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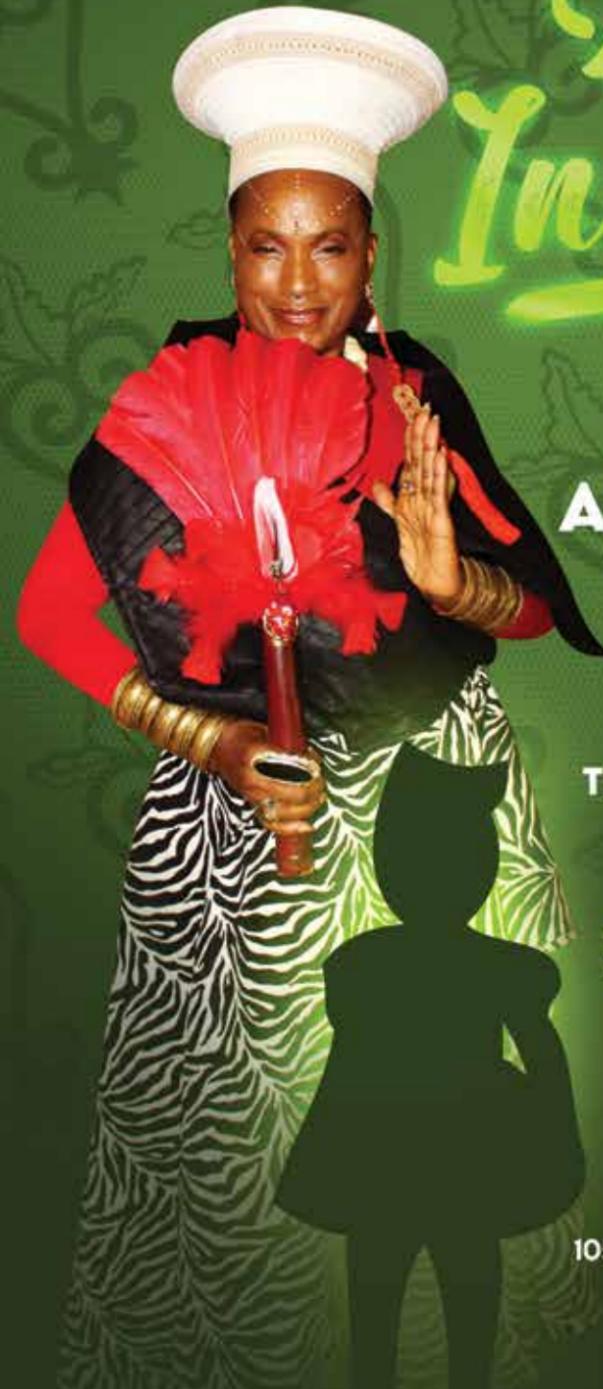
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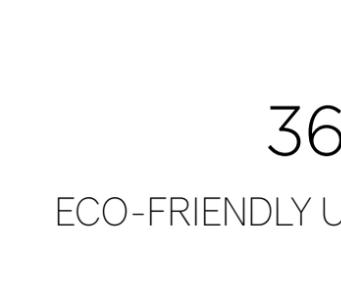
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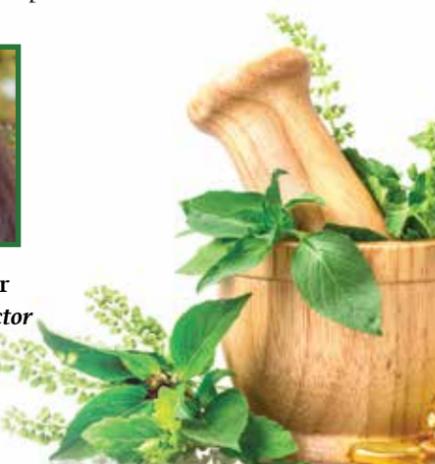
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FIRST HALF OF 2023: MOST-READ ARTICLES

Here are the Top 10 most-read of our online articles that were published in 2023, thus far. As always, most of the most-read were published in previous years.

1. SADGHURU ON INNER ENGINEERING AND MEDITATION

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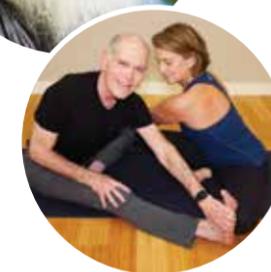


2. THREE BLACK HOLISTIC HEALING SUPERSTARS MAKE THE ROUNDS

bit.ly/black-docs-0623

3. LOVE AND YOGA
Three Atlanta Couples on Running a Studio Together

bit.ly/love-and-yoga-0223



4. TREATING PAIN WITH SOUND WAVES

bit.ly/sound-waves-0323



5. COOLING THE FIRE WITHIN
Healthy Eating Tips to Ease Chronic Inflammation

bit.ly/cooling-the-fire-0123

6. TAMMY BILLUPS on Soul Healing with our Animal Companions

bit.ly/tammy-billups-0323



7. ATLANTA REGIONAL CSA DIRECTORY

bit.ly/csa-directory-0423

8. SACRED WATERS CELEBRATES 15 YEARS

bit.ly/sacred-waters-15-0423

9. BRAIN POWER BOOSTERS
Tips to Preserve Memory at Any Age

bit.ly/brain-boosters-0123

10. VEGGIES FOR THE WIN
Five Reasons to Choose a Plant-Based Lifestyle

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LETTER FROM THE PUBLISHER

A Season of Loss — And Its Antidote



I've just come through a period in which I knew of seven deaths. The latest was my former father-in-law. He was a profoundly decent man with an always-on sense of humor and an easygoing way of being. My neighbor also passed, a pillar of our cohousing community who was also gentle of spirit. And a mother of a neighbor died as well. Then two losses from my *Natural Awakenings* community: a co-publisher who leaves behind his co-publisher wife and young children and the mother of one of my distributors. Then, two pets, belonging to the same person, died within one week.

I don't know where this comes from, but I am inclined to assist those who are dying or have just died. Before I encountered Buddhism, I thought one day I might volunteer for a hospice facility. But after learning about a Buddhist practice to benefit the dying and the recently deceased, I have said *powa* for many sentient beings, both human and animal. Lately, I've said it a lot. *Powa* is a prayer and meditation for the fortunate transference of consciousness of those who have transitioned. Unlike taking and giving, a meditation practice I was drawn to, *powa* is a practice I resorted to when I couldn't think of anything constructive to do in the face of death.

I don't recall who died first, a too-young-to-die neighbor here in my community or the 16-year-old older brother of my son's classmate. The former died of cancer, the latter by suicide. For both, I experienced grief, of course, but I was also filled with shock about the suicide. When I heard of the death of my neighbor, I had only recently learned *powa*, and I began relying upon it heavily. She'd had Buddhist leanings of her own, so we said the prayer together before she passed, and then I did so again with family and friends after she passed. The teenager's death, however, was a major event within his school communities. I was not close to his parents at the time, so I did *powa* for him in front of my home shrine, as I've done for so many others.

I've understood for a long time that the sadness and grief we experience for the passing of loved ones are, by and large, functions of the sorrow from our loss; we're crying for ourselves, not the deceased. While this is understandable and acceptable, it's not helpful to the dying or deceased. What I deeply appreciate about *powa* is that it gives us a meaningful way to help loved ones one last time. We can benefit them, not just indulge in our own grief.

Does *powa* really help? That's where belief comes in. I fundamentally believe in the power of prayer, and I have experienced prayers appearing to be answered. But it is important to consider, as I have been taught, that effectiveness is not a function of our power, but the strength of our connections and intentions. If our connection to our loved ones and enlightened beings is sufficiently strong, and if our intent is sufficiently strong, enlightened beings can answer our prayers.

Indeed, my tradition encourages us to make and keep as many friends as possible in order to establish the karmic connections through which we can be of help to them in future lives. And I interpret this to mean, contrary to common advice, to not cut so-called toxic people out of our lives but to maintain some connection out of a sense of compassion—so we can help them down the road. I don't mean to suggest that one should keep toxic people close, just that we shouldn't abandon them completely.

If nothing else, *powa* can be personally empowering in the face of devastating loss. But much more than a temporary emotional lift, any practice we undertake for the benefit of others will surely help expand our sense and capacity for compassion. And, of course, there is the distinct possibility that such practices deliver benefits.

My Buddhist center, the Kadampa Meditation Center Georgia, holds a monthly *powa* session for sentient beings, including animals, who have passed away in the previous 49 days. For dates and times, visit MeditationinGeorgia.org/Prayers/. Coincidentally, we write about KMC Georgia's 25th anniversary on page 18 of this issue. 🙏



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 DHARMA PROJECT Yoga Fest's 2023 Nonprofit Partner

This year's nonprofit partner of the Dirty South Yoga Fest (DSYF) is The Dharma Project, an organization that makes yoga and mindfulness more accessible to underserved communities. At each festival, DSYF chooses a nonprofit to receive a portion of its proceeds.

"The Dharma Project is a yoga-based nonprofit and an extension of our shared values of how yoga can improve people's lives and the collective community," says Jessica Murphy, founder and director of DSYF.

Founded in 2016 by Rutu Chaudhari, The Dharma Project offers two programs: Practice on Purpose and Give Yoga, Get Yoga. The former addresses underserved communities, such as inmates at the Georgia Department of Corrections. Give Yoga, Get Yoga is a yoga teacher training program that is paid, hour-for-hour, with yoga service. The number of hours that students train is the number of hours they teach in the community.

The festival takes place August 25 to 27 at the Loudermilk Center in downtown Atlanta; its title sponsor is Lulumon Athletica. "After so many were unable to connect over the past three years due to the pandemic, DSYF decided to include the theme of collaboration to add another layer of connection among our incredible yoga community," says Murphy. As a result, most classes will be taught by two instructors instead of just one.

Highlights include a performance by Gina Minyard and Gershone as well as an introductory talk about Ayurveda by Kim Rossi, the Ayurveda spa director at Art of Living Retreat Center on Saturday. On Sunday, Octavia Raheem will offer a yoga nidra class.



For more information and to purchase tickets, visit DirtySouthYogaFest.com.

Disclosure: Natural Awakenings is a sponsor of the Dirty South Yoga Fest.

ChantLanta Sacred Music Festival ANNOUNCES MUSIC LINEUP

After a three-year hiatus necessitated by the pandemic, ChantLanta Sacred Music Festival returns to Atlanta on September 8 and 9 at Unity North Atlanta. The annual festival has been a cherished event in metro Atlanta's spiritual community since 2010.

The festivities include sacred music, sound healing, ecstatic dance, yoga and meditation. It will also be a charity benefit supporting Feet of Clay, a local organization that provides a safe haven and daily essentials for survivors of domestic abuse.

According to co-founder Ian Boccio, the festival will feature "high vibration" music from Shonali and the Goddess Choir, The Spirit Messengers, Flying Mystics, Douglas Johnson, Radha Rose and Josh Klein, as well as Nandi Dass. Sacred sound and movement experiences will also be presented by local nonprofit Gina Minyard and Gershone, Scott Houston's Sol Dance, Metabear, Danny Stern, Lisa Wiggins, Dale Allen Hoffman, Maha Taylor and sound guru Sonic Yogi.

ChantLanta's main stage afternoon program on September 9 will be free to attend and includes a vendor market and food trucks on site. Festival passes for the September 8 and 9 evening programs will be available to purchase on a sliding scale, including a discounted pass for the entire weekend. A \$15 registration fee is required for each ChantLanta workshop.



Douglas Johnson & friends at ChantLanta 2020

The ChantLanta Sacred Music Festival will take place at Unity North Atlanta, located at 4255 Sandy Plains Rd. in Marietta, on September 8 from 6:30 p.m. to 10 p.m. and September 9 from 10:30 a.m. to 11 p.m.

For more information, visit ChantLanta.org or the ChantLanta Facebook page. Send questions to Ian@ChantLanta.org.



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Natural Awakenings and the Dirty South Yoga Fest are giving away a full-festival pass, value \$199! Festival dates: August 25 – 27, Loudermilk Center, downtown Atlanta. To register, scan the QR code above, or go to the URL below. Registering places you on both our email lists. One entry per email address. Winner will be drawn on August 14.

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ATLANTA BRIEFS

Cloud9Wellness OFFERS NERVE REVITALIZING

Kay Song, owner of The DRIPBaR, a medical spa in Sandy Springs offering vitamin and hydration IVs for pain relief, is launching a new company, Cloud9Wellness, to offer an innovative nerve revitalizing therapy that uses a multifaceted approach to treat neuropathy.

Song will run both Cloud9Wellness and The DRIPBaR out of The DRIPBaR's location at 5600 Roswell Road, Suite B110. "More than one hundred million Americans suffer from chronic pain that will result in a loss of productivity, often leading to misuse and abuse of prescription medication," says Song. "Those suffering from neuropathy need to be made aware that there are natural, non-medication options that are holistic and non-invasive that work." Song says that more than 90 percent of clients report permanent relief within one year, and 40 percent see relief in just 90 days of consistent use.

"This system includes FDA-cleared cold laser and digital electrotherapy stimulator, light therapy, or photobiomodulation, vibration, natural creams and supplements. Each component is backed by hard data to support efficacy. Combined, the different modalities work synergistically to minimize and often eliminate pain and, in many cases, restore function," says Song.

Package plans of varying prices are available. Song is sourcing her neuropathy of-fering from Stealth Media, a company that serves physical therapists, chiropractors,



Kay Song

spas and pain management clinics. In addition to the protocol and the products themselves, Stealth Media consults with clients on growing revenues and profits. "Stealth Media offers a proven neuropathy protocol to get people all over the world relief from their neuropathy symptoms," says Song.

For an initial consultation, or more information, call 678-750-4422.

MONKS FROM SELF-REALIZATION FELLOWSHIP VISIT ATLANTA

The Atlanta branch of the Self-Realization Fellowship—also referred to as SRF Atlanta—will welcome two monks from SRF international headquarters in Los Angeles, Brother Nakulanda and Brother Govindananda, September 15 through 17. SRF is a spiritual organization with the purpose of spreading Kriya Yoga and other techniques for achieving a direct personal experience of God.

The monks will be in Atlanta to give inspirational talks, perform a Kriya Yoga initiation and conduct meditation technique classes. Step-by-step instructions in meditation, concentration and energization, which are the building blocks to the spiritual science of Kriya Yoga, will be offered. The monks will also discuss the journey of discovering the peace, joy and wisdom of the soul through the teachings of Paramahansa Yogananda, the center's founder, author of *The Autobiography of a Yogi* and the subject of the film *Awake: the Life of Yogananda*.

The event will be held at SRF Atlanta, located at 4000 King Springs Road in Smyrna. It will be free to the public, but pre-registration is required to attend. "Meditation, Finding Inner Peace and Joy," a public lecture on the Kriya Yoga teachings of Paramahansa Yogananda, will be presented on September 15 at 8 p.m. On September 16, meditation technique classes will be



SRF Atlanta [Photo: Randy Bundy]

featured from 9 a.m. to noon, and a Kriya Yoga initiation ceremony will be performed from 5:30 p.m. to 8:30 p.m. There will be an opportunity to register for classes the evening of September 15 and the morning of September 16, beginning at 8 a.m.

For more information visit SRFAtlanta.org, email SRFAtlanta@hotmail.com or call 770-434-7200.

THREE METAPHYSICAL SHOPS FEATURE WORKS BY LOCAL ARTISTS



Sunflowers by Visibleman

The Well of Roswell is hosting artist Richard Edward Hicks, a local artist from the Roswell area, through September 8. His exhibit “Flower Engines” is a series of paintings by Visibleman—his artist alter ego—combining mysterious machines, botanical elements and the human figure.

“If these works do what I would like for them to do, it would be for the viewer to connect to that innermost part of themselves that finds joy and wonder in the opening up to an unknown world of great potential,” Hicks says.

The Well of Roswell is located at 900 Old Roswell Lakes Parkway, Suite 300, in Roswell.



Only in My Dreams by Samantha Ramirez

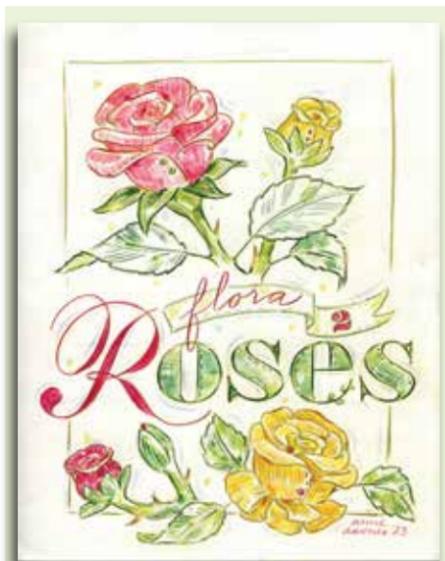
Through August 20, Marietta’s metaphysical shop and gallery, Heart Soul and Art, is presenting the works of 50 local artists in a juried art show with the theme “Dreams.” Winners were announced at a reception and awards ceremony at the shop on July 22.

The first place ribbon went to Samantha Ramirez for her acrylic on canvas work, “Only in My Dreams,” Bryan Jeppson won second place for “Another Dream” and third place was awarded to Kit Buzby for “Astral Alignment.” The Staff Favorite was Kate Blasingame’s “It Is What It Is” and Honorable Mentions were awarded to Andreea Popa, Annamarie Rewal, Brett Lane, Bryan Jeppson, Carla Ginsberg-Latimer and Pasquale Padovano. Winners received ribbons and cash prizes.

“Our artists could come up with their own idea of what they think dreams are, whether it’s dreams that you dream or dreams of life, or if you’ve had a lifelong dream you wanted to achieve,” says Heart Soul and Art’s founder, Sharron Ragan.

The show displays works in a range of media, from oils and acrylics to watercolors, photography and pastels. All works of art in the show are available for sale to the public.

Heart Soul and Art is located at 1470 Roswell Road in Marietta. For more information or to register for the art show, visit HeartSoulandArt.com/art-shows.



New Roses by Anne-Davnes Elser

Phoenix & Dragon Bookstore is hosting the “Flora: Femininity and the Healing Powers of Nature” art show from August 6 to September 4. The show’s theme is the beauty of the balance of feminine and masculine energies to create healing. Artist Anne-Davnes Elser’s work features forms of nature and the feminine body in abstract oil paintings and calligraphic watercolors. On August 4, from 2 to 4 p.m., Elser will demonstrate the tools and techniques she uses to create her calligraphic lettering with florals and flourishes. A reception will follow from 4 to 6 p.m.

Phoenix & Dragon Bookstore is located at 5531 Roswell Road NE in Sandy Springs. For more information, visit PhoenixAndDragon.com.

My destination is no longer a place, rather a new way of seeing.

– Marcel Proust



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TEACHING AND PRACTICING MAHAYANA BUDDHISM FOR 25 YEARS

by Camille Lueder



Doubletakes are not infrequent; stares are not taken as offense. That’s what Gen Norden, resident teacher at the Kadampa Meditation Center of Georgia (KMC-GA), a Mahayana Buddhist group, often observes as people walk past the center while she is teaching.

“As you walk past the building, you look through these glass windows in the front, and you see an eight-foot Buddha staring back at you,” she says. To be sure, it’s not an everyday occurrence to run into an eight-foot-tall Buddha.

TIME TO CELEBRATE

KMC-GA held its official 25th-anniversary celebration in April with guest teacher Kadam Michelle Gauthier, the resident teacher at KMC Tampa Bay. KMC-GA is a member of the New Kadampa Tradition-International Kadampa Buddhist Union (NKT-IKBU), an international association of Mahayana Buddhist study and meditation centers, which follows the Kadampa Buddhist tradition founded by Venerable Geshe Kelsang Gyatso.

Gen Norden has been with KMC-GA since early 2020. She says that new students react positively to the Buddhist teachings and are relieved to learn that it’s possible to experience peace of mind and cultivate it by oneself. Some find the teachings of karma and past and future lives more difficult to understand, she says, while others find meditation to be more challenging. Still, the sense of peace they feel after attending a class and the practicality of the teachings are appealing to newcomers.

Gen Norden teaches a foundation program class at KMC-GA—a systematic study program that deepens one’s practical experience of the Buddha’s teachings—and a more advanced class, a teacher training program.

CALMER AND MORE PEACEFUL

Senior student Bob Buchman came to the center when it first opened, hoping to learn more about Buddhism and meditation in general. His concentration wasn’t very good when he started, he says, but he began to see improvement from the meditations.

“I was calmer and more peaceful,” says Buchman. “What really surprised



Bob Buchman

me was that I learned how to bring my meditation experience into my daily life when I wasn’t meditating. For example, prior to attending the Center, I had major anger issues. Buddha teaches us how to recognize our harmful behaviors, such as anger, how to reduce them, and how to abandon them. For me, coming back was easy. The teachings and meditations are not separate, and I wanted more of that mental peace and clarity.”

Buchman feels that many people who come to the center have been on another spiritual path or have not been on a spiritual path at all, yet they find the teachings and meditations beneficial in their daily lives.

Christine Martyake has been attending classes at the center for about two years. Taking classes regularly has provided a lot of comfort in her life and has made her more appreciative of the present moment, she says.

“I think a lot of people go [to KMC-GA] when they’re having a hard time with something because life is so hard. [The teachers here] say right off the bat that life is hard for everybody. Everyone is suffering all the time. Now, what can we do to make things better?” says Martyake.

FLOURISHING AND FINDING A HOME

Today, the center is located in the heart of Inman Park, but it has had many homes before it got there. It started off in an apartment in Roswell and then moved to a house near Northlake Mall. When it needed to expand, it moved to a commercial space in Druid Hills, then Kirkwood and then two locations in Sandy Springs before it landed at its current location.

“Between finding the current Inman Park space, all the work with the architect, zoning, permits and the construction itself, we were without a physical space for two and a half years,” says Buchman. “However, during that time, we still met in several locations, including yoga studios, exercise facilities as well as several members’ apartments or condos. Interestingly, even without a physical building to meet in, we didn’t lose any core members. And today, you see the beautiful center we now have. So those two and a half years were definitely worth it!”

According to Gen Norden, the members of the community—who come from a variety of backgrounds—have kept the Georgia center flourishing. It offers classes around the Atlanta area, including Unity North Atlanta in Marietta. It also teaches classes in Birmingham, Chattanooga and Florence, Alabama.

Buchman believes they’ve continued to thrive because they



welcome everyone—not just Buddhists—through their doors. In fact, membership has grown significantly since he first came to the center, from just a few people to about 100 members.

“You don’t have to take anything away from Buddhist teachings or add anything to them, but they really are incredibly practical and relevant to the modern times,” says Gen Norden.

“Kadampa Buddhism is very logical,” says Martyake. “If they are saying something that you don’t agree with, they encourage you to

question it so that they can tell you how they got to that point in their beliefs.”

The Center has given Martyake and many others a different outlook on life and has allowed them to come to terms with the fact that bad things happen. Buchman says that what he finds memorable is the spiritual growth and happiness he sees in other people who are part of the spiritual community, and this, in turn, reflects his own growth back to him. Like Martyake and Buchman, students find that the lessons they learn and their meditation skills help them in their daily lives.

“Today, my mind is much calmer and more peaceful as a direct result of Buddha’s teachings and meditations. I am now very aware of the sources of happiness and how to access those sources. I now look inward for happiness and clarity, not externally,” says Buchman.



Natural Awakenings’ intern Camille Lueder is pursuing a Bachelor of Arts degree with a concentration on journalism at Berry College. She is the upcoming issues and impact editor for Valkyrie magazine of Berry College.

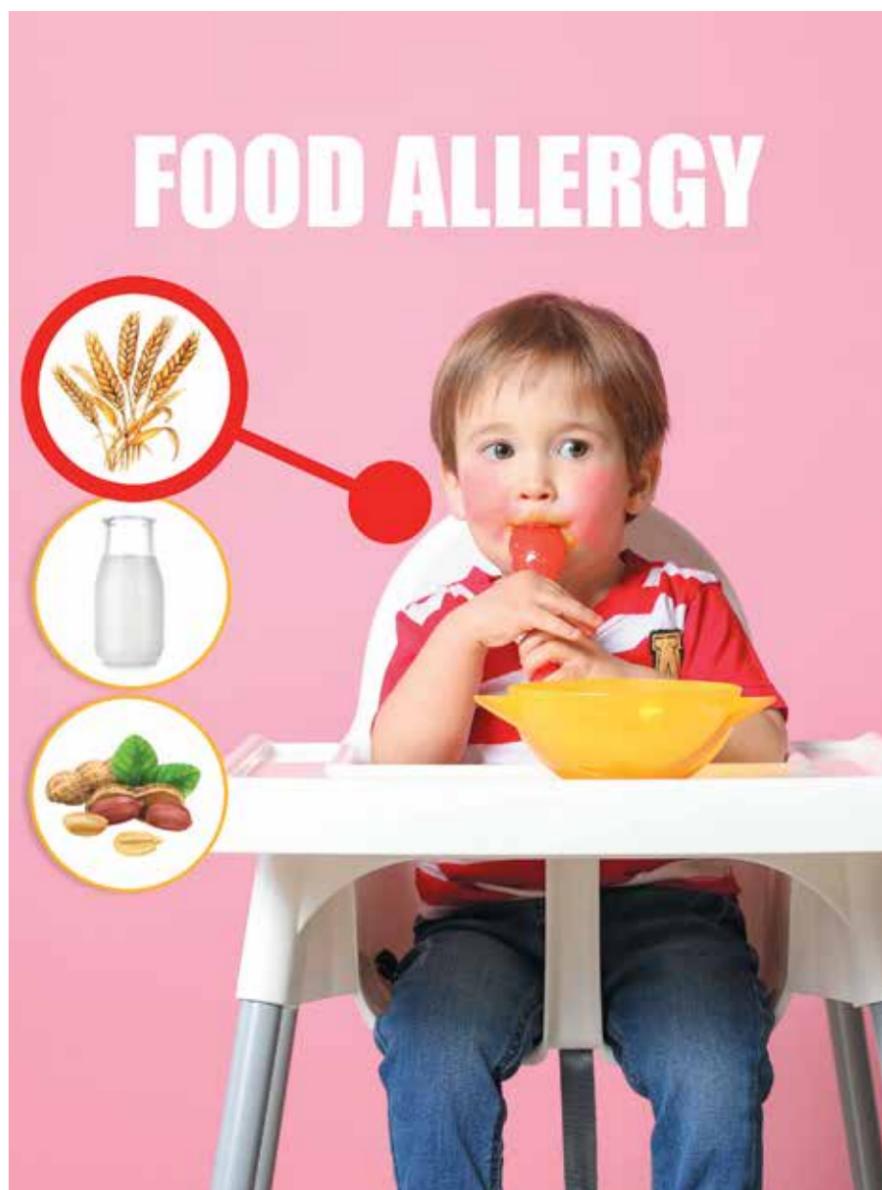


Gen Kelsang Norden [Photo Courtesy KMC-GA]

Childhood Food Allergies, Intolerances and Sensitivities

BACK-TO-SCHOOL TIPS FOR ALL AGES

by Veronica Hinke



It's back-to-school season, and for students with food issues, meal planning is as important as lining up classroom supplies and extracurricular schedules. Paramount in their minds is to avoid ingredients that might cause unappealing reactions or compromise health, while not stressing about the risks or feeling cheated that they cannot eat the same things as their friends.

Diagnosis

Often, food allergies, sensitivities and intolerances are incorrectly used interchangeably when, in fact, the symptoms, treatments and safety recommendations differ. Consult a physician for a proper diagnosis and a nutritionist for dietary guidance.

FOOD ALLERGIES cause an almost immediate, potentially deadly immune response (anaphylaxis) requiring an epinephrine shot. Symptoms include a drop in blood pressure, narrowing of the airways, rashes, nausea and vomiting. The U.S. Centers for Disease Control and Prevention (CDC) estimates that 20 percent of students with food allergies will have a reaction at school. Eight ingredients account for 90 percent of food allergies: milk, eggs, fish, shellfish, tree nuts, peanuts, wheat and soybeans.

FOOD INTOLERANCES result from an inability to digest certain foods due to an enzyme deficiency or irritable bowel syndrome. The most common forms of intolerance are caused by lactose, histamine and gluten.

FOOD SENSITIVITIES provoke delayed symptoms (sometimes days after eating a problematic ingredient), including diarrhea, rashes, joint pain, digestive problems, fatigue and brain fog. Among children, common triggers are lactose, gluten, grains, legumes, soy, corn and yeast.

Emotional Concerns

According to Karen Raden, an Illinois-based registered dietician and certified clinical nutritionist, the goal is what she calls "food freedom": the empowerment of students to make informed choices that feel best for them and their bodies. "Even if a child's options are limited, it's important to allow them to make substitutions. The less restricted, the better. It's not just about the science; there's a lot of emotion that goes into it, too," she says.

Dr. Dawn Huebner, a psychologist, author and parent coach in Sacramento, California, says, "There is danger associated with allergies, and anxiety results when you overestimate the danger. In children, this can morph into anxiety about eating with other people or touching things in the classroom. Many parents are intent on making uncomfortable feelings go away, so they end up minimizing feelings, telling their children to simply not worry."

A better approach, Huebner says, is to acknowledge the child's reality and empathize with them. "Say to your child in a really direct way, 'Yes, that's hard to see your friends eating ice cream or cupcakes that you don't get to have.' Even though there are food substitutions, it doesn't make up for the fact that a student doesn't get to be a regular kid, eating what everyone else gets to eat."

Ready-to-Eat Options

Huebner suggests that parents help their children develop skills to overcome temptation, rather than berating or punishing them for occasionally sneaking forbidden foods. At all times, delicious alternatives should be readily available.

Theresa Diulus, a Texas-based nutrition coach, believes in empowering kids by keeping ready-made foods in clearly marked bins that kids can easily access. She stocks the pantry with gluten-free

oatmeal and coconut or cassava flour cake mixes, and stores frozen, gluten-free waffle or pancake batter in batches to save time when a safe and delicious treat is needed.

Food Substitutions

Replacing essential nutrients that might be missing once certain foods are eliminated is another key objective. "If dairy is the problem, for example, we worry about bone health and need to make sure the child is getting calcium from nondairy sources," Raden explains. "I like to find out what their favorite foods are and modify them. Food issues are more prevalent these days. We're really lucky now that there are very good substitutes for eggs, dairy and gluten."

Raden recently adapted a shepherd's pie recipe by using gluten-free flour and almond milk. For people that cannot tolerate regular eggs, she recommends using a "flax egg" in baked goods, which combines one tablespoon of flaxseed meal with three tablespoons of water.

Family Meals Made Easy

When they were little, Caroline Somers' two daughters developed extensive food intolerances and food allergies with inflammation, gastrointestinal bloating and digestive distress. Tasked with reimagining her family's diet, the president of Suzanne Somers Companies created new versions of her favorite recipes, which will be featured in her upcoming cookbook, *Served: From My Family Table to Yours*.

"Many people deal with family members who have food preferences or intolerances to foods, and it can turn the person preparing foods into a short-order cook—no gluten for this one; vegan for that one; this one will eat fish but no dairy. It can make your head spin," says Somers. Her Vietnamese Spring Rolls recipe addresses this predicament by serving the ingredients family-style and inviting each person at the table to assemble their own spring roll according to their food preferences and restrictions. 🍴

Veronica Hinke is a food historian and author of *The Last Night on the Titanic: Unsinkable Drinking, Dining and Style*.

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ASIAN GLAZED CHICKEN WITH BROCCOLI

This recipe uses gluten-free tamari instead of soy sauce for the glaze and rice flour instead of gluten-containing white flour to lightly coat the chicken, helping to keep the meat juicy and tender.

YIELD: 4 SERVINGS

- 1 to 2 chicken breasts (depending on size), cut into 1-inch pieces
- ¼ cup rice flour
- ½ tsp salt
- 2 grinds of fresh pepper
- 3 Tbsp vegetable oil
- 1-inch section of ginger root, peeled and chopped
- 1 scallion, sliced
- 1 broccoli crown, chopped

ASIAN GLAZE

- 1 Tbsp gluten-free tamari
- 1 tsp rice wine vinegar
- ½ tsp toasted sesame oil
- 2 tsp honey

In a bowl, combine the rice flour with salt and pepper. Toss the chicken in the mixture and set aside. In a large, nonstick pan, heat 1 tablespoon oil on medium high heat and add the ginger and white part of the scallions, quickly stir frying for 1 minute. Add the broccoli and continue cooking until slightly tender. Remove from the pan to a platter.

Add the remaining 2 tablespoons of oil to the pan. Cook the chicken, stirring occasionally until lightly browned on all sides. Meanwhile, stir together the glaze ingredients in a small bowl. Once the chicken is cooked, add the glaze to the pan and cook for 1 minute to thicken it. Add the broccoli and remaining green parts of the scallions and combine to heat through. Serve over rice or noodles.

Recipe and photo courtesy of Chicago-based pastry chef and cookbook author Gale Gand.



TURKEY BURGER BENTO BOX

YIELD: 4 SERVINGS

BURGERS

- 1 lb ground turkey
- ¼ tsp onion powder
- ¼ tsp garlic powder
- ¼ tsp paprika
- 1 tsp salt
- 1 Tbsp avocado oil

SWEET POTATO "BUNS"

- 1 large sweet potato, peeled and sliced into ½-inch slices
- 2 to 3 Tbsp avocado oil

In a medium bowl, combine ground turkey and spices until mixed well, but don't over-mix. Wet hands and divide mixture into 8 equal portions, then form into patties. Pat down really flat, as they will plump up when they cook.

Heat a cast iron skillet or heavy cooking pan over medium heat, then add avocado oil and swirl pan to cover the bottom. Add the meat patties and cook until the internal temperature reaches 165° F, approximately 4 to 5 minutes on each side.

For the sweet potato buns, heat a cast iron skillet or a heavy cooking pan over medium heat, then add avocado oil and swirl the pan to cover the bottom. Add the sweet potato slices and cook until golden and tender but not mushy, about 3 to 5 minutes on each side.

To assemble the bento box, place two burgers in the largest compartment and add fresh veggies and fruits to the smaller compartments.

Recipe and photo courtesy of Theresa Diulus.



For a web-exclusive **VIETNAMESE SPRING ROLLS** recipe, go to: bit.ly/spring-rolls-0823.

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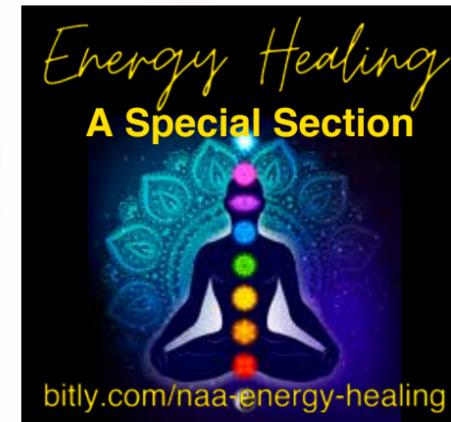
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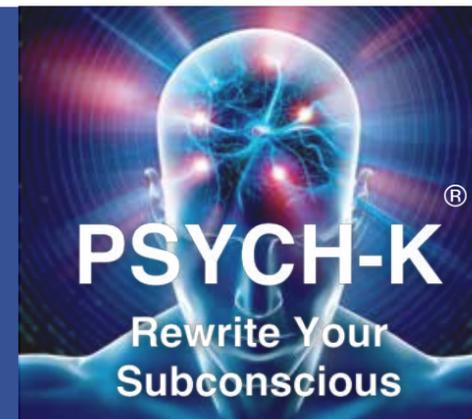


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LIFELONG LEARNING

BENEFITS OF BEING THE FOREVER STUDENT

by Linda Sechrist

It's never too late to take an evening drawing class at the local high school, learn a language with the help of an app or get one-on-one tutoring from a piano instructor. Adults of any age can find personal and professional benefits when they engage in what is termed "lifelong learning". It is a great way to spice up retirement, acquire skills for a coveted promotion, master new technology, express creativity or simply keep the mind sharp. Lifelong learners are generally curious, self-motivated and passionate individuals. Their continuing educational pursuits can lead to mental and emotional benefits, including healthier, more fulfilling lives.

Brain Benefits

In a study published in the journal *Psychological Science* involving 200 seniors, neuroscientists at the Center for Vital Longevity at The University of Texas at Dallas found that sustained engagement in cognitively demanding, novel activities—such as

learning digital photography or quilting—significantly enhanced memory function in older adults. The researchers were surprised to discover that the control group, which engaged in fun, social activities without learning a new skill, did not perform as well in memory tests.

In a report published in the journal *Neurology*, Dr. Keith Johnson from Massachusetts General Hospital and Harvard Medical School found that people engaged in higher levels of intellectual stimulation throughout their lives can delay the onset of memory problems and other symptoms of Alzheimer's disease, although it does not represent a cure for the illness.

The mind is a use-it-or-lose-it tool, says Dr. Lise Van Susteren, a general and forensic psychiatrist in Washington, D.C. "What better way to use our short-term and long-term memory than to engage in lifelong learning? The older we get, the less likely we are to exercise short-term memory. We program our phones with numbers we call regularly. We store passwords and usernames in our computers and never attempt to memorize credit card numbers," she explains. "We're not using our brains enough, leaving us open to being replaced by AI [artificial intelligence]. The brain is a muscle to be exercised regularly or like a car that you must keep tuned up."

Susteren points to a five-year study of London taxi drivers, which found that the hippocampus, a part of the brain that is crucial for long-term memory and spatial navigation, was larger than average in the brains of these cabbies. What's more, the neuroscientists at University College London were able to show through magnetic resonance imaging that this gray-matter growth occurred over a four-year period after the drivers had memorized an intricate network of 25,000 streets and thousands of routes to tourist attractions and city hotspots. According to Van Susteren, this study suggests that intensive learning can spur the brain to grow over time.

Making Every Day Count

Ingrid Bianca Byerly, director of the Humanitarian Challenges Focus Program and senior lecturing fellow in the Thompson Writing Program, at Duke University, describes lifelong learners as audacious, curious and fun-loving people that passionately seize the day. In a TEDxStGeorge talk entitled "The New Fountain of Youth: Lifelong Learning", she recounts the invigorating experience of being on the faculty of

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three Semester at Sea voyages, where she taught undergraduate students and lifelong learners world music and public-speaking advocacy for global humanitarian causes.

“Entering college, you’re asking yourself, ‘What am I going to do for a job and a paycheck?’ and at retirement, you’re asking, ‘What is my purpose, and what am I going to do with the rest of my life for my personal fulfillment and enrichment?’” Byerly expresses admiration for lifelong learners that pursue life goals, learn to play musical instruments, take art classes, climb mountains or write memoirs, and surmises that the secret to staying young and keeping the mind alive is adult education.

Life-Altering Pursuits

For some lifelong learners, seeking new opportunities and embracing change are compelling motivators. Take Maia Toll, for example. In 2006, she followed a whim to study herbalism with a traditional healer in Ireland. For the elementary school teacher living in Beacon, New York, botanical herbs had only been a hobby up to that point.

“Apprenticing with Eleanor changed everything,” she says of her experience with her Irish-based mentor. “I had the space in my life and money from selling my house. Three months turned into nearly a year, and upon returning home, I continued studying for four more years.”

Toll left her teaching career to become a full-time herbalist and is now the co-owner of a shop called Herbiary, with locations in Philadelphia, Pennsylvania, and Asheville, North Carolina, where she lives. She has taught herbalism at West Chester University in their School of Public Health, led a study program in the Amazon rainforest and written several books, including her latest, *Letting Magic In*. As she explains, “Lifelong learning can change your life at any age.”

A Greater Commitment to Learning

For 30 years, Jim Walker was a labor representative for the California School Employees Association. He recalls teaching a labor-law class as an adjunct instructor



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for Los Angeles Trade-Technical College and estimates that about 80 percent of his students were lifelong learners, which he defines as adults between the ages of 30 and 45 that are interested in the subject matter for personal or professional reasons rather than satisfying a requirement for a college degree.

“It was obvious to me that these lifelong learners were more dedicated students than college students. They were like sponges and wanted to absorb everything. Occasionally during classes, it was the lifelong learners that were on their phones googling the subject and updating my facts,” says Walker, who admits that when he had more free time in retirement, he enrolled in meteorology and astrology courses to satisfy longstanding interests of his own.

The Joy of Achieving Milestones

In love with learning and the sense of accomplishment she feels whenever she masters a subject, Doreen DeStefano, of Root Causes Holistic Health & Medicine, in Fort Myers, Florida, has been earning degrees since 1987. She holds bachelor’s degrees in nursing and exercise physiology, master’s degrees in criminology and public business administration, and doctorates in natural health and nursing practice. “In medicine, there is always something new to learn,” she says. “I think that’s why I chose this field. It’s fun to learn the latest thing.”

Linda Sechrist has been a contributing writer to Natural Awakenings publications for 20 years.

HEALING WAYS

Ayurvedic Wisdom

SELF-CARE FOR PITTA DOSHA

by Jaya Ramamurthy

This is the third article of a three-article series on the three doshas of Ayurveda—the energies that comprise everyone’s physical, emotional and behavioral makeup—by Atlanta Ayurvedic clinical specialist Jaya Ramamurthy. In this article, she delves into the pitta dosha. To see all of our Ayurveda articles to date, visit bit.ly/naa-ayurveda.

The Five Elements and the Three Doshas

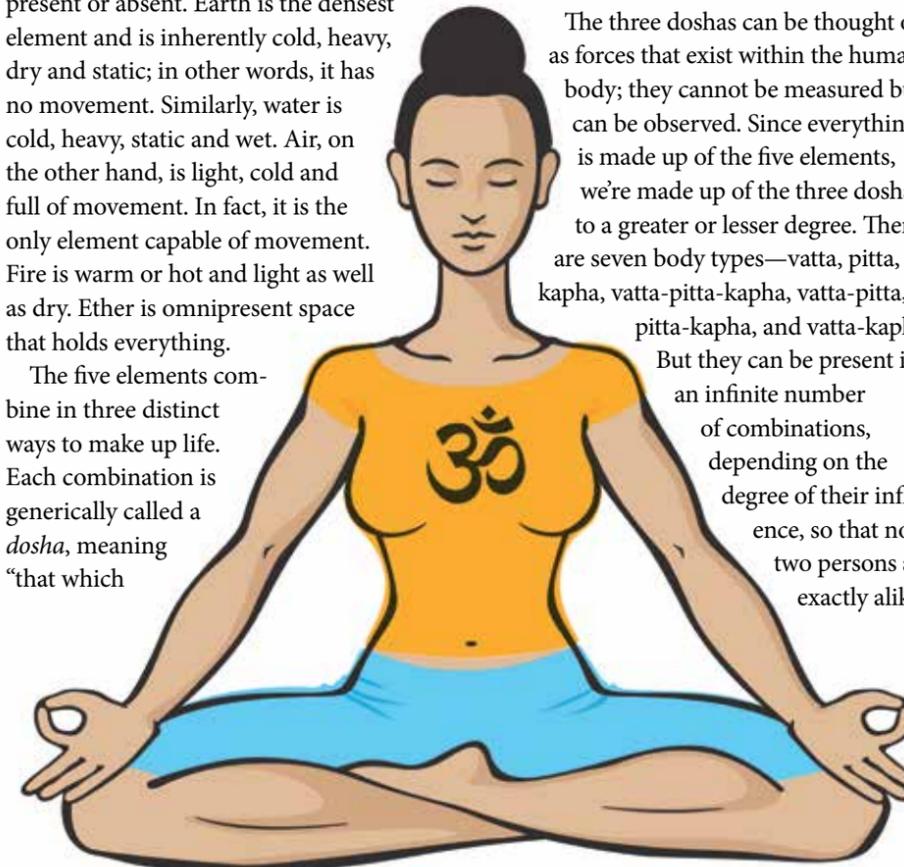
The ancient medical system of Ayurveda guides us through the year with timeless wisdom and intuitive practices. Its first principle tells us that our universe is based on five elements, which we perceive around us through the qualities they bestow. For example, when we perceive the quality of warmth or cold, we can sense that fire is present or absent. Earth is the densest element and is inherently cold, heavy, dry and static; in other words, it has no movement. Similarly, water is cold, heavy, static and wet. Air, on the other hand, is light, cold and full of movement. In fact, it is the only element capable of movement. Fire is warm or hot and light as well as dry. Ether is omnipresent space that holds everything.

The five elements combine in three distinct ways to make up life. Each combination is generically called a *dosha*, meaning “that which

can become faulty and lead to disease.” Earth and water combine to make a life form, a physical cell, and the combination of elements is called *kapha*. Water and fire combine to make cellular or metabolic processes. For example, digestive enzymes can be abstracted on the most subtle level to be fire encapsulated by water. The combination of water and fire is called *pitta*. Air and ether combine to create movement and the combination of the two is called *vata*.

The three doshas can be thought of as forces that exist within the human body; they cannot be measured but can be observed. Since everything is made up of the five elements, we’re made up of the three doshas to a greater or lesser degree. There are seven body types—*vatta*, *pitta*, *kapha*, *vatta-pitta-kapha*, *vatta-pitta*, *pitta-kapha*, and *vatta-kapha*.

But they can be present in an infinite number of combinations, depending on the degree of their influence, so that no two persons are exactly alike.



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Ayurveda's therapeutic principles are simple: similar qualities, when layered or added, will increase each other, and opposite qualities will balance each other. In this article, we examine pitta dosha.

What is Pitta Dosha?

The combination of the water and fire elements of the pitta dosha give rise to metabolism or transformative energy. Water keeps the fieriness of pitta in check. We see this quite literally in how a mucosal lining keeps the digestive content of the stomach—acids and enzymes—from eating or corroding the walls of the organ itself.

Pitta is static, warm or hot, and light and oily. When a person's physical, physiological and mental/emotional features have pitta qualities, they are said to be of pitta body type.

The Pitta Profile

Since water and fire are the predominant elements of pitta, a pitta body type is more moderate than the other types—it is of medium build and medium/optimal weight.

It is easy to see the bone structure in pitta people, and the face tends to be square or rectangular. Facial features are moderately balanced, too. For example, pitta eyes are sharp and almond-shaped, and the nose and lips are in proportion to the face. Palms and feet are of appropriate size, and fingers and toes are neither too long nor too thick.

As a rule, pitta body types find it easy to gain and lose body weight. The pitta gait is strident and purposeful. Pitta skin tends to be rosy with small hyper-pigmented spots; it can also be prone to breakouts. Pitta hair tends to be fine and wavy or straight. Pitta people have a purposeful manner of speaking and have a pointy tongue.

Pitta people have a steady, predictable appetite that follows the sun's arc in the sky. They become irritable when they skip a meal and are prone to acidity or burning if they have any digestive issues. Pitta people do not have trouble falling or staying asleep and tend to wake up at the break of dawn. Their day is characterized by intense energy—fueled by passion and drive to accomplish their tasks.

Pitta folks tend to have a passionate sex drive. When the outside temperature gets warmer, they tend to avoid sun exposure and become irritable if they can't. They sweat profusely, often with an acidic body odor. They are usually warm to the touch and crave cold foods and beverages, especially on warm days.

Intense, competitive and driven, pittas are demanding of themselves and others. They are efficient, organized perfectionists with good memory. They tend to be logical thinkers and can quickly change their thoughts when presented with new facts that counter their beliefs. They are focused, persuasive and usually dominate a conversation.

When unbalanced, pitta types can get irritable, impatient and hyper-critical of themselves and others around them.

Pitta folks are good in leadership positions and excel at quick decision-making. They make good organizers and excel as managers or entrepreneurs. They could become workaholics and may burn out when they lose their work-life balance.

Health Challenges and Tips for Pitta

Pitta disorders tend to be those of excess heat and inflammation. Typical pitta imbalances include acidity/heartburn, digestive disorders driven by dryness and excess heat that tear down the natural defense of the gut lining, itchy and inflamed skin and eye diseases, autoimmune disorders, burn-out and anger or rage disorders that drive addictive behaviors.

The biggest challenge for pitta types—therefore, the area to focus on—is easeful daily routines. This means making sure that calming, cooling and restorative activity is built into the day, eliminating long, continuous periods of intense physical or mental activity. Pitta types must eat lightly and on time in accordance with their appetite and must cultivate a meditation practice to allow the intense pitta mind to rest.

Since heat and oiliness are predominant, non-oily, cooling and seasonal foods are key to balance. Plenty of fresh vegetables and greens and meals focused on plant-based proteins are very useful for this body type. This ensures easy digestion and no heat. Pitta types tend to get hungry earlier in the day and often wake up hungry, so fasting for long periods is not ideal for them. A light breakfast, such as a piece of seasonal fruit, is ideal. Eating the heaviest meal when most hungry, around midday, and refraining from a heavy dinner keeps pittas from aggravating their body.

Pitta types are better off minimizing or avoiding caffeine and alcohol, especially

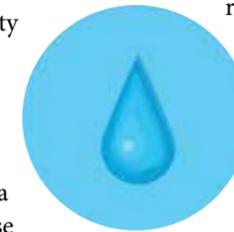


during the summer, which is pitta season. Although they are usually of medium weight, they can become overweight if they consume excess alcohol, meat and oily food and if they don't have a proper exercise routine.

As for a summer diet for this body type, it is best to favor bitter and sweet flavors. Raw salads and mildly cooked foods are great for this metabolism. Avoiding spicy and sour foods is key to keeping the digestion cool and happy.

Pitta eyes are especially sensitive to heat and intense screen time. Using a cooling eye wash at the end of the day with Triphala herbal medicine or a rose water rinse can be very beneficial.

For a personalized pitta-balancing protocol, consult an Ayurvedic practitioner. Ayurveda encourages one to intuitively pay attention to the state of one's body/mind. This subtle observation is valuable in pivoting and adjusting to the season's rhythms. An Ayurvedic lifestyle goes a long way, not only toward disease prevention but to help one thrive and flourish along life's path, no matter where one finds oneself. 🌿



Jaya Ramamurthy, whose Indian roots inspired her to share the restorative wellness offered by Ayurveda's healthcare methods, is a state-certified clinical

Ayurveda specialist in private practice. Reach her at AyurWellness@gmail.com or AyurJaya.com.

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Acne Antidote

TOPICAL AND DIETARY ROADMAP FOR HEALTHY SKIN

by Sheila Julson



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Whether it's a wedding day or job interview, nothing puts a damper on the moment like an outbreak of acne. It can be embarrassing and compromise self-confidence, but natural treatments and lifestyle modifications can keep those breakouts at bay.

According to the American Academy of Dermatology Association, acne is the most common skin condition in the U.S., affecting up to 50 million Americans annually and roughly 85 percent of 12- to 24-year-olds. Dr. Julie Greenberg, a naturopathic doctor and founder of the Center for Integrative & Naturopathic Dermatology, in Los Angeles, notes that the prevalence of acne in this country leads people to wrongly conclude that it is a normal part of being human. "In fact, studies of

indigenous cultures throughout the world do not find any acne in their populations. Acne is a disease of the Western lifestyle," she asserts. In essence, acne is an inflammatory skin condition that causes pimples, blackheads, whiteheads and redness. It is prompted by the overproduction of sebum, an oil produced by the sebaceous glands to lubricate hair follicles. Symptoms can be aggravated by an overgrowth of bacteria or yeast, excess hormonal activity or stress.

Dietary Solutions

"The pathways that trigger acne are the same pathways that trigger inflammation. If you're having acne on the skin, that generally means there are moderate to high levels of inflammation in the body, so that should be addressed," says Saya Obayan, a board-certified integrative dermatologist at Skin Joy Dermatology, in Austin, Texas. She recommends keeping a food journal for six weeks to identify inflammatory foods that noticeably trigger an acne response and eliminating them from the diet. Many of the culprits are part of the Standard American Diet, including animal protein, wheat and

sugar—foods that can increase sebum production, and thus generate acne.

Dr. Steven Daveluy, associate professor and program director for the Wayne State University School of Dermatology, in Dearborn, Michigan, notes that dairy spurs acne, as well. "Dairy contains an amino acid called leucine, which stimulates oil production and affects the skin cells to cause clogged pores. It also influences the insulin pathway, which can affect hormones," he explains.

According to the Cleveland Clinic, hormonal acne develops when hormonal changes increase the amount of oil the skin produces. This scenario is particularly noticeable in teens going through puberty and in both perimenopausal and menopausal women.

Greenberg approaches acne like she would any other inflammatory disease—by focusing on the gut microbiome. She recommends consuming at least 35 grams of fiber per day, eating a diverse array of fruits and vegetables, limiting meat consumption to four-ounce servings and eliminating or reducing alcohol, sugar and wheat to support microbiome health.

Stress Relief

Obayan notes that stress aggravates any inflammatory disease, including acne. Meditation, exercise or regular walks can help calm the mind and lower stress. She also recommends herbs like ashwagandha to lower cortisol, a stress hormone that can trigger acne.

Topical Treatments

"The things we put on our skin can lead to clogged pores and trigger acne, including makeup and hair products. If you're getting acne in places where your hair typically touches your face, it could be from a hair product transferring onto the skin," Daveluy notes. He stresses that makeup should be washed off before bedtime. On the other hand, over-scrubbing or washing the face too often can dry out the skin, which also leads to clogged pores and acne.

"While acne should be addressed from the inside out, topical antibiotics can offer short-term relief and keep severe acne under control," Obayan says. "Glycolic acid can help keep skin smooth and clear by exfoliating dead skin cells and unclogging pores. Tea tree oil has antibacterial and

antimicrobial properties, but it shouldn't be used undiluted on the skin; it can be overly irritating."

In addition, Obayan recommends topicals like retinol, a nontoxic vitamin A derivative that can help reduce acne, hyperpigmentation, dark spots, scarring, fine lines and wrinkles. Bakuchiol, an extract from the babchi plant, along with topical green tea polyphenols, licorice extract and neem oil, can all be helpful to reduce acne.

Resist the Urge to Pop Pimples

Mom was right when she warned to leave pimples alone. "People often think that it's helpful to manipulate your acne, but it can lead to more acne flaring, discoloration and even permanent scarring," Daveluy advises. "Don't believe anything on social media that isn't posted by a board-certified dermatologist. The rest of the skin info on social media is junk and could lead to damage to your skin." 🦋

Sheila Julson is a freelance writer and frequent contributor to Natural Awakenings.

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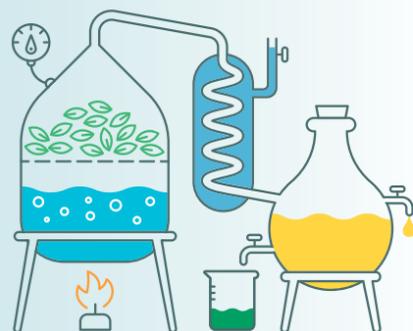
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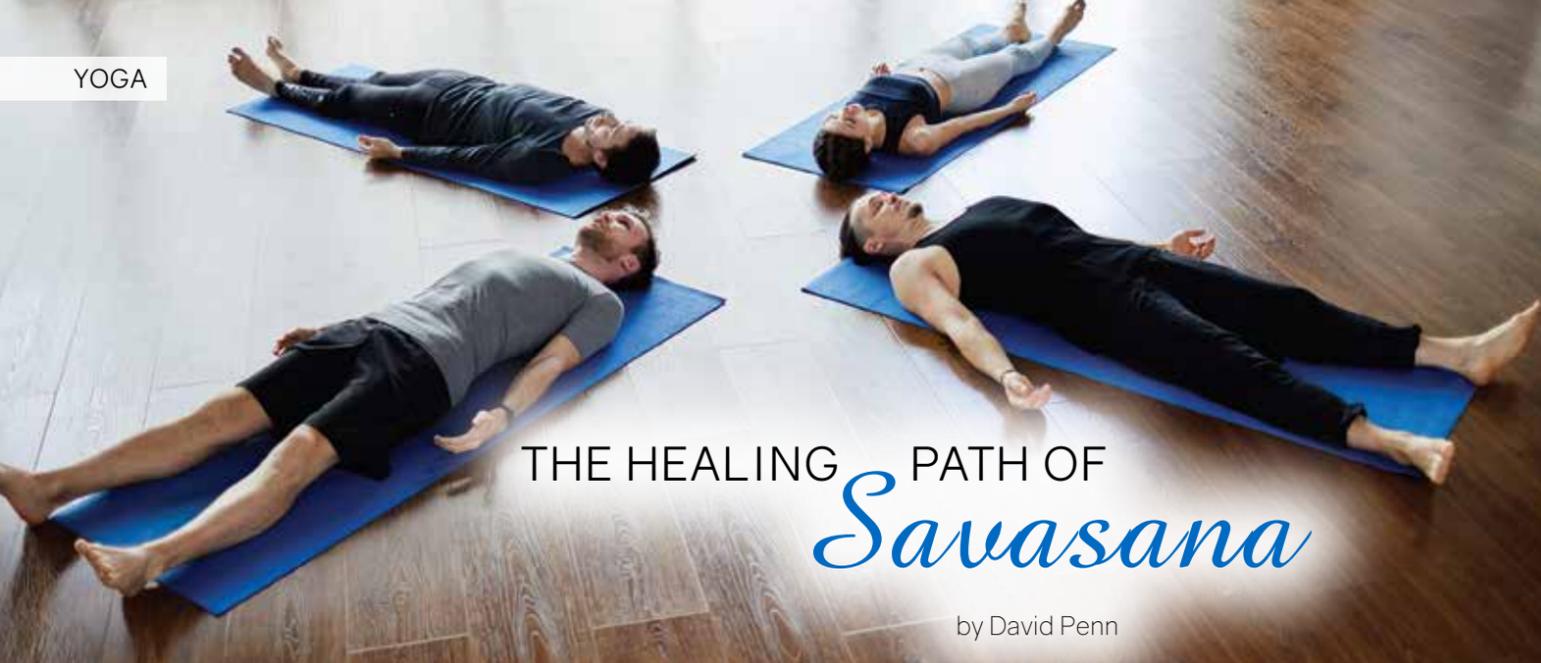


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THE HEALING PATH OF Savasana

by David Penn

There are many styles of yoga, but regardless of the style, most yoga classes end with savasana, or “corpse pose.” Sometimes seen as simply a break or even skipped altogether by some students, the pose is often misunderstood. During savasana, students frequently find themselves falling asleep or starting to make plans for their day after they leave class.

Why Bother?

There is growing consensus that savasana provides a wealth of benefits. According to Atlanta healthcare products and services provider Vydy Health, the health and wellness rewards are wide-ranging. These include improved memory and concentration, reduced heart rate and blood pressure, and decreased stress and anxiety.

Physiotherapist Dr. Ankit Sankhe, director of First Home Healthcare in Mumbai, India, says that savasana “can offer several benefits, including managing diabetes, depression and insomnia. It may also help in lowering blood pressure and decreasing headache.”

Author of the bestselling book *Anatomy Trains: Myofascial Meridians for Manual Therapists and Movement Professionals*, Tom Myers is well known in academic circles for his cranial, visceral and intrinsic movement studies. Myers says, “The main benefit of savasana is an act of self-remembering, a chance for the nervous system to appreciate the changes wrought by the exercise, for proprioception, interoception and the autonomic balance to restore itself.”

Atlanta transplant Michael Hughes is vice president of communications and publications at Tompkins Ventures. Hughes has been practicing yoga several days a week at metro Atlanta studios for the past seven years. He extols the virtues of the near-universal final pose. “I sit at a desk all day. I have ‘computer neck’ and ‘computer back.’ With savasana, my spine



Michael Hughes

feels straighter, more like it should be. My lower back is always better.” The busy executive further explains, “It’s a kind of collapse, an ending. All the work is summed up in a relaxation. It’s an experience that helps me leave with a clear mind.”

Atlanta native June Williams has been practicing yoga for 45 years. “It’s been off and on; I’ve practiced martial arts, step aerobics and others. These were interruptions to yoga. I always came back to yoga. Savasana holds a special, calming place for me.” Williams, an avid gardener who turned 80 this year, explains her method. “My feet fall open, my arms relaxed beside me, my palms facing the ceiling. I pull my shoulder blades together; this sends my heart up, and my chest expands. This way, I’m more receptive to the messages of the practice that just took place during class.”

A Brief History of Corpse Pose

Erica Morton Magill is an anthropologist and savasana researcher at SOAS University of London. According to Magill, savasana first appeared in the 13th century in the text *Dattatreya Yoga Shastra*, which mentions that over eight million yoga poses, or asanas, exist. Surprisingly, savasana and *viparita karani*, the legs-up-the-wall pose, are the only asanas mentioned explicitly in the document. It wasn’t until 200 years later, in 1450, that the pose was given a description, albeit brief, in *The Hatha Yoga Pradipika*, written by the Indian yogic sage Swami Swatmarama.

“It appears there as a pose for the first time, where it has therapeutic benefit, and it looks like the pose that we know today,” says Magill. Quoting the translation of the Sanskrit text, “Lying on the ground like a corpse is savasana. It gives rest to the mind and combats fatigue.” That’s the definition in *The Hatha Yoga Pradipika*. From that point onward, most texts replicate that basic template.”

“Whether it’s Ashtanga, Iyengar, raja, yin, Jivamukti, a Pilates and yoga class, you will always practice this one pose. We’re engaging in this practice of letting go, of surrendering. We need to lay down; we need to rest; we are depleted. In modernity, it’s this archetypal, emblematic pose for all of our collective fears, needs, desires, concerns,” says Magill.

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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.

FRIDAYS

Community Vinyasa Flow – 6pm. Pre-registration required. Donations welcome. Lift Dunwoody, 1705 Mt Vernon Rd, Ste E, Dunwoody. Also at Lift Alpharetta, 501 S Main St, Ste 101, Alpharetta. LiftYogaStudio.com.

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Savasana Instruction from an Expert

Dr. Hansaji Jayadeva Yogendra is president of the International Board of Yoga and director of The Yoga Institute, the oldest organized yoga center in the world, located in Mumbai, India. She details a concise but complete method to find savasana:

Lie down with your back on the mat. Extend your arms slightly away from the body, with the palms facing upwards. Stretch your legs out with distance between them. Eyes will remain closed. Let go of your body towards gravity. The shoulders are relaxed. Go to your toes, then to your ankles, then to your calf muscles, then to the knee. Feel each muscle, and then tell that part to relax. After the limbs, go to your trunk. Come to navel, come to stomach, come to chest. Come to heart area, then come to your throat, come to your chin. Lips, nose, eyes, eyelids, eyebrows, forehead, top of the head. You may wish to focus on the tip of your nose or observe the rise and fall of the abdomen. If other thoughts come into your mind, come back and regain your focus. Remain here for 10 minutes. At the end of your savasana, gently move your fingers and toes. Turn on to your right side for a moment. Slowly sit up and open your eyes. This is how you are slowly having this journey. And in this journey, you consciously relax.

Practitioners may find savasana challenging. The difficulty most often lies in shutting off the chatter in the mind and connecting to the stillness of the moment. The focus on the body and breath is not common practice in Western culture. However, with practice, the benefits are wide-ranging and available to all. 🌿



David Penn, E-RYT 200, founded Sun Dragon Yoga studio in 2015. He offers private instruction at homes and businesses throughout metro Atlanta and offers classes online. Contact him at 313-303-0096.

NATURAL PET



There's something meditative about observing the movement of colorful fish among swaying aquatic plants while hearing the soothing sounds of water. In our culture, where stress has run amok, the restorative ambiance created by a well-placed and properly designed aquarium may be a welcome remedy for the busyness of life.

A study by the U.S. National Institutes of Health reports that aquariums help lower blood pressure, reduce the risk of cardiovascular disease, lessen feelings of loneliness and serve as emotional support during mental health crises. Gazing at fish for just a few minutes every day can reduce stress, improve sleep and instill an overall sense of calm.

People have kept fish for more than 4,500 years, and since the late 1800s, the idea of marine life as pets has emerged as a popular pastime. Large public aquariums with multi-million-gallon exhibits thrill visitors around the globe, while smaller fish tanks adorn doctors' offices, health spas, libraries and a myriad of public and professional spaces. With a little planning, the beauty and calming influence of these underwater displays can be incorporated into the home, offering a unique way to bring nature indoors, spark curiosity and teach kids valuable lessons.

Dr. Ran D. Anbar, a board-certified pediatric pulmonologist and pediatrician, has two aquariums in his waiting room in La Jolla, California. "Watching fish doesn't require a lot of thought, and this allows the mind to settle down. It's generally calming because the viewer's interest is captured by the fishes' unique appearances and smooth, rhythmic and repetitive navigation through water. Aquariums have been associated with improvement of mood, better pain management and blood sugar control," says Anbar, who also offers hypnosis and counseling services to his patients.

If a child shows interest, Anbar incorporates the aquarium into his counseling sessions. "I thank them for being kind to my fish, and this helps reduce tension. Kids love feeding the fish and watching them happily eat. We talk about how the fish might feel, which helps the kids describe their own thoughts and feelings. Sometimes, when children describe a fish's response, they are able to verbalize thoughts they cannot say about themselves," he explains. "Children also like to photograph or draw the fish, and I ask them to imagine the fish's name, origin and hobbies. This sparks creativity, and they often become interested in setting up their own aquariums after seeing them in my office."

Maintaining an aquarium can teach kids empathy and trustworthiness. "Children learn to be responsive to their fish's needs, including how to observe the animals closely for signs of distress. Children learn to be patient and how to follow a schedule. They can learn to calm their own emotions in dealing with their fish, because otherwise the pets might become agitated," Anbar says, urging parents to supervise their kids closely until it is clear they are able to care for the animals responsibly.

Steven Waldron, the owner of Aquarium Zen, in Seattle, Washington, helps people create artistic installations inspired by the aquarist Takashi Amano, who combined Japanese gardening techniques with the wabi-sabi principle of finding beauty in imperfection. "Aquariums are living aquatic ecosystems, and it is deeply compelling to have a slice of that biome in your home," Waldron says. "The very act of creating and maintaining that ecosystem taps into something instinctual and gives people structure, a sense of purpose and peace. With endless design possibilities, people are able to create a projection of their own aquatic paradise."

To reap benefits, an aquarium need not be large or overly expensive. Waldron notes that a few green plants combined with colorful fish provide the right kinetic energy to be both soothing and invigorating. "Choose fish that complement the plants and are enjoyable to watch. Siamese fighting fish, tetras, dwarf cichlids

and dwarf shrimp are excellent for home aquariums. Some of these simply provide beauty and some, such as the Amano shrimp and the Otocinclus catfish, act as a cleanup crew and eat damaging algae," he says. "Once it's set up, routine maintenance, such as cleaning the tank and changing the water, should take less than an hour a week, and most people find caring for their aquarium to be a fulfilling and meditative task."

While it may be tempting to put an aquarium in a bedroom, Waldron believes that can be too much energy for a space meant for slumber. "From a feng shui perspective, a dark corner of a common living space is the ideal location for an aquarium. This allows it to become the central focal point and provide light, life and positive energy," he says. "Once you start to see natural energy flowing through the plants and animals, it becomes intuitive, and you see the connection to nature everywhere." 🌿

Carrie Jackson is a Chicago-based freelance writer. Connect at CarrieJacksonWrites.com.

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Eco-Friendly U

SUSTAINABILITY ON THE RISE AT U.S. COLLEGES

by Carrie Jackson



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The halls of higher education are adopting more sustainable practices as students and university stakeholders increasingly understand that their lifestyle choices and daily operations impact the planet. Motivated by the climate crisis and global-warming-related disasters, many students are looking for ways to lower their individual carbon footprint. Schools, too, are implementing Earth-friendly initiatives throughout their campuses while also prioritizing climate-conscious subjects in their curriculums.

According to Julian Dautremont, director of programs at the Association for the Advancement of Sustainability in Higher Education (AASHE), “Sustainability education helps attract, retain and motivate top students and prepares them for responsible citizenship. It catalyzes in-

creased giving and new funding sources, strengthens community relations and facilitates new partnerships. Moreover, sustainability research and education demonstrate relevance in addressing grand challenges and help unify the campus around a shared sense of purpose.”

AASHE advocates comprehensive modifications that make going green easy and second nature. “We recommend that institutions create systems in which sustainability is the default. Long-term measures such as installing low-flow fixtures in bathrooms, using induction stovetops in dorms and having light sensors that turn off automatically in offices make saving energy automatic,” Dautremont explains. “Where individual behavior is a factor, make the more sustainable choices convenient by, for example, providing water bottle filling stations on every

floor, installing covered bike parking and storage, or giving each room its own recycling receptacle and providing education and training to make sustainability behaviors the cultural norm.”

Sophomore Anna Ries-Roncalli, an environmental science major at Loyola University, in Chicago, says, “College is often the first time you’re learning how to be an adult and interacting with the world, and it’s important to make sure that your role is sustainable. Colleges have an inherent, built-in sense of community, and prioritizing sustainability comes more naturally when you see that it’s a collective responsibility that impacts others.”

Ries-Roncalli is aware of the impact her food choices have on the environment. “In our country, where we can buy anything we want from the grocery store, we are so disconnected from the food system. Most people don’t see a carton of eggs and think about every step that it took to get it on the shelves or where the farm it came from is located,” she says. To do her part, she brings reusable plates and utensils to the dining hall, takes leftovers home in a multi-use canister and shops locally or at farmers markets whenever possible. While Loyola composts most food waste in the dining halls, Ries-Roncalli volunteers with Food Recovery Network, a student organization that collects and distributes leftovers to local shelters and food pantries.

Michael Hughey, a senior in the environmental studies program at Loyola, takes full advantage of a partnership between the Chicago Transit Authority and Loyola that grants eligible students unlimited use of public trains and buses. “Students can also walk, take their own bike or use a bike share to get around. Not only are they cutting back on their carbon footprint, they’re engaging more with the city on a ground level,” Hughey explains. “We’ve seen the effects of climate change disproportionately affect low-income communities and communities of color. I personally want to mitigate those effects as much as possible and be

kind to the planet and my neighbors.”

Cria Kay, program administrator at Northwestern University’s sustainNU, says, “I recommend finding something that brings you joy, identifying what changes you want to see in your life or community, then developing an action you can take that applies your passion to the environmental issue you identified. Even something as simple as taking a walk to pause and notice the wildlife, water, air and soil around you can be helpful for well-being and getting inspired to take on more sustainable behaviors.”

Amy Spark, the sustainability coordinator at Bow Valley College, in Calgary, Canada, believes that sustainability literacy eventually will be required across all disciplines. “Students in every sector are going to be impacted by climate change. Nurses in our LPN [licensed practical nursing] program are seeing a spike in hospital visits with health issues from increasingly poor air quality. It is important to train future graduates to recognize and deal with the impacts of climate change in their disciplines,” she explains.

Spark encourages students to use their voices. “Human stories move decision-makers, and schools are invested in their students’ overall experience. You don’t need to be an expert, but speak from your experience,” she suggests. “Tell your administrators and policymakers how air quality affects you, or let them know how having more bike lanes would help. If you see something, say something. Report leaky faucets, lights that won’t turn off and other inefficiencies to the maintenance department so proper repairs can be made.”

“Individual behavior change is important, but the single most powerful thing students can do is to advocate for broader change,” says Dautremont. “Students can be enormously influential in campus decision-making, and the impact of such changes generally is going to far outweigh the impact of individual behavior changes.”

Carrie Jackson is a Chicago-based freelance writer. Connect at CarrieJacksonWrites.com.

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SATURDAY, AUGUST 5

10 Ways to Attract Nature to Your Yard – 11am-12:30pm. Join Vicki Mann and Leslie Inman for an action-oriented presentation on how to help nature flourish in your corner of the Earth. Free. Dunwoody Nature Center, 5343 Roberts Dr, Dunwoody. 770-394-3322. Registration required: [DunwoodyNature.org](https://www.dunwoodynature.org).

Energy & Art Festival – 11am-6pm. 1st & 3rd Sat/Sun thru Aug. Community gathering to enjoy the local talent on The Honey Pot Stage and connect with metaphysical practitioners in reiki, tarot and psychic mediumship. Can also purchase art from some of the most talented local artists in the Atlanta area and get all your summer crystals, charms, candles and jewelry from various local artisans. Free. Findley Plaza, Little Five Points, 1083 Euclid Ave, Atlanta. 678-327-9447. [EnergyAndArtFestival.com](https://www.energyandartfestival.com).

MONDAY, AUGUST 7

Sacred Beats Drumming – 7-8pm. Join our drumming circle led by Jen Huber, shamanic guide and healer, as we clear away blocks, release emotions and gain greater clarity. Free; donations for Native American Charity. The Well of Roswell, 900 Old Roswell Lakes Pkwy, Ste 300, Roswell. 770-778-2051. [TheWellOfRoswell.com](https://www.thewellofroswell.com).

FRIDAY, AUGUST 11

Coffee House – 7-9:30pm. It's karaoke and game night at Unity Atlanta Church. Time to meet up with your friends and make new ones through games and songs. This family-friendly event also features a potluck dinner. All welcome. Unity Atlanta Church, 3597 Parkway Ln, Peachtree Corners. 770-441-0585. [UnityAtl.org](https://www.unityatl.org).

SATURDAY, AUGUST 12

End of Summer Open House: Decatur Healing Arts – 10am-4pm. A special, free event designed to introduce you to the array of services and healing activations that we offer. Decatur Healing Arts, 619-A E College Ave, Decatur. 404-378-6288. [DecaturHealingArts.com](https://www.decaturhealingarts.com).



Meditation 101: Learn to Meditate – 1-3:30pm. Enjoy guided meditation and practical advice on how to meditate. Learn to induce physical and mental relaxation, develop peaceful and positive states of mind and experience inner peace. Great for beginners, or those wishing to refresh their meditation practice. All welcome. \$20. Kadampa Meditation Center GA, 741 Edgewood NE, Atlanta. 678-453-6753. [MeditationInGeorgia.org](https://www.meditationinGeorgia.org).

Family Night Hike – 8-10pm. Explore the sounds and sights of the forest. Includes an animal encounter and a relaxing campfire where you can roast a marshmallow. Limited space available. All ages. \$12/general public, \$10/members. CNC, 9135 Willeo Rd, Roswell. Register by July 20: [ChattNatureCenter.org](https://www.chattnaturecenter.org).

SATURDAY, AUGUST 19

Energy & Art Festival – 11am-6pm. See Aug 5 listing. Findley Plaza, Little Five Points, 1083 Euclid Ave, Atlanta. 678-327-9447. [EnergyAndArtFestival.com](https://www.energyandartfestival.com).

SUNDAY, AUGUST 20

Summer Adventures Day – 12-4pm. A day of fun activities like canoeing (5 & up), paddle boarding (9 & up), archery (7 & up), and outdoor adventures, will bring you new skills, and get you inspired for a future outdoor adventure and how you can be a good steward of the great outdoors. Included with General Admission, free/members. CNC, 9135 Willeo Rd, Roswell. [ChattNatureCenter.org](https://www.chattnaturecenter.org).

Go Beyond with Bernette – 1-5pm. Bernette delivers an entertaining, inspiring and unforgettable experience as a speaker, creative and spirit medium. Experience this entertaining event whether you fully believe in life on the other side or not. Group channeling is from 1-2:30pm for \$25. Sign up afterwards for individual sessions: \$25/20 mins. The Well of Roswell, 900 Old Roswell Lakes Pkwy, Ste 300, Roswell. [TheWellOfRoswell.com](https://www.thewellofroswell.com).

MONDAY, AUGUST 21

AgLanta Eats Festival – 5-8pm. AgLanta Eats, the hyper-local food festival, returns to the Garden with a variety of tastings prepared by top local chefs utilizing the freshest ingredients from AgLanta growers and metro Atlanta farms. Atlanta Botanical Garden, 1345 Piedmont Ave NE, Atlanta. [AtlantaBG.org](https://www.atlantabg.org).

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SUNDAY, AUGUST 13

Change Your Interiors, Change Your Life with Feng Shui – 2-3:30pm. With Roberta Grant. Join this informative, interactive and fun workshop to learn about the history, principles, Bagua map, The Five Elements, Ch'i Enhancers, clutter clearing and much more. Free.

FRIDAY, AUGUST 25

S'mores Party – 5:30-7:30pm. Gather with us around the fire for our first Create your own S'mores party hosted by Chef David Stample complete with all the fixins. During this interactive evening David will share insightful messages from spirit through oracle cards. Every guest gets a one card pull during this collective reading. \$16.

SATURDAY, AUGUST 26

Goat Yoga – 1-2pm. 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.

THURSDAY, AUGUST 24

The Nature Club Dine and Discover – 7-9pm. Fire in the Forest. Join Nick DiLuzio, Certified Forester and Vice President of the Georgia Forestry Foundation, to learn about the vital role fire plays in many ecosystems in Georgia. \$10/general, \$5/CNC Members. CNC, 9135 Willeo Rd, Roswell. [ChattNatureCenter.org](https://www.chattnaturecenter.org).

FRIDAY, AUGUST 25

The Inner Science of Meditation – 6:30-7:45pm. The inner science of meditation is geared towards fulfilling our deepest wish, which is our wish for happiness. In this special public talk and meditation, learn how by applying the practice of meditation and Buddhist psychology in our life we can discover real happiness in our own experience. All welcome. \$15. Kadampa Meditation Center GA, 741 Edgewood NE, Atlanta. 678-453-6753. [MeditationInGeorgia.org](https://www.meditationinGeorgia.org).

SATURDAY, AUGUST 26

Georgia Audubon Society Bird Walk – 8-10am. All welcome. Free. Dunwoody Nature Center, 5343 Roberts Dr, Dunwoody. 770-394-3322. [DunwoodyNature.org](https://www.dunwoodynature.org).

2023 Georgia VegFest – Aug 26-27. 11am-5pm. A full day of education and a vegan food truck rodeo on Saturday then festival day on Sunday. Free admission. Atlanta Expo Center North, 3650 Jonesboro Rd SE, Atlanta. [GeorgiaVegFest.com](https://www.georgiavegfest.com).



TUESDAY, AUGUST 29

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/mr22brv5](https://www.tinyurl.com/mr22brv5).

ONGOING

Sundays

A Course in Miracles: Practicing the Presence – 8:45-10:30am. This virtual weekly study group aims at removing the blocks to the awareness of love's presence. Facilitator: Michael Wilkinson. An open and ongoing class. All welcome. Drop-in any time. New people are very welcome to join. Via Zoom. Unity Atlanta Church: 770-441-0585. Register: MWilkinson@leadstrat.com. [UnityAtl.org](https://www.unityatl.org).

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](https://www.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](https://www.RedClaySangha.org).

Online: NWUUC – 10am. Via Zoom. Northwest Unitarian Universalist Congregation: 770-955-1408 or [nwuuc.org](https://www.nwuuc.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](https://www.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](https://www.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://www.tinyurl.com/yjzutfj4).

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

Unity Atlanta Church Sunday Services – 11am. Attend in-person or watch via live stream. Nursery service available 10am-12:30pm. 3597 Parkway Ln, Peachtree Corners. 770-441-0585. [UnityAtl.org](https://www.unityatl.org).

Online: UUCA Service – 11am. Unitarian Universalist Congregation of Atlanta: [uuca.org/live](https://www.uuca.org/live).

Metaphysics Goes to the Movies – Thru Aug 27. 11am-12pm. Unity Atlanta Church Sunday message series celebrates cinema's power to honor the spirit within us all. Each weekly message gives a metaphysical glimpse into a favorite movie and how it can resonate in our lives. Unity Atlanta Church, 3597 Parkway Ln, Peachtree Corners. 770-441-0585. For movie selections & details: [UnityAtl.org/upcoming-messages](https://www.unityatl.org/upcoming-messages).

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](https://www.srfatlanta.org).

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

Unity North Online & In-Person Sunday Service – 11:15am. 4255 Sandy Plains Rd, Marietta. More info: [UnityNorth.org](https://www.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](https://www.MeditationWellnessClub.com).

Mondays

Top Shelf Toastmasters Club – 6:30-8pm. Meets in-person 2nd, 3rd, 4th Mondays. Looking for an opportunity to improve your public speaking and presentation skills? Toastmasters International Clubs empower members to develop communication and leadership skills, resulting in greater self-confidence and personal growth. Guests are welcome to visit for free. New members pay a \$20 one-time fee. Dues paid every 6 mos include \$15 Local and \$45 International. Unity Atlanta Church, 3597 Parkway Ln, Peachtree Corners. More info, Ajaye Hopper: 678-622-2225, tm.ajhopper@gmail.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](https://www.MeditationInGeorgia.org).

Tuesdays

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

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://www.Meetup.com/Twin-Hearts-Meditation).

Metro Atlanta Sierra Club Meeting – 7:30pm. 2nd Tues. More info: [SierraClub.org/georgia/atlanta](https://www.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](https://www.MeditationInGeorgia.org).

Zoom Check-In: Wellness Wednesdays – 10am. Check in with your community during COVID-19 crisis. [slc-atlanta.org](https://www.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](https://www.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://www.tinyurl.com/muwwanm9).

Decatur Farmers Market – Thru Nov 15. 4-7pm. First Baptist Church of Decatur, 308 Clairmont Ave, Decatur. 404-373-1653. [cfmatl.org/Decatur](https://www.cfmatl.org/Decatur).

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

The Recovers Foundation Atlanta Sharing Circle – 7:30-8:30pm. 2nd Wed. Come join us as we support one another on our journey to wholeness. We are all recovering from something. With Allison Stanley. Free. The Well of Roswell, 900 Old Roswell Lakes Pkwy, Ste 300, Roswell. 770-778-2051. [TheWellOfRoswell.com](https://www.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](https://www.CarolOsborne.org).

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](https://www.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](https://www.MeditationInGeorgia.org).

Twin Hearts Meditation – 7pm. This meditation is an act of service. We use divine energy to bless the planet, our loved ones and every part

of our life. With Atlanta Pranic Healing Center via Zoom. To watch: AtlPranicHealing.com.

Fridays

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. MeditationWellness-Club.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.

Saturdays

Free Saturday Meditations – 8-8:30am. A guided meditation to start your day with a positive state of mind and carry that inner light with you for the rest of the day. No prior meditation experience necessary; all welcome. Kadampa Meditation Center Georgia, 741 Edgewood NE, Atlanta. 678-453-6753. MeditationInGeorgia.org.

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.

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/2rykarft.

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Nature's Germ Killer

Copper can stop germs before you get sick

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, flu, 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.

Hundreds of studies confirm copper kills germs like viruses, bacteria, and fungus 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 germs. Now we do.

The National Institutes of Health and the American Society for Microbiology vouch for the power of copper to kill germs.

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

The EPA recommends hospitals use copper for touch surfaces such as faucets and doorknobs. This cuts the spread of MRSA and other illnesses by over half, and saves 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." That was 2012.

Now he's gone 11 years without a cold. "I used to get 2-3 bad colds every year. Now I use my CopperZap right away at any sign I am about to get sick."

After the initial success, he asked relatives and friends to try it.

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!"

ADVERTORIAL

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 bad germs, like a tickle in the nose or a scratchy throat.

Soon people found other things they could use it against:

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Thrush and Tongue Infections
Warts
Ringworm

The handle is curved and textured to increase contact with fingers and hands in case you touch things sick people may have touched.

Scientists placed millions of viruses on copper. "The viruses started to die literally as soon as they touched it," said Dr. Bill Keevil.

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- Mercury-free for more than 35 years
- Safe removal of mercury fillings: **SMART protocol**
- Dental Ozone treatment
- Biocompatible dental materials
- Very low-radiation digital x-rays

Atlanta Dental Wellness welcomes chemically and environmentally sensitive patients, as well as patients who simply want their dental care to be in harmony with their healthy lifestyle.

*Our focus is the total health, comfort
and well-being of our patients.*



Matthew Giordano,
D.M.D., IAOMT

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