

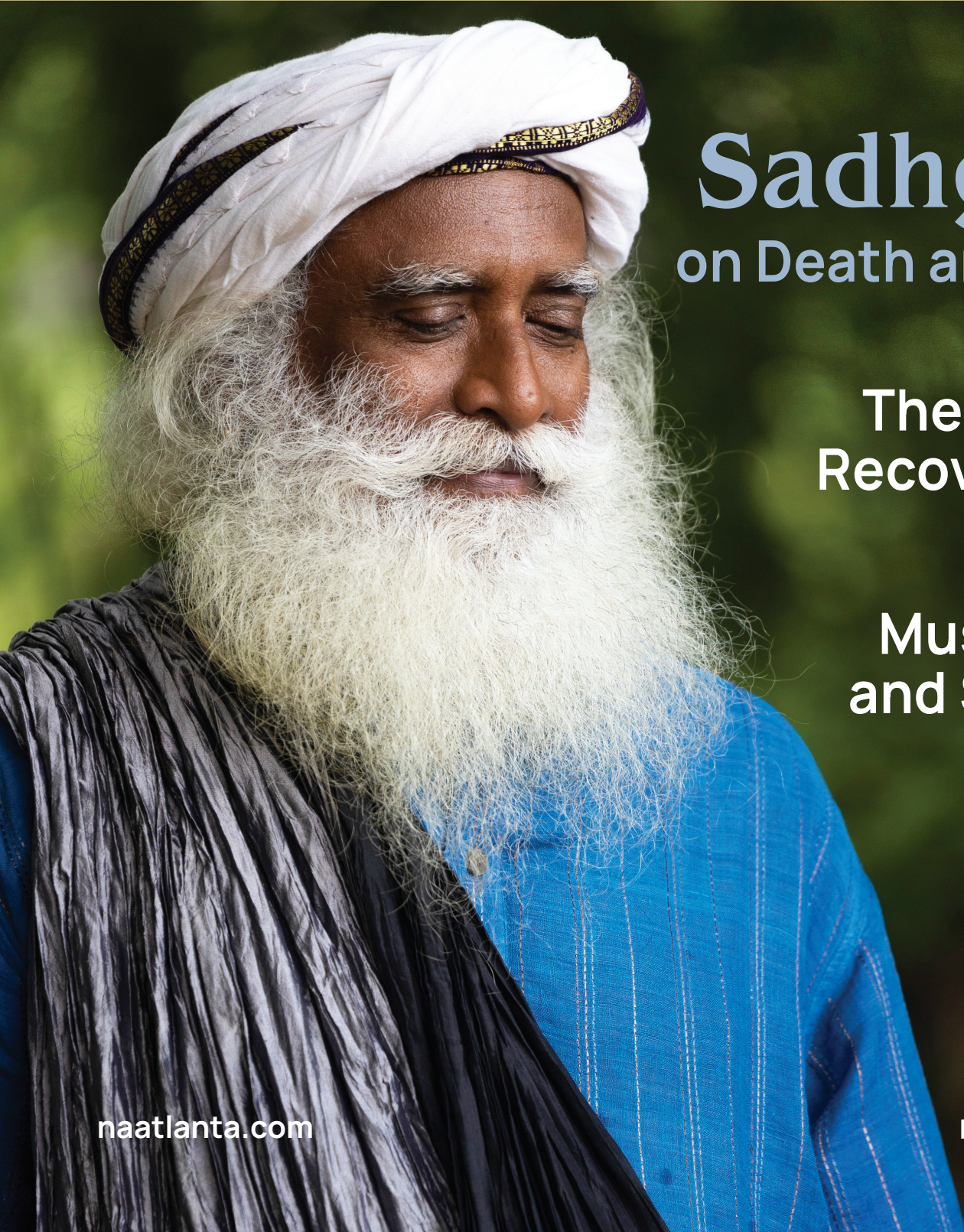


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Sadhguru, Indian mystic, spiritual leader and founder of Isha Foundation, is the subject of our cover photo, which is provided courtesy of Isha Foundation.



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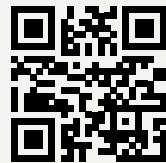
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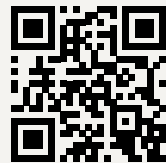
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**Correction:** In last month's neurofeedback article, Cereset on Ponce owner Ruthie Emrick was mistakenly quoted for a statement she did not make. The content of the quote should be disregarded in its entirety. Also, although the article stated that "Cereset does NOT utilize neurofeedback," a subsequent passage said that it does. The statement: "Still, many users report NFB sessions to be life-changing. Cobb Pearson, a client of Cereset on Ponce..." was incorrect to associate neurofeedback with Cereset. To be clear, the Cereset process does not provide any feedback.

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# I May Die Today



Magneta via Canva Pro

**"I**f you could, would you want to know when you will die?" asked a voice from deep within. Before I could say "No," it said, "You have three years to live."

True. There was a period of three years in which I believed there was a good chance I would be dead by the end of it. Not surprisingly, the consistency and length of my spiritual practices increased. I am well past those three years, and sadly, my practice has degenerated since then. Even after being within the proximity of death, the lesson was not learned deeply.

I found the book *Death: Only for Those Who Shall Die—A Yogi's Guide to Living, Dying, and Beyond* by the Indian mystic and spiritual leader Sadhguru deeply informative and wise. And I was excited to interview him about it. But as most know, to effectively connect with someone, you have to meet them where they are. Same with magazine articles.

So, when I met Sadhguru, the only question I asked him was this: Since you've traveled across the U.S., teaching from your book on death, where do you find most Americans stand when it comes to death? He chuckled and said, "Americans don't believe they're going to die."

Of course, we know we're going to die, but that's in our heads. Since we have yet to experience death ourselves, we don't know it in our hearts. And it's only when one's heart knows that one acts accordingly.

Impermanence, including death, is among the first of Buddhist teachings. When I started learning about Buddhism, I was taught to repeat "I may die today" over and over again. For a while, they were the first words that greeted me every day as I set them up to display with my phone's wakeup alarm. I even visualized dying in violent car accidents while driving down Atlanta's highways. These practices made the thought of death more prominent in my mind, but they did not move that knowledge to my heart.

Indeed, nothing triggers action like lived reality. What would you do over the next 24 hours if you knew you would be dead at the end of it? What would you do if you knew you had a week to live? A month? Six months? Our inability as humans to imagine our own deaths so vividly that we are compelled to act is telling. To wit, studies of those who had near-death experiences compared to those who survived life-threatening illnesses such as cancer show that those in the former group exhibit much deeper and lasting changes in their

## Letter to the editor

I am writing to clarify some points in the October issue featuring neurofeedback and brain training as it relates to Cereset. The inclusion implied that Cereset utilizes this modality, which is inaccurate. Neurofeedback is active participation, employing brain training from the outside in. To clarify, Cereset utilizes a passive, non-invasive Brain Echo technology, allowing the brain to naturally drive change from the inside out. To emphasize Cereset's uniqueness, *your* brain drives the entire process of balance with no client participation. When the brain recognizes where it's stuck, it autocorrects, providing clarity, stress relief and a real sense of grounding.

The article also stated that "specialized headphones deliver subtle sound patterns." "Deliver" implies forced change, and "sound patterns" denote outside input (i.e., neurofeedback), when the Brain Echo technology allows the brain to hear *itself* through auditory tones, enabling it to autocorrect. It's like holding a mirror up to your brain so it can see where it's out of balance and make meaningful change, helping give you your life back.

Regarding cost and time, neurofeedback [sessions] range from 17-50 sessions = \$5-15k and upwards of 18 months. Cereset is one third of that, ranging from five to ten sessions = \$1,650-\$4,000 over one to four months.

Ruthie Emrick  
Owner, Cereset on Ponce

values and perspectives than those in the latter group. We literally *need* to die and be yanked back to life in order to act as if we could die within the next five minutes.

So, while I don't have a death or near-death experience to share, what I can say is that if you want to honestly live life knowing that your time is severely limited and that your time of death is truly unknown, do the exercise above diligently. In other words, write down your answers, since writing

Continued on page 37

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## First Atlanta Hispanic Yoga Fest a Success

The first Atlanta Hispanic Yoga Festival (AHYF) attracted a sold-out crowd of hundreds on September 28, 2025, for a day of yoga and Latin American programming. Fifteen Latin American yoga teachers led sessions in Spanish, and participants chose from nine offered classes. And the vendor market of local artisans further expanded the sense of community there.

Offerings included a traditional Cacao Ceremony and live Latin music and dance. Walgreens offered free flu shots, the Latino Community Fund provided cholesterol and diabetes screenings and the Latin American Association shared information about its wellness programs.

“To see the lines forming early in the morning, the rooms full of people moving and breathing together, and the Mercado buzzing with community, it was incredibly powerful,” said festival founder Magda Olvera. “We set out to make wellness accessible in a culturally meaningful way, and what unfolded was a true celebration of unity, joy and cultural pride.”

Year one’s success prompted Olvera to announce the second annual festival on October 4, 2026, again at the Westside Warehouse.

Olvera characterizes AHYF more as a movement than an event; she plans to offer free and low-cost classes across Atlanta over the months to come. She points out that the communities served



Photo: Christian Rodriguez

have “historically faced language and economic barriers to wellness spaces.”

One partnership has already been announced. Roswell’s Naked Mind Yoga & Pilates will host a six-month residency beginning November 1. The collaboration, initiated by studio owner Brandi Rhodes, includes daily yoga classes in Spanish and bilingual events such as cacao ceremonies, sound baths and workshops during the weekends.

The AHYF was sponsored by Lululemon, the title sponsor, and others, including Alliance Theatre, Artisan Beaute, YTT Collective, *Natural Awakenings* and *Awakening Goddess*.

## Hey Yogi Launches Mindfulness Mats for Fall

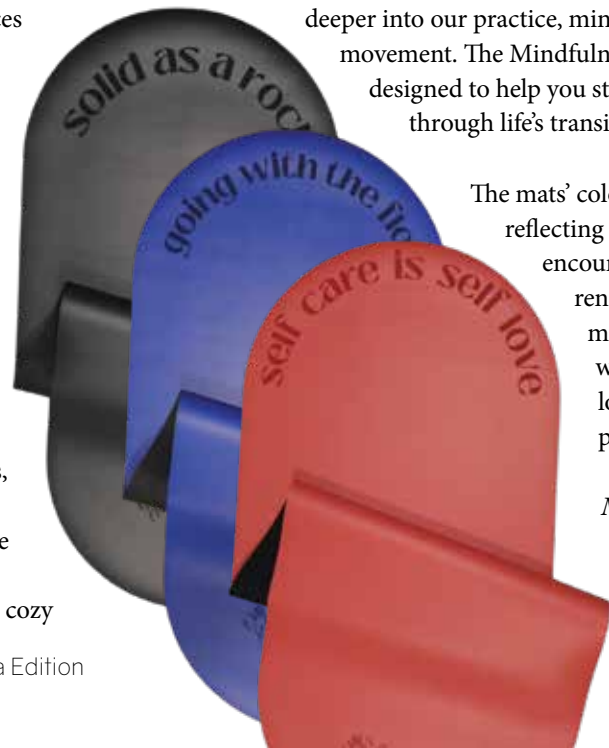
Hey Yogi, founded by Jacque Wilson, introduces three new Mindfulness Mats with a Message designed to inspire grounding, grace and self-love through the fall and winter seasons. Each sustainably made mat carries a calming affirmation and color theme. Black mats read “solid as a rock,” blue mats say “going with the flow” and red mats express the message “self love is self care.” The three join the first two mats, the messages of which are “one breath at a time” and “safe place of peace.”

The mats are designed to connect mindfulness, movement and message through a high-quality, natural rubber base and a soft, polyurethane surface that supports both stretches and stillness. Wilson says, “As the season shifts and we cozy

deeper into our practice, mindfulness becomes more than movement. The Mindfulness Mats with a Message are designed to help you stay present, rooted and aligned through life’s transitions.”

The mats’ colors are inspired by nature, reflecting the balance of earth and sky and encouraging practitioners to find serenity in their daily flow. They make meaningful gifts for yoga and wellness enthusiasts or anyone looking to deepen their self-care practice.

*Mindfulness Mats with a Message are available for purchase online for \$88 each. For more information, visit [HeyYogi.shop](http://HeyYogi.shop).*



## Yoga Festival Raises Funds for Local and Global Causes

Giving Tree Yoga announced that its 108 Festival, which took place on September 20-21, drew more than 150 participants. The event featured yoga classes, workshops, speakers and vendors, along with special children’s classes held at Giving Tree Yoga Center, allowing adults to enjoy activities at the Smyrna Community Center.

Festival organizer and co-owner of Giving Tree Katrina Carmichael says, “Helping others through doing what I love—yoga, that is—makes the hard work of organizing a weekend festival all worthwhile.” A group of eight Giving Tree Yoga Teacher trainees assisted with planning and running the festival, which culminated with a community practice of 108 sun salutations accompanied by live chanting.

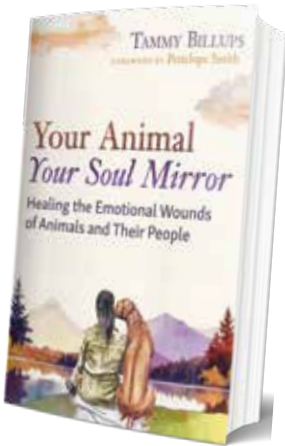
The festival raised \$14,007 to support Food4LivesAtlanta, a nonprofit that provides food and toiletries to unhoused people in Atlanta, as well as Sri Ramana Matriculation School in India, which will use its portion of the funds to expand its kindergarten program with new materials and toys.

Next year’s festival is scheduled for October 10 and 11 to avoid the fall break period.

*Giving Tree Yoga is located at 950 Cobb Parkway Southeast in Smyrna. [GivingTreeYogaSmyrna.com](http://GivingTreeYogaSmyrna.com).*

## Billups Releases 4th Book on Animal-Human Healing

Award-winning author and certified interface therapist Tammy Billups announces the release of her fourth book, *Your Animal—Your Soul Mirror: Healing the Emotional Wounds of Animals & Their People*, available October 28 on all major book sites. The book offers readers a guide to understanding and healing the emotional wounds within themselves and their animal companions.



In the book, Billups identifies five emotional wound patterns—the Scared One, Needy One, Sensitive One, Protector and Perfect One—and explores how they manifest in animals and humans. Through this understanding, readers can discover techniques to transform negative behaviors, increase love and foster mutual healing.

“To me, it’s more than a book; it’s a bridge of healing between hearts and species,” says Billups, who has spent 25 years in research and practice on the subject. “The healing of our wounds and traumas and the gifts garnered by learning through reflection are a big reason why we choose to partner with animals for our mutual healing and growth.”

Her work has been a “soul mission,” she says, as it “honors the sacred bond between humans and animals and offers a path for mutual emotional restoration and deep connection.”

*For more information or to purchase the book, visit major online retailers including Amazon, Barnes & Noble, Thriftbooks, BAM! and Inner Traditions.*

## Art of Living Opens Atlanta Happiness Center

The Art of Living Foundation announces the inauguration of its new Atlanta Happiness Center in Alpharetta. The center opened in July, offering a space for people to experience deep relaxation through a variety of programs, introductory sessions and free community events.



The Art of Living Foundation provides a range of programs consisting of evidence-based techniques to help people improve sleep, increase focus, raise their mental well-being and improve other aspects of their lives. The foundation’s programs are available throughout Metro Atlanta as well as the new Alpharetta location. Founded by Gurudev Sri Sri Ravi Shankar in 1982, the nonprofit organization works to create a stress-free, violence-free society and has impacted more than 800 million people in over 800 countries.

“During the pandemic, most of our activity moved online and there was a tremendous response from the general public for our programs to boost overall wellness,” says Georgia’s state coordinator, Sriram Iyer. “Now that we have put the pandemic behind us, we are moving into offering more in-person programming for the Metro Atlanta community at large.”

*For more information, visit [bit.ly/aol-atlanta](http://bit.ly/aol-atlanta). The Atlanta Happiness Center is located at 6505 Shiloh Rd, Suite 300, in Alpharetta.*

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Conscious Eating ——— 🍏 ———

# Balancing Act

## Blood Sugar Stability for Better Health and Mood

by Marlaina Donato



Approximately 34 to 36 million people in the United States live with Type 2 diabetes, yet many cases go undiagnosed. Additionally, about 88 million individuals have prediabetes, a reversible condition marked by higher blood sugar levels that have not yet reached diabetic status. Glucose stability is crucial for everyone and can be the root cause of symptoms like low energy (especially in the afternoon), mood swings, increased belly fat, food cravings, brain fog, hormonal imbalances and loss of libido.

Fluctuating blood sugar levels affect all of us, especially after high-carb meals or skipping meals. Our diet directly influences our metabolic processes. By choosing nutrient-dense foods, replacing high-sugar and high-carbohydrate snacks with healthier options and timing meals wisely, we can achieve balance. Incorporating blood sugar-stabilizing spices and herbs into daily meals can also have a positive impact.

### Blood Sugar Basics

“Because glucose is a crucial fuel of the brain and body, there are many backup systems and ways to create glucose,” explains Iginio Stoppa, a naturopathic doctor at Sonoran University of Health Sciences, in Tempe, Arizona. “The absorption of glucose from our food, the production of glucose mainly from the liver and the breakdown of the storage form of glucose called glycogen is what contributes to what we see as blood sugar.” Stoppa also notes that we may notice when our blood sugar is off. Low blood sugar, for example, is often felt through symptoms like anxiety, weakness, tingling, sweating and palpitations.

“Everyone experiences natural rises and dips throughout the day. Skipping meals, leaning on caffeine for energy, eating a lot of refined carbohydrates or grabbing quick, processed snacks can all cause sharp spikes, followed by sudden crashes,” says Jennifer Ribaldo, a clinical herbalist, educator and owner of Desert Moon Botanicals, in Gilbert, Arizona.

It is advisable to avoid high carbohydrate and sugary foods, especially in the morning or before bed. Instead, opt for complex carbohydrates like lentils, beans, sweet potatoes and oats to provide essential macronutrients and prevent glucose spikes. Sonoran University recommends eating certain foods in a specific order, such as eggs or avocado before bread and roasted vegetables with olive oil before pasta, to manage glucose levels.

### Eating and Snacking To Thrive

Jacqui Garrison, a San Diego-based health coach, suggests eating most calories before dinner and having an earlier, lighter evening meal to reduce overnight blood sugar spikes that can negatively affect sleep quality. She recommends 30 to 40 grams of clean protein per meal; if animal protein is included, five ounces or the size of a loose fist is ideal. Aim for two servings of leafy greens, colorful veggies or whole fruit per meal, equivalent to half the plate or two open hands. Add one to two thumb-sized portions of healthy fats such as avocado, olive oil or nuts to complete the meal.

For snacks, Garrison suggests a hard-boiled egg or hummus with a handful of carrots, a cup of edamame in the pod or nitrite-free turkey slices in the afternoon. For an evening boost, she recommends “something light and protein-forward like half a cup of cottage cheese with cinnamon and berries.”

Stoppa supports high-quality protein and naturally low-glycemic index foods like wild blueberries, blackberries and chickpeas, which provide polyphenols and saponins that slow glucose absorption.

### Herbal Help

Ribaldo emphasizes that blood sugar-supportive herbs can smooth out fluctuations. “Using herbs for blood sugar balance doesn’t have to be complicated. A little cinnamon can be stirred into oatmeal, blended into a smoothie or sprinkled into roasted vegetables or beans. Fenugreek seeds work beautifully in soups, curries and lentil dishes, while moringa leaf powder blends smoothly into salad dressings, sauces or soups.”

Ribaldo also recommends *Gymnema sylvestre* tincture for pancreatic support and long-term glucose balance, making sugary foods less tempting. Stress-reducing holy basil (tulsi) tea is beneficial during afternoon slumps. She stresses the importance of consulting a professional, especially for those on blood sugar-lowering medications or prone to hypoglycemic dips, as effects can accumulate.

Marlaina Donato is an author, painter and composer. Connect at [WildflowersAndWoodSmoke.com](http://WildflowersAndWoodSmoke.com).

## VELVETY SWEET POTATO BISQUE

YIELD: 2 TO 3 SERVINGS

5 medium-sized, organic sweet potatoes  
3 cups low sodium vegetable broth  
1 13.5-oz can unsweetened Thai coconut milk, well-stirred before use  
2 Tbsp olive oil  
1 tsp regular or vegan ghee  
1 to 2 tsp Grade-A maple syrup or increase coconut sugar, below  
1 tsp coconut sugar (2 to 3 tsp if omitting maple syrup)

¼ tsp powdered cinnamon  
¼ tsp powdered ginger  
½ tsp smoked paprika  
½ tsp salt

### OPTIONAL TOPPING

1 Tbsp extra virgin olive oil  
Smoked salt, to taste  
Coconut sugar, a sprinkle to taste  
½ tsp curry powder  
½ cup raw pumpkin seeds

Chop sweet potatoes into 2-inch chunks and add to a medium-size pot; cover with broth. Bring to a boil and cook until tender, approximately 15 minutes.

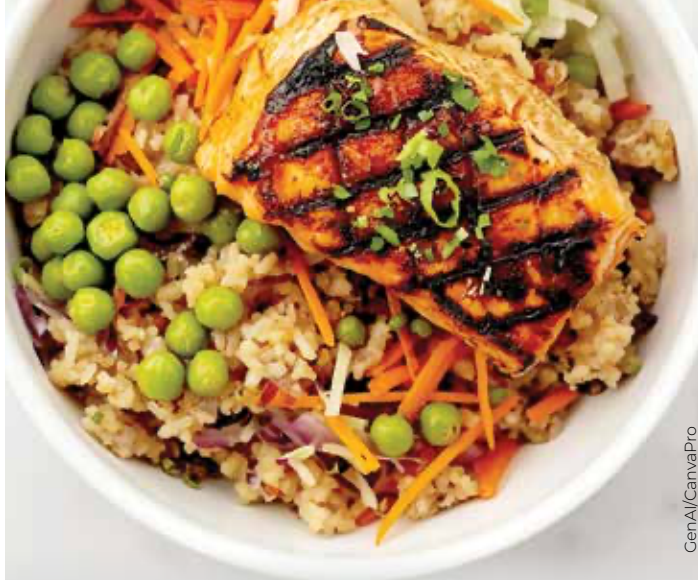
Place the cooked sweet potatoes, hot broth, half a can of coconut milk and all other ingredients into a blender and blend until smooth.

Pour the sweet potato bisque into bowls until half full. Spoon a tablespoon of coconut milk in a swirling pattern into the soup. Serve immediately.

For the optional pumpkin seed topping, heat olive oil in a pan with the smoked salt, coconut sugar and curry powder. Add pumpkin seeds to the hot pan and toss around until they are browned but not burned. Remove from heat and sprinkle a tablespoon or more of the toasted seeds on top of the sweet potato bisque.

Recipe courtesy of Marlaina Donato.





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#### YIELD: 1 SERVING

- |                                     |                                |
|-------------------------------------|--------------------------------|
| 4 oz salmon                         | ½ Tbsp sesame seeds            |
| ½ cup whole grain brown rice        | 1 Tbsp coconut liquid aminos   |
| ½ cup edamame                       | 1 Tbsp rice vinegar            |
| ½ cup carrots, shredded             | 1 Tbsp scallions, chopped      |
| ½ cup cabbage or bok choy, shredded | 1 Tbsp fresh cilantro, chopped |

Cook the rice according to package instructions. Steam and shell the edamame. Sauté the cabbage or bok choy, if using. Grill the salmon and season to taste.

Layer cooked rice, edamame, carrot and cabbage or bok choy in a bowl. Add salmon.

Whisk coconut aminos and rice vinegar together then pour over the contents of the bowl and sprinkle with sesame seeds. Top with scallions and cilantro.

Recipe courtesy of Jacqui Garrison.

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# The Burnout Reset

Whole-Body Recovery for the Season Ahead

by Hannah Tytus



Hamdi Kandil from Hamdi Kandil Studio/CanvaPro

It's six o'clock in the evening, and the sun has already set. The body is whispering for a warm cup of tea and rest, yet the to-do list stretches on: emails and carpools, fundraisers and school practices, appointments and dinner still to be cooked. The desire for rest is overridden by our self-imposed need to get it all done. The colder season, however, brings an opportunity to shift how we see rest and productivity, inviting us to move in harmony with the cycles of nature.

"Our culture has fed us the myth that we can grow and achieve ceaselessly," explains Kari Leibowitz, Ph.D., a psychologist, speaker, workshop facilitator and author of *How to Winter*. "The idea that this growth is linear and steady, with no breaks, is a myth and a fantasy. So much of the winter woes and the burnout of the season comes

from a mismatch between our natural rhythms, our expectations and the demands of the world. Winter is an invitation to slow down."

## Lost Wisdom of Seasonal Living

As with every other living being, we are intimately connected to nature's cycles. "We are animals, and we live on a planet. And almost every other living thing on this planet changes its behavior with the seasons," observes Leibowitz. "Because we have electricity, artificial light and calendars, we have deluded ourselves into thinking that we can—and should—maintain the same routines and productivity levels year-round."

This spirit of connectedness is echoed by Shamini Jain, Ph.D., adjunct professor at

the University of California San Diego, founder of the Consciousness and Healing Initiative, and author of *Healing Ourselves: Biofield Science and the Future of Health*.

"When we own that we're part of a universe that has its ebbs and flows, we pay attention to the seasons," she notes, adding that Indigenous medicine and wisdom have long honored natural cycles, seeking to answer the same question we ask ourselves today: "How can I show up and be most efficient in my service?"

This ancient orientation toward seasonal rhythms is not just a philosophical concept. Anthropological studies suggest that our ancestors likely slept more in the cooler months, falling asleep soon after sunset and rising before dawn. They got the most sunlight in the morning, aligning their body's cycles with temperature and light cues provided by nature. Contrast this with modern life, where we stay active well after dark, are exposed to sleep-disrupting blue light, wake with alarms and regulate our environment with thermostats that erase natural temperature shifts. By structuring our lives around modern demands, we resist nature's rhythms. The result, says Jain, is chronic stress, fatigue and burnout.

## Modern Stressors

As autumn transitions into winter and the holidays approach, many of us face greater demands to cook, shop, perform, travel or coordinate complex schedules, yet our resources of time and energy remain the same—or even ebb—as daylight hours shorten and our bodies naturally slow down and produce less vitamin D because of a decrease in sunlight exposure.

"Whenever demands exceed resources, we become stressed," says Dr. Sharon Grossman, physician and author of *The Burnout Solution*. Chronic stress has a cumulative effect on our bodies, causing what is known as an allostatic overload, which, according to Yale Medicine, can lead to emotional

exhaustion, cynicism, detachment, reduced creativity, brain fog, disrupted sleep, physical aches and pains, or even social withdrawal.

## Improving Our Mindset

"We often think of stress as a thing that lives 'out there,' but stress is actually an internal perception that we have. It's not always about the circumstances themselves; it's about what you're telling yourself about the circumstances that creates the stress," explains Grossman.

A 2016 study in *Anxiety, Stress, & Coping* examined the effects of altering our perspective on stress. Participants were encouraged to see it as a potential source of energy and resilience, rather than harmful. Those that applied this change in mindset reported better moods, enhanced cognitive performance and healthier physiological responses during a stressful task.

Try this psychological exploration: Identify limiting beliefs by journaling about the specific fears and guilt that come with saying "no" to a request for help. Next time someone asks for something, politely decline and observe the outcome. Check if expectations of conflict or hurt were unfounded. This approach challenges limiting assumptions and helps us set healthier boundaries, thereby reducing stress and enhancing emotional well-being.

## Setting Healthy Boundaries

We often have countless ideas about how we should behave, and many of these beliefs hold us back. Grossman emphasizes that every "yes" adds to our demands. "If you're going to say 'yes,' understand why you're saying it," Grossman cautions. "It should serve a purpose, because our resources are limited." In practical terms, we have to either lower the demands we accept or increase our resources, such as time or support, to meet them.

For Leibowitz, setting boundaries becomes easier when guided by values. If we want Thanksgiving to feel lighthearted and memorable, that might mean skipping elaborate dishes, accepting a less-than-perfect home

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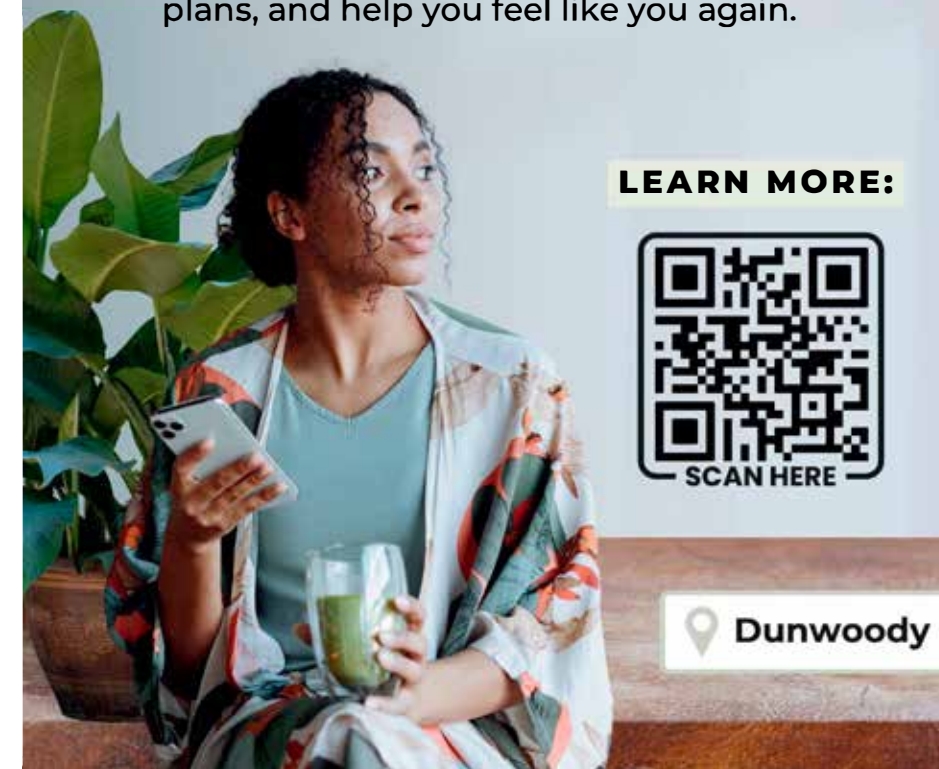
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and prioritizing rest so we can be present and joyful.

When a new request comes in, pause and reflect on how it aligns with personal values. Consider whether we are acting out of pressure. Release such commitments to make room for a new, better-aligned invitation.

### Breathing Out the Stress

Simple breathing practices can profoundly calm the nervous system. “The point is to breathe—nice inhales, long exhales—and in letting out a long exhale, make a sigh of relief,” Jain advises, suggesting that sounds like “ooo” or “ahh” during exhalation enhance emotional release.

Just five minutes of intentional breathing can make a measurable difference. Studies have demonstrated that longer exhales stimulate the vagus nerve, activating the rest-and-digest system, while calming the fight-or-flight response. This reduces heart rate and blood pressure and signals the brain to relax.

*“We are animals, and we live on a planet. And almost every other living thing on this planet changes its behavior with the seasons.”*

—Kari Leibowitz, Ph.D.

Try this breathing exercise: Sit or recline comfortably. Inhale gently through the nose, then exhale through the mouth, allowing sound to escape—this can be a sigh, a groan or a vowel tone. With each round, allow the exhale to lengthen naturally, releasing tension.

### Transformative Singing

According to Jain, “Singing, whether by yourself or in groups, helps harmonize the body’s rhythms, decreases inflammation and activates the nervous system’s rest-and-digest response.” A 2016 study by London researchers, published in *ecancermedicalscience*, demonstrated that just one hour of group singing reduced stress and improved mood, with saliva



Dean Drobot/CanvaPro

tests indicating lower levels of cortisol (the body’s main stress hormone) and changes in immune markers associated with resilience.

Bringing the benefits of song can be as simple as singing or humming a tune while washing dishes, showering or driving to work. Knowing the lyrics isn’t necessary; the vibrations alone create a positive resonance in the body.

### Nature Therapy

Every breath we take is a dance between humans and plants. The oxygen they expel fuels us, and our exhaled carbon dioxide sustains them. This exchange is part of the deep bioelectric communication connecting us to the natural world.

“Fresh air, movement and connecting with nature are all natural antidepressants. Even a few minutes outside can be a powerful way to shift your experience,” says Leibowitz. A 2016 review of 52 Japanese studies found that spending time in nature measurably relaxes the body. Being around forests, plants or green spaces calms the nervous system, improves brain function, balances hormones and strengthens the immune system.

Try this outdoor palliative: Find a patch of earth and stand barefoot. With eyes closed, imagine releasing the day’s energies down into the ground. After a few breaths, visualize energy flowing back up, reinvigorating the body.

### Calming Movement

Mind-body-spirit practices offer powerful ways to find inner serenity. “They

are effective in harmonizing the nervous system, reducing inflammation and opening our connection with heaven and Earth,” asserts Jain. Tai chi and qigong, which blend flowing movements with focused attention, breath and relaxation, have been shown in studies to pacify the overactive sympathetic nervous system and promote deep relaxation. Yoga offers similar effects. A 2020 review of 12 studies with nearly 675 healthy adults found consistent reductions in perceived stress, confirming yoga’s power to ease everyday tension.

Practicing these modalities under the guidance of a professional helps reduce risk of injury. Look for a tai chi, qigong or gentle yoga class in the community. Many studios offer a free first class or sessions in a local park.

*Rest is more than sleep; it is a way of tuning in.*

### Rest as Wisdom

In a culture that glorifies hustle, reclaiming rest is an act of healing. Jain asserts, “We can move through the winter of our mind and body, allowing it to deeply rest so that when spring comes, we can move forward with more energy—for the right things, as opposed to everything.” Nature offers a model for this wisdom. Although the natural world seems to be still in winter, vital work occurs beneath the surface. Just as fruit trees need a cold dormancy period to bloom again, we also require periods of quiet renewal. Our cycles of stillness are as essential to growth, creativity and productivity as our cycles of action.

Rest is more than sleep; it is a way of tuning in. “When we slow down, it’s not just about regeneration,” explains Jain. “It’s about listening to the body’s wisdom, slowing down enough to access deeper intuitions and guidance about our next steps.” Our cycles of rest serve as a teacher. By slowing down, we gain the wisdom, focus and resilience to fully embrace a life renewed. 🌱

*Hannah Tytus is an integrative health coach, researcher and content creator for KnoWEwell, P.B.C., as well as a former writer at the National Institutes of Health.*



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# Mushrooms Explode on the Skincare Scene

by Susan Gonzalez



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Mushrooms might look as if they're simple in design and structure, but they are far from it. These complex fungi contain dozens of biologically active compounds such as vitamins, minerals, polysaccharides, peptides and nutrients that have immune-boosting, antioxidant and anti-inflammatory properties. They are used for everything from cancer treatments to treatments for high blood pressure and diabetes.

In fact, for thousands of years in Ancient Egypt and China, mushrooms have been an important part of maintaining health, vitality and beauty. Ancient Egyptians used specific mushroom preparations for skincare masks and created cleansers and lotions from them. And for centuries, Chinese herbalists have prescribed mushroom extracts to treat various skin issues and ailments.

In recent years, as the demand for more holistic ingredients in skincare increases,

the practice of using mushrooms in skincare products has steadily grown. While more than 148,000 species have been discovered, it is estimated that more than five million species actually exist. Among the discovered species, potent phytochemicals have been identified that have found their way into numerous skincare and personal care products and are proving to be as effective—in some cases, more effective—than conventional skincare ingredients.

The most notable recent uptick occurred in 2005 when Dr. Andrew Weil, a popular alternative-medicine physician and author, collaborated with the cosmetic company “Origins” to create the facial product Mega-Mushroom Relief & Resilience Lotion. The lotion contained reishi and chaga mushrooms and was very effective at targeting and calming skin redness and sensitivity. Since then, a host of other companies have joined the party. Thus, the study of topical mushroom extracts and

their cosmetic benefits has, well, mushroomed, resulting in the availability of a wide variety of products to treat just about any skin condition.

Most notable among ingredients that support basic skin health and vitality are the polysaccharides, specifically beta-glucans, which are humectants that draw water to the skin. They also strengthen the skin's barrier to help it retain moisture and defend against environmental stressors such as pollution and the sun's radiation. Snow mushrooms are one of several mushroom varieties that contain high levels of beta-glucans. They've become very popular lately due to studies showing they can outperform hyaluronic acid, a skincare gold standard for hydrating skin. And it doesn't hurt that the snow mushrooms look like cute little angel wings!

## The Place of Collagen and Elastin

Skin ages as a result of external factors like exposure to radiation from the sun and pollution, as well as internal conditions like dehydration and the presence of molecules that break down collagen and elastin—two substances that keep skin plump and firm. Collagen gives skin its full, plump appearance, and elastin gives the skin its firmness and tightness. As we age, collagen and elastin production naturally decreases, resulting in sagging skin that's dry and slow to heal and regenerate. B vitamins and vitamin D stimulators can improve elasticity and increase collagen by blocking the damaging components in the skin that destroy collagen and elastin. If used for the prevention of aging skin, antioxidants such as ergothioneine, polyphenols and seleni-

um protect the skin from free radicals that can damage DNA and speed up the aging process. Look for products that contain lion's mane and/or reishi mushrooms to help with collagen production and most other signs of skin aging.

## Hyperpigmentation and Rosacea

Aging skin also experiences increases in *hyperpigmentation*—darker spots from sun damage. Sun damage that occurs over time is stored deep in the skin's layers, and as the skin ages, the dark and damaged skin rises up to the surface, causing the hyperpigmentation to appear. This is initiated by a skin enzyme called tyrosinase. Shiitake mushrooms in particular contain high levels of kojic acid, which can block the production of tyrosinase, making the dark spots much less likely to appear.

*Rosacea* is a condition characterized by a ruddy or reddish complexion and is sometimes accompanied by inflammation, burning and a specific type of acne. Mushroom complexes can target inflammation and skin sensitivities to reduce redness and calm skin. Anti-inflammatory components such as triterpenes and phenolic acid help to soothe irritation and act to calm the skin. Reishi mushrooms are high in these redness-reducing plant chemicals that bring a feeling of relief.

## Cosmeceuticals

*Cosmeceuticals* are products classified as having ingredients that have an effect on the skin at a cellular level, unlike cosmetics, which just act to improve the skin's surface appearance. They can act at deep levels to block the free radicals responsible for collagen breakdown and excess melanin production, resulting in plumper, more youthful and more even-toned skin. Mushrooms can be classified as cosmeceuticals because they've been clinically proven to alter the skin at the cellular level. Through extensive research, it is seen that mushrooms penetrate the surface of the skin and reach the deep layers, where they retain their potency to heal and repair. These funny-shaped and multicolored fungi, which have been on the earth for more than 1.5 billion years, never cease to amaze!

## Adaptogens

Of course, mushrooms can also be taken internally as they are strong adaptogens, which act on the body's nervous system to balance out irregularities, often calming the nervous system as a result. Stress is a huge factor in skin health. When the nervous system experiences stress, it dehydrates the skin and can reduce blood flow and oxygenation of the skin.

Over a period of time, this can speed up skin aging and quicken the formation of fine lines and wrinkles. Be sure to ask your doctor about taking mushrooms internally, as some can affect certain prescription medications.

## Cautions

Certain things must be kept in mind when searching for a skincare product containing fungi. Some people are allergic or sensitive to certain strains of mushrooms, particularly shiitake; it's important to patch test to make sure the skin won't react poorly. Mushrooms are also *bioaccumulators*—like sponges, they absorb substances from their growing environment. It's smart to seek out organic products when possible or at least find a reputable company to purchase from.

New ingredients are constantly emerging to help with skin challenges such as wrinkles, dry and irritated skin and dark spots. These products often come with cautions, and their results can be disappointing. Mushrooms offer a very potent and a very healthy alternative to ingredients made in a lab and give the consumer more and better ways to meet skincare goals. 🍄



Susan Gonzalez, a holistic licensed esthetician, author and former nurse, is the owner of MOON Organics, a skincare company

providing clean, healthy skincare and personal care products. Reach her on Facebook and Instagram (@MOON Organics) or visit MoonOrganics.com.



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# What Are Your Feet Telling You?

Exploring the Healing Power of Reflexology

by Roz Zollinger

Reflexology might appear to be a modern wellness trend, but its roots go back thousands of years. The practice is grounded in ancient Chinese medicine, Ayurveda and Egyptian healing traditions. Early practitioners believed that specific areas of the feet corresponded to various organs and systems in the body. Historical evidence suggests that reflexology—or forms of it—has been practiced for over 4,000 years. It was introduced to the Western world in the late 19th and early 20th centuries, where it has gradually gained broader recognition.

With a lineage spanning thousands of years and continued development across continents, reflexology remains a valuable therapeutic art. Its blend of ancient wisdom and modern understanding offers a gentle yet powerful way to support the body's natural rhythms and healing capacities.

## Pioneers of Reflexology

Several individuals played pivotal roles in shaping reflexology into the structured practice it is today. Dr. William Fitzgerald, an American physician, introduced “Zone Therapy” around 1915 and theorized that five energy zones on each foot corresponded with organs within those zones. Often called the “grandmother of reflexology,” Eunice Ingham advanced the field significantly by developing the “finger-walking” pressure technique. She created detailed maps of reflex points on the hands and feet. And Hanne Marquardt, a German nurse and practitioner, further established



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reflexology in Europe through decades of teaching and clinical work.

Scientific interest in reflexology continues to grow to this day. A 1993 study published in *Obstetrics & Gynecology* examined its impact on premenstrual syndrome (PMS). Researchers have also used MRI technology to observe reflexology's effects on the brain, representing a promising frontier in complementary therapy research.

**More Than Just a Foot Massage** Reflexology is a non-invasive, natural therapy that applies pressure to specific points—mainly on the feet and hands—to promote balance and stimulate the body's inherent healing mechanisms. It is based on the understanding that these reflex points correspond to different organs and systems. Practitioners typically use thumb and finger techniques to deliver intentional, precise pressure. The goal is to restore the body to a state of homeostasis, supporting physical, emotional and energetic well-being.

While not a replacement for medical care, reflexology is often used to support health and well-being by helping to reduce stress and tension, improve blood circulation and nerve response, support detoxification pathways and regulate hormonal imbalances. It is also known to enhance reproductive health, assist the digestive function and contribute to emotional balance and mental clarity.

And while reflexology does not diagnose conditions, it can sometimes bring attention to areas of the body needing support or further investigation.

Across many cultures, the feet are seen as pathways to deeper connection—both spiritually and energetically. Reflexologists work with a high level of presence and respect, viewing each session as an opportunity to connect with the individual's whole being. When performed with mindfulness and skill, reflexology can be not only therapeutic to the client but deeply transformative.

## Stories of Impact

Over my 40+ years of working with clients at the Heal Center, I have witnessed countless ways the work has had an impact on my clients.

**Chronic Pain and Headache.** People dealing with chronic pain and headaches typically experience significant relief after just one reflexology session. By stimulating the reflexes that correspond to the areas of chronic pain, the musculoskeletal and

nervous systems and the adrenal glands, inflammation and pain can be relieved. Individuals are often surprised by how much relief they feel as their stress level gets reduced.

**Anxiety and Depression.** Many people are truly suffering from anxiety and depression. As I work all the systems of the feet, inducing calm and relaxation, I place special emphasis on the reflex areas of the nervous and endocrine systems. By focusing on the adrenal glands and reflexes of the heart, diaphragm and lungs, a sense of relief and balance are achieved, while enabling deeper breathing. I typically use my own AromaBlends essential oil for anxiety—which has neroli, geranium, bergamot, frankincense and lavender—enhancing the benefits of reflexology.

**Infertility and PMS.** Hundreds of clients have required support along their journey through infertility. By promoting overall wellness, reducing stress, and using targeted reflexology techniques to encourage hor-

monal balance, many have shared that they believe reflexology played an important role in their successful pregnancies. While formal medical research on reflexology and infertility is limited, a plethora of personal stories suggest that this gentle, non-invasive therapy can help calm, relax, balance and detoxify the body—creating a more supportive environment for conception.

In addition, studies on reflexology's benefits for PMS, such as Oleson & Flocco (1993) and Mackereth (2000), highlight its potential to positively influence hormonal balance and reproductive health. 🌿



Roz Zollinger is the director and co-owner of Atlanta's Heal Center and is recognized internationally for her contributions in the fields of reflexology, aromatherapy and energy healing. She pioneered Aromatic Reflexology and developed the Zollinger BodySystems Method of Reflexology/Aromatherapy.



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# Sadhguru

## on Death and Dying

by Paul Chen and Diane Eaton

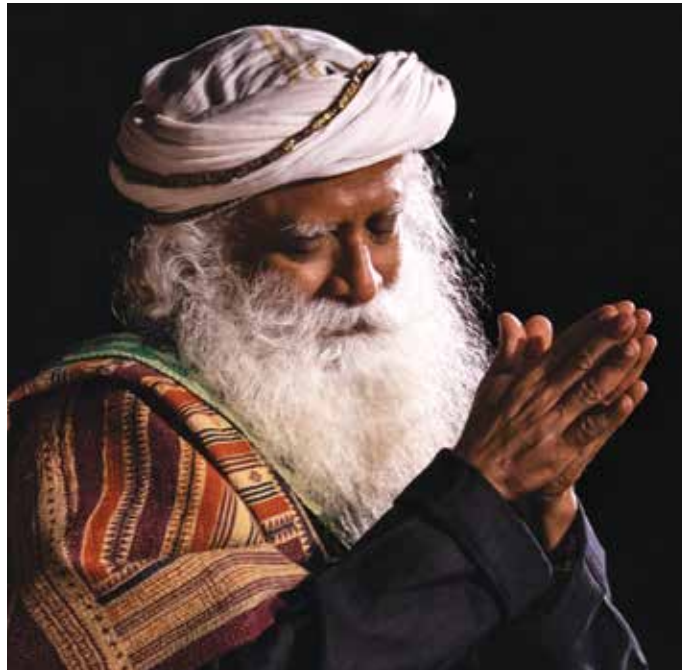


Photo courtesy of Isha Foundation

Sadhguru is an Indian yogi/mystic who founded the Isha Foundation, which is dedicated to human well-being through yoga, education and environmental initiatives. We interviewed him about his latest book, *Death: Only for Those Who Shall Die—A Yogi’s Guide to Living, Dying, and Beyond*. The online version of this article contains two additional questions about reincarnation, and what can be done to help those who are dying or who have just died. Find it at [bit.ly/sadhguru-1125](http://bit.ly/sadhguru-1125). [Note: This is the first of a three-part series on death and grief. Part II will be published in January.]

**When we met previously, I asked where you thought most Americans are when it comes to their thoughts about death. You chuckled and said, “Americans don’t believe they’re going to die.” What exactly do you mean by that?**

A few years ago, I was in someone’s home in the United States. I was looking for the restroom and, because I generally know the

layout of these homes, I usually find it without asking. But when I went looking for the restroom in this house, I opened a door and walked into a huge room full of footwear! I think there were around 700-800 pairs neatly arranged.

When I spoke to the lady who owned them, I said, “I can understand you want a pair of footwear to walk around your home, another to walk up the mountain, you want one to play golf, another to wear for the party, and you have a variety of clothes, so you need the whole spectrum of colors. So if we add all these up, you may need 20 to 30 pairs. But 800 pairs! You have obviously forgotten that you are mortal.”

Your life is just a certain amount of time and a certain amount of energy. Time is slipping away for all of us at the same pace. You may think, “I went to the movie,” “I went for dinner,” or whatever else, but as far as your body is concerned, it is going straight to the grave.

One thing every human being should keep in mind is that you are mortal. We want to plan and live a certain period of life, but there is no guarantee about how long we will live. You may be young or old, but you can fall dead right now. Please be conscious of this — not to create fear or paranoia, but to know the reality.

If you realize that your time is so limited and you don’t know when it will end, you will have no time for anger, frustration, jealousy or any negativity. You will have no time to do anything that doesn’t really matter to you. You will only do what you truly care for in your life. If every human being only did what truly mattered to them, this would be a fantastic world.

So when you get up in the morning, the first thing you should do is smile. At whom? No one. Because just the fact that you woke up is not a small thing. A quarter of a million people who slept last night did not wake up today, but you woke up. Isn’t that wonderful? Doesn’t that deserve a smile?

Then look around and if there is someone, smile at them. For millions of people, someone dear to them did not wake up this morning. Everyone who is dear to you woke up — Wow! It’s a great day, isn’t it? Then go out and take a look at the trees. They didn’t die last night either.

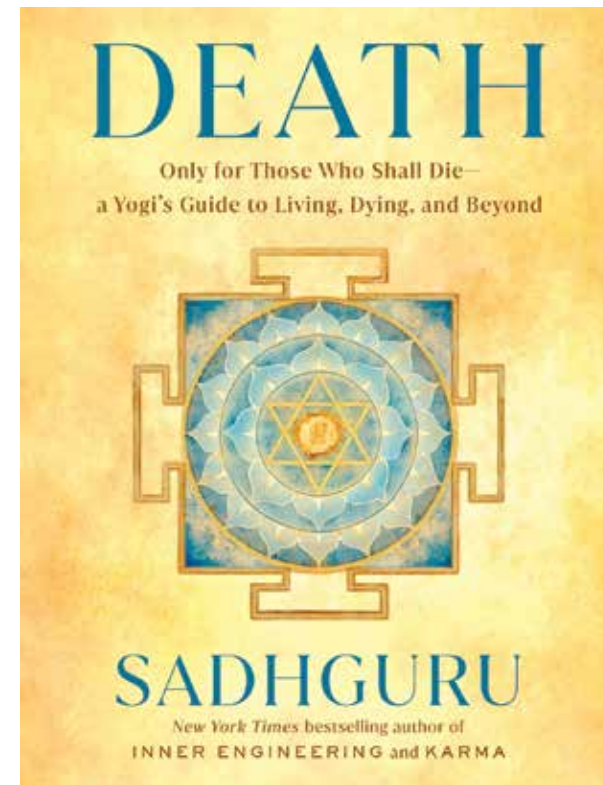
You may think this is ridiculous, but you will know the reality of it when someone dear to you does not wake up. Don’t wait till then to realize the value of it. It is not something ridiculous; this is the most valuable thing — that you are alive and everything that matters to you is alive. Appreciate it and smile at least. Learn to look at a few people lovingly.

**In your book, you write: “It is said that humans do not know much about death because they do not know much about life in the first place.” What do you mean by that?**

You cannot grasp the nature of life and death by doing experiments or thinking about it. You can grasp it only by experience. Whenever people ask me questions about death and what happens after death, I keep reminding them that it is best to know it by experience. I am not suggesting they should die. What I mean is, you must experience the life within you.

Most people think their “life” is their career or love affair or wealth. No. Life is not in our activity, not in our possessions and not even in what we touch, taste, see, hear and smell. These are all just accessories of life or ingredients of life. *You* are life. And if you are aware, there is no such thing as death.

Let’s look at the whole idea of death as it has been spread around in the world today. Did you ever die? No, so you have no experience of death. Have you ever seen a dead person? No. You might have seen dead bodies, but did you meet anyone who actually died and came back and told you, “I had died like this?” No. There



are people who have had near-death experiences. “Near” is not good enough. “I nearly lived.” Is it good enough? No.

So you haven’t experienced it; you haven’t seen it, nor have you gotten first-hand information from anyone. So, where did you get this idea that there is something called death? Death is a fiction created by ignorant people.


There are many dimensions to the life process. Once the life process passes the dimension of being embodied in a physical frame, we generally label this as death. But it is just life, life and life alone, moving from one dimension to another.

**You write: “If you want to live a full life, you should look at your mortal nature every day, not only when you are beyond a certain age. Every day of your life, you need to be aware that you are mortal. It is not that I want to die today, but if I do, it is all right with me.” What can we Americans do to help us adopt this perspective?**

If you ask someone, “What is the most important thing in your life?” they will most likely say, “My husband, wife, child, property”

**Create an atmosphere of love and joy and pave smooth My way.  
Manifest the Love which I send you, demonstrate the Gods which you are,  
and usher in a new and better time.**

**Do this for Me, My friends and brothers, and rejoice soon in My Appearance among you.  
My Emergence proceeds. My Plans unfold. My message at this time of joyous celebration  
is this: awaken anew the Love in the hearts of your brothers and teach them to share.**



Maitreya, the World Teacher

or something like that. But if you just hold their nose for a few seconds, they will say, “My breath.” Everything else disappears. Breath is most fundamental. It is because of breath that everything else is happening.

I want you to check — Are you breathing right now? Don’t simply say “Yes.” Check and see. This inhalation, exhalation, inhalation, exhalation — if the next inhalation does not happen, you may be a big man or woman, but *poof*, you will be gone.

You are yoyo-ing with your life every moment, in and out, in and out. Just see how fragile it is. At the same time, it is so sturdy. How many things a human being can do! But *poof*, and you will be gone.

People always think somebody else will die. No. You and I will die. If you do not understand, accept and celebrate your mortal nature, you can never live totally. The value of our life is only because we are mortal, because there is something called death. If you had a limitless amount of life, nothing in your life would be valuable. Let us appreciate this dimension that life and death are one package. You cannot separate them. By embracing both as one, we will live and live totally!

One thing everyone should do is this: Every night, before you go to bed, sit on your bed and think this is your deathbed, that you have just one more minute to live. Just look back and see whether what you have done today is worthwhile. Just do this simple exercise. “The way I have handled these 24 hours — is it worth-

while?” If you do this, you will live a worthwhile life.

### **Teachings from both Buddhism and yoga say that one’s state of mind before death is key to what happens after death. Why is that?**

People ask me, “If death is inevitable, why should I spend time and energy preparing for it?” What you refer to as death is a unique happening. Almost everything else in your life may happen many times over, but the final moment when you transcend the limitations of your physical body will happen only once in your lifetime. Moving from the physical to the non-physical is the greatest moment in your life, so it is very important that you make it happen gracefully and wonderfully.

It is like this: If you want to go to a neighboring city, you typically just hop onto some bus and go. You don’t book a seat on the bus ten days in advance and pack a huge suitcase, meals and provisions. But if you were making a long journey through unfamiliar terrain, you might do all this and more. In the same way, when compared to the journey after death, the journey from your birth to death is just a short one. The time a being spends in an embodied state is nothing compared to the time spent in a disembodied state. Yet you have made a disproportionate level of preparation for this. You have bought enough clothes for three lifetimes, footwear for eight lifetimes and much more! It is time to start making adequate preparations for the journey after death, too.

Preparing for death is not about gathering a lot of information or satisfying one’s curiosity about it. If you can manage the last moment of your life properly, you will at least go through the disembodied phase well. You will not make it hellish. If you want to make use of the opportunity that death presents, you must not approach it with fear. Unfortunately, most people create fear at that moment. This is not a good way to go.

With just a little bit of preparation, guidance and help, what is now considered a catastrophe can become a huge spiritual possibility. From a spiritual perspective, what perhaps did not happen in life can be accomplished at the moment of death, if handled properly. This is because at that final moment, it is very easy to untie the knots of everything that you have accumulated. But if you are unprepared or ignorant, or turn fearful, you will create resistance and miss that possibility altogether.

If you have lived a life of awareness, it is very much possible that you will stay aware even in your last moments. Irrespective of how death comes to you, you have the ability to die well. For those on the spiritual path, leaving this body consciously and walking away without damaging it — just like shedding your clothes — is the ultimate aspiration. If you know how to disentangle your being from the physical body, you can exit whenever the moment is right for you. This is the ultimate preparation you can make for your death.

Ideally, I would like to teach the whole population a way where they can live beautifully and blissfully, every moment of their lives. Then they would naturally leave in the best possible manner. But as I get older, I realize that it is taking a lot of time and effort. So, I would like at least to teach them how to die well. This possibility is available not only for accomplished yogis but for any sensible person who is willing to take instructions that are beyond one’s logical understanding. Yes, it is certainly possible to die in style. 🙏

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# Healing Trauma Through Yoga

by Sheila Ewers

[This article is a reprint from August 2020. However, the resource list of trauma-informed yoga teachers has been updated to reflect current practitioners.—Ed.]

**We have learned that trauma is not just an event that took place sometime in the past; it is also the imprint left by that experience on mind, brain and body.**

—Bessel van der Kolk



Aksamiti/DepositPhotos.com

Experts estimate that more than 50% of Americans will go through at least one traumatic event in their lives. The event might involve childhood abuse or neglect; war or other forms of violence; physical, emotional or sexual abuse; accidents and natural disasters; grief and loss; the witnessing of acts of violence; medical crisis; cultural and intergenerational suffering and more.

According to a Kaiser Family Foundation poll conducted in April, nearly half of Americans report that the coronavirus is harming their mental health. That same month, a federal emergency hotline run by the Substance Abuse and Mental Health Services Administration reported nearly a 1000% increase in calls compared to a year ago.

The National Council for Behavioral Health identifies trauma as a risk factor in nearly all substance abuse, and it finds a direct correlation between trauma and physical health conditions such as diabetes, COPD, heart disease, cancer and high blood pressure.

To combat this mental health crisis, researchers have been turning to approaches that are more innovative and holistic. David Emerson, founder of the Center for Trauma and Embodiment at the Justice Resource Institute in Brookline, Massachusetts, has been documenting the ways that yoga can help to heal embodied trauma for years. In his book, *Overcoming Trauma through Yoga*:

*Reclaiming the Body*, co-authored with Elizabeth Hopper, Ph.D., he notes that through yoga, “practitioners are able to cultivate the ability to remain present, to notice and tolerate inner experience, and to develop a new relationship with their body. This body-based practice then has a ripple effect on emotional and mental health, on relationships and on one’s experience of living in the world.”

Among their many studies at the Justice Resource Institute, in 2017, Bessel Van der Kolk, psychiatrist, author and leading researcher in the field of trauma, tested the efficacy of a 10-week trauma-sensitive yoga program with a sample of 64 women with chronic, treatment-resistant PTSD. Results indicated that, compared to women who completed women’s health education classes, participants who practiced yoga exhibited significant decreases in tension and depression and were more likely to no longer meet criteria that imparted a PTSD diagnosis. Other test groups have shown similar results.

In these unprecedented times, with a global pandemic, heightened racial tension, political polarization and economic instability, it’s likely that many more people are experiencing some trauma—from mild cases to more severe. Emotional symptoms can include helplessness, sadness, grief, anger, shame, fear or disbelief. Physical symptoms might manifest as trembling, shortness of breath, racing thought, changes in sleep patterns or changes in appetite.

## Calming the Mind and Retraining the Body

Traumatic experiences change the way the mind and body manage perceptions. Survivors often get stuck in “fight or flight” mode—the activation of the sympathetic nervous system—causing the release of adrenaline and cortisol and resulting in hyperarousal and hypervigilance.

In contrast, the breath awareness and elongated exhalations emphasized in yoga help to activate the parasympathetic nervous system, which calms the mind and allows the body to regulate heart rate, digestion and rest. Because traumatic experiences are often stored viscerally, working with the body is critical to releasing the tension that reinforces stress.

Yoga helps to retrain the body and rewire the brain to help it feel safe. As practitioners learn to observe what is happening in the mind and body, awareness increases, emotional responses become easier to regulate, and a feeling of safety may begin to return.

**Yoga helps to retrain the body and rewire the brain to help it feel safe.**

While every student who is healing trauma will respond to yoga in their own way, many report profound shifts beyond reducing anxiety. Students surveyed in studies conducted at the Trauma Institute by the Natural Institute of Health report a variety of benefits, including the newfound ability to sleep without any medication, to talk about what had happened to them, to stop binge eating, to give up drugs or alcohol, to be intimate again, to seek other methods of healing and more.

## Trauma-Sensitive Yoga Classes

Not all yoga classes are trauma-sensitive classes, and not all yoga teachers have been trained to navigate trauma. A trauma-sensitive class would include several foundational components, such as the following:

- **Inquiry and choice are emphasized.** Students are empowered to explore forms that feel comfortable and safe in their bodies. They have choices about how to embody the postures with plenty of modifications and assurance that no form is better than the other; each is just an invitation to feel and explore.
- **Breath awareness is prioritized over breath technique.** Because many trauma survivors experience shallow breathing or disrupted breathing patterns, restoring awareness of breath can invite awareness back to the present moment and invite a sense of ease.

## TRAUMA-SENSITIVE YOGA TEACHERS In and Around Atlanta

To find a trauma-sensitive yoga teacher in the Atlanta area, visit [IAYT.org](http://IAYT.org) and search by region or consult one of the following certified teachers:

**Tzipporah Gerson-Miller**  
WiseWomanEmbodied.com  
Tzipporah@innerskytherapeutics.com

**Stacey Beth Shulman**  
CurvyYogini.com  
curvyyogini@gmail.com

**Tra Kirkpatrick**  
TraKirkpatrick.com  
tra@trakirkpatrick.com

**Rebecca Trussell**  
RebeccaTrussell.com  
rebecca@rebeccatrussell.com

**Hope Knosher**  
HealthyLivingWithHope.com  
hope@healthylivingwithhope.com

**Teresa Owen**  
InnerSmileYoga.org  
innersmileyoga1@gmail.com

**Patricia Schmidt**  
PLSYoga.com  
therapy@pisyoga.com



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*“This is not about being superhuman – this is about realizing that being human is super!”*  
—Sadhguru

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# YOGA in Atlanta

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## CALENDAR

### WEDNESDAY, NOVEMBER 5

**Stretch & Sounds: A LIVE Sound Bath and DEEP Stretch Experience** – 6:45pm. Combine sound healing and deep stretching to release tension and reset the nervous system. \$27.23. Double Dutch Aerobics Fitness Center, 2030 Bolton Rd NW, Atlanta. [bit.ly/SoundBath-DeepStretch-Experience-110525](http://bit.ly/SoundBath-DeepStretch-Experience-110525)

### FRIDAY, NOVEMBER 7

**Balanced Intention: Take the Night Off** – 6:30-8pm. Enjoy a 90-minute restorative yoga practice with mindful sequencing and deep relaxation to restore balance and peace. \$45. Balanced Intention Yoga. [bit.ly/Balanced-Intention-RestorativeYoga-110725](http://bit.ly/Balanced-Intention-RestorativeYoga-110725)

### SATURDAY, NOVEMBER 8

**Second Saturday Series** – 10:30-11:30am. Monthly vinyasa flow in a reimagined historic church; move, vibe, and end with a lavender towel savasana. \$15 early bird. The Abbey Studio, 638 Glenwood Ave SE, Atlanta. [bit.ly/Vinyasa-Flow-110825](http://bit.ly/Vinyasa-Flow-110825)

### SUNDAY, NOVEMBER 9

**Hops & Flow Metal Beer Yoga** – 11am-12pm. Flow to metal tracks while sipping a beer. Ticket includes first beverage. \$18.

Little Cottage Brewery, 120 Olive St, Ste 500, Avondale Estates. [bit.ly/Hops-and-Flow-Metal-Beer-Yoga-111425](http://bit.ly/Hops-and-Flow-Metal-Beer-Yoga-111425)

**Flex and Flow: A Mindful Stretching Session** – 12-1pm. Gentle, intentional stretching to release, restore, and realign in a supportive space. Donation-based. With Robyn Minefee, LPC. 4760 Austell Rd, Ste 5, Austell. [bit.ly/Release-Realign-Restore-110925](http://bit.ly/Release-Realign-Restore-110925)

**Kids Yoga and Art** – 3-4:30pm. Children explore yoga, mindfulness, and breathwork while creating art that extends their practice beyond the mat. Ages 5-10. \$25/child, \$20/sibling. With Ashley Cocchi-Miller. [bit.ly/Kids-Yoga-and-Art-11925](http://bit.ly/Kids-Yoga-and-Art-11925)

### MONDAY, NOVEMBER 10

**Monday Magic Yoga Club** – 7-8:15pm. Unwind with slow-flow yoga, yin stretches, and sound bowls in a supportive community setting. \$20 drop-in or \$75/5 classes. The Abbey Studio, 638 Glenwood Ave SE, Atlanta. [bit.ly/Magic-Yoga-Club-111025](http://bit.ly/Magic-Yoga-Club-111025)

### WEDNESDAY, NOVEMBER 12

**Restorative Yoga + Sound Bath** – 7:30-8:30pm. Unwind with restorative yoga followed by a nourishing sound bath.

Walk-in \$28; new student 2-week pass \$48. Joiful Yoga, 205 Hilderbrand Dr, Sandy Springs. [bit.ly/RestorativeYoga-SoundBath-111225](http://bit.ly/RestorativeYoga-SoundBath-111225)

**Gentle Yoga with Joan** – 10-11am. A welcoming yoga class for older adults focused on mobility, balance, and flexibility. All ages welcome. Free. Autrey Mill Nature Preserve, 9770 Autrey Mill Rd, Johns Creek. [bit.ly/Gentle-Yoga-For-Older-Adults-111225](http://bit.ly/Gentle-Yoga-For-Older-Adults-111225)

**Grounding in the Garden: Outdoor Yoga** – 11am-12pm. Enjoy a free beginner-friendly yoga session in the garden. Mats and refreshments provided. Emory Hillandale Hospital, 5910 DeKalb Medical Pkwy, Lithonia. [bit.ly/Outdoor-Yoga-Emory-Hillandale-111525](http://bit.ly/Outdoor-Yoga-Emory-Hillandale-111525)

### THURSDAY, NOVEMBER 13

**Senior Chair Yoga** – 10-11am. Gentle, supportive chair-based practice for all abilities, led by a certified yoga therapist. Donation-based; suggested \$10. Hampton Farms Club, 235 Club Ridge Dr, Marietta. [bit.ly/Senior-Chair-Yoga-111325](http://bit.ly/Senior-Chair-Yoga-111325)

### SATURDAY, NOVEMBER 15

**Baby & Me Yoga** – 11am-12:30pm. Gentle yoga for postpartum parents and pre-

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[SunnyStreetYoga.com](http://SunnyStreetYoga.com)  
470-641-3021

### VISTA YOGA

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[vistayoga.com](http://vistayoga.com)

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## CALENDAR

crawling babies to restore balance, build strength, and bond through mindful movement. \$30. With Mar-nie Memmolo. [bit.ly/Baby-and-Me-Yoga-111525](http://bit.ly/Baby-and-Me-Yoga-111525)

**Finding Gratitude** - An Evening of Restorative Yoga and Sacred Sound – 6-8pm. Marti Yura will guide you into supported postures while Alex Ballew fashions a soothing soundscape. \$55 in advance. Vista Yoga, 2836 Lavista Rd. [bit.ly/vista-events](http://bit.ly/vista-events)

### SUNDAY, NOVEMBER 16

**Signature Stretch Sunday** – 12-1pm. Unwind with guided stretching to release tension, restore flexibility, and reset before the week. All levels welcome. \$25.24. 2011 Bolton Rd NW, Ste 203, Atlanta. [bit.ly/Signature-Stretch-Sunday-111625](http://bit.ly/Signature-Stretch-Sunday-111625)

### SATURDAY, NOVEMBER 22

**Tai Chi – Easy Flow with Mindful Movement** – 2pm. Gentle Tai Chi to promote relaxation and peace, suitable for all levels. \$10. Led by Michele Wynn. Healing Hands Reiki & Spiritual Development Inc., 27 Waddell St NE, Ste A, Atlanta. [bit.ly/Easy-Flow-with-Mindful-Movement-112225](http://bit.ly/Easy-Flow-with-Mindful-Movement-112225)



"The mind is something that has no form. The body is representation of form. So we have something formless and we have a form. And what is happening in between, what is connecting the formless with the form, that is the breath."

Shi Heng Yi

- **Instructors offer no physical adjustments.** The Trauma Center considers physical adjustments to be a clinical issue and recommends that teachers of trauma-sensitive classes don't offer them. When adjusted, students sometimes feel that they are doing something wrong or that they must demonstrate the form in the way the teacher prefers. Many trauma survivors are not ready to be seen, and assists distract from their personal practice experience. The Trauma Center's research found, in classes that offered physical adjustments, 50% of students did not return.
- **The environment prioritizes safety.** Trauma classes are generally held in well-lit spaces without mirrors. Windows are often covered so that students don't feel exposed and vulnerable, and outside stimuli are minimized to eliminate any startling effects.

- **Teachers are self-regulated and approachable.** Teachers should be open to feedback and be predictable, consistent and friendly. Classes employ simple, repetitive posture sequences and avoid music that could be provocative so that students know what to expect. 🙏



Sheila Ewers, ERYT500, is founder of SEEK Yoga & Travel and a former yoga editor for this magazine. She leads yoga retreats and offers transformational coaching. More at [SeekYoga.com](http://SeekYoga.com)

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—Ed.



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# COMMUNITY CALENDAR

Publicize your event! This section hosts free and paid listings. Each month, we select a limited number of events — they must have broad appeal and cost no more than \$35 to attend — to list for free. Otherwise, basic listings are \$40 and enhanced listings are \$75. Submit free listings to matsakis99@gmail.com and paid listings to paul@naatlanta.com.

## Friday, November 7

**Forest Ecology Hike with Jordan** – 10-11:30am. Explore native plants, wildlife, and forest ecosystems on a guided hike through scenic trails. Free. Autrey Mill Nature Preserve, 9770 Autrey Mill Rd, Johns Creek. bit.ly/Forest-Ecology-Hike-110725

## Saturday, November 8

**Heal in Peace Circle** – 11am-12pm. Join a cozy, supportive gathering focused on emotional well-being and inner peace. Connect, share stories, and nurture your soul in a safe space. Free. Wolf Creek Library, 3100 Enon Rd, Atlanta. bit.ly/Heal-In-Peace-Circle-110825

**Whole, Well, & Worthy.** – 12-4pm. Women's wellness fair featuring health screenings, movement classes, nutrition demos, and self-care experiences. Free. Pittsburgh Yards, 352 University Ave SW, Atlanta. bit.ly/Whole-Well-Worthy-110825

**Reiki Infused Yoga & Meditation** – 3:30-4:30pm. Vinyasa yoga paired with Reiki and meditation to calm the mind and align the chakras. Free. Healing Hands Reiki, 27 Waddell St NE, Ste A, Atlanta. bit.ly/Reiki-Infused-Yoga-Meditation-110825

## Sunday, November 9

**Unity Atlanta Church "12 Powers Workshop"** – 12:30-2pm. You're invited to explore how you can use your God-given powers to improve your life. Each month, Licensed Unity Teacher, Freda Steward, will present one of the twelve spiritual powers available to all people. Feel free to bring a bag lunch. Unity Atlanta Church, 3597 Parkway Lane, Peachtree Corners. 770-441-0585. UnityAtl.org.

## 11:11 Metaphysical Fair

Saturday, November 8 and  
Tuesday, November 11 • 10am – 5pm

Vegan food and drink, tarot readings, meditations, mini wellness sessions, discounted treatments, spiritual workshops, metaphysical products. Free. Optional \$111 package: one discounted treatment + one workshop.

Ranesa House of Wellness,  
3091 E Shadowlawn Ave NE.  
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Andrea, 404-557-4306. Norcross.

## Wednesday, November 12

**Root & Release: Guided Stretch Class** – 6-7pm. Slow-paced stretching with mindful movement and breath to help release tension and restore balance midweek. Free. Warzone Fitness, 5727 Palazzo Way, Douglasville. bit.ly/Root-and-Release-111225

## Thursday, November 13

**Healing Sound Bath with Raye Andrews** – 7-8pm. Join Certified Vibrational Sound Therapist, Raye Andrews, for a beautiful symphony of sound. This immersive, full-body listening experience can bring relaxation to your mind, body and spirit. Suggested love offering \$20-\$40. Held in the Chapel. Unity Atlanta Church, 3597 Parkway Lane, Peachtree Corners. 770-441-0585. UnityAtl.org.

**Free Salsa Dance Lessons** – 8:30-10pm. Enjoy free salsa instruction, live music by Willie Zia-vino & the C.O.T. Band, and delicious tapas in Buckhead. Free. Eclipse di Luna, 764 Miami Cir NE, Atlanta. bit.ly/Salsa-Dance-Lessons-111325

## Saturday, November 15

**Free Saturday HIIT Workout Class** – 10-11am. Burn calories and boost your metabolism with a high-intensity workout followed by a self-care meditation. Free. Jamie The Motivator, 3365 West Hospital Ave, Ste G, Chamblee. bit.ly/HIIT-Workout-Class-111525

## Sunday, November 16

**Sunday Morning Yoga @ The Interlock** – 10-11am. Enjoy a free outdoor yoga session with lululemon ambassadors and local instructors. All levels welcome. The Interlock, 1115 Howell Mill Rd NW, Atlanta. bit.ly/Morning-Yoga-The-Interlock-111625

**Energy Healing Circle** – 12:45-1:45pm. Join us for a time of prayer, reflection, and music as we affirm the healing power of inner peace and the eternal gift of grace. Unity Atlanta Church, 3597 Parkway Lane, Peachtree Corners. 770-441-0585. UnityAtl.org.

**Bi-Monthly Sunday Satsang: Journey Through the Bhagavad Gita** – 5-6:30pm. Explore the Gita through song, meditation, and discussion on presence, courage, and love. Free. Decatur Healing Arts, 619 E College Ave, Ste A, Decatur. bit.ly/Song-Meditation-Conversation-111625

## Monday, November 17

**Free Capoeira Class in Downtown Decatur** – 7:15-8pm. Experience the energy of

Capoeira—a blend of martial arts, dance, and music—in a fun, free workshop. 133 Sycamore St, Decatur. bit.ly/Free-Capoeira-Class-111725

## Tuesday, November 18

**Walk With Us Atlanta** – 6-7:30pm. Enjoy a scenic, low-impact walk through Atlanta with a welcoming fitness community. All fitness levels encouraged. Free. South Colonial Homes Circle NW, Atlanta. bit.ly/Walk-With-Us-Atlanta-111825

## Wednesday, November 19

**Just Walk with Carolyn Hartfield** – 10-11am. Enjoy a 2-mile walk, health discussions, and community connection led by a certified health coach. Free. Mason Mill Park, 1400 McConnell Dr, Decatur. bit.ly/Walk-Carolyn-Hartfield-111925

**Weekly Wed Meditation Class** – 7-8:30pm. Experience guided meditation, stretching, and a wisdom talk led by certified coaches and monks. Free; donations welcome. Georgia Meditation Center, 4522 Tilly Mill Rd, Atlanta. bit.ly/Meditation-Class-111925

## Thursday, November 20

**November Hapeville Library Mini Health Resource Fair** – 11am-2pm. Discover resources on diabetes prevention, management, and healthy living at this community event honoring National Diabetes Month. Free. Hapeville Branch Library, 525 King Arnold St, Hapeville. bit.ly/Mini-Health-Resource-Fair-112025

**Love & Hiking Date for Couples (Self-Guided)** – 1-5pm. Enjoy a romantic, self-guided hike with fun digital activities to deepen your connection. Donation-based. Elwyn John Wildlife Sanctuary, 1520 Kittredge Park Rd NE, Atlanta. bit.ly/Love-Hiking-Date-112025

## Saturday, November 22

**Sunrise Hike at Stone Mountain** – 5:30-7am. Hike with a wellness-minded community and enjoy sunrise views, networking, and guided meditation. \$20 parking. 6867 James B Rivers Memorial Dr, Stone Mountain. bit.ly/Sunrise-Hike-Stone-Mountain-112225

**Weekly Wellness Walk Club** – 9-10am. Join The Self Care Lab for a morning walk along the Beltline to recharge and embrace movement as self-care. Free. Meet outside Kroger Street Market, Atlanta Beltline Eastside Trail. bit.ly/Wellness-Walk-112225

**Red Light Running Society: Run or Walk** – 9-11am. Join a welcoming group for a Saturday morning walk, jog, or run, followed by treats, drinks, and conversation. All fitness levels welcome. Free. Red Light Cafe, 553 Amsterdam Ave NE, Atlanta. bit.ly/Run-or-Walk-112225

## Sunday, November 23

**Gentle Stretching And Breath-Work** – 10-11am. Enjoy a free in-person class combining yoga, tai chi, tapping, and meditation to support mind-body connection and inner peace. Free. Body & Brain Yoga, 4641 Roswell Rd, Ste C, Atlanta. bit.ly/Mind-Body-Connection-112325

## Saturday, November 29

**A Better U: Treat Metabolic Illness at the Root** – 11am-1pm. Learn to reverse diabetes, reduce blood pressure, and overcome over-eating with food-based tools and time-based eating. Free. 395 Mount Vernon Hwy, Sandy Springs. bit.ly/A-Better-U-112925

## Sunday, November 30

**"Spiritual Keys to Aging Well"** – 12:30-1:30pm. This monthly discussion group is based on the booklet, "Spiritual Keys to Aging Well," by Unity World Headquarters at Unity Village. Copies are available at the event. Unity Atlanta Church, 3597 Parkway Lane, Peachtree Corners. 770-441-0585. UnityAtl.org. pm

## ONGOING

### Sundays

**Practicing the Presence-A Course in Miracles** – 8:45-10:30 am. This weekly Zoom study group aims at removing the blocks to the awareness of love's presence. Facilitator: Michael Wilkinson. An open and ongoing class. All are welcome. For more info and to receive the Zoom link, email: MWilkinson@leadstrat.com. Unity Atlanta Church, 3597 Parkway Lane, Peachtree Corners. 770-441-0585. UnityAtl.org.

**Spiritual Living Center of Atlanta Sunday Experience.** Starting at 3pm music and Science of Mind message; 4pm Food and fellowship; 5 pm New Thought workshops. 2650 N. Druid Hills Rd. N.E., Atlanta, GA 30329. More Info: slc-atlanta.org

**Red Clay Sangha Sunday Morning Service** – 9am, Sitting/Walking Meditation; 10:30, Morning Service; 10:45am, Dharma Discussion; 11:30am, Clossie and Brunch. Via Zoom or in person. 3420 W Hospital Ave, Ste 102, Chamblee. More info: RedClaySangha.org.

**Grant Park Farmers Market** – 9am-1pm. The Beacon ATL, 1030 Grant St SE, Atlanta. cfmatl.org/markets.

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

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

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

**Unity Atlanta Church Sunday Services** – 11am-12pm. "Spiritual Keys for Life" - All are invited to the Fall Faith Message Series by Rev. Jennifer L. Sacks featuring the teachings of Minister and Master New Thought Writer, Emmet Fox. Attend in-person or watch via livestream. Youth Sunday School

is in-person at 11am for ages 5-18. Nursery service is available 10:30am-12:30pm. 3597 Parkway Lane, Peachtree Corners. 770-441-0585. UnityAtl.org.

**Twin Hearts Meditation** – 11am – 12:30 pm. 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 Pranik Healing Center via Zoom. To watch: AtlPranicHealing.com.

**Tarot and Mocktails** – 1-2:30 pm. 1st Sunday. Designed for experienced and beginner tarot readers. Bring a deck of cards or buy onsite. Enjoy mid-day snack and drink. Learn about tarot and oracle cards. With Holistic Health & Wellness - 3372 Canton Rd Suite 116, Marietta, GA, 30066. 678-471-6587. Holistichealthse.square.site/events

### Tuesdays

**The Art of Preserving Balance and Vitality Through Movement** – 6-7pm. Discover the ancient art of cultivating Chi to enhance well-being. Learn to manage stress, channel emotions, and deepen your connection with life. \$18/class; packages available. Zoom. Efrain Brady, 470-281-8645. PathsToIntegration.com.

**Online Meditation Open House** – 7-8pm meditation, 8-8:30pm discussion, followed by tea and cookies. To watch: Atlanta.Shambhala.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.

### Wednesdays

**Meditation & Modern Buddhism** – 7-8:30pm. With Resident Teacher, Gen Kelsang Dechok. Talks, guided meditation, discussion and Q&A. All welcome. Kadampa Meditation Center Georgia, 741 Edgewood NE, Atlanta. 678-453-6753. MeditationInGeorgia.org.

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

### Thursdays

**Beyond Limits Weekly Conscious Dance** – Between 8pm in Smyrna and 7pm in Roswell, GA at Awareness Studios. With Marisa Skolky. An intentional dance activated by vocal toning and singing during an hour and a half dance through our emotions, lifecycle, archetypes and levels of consciousness. Followed by a singing bowl meditation, a closing circle and community tea time. \$20. Beyond Limits Expressive Arts Therapy LLC, 4528 King Springs Rd SE, Smyrna. 770-235-3183. MarisaSkolky.com.

### Saturdays

**Morningside Farmers Market** – 8-11:30am. Year-round. Offers organic produce, bread, pastries, grains, meat, honey, along with

chef pop-ups, prepared foods, coffee, in-season fruits, and locally produced crafts. Morningside Presbyterian, 1411 N Morningside Dr NE, Atlanta. MorningsideMarket.com.

**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. Sceptre Brewing Arts, 630 E Lake Dr, Decatur. cfmatl.org/oakhurst.

**Tea & Tarot** – 11am-2pm. 1st Sat. A tea party and tarot mixer for people of all ages and experience levels. Hosted by Amy Cathryn. \$25. Forever And A Day, 7830 Hwy 92, Woodstock. 770-516-6969. ForeverAndADay.as.me/TeaandTarot.

**Free Reiki-Infused Yoga & Meditation** – 3:30-5:30pm. 1st & 2nd Sat. Vinyasa flow classes enable you to move slowly, while focusing on strength, flexibility, concentration, breath work and meditation. Free. Healing Hands Reiki & Spiritual Development Inc, 27 Waddell St NE, Atlanta. Registration required: 313-671-5804 or Tinyurl.com/4mnww3t4.

**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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Continued from page 9

always makes things more real. Then revisit and revise your words as needed. Then *act*. Take the single most important thing from your "24 hours left" list and start doing it, or some version of it, every single day. Pull from what's next on your list, then what's next after that. I had three years, so I had both long-range and short-range goals. For three years, I worked on the things that mattered most to me.

In the realm of possibility, you or I could be dead within the next five minutes. That said, doesn't it make sense to start acting as if our days are numbered? "You will have no time for anger, frustration, jealousy or any negativity," says Sadhguru in our interview with him. "You will only do what you truly care for in your life. If every human being only did what truly mattered to them, this would be a fantastic world." 🙏



*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.*

## Classifieds

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

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# Grateful For The Practice

by Rev Jenn Sacks



Immagine e Video di Michelangelo via Canva Pro

“You know you can’t take communion until you do that,” I was told.

I moved on to a Dzogchen Buddhist sangha. There, I enjoyed our Wednesday night gatherings, learning the Boundless Awareness meditation and sharing cake and coffee afterward. And with a few sangha friends, I attended a nine-day silent retreat in New England led by Lama Surya Das, where we stayed in an old monastery. Each room had a crucifix hanging on the wall facing the bed.

“How ironic,” I thought. “I am not becoming Catholic, but am I becoming Buddhist?” I was eager to learn, so I meditated diligently and read from Buddhist texts during breaks.

One evening, during a brief Q&A session, Lama Surya Das gave another attendant a Buddhist name; it was a kind of blessing that people chose to receive from time to time. When I reflected on her choice, I knew I preferred being Jenn and did not want another name. I could not commit to Buddhism, so I studied in silence for the rest of the retreat.

A year or so after that, I made several friends in a Master Mind group at my local Unity church and began attending Sunday services. I continued reading various spiritual books, sometimes sitting so long that my body became tense. I assured myself I was being a good student.

Eventually, though, I developed spiritual indigestion. New Thought Practical Christianity calls this “chemicalization”—a condition that occurs when new beliefs conflict with old ones—and it can be deeply physical. Like the indigestion we can get from eating disagreeable foods, this “indigestion” paralyzed my system. I was exhausted from constant headaches and colds. I ate little food; I only drank warm ginger ale and ate small bowls

of chicken rice soup. I missed several days of work and skipped a few Sundays at church. I had a stack of books to fill the hours at home, but I didn’t want to read—not even a novel. Instead, I watched movies like *Wayne’s World*, *Bill and Ted’s Excellent Adventure* and *Legally Blonde*.

Wrapped in my bathrobe, clutching my box of tissues, I laughed so hard I cried.

“Enough with all the spiritual theories,” I told myself. “Just get out there and *live* the Spirit.”

I gathered up all my books and put them on a shelf. Soon, the headaches and colds disappeared, and my system began to heal. I began walking outside. Then I joined a gym. Eventually, I committed to teaching one class at church and to serving as a worship leader. I remembered to make time for fun.

Even in seminary, I didn’t read every assigned text or study as much as was recommended. I enjoyed the hands-on experiences of my internships as well as applying everything I learned to ministry. I encouraged others to not only read about the teachings but to apply them to their own lives.

Recently, I heard 803Fresh’s song “Boots on the Ground” and immediately added it to my workout playlist. The lyrics “Boots on the ground / Kicking up some dust” remind me that theories can be instructive, but living what I know is most important now. Every day, I am grateful for the practice. 🙏



Photo: Nicole Tyler Photography  
Senior minister of Unity Atlanta Church, Rev. Jenn Sacks is a preacher, writer, Intuition Medicine practitioner/coach, medical intuitive, energy healer and MBTI-certified practitioner.

Connect with her at [RevJenn.com](http://RevJenn.com).

# Turn Your Passion Into a Business

## Own Your Own Natural Awakenings Magazine!

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.

As a franchise owner, you’ll inspire positive change, provide readers with tools for healthier living and connect local businesses with an audience eager for transformation.

### Why Own a *Natural Awakenings* Magazine?

- Create a Healthier Community: Be the go-to resource for wellness and personal growth in your area.
- Boost Your Income: Take control of your financial future with a proven business model.
- Enjoy a Flexible Lifestyle: Work from home while pursuing a fulfilling, dynamic career.

### What We Offer:

- A proven business model with low startup costs.
- Comprehensive training and friendly, ongoing support.
- Flexible work schedule with many work-from-home opportunities.
- Access to a network of like-minded franchise owners.
- Financing Options Available.

Join a thriving network of passionate franchise owners reshaping the future of holistic health and wellness.

Call 239-206-2000 for a FREE evaluation of your community’s potential. Learn more or apply today at:

[Corp.NaturalAwakenings.com](http://Corp.NaturalAwakenings.com)



## Own a business that makes a difference.

Call for a free evaluation of your community’s potential at 239-206-2000. To apply or learn more, visit [Corp.NaturalAwakenings.com](http://Corp.NaturalAwakenings.com).

### Add Your Community to Where *Natural Awakenings* Is Now Publishing:

- Atlanta, GA
- Boston, MA
- Broward County, FL
- Bucks/Montgomery Counties, PA
- Central Florida/Greater Orlando, FL
- 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
- 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.



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