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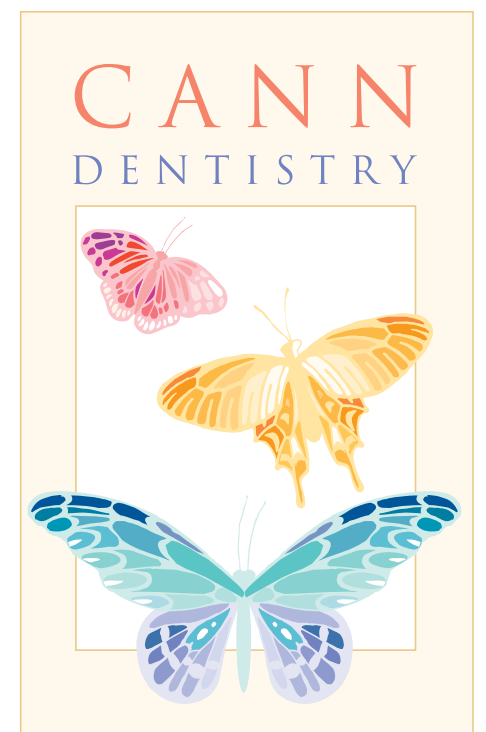
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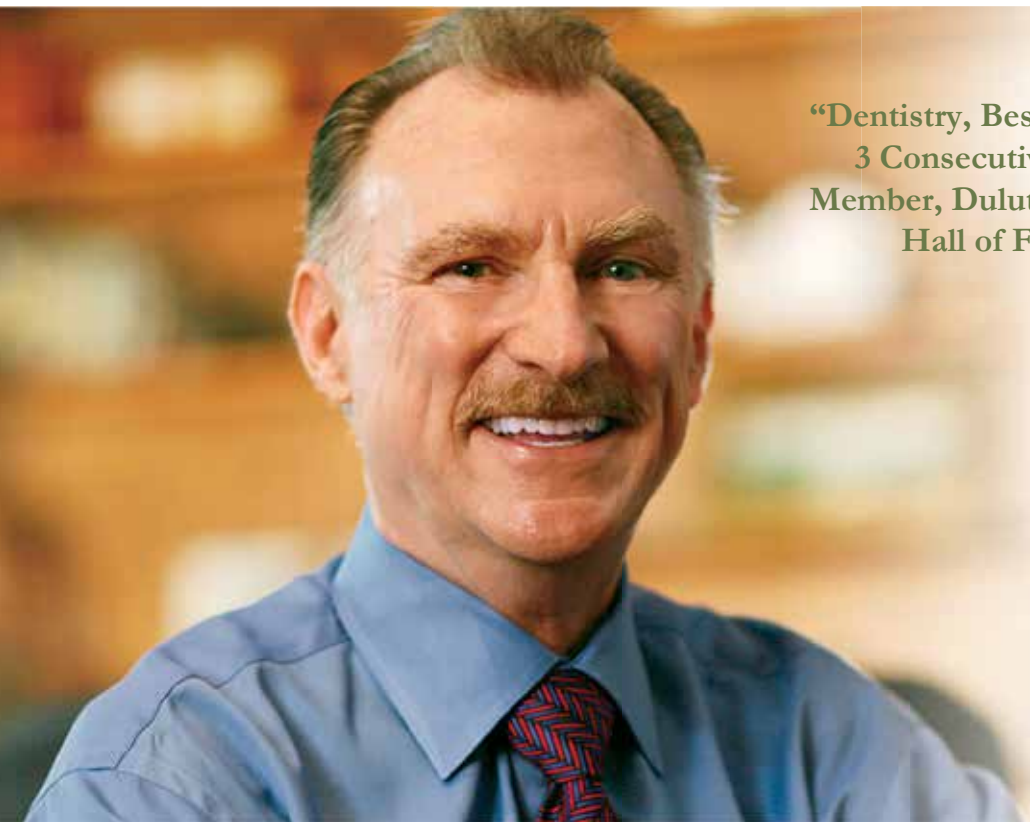
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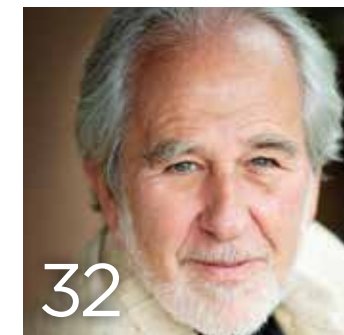
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Cover Photo Details

Editor Diane Eaton called me, Paul Chen, after the photo shoot. "How did it go?" I asked.

"We had four gorgeous, powerful and inspiring women here. How could it not go well?" she replied.

Thank you to our four beautiful subjects, from left to right: Pinky Cole, owner, Slutty Vegan; Chef Ahki; Ahzjah Simons, general manager of Sevananda Natural Foods Market; and Tassili Ma'at, owner, Tassili's Raw Reality Café.

Photo by Jason Dennard, above, of Encounter Hart. Special thanks to Loyall Hart for his generous support of this publication.

Location: MET Atlanta, right outside the West End. Thank you to its management for permitting us to use their site.

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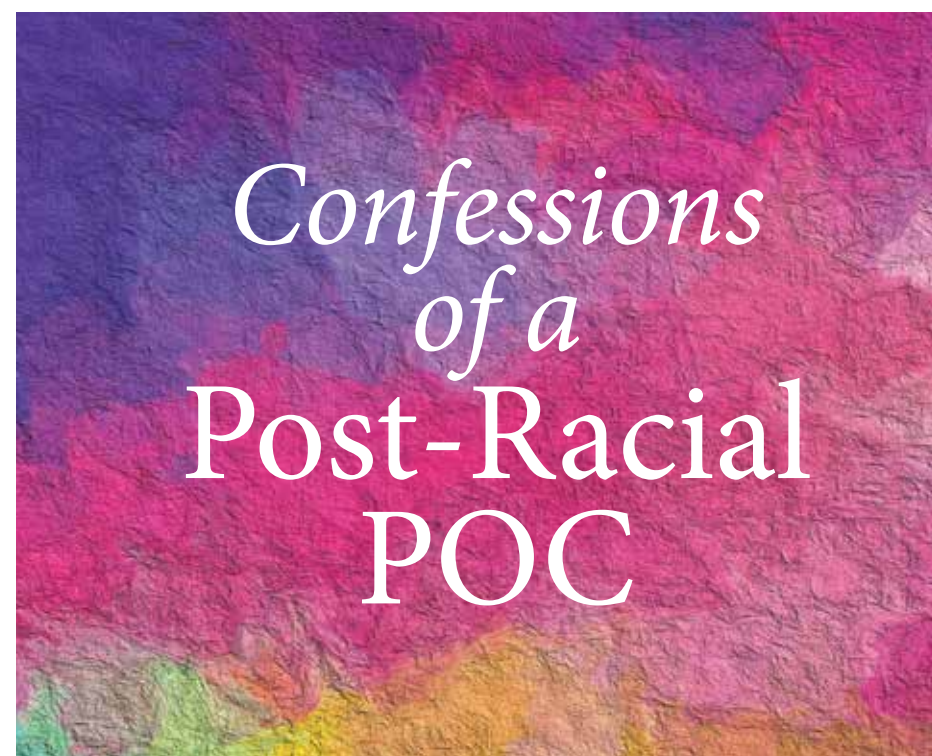
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I expected the draft of the brochure to be approved. Instead, the managing director, in a seeming gesture of frustration, tossed the draft onto the table with a definitive "plop."

"The thing is, Paul, there are no pictures of people of color [POC]," she said. Never mind that she had not requested one.

This episode from a few years ago was just another in my career as a marketing consultant where those who engaged me seemed to assume that I, as a person of color, would instinctively be inclusive in my choice of pictures.

Truth is, for long as I can remember, I desperately wanted to live in a post-racial world. Having been the subject of ongoing bigotry as a child, all I knew was that I was fundamentally no different from those who bullied me: In the words of Rodney King, "Can we all just get along?"

Fast forward a few decades and one would find me a bemused father of two beautiful biracial children, both of whom are far more sensitive to racism than I had been. That was until 2015 when a presidential pretender descended from on high into the darkness of his tower spewing hate and dragging us into the void.

The idea for this month's special section on black veganism arrived a few months ago after my son Noah—yes, the same one who wrote the lead article—mentioned that he believed that, on a per capita basis, more blacks owned vegan and vegetarian restaurants in Atlanta than whites. He had just moved into the West End and, having been a vegetarian from a very young age, he was quick to notice all the wonderful dining alternatives that surrounded him.

His comment stuck in my mind, but a question remained: Aren't the benefits of veganism the same, regardless of race? What is the difference between being white and vegan and being black and vegan?

I didn't have an answer to that question before I greenlighted the topic for this issue. Instead, two factors came together to prompt me to pull the trigger. First, my sense that there were meaningful differences between the two races in their motivations to turn to veganism, and my trust in Noah's ability to figure that out and write an outstanding piece—despite the fact that none of his previous articles came close to the challenges of this assignment.

Second, I've had a great affinity with others who'd been victim to racism. As all my tormenters were white, I found myself

befriending black students, despite the lack of them in my elementary and high school. From the very first week of college, my best friend was black, as is my current best male friend.

Despite all of this, for decades, I continued to delude myself into a post-racial fantasy world. That is, until 2015, when it became impossible to ignore, when more and more unarmed black men were being murdered with impunity, when the number of "_____ while black" memes exploded.

Our managing editor, Diane Eaton, reminds me that it's not the role of our publication to drift into politics, and in these pages, this is as political as I will get. My message today is simple: To generate peaceful minds, to move forward and progress, we must accept things as they are, to meet situations and people where they're at.

The reality is that we are nowhere close to a post-racial world, and that for some time to come, those of us who are privileged—if we wish to create a more just and equitable world—need to figure out ways to share our assets and to actively promote the voices of those who have not been heard, those who have been consciously silenced.

So I will say, now, that *Natural Awakenings*, Atlanta's premiere publication for natural healing and personal evolution reaching more than 50,000 readers each month, is committed to more inclusiveness. I have no idea what this will look like, but we will reach out to many people and invite them to help shape, define and infuse these pages and our digital presence with a broader range of voices.

May our current social and political realities push us all to find greater equity, peace and love for all, without exception.



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.

Mid-Week Yoga Retreats at N.C. Inn

Moon School Yoga at the Dillsboro Inn, Dillsboro, NC, is offering mid-week yoga retreats in August and September.

With a selection of yoga classes and meditations starting on Tuesday evening and running through Thursday, guests can transform their stay at the Dillsboro Inn, which is located on the Tuckasegee River approximately three hours from Atlanta, from a nature outing to an experience of deep ecology, emotional cleansing and karmic release.

In what T.J. Walker, founder of Moon School Yoga and owner of Dillsboro Inn, calls Conservation Yoga, retreat attendees can develop a sacred connection with Mother Earth by combining the practice of Raja Yoga with a variety of ecotourism experiences available nearby. The Tuckasegee is a white-water river, hiking opportunities are plentiful, and the Great Smokey Mountains are a short drive to the north. Also, Judaculla Rock, a piece of soapstone carved with petroglyphs of Cherokee origin, is a 25-minute drive away. "From a traditional perspective, contemporary Cherokees continue to regard the boulder as spiritually significant," states the Wikipedia entry on the rock.

Walker, who holds a variety of yoga certifications, describes his Raja yoga classes as "involving gravitational pulling postures, a meditation utilizing gravity and the breath while sinking into the mat and activating neural pathways and connective tissue throughout the body."

Retreat options are available with a minimum two-night stay. Room rates start at \$150/night. For more information, call 828-507-3113.

Moon School Yoga and the Dillsboro Inn, 146 N. River Rd., Dillsboro, NC. For more information, visit MoonSchoolYoga.com or DillsboroInn.com.

Mindful Mixery OFFERS TEAS, SUPPLEMENTS, ESSENTIAL OILS

When Tee Brooks moved to Atlanta late last year, she continued with what had been a hobby that had benefited herself, friends and family for over a decade—but she put a more public face on it. She launched Mindful Mixery as a local business "specializing in herbal teas, wellness supplements and essential oils that come in rollers and sprays, as well as other products that boost wellness."

Her most popular products are Hibiscus Ginger Tea, the Power Mix Energy Boost, the Body Update Mix, and Mindful Greens Mix. The mixes can be added to smoothies or juices. The Power Mix is formulated for active bodies, and the Body Update Mix is aimed at detox and weight loss.

"My goal in life is to heal humanity one person at a time however I can, just to

bring joy and love to people," says Brooks, who was born in Texas and lived an itinerant youth as an army brat. "That sounds very cheesy every time I say it. I'm such a hippie. I just want peace and love. I want people to really just stop being so full of hate and sadness; let's end the suffering."

Brooks' products are available on Etsy at www.etsy.com/shop/TheMindfulMixery. As for an in-person retail experience, Brooks' goal is to appear in at least one local market a month in the Atlanta area and to establish pop-up relationships there.

Brooks is also a certified yoga instructor, RYT-200, and offers private sessions. Contact her at sociomindfulwellness@gmail.com.



ATLANTA'S NEW Sound Healing Retailer

Sound healer Danielle Hall recently opened a retail showroom for crystal bowls, hand drums, gongs and other instruments of sound healing at the Sound Apothecary at the Center for Love and Light.

"I'm really excited because it's the first place in Atlanta where you can actually come and sit with the instruments, see if you really vibe with them, see if you align with an instrument before you even buy it," says Hall, who asserted that most crystal bowl purchases are made online.

Hall's business, while open to all, is particularly focused on professional sound healers. The value of being able to have a hands-on experience with instruments is more evident within that context. "[The store is] an opportunity for people who are already doing this work to bring their bowls in and then see if what I have in stock fits their set.

When you're buying online, you don't really know what you're going to get. You know that you want a certain size, you know that you want a certain note, or a certain chakra, but you don't really know if it's going to fit your set until you get it."

Hall handmakes all the shamanic hand drums that she offers, not because she can't find quality hand drums made by others, but because she enjoys making them. A native American shaman taught her how to make drums "in sacred ceremony, calling in the seven directions and filling the drums with intention."

The Sound Apothecary at the Center for Love and Light, 1145 Zonolite Rd NE Suite 10, Atlanta 30306. Hours: Tuesday-Friday, 10am to 2pm, Saturday by appointment. Contact dhall@soundembrace.com.

The Refinery BRINGS TECHNO-GYM TO WESTSIDE VILLAGE

The Refinery, a luxury training club that blends studio-like fitness training with health club-style amenities, opened in the Westside Village in May. It is the creation of owner and fitness enthusiast, Freddy Goldenberg.

The 12,000 square-foot "industrial-luxe" space features state-of-the-art equipment including Biocircuit™ by Technogym, a circuit training method utilizing "smart" equipment that guides users through a 30-minute strength and cardio workout. The Refinery professes to be the first U.S. location for the technology.



The gym's signature "Group X" classes feature a combination of high-intensity cardio, core, and strength training intervals that build lean muscle and burn fat. The facility also offers personal training, youth sports performance, Pilates, and high-end amenities including an indoor and outdoor covered training area, locker rooms with showers and towel service, and grab-and-go bites and beverages.

"At The Refinery, we believe everyone can benefit from the tools and training that empower professional athletes to achieve incredible things," says Goldenberg. "Whether you prefer the camaraderie of group fitness classes, the individual attention of small groups and personal training, or the flexibility of open gym access, we'll help you push past boundaries and reach new milestones."

The training club is currently offering a one-week free trial, which includes unlimited Group X and small group training classes, open gym access and a Biocircuit demo, which is available on their website.

The Refinery is located at 2260 Marietta Boulevard in the Westside Village, Atlanta. For more information, visit RefineryFit.com, Facebook, or Instagram or call 678-270-2676.

WORKSHOP COMBINES Soundbath and Purpose-Driven Life Tools



Joyce Dillon.
(Photo: Joyce Dillon)



Rebecca Turk
(Photo: Tiffany Rose)

Sound healing practitioner and transformation coach Rebecca Turk, and certified life purpose coach Joyce Dillon, RN, MN, will lead a workshop called "Manifesting Your Soul's Purpose: Discover How To Live Your Life On Purpose," on September 7 at the Open Mind Center in Roswell.

Participants will experience a sensory sound bath, a visualization session and intention-setting exercises as well as be guided to explore topics of life purpose, wellness in the workplace, breaking old patterns and beliefs and more.

"I love helping people reach a greater sense of clarity through the sound healing

experiences I provide," says Turk, founder and CEO of SNDBath.

According to the presenters, the workshop will help participants learn how "living on purpose" can change the quality, vision and meaning of their lives. Attendees will also experience a cleansing and healing journey of sound through the seven-point chakra system, learn five practical steps to get moving toward their passion and purpose, and receive guidance on managing sabotaging beliefs and patterns and creating a vision for living.

"There is no greater gift you can receive than to honor your calling. It is

why you were born and are on the earth," says Dillon.

The Manifesting Your Soul's Purpose workshop will take place from 10:00 a.m. to 12:30 p.m. on Saturday, September 7. The cost to attend is \$75 through August 15th, and increases to \$95 after that. The workshop will be held at The Open Mind Center, 1575 Old Alabama Road, Suite 213 in Roswell. Tickets are available on Eventbrite.com. For more information, visit: SNDBath.com or call 310-667-0595.

DETOX THERAPIES

Health, Wellness & The Halo Effect

by Aaliya Bashir

What's the Big Deal about Self-Care?

A smart self-care regimen designed for success takes into account personal health and wellness goals, and a practical and realistic plan that fits each person's lifestyle. Self-care followers are realizing the profound benefits of a self-care regimen beyond just being able to say that they "feel so much better." One benefit, the self-care "halo effect," comes as a result of this simple principle: Taking care of yourself enables you to be at your best as partner, parent, friend, colleague and caregiver. And that's a big deal.

Several simple self-care practices can lead to better productivity, improved resistance to disease and elimination of the symptoms that slow one down, including joint pain, sinus congestion, insomnia and anxiety. Self-care starts now, and a great place to start is with detox-based therapies.

A Blueprint for Detox-based Self-Care

To incorporate more self-care into your life, begin with your everyday rituals. Whatever you do every day—whether it's brushing your teeth, walking your dog, yoga practice or your morning's first sip of coffee or green tea—including a few detoxifying rituals into your daily routine can have beneficial effects. Detox therapies that help to flush the body of toxins that can cause inflammation can also preempt or even improve conditions such as joint pain, poor circulation, muscle fatigue, insomnia and anxiety.

Listed below are detox-based therapies for three common ailments—joint pain, sinus congestion and TMJ—and can be a valuable component of any self-care plan. They include therapies that are best provided

by a certified spa or wellness practitioner as well as those that can be self-administered in the comfort of your own home.

JOINT PAIN

Practitioner Treatments

LED massage: This detox-based massage therapy provides a deeper massage compared to a traditional massage. Not only are LEDs known to reduce inflammation, but also the FDA recently approved the use of LED-light massage to relieve inflammatory conditions and joint pain, especially for people diagnosed with arthritis. Additional benefits of LED massage include accelerated healing, improved circulation and reduced inflammation, redness and bruising.

Ionic detox footbath: If massage is not for you or makes you uncomfortable, an ionic footbath is a good detox therapy. A footbath is a quick, easy and painless way to balance your PH, flush your liver and cleanse and reenergize. Sessions usually last less than 30 minutes. Electrolysis and gravity work together to pull toxins through the thousands of pores of the feet. Consult with your professional spa provider about the frequency of this therapy for your self-care planning purposes.

DIY

Salves: At home, try a salve formulated for joint pain, including one of the many CBD products that are now readily available in the marketplace.

Bathe: Fill the tub for a bath soak with soaps high in minerals such as Himalayan or Dead Sea salts, which are natural body detoxifiers, to reduce the inflammation that causes joint pain.

Home LED massage: Affordable, hand-held LED-light massage devices can be sourced online on sites such as Amazon and can be used effectively as part of a self-massage regimen at home.

SINUS CONGESTION

Practitioner Treatments

Ear candling: An ancient Egyptian practice, ear candling is a 30-minute-per-ear treatment that uses hollow candles. When lit and positioned just so, the candles pull out toxins and balance pressure in the sinus cavity. In this relaxing and therapeutic method, the warmth and smoke from the beeswax candle facilitate the body's natural process of excreting impacted earwax and relieving sinus pressure, head pressure and congestion.

DIY

Essential oils: At home, use essential oils such as eucalyptus or peppermint in a diffuser or as aromatherapy.

Facial massage: Give yourself a facial massage to help relieve tension caused by infected sinuses. Good times to do so might be before or after a home face mask or as part of your morning or evening face-washing ritual.

TMJ (TEMPOROMANDIBULAR JOINT DYSFUNCTION)

Practitioner Treatments

TMJ massage: Schedule a treatment with a licensed therapist who is certified in or

specializes in this modality. A TMJ massage is a detox-based, med-spa massage and focuses on muscles and tendons related to the TMJ symptoms of clicking and pain. While some discomfort is to be expected during the therapy, most people share that they experienced a "huge relief" after the treatment.

Infrared sauna: If you are not a fan of massage, try this noninvasive heat- and detox-based option. The infrared light technology relaxes muscles, reduces inflammation and brings relief to TMJ symptoms. The standard recommendation to start to experience a difference and to reach pain-relief goals is two to three sauna sessions per week, ranging from 30 minutes to one hour.

Ionic detox footbath: If you do not like the heat of the sauna, a weekly footbath is ideal as it flushes toxins and resets energy levels. Most clients experience same-day partial relief from TMJ symptoms with regular weekly footbath treatments.

DIY

Self-massage: At home, you can practice self-massage with a hand-held LED device to help reach muscles and nerves impacted by TMJ. Or search online for TMJ self-massage videos that provide a knowledgeable and effective guide for locating critical pressure points for manual massage and for achieving relief from discomfort caused by TMJ symptoms.

Most of us make time for our "musts"—brushing our teeth, feeding the children, getting groceries and otherwise doing what it takes to take care of the essentials. Consider adding detox therapies to your "must" list in order to flush toxins, reduce inflammation and feel your best. Visiting a local health spa that offers detox therapies provides the added bonus of relaxation and support; incorporating an at-home regimen can also help you achieve your wellness and lifestyle goals.



Known as the Detox Gurvi, Aaliya Bashir is the owner of Warrior Body Spa in Tucker and co-host of the podcast *Health, Wealth & Womanhood*. For

more information, visit warriorspa.com or call 404-994-4498.

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The most important thing that I learned in growing up is that forgiveness is something that, when you do it, you free yourself to move on.

~Tyler Perry

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Tapping for Your Health

by Melissa Olson

The Emotional Freedom Technique (EFT), or “tapping,” is an elegant demonstration of the fact that, with the right tools, the body and mind can heal themselves. EFT has become a valuable self-care and therapy tool for millions of Americans for bringing about significant relief from emotional and physical symptoms as well as clarity about complex life experiences. One great advantage of the technique is that it can be done almost wherever and whenever it is needed, even without a practitioner or therapist.

From the perspective of EFT, life’s challenging events and traumas are the result of going through experiences without having processed them completely. They remain lodged inside us as memories, somatic sensations, emotions or beliefs, keeping us stuck in the experiences and their effects on us. The goal of EFT, and other trauma-resolution methods, is completing this interrupted processing.

EFT is unique in that it is a self-administered process that involves touching

or tapping the end points of the 12 largest energy meridians in the human body, which are on the hands, head, face and upper body. While tapping, it is helpful to focus on the issue—for example, an emotion, a negative thought, a memory or a physical sensation—that you are trying to resolve or process. Doing so allows you to experience the issue more deeply, while the tapping itself helps the body/mind to process the experience to completion. As a result, the “charge,” or pressure on the nervous system, dissolves, and the experience will not be re-triggered.

People use tapping to reduce or eliminate a wide variety of pain and symptoms, including feelings of trauma, anxiety, stress, PTSD, addictions and more. As with any powerful healing tool, the treatment of complex traumas is best overseen by trained, accredited professionals.

Seven layers of impact

Tapping concepts are derived originally from traditional Chinese medicine, but Gary Craig created the technique in its current form about 30 years ago. At least

seven mechanisms take place simultaneously during the EFT tapping process:

- Imaginal exposure—imagining the distress-inducing event
- Acupressure—tapping on meridian end points

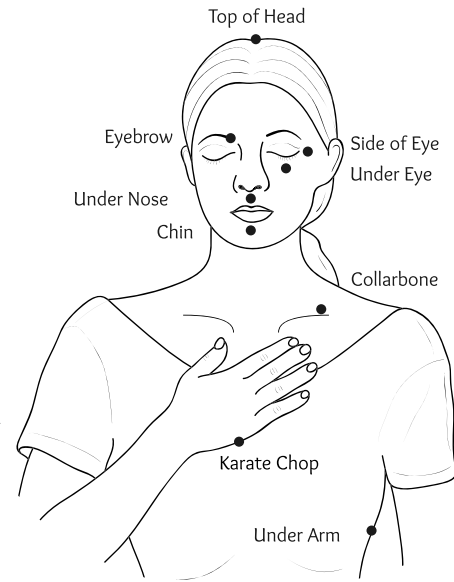
- Somatic activation—triggering the body’s response to a specific stimulus
- Downward regulation of fight-flight-freeze response—calming the nervous system
- Memory reconsolidation—completing “the processing of traumatic memories”
- Eye movement reprocessing—eye movements are associated with trauma processing
- Cognitive restructuring—beliefs and thoughts often shift as trauma is fully processed

Stories of healing

Every EFT practitioner has great stories to tell about healing and changes in people’s lives. Sometimes, resolution of an issue comes quickly, while for complex issues, a longer-term, systematic approach with an expert is often required to get to all levels of the issue. Here are some of the transformative experiences I’ve witnessed working with EFT:

I worked with one client who had a 26-year history of migraines that began after a car accident. Since she started using EFT six years ago, her migraines have not returned. Another client was experiencing a tightness in her chest that she described as black, heavy and cold. With tapping, this feeling dissolved, and she reported an overall decrease in her anxiety.

A 34-year old client had been told since childhood that she was fat. At 34, she was overweight and struggling with bingeing and restricting, and feeling overwhelming shame. With tapping, she released some of her early childhood traumatic memories, and over several sessions the issue no longer had an emotional charge for her.



EFT Tapping Points

While participating in a group tapping session, another client experienced several “Aha!” moments about her tendency to work too much. Afterward, she felt empowered to change her work schedule in a way that she’d never been able to before.



Melissa Lester Olson, LCSW, is a women’s therapist, a counselor and executive director of Tap Into Community. She will speak about EFT

at the Georgia National Association of Social Workers’ meeting in October. Contact her at MelissaLesterOlson.com or TapIntoCommunity.org.

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InnerCoachHypnotherapy.com
 877-430-3828

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MelissaLesterOlson.com

Erin Newman
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Marcy Victor, LCSW, MPH, CHT
 Psychotherapist, Board-certified Life/ Career Coach
 Heartway Healing Center
HeartwayHealingCenter.com
MLVictor2015@gmail.com
 404-964-9814

Matt Wagner, NCC, LPC, CAADC
 Licensed Professional Counselor
mattwagnerlpc@gmail.com
 770-285-1720

Alyce E. Wellons, LCSW
AlyceWellons.com

21st CENTURY PARENTING

Preparing Kids for the Future

by Meredith Montgomery

Today's children have more opportunities to change the world than ever before. Teenagers are organizing global activism movements, LEGO lovers are mastering robotics and young entrepreneurs are launching successful businesses before they're old enough to drive.

But for Mom and Dad, this fast-paced, technology-driven childhood looks drastically different from their own. To help kids thrive, parents must learn to mindfully embrace today's modern advances without losing sight of timeless virtues and skills such as kindness, creativity and critical thinking.

Finding Balance

After-school hours used to be filled with outdoor free play in which kids independently developed their natural capabilities as self-learners and creative problem-solvers. The Children & Nature Network has reported that just 6 percent of children ages 9 to 13 play outside on their own. Instead, stress and anxiety are on the rise in our competitive culture as many kids attempt to balance heavy homework loads with an overflowing schedule of extracurricular activities.

With the ability to connect to the world at our fingertips, Thomas Murray, director of innovation for Future Ready Schools, in Washington, D.C., notes that devices can also disconnect us from those right next to us. "It's a massive struggle to find balance and mindfulness, but it's vitally important. How often do we see an AP [advanced placement] kid that is falling apart emotionally? As parents, we need to recognize that kids have a lot on their plate—more than ever before."

Salt Lake City-based Courtney Carver, author of *Soulful Simplicity: How Living with Less Can Lead to So Much More*, worries that parents are creating résumés for a life their children probably don't want. On her *BeMoreWithLess.com* website, she focuses on living with less clutter, busyness and stress to simplify life and discover what really matters. "It's challenging to maintain close connections when we're overwhelmed with what's in our inbox, or on Instagram or what the kids are looking at online," she says.

On her own journey to practical minimalism, she gained a greater sense of presence with her daughter. "When you can pay attention to a conversation and not feel distracted and antsy, especially with young kids, that is everything," says Carver.

Managing Technology

The ubiquity of digital devices is a defining difference between today's youth and that of their elders, making it difficult for parents to relate and know how to set boundaries. As senior parenting editor at nonprofit Common Sense Media,

Caroline Knorr helps parents make sense of what's going on in their kids' media lives. "We can think of media as a 'super peer': When children are consuming it, they're looking for cues on how to behave and what's cool and what's normal." Parents need to be the intermediary so they can counterbalance the external messages with their own family's values.

Today's devices are persuasive and addictive. "As parents, we need to set boundaries, model good digital habits and help

It's a massive struggle to find balance and mindfulness, but it's vitally important. How often do we see an AP [advanced placement] kid that is falling apart emotionally?

~Thomas Murray



kids to self-regulate more—which is our ultimate goal," Knorr says.

To raise good digital citizens, Richard Culatta, CEO of International Society for Technology in Education, in Arlington, Virginia, believes conversations about device use shouldn't end with screen time limits and online safety. "Ask kids if their technology use is helping them be more engaged and find more meaning in the world or is it pulling them out of the world that they're in," he says. "Talk about how to use technology to improve the community around you, recognize true and false info, be involved in democratic processes and making your voice heard about issues you care about."

Parents are often uncomfortable with their kids socializing digitally, but Culatta encourages the introduction of interactive media sooner rather than later, so they understand how to engage with the world online before they are old enough to have social media accounts. Geocaching, which uses GPS-enabled devices to treasure hunt, and citizen science apps provide family-friendly opportunities to engage in both outdoor activities and online communities.

"The majority of our kids will need these digital communication skills to be able to work with anyone at any time," says Murray. He's witnessed the impact of connecting classrooms around the world, observing, "When students learn to navigate time zones and language barriers to communicate and collaborate, they see that they can solve the world's problems together."

Raising Innovators

"The world doesn't care how much our children know; what the world cares about is what they do with what they know," says Tony Wagner, senior research fellow at the Learning Policy Institute, an education research and policy nonprofit in Palo Alto, California. In his latest book, *Most Likely to Succeed: Preparing Our Kids for The Innovation Era*, he emphasizes the importance of creative problem-solving and the joy of discovery, especially as more jobs become automated. "We're born with a temperament of creative problem solvers. But then something happens. The longer



We need to create an intentional family culture where virtues like kindness and respect are talked about, modeled, upheld, celebrated and practiced in everyday life.

~Thomas Lickona

kids are in school, the fewer questions they ask, the more they worry about getting the right answer and fewer and fewer think of themselves as creative in any way," he says.

"Instead of listening and regurgitating, kids need to learn how to find and be a critical consumer of information," says Murray. Fewer employers are asking for college transcripts—including Google—as they discover the disconnect between what students are taught and what innovative skills they actually need.

While most schools are slow to adapt to the modern needs of the future workforce, parents can proactively foster the entrepreneurial spirit and discourage a fear of failure at home by offering safe opportunities for risk-taking and independence. After speaking extensively with compelling young innovators around the world, Wagner discovered that their parents explicitly encouraged three things: play, passion and purpose.

Their children were provided with many opportunities to explore new interests, as well as to learn from their mistakes. "The parents intuitively understood that more important than IQ is grit, perseverance and tenacity. You don't develop that when Mom is yelling at you to practice; you develop it because you have a real interest."

To create a culture of innovation, Murray encourages teachers and parents to get to know the interests, passions and strengths of today's children "and prove to them every day that they matter." When that interest blossoms into a passion, it can lead to a deeper sense of purpose and a desire to make a difference.

According to Wagner, this happens when parents and teachers instill one simple, but profound moral lesson, "We are not here on this Earth primarily and only to serve ourselves; we have some deep, profound obligation to give back and to serve others."

PARENT RESOURCES

Common Sense Media (CommonSenseMedia.org) provides education and advocacy to families to promote safe technology and media for children. They provide independent, age-based, media reviews for TV shows and movies. Each detailed review includes pertinent information for parents, plus talking points to foster critical thinking skills.

Let Grow (LetGrow.org) seeks to restore childhood resilience by pushing back on overprotection, and shows concern that even with the best intentions, society has taught a generation to overestimate danger and underestimate their own ability to cope. Its programs work with schools and parents to give kids more of the independence to do the things their parents did on their own as children—bike to a friend's house, make themselves a meal or simply play unsupervised in the front yard.

The Choose Love Movement (JesseLewisChooseLove.org) offers a free social and emotional learning program for educators and parents. Students learn how to choose love in any circumstance, which helps them become more connected, resilient and empowered individuals.

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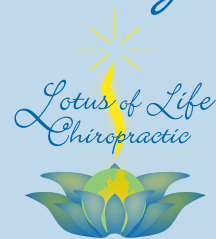
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When you choose love, you transform how you see the world from a scary and anxiety-producing place to a loving and welcoming one.

-Scarlett Lewis

Teaching Kindness

In a culture that is obsessed with selfies and threatened by cyberbullies, it's a tough task for parents to teach compassion and kindness. "We need to create an intentional family culture where virtues like kindness and respect are talked about, modeled, upheld, celebrated and practiced in everyday life. What we do over and over gradually shapes our character, until it becomes second nature—part of who we are," says Thomas Lickona, Ph.D., a developmental psychologist and education professor emeritus at the State University of New York College at Cortland, and author of *How to Raise Kind Kids: And Get Respect, Gratitude, and a Happier Family in the Bargain*.

Sesame Workshop's 2016 Kindness Study found that 70 percent of parents worry that the world is an unkind place for their kids, but Scarlett Lewis believes it's all in our mind, saying, "When you choose love, you transform how you see the world from a scary and anxiety-producing place to a loving and welcoming one."

After losing her 6-year-old son Jesse in the horrific Sandy Hook Elementary School shooting, she attributed the tragedy to an angry thought in the mind of the shooter. Her compassion fueled the founding of the Jesse Lewis Choose Love Movement to educate and encourage individuals to choose loving thoughts over angry ones. "Although we can't always choose what happens to us, we can always choose how to respond," she says. The evidence-based Choose Love Enrichment Program teaches children to live a life with courage and gratitude, practice forgiveness and be compassionate individuals.

While we don't want to overwhelm kids with all the evils in the world, Lickona notes that it is valuable to make them aware of human suffering and how we can help. "Cultivate the belief that we're all members of a single human family. Teach [them] that one of the most important ways to show gratitude for the blessings in our life is to give back."

Meredith Montgomery publishes *Natural Awakenings of Gulf Coast Alabama/ Mississippi* (HealthyLivingHealthyPlanet.com).

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From L to R: Pinky Cole, Tassili Ma'at, Ahzjah Simons and Chef Ahki.
(Photo: Jason Dennard, Encounter Hart)



Veganism Blossoms IN ATLANTA'S BLACK COMMUNITY

And It's Not Just About Health

by Noah Chen

Veganism. The plant-based diet. The alkaline foods diet. These healthy, meatless eating regimens have been growing in popularity across America, and Atlanta is no exception. One needs to look no further than Atlanta's Westside for a glorious array of fully vegan restaurants, ranging from the meatless soul food of Soul Vegetarian to the enormous kale wraps of Tassili's Raw Reality Café. And who can miss the juggernaut of the local vegan community that is Slutty Vegan? A further look reveals many more vegan eateries across Atlanta, such as Plant Based Pizzeria and Go Vegan Grill.

On the surface, these restaurants seem to have a lot in common: All are fully vegan, most are within two miles of one another and all are owned by African American Atlantans. But if you look under the surface,

you will find a lively movement in Atlanta that celebrates diversity in a supportive environment and pushes for healthier lifestyles in the face of systemic racism and easy-to-adopt unhealthy habits.

While the vegan diet is gaining in popularity, it is by no means a recent invention. And although veganism is sometimes considered a diet "for white people," black vegans have been around for just as long. Ahzjah Simons is the general manager of Sevananda, a natural foods market and healthy-lifestyle mecca in Atlanta's Little Five Points area that's been around for more than 40 years. With a predominantly African American management team, Sevananda is more than just a grocery store; it is a food cooperative that is owned, used and operated by more than 3,400 owner/members. All of its wellness-oriented foods,

products, merchandise and events are offered to the general public.

Simons has watched the vegan community over time. "There was this whole undercurrent of people that I had no clue existed, and they were African American—and they were teaching this stuff!" says Simons. "They had classes and workshops. They were starting businesses, and it seemed like no one knew [it was happening], including many black people." Healthy-lifestyle leaders such as Queen Afua and Dr. Sebi, a raw foodist and a vegan healer, respectively, helped lay the groundwork for the rise of veganism today, especially among African Americans.

Many who are currently connected to the healthy-lifestyle movement make their homes in Atlanta, including Tassili Ma'at, owner of Tassili's Raw Reality Café.

She sees the adoption of healthy eating practices as important to combating a variety of health challenges.

A saturation of fast foods

"There's a saturation of fast food restaurants and liquor stores in the black community," says Ma'at. Chef Ahki, a TV personality and social media star who practices an alkaline diet, which, like a vegan diet, is free of meat and dairy products, agrees: "We are being disproportionately targeted in marketing and ads. Potato chips have kids' favorite rappers on [the packaging] now. Kids want the Rap Snacks."

Ma'at is struck by reports of the decline in the health of African Americans, the numbers of black children on ADHD medication and their underperformance in schools. "A lot of that is from the diet. They have allergies or are geeked up on sugar and dyes and additives, and they are not able to learn properly because they are unable to focus. If you're not healthy, if you don't feel good, you're not going to make the best decisions."

For some, the response to the volume of unhealthy options in black communities has been one of rebellion. "My motto is, 'Fight the power; grow something,'" Chef Ahki says.

Why go vegan?

People decide to go vegan for many reasons. "I met some vegetarians in college, in the late '70s, and they told me about the mistreatment of the animals," Ma'at says. "I just did not want to be a part of that. Later I



focused on the health benefits."

And those who don't necessarily go fully vegan but still try to incorporate healthier choices find it's easier than ever to try it out because of the exciting ways the food is being presented these days.

"You gotta make it cool; you gotta make it an experience," says Pinky Cole, owner of Slutty Vegan, a vegan food truck, and now storefront, in Atlanta. "People eat with their eyes." Slutty Vegan's Instagram page is full of videos of people—some famous, such as Tyler Perry, and others not—eating their burgers for the first time and exclaiming how delicious they are. It seems to be working; the line for Slutty Vegan often stretches around the block.

Cole says that vegans have a reputation for "pushing their agenda," but she likes to be more inclusive. She likens it to kids being told they have to eat their vegetables: They don't want to if it's forced on them. "We create this experience to make people feel like it's a party—and so you happen to get some good vegan food," Cole explains.

Most of Slutty Vegan's clientele continue to eat meat, "which is a good thing," says Cole. "We want the meat eaters. We want the people who haven't made the choice yet." To her, it's about providing people with healthier options that can be a gateway to adopting a healthier, more spiritual lifestyle.

Sometimes spirituality comes first when it comes to being vegan. For example, the Rastafarian diet eliminates most meats and is high in fruits and vegetables. "[Many] spiritual communities in African American communities talk very specifically about eating healthy in order to gain spiritual insight and spiritual discipline," says Chef Ahki. "In the black community, you cannot separate these ideas. If you go to a spiritual event, you better believe the vegan food is on point and that community is very strong, very connected."

The Beyoncé influence

Still, while people make healthy life choices for many reasons, it doesn't fully explain

why many have witnessed something of a meteoric rise in interest in the vegan diet. There are several theories.

"I've seen a lot of straight-up street guys come to this movement because they, like anyone, get scared when they see they might have a health issue," says Chef Ahki. "I've been in a room full of gangster rappers, and all of them are eating vegetables and fruit and talking about alkaline diets."

Pro-vegan celebrities, entrepreneurs and musicians reportedly play a large role in the diet's growing popularity, and Atlanta, with its penchant for celebrities and artists, is no different. "When I first went vegetarian, I probably knew two other people who look like me that are vegetarian," says Pinky. "I knew it would catch on, but I thought it would take that one person to really make that happen. And I believe that one person was Beyoncé."

World-famous pop star Beyoncé and her world-renowned rap star husband, Jay-Z, own a vegan meal delivery service and promote a 22-day-long vegan challenge. Earlier this year, the husband-wife duo also gave away lifetime free tickets to their shows in a sweepstakes that asked fans to adopt a plant-based diet.

Simons says that vegan ideals are "going through music culture, they're integrating, they're merging. That's huge for the African American culture as well."

Musicians like Nipsey Hussle, who unfortunately died earlier this year, have been named by some as an important figure in both the hip hop community and healthy lifestyle movement. Hussle was a rap artist and entrepreneur who was working on a documentary about Dr. Sebi, an African American figure prominent early in the vegan raw food movement.

"I have to [mention] Nick Cannon, because he's working on the Sebi documentary," says Simons. Cannon is a hip hop artist and TV personality who has taken over the project following Hussle's death. Cannon's YouTube series, "Cannon's Class" produces educational health videos.

Culture, community and connections

There are even more connections between hip hop culture and healthy lifestyles, including everything from the lyrics of Erykah Badu influencing Chef Ahki to Chef Ahki's own appearance in the viral rap music video Vegan Thanksgiving, by Atlanta-based artist Grey.

"Now that these artists are speaking out, everyone feels a little bit more comfortable about diet," Ahki continues. Many influential pieces of pop culture are spread through social media, which gives food celebrities such as Chef Ahki and Pinky Cole, and YouTube channels such as the vegan-centric SweetPotatoSoul, a platform to reach millions.

Still, people wouldn't be eating vegan if it didn't make them feel good. Jaware Cole, Pinky's brother and sauce master at Slutty Vegan, has been eating a vegan diet for about five months. He had self-esteem issues he says contributed to his body image, and he was comfortable as a meat eater when he developed a skin rash that wouldn't go away.

"I started doing my own research," Jaware says, adding he was "grossed out" about some of the things he read about meat. Since changing his diet, he says, he's "lost a hundred pounds. I'm working out every day, I'm not as fatigued throughout the day and my skin has cleared out."

"To me, it's the best decision I've ever made," he continues. "I feel like I've added more life to my life. I feel like I'm getting younger."

Even with all the momentum behind veganism and healthy lifestyles, it wouldn't amount to much if the food were not fairly easily accessible. Vegan options are always more scarce than meaty alternatives, and sometimes they're more expensive too. But in cities such as Atlanta, homegrown communities pushing healthy lifestyles help to ensure a viable selection of vegan restaurants, including the often-referenced "food desert" of the Westside.

Maat disagrees with the assumptions people make about food deserts. "It's a misnomer that you can't find healthy food in the black community," she says. "There are vegetables, but people don't know what

to buy. And if they do, they don't know how to cook them.

"The food is here—but there has to be an educational component. It was very clear that nobody was going to come and save us. We have to re-educate ourselves about what is healthy."

Atlanta's communities are responding to this need for education. "Grow Parties," where community members gather and throw a potluck while working to install a garden, have become more popular around the city. Just last year, an Earth Day Grow Party, organized by Sevananda, built a garden at the International Montessori Academy. Other events, such as the Wonderful Wizards of Raw, sponsored by Maat and her restaurant, make sure that information is getting where it needs to go.

"Our competition is the standard American diet," Maat says. "It takes time, but the more people involved in raising consciousness and sharing information and sharing food, the better. There's an African proverb that I really love, and it goes like this: 'If you want to go fast, go alone. If you want to go far, go together.'"



Tassili Ma'at's RAW STIRRED UNFRY™

1 package kelp noodles
 ½ cup shredded carrots
 1 Tbsp hemp hearts
 ½ cup shredded zucchini
 1 Tbsp chia seeds
 ½ cup purple cabbage
 Pinch fresh ginger
 ½ cup yellow squash
 2 Tbsp extra virgin olive oil
 ½ cup chard or bok choy
 ½ cup snap peas
 ½ cup broccoli
 1 package sprouts
 Gluten-free tamari, to taste

PREPARATION

Take noodles out of package and cut them in half or in thirds, depending on how long you want them. Place all ingredients in the bowl and mix together with your hands. Add LOVE and it's ready!

Chef Ahki's THAI FRUIT SALAD

2 cups coconut noodles or kelp noodles
 2 cups mango, diced
 2 cups grape tomato, diced
 1/2 cup sweet peppers, cut in very thin julienne strips
 2 green onions, sliced on a diagonal
 Handful fresh cilantro, finely chopped
 3 Tbsp fresh lime juice
 1 Tbsp black sesame seeds, plus extra for garnish
 1 tsp coconut nectar
 Pink salt, to taste
 Handful each of basil, mint and cilantro, plus extra cilantro for garnish

PREPARATION

Rinse noodles and place in large bowl. Add mango, tomatoes, sweet peppers and green onion. Add the remaining ingredients and mix gently. Garnish with fresh cilantro leaves and a few more sesame seeds. Add salt or lime to taste.

Sevananda's HEARTY BROWN STEW

2 onions, sliced
 2 celery stalks, sliced
 2 carrots, sliced
 3 potatoes, cubed
 1/2 pound sliced white mushrooms
 1/2 pound sliced portobellos
 2-3 large garlic cloves, minced
 2 cups water
 1/4 cup tamari
 1/4 cup red wine or apple juice
 1/2 Tbsp grated fresh ginger
 1/2 tsp marjoram
 1/2 tsp thyme
 3-4 Tbsp cornstarch or arrowroot

PREPARATION

Put all ingredients except cornstarch or arrowroot into a crockpot and cook on high for six hours or low for eight hours. Add the cornstarch or arrowroot just before serving and stir until thickened.

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 800-987-1466

Chef Beee

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 Atlanta, GA 30306
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Sevananda Natural Foods Market

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 Atlanta, GA 30307
 Sevananda.coop

Slutty Vegan

1542 Ralph David Abernathy Blvd
 Atlanta, GA 30310
 SluttyVeganATL.com

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Soul Vegetarian Restaurant No. 2

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Tassili's Raw Reality Café

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 TassilisRawReality.com

Vegan Dream Doughnuts

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 VeganDreamDoughnuts.com

Viva la Vegan

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 facebook.com/vivalaveganatlanta/

Wadada Healthy Market & Juice Bar

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Confessions — of a — Southern Vegan

by Shyne Khm YahRa

I was born in Virginia, moved to Georgia when I was 12, and then Texas when I was 16. Needless to say, I'm Southern. I grew up on foods and meals for which the South is infamous—the kind that give you heartburn. In fact, I remember feeling heartburn as I was growing up—and I knew something wasn't right about it. Then, over the years, as Netflix grew in popularity, so did documentaries about the food industry. I watched those documentaries, and they significantly disrupted my reality: Slaughterhouses, caged chickens, fish farms, and the like became a disturbing truth I had to face. The acclaimed productions scarred me, and I lost all trust in meat distributors.

But that didn't matter much—I didn't have enough discipline to stop eating meat or a sufficiently compelling reason to make such a change. Then I stumbled across fascinating information about the bioelectric chemistry of the body and how much plant-based regimens improve health. I was already battling old injuries from a decade of

playing football and had to deal with acne on my face and back. I decided to shock my system and go vegan, "cold turkey." The irony of using that expression is that it was two days before Thanksgiving. My decision just happened to land during the most gluttonous week of the year in America. I embraced the ultimate challenge. I knew that if I got through Thanksgiving without eating meat or dairy, then I could put to the test the laudable effects of veganism. So, I skipped Thanksgiving altogether—both the family gathering and food.

On Thanksgiving Eve 2012, I explored an array of fruit-and-vegetable delicacies. It was pretty fun, and I appreciated how my body felt when I went to bed. On Thanksgiving Day, I skipped the entire line-up of visits to friends and family and stayed home to fast and meditate with my dog. It was totally spontaneous. The next day, I decided I wasn't going anywhere: I laid in bed, analyzing my body while drifting in and out of sleep. My Thanksgiving was total bliss that year. I was thankful to be alive, to know how to be better, and to be strong enough to do better. I had something to prove to myself.

One by one, each friend and family member that I stood up on Thanksgiving interrogated me about my whereabouts. Most of them thought I was secretly dating some girl I wasn't ready to introduce to them. It was laughable when they heard the truth. I was mocked, ridiculed and scorned by loved ones for committing to a higher quality of being. The fact of the matter is they felt judged by my decision not to

participate. If I was rejecting Southern food, then, to them, I was rejecting them. They decided I considered myself "too good" to eat what the family had been eating for generations. Apparently, I had abandoned the culture. I had betrayed the South.

I was alarmed at people's utter disregard for the health benefits that my choice was providing me. My family's generally negative sentiments about my lifestyle change made me feel as if they did not really care about my well-being. I began to question the loyalty of a lot of people, and many relationships got put on the chopping block. This veganism thing got really dramatic, real fast.

Before I knew it, I had only one family member to connect with regularly; he embraced the veganism walk of life as well. But we eventually attracted more vegans, which led to new relationships. After a few years, veganism began trending in mainstream and social media. It was laughable to me after what I'd been through. But eventually, one by one, old relationships began to heal. Old friends started calling to consult with me about what a plant-based future might look like for them. Some commented that I appeared to be aging backward due to my new eating habits. Now, I just feel honored to serve as a vegan consultant to my network. Life can be quite poetic.



Shyne Khm YahRa is CEO of YahRa Studios in Atlanta and a Kemetic Yoga instructor. Contact him at yahrastudios@gmail.com

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Take a Cerebral Spin Cycling for a Healthier Brain

by Marlaina Donato

Hopping on a bicycle on a beautiful day or taking a spin class at the gym offers proven cardiovascular benefits like lowering cholesterol and blood pressure. Now, growing research shows that it also packs a powerful punch for brain health.

Aerobic exercise has been found to have the greatest impact on cognitive ability, and low-impact cycling leads the way. David Conant-Norville, M.D., a Portland, Oregon psychiatrist, recommends cycling to help children challenged by attention deficit hyperactivity disorder (ADHD).

Depression and Memory

“Cycling brings more oxygen and nutrients to the cells,” says Carmen Ferreira, owner of SunShine Barre Studio, in Rocky Point, New York. “When we ride our bikes, our brains also increase their production of proteins used for creating new brain cells.”

There is not one neurological disease that cannot benefit from aerobic exercise, from Parkinson's disease to Lou Gehrig's disease.

~Laurence Kinsella, M.D.

Cycling has been shown to significantly boost the neurotransmitters dopamine and serotonin, as well as brain-derived neurotrophic factor—BDNF—a protein that increases during aerobic exercise. Low levels of BDNF have been linked to obesity,

excessive appetite, clinical depression, anxiety and cognitive decline. According to a 2016 study by the New York University Langone Medical Center published in the journal *eLife*, higher levels of BDNF help decrease symptoms of depression while improving memory function.

BDNF helps maintain brain health and stimulates the growth of new neurons. Pedaling regularly can fire up brain cell production by at least twofold; cycling only 20 to 30 minutes a day can decrease symptoms of depression—and might even prevent it.

Cycle for Alzheimer's and Parkinson's Diseases

“For years, we've been touting the benefits of mental exercises for Alzheimer's disease, but physical exercise is also highly beneficial. There is not one neurological disease that cannot benefit from aerobic exercise, from Parkinson's disease to Lou Gehrig's disease,” says Laurence Kinsella, M.D., a neurologist at the SSM Health Medical Group, in Fenton, Missouri.

According to 2017 Canadian studies involving Parkinson's patients, cycling improved motor function during a 12-week period. The results, published in *Frontiers in Human Neuroscience*, also show a marked improvement in gait.

Promising 2018 research published in the *Journal of the American Geriatrics Society* reveals cycling and other forms of aerobic exercise to be the most effective activity in slowing Alzheimer's-related cognitive decline.

Build Stress Resistance

In general, living a sedentary life sets up a hair-trigger stress response in the body, while forms of exercise like cycling help to regulate excessive levels of age-accelerating stress hormones cortisol and adrenaline. Kinsella says, “Exercise like cycling makes us channel that part of the ancient brain that helped our ancestors run from a tiger, and when we engage the brain to run, chase or survive, the aging process slows down.”

When we ride our bikes, our brains also increase their production of proteins used for creating new brain cells.

~Carmen Ferreira

Cycling can also be beneficial for people with fibromyalgia. Ferreira notes, “I have a few students with fibromyalgia who have reported having more energy, as well as better mood.”

Shorter Sessions, Better Results

While cycling can be a memory booster, it can also temporarily impair cognitive function if sessions are too intense or long. Kinsella recommends that his students work up to 75 percent of maximum heart rate. He also emphasizes common sense. “Strive for a reasonable pace, and by that, I mean ramping up your heart rate gradually over three weeks. Go slowly with beginning any vigorous exercise and accept that it will take months.” For Alzheimer's patients, he recommends breaking a sweat with five, 30-minute sessions a week.

Ferreira also advises moderation. “Do as much as your body allows—15, 20 or 45 minutes, the latter being the duration of a full-length class. Have clear communication with the instructor to help you reach your goals.”

Whether objectives are accomplished on an outdoor or stationary bike, it is important to be consistent. Kinsella suggests making it enjoyable. “You can get on your bike and watch your favorite television show for 30 minutes or more and get a good workout.”

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



Triangle Pose

ROOT DOWN TO RISE UP

by Graham Fowler

As with most yoga poses, the seeming simplicity of the Triangle Pose can obscure the depths it offers. So this month, we provide two articles on the topic to help you deepen your practice.

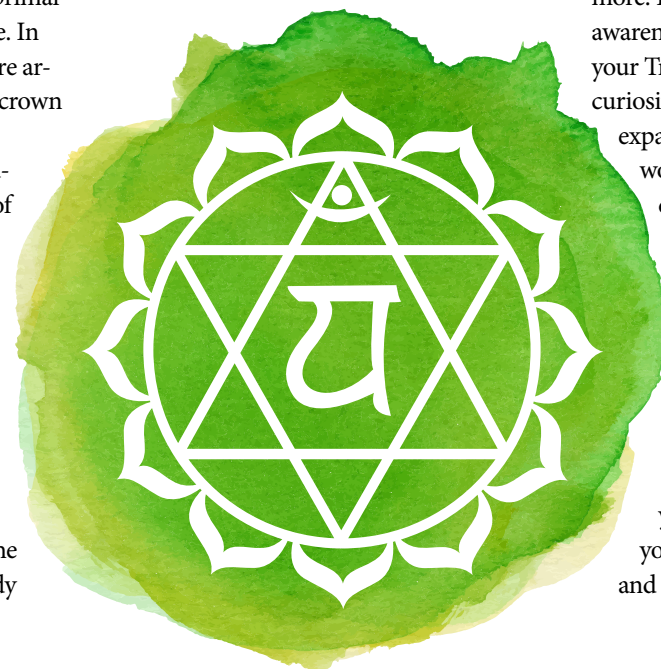
Every yoga pose holds secrets for self-discovery, and Triangle Pose, or *Trikonasana*, is no exception. A key to the hidden secrets of Triangle pose can be found in the fourth chakra.

Chakras are centers for the reception, storage and distribution of *prana*, the primal force that animates and supports all life. In the subtle body, seven major chakras are arrayed from the root of the body to the crown of the head.

Anahata, the heart chakra, is midway from root to crown, at the center of the chest. A basic issue of this fourth chakra, given its position between above and below, is balance—the integration of opposite forces.

In ancient Tantric diagrams, the fourth chakra is depicted as two overlapping triangles. One faces downward; the other faces upward. The balance of these interpenetrating triangles represents the state of yoga, the integration of opposites: mind and body with spirit and soul.

The triangle facing downward symbolizes the pull of gravity and downward movement of consciousness manifesting into form. The upward-facing triangle represents the ascent of matter into spirit. The two meet in perfect balance at the heart.



Performing Triangle Pose is a perfect opportunity to explore these two triangles as we seek balance and integration of opposite forces at play in our practice and in our lives.

While so many of us love the physicality of the *asanas*, the poses, there's so much more. Here are some prompts to evoke awareness and integration of the opposites in your Triangle Pose. With a sense of innocent curiosity, allow these prompts to deepen and expand your practice beyond a simple workout. Let them inspire in you more depth, awareness and insights on and off the yoga mat.

Root Down to Rise Up

Let the pull of gravity send the bones of your legs down into the earth. From that sense of grounding, do you feel an ascending force, rebounding up the legs, lengthening your torso and opening the wings of your arms? Do you feel both grounded and expanded?

Effort and Grace

Can you find a balance between doing and being? Can you apply solid alignment principles and effort while allowing the pose to have a life of its own? Do you get a sense of effortlessness as the deeper intelligence of the body awakens to guide you? Where else in your life might you find more of this balance between making things happen and letting them happen?

Breathe In, Breathe Out

Do you ever forget to breathe while practicing? Your breath is your link among all the parts of your body, between your body and mind, and to the Source beyond it all. Use the breath to scan awareness throughout your body. Where you feel tension in the muscles, take in a breath, and as you exhale, unclench. This is a great practice that you can do at any time during the day—on or off the mat.

Performing Triangle Pose is a perfect opportunity to explore these two triangles as we seek balance and integration of opposite forces at play in our practice and in our lives.

Notice the effects of the in-breath and out-breath on your experience. If you lengthen your inhalation, you are energizing the body. Lengthening the exhalation increases the restorative and releasing effect of the pose. What happens physically and energetically for you if you briefly hold the breath in as you practice? Notice what happens as you exhale after that holding.

Front and Back

Are you as present to the back of your body as you are to the front? Search for equal connection to the earth through both legs. Scan the back of your torso and let your inner teacher guide you into micro adjustments for a more balanced pose.

Goal and Contentment

What do you want to achieve with your Triangle today? A deeper stretch in the hamstrings? Cleaner alignment? More groundedness? More openness in the torso? All of the above?

Having aspirations for our yoga practice can add just the right amount of challenge, keep things interesting and help us grow. To keep it balanced, yoga philosophy embraces a precept called *santosha*, contentment. [Read more about *santosha* in "Live Like a Yogi Part 2" in our July 2019 issue.] Our bodies constantly change, and that will show up on the mat. On the days we're not as open or flexible, *santosha* teaches us to be happy with where we are in the pose.

As we become older, *santosha* reminds us to modify our practice and our aspirations so that we can keep having fun and reap the benefits of the beautiful practice of yoga.



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

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Triangle Pose

FINDING EQUANIMITY IN LIFE

by Ilona Moore

When you first start practicing *Trikonasana*, or Triangle Pose, you may feel unstable because you have to balance your body sideways, which requires engaging several muscles throughout the whole body. It is important to keep engaging those muscles as opposed to relaxing into them, to avoid putting a strain on your joints. Think about gently lifting the quadriceps away from the kneecaps and firmly pressing the mound of the front big toe and the outside of your back foot into the ground.

When you first start practicing this pose, it's helpful to have your back against a wall for support as well as a point of reference so that your body doesn't tip forward but rather stays over the front leg.

As with anything in life, the only constant is change. And so it is with any yoga pose—it will change with time, it will grow with your body and it will fluctuate depending on the time of the day and the progress of your practice. At the same time, the more you practice, the more you become aware of your body and your breath. And the more you learn how to marry your body and breath in the invisible dance of a yoga flow, the more equanimity you will find in your life off of the yoga mat.

3. Extend your torso over your front leg as far as you can while maintaining light contact of your shoulder blades and buttocks with the wall. Then release your right hand to your shin, ankle or floor for support, and lift your left arm up.



Step-by-step guidance



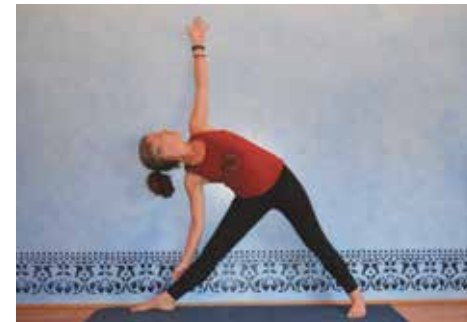
(All Photos: Ilona Moore)

1. Stand about 4 inches away from the wall with your back to the wall. With your feet leg-length apart, turn your right foot out, parallel to the wall. Bring

your left heel to the wall, with your back foot angled slightly in.



2. Extend your arms out parallel to the floor. Reach out over your right leg as you cut your hips back in the opposite direction, extending your torso to the right and elongating your spine.



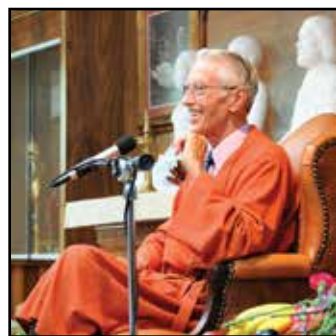
Additional guidance

- Spread your toes and draw the muscles of your thighs up toward the hips for stability.
- Expand the left side of your body by pressing your left hip point away from your chest and opening your torso up toward the sky. Deepen the crease in your right hip for more extension of the right side.
- Use the wall for support, aligning your torso with your front leg, as you extend your arms. Gently press the back of your top hand into the wall.
- Keep your head and neck aligned with your spine, gazing up at your top hand. If your neck is stiff, gaze at a spot on the opposite wall or down at your front foot.
- Repeat on the other side.



Ilona Moore is director of Peachtree Yoga Center. Contact her at ilona@peachtreeyoga.com.

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TUESDAY

All Levels Yoga – 6-7:15pm. Focus on de-stressing body and mind from the challenges of the day. Each class will begin with gentle warm-ups to release tension and prepare body for vinyasa and deeper stretches. Decatur Healing Arts, 619 E College Ave, Ste B, Decatur. DecaturHealingArts.com.

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.

FRIDAY

Community Class – 4:30-5:30pm. Enjoy a vinyasa flow or power class. Format determined by the teacher. Benefits Holbrook Farms Retreat for Survivors of Heros. \$5 donation. LiveURYoga, 408 S Atlanta St, Ste 157, Roswell. 770-299-1639. LiveURYoga.com.

Community Kirtan – 8-10pm. Last Fri. Open mic/informal format, where you take turns in sharing songs and chants. Free; donations accepted. Form Yoga, 533 W Howard Ave, Unit C2, Decatur. Pre-register: FormYoga.com.

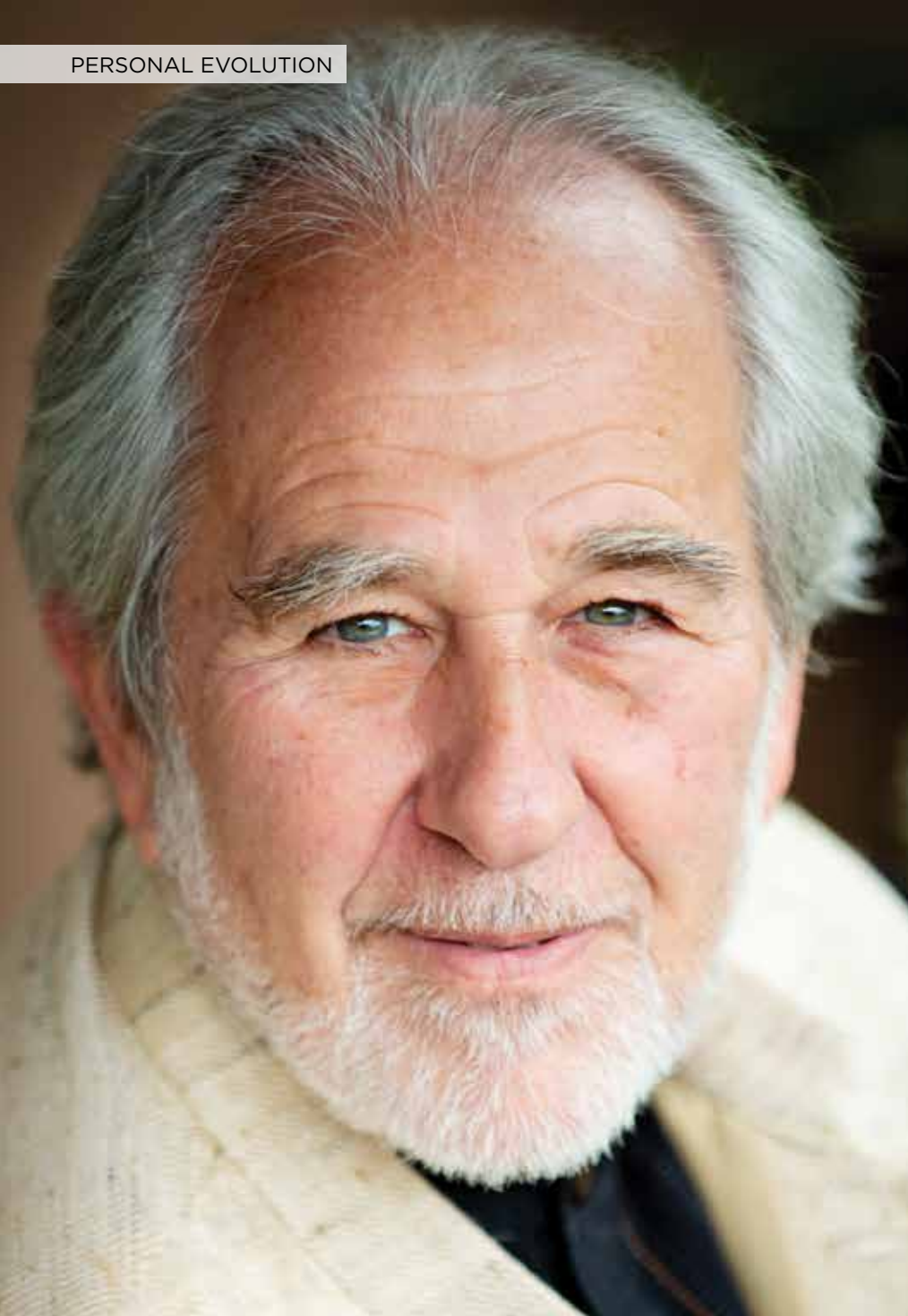
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Sunrise Yoga Meditation – 7-8am. Simple mantras, gentle asanas, pranayama and guided meditation. Unity North Atlanta, 4255 Sandy Plains Rd, Marietta. 678-819-9100. UnityNorth.org.

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Bruce Lipton

ON THE ROLE OF CONSCIOUSNESS IN HEALING

Part 2

by Diane Eaton

(Photo: Luigino De Grandis)

Last month, publisher Paul Chen and I interviewed Dr. Bruce Lipton, an award-winning cellular biologist, research scientist, former university professor and author. Lipton has made it his life's work to help people recognize that modern science is not at odds with—and in fact supports—more spiritual and more empowered relationships with ourselves, our health, and the world around us.

Lipton will be speaking on *The Biology of Personal Empowerment at Unity North* on August 20.

NA: How is it that spirituality has come to play a role in physics and in medicine?

Spirituality has to do with the non-material presence of who we are. It's an invisible field, so it's very difficult for conventional medicine to identify it because there's nothing there in the chemistry to see where it is. What is it? It's a consciousness. It's an energy. Right out of quantum physics... But in Newtonian physics [the predecessor to quantum physics], the universe is split into a physical and a non-physical realm. And the premise [of Newtonian physics] is that, if it's physical, it can *only* be affected by something physical; it's not affected by the invisible. So, the body is physical. You want to fix it? You put something physical in it. A drug. That's the destination of medicine.

But in 1925, [quantum] physics said that the whole physical reality that we're all experiencing at this very moment is an

illusion. There is nothing physical, which right away is mind-boggling to anybody. But here's an Einstein quote: "Reality is an illusion, albeit a very persistent one." From the point of view of quantum physics, there is nothing physical. And you say, "But how come I can see you?" Right? Because [of] photons of light. A photon hits an energy source and it's bounced back... Your whole body is an energy structure reflecting light.

Less than one percent of disease is even connected to genetics.

So, [paraphrasing Einstein] energy is the sole governing agency of matter. And where's the energy? Well, first of all, it's invisible, so right away, you've got a problem right there. You can't see it; it's an energy field, so [this is where] quantum physics changes the game. It's not a duality realm of matter and energy [anymore]. Everything is energy, and energy of every form connects with the energy of every other form. So matter is a form of energy, and energy fields affect matter. And consciousness is an energy field; it shapes matter. And all of a sudden you think, oh my goodness, if you change the field, then you change the matter. And thinking is an expression of an energy field. So if you change the field, you change the biology with your perception.

NA: How do the principles of quantum physics change the way we approach healing?

Pharmaceutical agents are an effort to try to intervene in a system, even though the problem isn't with the [chemistry of the body]; it's almost always with the consciousness. The chemistry is downstream. The problem starts first in a thought and then it's translated into the physical body. [Take cancer, for example.] Cancer is not a problem; cancer is a symptom. Meaning you can kill all the damn cancer cells you want, but [you really need to] fix the cause of the problem. Pharmaceutical people

want us to [take] a drug but not necessarily deal with consciousness, which is where the overriding control lies.

That's the difference between two people with cancer diagnoses. One of them believes the cells are "stupid" because that's what we're told. "Cancer cells are stupid. They're a mutation, or whatever... and once we take the cancer cells out, well, now you're healthy."

So one person believes that. They go through all the chemo, the radiation and stuff. And then they think, okay, now I'm healthy because the "stupid" cells are gone. But the cells weren't being stupid, and cancer is not from a mutation. It takes a minimum of 14 different genes to be coordinated to manifest a cancer. And then up to 200 genes. [People have to see that it's not that] "a" cancer gene had "a" mutation. It takes 14 [mutations] or more. All of a sudden, it's not about chance anymore.

So, what's the relevance? The cancer is reflecting a disharmony in the consciousness of the individual. Whether it's a lack of love or whether it's a fear, whatever it is, it's gnawing on that person. And the cancer cells are like [the adage,] "when the government is not good, the population suffers." The body has 50 trillion sentient cells. The cells are intelligent. The brain [in this analogy] is the government. If the brain keeps sending out screwy information, it causes the population to be upset. Cancer is an expression of that. A person could be riddled with cancer, but they recognize it's not the cells. [They recognize] it's their life that's causing the problem. Their job, their relationship or whatever the hell it is. And when they change their behavior... Guess what? That leads to what's called a spontaneous remission.

Who are the ones who recover from cancer? Those that have the so-called "spontaneous remission." And, what provoked that? A complete change in consciousness. "Oh, I've

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only got three months left to live? Then I'm leaving my job and I'm going out to enjoy my life." And then three months pass, and then a year passes, and then two years. They didn't die. They didn't die because the cause was not the cell.

Here's a fact. Less than one percent of disease is even connected to genetics. Right away you want to go, "What??" Because we have been programmed with the belief that genes unfold and create the life. That's everyone's belief. We started with that. That's the belief system. "I am a victim, and the doctor tells me, 'your cells are stupid and you're going to die.'" And you buy it. So, when people say the cancer is a problem, I say, no, it's a symptom of not being in harmony.

Bruce H. Lipton, Ph.D., a cell biologist, former faculty of the University of Wisconsin's School of Medicine and researcher at Stanford University, is a world-renowned speaker and best-selling author of Biology of Belief. More at BruceLipton.com.

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Beyond Sustainability

Regenerative Agriculture Takes Aim at Climate Change

by Yvette C. Hammett

Most people have never heard of regenerative agriculture, but there's plenty of talk about it in the scientific and farming communities, along with a growing consensus that regeneration is a desirable step beyond sustainability.

Those that are laser-focused on clean food and a better environment believe regenerative agriculture will not only result in healthier food, but could become a significant factor in reversing the dangerous effects of manmade climate change. This centers on the idea that healthy soils anchor a healthy planet: They contain more carbon than all above-ground vegetation and regulate emissions of carbon dioxide and other greenhouse gases.

"We have taken soils for granted for a long time. Nevertheless, soils are the foundation of food production and food security, supplying plants with nutrients, water and support for their roots," according to the study "Status of the World's Soil Resources," by the Food and Agricultural Organization of the United Nations. Most of the world's soil resources, which also function as the planet's largest water filter, are in fair, poor or very poor condition, the report states.

Tilling, erosion and chemicals all play significant roles in soil degradation. Regenerative agriculture seeks to reverse that trend by focusing on inexpensive organic methods that minimize soil disturbance and feed its microbial diversity with the application of compost and com-

post teas. Cover crops, crop and livestock rotation and multistory agroforestry are all part of a whole-farm design that's intended to rebuild the quantity and quality of topsoil, as well as increase biodiversity and watershed function.

"True regenerative organic agriculture can improve the environment, the communities, the economy, even the human spirit," says Diana Martin, director of communications for the Rodale Institute, in Kutztown, Pennsylvania. Rodale, a leader in the organic movement, has been carrying the global torch for regenerative agriculture since the 1970s, when Bob Rodale, son of the institute's founder, first began talking about it. "He said sustainability isn't good enough. In the U.S., we are depleting our topsoil 10 times faster than we are replenishing it. We only have 60 years of farmable topsoil remaining," says Martin.

The institute is working with corporate brands in conducting a pilot project on farms around the world to certify food as regenerative organic. It has three pillars that were created with the help of the U.S. Department of Agriculture's National Organic Program: soil health; animal welfare; and social justice, the latter because people want to know that workers are being treated fairly, Martin says.



In the U.S., we are depleting our topsoil 10 times faster than we are replenishing it. We only have 60 years of farmable topsoil remaining.

~Diana Martin

"In some ways, we felt the organic program could do more, so we introduced the regenerative organic certification. It is a new, high-bar label that is very holistic," says Jeff Moyer, an expert in organic agriculture and the executive director at the Rodale Institute. The pilot phase involves 21 farms with connections to big brands like Patagonia, Lotus Foods and Dr. Bronner's. "We needed relationships with brands to make this a reality," Moyer says. Product should be rolling out by this fall.

"There's kind of a broad umbrella of things going on," says Bruce Branham, a crop sciences professor with the University of Illinois at Urbana-Champaign. "No-till farming certainly is a small step toward regenerative ag, because every time we till the soil, we essentially expose a lot of the carbon dioxide, which burns off carbon."

Cover crops can be planted right after harvesting a cash crop to help regenerate the soil, adding nitrogen and organic matter, he says. "It is a long-term benefit, so a lot of farmers are hesitant. It takes a while to improve soil fertility through cover crop use." It doesn't cost much, but for a corn or soybean farmer making almost no money right now, every expense matters. "The real things we are working on are more toward different cropping systems," he says, in which farmers are growing perennial tree crops that produce nuts and fruits, absorb carbon and don't require replanting or tilling.

There's considerable interest in regenerative organic agriculture in Idaho, as many farmers there have already adopted no-till practices, says Sanford Eigenbrode, a professor at the University of Idaho, who specializes in entomology, plant pathology and nematology. Farmers want to try to improve retention of soil carbon to both stabilize soils and improve long-term productivity, he says. "There are economic and environmental advantages."

Yvette C. Hammett is an environmental writer based in Valrico, Florida. She can be contacted at YvetteHammett28@hotmail.com.

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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.

FRIDAY, AUGUST 2

Cloudland Canyon Adventure - Aug 2-4pm. A weekend of caving, hiking, camping, live music and all-around outdoor adventure. Dade County. More info: GeorgiaConservancy.org.

Sustainable Atlanta Roundtable - 7:30-9am. Topic: Diversity and Inclusion in Sustainability. Southface Institute, 241 Pine St NE, Atlanta. Southface.org.

SATURDAY, AUGUST 3

Clarity Fitness Summer Experience - 10am. Free outdoor group exercise class. Bring towel, mat, water. 1 W Court Sq, Decatur. Tinyurl.com/yyhgga3a.

SUNDAY, AUGUST 4

Summer Adventures Family Fun Day - 12-4pm. Enjoy crafts, face painting, and games, discover water science and conservation and more. CNC, 9135 Willeo Rd, Roswell. 770-992-2055. More info: ChattNatureCenter.org.

FRIDAY, AUGUST 9

Dirty South Yoga Fest - Aug 9-11. A weekend yoga festival featuring 50 classes + local yoga instructors, vendors, food trucks, wellness brands, spa treatments, energetic work, conscious shopping. The Loudermilk Center, 40 Courtland St NE, Atlanta. DirtySouthYogaFest.com.

SATURDAY, AUGUST 10

Family Night Hike - 8-10pm. Explore the sounds and sights of the forest and wetlands. Listen for the calls of owls, as well as experience an animal encounter and a warm campfire. CNC, 9135 Willeo Rd, Roswell. 770-992-2055. More info: ChattNatureCenter.org.

SUNDAY, AUGUST 11

Dirty South Yoga Fest Wellness Bazaar - 3-5pm. Presented by *Natural Awakenings*. Includes spa treatments, live entertainment, ACRO Jams, local makers market, photobooths, energetic work, education, parties, conscious shopping and more. The Loudermilk Center, 40 Courtland St NE, Atlanta. DirtySouthYogaFest.com.

TUESDAY, AUGUST 13

Reflexology Certification - 10am-1pm or 7-10pm. A 14-wk Certification Course with Roz Zollinger, Certified Reflexologist and Instructor. Based on Roz Zollinger's BodySystems Method of Reflexology. A comprehensive training program designed to provide all the necessary skills and knowledge to practice this established and popular natural healing art. Heal Center, 270 Carpenter Dr, Ste 500, Sandy Springs. 404-307-0004. HealCenterAtlanta.com.

THURSDAY, AUGUST 15

Aromatherapy Certification - 10am-1pm. A 16-wk Certification Course with Roz Zollinger, certified Aromatherapist and Instructor. Learn key elements of this increasingly popular natural therapy. Heal Center Atlanta, 270 Carpenter Dr, Ste 500, Sandy Springs. 404-307-0004. HealCenterAtlanta.com.

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, AUGUST 17

Clarity Fitness Summer Experience - 10am. Free outdoor group exercise class. Bring towel, mat, water. 1 W Court Sq, Decatur. Tinyurl.com/yyhgga3a.

SUNDAY, AUGUST 18

Beside Still Waters: Book Signing with Chanell Angeli - 4-6pm. The book is a sacred attempt to define aspects of love and gives appreciation to the intrinsic way that relationships often craft our reality. A self-discovery journey for Chanell Angeli and an untold story in many people's lives. Phoenix & Dragon Bookstore, 5531 Roswell Rd NE, Atlanta. 404-255-5207. PhoenixAndDragon.com.

MONDAY, AUGUST 19

The Shaman Sound Series: Crystal Bowls - 7-9pm. With Don Simmons. Considered to be the "Magic Carpet" of sound, the quartz crystal bowls resonate to a vibration generally associated with the upper chakras. The sound becomes a visionary teacher, both wise and insightful. \$30. Phoenix & Dragon Bookstore, 5531 Roswell Rd NE, Atlanta. 404-255-5207. PhoenixAndDragon.com.

WEDNESDAY, AUGUST 21

Meditate with Me - 6:30pm. Learn the basics of various meditation styles in a peaceful outdoor environment from a licensed meditation instructor. Free. Historic Fourth Ward Skatepark, 830 Willoughby Way NE, Atlanta. Tinyurl.com/yy6lpj89.

THURSDAY, AUGUST 22

SHAMANIC JOURNEYS

Wisdom and Healing Through Shamanic Journeys - 7-8:30pm. With Vicki Evans. Shamanic journeys are an opportunity for healing and direction. Use the journeys to ask about all areas of your life, not just the spiritual side. Spirit loves to help you live the best life possible. \$15.

Phoenix & Dragon Bookstore
5531 Roswell Rd NE, Atlanta.
404-255-5207. PhoenixAndDragon.com.

The Nature Club Dine and Discover

- 7-9pm. Gordon Rogers of the Flint Riverkeeper will present on the restoration and protection of our rivers. \$10/general public, \$5/CNC Members. CNC, 9135 Willeo Rd, Roswell. 770-992-2055. More info: ChattNatureCenter.org.

FRIDAY, AUGUST 23

Family Yoga - 10am. Bring your own yoga mat, or borrow a mat from our instruction team. All ages. Included with general admission, free/CNC members. CNC, 9135 Willeo Rd, Roswell. 770-992-2055. More info: ChattNatureCenter.org.

SATURDAY, AUGUST 24

Woodland Restoration Project - 1-4pm. Come help us restore the woodlands. Register at least 1 wk prior. CNC, 9135 Willeo Rd, Roswell. 770-992-2055. More info: ChattNatureCenter.org.

Language of Compassion Workshop - 2-5pm. Learn to stay connected to the best in you during challenging times. Free. Clarice L. Belcher, 3109 Boxwood Dr, Atlanta. 770-934-8725. Clarice33@bellsouth.net.

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.

FRIDAY, AUGUST 30

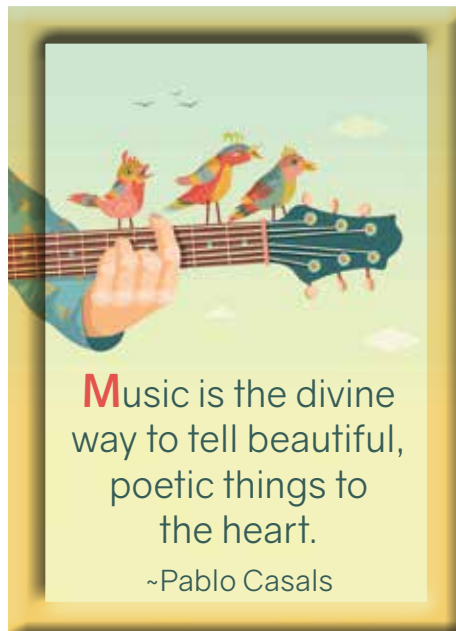
Embody Divine Truth with Ascended Master Moses - 7-8:30pm. Join Jessica Valor to connect with Ascended Master Moses to learn how to embody your divine truth, breaking you free of the noise and limitations in your life and the 3D world around you. \$20. Phoenix & Dragon Bookstore, 5531 Roswell Rd NE, Atlanta. 404-255-5207. PhoenixAndDragon.com.

SATURDAY, AUGUST 31

5th Annual Veggie Connection - 10am-5pm. Vendors, partners and sponsors will showcase a wide range of products, services and resources to help attendees discover why eating a plant-based diet and choosing plant-based foods is one of the best ways to help protect your health, the planet and animals. Smyrna Community Center, 200 Village Green Cir SE, Smyrna. TheVeggieConnection.com.

SATURDAY, SEPTEMBER 28

Reiki Level I and Reiki Level II Classes - 8am - 5pm. Marietta. \$250 for both classes! Attendance is limited, so register now! Contact Kathleen: 678-467-9748.



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.

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.

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

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.

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 - 7:30-7:30pm. 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. AtlPranicHealing.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.

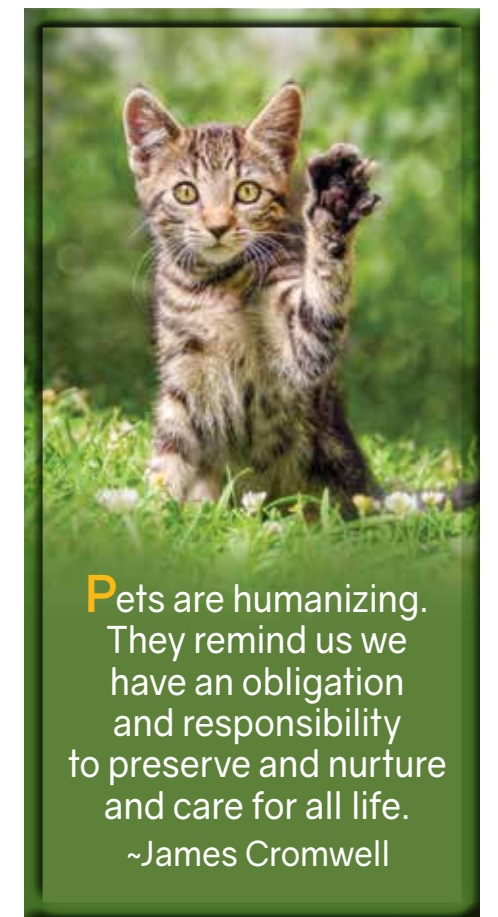
saturdays

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.

OS HO Kundalini Meditation - 5-6pm. Designed to awaken energy, remove the obstacles that prevent energy from freely expressing itself and open space where our own natural energy can blossom into awareness. Donations accepted. Decatur Healing Arts, 619 E College Ave, Ste B, Decatur. oshoatlanta.com.



New discovery stops colds



New research: Copper stops colds if used early.

Scientists recently discovered a way to kill viruses and bacteria. Now thousands of people are using it to stop colds and flu.

Colds start when cold viruses get in your nose. Viruses multiply fast. If you don't stop them early, they spread in your airways and cause misery.

In hundreds of studies, EPA and university researchers have confirmed 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.

Tests by the EPA (Environmental Protection Agency) show germs die fast on copper. So some hospitals tried copper for touch surfaces like faucets and doorknobs. This cut the spread of MRSA and other illnesses by over half, and saved lives.

The strong scientific evidence gave inventor Doug Cornell an idea. When he felt a cold about to start he fashioned a smooth copper probe and rubbed it gently in his nose for 60 seconds.



Sinus trouble, stuffiness, cold sores.

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.

Soon hundreds of people had tried it and given feedback. Nearly 100% 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, 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!" she exclaimed.

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

"It worked!" he exclaimed. "The cold never got going." It worked again every time. He has not had a single cold for 7 years since.

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: Copper quickly kills cold viruses.

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 even used copper on cold sores and say it can completely prevent outbreaks.

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. 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 the U.S. of pure copper. It has a 90-day full money back guarantee when used as directed to stop a cold. It is \$69.95. Get \$10 off each CopperZap with code **NATA11**.

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natural awakenings

The B Word

by Debbie Walker-Lass

“It’s precisely in those moments when I don’t know what to do, boredom drives one to try a host of possibilities to either get somewhere or not get anywhere.”

~ Anish Kapoor



Boredom. We do whatever we can to avoid it, anesthetize it, propel ourselves away from it, but yet here it is again, resolute and immovable. It may be only for a moment—a child’s forced disengagement from attention when their device runs out of power, or an adult dropping some less-than-exciting book to the floor like a dead fish. When we have a break from what engulfs our attention, what then?

Kapoor looks to boredom as a propellant to new direction, a point from which one makes a choice to either move toward a new activity or simply do nothing at all. For me, boredom is always better when it is a choice. If I choose to not do anything at all, boredom can become a synonym for “relaxation.” It’s funny: When I have some semblance of control over my downtime, I suddenly become Zen and unhurried. I’m “taking a break.” But when the internet crashes during a productive writing session, when the cable zaps out during a favorite television program or when ATL traffic is backed up, “boredom” is not the word for what I feel. Frustration, anger and feeling upset and uncomfortable over a situation that’s out of my hands are all likely reactions. Yet the circumstances are the same. I temporarily have nothing to do but pay attention and see what happens next.

My great-grandmother Miller thought the words “I’m bored” were curse words. She simply wouldn’t tolerate a child being bored. The evidence of her own hard work was her hands, rough and tight from decades of taking care of animals, people and her immaculate garden. Those hands, stiff but rarely still, were her trademark. She didn’t abide idle chatter about being bored. I learned not to say the dreaded “B word” around her unless I wanted to pick weeds from her massive flower garden, sweep her kitchen floor or rearrange the canned goods in her cupboard in alphabetical order.

Grandma Miller simply didn’t believe a child could be bored. Tired, hungry, thirsty—all these were acceptable. There was, after all, something she could do to alleviate these symptoms, something that made sense. So she adapted responses to “I’m bored.” Not responses I particularly cared for, but they worked in the moment and kept me from saying the B word.

As I grew up, I found myself in a similar position to that of my great-grandmother: I didn’t like to hear about boredom either. Long stretches of blank, uninterrupted time were anathema to me, a thing to be avoided at all cost. Yet when I chose to be “lazy,” that sweet spot of time during which I could choose to do absolutely nothing? Sacred space.

So how do I get myself to see downtime as a piece of time to find peace of mind? I have to remind myself that even God needed rest. After creating the heavens and the earth, He gave himself an entire day off. The Divine chose rest and so can we, if we make a conscious decision to look at boredom as an opportunity. My go-to is reading. I have “car books,” “house books,” “beach-bag books” and audio books. I have books stacked up in the car to drop off at my local Little Free Library. I also have telephone apps for books, so I consider myself prepared. My friend Gwen keeps her datebook handy to jot down ideas and remember events. A friend of mine will do a tree pose in line almost anywhere. We can prepare in different ways for the time when the demon of ennui, disguised as boredom, creeps in and throws us off guard. If we can think of boredom as an opportunity to dream, learn, relax or get organized, we can make great use of our most precious resource: time.

I think even Grandma Miller would approve.



Debbie Walker-Lass is a certified health and wellness coach and a former mental health supported employment manager. She is a life-long writer. Contact her at writerdwllass@aol.com.

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