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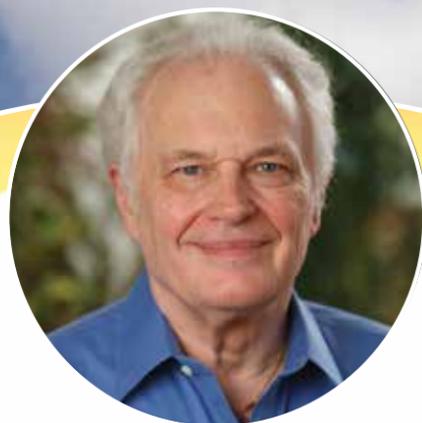
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18

HEALTHY GUT,
HEALTHY LIFE?

DEPARTMENTS

- 10 ATLANTA BRIEFS
- 11 HEALTH BRIEFS
- 12 COMMUNITY SPOTLIGHT
- 14 CONSCIOUS EATING
- 18 HEALING WAYS
- 22 HEALTHY KIDS
- 24 YOGA
- 32 INSPIRATION
- 34 CALENDAR
- 36 COMMUNITY DIRECTORY
- 38 WALKING EACH OTHER HOME

Contents



12

SRF OF ATLANTA
MARKS 20 YEARS

14

SATTERFIELD'S
GOURMET
THANKSGIVING



22

MINDFUL
PARENTING
IN 2020



32

JACK KORNFIELD
ON THANKFULNESS



38

AWAKENING
TO LONELINESS





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DEEPER SLEEP

ENHANCED SPORTS PERFORMANCE

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~Rossella Savo

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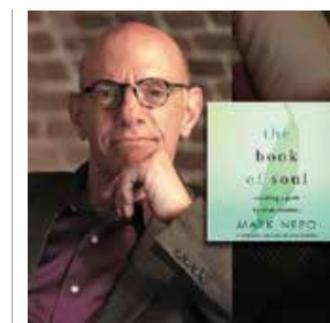
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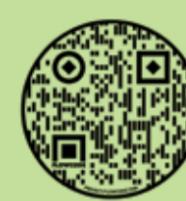
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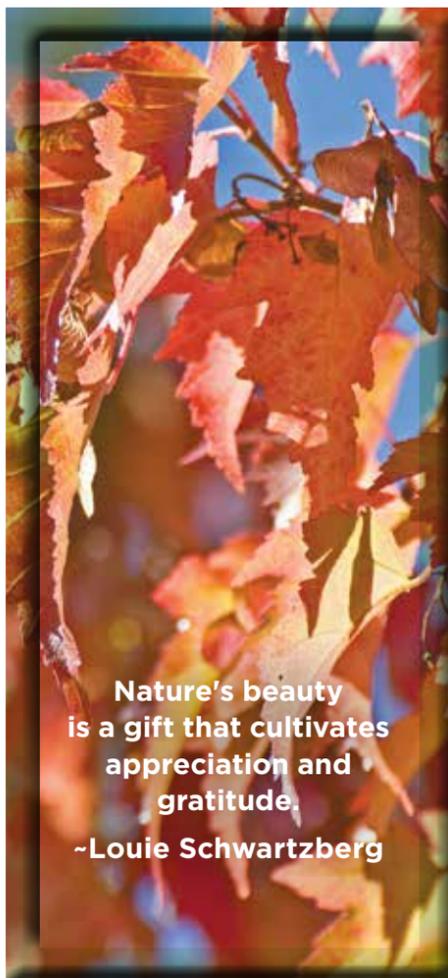
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INDEX OF DISPLAY ADVERTISERS

A Wonderful Approach 12
 Abundant Living Wellness Center 12
 Be True Studios 28
 Bella Moda Yoga 28
 Cann Dentistry 03
 Cassie Gaub 33
 Celestial Azul 39
 Center for Spiritual Awareness 25
 Elizabeth Yates Yoga 28
 Elohee 27
 Flip Your Dog Yoga 28
 Gabriel of the Light 33
 Georgia Eye Center 20
 Heal Center 29
 Healworks 02
 KnoWeWell 31
 LifeWave 06
 Linda Minnick Consulting 33
 Moon Organics 25
 Natural Awakenings (corporate) 30
 Naturally Healthy 21
 Nature's Rite 30
 Neu Yoga & Wellness 28
 Phoenix & Dragon Bookstore 04
 Rose Dental 40
 SAMA Food for Balance 29
 Seeds of Wellness 27
 Self Realization Foundation 23
 Sevananda 04
 Shannon O'Flaherty 23
 Share International SE Region 13
 SocioMindful Wellness 28
 Tammy Billups 12
 Woodstock Salt Cave 04
 Writing Doctor 19



Cover photo: Heidi Harris

CORRECTION: We did not provide a photo credit for our October cover photo of Dr. Toni Galardi. Credit goes to Robert Kazandjian.

Also, last month's article, "LifeQuakes: Awakening to Your True Purpose," incorrectly states that Galardi is a former psychotherapist; she holds a current license in marriage and family therapist in the state of California.

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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THANK YOU, DONALD TRUMP

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You set out to find God, but then you keep stopping for long periods at mean-spirited roadhouses.

~ Rumi

I have written about my efforts to vanquish my hair-trigger anger over injustice—racism, misogyny, anti-gay and lesbian words and deeds, and especially those malevolent actions, committed by the powerful, upon all they choose.

I'm happy to report that I've made enough progress to see the light at the end of the tunnel. It might be a long time before I step into that light, but it is visible, which is a massive improvement from where I was only a few short months ago.

And I have Donald Trump and his enablers to thank.

My anger was explosive, violent, full of vitriol, and, frankly, hate. To be sure, I can still be triggered rather easily, but my response is considerably moderated, and I arrive at compassion more quickly.

I'm not sure when I first noticed the anger in myself; I probably assumed it was part of who I was. But I distinctly remember the first time I was told that anger has no merit and should be eradicated. It was during a Buddhist teaching. I had believed, as many do, that anger at injustice is legitimate and can be positive

if it's channeled into right action. Indeed, last year, a spiritual coach sent me an article by the Dalai Lama that, she said, made that point.

But it didn't exactly. The Dalai Lama actually said that anger could be productive if it is aimed at the situation, but not a person or persons.

"When we're angry, we're always wrong," says Gen Norden, resident teacher at the Kadampa Meditation Center of Georgia. By definition, anger seeks to harm the antagonists, she explains, not help the victims. That's compassion.

There is a lot of palpable anger these days—from many people on all sides. To help others working to overcome their anger, here is what I've learned.

Become aware: It took me a while to realize that my anger was over the top. Righteousness makes one feel that their anger is justified.

Patiently accept and forgive: Many tend to self-blame or despair in the belief that our faults are inherent. Neither is helpful. The first step

toward recovery is patiently accepting the situation. "Patience is a mind that is able to accept, fully and happily, whatever occurs," says Geshe Kelsang Gyatso, founder of the New Kadampa Tradition. "It is much more than just gritting our teeth and putting up with things." Acceptance creates space for embracing responsibility and the possibility of positive change. Forgiving oneself paves the way for change even further.

Commit: Once one becomes aware, accepts and forgives, the next step is to commit to change. It took me a while to do that. I had been aware of my toxic anger for decades, but it wasn't until it was being triggered almost daily that I committed to change.

Interrupt: No one frees themselves from anger overnight. One step you can take early in your journey to vanquish anger is to interrupt an anger episode as soon as you recognize it. One technique, once you recognize you're in the middle of an

Continued on Page 37.

OPEN MIND CENTER Gets New Roswell Home

The Open Mind Center, a community health and wellness center and metaphysical store, has moved to a new location just one block from its original home. It is now located at 1425 Market Boulevard, Suite 500, in the Kings Market shopping center in Roswell.

“We’ve made significant upgrades in this move,” says owner Charmaine Taylor. “The new space is visually stunning and more functional for our clients. We also have a new major point of interest in the space: a Wishing Tree. You can place wishes, aspirations and prayers onto the tree to help manifest your intentions, prayers and dreams. We thought it would make the perfect addition to our new space.”

Opened 12 years ago, the Open Mind Center is a minority-owned, holistic center offering classes, workshops, coaching, massage, energy work and a metaphysical store. Its mission is to help people find their purpose, joy and center of emotional well-being.

“The Center has stepped into a new chapter of its history,” says Taylor. “We’ve spent a considerable amount of time and effort thinking about how we could be more effective at helping others along their journey. Our new space is more open, more beautiful and, most importantly, more catered to the needs of our patrons. We are so proud of the outcome!”

For more information, visit TheOpenMindCenter.com or TheOpenMindStore.com or call the new phone number: 678-629-3630.



(Photo: Charmaine Taylor)



(Photo: Tammi Kosack)

BE(E) WELL SERVE WELL Obtains Nonprofit Status

Be(e) Well Serve Well, a faith-based wellness initiative that provides lifestyle and wellness guidance to faith leaders, educators, and parents, is now a 501(c)3 charitable organization.

Founded in 2015, the company provides practical guidance that helps people build lasting, healthy lifestyles for themselves. It is currently offering two programs, with two more in the pipeline.

The Metanoia: Be(e) Transformed program includes online workshops, one-on-one wellness and nutritional consultations, videos and email support. The second program, Come to the Table, is a series of workshops for churches, schools, and organizations designed to nourish health by providing practical steps and spiritual guidance.

With its 501(c)3 designation, and with the help of grant funding and tax-deductible donations, Be(e) Well Serve Well can offer its services at a fraction of the actual cost. Fee-based services will still be available to those who want help with their own health concerns, as well. A portion of those fees will go to support the work of the organization.

“Many of those who serve are quick to care for others while neglecting their own health and wellness,” says founder, wellness consultant and whole-food, plant-based nutritionist Deborah Garrard. “So we help such people explore the sacred side of self-care. What better time than in the midst of a global health crisis? Strong leaders create strong families, schools, churches, and communities.”

Garrard is a certified Psychology of Eating coach. With a background in theological studies, her philosophy is that “health is not just about our relationship to food and body. It’s also about our relationship to ourselves, to others, and to Spirit.”

For more information, email BeeWell-2Day@gmail.com, visit BeeWellServeWell.com or call 404-232-0442.



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Do Aerobic Exercises to Improve Fatty Liver Condition



Metabolic-associated fatty liver disease (MAFLD) is a common form of chronic liver disease affecting up to one quarter of the population worldwide. Associated with Type 2 diabetes

and obesity, MAFLD is quickly becoming the leading cause of liver cirrhosis and liver cancer and has been linked to more severe COVID-19 outcomes. With no effective pharmacological treatments, the focus has been on reducing weight by 7 to 10 percent. But a new study from Trinity College, in Dublin, based on liver biopsies of 24 patients, found those that undertook 12 weeks of aerobics had significant improvements in markers of liver and metabolic health, even without weight loss, making exercise theoretically more important than losing pounds. The positive results were not sustained once the exercising stopped, leading researchers to recommend follow-up programs in community settings.

Have Conflicts Mediated for Best Results

Active mediation by a third party provides better outcomes for couples’ arguments by heightening activity in the “reward” part of the brain that generates romantic love. That’s the conclusion of researchers from the University of Geneva in a study in the journal Cortex that included 36 heterosexual couples that had been married for one year. After receiving brain scans with functional magnetic resonance imaging (fMRI) and filling out a questionnaire, the couples argued for an hour about a key conflict such as intimacy, finances or in-laws. Half the couples received guidance from a professional mediator; the other couples did not. Afterward, couples with the active mediator reported feeling more satisfied with the content and progress of the discussion and had fewer residual issues. When individuals were shown photos of their spouse and another unknown person during a second fMRI, the couples that had mediation were more likely to experience heightened activation in the nucleus accumbens, a key region in the reward circuit of the brain linked to pleasure, motivation and feelings like love. The more satisfied a person was with the mediation, the greater the neural activation. “Our results suggest for the first time that third-party mediation has a significant and positive impact on the way couples argue, both behaviourally and neurally,” concludes Olga Klimecki, a study author and researcher at the Swiss Center for Affective Sciences.

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Take Vitamin D and Calcium to Reduce Vertigo

When a change in the position of a person’s head results in a sudden spinning sensation, it’s a condition known as benign paroxysmal positional vertigo. For 86 percent of people afflicted with it, daily life can be interrupted, including



missing work. Treatment usually involves a doctor or health practitioner performing a series of movements to the patient’s head that shift particles in the ears, but scientists in South Korea have found another simple solution: 400 international units of vitamin D and 500 milligrams of calcium daily. In a study of 957 people published in Neurology, 445 in an intervention group were given supplements if vitamin D levels were less than 20 nanograms per milliliter. The 512 people in the observation group did not get supplements. After a year, the supplement-takers had 24 percent fewer episodes, and those with very low vitamin D levels at the start experienced a 45 percent reduction.

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Never lose an opportunity of seeing anything beautiful, for beauty is God's handwriting.
~Ralph Waldo Emerson

COMMUNITY SPOTLIGHT

Self-Realization Fellowship's Atlanta Center CELEBRATES 20 YEARS

by Paul B. Chen

This month marks the 20th anniversary of the opening of the Atlanta Center of the Self-Realization Fellowship (SRF), a worldwide spiritual organization founded 100 years ago by Paramahansa Yogananda.

While the coronavirus forced the cancellation of celebratory events in Atlanta, the international headquarters in Los Angeles conducted a worldwide convocation virtually in August and held a brief ceremony in Boston in September commemorating Yogananda's arrival in the U.S.

Yogananda is credited with introducing Kriya Yoga to the West. He is best known as the author of the spiritual classic, Autobiography of a Yogi, which has been translated into more than 50 languages since it was first published in 1946.

“Why did you cause me so much trouble?” It was 1945, and Paramahansa Yogananda was speaking to a young Atlantan, Mary Lou Edwards. It was their first meeting and the first of many mystical occurrences in the history of SRF Atlanta.

Edwards had traveled to San Francisco earlier in the year to see her Navy husband, whose ship was docked for repairs. While there, she attended a Yogananda lecture. In the yogi's slide show, Edwards saw a picture of a temple in Encinitas, California, and wished to visit it one day.

Months later, she was driving to La Jolla, California, when she remembered that the temple in Encinitas was on the way. She tried to find it but couldn't, so she continued on her way. Then, “for no apparent reason,” she pulled over to the side of the road and decided to ask people living in the area where the temple was located.

She pulled into a driveway and knocked on the front door. The woman who greeted her told her she was expected for dinner. It was, in fact, Yogananda's home. Befuddled, Edwards joined Yogananda and his other guests for dinner. When meeting with him later in his office, he chided her for almost passing him by.

“He told me, ‘I had to send someone

after you to get you to stop and come back!’” Edwards later told Randy Bundy, who subsequently wrote a book about Yogananda and Edwards. The “someone” who caused Edwards to stop and turn around was the Divine Mother.

Yogananda shared more information with Edwards that night. He told her that, in a previous life, she had been his spiritual teacher; that he had heard her soul call to him earlier that year; that God had told him to contact her; and that he had been lecturing in San Francisco because he knew she would be there.

The last time Edwards met with Yogananda, she told him she wanted to start a group in Atlanta. He said it wasn't time yet, but that she would start a group, and she would live to see an Atlanta temple.

In 1971, nearly 20 years after Yogananda passed away, Edwards received a channeled message from a psychic. “[He] said he had a message for a woman from an emissary of Paramahansa Yogananda,” Edwards told Bundy. The message? It was time to start a meditation group in Atlanta. With that prompting, Edwards launched SRF Atlanta.

Building Atlanta's Center

Randy Bundy's introduction to SRF was also extraordinary. Nineteen years old, he

was already a spiritual seeker who would read several spiritual texts at a time. When, within several days in 1972, three people recommended that he read *Autobiography*, he moved the book to the top of his stack. “Even I'm not that stupid,” says Bundy.

Bundy met Edwards the following year and, since then, has been an integral part of SRF Atlanta with his wife, Virginia. Since 2007, she has been the management council coordinator, a position Randy held from 1991 to 2003.

Randy was also a member of the small team that oversaw the Atlanta SRF Center's development. Planning for it started in April 1999, and the grand opening was held in November 2000, a startlingly swift process. “We knew we were being guided,” says Randy. “We were the hands and feet of the Divine. People showed up out of nowhere, had the skill sets we needed, and then disappeared!”

The auspicious events kept happening. Two large donations were phoned in out of nowhere; the land the Center sits on was discovered by accident and cost a mere fraction of the \$1 million-plus that the team assumed they would have to spend; Jon Picard, an internationally renowned architect, produced the building design free of charge; a connection to the construction giant, Holder, ensured that the project was completed in record time. Mary Lou Edwards passed away just weeks before the Center's first service was held, but she did live to see it get built.

SRF Atlanta at 20

Today, Randy Bundy says the Center is home to 250 to 300 devotees, about 200 of whom are Kriyabans, devotees who have been initiated into the practice of Kriya Yoga after undertaking approximately eight months of study. In *Autobiography*, Yogananda describes Kriya Yoga by quoting his own guru, Sri Yukteswar: “Kriya Yoga is an instrument through



(Photos: Zack Harrison)

which human evolution can be quickened. The ancient yogis discovered that the secret of cosmic consciousness is intimately linked with breath mastery... The life force, which is ordinarily absorbed in maintaining heart action, must be freed for higher activities by a method of calming and stilling the ceaseless demands of the breath.”

Since Kriya Yoga is a spiritual science, SRF is open to adherents of all religions. Brother Ishtananda, the minister counselor for SRF Atlanta, says that a large percentage of SRF devotees in the United States are Christian, and most of them have discovered SRF from reading *Autobiography of a Yogi*.

“People reach a point where they [still] love the religion they grew up in, but many become deeply interested in the spiritual path and feel like they're looking for something more. A lot of times, that's meditation,” says Ishtananda.

As Bundy puts it: “They want a deeper, more personal relationship with God.” Due to the coronavirus, in-person activity at the Center has been suspended for the time being. Otherwise, SRF Atlanta holds two Sunday services, a meditation from 10:00 am to 11:00 am, and a reading service from 11:00 am to noon. It also has two Sunday School offerings for children and young adults. There also is a second reading service on Thursday nights and a long meditation session every fourth Saturday. ❧

For more information: visit SRFAtlanta.org or Yogananda.org.

The Mantram of Unification

The sons of men are one and I am one with them.

I seek to love, not hate;
I seek to serve and not exact due service;
I seek to heal, not hurt.

Let pain bring due reward of light and love.
Let the soul control the outer form, and life and all events,
And bring to light the love which underlies the happenings of the time.

Let vision come and insight.
Let the future stand revealed.
Let inner union demonstrate and outer cleavages be gone.
Let love prevail.
Let all men love.

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Atlanta's Steven Satterfield Turning Thanksgiving Fare into a Healthy Feast

by April Thompson

(Photo: John Kernick)

Due to travel restrictions, tighter budgets and concern for family members that may be older or have underlying health conditions, Thanksgiving might be a smaller affair this year, but that's no reason to give up on having a scrumptious, celebratory meal. With a little creativity and lots of flavor, our treasured American holiday need not suffer. Giant turkeys may not grace as many tables as usual, so it's the perfect time to up the side-dish game, embracing healthier options and taking full advantage of an abundant supply of delicious, in-season produce.

To right-size the Thanksgiving spread for carnivores, "Get a Cornish hen or another small bird from a local poultry producer, or consider turkey parts like breasts or thighs, instead of cooking an entire big bird," advises Steven Satterfield, co-owner and executive chef of the Miller Union restaurant, in Atlanta, and author of *Root to Leaf: A Southern Chef Cooks Through the Seasons*.

For sides that rate high in both nutrition and taste, the James Beard winner favors in-season veggies like brassicas and Asian greens. "Napa cabbage is great roasted, grilled or prepared raw as a salad. Brussels sprouts shaved on a mandolin and sautéed briefly with shallot and garlic, and dressed with apple cider vinegar and diced apple, is another nice option," Satterfield says. One of his go-to dishes is a root vegetable salad with shaved celery root, walnuts, apples and dried cranberries with a simple dressing of olive oil and lemon.

Sweet potatoes and pumpkin offer a nutritional edge over white potatoes, giving them top billing at Satterfield's holiday table. He suggests simplifying the traditional sweet potato casserole by first parboiling, straining, peeling and cutting the potatoes into thick chunks, and then baking with lemon juice, nutmeg and water. "The sweet potatoes will caramelize and form a natural syrup. It has a bright and refreshing flavor without adding the usual butter, marshmallows and sugar," he explains.

According to Satterfield, many nutritious bitter greens are plentiful this time of year, including chicory, radicchio, frisée and endive. "Last Thanksgiving, I made a chicory salad with dates, pecans, shaved parmesan and persimmon with a sherry vinaigrette with olive oil and shallots. The sweetness of the fruit balances nicely with the bitter greens, which add fiber and help with digestion and the circulatory system."

Thanksgiving offers a good opportunity to go meatless, according to Kim Campbell, vegan chef and author of *The PlantPure Nation Cookbook*. "There is a substitute for every animal product out there, so it's not hard to make traditional recipes plant-based," says the Durham, North Carolina, native. Her recipe for a nutty or beanie loaf ramps up the flavor and health profiles by using fresh, rather than dried, herbs such as rosemary,



(Photo: Heidi Harris)

thyme and sage, as well as natural binding agents like lentils, flax seeds or chia seeds mixed with water. "Guests will be amazed that whole foods can be so flavorful and satisfying," she says. "Go the extra mile with quality ingredients for a special meal like this."

Campbell encourages people to enjoy the abundance of fresh produce and learn how to cook in season. Fruit-based desserts can be a great way to showcase what's in season and still keep guests light on their feet. "You don't have to use crust or a lot of added sugar for something like an apple crisp or cobbler," she says.

Annemarie Ahearn, founder of the Salt Water Farm cooking school, in

Lincolnton, Maine, also suggests a healthful rethinking of traditional Thanksgiving dishes. "Instead of a green bean casserole, consider blanched green beans with almond and cranberry. Dried cranberries can go in a salad, rather than a sauce. You can have the same ingredients and keep the same focal point, but use less cream and dairy," says the author of *Full Moon Suppers at Salt*

Water Farm: Recipes from Land and Sea.

Ahearn, who teaches a class on Thanksgiving cooking, encourages people to take a stroll after the main meal to let food settle before having dessert. She also suggests serving some dishes at room temperature to relieve the pressure of having everything arrive hot at the table. For those unable to be with extended

family, Satterfield suggests trading recipes in advance, and then having a virtual Thanksgiving by sharing a visual image of how the meal turned out. "You can even send leftovers if you're in the same vicinity," he says. 🍴

Connect with freelance writer April Thompson at AprilWrites.com.

From the Satterfield Kitchen



(Photo: John Kernick)

Brussels Sprouts Leaves with Pear, Bacon and Pecans

Yield: 6 to 8 servings

The South has a tradition of making a wilted salad with a dressing made from the fatty drippings of cooked bacon. Although young spring lettuces are typically used for the base, the leaves of Brussels sprouts offer a toothsome texture, especially in combination with other fall flavors. Bosc or Anjou pear varieties are a favorite for this salad.

½ cup pecan pieces
6 thick slices bacon
12 sage leaves
1 firm-ripe pear
¼ cup apple cider vinegar
Kosher salt
Freshly ground black pepper
1 lb Brussels sprouts

Heat oven to 300° F. Spread the pecan pieces on a baking sheet and toast about eight minutes until lightly browned and fragrant. Transfer to a dish to cool. In a wide skillet over low heat, cook the bacon until crisped on both sides. Remove the bacon from skillet and set on paper towels. With the heat still on low, add the sage leaves to the bacon fat and lightly fry one to two minutes until crisped but not browned. Remove the leaves and drain on a paper towel. Turn off the heat and allow the fat to cool slightly.

Slice the pear vertically into four equal quarters. Place each quarter, cut side down, with the seeds facing your knife. With your blade at a 45-degree angle, slice away the core and seeds from each quarter. With the core side down, cut each quarter crosswise into thin slices. Place sliced pears in a nonreactive dish with the vinegar and season with salt and pepper. This will keep them from turning brown.

Trim off the stem end of the Brussels sprouts, then pull the leaves apart. Rinse the leaves, dry them in a salad spinner, then roughly chop them. Place in a mixing bowl. Pull the pears out of the seasoned vinegar and set aside. Chop the crisped bacon and set aside. Lightly crush the fried sage and set aside. Heat the bacon fat in the skillet, add the seasoned vinegar, bring to a boil and pour over the Brussels sprouts leaves. Toss immediately and taste for seasoning. Add the pears, bacon and sage and toss well. Sprinkle with toasted pecans and serve.

Lemon-glazed Sweet Potatoes

Yield: 6 to 8 servings

6 small- to medium-sized sweet potatoes
6 quarts water
2 cups water
1 cup light brown sugar
½ cup dark brown sugar
1 Tbsp kosher salt
⅔ cup fresh squeezed lemon juice
½ tsp freshly grated nutmeg
4 Tbsp unsalted butter

Preheat the oven to 350° F. Put the whole potatoes in a large pot and cover them with water. Bring to a boil, then simmer for 10 minutes or until the potatoes just begin to be tender on the outside, but not soft all the way through. Pierce with a knife to test for doneness. Drain and allow to cool.

To make the glaze, bring remaining ingredients to a vigorous boil, stirring just until the sugar is dissolved. Simmer for 5 to 10 minutes then remove from heat.

Meanwhile, peel the sweet potatoes and cut them crosswise into discs ½" thick. Arrange the discs in a single layer in a deep roasting pan. Pour the syrup over them and bake for 30 to 45 minutes. Baste several times during cooking until the sweet potatoes glaze and begin to caramelize slightly and the edges start to caramelize.

More Lighter Fare Recipes

Mushroom Gravy

This rich, flavorful gravy is perfect over potatoes and veggie loafs. It's easy to prepare and inexpensive.

Yield: 4 servings

1 onion, minced
 6 white button mushrooms, chopped
 2½ cups low-sodium vegetable stock, divided
 ½ tsp minced garlic
 ½ tsp dried thyme
 ½ tsp dried sage
 ½ tsp crushed dried rosemary
 1 Tbsp cooking sherry
 2 Tbsp tamari sauce or low-sodium soy sauce
 1 Tbsp nutritional yeast flakes
 ¼ cup whole wheat flour
 ¼ tsp black pepper
 Sea salt to taste



In a large skillet over medium-high heat, sauté the cup of the vegetable stock.

Add the garlic, sage, thyme, rosemary, sherry, tamari and nutritional yeast, then continue to sauté for just a minute or two over high heat.

Pour the remaining vegetable broth into a bowl and whisk in the flour until there are no lumps. Add to the pan with the onion and mushrooms. Simmer over medium heat, stirring until the gravy has reached its peak thickness, about 10 minutes. Add salt and pepper to taste.

Reprinted from The PlantPure Nation Cookbook, by Kim Campbell.

Thanksgiving Green Bean Casserole

Yield: 6 servings

Breaded Onion Rings:

1 large white or red onion, sliced into ¼-inch thick rings
 2 cups whole wheat breadcrumbs
 1 tsp garlic powder
 1 tsp onion powder
 2 Tbsp nutritional yeast flakes
 ½ tsp sea salt (optional)
 1¼ cups whole grain flour
 1 cup nondairy milk

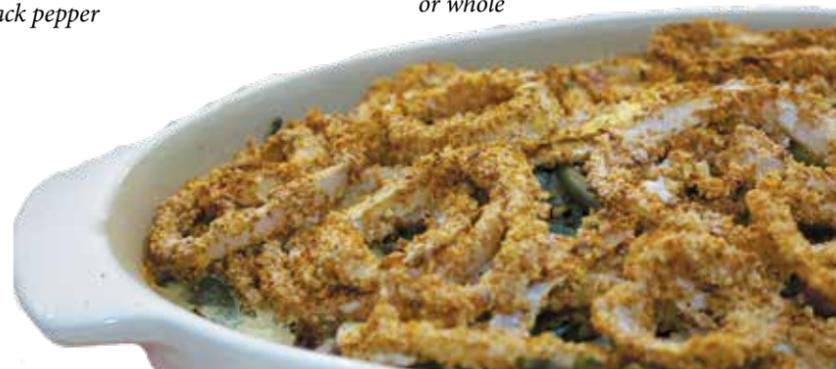
Sauce:

1½ cups nondairy milk
 ½ cup raw cashews
 2-3 garlic cloves

1½ Tbsp cornstarch
 1 tsp onion powder
 ¼ tsp nutmeg
 2 Tbsp nutritional yeast flakes
 2 tsp apple cider vinegar
 ½ tsp sea salt
 ½ tsp black pepper

Veggies:

12 oz fresh mushrooms (any variety), sliced or chopped
 2-3 Tbsp dry white wine for sautéing
 24 oz frozen green beans, French cut or whole



Natural Awakenings recommends using organic, non-GMO (genetically modified) and non-bromated ingredients whenever possible.

Preheat oven to 425° F. In a small bowl, combine the breadcrumbs, garlic powder, onion powder, nutritional yeast flakes and sea salt. Place the flour, milk and bread crumb mixture into three separate bowls.

Bread the onion rings by coating them in the flour, the milk and then the breadcrumbs. Several onion rings can be prepared at the same time. Place the breaded onions onto a baking sheet lined with parchment paper or a silicone mat. Bake for 10-15 minutes or until golden brown and crispy.

Place the sauce ingredients into a high-powered blender and blend until smooth and creamy. Set aside. In a large fry pan over medium-high heat, sauté the mushrooms using small amounts of white wine to prevent the mushrooms from sticking. Cook for 6-8 minutes or until tender.

Place the thawed green beans and mushrooms into nine-by-13-inch casserole pan. Pour the cream sauce over the vegetables, distributing the sauce evenly. Top the casserole with the baked onion rings and cover with foil. Bake at 375° F for 20-30 minutes. Remove the foil and continue to bake for an additional 20 minutes.

Chef's note: You can soak your cashews if you don't have a high-powered blender for easy blending. This creamy white sauce can be used for scalloped potatoes, creamed corn or even on pasta.

Reprinted from The PlantPure Nation Cookbook, by Kim Campbell.

Cranberry Sauce with Maple Syrup



Delicious maple syrup, orange juice, cinnamon and cranberries are boiled down to a syrupy, slightly sweet and spicy sauce. The cranberries "pop" under the heat and give this side dish a gorgeous ruby color.

Yield: 2 cups

12 oz whole fresh cranberries or 1 package
 ¼ cup real maple syrup
 ½ cup water
 ½ cup orange juice freshly squeezed or store bought
 1 cinnamon stick

Take the cranberries and place into a large sieve. Pick out any berries that look damaged (black spots, mushy, white). Wash and drain.

Pour the cranberries into a medium-large pot. Add the maple syrup, water and orange juice. Stir to combine. Place the cinnamon stick in the center.

Heat the berries on medium-high heat until the mixture reaches a boil. Then, lower the heat to medium-low and simmer for 10-12 minutes or until syrupy and richly red. You will hear the cranberries "pop" as they cook; don't be alarmed.

Remove the pot from the heat and allow to cool to room temperature. Store in a covered container in the fridge.

Serve at room temperature or slightly warmed.

Reprinted from StraightToTheHipsBaby.com/Jessie-Sierra Ross.



Pumpkin Spice No-Bake Energy Balls

This dish is gluten-free, vegan and paleo.

Yield: 15 servings

1½ cups raw almonds
 ¼ cup hemp seeds
 ¼ cup unsweetened dried shredded coconut
 ½ tsp pumpkin pie spice
 1 Tbsp coconut oil
 ¼ cup pumpkin puree
 10 pitted Medjool dates, about 1 cup

For pumpkin pie spice dusting:

2 Tbsp coconut sugar
 ¼ tsp pumpkin pie spice

Combine the almonds, hemp seeds, coconut, pumpkin pie spice, coconut oil, pumpkin puree and dates in the base of a food processor. Turn the processor on high for about two minutes or until the ingredients are well combined.

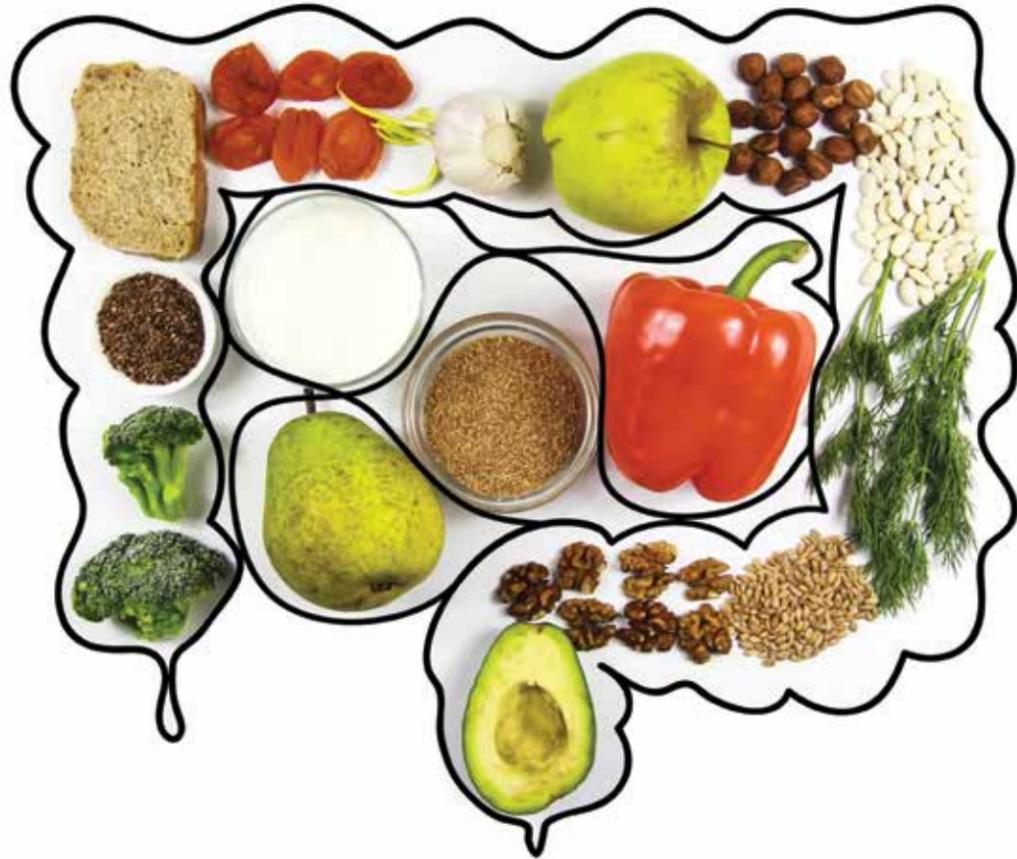
Pour the mixture into a mixing bowl and then use your hands to roll the dough into about 15 cookies, each about 1½ inch in diameter.

To make the pumpkin pie spice dusting, place the coconut sugar and pumpkin pie spice onto a plate. Roll each cookie in the sugar until covered.

For the best texture and sweetness, place the cookies in the refrigerator for at least 2-3 hours to chill.

Chef's notes: Freeze these cookies for up to 2 months in a tightly sealed container. Defrost them in the fridge for about 4 hours before serving. For refined sugar-free servings, leave off the coconut sugar dusting. You can easily double or triple this recipe depending on how many energy bites you need to make.

Reprinted from Carrie Forrest, CleanEatingKitchen.com.



HEALTHY GUT, HEALTHY BODY?

Natasha Campbell-McBride's Pioneering Work to Eradicate Disease

by Diane Eaton

For 22 years, Natasha Campbell-McBride has been studying and writing about the link between gut health and emerging psychological and physiological diseases and syndromes of our time. Her groundbreaking work has helped tens of thousands of people worldwide reduce or eliminate debilitating symptoms of illness—from autism, ADHD, and dyslexia to colitis, diabetes and Alzheimer's.

After working as a neurologist and a neurosurgeon for eight years, Campbell-McBride launched the Cambridge Nutrition Clinic in 1998, where she specialized in nutritional approaches to treating learning disabilities, psychological disorders and digestive and immune disorders in children and adults.

As she collected patient data, she noticed two consistent threads: first, most patients had some kind of active digestive issues, and, second, the occurrence of seemingly unrelated conditions overlapped. Children who were admitted for autism, for example, commonly suffered from other conditions such as hyperactivity, severe allergies, asthma and dyslexia. And it was discovered that many who had

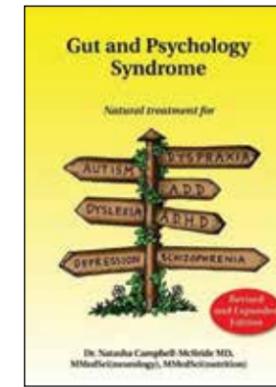


suffered severe eczema in infancy frequently developed autistic symptoms later in life. "I have yet to meet a child with autism, ADHD/ADD, asthma, eczema, or dyslexia who has not got digestive abnormalities," says Campbell-McBride.

In 2004, Campbell-McBride published her findings and theories in her book, *Gut & Psychology Syndrome: Natural Treatment of Autism, ADHD, Dyslexia, Dyspraxia, Depression and Schizophrenia*, which describes the nutritional and biochemical link between gut health and psychiatric and neurological disorders. In it, she introduced her recommended nutritional protocol to treat such conditions, known as the GAPS—short for "Gut and Psychology Syndrome"—Diet.

Since publication, Campbell-McBride has heard from people around the world who have adopted the GAPS diet and have gotten unexpectedly positive and definitive results with it. "When they start the GAPS nutritional protocol, we find that people recover from rheumatoid arthritis, chronic fatigue syndrome, multiple sclerosis, type 1 diabetes, chronic cystitis, asthma—from all sorts of problems—showing us that the disease was rooted in the gut."

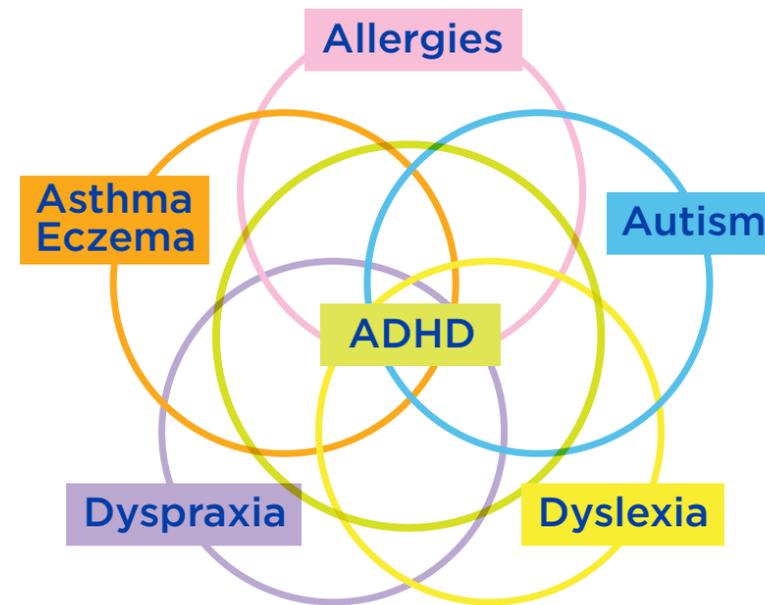
The book has since been translated into 23 languages.



It's A Jungle In There

While most of us might not be aware of it, the digestive system does a great deal more than simply digest food. It plays a large, essential and pivotal role in keeping the body healthy and preventing illness and disease.

"The digestive system is a highly sophisticated and highly complex microbial community; it's just as complex as life on earth itself," says Campbell-McBride. She points out that 90% of all cells in the human body are located in the gut, and up to 85% of the cells that participate in the immune system are housed in the walls of the digestive system. When the gut's complex ecosystem is balanced, the body stays healthy, and the immune system stays strong. And when it is weakened and



Campbell-McBride's research revealed that certain health conditions overlap, and most sufferers also have active digestive issues.

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its delicate balance is disturbed, the body becomes vulnerable to symptoms, illness and disease.

Unfortunately, compromised and polluted environments, food supplies, food choices and even adverse human genetics can play havoc with the gut's microbial balance. "Every time we take antibiotics, for example," says Campbell-McBride, "bacteria are killed off, bacteria that had been eating and controlling a myriad of other creatures to help keep the balance. Suddenly all those creatures become uncontrolled. They overgrow. Then, organisms that used to be perfectly beneficial within a whole, balanced community suddenly become pathogenic."

But the problem goes well beyond what we put in our mouths. The health of gut flora can pass through the generations, according to Campbell-McBride. "We now have generations of people that have been exposed to a damaging environment, and they pass the damaged gut flora to their children, generation after generation." In addition, the foods we eat are more denatured, and more damaging drugs are introduced in the market. The contraceptive pill, for example, has a devastating effect on a woman's gut and immune system, says Campbell-McBride.

A River of Toxins

What happens when gut flora gets out of balance? The gut wall itself—normally a fortress of protection of the immune system—deteriorates very quickly. "When the microbial community in the

gut is damaged, its walls are less able to stay sealed, gaps develop, and it becomes porous and leaky," says Campbell-McBride. The condition, sometimes called "leaky gut," means the gut lining is damaged by abnormal microflora, and foods don't get properly digested before they're absorbed into the bloodstream.

Next, the immune system, which normally polices the contents of the blood looking for troublesome invaders, doesn't recognize undigested compounds as food and goes into attack mode. The body attacks itself, and health problems inevitably develop.

And the dominoes keep falling. When the microbes can't break down the food properly, they end up producing toxic

"It's a whole long, long list of chronic degenerative diseases that people are suffering from nowadays because, from my point of view, every disease begins in the gut."

- Natasha Campbell-McBride, M.D., Ph.D.

chemicals instead of nutrients. Then, since the gut wall has become porous, those chemicals flow right into the bloodstream and get distributed throughout the body. Instead of being a source of nourishment, the digestive system becomes a significant source of toxicity in the body.

"A river of toxins flows from the gut into the blood, into the lymph and is then distributed all over the body," says Campbell-McBride. "Once it gets in the brain, it causes gut and psychology syndrome." The symptoms that manifest can be anything under the sun, says Campbell-McBride. "It could be a drop in blood-sugar level, a skin rash or a migraine. It could show up as cystitis or an asthma attack. It could be a panic attack. The symptoms can be immediate, or they can be delayed. On any given day, you have no idea what your body is reacting to. It can be reacting to a piece of lamb you just had for breakfast, plus a tomato you had yesterday, plus a banana you had a few days ago, plus something else you had two weeks ago."

Maniusz Blach/AdobeStock.com

Ironically, even if someone has no discernible digestion issues at all, they could still be experiencing symptoms due to gut imbalance. "The majority of GAPS people have inflammation and ulcerations in their gut lining, whether or not they have digestive symptoms," says Campbell-McBride. "It's a whole long, long list of chronic degenerative diseases that people are suffering from nowadays because, from my point of view, every disease begins in the gut, and that's where the treatment has to begin."

Healing and Sealing

The GAPS diet is designed to nourish the gut, heal the gut lining, seal the holes and rebalance the gut flora. Once that happens, the river of toxicity stops, the body cleanses itself and removes remaining toxins, and the immune system starts functioning the way it's supposed to. Symptoms and conditions can fall away.

"We can influence the microbial community of our body through changing our diet," she says. But it's not worth trying to figure out which food has what effect. "As long as your gut lining is porous and leaky, you can presume you're reacting to every morsel of food you eat," she says. "Once all the holes are closed up and the gut lining has sealed itself, then foods digest properly before they absorb and food allergies and intolerances disappear."

While the primary component of the GAPS protocol is the diet, it also includes a few food-based nutritional supplements and lifestyle changes.

As tempting as it is to consider the fallout of poor gut health as this person or that person's problem, Campbell-McBride speaks of an emerging epidemic of illness. "There are hardly any healthy children nowadays in the Western world. Pretty much every child has got some kind of health problem," she says. Certain statistics back up her claim. Studies conducted in the 1960s on the prevalence of autism in Europe and the U.S. reported two to four cases per 10,000 children. More recently, the CDC reported that, in 2016, approximately one in 54 children in the U.S. was diagnosed with an autism spectrum disorder (ASD). Campbell-McBride predicts that, in the next five years, half of all children born in English-speaking countries will be autistic.

Turning the Tide

For 10 years, Campbell-McBride has been training GAPS health practitioners all over the world, and, last year, she started training GAPS coaches who help people in a more hands-on way. She's also developing a training program for professional chefs to learn to incorporate the GAPS protocol in their cooking. Campbell-McBride has authored three more books since 2004 on the topic and speaks about GAPS at conferences and seminars around the world.

Author and speaker Natasha Campbell-McBride, MD, Ph.D., was scheduled to speak in November at the Wise Traditions conference in Atlanta, however the conference was unfortunately canceled. Natural Awakenings would like to thank the Weston A. Price Foundation for arranging this interview. For more information about GAPS, trainings, webinars and blogs, visit GAPS.me and Doctor-Natasha.com.

Why a Naturopath?

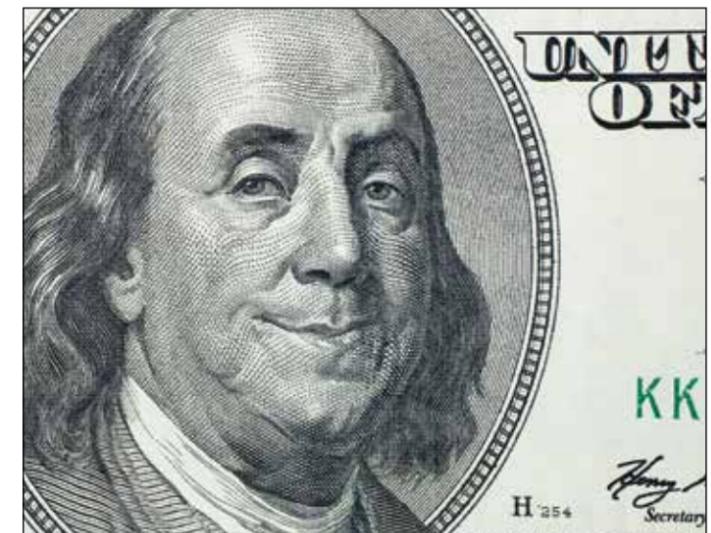
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Mindful Parenting

The Conscious Path to Raising a Child

by Ronica O'Hara

Lo Bannerman, a Tucson nutritionist, was making homemade cookies with her toddler. “Or rather, making a mess while stirring cookies,” she recalls. “Something in me snapped. I wanted to take control, kick her out of the kitchen and do everything the ‘right’ way.”

As Bannerman took a deep breath, a memory arose. “As a child, I was only allowed to count scoops of flour or teaspoons of vanilla. I was never allowed to fully, actively participate in the kitchen. Everything had to be perfect, and I was not ‘good enough’ to make it

so. I felt this in my core. Was I passing this on to my daughter?” Bannerman recalls that, after taking a moment to reset, she and her daughter “happily made a mess, a memory and a foundation for a brighter future together.”

Bannerman, who blogs at *NourishingFamilies.org*, was practicing an increasingly popular approach in raising children known as either conscious, mindful, soulful, awake or peaceful parenting. Instead of focusing on shaping a child’s behavior through rules and discipline, which can bring up contentious issues of fear, ego and control, the focus is on connecting deeply with a child through love, authenticity and acceptance of the child’s innate nature.

“It’s crucial we realize that we aren’t raising a ‘mini-me’, but a spirit, throbbing with its own signature,” says psychologist Shefali Tsabary, Ph.D., author of *The Conscious Parent: Transforming Ourselves, Empowering Our Children*. “Children aren’t ours to possess or own in any way. When we know this in the depths of our soul, we tailor their raising to their needs rather than molding them to fit our needs.”

The transformation starts with—and hinges upon—parents understanding themselves deeply and realizing how their upbringing shapes their parenting actions. It’s not always easy, especially during housebound pandemic months. “Our children have the capacity to trigger us more than anyone else. So, when they exhibit childish behavior—which is, of course, part of their job description—it’s often hard for parents to stay calm,” says Laura Markham, Ph.D., a Brooklyn clinical psychologist and author of *Peaceful Parent, Happy Kids*.

“We see our child’s behavior (He hit her again!), and we draw a conclusion (He’s going to be a psychopath!) which triggers other conclusions (I’ve failed as a mother!). This cascade of thoughts creates a runaway train of emotions—in this case, fear, dismay, guilt. We can’t bear those feelings. The best defense is a good offense, so we lash out at our child in anger. The whole process takes all of two seconds, and later we wonder why we overreacted.”

The answer often lies in our past, Markham says. “Any issue that makes you feel like lashing out has roots in your own

early years. We know this because we lose our ability to think clearly at those moments, and we start acting like children ourselves, throwing our own tantrums.”

The more deeply we know ourselves—whether through therapy, reading, journaling, meditation, mindfulness practices or simply facing head-on the hard knocks of life—the more open we are to forging a deep relationship with our children and the easier it is to calm ourselves in the moment of a trigger, psychologists say.

Correcting a child becomes then a matter of being a guide or coach, rather than a law enforcer. “Disciplining from a place of presence or awakened consciousness means having the willingness to pause, reflect, course-correct as needed in the moment, apologize, take ownership, ask for help and to drop history and reset as needed,” says Renée Peterson Trudeau, the Brevard, North Carolina, author of *Nurturing the Soul of Your Family and The Mother’s Guide to Self-Renewal*. “Most of all, practice self-compassion. You will make mistakes. Forgive yourself and move on; this is beautiful modeling for your kids.”

Jessica Speer, a family-book author in Steamboat Springs, Colorado, lives that process. Raised in a home “where anger wasn’t managed well,” she had no tools to draw on when she got triggered by her toddler’s tantrums. It was, she says, “a wake-up call that I needed help.” Diving deeply into books, mindfulness and meditation helped her to understand herself better. “Fast forward 10 years, and I still meditate regularly,” she says. “Now, when my daughter experiences big emotions, I try to ground myself so I can be there by her side. This has been so healing for both of us.” ♡

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



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Yoga for Every Body

Adaptive Ways Ease Pain and Immobility

by Marlaina Donato

Taming chronic pain, restoring energy reserves, improving heart health and relieving symptoms of depression and anxiety are only a few of the science-backed perks of spending time on a yoga mat. However, misconceptions about this ancient practice can make yoga seem intimidating for individuals that could benefit the most from it.

Adaptive yoga, designed for people challenged by injury, chronic pain, autoimmune disease or debilitating conditions like multiple sclerosis, can foster perhaps unexpected gains through the use of props, chairs, wall space and even countertops. From wheelchair-bound veterans to seniors with compromised balance, adaptive yoga offers new horizons for achieving well-being.

Yoga's gentle influence goes beyond physical benefits. A 2017 British study published in the *Journal of Pain Research* found people with spinal cord injuries that took sitting yoga classes twice a week for

six weeks were less depressed, more self-compassionate and more mindfully in the moment than those in a control group.

Empowerment, Not Perfection

"Yoga is for any body, no matter the size, shape or color. It's not about designer clothing, athletic ability, talents or perfection in the pose. Adaptive yoga is a movement to change this misconception and mitigate the anxiety to try yoga," says Mindy Eisenberg, a Detroit-area certified yoga therapist and author of *Adaptive Yoga Moves Any Body: Created for Individuals with MS and Neuromuscular Condition* and the accompanying *Adaptive Yoga Cards*. For Eisenberg, the focus is about the internal experience, healing and most of all, "the sense of joy that comes from a regular practice."

Ora Ramat, owner of the Wagging Tail Yoga Studio, in Bethel, New York, witnesses remarkable, everyday mastery in her students

through adapted poses. "Many of my students are 40 to 95 years young, and the range of modification I do with them is endless," says Ramat, who underscores the importance of listening to the body. "I learned the hard way 17 years ago when I first became a teacher. I am gentle with myself if I am unable to do a pose and embrace the modification. I go deeper in my poses now than when I was younger."

Freedom Through Support

"Our students have a wide range of health conditions including spina bifida, arthritis, MS, cerebral palsy, Parkinson's disease, fibromyalgia, stroke, chronic obstructive pulmonary disease, paraplegia, epiphyseal dysplasia, Ehlers-Danlos syndrome, chronic back pain and more," says Miranda McCarthy, CEO of Wavelength VR (*WavelengthVR.com*), a healthcare company that produces a library of science-supported content for pain management without medication. The London-based creator of Adaptive Yoga LIVE, which offers seated online classes, knows firsthand how yoga can change lives.

"Until I found adaptive yoga, I felt like I was constantly at war with my body," she says. Diagnosed with rheumatoid arthritis at the age of 2 and the youngest recipient of bilateral hip replacement surgery in the U.S., McCarthy thought she knew her body inside and out. After 40 surgeries and decades of rehabilitation and medication, she went through a radical shift in perspective. "When I discovered adaptive yoga, I soon realized my relationship with my body had only just begun."

Eisenberg highlights the internal process that adaptive yoga can catalyze: "The energy and sensation that yoga students feel on the inside is much more important than what the pose looks like on the outside." Items such as chairs, blocks, straps, blankets and bolsters are used to make traditional postures more accessible to those with physical challenges and to ensure safety. "Using props is not a sign of weakness or inferiority. We even use ambulatory devices such as a cane as a prop. Those who require assistive devices cease to see them as a hindrance. In fact, they become an accessory," says Eisenberg.

For McCarthy, the biggest takeaway is simple, yet profound self-acceptance. "I no longer judge myself or compare myself to able-bodied people. I gained a newfound love for my body and a love for myself."

Eisenberg affirms, "It's exciting to realize that our bodies are so much more capable than we thought, and we learn that we are not defined by our individual disease or limitations. As my teacher Jon Kabat-Zinn says, 'As long as you are breathing, there is more right with you than wrong.'"

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

Online Yoga Resources

Free adaptive yoga classes online from Miranda McCarthy. AdaptiveYogaLive.com

YogaJP, YouTube chair yoga classes for people in wheelchairs. Tinyurl.com/WheelchairYogaClasses

Yoga and MS, book from the National Multiple Sclerosis Society. omsyoga.org



Adaptive Yoga Benefits

from Miranda McCarthy

- Increased strength, balance and flexibility—both mental and physical
- Discovery of a subtle level of mind-body sensation not impeded by disability
- Improvements in the quality of breathing
- A sense of lightness and freedom within the body
- An increased ability to manage stress
- A deepened sense of wholeness and connection with others

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(Photo: Jenn Garich)

NEW YOGA STUDIO Opens in Druid Hills

Last month, The Yoga Hive yoga studio opened its doors in the Toco Hills Shopping Center at 2867-C North Druid Hills Road NE in Atlanta.

Co-founders Lori Risetto and Rebecca Galla-Jones began envisioning their yoga community, signed a lease and built out a space long before the unexpected disruption of the coronavirus pandemic. Undaunted, they maintained an attitude of trust as they ventured into studio ownership while adapting to an unprecedented business environment, familiarizing themselves with new studio protocols and formulating online offerings to meet the needs of the new normal.

Both co-founders have been teaching and practicing for almost 20 years and have practiced multiple styles and modalities.

Risetto and Galla-Jones principally teach an intentional vinyasa-style yoga, which is driven by the breath and honors tradition and the subtle inner practices. The name “Yoga Hive” emerged from their desire to honor connection, nourishment, support and unity. The studio is founded on core values of nurturing community, promoting well-being and advocating for inclusion.

In addition to traditional classes—such as power flow, restorative and yin—they plan to offer classes for gender-neutral students, curvy bodies and women only.

To preserve safety for the community during the pandemic, class sizes are limited, mats are spaced more than six feet apart, temperatures are taken at entry, and masks are required when entering and exiting the studio and while transitioning to the mat.

For membership and schedule information, visit TheYogaHiveAtlanta.com/ or call 404-348-8318.

LIFT YOGA + BODY Opens in Dunwoody

In October, Lift Yoga + Body wellness studio opened its second location at 1705 Mount Vernon Road, formerly the YogaWorks studio in Dunwoody. Saddened by the many closures resulting from the coronavirus pandemic, owner Lori Denton seized the opportunity to continue to serve the thriving community that has been practicing there for years.

Denton assumed ownership of Lift Yoga in Alpharetta from its founder, Kimberly Saunders, last June. She describes it as a “passion project” that she balances with her full-time corporate job. Since moving in, she has added some infrared heating and has reconfigured the reception area to be a “more welcoming space” for fellowship before and after classes.

Denton does not have any immediate changes planned for the Dunwoody location; she is committed to preserving continuity in the studio by keeping many former YogaWorks teachers and class styles. Both the Dunwoody and Alpharetta studios offer a variety of vinyasa yoga classes to serve many types of practitioners. Denton also anticipates that their 300-hour Teacher Training program will eventually use the Dunwoody location as its home base.

Both studios have put in place additional safety protocols by limiting class sizes, keeping mats 10 feet apart, taking temperatures upon entry and requiring masks when entering and exiting the building. Select classes from both locations are also offered via livestream through Zoom.

For membership and schedule information, visit LiftYogaStudio.com or call 470-268-4362.



(Photo: Lori Denton)



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Giving Thanks

Meditation on Gratitude and Joy

by Jack Kornfield

Offer this meditation that opens our hearts to gratitude and joy this holiday season. Let yourself sit quietly and at ease. Allow your body to be relaxed and open, your breath natural, your heart easy. Begin the practice of gratitude by feeling how that, year after year, you have cared for your own life. Now let yourself begin to acknowledge all that has supported you in this care:

With gratitude, I remember the people, animals, plants, insects, creatures of the sky and sea, air and water, fire and earth, all whose joyful exertion blesses my life every day.

With gratitude, I remember the care and labor of a thousand generations of elders and ancestors who came before me.

I offer my gratitude for the safety and well-being I have been given.

I offer my gratitude for the blessing of this Earth I have been given.

I offer my gratitude for the measure of health I have been given.

I offer my gratitude for the family and friends I have been given.

I offer my gratitude for the community I have been given.

I offer my gratitude for the teachings and lessons I have been given.

I offer my gratitude for the life I have been given.

Just as we are grateful for our blessings, so we can be grateful for the blessings of others.

Continue to breathe gently. Bring to mind someone you care about; someone it is easy to rejoice for. Picture them and feel the natural joy you have for their well-being, for their happiness and success. With each breath, offer them your grateful, heartfelt wishes:

May you be joyful.

May your happiness increase.

May you not be separated from great happiness.

May your good fortune and the causes for your joy and happiness increase.

Sense the sympathetic joy and caring in each phrase. When you feel some degree of natural gratitude for the happiness of this loved one, extend this practice to another person you care about. Recite the same simple phrases that express your heart's intention.

Then, gradually open the meditation to include neutral people, difficult people and even enemies, until you extend sympathetic joy to all beings everywhere, young and old, near and far.

Practice dwelling in joy until the deliberate effort of practice drops away and the intentions of joy blend into the natural joy of your own wise heart. 🙏



Jack Kornfield is a bestselling author, Buddhist practitioner and a key teacher in introducing and spreading mindfulness practices in the West.

For more information about his teachings, podcasts and books, visit JackKornfield.com.

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CALENDAR OF EVENTS

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

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

SUNDAY, NOVEMBER 1

Compost Your Pumpkins – Let your old pumpkins and jack-o-lanterns decompose the natural way by dropping them off at the Nature Center for composting. Plain, clean pumpkins of any size will be accepted. Suggested donation: \$1/pumpkin. Dunwoody Nature Center, 5343 Roberts Dr, Dunwoody. 770-394-3322. DunwoodyNature.org.

FRIDAY, NOVEMBER 6

Online Sustainable Atlanta Roundtable – 11am-12:30pm. Topic: Innovative Funding Strategies to Help Nonprofits Achieve Solar. A monthly policy and discussion forum that focuses on environmental and social issues facing metro Atlanta, the region and beyond. To register: Southface.org.

SATURDAY, NOVEMBER 7

Free First Saturday: Mushrooms – 8am-5pm. Dunwoody Nature Center, 5343 Roberts Dr, Dunwoody. 770-394-3322. DunwoodyNature.org.

FRIDAY, NOVEMBER 13

Atlanta Veg Fest Event – Though the Fest was cancelled this year they will be having an event today. More info: AtlantaVegFest.com.

SATURDAY, NOVEMBER 14

Virtual Big Park Meeting 2020 – 9:30-11:30am. Part social gathering and part education, this year's Big Park Meeting will focus on the resilience and adaptability of our parks community. Register: ParkPride.org.

Trellis HTA and Callanwolde Ability Garden Grand Opening

– 2-5pm. Tour the newly completed wheelchair-accessible garden, and the Callanwolde greenhouse, and learn about the Ability Garden programs while enjoying wine and cheese. Free. Callanwolde Fine Arts Center, 980 Briarcliff Rd NE, Atlanta. Register: Tinyurl.com/yy-6al5n6.

THURSDAY, NOVEMBER 19

ecoBenefête 2020: A Virtual Celebration Of Georgia's People And Environment – 6:30pm. A fun and informative online evening with music, special guest appearances, a silent auction, and an awards presentation for Georgia Conservancy members and supporters, business and governmental leaders, and environmental champions from across Georgia. GeorgiaConservancy.org.

SATURDAY, NOVEMBER 21

Atlanta Audubon Society Quarterly Bird Walks – 8-10am. A great way to learn more about Georgia's resident and migrating birds. Free. Dunwoody Nature Center, 5343 Roberts Dr, Dunwoody. 770-394-3322. DunwoodyNature.org.

SATURDAY, DECEMBER 5

Back to Nature Holiday Market – 10am-5pm. Explore local artisans who have unique handmade and/or eco-friendly gifts for the holiday season. Admission free; cash and check only for purchases. CNC, 9135 Willeo Rd, Roswell. 770-992-2055. ChattNatureCenter.org.

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Poetry Open Mic Night – Nov. 13 7-9pm. With Michael Burke. An evening of splendor with enchanting and thought-provoking spoken word performances from some of Phoenix & Dragon Bookstore's flourishing community of poets. Encourage poets of all ages. Free. Phoenix & Dragon Bookstore, 5531 Roswell Rd NE, Atlanta. 404-255-5207. PhoenixAndDragon.com.

Witch's Brew – Nov. 17. 7-8:30pm. With Damaris. Do you ever think of someone and the next day they call you? Do you have to be careful what you think because it may happen? Do you feel like you have a hidden power? If you answered yes, this class is definitely for you. \$20. Phoenix & Dragon Bookstore, 5531 Roswell Rd NE, Atlanta. 404-255-5207. PhoenixAndDragon.com.

Wisdom and Healing Through Shamanic Journeys – Nov. 19. 7-8:30pm. With Vicki Evans. An opportunity to connect with Spirit and your guides for healing and direction. You can use the journeys to ask about all areas of your life, not just the spiritual side. \$20 via PayPal. Phoenix & Dragon Bookstore, 5531 Roswell Rd NE, Atlanta. 404-255-5207. To register: PayPal.me/vickievanhealing. PhoenixAndDragon.com.

Fight for the things that you care about, but do it in a way that will lead others to join you.
~Ruth Bader Ginsburg

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. To watch: [Facebook.com/spirituallivingcenteratlanta](https://www.facebook.com/spirituallivingcenteratlanta).

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: 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.

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.

tuesdays

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

Online Meditation Open House – 7pm. A 30-min meditation and a 30-min discussion via Zoom. To watch: Atlanta.Shambhala.org.

wednesdays

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.

thursdays

Dunwoody Beekeeping Club – 6:30-7:30pm. 1st Thurs. Meeting features a program, followed by a question and answer session with the ability to meet and learn from other local beekeepers. Free. 5343 Roberts Dr, Dunwoody. 770-394-3322. DunwoodyNature.org.

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.

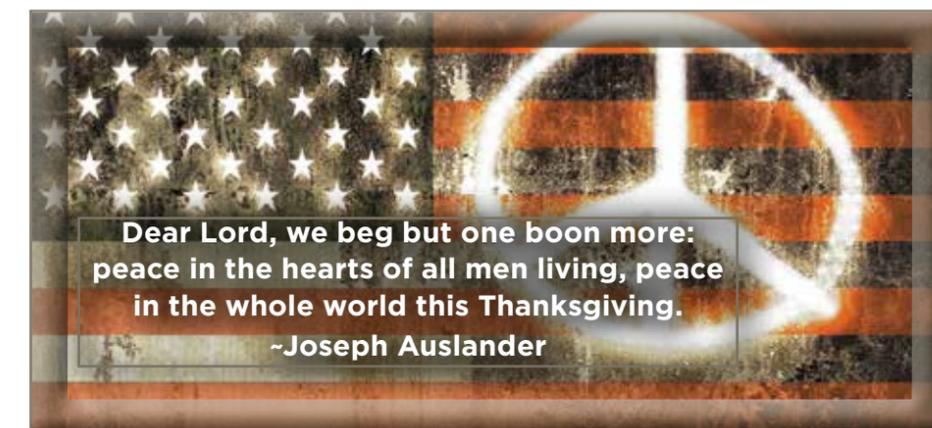
saturdays

Holiday Ride-on Train – Sat & Sun, Nov 14-Jan 3. All aboard the Botanical Express for a trip around the Great Lawn. \$5/passenger, \$3/member. Atlanta Botanical Garden, 1345 Piedmont Ave NE, Atlanta. Atlantabg.org.

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Dunwoody Nature Center Saturday Volunteers – 9am-12pm. 2nd Sat. For anyone in the community who wishes to volunteer. A wonderful way to start off your weekend in nature and service. To promote social distancing, sign-up is mandatory; limited to 24 people. 5343 Roberts Dr, Dunwoody. 770-394-3322. DunwoodyNature.org.

Free Online Guided Meditation for All – 9:45-11am. Will go over basics and guided meditation. No prior experience is needed. Classes meant to come together and meditate and learn little by little. Via Zoom. Register: Tinyurl.com/y3x5yy2s.



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Continued from Page 9.

episode, is to stop, lie down and focus on how anger is manifesting in your body moment by moment. Ask yourself: How does anger physically feel? Where is it located? Where is it moving to? How is it changing?

The biggest trick is not to feed the anger; don't rationalize it, as in the thought, "I have a right to be angry because..." Feeding anger not only extends the time one experiences it; it reinforces one's tendency to react with anger.

The greatest benefit of this technique is that it works quickly; starving anger helps it dissipate within minutes.

Another interruption technique is to remember the faults of anger. I wrote a 475-word reminder for when I want to use this device. It starts: "Anger is my greatest enemy. It is 100% delusional, which means that when I am angry, I've lost my mind."

Remove triggers: Habits are hard to break. I've been a news junkie since my teens, having developed the idea that being well-informed was a requirement for being a good citizen. But reading the news these last few years is a constant trigger for those of us who are highly sensitive to injustice. I have tried to stop from time to time, but it wasn't until recently that I broke through my steady diet of news. What helped even more was taking time off of Facebook. Even though my news and Facebook consumption is on the upswing once again, I have improved from spewing vitriol to merely being snarky.

Pray and meditate: It's one thing to curtail anger, but another thing entirely to replace it with its opposite. In 2016, I started praying and meditating for the remaining Republican candidates and their supporters. My first effort consisted of 21 consecutive days of meditation, and it netted my first breakthrough. In Buddhism, a "realization" is when something you know in your head reaches your heart. Through that meditation period, I fully realized that, in the most important way, we are all equal. A contemplation in my tradition goes: "Just as I wish to be free

from suffering and experience only happiness, so do all other beings."

Over the past five years, I have devoted more prayer time to Trump and his enablers than any other entity, by far. My meditation of choice is called "Taking & Giving." To do it, as you inhale, imagine taking away suffering. As you exhale, imagine giving love.

Relate to your higher self: As of last year, I've been supercharging my meditation further by relating to my higher self, the Divine within. It's similar to the Little Leaguer, stepping to the plate, imagining himself as the Big Leaguer, and blasting one out of the park. Indeed, I wrote a 400-word affirmation about being the Buddha of Compassion, and I recite it from memory almost daily. I credit it for the rapid progress I've seen in myself over the last few months.

Get energy healing: For me, the last piece to this puzzle is to receive regular energy healing; it has always been very good to me. Before the start of each session, I set intentions for my desired outcomes, and, inevitably, the energy work eases the issues I'm dealing with and deepens a sense of lightness and grace within me.

At the beginning of this year, I did not imagine that I would be at the place I am now. For so long, it felt as though anger was an inherent part of me. Don't get me wrong, injustice is a crime against humanity that we all should seek to diminish, but I know now—in my heart and not just my head—that love is greater than hate.

Thank you, Donald. Lesson learned. 🙏



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.

AWAKENING TO LONELINESS

by Mindy Strich

I think I might have misunderstood my loneliness.

I've run from it, resisted it, even despised it. There have been days when I've been consumed by the emptiness, sinking into a never-ending black hole.

Loneliness has taken me to the edge and brought me to my knees. When none of my go-to spiritual tools seemed to work, when all the prayers and positive thinking, journaling and affirmations, meditations and mantras only brought me temporary relief, I've just wanted to escape the grips of my despair.

Yet, no matter how much I wished it to be gone, it never left me alone. Then it finally hit me: *Loneliness never leaves me alone.* It has been my constant companion; it is the one thing that has never abandoned me.

What if I've been looking at it the wrong way?

In his book, *The Power of Now*, Eckhart Tolle writes about a time before he awakened, when he felt dread and loathing, as if being "sucked into a void, gripped by intense fear." Then, within himself, he heard the words, "Resist nothing," and when he surrendered to it, he awakened to a whole new world. In the intensity of his suffering, he felt as if a plug had been pulled, forcing his fear and illusions to collapse, allowing him to see the truth of his true nature.

Tolle's awakening happened when he was completely alone. He had no relation-

ships, no job, and no home at the time. After the experience, he spent almost two years homeless, sitting on a park bench in a state of intense joy.

Talk about magic! I'll have what he's having!

I realized I could no more run away from my loneliness than I could run away from myself. It was my mind that I needed to get away from; it was my mind that kept me feeling isolated and alone. Loneliness, meanwhile, offered me a way out. I saw that it isn't an obstacle in my life; to the contrary, it's a great opportunity.

I had been looking for comfort in all the wrong places—with friends, family and romantic partners. But when they didn't show up or weren't able to meet my ego's expectations, fear and loneliness showed up instead, not to rub salt in my wounds, but to point the way.

I learned to accept loneliness as a personal invitation to learn something more profound than anything my thinking mind could resolve or comprehend. The constant voices in my head were a distraction that created fear and depression and prevented me from seeing the truth. When I chose to rise above my thinking, I was no longer at the mercy of my mind.

The more I embraced, accepted, and even loved my loneliness, the more it began to reveal itself as one of my greatest sources of light.

I now know that there's a vast realm of intelligence that lies beyond my

thoughts; it is where wisdom resides and connection exists. It is where I find peace. There are many paths to get there, but my personal experience has shown me that it's a pilgrimage that must be traveled alone.

As I was making my final edits to this article, I opened a book and out fell a slip of paper with a poem. I had to smile when I read it. I think loneliness had a little more to say:

*Once loneliness cut deep
I tried to distract myself
Ran to people and places and things
Even pretend that I was "happy"
But soon I couldn't run any more
I tumbled into the heart of loneliness
I died and was reborn into an exquisite
solitude and stillness that connected me
to all things so I was not lonely, but
Alone with all life
My heart One with all other hearts.*

~Author unknown



Coauthor of *The 28 Day Thought Diet* and *F*A*I*T*H*: Finding Answers in the Heart*, Mindy Strich is a certified I.E.M. Biofield Therapist and I.C.F. Life Coach. For more information, visit MindyStrich.com or call 678-642-7771.

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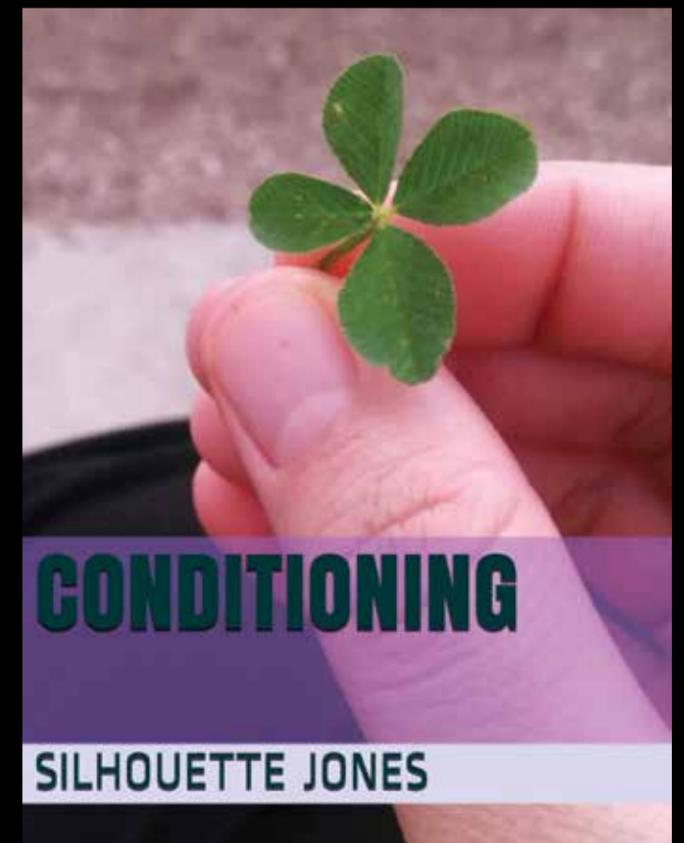


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