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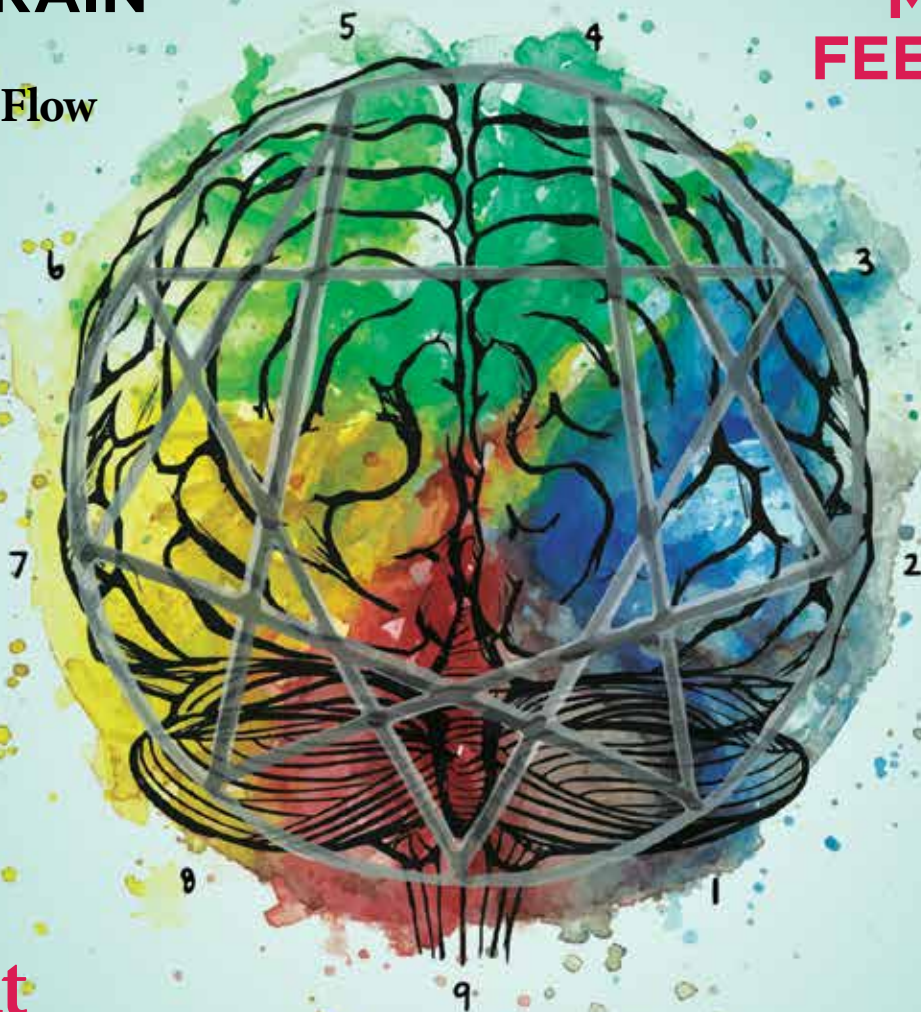
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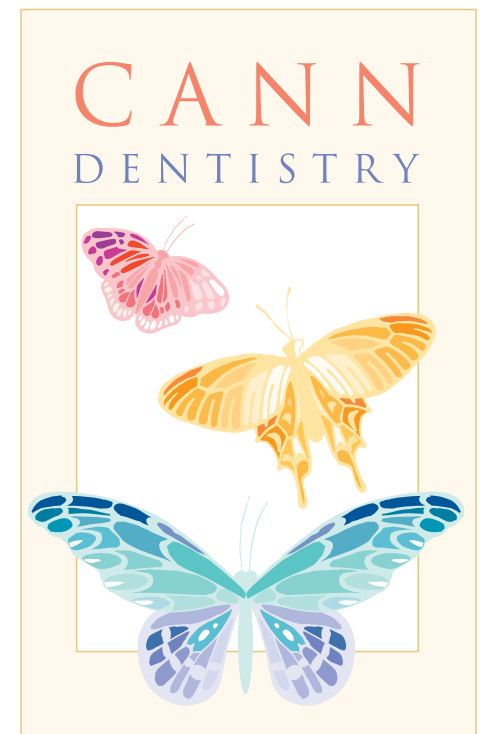
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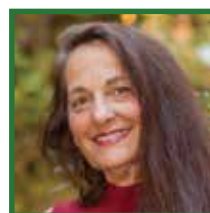


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**Jerome Lubbe  
Guest Contributor**

We'd like to thank Dr. Jerome Lubbe, DC, DACNB for his three-part series on the Enneagram, which starts this month and runs through our August 2020 issue.

CEO and founder of Thrive Neuro Health, LLC, Jerome specializes in complex, unresolved neurological cases. His practice explores how functional neurology, neuroplasticity, and tools such as the Enneagram can improve holistic wellbeing.

His book, *The Brain-Based Enneagram: You are Not a Number*, offers readers a neuroscience-based model of the Enneagram and can be a tool for greater self-realization and optimal living. It is in its fourth print run and available in hardback, Kindle and Audible editions on Amazon.

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

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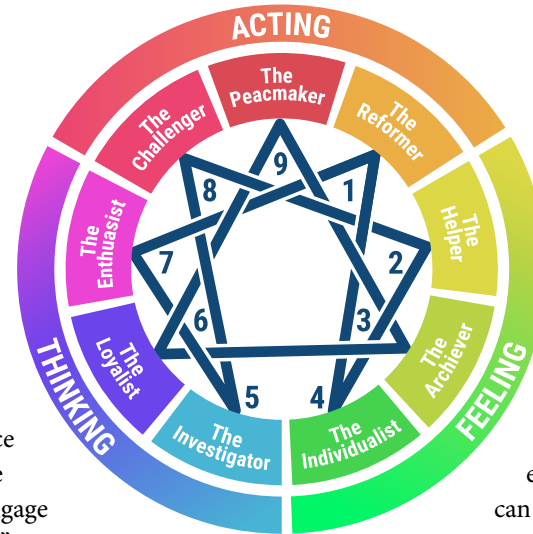
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The Enneagram  
A Tool for Growth

“It was through the lens of the Enneagram that I first observed my personality/ego in action, and, in so doing, began to wake from the trance to realize that I have a choice in how I engage with/respond to life.”



So began the inscription in my copy of Riso and Hudson's *The Wisdom of the Enneagram*, given to me for Christmas 2014 by my dear friend Ramona.

While I am not a devoted student of the Enneagram like many people I've encountered, I immediately recognized it as a priceless tool for self-development. As the subtitle of Riso and Hudson's book says: "The complete guide to psychological and spiritual growth for the nine personality types."

Ramona had already pronounced me an Enneagram #9, the type labelled as Peacemaker. I did the questionnaires confirming my type and dove into reading all about 9s. And what I found was compelling.

Each of us is aware of most aspects of our personalities. I certainly was aware of A, B and C and X, Y and Z. But until reading about the Enneagram, it hadn't occurred to me how characteristic X might make sense in the same person as characteristic C. That's the first "ah-ha" I received. I knew this and that, and this and that, and this and that about myself, but I hadn't perceived these attributes within the context of a personality type in which these various traits and tendencies make perfect sense.

What astounds me about the Enneagram is its breadth and depth. There seems to be no end to the layers upon layers of concepts, analysis and exploration one can engage in to gain an ever-deeper understanding of one's personality. Moreover, new perspectives and models have been added over time, including one by Dr. Jerome Lubbe, author of our three-part series on the Enneagram that commences in this issue.

Lubbe is a chiropractor and functional neurologist who's book on the topic is in its fourth printing. While his perspective on the Enneagram is overlaid with his perspective on neurology, his goal sounds like it could be the goal for many other Enneagram professionals: "To foster physical, mental, emotional, and relational health for the purpose of spiritual well-being."

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If you've been following our magazine for the last few years, you'll know that we are committed to personal evolution content. Most of what we've published in that regard has come from the world of yoga; our yoga department is more about The Yoga Sutras than yoga's asanas. Now we're thrilled to present this three-part series on the Enneagram, a most excellent vehicle for emotional and spiritual development that we heartily endorse.

And the metro Atlanta area is fortunate to have a strong Enneagram community from which one can take workshops and classes and dive deep.

LETTER FROM THE PUBLISHER

There are a handful of Enneagram-trained therapists and business consultants who can work with individuals and organizations to enhance daily living, whether that living takes place in one's own mind or in collaboration with colleagues.

Atlanta's anchor for the Enneagram is the International Enneagram Association (IEA), Georgia Chapter. The chapter hosts monthly educational sessions that always enjoyed a strong turnout when they were held in Decatur, but attendance has doubled to tripled during this time of virtual meetings. While that increase certainly reflects not having to drive long distances during the remains of rush hour traffic, I'd like to believe that it also indicates that some of us are more inclined to go inward while we're sheltering in place.

If you're new to the Enneagram, I hope you find our series intriguing and that it prompts you to explore. If you're familiar with the Enneagram, I hope Dr. Lubbe's presentation extends your curiosity and draws you in deeper. However you proceed, know that this model of personality types can help you grow in the most meaningful way; it can build your compassion. For as you come to understand yourself more completely, so too, in learning about the other eight types, you will learn about the inherent strengths and weaknesses of others. And when one of the more irritating weaknesses becomes manifest in others, instead of reflexively reacting, you may reflectively recall—oh yeah, #4s are like that!—and give them a pass.

We all would appreciate being let off the hook more often. 🙏



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.

## Greene Nutraceuticals Offers Energy Drink for Mental Clarity

Atlanta-based Greene Nutraceuticals is now offering Instant Clarity™ Powdered Energy Drink to help promote mental clarity and energy. Ingredients include Vitamin C, B12, ginkgo, phosphatidylserine, huperzine A and chromium picolinate, which work synergistically to promote clarity, increase focus, improve mood and support memory. The combination is especially helpful to those with brain fog, ADD and ADHD. The product is also designed to energize and support the adrenal glands with vitamins and minerals.

"Instant Clarity was born out of my own battle with brain fog," says Errol Greene, founder of Greene Nutraceuticals. His brain fog was so debilitating, he asked his doctor for a dementia/Alzheimer's test. Instead, the doctor prescribed several nootropics—substances that promote memory and cognitive function—and they changed his life. "To say they worked is an understatement—they made life worth living again. I started thinking more clearly than I had in my teens and twenties," says Greene. His experience inspired him to create a convenient product that combines those ingredients so others could benefit from them, too.

All ingredients in Instant Clarity come from a U.S.-based, FDA-approved, cGMP-certified facility and are gluten- and sugar-free. Amazon reviewed and tested the product, reported that it meets and exceeds their requirements, and named it a "product of choice" within several categories.

"Nootropics offer a proven, healthy, and effective way for adults experiencing brain fog to address their symptoms without having to resort to expensive prescription drugs that often come with side effects," says Greene. "But what really separates this energy cocktail from others is that it includes ingredients for adrenal support. Most energy drinks make large withdrawals from our adrenal glands and give little, if anything, in return to help recharge them."

A 30-serving container is available at an introductory price of \$25.95 on the website or on Amazon for \$26.95. For more information, see [Greene-Nutraceuticals.com](http://Greene-Nutraceuticals.com).



## MOON and Kindred Offer Virtual Facials

At a time when many of us are home-bound, MOON Organics and Kindred Studio are offering personalized, holistic "virtual facials" so anyone can experience a professional facial safely at home with the guidance of trained professionals.

After filling out a detailed client intake form, customers meet online with a licensed professional esthetician to discuss their issues and skin goals. They then receive via U.S. mail a customized facial kit containing products that suit their skincare needs and routines. Kits contain clean, plant-based products, including skin-appropriate cleanser, exfoliant, massage oil, mask, moisturizer, and more. Depending on which facial they purchase, customers receive either detailed written instructions for a DIY facial or an online consultation with a skincare specialist to walk them through their facial step-by-step.

"It's a great way to show yourself some love and care for your skin during this time," says MOON Organics owner, Susan Gonzalez. "Clients end up with a fresh face, a relaxed mind, and a new, personalized skincare routine that is based on professional advice."

For more information, visit [MOONOrganics.com](http://MOONOrganics.com) or [KindredStudioATL.com](http://KindredStudioATL.com).



# Atlanta Businesses Open and Opening

We did a quick survey of our display advertisers to share with readers their plans for reopening during these unprecedented times.

### Abundant Living Wellness Center

Board-certified naturopath and holistic health practitioner, Dr. Kemi Oluwakoya, is fully open, 9 a.m. to 5 p.m., Monday through Friday, and 9 a.m. to 2 p.m., Saturday. 1393 Scenic Highway, Snellville, GA 30078, 470-514-5775

### Atlanta Dental Wellness (a.k.a. Cann Dentistry)

The office of Dr. Cale Jackson, Dr. Roberta Cann and Dr. Matthew Giordano reopened on May 18 with "appointments limited to current patients who are in the midst of treatment with us and awaiting their definitive restorations" and emergencies. Starting June 1, the practice plans to open for regular check-ups and cleanings, although this may change due to changing government guidelines. For more information: 404-233-1102

### Elohee Center

This retreat center in Sautee, GA, is hosting two small retreats in July: Meditation and Pranayama Immersion, maximum 10 participants and led by *Natural Awakenings'* yoga editor Sheila Ewers, and Riding The Waves

of Change, maximum nine participants. It reopens its full facilities on July 31 and hosts Kirtan Space Camp, August 14 to 16. For more information: Elohee.org

### Forever and a Day/Woodstock Salt Cave

This new age emporium reopened on May 19 under a variety of safe practices including employees' use of masks and gloves, frequent cleaning of high-touch surfaces and limited class sizes such that each person will have their own table. The Salt Cave will be limited to four people at a time with cleaning in between sessions. New hours as of May 19: Tuesday through Sunday, 10:30 a.m. to 6:30 p.m. 7839 Highway 92, Woodstock, GA, 30189, 678-463-6648, ForeverAndaDay.biz

### Living Foods Institute at Tula Health

The Living Foods Institute reopens with in-person training starting in July with the return of its three core programs: the 5-Day Reboot Program, the 10-Day Healthy Lifestyle Program and the 15-Day Complete Detox & Lifestyle Program. Start dates are, respectively, July 10, July 10 and July 6. All programs have

a virtual participation option and can provide CEUs to NBHWC-certified health coaches. [LivingFoodsInstitute.com](http://LivingFoodsInstitute.com), 404-524-4488

### MOON Organics

Holistic esthetician and creator of organic skincare products Susan Gonzalez is currently offering virtual facials and will reopen for full service on June 1. Her products can be purchased at her website [MoonOrganics.com](http://MoonOrganics.com). For more information: 678-463-6648

### Rose Dental

This mercury-free, SMART-certified dental office in Tucker has been open for all services since the beginning of May. 4459 Lawrenceville Hwy, Tucker, GA, 30084, [roseDentalAtl.com](http://roseDentalAtl.com), 678-528-6747

### Tree of Light Health

Martin Van Lear, a board-certified family nurse practitioner and integrative/functional medicine practitioner, is fully open for all services and COVID-19 testing. 235 East Ponce De Leon Ave, Suites 308/314, Decatur, GA, 30030, [TreeOfLightHealth.com](http://TreeOfLightHealth.com), 404-877-2385

ECO TIP

## Biking During the COVID-19 Crisis

### Regular Tips Apply to Pedaling

During the coronavirus crisis, biking is especially recommended, as it provides exceptional aerobic and cardio exercise, relaxation and because it maintains social distancing. Keeping in mind proper equipment, fitness, safety and other factors can make it even more fulfilling during this difficult period.

**Choose the right bike.** Those designed for roads and pavement are generally lighter and have more gears than mountain bikes, which have more shock-absorbing features, plus more lower gears to help traverse inclined terrain. Urban and commuting bikes feature a slightly more upright riding position that allows better sightlines and improved visibility by motorists.

Use a bike shop with mechanics that test and adjust the bikes they sell, including determining the proper seat height—which facilitates proper alignment

of hips and a full rotation—and the ideal distance from the handlebars to the seat tube. Back, knee or hip pain may develop if a cyclist has to stretch his or her legs to get to the pedals, according to the League of American Bicyclists. A biker doesn't get proper leg extension if the seat is too low. The legs should be almost, but not totally extended at the lowest point in pedaling.

**Safety takes many forms.** Even well-marked bike lanes don't guarantee safety, so use caution. Some motorists are careless about entering bike lanes and don't correctly stop at crosswalks or look behind before opening doors. Keep at least five feet from the sides of cars to avoid being hit. Don't weave in and out of traffic, always don a helmet, signal turns and watch out for runners and walkers. Use the stop signal (left arm extended downward) to alert bikers that may be traveling behind.

**Proper pedaling can help prevent strains.** In addition to ensuring they're employing proper leg

extension, it's advised that bikers pedal a little faster in a lower gear; ideally, 75 to 90 revolutions per minute, which is easier on the knees with less muscle fatigue than traveling slower in a higher gear.

**Routine maintenance** includes "cleaning and lubing the chain, replacing brake pads, and changing and fixing a flat tire," according to major bike and outdoor retailer [Recreational Equipment, Inc. \(rei.com\)](http://RecreationalEquipment.com). The website has helpful tips on tools to obtain, along with basic information on bike maintenance, cleaning and fixing a flat tire.



## Decrease Bone Fractures with Natto



Natto, a fermented soybean dish of Japan, offers postmenopausal women protection from bone fractures, concludes a new study in *The Journal of Nutrition*. Studying 24 years of records of 1,417 Japanese women older than

45, researchers found that compared to those women that rarely ate natto, those that consumed one to six 40-gram packs a week had 21 percent fewer fractures and those consuming more than seven packs had 44 percent fewer fractures. Tofu and other soybean products had no effect on fracture risk. With its strong smell and sticky consistency, natto is an acquired taste, but is also one of the few plant sources of vitamin K<sub>2</sub>, which activates bone-building proteins. Other studies have linked it to healthier gut flora, lower cholesterol and blood pressure levels, and a stronger immune system.

## Consume Olive Oil to Fight Off Aging

In what might be good news for teetotalers, researchers at the University of Minnesota found that it's not the resveratrol in red wine that increases the life span of cells of those following the Mediterranean Diet, but the fat in olive oil that activates the critical pathway which prevents age-related diseases. "This pathway has been linked to almost all of [aging diseases]. It's the roots," says Doug Mashek, Ph.D., a professor in the departments of medicine and biochemistry, molecular biology and biophysics. His studies suggest that the benefits of olive oil are most pronounced when coupled with fasting, limiting caloric intake and exercising. "We found that the way this fat works is it first has to get stored in microscopic things called lipid droplets, which is how our cells store fat. And then, when the fat is broken down during exercising or fasting, for example, is when the signaling and beneficial effects are realized," Mashek explains.



## Eat a Plant-Based Diet to Lessen Stroke Risk

People that eat a vegetarian diet rich in nuts, vegetables and soy may have a lower risk of stroke than others with diets that include meat and fish, concluded a new study in the journal *Neurology*. Taiwanese researchers studied two groups of healthy people over age 50 that lived in Buddhist communities in which drinking and smoking were discouraged and

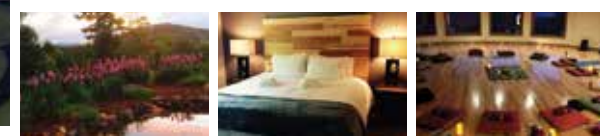
vegetarian diets were followed by about a third of residents. Compared to the meat- and fish-eaters, vegetarians consumed less dairy, animal protein and fat, about the same amount of eggs and fruit, and more fiber and plant protein. In the group of 5,050 people studied for six years, vegetarians had a 74 percent lower risk of ischemic stroke, in which blood flow to the brain is blocked, than non-vegetarians. In the group of 8,302 people followed for nine years, vegetarians had a 48 percent lower risk of overall stroke than non-vegetarians, a 60 percent lower risk of ischemic stroke and a 65 percent lower risk of hemorrhagic (bleeding) stroke. "Stroke can also contribute to dementia. If we could reduce the number of strokes by people making changes to their diets, that would have a major impact on overall public health," says study author Chin-Lon Lin, M.D.



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# Feeding Happiness

## Lifting Moods with Feel-Good Foods

by Marlaina Donato

Whether it's a pandemic, a breakup or a busy day with the kids, heading to the kitchen for a carb fix or a pint of ice cream is a common knee-jerk response to stress. It's easy to get caught in a whirlpool of poor eating when our bodies need nutritional support more than ever.

Sustained or chronic stress can reduce levels of dopamine and serotonin—neurotransmitters linked to feelings of both satiety and happiness. “When serotonin levels are normal, it leads to both emotional satisfaction and a sense of fullness after a meal,” says Certified Integrative Nutrition Health Coach Maria Marlowe, in New York City and Dubai. “Conversely, when serotonin levels are low, it can lead to depression and a tendency to reach for sweet and starchy foods.”

### Avoiding Extremes

Stress-eating sparks only temporary physical and emotional fulfillment. “When your brain is in need of energy, it can mimic the symptoms of depression and anxiety,” notes Tara Waddle, holistic life coach at The Center of Balance, in Greeley, Colorado.

“Finding healthier substitutes that are less processed can make a huge impact.”

Experts agree that concentrating on weight loss or super-strict diets during times of adversity might do more harm than good. “Focusing on the need to lose weight during crisis will only do two things—make you feel guilty if you're not eating what you think you're supposed to and potentially make you eat more out of guilt,” says Registered Dietitian Nutritionist Jennifer Neily, in Dallas.

Opting for healthier versions of favorite comfort foods is a doable compromise that can prevent endorphins from plummeting after the usual temporary spike. “With the right ingredients and recipes, we can satisfy our cravings for sweet, salt, creamy or crunchy with healthier upgrades of our favorite junk foods,” says Marlowe.

### Friendly Fare

Eating to stay healthy during hard times can tickle the taste buds without a lot of invested time. Marlowe's go-to favorites like homemade banana ice cream or chocolate truffles not only take minutes to prepare, but fortify the brain. For must-have salty fa-

vorites, she suggests opting for snack foods seasoned with unrefined or pink Himalayan salt, fresh guacamole, salsa, olives or pickles. Filling a seaweed sushi wrap with avocado can be a satisfying and easy snack.

For easy-exotic, Marlowe says, “I always keep coconut milk and unsweetened curry paste on hand to whip up a red Thai curry, my favorite 15-minute dinner. Simply add fresh or frozen vegetables and protein of choice and you have a satisfying, flavorful meal that is faster than delivery.”

Waddle's healthy comfort foods include nuts of different flavors, dried fruits and baked Brussels sprouts with nitrite-free bacon, black pepper and a sprinkle of nutmeg. “The food you consider comfort food is comforting because it's familiar,” she says. “When you start eating healthier food more often, it will become comfort food. Just keep trying new things.”

### Keep it Simple

The kitchen can be our greatest ally during any life-storm, but having a stress-free strategy is key, especially paying attention to emotional states. “Ask yourself, ‘Is it head hunger or belly hunger? Above the neck or below the neck?’ If it's the latter and that's truly what is desired, don't deny yourself, but choose with conscious understanding. Savor the flavor,” says Neily.

Marlowe recommends easy meal planning and maintaining an eating schedule. “This helps remove some of the stress and decision fatigue that comes with figuring out what to eat in the moment, especially with random ingredients in the fridge.” Food shopping can be an instant junk food trap. Waddle's approach is a sure way to outsmart impulse buying based on habit. She says, “Start with the produce department first. This fills your cart with fresh foods and your cart will be full by the time you get to the snack aisle.”

Self-compassion can be one of the most important, yet overlooked considerations. “Regardless of what you choose to eat, be gentle with yourself,” notes Waddle. “The guilt of eating poorly is more damaging than the food.” 🍌

Marlaina Donato is an author and a composer. Connect at [AutumnEmbersMusic.com](http://AutumnEmbersMusic.com).

# Sweet Recipes for Healthy Snacking

## Banana Ice Cream

2 overripe bananas  
¼ tsp vanilla extract

**Add-Ins:** choose as many as desired  
2-3 tsp cacao powder  
1 Tbsp almond butter  
2-3 tsp carob powder  
3-4 pitted dates  
¼ tsp cinnamon  
1 cup frozen strawberries  
6 mint leaves  
1 Tbsp coconut flakes (or coconut butter or shredded coconut)  
1 Tbsp ginger  
1 Tbsp almond butter or almonds  
½-inch peeled ginger piece

Peel bananas, break in half and put in a zip-top freezer bag. Freeze for at least 4 hours or overnight. Place all ingredients (banana base plus the add-in ingredients of choice) into a high-speed blender such as a Vitamix, and blend on high until soft-serve ice cream consistency is reached, which should be in about 30 to 60 seconds.

Taste to determine whether any more add-ins are needed and re-blend if desired. Spoon out and serve.

Source: *Certified Integrative Nutrition Health Coach Maria Marlowe*



## Five-Minute Chocolate Truffles

### Truffle

3 Tbsp cacao powder  
1½ cups dates, pitted  
3 Tbsp shredded coconut, unsweetened

### Toppings (choose a few)

Cacao nibs  
Cacao powder  
Sesame seeds  
Shredded coconut  
Pistachios, crushed  
Walnuts, crushed  
Acai powder  
Goji powder  
Maqui powder  
Pomegranate powder

Add cacao powder, dates and coconut to a blender. (A bullet blender works well.) Blend until a paste is formed, which should only take a few seconds. Roll about a tablespoon or so of paste into a ball. Repeat. Choose a topping, sprinkle it onto parchment paper and roll date ball in it to coat.



## Fast, Healthy Pasta

Gluten-free bean and legume-based pastas provide more fiber and protein compared to traditional pasta, points out Marlowe. She suggests placing a steamer basket full of chopped veggies like broccoli, cauliflower and squash over boiling pasta water for a quick pasta primavera. Add some garlic sautéed in olive oil and a little salt and pepper.

## Feel-Good Foods

### Serotonin boosters for better mood and digestive harmony:

kiwi, bananas, pineapple, plums, all types of berries, tomatoes, raw cacao nibs, 90 percent dark chocolate, chia seeds, pumpkin seeds, butternuts (related to walnuts), almonds, eggs, beans, oats, protein-rich foods, sea vegetables, avocados, Swiss chard, beets, green tea and spices like turmeric.

### Dopamine boosters for better mood and memory, and warding off neurodegenerative diseases:

artichokes, ripe bananas, tahini, wheat germ, almond butter, leafy greens, lentils, chickpeas, black beans, papaya, red beets, apples, watermelon, blueberries and prunes.





# The ENNEAGRAM & Spiritual Practice

Part 1 of a 3-part Series

by Dr. Jerome D. Lubbe



(Illustrations: Aimee Strickland)

Today's Enneagram is most commonly known as a system of personality types as it draws from ancient wisdom traditions and insights from modern psychology to assist personal and collective transformation. The Enneagram is also known for and expressed as an enigmatic, nine-pointed symbol that represents nine distinct strategies for relating to ourselves, others and the world.

## You Are Not a Number

Yet, while the question "What is your number?" might be the most frequently asked question pertaining to the Enneagram, it is important to understand that none of us is a number, a single personality or even a collection of many personalities. The Enneagram is meant to help people expand their awareness, and its set of nine numbers offers a language and a system for understanding and discussing the diverse landscape of everything that makes us who we are as human beings. In other words, that which creates and characterizes one's identity can be charted by *all* nine numbers of the Enneagram. One's identity is the sum total of every good and every bad thing that has ever happened to them, including genetics.

The anatomy of the brain reflects this principle. We are not left-brained or right-brained—we are whole-brained—and the Enneagram reflects that wholeness.

Your identity, formed in the brain, is comprised of a combi-

nation of nature, nurture, and discipline-based conditioning. It is shaped by all of your life experiences—both positive and negative. Brain anatomy and brain function are rich with complexity. In fact, the three main areas of our brain—the brain-stem, the right hemisphere, and the left hemisphere—correlate directly with the three "intelligence centers" of the Enneagram: the head, the heart and the gut.

## A Brief History of the Enneagram

The modern understanding of the Enneagram began with the teachings of George Gurdjieff in the early 20th century. Gurdjieff claimed that we human beings are asleep to our full expression of spirit, will and being, and that a great many internal and external forces conspire to keep us this way. He believed that waking up is possible but claimed that the keys to awakening lie in our ability to develop our attention and foster a healthier relationship between our essence and our personality.

Further, Gurdjieff stated that our three intelligence centers had to be awakened and functioning properly, rather than left to the disorganized state of the average person. He recognized that many traditional spiritual paths typically emphasize the development of one of the three centers at the expense of the other two. For example, the way of devotional monastic paths, such as the Eastern Orthodox monastic orders and Sufi Dervish orders, em-

phasize the heart center. For Sufi Muslims, on the other hand, the spiritual ascetic attempts to overcome identification with the body. Paths that discipline attention and understanding, such as those of Indian Yogis and Zen monks, cultivated the mind. Further, most expressions of these three paths require that one give up their life as a householder—their regular participation in work, family, and society—and retreat from the world to live in solitude or a spiritual order.

Gurdjieff called his work the "Fourth Way" because he sought a path to develop all three intelligence centers, even within the conditions of daily life. He taught the Enneagram as a means to bring together what he called the Law of One, the Law of Three, and the Law of Seven. These universal laws are represented in virtually every spiritual tradition worldwide. The Law of One simply states that everything emerges from one source. The Law of Three—reflected in the countless trinities found in spiritual traditions around the world—describes how any whole phenomenon manifests in three ways: active, passive, and reconciling force. The Law of Seven represents process and draws from the same principles as the musical octave.

Over the decades and centuries, several others have helped to evolve the Enneagram into what we know of it today, including Oscar Ichazo, Claudio Naranjo, Helen Palmer, A.H. Almaas, Don Richard Riso and Russ Hudson. Contemporary Enneagram teachers continue to broaden its impact in psychological, spiritual, educational and organizational domains.

## The Brain-Based Enneagram from a Triad Perspective

The circle within the Enneagram symbol represents the big-picture view of one's whole identity. Within that identity are three distinct yet united segments—instinct, intuition, and intellect, also known as the gut center, heart center, and head center, respectively. The triad of centers also represents a person's body, soul and mind, and, neurologically, the brain-stem, right hemisphere, and left hemisphere of the brain.



The Enneagram associates each intelligence center with three numbers in the structure, providing a more nuanced expression of each one. These numbers are symbols for the expressions of our identity and ultimately establish who we are:

**Instinct: 8, 9, 1**  
**Intuition: 2, 3, 4**  
**Intellect: 5, 6, 7**

The Enneagram symbol is typically drawn with number 9 at the top of the circle. In the brain-based Enneagram, however, the number 9 is placed at the bottom of the circle, reflecting a correspondence between the Instinct triad and the brain-stem at the base of the brain.

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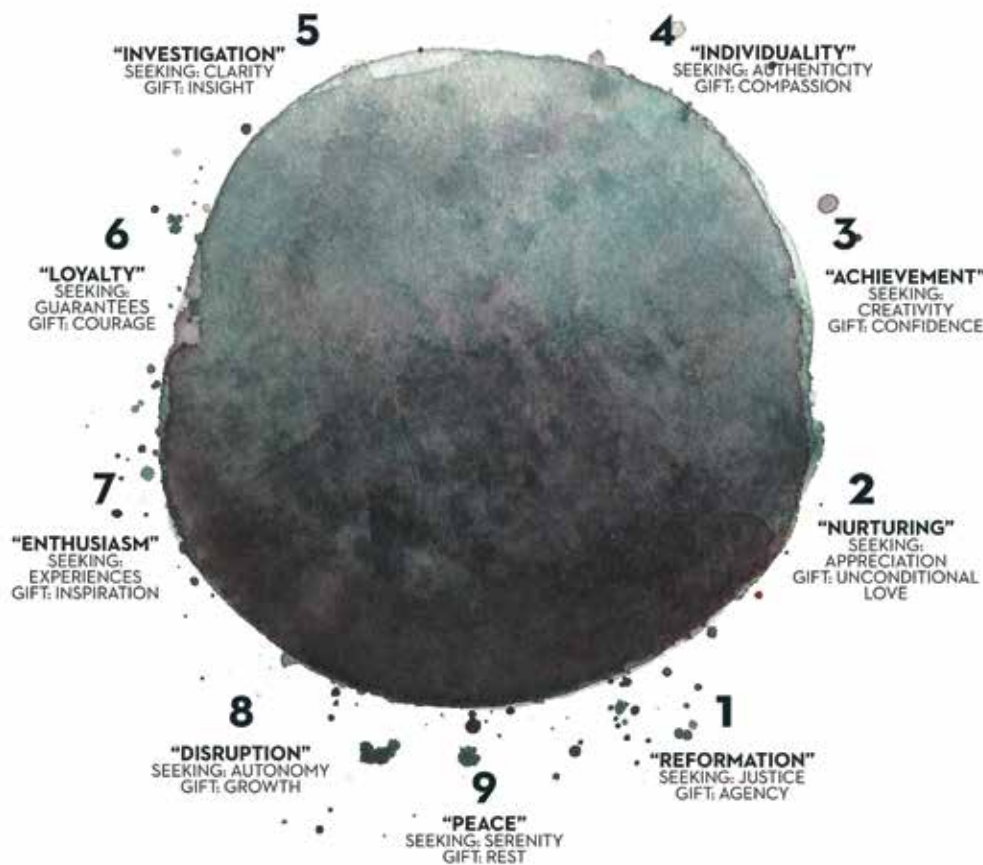
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## Population Density Map

Imagine a population density map of your brain. All over your neurological landscape, there are sparks of activity in the regions you utilize most. Some areas are buzzing with life, some are warm with mild use, others are quiet and cool. Imagine a population density map of your identity.

Throughout your mind, body and soul is your life force. Some elements of your being are teeming with vitality, some are growing in maturity and others have gone dormant—or have never awakened at all. Like the density map, our intelligence centers express different aspects of the Enneagram with different degrees of activity. Some numbers you live in constantly, and others you may only visit occasionally or rarely if ever.

The metaphor is also accurate from a neurological perspective. The brain functions that you use the most will be more capable of increasing their efficiency, expanding activation, and attracting higher volume of residency in your “brain map.” By increasing activity, you increase the efficiency of that area. The more we understand our unique map and makeup, the better we can respond to the needs and desires of that region and expand our holistic well-being.



## The Numbers of the Enneagram

When you shift the focus of the Enneagram from being all about a single number to recognizing the efficient expression of all nine numbers, the Enneagram language shifts with it. It begins to focus on nature and values instead of type and reductive behaviors. For example, the number seven, traditionally associated with the label “Enthusiast,” can instead be represented by the innate human capacity for enthusiasm as well as the value of experiences. “I am an enthusiast” transforms into “I value experiences,” which allows more room for nuance, invites growth and begs the question, “And what else do I value?”

Here’s an introduction to the nine numbers of the Enneagram and the innate human capacities reflected in each. We begin with “8” as an introduction to the gut center, and, moving counter-clockwise

around the Enneagram, we end with “7” in the head center.

- 8 I am a challenger. I value autonomy.
- 9 I am a peacemaker. I value serenity.
- 1 I am a reformer. I value justice.
- 2 I am a helper. I value appreciation.
- 3 I am an achiever. I value creativity.
- 4 I am an individualist. I value authenticity.
- 5 I am an investigator. I value clarity.
- 6 I am a loyalist. I value guarantees.
- 7 I am an enthusiast. I value experiences.

Every human being has access to all nine numbers of the Enneagram. Based on nature, nurture, and discipline-based

conditioning, we express the values of each number with varying degrees of intensity based on our lived experiences. 🌱

In Part 2 of this series, I will discuss in more depth the nature and capacity of each number as well as explore the relationships with our instinctive survival (re)actions, often referred to as *fight, flight and freeze*.



*Jerome D. Lubbe DC, DACNB is CEO and Founder of Thrive Neuro Health, where he uses functional neurology, neuroplasticity, and other*

*tools to improve patient wellbeing. His book, The Brain-Based Enneagram, offers a first-ever neuroscience-based model of the Enneagram. Contact him at [info@thriveneuro.com](mailto:info@thriveneuro.com).*

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HEALING WAYS

## THE MATRIX OF LIFE

### Boosting Collagen for Better Health

by Maya Whitman

Collagen, a protein, holds us together from the inside-out, helping to build bones and providing the scaffolding that knits our bones and organs together. Stress and poor lifestyle habits, such as smoking and eating too much sugar, can contribute to its breakdown and accelerate the aging process, but strategic dietary choices and supplements can have a significant positive impact on our skin, as well as underlying conditions.

Although celebrated for its cosmetic effects, “Most people are surprised to learn that collagen is equally important for blood vessels and tissues surrounding and supporting the internal organs,” says Pamela Schoenfeld, a dietitian and nutritionist in Raleigh, North Carolina, and author of *The Collagen Diet: Rejuvenate Skin, Strengthen Joints and Feel Younger by Boosting Collagen Intake and Production*. Collagen is mostly found in tendons, ligaments and skin, and is also abundant in bones, cartilage, muscles, corneas, blood vessels, the gut, vertebrae discs and teeth.

In studies, collagen supplements show promise for joint pain, arthritic conditions, osteoporosis and heart health. A Penn State study of 147 student athletes found that those that took 10 grams of collagen hydrolysate daily for 24 weeks had significantly less joint pain while walking and at rest compared to a placebo group. A 2012 study featured in *Complementary Therapies in Medicine* found that 1,200 milligrams of collagen hydrolysate taken daily decreased joint pain in older people by 20 percent compared to a placebo. In a 2018

study, post-menopausal women that took five grams of collagen daily for a year had better bone buildup and less bone degradation. A 2017 Japanese study of 31 healthy adults found that those that took 16 grams of collagen daily had more flexible arteries after six months.

### Essential Foods

Collagen health starts with our diet. Leafy greens and jewel-toned, lycopene-rich vegetables, like beets, red peppers, tomatoes, berries and pomegranates, as well as seeds, including chia, sunflower and pumpkin, all pack a collagen punch. Schoenfeld recommends bone broth, too, for its joint-lubricating molecules called glycosaminoglycans, which hold many times their weight in water.

Kellyann Petrucci, a naturopathic doctor in Philadelphia and author of *Dr. Kellyann's Bone Broth Diet*, concurs: “Bone broth is more than a soup. It’s concentrated healing and contains a bioavailable form of collagen your body can use immediately. It contains calcium, magnesium, phosphorous, collagen, glucosamine, chondroitin, amino acids and so much more.” She also recommends sulfur-rich foods like eggs, broccoli, onions, garlic and cauliflower, as well as shellfish and red meat in moderation for copper. “Copper activates the enzyme that is critical in producing collagen,” she explains.

Also important, according to Petrucci, is vitamin C: “If you’re depleted of vitamin C, your body won’t make any collagen. Experiment with broccoli, kiwi, tomatoes and various citrus fruits. Bioflavonoids also improve the ability of vitamin C to be absorbed and utilized.”

Schoenfeld recommends chicken, including the skin; omega-3-rich fish with edible bones, such as sardines and canned salmon; and proline-rich, aged cheeses and yogurt. “Gelatin is also a fantastic way for the whole family to enjoy collagen and can be added to foods high in water like soups, stews, hot cereals, as can bone broth and collagen powders,” she says.

### Supplements

A 2019 review of 11 studies published in the *Journal of Drugs in Dermatology* found that oral collagen hydrolysate or tripeptide at dosages ranging from 2.5 grams to 10 grams a day increased “skin elasticity, hydration and dermal collagen density” and showed promise for wound healing and skin aging. Aloe vera, ginseng, berries, garlic, hyaluronic acid and red light therapy also boost collagen production, according to osteopathic physician and author Joseph Mercola.

For vegans, British homeopath Melissa Foreman recommends homeopathically-based minerals known as tissue salts at low potency, “which offer the benefits of meat-derived collagen and bone broth without having to ingest a meat product.” She personally relies on a combination of *Nat phos*, *Calc phos* and *Kali sulph* to promote new skin cells and improve the skin cell matrix. “These remedies are totally animal-free,” she says. “You can produce a supplement similar to collagen powder and it has the same health benefits of bone broth.”

Maya Whitman is the author of several books. Connect at [AutumnEmbersMusic.com](http://AutumnEmbersMusic.com).

## Homeopathic Collagen-Boosters

Homeopathic physician Melissa Foreman, of Brighton, England, recommends the following tissue salts:

**Calc phos** for strengthening bones and easing stiff joints, is particularly recommended for active people, aging athletes and menopausal women. It supports growth, builds cells, supports teeth and nail strength, and helps ease irritable bowel syndrome.

**Calc fluor** promotes elasticity and flexibility. It’s essential for tendon and bone health; softens, strengthens and tones the skin; and helps when the digestive organs have lost their elasticity and become compromised.

**Silica** is found in hair, nails and bones. It decreases inflammation, eases painful joints, supports and strengthens nails, encourages new hair growth and improves the length and quality of eyelashes.

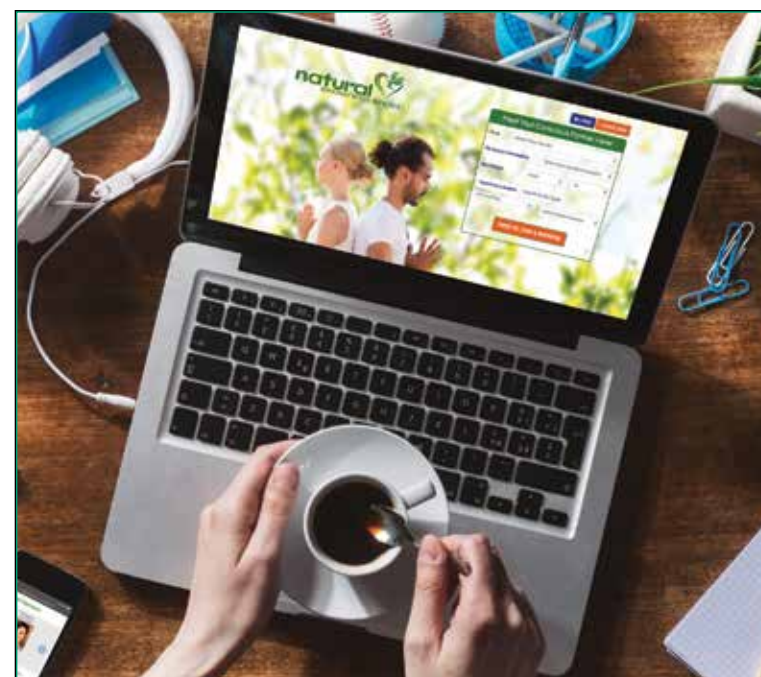
**Nat Mur** brings moisture to the skin and regulates the moisture content of every cell in the body. It promotes hydrochloric acid, helping to prevent heartburn, bloating, colic and flatulence.

**Nat phos** is known as the antacid of the biochemical world and like collagen, can protect the gut by neutralizing acids.

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# POWER UP YOUR BRAIN

## Six Ways to Boost Blood Flow

by Ronica O'Hara



Our brain has many well-known structures like the amygdala that detects danger and the prefrontal cortex that enables planning, but we often take for granted the 400 miles of blood vessels that push through a liter of blood per minute, carrying in oxygen and nutrients, and porting out wastes. “Our brains are highly metabolic organs, so they require lots of nutrients and oxygen to function properly, and those can only get to our brain when we have good blood flow,” says naturopathic physician Emilie Wilson, of the Synergy Wellness Center, in Prescott, Arizona.

When that blood flow is optimal, we feel energized and clear-headed; when it's low, we feel foggy and listless. Low levels of cranial blood flow have been linked in brain imaging studies to strokes and dementia, as well as bipolar disorder, depression and suicidal tendencies. The first imperative for healthy cranial blood flow is to make sure our blood pressure, blood sugar and cholesterol numbers are in a healthy range. Health practitioners can help us address that, as well as the conditions linked to reduced blood flow—heart disease, hypothyroidism, diabetes, anemia, depression and smoking. To boost brain blood flow, specific lifestyle strategies have proven to be highly effective:

### 1 Eat strategically, especially beets and chocolate.

Nitric oxide (NO) is made in the endothelium, the thin layer of cells that line blood vessels; it relaxes the inner muscles of those vessels, maximizing blood flow. “The continuous formation of NO in the brain is essential to life,” says prominent pharmacologist Louis Ignarro, Ph.D., who received the Nobel Prize in Science in 1998 for discovering that humans produce NO and that it lowers blood pressure and improves blood flow. He advocates passing up

meat for soy and fish protein, eating antioxidant-rich produce such as pomegranate, blueberries, spinach and kale, and consuming lots of nitrate-rich food like celery and leafy greens which are converted to NO in the body. He especially recommends beets—one study reported that in juice form, it increases nitric oxide levels by 21 percent in 45 minutes—as well as dark chocolate. In a Harvard study, older people that drank two cups of hot chocolate a day for 30 days had improved blood flow to the brain and better memory.

**2 Take amino acid supplements.** “Consuming supplements containing both L-arginine and L-citrulline are well-documented to boost the production of endothelium-derived NO,” says Ignarro. “Adding antioxidants to the amino acid mix provides added benefit by increasing NO levels.” He recommends pomegranate extract, cocoa flavonols and omega-3 supplements.

**3 Move the body.** Fast walking, running, cycling, swimming, ball playing, weight lifting and yoga all help improve cranial blood flow, says Ignarro: “Physical activity stimulates the production of NO in all arteries, including those in the brain.” In one study, women over 60 that walked for 30 to 50 minutes three or four times a week increased ongoing cranial blood flow up to 15 percent. Yoga exercises like downward dog and shoulder stands also raise blood flow in the head.

**4 Play music.** Research using functional magnetic resonance imaging published in *Scientific Reports* found that blood flow in the brain increases when people listen to music they love, whether it's Mozart or Eminem. In a recent study, *Weightless*, a song written by the British group Macaroni Union along with sound therapists, reduced participants' anxiety levels by 65 percent and physiological resting rates by 35 percent.

**5 Do a chanting meditation.** Kirtan Kriya, a 12-minute daily meditation that includes chanting, finger movements and visualization, “has been researched for over 18 years and has documented benefits in increasing blood flow to the brain,” says Krystal Culler, senior Atlantic fellow with the Global Brain Health Institute, in San Francisco and Ireland. YouTube offers several versions, as does the Alzheimer's Research and Prevention Foundation ([Tinyurl.com/12MinuteYogaMeditation](http://Tinyurl.com/12MinuteYogaMeditation)).

**6 Consider acupuncture and craniosacral therapy.** “Acupuncture has been used for thousands of years to boost blood flow, and it can also relax tense muscles in the neck and head, which can impair blood flow more than we realize,” says Wilson. She also recommends the gentle, hands-on-head approach of craniosacral therapy: “It can directly improve blood flow by removing restrictions, and it can also rebalance sympathetic and parasympathetic functions, which has beneficial effects on our nervous system and on blood flow.”

Ronica O'Hara is a Denver-based health writer. Connect at [OHaraRonica@gmail.com](mailto:OHaraRonica@gmail.com).



# FAMILY STORIES

## Help Kids Cope During Tough Times

by Ronica O'Hara

In these challenging times as our children struggle to cope with a swiftly changing world, one of the best things we can do is simply to let them know what strong stuff they come from. Decades of research show that children that know their family's stories—especially how their parents, grandparents, aunts, uncles and other forebears overcame adversity—have the ability to handle societal and personal trauma better.

“Family stories help children feel safe, secure and grounded,” says psychology professor Robyn Fivush, Ph.D., director of the Family Narratives Lab at Emory University, in Atlanta. “The stories provide a sense that they belong to something larger than themselves.” In the midst of unsettling events, she says it's especially important for children to know that the family has been through hard times before and persevered.

Emory research shows that children, teens and young adults that know more of their family's narratives have a greater sense of control over their lives, more self-esteem, better grades, higher social

competence, less anxiety and depression, and fewer behavior problems. After 9/11, children that tested high in measures of family narratives proved to be more resilient and less stressed.

Family stories can be of loss—“Once we had it all”—or of triumph—“We came up from nowhere”—but the most powerful stories are those that show both the peaks and the valleys, the hilarious escapades and deep losses. “Even simply hearing what other people wish they could have done differently helps to offer children a broader perspective to current experiences,” says Carrie Krawiec, a family therapist at Birmingham Maple Clinic, in Troy, Michigan. Accounts of the deepest trauma also prove formative: Knowing how their great-grandparents survived the Holocaust gave young adults a sense of gratitude, pride, courage and a greater religious commitment, a University of Pennsylvania study found.

Stories unfold easily at holiday dinners and during long car rides; even during an ordinary dinner, some kind of story—“Guess

what happened today at the store?”—occurs about every five minutes, Fivush's research shows. But summer vacation or days spent together inside a house provide a special opportunity for kids to dive deeper into their family background. For example, they can write an essay about a grandparent or aunt, write and direct a play with siblings, make a scrapbook, read history or novels to study events that took place during a specific time period, write a song or story from the ancestor's point of view, research and draw a family tree or create a mini-documentary based on an interview with an older relative.

This is the quiz used in family narrative research, but Fivush cautions that the 20 questions are only a starting point, and many more can be created. Nor does getting the facts exactly right matter—those can easily be in dispute among family members. “It is the telling, the sharing and the listening that is more important than the story itself,” she says.

Ronica A. O'Hara is a Denver-based health writer. Connect at [OHaraRonica@gmail.com](mailto:OHaraRonica@gmail.com).



# Homebody Workouts

## Getting Fit Without a Gym

by Marlaina Donato

When getting to the gym is not possible, there are plenty of options to explore for at-home workouts. From finding fun ways to stay fit to getting loved ones involved, figuring out what works and committing to a few simple goals is a good start.

Although it may be hard to pull ourselves up from the couch during periods of adversity, sticking to an exercise program can help boost immunity and emotional resilience. “Not feeling like exercising is common during stressful times, but try to remember how good you feel afterward and the sense of accomplishment. Remember the why,” says life coach Suzanne King, in Marlton, New Jersey.

### Begin With the Basics

Trainers agree it’s important to see working out and taking care of our health as an investment, and having a plan goes a long way. “You would never just brush off a business appointment if it was in your calendar and you knew you had to attend,” says personal trainer Chris Wong, in

Oakville, Ontario. “The simple act of putting it in your schedule makes it real. Now you have a responsibility. Now you have structure.”

Stephanie Mansour, host of the PBS fitness and health show *Step it up with Steph*, concurs: “Once I started viewing workouts as my own personal confidence-boosting time, a lightbulb went off in my head and I became addicted to this time with myself.” The Chicago-based personal trainer recommends lightening up. “Find something fun. Do something goofy like dancing around. Schedule this in and instead of ‘workout,’ call it ‘pump-up time for me.’”

Getting outside and hitting the trails or walking every evening after dinner is a great way to get oxygen-infused aerobic time. “Use outdoor space to your advantage,” says Wong. “I’ve taught boot camps at parks, and one game I like doing is Touch 20 Things. Run around and touch 20 things at least 15 to 20 feet apart, but don’t touch the same thing twice. He also suggests doing sprints or bear crawls for distance exercise and step-ups on park

benches or large rocks. “If a park is not available, similar things can be done in your backyard. Just have fun with it.”

### Exercising Outside the Box

Working out with a different rule set offers an invitation to add a new twist to a usual favorite. “I personally practice martial arts every day, but that can be done in a variety of ways,” says Wong, pointing to gentle qigong, shadow boxing, breathing exercises, footwork drills and heavy bag training.

He recommends exercising every day, but limiting more intense workouts to three or four times a week. Cardio exercises such as walking and bicycling are a good daily choice, while high-intensity interval training workouts can be accomplished with minimal or no equipment. There are a variety of methods with timing elements that can be used to get a good workout. For example, with the As Many Rounds As Possible regimen, three exercises are done back-to-back for as many rounds as possible in a 10-to-12-minute period.

Exploring free online classes on YouTube and other platforms opens up even more options, including yoga, Pilates and dance classes. Many trainers offer virtual workouts over Zoom or Skype live in real time. There are also mobile apps with workouts available for download.

### The Support Factor

Partners or family members can help each other to stay on a workout schedule. “You can set up a chart for you and your family members to put a star or checkmark once you’ve finished a workout. Turn it into a competition, and whoever has the most stars at the end of a few weeks gets to pick the workout for the whole family to do,” suggests Mansour. Partners can also make a pact to take care of the kids when it is the other’s turn to grab some fitness time.

Being motivated is easier with some self-love, King reminds us: “You can begin something new by fully appreciating yourself with daily gratitude.”

*Marlaina Donato is an author and composer. Connect at AutumnEmbersMusic.com.*

Evgeny Atamanenko/Shutterstock.com



Dr. David Minkoff

# A Journey Within

## Traveling Through the Inner Landscape

by Sheila Ewers



*“And You? When will you begin that long journey into yourself?”*  
~ Rumi

The month of June often heralds the beginning of a summer filled with travel and retreat for yogis around the world, but the onset of the coronavirus pandemic, with its shelter-in-place orders and social distancing requirements, has brought most plans to an abrupt halt.

Have you been lamenting a canceled vacation or retreat? Longing for adventure? Wishing for a change? Despair not! The greatest journey you can ever take is still available to you, and the ancient rishis and

sages left a travel guide of sorts in the form of the *koshas*.

The *koshas* were first identified in the Upanishads, ancient Sanskrit writings, some 3,000 years ago. They described the terrain of consciousness as being composed of five layers, or sheaths, which range from the density of the physical body to the pure clarity of our highest Self. The eight limbs of yoga identified in Patanjali’s Yoga Sutras provide the tools we need to journey through these layers and polish awareness along the way.

The outermost layer—and the point where most yogis begin—is the *annamaya kosha*. The Sanskrit word “anna” means

“food,” and this sheath identifies the physical body, created by the food we digest. It is the tangible aspect of self that can be seen, touched and felt. In the modern era, most people experience yoga first through the physical body by practicing yoga *asanas*. Here, we begin to identify the landmarks of muscle and bone and practice aligning the physical body to create greater stability and ease. Even in this familiar ground, new perspectives can emerge as we reacquire ourselves with sensation throughout the entire anatomy, practice moving each part with intention and precision and investigate boundaries with grace and compassion.

The journey continues through the next three layers of discovery that make up the subtle body. These areas of exploration cannot be felt tangibly, but they can be perceived through close inner observation.

The first layer within the subtle body is the *pranamaya kosha*. *Prana* means energy or life force, and this sheath identifies the energy body, comprised of the huge powerhouses known as the *chakras* as well as the *nadis*, thousands of flowing rivers of energy. The most accessible way to experience this part of the journey is through the breath. As one consciously manipulates the breath, one can feel the rise and fall of energy, the illumination of parts of the physical body that may have felt dormant or dense, and the harmony of breath and movement. In the landscape of awareness, the *pranamaya kosha* is like a breeze

blowing through and ruffling the terrain of the *annamaya kosha*. Sometimes it can be vigorous, sweeping away obstacles and resistance, and sometimes it can be gentle, quieting the nervous system.

### Journey Inward to Bliss

More subtle than the *pranamaya kosha* is a layer of thought and emotion, the *manomaya kosha*. This part of consciousness processes the input from the senses, interprets experience and creates the dialog within. It regulates emotions, stores memories, questions, analyzes and projects into the future. It is often called “the great barrier” because, like stopped traffic, it can become a hurdle that seems insurmountable on a journey towards the light of awareness.

When the *manomaya kosha* feels overly active, cultivating a single-pointed focus can help reroute the path, quiet the mind and shift attention more deeply inward. Repeating a mantra or gazing at a candle are traditional ways to harness focus for this purpose.

Once the *manomaya kosha* quiets down, the final layer of the subtle body is revealed. The *vijnanamaya kosha*, or wisdom sheath, works like a navigation system, anticipating the distractions of the other layers, observing fluctuations and changes and guiding us towards smoother terrain. This layer functions as a compassionate witness. It grows stronger through meditation and helps to differentiate be-

tween the fluctuations of the mind and the still and changeless self.

When we learn to travel the first four layers of awareness, we arrive, finally, at the causal body. Here we experience *anandamaya kosha*, the bliss layer. The bliss of this experience is different from the emotion of happiness; it is the bliss of experiencing wholeness, an awareness that, permeating each layer we’ve traveled through, is an infinite light of awareness that has been with us all along. It arrives when we immerse entirely into the experience of the moment and sense the unity of our experience. In the Yoga Sutras, it is called *samadhi*, union with Consciousness itself.

When we arrive here, we discover that the map we have traveled has simply brought us home. We find that that “home,” the light of awareness itself, has been a beacon, always summoning us towards sanctuary within the layers of our own body and spirit.

According to the ancient texts, this journey is the only true source of satisfaction, the ultimate retreat. 🙏




Founder of Johns Creek Yoga and Duluth Yoga Center, Sheila Ewers leads daily yoga classes and yoga teacher training classes, and hosts retreats locally

and internationally. She has been published in several online magazines, including *Elephant Journal* and *Writers Resist*. Reach Sheila at [Sheila@JohnsCreekYoga.com](mailto:Sheila@JohnsCreekYoga.com).



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## Everyday Adventures

### Taking to Vans and RVs for Life on the Road

by Sandra Yeyati

Many Americans choose to travel in recreational vehicles (RVs) or well-equipped vans with all the comforts of home—no hotels, just the open road and a tank full of gas. Cindy Jane is a Florida naturalist, vegan advocate, accomplished artist and wife to land surveyor Kevin Georgeson. Now 50 years old, she's had a dream since she was 18 to travel the country in a van, visiting state and national parks, hiking trails and spending quality time in nature. She envisions setting up an easel and painting in inspiring settings. "It's about getting out of that social norm of always knowing what the next day is going to be like, doing the same thing every day. I like a little bit of the unknown, the unexpected. I want to see things. I want adventure. I want the freedom that comes with going," she says.

The couple purchased a 2018 Ford Transit van with low mileage and a little warranty left on it. Together, they are customizing it to create a comfortable home away from home to satisfy Jane's wanderlust. Crafty and resourceful, they voraciously watch YouTube videos to learn the ins and outs of solar panels, electrical hookups, kitchen countertops, insulation and 1,000 other details that go into a successful buildout. They're taking their time to do it right after investing thousands of

dollars already. To document their progress and hopefully inspire others, they record videos on Jane's smartphone and post them to her website (*ArtfulVeganNomad.com*).

Val and Nick Wheatley are veteran nomads, having travelled the world for almost four years in all kinds of rides, including the 1994 Ford Bronco they drove across the U.S. for six months. Camping outdoors was challenging, and they vowed never again to travel in a vehicle without a bed. They purchased a Ford Econovan to explore New Zealand and sold it three months later when they left. In Germany, where beautiful campgrounds and free public lots with inexpensive electric and water hookups are plentiful, a rented RV was the way to go. With experience, the couple has come to prefer converted vans or smaller RVs, thanks to their fuel savings and easier maneuverability in cities and on narrow country roads.

According to the Wheatleys, traveling and living in close quarters has its drawbacks. Cleaning out portable toilets and taking showers at truck stops can be challenging, but for the avid explorers, these inconveniences were always eclipsed by jaw-dropping scenery and cultural immersion in new countries. "Because we had wheels and time, we got to see some cool

stuff off the beaten track that most people that were visiting for a weekend or week never see," says Val.

Offering tips, tricks, candid descriptions and inspiring photography of their many world-trotting experiences, the couple's travel blog (*WanderingWheatleys.com*) tallied more than 600,000 visitors last year. Through online advertising and affiliate programs, they earned enough money for living and travel expenses. "The world actually isn't a scary place at all. People all over the world in every culture are friendly and welcoming," Nick says.

For those looking to connect with fellow travelers, there are numerous recreational clubs that offer base camps, programming and social opportunities. One such club is Sisters on the Fly (*SistersOnTheFly.com*), an all-women outdoor adventure club founded in 1999 by Maurrie Sussman and her sister Rebecca Clarke with a penchant for small, vintage trailers that are restored and embellished by their owners.

With 9,000 active members and an organizer in each state, these resourceful and festive ladies hold more than 1,000 events nationwide every year, including fly fishing, guided tours, kayaking, mountain climbing, biking and more. "It's about being outdoors and meeting amazing women. We love going into the national parks, taking back roads and visiting all the small towns," Sussman says.

Living in an RV or van full-time has become an attractive option for many people, including college kids looking for inexpensive housing or retirees on limited incomes. "I think more and more we're seeing people who value their time more than a bunch of possessions," says Jane. "Maybe that means working less and living more frugally, so you see a rise in minimalism and van life." For a wealth of information on vans and RVs as full-time options, as well as in-depth interviews with van lifers, visit Bob Wells' YouTube channel *CheapRVLiving*.

Sandra Yeyati is a freelance writer. Reach her at [SandraYeyati@gmail.com](mailto:SandraYeyati@gmail.com).

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## CALENDAR

**Thursdays** Bija & Mudra Chakra Balancing Meditation, 7 pm, via Zoom. Learn the Sanskrit seed sounds and hand positions for each chakra. Includes online instruction and chanting. Love offerings accepted. GabrielNelson Sears, certified vibrational sound therapist, 678-827-1973, gisolutions.zoom.us/j/203777538.

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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](mailto:calendar@naAtlanta.com) and paid listings to [ads@naAtlanta.com](mailto:ads@naAtlanta.com).

### FRIDAY, JUNE 5

**Online Sustainable Atlanta Roundtable** – 7:30-9am. Topic: Repurposing Industry in the Face of COVID-19. Hear local entrepreneurs and other organizations speak about how we can innovate to survive, today and what everyone can do to stay flexible, agile and relevant in this changing economy. To register: [Southface.org](https://southface.org).

**Livestream Transforming Desire** – 6:30-7:45pm. When it comes down to it, we do what we wish to do. Consequently, our desires are a very powerful force. So, it is essential to investigate: Do our present aspirations actually lead us to a healthy and fulfilling life? With guest teacher Gen Kelsang Tilopa. Free. To register for livestream: [MeditationInGeorgia.org](https://meditationinGeorgia.org).

### SATURDAY, JUNE 6

**Flying Colors Butterfly Festival** – June 1-2. 9am-3pm, Sat; 12-5pm, Sun. Take part in the Migration Game throughout the festival and learn about Monarch Migration. Enjoy tasty food and entertainment. CNC, 9135 Willeo Rd, Roswell. 770-992-2055. [ChattNatureCenter.org](https://ChattNatureCenter.org).

### SUNDAY, JUNE 7

**ZEVA Studio's Shamanic Journey** – 11am. A virtual healing experience brought to you by Heron House via Zoom. Free; donations accepted. To register: [Meetup.com/shamanicjourney](https://Meetup.com/shamanicjourney).

### SATURDAY, JUNE 13

**Roswell Lavender Festival** – 10am-5pm. Features the many varieties, uses and folk remedies associated with this ancient plant. Includes demonstrations, children's activities, vendors, food samples, music, early yoga and meditation kick-off, and more. Free admission. Grounds of Barrington Hall, Roswell. [RoswellGov.com](https://RoswellGov.com).

### THURSDAY, JUNE 25

**The Nature Club Dine and Discover** – 7-9pm. Wild Edibles with Jerry Hightower. \$10/general public, \$5/CNC Members. CNC, 9135 Willeo Rd, Roswell. 770-992-2055. More info: [ChattNatureCenter.org](https://ChattNatureCenter.org).

## ONGOING EVENTS

### sundays

**Online Sunday Experience** – 9am, Adult Study; 9:30am, Meditation; 10am, Music; 10:30am, Service. With Spiritual Living Center of Atlanta. [slc-atlanta.org](https://slc-atlanta.org). To watch: [Facebook.com/spirituallivingcenteratlanta](https://Facebook.com/spirituallivingcenteratlanta).

**Red Clay Sangha Sunday Morning Service** – 9am, meditation; 10:30-11:30am, dharma discussion. Via Zoom. To watch: [RedClaySangha.org](https://RedClaySangha.org).

**Online Meditation Open House** – 10am. A 30-min meditation and a 30-min discussion via Zoom. To watch: [Atlanta.Shambhala.org](https://Atlanta.Shambhala.org).

**One World Spiritual Center Sunday Service** – 11am. To watch: [OneWorldSpiritualCenter.net](https://OneWorldSpiritualCenter.net).

**Shamanic Journey** – 11am. 1st Sun. A virtual healing experience brought to you by Heron House via Zoom. Free; donations accepted. To register: [Tinyurl.com/yctrp49j](https://Tinyurl.com/yctrp49j).

**Sunday Morning Talks and Discussion** – 11am-12pm. With Vedanta Center of Atlanta via Zoom. To watch: [VedantaAtlanta.org](https://VedantaAtlanta.org).

**Unity North Online Sunday Service** – 11:15am. To watch: [UnityNorth.org](https://UnityNorth.org).

### mondays

**Meditation & Modern Buddhism** – 7:30-8:45pm. Learn how to integrate Buddhist teachings and meditation into daily life so that you can apply a peaceful mind, wisdom and a good heart in every situation. With Gen Kelsang Norden. To register for livestream: [MeditationInGeorgia.org](https://MeditationInGeorgia.org).

### tuesdays

**Heart Jewel Chanted Prayers and Meditation** – Mon-Fri, 8-9am. Chanted Buddhist prayers and meditation. Free. To register for livestream: [MeditationInGeorgia.org](https://MeditationInGeorgia.org).

**Online Meditation Open House** – 7pm. A 30-min meditation and a 30-min discussion via Zoom. To watch: [Atlanta.Shambhala.org](https://Atlanta.Shambhala.org).

### wednesdays

**Zoom Check In: Wellness Wednesdays** – 10am. Check in with your community during COVID-19 crisis. [slc-atlanta.org](https://slc-atlanta.org).

**Guided Lunchtime Meditation** – 12:15-12:45pm. Treat your mind to a mid-day getaway. Introductory meditation techniques to help you improve your concentration and create mental stillness in your busy day. No meditation experience needed. To register for livestream: [MeditationInGeorgia.org](https://MeditationInGeorgia.org).

**Unity North Online Wednesday Evening Experience** – 7pm. To watch: [UnityNorth.org](https://UnityNorth.org).

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

### thursdays

**Twin Hearts Meditation** – 7pm. This meditation is an act of service. We use divine energy to bless the planet, our loved ones and every part of our life. With Atlanta Pranic Healing Center via Zoom. To watch: [AtIPranicHealing.com](https://AtIPranicHealing.com).

### fridays

**Livestream Meditation Fundamentals** – 6:30-7:30pm. With Meditation Teacher Melanie Boyd. Suitable for complete beginners. To register for livestream: [MeditationInGeorgia.org](https://MeditationInGeorgia.org).

**Prayers for World Peace** – 6:30-7:15pm. An opportunity both to simply pray for world peace and to be a part of the solution. Includes a guided meditation, a short teaching and chanted prayers for world peace. To register for livestream: [MeditationInGeorgia.org](https://MeditationInGeorgia.org).

### saturdays

**Free Saturday Meditations** – 8-8:30am. To register for livestream: [MeditationInGeorgia.org](https://MeditationInGeorgia.org).

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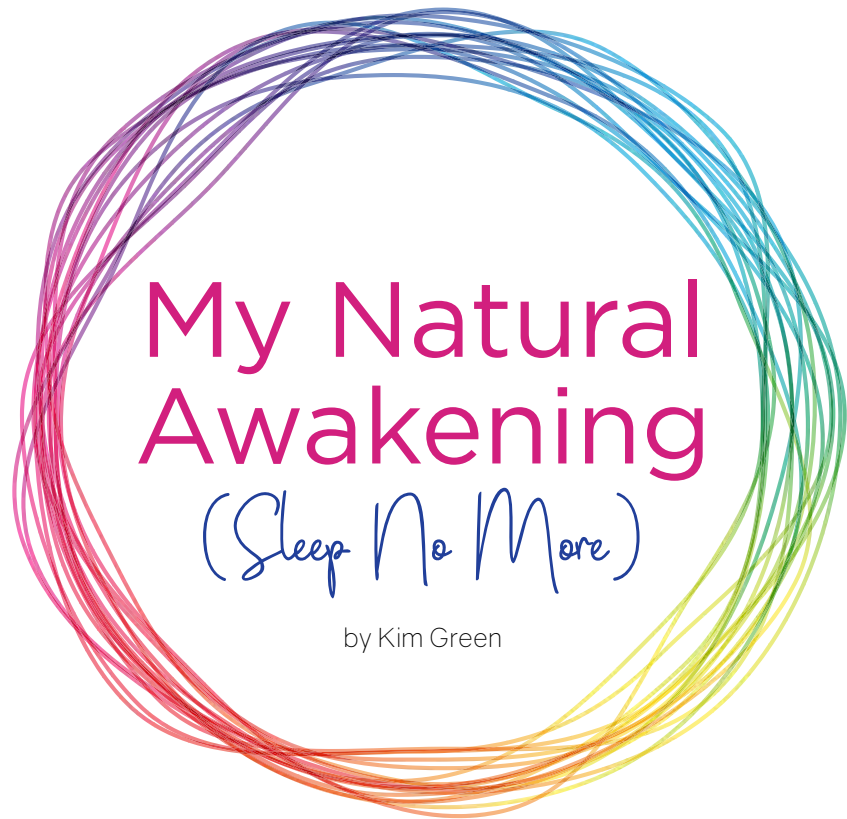
The screenshot shows the website interface for 'natural awakenings ATLANTA'. At the top, there are navigation links for 'Calendar', 'Community Directory', 'In Print', and 'More'. A search bar is present with a magnifying glass icon and a search button. Below the search bar, there are filters for 'Sort', 'Distance', and 'Category'. A prominent banner reads 'Click for Our Coronavirus Coverage'. The main heading is 'FIND THE BEST LOCAL BUSINESSES'. Below this, there are four featured local business cards: 'CANN DENTISTRY', 'Right Path Hypnosis', 'Healworks', and 'Rose DENTAL'. Each card includes a logo, a photo of the practitioner, and contact information.

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# natural awakenings



# My Natural Awakening

*(Sleep No More)*

by Kim Green

For centuries, the word “woke” was a heinous assault on proper English. But the world has changed, and this sinewy four-letter word is no longer an accidental misuse of the passive derivative of *awake*.

“Woke” has arrived, carrying the weight of millions on its back.

The word “woke,” has been chosen by the young, the black and the unapologetically conscious. The term has even officially made it into dictionary.com with its very own definition: “actively aware of systemic injustices and prejudices, especially those related to civil and human rights.”

“Woke” has safely reached the shores.

For me, “woke” is about understanding all of the complex nuances of my identity. It has been a crucial foundation for the design of my wholeness. Being woke has freed me from illusions and delusions of justice and equity that have burdened my life with confusion and dismissal. Sleep weighed me down with the synthetic fluff of fantasy. “Woke” is where life lives. It is a cause for celebration.

I must confess: I’ve slept—as so many of us have. It’s been hard to get “woke” when it’s so much easier to live in a dream state, relying on translucent promises that rain from above. These deceptions have led me to rationalize, omit and ignore any facts that threatened my complacency as a black girl in a white world. I slept because it was easier and because it seemed non-threatening. I slept because it was the yellow brick road to acceptance. Luckily, I discovered that lazy slumber does not contribute to life; it only begets lies that will bury us.

Learning all I can about the ragged truth of our shared history, I fathom how we landed here. With precious knowing, my soul is at rest. When my nerves are rattled by battle cries, I have a new appreciation for who I must be, standing at the center of a world torn at the seams. In my wokefulness, there are no surprises, only possibility, as the earth wrestles with the gravitas of spirit versus the vulgarity of earthly appetite.

Wokefulness has gifted me with courage to ask what I never had the guts

to ask before. *Who am I and what am I doing on this earth? And, what am I doing to it? What do I take from others, just to boast of more? Do I have the right to decide who’s welcome and who’s not?*

Wokefulness has emboldened me to even question those who came before me, those who were able to avert their gaze from human cruelty in action. The gift of discernment reminds me that I am not them. I am “woke”—along with millions of others—and that is the fuel that is changing our world for the better. I am hardened and healed every time I feel the cuts of racism, sexism and all the phobias that try to put me in boxes that I can’t escape. But I do, anyway.

In a time where truth is at a premium and facts have lost their footing, being woke is my personal compass for finding the hope that still exists, despite the pains. Awareness has carefully groomed me with a shimmering rage that strengthens me and keeps me whole. Wokeness insists that I am grounded in the parts of my existence that no one can take from me: love, family, friendship and God.

Questioning what I have learned and earning what I know prepare me to fight harder. I remain uber-woke and endlessly sleepless. Who can sleep with the constant cacophony of the twisted masses? I hear them and still know that change is coming. I fight mostly for a place where all of us—not just a chosen few—can lay our heads with dignity.

Being woke fuels me and gives me permission to shed my blood, sweat and tears on paper for the world to ingest. My “woke” is my truth. Pain is the eternal wake-up call, the alarm clock for the slumbering. It alerts me to the urgent need for truth and my ultimate healing.



*Author and coach, Kim Green created Blank Page Consulting to work with clients who are ready for transformation in their writing or in their lives. Reach her at [BlankPageConsult.com](http://BlankPageConsult.com) or 678-938-2777.*

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