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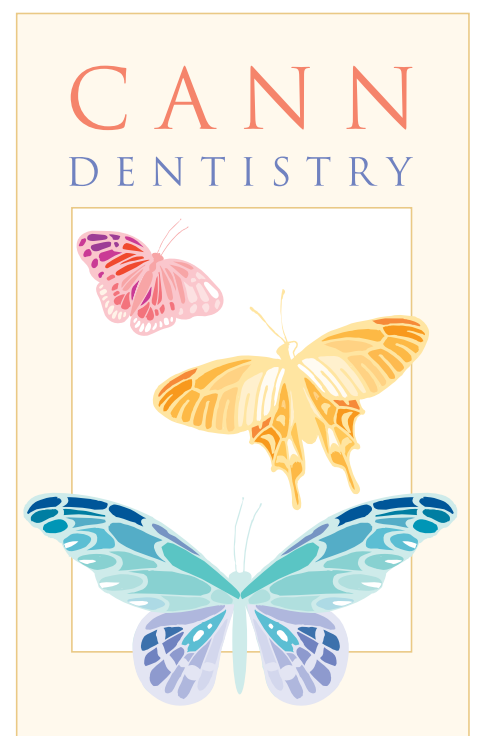
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This is the third November letter I have had the opportunity to write, and in reviewing the first two, I note that I have yet to do a traditional “what I’m thankful for” column. So here it is!

Within the context of *Natural Awakenings*, the biggest thing I’m thankful for in 2019 is the feeling of turning the corner. That feeling has manifested in several ways.

When I took over this publication in 2017, all aspects of the business needed turning around. The first and easiest thing to address was editorial. Indeed, we turned it around with the very first issue. The national editor at *Natural Awakenings* corporate said this about our first issue: “I believe this is the strongest local editorial I’ve seen in terms of quality and quantity in a single issue outside of our flagship, and definitely in a first issue!”

We’ve only gotten better since, but silly me, I was quite wrong in thinking that all we had to do was make a big investment and everything would change immediately. Exactly as I advise advertisers and would-be advertisers, it takes consistent presence over time in order to build awareness, and it wasn’t until this year that we started seeing the payoff; the number of people who have approached us interested in contributing articles has practically exploded. We

see this as recognition of *Natural Awakenings* being a quality platform with which professionals wish to be associated.

So I’m particularly grateful for the contributions of third parties. In particular, I’d like to thank, once again, Adele Wang, guest editor of our April special section on energy healing, and Gedalia Genin, who is finishing up a three-part series on Ayurveda this month. Both efforts were significant, and both women were a joy to work with.

The increased attention we received from potential contributors was followed by increased attention in the digital world, for which I am most grateful. It started with an interview that we are thankful for—a 90-minute conversation with renowned cellular biologist and author Dr. Bruce Lipton. His July and August appearance in our pages prompted a surge in website visits in both months; July’s numbers more than doubled our previous best, and August’s visits exceeded July’s.

Then came the August issue on Black & Vegan in Atlanta. While we assumed this package of articles would be well received, we had no idea to what degree. Black & Vegan was fully embraced by Atlanta’s African American natural health community in a way that we could not

have predicted or hoped for, and for this, we are supremely grateful... and humbled. The issue—most often represented by the cover shot of four powerful queens—received thousands of Instagram likes and hundreds of Facebook likes. This is nothing for many organizations, but for us, it was way, way, way beyond anything we had previously experienced.

Finally, in the way that matters most to most businesses, revenue is turning around as well. June was our best month, by far, and then July edged out June. August was set to exceed July, but a placement was pulled at the last minute. Then October blew away July. Needless to say, I’m beyond grateful.

Practicing gratitude every day is one of the most prescribed spiritual practices—and for good reason. I’m not sure if the vibration of gratitude is the same as the vibration of love, or hope, or joy, but it certainly is in the same neighborhood. I admire those whom I know who do it daily, diligently, and it is a practice I’d like to strengthen.

The bonus of having a platform like this is that I get to thank some folks from my personal life in a public manner. Now, the nature of this work often blurs the line between personal and professional, but to those who have enhanced my life in 2019, my heart-felt love and appreciation: Beth Coghlin, Emily Jewell, Fred Stevens, Graham Fowler, Martin Van Lear, Pam Willoughby, Priya Lakhi, Sue Pepka, Theresa Bogart and Toni Galardi.

Last but certainly not least, thank you to my partner in crime, managing editor Diane Eaton, without whom *Natural Awakenings* Atlanta might exist, but nothing like it is today.



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.



Veg Fest 2018 at Cobb Civic Center (Photo: Seth Pajak)

8th Annual Veg Fest COMES TO INFINITE ENERGY

More than 5,000 people are expected to attend the 8th annual Atlanta Veg Fest on Saturday, November 9, at the Infinite Energy Center.

Informative speakers, food samples, cooking demonstrations, kids' activities and more than 100 exhibitors will be on hand to engage and educate people who want to learn more about a vegan lifestyle. The Infinite Energy Center's exhibit hall will be filled with vegan-friendly vendors selling and offering samples of food and products. Presenters from the vegan community will speak on topics related to veganism, such as animal rights, health, environmental issues, humanitarian issues, and more. Area chefs and additional speakers will talk about how easy it can be to go vegan and stay vegan.

"All of us are volunteers who are passionate about educating people in the community about the vegan lifestyle," says Leigh Saluzzi, founder and executive director of Atlanta Veg Fest, Inc., a 501(c)3 non-profit organization. "We want to help normalize the concept of veganism through exposure to vegan-friendly products and services, and to encourage people to take that first step towards a more compassionate lifestyle."

The Atlanta Veg Fest will be held from 10 a.m. to 5 p.m. on Saturday, November 9, at the Infinite Energy Center Forum, 6400 Sugarloaf Pkwy, Duluth. A donation of \$5 is suggested at the door. For more info, visit AtlantaVegFest.com.

Kudos! SLCA Celebrates 40 Years!

The Spiritual Living Center of Atlanta (SLCA) is turning 40 years old this November. Originally launched by a few Religious Science followers, SLCA has grown into a thriving community in Atlanta, with numerous outreach projects, classes, events, and ministries—and a new spiritual director, Rev. Dr. David Alexander.

To celebrate, SLCA will host a two-day celebration, November 16 and 17, themed "Love. Legacy. Vision." Saturday's program, from noon to 6 p.m., will include food, music, appearances from key individuals in the center's history, and other surprises. There will be a silent auction as well as a raffle for a week in an Italian villa. Ten percent of the profits will go to community partners. The evening will also include the official installation ceremony for Alexander.

On Sunday, from 10 a.m. to noon, the focus will be on setting SLCA's vision for the future and discussing its role within the Atlanta community and the world.

"So many individuals in the Atlanta community have contributed to SLCA's rich history," says Alexander. "Many students of the Center have gone on to become ministers in their own right, and others continue to spread the New Thought teachings in their own lives. Anyone who has been a part of SLCA now, or in the past, will enjoy celebrating this milestone event with us."

Tickets are \$40 if purchased in advance and \$50 the day of the event. The celebration will be held at the Spiritual Living Center of Atlanta, 3107 Clairmont Road, Suite A, Atlanta. For tickets: <https://tinyurl.com/SLCA40Years>, SLC-Atlanta.org or 404-417-0008.



Sound Immersion Fundraiser SUPPORTS PRACTITIONERS & COMMUNITY

SoundEmbrace will host a sound immersion fundraiser on Tuesday, December 10, to raise awareness about sound healing, support its practitioners in the Atlanta community, and bring sound healing into nonprofit organizations. The fundraiser, sponsored by the Love and Light Institute, will take place at Atlanta's historic Academy of Medicine.

Participants will sit in reclining chairs while being immersed in sounds that are designed to entrain the mind to higher states of consciousness. Sponsors and vendors will be available before and after the immersion experience.

"We often feel the problems of the world are so big that we forget that supporting our own neighbors can create a ripple effect, making an impact of positive change for a world we all want to live in," says Danielle Hall, SoundEmbrace founder.

Besides treating individuals and providing group sound immersions, SoundEmbrace also works with doctors and therapy centers to create job opportunities for sound healing practitioners. The company seeks to raise awareness of the power of sound as a noninvasive therapy and support the mental health and wellness of the community.

The fundraiser will take place at the Academy of Medicine, 875 W Peachtree St NW, Atlanta. Doors open at 5:30 p.m. for the vendor market; sound immersion starts at 7:00 p.m. Tickets range from \$125 to \$225 and are tax-deductible. For more information: www.soundembrace.com/calendar/2019/12/10/impact-sound-immersion-fundraiser



(Photos: Katelyn Vines Photography)

New Yoga Studio IN THE UPPER WEST SIDE

And all of a sudden, there was Yonder Yoga.

The 2,800-square-foot facility opened in early September, and by its second day of operation, it had sold 100 memberships, according to Selby Hill, RYT-200, one of three partners that own Yonder.

Moreover, after only three weeks of operation, Yonder is now offering 38 classes per week. Hill expects that number to climb to 45.

The Vinyasa yoga classes are heated to 90 degrees with infrared radiant heat, although one class each week is heated to only 80 degrees.



Yonder partner Selby Hill is seated in the left rear.

"I think people are really excited for what we're trying to do for this neighborhood, this community and also just for yoga," says Hill, as she offers an explanation for the studio's immediate success.

Yonder is located in a new development called Westside Village at Moores Mill, 2260 Marietta Blvd NW, Suite 106. It features one studio that can accommodate up to 45 practitioners, locker rooms and showers, a lounge and some retail space.

Selby is excited about building the Yonder brand: "The idea of 'yonder' being a place you can see but haven't yet reached resonates with anyone: the idea of yoga being a practice, and something that is not achieved or mastered, but rather a process, and that joy and the fulfillment that come from that process."

Look for Yonder to expand soon; Selby and her partners picked up the lease on the recently closed location of Thunderbolt Yoga at 3872 Roswell Road Northeast. She expects a grand opening before the end of the year.

For more info, visit YonderYoga.com, email info@yonderyoga.com or call 404-228-4912.



3 Salt Panels at Front Entryway (Left), Halotherapy Booth (Right) (Photos: Kim Swords)

Salt n' Sweat OPENS IN ALPHARETTA

Salt n' Sweat Wellness opened its doors in August, offering dry salt therapy, or *halotherapy*, and infrared sauna therapy treatments for optimal health. Halotherapy uses salt's natural antibacterial and anti-inflammatory properties to benefit a variety of conditions from allergies and respiratory issues to athletic performance, stress, anxiety and fatigue.

Salt n' Sweat's private glass salt therapy booths are Atlanta's first fully customizable dry salt therapy option, according to the company. Their infrared sauna detox treatments are offered in individual private "suites" using pods that heat the body, not the air. The treatment increases core body temperatures by three degrees for a deep, detoxifying sweat.

Owner Kim Swords was inspired to open Salt n' Sweat Wellness after spending 13 days in a hospital's intensive care unit due to devastating complications from an autoimmune disorder last year. She used halotherapy and infrared sauna treatments to help her attain optimal health. Due to her efforts, she has been in remission from her illness for a year, with no medication and no surgery.

"Salting and sweating is the body's safe and natural way to health," says Swords. "I've seen amazing results in skin conditions like acne, inflammation due to cancer, pain relief from autoimmune diseases, better breathing from asthma, allergies and sinusitis and just overall feeling rejuvenated!"

Salt n' Sweat is located at 735 N. Main Street, Suite 1900, in Alpharetta. The company is offering a first-time introductory offer of \$29 for the first salt or sweat. Passes, packages and memberships range from \$29-\$399. For more information, email kim@saltnsweat.com, call 770-855-6212 or 678-580-2501, or visit SaltnSweat.com.



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COMMUNITY SPOTLIGHT

The Staying Power of SEVANANDA

by Noah Chen

For 45 years, Sevananda Natural Foods Market has provided the people of Atlanta with a welcoming space to shop, learn, grow and mingle. Throughout the company’s history, one thing has remained constant: its mission to empower the community by improving its health and well-being.

Initially formed to provide healthy food at cheaper prices, and arguably best known as a personal health and grocery store, Sevananda’s human resources manager, Carolyn Renee Morris describes it as more akin to a community center.

“You have the whole retail market, and then there’s the educational stuff downstairs, and then there’s all the community events we engage in externally,” she says.

The label of “community center” is fitting. As a co-op, Sevananda is owned by and answers to a group of 4,200 members, all of whom vote on company matters, and some who serve on the board of directors. Anyone can become a member; it is a democratic, community-led institution.

Close-knit Community

Its close-knit relationship with surrounding neighborhoods has helped Sevananda to thrive, and Morris sees that passion reflected in their customers. “Someone said to me the other day, ‘Carolyn, that person has been here for two hours!’”

While Sevananda has been around for years, that doesn’t mean it’s never been in jeopardy. Ahzjah Simons, the general manager of Sevananda, remembers when in 2010 it seemed like the co-op might not make it to its 45th anniversary.

“The way of the world was seeping in,” says Simons, and not everyone behind the scenes was on the same page. “Without having a strong educational piece, people didn’t know what they were becoming a part of. It was like hammering a square peg into a round hole.”

The disconnect led to complications in management. “That whole seesaw required that we really learn what co-ops are about—internally—and it was really important that we got back to that.”

The financial pressure the country was under at the time only exasperated issues, and the co-op was overspending. But Simons, Morris, and other members of the staff were able to right the ship.

Aiyana Smith recently moved back to Atlanta after living in Hawaii for several years. She had shopped at Sevananda before and was happy to return to the store. “When I’m in the area, when I need to grab something, I go there. It’s the only place in the area that has access to quality food, organic and vegan options, that kind of stuff,” she says.

While Smith isn’t a member of the co-op, she says its status gives the place a different energy. “I do feel when I go there that the atmosphere is very open and inviting. Besides the healthy options, it feels like a place I want to support.”



Staff at Sevananda, L-R: Keene Shipmon, produce manager; Ano Dennis, store manager; Sharlise Lowe, member services; Bobby Hays, HR manager; Ahzjah Simons, GM; Carolyn Renee, co-op communications manager; Michelle Taber, kitchen manager. (Photo: Noah Chen)

Smith is not alone in favoring Sevananda for its healthy merchandise. The biggest change Morris has seen in their customers over time has been the consciousness of the people. “They are concerned about what’s going in their bodies and what’s going on with the planet,” she says. “So, our focus is to do more of what we already do—only better.”

A Legacy to Continue

After passing their 45th year in service, Sevananda is well positioned to continue

its legacy into the future. And while Simons and Morris have ideas for the co-op’s expansion, their immediate goal is to continue to improve the function and service at their current location.

While Sevananda has had its share of crises, Morris sees this as part of “the organizational life cycle. You’re born, and then you go out and be great, and then you stumble, but you make yourself greater.”

Simons adds that the crises showed them what Sevananda needed to do to

survive. For her, it all comes back to “the people” and how they’re treated: “Democratic member control, having a voice in the organization, community involvement—we got away from those and that’s where we stumbled. Mastering that—again—is what brought us back. Being who you are supposed to be makes a difference for your sustainability. And we remembered who we were!”

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ZENFUL EATING

Joyous, Mindful Eating

by April Thompson

In Zen monasteries, the head cook (known as the *tenzo*) is one of the most important positions a monk can hold; Eihei Dogen, founder of Soto Zen, one of the longest-established sects of Buddhism, said this is “because the position requires wholehearted practice.” In the 13th-century volume *Instructions for the Zen Cook*, Dogen wrote, “In preparing food, it is essential to be sincere and to respect each ingredient, regardless of how coarse or fine.”

Rituals around food are an important element of Buddhism, as with many spiri-

tual traditions. But we don't have to be a Buddhist or a practiced meditator to learn how to cook more mindfully, enjoy meals more fully and eat in better balance.

“Cooking can be a meditation. We cook with all our senses: We taste, touch and listen to determine if the pan is hot enough. You just have to be mindful,” says Jean-Philippe Cyr, author of *The Buddhist Chef: 100 Simple, Feel-Good Vegan Recipes*.

“Cooking is an act of love and generosity, so cooking should be done with care—taking the time to consider the ingredients and overall flavors of the meal, storing the vegetables properly, paying attention while you chop. These things are the foundation of a great meal,” says Gesshin Claire Greenwood, an ordained Zen priest in San Francisco. Greenwood trained in Buddhist monasteries in Japan for more than five years, experiences she draws from in her recent memoir and cookbook *Just Enough: Vegan Recipes and Stories from Japan's Buddhist Temples*.

While vegetarianism is encouraged in all schools of Buddhism and most monasteries abstain from meat, it is not a strict requirement. Cyr, a vegan and practicing Buddhist of 20 years, takes seriously the concept of *ahimsa*, or “do no harm”, as a chef. “Veganism and Buddhism share the

common value of compassion—compassion towards animals, as well as the Earth. Climate change caused by meat consumption causes a lot of harm, too,” says Cyr, of rural Quebec, Canada.

The “middle way” is an important Buddhist principle in the kitchen—striking the balance between indulgence and deprivation—the “just enough” in Greenwood's cookbook title. “It's important to use enough salt so that the food tastes good, but not so much that it's overpowering. When we shop for food or eat a meal, we can also pay attention to when we've had enough,” she says.

Mind Over Mouth

Mindful eating can open up a beautiful new relationship to food, says Jan Chozen Bays, a Zen Buddhist priest and co-abbot of Great Vow Zen Monastery, in Clatskanie, Oregon. “This country is in an epidemic of out-of-balance eating. People are stressed out and fearful about eating, but cooking and eating should be inherently pleasurable human activities,” says Bays, the author of *Mindful Eating: A Guide to Rediscovering a Healthy and Joyful Relationship with Food*. “In Zen practice, mindful rituals help us learn to be present and peaceful during meals.”

Mindful eating is not about restrictions, but rather about curiosity and investigation—an adventure for the senses, says Bays. “Research shows that diets don't work, as they rely on external sources rather than helping you to go inward and tap into the innate wisdom of your body.”

Tuning In at Mealtimes

Rushing through meals mindlessly, we've become deaf to our body's own signals of satiety, says Bays. “Go to the supermarket when you're hungry, and head to the perimeter where the real food is and stop and ask your body, ‘Would you like oranges? Would broccoli be good for us?’ Tune into your cellular hunger,” she says.

At the Great Vow Zen Monastery, the first morning meal is conducted in silence, along “with a prayer to bring gratitude for the food and to all living beings whose life flows to us in our food,” says Bays, adding that research shows cer-

emonies and moments of reflection lead to more mindful, healthy eating.

“Instead of talking on the phone, try cooking in silence. Drawing your awareness to details like the smell of basil, the color of tomato and the touch of the spoon brings so much richness to the act of cooking,” says Bays.

Such a focus leads to a sense of appreciation for the ingredients of meals and life, says Myoju Erin Merk, a priest at the San Francisco Zen Center. “Making a meal is an active extension of our ‘sitting’ (meditation) practice.”

Connect with Washington, D.C. freelance writer April Thompson at AprilWrites.com.

The Zen of Food

Here are a few simple tips from Buddhist priests and cooks on making mealtimes more mindful.

Have a mid-meal gut check, suggests Jan Chozen Bays. “When your stomach feels three-quarters full, have a conversation with a friend or have something to drink before continuing to eat. Often you will find after 20 minutes you are actually full,” says the author and priest.

Myoju Erin Merk, a priest at the San Francisco Zen Center, suggests setting a phone timer in the kitchen to mark it as a practice time to tune into the senses. “Try to slow down and notice what's happening as you cook. Try to stay with the sensory experience and not judge everything, like whether the carrot is cut right. It can be a very relaxing and peaceful way to work in the kitchen.”

Make the first few sips or bites of a meal mindful, spending the first few moments in silence if possible, says Bays. “Working quietly with that pile of carrots or onions, you have space to focus on just one task,” adds Merk.

Incorporating all of the five tastes of Buddhism—salty, sweet, sour, bitter and umami (savory)—is another way to bring meals in balance, according to author and priest Gesshin Claire Greenwood. “Having all of these flavors represented makes a meal feel balanced and satisfying.”

Cooking Like a Zen Master

Buddha Bowl

Cookbook author Jean-Phillippe Cyr says, “I love bowl recipes: they're generous and colorful, and they let us get creative. Layer grains or cereals, vegetables, legumes and dressing, and voilà! That's all there is to it.”

Pumpkin seeds are an incredible source of protein, and tahini contains more protein than milk. Healthy cooks will be sure to keep this tahini dressing recipe close, because they can use it in everything.

Yields one bowl
 1 sweet potato, peeled and diced
 2 dried figs, sliced
 2 Tbsp olive oil
 Salt, to taste
 1½ cups cooked quinoa
 ¼ cup frozen shelled edamame, cooked

For the dressing:

1 (¾-inch) piece fresh ginger, minced



1 clove garlic, minced
 Pinch of sea salt
 2 Tbsp tahini
 1 Tbsp soy sauce
 1 Tbsp lemon juice
 1 Tbsp maple syrup
 1 Tbsp olive oil

Garnish:

Pumpkin seeds
 Microgreens

Preheat the oven to 350° F. Place the sweet potato and figs in a baking dish.

Drizzle with oil, then season with salt and bake for 30 minutes.

Place the ginger, garlic and salt in a mortar (preferred) or blender, then mash the ingredients together.

Transfer to a bowl and add the tahini, soy sauce, lemon juice, maple syrup and oil. Stir to combine.

Place the sweet potatoes and figs in a large serving bowl. Add the quinoa and edamame. Drizzle with the dressing and garnish. Serve immediately.

Tip: For those that can't digest raw garlic, don't use it, or cook it before adding it to the dressing.

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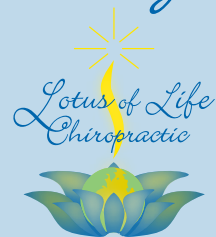
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Hearty Moroccan Soup

"This is hands-down my favorite soup," says Cyr. "It reminds me of a Moroccan *tajine*, a savory stew made with vegetables and spices. The name *tajine* comes from the particular type of roasting dish in which Moroccan stews are cooked. There's no need to buy any special equipment to make this recipe, but you will want to hunt down harissa, a North African chili paste you can find in most grocery stores nowadays. Be careful, though—it's hot!"

Yields 8 to 10 servings

- 3 Tbsp olive oil
- 1 onion, diced
- 1 tsp mustard seeds

- 1 tsp celery seeds
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp dried oregano
- ½ tsp turmeric
- 1 clove garlic, minced
- 8 cups vegetable broth
- 1 (28 oz) can diced tomatoes
- 1 (19 oz) can green lentils, rinsed and drained
- 2 yellow-fleshed potatoes, peeled and diced
- 2 carrots, diced
- 1 Tbsp harissa paste
- 3 bay leaves
- Salt and black pepper, to taste

In a large pot over medium heat, heat the oil, then add the onions and sweat for 4 minutes.

Add the mustard seeds, celery seeds, cumin, coriander, oregano, turmeric and garlic. Continue cooking for 2 minutes.

Add the remaining ingredients and bring to a boil. Lower the heat, cover and simmer for 1 hour, stirring occasionally. Remove the bay leaves. Serve hot.

Excerpted with permission from The Buddhist Chef, by Jean-Phillippe Cyr.

photo by Samuel Joubert

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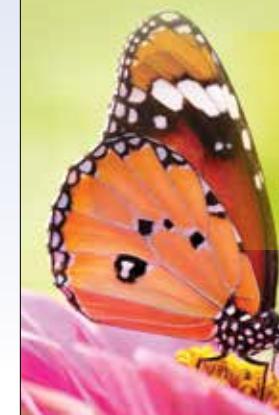
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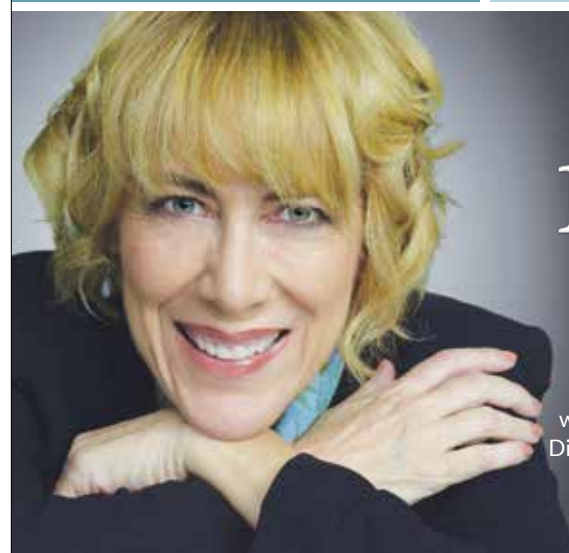
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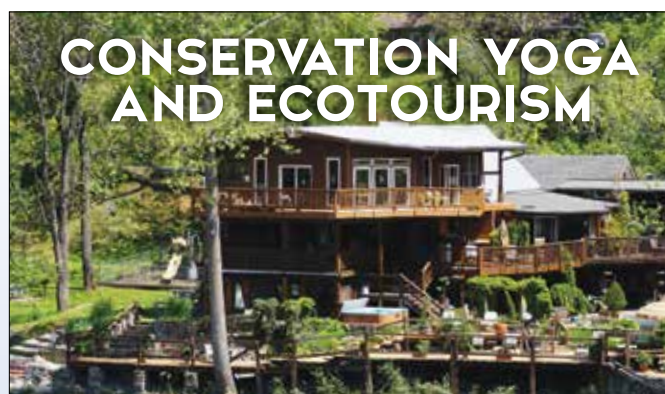
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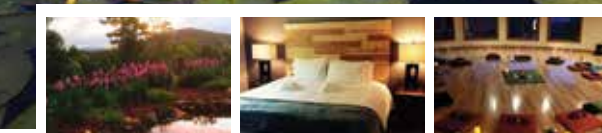
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In reality, going to bed is the best me-time we can have.

~Cindy Davies

CHASING ZZZZZs

How to Put Insomnia to Rest

by Marlaina Donato

Tossing and turning most of the night while obsessing about the need for sleep is a torture we all go through every now and then, but for the 40 percent of Americans dealing with current or chronic insomnia, it can be a regular nightmare. In fact, 50 to 70 million adults in the U.S. suffer from some form of sleep disorder, according to the American Sleep Association.

The causes are multi-faceted: stress, pharmaceutical side effects, hormonal imbalances, chronic pain, anxiety and too much caffeine all fuel the insomnia loop. Add to that the overstimulation from 24/7 technology, social pressures and unresolved emotional pain, and it's easy to see why long, hard, sleepless nights have become a worldwide epidemic.

The effects are profound. Compromised sleep not only leads to decreased quality of life, malnourished relationships, a heightened risk of accidents and inferior job performance, but also lowered immunity and chronic inflammation, raising the

odds of heart disease, stroke, high blood pressure, weight gain and diabetes. About 90 percent of people diagnosed with depression also experience sleep deprivation, and many antidepressant medications can disrupt the ability to fall asleep and dream.

However, a number of natural and holistic approaches can provide lasting results without undesirable side effects. Along with tried-and-true methods like acupuncture, therapeutic massage and changes in diet and exercise, the National Sleep Foundation recommends mindful breathing and meditation. New options are emerging to help foster quality sleep, including cognitive behavioral therapy (CBT), non-psychoactive CBD oil and lifestyle changes supporting a healthy circadian rhythm.

Body and Mind, a Tangled Web

Psychological, emotional and physical health all play a role in our ability—or inability—to get a good night's rest.

“Not sleeping well is a sign of a deeper imbalance that needs to be addressed. So, if we're masking the problem with medication, the underlying cause remains unaddressed,” says Elina Winnel, a sleep coach who works online with clients at *TheSleepExpert.com*. “Insomnia is a complex issue that has psychological components, but is also affected by deeper mechanisms, including an imbalance between the two main branches of the autonomic nervous system.”

The intricate connection between emotion and sleep-robbing stress hormones explains why insomniacs are often caught in an undertow of racing thoughts and pre-occupations. Says Winnel, “Stress has become the norm, and most people don't even realize they're in that state. This produces stress hormones and can prevent the natural process of sleep from occurring.” Stress also depletes vitamin B and magnesium levels necessary for quality sleep, she adds.

Cindy Davies, owner of the Holistic Sleep Center, in Ferndale, Michigan, has

similar views on the role emotion plays in troubled sleep patterns. “We're chronically suppressing our feelings throughout the day. Our inability to address these emotions culminates in a night spent in bed awake with fears and worries,” she says. “Pushing ourselves to the point of exhaustion can help defend ourselves against dealing with feelings or memories, but impairs our ability to sleep restfully or restoratively.”

Resetting Inherent Rhythms

Circadian rhythm, our biological clock, is a cellular marvel that is affected by light and internal changes in temperature. Stephanie Silberman, Ph.D., a licensed psychologist in Ft. Lauderdale, Florida,

and Fellow of the American Academy of Sleep Medicine, explains that it's helpful to have a circadian rhythm aligned with societal norms so that we're sleepy at bedtime and active during daylight hours. “When a person's circadian rhythm is delayed, they will have trouble falling asleep at a regular bedtime, and when it's advanced, experience sleepiness too early in the evening and then [have] early morning awakenings.”

Circadian rhythm regulates digestion, cellular repair, hormones and many other functions. It also slows down the metabolism during night hours, helping us to stay asleep. “The circadian rhythm

can be disrupted by many factors, including traveling to a different time zone, shift work and exposure to blue light late at night while binge-watching your favorite series,” says Winnel.

Our natural hormonal rhythms are wired to release melatonin at certain times, allowing us to rest frequently during the day. Davies explains that an adult's body is designed for periods of rest every 90 minutes. “Most people don't have the opportunity to rest every 90 minutes, but if we were able to, we'd be going to bed in a state of rest, instead of exhaustion,” she says.

Our bodies start producing melatonin around 9 p.m., when we should already



be winding down, but too often we push ourselves to stay up to watch TV or have “me-time,” says Davies. “In reality, going to bed is the best me-time we can have.”

Herbalist and licensed psychotherapist Jenn J. Allen, in Stroudsburg, Pennsylvania, adds, “People spend up to 10 hours a day on electronic devices, which directly impacts melatonin production and stimulates the fight-or-flight response system in the brain.”

Two Sides of Every Brain

Smartphones and social media have piled even more on our plate, even if we enjoy them. “We're expected to be constantly ‘on’ and reachable 24/7,” observes Winnel. “This leads to an excessive reliance on our sympathetic nervous system and difficulty

switching brainwave states from beta—as associated with alertness—to theta and delta, which we experience during sleep. Through practice and specific exercises, it can become easier for us to reach the state of mind needed to nod off.”

To support healthier sleep patterns, Winnel emphasizes the importance of using both hemispheres of the brain while awake. “Particularly in our professional lives, logical and rational processes are rewarded, while creativity is seen as optional. This can cause a chronic imbalance in the way we use the two hemispheres of our brain. Optimal sleep requires equalized functioning in the neurological structures that are unique to each hemisphere.” Mindful breathing and alternate-

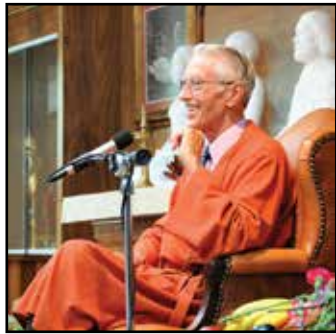
nostril yogic breathwork can also bring harmony to both hemispheres of the brain and promote deep relaxation.

Promising Plant Allies

Chronic pain can also prevent sound sleep. Allen stresses, “It's important to understand what is actually causing pain and what type of pain it is. Some chronic pain comes from postural issues or injuries, so massage, chiropractic or gentle movement like yoga can help to drastically reduce the intensity of pain.”

Identifying nutritional deficiencies and supporting the nervous system is also key. “Plants work both physiologically and energetically. Gentle nervine herbs like oats or chamomile can help to soothe

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People spend up to 10 hours a day on electronic devices, which directly impacts melatonin production and stimulates the fight-or-flight response system in the brain.

~Jenn J. Allen

the nervous system, and are effective for children and teens. Adaptogenic plants are known historically for helping the body to resist physical, chemical or biological stresses. Tulsi and ashwagandha, when taken consistently, can be useful in helping adults to combat stress," Allen says, reminding us to also check with a healthcare professional to avoid contraindications.

Going for that extra cup of coffee during the day or pouring a drink or two in the evening are habits that only exacerbate sleep issues. "Caffeine suppresses our body's ability to feel tired, not by giving us energy, but by increasing the production of adrenaline and suppressing the production of melatonin. Alcohol, like some prescription medications, can interfere with our ability to fall asleep, sleep deeply and experience dreaming states," cautions Davies.

CBD oil derived from the cannabis plant is an effective pain-reducer and helps to regulate healthy sleep patterns. Cannabidiol (CBD), which does not contain THC (tetrahydrocannabinol), the chemical substance in marijuana responsible for inducing a high, is available as capsules, inhalers and tinctures.

Learning New Tricks

Many sleep-seeking people are reaping the benefits from cognitive behavioral therapy for insomnia (CBT-I). The American

College of Physicians recommends it as the first-line therapy for insomnia ahead of medication, citing that it improves sleep and daytime functioning in 70 to 80 percent of treated persons, often without supplemental medication. A meta-analysis published in *The Journal of the American Medical Association* in 2015 shows that CBT-I can resolve insomnia for 35 percent of people with sleeplessness linked to existing medical and psychiatric conditions such as fibromyalgia or PTSD.

CBT-I helps to change long-held patterns. "CBT includes keeping sleep logs, improving sleep hygiene, learning ways to decrease anxiety and how to associate the bed as a place where we sleep well, instead of the maladaptive thinking that it's a place to toss and turn," says Silberman. CBT can also be helpful for chronic pain and other physical problems when underlying issues are treated in conjunction.

A good night's rest is indeed possible. Davies says, "In order to really change our ability to sleep, we need a complete cultural mindset shift that prioritizes sleep and our need to rest."

Marlaina Donato is the author of several books and a composer. Connect at AutumnEmbersMusic.com.

Having Trouble
SLEEPING?
Read This.

by Diane Eaton

Despite the millions of Americans who have trouble getting a good night's sleep night after night, solutions remain elusive, complex and often unique to each individual.

I spoke with several Atlanta practitioners who, within the wider scope of their practices, help clients and patients with sleep disorders improve their ability to get the rest and revitalization they crave. See the list of contributors to this article on page 23.

What's Your Frequency?

"We have to recognize that we are electrical beings, and as such, we are made up of frequencies," says Marina Irastorza, DC, LMT, owner and founder of Relax in Tones in Atlanta. "Everything around us brings a frequency along with it, too." The body runs on electricity; in fact, the heart is able to pump blood because of the regular firing of an electrical signal.

"The nerves are the electrical wiring of the body," says Irastorza. "The body runs on electricity, and in fact has what science calls a biofield—an electromagnetic field (EMF)—which is made up of frequencies." So, when we are in proximity to things that carry a powerful electrical

current, emitting frequencies of their own, our biofields are disturbed.

The body naturally resonates at around 7.83 Hz, according to Dr. Dietrich Klinghardt, ND., Ph.D., who is recognized for successful treatment of neurological illnesses. But many of the electronics we're exposed to resonate above 2.0 GHz—hundreds of times higher. Due to the discrepancy, the finely tuned balance within the nervous system can be disrupted and cause a breakdown in health.

According to Martin Van Lear, FNP-C, owner of Tree of Light Health Clinic in Decatur, the EMFs of many of the powerfulelectronic devices in our

environment—including cell phone towers, WiFi, smartphones, SmartMeters, and even the wiring within the walls of some homes—comprise one of the four leading toxins that contribute to disruption of the pineal gland, resulting in sleep dysregulation. The other three are chemical: aluminum, fluoride and Monsanto's Roundup.

"The root cause of the sleep disorders I see in my practice is the toxicity of the pineal gland, which secretes melatonin," says Van Lear. Since melatonin is sleep-inducing and has an ability to entrain the sleep-wake rhythm, it is considered key to good sleep health.



Stimulation vs. Exertion

“I used to have a lot of trouble falling asleep at night and would toss and turn for hours,” says Sally Berger, LMT, founder of Anatom’amma Intuitive Bodywork in Acworth. “Then I’d wake up with a caffeine withdrawal headache!” When a friend offered her a cup of decaf because she had run out of the caffeinated variety for her morning joe—Sally’s life changed. “Decaf still has a little caffeine in it, so you can still feel a little boost, but it is a significantly smaller amount, and sleep will most certainly improve,” she says.

On the other hand, physical exertion during the day is critical to support a healthy sleep/wake cycle. “Especially people who are at their desk all day, or sitting in traffic for a long time, they get to the point where they feel tired and only want to sit and relax afterwards.” But without exertion, the body and mind have disconnected; the mind might get sleepy, but the body’s not tired. “Walk, jog, go

to the gym, take a bike ride,” she recommends. “Nothing’s going to change if you don’t exert yourself!”

Herbs and Supplements

Sleep is one of the four pillars of health within the Ayurvedic tradition, according to Dr. Falguni Trivedi, a partner at Athens Ayurveda in Athens.

Ayurvedic herbs can help support clarity of mind, deeper sleep, reduce stress and tension and promote emotional balance. Ayurveda focuses on balancing the *doshas*, the three bodily energies that govern health, so healthy sleep is a natural outcome of Ayurvedic practices.

There are numerous Ayurvedic herbs that can be helpful to sleep. Trivedi says the top three are Indian valerian root, which targets falling asleep and supports sound sleep; ashwagandha, which boosts resistance to stress; and Indian tinospora, which balances and nourishes the mind and body.

Marina Lohrbach/Shutterstock.com

When it comes to supplementation, many people reach for melatonin, a key player in the sleep cycle. “But taking the correct dosage of melatonin is critical to success,” says Camie Vincent, LPC, LMHC, owner of A Step Toward Change Psychotherapy in Roswell. “Research shows that 0.3mg of melatonin per night works best for adults.” L-Thianine, which is found in green tea, can also help reduce anxiety and invite sleep. Natural GABA is another popular sleep aid.

Lifestyle Upgrades

Not surprisingly, lifestyle improvements can help to reset the balance within the nervous system and support improved reliability and quality of sleep.

Adjusting one’s daily and weekly routines to include activities that help de-stress and activate the right brain can go a long way to help restore a healthy sleep cycle. These can include walks in nature, yoga, meditation, deep breathing, listening to soothing music, rest, forest bathing, creative expression, healing emotional wounds, and time with animals.

There’s also a range of professional services that can bring the body and mind to a deeper experience of rest and relaxation more quickly, including massage, acupressure, chiropractic, energy healing, sound healing and Ayurvedic therapies.

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Try earthing. Use grounding mats and other “earthing” products to bleed off disruptive EMFs from the body.

Reduce exposure to blue light at night. According to a Harvard research study, too much exposure to blue light at night can interfere with melatonin production. Avoid using computers for at least two hours before bed and use “dark modes” on devices after sunset.

Do a body scan. Slowly moving your attention from the top of your head down to your feet can help you get into your body and out of your head. Or do a progressive muscle relaxation, thinking of the muscles relaxing one at a time.

Use imagery. Think about a relaxing scene such as a beach or whatever resonates with you. Think of the waves crashing, the warm sun on your face. Imagine being there. Your mind will wander and try to get back to your problems but train yourself to refocus.

Use a sleep mask. “In our world, chock full of light pollution, not to mention the little blips and colored lights from our devices, it’s impossible for our flimsy little eyelids to keep us asleep all by themselves,” says Berger.

Crawl the wall. Before bed, lie down on the floor and put your legs in the air against a wall. Then meditate on the breath. Before getting up, lay in the fetal position first and then get up slowly to avoid a drop in blood pressure. If you’re already in bed, simply put your legs up in the air for a few minutes. It rebalances circulation and is very relaxing.

Do a breathing exercise. Deep breathing helps to quiet the mind and bring awareness to the body.

Rub some oil. From Ayurveda, it is recommended to rub sesame or coconut oil on the feet and/or tips of the ears to calm the nerves and the mind.

Self-hypnosis. Hypnosis helps switch the mind from high-frequency beta waves to slower theta, which is the precursor to sleep. Several apps offer background music and positive affirmations that entrain the brain to slow down.

Don't give in to negativity. If you’re tossing and turning, and you can’t turn off your mind, don’t let it get you down. Instead, tell yourself that as long as you’re resting and relaxing, you’re getting what you need most. You might even get little cat naps that you’re not aware of.



The *Happy* Thyroid

Seven Ways to Keep It Humming

by Ronica O'Hara

Much of our day-to-day well-being—how energetic we feel, how clear our thinking is and how our body processes food—is governed by the activity of the butterfly-shaped, thumb-sized thyroid gland at the base of the throat. When it's working as it should, life is good. However, about one in eight Americans suffers from a malfunctioning thyroid, and women are five to eight times more likely than men to face the consequences.

It's a delicate balancing act. A thyroid that produces too few hormones makes us feel sluggish and constipated. We gain weight easily, have muscle cramps and experience heavy periods. Hypothyroidism, as it's called, is linked to chronic fatigue syndrome, infertility and autism in newborns. A 2013 study published in *Annals of Neurology* found that pregnant

women deficient in thyroid hormone are four times more likely than healthy women to produce a child with autism.

If the thyroid produces too many hormones, we suffer from hyperthyroidism with a racing heart, irritability, light periods, unexplained weight loss and insomnia; it can lead to hardening of the arteries and heart failure later in life, according to a study in *Circulation Research*.

The good news is that there are simple and effective strategies that can optimize thyroid function and avoid these potential health setbacks, say experts. Their recommendations:

1 Keep up mineral levels. The thyroid needs iodine to churn out hormones, and usually iodized salt or sea salt with natural iodine can supply most of our daily needs of 150 micro-

Poses such as plow pose, fish pose, boat pose and cobra can improve blood circulation to the thyroid gland, which is imperative for its health.

~Stacy Thewis

grams. Sardines, shrimp, seaweed, yogurt, eggs and capers are also rich in iodine. However, too much of a good thing can tip the balance in the other direction, so practice moderation with super-charged iodine foods like cranberries: A four-ounce serving contains twice the daily requirement. In addition, our thyroids need selenium (one or two Brazil nuts a day will do it) and zinc (nuts, legumes and chocolate) to function optimally.

2 Eat fermented foods. About 20 percent of the conversion of inactive thyroid hormone (T4) into active hormone (T3) takes place in our gut, which makes "good" bacteria critically important. Andrea Beaman, a New York City



health coach and author of *Happy Healthy Thyroid: The Essential Steps to Healing Naturally*, recommends probiotics like cultured vegetables, kimchi, sauerkraut and sourdough bread, as well as prebiotics like root vegetables, plantain, burdock and dandelion root.

3 Filter drinking water. "Fluoride and chlorine are elements that can block the absorption of iodine into the thyroid," says Elizabeth Boham, M.D., a functional medicine doctor at the UltraWellness Center, in Lenox, Massachusetts. A reverse-osmosis filter or a high-end pitcher filter will remove chlorine, as well as fluoride, which British researchers have linked to a 30 percent higher rate of hypothyroidism.

4 Detox cosmetics. Phthalates are endocrine-disrupting chemicals found in cosmetics, nail polish and shampoos; they are also in plastic toys, and 3-year-old girls exposed to phthalates have shown depressed thyroid function, Columbia University scientists report. Research cosmetics and find toxin-free alternatives at the Environmental Working Group Skin Deep Cosmetics Database. (ewg.org/skindeep).

5 Wake up easy. About 85 percent of thyroid diseases involve an underactive thyroid, says Beaman, adding that it is often the body's pushback against frenzied, stressful lifestyles: "The thyroid is literally slowing down—our body is saying, 'Slow, slow, go slow.'" For a low-key start to the day, she suggests not using an alarm clock if possible, and then doing some long, slow stretching and deep breathing. "It takes just five minutes, and you're starting the day not in fight-or-flight mode, but in a fully relaxed and fully oxygenated body."

6 Talk it out. In Eastern philosophy, the thyroid in the throat is located at the fifth chakra, the energy center of expression and communication, Beaman says. If we find ourselves either regularly shouting or choking back our words, "it helps, if you want to support your thyroid on a deep emotional level, to express yourself somehow, some way, to someone somewhere," such as to a therapist, family member or good friend.

7 Do yoga asanas. "Poses such as plow pose, fish pose, boat pose and cobra can improve blood circulation to the thyroid gland, which is imperative for its health," says Stacy Thewis, a registered nurse, certified wellness coach and gut-brain expert in Mellen, Wisconsin. In a study in the *Journal of Complementary and Integrative Medicine*, 22 women with hypothyroidism that practiced yoga for six months needed significantly less thyroid medication.

Ronica A. O'Hara is a Denver-based natural-health writer. Connect at OHaraRonica@gmail.com.

Help for a Troubled Thyroid

To verify a possible thyroid condition, consult a doctor, endocrinologist, functional medicine doctor or naturopathic doctor. Ask for a range of tests, not only the standard thyroid-stimulating hormone (TSH) test, but also free T4, free T3, thyroid antibodies for autoimmune reactions, and thyroid-releasing hormone (TRH) tests for a full picture.

The standard pharmaceutical approach for hypothyroidism, the most common condition, is the synthetic hormone levothyroxine (Levoxyl, Synthroid, Unithroid) that boosts T4 production; but it can cause depression and weight gain, researchers at Chicago-based Rush University Medical Center report in *The Journal of Clinical Endocrinology and Metabolism*. Ask also about Armour Thyroid, derived from animal thyroids, that contains both T3 and T4, and is often preferred by functional medicine doctors.

Other testing can uncover a reaction to gluten, which is often linked to thyroid dysfunction. "For many with thyroid issues, gluten can provoke an autoimmune response via celiac disease or non-celiac gluten sensitivity," says registered dietitian nutritionist and health coach Amanda Wikan, of Petaluma, California. If a celiac test is negative, she suggests trying a six-week, gluten-free diet and watching afterward for any signs of non-celiac sensitivity such as headaches, bloating, gas or brain fog.





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PANCHAKARMA

Ayurveda's Revitalizing Therapies

PART 3 OF A 3-PART SERIES ON AYURVEDA

by Gedalia Genin

Not long after my husband and I moved to Atlanta about 15 years ago, my brother Jeffrey committed suicide. We had talked on the phone about his struggles numerous times before then. When my other brother Allan called from Los Angeles to tell me the news, I went into total shock. Not long after that, my hands and feet mysteriously swelled up so much that I was virtually immobilized with stiffness and pain. I needed to get help.

I went from one Atlanta doctor to another, trying to find some answers to my physical pain and inflammation. One doctor even referred me to a cancer clinic, which did nothing for me. Finally, I met with a doctor at Emory University Hospital who listened to my whole story. I shared my grief and pain with him and explained that I was heading to New Mexico for an Ayurvedic *Panchakarma* cleanse. He sat back in his chair and, looking at me with a sense of trust, said, "Go for it." I finally felt understood and supported.

Panchakarma, Ayurveda's detoxing, cleansing and rejuvenating program, consists of five therapies. With the help of those therapies, I was able to discover and release the fear, grief, and sense of responsibility I had been holding about my brother's death. In the

New Mexico program, I gained insights into my brother's unfulfilled life and even got help releasing him energetically for his transition. The process and the healing environment helped me feel nurtured, nourished and supported, finally allowing my nervous system to ground and heal. In the meantime, I ate nourishing food like *kitchari*, [See *kitchari* recipe in our October issue] took herbs specifically selected for my condition and received treatments that helped my body release toxins—in my case, emotional toxins. Along with the deep sense of relaxation and rejuvenation I experienced, the swelling in my body disappeared.

Beyond the Doshas

In Part 1 of this series, the *doshas*, Ayurveda's energy types or body constitutions, were explained. While many people associate Ayurveda with the doshas, it goes well beyond them. Ayurveda is a holistic lifestyle that can often take years to fully incorporate. It can connect people to the depth of their existence, enabling them to return home to their innate gifts, purpose and even creativity. It promotes a life in harmony with nature within and without.

Ayurvedic Panchakarma spa treatments and body therapies can have far-reaching effects. Unlike many Western therapies that focus solely on the physical body, Ayurvedic therapies are designed to balance one's state of health on many levels. For example, someone who has anxiety will receive grounding and warming oils that nourish the nervous system. Conversely, if one feels sluggish or lethargic mentally and physically, the treatments will focus on invigorating oils and massage that will stimulate the flow of energy to body, mind and spirit.

With add-ons such as customized herbs and essential oils, gemstones, *Marma* or pressure points, polarity therapy and even colored light therapy, treatments are individually tailored to one's specific state of being to create optimal balance.

A great time to do a Panchakarma cleanse is when the seasons change, when shifting daily habits, foods and rituals can help one align with the new season. For example, when autumn begins, and

there is dryness in the air, cooler temperatures, and increased wind outside, one's body and mind usually need warming foods, grounding oils, and waking at dawn to allow one to feel calm and centered. A Panchakarma cleanse is also highly beneficial when one is in need of healing from physical, emotional or mental crisis—as it was for me.

Panchakarma is highly individualized, focusing on removing *ama*, the toxic buildup in the body. According to Ayurveda, the buildup of toxins clogs the channels, systems and organs in the body and ultimately creates disease. Panchakarma therapies help to restore the immune system and nervous system to bring the whole person back into a state of harmony.

Popular Ayurvedic Therapies

A few of the therapies most often offered as part of a Panchakarma program are:

- Warm oil massage
- Herbal steam therapy
- Lymphatic massage
- Nasal treatments
- Marma point therapy
- Oil pours
- Herbal enemas

An initial consultation is provided by a trained Panchakarma specialist or Ayurvedic physician to determine the optimal therapies for treatment.

Warm Oil Massage | *Abhyanga*

To me, *Abhyanga* feels like someone playing a symphony on my entire body. The warm oil massage is a full-body massage where specific oils are chosen according to the person's doshas. It is both relaxing and rejuvenating at the same time and is particularly good for the joints and nourishing the tissues. Outside of a therapeutic environment, the oils can be used for daily body massage.

Herbal Steam Therapy | *Swedana*

This herbal-infused steam bath is designed to keep the body warm and cool at the same time. While standard steam baths heat up the whole body, in *swedana* steam therapy, a cool towel is applied to the forehead to keep the heart and mind calm and the head remains fairly clear of the steam. Benefits of *swedana* can include purifying tissues, eliminating toxins, improving circulation, relieving stiffness, improving digestion and reducing excess weight.

Lymphatic Massage

In an Ayurvedic lymphatic massage, an herbal paste is formulated to help the body release toxins through the skin. The treatment often restores radiance to the skin and supports the entire body to eliminate toxins.

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Nasal Drops | *Nasya*

Nasya therapy can help relieve dry sinuses, support allergy relief and open the energy channels to the brain. It even helps those with headaches and neck pain. Individually prescribed oils and nasal drops are used to lubricate the sinuses and remove mucous. The therapy can be done at home with premixed drops from outlets such as Banyan Botanicals and The Ayurvedic Institute.

Marma Point Therapy

Marma Point Therapy is an Ayurvedic practice that works with the body's subtle energy through 107 access points, or doorways, to the body, mind and spirit. Pressure points along the front and back of the body are gently pressed to stimulate energy flow and unblock stagnant energy. The therapy balances chakras and doshas, relieves stress and anxiety, grounds the breath, and can be deeply healing. It can restore hormonal balance, relieve pain, aid in weight loss, and it gives the receiver a feeling of lightness and joy.

Performed by certified practitioners, Marma is deeply nurturing and restorative. Many of my clients have had transformative experiences around anxiety, depression, grief and loss and weight issues and have experienced a sense of being unburdened emotionally, mentally and physically.

Oil Pours | *Shirodhara*

A warm stream of oil poured onto the forehead from a copper vessel over the person's head is the essence of *Shirodhara Therapy*. The treatment can help synchronize brain waves and brings profound relaxation to body, mind and spirit. It can be highly nurturing. It was in a *Shirodhara* session that I was able to release the deep grief for my brother that I was holding in my body.

Herbal Enemas | *Basti*

Basti are herbal enemas designed to pull toxins from the colon. They are often the last treatment of a Panchakarma cleanse. It is not recommended to do them at home or without a skilled practitioner.

Over the years, Ayurveda has supported me to connect with my inner strength and creativity, and it has provided me with daily rituals I enjoy. This age-old practice offers many doorways to benefit from its wealth of wisdom and time-tested healing methods. I recommend that people begin wherever their still, quiet voice beckons them to go.



Gedalia Genin practices Marma and Ayurveda in Atlanta, supporting women and children to return to wholeness and vitality, naturally.
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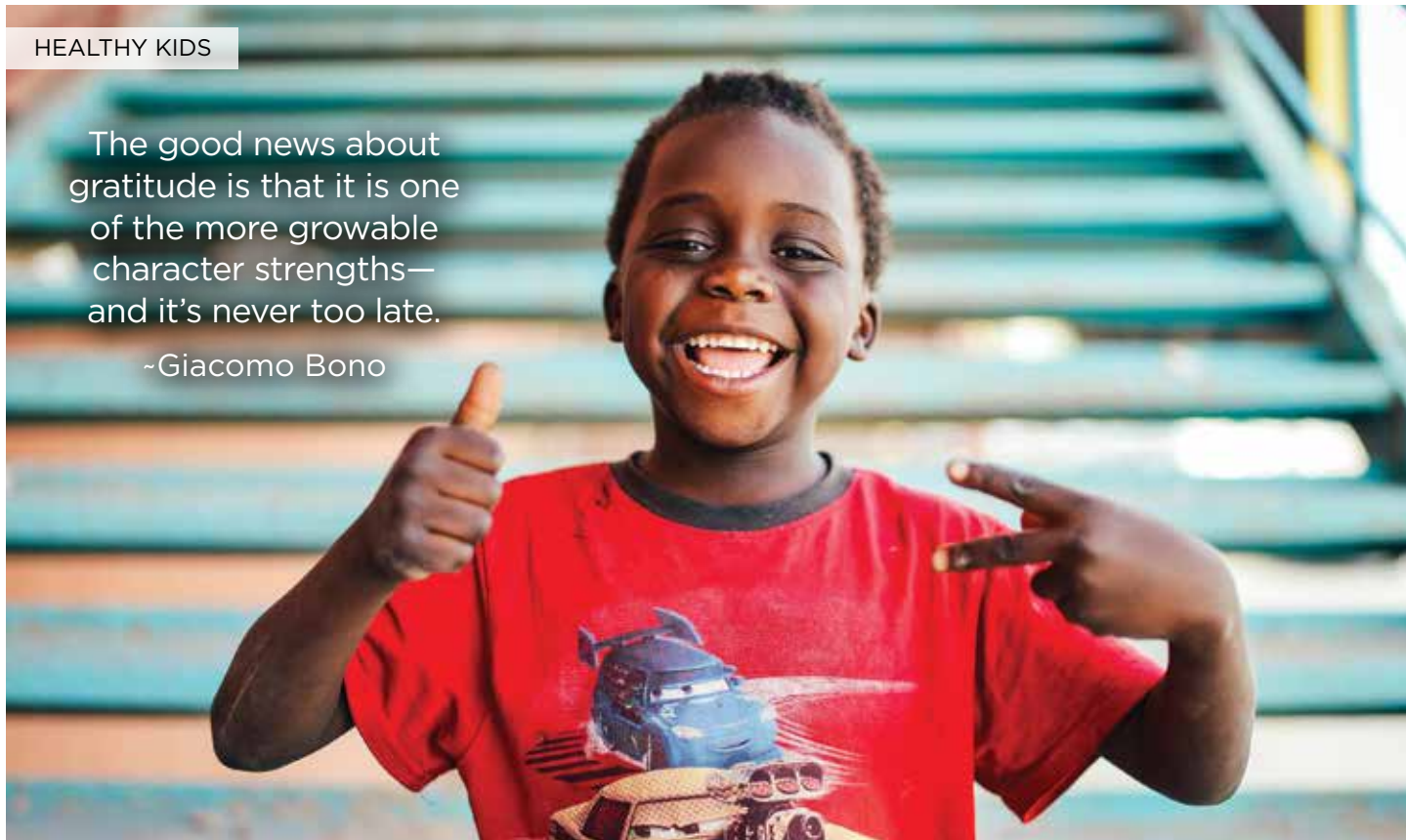


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The good news about gratitude is that it is one of the more growable character strengths—and it's never too late.

~Giacomo Bono



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Kids With Gratitude

Making Thankfulness Second Nature

by Ronica O'Hara

This Thanksgiving, there's something to be especially thankful for—gratitude itself. Emerging research shows gratitude to be one of the easiest, most effective ways to kickstart happiness and well-being. “The good news about gratitude is that it is one of the more growable character strengths—and it's never too late,” says Giacomo Bono, Ph.D., an assistant professor at California State University, in Dominguez Hills, and co-author of *Making Grateful Kids: The Science of Building Character*.

It's also never too early to “plant” it: Even toddlers love to parrot, “Thank you.” Research by Bono and others shows kids that are grateful are happier, more engaged and studious, and less envious, depressed,

materialistic and prone to violence. It can be taught: After one week of daily 30-minute lessons on gratitude, 8- to 11-year-olds wrote thank-you notes for a PTA presentation that were 80 percent longer than notes by kids that didn't have the lessons.

To instill gratefulness in a child:

1 Be grateful and show it.

“Kids are more likely to do something if they see adults around them doing it,” says Bono. “Being specific with your words helps, too, because it shows what behavior mattered to you and why.”

Adds psychologist Mary Jo Podgurski, founder and president of the Academy for Adolescent Health, in Washington,

Pennsylvania: “If we express our gratitude by making eye contact, with sincerity and by providing an example of how much we are appreciative, the words are empowered. Telling the grocery clerk, ‘I really like the way you packed my berries on top. Thanks for taking the time to be careful with my purchases,’ will light up the clerk's face.” That can translate into a child not simply saying, “Thank you” to a grandparent for birthday money, but also explaining how excited they are about the game they plan to buy with it.

2 Enact a small daily ritual.

“It's also good for families to come up with gratitude rituals,” says Bono. “Everyday conversations about the good

things and people we have or encounter in life, and being specific with words, helps young children understand the connection between kindness and feeling grateful better.”

For writer Judy Gruen's family in Los Angeles, this means a morning prayer: “When we wake up in the morning, the first words we say are those of gratitude that we have awakened and have the opportunity for a new day.”

At dinner time, some families play “a rose, a thorn, a bud”—with each person saying what happened that day that they're grateful for, what problems came up and what they're looking forward to. As a bedtime ritual, Heidi McBain, a counselor and author in Flower Mound, Texas, follows a routine with her two children that includes “reading, checking in about their day—the good/bad/ugly—and at least one thing they are grateful for from their day. And I often share mine, as well!”

3 Make gratitude fun.

By getting creative, we can make kids' expressions of gratitude even more enjoyable. Business coach Kristi Andrus, in Denver, says that her family toasts a lot at mealtime, raising their glasses and clinking them. “Our toasts are simple, ‘Today I'm grateful, thankful, or happy

to share _____.’ [fill in the blank]. The kids love it and the parents always smile at what the kids bring up.”

Charlene Hess, in Eagle Mountain, Utah, a blogger and homeschooling mom to seven kids, has set up a gratitude door with a sticky note added each day from each child. “This really helps the kids become more aware of all the good things in their lives, particularly as time goes on and they have to get more creative with their responses.”

“A rampage of appreciation” is what Jeannette Paxia, a motivational speaker and children's book author in Modesto, California, does with her five children: “We spend 10 minutes walking around and appreciating all we see. My children love it!”

In the home of northern New Jersey therapist Shuli Sandler, when one family member shows gratitude to another, a coin is put in a jar. “When it is full, the whole family can go out and do something together, like grab ice cream or something fun—remembering of course to say thank you,” she says.

Ronica A. O'Hara is a Denver-based natural-health writer. Connect at OHaraRonica@gmail.com.

Gratitude-Building Resources

Gratefulness.org: Essays, practices and resources for grateful living.

Making Grateful Kids: Advice from leading researchers at *Psychology Today*: Tinyurl.com/MakingGratefulKids.

How to Teach Gratitude to Tweens and Teens: Tinyurl.com/TeachingGratitudeTo-Teens.

TED talks playlist: Videos that inspire gratitude: Ted.com/playlists/206/give_thanks.

Research on gratitude in children: Tinyurl.com/YouthGratitudeProject.

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URBAN CHICKENS

Coming Home to Roost

by Julie Peterson

Locavores with a hankering for fresh, organic eggs produced close to home have sparked a resurgence in backyard chicken keeping; even people that don't like omelets are getting in on the trend. It turns out that the little descendants of dinosaurs make fascinating, low-maintenance pets.

"You can't watch a chicken running across the yard and not have your mood lifted," says Shana Cobin, who has owned chickens for four years. A veterinary staff member, she takes in rescues on her small farm in Foster, Rhode Island. Her current flock of eight chickens has room to forage with a turkey, some goats and sheep. At night, her birds sleep in a predator-proof chicken coop. As a vegan, Cobin gifts the eggs to others. "It's gratifying to give eggs to friends and family who might otherwise buy eggs from factory farms," says Cobin. "It's as if I'm helping those hens, too."

Those country chickens could be city chickens—if the municipality allows. An increasing number do, with a few rules. Roosters aren't usually allowed (think crowing at 4 a.m.); the number of hens is limited; and they can't roam the neighborhood. Local ordinances vary widely and change frequently, so be sure to get the facts for each area.

Bird Benefits

Chickens are relatively simple and inexpensive to maintain. They come in a variety of sizes and colors, are easy to bond with and

their entertainment value can't be underrated. "You will enjoy watching them for hours," says Andy G. Schneider, of Georgia, the national spokesperson for the Avian Health Program run by the Animal Plant Health and Inspection Service of the U.S. Department of Agriculture who has authored three books on chickens.

He says that keeping chickens is also a good way for children to learn responsibility and where their food comes from. He says, "They are living animals that depend on their owners and can live for 10 years or longer."

Backyard flocks readily compost food waste and hunt insects to eat. Their nitrogen-rich droppings and old bedding from the coop can fertilize gardens, or the chickens can be let loose in garden areas to fertilize and weed at the same time. However, they will eat desirable plants, so consider fencing off a fallow section of garden where they can prepare the ground for the next crop. Composting, fertilizing, weeding and pest control are benefits that even matronly hens that have slowed egg production still provide.

The miracle of producing an egg is a journey of its own. Rarely does a child—or grownup—squeal with as much glee as when the pet hen lays her first egg. Add the excitement of double-yolkers and tiny, yolkless "fairy eggs", and collecting the hens' bounty is a daily adventure.

Drawbacks

Like all pets, chickens need regular maintenance. They can get parasites such as mites or worms, or become sick. But the hardest thing about maintaining chickens is keeping them safe, according to Lisa Steele, a rural Maine farmer and author of *101 Chicken Keeping Hacks From Fresh Eggs Daily: Tips, Tricks, and Ideas for You and Your Hens*.

"No matter where you live, there is something that wants to kill or eat your chickens. A secure coop and run or pen are important," Steele says. The family dog, fox, coyotes, raccoons, owls and hawks are just some of the many potential predators.

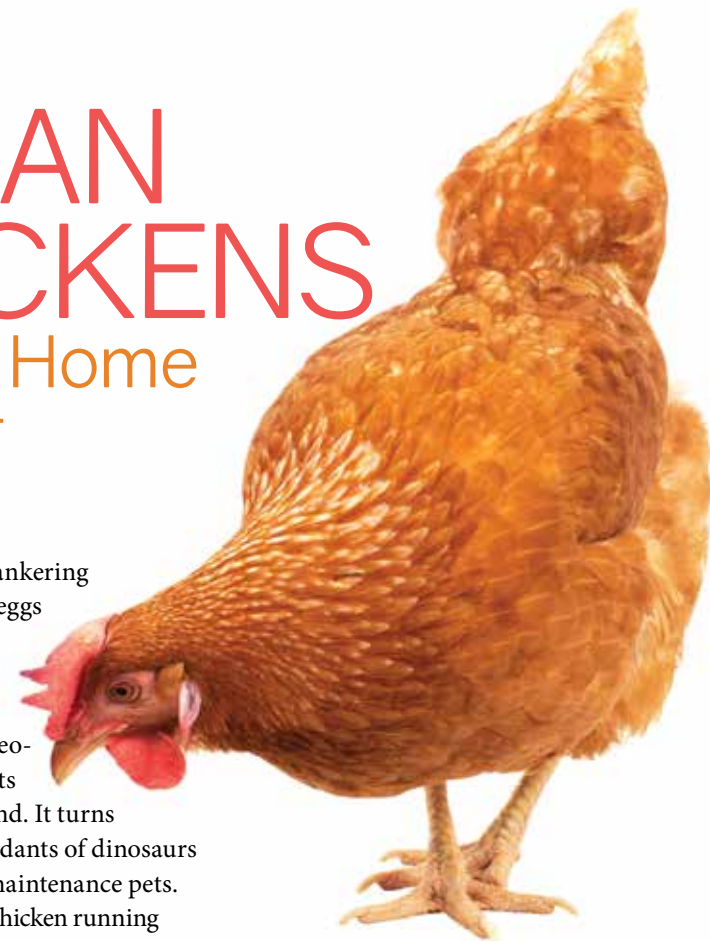
If a rooster is in the flock, he instinctively protects hens from perceived danger—great for predators, but not necessarily a desirable pet. They crow louder, earlier and more often than most would expect. Unless eggs to hatch are wanted, no rooster is needed.

Starting a Flock

After selecting breeds, a new flock can be started with adult hens or chicks from a hatchery or breeder. Steele points out that it's important to get chicks from a reputable breeder and start them off with good-quality feed, room to exercise, fresh air and clean water.

Coops can be built from plans or purchased. There is a trendy industry for palatial coops replete with window boxes, but the necessities include enough space for each chicken, roosting bars to sleep on, nesting boxes to lay eggs, good ventilation and predator-proofing. "The curtains, wallpaper and twinkle lights are fun, but not necessary," says Steele.

Julie Peterson lives in rural Wisconsin with her husband, dogs and chickens. Contact her at JuliePeterson2222@gmail.com.



YOGA SECTION



It is nice to see that even dedicated yogis are so open to it.

—Sharon Boustani

ANIMAL ASANAS

Goats on the Yoga Mat

by Yvette Hammett

When 50 to 60 strangers gather in a barn for their first goat yoga experience, it's a bit awkward and there's not much interaction—until the goats come in. "It is an immediate icebreaker, and the place suddenly fills with giggles and laughs," says Sharon Boustani, whose family runs Gilbertsville Farmhouse, in South New Berlin, New York. There is just something about miniature goats walking around on people's backs while they do yoga that immediately de-stresses people and makes them downright happy, she adds.

It may be fun, but it's also a form of serious therapy that's taken off across the nation and around the globe in recent years. Yoga by itself is proven to help with stress and pain relief, better breathing, flexibility and cardiovascular health. Add goats to the mix and the benefits are compounded by the well-documented benefits of human and animal interaction.

A number of studies, like one published in June by the American Educational Research Association, have shown that spending time with animals can lower blood pressure and decrease levels of the stress hormone cortisol. Other studies from the fields of psychology, animal welfare, counseling and anthropology note that these interactions offer additional positive health impacts and can reduce loneliness, boost moods and increase feelings of social support.

So combining adorable goats with a physically and spiritually beneficial yoga regimen just made sense to Lainey Morse, of Corvallis, Oregon, widely regarded as the mother of goat yoga. In 2015, Morse was diagnosed with a disease and was going through a divorce. "I would go out to my barn or out in the field and just be around my goats," she says. "I wondered why they didn't use goats for therapy like they do with horses."

Goats, she says, have a sense of calm. "When you are around them, you take on that energy, and it's hard to be stressed out and have anxiety. But they are also really funny animals. They



People say it's the best day of their life. It's something you kind of have to experience to know why it's so popular.

—April Gould

make you laugh.” She started with goat happy hour at her farm, inviting friends she knew were going through issues of their own. “Everybody left happy,” she recalls.

When she discussed it with a yogi friend, goat yoga was born. Morse now has 13 partnerships around the country where others teach the classes and she handles the business end. “For me, it’s still about nature and getting out in nature.” Morse says she’s not quite sure why it took off like lightning, but she guesses it’s just because many people love the interaction.

April Gould and Sarah Williams run their Arizona Goat Yoga classes at the Welcome Home Ranch, in Gilbert, Arizona. It is now a major tourist destination for the state. “Three to four times a week, we walk about 150 people out into one of the pastures,” Gould says. A lot of visitors from out of state return every time they’re in the area, she adds. And many Arizona residents come once, and then bring back friends and family.

“People say it’s the best day of their life. It’s something you kind of have to experience to know why it’s so popular,” says Gould. Those that are more experienced can make it as difficult as they want. “And some people just want to play with the goats.”

For Bisk Education, an eLearning company based in Tampa, bringing goat yoga to its campus was a way to inspire and de-stress employees. “There is a way to integrate wellness into your corporate programs that makes you a differentiator,” says Chief People

Officer Misty Brown. “When it comes to a perk, I want to make sure those investments are memorable. It gives Bisk the reputation as more of a progressive culture.”

Boustani calls it an escape experience. “That’s primarily what it is. Yoga in general is kind of geared toward letting go of your everyday worries and trying to come to some peaceful or therapeutic state.”

Introducing something so lighthearted to something that many people take so seriously, like yoga, is interesting to watch, Boustani says. “It is nice to see that even dedicated yogis are so open to it.”

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



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Yoga in Atlanta

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YOGA EVENTS

FRIDAY, NOVEMBER 1

Balanced Intention: The Practice and Theory of Slow Yoga Practices – Nov 15-17. With Patty Schmidt and Caroline Dunham. Gain a comparative understanding of the restorative yoga, yin yoga and somatic practices, including historical context and contemporary considerations. \$325. Vista Yoga, 2836 Lavista Rd, Decatur. 404-929-9642. VistaYoga.com.

SATURDAY, NOVEMBER 16

Symphony of 77 Singing Bowls in Surround Sound – 7:30-9:30pm. Sacred sound practitioners Margo Gomes, Jonathan Adams, Michael Burke, and Gabriel Nelson Sears are joining together again to offer an experience like no other; beautiful tones of 77 Himalayan singing bowls. \$35/advance, \$45/at door. Vista Yoga, 2836 Lavista Rd, Decatur. 404-929-9642. VistaYoga.com.

TUESDAY, NOVEMBER 19

Yin Yoga and Sound Bath Healing – 6:30-8:00pm. With Rebecca Turk and Beth Houser Coghlin. Living Foods Institute, 1700 Commerce Dr. NW Atlanta. www.livingfoodsinstitute, 404-524-4488.

SUNDAY

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.

MONDAY

Hatha Yoga – 6-8pm. With Raj Mehta. Gentle stretching and health education. Each week Raj

presents information about different herbs. Free. Sevananda Community Room, 467 Moreland Ave NE, Atlanta. 404-681-2831. Sevananda.coop.

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

Chair Yoga for Seniors – 11:30am-12:30pm. This form of yoga allows those with a lack of mobility or stability to receive yogas healing and restorative benefits of flexibility, balance and muscle tone. All levels. Donations appreciated. Herron House, 102 Russell Rd, Mountain Park, 30075.

TUESDAY

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

WEDNESDAY

Free Yoga & Mindfulness Class – 12-1pm. Introduction to mindfulness and how to apply it to daily life in order to live with greater freedom and happiness. Includes discussion, a gentle yoga practice and a formal

mindfulness practice. 5575 New Northside Dr, Ste 100, Atlanta. SatiYogaAtl@gmail.com. SatiYoga.net.

FRIDAY

The {SAMA} Class – 9-9:45am. Community class with yoga, breathwork and meditation. {SAMA} Food for Balance, 56 East Andrews Dr, Suite 17, Atlanta. bit.ly/SAMAclass

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.

SATURDAY

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.

Free Yoga – 8:30-10am. Yoga and pranayama (breathing) for all levels and ages. Greater Atlanta Vedic Temple, 492 Harmony Grove Rd, Lilburn. 770-381-3662. VedicTemple.org.

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

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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.

SATURDAY, NOVEMBER 2

Taste of Health Wellness Expo - 12-4pm. Enjoy healthy food samples, a wellness panel, a fashion show, fitness demonstrations, music, games, prizes, diabetes information, exclusive wellness information for older-adults and veterans, and other fundamental community resources. Free. Greenbriar Mall, 2841 Greenbriar Pkwy SW, Atlanta. Tinyurl.com/y59h8wq4.

MONDAY, NOVEMBER 4

Living Foods Institute Healthy Lifestyle Programs - Nov 4-18. 9am-4pm. 1-, 5-, 10-, 15- & 30-day programs as well as 5 Super Detox Day options available. Hands-on training in the raw and living foods recipe preparation, emotional and mental healing, cleansing and detoxification and more. Fee according to package selected; some scholarships available. Living Foods Institute, 1700 Commerce Dr, Atlanta. 404-524-4488. LivingFoodsInstitute.com.

FRIDAY, NOVEMBER 8

Sustainable Atlanta Roundtable - 7:30-9am. Topic: Protecting Our Water Supply: Perspectives from the South. Southface Institute, 241 Pine St NE, Atlanta. Southface.org.

SATURDAY, NOVEMBER 9

Atlanta Veg Fest - A day of engaging speakers, delicious food, a vendor marketplace and fun for all ages. \$5 suggested donation. Infinite Energy Center Forum, 6400 Sugarloaf Pkwy, Duluth. AtlantaVegFest.com.

Georgia Health & Beauty Expo - 10am-3pm. Amazing healthy alternatives and beauty solutions. Mental health assessment, demos, giveaways, food and fun. Free. 4855 Old National Hwy, Atlanta. Tinyurl.com/y4x7j85q.

Wetland Restoration - 1-4pm. Help to remove invasive Chinese privet and other non-natives in and around our wetlands to encourage native plant restoration. CNC, 9135 Willeo Rd, Roswell. 770-992-2055. Register: ChattNatureCenter.org.

TUESDAY, NOVEMBER 12

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.

FRIDAY, NOVEMBER 15

Ossabaw Island Service Weekend - Nov 15-17. An incredibly rare opportunity to enjoy a primitive and remote barrier island, and to support its preservation by giving back with some elbow grease. Ossabaw Island State Heritage Preserve. More info: GeorgiaConservancy.org.

SATURDAY, NOVEMBER 16

A Message of Hope - 3pm. In chaotic times, we long for messages of hope. See a video presentation featuring the late Benjamin Creme as he reveals the most momentous event in human history, unfolding right now. Share International USA Southeast Region. Free. Dunwoody Public Library, 5339 Chamblee Dunwoody Rd, Dunwoody (Atlanta). 404-680-7423. Share-International.us/se/upcoming_events.

Explore Painting from the Inside Out: Intuitive Painting with Joyce Dillon, RN - 10am-12:30pm. Living Foods Institute, 1700 Commerce Dr. NW Atlanta. www.livingfoodsinstitute.com, 404-524-4488.

SUNDAY, NOVEMBER 17

Raw & Living Foods Banquet Feast & Graduation Party - 3:30pm. Delicious organic raw and living foods buffet and

testimonies from students who have completed the Healthy Lifestyle Course. Open to the public. \$5-\$10 donation appreciated. Living Foods Institute, 1700 Commerce Dr, Atlanta. For reservations: 404-524-4488. LivingFoodsInstitute.com.

MONDAY, NOVEMBER 18

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

WEDNESDAY, NOVEMBER 20

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.

SATURDAY, NOVEMBER 23

Kidfitstrong Fitness Challenge Fall Festival - 11am-7pm. Kids of all ages get the opportunity to flex their physical fitness by participating in a completion-based obstacle course designed to challenge speed, strength, agility and overall physical fitness. Free, Piedmont Park, 400 Park Dr NE, Atlanta. Tinyurl.com/yyhmpoqz.

Plant-Based Thanksgiving - 4-7pm. Organic raw and living recipes! Bring the whole family to enjoy our feast! Please RSVP by Nov 18. Living Foods Institute, 1700 Commerce Dr. NW Atlanta. www.livingfoodsinstitute.com, 404-524-4488.

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MEDITATION ON TWIN HEARTS - Tuesdays, 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.

PUBLIC CHANNELING - Nov 8. 8-10pm. Jamie Butler will allow spirit guides to speak directly through her to you. During the 1st hr, the guides will teach lessons and deliver messages, and during the 2nd hr, they will answer your questions. \$30.

DIVINE FEMINE CIRCLE - Nov 20. 6:30-8:30pm. With Janet Raftis. A sacred container for us to explore that which is holy within us, and for us to remember and reclaim the truth of who we are. \$33.

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.

A Course in Miracles - 9:30-11am. This informal class consists of prayer, text reading, discussion, an ACIM daily lesson and mutual support. With Nina Vance. Love offering. Unity North Atlanta, 4255 Sandy Plains Rd, Marietta. 678-819-9100. UnityNorth.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.

Circle of Sacred Earth - 11-12 noon. Every Sunday except the first. A sacred gathering of sharing from the heart. The experience begins with a leader speaking on a spiritual topic then opening the floor for response. Heron House, 102 Russell Rd, Mountain Park, GA 30075.

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

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

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

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

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

Monthly Feminine Energy Empowerment Seminars - 2:15-3:30pm. 4th Sun. Topic changes monthly. Designed with the particular needs of the transformative woman, these workshops deal with

topics pertinent to spiritual empowerment, health and wellness, and living your authentic self. \$15. Hidayah Reiki, 4282 Stone Mountain Hwy, Ste K, Lilburn. 678-438-6442. HidayahReiki.com.

Free Community Meditation Class - 7:30-8pm. A guided mindfulness meditation class led by Namrata. Includes some instruction on mindfulness and concentration techniques, as well as time to practice in silence. Sati Yoga, 5575 New Northside Dr, Ste 100, Sandy Springs. Tinyurl.com/y4uhryrr.

mondays

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

Monday Night Meditation - 7-8pm. An instructor-led meditation and discussion as we develop our meditation practice by maintaining a moment-to-moment relaxed awareness of our surrounding environment, bodily sensations, thoughts and emotions. All levels. \$10. Open Mind Center, 1575 Old Alabama Rd, Ste 213, Roswell. 678-243-5074. TheOpenMindCenter.com.

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

tuesdays

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

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

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

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

wednesdays

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

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

An Introduction to the Happiness Program - 7:30-8:30pm. 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 heal-

ing, 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.

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

saturdays

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

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

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

Everyone looks so much better when they smile.

~Jimmy Fallon



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BOOK SIGNING: COME THE EVENTIDE - Nov 7. 4-6pm. Join Chris Riker as he signs copies of his new ecological science fiction novel, *Come the Eventide*. He will talk about the wonders of imagination and the urgent need for each of us to act to protect the far more wondrous planet we call home.

SAY YES TO YOU & BECOME A CERTIFIED HEALER READY TO EMBODY YOUR DIVINITY AND SERVE WITH PURPOSE? - Nov 20. 7-8:30pm. Join Jessica Valor in learning how to confidently integrate energy healing modalities for your own self-healing and hold a powerful space for those you serve by becoming a certified healer. Free intro.

Seven years without a cold? Copper in new device stops cold and flu

By Doug Cornell

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 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 microbes, 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.

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

time. He hasn't had a single cold for 7 years since.

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

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

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

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

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



Dr. Bill Keevil: Copper quickly kills cold viruses. 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 America of pure copper. It has a 90-day full money back guarantee. It is \$69.95.

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Sacred Listening

By Sarah Poet



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Once participated in a five-day retreat called Soul Fire, which, in case the name of the retreat doesn't quite articulate it, was designed to set one's soul ablaze. But as the days progressed, other people seemed to be "getting it" in a way that I wasn't. By the fourth day, I still hadn't had any big "A-ha" moment.

Each afternoon, we were given free time to listen to the voice of our souls and discover whatever we might discover. On the afternoon of that fourth day, I watched three groups of women form and move in different directions: to the river, to the lake, to the mountaintop. It all sounded like fun, so I was a little bummed that I hadn't been invited into one of the groups. My inner kid felt un-included.

I thought, "I will go join the river group because I'm feeling like that might be cool today." But on the inside, I felt a misalignment; I wanted to be accepted more than I wanted to join the group's activity.

As I walked toward the river, a distinct feeling arose inside me, along with the message, "Turn right and take this path." At first, I ignored it. But as I was passing the path, the voice grew even louder. "Take that path on the right!" it insisted. So, I did.

Then I kept asking, "Where to? Where to?" I followed the promptings of the voice

across a field, across a small stream, and into a flat piece of earth in the sunshine. "Listen to that Disney song you discovered this summer with your son and dance," the voice said. At the retreat, we were allowed to listen to downloaded music but not to anything online.

Again, I did what my inner voice said. I danced to the song, on repeat, in a field, alone. Not at the river with the other women. And there I had my "A-ha" moment of self-discovery. I danced to a damn Disney song—which I curse only because it was incredibly out of character for me—and each time it ended, the voice once again said, "Again."

I listened to and danced to that song on repeat for over an hour, in the sun, dancing my feet on the earth like I imagine my Native American ancestors did, and I came into a depth of Sacred Remembering that I had not yet known. I felt my soul as ancient. I felt the Divine Feminine wanting to pour through me.

And finally, with my hands in the air and my feet stomping the earth, I claimed the truth of me with every step. Then I felt something like cold rushing water run down my throat and into my lungs. It poured through me, and I knew I had reclaimed something deep and sacred within me: the Divine Feminine herself.

A few months later, I went back to tour the land where the retreat was held and inquire about hosting my own retreat in that space. I told the caregiver about that afternoon in the sun. She said, "Sarah, that is an ancient Cherokee ceremonial site." Chills covered my entire body. My ancestors were Cherokee.

It was a pivotal point on my path.

What happened that day was bigger than I will ever know. I could have passed that path. I could have ignored that voice inside. But I listened. I danced. I claimed. It changed me. And what was calling me, what my soul was guiding me toward, was an ancient Cherokee site. Do I ever want to ignore a voice like that? I want every piece of magic that path will graciously offer. I will listen to that voice and trust it. It is my guide.



Sarah Poet's coaching practice, *Embodied Breath*, includes *Conscious Couples Coaching, Embodied Intimacy, and Honoring Personal Truth for*

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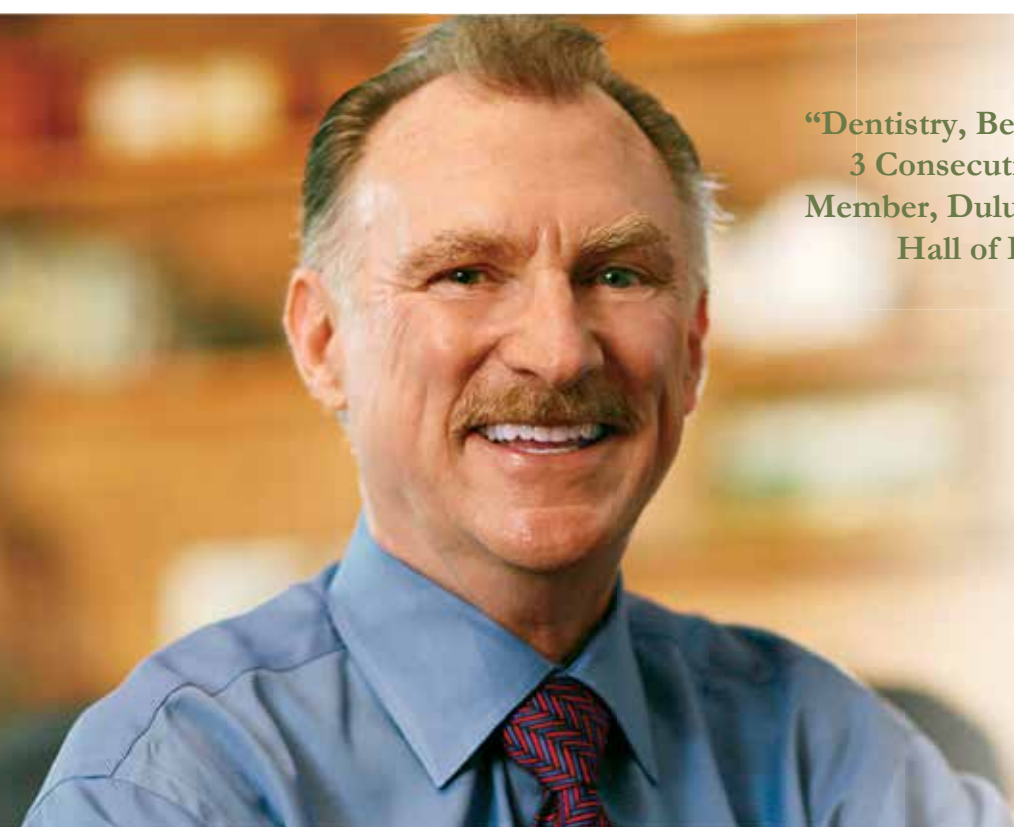
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