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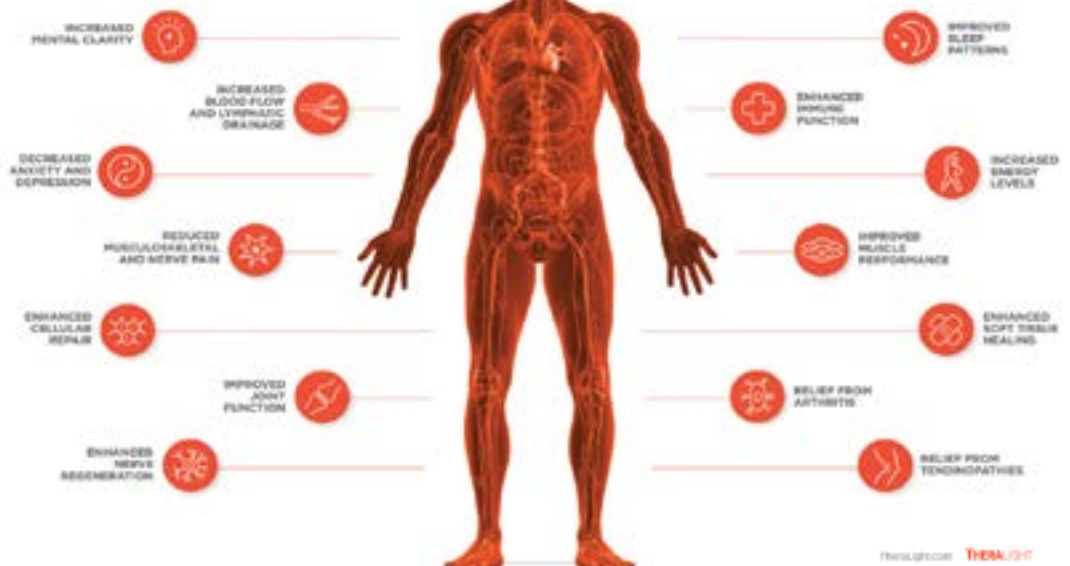


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Publisher's Letter



*Joe & Asta Dunne,
Publishers*

It was 38 years ago this July that I entered recovery, and AA saved my life.

One of the first messages I learned was that fixing me is and will always be an inside job. They said, "The answer to your dilemma is simple: Look in the mirror. All the problems and solutions are right in front of you. It is up to you to change."

Yikes, I did not want to hear that. But everything else I'd tried had led me to this place. So, it was time to go forward.

The first and most important step was to stay clean. As long as I did that, I had a chance to go to step two.

Second, strive to become a better person, husband, father, friend, etc. Also, take the time to appreciate myself...what I have accomplished or improved in actions, and more importantly, in my thinking. As they say, the quality of life is in direct proportion to the quality of thinking.

So, this month, I want to share a few of my "check-in with myself" questions. I hold these in mind frequently, but during my anniversary month they become louder.

Am I happier this year than last?

Am I satisfied with my progress? Or am I being lazy and treading water?

Is my ego in check or am I still a little too self-serving?

How well am I being honest with myself and others?

Can I say no when I need to?

Am I being authentic and real?

Do I avoid temptation or inch close to it?

Do I truly know how I feel? Why do I find it hard to cry?

Am I being true to myself when it comes to money values?

Is my empathy deep enough to matter?

Do I blame, judge, or fix people? I know I can be condescending. I feel that it stems from insecurity. Does it?

I still do not like to be told what to do.

Am I hard to live with...or really hard to live with?

On the plus side, I have a quick mind, able to process and connect as conversations go on. I do not hold resentments, and I forgive easily. I trust most everyone to start. And I do truly love living. I have a good sense of humor, and I love the way I've kept my curiosity alive.

I also genuinely like people...except when they litter.

I hope you find in your own yearly (monthly, weekly, daily, hourly) review that you treat yourself with kindness. Every path has its own challenges, so be nice.

With love, peace and laughter,

Joe & Asta

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Cost: \$800. Location: Art Farm, Accord, NY. For details and to register, visit BetheMedicine.com. See ad, page 7.

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Welcome to Harmony For Us



At Harmony For Us, Odile Denizet offers a deeply personal and intuitive approach to healing for both people and pets. A certified Reiki Master and Reflexologist with a background in energy medicine and holistic wellness, Odile has spent years helping clients reconnect with their natural state of balance, peace, and vitality.

Odile's sessions are gentle yet profound, creating space for release, clarity, and re-

newal. In a quiet, nurturing environment, Odile works with both humans and animals, honoring the deep connections we share and the wisdom each being carries. Through Reiki and Reflexology, she helps activate the body's innate ability to heal and guides clients back to a place of centeredness and trust.

Harmony For Us is more than a practice—it's a path back to yourself. Special packages are available.

Location: Somerville area. For information, call/text 908-963-6417, email Odiled419@gmail.com and visit HarmonyForUs.com. See ad, page 10.

Welcome to Qi Gong for Healing

Dedicated Qi Gong and Tai Chi practitioner Patty Pagano welcomes all to Qi Gong for Healing—a space created to share the beauty and wisdom of this ancient healing art with anyone seeking greater peace, clarity, and balance in their lives.

Qi Gong is a gentle, meditative movement practice that calms the nervous system, releases tension, and reconnects you with your body's natural energy. To welcome new students, Patty is offering a special promotion in August: Enjoy a free beginner Wu Ji Jing Gong Qi Gong or Tai Chi class—in person or online—for new students.

In addition to weekly classes, be sure to explore a peaceful, relaxing weekend workshop called The Wonders of Qi, from 9 a.m. to 2 p.m., on November 1-2, in Chester.

This practice is close to her heart, and she finds joy in guiding others in discovering its power to restore calm, build resilience, and open space for healing.

Classes held at Martinsville Community Center in Chester, and on Zoom. For details and to register, call patty at 908-392-1313 or pattyqigongforhealing@gmail.com. QiGongForHealing.org. See ad, page 9.



Welcome to Jennifer Mohamed Law



At Jennifer Mohamed Law, we specialize in providing trusted legal guidance to small wellness businesses and practitioners.

"The wellness industry thrives on innovation and connection, and our firm is uniquely positioned to support those who make well-being their business. Our deep understanding of this field, allows us to offer strategic legal guidance to wellness professionals and businesses looking to navigate the legal landscape," shares Founder Jennifer Mo-

hamed. From business formation and contracts to liability protection and compliance, Jen offers approachable one-on-one service, seasoned advice and big law quality at boutique firm pricing.

Jennifer Mohamed Law is committed to helping clients build a strong legal foundation so they can grow their practices confidently, protect their work, and navigate regulatory requirements with ease.

Shares Jen, "Whether you're a yoga teacher, holistic healer, nutritionist, or wellness entrepreneur, we strive to be a valued partner to you on your journey to success."

Location: Office in Flemington. For information call 908-335-9242, email jennifer@jennifermohamedlaw.com and visit JenniferMohamedLaw.com. See ad, page 11.

Discover What Makes You Unique at "The U Store"

What if who you think you are is only a fraction of who you were truly built to be?

From 12:30 to 5:30 p.m. on August 30, join transformational guide and author T.L. Harris for a powerful and playful afternoon workshop based on his new book, *The U Store*. Like changing a single ingredient in a loaf of bread, discovering just one of your sacred gifts can transform how you see yourself—and how you live your life.



In this interactive event, Harris introduces participants to *The U Store*, an exploration of the 72 sacred gifts and 12 core life drives that make up your unique spiritual DNA. With wisdom, humor, and clarity, Harris guides attendees to reconnect with their innateness and uncover what truly makes them... them.

Each participant receives a signed copy of *The U Store*.

Cost: \$99 per person, seating is limited. Location: A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. Pre-register to 848-217-2371. Visit AYearAndADayMysticalShoppe.com.

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Patty Pagano @ 908-392-1313
pattyqigongforhealing@gmail.com
or

Judy Bianco @ 908-902-0011
jlbianco.web@gmail.com

QiGongForHealing.org





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HEALTHY-AGING PROPERTIES OF CAFFEINATED COFFEE

In June, a large-scale study by Tufts University sought to determine the health benefits of caffeinated and decaffeinated coffee with and without the addition of sugar and saturated fat. The results published in *The Journal of Nutrition* suggest that drinking a low-to-moderate amount of caffeinated coffee daily lowers the risk of all-cause mortality; however, the benefit drops when an overabundance of sugar and saturated fat are added.

The researchers analyzed data from the National Health and Nutrition Examination Survey conducted between 1999 and 2018 involving more than 46,000 American adults. Individuals that consumed one to three cups every day were about 15 percent less likely to die in the next nine to 11 years compared to those that did not drink coffee at all. This benefit was negated for those that added more than half a teaspoon of sugar, one tablespoon of half-and-half, or three-and-a-half tablespoons of whole milk. Drinking decaffeinated coffee was not associated with healthy aging.

PREDICTING DEMENTIA

Determining how fast a brain ages may help predict and prevent dementia, a condition that is projected to impact approximately 42 percent of Americans aged 55 and older, according to the National Institutes of Health. While genetic analysis at the cellular level offers insights into biological age, its application to brain cells is hindered by the blood-brain barrier, which prevents cell collection.

Researchers from the University of Southern California have devised a non-invasive method that integrates magnetic resonance imaging (MRI) with artificial intelligence (AI) to assess brain aging. Their findings were published in *Proceedings of the National Academy of Sciences of the United States of America*.



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The AI database was constructed through an exhaustive analysis of thousands of brain scans from individuals with different brain conditions and varying ages. Subsequently, patient brain scans taken at distinct time intervals are compared to the database to identify brain zones that are exhibiting accelerated aging. The method was tested on more than 100 adults with healthy brains and 140 Alzheimer's patients. The researchers are optimistic that their approach will not only identify early signs of cognitive decline but also facilitate the prediction of disease progression.

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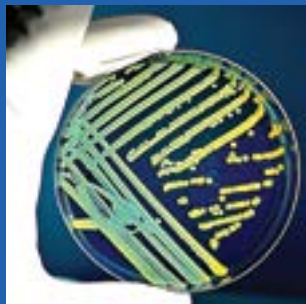
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NEW DEFENSE AGAINST SUPERBUGS

The U.S. Centers for Disease Control and Prevention estimates that antimicrobial-resistant infections affect more than 2.8 million Americans annually, resulting in more than 35,000 deaths. These “superbugs” have developed the ability to resist medicines used to eradicate them, including antibiotics, antivirals, antifungals and antiparasitics.

In 2019, a systematic review proposed fecal microbiota transplantation (FMT) as a potential strategy for the decolonization of multidrug-resistant microorganisms (MDRO), as well as for the prevention of recurring MDRO infections. The researchers suggested that the implantation of good bacteria could restore normal gut microbiota, giving patients the ability to fight off resistant infections without need for other medical interventions.

A small, randomized trial in the United Kingdom recently tested the feasibility, safety and effectiveness of FMT delivered in capsule form. Among the subjects with invasive infections, 20 received FMT capsules, while 21 were part of the placebo group. The findings published in the July issue of the *Journal of Infection* indicated that encapsulated FMT was safe, well-tolerated and effective in colonizing the gut with healthy bacteria and eliminating superbugs. This study establishes the groundwork for a larger-scale investigation.



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Tuition is \$425.

Accommodations are booked separately through the institute.

For details and to register, visit
JenTheYogaLawyer.com/sacred-harvest-retreat/



WELLNESS CARS OF THE FUTURE

As many vehicles advance toward automation, passengers are presented with a range of new possibilities. Without a human driver, the car’s interior can be transformed to cater to the desires of the traveler with entertainment, media and digital connections seamlessly integrated into the vehicle’s ecosystem. Routes can be customized to optimize the journey, ranging from the quickest to the offbeat, with the ability to identify interesting and historically significant landmarks, locations, features and objects along the way.

In the car of the future, integrated artificial intelligence assists in planning scenic detours and dining experiences. Because the vehicle drives itself, enhanced lie-flat seating that incorporates massage and optimal body positioning ensures passengers arrive at their destination feeling well-rested. High-quality audio and video systems, coupled with atomizers that release the occupants’ favorite aromatherapy scent, provide an opportunity to enhance the overall sense of well-being. Biometric sensors monitor heart rate and stress levels, prompting relaxation or meditative activities. Companies such as Cadillac and BMW are already working to make these concepts a reality.



REUSING FOREVER CHEMICALS

Perfluoroalkyl and polyfluoroalkyl substances (PFAS), commonly referred to as forever chemicals, have been linked to a number of health concerns. In April 2024, the U.S. Environmental Protection Agency labeled a specific PFAS known as perfluorooctane sulfonic acid (PFOS) and its salts and isomers as hazardous chemicals.

Scientists from the UK’s University of Oxford and Colorado State University have developed a novel method for both destroying PFAS and reusing some of their elements in new products. Their method, published in the journal *Nature*, involves reacting PFAS with potassium phosphate salts and then grinding the PFAS and salts together using ball bearings to break the carbon-fluorine bonds. This process facilitates the reuse of the fluorine content in the manufacture of medicines and other products.



Editorial Calendar Three-Month Planner

natural
awakenings



Gut Vitality
September



Brain Gain
October



Balancing Energy
November

HAWAII IS SINKING FASTER THAN EXPECTED

In a recent study published in *Communications Earth & Environment*, researchers at the University of Hawai'i at Mānoa reported that certain coastal areas in the Hawaiian Islands are sinking at a significantly faster rate than previously anticipated, moving up the need for flood preparedness by about 50 years. The phenomenon, known as subsidence, poses a substantial threat to businesses, residents and infrastructure, as sea level rise exacerbates the risks of flooding, beach loss and coastal erosion.

The scientists observed that the island of Oahu is sinking at an average rate of 0.6 millimeters per year, while its south shore has localized subsidence rates exceeding 25.0 millimeters per year, which is substantially faster than Hawaii's long-term sea level rise rate of 1.54 millimeters per year since 1905. The south shore encompasses Waikiki beach and the city of Honolulu. The confluence of subsidence and sea level rise places \$12.9 billion of local infrastructure at risk from flooding.

Subsidence can be caused by a number of different processes, including sediment compaction, tectonic motion and earthquakes, volcanic deformation, melting of permafrost and peat-land degradation, as well as human activities such as ground-water extraction, hydrocarbon production, mining and geothermal activity.



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Mindful Workouts

Introducing Mental Wellness Modalities at the Gym

by Jordan Peschek, RN-BSN

Mental wellness is no longer considered a separate pillar of health; it is becoming deeply integrated into physical fitness routines across the country. As the discourse surrounding emotional and psychological well-being becomes more open and less stigmatized, there is a shift in how people approach exercise. Not only is fitness focused on building muscle and burning calories, but increasingly it is about fostering resilience, restoring balance and supporting the mind as well as the body.

This integration of mental wellness emphasizes practices such as breathwork, guided

meditation, intentional recovery and nervous system regulation as core components of a comprehensive fitness regimen. For health-conscious individuals seeking vitality and longevity, this is a natural evolution of holistic living.

“The physical body reflects what is mindfully and energetically present,” shares Dawn Coleman, a certified personal trainer and life transformation coach based in Cedarburg, Wisconsin. “Honoring the body’s physical well-being requires that we consider energetic pathways that allow the nurturing of the soul and mind, which, in turn, promotes physical fitness.”

MIND-BODY INTEGRATION

Today’s approach goes beyond the endorphin rush of a workout. Wellness buffs are looking for fitness environments and tools that help calm the mind, process emotions and foster inner strength. Gyms and studios are responding by incorporating stress-relieving modalities into their offerings. It is not uncommon to find yoga classes ending with a 10-minute guided meditation or strength sessions that begin with focused breathwork. Even high-performance athletes are embracing these new tools, recognizing that mental clarity and nervous system regulation enhance both performance and recovery.

- **Breathwork:** According to Coleman, conscious breathing exercises help regulate the nervous system and lower cortisol, the body’s primary stress hormone. A 2023 meta-analysis published in the journal *Nature* found that breathwork may be effective for improving stress, anxiety and depressive symptoms. Techniques like box breathing, diaphragmatic breathing or alternate nostril breathing can be layered into warm-ups, cool-downs or standalone sessions.
- **Meditation and Visualization:** Whether it’s a guided meditation before sleep or a visualization practice to prepare for a race, meditation trains the brain for focus, reduces anxiety and enhances emotional resilience. Research published in *Frontiers in Psychology* affirms that tailored visualization improves athletic performance and establishes the mental toughness needed to achieve both long-term and short-term goals.
- **Recovery Rituals:** Recuperation is a vital part of training. Therapies involving infrared saunas, float tanks, cryotherapy and contrast baths support muscle repair while simultaneously calming the nervous system and promoting mental relaxation. A 2023 randomized crossover study of 20 basketball players, published in *Biology of Sport*, reported



FatCamera from Getty Images Signature/CanvaPro

improvements in muscle recovery and reduced soreness when exercise was followed by an infrared sauna session. A peer-reviewed article in *Medicine & Science in Sports & Exercise* reported that exercisers that followed high-intensity interval training with a one-hour floatation session experienced enhanced recovery from sore muscles and improved performance readiness.

- **Tai Chi and Qigong:** These mindful movement disciplines emphasize intention, awareness and breath, creating space for physical vitality and mental clarity.

REIMAGINING THE GYM

The design of fitness spaces is evolving toward environments that promote wholeness and healing. Lighting and music are intentionally curated to create inviting atmospheres, while recovery lounges are incorporated for meditation or breathwork practices. This evolution has been particularly meaningful for women experiencing burnout, hormonal fluctuations or chronic stress.

Rather than pushing through fatigue or anxiety, individuals are adopting restorative practices that align with their physical needs. Many gyms, as well as yoga and Pilates studios, are offering supplemental therapies to support mental and physical fitness objectives. Sauna, red light and cold plunge therapies have become more accessible than ever.

ENDURING WELLNESS

Mental wellness integration is more than a trend; it is a redefinition of what it means to be fit, challenging the old “no pain, no gain” model and replacing it with a deeper, more sustainable approach to health.

This shift is being embraced not only because it feels good in the moment, but also because it supports long-term well-being. People are learning to treat their minds with the same care and intention as their muscles. By doing so, they are redefining strength, not as something visible, but as

something profoundly felt—steady breathing, calm thoughts, inner peace. In a fast-paced world that often demands more and more, mental wellness integration offers a path toward greater equilibrium, presence and joy throughout the journey.

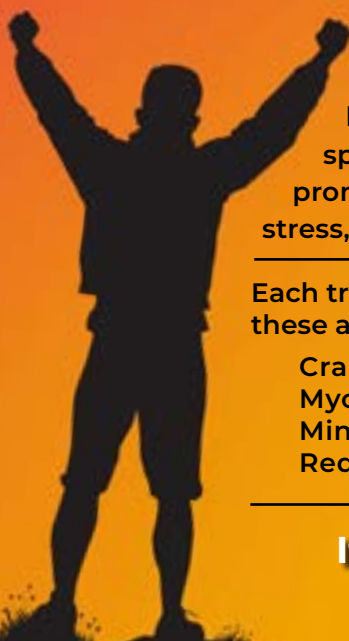
Jordan Peschek has a background in personal training, yoga instruction and mental health nursing. She publishes the Milwaukee and Twin Cities editions of Natural Awakenings.



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Listening to Kids Without Judgment

Nurturing Habits of a Harmonious Family

by Christina Connors

In an era when children are growing up in digital landscapes unfamiliar to many parents, establishing connections can feel like navigating a maze. But harmonious living is attainable through small, intentional moments that cultivate trust and emotional safety. Rather than solely emphasizing control or screen-time restrictions, deeper bonds can be created by tuning in with curiosity, presence and empathy. Here are some strategies that parents and caregivers can employ to bridge the gap and foster connection.

VALIDATING EMOTIONS

“For decades—perhaps centuries—children have received consistent messaging about emotions: control them, contain them and, whenever possible, conceal them. This approach wasn’t necessarily malicious; it reflected cultural values that prioritized stoicism and social harmony. The ‘good child’ was often the quiet child, the composed child, the one who didn’t ‘make a scene,’” says Lee Sowles, founder and CEO of Kind Mind, a program that teaches adults and children how to co-regulate, be kind and feel ready to learn. “When we support our kids’ emotions, we teach them that all feelings are valid—even the difficult ones—and then we can empower them with the skills they need to process emotions in healthy ways. This fosters trust, emotional resilience and a more harmonious home

environment where everyone feels seen and safe, which is crucial because children thrive when they feel understood and connected.”

REMAINING CALM AND PRESENT

To communicate effectively and foster positive exchanges with our children, it is critical to keep emotions in check. According to Janet Philbin, a clinical social worker, certified conscious parent and life coach, as well as the author of *Show Up for Yourself: A Guide to Inner Awareness and Growth*, if a child comes to us upset, crying, whining or demanding, the best response is to remain level-headed and attentive.

“Pausing and tuning in allows us to come into harmony because we are moving from a sympathetic state of fight/flight to a state of calm and presence,” she says. “We are regulated, and our child can come to us with their emotions, feeling safe. We do not react; instead, we become grounded and present, allowing us to meet our child where they are and tune in to what they need, which is underneath the behavior we’re seeing. This is how harmonious relationships are created, because we have regulated our nervous system, and our child can regulate theirs.”

KEEPING A SHARED JOURNAL

An effective method to foster mutual trust and respect with a child is with a shared journal in which parents and kids are able to communicate with each other through the written word. “Using the journal creates space to respond from a place of our loving hearts without judgment and putting aside the need to fix,” explains Philbin. “Our children will feel heard and safe, ultimately creating harmony in the relationship.”

Philbin shares how her family makes use of a shared journal, noting, “Our kids write to us about what they are struggling with and leave the journal for us in a safe space. When we find the journal, we take our time to respond to our child. In that response, we can let them know we hear them, that their feelings matter and that their struggle



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is real. We stay away from solving the problem, and instead just let them know that we are supporting them to work it through. Then we hand the child back the journal, and this process continues.”

ESTABLISHING RITUALS FOR CONNECTION

Building a robust connection with a child doesn't require grand gestures. Instead, it is about creating consistent, small moments that build an emotional rhythm. Here are a few suggestions:

- Make it a habit to take screen-free walks after dinner.
- Regularly journal about a common prompt—such as recounting a memorable or unexpected event—and then read the journal entries out loud to each other.
- Find opportunities to share common interests and spend quality time together, perhaps by playing the child's favorite board game or video game.

Living harmoniously, particularly in parenting, is not solely about achieving balance, but also about cultivating presence. When we approach our children with empathy, curiosity and intention, we do not merely hear them; we genuinely see them. In this act of seeing, connection begins.

Christina Connors is a writer, singer and creator of a YouTube series for children. Learn more at ChristinaConnors.com.

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Good Vibrations

Harnessing the Power of Sound To Promote Healing and Relaxation

by Marlaina Donato

From the haunting drone of an Australian didgeridoo to the steady heartbeat of a frame drum, cultures around the world have used sound to facilitate healing for thousands of years. In modern times, scientific research corroborates what native cultures have intuitively known: Sound-based vibration and resonance affect our body at the cellular level.

“As you consider the efficacy of sound vibration in the body, it is important to understand that our cells, organs, bones, tissue and cerebral spinal fluid are all composed of water. We are more than 70 percent water, and sound travels four times faster in water than in air. The human body is a natural resonator for sound,” says Ellen F. Franklin, Ph.D., co-founder and chief executive officer of the Acutonics Institute of Integrative Medicine, in Llano, New Mexico, who draws from East Asian medicine, Western science, psychology, physics and music theory to provide sound vibration therapies.

The use of Tibetan or crystal singing bowls, percussion instruments, calibrated tuning forks, gongs, cymbals, chimes, flutes and



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vocalization affects brain waves by inducing parasympathetic relaxation and modulating pain perception. Directly impacting the vagus nerve, strategic sound applications can alleviate symptoms of depression, anxiety, chronic pain and trauma response, and can be useful for those suffering from post-traumatic stress disorder. Improved sleep quality, heightened creativity and inner calm are additional potential benefits.

CUTTING-EDGE SOUNDWAVES

Histotripsy, a new U.S. Food and Drug Administration-approved technology, employs high-pitched, focused ultrasound energy to break up liver tumors. Similarly, lithotripsy uses ultrasonic shock waves to eliminate kidney stones. Acoustic engineering has also emerged as a promising tool for diagnosis, encompassing brain seizures, heart disease modeling and medication screening.

According to Franklin, co-author of *Acutonics From Galaxies to Cells: Planetary Science, Harmony and Medicine*, the vagus nerve can be activated via the application of calibrated tuning forks crafted from aerospace-grade metal to key acupuncture points along the body's meridians (energy pathways). “A number of studies have shown that the vagus nerve is particularly sensitive to sound vibration. DU 20, a key acupoint, addresses stress and trauma, as it can be used to help people wake up the brain and open the mind, and is often used for cognitive disorders and many stress-related symptoms,” she explains, adding that this work is currently being used in clinical settings for patients that do not respond effectively to conventional methods or exhibit drug resistance.

TRAUMA, TRANQUILITY AND BRAIN HEALTH

The rhythmic patterns of electrical activity in the brain produce distinct frequencies that are associated with mental states, emotions and cognitive functions. Throughout our waking and sleeping life, the brain shifts through gamma, beta, alpha, theta and delta states. When we transition to the alpha state using sound therapies like drumming, binaural beats, singing bowls or gongs, we feel calmer and more joyful. Either by playing or listening, therapeutic hand drumming synchronizes the left and right hemispheres of the brain and may be valuable in augmenting cognitive function, retraining the brain after a stroke or improving the management of conditions such as autism, Alzheimer's disease and attention-deficit hyperactivity disorder.

“The frame drum can significantly influence brain waves, primarily through a process called rhythmic entrainment. The pulses of the drum, especially when played at specific tempos, can induce the brain to synchronize with these rhythms, leading to shifts in brain wave patterns,” says Michael McCullough, a sound healing practitioner at The Healing Sanctuary, in West Chester, Pennsylvania.



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“Using the perfect fifth, or a 128 Hertz, tuning fork can also boost the body’s production of nitric oxide and balance the autonomic nervous system, releasing antibacterials, antivirals and free radicals on a microscopic level.”

Incorporating therapeutic sound modalities in our healing regimens can broaden the potential for physical and mental well-being. McCullough recommends trying a group sound bath, which is a meditative session where participants lie on a yoga mat or blanket and listen to a diverse range of sounds. He acknowledges that private sessions with a skilled practitioner may also be beneficial because they can be tailored to individual needs and provide a more comprehensive experience.

While Franklin also recommends such sound healing experiences, she cautions, “Frequencies can be used to promote health and well-being, but we always advise people to educate themselves. When working with sound medicine therapeutics, less is more.” Excessive sound therapy—too much or too often—could aggravate the nervous system in some individuals, causing unpleasant side effects such as dizziness, fatigue, disorientation or headaches.

Marlaina Donato is an author, musician and painter. Connect at WildflowersAndWoodSmoke.com.



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The Authentic Lifestyle

Learning To Realign With Our True Selves

by Carrie Jackson



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Harmony in our daily routine provides a sustainable and fulfilling rhythm. A life in balance accommodates ambition and rest, effort and ease, honoring our individual energy and purpose. Instead of pursuing future goals and equating success with monetary gain or accomplishments, we can learn to appreciate the present moment and align our choices with personal values. By shifting from a rigid, externally oriented idea of success to a more holistic, harmoniously driven approach, we can experience greater joy, purpose and authenticity.

CONNECTING TO THE WEB OF LIFE

In 2022, Yoli Maya Yeh, a yoga teacher, shiatsu therapist and educator whose work revolves around Indigenous preservation, healing arts and social justice, embarked on an adventure of global nomadism and worldschooling her now 13-year-old child. Their journeys have taken them to many countries, including Morocco, Italy, Malta and Senegal. Yeh asserts that her lifestyle was not the result of a single decision but rather the culmination of focus, willpower and the strength of those that have walked before her.

“While entrepreneurship flows through my veins, without a clear vision, a sense of purpose and a deep well of confidence, I would not be able to be this assertive and daring in my approach to how I want to fulfill my dreams. I could decide to play small and feel contracted in my body, but that was not the intuitive guidance I have come to trust,” Yeh explains. “My vision is a life where I can be in spaces of belonging, collaborating and problem solving, dreaming and world-building our collective liberated future. In the present moment, I explore my inborn gifts and hone them to be of maximum service.”

She maintains that a path of development cannot be solely cerebral, sharing, “A traveling lifestyle provides me with a high level of changefulness in which I can cultivate growth and adaptation through constant new experiences that challenge me to navigate unknowns. We must bring the transformative process into the body through active restoration tools and meaningful engagement with self.”

Harmony and resistance are felt in the body, and tapping into those signals enables us to deeply connect with our true selves. As Yeh puts it, “Perpetual analysis in the mind disconnects us from the experience of resonance, thus distancing us from actual alignment. A daily centering practice that draws on a collage of breathwork, mantra and meditative techniques allows us to hone our



connection to the sensations in the body.”

As a respite from the demands of modern society, Yeh turns to yoga nidra, a yogic sleep meditation originating in South Asia, as well as other Indigenous wisdom traditions. “Living in the modern era presents us with contradictory factors,” she says. “We have more automation and digital support, while at the same time, we are cut off from our ancestral rejuvenation practices such as sacred dreaming, ritual and community celebration.”

Another valuable practice is rematriation, or “returning to the Sacred Mother”, which emphasizes the restoration of Indigenous knowledge and connection. “In this practice, we lay our tired bones down on the earth to rest and revive the ancestral wisdom that lives within. Like so many meditative and trance practices, one explores liminal states of consciousness where the mind expands well beyond the confines of the awake, thinking mind and amplifies creativity and a sense of freedom,” Yeh explains. “To experience fulfillment in life, we need a recipe that combines resonance of expansion and a sense of belonging. Success is the embodied expression of this connection to self and collective at the same time.”

FULFILLING OUR JOURNEY

Brianna Wiest is the bestselling author of numerous books, including *101 Essays That Will Change the Way You Think*, *The Pivot Year* and *The Mountain Is You*. Her personal reflections are derived from years of self-inquiry and meditation practice, and her writing emphasizes emotional



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June
Men's Health

July
The Great Outdoors

August
Harmonious Living

September
Gut Vitality

October
Brain Gain

November
Balancing Energy

December
Embrace Joy

natural
awakenings

Feature Story

intelligence and self-awareness as keys to meaningful success.

She notes that the conventional standard of success varies depending on an individual's upbringing, network and environment. "There are ways in which society measures and corroborates a concept of success, and many people feel beholden to this definition. But this can become more defeating than motivating, as the idea of success is often divorced from the essence of what it should actually mean," she says. "Success is effectiveness, but the question becomes: Effectiveness at what? Fulfillment is when we're effective at something meaningful. It's an internal gauge, rather than an external measure. Fulfillment is when we feel deep peace and inner satisfaction, regardless of how others may perceive our endeavors or pursuits."

Shifting the focus away from the outcome, and more on our journey, is a practice that strengthens within the interplay of momentum and inertia. Wiest states, "The more we acknowledge and feel good about the progress we're making, the more inclined we feel to make more of it. Often, we use the inverse on ourselves: We try to focus on the ways in which we're falling behind (or imagine that we are) so as to motivate ourselves to move forward. This usually just compounds the mindset that we are incapable, and it's not worth the effort. The best way to become more of anything is first to find evidence of the ways in which you already are that thing."

Wiest recommends striking a balance between ambition and rest by fine-tuning intuition and strengthening the ability to respond effectively. "There's no right way to divide up your time, and everyone's needs differ," she points out. "Rather than waiting



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until you're at the point of depletion to think about taking care of yourself, sit honestly with the question of where you'd like your bandwidth to expand and

how your body and mind signal that it's time to decompress. In the same way that you have to rest a muscle after exercising it for it to strengthen, repair and grow, the rest of the body works similarly. It's part of the process, not antithetical to it."

Reflective practices such as meditation and journaling can enable us to be more mindful and make decisions that align with our values, instead of acting impulsively. Wiest suggests looking at life from the perspective of our 90-year-old self and considering what we would have done differently. "Mindfulness is a way of both stilling the waters of the mind and calming the inner chaos, while at the same time, giving us the chance to pause between having a thought and a feeling and then immediately responding to it," she says. "It's that gap of time where we get to consciously decide how we will react that ultimately creates our personal freedom."

LIVING OUR SOUL'S PURPOSE

Author, podcaster and co-founder of the Dharma Coaching Institute, Sahara Rose Ketabi helps people discover their soul's purpose. "Your dharma is the big reason why you are here," she explains. "It's your sacred mission, your truth and the sacred intersection of your joy and the world's needs. When you're aligned with your dharma, life begins to feel like a divine dance—yes, with challenges, but also with deep meaning. It's not about being the best at something; it's about being you, fully and unapologetically."

Ketabi contends that the pursuit of success

alone does not yield happiness; it is happiness that brings true success. “Success isn’t just about ticking boxes or climbing ladders. It’s about alignment,” she clarifies. “We can shift this mindset by tuning into our bodies, emotions and passions, asking, ‘Does this feel expansive? Does this nourish my soul?’ When your success is in service of your dharma, it feels sustainable, fulfilling and soul-led.”

Ketabi incorporates Ayurvedic wisdom into her teachings to help people tune into their own energy. “Ayurveda is the science of life, and your dharma is the reason you’re alive. They’re inherently connected. By understanding your dosha—*vata*, *pitta* or *kapha*—you understand your strengths, challenges and soul gifts,” she explains. “It’s not just about food or herbs; it’s about rhythm. If you’re a fiery *pitta* trying to force your purpose, you may burn out. A dreamy *vata* may need structure to bring ideas through. Ayurveda teaches you how to work with your energy, not against it, so your dharma can blossom naturally.”

Living as your most authentic self ultimately has a butterfly effect for making positive changes in the world. “When one person lives in their dharma, it shifts the field for everyone around them. It creates a ripple of remembrance,” says Ketabi. “I believe that your dharma is not just about you, but it’s about the impact you create through being you. It is not selfish to follow your joy; it’s necessary. When you do what you love, you become magnetic. You inspire others to stop settling, to heal and to rise. You become the permission slip they didn’t know they needed. Living your dharma is the highest form of spiritual activism.”

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

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- **Pots and Pans:** Use as a gentle abrasive to scrub pots and pans—even stainless steel.
- **Drains:** Pour half a cup of baking soda followed by half a cup of white vinegar down the drain. Allow it to fizz, then rinse with hot water. This is not a substitute for clearing clogs.



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- **Laundry Booster:** Add half a cup to a load of laundry to soften the water, boost detergent effectiveness and neutralize odors. This natural solution is safe to use with baby items.
- **Bathroom Fixtures and Surfaces:** Mix an equal amount of baking soda and water or vinegar to form a paste for scrubbing sinks, tubs, tile and grout. For a deeper clean, combine with Castile soap instead of water or vinegar.
- **Toilets:** Use as a powdered cleanser, adding a few drops of a germ-fighting essential oil such as lavender, tea tree or lemon.
- **Carpets:** Mix a cup of baking soda with a few drops of geranium, lavender or ylang ylang essential oil and sprinkle it evenly over the carpet. After half an hour, vacuum thoroughly.
- **Natural Deodorizer:** Place an open box in the refrigerator to keep it smelling fresh. Sprinkling baking soda in garbage cans, shoes or gym bags can help eliminate unpleasant odors.



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- **Produce Cleaner:** Mix one teaspoon of baking soda per two cups of cold water and soak strawberries or other produce for 12 to 15 minutes. Gently rub the fruit or vegetables, then rinse thoroughly with clean water and pat dry. This method can reduce dirt, bacteria and some pesticide residues.

- **Sterling Silver Polisher:** Combine two tablespoons of lemon juice or distilled vinegar with two tablespoons of baking soda. With a soft cloth, gently rub the mixture onto sterling silver items and rinse thoroughly. Allow more tarnished items to soak in the mixture for a few minutes before cleaning.

PERSONAL CARE

- **Teeth Whitening:** Sprinkle a small amount of baking soda on the palm of the hand, dip a damp toothbrush into the solution and brush as usual. This method should only be used sparingly, as baking soda can damage tooth enamel.
- **Skin Relief:** Add half a cup of baking soda to a bath to soothe skin irritation. This solution is beneficial for eczema, poison ivy and dermatitis.
- **Hair Cleansing:** Mix a small amount of baking soda with water to create a solution. Massage the mixture onto wet hair and rinse thoroughly. This shampoo alternative helps to reduce excess oil and buildup of styling products, restore pH levels, treat dandruff and lighten hair dye. It can also serve as a dry shampoo by simply combing it through dry hair. Long-term or excessive use is not recommended, as baking soda's abrasive properties can cause split ends, irritate the scalp and strip hair of natural oils.



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The Harmonious Home

Décor Strategies That Promote Well-Being

by Megy Karydes

The spaces we call home hold untapped potential to become powerful allies in our pursuit of wellness and tranquility. Creating a truly restorative environment goes beyond incorporating organic cotton throws and essential oil diffusers. The secret lies in recognizing that homes are living entities rather than mechanical constructs for shelter.

NATURE'S BLUEPRINT

The human eye instinctively gravitates toward the soft curves and organic forms found in natural settings. Social psychologist Erich Fromm coined the term biophilia to describe an intrinsic affinity between living things. In architecture, biophilic design aims to create living spaces that foster well-being through a connection with nature.

One way to mimic nature indoors is through the use of curves and organic shapes, according to Lauren Riddei, a wellness interior designer and founder of Haus Holistics, in Myrtle Beach, South Carolina. For instance, consider replacing angular coffee tables with round styles or swapping rectangular mirrors for curved versions.



Shcherban/CanvaPro

Riddei recommends starting with one curved element at a time, making it “a goal that any new piece of art, furniture or accessory brought into the space has curves in them.” The recent trend toward rounded furniture reflects our innate craving for spaces where energy flows freely, unobstructed by sharp corners where it tends to get stuck.

Color psychology extends this natural approach beyond shapes. Rather than following fads, hues should be chosen based on current life needs, according to Lisa Morton, a holistic interior designer and founder of Pure Living With Lisa Morton. “Maybe the client doesn’t need calm. Maybe they’re in a rut and need revitalization, in which case they need oranges, yellows and pinks,” she advises, adding that if the primary objective is to create a soothing environment, blues, greens and creams should be considered.

Morton also recommends that homeowners follow the seasonal rhythms as a way to “remind our body of being outdoors even when we can’t be.” For example, during the fall and winter months she incorporates chunky rugs and throws crafted from natural fibers. As she explains, such textures resonate with the earth element of feng shui—the ancient Chinese practice of creating harmonious living spaces—thereby creating a sense of stability and grounding.

INTENTIONAL ENERGY FLOW

The Bagua Map, a feng shui blueprint for energy centers, charts a path for establishing harmony throughout the home. “The center-most area of your home connects to every other important energy center,” Morton asserts. “By lifting the energy of your center area, it affects every other part of your home.”

This intentional care radiates outward. Identifying the home’s center point (imagine a bird’s-eye view of the floor plan) and showering it with attention involves replacing burned-out bulbs, thoroughly vacuuming, fluffing pillows and adding thriving plants or fresh flowers. “If your whole home feels stuck and stagnant, and you do work on this living area, it’s going to radiate out,” she remarks.

According to Morton, the front door deserves equal attention, because in feng shui, it is associated with new opportunities and fresh



energy. “A lot of people don’t use their front door. They come and go through the garage,” she observes, recommending that people find ways to regularly use the front door—whether walking the dog or taking morning strolls—as a way to invite new, restorative energy into the home. Shaking out welcome mats, ensuring the smooth functioning of locks and adding seasonal wreaths all contribute to this goal.

Licensed therapist turned interior designer and author of *Home Therapy* Anita Yokota takes this intentional approach further with her concept of “core desire”. Rather than making design decisions first and seeing how they make inhabitants feel, she flips the process by asking, “How do you want to feel and be in this space? What relationships do you want to thrive here?” This therapeutic approach ensures that every choice serves deeper needs, rather than following external trends.

CREATING SENSORY SANCTUARIES

Another overlooked aspect of holistic home design is sound. While homeowners may obsess over visual elements, they often ignore how acoustic pollution affects well-being. “We are sensitive to loud noises and vibrations,” Riddei says. “We need an environment that won’t keep us on edge when we come home from a long day.” Her unconventional solution involves wind chimes tuned to the healing frequencies of 432 or 528 Hertz (Hz), which she asserts are associated with peace and love. This is particularly helpful for people that live on a noisy road.

Research published in the journal *Health* found that music tuned to the frequency of 528 Hz significantly reduced stress after only five minutes of listening. For those sensitive to auditory stimulation, Yokota suggests implementing additional insulation or sound-absorbing wall panels.

Megy Karydes is a Chicago-based writer and author of 50 Ways to More Calm, Less Stress.

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Understanding Cat Supplements

Tips for Safe and Fruitful Nutritional Support

by Ruth Roberts, DVM, CVA, CVH, CVFT, NAN

Cats are often seen as low-maintenance companions, but they may still need supplements to support their health and well-being. The feline supplement market is one of the fastest-growing segments in pet health, with an expected annual growth rate of 8.7 percent through 2029. With so many available options, choosing the right supplements requires careful consideration.

CHANGING INTERESTS OF PET OWNERS

Melissa Sherman, a holistic pet health coach and nutritionist, notes that the increasing interest in feline supplements stems from two primary reasons: a shift toward integrative wellness and a heightened emphasis on the unique needs of cats. “People are looking beyond conventional care and asking what more they can do to help their cats thrive, not just survive,” she explains.

A recent survey of pet parents conducted by market research publisher Packaged Facts reported that 76 percent of dog and cat owners were interested in finding health and wellness products for their pets. Nearly half of the respondents said that they were paying closer attention to their pets’ health in the aftermath of the COVID-19 pandemic.

According to the American Veterinary Medical Association, the number of U.S. households with at least one cat grew from 25 percent in 2016 to 29 percent in 2022. As more families

welcome cats into their homes, interest in long-term feline wellness continues to rise. An aging pet population and the growing availability of veterinarian-formulated supplements further contribute to this rising trend.

FOUNDATIONAL SUPPLEMENTS

To promote general feline wellness, Sherman’s top supplement recommendations fall into the following three categories:

- 1. Immune Support:** Medicinal mushrooms such as reishi, turkey tail and shiitake are rich in beta-glucans, which help modulate the immune system and reduce inflammation.
- 2. Omega-3 Fatty Acids:** Marine-based sources such as anchovy or krill are preferable. “Cats are obligate carnivores,” Sherman explains. “It’s essential they receive bioavailable, animal-based omega-3s rather than plant-based sources, which are harder for them to convert.” These nutrients contribute to skin health, joint function, cardiovascular well-being and cognitive performance, making them indispensable for cats of all ages.
- 3. Emotional Wellness Support:** “Cats are deeply sensitive creatures, and their emotional state directly affects their physical health,” says Sherman. “Supplements that support the nervous system, including certain adaptogens or vibrational remedies like flower essences, can be incredibly helpful, especially for cats dealing with anxiety, transitions or trauma.”

TARGETED SUPPORT

Beyond the foundational supplements, others can be added on a case-by-case basis as specific needs arise. Sherman recommends a comprehensive assessment of the animal’s diet, lifestyle, health history and symptoms, noting, “I evaluate food quality and variety, energy levels, digestion, coat condition and behavior. If the cat thrives on a balanced, species-appropriate diet with no signs of imbalance, supplements may be needed only for foundational support like omega-3s.



Valery Kudryavtsev from Getty Images/CanvaPro

Life stage and unique needs are also considered. Kittens, seniors, stressed cats or those recovering from illness often benefit from targeted supplementation to optimize their health.”

In cases of chronic kidney disease, hyperthyroidism or taurine deficiency, especially in cats fed home-cooked diets, targeted supplements may be necessary. These situations often require meticulously adjusted nutrient levels and additional support, such as glandulars (organ-based supplements) or adaptogens (stress-modulating herbs), tailored to the cat’s specific condition. In such cases, oversight by a veterinarian and/or nutritionist may be advisable.

SUPREMACY OF A HEALTHY LIFESTYLE

Supplements are often viewed as a quick fix for health issues. Without addressing root causes such as poor nutrition or unresolved medical conditions, supplementation may lead to poor results. In some cases, they may even mask symptoms rather than support true healing. “One of the most important things to understand is that supplements can’t replace a high-quality diet or proper veterinary care. They’re powerful tools, but they work best as part of a holistic wellness plan,” says Sherman.

DOSAGES AND OTHER SAFETY CONCERNS

A common misconception is that more supplements are better. Cats often thrive with less. “Over-supplementation can strain organs like the liver and kidneys and may even contribute to the very issues we’re trying to resolve,” Sherman explains. “Just because something is natural doesn’t mean it’s always safe or necessary. Cats are incredibly sensitive, and even beneficial ingredients can become harmful if used improperly.”

The selection of supplements should be purposeful and precise. Fat-soluble vitamins A and D can accumulate in the body over time and lead to toxicity. According to VCA Animal Hospitals, vitamin A toxicosis in cats, often caused by excess raw liver or supplement intake, can result in

joint pain, lethargy, weight loss and skeletal deformities.

When selecting cat supplements, Sherman recommends looking for those made with high-quality, naturally derived ingredients and no synthetic additives or fillers. Choose species-appropriate formulations and brands that employ good manufacturing practices. Companies that share third-party testing results are best.

Exercise caution with essential oils, particularly those incorporated into other supplements, as they can be harmful to cats if not used properly. It is best to work with a professional experienced in essential oil use for animals.

Learn more about Dr. Ruth Roberts’ approach to holistic pet care and wellness at DrRuthRoberts.com.

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Seize the Day!

by Marlaina Donato

Art historian Bernard Berenson once said, “I wish I could stand on a busy corner, hat in hand, and beg people to throw me all their wasted hours.” Although no one has an inexhaustible number of years on the planet, we don’t realize that life is flying by. Most of us seem to be in a hurry all the time, even when we don’t need to be.



Syda Productions/CanvaPro

Memories of our most cherished moments have become intangible phantoms. Snapshots, stored on smartphones and rarely printed, are lost in a blizzard of social media posts. Although we photograph everything—even what’s on our dinner plate—the full engagement of our senses is perennially postponed to an ambiguous later date when we “have more time.” Somehow, we have become spectators of our own lives, never quite living the moments our technology is preserving.

Consider the supplication of Roman poet Horace: *Carpe diem!* To seize the day is more than a feel-good motto. It can be a spiritual discipline. Unplugging from the compulsion to have a phone or camera in hand at all times can be a wonderful starting point. Reserving one day each week to turn off our devices and become fully immersed in meals and social activities can help us shed our public personas and get

back to who we truly are.

Choosing to speak in person or on the phone instead of texting can remind us that human voices spark deep, human connection, boosting the immune system and uplifting our mood. Face-to-face interactions remind us that we are valued and heard, and that we are capable of providing that crucial validation for others.

As our world spins into the age of artificial intelligence with so many exciting possibilities, we also want to ensure that what makes us human remains intact. Living fully and harmoniously is an invitation to cultivate authenticity, prioritize the present moment and inspire others by example. Seizing the day may truly be our greatest accomplishment.

Marlaina Donato is an author, visionary painter and composer. Connect at WildflowersAndWoodSmoke.com.

COMING SOON

Natural Awakenings is planning a new section focused on a health and wellness community.

First up is....



The section will include:

Advertising Opportunities

Networking Events
Articles Highlighting Montclair's vibrant Health and Wellness Community and Businesses.

To learn more about advertising, how to contribute content or have a suggestion to offer

Contact Joe Dunne
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joe@naturalawakeningsnj.com

Calendar of Events



Calendar events must be received via email or submitted online by the 10th of the month and adhere to our guidelines. Email kathy@NaturalAwakeningsNJ.com or NaturalAwakeningsNJ.com to submit online.

THURSDAY, AUGUST 7

Mandala Making Workshop – 6-7:30pm. Make your own mandala using various materials including trims, laces, feathers, etc. All materials included. Groups of 3 to 6 by appointment. \$36 materials fee. FABRICS By Robin Lennon, 253 Newton-Sparta Rd, Newton. To RSVP contact Robin at 646-645-1003 (text/call) or email Robin@RobinLennon.com. RobinLennon.com.

FRIDAY, AUGUST 8

Lions Gate Crystal Bowl Sound Bath – 7-8:15pm. Align with the 8/8 Lions Gate portal in our Energy Enhancement Room—release blocks, raising frequency, activating intentions, and bathing in high-vibe crystal bowl sound healing. Early bird until 8/1: \$70, After 8/1: \$85. RSVP req. Quantum Light Wellness Center, 170 Township Line Rd, Bldg B, Hillsborough. 908-328-2112. For information and to RSVP, visit QuantumLightWellness.com/events.

SATURDAY, AUGUST 9

Akashic Records, Stone Path or Medium Reading – 1-6pm. During an Akashic Records reading, Cherise taps into your records, offering you channeled messages from your guides, masters, teachers and loved ones. These messages are intended to help you raise your awareness of your spiritual path so you can live in alignment with your highest and best good. Ancient stone readings can show you how your life has been thru each phase and where you are heading. Session is 45-60 minutes. \$145/pp; pre-registration req. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848-217-2371 Web: AYearAndADayMysticalShoppe.com

SUNDAY, AUGUST 10

Free Drumming Circle – 1:30-3pm - Circle to be led by Shaman, Lauren. Experience

the uplifting energy vibrations of this Native American drumming. You may bring an instrument (drum, rattle, etc.), or just enjoy the experience. Free. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848-217-2371 Web: AYearAndADayMysticalShoppe.com.

TUESDAY, AUGUST 12

2nd Tuesday Community Dinner – 6:30pm. Gather with like-minded health-conscious individuals seeking authentic connection, thoughtful conversation, and supportive community. Cappadocia Restaurant, 117 Newark Pompton Turnpike, Little Falls. BYOB. Future date: Sept 9. Space limited. RSVP to info@LDRHealing.com.

Reduce Stress with Hypnosis – 7pm; Zoom. Discover exciting new ways to approach and deal with stress in your life. \$50. For information and link to sessions, contact Barry at 908-303-7767 or barry@hypnosiscounselingcenter.com. HypnosisCounselingCenter.com.

WEDNESDAY, AUG 13

How Hypnosis Works – 7pm; Zoom. Join Barry Wolfson as he takes attendees on a journey of understanding the workings of hypnosis. Free, but please register to receive the Zoom link. For information and link to sessions, contact Barry at 908-303-7767 or barry@hypnosiscounselingcenter.com. HypnosisCounselingCenter.com.

THURSDAY, AUGUST 14

Personal Color Consultaion – 6-7:30pm. Are you always choosing and wearing the same “safe” colors? This session is for you. Find out what colors make you look your best! \$45 Fee. FABRICS By Robin Lennon, 253 Newton-Sparta Rd, Newton. To RSVP contact Robin at 646-645-1003 (text/call) or email Robin@RobinLennon.com. RobinLennon.com.

Lose Weight with Hypnosis – 7pm; Zoom. Learn hypnotic techniques to help lose weight. \$50. For information and link to sessions, contact Barry at 908-303-7767 or barry@hypnosiscounselingcenter.com. HypnosisCounselingCenter.com.

SUNDAY, AUGUST 17

The Neuroscience of Change: A Cognomovement Workshop with Annette Villaverde, Cognomovement Expert Practitioner – 10am-12noon. Discover the neuroscience of transformation with Cognomovement. Learn to release emotional blocks, reprogram your brain, and create lasting change for improved clarity, energy, and well-being. Early bird until 8/10: \$95, After 8/10: \$125. RSVP req. Quantum Light Wellness Center, 170 Township Line Rd, Bldg B, Hillsborough. 908-328-2112. For information and to RSVP, visit QuantumLightWellness.com/events.

Herbs for Rest & Cognitive Function – 1-3pm. Work with herbs to promote relaxation, sleep and cognitive function. Examples include lemon balm, tulsi basil, motherwort, peppermint, rosemary and ginkgo. Plus lifestyle tips and recipes. Led by herbalist April Morecraft. For early bird cost of \$45, register by 7/20 with code REST. Afterward cost is \$55. Mad Lavender Farm, 452 Co Rd 579, Milford. 908-310-5973. Register at MadLavenderFarm.com/workshops/workshops/

MONDAY, AUGUST 18


Stop Smoking with Hypnosis – 7pm; Zoom. Learn how to address and eliminate the urge to smoke. \$50. For information and link to sessions, contact Barry at 908-303-7767 or barry@hypnosiscounselingcenter.com. HypnosisCounselingCenter.com.

THURSDAY, AUGUST 21

Better Golf with Hypnosis – 7pm; Zoom. Maximize your skill and stroke through relaxation techniques and guided imagery and play better golf. \$50. For information and link to sessions, contact Barry at 908-303-7767 or barry@hypnosiscounselingcenter.com. HypnosisCounselingCenter.com.

FRIDAY, AUGUST 22

Accelerated Shamanism Training Retreat: Know Who You Are – 3pm 8/22 to 2pm 8/24. Join us for this unique Siberian Soul Shamanism training. EJoin us for this Siberian Soul Shamanism training. Know and join with the fullness of who you are and never feel alone. Discover your highest connections, experience immediate healing, knowledge, and solutions.



Sacred Harvest Retreat
October 9-12, 2025
Himalayan Institute in Honesdale, PA

Enjoy the beauty of the Pocono Mountains in fall and embark on a journey of profound transformation led by Jennifer Mohamed. Whether you are new to the medicine wheel or seeking to deepen your understanding, this retreat, which also includes daily yoga and meditation, promises to be a life-changing experience.

Tuition is \$425.
Accommodations are booked separately through the institute.

For details and to register, visit
JenTheYogaLawyer.com/sacred-harvest-retreat/

You learn, process, and integrate this practice as you relax in nature. Guided by Shaman Janet StraightArrow. Retreat is at Art Farm, 33 Fawn Lane, Accord, NY. Fee \$800. Call/text 973-647-2500. Sign up and complete details on BeTheMedicine.com/event/a-weekend-with-your-soul-shamanism/.

SUNDAY, AUGUST 24

Psychic Fair by Shirley Ann – normally on 4th Sun each mo; 11am-5pm. Shirley Ann invites all to come for a day of insight and discovery with professional, seasoned psychics, mediums, tarot cards, palmistry, etc. Admission is free. Holiday Inn, Rte 46 E, Parsippany. For information, call/text Vincent at 973-723-8238 and visit Facebook/ Psychic Fair Network.

Mushroom Cultivation Workshop – 1-3pm. Join mushroom cultivator and forager Kacy Binz in a fun and hands-on mushroom cultivation workshop! Kacy will walk you through each step of the growing process, from mycelium to mushroom. \$85, \$75, \$65 (choose your abundance level) Mad Lavender Farm, 452 Co Rd 579, Milford. 908-310-5973. Register at MadLavenderFarm.com/workshops/workshops/

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Guided by Shaman Janet StraightArrow.

Sign-up and details at

BeTheMedicine.com/event/a-weekend-with-your-soul-shamanism/.

SATURDAY, AUGUST 30

The U Store – Discover What Makes YOU Unique – 12:30-5:30pm – Workshop and book signing – How many kinds of bread are there? Sure, bread is bread... but swap a single ingredient and suddenly it's something entirely new! Same goes for AI or software – add one line of code, change its placement and the whole outcome shifts. So what about you? Join author and guide, T.L. Harris for a playful and profound

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exploration of The U Store. Discover how your innateness, 72 sacred gifts and 12 core life drives shape the recipe of your loaf. Come take a slice! Includes a signed copy of his new book – The U Store. \$99.00 per person. Pre- Registration required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848-217-2371 Web: AYearAndADayMysticalShoppe.com

Make Your Own Bar Soap Workshop

– 1-3pm. Make your own bar soap from scratch using ingredients that are good enough to eat in this hands-on workshop with Alex Jimenez. All materials required are provided. \$85, \$75, \$65 (choose your abundance level). \$85, \$75, \$65 (choose your abundance level) Mad Lavender Farm, 452 Co Rd 579, Milford. 908-310-5973. Register at MadLavenderFarm.com/workshops/workshops/

WEDNESDAY, SEPT 10

Reiki Master Healer Teacher Training Meeting

– 7-8pm; via Zoom. Course offers a complete foundation for learning many levels of healing. Learn mastery level awareness, healing, and teaching and experience all levels of Reiki from a mastery perspective as we work on one another. Led by Janet StraightArrow. Be The Medicine, 247 North Road, Chester. Reserve your place by phone 973-647-2500 or Janet@Bethemedicine.com. For info, visit BeTheMedicine.com/Events.

SUNDAY, SEPT 14

Elderberry Syrup, Fire Cider and Kitchen Medicine

– 1-3pm. Get geared up for winter with an herbal medicine cabinet! Learn about kitchen herbs, spices and roots that work as herbal allies to strengthen your immune and respiratory systems. Gain

knowledge of how to work with plant medicine to relieve symptoms of cough, sore throat, earache and congestion. Craft fire cider and participate in a demo for making elderberry syrup. Herbal tea and cookies served. \$55/pp with early registration before Sept 1; \$65 after. Mad Lavender Farm, 452 Co Rd 579, Milford. 908-310-5973. Register at MadLavenderFarm.com/workshops/workshops/

SATURDAY, SEPT 20

Herbal Wreath Workshop

– 10am-noon. Nicole will guide you step by step to create your wreath on a 12" grapevine base. Includes a brief synopsis of the medicinal value and properties of each herb & flower to customize your creation to your needs and tastes. Lavender shortbread cookies and herbal tea served. \$160. Mad Lavender Farm, 452 Co Rd 579, Milford. 908-310-5973. MadLavenderFarm.com/herbal-wreath-workshop.

SUNDAY, SEPT 28

2nd Annual MetaphysiFest™

– 12noon-5pm. MetaphysiFest™ is unique in that there is no replication of service, business promoted, or products vended. The fee for a service remains at \$45 for each practitioner whether one chooses a 15 minute or 1/2 hour session. Free admission. 10 vendors in all create a low key petite vibe that invites the curious, as well as the more seasoned seeker. In its second year, MetaphysiFest™ humbly calls for a looksee on this Sunday afternoon in September. Free admission. Long Hill Senior Center, 769 Valley Road, Gillette. JoaniesWhiteLightHealing.com/metaphysifest.

THURSDAY, OCTOBER 9

Sacred Harvest Retreat

– Oct. 9-12. Don't miss this chance to enjoy the beauty of the Pocono Mountains in fall and to embark on a journey of profound transformation. Whether you are new to the medicine wheel or seeking to deepen your understanding, this retreat promises to be a life-changing experience held at the Himalayan Institute in Honesdale PA. \$425 tuition (accommodations booked separately through the institute). For details and to register, visit JenTheYogaLawyer.com/sacred-harvest-retreat/

Ongoing Events



Monday

Wu Ji Jing Gong Taichi - Beginners

– 11am-12noon. Learn a series of slow, gentle and meditative movements to help with your balance and reduce stress. No

Ongoing Events

prereq req. Led by Patty Pagano. Series discounts: \$100/4-wk or drop in \$30. Private sessions also available. Martinsville Community Center, 1961 Washington Valley Rd., Martinsville. 908-392-1313 or pattyqigongforhealing@gmail.com. QiGongForHealing.org.

Wu Ji Jing Gong Qi Gong - Beyond Beginners – 12noon-1pm, in person / 8-9pm on Zoom. Patty Pagano guides students into greater depth analysis and refinement of movements. Prerequisite Wu Ji Jing Gong Qi Gong for beginners. In-

person or zoom series: \$100/4-wk or drop in \$30. Zoom series discounts \$80/4-wk or \$25 drop in. Martinsville Community Center, 1961 Washington Valley Rd., Martinsville. 908-392-1313 or pattyqigongforhealing@gmail.com. QiGongForHealing.org.

Tuesday

Wu Ji Jing Gong Tai Chi Beyond Beginners – 5-6pm. Patty Pagano leads class focused on the healing aspect of the art with emphasis on developing tai chi self practice to gather and direct Qi within

your body. Prereq: Wu Ji Jing Gong Tai Chi for Beginners. Led by Patty Pagano. Series disc: \$100/4-wk or drop in \$30. Martinsville Community Center, 1961 Washington Valley Rd., Martinsville. Private sessions available. 908-392-1313 or pattyqigongforhealing@gmail.com. QiGongForHealing.org.

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Wednesday

Swimming Dragon Practice – 11am-12noon. Lead by Patty Pagano. A ancient flowing and dynamic Qi Gong practice to enhance flexibility and energy circulation. Prereq: swimming Dragon for Beginners. Series discounts: \$100/4-wk or drop in \$30. Martinsville Community Center, 1961 Washington Valley Rd., Martinsville. 908-392-1313 or pattyqigongforhealing@gmail.com. QiGongForHealing.org

Thursday

Wu Ji Jing Gong Qi Gong: Beginners – 7:30-8:30pm. Learn 15 meditative and repeating movements that will help you relax and open your mind, body and Qi plus principles of alignment. No prereq required. Led by Patty Pagano. Series discounts: \$100/4-wk or drop in \$30. Private sessions also available. Martinsville Community Center, 1961 Washington Valley Rd., Martinsville. 908-392-1313 or pattyqigongforhealing@gmail.com. QiGongForHealing.org

Friday

Friday Psychic Readings and Energy Healings – 2-7pm. Need direction or an energy reboot? Get a 10-minute Reading or Energy Healing for only \$30. Walk-ins or appointments are welcome. A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. 848-217-2371. AYearandadaymystic.com. AYearAndADayMysticalShoppe.com.

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"Holistic & Healing-Focused"

Systemic Dentistry is the relation of the mouth to body and body-mouth interactions. We provide whole body dental care in a relaxed atmosphere of caring, sensitivity, and constant self-improvement.

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Dental-Holistic Treatment Options

- Dental-biocompatible materials
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Nutrition and Homeopathy

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908-464-9144

www.holisticdentistrynj.com

Dr. Memoli is also an author and lecturer
(see systemicdentistry.com)



Connecting you to the leaders in natural healthcare and green living in our community. To find out how you can be included in the Community Resource Guide email Joe@NaturalAwakeningsNJ.com to request our media kit.

Acupuncture

ACUPUNCTURE WORKS CENTER

Kristin A. Dudley LAc
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973-979-1652
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Doctor of Naturopathic Medicine;
Board Certified in Acupuncture
& Chinese Herbal Medicine
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Dr. Rosenfarb is world renowned in the field of holistic eye health and passionate about helping people with degenerative eye diseases. Call now to qualify for your free copy of his groundbreaking book, *Recover Your Vision*. Additional specialties include glaucoma, retinitis pigmentosa and diabetic retinopathy. See ad, pages 34.

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page 2.

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—Adyashanti

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DR. ANDY ROSENFARB, ND, LAC,

Doctor of Naturopathic Medicine;
Board Certified in Acupuncture
& Chinese Herbal Medicine
332 South Ave East, Westfield
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Dr. Rosenfarb is world renowned in the field of holistic eye health and passionate about helping people with degenerative eye diseases. Call now to qualify for your free copy of his groundbreaking book, *Recover Your Vision*. Additional specialties include glaucoma, retinitis pigmentosa and diabetic retinopathy. See ad, page 34.

Hair Restoration

THE HAIR FOR LIFE CENTER, LLC

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For over 35 years The Hair For Life Center has been helping women who experience hair loss. In as little as 2 to 3 hours we restore your hair to its natural state safely without using glues or extensions. For more information, visit at TheHairForLifeCenter.com. See ad, page 30.

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Marion Huska
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info@AWellnessClubNJ.com
AWellnessClubNJ.com

A Wellness Club for Pets & their People

We are dedicated to total health restoration for you

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Holistic Dentistry

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Holistic dental care that supports the body as well as teeth and gums. By treating the root cause, not just the symptoms, our team helps improve patients' quality of life through dentistry that respects and honors whole-body health. See ad, page 40.

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info@QuantumLightWellness.com
QuantumLightWellness.com



Quantum Light Wellness Center in beautiful Hillsborough, NJ offers amazing non-invasive holistic technologies that optimize wellness, balances energy, and promotes the body's natural ability to heal itself in a nurturing and transformative environment. See ad, page 7.

Holistic Health / Functional Medicine

WHOLISTIC MD

Dr. Monica Sood
973-996-4496
support@wholisticmdmail.com
WholisticMD.io



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Jennifer Mohamed, Esq
Office in Flemington
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Jennifer@jennifermohamedlaw.com
JenniferMohamedLaw.com



Provides trusted legal guidance to small wellness businesses and practitioners. From business formation and contracts to liability protection and compliance, Jen offers approachable one-on-one service, seasoned advice and big law quality at boutique firm pricing. See ad, page 11.

Light Therapy

ACUPUNCTURE WORKS CENTER

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908-392-1313
pattyqigongforhealing@gmail.com
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Experience Qi through the gentle movements of Tai Chi & Qi Gong with instructor Patty Pagano. Live classes in Martinsville and Chester. Private appointments and Zoom classes also. See ad, page 9

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A unique blend of science-based rehabilitation and traditional healing therapies designed to support deep, lasting wellness. Experience one-on-one care through services such as CranioSacral Therapy, Acupuncture, Myofascial Release, Manual Lymph Drainage, Reiki, and more. See ad, page 15.

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Alice Rich, Certified Master Teacher
Usui Reiki Ryoho, Karuna Reiki®, Crystal
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732-501-7628
alice@AliceRichReikiCenter.com
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Reiki, Crystal Healing and Integrated Energy Therapy® or Hypnosis sessions can help reduce pain physically, mentally and emotionally, promote a healthy lifestyle, achieve personal and professional goals, create balance and harmony and advance your spiritual journey. Private sessions and classes. Certification classes on Reiki, Crystal Healing and IET.

Reiki & Reflexology

HARMONY FOR US

Odile Denizet
908-963-6417
Odile419@gmail.com
HarmonyForUs.com



A certified Reiki Master and Reflexologist with a background in energy medicine and holistic wellness, Odile's sessions are gentle yet profound, creating space for release, clarity, and renewal. Odile works with both humans and animals, honoring the

deep connections we share and the wisdom each being carries. See ad, page 10.

*Look for a lovely thing
and you will find it,*

*It is not far—
it never will be far.*

—Sara Teasdale

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*One of the marvelous things
about community is that it
enables us to welcome and help
people in a way we couldn't
as individuals.*

—Jean Vanier

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Make a meaningful impact in your community by becoming the owner of a *Natural Awakenings* magazine. Empower others with current, valuable insights and resources to enhance their physical, mental, emotional and spiritual well-being.

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Why Own a *Natural Awakenings* Magazine?

- Create a Healthier Community: Be the go-to resource for wellness and personal growth in your area.
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What We Offer:

- A proven business model with low startup costs.
- Comprehensive training and friendly, ongoing support.
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Join a thriving network of passionate franchise owners reshaping the future of holistic health and wellness.

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To apply or learn more, visit Corp.NaturalAwakenings.com.

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- Central New Jersey
- Charlotte, NC
- Chicago, IL
- Columbia, SC
- Dallas, TX
- Daytona/Volusia/Flagler Counties, FL
- Detroit/Wayne County, MI
- Fairfield & Southern Litchfield Counties, CT
- Grand Traverse Region/Northern Michigan
- Greater Ann Arbor, MI
- Greater Lansing, MI
- Greater Oakland, Macomb, Livingston, Genesee, MI
- Gulf Coast, Alabama/Mississippi
- Houston, TX
- Jacksonville/St. Augustine, FL
- Lancaster/Berks, PA
- Lehigh Valley, PA
- Long Island, NY
- Milwaukee, WI
- Monmouth/Ocean Counties, NJ
- Naples/Fort Myers, FL
- New York City, NY
- North Central New Jersey
- North New Jersey
- Northwest Florida
- Palm Beach, FL
- Philadelphia, PA
- Phoenix, AZ
- Rhode Island
- Richmond, VA
- Sarasota, Manatee, Charlotte and DeSoto Counties, FL
- South Central Pennsylvania
- South Jersey, NJ
- Southeast North Carolina
- Space & Treasure Coast, FL
- Tampa, FL
- Tucson, AZ
- Twin Cities, MN
- Westchester/Putnam/Dutchess, NY
- Western Michigan



This information is not intended as an offer to sell, or the solicitation of an offer to buy, a franchise. It is for informational purposes only. Currently, the following states regulate the offer and sale of franchises: California, Hawaii, Illinois, Indiana, Maryland, Michigan, Minnesota, New York, North Dakota, Oregon, Rhode Island, South Dakota, Virginia, Washington and Wisconsin. If you are a resident of one of these states, we will not offer you a franchise unless and until we have complied with applicable pre-sale registration and disclosure requirements in your jurisdiction.

Natural Awakenings Readers!

Is Your Dentist TRULY Holistic?

Finding a holistic dentist that truly aligns with your wellness lifestyle can be a challenge. At Holistic Dental Center of NJ, we go beyond the basics to deliver a whole-body approach to oral health.



Holistic Dental Center of NJ	Other Holistic Offices
✓ SMART-Certified Mercury Removal: Comprehensive protection to prevent exposure to mercury vapor.	✗ Basic Mercury Removal: May not follow all or any of IAOMT's certified protocols for mercury safety.
✓ Meridian Analysis: We map and connect your teeth to your ENTIRE body for deeper health insights/analysis.	✗ Limited Whole-Body Focus: Sometimes holistic in name, but often limited in practice.
✓ Ozone Therapy: Naturally disinfects and promotes healing—chemical-free used alongside ALL treatment.	✗ Chemical Disinfection: May use fluoride or chemical rinses instead of ozone's natural, non-toxic properties.
✓ Oral Bacteria Checks & 3D Imaging: Early detection of hidden risks for true whole-body prevention.	✗ Minimal Oral Health Screenings: May not go beyond standard check-ups.
✓ Biocompatibility Testing: Personalized to your unique health needs—safe, non-toxic, and truly holistic.	✗ Limited Material Testing: Risks using materials that may cause sensitivities, allergies, or toxic reactions.

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Exclusions apply. Call for details.

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IAOMT



Dr. Parth Shah



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