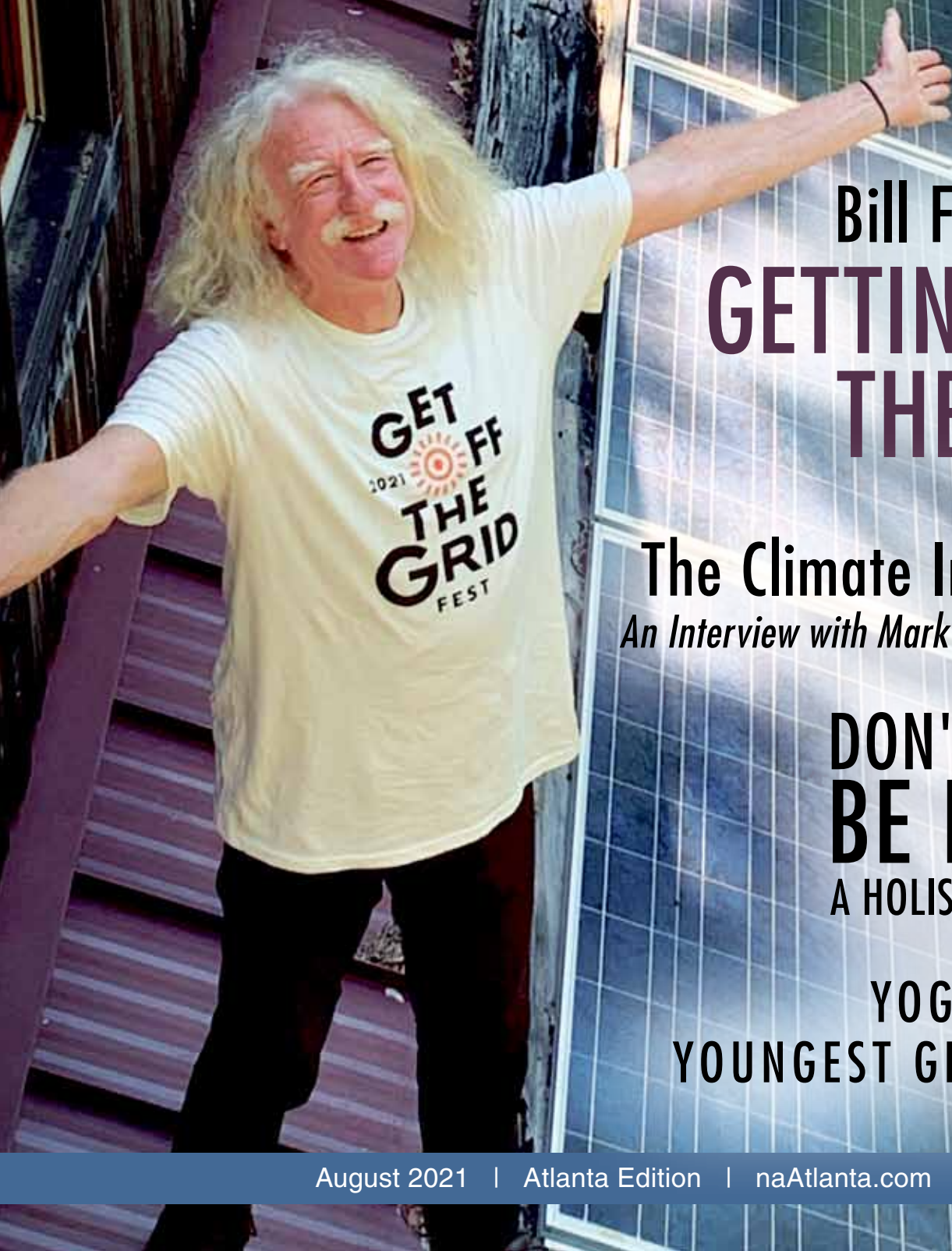


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natural awakenings



Bill Fleming on
**GETTING OFF
THE GRID**

The Climate Imperative
An Interview with Mark Jacobson, Ph.D.

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A HOLISTIC APPROACH

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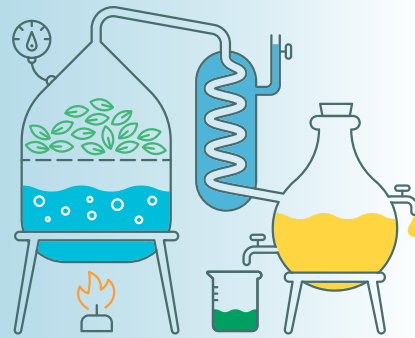
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DEEP DIVES

We here at *Natural Awakenings* love sinking our teeth into a subject. When our editorial team decides to do a deep dive, we're committing to writing at least three articles on a topic. We'll publish them either all at once in a special section, or in a series of consecutive issues. Here's the link to our Deep Dive landing page:

bit.ly/naa-deep-dives

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COVER PHOTO

Our cover shot of Bill Fleming, co-founder of Get Off The Grid Fest and the Heartwood Community in Blue Ridge, Georgia, was taken by Lynn Marie Dwyer, an accomplished folk artist specializing in primitive clay. Lynn is a 10-year member of Heartwood and is building a tiny home and studio which she designed, utilizing many reclaimed and unique materials.

The location is the roof of Bill's completely off-the-grid home in Heartwood. Construction of the 4,000-sf home began in 2011 and was completed in 2015.

CORRECTIONS: In the July issue news brief, "Raw Chef Winners Crowned:" the correct spelling of the first name of the second-place winner is Chandra; Larese Dockery's last name was misspelled in the caption; the recommended URL for IAMOH Herbals is www.iamohherbals.com. Also, in "CSA Senior Minister Passes Away," the year of Roy Eugene Davis' passing was 2019, not 2018. And in "CBD Joint... Second Locations," Roz Grigger was incorrectly identified as the sole founder. In fact, Grigger cofounded the company with Debora Herndon. Grigger is now sole owner.

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BILL FLEMING

COMMUNITARIAN,
 ACTIVIST, MUSICIAN
 AND ALL-AROUND GOOD GUY

First, full disclosure: Bill Fleming, environmental activist, co-founder of Get Off the Grid Fest and the subject of our cover story, is a friend of mine. We've known each other for over two decades; our kids were in the same class for 12 years. We don't talk often or visit much, but we get on extremely well.

If anyone has ever walked his talk, it's Bill. For many years he drove what seemed like an ancient Chevy Suburban. It was special, though; it used biodiesel fuel. I'm glad I called to make sure I got the story straight; my memory of a conversation was that he would drive up to McDonald's restaurants, pick up some of their used cooking oil, and pour it into his tank. It turns out that was incorrect; the oil first must be converted into usable fuel. Bill was buying fuel from someone who visited places like McDonald's and then processed the oil into usable fuel.

Bill is always willing to lend a hand in big and meaningful ways. When I shared 4th-grade class parent responsibilities with another parent, we asked Bill to host the annual camping trip on his land, and he said "yes" immediately. When my son chose to make his 8th-grade cello recital a fundraising event for Southface Institute, Bill agreed to play on several songs. When I had friends interested in the community he was building, he took the whole day to show them around. And when I wanted to throw my former wife, Pam, an unforgettable 60th birthday party, he was all in with his band. Not only did he lend the occasion his always-on, upbeat energy, Bill, with no prompting from me, wrote her a personalized birthday song.

So, when Bill called to ask about support for Get Off the Grid Fest, it was an easy "yes" to support him. First and foremost, the topic of natural, sustainable living falls well within our editorial scope. I also knew that Bill presents only fabulous events. The only real hesitancy was that the Fest would be held in Chattanooga—not exactly within our franchise distribution zone. But it's only a couple of hours away, and the music in and of itself would be a draw.

Now that I know more about it, I couldn't be more positive about recommending readers make the drive to Chattanooga. For sure, you're going to learn useful things. And for sure, you're going to have fun. But most of all, the festival addresses the most important issue facing all of humanity right now: We all need to learn how we can do our part in saving this planet from ourselves.

Bill, thank you for being you and for doing all you can to ensure that this existential crisis will be put behind us.

I've turned over responsibility for this letter to our managing editor for a while; she'll be back in September. But I want to make a plug for retreats, the subject of last month's cover story.

Here at *Natural Awakenings*, we're all about stimulating and accelerating awakening, and retreats have played a huge part in my awakening.

LETTER FROM THE PUBLISHER



Scenes from a 4th Grade Camping Trip on Bill Fleming's Land Trust

All of the retreats I've taken have been spiritual in nature. One time, as our group was coming out of meditation, our retreat leader asked how the meditation went. Catching the look on my face, he noted that I must have had a good one. Indeed. It was the first time I arose from meditation with pure joy exploding from my heart. I remember grinning from ear to ear and not being able to stop.

Another time, I experienced one of the very few times that I received an intuitive download of truth. Until recently, I have not done anything to develop, much less pay attention to, my intuition. While the experience only lasted a few moments, the amount of information received about the nature of my relationship with someone very close to me was quite significant.

Retreats should be on everyone's shortlist of essential self-care practices. Take one or two a year, whether personal in nature or led by a facilitator. Resting, reflecting and renewing: we all need a lot more of them.



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.

Decatur Healing Arts Changes Hands

Decatur Healing Arts (DHA), home to a variety of classes and therapeutic offerings since 2004, has changed hands. Susan Johnson bought it from founders Corinne Chaves and Jude Hasken in 2008, and husband-and-wife team Adam Garcia-McCarthy and Nataly Baiz purchased DHA from Johnson in April.



Nataly Baiz, new co-owner (Photo: Nataly Baiz)

Baiz has begun adding classes to the center's staple of yoga, tai chi and qi gong offerings, including hapkido, taught by Garcia-McCarthy, and Feldenkrais, taught by Aruna Padmanabhan. She is also in negotiations to add Thai massage to DHA's therapeutic offerings, which include massage, acupuncture, reflexology and reiki.

A certified yoga instructor and regular member of the DHA community, Baiz had dreamed of owning her own studio, and when she heard it was going on the market, she jumped at the chance.

"I'm very excited to be taking ownership of Decatur Healing Arts," says Baiz. "It is a place that is very dear to my heart as I've been a customer for over six years. I began getting massages with Corinne Chaves and

had some great experiences with Mary Pierce and her prenatal massages while I was pregnant with my daughter."

DHA is located at 619-B East College Avenue in Decatur. More at DecaturHealingArts.com.



Photos: Courtesy of Alive! Expo

Alive! Expo Returns to Cobb in September

After a year of disappointing cancellations due to COVID, Alive! Expo, a green living, natural products, health and wellness event, will once again welcome attendees at Cobb Galleria on September 18 and 19.

"Many people don't realize the number of small companies that have gone out of business or are being bought out by larger companies every day," says Patrycja Siewert Towns, the Expo's president. "In this everchanging market, we strive to bring eco companies to Atlanta and help people find out about products and services available to them. Alive! Expo is a place where you can sample, buy at discount, and talk to company representatives in person about their company, their mission and commitment to consumers. It's not every day that you can touch, feel and taste products before buying them!"

General Admission tickets cost \$5 online, in advance or at the door. A limited number of VIP tickets will be offered online and at the door for \$25.

The Alive! Expo will take place on September 18 and 19 in Hall A at the Cobb Galleria Centre, Two Galleria Parkway, Atlanta. Doors will be open 10 a.m. to 6 p.m. on Saturday and 11 a.m. to 6 p.m. on Sunday.

Disclosure: Natural Awakenings is a sponsor of Alive! Expo. For more information, visit AliveExpo.com, email Kim@AliveExpo.com or call 770-806-7492.

CAMP DISCLOSURE Comes to Unicoi State Park

In its second year, Camp Disclosure—also billed as the Starseed Family Reunion—will be held at Unicoi State Park in Helen, Georgia, August 26 through 29.

Event producers describe Camp Disclosure as a transformative experience where attendees "will hear about suppressed healing and energy technology, learn to hone our metaphysical powers and raise the vibration of the planet through mind, body and soul practices."

The event features speakers, vendors, healers, music, ecstatic dance, qi gong and daily meditation.

Speakers include Khareela Anhara, Barry Littleton, Matthew Mournian, Geraldine Orozco, Eric Raines, Sarah Thomas, Jonathon White, Adrigrone

and Aranyani, Apolla Asteria, Alexis Buck, Matt Delph, Christina Lee Dobbs, Juliet Easton, Cathleena Hailey, Jessica Jones, Arlyn Ruddy, Jayse Kulesa and Aladriel.

Featured musicians include Flint Blade, Intrinsic, Mr. Malone, Silent Duality, Scott Houston, Soma Alchemy, Sophrosyne, and Tufoe.

The event will offer an Elders Speak Panel, an "Experiencers' Lounge" with Aladriel and organite workshops with Christina Lee Hobbs.



Geraldine Orozco



Matthew Mournian



Arlyn Ruddy

Due to coronavirus restrictions, the number of tickets, which cost \$369 for the weekend, is limited. The ticket price does not include accommodations, which are plentiful and varied within the park, and more options are available nearby. The event takes place both indoors and out; vegetarian meals will be served inside at the Unicoi dining hall.

For more information, visit CampDisclosure.com.

NEW VEGAN EATERY OPENS IN UPPER WESTSIDE

Hippie Hibachi, a vegan eatery founded by Josh Brock, opened last month at the new Chattahoochee Food Works in Atlanta's Upper Westside.

"I went vegan four years ago, and I have always craved hibachi, but no one offers vegan hibachi here in Atlanta, or anywhere else for that matter," says Brock. "So, I knew I had to bring this concept to life. Cruelty-free and healthier eating is our goal."

VegOut Magazine says, "The concept is based on classic hibachi-style cuisine, where guests can choose from a variety of plant-based protein options like vegan teriyaki chicken (soy-based), vegan shrimp made from konjac root, Impossible Beef, tofu and mushrooms. Each protein can be paired with vegetables,



Vegan Shrimp Hibachi Plate (Photo: Thomas Forman Jr)

fried rice and house-made vegan Yum Yum sauce or Hippie Yaki sauce."

Plates are priced around \$20. Hippie Hibachi is located at 1235 Chattahoochee Ave NW, Suite 130 in Atlanta.

For more information: HippieHibachi.com and on Instagram: [@hippiehibachi](https://www.instagram.com/hippiehibachi).

Billups' "Animal Soul Contracts" Wins Gold Medal

Bestselling author Tammy Billups' latest book, *Animal Soul Contracts: Sacred Agreements for Shared Evolution*, was awarded the 2021 Body-Mind-Spirit Gold Medal Visionary Award by the Coalition of Visionary Resources (COVR) in June. Each year, COVR gives Visionary Awards to outstanding individuals, companies and products in the mind-body-spirit industry.

Animal Soul Contracts, released in April 2020, is a guide to discovering the higher purpose of, and spiritual agreements between, one's own soul and

that of one's animal companions, supporting their mutual evolution.

Billups is a certified Interface Therapist and creator of Animal-Human Tandem Healings®.

Her exploration of animal-human soul contracts was featured at the Animal Wisdom World Summit in 2019 and 2020 and the Animal Communicator & Healer Summit in 2020 and 2021. A global pioneer of animal-human relationships, her work is psycho-spiritual in nature.



"Nothing prepared me for this win!" says Billups. "I'm so honored to have received this treasured award, and I hope it will help *Animal Soul Contracts* reach more people that can benefit from it." The book is available from most major book outlets and at TammyBillups.com.

Billups recently launched her new virtual online master class, *Sacred Agreements*, an interactive course that helps people discover and unlock the wisdom within their human-animal soul contracts. Participants explore their animal-human relationships more deeply, identify the type of animal-human soul contracts they have and spiritually evolve in partnership with their animal companions. The class will be offered on four consecutive Thursday evenings beginning September 23.

See more at: TammyBillups.com/Sacred-Agreements-Class.



Tammy Billups (Photo: ARPhotography)

VIBRATIONAL SOUND SHOP OPENS IN DECATUR

Skinny Beats ATL is Atlanta's newest retail destination for sound healing instruments, including crystal bowls, gongs, handspans, didgeridoos and more. It is located in the Oakhurst neighborhood at 409 Mead Rd, Unit #4, in Decatur.

Founded by Jeremy Dalton, a musician with more than 20 years' experience, the store is the first franchise issued by Skinny Beats Sound Shop, based in Asheville, North Carolina.

As a young adult, Dalton suffered from anxiety and depression. When he discovered vibrational sound therapy, he found part of his path back to mental wellness.

"The introduction to crystal quartz bowls and the practice of sound meditation not only confirmed what I've always known—that music can save lives—but it

finally made crystal-clear my life purpose: to not only use my musical talents to help myself, but to serve my community and the world, too."

Dalton provides a free, public sound healing event every Tuesday at 6:30 p.m. at Harmony Park in Oakhurst and offers two additional public sessions at 11 a.m. on Saturdays and Sundays at his store for \$20.

Store hours are 12 p.m. to 5 p.m., Wednesday through Sunday with additional times by appointment. Dalton also offers private and group sound baths starting at \$225, and private music lessons for \$85 an hour.

For more information, go to SkinnyBeatsATL.com and Instagram: @skinnybeatsatl.



Jeremy Dalton in the Skinny Beats showroom

Viva Wellness

Demos Fat-burning, Muscle-building Device

Viva Wellness, a medical aesthetics practice, is hosting a free demonstration of the EMSculpt NEO on Tuesday, August 31, at its newest location, 1619 Collins Road, Suite 200 in Kenesaw.

Its manufacturer, BTL, describes EMSculpt NEO as "a non-invasive body-shaping procedure that provides simultaneous fat elimination and muscle building in a 30-minute session" by using RF and HIFEM+ energies. Viva's director of technical innovations, Tim Harben, claims that the device is the only one on the market that does so.

Viva Wellness will have two EMSculpt devices available for visitors to try. Harben encourages interested parties to call Viva Wellness at 770-626-0035 to make an



Viva's Dr. Fatisha Gayton administers EmSculpt. (Photo: Fredrica Martin)

appointment and ensure they have time to experience the treatment. BTL's recommended regimen is a series of weekly 30-minute treatments over four weeks.

EMSculpt was introduced in 2018, and the NEO version was released last year. BTL claims

that NEO provides more fat reduction and muscle growth than the previous model.

Harben notes that they will also demonstrate two other machines, including the EMSella, which strengthens the muscles of the pelvic floor to help address incontinence issues. Additional healthy lifestyle vendors will be on hand as well.

For more information, call 770-626-0035 or visit Viva-Atlanta.com.

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~Gabriel García Márquez

DripNation Brings Vitamin Drips to Your Door

In June, registered nurse Erika Veal opened her mobile IV drip concierge business, DripNation.Life Health, Beauty & Wellness.

The company offers 10 signature drips, including Lipo Skinny Shots that boost metabolism, burn fat and increase energy; vitamin B12 injections to help people on a weight-loss journey; the Empower Drip that boosts energy; and the Morning After Hangover Drip that reduces the symptoms of hangover.

Experienced RNs visit customers in their home, office or other location of their choice to administer the IVs. They also offer nail salon services to enjoy at the same time.

IV vitamin therapy is reported to have several wellness benefits. According to Veal, it can boost the immune system, increase energy levels, detoxify the

body, improve hair and skin, assist with weight loss, improve athletic performance, assist with muscle recovery and more.

"Our IV vitamin drips are designed to optimize overall wellness, increase performance recovery and improve health and vitality," says Veal. "We offer a variety of IV vitamin drips to help reverse the daily stresses of life."

A registered nurse for 19 years, Veal has been an IV infusion nurse since 2020 and has been involved in the beauty industry since 1994 as a manicurist, nail designer and brow specialist.

DripNation takes appointments from 10 a.m. to 7 p.m. daily and services the greater Atlanta area. Visit DripNation.Life or call 414-244-3721 for appointments and questions.



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HEALTH BRIEFS

Eat Produce to Lower Stress and Heart Disease

People needing a push to eat more fruits and vegetables might be motivated by two new studies from Australia's Edith Cowan University. Studying data from 8,600 Australians between the ages of 25 and 91, researchers found people that ate at least 470 grams (about two cups) of fruits and vegetables per day had 10 percent lower stress levels compared to those that ate less than half that amount. "Vegetables and fruits contain important nutrients such as vitamins, minerals, flavonoids and carotenoids that can reduce inflammation and oxidative stress, and therefore improve mental well-being," says lead author Simone Radavelli-Bagatini.

In a second study based on 23 years of data on 50,000 Danes, researchers found that those that consumed one cup each day of the most nitrate-rich vegetables like leafy greens and beets had about a 2.5 mmHg lower systolic blood pressure and a 12 to 26 percent lower risk of peripheral artery disease, heart attacks, strokes and heart failure. Eating more than one cup daily didn't increase the benefits, they found, and blending greens into smoothies (but not pulp-destroying juicing) is a good option for increasing intake.



sommai/AdobeStock.com

Avoid Sugary Drinks to Reduce Colorectal Cancer Risk



Getting teens to eat well can be an uphill battle, but new evidence shows its long-term importance. Drinking two sugary drinks per day from ages 13 to 18 increases by 32 percent the risk of colorectal cancer in women by age 50 when compared to drinking less than one such drink each week, Washington University School of Medicine researchers report in the journal *Gut*.

The study used data from the Nurses' Health Study II, which tracked the health of nearly 116,500 female nurses from 1991 to 2015. Other drinks, including milk and unsweetened coffee, were associated with a decreased risk. Early-onset colorectal cancer rates have risen alarmingly in the last 20 years, causing the American Cancer Society to lower its recommended age for a first colonoscopy from 50 to 45.

andri kovalchuk/AdobeStock.com

Reversing Ruin

Superfund Mine-Polluted Stream Restorations See Success

Large investments have been made to clean up acid drainage into streams and rivers polluted by toxic metals from abandoned mining sites. A new study published in *Freshwater Science* based on long-term monitoring data from four U.S. Environmental Protection Agency Superfund sites in California, Colorado, Idaho and Montana shows that cleanup efforts can allow affected streams to recover to near natural conditions within 10 to 15 years after abatement work begins.

David Herbst, a research scientist at UC Santa Cruz and co-author of the paper, says, "The good news from them all is that Superfund investments can restore the water quality and ecological health of the streams." Researchers combined data from long-term monitoring during periods of 20 years or more using aquatic insects and other diverse invertebrate life such as flatworms and snails as indicators of the restoration of ecological health, with nearby unpolluted streams as standards for comparison. Much of the recovery occurred within the first few years of treatment. Herbst says that the promising results suggest that even daunting environmental problems can be remedied.

GLOBAL BRIEFS

Bugs Matter

Soil Regulators Soft on Pesticide Use



Pesticides cause significant harm to earthworms and thousands of other vital subterranean species. These invertebrates, nematodes, bacteria and fungi filter water, recycle nutrients and help regulate the planet's temperature. The most comprehensive review ever conducted on how pesticides affect soil health, published in the journal *Frontiers in Environmental Science*,

reveals that beneath fields of monoculture crops, a toxic soup of insecticides, herbicides and fungicides is wreaking havoc on the ecosystem.

The study recommends changes in how regulatory agencies like the U.S. Environmental Protection Agency (EPA) assess the risks posed by the nearly 850 approved pesticide ingredients. Presently, regulators ignore pesticide harm to earthworms, springtails, beetles and many other subsoil critters. The EPA relies on one insect, the European honeybee, to represent the thousands of species that live or develop underground. The ongoing escalation of pesticide-intensive agriculture and pollution are major driving factors in the precipitous decline of many soil organisms that are critical to maintaining healthy soils. This contamination has been identified as the most significant driver of soil biodiversity loss in the last decade.

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Preserving the Harvest

Classic Ways to Store Garden Bounty All Year

by Julie Peterson



Whether gardening, purchasing at farmers' markets or ordering from a community supported agriculture farm, preservation techniques capture the bounty of the harvest and ensure availability of fresh flavors year-round.

Dehydrating

"Dehydrating machines can be purchased for about \$50, but an oven that goes down to a temperature of 150 or less will work," says Brekke Bounds, educator at City Grange, a garden center in Chicago. Before dehydrating, consider the end use. Peaches or cherries can be cut into bite-size pieces. Roma or cherry tomatoes, sliced or cut in half and dried, can go in winter soups and stews. "Apple chips are super-easy," Bounds says. "Core and slice with a mandoline, dunk in a lemon solution, sprinkle with cinnamon, dehydrate and store in an airtight jar."

Foods can be seasoned or marinated before drying. "We make zucchini bacon for vegan BLTs," says Anthony Damiano, chef proprietor at Counter Culture restaurant, in Vero Beach, Florida. Dried herbs chopped in a food processor can be stored in airtight containers and used up to a year later as flavorful salad toppings or soup mixes.

Canning

"One of my go-to methods is water bath canning," says Emily Paster, author of *The Joys of Jewish Preserving*. "It's a really safe and effective method of home preservation for high-acid foods. Certain kinds of microorganisms, most specifically botulism, can't live in a high-acid environment." Fruits that go into jams and jellies are typically acidic enough, but

levels can be increased with lemon juice. Vegetable pickles become acidic through the addition of vinegar. Heat-sealed jars are shelf-stable if the seals remain intact.

Paul Fehribach, chef and co-owner of Big Jones, a restaurant in Chicago, gives canning tips in *The Big Jones Cookbook*. For pickles and preserves, he recommends using a simple canning kit with a tool to lift jars in and out of boiling water, a jar rack that sits in the bottom of a stock pot and Mason jars with new canning lids to hold the food.

Both Paster and Fehribach suggest using professionally tested recipes. "Go to a reliable source, whether it's a cookbook or a website, because there are some food safety issues. Recipes have been calibrated to have the right ratio of water and vinegar to vegetables to ensure it's acidic enough," says Paster. "Pickles are a great place to begin because they're really hard to mess up."

Refrigerator Pickling

The pickling process can be done without water bath canning, but the jars must remain refrigerated. The fun is in the quickness and variability of the recipes. Beyond traditional cucumber pickles, excellent pickles can be made with green beans, carrots, onions, cauliflower and green tomatoes. Brine can be dill, spicy or sweet. Damiano makes refrigerator pickles with a variety of local organic produce, including radishes, okra and other vegetables. The pickles are great for eating and can be used in salads and recipes like plant-based tostadas.

Fermenting

"Fermentation is an essential part of how people everywhere make effective use of food resources," says Sandor Ellix Katz, fermentation revivalist in Liberty, Tennessee, and author of *The Art of Fermentation*. "Fermentation produces alcohol, helps preserve food by producing acids and makes foods more digestible, more nutritious, more delicious and sometimes less toxic."

Cultures around the world developed fermentation techniques as a practical method to prevent food decomposition. Studies show that fermented foods and beverages provide beneficial probiotics

to the gut microbiome. Anyone can give fermentation a try with ordinary kitchen tools—a knife, cutting board, mixing bowl and a jar. "Certain ferments, such as yogurt or tempeh, require specific temperature ranges," advises Katz.

Cold Storage

Many fruits and vegetables freeze well, but a basement or backyard root cellar is a no-electricity, cold storage method. Items that store well in a root cellar include most root crops and firm fruits like apples and pears. "Root cellars use the natural, cool, moist conditions underground for fruit and vegetable storage. Earth-sheltered options work best for cooler climates where the ground temp is naturally cooler," says Laurie Neverman in Denmark, Wisconsin, creator of *CommonSenseHome.com*. Those with no outdoor spot or cold basement room can still use cold storage. "Some crops like onions, garlic, potatoes, winter squash, apples and carrots keep well in dark, dry, cool room temperatures of about 55 degrees," says Neverman.

Food preservation methods extend the blessings of the harvest. A little preparation now will provide edible delights for months to come. 🍷

Julie Peterson writes from rural Wisconsin. Reach out at JuliePeterson2222@gmail.com.

'Clean the Garden' Kimchi

This easy kimchi recipe turns common garden veggies into a spicy probiotic ferment that's loaded with good bacteria and health benefits.

YIELD: 32 SERVINGS



- 4 Tbsp sea salt and 4 cups water
- 1 lb Chinese cabbage (napa or bok choy preferred, but other cabbage will do)
- 1 daikon radish or a few red radishes
- 1 to 2 carrots
- 1 to 2 (minimum) onions (or shallots or leeks)
- 3 to 4 (minimum) cloves garlic
- 3 to 4 hot red chilies to taste (seeds removed, dried is fine, nothing with preservatives)
- 2 to 3 Tbsp (minimum) fresh grated ginger root

Prepare brine in a nonreactive container such as a glass bowl or large measuring cup. Mix water and salt, and stir thoroughly to dissolve salt.

Cut up cabbage, radishes and carrots. (Add in other vegetables as an option.) Mix vegetables together and move them into fermentation vessel. Cover vegetables with brine.

Use a fermentation weight or plate with a heavy object to weigh the vegetables down and keep them below the brine. (Mix more brine if needed to make sure vegetables are completely submerged.) Put a cloth over the fermentation vessel and wait for vegetables to soften (a few hours or overnight).

Drain the brine from the vegetables, reserving it. Give the vegetables a taste. They should be salty, but not too salty. Sprinkle on additional salt, if needed, and mix; rinse if too salty.

Mix the onion, garlic, chilies and ginger into the drained vegetables and blend well. Pack the vegetable mix into the fermentation vessel. Use the fermentation weight or plate to press it down until the brine covers the kimchi-in-progress. Add a little brine back, if needed, to make sure the vegetables are completely covered.

Cover the fermentation vessel with a cloth and leave it on the counter for about a week. Taste test to check the fermentation. When happy with the flavor, the kimchi is done. Store in the refrigerator in a glass container to stop the fermentation.

Recipe by Laurie Neverman at CommonSenseHome.com.



Food Preservation Resources

NATIONAL CENTER FOR HOME FOOD PRESERVATION: nchfp.uga.edu

BALL & KERR RECIPES AND PRODUCTS FOR CANNING: FreshPreserving.com

Complete Dehydrator Cookbook, by Carole Cancler

The Pickled Pantry: From Apples to Zucchini, by Andrea Chesman

Root Cellaring: Natural Cold Storage of Fruits & Vegetables, by Mike and Nancy Bubel



Pineapple Tepache

Tepache is a wonderful, effervescent, lightly fermented pineapple beverage. It's made from the skins and core of pineapple, making use of the parts typically discarded.

YIELD: ABOUT 1 QUART

½ cup sugar, or more, to taste (ideally piloncillo, panela or another unrefined sugar, but any type of sugar will work)
Peel and core of 1 pineapple (eat the rest of the fruit), cut into 1- to 2-inch pieces
1 cinnamon stick and/or a few whole cloves and/or other spices (optional)



Dissolve the sugar in about 1 cup of water. Place the pineapple skin and core pieces and spices into the vessel. Pour the sugar water over the pineapple, then add additional water as needed to cover the pineapple. Cover with a loose lid or cloth and stir daily.

Ferment for 2 to 5 days, depending upon temperature and desired level of fermentation. It'll get fizzy, then develop a pronounced sourness after a few days. Taste each day after the first

few to evaluate developing flavor. Strain out the solids. Enjoy fresh or refrigerate for up to a couple of weeks.

Recipe is an exclusive first look from the forthcoming book, Sandor Katz's Fermentation Journeys (Chelsea Green Publishing, October 2021).

Pickled Watermelon Radishes



1 to 2 watermelon radishes
¼ cup white wine vinegar
¼ cup rice wine vinegar
½ cup water
1 tsp pink Himalayan salt
1 tsp sugar
2 cloves garlic, peeled
1 tsp ginger, microplaned
½ tsp peppercorns, lightly crushed

Wash and peel watermelon radishes. With a sharp knife or mandoline slicer, slice radishes into round discs. In a non-reactive saucepan, bring the water, white wine vinegar, rice wine vinegar, salt and sugar to a boil. Simmer for 1 minute or until the sugar and salt are dissolved. Remove from heat and add the garlic, ginger and peppercorns. Pour the hot liquid including the garlic and peppercorns over the radishes. Let cool to room temperature, then cover and refrigerate.

Recipe by Chef Anthony Damiano at Counter Culture, in Vero Beach, Florida.

Zucchini Bacon

2 medium zucchini
2 Tbsp grape seed oil
2 Tbsp soy sauce
2 tsp maple syrup
1 tsp liquid smoke
Pinch chipotle chili pepper powder
Freshly ground black pepper

In a large bowl, combine oil, soy sauce, maple syrup, liquid smoke, chipotle chili pepper powder and season generously with black pepper. Whisk to combine. Using a vegetable peeler or mandoline, slice zucchini length-wise into thin strips. Place strips in bowl and toss until coated in marinade. Let sit for several hours or overnight.

Place in a single layer on dehydrator trays, making sure not to overlap. Set the dehydrator to 145° F and let the strips dehydrate for 4 to 6 hours. Remove them when they are crispy. Thicker strips may take longer. Eat immediately or store in an airtight container.

Recipe by Chef Anthony Damiano at Counter Culture, in Vero Beach, Florida.

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

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YOGA

Yoga for the Youngest Generation

AN INTERVIEW WITH GROUNDED KIDS' FOUNDER, AMY HAYSMAN

by Sheila Ewers

Amy Haysman, along with Cheryl Crawford, founded Grounded Kids Yoga, a program that has gained worldwide recognition for its revolutionary approach to teaching yoga to young people. In this interview, Haysman shares with us how it got started and what makes it unique.



Amy Haysman (Photo: 2TPHOTO)

HOW IS GROUNDED KIDS DIFFERENT FROM OTHER PROGRAMS THAT PREPARE TEACHERS TO TEACH YOGA TO KIDS?

Certified Grounded Kids yoga teachers are trained to teach ancient yoga practices in understandable and digestible ways

so that it is fun and meaningful rather than watered down or silly. The purpose is not to babysit or entertain but to teach embodied skills that will help children navigate

the ups and downs of life with grace and grit. We accomplish this within the framework of 84 poses categorized into sequences reflective of the seven chakras and the five elements.

Most of our poses have kid-friendly twists and creative pose names that speak to the virtues of the pose. For example, we call Crow Pose "Serious Crow Playful" because it requires serious alignment with a playful attitude. Classes often include yoga games, guided meditation and visualizations, art and opportunities for students to create intentional practices to use in their daily life.

Grounded Kids is also different because we keep the yoga authentic. Our Quest For Elevation program is an optional offering where students earn signature bandanas to celebrate learning a pose sequence and skills that take the practice

CAN YOU TELL US ABOUT YOUR JOURNEY INTO YOGA AND HOW YOU DECIDED TO CREATE GROUNDED KIDS?

During a hiatus from teaching middle school, I began practicing yoga to relieve stress and feel better in my body. I'm a teacher at heart, so during that very first yoga class, all I could think about was how much kids would benefit from the practice. I earned certification with YogaKids International in 2001 and worked for them for the next seven years as program director, mentor coordinator and teacher trainer. I even wrote one of the first-ever curricula for yoga in schools.

While I loved the playful aspect of the teaching, I found that many of the kids were interested in a more serious yoga practice. Grounded Kids grew organically as a response to that desire, and my new career evolved into co-founding Grounded Kids in 2007.

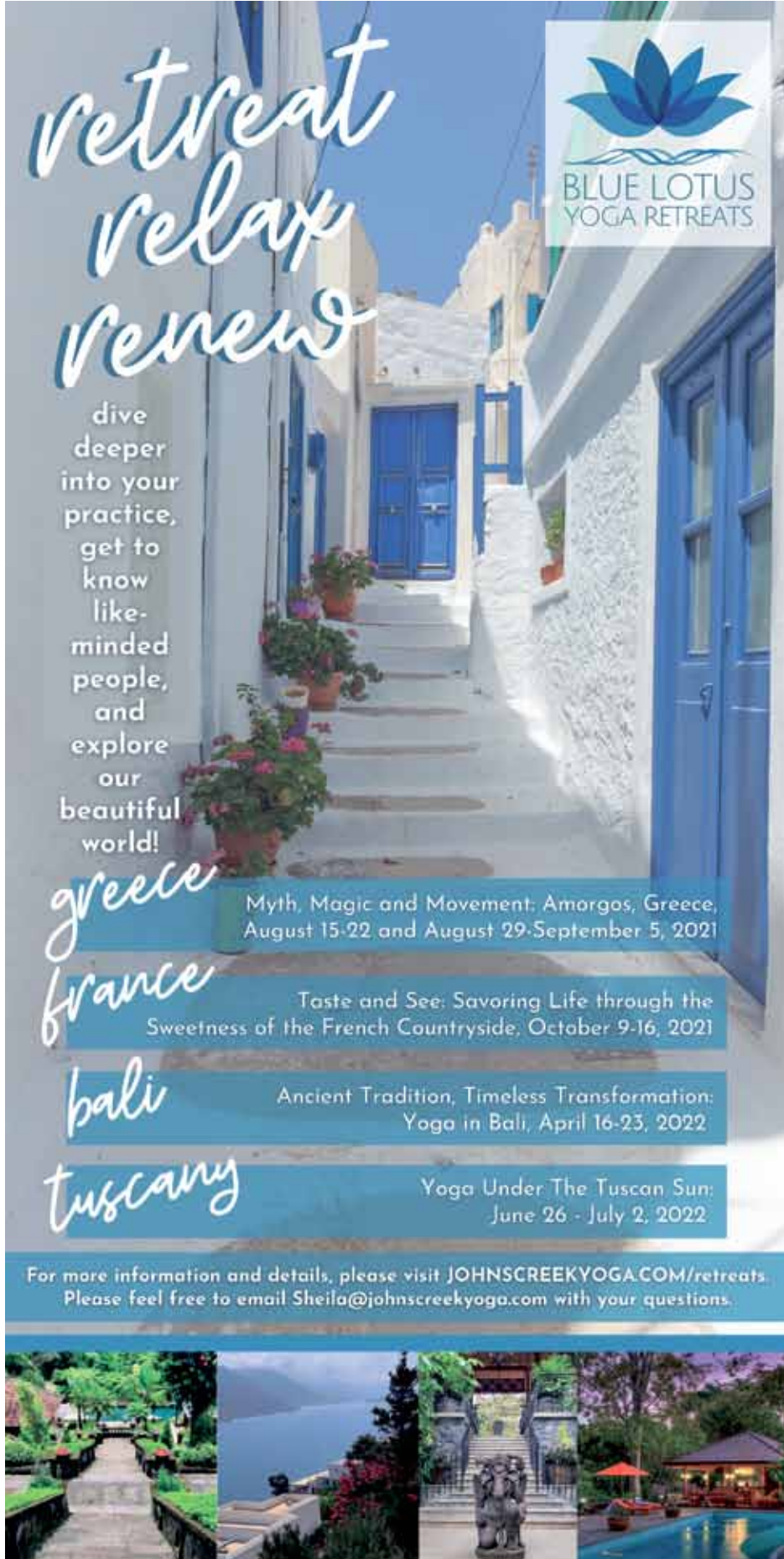
off the mat. As part of the Quest, children design their own yoga sequence to help them with something they are working on in their life, such as patience, perseverance, anxiety or even getting along better with siblings. Eventually, they learn how to teach others what has been so helpful to themselves.

WHAT SPECIFIC BENEFITS DOES YOGA OFFER KIDS?

Teaching children yoga has gained popularity over the last few years, and for good reason. Extensive research studies [bit.ly/grounded-kids-research] prove that children who practice yoga have a higher overall sense of well-being and perform better in school. They improve academically and exhibit fewer problems with behavior and absenteeism.

Yoga teaches us how to express, balance, and regulate our emotions. It asks us to know what lies beneath the surface of reactivity and division in order to connect to our true nature, which is at ease and self-assured. Young people learn to recognize when they're out of alignment with their best pose or their best self, and they discover skills to realign in order to feel better in their body and mind. The practice builds resilience, strength, flexibility and focus while reducing anxiety, depression, negative self-talk and the effects of chronic stress and trauma.

Beyond the research studies, we frequently hear everyday success stories. Parents report that brothers and sisters are no longer escalating disagreements but rather hearing each other out and working together to solve issues with empathy and respect. We receive occasional thank you texts from parents when homework and bedtime go smoothly and the whole family sleeps peacefully. And physical therapists and occupational therapists contact us because they notice significant increases in core strength, coordination and determination in patients who are attending yoga classes—and they want to spread the word. Over the years, teens have messaged us on social media, saying that what they learned in class has helped them deal with real-life issues like breakups, friendships, family struggles,



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depression and general stress. Student athletes use yoga to prepare both physically and mentally for their sports. And students with special needs discover ways to honor both their abilities and their vulnerabilities.

The two yoga sequences below are typical of Grounded Kids' practices, and they're perfect for kids who are returning to school this month. The illustrations that accompany them were created by a 13-year-old boy during one of the first Grounded Summer Yoga Camps, and they have become an integral part of training manuals, practice decks and supporting materials.

Focus and Concentrate Sequence

This sequence is helpful preparation for homework and study time.

(1) Focus Five Breath

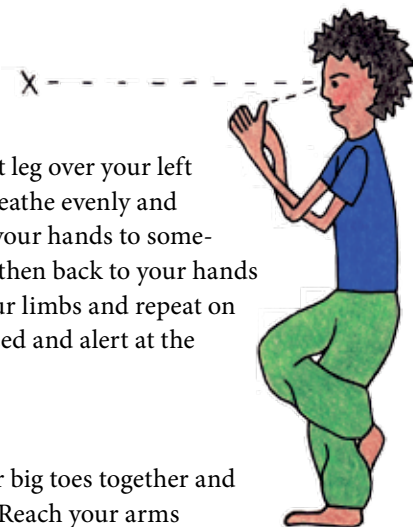
Press your thumb and pinky together as you take a deep breath in and out. Press your thumb and ring finger and take another deep breath in and out. Continue breathing as you press thumb and middle finger together and thumb and index finger together. Conclude with a fifth deep breath as you give a thumbs up to the universe.



Illustrations by Dylan Laakmann

(2) Double Check

Cross your right elbow under your left and join your palms. Bend your knees and cross your right leg over your left to balance on one foot. Breathe evenly and alternate your gaze from your hands to something in the distance and then back to your hands several times. Unravel your limbs and repeat on the other side. Feel balanced and alert at the same time.



(3) Child's Pose

From all fours, touch your big toes together and widen your knees a little. Reach your arms forward as you bring your hips back toward your heels. Rest your forehead on the ground. Pause there for several breaths.

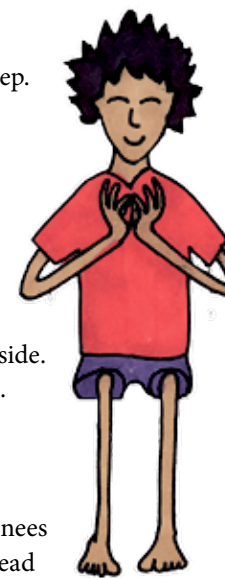


The Bedtime Sequence

Practice these poses in bed for a peaceful sleep.

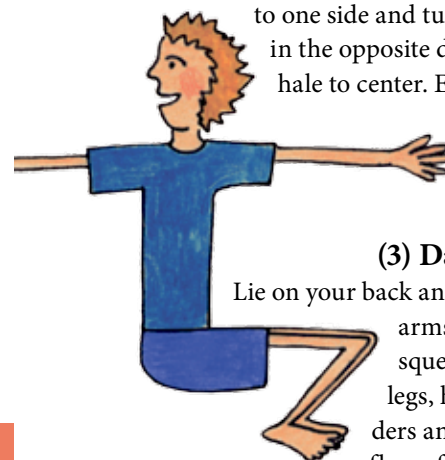
(1) Lotus Breath

Bring your palms together in front of your heart. Press the outer edges of your hands together and open your fingers away from each other to resemble a lotus flower. Inhale and lift your lotus toward the moon. Exhale and release your arms out to either side. Connect to your heart and let go of tension.



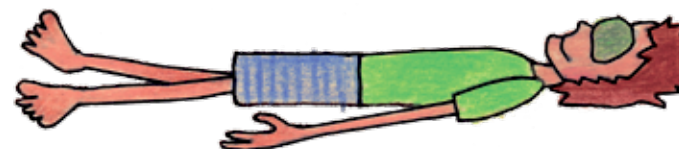
(2) Do The Twist

Lie on your back with bent knees and outstretched arms. As you exhale, drop your knees to one side and turn your head in the opposite direction. Inhale to center. Exhale to switch sides. Continue to move in rhythm to your breath for several rounds. Unwind from the day.



(3) Dark Seed Light

Lie on your back and stretch your legs. Place your arms by your sides. One at a time, squeeze and then release your toes, legs, hips, belly, hands, arms, shoulders and face. Pay attention to the flow of your natural breath. As you inhale, think, "I am ..." As you exhale, think, "... relaxed." Nuzzle into the darkness like a seed gaining nourishment to grow in the light.



For more information: GroundedKids.com



Sheila Ewers, ERYT500, YACEP, owns Blue Lotus Yoga in Johns Creek. A former professor of writing and literature, she leads group and private lessons, yoga philosophy workshops, yoga teacher training and retreats. Contact Sheila at Sheila@JohnsCreekYoga.com.

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~Nathaniel Hawthorne

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Get Off the Grid Festival's BILL FLEMING

Weaving Community, Activism and Music into a (Solar) Powerful Weekend

by Noah Chen



Photos: Lynn Marie Dwyer

This month, on the sunny fields of Camp Jordan in Chattanooga, Tennessee, thousands of people will gather to laugh, lounge and luxuriate in the atmosphere of Get Off the Grid Fest. While on the surface it might appear to be just another music festival, Get Off the Grid Fest is one of the Southeast's premier demonstrations of the efficacy of solar power and the power of music and activism. It is the result of the efforts of former Atlantan Bill Fleming, an accomplished musician, activist and community-builder, his partner and festival co-founder Ed Witkin, and the passionate team that surrounds them.

The festival's three stages run entirely on solar power as do its other activities, including dance parties, educational seminars, equipment demonstrations and interactive displays. Witkin, who also manages the solar generators that power the festival, estimates they'll use the same amount of electricity it would take to power three or four houses to supply the festival's three days.

In addition to being a demonstration of what is possible with solar power, Fleming, 69, sees his music festival as proof positive of other "powers"—namely, those of community and activism.

Get Off the Grid Fest is the culmination of one of Fleming's lifelong interests. "It started back in 1971 with one of the very first Earth Days," he says. "I organized it with a bunch of other people back in Jacksonville. Back then, environmental activism was very subversive. We had the Jacksonville police come out and take pictures of our license plates."

It was the sense of community that fueled Fleming's interest in environmental issues and sustains his passion. "We felt like

we were moving together as a group," says Fleming. "A lot of it had to do with the Vietnam War. You know, we were cannon fodder for that war," he says, referring to the draft.

Both the deterioration of the environment and the threat of being drafted affected many people in Fleming's circle, and both inspired his activism.

Fleming also had an interest and talent in music. That got him thinking.

"The best way to build a community or sustain a movement is through song," says Fleming.

"We've seen it time and time again. The anti-war movement was full of songs. The Bread and Roses movement [of 1912] was led by women seeking better pay, and they sang and wrote songs." He wanted to follow in their footsteps by creating a community and engineering social change through the power of song. But he wasn't going to do it alone.

In 1985, spurred on by their joint interest in politics and music, Fleming met Witkin. They began playing music together and formed the PAND Band—short for "Performing Artists for Nuclear Disarmament."

Witkin had other interests besides music, including solar power. "Ed is my solar guru," says Fleming.



"You'd be hard-pressed to find a man who knows more about solar power than Ed." Witkin founded Carrboro Solar Works, LLC, and has been involved in solar projects with many others, including activist/singer Pete Seeger.

In the late 80s, Witkin had been tinkering with solar technologies and modified a Volkswagen bus so it could run on solar power. The vehicle impressed Fleming and inspired the pair to produce the Alternative Energy Festival in Little Five Points, Georgia, in 1989.

"We got people from all over the state to come and bring things [to the AEF] that had to do with taking care of the environment. So, we just had a festival out there on the field, powered by a solar generator I put together," says Witkin.

"That was the early origins of Get Off the Grid," Fleming recalls.

Fleming, whose ties to Atlanta include teaching at Georgia State University and Georgia Perimeter College, moved to Little Five Points in 1980 and found the nearby fields to be the perfect place to host a music festival. Though he has since left, Fleming remembers being inspired by the people there.

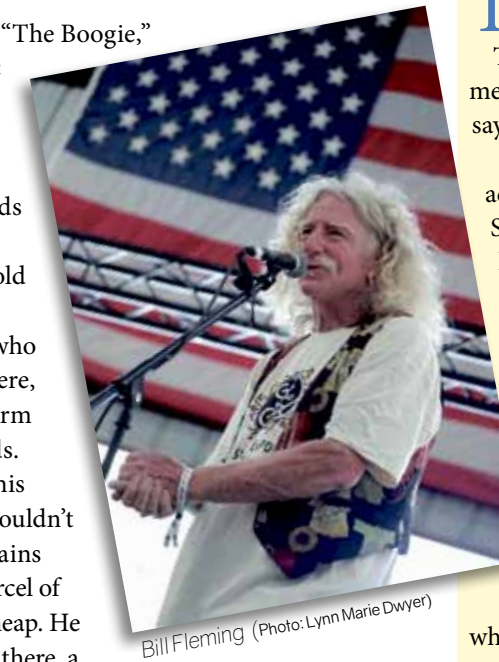
"Atlanta was a fabulous place to raise a family," says Fleming. "We used to do potlucks and festivals, and we did street dances and things like that."

Fleming has also hosted "The Boogie,"

a pre-Fourth-of-July music and dance party, for over 30 years. He describes it as "a party in the woods with 500 of your best friends who you might not have ever met." No tickets are sold and there's no advertising; Fleming says that anyone who shows up is meant to be there, as long as they cause no harm and help pick up afterwards.

Though Fleming recalls his time in Atlanta fondly, he couldn't resist moving to the mountains north of the city when a parcel of land came up for sale for cheap. He built his off-the-grid house there, a move that took him one step closer to the Get Off the Grid Fest.

If the AEF was the start of the Get Off the Grid Fest, Fleming's home and community inspired its current iteration. Tucked away in the mountains of North Georgia, six houses, including his own, sit on a land trust he owns. There, Fleming and his investment partner, Ken Banwart, founded Heartwood, a community where like-minded people can apply to build a house. "Our membership protocol requires that people bring a project to the community, and it has to be something they can't finish on their own," says Fleming. The requirement allows community members to get to know the newcomers and ensures everyone brings something to the table.



Bill Fleming (Photo: Lynn Marie Dwyer)

"We learned that no one can get off the grid by themselves. It takes a community to be off the grid, and we had hundreds of people help us figure out how to do it." The creation of the festival was "an outgrowth of putting [our] experience out there," he explains. "It was so empowering for us. We feel that everyone needs to have access to this."

With the help of dedicated organizers and his solar guru, Fleming produces the Get Off the Grid Fest every two years.

"He definitely trusts other people, depends on their vision and brings them in that way. It's very rewarding," says Glenn Carroll, a partner of the festival and the Coordinator of Nuclear Watch South.

"Another part of it is rock and roll," Carroll says, referring to Fleming's success. "Everybody loves music, and everybody loves to dance. It's like magic."

"Get Off the Grid is my connection to the world at large," says Fleming. "That's how I see my *dharma*. My calling is to make this available to as many people as I can."

Disclosure: Bill Fleming is a friend of the publisher of this magazine.

Get Off The Grid Fest 2021

The third biennial Get Off The Grid Fest (GOTGF) is in Chattanooga this year from August 20 through 22.

The festival's purpose is "to explore and present practical methods of protecting and preserving our natural resources," says its website.

The weekend is packed with presentations and workshops, activities, vending, food and three stages of music, including Saturday night's headliner, Randall Bramlett. Jim Lauderdale headlines Friday night and Brown Eyed Women closes the festival late Sunday afternoon.

GOTGF will feature more than 70 speakers in the areas of energy and environment, health and wellness, food and agriculture and arts and community. The keynote address will be given by Mark Jacobson, Director of the Atmosphere/Energy Program and Professor of Civil and Environmental Engineering at Stanford University. Jacobson's work is the scientific basis of the Green New Deal, states the GOTGF website.

Another feature of the festival is the Electric Vehicle Expo, which provides attendees the opportunity to test drive cars. The Health and Wellness Tent focuses on alternative healing methods, such as chiropractic, sound healing, Thai bodywork, CBD, herbs and more. Yoga is offered daily and there are tai chi and qi gong sessions as well.

The Gnome Zone promises fun for the little ones with interactive play spaces, puppeteers and solar-powered toys. The curated art exhibit depicts "the wondrous relationship between human beings and the earth," according to the website.

A three-day pass for the festival is \$60 plus tax, and single-day tickets are \$20 for Friday and Sunday and \$30 for Saturday. Children 16 and under get in free.

For more information, visit GetOffTheGridFest.net.

An Interview with Mark Z. Jacobson on the Climate Change Imperative

by Diane Eaton, MCIS



Mark Z. Jacobson (Photo: Mariaelena Comoroto)

I spoke with Dr. Jacobson about where we are in this enormous effort and what more we need to do. [Lightly edited for space and clarity.]

First things first: How are we doing? You've set the bar at achieving 100% clean, renewable energy nationwide by 2050, but fossil fuels currently produce more than 80% of the nation's energy consumption. We have quite a mountain to climb. Are we on pace to get there?

We're only about 8% there. We've transitioned about 8% of our infrastructure compared to what we need to do to get to 100% renewable energy and heat by 2050 or 80% by 2030. So, we need to do a lot more a lot faster. We can't wait 25 years before we start. We need a rapid transition timeline, and that requires people knowing that the problem is serious enough to convince our policymakers to make laws and regulations that accelerate the transition rapidly.

We have 15 U.S. states and territories that have laws or executive orders to get to 100% renewable electricity—but electricity is only 20% of all end-use energy. There are 176 cities in the U.S. that have

committed to 100% renewables, but that's only electricity, not all energy. We need to involve all energy sectors—transportation, building and industry as well as electricity. It's still progress, but we need a much faster transition than we have now.

President Biden seems to have heard you. His Clean Energy Plan aims to achieve 100% clean energy and net zero emissions by 2050. His budget proposal aims to pour money into clean water, transportation and power infrastructures. Are you encouraged?

He's certainly made progress compared to previous administrations, and I applaud that. But I'm concerned that a lot of money is going toward what I call "all of the above" policies—things that don't really work, like carbon capture, direct air capture, nuclear power, bioenergy and bio-fuels. Those are not going to help solve the climate or air pollution problems. They're money pits.

Researcher, speaker, Stanford University professor and winner of multiple awards for significant contributions to climate research, Mark Z. Jacobson, Ph.D., has spent three decades identifying the fastest, cleanest and most efficient path for all sectors of the U.S. economy to switch to renewable energy production from fossil fuels. In addition to developing scientific models—one has been used by nearly a thousand researchers—he has worked with the Sierra Club, which has, in turn, worked with 176 cities and towns to pass resolutions and laws targeting 100% renewable electricity production. Jacobson is also the keynote speaker at the Get Off the Grid Fest in Chattanooga, Tennessee, on August 20 to 22.

The time is now. Without a huge, comprehensive pivot to renewable energy sources, the Earth's atmosphere will climb to 1.8°F warmer by 2050 than it was at the turn of the 20th century. Climate change is already making a noticeable impact around the globe with record-breaking weather patterns of all kinds. In years to come, no one will remain unscathed from the fallout.

Why is that?

Those other technologies are not efficient, either. They still require some burning of fuels, and they require more energy to run. So, where does that energy come from? From mining and burning more fossil fuels, so you have more air pollution and more mining and more combustion emissions. They're not acceptable solutions.

You've said that we have what we need—the technology and the financial resources—to achieve 100% renewable energy production by 2050. So why aren't we moving faster?

The main barriers to transitioning are not technological or economic. We have 95% of all the technologies we need right now. The cost of energy production is really expensive now, so we'll definitely save money compared with not transitioning. We will reduce energy use so much due to the efficiency of electricity over burning things, and so, because we use so much less

energy, costs will be at least 60% lower with a clean, renewable energy system.

So, why aren't we doing it faster? There are a lot of people still entrenched in the fossil fuel industry, a lot of lobbyists impeding efforts to transition to clean, renewable energy. There's also an information gap. Most people are not aware of what you can do in your own home or in life to make the shift. We need to provide assurances to people that the transition will make their lives the same or better; it will reduce their health impacts, reduce climate impacts. This is needed to convince people to vote for policymakers who will [build] a trend or rapid transition.

Most people are complacent and aren't sure how fast we need to go. They support changes, but they don't realize we need to support policies that require rapid changes, like 80% within nine years.

The cost of renewables—solar especially—is falling rapidly. Is this helping the cause?

Yes, it is driving the purchasing of lots of wind and solar around the world. Certainly, the drop in the cost of renewables, electric vehicles, heat pumps and battery storage has really helped to drive the transition. Something like 94% of all the new installed electricity-generating capacity in the U.S.—from January to April of 2021—was wind, water and solar. That's because the costs have come down and because there are lots of laws and renewable portfolio standards in some states.

Wind energy is one of the technologies within your trifecta solution of what you call "WWS" for wind, water and solar. Many argue that the amount of land needed to provide any significant amount of power from wind turbines is unfeasible and unattractive. How do you answer them?

To power the entire U.S. with wind, water and solar, we only need about 0.6% of the U.S. land mass, and the space between the turbines can be used for agriculture and farmland. In comparison, the fossil fuel industry takes up 1.3% of the land.

Wind is the lowest-cost form of electric-

WHAT IS CLIMATE CHANGE?

The Earth's atmosphere has warmed by 1°C (1.8°F) since 1900, according to National Oceanic and Atmospheric Administration, and if unimpeded, it will climb to 2°C by 2050. The impact will unquestionably be devastating to human life around the globe. *The New England Journal of Medicine* says that, conservatively, 250,000 people will die each year due to the rising temperature. Other consequences include rising sea levels, coastal flooding, supercharged hurricanes, glacier and sea-ice melting, hotter and more frequent wildfires, longer and deeper droughts, famine, agricultural shifts, migration due to environmental changes, species extinction and more.

FOSSIL FUEL ENERGY PRODUCTION...

- Consumes dwindling natural resources
- Generates deadly pollution and toxins
- Can be mined and monetized only in a few locations
- Will see dramatically increasing prices across all sectors
- Requires installations that damage the terrain
- Comes with disruptions to service and grid instability

RENEWABLE ENERGY SOURCES...

- Use virtually inexhaustible natural resources
- Are available nearly everywhere
- Cause virtually no environmental damage
- Are 60% cheaper than fossil fuels
- Are more energy-efficient than fossil fuel production
- Will not increase in price over time
- Offer grid stability and continuous supply

COMPARING LAND USE

The fossil fuel industry takes up 1.3% of the U.S. land mass. With renewables, only about 0.6% of U.S. land would be needed to power the entire U.S. for all purposes. Plus, any empty space can be used for agriculture and farmland.

PROGRESS IN ATLANTA AND GEORGIA

- Atlanta adopted its Clean Energy Resolution in 2017, with the goal of powering municipal buildings with 100% renewable sources by 2025 and going community-wide by 2035. The Plan focuses on decreasing energy bills, creating jobs, improving air quality and public health and stimulating economic development.
- Georgia is among the top 10 states for solar production and produces more electricity from wood and wood waste than any other state. In 2019, Dalton installed the largest solar panel manufacturing plant in the Western hemisphere. State lawmakers are reticent to put initiatives into law but are supporting businesses in adopting green policies.

YES, YOU CAN MAKE A DIFFERENCE. HERE'S HOW:

1. Next time you buy a car, buy all-electric.
2. Make your home as energy-efficient as possible: Weatherize, seal and insulate.
3. Purchase energy-efficient appliances and switch to LED bulbs.
4. Consider solar panels for your home or solar projects in your community.
5. Buy from a utility company that uses or supports renewable sources.
6. Educate yourself about what is being done in your city and state.
7. Take action: Urge your elected officials to enact renewable energy initiatives.
8. Reduce commute times.

ity in the U.S. by far. It's half the cost of new natural gas, it takes the least amount of physical land on the ground, and it doesn't have any air pollution associated with its operation nor climate-relevant emissions. It's efficient, clean, low-cost. There's really little downside to using it.

Does nuclear play a role in the switch to renewables?

There are a lot of problems with nuclear reactors. For one, it takes too long and they're too expensive to build. The cost is about five times higher per unit of

All these things combined, we can keep the grid stable, we can create jobs, save money, and reduce land use by going to clean renewable energy.

energy compared with wind or solar. There are just a few in the U.S.—two are in Georgia—and it takes an average of 15 to 16 years for planning and operation of any nuclear plant, so if we plan a new one today, it won't be ready until 2037. We can't wait that long. On top of that, there's unresolved waste issues, nuclear weapons proliferation issues, meltdown issues and mining risk issues. Why should we do it?

How can we feel empowered to be a part of the change when it seems like corporations and government have the most control and make the most impact?

It's important to remember that people are buying things that industry is making; people are living in homes that require energy; people are driving and that requires transportation; all sectors are involved with the use of energy by individuals.

So, individuals can do a lot to help solve the problem. First, you don't need both electricity and gas in your home; there's no reason to have two energy sources. It saves you a lot of money not to put gas in your home. If you don't have gas, you don't need to put pipes in, you don't need to pay hookup fees, you don't need to dig ditches for gas pipes. Even if you have gas now, you can retrofit your home by using heat pumps, electric cooktops instead of a gas stove, and electric cars. Whatever you use gas for in your home, you can go through an electric alternative.

You can make your home energy efficient by simple things like caulking windows and doors to stop up leaks of air. You can save a lot of energy using LED light bulbs and energy efficient appliances. ♻️

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THINK YOURSELF HAPPY

Seven Ways to Change Your Mind and Be Happier

by Ronica O'Hara

What is happiness? Aristotle pondered it, our country's founders encouraged its pursuit, but only now—thanks to the thriving field of Positive Psychology—have we learned more precisely how to attain and sustain it. In thousands of studies in the last two decades, researchers have watched babies share crackers, put Tibetan monks in brain scanners, asked college students to do kind deeds and explored databases, among other strategies. A major finding has emerged: Happiness is, to a great degree, in our own hands—or more exactly, our own minds.

“You get to choose,” says trailblazing researcher Barbara Fredrickson, author of *Positivity* and *Love 2.0* and a professor at the University of North Carolina. “No matter where your river of emotions flows today, over time and with continued effort and attention, you can change its course and location to live a happier, more positive life.” Using advanced brain imaging technology, neuroscientists and psychologists have discovered that the brain is “plastic” and malleable. When we change our thinking and actions in positive ways, brain neurons start rewiring themselves to make newfound happiness settle in, especially if our practices are repetitive.

“Interestingly, changes can start quite quickly,” says neuro-

scientist Andrew Newberg, who has authored 10 books on the brain, emotions and spirituality, including *Words Can Change Your Brain*. “For those changes to become more fully ingrained, it can take a few months, but it does not necessarily require hours a day for many years.”

A change in thinking shifted the behavior and life of John Peterson, a sales manager at a major West Coast auto retailer and editor of *SafeDriveGear.com*. “I was unhappy and miserable, so I decided to give gratitude a shot,” he recalls. “It was mechanical to start, but the reactions I got turned into a domino effect.” Instead of giving cursory thanks, he praised a co-worker's kindness in handing him a daily cup of coffee; now they chat about their families. Instead of “keeping myself to myself,” he offered to help a neighbor he barely knew to clean gutters; now they're “barbecue besties,” he says, adding, “I was kind of blown away at the incredible effect gratitude had on my life, both in improving my mental health and boosting my relationships. It was a real revelation to me!”

Positive psychologists offer two major approaches: adopting habits that encourage happiness and clearing away the mental debris that blocks it. Many books and websites offer a wide range of theories, techniques and tips. “The most effective practices for you

are the ones that you enjoy and are willing to do more often,” says Tchiki Davis, Ph.D., a *Psychology Today* blogger and founder of *The Berkeley Well-Being Institute*. The following are research-based methods to enhance happiness:

1 Aim for a three-to-one ratio of positive to negative experiences

The difference between languishing and flourishing, says Fredrickson in her book *Positivity*, is constructing a life in which heartfelt positive experiences outnumber the negatives by three to one. Positive experiences that flow from feelings such as gratitude, serenity, hope, awe and love can be as simple as exchanging smiles with a passerby, patting a friend on the back, joking with a cashier, picking up something that someone has dropped or planting a kiss on a son's head. She emphasizes that the experiences must be authentic and heartfelt: acting “Pollyanna-ish” out of habit or pasting on a smile can actually make us feel worse, and positivity can turn toxic if it's relentlessly turned on 100 percent of the time. “True happiness is not rigid and unchanging,” she says.

When it comes to marriage, five positive interactions for every negative one is the “magic ratio” that makes it happy and stable, according to studies by renowned relationship psychologist John Gottman, author of *What Makes Love Last*. “Successful long-term relationships are created through small words, small gestures and small acts,” he writes.

2 Flip negativity by reframing experiences

Positive reframing involves shifting misery-making thinking to see the positive side of any situation. Canadian researchers reported in a 340-person survey at *APA PsycNet* that during the pandemic, reframing was the most effective mental health strategy; people practicing it gradually felt better, while people that vented, distracted themselves or disengaged from others fared worse. Reframing strategies include viewing a problem as a challenge, a learning opportunity or a way to help others; finding

the higher purpose or divine order in a bad situation; exploring what the unexpected benefits might be; and finding humor in a situation.

3 Defuse the inner critic with caring self-talk

Berating ourselves for our shortcomings is a sure route to suffering, but applying self-compassion powerfully lowers the volume. It involves three elements: treating ourselves as kindly as we would a dear friend; realizing that making mistakes is intrinsically human so we're not alone; and non-judgmentally facing our emotions without denying or indulging them, according to its major theorist, psychologist Kristin Neff, author of *Self-Compassion: Stop Beating Yourself Up and Leave Insecurity Behind*. Numerous studies show that people that practice self-compassion have less self-doubt and fewer negative thoughts, are less likely to feel anxious or depressed, enjoy better health and relationships and are more resilient and motivated to change.

4 Clear away pain by questioning assumptions

Of our estimated 12,000 to 60,000 thoughts per day, about 80 percent are negative and 95 percent are repetitive, says the National Science Foundation. Those noisy mental loops dampen our spirits by repetitively telling us that something regretful should not have happened in the past or is going to happen to blight the future. Few worries have real credence: A Cornell University study found that 85 percent of what people worry about never happens. Of the 15 percent of worries that did happen, 79 percent of people found they handled the problem better than they had expected or that they learned a valuable lesson from it. Cognitive behavioral therapists help clients to examine those beliefs and assumptions, challenge the dysfunctional ones and try out different interpretations to uncover the truth.

Victor Blue, a Tampa transportation engineer, examined his difficult relationship with a tyrannical father by asking himself two questions that spiritual teacher and

Tying the Knot?

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

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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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author Byron Katie suggests applying to any painful thought: “Is it true? Can you absolutely know it’s true?” Self-inquiring deeply, Blue realized he had a distorted view: His father had in fact loved him, but had lacked the capacity to show it with warmth or tenderness. “My father started with very little and saw a tough world and treated everyone tough,” he says. “And I came to realize that yes, I am able to father myself.”

5 Open the heart by deepening gratitude

Perhaps the most popular and direct approach to happiness is gratitude. Research shows that feeling and expressing thankfulness significantly boosts emotional well-being, makes us feel more connected and generous to others, and improves health and sleep quality. In one study, writing a few sentences of gratitude once per week for 10 weeks increased optimism and hope in participants; they even exercised more and had fewer doctor visits than those writing about aggravations. Writing a thank-you letter to someone we haven’t appreciated enough in the past can induce a sense of well-being that lasts for at least six months, a University of Pennsylvania study found.

6 Quiet the noisy mind with meditation, prayer and mindfulness

Using functional magnetic resonance imaging, Newberg and other neuroscientists studied meditating Buddhist monks, prayerful Catholic nuns and mindfulness meditators. They found that each practice has its own distinctive pattern of brain activity, yet all three deactivate the brain regions that underlie mind chatter. That “default mode network” is constantly ruminating, nagging and making sure we avoid trouble. Sustained spiritual practices gradually turn down its everyday volume, which may explain in part the well-documented link between spiritual practices and well-being. Even brief meditations can have a quieting effect, counsels New York City psychologist and mindfulness teacher Loch Kelly, author of *Shift into Freedom*. In a quiet moment, he suggests, “Ask yourself, ‘What is here right now if there is no problem to solve?’”

7 Lift up others with a positive outlook

The more we give with a full heart, the more happiness we experience, studies show—and the benefits radiate far beyond ourselves. Following nearly 5,000 people over 20 years, Harvard researchers found that one person’s happiness triggers a chain reaction up to three degrees away, lifting the spirits not only of friends, but friends’ friends, and their friends’ friends’ friends. Effects can last up to one year. It’s a vital way to help the world, says Fredrickson. “The happiness that you experience together with others has ripple effects, both biological and behavioral, that make whole communities healthier.”

Health writer Ronica O’Hara can be reached at OHaraRonica@gmail.com.

Online Resources

AUTHENTICHAPPINESS.ORG: POSITIVE PSYCHOLOGY NEWS AND SELF-TESTS Martin E.P. Seligman, a University of Pennsylvania professor and bestselling author who coined the phrase “positive psychology” in 1998, designed this comprehensive website that includes new research and dozens of self-questionnaires.

PURSUIT-OF-HAPPINESS.ORG: RESEARCH AND CURRICULUMS Resources offered by Barbara Fredrickson, Ph.D., author of *Positivity* and *Love 2.0*, include an overview of research, online courses and curriculum suggestions.



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Well-Being Basics

Besides using mental strategies, choosing happiness involves taking daily actions that enhance our well-being, as studies demonstrate.

EAT A HAPPY-MAKING DIET

A gut-wisdom axis may exist. People with a greater diversity of the gut microbiome—the mark of a healthy diet—had higher levels of wisdom, compassion and social support, and lower levels of loneliness than people with less diverse microbiomes, University of California San Diego scientists reported in *Frontiers in Psychiatry*. A study of 12,000 Australians found that the more they increased their fruit and vegetable intake over a seven-year period, the happier and more satisfied with life they became. Eating eight servings a day was as happiness-producing as going from being unemployed to employed.

EXERCISE EVEN A LITTLE

Whether it’s lunges or sun salutations, movement lifts us up. In a review of 23 published studies involving half a million people published in *The Journal of Happiness Studies*, University of Michigan researchers found strong evidence that any kind of exercise increases happiness; even as little as 10 minutes a day raises spirits. People that exercise at least 30 minutes on most days are about 30 percent happier than those that don’t exercise.

GO FOR THE DOZE

Surveys show that getting enough sleep is the most influential factor in how people rate their daily mood, with good sleepers more likely to rate their life as happier overall. A University of California, Berkeley, study found that inadequate sleep makes our brains 60 percent more reactive to negative stimuli; in other words, being tired makes us grouchy.

LOVE A LOT

A landmark study that began in 1938 and followed 724 Harvard students and working-class Boston youth for 80 years found that fame and achievements didn’t make them truly happy—warm, loving relationships with their family, friends and community did. In a 2020 study, Pennsylvania State University researchers found that simply becoming aware of daily experiences of “felt love”, defined as “micro-moments when you experience resonance with someone,” increases those heartwarming episodes and improves well-being.

DO GOOD DEEDS

Performing five acts of kindness one day a week, such as helping a friend with a task, writing a thank-you email or donating blood, had a more powerful and long-lasting effect on college students’ happiness than spreading five good deeds over a week, reports University of California, Riverside, researchers. A four-year study of 13,000 retirees found that those volunteering more than two hours per week were happier, more optimistic and less lonely and depressed than people that never volunteered.

BE NURTURED BY NATURE

After walking in a natural setting, people ruminated less and showed increased activity in the subgenual prefrontal cortex, an area of the brain that lowers depression and anxiety, Stanford researchers found. In one study, people watching five minutes of *Planet Earth* felt 46 percent more awe and 31 percent more gratitude than people watching the news or a comedy show. Biological diversity also matters: European scientists found that an additional 10 percent of bird species in an area increases residents’ life enjoyment as much as a 10 percent increase in their income.

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Alberto Villoldo on Shamanic Healing

by Marlaina Donato

Shamans mediate between the visible world of matter and the invisible world of energy and consciousness.

Shamans mediate between the visible world of matter and the invisible world of energy and consciousness. The understanding of the shaman is that what we call reality is simply the projection of a map of the world we carry within us. To change the world, you need to change the map, but the map only changes through sacred ceremony.

Shamanism is making a comeback because we have exhausted our masculine, reductionistic and predatory Western paradigm. It offers a more feminine, participatory worldview that is founded on the notion of becoming Earth Keepers—stewards of the garden of nature.

How does shamanism address body, mind and spirit?

We need to think of the quaternity, including Gaia, the great mother. There is only one illness—disconnection from the great mother. There is only one cure, which is returning to Gaia. The luminous energy field is an information field. It contains all your genetic history—the story of the drama that runs in your family that you have programmed into the neural networks in your brain. Shamans discovered how to upgrade the quality of the information in the LEF.

Out of the 40 million different species on Earth, only humans, whales and dolphins don't have death programmed into their DNA. There are no grandmothers in nature; menopause doesn't exist. The minute you cannot make babies, you are eliminated. We have the opportunity to take part

in an experiment to grow bodies that are disease-proof, where our health span can equal our long lifespan.

What shamanic principle can we apply daily?

Our Western diet and antibiotic use have decimated our gut flora, and in the process, ruined our "gut instinct"—the basis of the shaman's "second sight", the ability to see the hidden nature of reality. You cannot meditate, heal yourself or others, forgive those who wronged you or stop feeling like a victim if your gut flora is compromised. If your gut is riddled with *Candida*, you will only perceive strife and be angry. Even if you live in a city, you can cultivate sprouts and make probiotic-rich foods.

How do you see our future?

I was trained as a medical anthropologist, yet what I do today is to train modern shamans; men and women versed in the ancient wisdom teachings and cutting-edge neuroscience. This is where the magic of science and shamanism meet. Western science and religion are very patriarchal and repressive of the feminine, confusing information for knowledge. We know how to diagnose, but do we know how to heal? The greatest science is the one that explores the soul's journey through infinity, which is what shamans are concerned with. This is where we discover true healing. 🌿

Marlaina Donato is an author and recording artist. Connect at AutumnEmbersMusic.com.

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.

WEDNESDAY, AUGUST 4

Online: Common Polished Crystal Shapes: Part 1 – 6pm. Why are there so many shapes? What are they used for? Join Lexie for an interactive chat where she'll answer these questions and illuminate the significance and use of 6 common polished gemstone shapes and more. \$10. More info & to register: WithLoveAndLight.com.

THURSDAY, AUGUST 5

Online: Healing the Emotional Wounds of Animals (& their People) – Aug 5, 12, 19. This groundbreaking interactive online learning series will teach you how to identify the 5 types of emotional wounds within animals (& yourself), and how to help them heal and release them. More info & to register: TammyBillups.com.

FRIDAY, AUGUST 6

Wild Woman New Moon Meditation – 7pm. Guided by Hannah Onians, explore archetypal, cosmic energy, meditate, journal and craft intentions for the month ahead. To register: SantoshStudio.com.

SATURDAY, AUGUST 7

Integrated Restoration Technique: Structural Alignment, Myofascial Mobilization & Release – Aug 7-8. 9am-5pm. By working with the fascial envelope you can begin to correct any malalignments of the body including: postural, positional, work or sport related, as well as physical and emotional issues. Heal Center, 270 Carpenter Dr NE, Ste 505, Sandy Springs. 404-303-0007. HealCenterAtlanta.com.

CLASSIFIEDS

To place a classified ad, email your listing to ads@naAtlanta.com. Cost is \$1/word; minimum \$25. Deadline: Fifth of each month for the next month's issue.

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PLANT-BASED SUPPLEMENTS | Get Greens, Chlorophyll, Oil Blends, Electrolytes, Cleansers, Herbal Teas & More. All organic. See Special Offer for Free Samples. TerraLifeStore.com 954-459-1134

Free First Saturday: Beautiful Butterflies – 11am-12pm. Join us for a stroll with our educators, where they will teach you about butterfly life cycles, host plants, benefits of butterflies and common types in our area. Free. Dunwoody Nature Center, 5343 Roberts Dr, Dunwoody. Register: 770-394-3322 or DunwoodyNature.org.

SUNDAY, AUGUST 8

Georgia Audubon Society Quarterly Bird Walk – 8-10am. Meet Georgia Audubon leader at our historic fireplace. Free and open to the public. Dunwoody Nature Center, 5343 Roberts Dr, Dunwoody. 770-394-3322. DunwoodyNature.org.

SATURDAY, AUGUST 14

The Big Park Meeting – 9:30am. Part social gathering and part education. Free. Atlanta Community ToolBank, 410 Englewood Ave SE, Atlanta. ParkPride.org.

WEDNESDAY, AUGUST 18

Online: How to Talk to Your Body – 7-8pm. Join Licensed Unity Teacher, Larry Bergmann, for this powerful healing service. Learn techniques for connecting your mind and body together for healing, empowerment and more. Love offering

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FRIDAY, AUGUST 13

Poetry Open Mic Night – 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. Poets of all ages. Free. On Zoom & in person.

THURSDAY, AUGUST 26

Wisdom and Healing Through Shamanic Journeys – 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. To register: PayPal.me/vickieevanshealing.

TUESDAYS

Midday I AM Meditation – 12-12:45pm. With Lorenzo Sanford. In this casual environment to de-stress from the week, join us for the opportunity to embrace simplicity during this spiritually nutritious lunch hour. Give yourself the gift of relaxation to enhance the quality of your daily life. \$10.

requested. Visit the calendar listing for Zoom link: UnityAtl.org.

THURSDAY, AUGUST 19

Butterfly Experience 2021 – Butterfly tents will be set up on the grounds. Enjoy educator-led programs and activities as well as food, drinks and live music. \$10/person, free/age 3 & under. Dunwoody Nature Center, 5343 Roberts Dr, Dunwoody. 770-394-3322. DunwoodyNature.org.

Sacred Sisters Book Club – 6-7:30pm. Book: *The Untethered Soul* by Michael A. Singer. Guided by Tonya Gideon, discuss what we can do each day to discover inner peace and serenity. To register: SantoshStudio.com.

SATURDAY, AUGUST 21

Massage Protocols for Chronic Pain – Aug 21-22. 9am-1pm. Enhance your capacity to eliminate or reduce chronic pain. Heal Center, 270 Carpenter Dr NE, Ste 505, Sandy Springs. 404-303-0007. HealCenterAtlanta.com.

Online: Transmission Meditation – 7:30pm. A meditation to help the world. Sponsored by Share International USA SE Region. Free. Via Zoom. Info: 404-680-7423, Info-SE@Share-International.us. Share-International.us/se. Register: Tinyurl.com/3v995rdv.

THURSDAY, AUGUST 26

Camp Disclosure: 2021 Starseed Family Reunion – August 26-28, Unicoi State Park. A transformative experience featuring cutting-edge speakers, inspiring art, uplifting music, delicious food, and a contagious, high vibe aimed at forging a path to the New Earth. COVID-limited capacity. \$369 for weekend pass. CampDisclosure.com.

Online: The Nature Club Dine and Discover – 7-9pm. With Dr. Dwana Bush and Hal Schlenger. Presentation will focus on how Walk with a Doc Atlanta has brought walking with friends among nature to Chattahoochee Nature Center and nearby parks. \$10/general, \$5/CNC Members. Via Zoom. Registration required by Aug 25: 770-992-2055 or ChattNatureCenter.org.

FRIDAY, AUGUST 27

Lower Flint River Paddle – Aug 27-29. Located south of Albany in Newton, the Rocky Bend Retreat will be our headquarters for a fantastic weekend exploring a beautiful section of the Flint River. More info & to register: GeorgiaConservancy.org.

SATURDAY, AUGUST 28

Massage Protocols: Carpal Tunnel & Thoracic Outlet Syndromes – Aug 28-29. 10am-3pm. Learn a deeper understanding of physical imbalances in the neck, shoulder and arm to help diminish symptoms of Thoracic Outlet and Carpal Tunnel Syndromes. Heal Center, 270 Carpenter Dr NE, Ste 505, Sandy Springs. 404-303-0007. HealCenterAtlanta.com.

MONDAY, AUGUST 30

Online: Let Your Light Shine – 11:30am. A Life Alignment Experience. What you do show to the world, is really the best part of you? Are you a real light bringer? Do you feel you could bring more and you need a little boost? \$10. More info & to register: WithLoveAndLight.com.

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.

Second Sunday Sober Bike Ride – 10:30am. Brings together people from all walks of sober living who are seeking fun and active ways to connect with likeminded people. BTA Bicycle Tours of Atlanta will provide a bike at no charge if needed. Bicycle Tours of Atlanta, 659 Auburn Ave NE, Atlanta. Register: Tinyurl.com/yjzutf4.

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.

Unity Atlanta Sunday Services – 11am. Watch live stream or register to attend in person. 3597 Parkway Ln, Peachtree Corners. 770-441-0585. UnityAtl.org.

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.

Last Sunday Social – 12:12-3:33pm. Last Sun with Kosmic Brew. Join us and our community of vendors as we share a healing space, engage in meaningful dialogues and create lasting memories. Gallery 992, 992 Ralph David Abernathy Blvd, Atlanta. More info: Hi@KosmicBrew.com or Linktr.ee/KosmicBrew.

mondays

The {SAMA} Class: Virtual – 9am. Also held Thurs & Fri. Incorporates 25 mins of yoga, 10 mins of breathwork, finishing off with 10 mins of meditation. Each teacher will bring their own spin to the class based on their particular lineage of training. More info: SamaFoodForBalance.com.

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.

Metro Atlanta Sierra Club Meeting – 7:30pm. 2nd Tues. More info: SierraClub.org/georgia/atlanta.

wednesdays

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

Decatur Farmers' Market – Thru Nov 17. 4-7pm. Local farmers, artisanal food makers and crafts. Masks required. First Baptist Church Decatur, 308 Clairmont Ave, Decatur. cfmatl.org/decatur.

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

Stretch & Recover – Thru Aug. 12pm. Free online classes. More info: TheHomeDepotBackyard.com.

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.

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

Qigong Exercises & Meditations – 12-12:45pm. 1st & 3rd. Led by Master Cheng, who has been teaching in Atlanta since 1976. Free/member, \$8/nonmember. Tai Chi Association, 3079 Midway Rd, Decatur. More info & registration: Tai-Chi-Association.com.

Drumming Is the People's Medicine – 4-7pm. There is liberation, experimentation, meditation and laughter at this supportive, donation-based gathering for beginners led by Daniel Ellis or Kim Hobbs. Santosh Studio, 896 Davis Dr, Atlanta. More info & to register: SantoshStudio.com.

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

Free Saturday Meditations – 8-8:30am. To register for livestream: MeditationInGeorgia.org.

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.

Oakhurst Farmers' Market – Thru Dec. 9am-1pm. Closed Dec 25. Fresh produce, meat, baked treats, and more. Additional offerings include live music and chef demonstrations featuring seasonal recipes. Masks required. Sceptre Brewing Arts, 630 E Lake Dr, Decatur. cfmatl.org/oakhurst.

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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WHERE RESILIENCE AND AUTHENTICITY MEET

by Cassie Gaub

I've been spending more and more time on social media lately, as a way to stay—or maybe to feel—connected. The other day, in a mindless scrolling loop, a post caught my eye. It was a book exchange that anyone anywhere in the world could be a part of, and, as a lover of words, I was intrigued. Before I could even think, my fingers typed "I'm in!" into the comment box. I was immediately tasked with sending a copy of my favorite book to a total stranger. It was a seemingly simple task. But simple things are sometimes anything but simple.

As I wrote down the information for the stranger, I was paralyzed. My mind began to race. What would they think when they got it? What if they hated the book? What if I somehow offended them with the book I chose to share?

While I have several tied-for-first-place favorite books, the one I consistently recommend is *Tattoos on the Heart: The Power of Boundless Compassion* by Gregory Boyle. I first saw it in an airport bookstore and dove into it on a flight from San Diego to Anchorage. I have read many books on a variety of flights, but this one seemed to have a sort of divine timing

to it. Its words were the words I needed to read at that particular time in my life, and I fell in love with the book. I wanted to share it with anyone and everyone who would listen. But this time, for the book club, I hesitated.

You see, the author is a Jesuit priest.

I sat frozen for a while. I thought about sending another book or opting out of the book exchange altogether. I didn't want someone to be turned off or not read the book simply because the author is a priest. In fact, I didn't want anyone to make assumptions—about the book, the author, me or my beliefs. Ah. That's where the rub was. I didn't want a stranger to make assumptions about me.

Then it hit me. I wasn't actually worried about whether or not a stranger would jump to any particular conclusions; I was worried about whether I was—or would be seen as—"perfect." I was worried about judgment.

As I came to this realization, I found myself standing in front of my bookshelf, my copy of *Tattoos on the Heart* in hand. I mindlessly flipped to a random page and saw that I had previously underlined these words: "Resilience is born by grounding

yourself in your own loveliness, hitting notes you thought were way out of your range."

The words caused me to laugh out loud. Once again, it felt as if the book arrived with a bit of divine timing. Perfect or not, sharing ourselves and being authentic is the thread that has the potential to connect us all. It is the work. The real work. It builds resilience along the way. And after the last year we all shared, resilience feels even more important.

I sent a copy of the book after all; in the process, I shared a piece of myself with a stranger. Turns out, that is what the author does as he tells his beautiful story, and it's what each of the people he writes about has done, too. No matter what reaction the book gets, I'll be okay. And being okay with it all is me hitting notes that I once thought were out of my range. ♡



Photo: Dani Toscano

Cassie Gaub is an empowerment and mindset coach, energy worker, podcast host and speaker. Connect on social media @CoachWithCassie and @BestUInstitute.

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