrations. Parkview Community Garden, 353 Wilkinson Dr SE, Atlanta. ParkPride.org.

Workshop: Raising Funds for Your Park - 10am-12pm. Allison Barnett, Park Pride's Associate Director, will share with you successful methods and case studies and ideas for how to adapt these tactics to fit your own needs. \$5/person. N.H. Scott Recreation Center, 2230 Tilson Rd, Decatur. 470-371-7330. ParkPride.org.

SUNDAY, OCTOBER 6

Bike & Brew with REI - 8am-2pm. Join the Georgia Conservancy and REI's Outdoor School's Mountain Biking Instructors for a morning of trail riding at the Chattahoochee River National Recreation Area's Cochran Shoals Unit followed by a trip to SweetWater Brewing Company. More info: GeorgiaConservancy.org.

Pause to emPower - 4:30-6pm. With Deborah Garrard. A conversation for interfaith leaders around the topics of food and faith, wellness and wholeness. Free. The Gathering Room, Lutheran Church of the Resurrection, 4814 Paper Mill Rd SE, Atlanta. RSVP: Bit.ly/PauseToemPOWER.

MONDAY, OCTOBER 7

Living Foods Institute Healthy Lifestyle Programs - Oct 7-21. 9am-4pm. 1-, 5-, 10-, 15- & 30-day programs as well as 5 Super Detox Day options available. Hands-on training in the raw and living foods recipe preparation, emotional and mental healing, cleansing and detoxification and more. Fee according to package selected; some scholarships available. Living Foods Institute, 1700 Commerce Dr, Atlanta. 404-524-4488. LivingFoodsInstitute.com.

THURSDAY, OCTOBER 10

Transmission Meditation - 7:30pm. A dynamic process that serves the world and is a hothouse of spiritual growth for participants. Sponsored by Share International USA Southeast Region. Free. Phoenix & Dragon Annex, Clifford Steele Building, 5505 Roswell Rd, Atlanta. 404-680-7423. Info-se@share-international.us. Share-International.us/se/upcoming_events.

SATURDAY, OCTOBER 12

Taste of BBQ Festival - 10am-6pm. A family-friendly event (formerly Alive Festival) featuring tasty BBQ bites, local vendors, artist market, live music, food and a Family Fun Zone. A fundraiser for Project Green. Free admission & parking. Suwanee Town Center Park, 330 Town Center Avenue, Suwanee. AliveExpo.com.

Fall Farm Days at Smith Plantation - 11am-3pm. Features artisan exhibits and demonstrations of life on a 19th-century farm. Free activities provided by Roswell Garden Club including handmade birdfeeders, crafts, scavenger hunt, floral arranging, petting zoo with farm animals, wagon rides and more. 935 Alpharetta St, Roswell. 770-641-3978. Roswellgov.com.

SUNDAY, OCTOBER 13

Me, My Health, & I: Interactive Wellness Fair - 12-4pm. For the entire family. Features a vendor market, live demonstrations and speaker sessions Free admission. Pitman Community Center, 950 Garibaldi St SW, Atlanta. Tinyurl.com/y3y47tqv.

SATURDAY, OCTOBER 19

Pawfest - 10am-4pm. A dog-gone good time for the whole family. Free admission. Praise Community Church, 329 Grayson Hwy, Lawrenceville. GwinnettHumane.wixsite.com/pawfest.

A Message of Hope - 2pm. In chaotic times, we long for messages of hope. See a video presentation featuring the late Benjamin Creme as he reveals the most momentous event in human history, unfolding right now. Share International USA Southeast Region. Free. Toco Hill-Avis G. Williams Library, 1282 McConnell Dr, Decatur. 404-680-7423. Share-International.us/se/upcoming_events.

YOU HAVE THE WRITE TO HEAL

Oct 19 & 26. 2:30-5:30pm. Learn how much of your dis-ease can be relieved with the power writing. Join award-winning author and coach, Kim Green, for writing, sharing and writing your way to wellness.

Decatur Healing Arts
 619-B E College Ave, Decatur.
 404-378-6288.
 Registration:
DecaturHealingArts.com/events.

SUNDAY, OCTOBER 20

Raw & Living Foods Banquet Feast & Graduation Party - 3:30pm. Delicious organic raw and living foods buffet and testimonies from students who have completed the Healthy Lifestyle Course. Open to the public. \$5-\$10 donation appreciated. Living Foods Institute, 1700 Commerce Dr, Atlanta. For reservations: 404-524-4488. LivingFoodsInstitute.com.

MONDAY, OCTOBER 21

Raw & Living Foods Educational Seminar & Recipe Demonstration - 7pm. Learn how to reverse and slow aging, heal disease, increase energy, reach ideal weight and more. Enjoy recipe demo and taste delicious recipes. Get all your questions answered. Open to the public. \$5-\$10 donation appreciated. Living Foods Institute, 1700 Commerce Dr, Atlanta. Call & leave name & number in your party for reservations: 404-524-4488. LivingFoodsInstitute.com.

WEDNESDAY, OCTOBER 23

TRANSMISSION MEDITATION

7:30pm. A dynamic process that serves the world and is a hothouse of spiritual growth for participants. Sponsored by Share International USA Southeast Region. Free.

Friends House

701 W Howard Ave, Decatur.
 404-680-7423.
Info-se@share-international.us.
Share-International.us/se/upcoming_events.

THURSDAY, OCTOBER 24

The Nature Club Dine and Discover - 7-9pm. Learn all about bats with certified interpretive guide and bat enthusiast, Jenna Ellett. \$10/general public, \$5/CNC Members. CNC, 9135 Willeo Rd, Roswell. 770-992-2055. More info: ChattNatureCenter.org.

CENTER FOR LOVE AND LIGHT

1145 ZONOLITE ROAD NE, SUITE 7, ATLANTA, GA 30306 | WITHLOVEANDLIGHT.COM

INTUITIVE DEVELOPMENT - Oct 5-6. This workshop with Janet Raftis, Scott Hall and Lea Morgan takes you into the heart of your connection to Spirit, combining intuitive development with channeling, mediumship and connection to your Spirit guides. bit.ly/Intuitive-Development

LUMISUMMIT 2019 - Oct 11-13. Three enlightening days of amazing speakers, meditation, sound healing, channeling, kundalini yoga and you. Hosted by Jamie Butler. Speakers include Leigh Mallis, Peter Lombardi, Ashley Jones, Lori Hayes, Dr. Julia Spinolo, Danielle Hall, more. bit.ly/LumiSummit

HEALING NIGHT WITH THE LOVE AND LIGHT INSTITUTE - Oct 17, 6:45-8:30pm. Varied healing modalities and practitioners will be represented and offered to participants in 15-min mini-sessions. Guests will see up to 3 healers and have an opportunity to connect with other guests.

SATURDAY, OCTOBER 26

Holistic Wellness Fair – Oct 26-27. 10am-5pm, Sat; 12-5pm, Sun. Renew, refresh and rejuvenate. Features merchandise, health services, readings, food and more. Free admission. Unity North Atlanta Church, Holy Grounds Cafe, 4255 Sandy Plains Rd, Marietta. Tinyurl.com/y5vkvwth.

Reiki Training Level I – 10am-4:30pm. Level 1 training will get you started with this life-changing tool. Learn how to bring harmony and joy into your life and the life of your family members, friends and pets. Heal Center Atlanta, 270 Carpenter Dr, Ste 500, Sandy Springs. 404-307-0004. HealCenterAtlanta.com.

SUNDAY, OCTOBER 27

ANNIVERSARY CELEBRATION

Sevananda Natural Foods Market's 45th Anniversary Celebration – 3-7pm. Music, food, vendors and more! Sevananda coop members get in free; \$5 admission for family, friends and the general public.

International Montessori Academy
1240 Euclid Ave NE, Atlanta 30307.
sevananda.coop

Open House for New Stone Mountain Retreat Center – 1-7 pm. The Maroon Peak Retreat and Event Center opens on November 1. See our 3-acre location that can host 30, including 8 to 10 overnight guests. Details: Dr. Imani Ma'at, 404-702-4382, or Dr. Uwa Osimiri, 248-773-1857.

MONDAY, OCTOBER 28

Detoxifying Thai Herbal Massage – 10am-2pm. Observe, learn and practice the art of massage with traditional the Thai Herbal Ball (herbal medicinal poultice) and how to perform a detoxifying hydrotherapy treatment using a portable steam unit. Heal Center Atlanta, 270 Carpenter Dr, Ste 500, Sandy Springs. 404-307-0004. HealCenterAtlanta.com.

ONGOING EVENTS

sundays

Sunday Experience – 9:30am, Adult Study; 10:10am, Meditation; 10:30am, Service. Spiritual Living Center of Atlanta, 3107 Clairmont Rd, Ste A, Atlanta. 404-417-0008. slc-atlanta.org.

Meditation Service – 10am. See website for complete list of services and events. Atlanta Meditation Center of Self-Realization Fellowship, 4000 King Springs Rd SE, Smyrna. 770-434-7200. SRFAtlanta.org.

Meditation Instruction – 10-11:30am. Free instruction for newcomers and practitioners at our Open House. Free childcare. Shambhala Meditation Center of Atlanta, 1447 Church St, Decatur. 404-370-9650. Atlanta. Shambhala.org.

Sunday Meditation, Talk and Fellowship – 10:30-11am, personal, silent meditation. All are welcome to meditate or sit quietly. 11am-12pm, talks followed by Q&A and discussion. 12-1:30pm, tea, coffee, snacks, fellowship. Vedanta Center of Atlanta, 2331 Brockett Rd, Tucker. 770-938-6673. VedantaAtlanta.org.

Meditation Class: Sandy Springs – 10:30-11:45am. We begin each class with a short meditation, followed by a practical teaching, and end with a brief meditation based on the teaching to help integrate it into our daily lives. \$12. Loving Hut Vegan Cuisine, 220 Hammond Dr NE, Ste 302, Sandy Springs. MeditationInGeorgia.org.

One World Spiritual Center: Celebrating One World, One Heart Sunday Service – 11am. Held at the Open Mind Center, 1575 Old Alabama Rd, Ste 213, Roswell. 678-214-6938. OneWorldSpiritualCenter.net.

Reading Service – 11am. See website for a complete list of services and events. Atlanta Meditation Center of Self-Realization Fellowship, 4000 King Springs Rd SE, Smyrna. 770-434-7200. SRFAtlanta.org.

Shamanic Journey Meditation – 11am-12:30pm. First Sunday of every month. Experience Shamanic Journey as pathway to inner peace, healing and wisdom. Drums and rattles welcomed. Hosted by Gailie Spirit Weaver. Love donation. The Heron House, 102 Russell Rd, Mountain Park. For more info, RSVP & check schedule: Meetup.com/ShamanicJourney.

Free Meditation & Self-Reflection Workshop – 11:30am-12:30pm. Experience bliss and tranquility, and learn about the essence of meditation, basic posture, breathing meditation and the basics of self-reflection. Free. Happy Science Meditation Center. 1874 Piedmont Ave, Ste 360-C, Atlanta. 404-892-7770. Atlanta.HappyScience-NA.org.

Health & Success Seminars – 1:30-2:45pm. Check website for most current times, dates and topics and other weekly programs. Happy Science Atlanta, 1874 Piedmont Ave NE, Ste 360-C, Atlanta. Atlanta.HappyScience-NA.org.

Monthly Feminine Energy Empowerment Seminars – 2:15-3:30pm. 4th Sun. Topic changes monthly. Designed with the particular needs of the transformative woman, these workshops deal with topics pertinent to spiritual empowerment, health and wellness, and living your authentic self. \$15. Hidayah Reiki, 4282 Stone Mountain Hwy, Ste K, Lilburn. 678-438-6442. HidayahReiki.com.

mondays

Monday Night Ride: Larry's Winter Edition – 6:30pm. 17 miles; 15-17 mph (no drop). A good ride for a Monday, not too slow but isn't a strenuous ride either. No ride if raining. Roswell Bicycles, 670 Houze Way, Roswell. BikeRoswell.com/events.

Monday Night Meditation – 7-8pm. An instructor-led meditation and discussion as we develop our meditation practice by maintaining a moment-to-moment relaxed awareness of our surrounding environment, bodily sensations, thoughts and emotions. All levels. \$10. Open

Mind Center, 1575 Old Alabama Rd, Ste 213, Roswell. 678-243-5074. TheOpenMindCenter.com.

One Breath at a Time: Buddhism and the 12 Steps – 8-9:30pm. Also Thurs, 7:30-9pm. Meetings start with 10 mins of shamatha meditation. Reading from One Breath at a Time followed by open discussion. Shambhala Meditation Center of Atlanta, 1447 Church St, Decatur. 404-370-9650. Atlanta. Shambhala.org.

tuesdays

Let's Meditate Atlanta – 12-1pm. Sahaja Yoga meditation sessions are always free. East Roswell Library, 2301 Holcomb Bridge Rd, Roswell. Facebook.com/groups/WeMeditateGroup.

Sierra Club Meeting – 7pm, refreshments; 7:30pm, program. 2nd Tues. Georgia Chapter Office, 743 E College Ave, Ste B, Decatur. More info: Georgia.SierraClub.org/Atlanta.

Introductory Presentation on Meditation and Positive Living – 7-9pm. Come and enjoy this most inspiring of topics to reach your highest potential as soul. Free. Life Enrichment Center, 1340 McConnell Dr, Decatur. To register, Dhana: 404-273-5704. Santmat.net.

Let's Meditate Atlanta – 7-8pm. Sahaja Yoga meditation sessions are always free. Mountain View Regional Library Study Room, 3320 Sandy Plains Rd, Marietta. Facebook.com/groups/WeMeditateGroup.

Meditation on Twin Hearts – 7-8pm. This meditation works on the physical, mental and spiritual levels to open the heart chakra and the crown chakra, thereby enabling you to draw down a great amount of high-quality divine energy into the crown. Donations of \$10 & up accepted. The Center for Love and Light, 1145 Zonolite Rd, Ste 10, Atlanta. WithLoveAndLight.com.

wednesdays

Noon Time Four Stage Meditation – 12:15-12:45pm. With Minister Bob Imai. Check website for most current times, dates and topics and other weekly programs. Happy Science Atlanta, 1874 Piedmont Ave NE, Ste 360-C, Atlanta. Atlanta.HappyScience-na.org.

Decatur Farmers' Market – 4-7pm. Also Sat, 9am-1pm. Local farmers, artisanal food makers and crafts. Every market hosts live music, free samples from our chef demos, CSA subscription pick up and more. First Baptist Church of Decatur, 308 Clairmont Ave, Decatur. 404-373-1653. fbcdecatur.com/index.php.

An Introduction to the Happiness Program – :30-7:30pm. We all want happiness but how do we get there? Come find out how in a fun-filled, interactive and informative session. Includes: guided relaxation through the breath; light yoga & stretching; insights into the nature of mind; guided meditation; Q&A session. Free. Art of Living Atlanta Center, 7730 Roswell Rd, Ste 400, Atlanta. ArtOfLiving.org/us-en/atlanta.

Weekly Wednesday Meditation Class – 7-8:30pm. Open to all levels. Experience true inner peace. With the Venerable Nicholas Thannissaro Georgia Meditation Center, 4522 Tilly Mill Rd, Atlanta. MeditationCircle.org.

Spiritual Women Entrepreneurs Network – 7-9pm. Meets the 2nd Wed each month for a Cookies + Connection networking and mastermind event. Soul, Mind, Body, 3115 Piedmont Rd, Ste D102, Atlanta. RSVP: Meetup.com/SpiritualWomenEntrepreneursAtlanta.

Medicine Circle: Healing Chants from the Buddha Dharma – 7:30pm. A community offering for anyone who is in need of healing, or anyone who knows someone who is in need of healing. Free; donations accepted. Candler Park Yoga, 1630-D Dekalb Ave, Atlanta. MantraChant.com/medicine_circle.

Wednesday Night Meditation Service – 7:45-8:30pm. Features guided meditation, chanting, silence and prayer. Unity North Atlanta, 4255 Sandy Plains Rd, Marietta. 678-819-9100. UnityNorth.org.

thursdays

Monthly Park Meeting – 7:30-9am. 2nd Thurs. Park Pride brings together community leaders and park advocates from throughout Atlanta for education, networking and strategy. More info: ParkPride.org.

Light Workers Support Group – 11am-1pm. A support group for beginning and current Light-Workers, Star Seeds, Earth Angels. All practices welcome. Commune with others, share experiences and connect with a conscious community of individuals dedicated to rising the vibration of others. Lake Claire Community Land Trust, 270 Arizona Ave NE, Atlanta. 708-320-942. Thetxlp.com.

Midday Meditation – 12-12:45pm. With Kisha Lee Crawford. Meditation practitioners of all levels welcome. \$10. Phoenix & Dragon Bookstore, 5531 Roswell Rd NE, Atlanta. 404-255-5207. PhoenixAndDragon.com.

Orientation to Energywork – 7pm. 1st Thurs. Introduction to channeling and energywork. Bill will explain concepts of channeling, energywork, remote healing, transfer process, and potential benefits of energywork. Free. One block from Midtown Marta Station. To reserve a seat: 404-423-5747. inmatehealingbill@gmail.com. EnergyworkATL.com.

Meditation Practice Group – 7-8pm. 2nd & 4th Thurs. A free program for new and experienced meditators who wish to learn how to meditate or deepen their practice of meditation on the inner light. No experience necessary. All welcome. Sevananda Community Room, 467 Moreland Ave NE, Atlanta. Cindy: 770-363-8935 or Infose@sos.org.

Twin Hearts Meditation – 7:30-8:30pm. This meditation is an act of service. We use divine energy to bless the planet, our loved ones and every part of our life. Atlanta Pranic Healing Center, 1955 Cliff Valley Way NE, Ste 215, Atlanta. 470-333-2742. AtIPranicHealing.com.

One Breath at a Time: Buddhism and the 12 Steps – 7:30-9pm. See Mon listing. Shambhala Meditation Center of Atlanta, 1447 Church St, Decatur. 404-370-9650. Atlanta. Shambhala.org.

fridays

Environmental Sustainability Board Meeting – 8-10am. Decatur City Hall, Conference Rm, 509 N McDonough St, Decatur. Lena Stevens: 404-370-4102 or Lena.Stevens@DecaturGA.com.

Friday Patio Nights – 7pm. Includes sidewalk sales and live music, when live music is available otherwise it is playlists and Pandora. Antlers and Wings, 245 E Trinity Pl, Ste 1210, Decatur. 404-861-6216. AntlersNWings.com.

saturdays

Glow of Love Saturdays – 10am. Volunteer wanted. Come rain or shine we will be in attendance gaining knowledge, volunteering our times, and tending to the most precious herb garden. Refreshments and a mini-herb lesson. Free. Grow2Glo Herb Garden, 2215 Browns Mill Rd SE, Atlanta. Tinyurl.com/yxtc8g8w.

Bike Roswell Saturday Morning Ride – 9am. Informal, year-round group ride that rolls along 25 miles of the beautiful Roswell Mayors Ride route through Roswell. Riders of all abilities. Roswell Area Park (Front Lot), 10519 Woodstock Rd, Roswell. More info: BikeRoswell.com/events.

Decatur Farmers' Market – 9am-1pm. See Wed listing. First Baptist Church of Decatur, 308 Clairmont Ave, Decatur. 404-373-1653. fbcdecatur.com/index.php.

PHOENIX & DRAGON BOOKSTORE

5531 ROSWELL RD NE, ATLANTA | 404-255-5207 | PHOENIXANDDRAGON.COM

THREE FACES OF THE HEALING GODDESS WORKSHOP – Oct 6, 2-6pm. With Mandara Cromwell and Kate Holland. Be introduced to the relatively new science of cymatics—making sound visible, along with many other mystical techniques that are now on the forefront with advanced sound technology. \$25.

MATRIARCHY & THE MOON: LUNA 101 – Oct 8, 7-8pm. With Jaia Devi. Workshop is a remembrance of our traditional matriarchal ways. Come prepared to re-awaken intrinsic knowledge as you are guided on an exploration of lunar and matrilineal traditions around the globe. \$30; \$40 including a 1-oz lunar medicine.

FAERIE HOUSE MAKING – Oct 26, 10am-12pm. With Candace Apple. Entice the faeries into your world with a mystical, magical faerie cottage created from gourds, mosses, fungi, twigs, nuts and dried flowers. \$35; supplies included.

Seven years without a cold?

Copper in new device stops cold and flu

By Doug Cornell

More and more people are saying they just don't get colds anymore.

They are using a new device made of pure copper, which scientists say kills cold and flu viruses.

Doug Cornell invented the device in 2012. "I haven't had a single cold since then," he says.

People were skeptical but EPA and university

studies demonstrate repeatedly that viruses and bacteria die almost instantly when touched by copper.

That's why ancient Greeks and Egyptians used copper to purify water and heal wounds. They didn't know about viruses and bacteria, but now we do.

Scientists say the high conductance of copper disrupts the electrical balance in a microbe cell and destroys the cell in seconds.

So some hospitals tried copper touch surfaces like faucets and doorknobs. This cut the spread of MRSA and other illnesses by over half, and saved lives.

Colds start after cold viruses get in your nose, so the vast body of research gave Cornell an idea. When he next felt a cold about to start, he fashioned a smooth copper probe and rubbed it gently in his nose for 60 seconds.

"It worked!" he exclaimed. "The cold never got going." It worked again every time.

He asked relatives and friends to try it. They said it worked for them, too, so he patented CopperZap™ and put it on the market.

Now tens of thousands of people

have tried it. Nearly 100% of feedback said the copper stops colds if used within 3 hours after the first sign. Even up to 2 days, if they still get the cold it is milder than usual and they feel better.

Users wrote things like, "It stopped my cold right away," and "Is it supposed to work that fast?"

"What a wonderful thing," wrote Physician's Assistant Julie. "No more colds for me!"

Pat McAllister, age 70, received one for Christmas and called it "one of the best presents ever. This little jewel really works." Now thousands of users have simply stopped getting colds.

People often use CopperZap preventively. Frequent flier Karen Gauci used to get colds after crowded flights. Though skeptical, she tried it several times a day on travel days for 2 months. "Sixteen flights and not a sniffle!"

Businesswoman Rosaleen says when people are sick around her she uses CopperZap morning and night. "It saved me last holidays," she said. "The kids had colds going round and round, but not me."

Some users say it also helps with

sinuses. Attorney Donna Blight had a 2-day sinus headache. When her CopperZap arrived, she tried it. "I am shocked!" she said. "My head cleared, no more headache, no more congestion."

Some users say copper stops nighttime stuffiness if used just before bed. One man said, "Best sleep I've had in years."

Copper can also stop flu if used early and for several days. Lab technicians placed 25 million live flu viruses on a CopperZap. No viruses were found alive soon after.

Dr. Bill Keevil led one of the teams confirming the discovery. He placed millions of disease germs on copper. "They started to die literally as soon as they touched the surface," he said.

People have used it on cold sores and say it can completely prevent ugly outbreaks. You can also rub it gently on wounds or lesions to combat infections.



Dr. Bill Keevil: Copper quickly kills cold viruses.

The handle is curved and finely textured to improve contact. It kills germs picked up on fingers and hands to protect you and your family.

Copper even kills deadly germs that have become resistant to antibiotics. If you are near sick people, a moment of handling it may keep serious infection away from you and your loved ones. It may even save a life.

The EPA says copper still works even when tarnished. It kills hundreds of different disease germs so it can prevent serious or even fatal illness.

CopperZap is made in America of pure copper. It has a 90-day full money back guarantee. It is \$69.95.

Get \$10 off each CopperZap with code **NATA13**.

Go to www.CopperZap.com or call toll-free 1-888-411-6114.

Buy once, use forever.

GLAMPING ACCOMMODATIONS AVAILABLE

Weddings | Events | Retreats

A UNIQUE AND RUSTIC SETTING DEFINED BY NATURAL SPLENDOR

Gather the people you love most and make a relaxed and unforgettable dream come true.
Come to Paint Rock Farm.

paint rock farm

www.PaintRockFarm.com

EVENTS (631) 708 5350 | GLAMPING (828) 231 0296

MANIFEST YOUR DESTINY

Find freedom and flexibility with *Natural Awakenings* franchise opportunities. Be your own boss and earn a living doing something you are passionate about while making a difference in your community. This rewarding home-based franchise opportunity provides training and ongoing support, following an established and proven business model.

239-530-1377

NaturalAwakeningsMag.com/Franchise

LET US HELP YOU FIND THE ROOT CAUSE OF YOUR NEUROLOGICAL PROBLEM

Introducing Neurologist Dr. Rodney Soto and the Neurology Division of LifeWorks Wellness Center

Specializing In: Alzheimer's • Multiple Sclerosis • Dementia • Parkinson's
TBI • Migraines • Stroke • Epilepsy • ALS • Neurological Lyme Disease

The Best in Natural Medicine!

CALL TODAY TO SCHEDULE YOUR CONSULTATION!

727-466-6789 • LifeWorksWellnessCenter.com

Rodney Soto, MD
Board Certified in Neurology, Integrative Medicine and Anti Aging Medicine

LifeWorks
Wellness Center
301 Turner Street, Clearwater, FL

COMMUNITY RESOURCE GUIDE

Discover the leaders in natural health care, sustainable living, and personal and spiritual development in our community!

To list your product or service here, email us at: ads@naAtlanta.com

BOOKSTORE, METAPHYSICAL

Phoenix & Dragon Bookstore

5531 Roswell Rd NE, Sandy Springs
www.phoenixanddragon.com
404-255-5207



Books and gifts celebrating the human spirit. Featuring spiritual traditions, metaphysics, holistic health, and personal growth. Crystals, incense, candles, aromatherapy, gemstone jewelry, and altar statuary. Classes and psychic readings.

CHIROPRACTIC

Healworks

5150 Roswell Rd. NE, Atlanta, GA 30342
404-255-3110 • healworks.net



Living well means enjoying life to the fullest everyday. Pain denies you the Life you desire. We provide One-Stop Healing: the multi-discipline therapeutics that address body and mind.

HEALING & COACHING

Jill Volpe

Certified Life Coach
www.jillvolpe.com
865-771-0634
jill@jillvolpe.com



Heart-centered support, perspective, and motivation to achieve your goals. Deepen your relationships, navigate transitions, resolve conflict and communicate more effectively. Coaching and Reiki available. Break through limitations now! Call for complimentary consultation.

HEALTH FOOD

Life Grocery and Cafe

1453 Roswell Rd, Marietta
-mile east of the Big Chicken
770-977-9583 • LifeGrocery.com



A natural foods market featuring organic produce. Extensive selection of nutritional supplements. Vegetarian café highlights organic, freshly prepared

foods and living foods, fresh organic juices and smoothies.

HOLISTIC DENTISTRY

Cann Dentistry

Roberta D. Cann, D.M.D.
Piedmont Center, 3525 Piedmont Road
Building Five, Ste 408, Atlanta
404-233-1102 • CannDentistry.com



Mercury-free dentistry service for over 20 years. Special treatment for mercury removal. Discover which dental materials are optimal for you.

Dentistry at Sugarloaf

Al Norton, D.D.S.
6600 Sugarloaf Pkwy, Ste 600-700
Duluth, GA 30097
770-513-1312
DentistryAtSugarloaf.com



21st-century dentistry in a serene environment.

HOLISTIC HEALTH

Living Foods Institute

1700 Commerce Drive NW Suite 100
Atlanta, Georgia 30318
404-524-4488
livingfoodsinstitute.com



Reset your body and brain with organic, raw, vegan healing foods and elixirs, innovative technologies and specialized therapies. Serving the seriously ill for over 20 years.

HYPNOTHERAPY

Roswell Hypnotherapy

Jeanne Campbell Bernstein
4343 Shallowford Rd, Marietta, GA 30062
678-521-6637



Connect with your Higher Self. The Quantum Healing Hypnosis Technique can help people achieve breakthroughs in peak performance, and manage difficult emotions, physical pain and anxiety and depression.

Jim Colton Hypnosis

Braselton, Decatur & Sandy Springs
jimcoltonhypnosis.com
(404) 434-4847



Build a better YOU by learning to love yourself. Beat bad habits, depression, anxiety, fears, anger, and grief quickly, effectively, painlessly, permanently and naturally.

INTENTIONS

United Intentions Foundation, Inc.

Discover the Power of Your Intentions!
11205 Alpharetta Hwy, Suite F5
Roswell • 678-495-4345
UnitedIntentions.org



A nonprofit organization dedicated to sharing cutting-edge scientific research, tools and techniques that promote positive life changes. Offering education seminars, curriculum in the form of interactive videos and games, online resources, tools and applications. Join our online community to learn about the power of positive intentions, create your own, and share them with other members around the world! Membership is free.

LIFE COACHING

Blank Page Consulting

www.blankpageconsult.com
www.wordslc.com
youcanwriteyourlife@gmail.com
678-938-2777



Ready to make things happen in your life? Life is ready for you! Together, let's unearth the truth of your intention and design the path to get you there. Coaching for frustrated writers is also available.

Wise Minds Coaching & Consulting

www.wisemindsconsulting.com
404-590-5230



Helping you be rid of toxic people and relationships. After care for terminated relationships and divorce. Other coaching also available

by phone. Ask about a free 30-minute session and new client specials.

PROFESSIONAL EDUCATION

Dragon Rises College of Oriental Medicine

Gainesville, FL 32601
800-606-6685 • www.dragonrises.edu



Our comprehensive 10-semester ACAOM-accredited Master's degree program enables students to become competent, confident and successful acupuncturists. Graduates help people achieve genuine healing and their highest sustainable level of health and wellness.

REAL ESTATE

Alena Beecher

678-820-1276
hippierealtor@gmail.com
FB: hippierealtoratl
IG: @hippierealtoratl



Buy, Sell & Invest; Metro Atlanta. Looking to invest? Or plant roots? We're a Full-Service Real Estate Team. Professional Photos included. Authentic Approach. Certified Negotiation Expert.

SPIRITUAL & MEDITATION CENTERS

Atlanta Meditation Center of Self-Realization Fellowship

4000 King Springs Rd SE, Atlanta
770-434-7200 • SrfAtlanta.org



Realize your true Self by direct perception of the divine through Kriya Yoga. Self-Realization Fellowship is a world wide organization founded in 1920 by Paramahansa Yogananda (Autobiography of a Yogi). Sundays: Meditation Service @ 10am; Reading Service @ 11am. See website for a complete list of services and events.

STRETCH THERAPY

Sift Soul

289 Jonesboro Rd, Suite 489
McDonough, GA 30253
siftsoul.com
678-435-5622



Committed to evolving spiritually, healing emotionally, and empowering mentally and physically. Specializing in stretch therapy and guided meditation. "One must loosen the weight inside, to lose the weight outside."

Meditation on Inner Light & Sound

1-877-MEDITATE • www.knowthyself.org
sterry.info.us@knowthyself.org



Learn how to live in alignment with the soul's purpose. Free classes in Atlanta offered regularly.

Share International

share-international.us/se/
info-se@share-international.us
(404) 680-7423



Transmission Meditation is the simplest way to serve the world and strengthen your spiritual nature. Introductory talk

followed by meditation. Visit our website for more information.

THERAPY & COUNSELING

Melissa Lester Olson, LCSW

Therapy & Counseling for Women
621 North Avenue NE, Bldg E, 30308
melissalesterolson.com
(770) 313-7768



Specializing in Trauma Resolution, Binge Eating Disorder, Coming Out Later in Life, Anxiety, Depression and More. Offering Insight-Oriented Talk Therapy, Meditation and Mindfulness, EFT Tapping and Hypnosis.

CLASSIFIEDS

To place a classified ad, email your listing to ads@naAtlanta.com. Cost is \$1/word; minimum \$25. Deadline: Fifth of each month for the next month's issue.

BOOKS | Do you suffer from Irritable Bowel Syndrome? Are you ready to restore your gut? Cheryl Moates' book, *You Can Heal Your Gut*, is available on Amazon. Read the latest research and discover natural solutions to this enigmatic disorder. <https://amzn.to/2CRDYK1>

DIETARY WELLNESS | The Mindful Mixery offers mindfully-selected ingredients lovingly mixed into herbal teas & powdered supplements. Free local delivery on orders over \$25. Restrictions apply. Tee Brooks, MA, 704-669-8305, mindfulmixery@gmail.com.

QUANTUM ENERGY WELLNESS | Experience your best health! Herbs, supplements, vitamins essential oils and more via an app. Get yours today, or call for a demonstration! Dr. Imani Ma'at, 404-702-4382, lotusflower.limbicarc.com.

PSYCHOTHERAPY | You deserve to be happy. Holistic psychotherapy for Adults, Children, Couples and Families. asteptowardchange.com (470) 685-0003

Have something to say?

WE'RE LISTENING!

We are committed to providing you with the best possible news, insights, tools, and practices to help nourish a healthy and conscious life.

SPEAK YOUR HEART!

Share with us:

- Your response to recent articles
- Topics you'd like to see covered
- Breaking news
- Emerging businesses pertaining to natural health
- Feedback about our publication

EMAIL US

editor@naturalawakenings.com

All submissions to the editor will be considered for inclusion in our publication.

natural awakenings





The Mother Diaries

By Kim Green

I still possess that pile of loose yellow sheets that I call the "Mother Diaries." They were never meant to be a maudlin ode, never meant to appreciate or remember. Instead, they were an homage to the transformative power of gut-deep grief.

When I was 15, an unimaginable thing happened. My mother dropped dead on the New York City subway. That single moment transformed me and birthed a prolific scribe and teller of truths.

My parents were divorced, so when my father moved back, he toted a suitcase brimming with grief, rage and regret. A relentless question floated in the air: How can we live without her? I spent countless days and nights silently raging and questioning all of the things that were not for me to question. I now stand grateful for the audacity that tragedy instilled.

I remember the day that I pulled a legal pad off the shelf, instinctively knowing what to do. I wrote and wrote for days on end, freeing all the pain that had festered. I was able to question everything and find the answers. Although my answers were tainted by naiveté and discontent, they gave me a roadmap to myself. On those yellow pages, I was able to say what I needed to say and believe what I needed to believe for my own sake. I was suddenly a 15-year-old "genius," a writer of essays with the hubris to question everything. I even formed opinions about things I knew nothing about.

Luckily, no one ever read my rage, but it was the sheer sacredness of having a place to go to document my misery that got me through. Every word I wrote was a prayer to ensure that nothing could ever hurt me again. Words became my armor.

When I was 32, something else happened, toppling the towering life that I had re-built. I was a successful business owner, married to a great man, living in the stunning Sonoran Desert of the Southwest. I had an adorable son who was confirmation that miracles can happen. But by my son's first birthday, I had shrunk into a mere wisp of a woman. My chest hurt, knees rattled and my joints ached. My doctor called to tell me that I had Systemic Lupus Erythematosus. Once again, I was slapped with another inescapable truth, a tragedy for which nothing could be done. My body was filled with this strange unpronounceable disease, of which I had never heard. But I digress. This is not about that. This is about how writing saved my life, again.

I chose to go public with my news and called every person I had ever known. Talking, crying and complaining, until my mouth ached. Until one no-nonsense angel ended my senseless chatter, asking, "Well, what are you going to do now?"

To my silence, the angel said something short, sweet and profound: "Write something."

And, so I did. Remembering what my college professor said, "Write what you know," I wrote furiously and freely about being sick, scared and alone. Those early days were filled with doctor's appointments, blood draws and steroid infusions. I was able to face it all, knowing that my deepest relationship was with my empty pages; they provided the one place I could be myself.

When I wrote, I could think and re-think things that happened and could happen. In my pages, I could ward off the bad and recreate good with the magic wand of my own intention. I could take an aerial view of a situation that was too painful to bear. Writing left me with the mobility to leave the crime scene and see that I was more than just sick. My mind soared on my pages; time stood still as I played with words, ideas and altered reality. I indulged in each syllable, leaving the need for perfection by the wayside.

And as each word that pours out of me leads to the next and the next, before I know it, I realize I am still very much alive.



Author and coach Kim Green owns Blank Page Consulting. Her workshop "You Have the Write to Heal" will be at Decatur Healing Arts on October 19 and 26. More at

decaturrealingarts.com/events.

WE HOLD SPACE FOR YOU

Intown's Preferred Event Space for Workshops, Meetings & Private Events

2000 SQ FT | SEATS UP TO 60

Event Annex

Find the perfect fit for workshops, lectures and gatherings, featuring a kitchen and two breakout rooms. Surround sound system, tables and tea station make any event comfortable.

228S QFT | SEATS UP TO 10

The Living Room

Feel at home in this cozy workshop space. Swivel seats, mood lighting and conference table with room to gather on the floor.



WHEN YOU RENT WITH US WE SHARE YOUR EVENT WITH OUR COMMUNITY VIA OUR WEBSITE, SOCIAL MEDIA AND CALENDAR OF EVENTS. TAKE A PEEK AT OUR CALENDAR AND SEE WHO WE ARE HOLDING SPACE FOR.

IN THE HEART OF ATLANTA

www.withloveandlight.com | rentals@withloveandlight.com



Explore a World of Possibilities

Aromatherapy



Soothe your soul

Books



Open your mind

Candles



Awaken your spirit

Feng Shui



Enhance your home

Incense



Enliven your senses

Crystals



Attune your abilities



PHOENIX & DRAGON BOOKSTORE
Books and Gifts Celebrating the Human Spirit

5531 Roswell Rd NE • Sandy Springs, GA 30342 • 1/2 mi inside I-285
www.phoenixanddragon.com • 404-255-5207

BASED ON THE TRUE STORY OF A MAN WHOSE
NEAR DEATH EXPERIENCE INSPIRES HIM TO CHOOSE LIFE
AND CHANGE THE LIVES OF MILLIONS

IMMORTAL HERO

You Are Invincible. When you Believe, Miracles Happen.



COMING TO THEATERS OCTOBER 2019

WWW.IMMORTAL-HERO.COM

EXECUTIVE PRODUCER AND ORIGINAL STORY BY RYUHO OKAWA

DIRECTED BY HIROSHI AKABANE PRODUCED BY HISAAKI TAKEUCHI WRITTEN BY SAYARA OKAWA MUSIC BY YUICHI MIZUSAWA

COPYRIGHT © 11 PRODUCTIONS

11 PRODUCTIONS