

FREE

HEALTHY LIVING HEALTHY PLANET

natural awakenings

THE HIGH COSTS OF CHEAP MEAT

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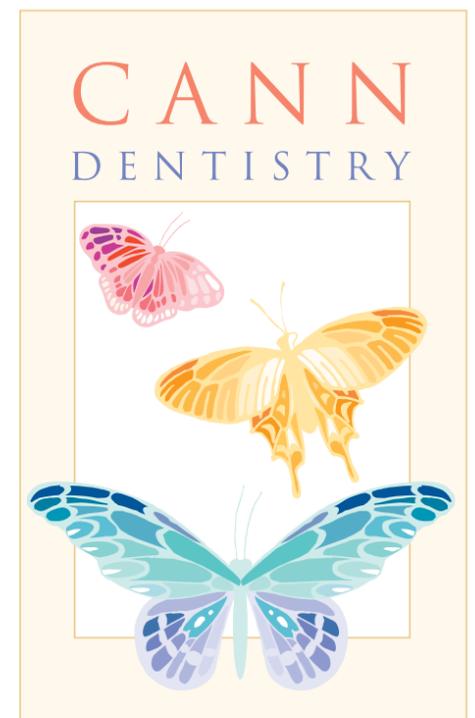
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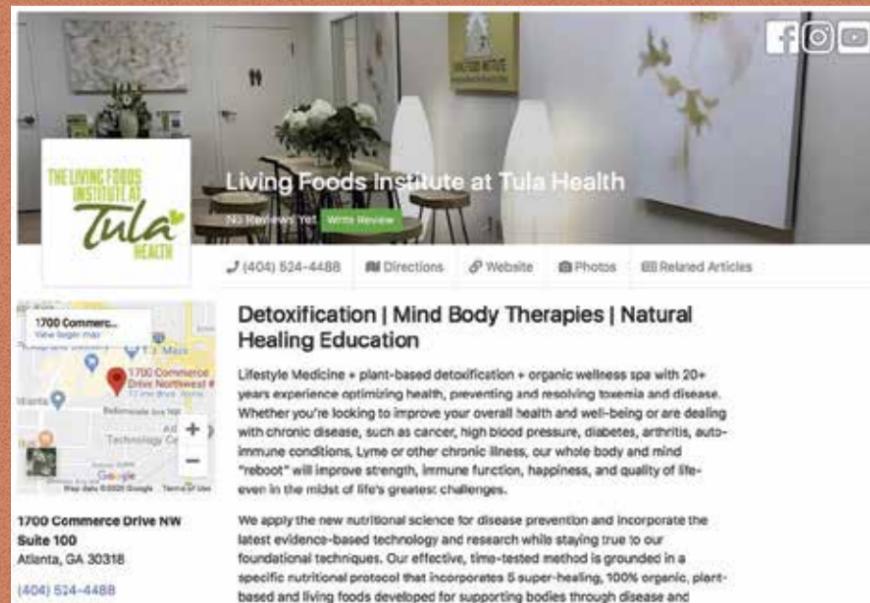
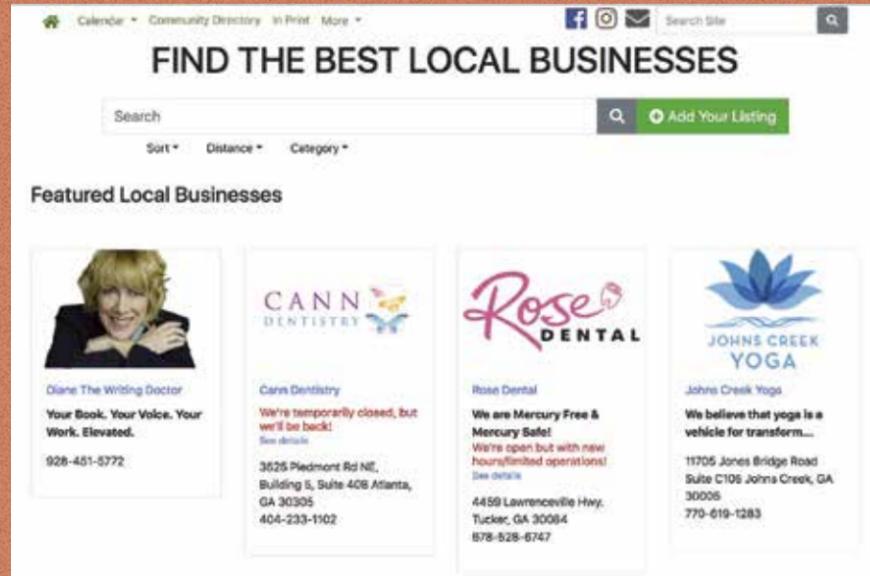
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ON THE WEB

The cover of our August 2019 issue, Black & Vegan in Atlanta, is our most popular cover ever with thousands of "likes" on Instagram and Facebook. Here are the articles from that issue.

Veganism Blossoms In Atlanta's Black Community
bit.ly/black-and-vegan

Confessions Of A Southern Vegan
bit.ly/vegan-confession

Vegan Recipes
bit.ly/recipes-vegan

Black-Owned Or -Managed Vegetarian/Vegan Resources In Atlanta
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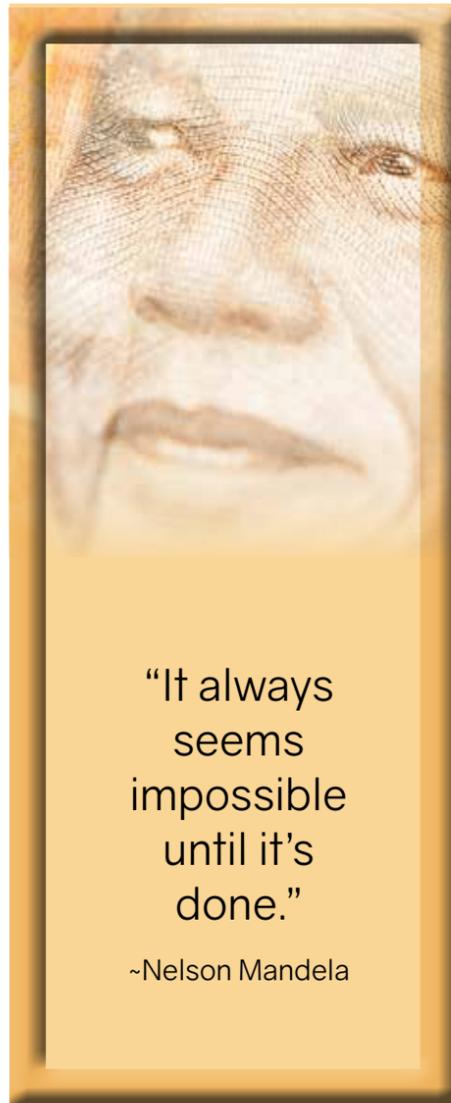
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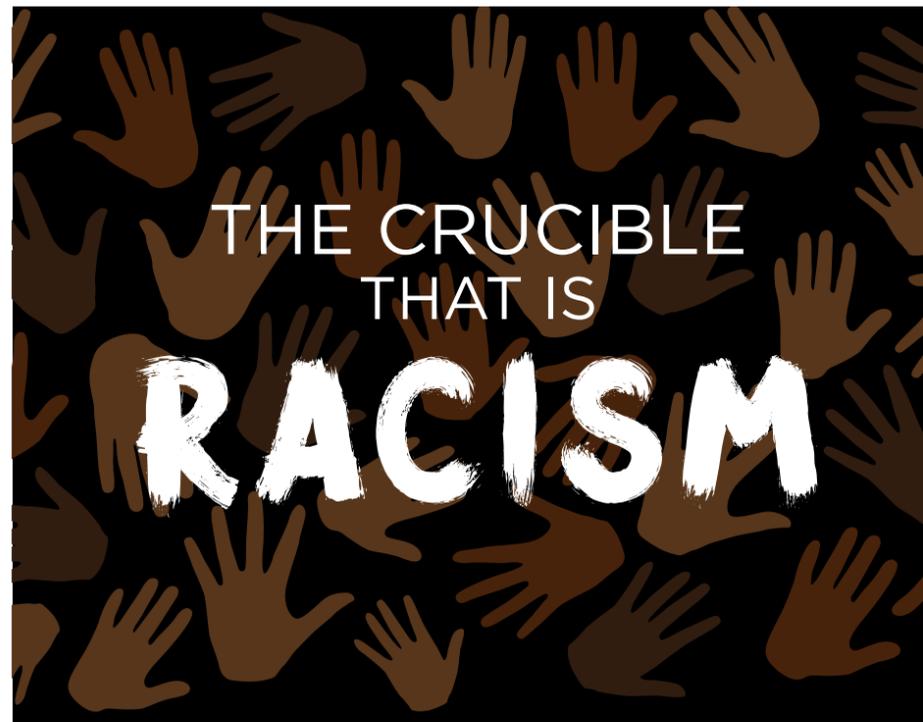
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As I write this, we are four weeks removed from the murder of George Floyd.

I distinctly remember four years ago when Alton Sterling and Philando Castile were killed on consecutive days; it was one of those rare times when I was depressed and angry for days on end. Of course, nothing changed.

But now, it feels the ground has shifted. What's different? White people.

Nothing changes until those in power decide to change, or change is forced upon them. Far better that change happens by choice rather than by force.

Since I'm not white, I thought I would offer this space to someone who is—and someone who's actively working on his racism. I'd like to introduce Fred Stevens, my housemate. He started reading about racism last summer and then joined two discussion groups on how to combat it.

For Fred, addressing his own racism is a spiritual undertaking as much as it is a social justice endeavor. For that reason, his contribution seems particularly fitting for *Natural Awakenings*.

Paul Chen is the owner/publisher of the Natural Awakenings Atlanta franchise.

I am a white man born 'n' bred in the Old South. I grew up in a family whose wealth was built on the backs of cheap black labor. I never questioned that our "negro" servants were called by their first names while all other adults were known by their last name. Only in looking back have I come to understand that this social distinction was based in white supremacy. I was successfully trained in the most virulent racism, and I was also taught to deny my complicity in it. This genuinely confused the sensitive child I once was.

Nevertheless, I learned to say "I'm not a racist" while basking in the comforts of the white privilege that made a lie of that claim. I laughed along with my buddies at racist jokes. I bought into all the stereotypes about black people. While I may have flinched hearing racial epithets, I never questioned the immorality of it. I mean, I really had this thing down. I even knew a couple of blacks I called my friends. I was a poster boy for complicity-in-racism, which, in innumerable ways, has come to be racism at its worst.

I call myself "spiritual but not religious." I was raised to be a Christian, but when I started questioning what that really meant, along came a host of other

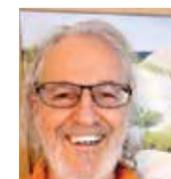
LETTER FROM THE PUBLISHER

faiths, each bidding for my devotion. The quest has taken me into churches, cathedrals, synagogues, temples, dojos, masjids, ashrams, sweat lodges and friendly meeting houses.

Over the years, I've come to see how racism and anti-racism are deeply spiritual issues. I noticed that most of my spiritual mentors, from Jesus Christ to Indian yogis, from Dakota spiritualists to Buddhist monks, are not white. Again, any ideas I had about white superiority got run over by the facts of life.

One day, deep in meditation, I found a door into the stillness that I call my home away from home. On the door were the words: "Your racism." I figured I better take a closer look into it; it might have something to do with my spiritual growth. Sure enough, I was led to see that, although I'm not in the KKK, my racism is just as real. Opening that door, I learned about denial around what white people have done and continue to do.

Over the years I've come to call myself an "anti-racist wannabe." I say it this way because racism is so insidious and subtle a poison that I don't ever expect to detoxify myself of it completely. Getting to this point brought me face to face with the unspoken secret agreement that white people have made with one another to live in horrific and destructive denial of systemic racism. Breaking through the denial has—and I know it sounds cheesy to say it—begun to set me free. I now have a slightly better understanding of the spiritual teaching that I cannot be free until we are all free. 🙏



Fred Stevens, father and author of the forthcoming book Bless Yourself and Get the Life You Want. Currently a handyman, before that a school teacher and a counselor at Spirit Recovery Services, LLC. Contact Fred at fredstevensiii@gmail.com

CENTER FOR LOVE & LIGHT From Physical to Virtual

The Center for Love & Light, an office space for practitioners and a workshop rental facility, has closed its doors due to revenues evaporating from the coronavirus pandemic.

Founded by Jamie Butler and Corey Dobyns, the Center expanded into a second suite a couple of years ago and added more practitioner offices in the first suite. Butler says that the business was viable and debt-free.

With all events cancelled, some practitioners needing to break leases, and the Center's landlord not offering a more supportive arrangement, Butler came to the inevitable conclusion that she had to close.

"It's sad," she says. "We've had so many people come through here and love this space. You have these mixed emotions of absolute grief and sadness. As I'm packing, I feel like I'm doing hospice care for my business. I'm holding everything and saying, 'Hi. Thank you.'"

Despite the trauma, Butler is excited about the future, believing she will create another facility—but that she'll own the next one. She remains committed to presenting learning opportunities and building community. She plans to launch The Virtual Center, a membership program that features 12 live

stream classes a month, on July 1. The price will be \$24.99 a month; the first month for new members will be 50% off.

Besides herself, other practitioners offering classes include Dr. Laura Boone, Dr. Kate Edwards, Janet Raftis, Scott Hall, J. Greathouse, Kenya Jackson-Saulters and Leigh Mallis.

For more information: visit WithLoveandLight.com.



Art of Living Center Reopens July 1

The Art of Living Retreat Center, a retreat, meditation, and event facility in the Blue Ridge Mountains of North Carolina, has put in place numerous CDC-recommended precautionary measures in order to safely reopen to the public on July 1. The Center has been closed due to the COVID-19 pandemic, although there have been no known cases of the virus in the Center's community.

To ensure safety, the Center's staff is participating in the Count on Me NC program announced by AppHealthcare—an employee training program on safe operations during the pandemic. The Center has arranged the seating in dining and meeting areas so that guests can remain six feet apart. Staff members wear protective face masks while on duty, and guests are required to wear

face masks in public areas. Other steps taken include enhanced cleanliness procedures, the monitoring of guests for symptoms, heightened housekeeping processes and removal of shared yoga equipment.

"We've stayed connected virtually as much as possible," says AOLC's head of marketing, Kunwar Gadhok, "but it can't quite make up for the supportive energy and incredible environment you experience on campus. Guests, staff and volunteers are the pulse of the Center, and we're thrilled to finally welcome them back. The well-being of our community is our number one priority, and we're confident about the care we've taken to ensure we're providing a safe and healthy environment."



The Art of Living Center offers online and at-home programs as well. For more information, visit ArtOfLivingRetreatCenter.Org.

Billups' Soul Healing Book Wins Gold

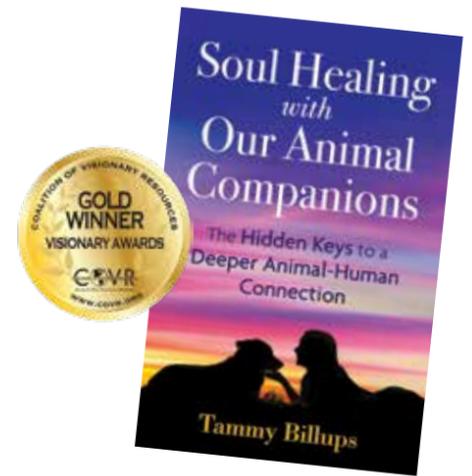
Atlanta author, holistic healer and creator of Tandem Healings, Tammy Billups, has won this year's Gold Medal Award from The Coalition of Visionary Resources for her book *Soul Healing with Our Animal Companions: The Hidden Keys to a Deeper Animal-Human Connection*. Earning a Visionary Award in COVR's Iconic Books category, the book competed with several bestsellers, including *The Untethered Soul* by Michael A. Singer and *Spiritual Revolution* by Michael Goddard.

Each year, COVR, the trade association for the mind-body-spirit industry, gives Visionary Awards to outstanding individuals, companies and products in the industry. COVR supports the success of members by providing education, mentoring, discounts, and targeted networking. Both members and non-members alike are eligible to enter its annual competition.

In *Soul Healing*, Billups invites the reader to explore the spiritual dimensions of their relationships with their animal companions and bring healing and unconditional love to human and animal alike.

Ashley Kolesnik, publicist at the book's publisher, Bear & Co., says, "As an animal lover myself, Tammy and her books have given me a deeper understanding of my furry four-legged loved ones. We're proud of Tammy and are blessed to be able to publish her work!"

Publisher's Weekly says of the book: "Billups, founder of the Sundance Healing Center, presents practical advice on how to develop a deeper connection with pets in this cheerful book. Written in uncomplicated, inspiring language, Billups's book will be appreciated by pet owners with a spiritual bent."



Billups' second book, *Animal Soul Contracts*, was just released in April.

"I'm elated and thrilled for this amazing recognition of my book," says Billups. *Soul Healing with Our Animal Companions* is available at Amazon, Barnes & Noble, InnerTraditions.com and IndieBound.org. For more information about the book, visit TammyBillups.com.

GA's First TINY HOMES Now for Sale



In June, Atlanta-based MicroLife Institute, a nonprofit organization working to create micro-communities, announced that pre-sale contracts are available for eight properties in The Cottages on Vaughan, a tiny house community in Clarkston, Georgia. The homes are either 250 square feet on an approximately 70-square-foot lot or 500 square feet on lots ranging from 1000 to 1600 square feet.

The project evolved out of MicroLife's Tiny House Atlanta program, which is dedicated to building walkable, sustainable "micro-hood" communities while educating individuals, groups and cities about the positive impacts of micro living. The Atlanta-

based program holds regular meetings and has one of the largest tiny house Meetup Groups in the nation.

"I am such a believer in our mission that I've bought a home and am moving into the community myself," says MicroLife Institute founder and CEO, Will Johnston. "We're thrilled that there's so much interest. So many are realizing that their old life is no longer what they want, that it's a time to re-evaluate values and lifestyle."

The tiny-house movement is an architectural and social movement that advocates living simply in small homes. "Tiny" homes are typically less than 400 square feet in size.

The movement values frugality, shared community, and an alternative to a consumer-driven lifestyle.

The MicroLife Institute is a 501(c)3 nonprofit organization that invites individuals, policymakers and professionals to rethink how interior space is utilized while building community and social conscience.

For more information, visit MicroLifeInstitute.org/Clarkston, MicroLifeInstitute.org/BuyAHome or email Kim at Kim@MicroLifeInstitute.org.

BEYOND FACTORY FARMS

'Big Meat' Comes at High Cost

by Melinda Hemmelgarn

Kevin Walker, a Michigan State University professor and author of *The Grand Food Bargain and the Mindless Drive for More*, says, "Meat is the poster child of industrial food gone awry." Independent animal farmers are disappearing while factory farms are getting bigger, causing more air, soil and water pollution in rural communities nationwide, reports the Center for a Livable Future (CLF) at the Johns Hopkins Bloomberg School of Public Health.

Large industrialized farms known as concentrated animal feeding operations (CAFO) rely on the routine use of antibiotics to both prevent the spread of disease and promote animal growth and weight gain—a practice known to fuel antibiotic resistance and compromise human health.

High Cost of Cheap Meat

According to the U.S. Department of Agriculture, a push toward greater efficiency created the shift to industrial livestock production. However, attempts to maximize production for higher returns at minimal cost come at a price.

For example, a growing body of evidence

shows that CAFO leads to the social and economic decline of rural communities. "Research has consistently found that living near a CAFO is associated with an array of negative health impacts, including respiratory disease, mental health problems and certain types of infections," says Keeve Nachman, Ph.D., director of the CLF Food Production and Public Health Program.

Everett Murphy, M.D., a retired pulmonologist from Kansas City, concurs, "Not only are the odors from factory livestock farms offensive, but individuals living within three miles of industrial animal operations are at risk for serious, life-shortening illnesses and permanent disabilities." Concrete reservoirs designed to hold manure present a problem as well, he adds, "They always leak into the groundwater, spreading antibiotic-resistant bacteria and making the source of water to neighboring communities unusable and toxic."

Joan Olive says she is living proof that exposure to air pollution from factory farms is every bit as harmful as scientists and

health experts have warned about for years. On one fateful December day 16 years ago, Olive was outdoors on her family farm near Spencer, Iowa, when she noticed a strong, sickening odor. Feeling nauseous, she went inside, but later that evening, her tongue swelled, she became disoriented and began shaking and sweating profusely.

Olive's symptoms subsided over the next few days, but since then she has experienced multiple chemical sensitivities, transient symptoms of brain fog, muscle twitching, migraines, and respiratory and circulatory problems. Health experts at the University of Iowa identified the source of the sickening odor as toxic hydrogen sulfide from liquid CAFO waste that had been sprayed on farmland one mile from Olive's home. In addition to the region's concentration of hog CAFO, her home sat two miles from 1.5 million chickens.

Today, Olive drinks filtered water and eats organic food to protect her health, but she notices that her symptoms return when triggered by exposure to CAFO air pollution and pesticides. In March, Olive moved to Spearfish, South Dakota, where she's breathing easier and enjoying time outdoors. But she believes she left behind "thousands of rural residents who are having their lives and health destroyed by Big Ag."

There Ought to be a Law

"Government oversight and policies designed to safeguard the health of individuals and the environment from these operations have been inadequate," says Bob Martin, director of the CLF Food System Policy Program.

Citing environmental and public health hazards, the American Public Health Association issued a new policy statement last November calling for a precautionary moratorium on all new and expanding CAFO. It advises a complete halt until additional scientific data has been collected and public health concerns addressed.

Bypassing Industrial Eating

Many consumers don't realize that the majority of beef, pork and chicken sold in supermarkets, served in restaurants and distributed to institutions nationwide comes from the industrial food system. According to the Public Justice Food Project, 85 percent of the meat Americans consume is produced by four corporate giants—Tyson, Smithfield, Cargill and JBS—each accused of hiding labor, animal or environmental abuses behind folksy brand names and packaging images.

To shed light on abuses and steer consumers away from industrial meat, the Center for Food Safety created a website that pulls back the curtain on CAFO. It recommends replacing half of the meat we eat with humane, sustainably raised, grass-fed and organic meat, while replacing the other half with plant-based sources of protein such as beans, peas, lentils, nuts and seeds—a dietary approach that benefits our gut microbes and protects us against a host of chronic diseases.

Meat Alternatives

As concerns mount about the health, ethical and environmental impact of animal products, the food industry has responded with more plant-based, lab-grown meat alternatives. Yet, according to the *Food and Technology 2019* report by the market research firm The Hartman Group, many meat replacements rely on highly sophisticated technologies that hardly meet consumers' definitions of "natural".

"It's all about what isn't on the label," says Urvashi Rangan, Ph.D., chief science advisor of the GRACE Communications Foundation. According to Rangan, many



In *Cows Save the Planet and Other Improbable Ways of Restoring Soil to Heal the Earth*, author Judith Schwartz describes how grazing animals play a key role in restoring soil health, and therefore human health. "Well-managed pastures and grasslands with ruminant animals can sequester more carbon than they emit, improve soil health and increase groundwater recharge," explains Thistlethwaite. Plus, both livestock and poultry can make use of inedible feeds that humans don't consume, such as grass and sagebrush.

Power To the People

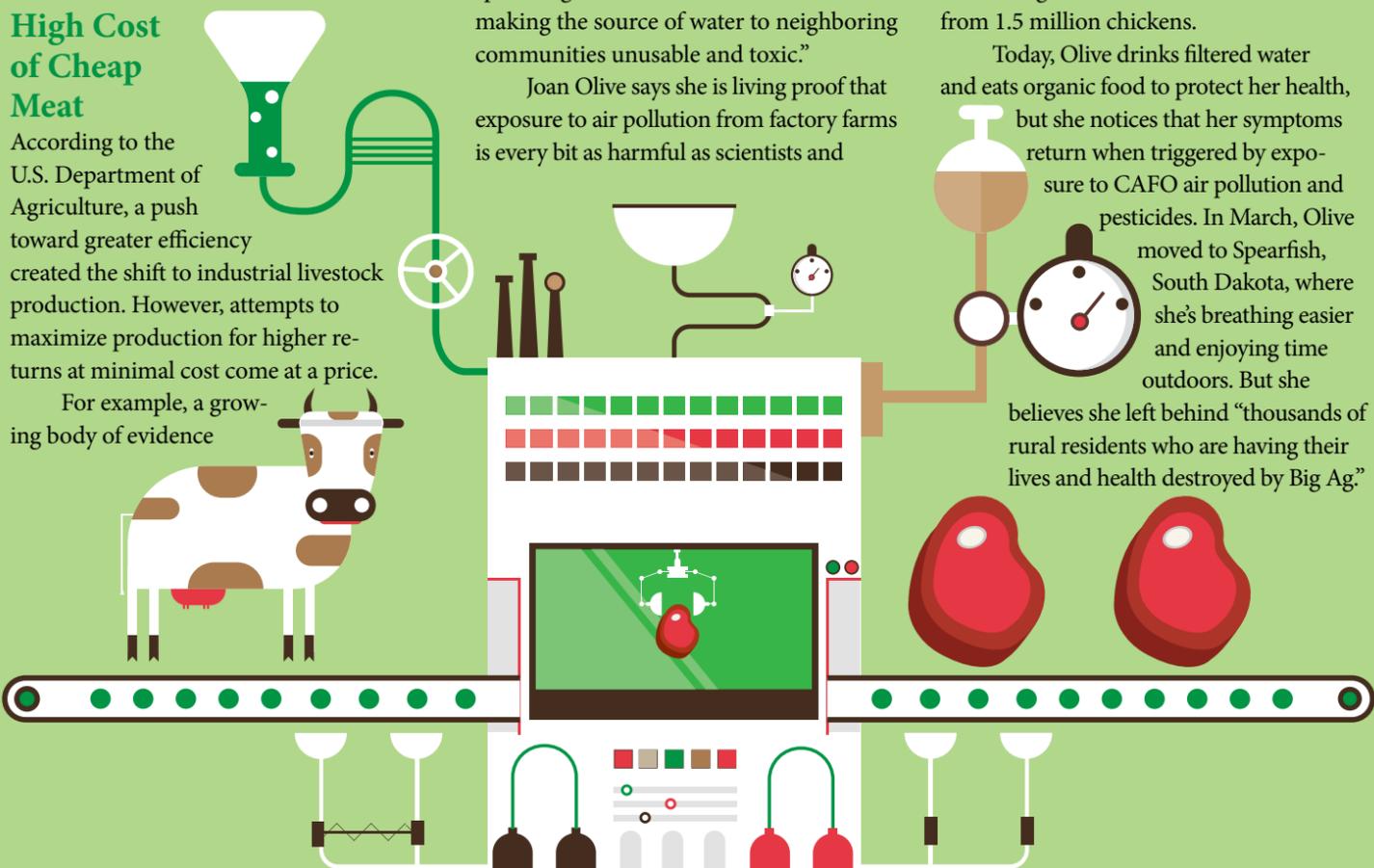
Rangan and Harris emphasize that the power of consumer spending can shift the market. However, Thistlethwaite says, "We cannot just vote with our forks, as many people don't have that luxury." She urges change at both personal and political levels, favoring incentive-based approaches with fewer subsidies going to the industrial system.

"We need more farmers raising high-quality animals in a humane, ecologically responsible manner," says Thistlethwaite. But we also need more small-scale slaughterhouses and meat processors throughout the country to get quality meat to more of our tables.

In addition to farmers' markets, cooperatives and community supported agriculture, organizations such as the American Grassfed Association and Local Harvest connect consumers directly to farmers using sustainable practices to help rebuild regional food hubs and networks.

"Start with small steps," suggests Thistlethwaite. "Buy milk from a local creamery, eggs from a farmer in your community or one-quarter cow to fill your freezer from a local, grass-fed beef producer. Reward the farms and ranches that are doing it right by purchasing from them, promoting them, supporting them." 🌱

Melinda Hemmelgarn is an award-winning registered dietitian, writer and nationally syndicated radio host based in Columbia, MO. Reach her at FoodSleuth@gmail.com. Tune into Food Sleuth Radio at kopn.org.



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WhiteOakPastures.com

Will Harris, III, represents the fourth generation of cattlemen that has owned and operated White Oak Pastures of Bluffton, GA. Established in 1886, White Oaks Pastures has come full circle in its management approach, from the traditional animal husbandry practices of the 19th century, to the factory farming practices of the 20th century, and to the regenerative land management and humane animal practices that Harris instituted in the 1990s. In so doing, the farm has received wide acclaim and recognition.

Harris has served as president of the board of directors of Georgia Organics, president of the American Grassfed Association, and was selected 2011 Georgia Business Person of the Year by the Small Business Administration. (Photo: White Oaks Pastures)

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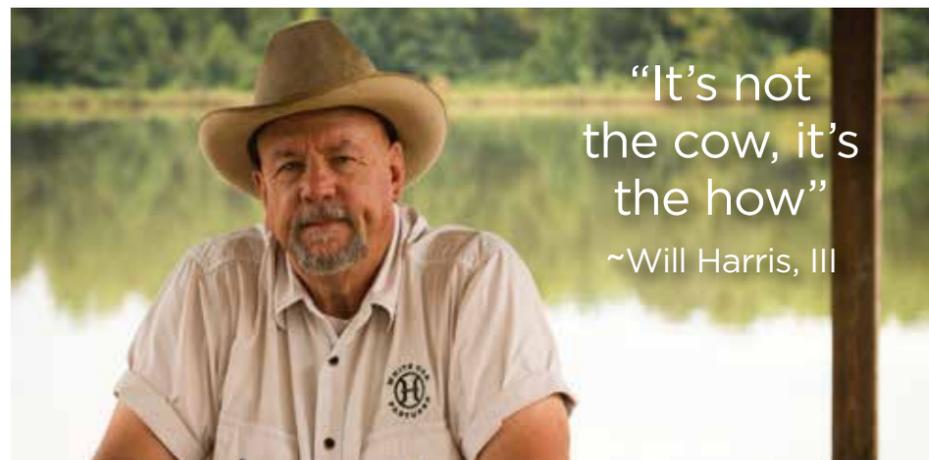
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Ayurvedic Self-Care Tips to Stay Cool This Summer

by Jaya Ramamurthy

Both Ayurveda and yoga originated in ancient India, and both are timeless in their wisdom. Together, they form a system for well-being that is practical and relevant in today's stress-filled world.

The word "Ayurveda" translates to "knowledge of life"—its core principles are based on observing and understanding the universe around us. Ayurvedic practices are rooted in circadian rhythms and link us to our environment in profound ways. In a technology-driven world, human beings often feel disconnected from nature and her rhythms. Ayurveda presents simple ways to remember and re-establish this relationship.

According to this ancient science, human beings are an integral part of this universe and as such are governed by its natural laws, much like other living creatures. Just as trees know when to shed and when to bloom and birds know when to migrate, humans have intrinsic biological clocks that work all day and night and all through the year. Ayurveda teaches that so long as these cycles are understood, nourishing daily practices can be put in place to support a lifetime of wellbeing.

Ayurveda teaches that each season brings certain qualities that are dominant. For example, spring is usually cool, wet and heavy, and an increase of these qualities in the body can manifest in symptoms like congestion and heaviness. So, according to Ayurvedic principles, if daily lifestyle and food practices are adjusted to minimize these qualities, the body stays in balance. On the other hand, if cold foods and beverages,

which are cold and moist, or dairy foods, which are heavy and cold, are consumed in large amounts in the springtime, the typical spring congestive ailments follow. Mucus-laden, upper-respiratory issues anyone?

So, what are seasonally appropriate foods? Fortunately, the season typically produces the foods that are needed for balance. Eating local and seasonal foods automatically prepares one's digestive tract for optimal digestion and wellness.

Foods That Cool for the Summer

In the Ayurvedic view, summer is considered a *pitta*, or heat-increasing, season. Hence all diet, lifestyle and self-care routines are focused upon cooling the body gently and avoiding what can increase internal heat.

According to Ayurveda, digestive power is at its lowest in the summer and highest in winter. Each day, the appetite follows the sun; it is highest in the middle of the day. Modern science is beginning to embrace the idea that eating seasonal foods according to this biological clock is a smart idea. It is ideal because fresh summer produce—fruits, vegetables, herbs and greens—are very light, easy to digest and can mostly be eaten raw or lightly cooked. They are also naturally hydrating and cooling.

Summer fruits such as melons, berries, grapes, peaches and mangoes make for a light and refreshing breakfast. Ayurveda emphasizes proper food combining, and when it comes to fruits, it is recommended that they be eaten by themselves in order to

digest them well. Ideally, ripe fruits make a wonderful seasonal breakfast.

Summer evenings can be a chance to enjoy small meals full of fresh flavors direct from the garden. As for herbs, fennel, licorice and mint are sweet and cooling. Avoid spicy, fried and sour foods, especially at lunch. Alcohol consumption should be minimized as much as possible since it creates heat. Instead, it is a good time to explore the world of Ayurvedic seasonal teas.

Summer Lifestyle and Self-Care

Here are some Ayurveda-based suggestions for summer:

- Rise earlier than your usual routine to allow time for a calming meditation practice first thing in the morning.
- Follow this up with outdoor exercise during the cooler part of the day. A moonlit walk is a particularly enjoyable practice in the summer.
- Keep summer skincare cooling and refreshing: Cucumber water and rose tea are cooling and calming toners.
- Coconut oil soothes sun-touched skin. Also, for hair that's been stripped from chlorine or saltwater, you can precondition with warm coconut oil before getting into the water.
- Aloe is summer's wonder remedy. Keep aloe-soaked cotton pads in the fridge for a cooling and instantly refreshing touch after a day in the sun. Aloe-based moisturizers are gentle and nourishing for the skin.

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- Use a natural deodorant rather than an anti-perspirant. Salt-based deodorants are effective and easy on the skin as well as the environment.
- While honey is heat-generating and generally should be avoided in the summer, it makes a great salve topically for irritated but unbroken skin. Honey mixed with aloe can also be used safely on the face or even lips.

Cooling Lunar Breathing

Chandra, which means "moon" in Sanskrit, is the inspiration for chandra bhedana, or lunar breathing, which brings in the cooling aspect of moon energy. In this practice, inhale into the left nostril, bringing in the cooling energy, and exhale from the right nostril:

- Sit comfortably with a straight spine and with your non-dominant hand on your knee, palm facing up, with the tips of your thumb and index finger touching.
- Bring the dominant right hand into vishnu mudra—folding the index and middle fingers into the palm of your hand.
- If using your right hand, use your right thumb to close off your right nostril.
- Inhale slowly and mindfully through the left nostril.
- Now close the left nostril with your ring finger while simultaneously releasing your thumb from the right nostril.
- Exhale completely and with mindfulness through the right nostril.
- Use your thumb to close off the right nostril.
- Inhale through the left nostril.
- Close the left nostril with your ring finger, releasing your thumb from your right nostril and exhaling completely through your right nostril.
- Continue to breathe like this for one to two minutes, inhaling only through the left nostril and exhaling only through the right. Ensure that inhalation and exhalation are of the same duration.
- Sit quietly for a few moments after you have finished, bringing your right hand to your right knee, palm facing up, while gently bringing the tips of your thumb and index finger together to touch.

It's ideal to practice lunar breathing on an empty stomach.



Summer Cooler Rose Mint Limeade

Lemons create warmth and increase acidity while limes are cooling and perfect for the summer. Rose also is a cooling flavor for summer. This beverage cools and rejuvenates without alcohol or caffeine.

Cold beverages are a seasonal treat, but it's best to consume them by themselves, especially after being out in the sun. Avoid cold drinks with meals to avoid diluting the stomach's digestive enzymes, too.

To make Rose Mint Limeade, start by making a simple rose syrup. Stir in 1/4 cup of edible, dried rose petals with 1/4 cup each of sugar and water. Bring to a boil until all the sugar is dissolved. Turn off heat and cool. Filter off the petals and store syrup in a glass jar.

Then, crush a few sprigs of mint along with the juice of two ripe limes. Add cold water and some of the rose simple syrup to taste. Enjoy in the shade.

Hibiscus can be substituted in the above recipe for another delicious twist. 🌸



Jaya Ramamurthy, whose Indian roots inspired her to share the restorative wellness offered by Ayurveda's health care methods, is a state-certified clinical Ayurveda specialist in private practice.

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GUT TALK

TIPS FOR A HEALTHY MICROBIOME

by Melinda Hemmelgarn

It's hard to imagine surrendering control of our minds and bodies to trillions of microorganisms, but an ever-growing body of research from the Human Microbiome Project shows how microbes living in and on our bodies affect and even predict our physical and mental health.

The majority of these microorganisms, or microbiota, live within our large intestine. According to Kelly Tappenden, Ph.D., a registered dietitian and head of the Department of Kinesiology and Nutrition at the University of Illinois–Chicago, we have more microbial cells within our gut than we have human cells in our body. These microbes help digest food, regulate appetite, produce certain vitamins, synthesize chemicals such as serotonin, metabolize carcinogens and regulate our immune system. She suggests that we think of them collectively as an organ that develops and changes as we age.

“A huge proportion of your immune system is actually in your GI tract,” says Dan Peterson, assistant professor of pathology at the Johns Hopkins University School of Medicine. Taking care of our gut microbes is paramount during times of stress and risk of infection. In their book, *The Good Gut: Taking Control of Your Weight, Your Mood, and Your Long-Term Health*, Stanford researchers Justin and Erica Sonnenburg explain how healthy gut bacteria are essential for both metabolic health and strong immunity, adding that

the chemicals our gut microbes synthesize behave like drugs—they are absorbed into our bloodstream and influence our biology. Seattle-based biologist Ann Bikle refers to the colon as an “onboard medicine chest”. Unfortunately, warns Sonnenburg, physicians too often prescribe antibiotics, which wreak havoc on our microbiota, leaving us susceptible to disease-causing organisms.

Fiber for a Strong Defense

The Sonnenburgs define a microbiota-friendly diet as rich in plant-based, high-fiber foods and limited in meat and saturated animal fats. Low-fiber diets contribute to a decline in gut microbe diversity, resulting in a weakened immune system. “Fiber is fuel for the gut,” says Joanne Slavin, Ph.D., a registered dietitian and professor of food science and nutrition at the University of Minnesota–St. Paul. It's naturally found in fruits, vegetables, beans, peas, whole grains, nuts and seeds.

Fermentable fibers such as fruit pectin, beta-glucans in barley and oats, and oligosaccharides in beans are metabolized by gut bacteria to produce short-chain fatty acids that provide energy to cells in the colon. Many fermentable fibers are called “prebiotics” because they promote the growth of beneficial gut bacteria. Inulin, for example, is a prebiotic fiber found naturally in onions, garlic, leeks, asparagus, wheat and oats.

Teresa Martin, a registered dietitian based in Bend, Oregon, who researches gut health and disease prevention, recommends

35 to 50 grams of fiber per day to promote diverse, abundant and resilient gut microbes. For those over 50 years of age, the Institute of Medicine recommends 30 grams of dietary fiber per day for men and 21 grams for women. Most Americans get half the recommended amounts because highly processed, low-fiber foods are ubiquitous. Plus, popular gluten-free, keto and paleo diets limit whole grains. When buying packaged foods, check labels carefully and choose those providing at least three grams of fiber per serving.

A Healthy Microbiome for Life

Martin shares the following strategies for developing and preserving gut health:

- Choose a vaginal birth, if pregnant; and breastfeed to help establish a healthy microbiome in the baby.
- Choose an organic, plant-based diet. Aim for a variety of different plant species each day.
- Enjoy fermented foods such as yogurt, kefir and sauerkraut, but be cautious with probiotic supplements. Only use those with proven safety and effectiveness.
- Limit “microbial assassins”. Artificial sweeteners and emulsifiers such as polysorbate 80, carageenan and carboxymethylcellulose, typically found in processed foods, can lead to bloating, irritable bowel and inflammation.
- Enjoy physical activity; avoid sitting for more than 30 to 60 minutes.
- Go outside, enjoy fresh air and play in the dirt.
- Reduce stress. Try yoga, meditation and mindfulness.
- Sleep six to eight hours each night.
- Think about gut microbiota every day, advises Martin. “Anything you can do to help fuel healthy microbes, no matter how small, will make a difference to your health.” 🌱

Melinda Hemmelgarn, the Food Sleuth, is an award-winning registered dietitian, writer and nationally syndicated radio host based in Columbia, MO. Reach her at FoodSleuth@gmail.com.



by Ronica O'Hara

It is difficult for children to make sense of what's happening in response to COVID-19 as schools close, sports and extracurricular activities stop and many people wear masks. Before these unsettling circumstances took place, one in eight children experienced anxiety disorders, but now parents are reporting that even happy-go-lucky children that skipped through life have turned clingy; regressing to playing with old toys or becoming withdrawn. “The dramatic change in schedules, reduced social contact and worry about the illness itself can all contribute to the anxiety,” says Eli Lebowitz, Ph.D., director of the Program for Anxiety Disorders at the Yale Child Study Center. “Some children will also have relatives or friends directly impacted by the virus.”

As the situation improves, so should children's emotional well-being, but if anxiety lingers, parents can take heart in new research from the center that shows how childhood anxiety can be reversed before it becomes a crippling adult condition. The study of 124 children aged 7 to 14 with anxiety disorders found that when parents made simple behavior changes, their kids' symptoms sharply decreased 87.5 percent of the time and disappeared completely 60 percent of the time. Parents drew closer to their children and felt less stressed themselves, and the kids continued to improve even after the study ended.

According to Lebowitz, lead author of the study, the key is to reduce parental accommodation—actions that parents take to soothe and protect their anxious children, like texting to provide constant reassurances, speaking for a child with social fears or staying with a child that fears separation until they fall asleep. These actions may not be a problem in the short term or in tough times, but when used repeatedly, the child often becomes more fearful, less confident and unable to function in a normal manner.

In a new study published in the *Journal of the American Academy of Child and Adolescent Psychiatry*, parents learned in 12 weekly sessions how to slowly pull back from accommodating actions while validating the child's emotions and conveying confidence in their ability to handle challenges. Notably, a parent-focused program, Supportive Parenting for Anxious Childhood Emotions, produced better results than the control group, in which the children underwent 12 sessions of cognitive behavioral therapy learning to replace negative thoughts with positive ones. More information on this program for parents and therapists can be found at SpaceTreatment.net.

Everyday Anxiety-Busters

Here are some other straightforward strategies that can lower childhood anxiety.

Getting physical. “Encourage your child to do any kind of exercise: jumping, swinging, running, catch, tag, hopscotch, biking, hiking, skateboarding. These activities are all considered weight-bearing because they place deep pressure on the joints and muscles, which calms their sensory systems that help regulate emotions,” advises Brittany Ferri, a Rochester, New York, occupational therapist specializing in pediatrics and mental health.

Getting outdoors. Sunlight stimulates the production of vitamin D and mood-boosting serotonin, and studies show that even brief nature walks can lower anxiety and improve focus in kids.

Giving them seeds and a shovel.

Planning and working in their own garden give kids a healthy dose of fresh air, physical activity and a sense of accomplishment, and growing their own vegetables makes them more likely to enjoy eating them.

Breathing deep. “Parents can teach children coping skills such as relaxing their body or taking slow deep breaths to help them regulate their anxiety,” says Lebowitz. For example, a child can lie on their back and pretend to blow up a balloon. Or using a fresh flower, a child can breathe in the scent through the nose for a count of four, hold the breath for the same amount of time and then breathe out slowly through the mouth.

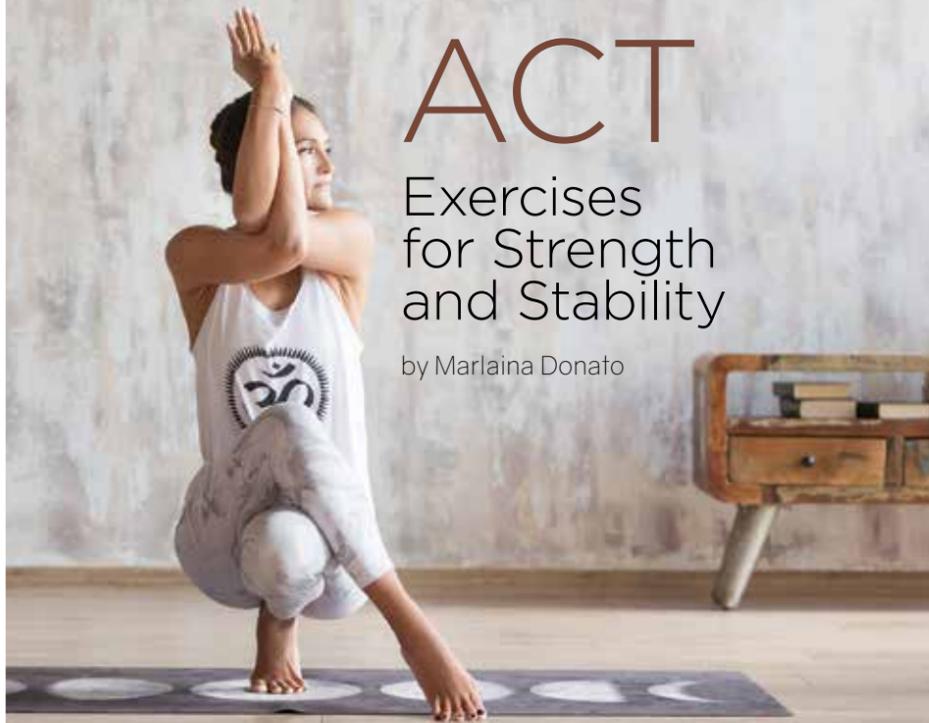
Playing it out. “Parents can help a child role-play what they could do in a situation that they're nervous about,” says Leigh Ellen Watts Magness, a clinical social worker and play therapist, in Athens, Georgia. “They can create a puppet show where the characters have a similar problem, create a poster about some strategies they might use to relax or have their figurines talk to other toys about how they feel. All of these things help kids process feelings of anxiety.” 🌱

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

BALANCING ACT

Exercises for Strength and Stability

by Marlaina Donato



women published in the *British Journal of Sports Medicine*, exercising not only reduces the likelihood of falls by 37 percent, but also the severity of injuries such as broken bones by 61 percent.

“Balance is a skill, and like any skill, it gets better with practice,” says Mike Ross, a Chicago-based performance enhancement specialist and author of *The Balance Manual*. “The problem is people gradually spend less and less time standing and moving around—chasing kids or doing yard work—and spend more time watching television or sitting in front of the computer.”

Whole Body Equilibrium

Balance training for all ages helps the body to move fluidly as a singular, balanced unit. Stephanie Mansour, a Chicago fitness expert and host of the PBS weekly *Step it Up with Steph* show, says, “Some people who have hip or back pain may have an imbalance: One side is more developed than the other. Other people may feel wobbly during workouts or walking upstairs, or less agile while getting in and out of cars; doing everyday movements. Balance training will help improve those everyday activities.”

Full-body exercises engage core muscles to stabilize movement. “You’ll be surprised by some muscles that are triggered that are otherwise less engaged during traditional exercises. No matter where you start, it only takes a few minutes of balance work a day to make a difference,” says Los Angeles fitness trainer Kollins Ezekh, emphasizing the added benefit of improved posture that naturally reduces lower back stress and resulting chronic pain.

Balance training also packs a positive punch for brain health by focusing the mind and improving cognitive function while lowering stress levels.

Everyday Activity

Being proactive throughout the day and adopting simple habits have far-reaching effects. “Start in the morning when you’re getting dressed for the day and pay attention to which foot you balance on first to put your legs in your pants. Consciously do the opposite. When you’re drying your hair or brushing your teeth, balance on your tip toes,” suggests Mansour.

Ross recommends staying active in the daily routines. “Make a point of breaking up long periods of sitting like desk work and [watching] television. Get up and play with the kids instead of watching them. If you can, do your own housecleaning and yard work instead of hiring someone. Find a sport that you can engage in as you age. For instance, you might play tennis in your 20s and 30s and then pickleball and Ping-Pong in your 50s.”

No matter what type of training we choose, there’s a way to fit in balance elements. “You can try yoga, where the different poses really challenge your balance strength,” says Ezekh. “When doing weight training, you can do lateral exercises with dumbbells on your shoulders or even squatting movements. You need to use your balance strength to prevent yourself from swaying or toppling over. Even exercises like walking down steps require proper levels of balance.”

A Steady Diet

Vitamin B12-rich foods, including whole-grain cereals, plant-sourced milks, eggs, sardines and nutritional yeast, as well as resveratrol-rich fruits like grapes or blueberries, can help improve coordination and motor function. A 2016 study published in the *Journal of Physical Therapy Science* reveals that women over 60 with higher serum vitamin D levels exhibit better stability and strength in their lower extremities.

Overall, fostering good balance pays off in the long run. Ross notes, “Ideally, the time to start proactively doing activities that stimulate your balance is way before that first fall in your 50s and 60s.”

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

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Good balance is something we may take for granted until an unexpected fall brings our attention to a brewing problem. Slower reflexes, unconditioned muscles and changes in eyesight can all compromise balance. Statistics show at least one in three people over the age of 65 suffer

from injuries related to falls, but regular core-strengthening balance training, yoga and tai chi can lower the risk considerably.

Marching in place and simple exercises added to a customary after-dinner walk on summer evenings can also go a long way. According to a 2013 study of senior

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The Yoga of Dismantling Racism

by Sheila Ewers

George Floyd. Breonna Taylor. Ahmaud Arbery. Rayshard Brooks. The last several months have illuminated the darkest parts of the racism that ravages our society and laid bare the urgency of widespread change—in our institutions and in our attitudes. As hundreds of thousands of people have taken to the streets and protests take place in all 50 states, every person of good conscience must ask themselves, “How can I do my part?” Those who practice yoga might also find themselves wondering how to merge a call to action with the inner practices of spirituality.

Traditionally, yoga distinguishes between two paths: the path of the renunciate, and the path of the householder. Renunciates turn away from secular life, choosing to devote themselves to the inner work of spiritual transformation while householders remain dedicated to spiritual unfoldment, both within their daily lives and among the pains and struggles of the world. Modern yogis have mostly chosen

the householder path, one that is described thoroughly in the *Bhagavad Gita*, which argues throughout for “Karma Yoga,” a yoga of action.

The action of dismantling systemic racism and working for social justice is yoga. It is an advanced practice that requires every one of us to, first, do the deep work of *svadhyaya*, self-study, and then bring our awareness into the world and skillfully do our part to create the union we profess to believe.

For some of us, that means marching in protest; for some, it means braving difficult conversations with family and friends. Some might feel called to lobby for new laws and resources that promote equity; some feel compelled to use their artistic talents to shed light in dark places. The teachings of yoga exhort all of us to look inward and ferret out the places we hold cultural and personal patterns and conditioning so that we can bring the fullness of consciousness and union to all that we do.



Yoga teachers at Seviin Yoga. (Photo: Adrienne Tann)

This is no comfortable or easy endeavor. It requires what my meditation teacher, Jonathan Foust, once called “ruthless self-observation,” particularly for many of us who are white and unconsciously benefitting from hundreds of years of white supremacy and privilege. It takes courage and resolve—and it won’t happen overnight. When the voices of protest we see in the streets today quiet down, it will be more important than ever to continue our efforts. We must not look away.

As a white yoga teacher and studio owner, I know that I have much to learn, and I know that I must begin by unpacking my own entrenched biases, cultural privilege and prejudices. I also know that it is more important than ever to listen to and elevate the voices of black yoga teachers and studio owners so that we can better understand how to evolve as a community.

For this article, I connected with LeNaya Smith Crawford, owner of Seviin Yoga in Kirkwood, and Dr. Tiffany D. Johnson, yoga teacher, assistant professor of organizational behavior at Georgia Tech, and founder of The Institute for Good Work.

Both women shared their experiences of feeling unseen, unacknowledged and even unwelcome in many of the predominantly white yoga spaces they have entered. Crawford identifies it as one of the primary reasons she opened her own studio, which she describes as “a space that is authentically welcoming and judgment-free. We truly value each of our students and make it known that yoga is for everyone. We meet people where they are and encourage them to be their best self, whatever that looks like for them.”

Dr. Johnson describes the studio where she practices, Sacred Chill {West}, in much the same way. She notes that as a researcher of equity and inclusion, she appreciates the way owners Octavia Raheem and Meryl Arnett, lovingly known in their community as “OM,” have beautifully cultivated a space that embodies the ideals of inclusion and community. Their space, and spaces like theirs, are, Johnson says, what a strong climate for inclusion looks like.



(Photo: Adrienne Tann)

When asked how white studio owners and teachers like me can lend our voices and efforts to the dismantling of systemic racism, both women said very clearly that we must “DO THE INNER WORK!” Crawford writes, “Many white-owned studios in this age of new awakening will try to hire more black teachers or staff, but that isn’t how true change will come about. The inner work needs to be done—processing bias and actively working to be anti-racist is the way we will have lasting change. And doing the work without burdening a person of color to educate, unless you pay them for their time.”

Crawford suggests a threefold approach for studio owners:

- Do the inner work to become anti-racist and encourage patrons to do the same
- Connect with black studio owners
- Promote the black-owned spaces that were created for true inclusivity and have been about this work all along

Without the foundation of committing to lifelong inner attunement, lasting structural change won’t be possible. Johnson, informed by her research, cautions against expecting a quick fix. She hopes every studio will invest in cultivating a strong culture of inclusion, one that not only increases representation and pays equitably, but also incorporates long-term educational programming for their staff and communities on white supremacy and social justice; a culture that has systems of accountability in place; and a culture that clearly dedicates financial, temporal and physical resources to dismantling anti-blackness within its community. Our actions, she reminds us, either contribute to systemic racism or work towards the dismantling of it. There is no in-between.

For those interested in doing this inner work, the resources are vast. Those listed below are a good place to begin. The best place, though, might be in our own backyards. Seek out black-owned yoga studios and businesses, then listen to and help to amplify the voices of black yoga teachers in your community. 🙏

Books that explain systemic racism:

- White Fragility* by Robin DiAngelo
- Me and White Supremacy* by Layla Saad
- How to be an Anti-Racist* by Ibram X. Kendi

Podcasts:

- 1619 from *The New York Times*
- Code Switch* from National Public Radio (NPR)

Local training on community-building and social justice:

Dr. Chelsea Jackson Roberts: RedClayYoga.org

To learn more about Dr. Tiffany D. Johnson, visit TiffanyDawnJohnson.com. To connect with LeNaya Smith Crawford, visit Seviin Yoga at 1963 Hosea L. Williams Dr. NE, Suite 104-B, Atlanta or SeviinYoga.com



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.

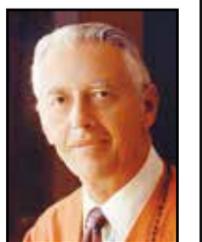


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Dear Yogi

by Octavia Raheem, E-RYT

You have a lot of skill navigating discomfort and darkness on the mat. You practice yoga, so you know coming into alignment, when you've been out of it for a long time, is uncomfortable.

I used to have a teacher who'd say the practice begins when you want the asana to end. For you, the deep discomfort may have just started, and you already want it to stop. This is your practice now. Let us support one another, yes. Discharge discomfort, no.

Let what's churning within you lead you to examine and study yourself.

This advanced yoga we are being called to beyond our mat will likely put you at odds with your old narrative and environments that have gone unquestioned and unchallenged too long.

Don't ask yoga to make your disquiet "vibrate away" or lull anyone to the faux light. Ask it to make us real. Ask it to reveal to you just how fierce love really is. Ask it to grant you courage to examine how you've been the beneficiary of the very privilege that allows those who vow to protect and serve to kill innocent people with impunity.

Can you love an ugly truth more than a beautiful lie?

The level of light you need to bring forth right now won't emerge without long intense labor in your own shadow.

You will contract. You will expand. You will cry. You will shake. You will sweat. Who you thought you were will disappear. The

world you knew will continue to fall apart in this labor.

The only remedy is to fully engage. Examine everything you have been told.

Dear yogi, be uncomfortable. Do not go back to sleep.

America—the land of dreams, liberty and justice for ALL has not existed, not yet.

I am ready, are you? To birth who we are destined to be. ♣

[Ed: Lightly edited for clarity]



Octavia Raheem is co-owner of Sacred Chill {West} and has taught over 7,500 hours of yoga in studio, corporate, and private settings. She specializes in restorative, yin and power yoga, and yoga for kids+teens.

movement that can result in harmony and helpful solutions. Additionally, I hope you come with the embodied wisdom of your ancestors running through your ancient veins as to how to best manage the battles against the enemies among us.

I'm summoning all yoga warriors to bring your most powerful teaching weapons against mass destruction, to bring balance to the onslaught of problems our people are experiencing—with more to be expected. Yes, I want all yogis of color to "come to the front," as the elders say, by being an integral part of our communities' response to these atrocities. I am summoning yoga teachers and therapists of color to use your teachings against the chokehold that is squeezing the life out of our communities, one breath at a time. And for those whose seva, service to society, is also aligned with the struggle and the survival of these communities: don't be far behind. ♣

[Ed: Lightly edited for clarity]



Naima Lewis Ph.D., E-RYT, C-IAYT is a kinesiotherapist, health educator and consultant/director with HYer DYnamic Health Discoveries, Inc.

[Ed: Lightly edited for clarity]

efficacious role that yoga can play in creating inner and outer peace and contributing to human flourishing.

Just as it "takes a village to raise a child," it also takes a village to raise consciousness in our communities. It is our villages that are the most vulnerable in the midst of the pandemic and racial unrest sweeping our country. It is our villages that lack the survival strategies needed to fight against these unhealthy elements and inhumane behavior. It is our villages that are in need of new knowledge, rooted in ancient wisdom and prevention practices. New knowledge that can only be delivered by untapped conscientious resources, such as yourself.

I now enthrone you as village kings and queens—those who are wise and willing to lead in times most needed. Your commitment to healing and connecting to your highest consciousness, and aligning with the lineage of Shiva, Hatshepsut, Shango, and Queen Sheba are needed now more than ever. By using yogic philosophies, principles and practices, you can empower our people with greater confidence needed to repel the visible as well as the invisible pollutants that are poisoning our communities.

I want you to come packing—packing with your knowledge and clear understanding regarding breath, meditation, and mindful

Calling Yogis of Color

by Naima Lewis
Ph.D., E-RYT, C-IAYT

Calling all black and brown yoga teachers and therapists to join me in stepping to the forefront and confronting the challenges that contaminants have brought to our communities. Our cities are again inflamed with the fallout from systemic racism in the midst of our still fanning the flames of COVID-19, a deadly inflammatory virus disproportionately killing our loved ones. Let these fumes fuel you with feelings and a renewed commitment to fight! Let them fuel you to reanalyze what ahimsa, peace, can mean for the moment, and give thought to how it can be actualized in the context of current events.

I'm calling on those who are ready to activate their yoga teacher training and education to educate our communities. I'm calling on yoga teachers and therapists of color to show up and shout out all that we have learned and convey to our communities the

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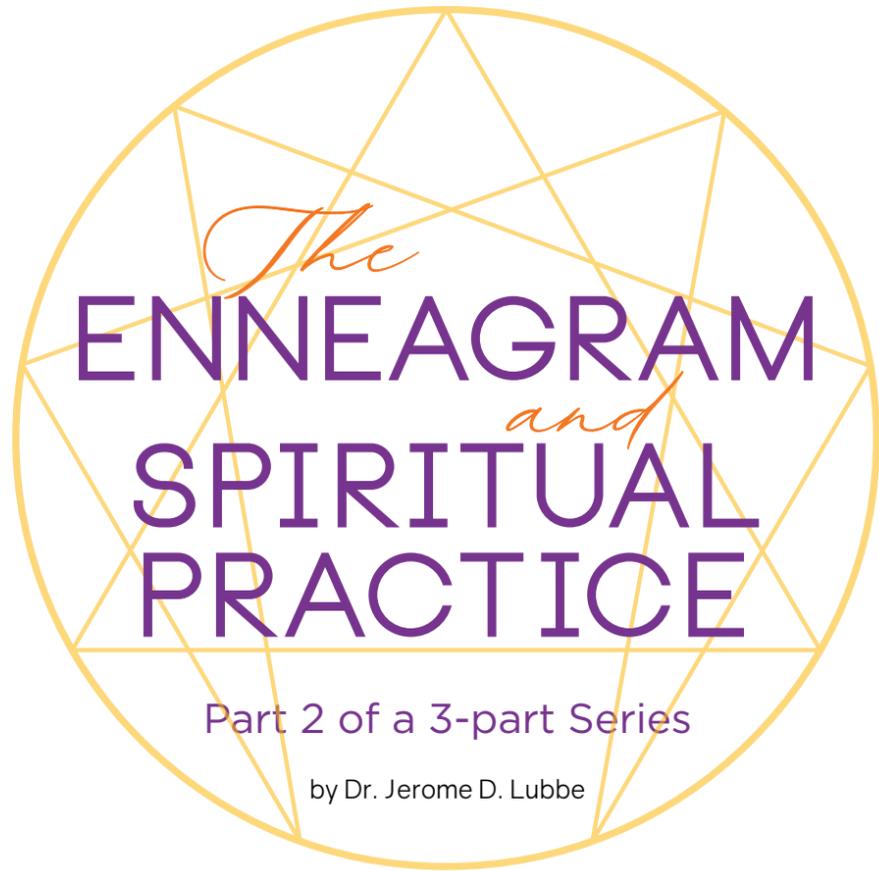
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In our June issue, we provided a high-level introduction to the Enneagram system and its ability to help expand awareness. Perhaps the most recognizable aspect of the Enneagram is its set of nine numbers that offers a language and a system for understanding and discussing ourselves as human beings. For this reason, most of those who work with the Enneagram seek to identify their “number” and learn from it. But as one dives deeper into the wisdom of the Enneagram, it’s important to keep in mind that every human being has access to all nine numbers. Based on nature, nurture and discipline-based conditioning, one expresses the values of each number with varying degrees of intensity derived from one’s lived experiences.

In this, the second of our three-part series, I further expand the language and descriptions of the intelligence centers, each Enneagram type and the instincts that drive our everyday subconscious function.

Overview of the Intelligence Centers

The intelligence centers are like the continents within the global map of the Enneagram. It is also important to remember that the brainstem, the right hemisphere, and the left hemisphere correlate directly with the three intelligence centers of the Enneagram: the head, the heart and the gut.

The *instinct* intelligence center, which corresponds to the brainstem, is where numbers 8, 9, and 1 reside. This center corresponds with our instinctive nature. When under stress, the nature of this center defaults to primitive emotional reactions such as fear, anger, sadness and giddiness as the primary survival-based stress response.

The *intuition* intelligence center, which corresponds to the right hemisphere of the brain, is also known as the heart center and is responsible for complex expressed emotions. When activated, the nature of this center defaults to emotions such as, but not limited to joy, shame, guilt, love, mercy and long-suffering, as the primary survival-based stress response. Numbers 2, 3 and 4 exist within the Intuition center.

The *intellect* center is associated with the left hemisphere of the human brain. It exists in relationship to our intellectual nature and corresponds with complex control of emotion via survival-based stress responses such as attention, caution and skepticism. Numbers 5, 6 and 7 exist within the Intellect center.

The Enneagram Types

As the intelligence centers are like continents, the Enneagram types are the “countries” within the global map of the Enneagram. They are unique and distinct—but not separate from—their respective intelligence centers or the Enneagram as a whole.

8: Disruption

The powerful, dominating type
Self-confident, decisive, willful and confrontational. The innate human capacity reflected in 8 nature is the energy of disruption, and 8 nature seeks and is motivated by autonomy. The innate gift of 8 nature is growth.

9: Peace

The easygoing, self-effacing type
Receptive, reassuring, agreeable and complacent. The innate human capacity reflected in 9 nature is the energy of peace, and 9 nature seeks and is motivated by serenity. The innate gift of 9 nature is rest.

1: Reformation

The rational, idealistic type
Principled, purposeful, self-controlled and perfectionistic. The innate human capacity reflected in 1 nature is the energy of reformation, and 1 nature seeks and is motivated by justice. The innate gift of 1 nature is agency.

2: Nurture

The caring, interpersonal type
Demonstrative, generous, people-pleasing, and possessive. The innate human capacity reflected in 2 nature is the energy of nurturing, and 2 nature seeks and is motivated by appreciation. The innate gift of 2 nature is unconditional love.

3: Achievement

The success-oriented, pragmatic type
Adaptive, excelling, driven and image-conscious. The innate human capacity reflected in 3 nature is the energy of achievement, and 3 nature seeks and is motivated by creativity. The innate gift of 3 nature is confidence.

4: Individuality

The sensitive, withdrawn type
Expressive, dramatic, self-absorbed and temperamental. The innate human capacity reflected in 4 nature is the energy of individuality, and 4 nature seeks and is motivated by authenticity. The innate gift of 4 nature is compassion.

5: Investigation

The intense, cerebral type
Perceptive, innovative, secretive and isolated. The innate human capacity reflected in 5 nature is the energy of investigation, and 5 nature seeks and is motivated by clarity. The innate gift of 5 nature is insight.

6: Loyalty

The committed, security-oriented type
Engaging, responsible, anxious and suspicious. The innate human capacity reflected in 6 nature is the energy of loyalty, and 6 nature seeks and is motivated by guarantees. The innate gift of 6 nature is courage.

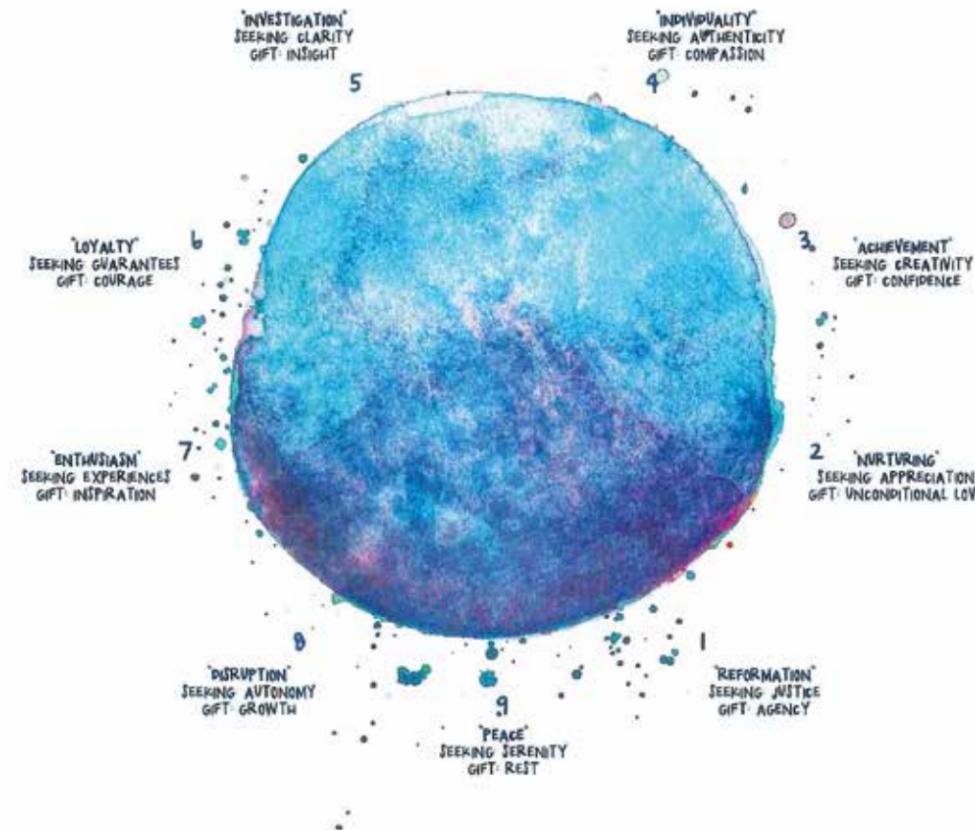
7: Enthusiasm

The busy, fun-loving type
Spontaneous, versatile, distractible and scattered. The innate human capacity reflected in 7 nature is the energy of enthusiasm, and 7 nature seeks and is motivated by experiences. The innate gift of 7 nature is inspiration.

The Instincts

Along with the “continental” regions—the intelligence centers—and the “countries” within them—the types—the Enneagram also has what I call “dialects” that are spoken within each country. These dialects, otherwise known as the “instincts,” are specific ways in which we interact with ourselves, each other and the world on a more intimate, primal and subconscious level. There are three instincts, most commonly referred to as self-preservation, sexual and social, which are synonymous with our primitive survival responses of flight, fight and freeze, respectively. We have each of these instincts within us just as we have the nature, capacity and gift of all nine types working together in tandem via our intelligence centers.

- Our self-preservation instinct is designed to aid us by activating our survival-based reaction of *flight* in order to preserve our bodies by way of withdrawal via passivity.
- Our sexual instinct is designed to aid us by activating our survival-based reaction of *fight* in order to preserve our bodies by way of engagement via assertiveness.
- Our social instinct is designed to aid us by activating our survival-based reaction of *freeze* in order to preserve our bodies by way of maintenance, achieved by balancing passive and assertive approaches.



A practical way to understand the instincts is to reflect on one's nature as an introvert, extrovert or ambivert. One can also consider the nature of these instincts with regards to one's relative speed, acceleration and momentum of life. Do you prefer to take it slow or pump the brakes when things go too fast for your liking? Do you prefer to maintain balance and order by hitting cruise control? Do you prefer to accelerate or hit the gas whenever possible in order to move ahead? It can be helpful to better understand the instincts to consider a "gas, cruise and brakes" analogy:

- Gas (sexual instinct): extrovert, flight, assertive, engaged energy
- Cruise (social instinct): social, ambivert, freeze, maintenance, balance energy
- Brakes (self-preservation instinct): introvert, flight, withdrawal, passive energy

What's Next?

Once you begin to learn more about the Enneagram—and yourself, through it—step back from the desire to assign labels. Allow yourself to be a learner. Read at least one complete book, ideally three books as a minimum, before you even say to yourself or others, "This is who/what I believe I am." Also, try taking a test—see recommendations below—to better understand what the relationship—often referred to as your "stack"—is between each number and each instinct. Remember an Enneagram test is a diagnostic, not a diagnosis. The numbers and instincts do not define you; they describe you.



RECOMMENDED ENNEAGRAM-BASED TESTS

Paid: The Enneagram Institute offers a Riso-Hudson Enneagram Type Indicator (RHETI) test of 144 questions that scores for all nine Enneagram types. The Institute also offers an Instinctual Variant Questionnaire (IVQ), which asks 37 questions and scores all three instinctual intelligences. Each test costs \$12 and can be found at Tests.EnneagramInstitute.com/Orders/Create

Free: Enneagram Academy's 36-question RHETI Sampler. See EnneagramAcademy.com/Enneagram-test.

We are all looking for answers right now in the midst of such uncertain and difficult times, when often the most helpful thing we can do for ourselves, our loved ones, our communities and the world is to seek understanding. Give yourself the chance to be curious first. Curiosity is the antidote to fear. The answers will come with greater clarity as we expand our awareness of what it means to be a human in the midst of conflict, crisis, fear and uncertainty.

As you approach the Enneagram, see it as a gateway for describing your identity rather than defining it. If one defines something, one has to defend it. The Enneagram is designed to help people ask better questions, not to provide superficial or absolute answers. So, try not to see the Enneagram as a tool that produces a reductive or stereotyped version of what it means to be a human. You are not a number. You are a whole person capable of discovering your whole identity. 🌱



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 well-being. His book, The Brain-Based Enneagram, offers a first-ever neuroscience-based model of the Enneagram. Contact him at info@thriveneuro.com.



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

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Red Clay Sangha Sunday Morning Service - 9am, meditation; 10:30-11:30am, dharma discussion. Via Zoom. To watch: RedClaySangha.org.

Online Meditation Open House - 10am. A 30-min meditation and a 30-min discussion via Zoom. To watch: Atlanta.Shambhala.org.

One World Spiritual Center Sunday Service - 11am. To watch: OneWorld-SpiritualCenter.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.

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

Unity North Online Sunday Service - 11:15am. To watch: 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.

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Heart Jewel Chanted Prayers and Meditation - Mon-Fri, 8-9am. Chanted Buddhist prayers and meditation. Free. To register for livestream: MeditationInGeorgia.org.

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Zoom Check In: Wellness Wednesdays - 10am. Check in with your community during COVID-19 crisis. slc-atlanta.org.

Guided Lunchtime Meditation - 12:15-12:45pm. Treat your mind to a mid-day get-away. 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.

Unity North Online Wednesday Evening Experience - 7pm. To watch: 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.

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Livestream Meditation Fundamentals - 6:30-7:30pm. With Meditation Teacher Melanie Boyd. Suitable for complete beginners. To register for livestream: MeditationInGeorgia.org.

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: AtlPranicHealing.com.

fridays

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.

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Reiki Level 2 - Thursday, July 9, 10 am - 1 pm, virtual class. Jamie Butler teaches this powerful technique that complements other medical and therapeutic modalities to promote recovery; Level 2 focuses on distant and spiritual healing. Prerequisite: Level 1 with Jamie or another instructor. cfl.learnitlive.com/class/14170/Reiki-Level-2

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The Spiritual Discipline of Evoking Joy

by Marlaina Donato

Our four-legged friends—from pampered pooch to stray cat—have the inborn ability to seize the moment. No matter what chaotic circumstances may swirl around them, they have a knee-jerk response to spring into playful action or curl up in a patch of inviting sunlight.

As humans, we tend to postpone the smallest of joys and avoid emotional self-care, opting for that extra glass of wine or spending more than usual to feel better for a brief period of time. Tending to our own happiness begins by seeing joy not as a mood dependent upon circumstances, but as a spiritual discipline like any other. Emotional well-being is a garden we must weed and water daily, and in turn, our physical health can't help but be well-nourished by the harvest. Studies through the years have shown that certain sites and organs in the body, including the thymus, immune cells and bone marrow, have receptors for neurotransmitters like serotonin, which could explain why cultivating contentment might boost our natural defenses.

Seasoned yogis and meditators often speak of an inner wellspring of joy that can be accessed through a committed practice. Perhaps joy is less of a mood and more of a frequency that is accessible to all of us when we're willing to align with its bandwidth. Making it a habit to step outside for 10 minutes to witness a sunset or greet

the twilight while dinner cooks can be a beautiful way to advance felicity.

Taking five-minute joy breaks during the workday to listen to a favorite piece of music with earbuds, read a few pages of an inspiring book or notice the clouds is another easy way to tend to happiness. Filling a "joy jar" with lovely memories written on scraps of colorful paper can prompt a spontaneous smile any time of day. Taking a half-hour drive on a pretty back road instead of scrolling through social media can reset depleted emotional reserves.

Today, we can shift our thinking and see contentment as a precious, deserving loved one that needs nourishment like any other. Feeding joy in our lives can pave the daily humdrum road with jewels. In the end, perhaps fostering inner happiness by example is the greatest legacy we can leave behind. ♡

Marlaina Donato is the author of Spiritual Famine in the Age of Plenty: Baby Steps to Bliss. Connect at AutumnEmbersMusic.com.

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