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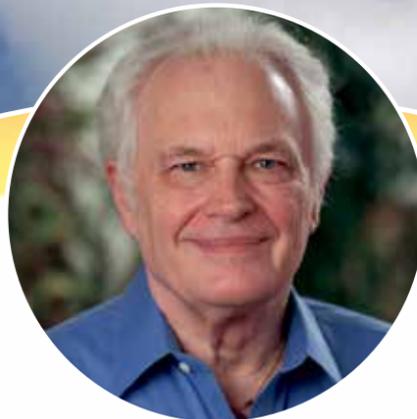
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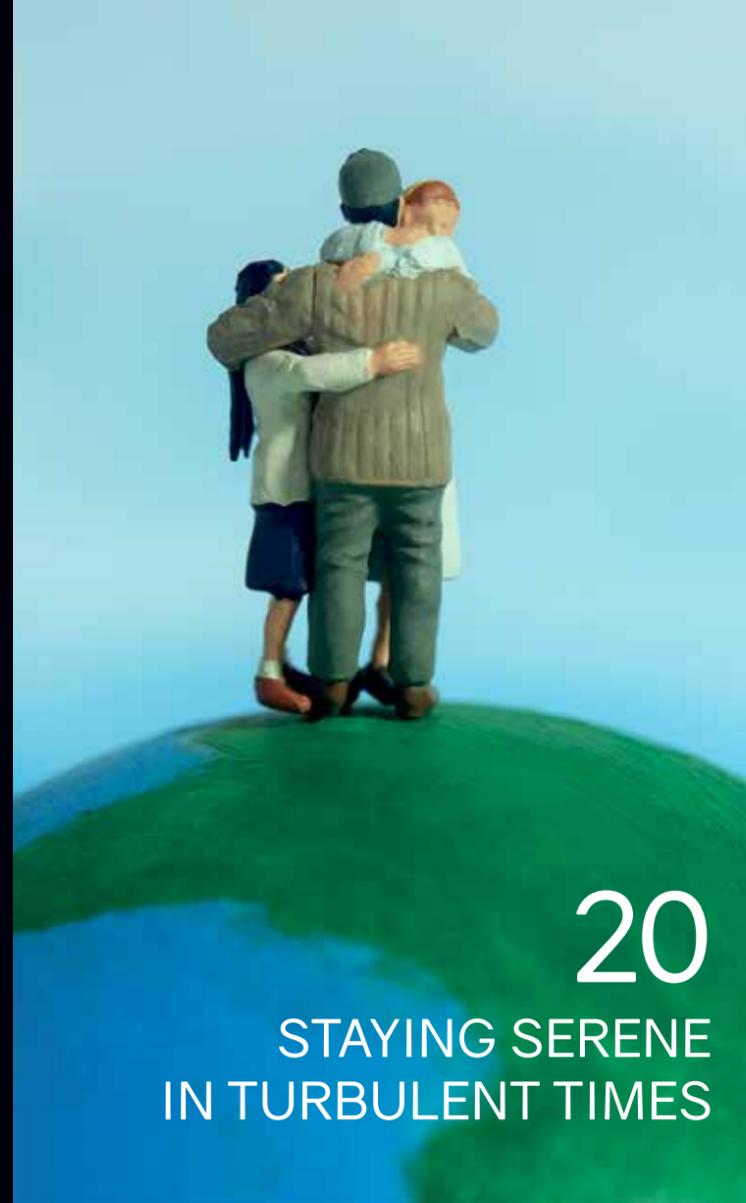
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REDUCING
RADIATION
RISKS



Ten years without a cold?

Copper can stop a virus before it starts

By Doug Cornell

Scientists have discovered a natural way to kill germs fast. Now thousands of people are using it against viruses and bacteria that cause illness.

Colds and many other illnesses start when viruses get in your nose and multiply. If you don't stop them early, they spread and cause misery.



New research: Copper kills viruses in seconds.

Hundreds of studies confirm copper kills viruses and bacteria almost instantly just by touch.

That's why ancient Greeks and Egyptians used copper to purify water and heal wounds. They didn't know about viruses and bacteria, but now we do.

"The antimicrobial activity of copper is well established." National Institutes of Health.

Scientists say copper's high conductance disrupts the electrical balance in a microbe cell and destroys it in seconds.

The EPA recommended hospitals use copper for touch surfaces like faucets and doorknobs. This cut the spread of MRSA and other illnesses by over half, and saved lives.

The strong scientific evidence gave inventor Doug Cornell an idea. He made a smooth copper probe

with a tip to fit in the bottom of the nostril, where viruses collect.

When he felt a tickle in his nose like a cold about to start, he rubbed the copper gently in his nose for 60

seconds.

"It worked!" he exclaimed. "The cold never happened. I used to get 2-3 bad colds every year. Now I use my

device whenever I feel a sign I am about to get sick."

He hasn't had a cold in 10 years.

Users say:

"It works! I love it!"

"I can't believe how good my nose feels."

"Is it supposed to work that fast?"

"One of the best presents ever."

"Sixteen flights, not a sniffle!"

"Cold sores gone!"

"It saved me last holidays. The kids all got sick, but not me."

"I am shocked! My sinus cleared, no more headache, no more congestion."

"Best sleep I've had in years!"

After his first success with it, he asked relatives and friends to try it. They all said it worked, so he patented CopperZap® and put it on the market.

Soon hundreds of people had tried it. 99% said copper worked if they used it right away at the first sign of germs, like a tickle in the nose or a scratchy throat.

Longtime users say they haven't been sick in years. They have less stress, less medical costs, and more time to enjoy life.

Soon people found other things they could use it against.

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- Flu**
- Virus variants**
- Sinus trouble**
- Cold sores**
- Fever blisters**
- Canker sores**
- Strep throat**
- Night stuffiness**
- Morning congestion**
- Nasal drip**
- Infected sores**
- Infected wounds**
- Styes**
- Ringworm**
- Other microbial threats**

The handle is curved and textured to increase contact. Copper can kill germs picked up on fingers and hands after you touch things other people have touched.

The EPA says copper works just as well when tarnished.

Dr. Bill Keevil led one of the science teams. He placed millions of viruses on a copper surface. "They started to die literally as soon as they touched it."

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In this month's online version of Ask a Coach, Diane Martinez addresses an age-old question that many of us ask ourselves this time of the year: *Is there a way to celebrate the holidays without losing my peace—and sanity? Every year I tell myself I'll do a better job of managing holiday stress, but every year it's the same!*

bit.ly/aac-1122

OUR AYURVEDA ARCHIVES

With this month's article on the Vata dosha, we kick off our third Ayurveda series. All previous articles can be accessed via this landing page:

bit.ly/naa-ayurveda. And here are article titles.

Introductory Series

Discovering Ayurveda: Part 1 of 3

The Fire of Life: Ayurveda & Digestion, Part 2 of 3

Panchakarma: Ayurveda's Revitalizing Therapies, Part 3 of 3

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Ayurvedic Self-Care Tips for the Fall Season

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Ayurvedic Practices for Oral Health

Food Fight in your Gut? Ayurvedic Advice for Good Digestion



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LETTER FROM THE PUBLISHER

GIVING *Thanks* FOR THE LIFE OF MY TEACHER

On September 17, 2022, Geshe Kelsang Gyatso, founder of the New Kadampa Tradition (NKT)—International Kadampa Buddhist Union, “showed the manner of passing peacefully into the clear light.” Geshe-la, as he was called, was my teacher, and meeting him changed the course of my life.

In this season of thanksgiving, I can offer no greater appreciation for anything, even life itself, than for the life of one who was devoted to others so selflessly. Geshe-la’s sole purpose was to teach as many living beings as possible to attain peaceful minds and to lead and accompany them on their journeys to enlightenment.

Under Geshe-la’s tutelage, I have gained a handful of “realizations.” To realize something is to know that thing in one’s heart, not just in one’s mind. To know something in one’s heart is to permanently change one’s perspective and to motivate one to be different and do different. Knowing things at a merely intellectual level has no such power.

In a story I’ve shared before, my first realization came within the first two sentences of the very first teaching I heard in 1999. Atlanta’s original NKT teacher, Gen Kelsang Losang, had begun class by asking, “Happiness is a state of mind, wouldn’t you agree?” The small gathering of students nodded in silent agreement. “Then, in

When our wishes are not fulfilled, we usually experience unpleasant feelings, such as unhappiness or depression; this is our own problem because we are so attached to the fulfillment of our wishes.

We may think that our suffering is caused by other people, by poor material conditions or by society, but in reality, it all comes from our own deluded states of mind. The essence of spiritual practice is to reduce and eventually completely eradicate our delusions and replace them with permanent inner peace.

If we were to respond to difficult situations with a positive or peaceful mind, they would not be problems for us... Problems arise only if we respond to difficulties with a negative state of mind. Therefore, if we want to be free from problems, we must transform our mind.

We should realize that our deadliest enemies are anger and other delusions. Since these delusions are deeply ingrained mental habits, working to overcome them is not always easy.

Patience is a mind that is able to accept fully and happily, whatever occurs. It is much more than just gritting our teeth and putting up with things. Being patient means to welcome wholeheartedly whatever arises, having given up the idea that things should be other than what they are.



Without inner peace, outer peace is impossible. We all wish for world peace, but world peace will never be achieved unless we first establish peace within our own minds.

order to be happy, all you need to do is change your mind.”

To this day, I recall my instantaneous and violent reaction. “Fuck. It is *entirely* up to me!” In a split second, I knew I could no longer pass responsibility for any of my unhappiness to anyone or anything other than me. My heart instantly knew it was true, and I was not particularly thrilled about it.

While I could fill several pages with my experiences of realization, the best way to express thanks for the life of Geshe-la is to share his words, hoping that others might experience a spontaneous realization, too. 🙏



Publisher of Natural Awakenings Atlanta since 2017, Paul Chen’s professional background includes strategic planning, marketing management and

qualitative research. He practices Mahayana Buddhism and kriya yoga.

The path to enlightenment is really very simple—all we need to do is stop cherishing ourself and learn to cherish others. All other spiritual realizations will naturally follow from this.

Love is the real nuclear bomb that destroys all our enemies, because when we love all living beings, we have no enemies.

Our sense that we are an island, an independent, self-sufficient individual, bears no relation to reality. It is closer to the truth to picture ourself as a cell in the vast body of life, distinct yet intimately bound up with all living beings. We cannot exist without others, and they in turn are affected by everything we do. The idea that it is possible to secure our own welfare while neglecting the welfare of others, or even at the expense of others, is completely unrealistic.

I am always with you.

Herbs & Kettles Launches Tea Offerings



Atlanta-based Herbs & Kettles has launched its tea offerings, which are now available for purchase online at HerbsAndKettles.com.

Founded in 2021 by husband and wife Dr. Abraham Thomas and Dr. Poorvi Chordia, Herbs & Kettles offers a wide variety of products in a range of flavors and packaging. For example, the company offers several loose-leaf tea options, including green, black and oolong, and each of those comes in several flavors, such as sweet, fruity and floral. A long

Chai - Vanilla lavender, masala chai, rose cardamom

list of chai options is available, as well as seven herbal blends in individual tea bags and four latte powder varieties. Publicist Nancy Tao reports that the Darjeeling varieties and Cleansing and Calming, the two versions of the company's Golden Latte powders, are among the most popular offerings.

"Because we visit our tea growers and sample the batches, we are confident that we offer some of the finest and best-tasting whole-leaf teas from India," says Chordia, a certified tea sommelier.

The roots of Herbs & Kettles were planted during the pandemic. The couple—both are doctors working in Atlanta hospitals—would return home after busy frontline shifts and

share tea with their two young daughters. Their love of tea and the ritual surrounding the sharing of it prompted thoughts of starting a business, so they launched Noble Roots in 2021 and worked local farmers' markets. Success came quickly, and within a year, they rebranded to Herbs & Kettles and decided to make their product available nationwide. The company donates a portion of its profits to support wildlife conservation in India.



Dr. Poorvi Chordia and Dr. Abraham Thomas

SATI YOGA STUDIO OPENS IN KIRKWOOD



Sati Yoga & Wellness, a nonheated yoga studio, opened at 1996 Hosea L. Williams Drive NE in Kirkwood in late July. At 1,400 square feet, the single-studio business provides "trauma-informed, accessible yoga for everybody," says founder Dr. Kali Arnold, E-RYT 200.

Sati offers a full schedule of more than 20 classes a week. Besides hatha yoga classes, Sati leans toward slow-paced and stress-relieving classes such as yin, restorative, and nidra. While drop-in classes run \$20 a session, the new-student special offers 30 days of unlimited yoga for \$49.

The studio's founder and owner, Arnold started her career as an orthopedic surgeon and will earn a master's degree in Ayurvedic and integrative medicine from Maharishi International University in January. She is also a Pilates teacher and a reiki master and is passionate about "using skills as a yoga teacher and healer in combination with extensive medical background to help a variety of clients achieve their best lives through health and wellness."

Arnold says her mission is "to provide deep, trauma-informed practices aimed to restore and rejuvenate your mind, body, and spirit." She goes on to say: "At Sati, we

aim to help our students increase their mind-body connection by focusing on how they feel in a posture as opposed to how they look."

For more information, visit SatiYogaWellness.com



Dr. Kali Arnold
[Photo: Malaika Floyd]

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Ayurvedic Experts to Teach Sacred Sexuality

The Art & Science of Sacred Sexuality is a two-day workshop being offered at Decatur Healing Arts on December 2 through 3. Created by two Ayurvedic experts, Dr. Vandana Baranwal and Kim Rossi, the course is for women “seeking to deepen their connection to themselves and their sexuality through Ayurveda, the oldest natural healthcare system on the planet that addresses the whole person’s body, mind and senses.”

“Through this journey we will deepen our connection with ourselves by cultivating a deeper relationship with our connection to the divine feminine and our sensuality,” says Rossi. “We will broaden our knowledge and explore what sacred sexuality means to us. And by accumulating knowledge and tools, we know that we can heal and transform our lives and form a deeper, more meaningful experience with our sexuality.”



Dr. Vandana Baranwal



Kim Rossi

The course fee is \$349 with a \$20 early-bird discount, is available until November 18.

Baranwal is an Ayurvedic consultant and educator residing in Columbus, Ohio. She earned a master’s in women’s health from Banaras Hindu University in Varanasi, India, and is the author of two books on Ayurveda and women’s health.

Rossi is the director of wellness and business development at Shankara Ayurveda Wellness at the Art of Living Retreat Center in Boone, North Carolina. She has been studying, practicing and teaching the Vedic sciences—yoga, Ayurveda, pranayama and meditation—since 1998.

Decatur Healing Arts is located at East Decatur Station, 619-A East College Avenue. For more information, visit DecaturHealingArts.com/events.

THREE CAROLINA RETREAT CENTERS Make USA Today's Top 10

Three facilities within an easy drive of Atlanta have made the Top 10 list in *USA Today's* Readers' Choice Awards in the category of Best Wellness Retreat. Art of Living Retreat Center in Boone, North Carolina, was second on the list; Skyterra Wellness Retreat in Pisgah Forest, North Carolina, earned the third spot, and Hilton Head Health in Hilton Head, South Carolina, came in at No. 10. For the second year in a row, Eupepsia in Bland, Virginia, took the top spot.



Art of Living Retreat Center, Boone, NC [Photo: Katie Basile]

“We’re honored to be included on this fantastic list, particularly because the selection is made by the most important voters—our guests,” said Dave Hall, director of marketing for Art of Living Retreat Center. “We’re thrilled to be having one of our best years ever because it means we get to serve more guests,

helping them to nourish their minds and bodies and reconnect with their true selves.”

The *USA Today* list appears to have started in 2016. Nominees are selected by a panel of experts, and winners are voted by readers. Art of Living Retreat Center was No. 1 in 2016 and has placed in the top five ever since.

Hilton Head Health was founded in 1976 and earned No. 1 honors in 2017, 2019 and 2020. It came in at No. 2 in 2018 and 2021.

Skyterra, founded in 2016, first appeared in the Top 10 in 2018 at No. 1. Since then, it has been No. 3 for four consecutive years.

For more information, visit ArtOfLivingRetreatCenter.org, SkyterraWellness.com and HHHealth.com.

SABREE DROPS FIRST BOOK: *Not Love*

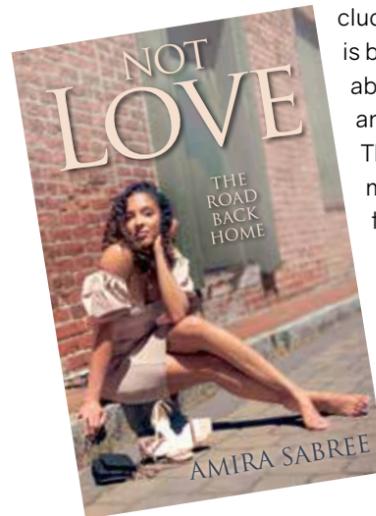
Not Love: The Road Back Home is a newly published book by Atlanta Amira Sabree. It is her first.

“Love is a universal experience, yet through the ages, it has maintained its mystery,” says Sabree. “This book highlights some of the distorted versions of love so readers can recognize them when they show up. It empowers readers not to self-abandon, to take their time and to lean into what feels right. The message emboldens readers to see the distinction between chasing, forcing and inventing love, and recognizing it when it shows up in its truest form.”

Inspired by the *New York Times* column *Modern Love*, Sabree, née Richardson, began writing just five years ago. Originally from New Jersey, she relocated to Atlanta and eventually obtained a master’s degree in biomedical research from Morehouse School of Medicine. She is currently executive director of a nonprofit organization.

“Every human wants to love and be loved,” says Sabree. “Academic institutions unfortunately do not teach us how to engage in the healthy practice of love. So, left to our own devices, many of us con-

clude that love is borne of self-abandonment and sacrifice. This book is more important now than ever as what truly healthy partnerships look like continues to evolve.”



Not Love is available on Amazon or at AmiraSabree.com.

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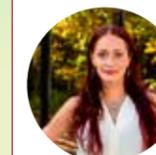
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How Food Affects Our Mood

THE GUT-BRAIN CONNECTION

by Kimberly B. Whittle



We've all heard the phrase, "You are what you eat," but the connection is more than just physical because food impacts our mood, too. During the last decade, there have been an increasing number of studies exploring what's called the gut-brain axis and the role that microorganisms in the gut play in mental health conditions like anxiety, stress, depression and other disorders.

Depression is a leading cause of disability in the U.S. and worldwide. There are long-held views in medicine that depression is caused by imbalances in brain levels of serotonin—the neurotransmitter that plays a key role in regulating mood and other functions like digestion and sleep. These beliefs resulted in decades of extensive use of antidepressants, most of which boost serotonin in the brain.

However, research by University College London, published in July in the journal *Molecular Psychology*, found "no consistent evidence of there being an association between serotonin and depression, and no support for the hypothesis that depression is caused by lowered serotonin activity or concentrations."

Michael Gershon, M.D., a Columbia University professor of pathology and cell biology, and author of *The Second Brain*, has explained to psychologists that "scientists were shocked to learn" that about 90 percent of serotonin is not created in the brain, but is actually produced in the gut and carried from there to the brain, not the other way around. This relationship is called the gut-brain axis.

A recent literature review of 26 studies suggests that imbalances in gut bacteria can disrupt the two-way communication along the gut-brain axis, leading to depression and other psychiatric issues.

Gut Health Equals Mental Health

"Gut health is extremely important for mental health," says Bhavna Barmi, Ph.D., a senior clinical psychologist, relationship therapist and founder of the New Delhi-based Happiness Studio. "The traditional belief that only psychiatry and talk therapy can treat mental health has widened to include lifestyle and food, too."

"The truth is that our food is the primary contributor of the quality and diversity of bacteria in the microbiome," says Ishi Khosla, a clinical nutritionist and president of the Celiac Society of India. "There is an intricate relationship between the gut and the brain." Food sensitivities, alcohol and highly processed, refined and sugary foods can lead to a lower diversity of good bacteria and increases in bad bacteria in the gut, which can trigger gut inflammation and unfavorable health conditions.

Most mood-related disorders start with inflammation of the brain as a response to inflammation in the gut. "Certain foods, like gluten, can cause an inflammatory response in the gut. Over time, sensitivities to gluten and other foods can lead to a 'leaky gut,' an impairment of the gut lining that lets toxins into the bloodstream. Often, if it remains unresolved, it leads to mood-related disorders and other chronic health conditions," says Khosla.

Clinical nutritionists and other practitioners use biochemical markers and food sensitivity tests to help identify food ingredients that trigger inflammation in patients. However, if a leaky gut is present, a food sensitivity test may not be very accurate. As Tom O'Bryan, DC, chief health officer of KnoWEwell, explains in his bestselling book *The Autoimmune Fix*, "When you have a leaky gut, a practitioner may do a 90-food testing panel that comes back sensitive to 20 or 25 different foods. And then the patient exclaims, 'Oh my God, that's everything I eat.' Well, of course it is, because your immune system is doing what it is supposed to do—protecting you from toxins. Once the inflammation in the gut is reduced through the elimination of wheat and other offensive foods, and the implementation of a personalized diet and protocol to heal the gut [takes place], the same food testing panel will correctly identify those few ingredients to permanently avoid."

Mood-Lifting Foods

Kelly Brogan, M.D., a holistic psychiatrist and author of *The New York Times* bestsellers *A Mind of Your Own* and *Own Your Self*, as well as co-editor of the landmark textbook *Integrative Therapies for Depression*, recommends making three dietary changes to lift mood:

- Eliminate processed foods and food toxins
- Add whole foods, good fats and therapeutic foods
- Add fermented foods

Eating foods that are fresh, whole, simple and organic when available fuels good gut bacteria and eliminates the toxins found in packaged foods such as hydrogenated vegetable oils, preservatives, dyes, emulsi-

fiers, taste enhancers and sugars that can upset the proper balance in the gut. A powerful mood regulator is the omega-3 fatty acid found in such cold-water fish as salmon and trout or taken as a dietary supplement. These fatty acids regulate neurotransmission and gene expression, act as antioxidants and have potent anti-inflammatory properties. Good fats from pasture-raised meats, wild fish, eggs, nuts, seeds, olive oil, coconut oil and grass-fed ghee also contribute to mood regulation.

"Resetting the gut through good bacteria in probiotics and feeding the good bacteria with prebiotics is a powerful tool to fight mood disorders," says Khosla. Fermented foods such as sauerkraut, pickles (truly fermented, not just cured in vinegar), kimchi and coconut kefir are natural sources of probiotics. They are delicious and easy to make at home.

A 2018 University of Toronto study in the *World Journal of Psychiatry* identified 12 nutrients to prevent and treat depressive disorders and found that the following foods had the highest levels of those beneficial nutrients: bivalves such as oysters and mussels; various sea foods such as octopus, crab

and tuna; organ meats; leafy greens; lettuces; fresh herbs; peppers; and cruciferous vegetables such as cauliflower and broccoli.

Choosing what to eat is complex and affected by culture, cost, environment and taste preferences. Dietary changes can be difficult and take time, and those suffering from mood swings, depression or anxiety have additional challenges in making changes. Nutritionists advise starting small by incorporating one or two foods rich in beneficial nutrients and eliminating a highly processed or packaged food or two. Focus on incorporating a rainbow of red, yellow, orange and green foods into meals. "Food therapy to improve mood is inexpensive, free of side effects and can begin to show results within days," says Khosla.

In view of the gut-brain axis, says Barmi, "It is imperative that from this point on, nutritionists, psychiatrists and psychotherapists work together for holistic care of the client to lead to maximum benefit." 🌱

Kimberly B. Whittle is the CEO of KnoWEwell, the Regenerative Whole Health Hub online solution for health and well-being. Visit KnoWEwell.com.

ALMOND FLOUR BLUEBERRY MUFFINS

YIELD: 12 TO 24 SERVINGS

3 cups almond flour
6 eggs
½ cup honey
½ cup avocado oil
1 tsp baking soda
1 tsp salt
1 cup blueberries



Preheat the oven to 350° F. In a large bowl, combine all the dry ingredients—almond flour, baking soda and salt—and whisk well. In a separate smaller bowl, combine the wet ingredients—eggs, honey and avocado oil—and blend until smooth.

Then pour the wet ingredients into the dry ingredients and mix until thoroughly combined. Fold in blueberries. Line cup muffin tin with paper liners and pour in batter. Bake for 15 to 20 minutes.

Recipe courtesy of Madiha Saeed, M.D., ABIHM.



Find more recipes online at bit.ly/naa-recipes

STAYING SERENE IN TURBULENT TIMES

HOW TO TURN ANXIETY INTO POSITIVE ACTION

by Ronica O'Hara



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In this day and age, we have good reason to toss and turn in our beds at night. As our nation faces climate catastrophes, acrid politics, stubborn inflation, unpredictable virus variants and hot-button issues like abortion and guns, there's good reason our collective anxiety levels are at a high pitch. A recent Yale survey found that 70 percent of Americans report being anxious or depressed about global warming, and a Penn State survey this year found that 84 percent of us say

we are "extremely worried" or "very worried" about where the country is headed. Researchers are coining new terms: "polycrisis", for complex, cascading crises in interacting systems, and "pre-traumatic stress disorder", when fear of an outcome makes it as good as real to our psyches.

"It's easy for people to feel overwhelmed now, feeling there are breakdowns and threats on many fronts. People can wonder 'Where do I even start?' and feel powerless and hopeless and numb," says psychiatrist Janet Lewis, M.D., a founder of the nationwide Climate Psychiatry Alliance and a University of Rochester clinical assistant professor of psychiatry. "We are part of a complex system that is moving into new ways of functioning, but there's no way of predicting ahead of time exactly what all the features of the new ways of operating will be. That makes it impossible for us to wrap our minds around everything that is happening."

Still, she adds, "We are also by definition part of the system, and therefore have a responsibility to do what we can. We can't sit on the sidelines and merely hope that things transform in good directions. The situation being so serious also means that what we do now is really important."

To move from anxiety into effective action, mental health experts advise several strategies: taking a wider perspective, building resilience through self-care and taking individual steps to make a collective difference. As the Dalai Lama encourages, "If you think you are too small to make a difference, try sleeping with a mosquito!"

Taking a Wider Perspective

News reports almost always sound dire—just like the amygdala of our brains, journalists often see their function as focusing on threats to alert us to dangers. "Still, if you take the long view of history, we are much better off than we were 200 years ago or 1,000 years ago, but it took many years to make those changes," counsels Robert L. Leahy, Ph.D., director of the American Institute for Cognitive Therapy and author of the bestselling

The Worry Cure and the upcoming *If Only*.

"We never know if something is hopeless until we have all the data, and we seldom have all the data," he says. "And when it comes to political emotions, many of the predictions that are made by the 'talking heads' in media never come true."

Leahy counsels patience: "Social change does not come about by one person doing something. That usually comes about by a long process of millions of people changing

their attitudes and changing their behavior. Small efforts can be made on a daily basis that move this slow process forward. We need to take a longer view, rather than expect immediate change."

In this ongoing process, anxiety has its rightful place. "Anxiety makes us look around, figure out solutions and act. This can absolutely be turned into something positive," says neuropsychologist Barbara Easterlin, of Jackson, Wyoming, an expert on eco-anxiety who is on the steering committee of the Climate Psychology Alliance of North America. "Doing just one thing to help the planet consistently helps defeat anxiety."

Taking action moves us into our power—as 15-year-old Greta Thunberg demonstrated by holding a sign outside the Swedish parliament. Personal actions matter because numbers add up. Only 25 percent of individuals in a social group need to make a shift before significant social change follows, conclude researchers at the University of Pennsylvania School of Engineering and Applied Science that analyzed a decade of societal changes in voting, health, technology and finance. Once a group reaches that

tipping point, it can trigger a change in the rest of society, says study author Damon Centola, Ph.D., author of *Change: How to Make Big Things Happen*.

Building Resilience with Self-Care

Fears about the shape of the planet and nation are often piled on top of our everyday living anxieties about family and finances, which can induce emotional overload. "We all have a 'zone of resilience' or 'window of tolerance', outside of which we become more reactive, less able to function effectively. But it is not fixed. We can learn tools to expand it and cultivate the capacity to be with more," says Easterlin.

Therapy can be a part of that process by challenging us to examine "the mental narratives that can exacerbate distress," says Leslie Davenport, a climate psychology consultant and author of *Emotional Resiliency in the Era of Climate Change*. It's important to find a therapist, she says, that "validates that your feelings are a normal response to an existential crisis." She has helped develop new programs at

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the American Psychology Association and the California Institute of Integral Studies to train therapists in treating eco-anxiety. For low-cost online support, the Good Grief Network offers a 10-step, 10-week program to help process personal anxiety and grief about climate change. People are also sitting down to share their distress at climate cafes, small local gatherings springing up across the country and globe, including some online.

Getting enough sleep, eating healthy and exercising are also key self-care strategies. When anxiety strikes, psychologists advise shifting attention from the head to the body, using such approaches as mindful breathing, dancing and grounding. Meditation, easily accessed these days through apps like Calm and Headspace, helps us to enter into what religious and spiritual teachings call “the still point within.”

Rather than “doomscrolling” when anxiety mounts, cutting back our media use can significantly lower stress levels, studies show. Wise media strategies include choosing well-established, credible news sources; reading rather than watching the news to lower its emotional impact; limiting news intake to 10 minutes once or twice a day; taking a “news fast” on occasion; and passing up sources that incessantly feed fury.

On the other hand, it’s essential to find sources for hope, an emotion important in recovery from anxiety disorders, according to a study in *Behavior Therapy*. Googling “good news on climate change” will bring up articles about alternative energy growth, new super-enzymes that eat plastic rubbish and black rhinos coming back from the brink of extinction. Although dystopic books

abound, others offer hope, such as *Drawdown*, with its sensible, scaled-down strategies to stop global warming by 2050.

Moving into Action

Virtually no one can take on all the problems of the nation and globe at once—and the good news is that unless we hold high public office, we don’t have to. Instead, “In taking action, focus on what you are good at, what your sphere of influence might be,” advises Lewis. “What are you most heartbroken over? Get involved in that and allow yourself to feel really good about what you’re doing and other people are doing.”

By narrowing our focus, we can hone in on an issue and figure out our part in its solution. “We need a broad range of collective action for transformation,” says Davenport. “For climate change, a teacher could bring social-emotional learning to climate education into the classroom or start an after school ‘green club’; an artist could use their creative medium to communicate about climate in a moving way that could engage others; a nurse could create a waste-reduction initiative within a medical setting. These efforts all have ripple effects and help to elevate each other.”

In one recent study, people were found to consume less energy if they believed their neighbors did so and personally cared about conservation. Our neighborhoods are the place to take the small, meaningful steps that address the “crisis of connection” underlying rancorous national crises, says *New York Times* columnist David Brooks. He advocates “radical mutuality”, saying, “Nothing we do, however virtuous, can be accomplished alone.” Through simple actions like having casual conversations around town, pitching in to help a family in crisis, bringing a salad to a block party, tutoring a child or holding a civic post, we build the warm relational bonds that strengthen communities. As we meet others that feel as strongly as we do about our issues, our numbers start building and collective action can unfold.

“Independent of political beliefs, many people can find common values such as wanting safety for their families, a clean environment with clean waterways and recreation in natural environments,” says Easterlin.

That, in turn, helps lower our distress. A recent Yale study found that eco-anxiety was linked to depression only among students not involved in group activities; those engaged in collective action such as being part of an environmental group, working in a letter-writing campaign or going to events or protests did not spiral downward emotionally. “Personal transformation and social transformation happen simultaneously. When you reach out and build community, you nourish yourself,” Brooks says.

As Thunberg has put it: “When I’m taking action, I don’t feel like I am helpless and that things are hopeless, because then I feel like I’m doing everything I can. And that gives me very much hope, especially to see all the other people all around the world, the activists, who are taking action and who are fighting for their present and for their future.” 🌱

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12 Quick Fixes for Anxiety

SIMPLE STRATEGIES FOR MENTAL WELL-BEING

by Ronica O’Hara

It is an all-too-human experience to have anxiety—feeling fear or apprehension about what might happen. A survival mechanism for our species, it can easily get out of hand in times of uncertainty, morphing from a timely signal to a crippling, chronic condition. Happily, mental health professionals have found many useful anti-anxiety strategies to ease us through difficult moments.

Breathe Deeply

“Controlling your breathing is a fantastic hack to help you move out of a

stress/anxiety response state. It’s important to try different breathing techniques to figure out which ones work for you,” says Krista Jordan, Ph.D., a clinical psychologist in Austin, Texas. Many options exist such as breathing slowly into the belly; inhaling through the nose for a count of four, holding the breath for a count of seven and exhaling through the mouth for a count of eight; slowing the breath so that the in and out breaths equalize; and placing mindful attention on our breathing until 10 breaths are completed.

Tap with the Fingers

Emotional Freedom Technique (EFT) is a five-minute approach using two fingers to tap on specific points of the head and chest in a certain sequence. In one 5,000-person study, 76 percent of participants found anxiety relief after three EFT sessions, while only 51 percent experienced relief after 15 sessions of cognitive behavioral therapy.

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USING CBD TO ADDRESS ANXIETY ISSUES

“CBD in doses of 25 milligrams three to four times a day is helpful in aiding the body’s ability to rebalance when it comes to anxiety,” says Mari Geier, co-owner of Nuts ‘n Berries, a natural food retailer with stores in Brookhaven and Decatur.

With more severe anxiety requiring quick relief, Geier suggested trying an inhaler or tincture. “For someone with lower levels of anxiety, they might use a softgel at night or work 25 to 50 milligrams into their daily supplement routine,” says Geier.

Geier characterized lower levels of anxiety as something that appears as stress or the sort of nervousness that is prompted by an upcoming big event. “High anxiety levels are sometimes uncontrollable,” she says, and can sometimes manifest as an inability to make a decision. Another parameter: Infrequent insomnia can be caused by low-level anxiety whereas “a high level of anxiety can lead to chronic sleep issues.”

“EFT sends a calming signal to the brain that reduces your anxiety, which allows for newfound thinking and solutions,” says Colorado Springs therapist Dana C. Avey. Simple instructions can be found online and in YouTube videos.

Write It Off with Journaling

Whether it’s a three-page brain dump in the morning, a frantic scribbling on paper in a stressful moment or a nightly ritual in a bound journal, writing out anxious thoughts helps clarify worries and puts things into perspective, research shows. Seattle spinal surgeon David Hanscom, a chronic pain expert and author of *Back in Control*, counsels writing down in longhand whatever is on the mind using graphic and descriptive language twice a day for 10 to 30 minutes, and then promptly tearing it up to let the thoughts go.

Meditate Mindfully

Many soothing types of meditation can be tried out on apps like Calm, Insight-Timer and Headspace, but the best-studied approach for anxiety is mindfulness, which involves focusing on the breath and body sensations while letting distracting thoughts float by. A 2017 Australian study found that just 10 minutes of daily mindful meditation can help prevent the mind from wandering and is particularly effective for repetitive, anxious thoughts. “Just be clear that having a constant stream of thoughts is fine and part of the process. It’s sadly ironic that people turn to meditation to help with anxiety, and then get anxious that they are doing it wrong,” advises Jordan.

Move the Body in Nature

According to the *Harvard Health Letter*, “Just a single bout of exercise can ease anxiety when it strikes.” Studies have proven the value of everything from aerobics to swimming and yoga, and it’s even better if exercising can be done outdoors, because decades of research have found that being amidst the sights, sounds and scents of natural settings lowers anxiety markers. In a recent study, walking without using a smartphone or another electronic device in urban settings just two hours a week reduced cortisol levels 21 percent in 20 min-

utes, “which helps to reduce the medical effects of stress, including chronic inflammation, GI disorders and heart problems,” says Santa Barbara-based John La Puma, M.D., co-founder of the ChefMD health media brand and creator of *MyNatureDose.com*, a free, anti-anxiety walking program.

Say a Favorite Prayer

Making a deep spiritual connection—an age-old anxiety solution—can involve praying or for example, reading psalms, saying a rosary, chanting a mantra or reading sacred scripture. Eric Almeida, a mental health practitioner in Bernardston, Massachusetts, recommends the Serenity Prayer: “God, grant me the serenity to accept the things I cannot change, the courage to change the things I can and the wisdom to know the difference.” He says, “It doesn’t matter if you believe in God, the wisdom is useful nonetheless.”

Chill Out

“Sip cold water, hold ice cubes, take a cold shower, blast the AC in your face. Our body and mind are very connected, so if you can’t cool down your mind, cool down your temperature,” advises San Diego-based marriage and family therapist Sarah O’Leary. Some people find the opposite works: taking a long, hot bath infused with essential oils like bergamot, frankincense and lavender.

Get Rooted

Stand barefoot in grass or dirt while breathing deeply or imagine the roots of trees growing from the soles of the feet deep into the earth. “This helps ‘ground’ you or ‘root’ you, and can help you find steadiness rather than getting lost in anxiety,” says mindfulness trainer and author Joy Rains of Bethesda, Maryland.

Soothe with Supplements

Boston integrative medicine physician Sarika Arora, M.D., of the Women’s Health Network, recommends vitamins B₅, B₆ and B₁₂ to improve cellular energy, lower cortisol and restore equilibrium to the nervous system; magnesium to support balanced metabolism and increase feelings of calm; L-theanine, found in green tea, to lower stress hormone levels;

eleuthero (Siberian ginseng) to limit excess cortisol; and vitamin E to support hormone production and stress recovery.

Be with the Anxiety

Tyler Read, the San Francisco-based owner of Personal Trainer Pioneer, decided to bite the bullet by using the tools of dialectical behavior therapy to put himself into anxiety-producing public places. “Instead of convincing myself that I was at peace or not nervous, I accepted that I was nervous. I gave myself permission to shake, sweat and feel nauseous; at times, I acknowledged that I felt like I was dying. And by permitting myself to be nervous, the anxiety decreased over time,” he says.

Move to Music

Relaxing music can be as effective as medication in altering brain function, research suggests, especially if the rhythm is 60 beats per minute, which encourages the slow brainwaves associated with hypnotic or meditative states. Dancing to upbeat music like no one is watching can also chase worries away. Holistic psychotherapist Kellie Kirksey, Ph.D., of Youngstown, Ohio, suggests shaking to a favorite song: “Begin by shaking out the hands while holding the thought, ‘I let go.’ If shaking the hands feels good, add in shaking one leg at a time. Shake the whole body while imagining yourself releasing the tension stored in your muscles.”

Bond with an Animal

Merely petting a dog or cat releases the feelgood bonding hormone oxytocin into our system. “Animals speak to you in a nonverbal communication, so the interactions require you to be present and to feel. Both allow for a meditative experience that is tremendously impactful for reducing anxiety,” says Shannon Dolan, an Austin, Texas, nutritional therapist and horse owner. “If you don’t have your own pet, look up equine therapy in your area, go to a local dog shelter, spend time with a friend’s dog or travel out to a petting zoo, where you can experience the healing power of animals.” 🐾

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Ayurvedic Wisdom

SELF-CARE FOR VATA DOSHA

by Jaya Ramamurthy

In 2019, we kicked off this magazine's deep dive into Ayurveda, the world's oldest system of health enhancement and maintenance, with a three-part series. Then, in 2020 and 2021, we published a series of four articles providing Ayurvedic advice about staying healthy in the four seasons of the year. This article is the first in a new three-part series by Ayurvedic clinical specialist Jaya Ramamurthy that takes a deeper look at Ayurveda's three *doshas*—the three energies that comprise everyone's physical, emotional and behavioral makeup. [Go to bit.ly/naa-ayurveda to see all of our Ayurveda articles to date.]

Originating several millennia ago in the Indian subcontinent, Ayurveda is more than just a medical system for treating and preventing illness. It is a worldview—a way of looking at the universe and our place in it. Its simple but profound Five Element Theory connects human beings to one another and to the cosmos.

The Five Elements and the Doshas

Ayurveda's first principle is drawn from the philosophical school of thought called *Sankhya*, which teaches that the cosmos is made of the five primary elements: earth, water, fire, air and ether. These elements have certain qualities, so all matter has a combination of these attributes. For example, earth, which is the densest element, is described as heavy, static, cold and dry—like a sandy beach at low tide at night. Water, on the other hand, is cold, heavy and wet with no inherent movement of its own. It moves with the wind or a gradient in the landscape. Air is light, cold and full of movement; in fact, air is the only element capable of movement. Fire is warm or hot and light as well as dry. Finally, ether is omnipresent space that holds all the elements.

To make up life, the five elements combine in three unique ways, and each combination is generically called a *dosha*, meaning “the thing that can become faulty, leading to disease.”

The doshas make it possible to have an infinite number of combinations, and that means no two people are exactly alike.

For example, earth and water combine to make a life form, such as a cell of the human body, and the combination is called the *Kapha* dosha. The *Pitta* dosha is the combination of water and fire, which, together, make cellular or metabolic processes. For example, on the most subtle level, digestive enzymes can be abstracted to be fire encapsulated by water.

The combination of air and ether creates movement and is called the *Vata* dosha. The three doshas can be thought of as forces that exist within the human body—they cannot be measured, but they can be observed.

Ayurveda's therapeutic principles are simple: similar qualities, when layered or added on, will increase, and opposite qualities will balance each other. This becomes clear as we examine the Vata dosha in particular.

The Vata Profile

Vata is mobile, cool, light, dry, rough, subtle, flowing, sharp, clear and hard. Since air is the principal element in the Vata person, lightness and dryness are predominant. The Vata body type is a thin body frame, the face tends to be oval or long, and facial features are slight. The Vata gait is quick and unsteady, the skin tends to be dry and dull, and the hair tends to be thin, curly and dry. Vata people have a dry or hoarse voice and a thin tongue. As a rule, the Vata body type finds it hard to gain weight.

Vata people have distinct features. They can be restless and need to constantly move. They usually have an irregular appetite, are prone to constipation and bloating and their joints make crackling sounds. They can have trouble sleeping, and their days are characterized by erratic energy. They are usually always cold and prefer warm beverages, food, climates and environments.

Vata people have vivid imaginations, are creative, and are great out-of-the-box thinkers. They learn quickly but tend to forget easily. They are vivid storytellers and can be the life and soul of a party.

Older Vata individuals make great teachers for the young in a societal setting, eager and generous to give.

Vata types tend to worry a lot and are prone to anxiety. Their moods can fluctuate unpredictably with their energy levels. They can be hypersensitive to their environment and upset or irritated by noise, wind or cold. They might find it hard to commit to an idea or project or they might have several interests but quickly become bored with them and leave them unfinished.

Health Tips for Vata

The biggest challenge for Vata types is consistent daily self-care routines—making sure that meals and rest times are built into the day with little guesswork. Vata types must eat regularly in accordance with their appetite and rest regularly as well.

Since dryness is predominant, plenty of warm water and consumption of healthy fats, such as virgin coconut oil, sesame oil, and ghee, are very useful for this body type. These fats ensure adequate moisturizing of tissues, add luster to the skin and hair, and prevent chronic constipation. A glass of warm water first thing in the morning can help many Vata types have a bowel movement easily. If constipation does not resolve, one should seek help from an Ayurvedic practitioner.

Since Vata types don't conserve energy well, they need to stick to a consistent eating schedule and focus on small, warm and moist meals. They benefit from sweet, salty and sour foods that are gently spiced and adequately oiled but not fried. Generally, sweet fleshy fruits, such as mango, banana, stone fruits and grapes, cooked or steamed vegetables, and soaked nuts are good for them. It is best to avoid coffee, alcohol and cold and dry foods such as raw salads, dry fruits, bread, chips and cereals.

A daily oil massage before a shower helps alleviate Vata's dryness, calms the nervous system and helps ground Vata. An oil massage of the scalp once a week also helps keep the scalp and hair healthy.

To stay in balance, Vata types need to pay attention to seasonal shifts. Cold and windy conditions can aggravate Vata disorders. In fall and winter, Vata types must balance the approaching cold, light,

dry months with the opposite qualities—warm, heavy, moist and stable, especially during the Vata times of day, which are 2 to 6 a.m. and p.m.

Best Practices During the Vata Season

Consistent daily self-care routines, such as oil massage, breathwork and meditation, will ground and nourish a person during this Vata time of year. One should avoid all dry and light foods, even salads, since they can provoke excess Vata—air—in the body and gas, bloating, and discomfort will result. Instead, focus on warm, moist, nourishing meals made with fall's seasonal produce, which naturally counteract Vata. For instance, fall's wide varieties of squashes are very nourishing. One must make sure to include good fats like ghee in the diet. And foods that incorporate warming spices and herbs such as ginger, garlic, turmeric, black pepper and small amounts of cayenne pepper are seasonally appropriate.

For a personalized Vata balancing protocol, consult an Ayurvedic practitioner. Ayurveda encourages us to tune in and pay attention to the state of our body-mind intuitively. This subtle observation is valuable to help pivot and adjust to the season's rhythms. An Ayurvedic lifestyle goes a long way to not only help us prevent disease but to thrive and flourish along life's path, no matter where we find ourselves. 🌱



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

WHAT IS YOUR DOSHA?
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Yoga and Gratitude

by Mila Burgess



Historically, the practice of gratitude has deep connections to yoga. In one of the oldest yogic texts, Patanjali's *Yoga Sutras*, yogis are encouraged to cultivate positive emotional practices to counter negative feelings. *Kritajna*, the Sanskrit word for gratitude, loosely translates to “an acquired state of consciousness so that one can be fully aware and appreciate the gifts of life.” The goal of yoga is to calm the mind, and incorporating affirmative, optimistic thoughts such as thoughts of gratitude, helps quiet undesirable mental chatter, which in turn provides greater clarity and allows us to be more present.

While ancient yogis understood the benefits of gratitude intuitively, there's a large and growing body of research today that emphasizes its positive effects.

Gratitude's Many Benefits

There are a variety of ways to incorporate gratitude into daily habits. Keeping a gratitude journal, sending thank you notes, expressing gratitude verbally and making a mental list of things for which one is grateful are all techniques that have been used in the study of gratitude's impact. Studies on gratitude's physical, emotional and social effects have been conducted by a variety of institutions, including Harvard University, The American Psychological Association, The University of Pennsylvania and *The American Journal of Cardiology*. The research can't prove the specific cause and effect; however, all the studies show a correlation between gratitude and overall health and well-being.

Physically, being grateful optimizes blood pressure and cardiac functioning, improves sleep, increases energy levels and strengthens the immune system. Expressing gratitude also affects the brain. People who feel and express gratitude have a higher volume of gray matter in the part of the brain that supports language, memory processing, visual perception and sensory integration. It increases activity in the part of the brain that has an integral link to emotional regulation and decision making. Further, when one feels grateful, the brain releases a combination of dopamine, oxytocin and endorphins—collectively known as “the feel-good hormones.” They create a natural high that motivates people to habitually express gratitude. Gratitude is also associated with pain reduction, presumably due to the influx of dopamine that occurs in its expression. Grateful people often eat healthier, exercise more and have fewer doctor visits than others.

Emotionally, gratitude is strongly and consistently associated with greater levels of happiness. There's an old saying that it's not happy people who are grateful but, rather, grateful people

who are happy. Expressing gratitude enables more generosity and compassion, increases optimism and joy, and offsets the effects of materialism. Thankfulness reduces anxiety and depression. There are numerous studies that have shown gratitude journaling and sending thank you notes can increase happiness levels by as much as 30 percent.

Gratitude also reduces aggression and increases self-esteem. It improves mental fortitude and lowers the risk of PTSD. Recognizing all there is for which to be grateful, even in the worst of times, fosters grit.

Gratitude strengthens relationships and relieves loneliness and isolation. Studies that examined how gratitude can improve couples' relationships found that those who express appreciation to their partners not only feel more positively toward the other person, but also are more responsive to their partners' needs. They also feel comfortable openly and honestly expressing concerns about their relationship and prioritize the effort to maintain the relationship long term.

Gratitude and Yoga

Incorporating gratitude into daily life is simple. Combining it with yoga is not only easy, but an even more powerful practice. Interweaving gratitude into a yoga practice can be accomplished in a variety of ways.

Both the practice of yoga and that of gratitude require presence. As the ancient yogis suggested, the practice of presence is a vehicle for cultivating a quiet mind. This yogic mindset allows practitioners to have greater focus. Allowing gratitude to be the primary focus for a yoga practice is an effective method of expressing thankfulness and reaping its benefits.

Often, a yoga practice includes an invitation to set an intention or create a personal mantra upon which to call throughout the class. Both provide opportunities for students to express gratitude and then carry those grateful words, ideas and thoughts throughout the experience.

On the mat, yoga practitioners physically express gratitude through both heart opening and humble yoga poses. Additionally, when pausing in any given pose, one might count blessings instead of breaths or use the rhythm of the breath and movement as an opportunity to repeat the mantra or intention created at the top of the class. Poses that include *anjali mudra*, a hand gesture in which one brings palms together at heart center, are also considered to be expressions of gratitude.

Finally, many yoga classes close with a few moments of meditation in which practitioners extend thoughts of good will, good intention and gratitude to themselves and others.

The benefits of gratitude are well studied and documented. The yoga mat is an ideal place to offer expressions of thankfulness to oneself and to the world.

A Gratitude Yoga Flow

[To see images of the poses in this article, go to the online version at bit.ly/yoga-gratitude-1122]

- 1 Begin in an **easy seated position** with hands at heart center. Take a few minutes to check in and set an intention of gratitude or create a gratitude mantra.
- 2 Move into a **tabletop position**. Walk the hands forward, come down to the forearms and allow the chest and forehead to drop towards the earth into **melting heart pose**. Pause there for several breaths and call to mind three to five things for which to be grateful. Return to tabletop position.
- 3 Tuck the toes so they point towards the wrists, lift the hips to transition to **downward facing dog**. Walk the feet forward to a **standing forward fold**.
- 4 Roll, vertebra by vertebra, all the way up to standing. Reach the arms up and overhead for a gentle backbend and then float the hands to heart center. From this **mountain pose variation**, step the feet out as wide as the mat, turn the toes out towards the corners of the mat, bend the knees and drop the bottom towards the heels for **garland pose**, a deep yoga squat.
- 5 Hinge forward and step the feet into a standing forward fold. Lift halfway to lengthen the spine and then step back to a **high plank**.
- 6 Lower all the way down to the belly. Bring the hands under the shoulders and press into the palms, straighten the arms to find **cobra pose**. Tuck the toes and lift the hips for downward facing dog.
- 7 Step the right foot forward between the hands, bend the right knee and drop the left knee to the mat. Reach the arms over head, bend the elbows at a 90-degree angle, squeeze the shoulder blades together, press the hips forward for a **kneeling crescent lunge**.
- 8 Tuck the left toes under, lift the left knee, pivot down the back heel, continue to bend the right knee, interlace the fingers behind the back and slide the right shoulder down inside the right thigh, reach the crown of the head towards the floor and move the hands away from the low back for **humble warrior**.
- 9 Release the hands, swivel up the left heel so that the legs are in a lunge position, place the left palm on the mat inside of the right foot, and reach the right fingertips towards the sky for an **easy twist**.
- 10 Position the right hand outside of the right foot, step the left foot in closer and straighten the right knee for **pyramid pose**.
- 11 Shift the weight into the right leg and bring the sole of the left foot to the inside of the front leg for **tree pose**. Hands come to heart center.
- 12 Lower the left foot, returning to mountain pose variation. Repeat the sequence from Step 4 on the left side.
- 13 From mountain pose, fold, lift halfway, plant the hands, and step back to plank, then downward facing dog.

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SUNDAYS

Community Yoga – Nov 13 & 27. 12-1pm. Sessions consisting of flow, stretch, meditation and stillness to rest. All levels. Free. Wild Heaven Beer & Gardens, 1010 White St SW, Atlanta. Tinyurl.com/yckmz338.

MONDAYS

Yoga with Angie – 6pm. Whether you're a beginner or intermediate yogi, we welcome you. Free. Neva Lomason Memorial Library, 710 Rome St, Carrollton. Tinyurl.com/2p9x5pn6.

WEDNESDAYS

Atlanta Laughter Yoga Club – 12-12:30pm. 1st Wed. With Celeste Greene. Come as you are. Free. Trolley Barn, 963 Edgewood Ave NE, Atlanta. CelesteGreeneLaughs.com.

Wills Park Pavilion Yoga – 5:30pm. Pre-registration not required; space is first come, first serve. Free. Located behind the Alpharetta Community Center. 175 Roswell St, Alpharetta. LiffYogaStudio.com.

FRIDAYS

Community Vinyasa Flow – 6pm. Pre-registration required. Donations welcome. Liff Dunwoody, 1705 Mt Vernon Rd, Ste E, Dunwoody. LiffYogaStudio.com.

SATURDAYS

Online Sunrise Yoga Meditation – 7-8am. Simple mantras, gentle asanas, pranayama and guided meditation. Love offering. Zoom. UnityNorth.org.

Brooke Street Park Yoga – 9am. Pre-registration not required; space is first come, first serve. Free. Park located behind Alpharetta City Hall. 2 Park Plaza, Alpharetta. LiffYogaStudio.com.

Zen Sound Bath – 11:30am-1pm. 3rd Sat. With Gabriel Nelson Sears featuring crystal and Himalayan singing bowls, gongs, bells, flutes, drums and chimes. \$16. Trinity Center for Spiritual Living, 1095 Zonolite Rd, Atlanta. Registration required: TrinityCenterAtlanta.org.

14 Step through to a seated position. Find balance on the sit bones, lift the feet, bend the knees or straighten the legs with the arms parallel to the earth for **boat pose**.

15 Rock forward into tabletop and then lift the hands away from the earth coming to a kneeling position. Bring the hands to the heels, press the hips forward to find **camel pose**, a deep backbend.

16 Release the backbend and slowly rise to kneeling. Sit on the heels and take a few breaths before moving through tabletop and into child's pose.

17 Transition to the back. Bend the knees, feet flat on the mat about hip distance apart, take the arms to a T shape and allow the knees to fall to the right side. Keep the left shoulder glued to the mat and turn the head to the left. Take five to 10 deep breaths there before changing to the other side.

18 Once complete, bring the soles of the feet together, knees fall out towards the sides of the space for **reclined butterfly**. Bring the left hand to the heart and right hand to the belly. Stay for five to 10 breaths, repeating the mantra or intention created at the start of the practice.

19 Eventually, extend the legs long, let the feet fall open, bring the arms down by the sides and rest in **corpse pose**.

20 After several minutes, slowly rise back up to an easy seated position. Take a few moments to extend thoughts of gratitude in whatever directions feel right in the moment. Revisit and repeat the intention or mantra set at the start of the practice. Seal the practice by bringing the hands to heart center and bow forward in gratitude. 🙏

Mila Burgess, E-RYT 500, YACEP, teaches at LifePower Yoga in Sandy Springs. She is the owner of Metta Yoga, offering workshops, private lessons, virtual classes, teacher trainings and retreats. Contact her at Mila@MettaYoga.studio.

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GREEN LIVING

Reducing Radiation Risks

WAYS TO LESSEN ELECTROMAGNETIC EXPOSURE

by Carrie Jackson



We are tied to our devices, continually connected via phones, tablets and computers, but this convenience comes at a cost. Many people are surprised to learn that our devices are constantly emitting electromagnetic fields (EMFs) and radiofrequency radiation (RF). According to the American Academy of Environmental Medicine, there is strong evidence of a correlation between these exposures and neurological, cardiac and pulmonary disease, as well as reproductive disorders, immune dysfunction, cancer and other health conditions.

Constant Exposure

Our exposure to EMFs has dramatically increased over the past few years, especially in homes containing cordless phones, wireless routers and smart meters. Every electrical device emits an EMF, whether or not it's turned on. This constant radiation can cause damage to cells, and even comes from appliances such as refrigerators, microwaves, washing machines and baby monitors. The closer a device is to a person, the more potent the charge. "EMFs cause VGCC's

[voltage-gated calcium channels] to swing open and allow excess calcium into the cell. This causes elevated oxidative stress, inflammation and ultimately, if not counteracted, disease," says Mieke Jacobs, an EMF consultant and founder of Healthy House Chicago.

Jacobs, who does private house inspections in the Midwest, says that the rise of smart appliances and lighting in recent years has increased certain types of EMFs. "Dirty electricity consists of high-frequency voltage transients riding along the 60-Hertz electricity provided by the utility company. Many people are surprised to learn how prevalent it is in seemingly safer sources such as solar panels, compact fluorescent lights, dimmer switches and energy-efficient appliances," she says.

Concerning Effects

As a certified electromagnetic radiation specialist and founder of EMF Healthy, in Sedona, Arizona, Liz Menkes focuses on the radio frequency EMFs found in wireless devices and systems, alternating current (AC) electric and magnetic sources in wiring and appliances, and dirty electricity, all commonly found in homes. "EMFs have been linked to many symptoms and health conditions, and there is evidence of cancer risk from all four types," she says. "AC magnetic fields were classified as a possible human carcinogen in 2001 due to evidence of increased risk for childhood leukemia. Radio frequency was classified as a possible human carcinogen in 2011 due to evidence of increased risk for brain tumors. Plus, there are links to many other health conditions such as Alzheimer's and Parkinson's."

Symptoms from EMF exposure can manifest in many ways. "Early warning signs include difficulty sleeping, difficulty concentrating, fatigue, headaches, irritability and anxiety. It is estimated about 30 percent of the population is moderately sensitive to EMFs, but have not connected the dots, since these are common symptoms that can be caused by many things. Other common symptoms can include tinnitus, skin rashes, dizziness,

GA Businesses Offer EMF Protection

Electromagnetic fields (EMFs) are invisible and surround us as we go about our modern lives. Importantly, some research now correlates the presence of EMFs with the development of cancer. According to a 2002 research study by the National Library of Medicine, the effects of EMF exposure on sensitive individuals can include depression, paresthesia, cardiac palpitations and itching.

That's why several local Georgia companies have made it their business to help make people's living spaces and work spaces as safe as possible from EMFs. EMF Safe Homes is one such company. Shelia Reavill, the company owner, was a schoolteacher for more than 20 years when her school began providing laptops for her students, and that spawned her interest in EMFs. EMF Homes uses a variety of EMF-sensitive instruments to detect which parts of clients' homes have the highest levels of EMFs. Reavill pays special attention to bedrooms since EMFs have been known to disrupt sleep.

Filters

Depending on the type of EMFs found, Reavill recommends people use filters or shields. She says that filters can be good if the source is specific and targetable; however, some filters can be overwhelmed by the number of frequencies in the area or are not designed to filter out a specific frequency. The shields, which typically look like aluminum foil sheets or boards sprayed with aluminum, can cover walls through which high levels of EMFs would otherwise penetrate.

Georgia contractor James Reichard specializes in helping clients establish EMF-free spaces by installing products they can purchase. He targets their bedrooms. "I try to create a sleep sanctuary in their bedroom," he explains. "The deeper sleep you get, the more your cells regenerate and detox."

Going to the source

Reichard forgoes shielding and instead goes to the source. He installs systems in the house that residents can use to shut off power to their bedroom at night while leaving important functions, such as alarms, intact. With no sources of EMFs around, Reichard reports his clients routinely thank him for the difference in their sleep and overall health.

Finally, Kate Wagner, the North American importer of VIVOBASE, offers products that tackle the problem of EMFs and dirty electricity in a different way. They look like small plastic tablets or discs and can either be plugged into wall sockets or carried in a pocket.

"EMFs cause health problems because they are stronger than our bodies' natural frequencies," Wagner explains. VIVOBASE products counter that problem by generating a natural field that polarizes the water molecules of living beings. EMFs typically disrupt the passage of water molecules through the body, but the field produced by VIVOBASE products fights against it, ensuring the cells in the body can absorb sufficient water.

For more information:

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sharp stabbing pains, leg cramps, high blood pressure, nausea and hyperactivity, especially in children,” says Menkes. Less common symptoms include heart arrhythmias, unexplained nightmares and nosebleeds, as well as ADHD and food allergies in kids, adds Jacobs.

Reduce Exposure at Home

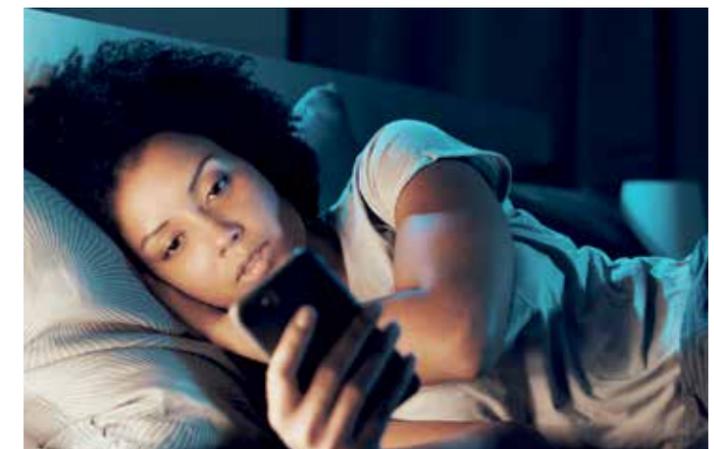
Tangible steps can be taken to lessen the risk. “The number one mistake people make is sleeping with their cell phones near the head of the bed. Leave it turned off in another room and get a battery-operated alarm clock,” says Menkes. “Turn off Wi-Fi at night, since EMF radiation affects melatonin production. If possible, hardwire your laptops, tablets, cell phones and other devices to eliminate Wi-Fi completely in the house. If you must use a cell phone, keep it in airplane mode as much as possible and don’t store it in a pocket or otherwise close to the body.”

More in-depth interventions include electrical rewiring, as well as radio-frequency shielding that blocks EMFs with copper or another absorbent material. “Replacing dimmer switches helps, but not all electricians are aware of EMFs and have different priorities when upgrading a home,” says Jacobs.

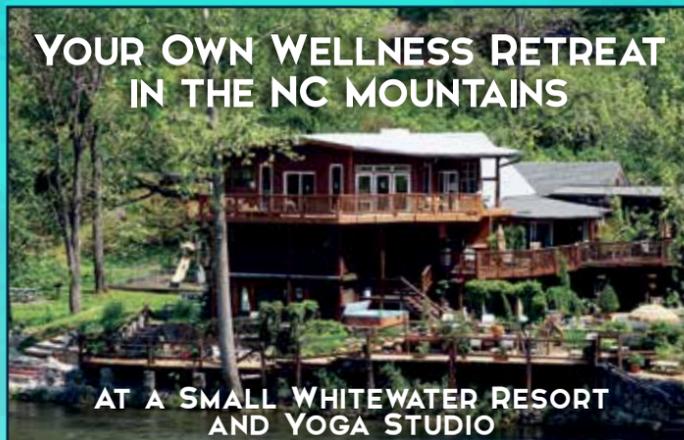
The federal government has no restrictions on overall EMF exposure. “The wireless industry and the government agencies that are supposed to regulate this industry want you to believe that the science is settled and wireless exposures are safe. Unfortunately, this message is not reality. EMF damage can manifest in myriad ways that include many conditions and that are occurring in ever-increasing amounts,” says Lloyd Burrell, author of *EMF Practical Guide* and France-based founder of *ElectricalSense.com*.

The Building Biology Institute offers classes and resources to help create environments free of EMF hazards. “Any measure to reduce your exposure is worth taking, and will contribute to a healthier and more peaceful home environment,” says Menkes. 📱

Carrie Jackson is a Chicago-based freelance writer and frequent contributor to *Natural Awakenings* magazine. Connect at CarrieJacksonWrites.com.



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Ask a Coach



by Terri Kozlowski

“I feel disconnected from those closest to me. How can I feel connected again?”

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Connecting with others is vital for humans to be happy. The only authentic way to bond with others is through love. So, how can you love everyone in your daily life—even the ones you would rather not deal with who come along your path? You consciously choose to make genuine connections with these people by responding to them with love.

Being kind to others—despite their nastiness—is the best way to respond, but it’s easy to react without thinking and return their inappropriate behavior with unkindness. But spitefulness does nothing but perpetuate negativity. By responding lovingly, you can alter both paths.

How do I respond lovingly to others?

By respecting one another’s differences, you recognize everyone has unique perspectives. Everyone lives different lives. You have a distinctive point of view based on your experience, personality, environment, education, capabilities and the support you might or might not have felt.

Be open to understanding that others want to be respected as individuals, just as you do. Once you open yourself up to valuing others, you begin to feel more compassionate and accepting. With acceptance comes nonjudgment, which allows others to respond to you. When you feel accepted without judgment, you allow yourself to be authentic and connect with others more easily.

How can I give someone the benefit of the doubt?

It’s easy to jump to a conclusion based on a lack of information. The egoic mind likes to find fault and judge others to inflate itself. Therefore, everyone needs to be open to alternative reasons for the behaviors of others.

If a driver is tailgating you, you move out of his way, and he flies by. Calling him a name or giving him an obscene finger gesture doesn’t do any good. Perhaps he is a crazy driver, but give him the benefit of the doubt. Maybe he just got off the phone and was heading to the emergency room because his father had just had a heart attack. You don’t know the circumstances in their life. Give them the grace you desire from others.

Rethink your opinion of someone by looking at them in a new light. Releasing judgments about another can open the way to allowing authentic connection to occur. By look-

ing for alternative reasons behind behaviors you find upsetting, you can release the negative feelings you are harboring.

Is there a way to disagree without tension?

You don’t have to agree with a person to respond with love and authentically connect with them. Be open to learning from the exchange of information you share with each other. You might be able to see an issue in a different light, helping you grow in new ways.

As you consciously choose to disagree with someone, don’t take anything personally. Listen to what they are trying to communicate. Stay calm and understand that everyone has a different perspective based on their life experiences.

If the discussion gets too heated, take a deep breath and take a step back. Focus on the facts and don’t belittle one another. No difference of opinion should cause an authentic connection to break. Look for the common ground you both have on the subject. As humans, we have more in common with each other than you can imagine.

What am I responsible for in my relationships?

Everyone needs to take responsibility for their part in relationships. When it comes

to misunderstandings, apologize to one another. Let go of control and forgive the other for anything they apologize for. Recognize when you have responded out of fear and consciously make amends for unloving actions.

Reacting comes from a place of fear when we don’t evaluate the situation. *Responding* occurs when we take a moment to assess what is happening and answer accordingly. When you accept responsibility, you empower yourself to change the situation.

Everyone is responsible for their thoughts, emotions, words and actions. No one can make someone react in a way they don’t choose. Therefore, you’re responsible for saying hurtful words. You are accountable for how you feel, and you can choose to feel differently. When you consciously choose not to blame others, it moves you out of a victim mentality and you can move forward. Then, when you connect with another, you can see them through the new lens of love instead of through the ego-driven perspective of who you want them to be.

How can I see the good in others?

Slow down and notice all the goodness around you. You must be fully present to truly see. Take a deep breath and look around—really look around at the people. Observe them and what they are doing. See who they are through the lens of love.

In your day-to-day life, everyone you come in contact with has something good you can see in them. There’s the same light, the same Divine Spirit in them that is in you. Therefore, look at everyone through this lens. See the kindness in his eyes as he holds the door open for you. Look for the gentleness in her as she carefully cares for the child. Good abounds all around us if you are open and aware.

See the abilities of others and learn to appreciate them and the talents they have. Look for the many virtues in people: the determination of a co-worker to learn a new skill, the patience of the busy receptionist listening to the story of an elder, the energy of the valet during the peak dinner rush. When you take a moment, you see goodness everywhere.

Is being compassionate a weakness?

You are to love those around you for who they are, just as they are. A compassionate response of the heart is its ability to engage with the pain and suffering of another in a gentle, accepting way while showing strength. The motivation behind compassion is to reduce the suffering of another.

Compassion for another is the ability to see a part of you in another person. The same Spirit that is in you is in them, and no one wants to see another suffer. People are more alike than they are different, and when you pause for a moment and see the other person, you can see the similarities. Everyone fears not being valued and acknowledged, so love and accept all those who cross your path.

Show compassion by growing beyond the perpetual misunderstandings that occur all around you. Be fully present and aware of what is happening around you so you can respond lovingly to each other by showing your compassion for your fellow human beings.

Responding with love in all interactions with others is the way to connect with everyone you meet. Through the vehicle of compassion, all interactions with others can be loving.

- When you are angry with another, compassion can take it away.
- When you feel judgment towards someone, compassion is the cure.
- As you start to build walls around you, compassion tears them down.
- When you have trouble seeing the humanity of a fellow human being and see them as separate, compassion brings togetherness.
- All negativity caused by fear is driven out by compassion.

As you decide to create loving connections through compassion with others, and as you become conscious of your mindset, you can authentically reconnect with those in your life. 🌱

Native American Terri Kozlowski is a certified life coach and author of Raven Transcending Fear. She hosts the podcast “Soul Solutions,” which is available on many platforms. Contact her at TerriKozlowski.com.

Messages from MAITREYA The World Teacher

The major need today is for the transformation of the structures within which you now live.

Your civilization, My friends, is dying – nay, it is already dead.

Out of the ashes will grow a new beauty, whose basis is Love, Justice and Sharing.

Make these your aims, My friends, and know the meaning of God.

Make these your aims, My friends, and know the meaning of a full and happy life.

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CALENDAR OF EVENTS

Publicize your event! This section hosts free and paid listings. Each month, we select a limited number of events — they must have broad appeal and cost no more than \$20 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.

TUESDAY, NOVEMBER 1

Editor's Choice **Pumpkin Dumpin'** – Nov 1–5. 9am–5pm. Let your old pumpkins and jack-o'-lanterns decompose the natural way. \$1. Dunwoody Nature Center, 5343 Roberts Dr, Dunwoody. 770-394-3322. DunwoodyNature.org.

THURSDAY, NOVEMBER 3

The Integrative Approach to Alzheimer's Disease – 1–1:30pm. Join Dr. Stephanie Grossman to discuss the signs, symptoms and integrative approach to treatment of Alzheimer's disease. Free. Online. Register: eventbrite.com/e/418117650147.

SATURDAY, NOVEMBER 5

Georgia Audubon Society Bird Walk – 8–10am. All welcome. Free. Dunwoody Nature Center, 5343 Roberts Dr, Dunwoody. 770-394-3322. DunwoodyNature.org.

Greener Good Volunteer Day – 9am–12pm. From mulching and painting, to picking up litter and clearing invasive plants, there is no shortage of ways to make a difference. Location TBD. ParkPride.org.

Storms in the City – 1–2pm. The City of Dunwoody's Stormwater team will give a presentation that focuses on the work Trees Atlanta does in the park and how it benefits our local storm water. Free. Dunwoody Nature Center, 5343 Roberts Dr, Dunwoody. 770-394-3322. Registration required: DunwoodyNature.org.

Editor's Choice **Plant. Eat. Repeat. Workshop: Seed Saving** – 2pm. Learn more about gardening and connect with community. Free. Nickel Bottom Community Garden at Zonolite Park, 1164 Zonolite Pl NE, Register: AtlantaAtlantaBG.org.

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.

WANTED | LMTs Wanted. Flexible hours, all supplies, 15-minute breaks, front desk service, free massage each month. LaVida Massage Sandy Springs, 6623 Roswell Road NE, Suite C. Call or email: 404-236-7291, SandySprings.GA@LaVidaMassage.com

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SATURDAY, NOVEMBER 12

Goat Yoga – 12–1pm. With GGA Dwarf Goat Yoga. Perform breathing exercises and various yoga positions. While doing so, dwarf goats can hop around you, climb your back, sit on top of you, even nap on you or your yoga mats while you let go of all your stress. \$35.

FRIDAY, NOVEMBER 18

A Course in Miracles De-Mystified – 11am–1pm. With Sandra Niven. A once-a-month class about the modern spiritual classic: *A Course in Miracles*. Fun, informative, interactive and make it easier to learn the main principles. All levels. Love offering.

SATURDAY, NOVEMBER 26

Aura Photography with The Auraweaver – Nov 26 & 27. 12–5pm. AuraWeaver is a specialty photography experience company. Clients receive an aura photo of themselves surrounded by their colorful energy and an interpretation of their photo by our readers. \$75; \$160/couples special (3 photos for 2 people). Register: Auraweaver.as.me/phoenix.

TUESDAY, NOVEMBER 8

Online: Transmission Meditation – 7:30pm. A meditation to help the world. Sponsored by Share International USA SE Region. Free. Via Eventbrite. Info: 770-302-2208 or Info-SE@Share-International.us. Register: [Tinyurl.com/5n8t8hmw](https://tinyurl.com/5n8t8hmw).

WEDNESDAY, NOVEMBER 9

Plant. Eat. Repeat. Workshop: Seed Saving – 6pm. Learn more about gardening and connect with community. Free. Four Corners Community Garden, 1403 Hank Aaron Dr SW, Atlanta. Register: AtlantaBG.org.

SATURDAY, NOVEMBER 12

Fall Birding – 8–10am. Join Master Birder Rose Guerra as she guides you through the Nature Center trails and help you to identify the birds present at this time of year. Free!

member, \$10/nonmember. Dunwoody Nature Center, 5343 Roberts Dr, Dunwoody. 770-394-3322. Registration required: DunwoodyNature.org.

Chili Cook-Off and Music Festival – 11am–5pm. A fundraiser for Project Green. Includes local and regional vendors, artists, a Family Fun Zone with activities for children of all ages, food trucks and live music from local Atlanta area bands. Free admission; \$10/chili sampling. Suwanee Town Center Park, 300 Town Center Ave, Suwanee. ChiliMusicFestival.com.

Plant. Eat. Repeat. Workshop: Seed Saving – 2pm. Learn more about gardening and connect with community. Free. Austell Community Garden, 2836 Windy Ln, Austell. Register: AtlantaBG.org.

THURSDAY, NOVEMBER 17

Pediatric Meet and Greet – 1–1:30pm. Join us on Facebook Live as Melissa Smith, CPNP-PC, PMHS, discusses our integrative approach to pediatric care here at CentreSpringMD. Learn all about: Her personal approach to treatment; CentreSpringMD's unique diagnostic tools; the value of holistic pediatric care and the CentreSpringMD difference. Free. [Eventbrite.com/e/431844216677](https://eventbrite.com/e/431844216677).

FRIDAY, NOVEMBER 18

Friday Night Hike – 8–9pm. A fun and educational hike through the woods at night. \$5. Dunwoody Nature Center, 5343 Roberts Dr, Dunwoody. 770-394-3322. Registration required: DunwoodyNature.org.

MONDAY, NOVEMBER 21

Editor's Choice **Thanksgiving Break Guided Hike** – 11am–2pm. Join our naturalist as they take you on a guided hike on our River Boardwalk trail. Included with General Admission, free/CNC Members. CNC, 9135 Willeo Rd, Roswell. ChattNatureCenter.org.

SATURDAY, DECEMBER 3

Back to Nature Holiday Market – 10am–5pm. Explore local artisans who have unique, handmade, and/or eco-friendly gifts for the holiday season. Art, jewelry, candles, children's gifts, bath products, food, nature gifts and more. Free admission. CNC, 9135 Willeo Rd, Roswell. ChattNatureCenter.org.

SUNDAY, DECEMBER 4

Editor's Choice **2022 Georgia VegFest** – 11am–5pm. Includes something for everyone with engaging speakers, food samples, live music, Family Fun Zone, face painting, magician and over 75 exhibitors. \$5 general admission. Gas South Convention Center, 6400 Sugarloaf Pkwy, Duluth. GeorgiaVegFest.com.



ONGOING

Sundays

Online & In-Person Sunday Experience – 9am, Adult Study; 9:30am, Meditation; 10am, Music; 10:30am, Service. Spiritual Living Center of Atlanta, 3107 Clairmont Rd, Ste A, Atlanta. More info: slc-atlanta.org.

Red Clay Sangha Sunday Morning Service – 9am, meditation; 10:30–11:30am, service & dharma discussion. Via Zoom or in person. 3420 W Hospital Ave, Ste 102, Chamblee. More info: RedClaySangha.org.

SRF Atlanta Meditation Service – 10–10:45am. An opportunity to meet with other truth-seekers to commune with God and share spiritual fellowship. 4000 King Springs Rd, Smyrna. 770-434-7200. srfatlanta.org.

Meditation Open House – 10–11:30am. Discussion at 11:30am and tea at 12pm. Meditation instruction available from 10–11am for those new to the practice. Atlanta Shambhala Center, 1447 Church St, Decatur. More info: AtlantaShambhala.org.

Second Sunday Sober Bike Ride – 10:30am. 2nd Sun. 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/yjzutfj4](https://tinyurl.com/yjzutfj4).

One World Spiritual Center Sunday Service – 11am. To watch: OneWorldSpiritualCenter.net.

Unity Atlanta Sunday Services – 11am. Attend in-person or watch via live stream. 3597 Parkway Ln, Peachtree Corners. 770-441-0585. UnityAtl.org.

Online: UUCA Service – 11am. Unitarian Universalist Congregation of Atlanta: uuca.org/live.

SRF Atlanta Reading and Inspirational Service – 11am–12pm. An opportunity to meet with other truth-seekers to commune with God and share spiritual fellowship. 4000 King Springs Rd, Smyrna. 770-434-7200. srfatlanta.org.

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

Unity North Online & In-Person Sunday Service – 11:15am. 4255 Sandy Plains Rd, Marietta. More info: UnityNorth.org.

Meditation Classes – 4–5pm, Level I; 5–6pm, Level II. All religions, all ages and all people. Learn how to meditate for spiritual enlightenment. \$15. 5161 Brook Hollow Parkway, Ste 220/225, Norcross. Register, Andrea: 404-557-4306. MeditationWellnessClub@gmail.com. MeditationWellnessClub.com.

Mondays

Online: Monday Night Meditation – 7–8pm. A live, instructor-led meditation and discussion. Develop a meditation practice by maintaining a moment-to-moment relaxed awareness of our surrounding environment, bodily sensations, thoughts and emotions. All levels. \$10. Register: TheOpenMindCenter.com.

Meditation & Modern Buddhism – 7:30–9pm. With Resident Teacher, Gen Kelsang Norden. Talks, guided meditation, discussion and Q&A. All welcome. Kadampa Meditation Center Georgia, 741 Edgewood NE, Atlanta. 678-453-6753. MeditationInGeorgia.org.

Tuesdays

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

Sacred Beats Drumming – 7–8:30pm. 2nd Tues. Join in our drumming circle led by master healer Debbie Loshbaugh as we clear away blocks, release emotions and gain greater clarity. Free. The Well of Roswell, 900 Old Roswell Lakes Pkwy, Ste 300, Roswell. 770-778-2051. TheWellOfRoswell.com.

Twin Hearts Meditation – 7–8:30pm. A short, guided meditation blessing the Earth with loving kindness, peace and good will. Donation. Spiritual Living Center of Atlanta, 3107 Clairmont Rd, Unit A, Atlanta. 404-417-0008. [Meetup.com/Twin-Hearts-Meditation](https://meetup.com/Twin-Hearts-Meditation).

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

Wednesdays

30-Minute Guided Meditation – 8am. Be guided through a simple yet powerful meditation that gives rise to an experience of mental peace and wellbeing. No experience necessary. Beginners welcome. \$5. Kadampa Meditation Center Georgia, 741 Edgewood NE, Atlanta. 678-453-6753. MeditationInGeorgia.org.

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

30-Minute Guided Meditation – 12:15pm. Be guided through a simple yet powerful meditation that gives rise to an experience of mental peace and wellbeing. No experience necessary. Beginners welcome. \$5. Kadampa Meditation Center Georgia, 741 Edgewood NE, Atlanta. 678-453-6753. MeditationInGeorgia.org.

Online: Joy of Breathing Class – 1–1:30pm. Learn the Joy of Breathing technique, practice a deep Pranayama session and enjoy the benefits. Free. Register: [Tinyurl.com/muwwanm9](https://tinyurl.com/muwwanm9).

Decatur Farmers Market – Thru Nov 16. 4–7pm. Local farmers, artisanal food makers and crafts. First Baptist Church of Decatur, 308 Clairmont Ave, Decatur. 404-373-1653. 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.

Practitioner Peer to Peer – 7–8:30pm. 2nd Wed. Join Adela Raffa and Becky Arrington for this intimate networking and support group tailored specifically to practitioners. Connect with a special community in the healing arts and share the joys and frustrations of your business. \$20. The Well of Roswell, 900 Old Roswell Lakes Pkwy, Ste 300, Roswell. 770-778-2051. TheWellOfRoswell.com.

Thursdays

Tai Chi & Qigong – 9:30am. For beginners. \$7/at door. Meets in The Jefferson Parks and Recreation Dept, 2495 Old Pendergrass Rd, Jefferson. 678-510-9573. CarolOsborne.org.

The First Georgia Dowzers – 6pm. 1st Thurs. Discuss all things dowsing. Host guest speakers each month teaching new and exciting developments within the dowsing community. \$5/nonmember, free/member. Heart Soul and Art, 1470 Roswell Rd, Marietta. Pre-registration required: Heart-Soul-And-Art.square.site.

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.

Meditation Fundamentals – 6:30–7:30pm. Suitable for complete beginners. Get a practical introduction to meditation and includes topics such as the benefits of meditation, mindfulness, good posture, types of meditation, and how to start a daily meditation practice. In-person & online. \$15. Kadampa Meditation Center Georgia, 741 Edgewood NE, Atlanta. 678-453-6753. MeditationInGeorgia.org.

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

Reiki Share – 7–8pm. 3rd Thur. Ready to open your energy, remove emotional blocks, or simply let go and unwind? Then let's get together. \$10. The Well of Roswell, 900 Old Roswell Lakes Pkwy, Ste 300, Roswell. 770-778-2051. TheWellOfRoswell.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.

Meditation Classes – 6pm, Level I; 7pm, Level II. See Sun listing. 5161 Brook Hollow Parkway, Ste 220/225, Norcross. Register, Andrea:404-557-4306. MeditationWellnessClub@gmail.com. MeditationWellnessClub.com.

Prayers for World Peace – 6:30-7:15pm. Includes a guided meditation, a short teaching and chanted prayers for world peace. No experience necessary. All welcome. Kadampa Meditation Center Georgia, 741 Edgewood NE, Atlanta. 678-453-6753. MeditationInGeorgia.org.

Drum Circle – 7-9pm. 2nd Fri. With Rhythm Healer Eric Olson. No experience necessary. \$10. Unity North, 4255 Sandy Plains Rd, Marietta. More info: UnityNorth.org.

Saturdays

Morningside Farmers Market – 8-11:30am. Year-round. Offers organic produce, bread, pastries, grains, meat, honey, along with chef pop-ups, prepared foods, coffee, in-season fruits, and locally produced crafts. Morningside Presbyterian, 1411 N Morningside Dr NE, Atlanta. MorningsideMarket.com.

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 – 9am-1pm. Year-round. 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.

Earth Care Sangha Gathering – 10am-12pm. 1st Sat. Rain or shine. Meet in the back parking lot and then carpool to a nearby park for a meditative walk in nature. In case of inclement weather, meet in Holy Grounds Cafe. Unity North, 4255 Sandy Plains Rd, Marietta. More info: UnityNorth.org.

Reiki Share Group – 3:30-5:30pm. Last Sat. A gathering of like-minded reiki practitioners who participate in group healing treatments on each other. \$21. Healing Hands Reiki & Spiritual Development, Inc, 27 Waddell St, Ste A, Atlanta. Tinyurl.com/2rykarff.

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Community IS WHERE I PRACTICE

by Denise Natasha Brewley
(Chef Beee), Ph.D., MBA, HHC

Alone, we can do so little;
Together, we can do so much.

~Helen Keller

Within the last few months, I started back at taking classes at the gym consistently. I tried to get things going during the pandemic, but there were so many people in one gym space, it made me a little uneasy. So I took a pause in getting a membership and came back to it when I felt more comfortable. I have always enjoyed group spin classes because I find them super challenging, so I started there. And, as if I weren't a glutton for more punishment, I also decided to work with a trainer three times a week to improve my core strength and build other areas of my body.

It's amazing how quickly your body forgets your fitness practice when you are not actively working on it.

Fitness has always been an area of my life that I truly enjoy and find necessary. But in this case, since I was out of practice, I knew I needed a little bit of a push to get things going again. Although I am motivated to start and complete many things on my own, I still needed regular accountability—folks to tell me directly, unabashedly, about when I wasn't showing up or showing out.

Funny thing about communities: Many of us need them to exist and to function. Some of us need them to grow and to thrive. I didn't realize how much I needed community until after the pandemic calmed down—when I started to get back on my fitness game. I realized the need was connected to being united with a group of people that truly believed in working on their

wellness each and every day. No one ever said it or explained it quite like that, but the energy of the space and the commitment of the people that showed up every day helped me to know that this was a shared value.

My gym community also reminded me that I am never really alone and that I don't have to be by myself. People are right by my side, stretching my perspectives on things, challenging me to be better, rooting for me when I am down. And I am doing the same for them.

When I started looking around, I realized that communities showed up in many other aspects of my life, too. There was my businesswomen community, my work community, my parent community and even my plant-based foodie community just to name a few. Established in these spaces is a deep sense of trust that helps us stay grounded, support one another and grow.

I get very motivated working in spaces like these, where there is a collective mission that is unspoken yet acted upon each and every day. Community is where I practice who I want to be, what I want to create, and how I can demonstrate unwavering support of others.

Belonging to a community has given me a greater sense of purpose along with the feeling of being part of something bigger than myself. I get to feel like I belong and that I am needed by others as much as they are needed by me. 🙌



Dr. Natasha Brewley, better known as Chef Beee, is a lifestyle medicine health coach, a raw and plant-based chef educator and author of the cookbook, *Let Plants Nourish You*. Learn more at ChefBeee.com or on FB, YT or Instagram: @IAmChefBeee.

Coming Soon!

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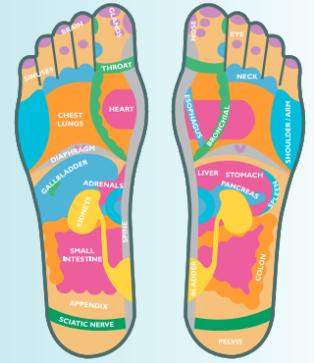
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Reflexology

INTRO TO REFLEXOLOGY

Friday, December 9 • 10am - 2pm

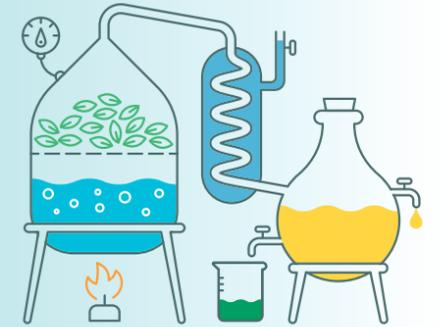
Reflexology is an ancient practice that stimulates the body's innate healing ability. Learn easy-to-use, powerful techniques to help yourself, family and friends. Learn simple protocols that reduce stress and anxiety, ease pain, and encourage deep relaxation.



Aromatherapy FOUNDATION TRAINING

Thursday, November 17

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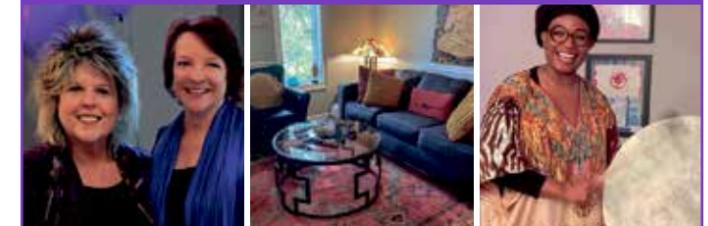


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