



HEALTHY LIVING | HEALTHY PLANET

FREE

# natural awakenings

**Family Constellations**  
An Emerging Modality  
to Heal Old Wounds

**Heart Health**  
It's More Than  
Diet & Exercise

*Finding True Love*  
in **ROMANTIC**  
**RELATIONSHIPS**

NINA ROSS  
FUNCTIONAL MEDICINE

THE HEALTH YOU DESERVE:

# Reimagined

*What if your healing starts with someone just taking you seriously?*

The chronic pain, fatigue, mood swings, and brain fog aren't all in your head.

They're signals—from a body that's trying to cope with hormonal chaos, inflammation, and burnout.

At Nina Ross Functional Medicine, we connect the dots your doctors missed. We run deeper labs, build personalized plans, and help you feel like you again.

LEARN MORE:



Dunwoody



WHOLE HEALING  
DENTAL

INTEGRATIVE CARE

Amy Dayries, DMD, FAHM



I've practiced integrative and aesthetic dentistry since 1996. We offer an incredible range of services including Safe Mercury Amalgam Removal Technique (SMART), implant restorations, veneers, clear aligners, whitening, laser dentistry, sleep apnea treatment, ALF therapy, TMJ treatment, aesthetic services and more!

Call for info/appointment  
770-753-0067

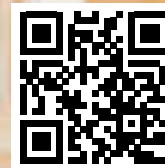
WholeHealingDental.com

Become a Certified Aromatherapist

# Aromatherapy Certification Course

Our internationally respected Aromatherapy Certification Program gives you the skills and confidence to work with essential oils with ease. Learn how to choose the right oils and applications, crafting remedies that simply work. Join our upcoming training, a 50 hour in-person, small group hands-on course.

Begins May 13



HEALCENTER  
healing arts + learning

HealCenterAtlanta.com | 404-303-0007  
270 Carpenter Drive NE, Suite 500-505

Give the gift of deep relaxation & facial rejuvenation



MOON  
ORGANICS

20% OFF

Products & Services. Use code "222" if ordering online.

MOONorganics.com

# DEATH

ONLY FOR THOSE WHO SHALL DIE

A YOGI'S GUIDE TO LIVING, DYING, AND BEYOND

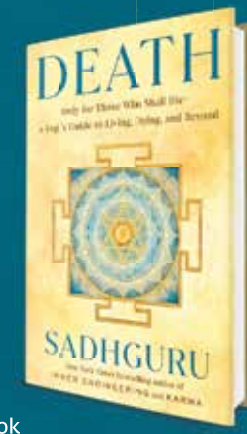
First-ever hardcover, plus an audiobook narrated by Sadhguru, now available across the US & Canada.

amazon #1 Amazon Bestseller

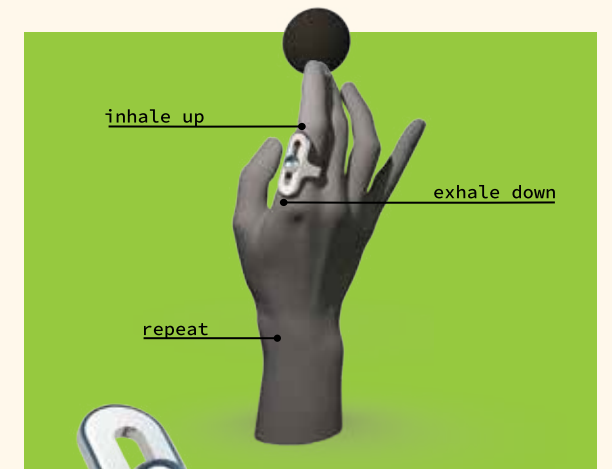
USA TODAY USA TODAY Bestseller



ORDER NOW  
sadhguru.co/deathbook



CALM AT YOUR FINGERTIPS.



The Calm Ring joins deep breathing with subtle motion. Inhale up, exhale down, repeat.

claughaus.com

CLAUDHAUS®  
objects reoriented

Your Health  
YOUR JOURNEY  
OUR COMMITMENT



NOW  
OPEN!

<b>NATURAL MEDICINE</b>	<b>AESTHETICS</b>	<b>SPORTS MEDICINE</b>	<b>SEXUAL WELLNESS</b>
Root cause, integrative, natural health medicine for the entire family.	Holistic Aesthetics and Non-Invasive Body Contouring	Holistic Sport Medicine featuring treatments for pain & performance	Hormone optimization, erectile dysfunction & vaginal rejuvenation

<b>\$100 OFF</b>	<b>\$99</b>	<b>\$99</b>	<b>\$49</b>
<b>AN INTAKE EVALUATION</b> <small>(REGULARLY \$399)</small>	<b>BODY CONTOURING SPECIAL</b> <small>(INCLUDES CONSULT &amp; 1ST SESSION; \$450 VALUE)</small>	<b>NEUROPATHY ASSESSMENT</b> <small>(REGULARLY \$250)</small>	<b>MEN'S SEXUAL WELLNESS ASSESSMENT</b> <small>(INCLUDES ASSESSMENT AND NITRIC OXIDE TESTING; REGULARLY \$250)</small>

615 Colonial Park DR - STE 203, ROSWELL, GA 30075

PrimaliHealth.com

Call Now For More Information  
(470) 235-3900



## Events that Transform

Our online Community Calendar is the #2 page on our website. Because our happenings are meaningful. They prompt curiosity; engage hearts, minds, bodies and souls; compel growth. Visit weekly.

naAtlanta/calendar

Mind, Body, Spirit  
Holistic Wellness Fair  
Feb 7-8

The Voice of Ellija  
Feb 13

Ram Dass Meetup  
Feb 15

Breath & Sound  
Feb 21

Costa Rica: Live the Pura Vida Life  
June 7

Scan QR code for event details



natural  
awakenings



# CONTENTS

Natural Awakenings Atlanta  
February 2026

## 18 A WHOLE-HEARTED LIFE

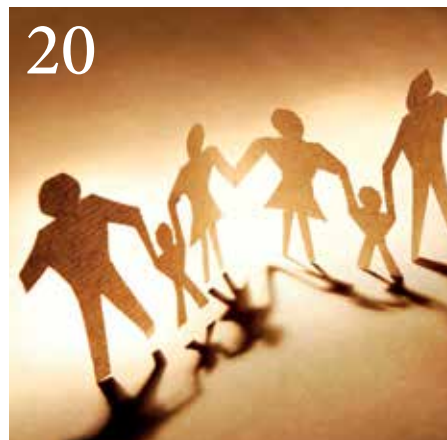
15 Garlic Therapy

20 Family Constellations

24 Moon Salutations

28 On Elevating Romantic Relationships

34 Feeling Nostalgic



20



28

## DEPARTMENTS

9 Publisher's Letter

12 Atlanta Briefs

15 Conscious Eating

18 Healing Ways

20 Personal Evolution

24 Yoga

28 Wise Words

30 Community Calendar

32 Classifieds

32 Community Directory

34 Walking Each Other Home

Contact Us

404-474-2423
info@naAtlanta.com



Cover image by Rightdisc, from Alamy, via Canva Pro

Atlanta Team

- Publisher Paul Chen
Managing Editor Diane Eaton
Yoga Editor Patty Schmidt
Consulting Editor Trish Ahjel Roberts
Calendar Editor Jimmy Mwanyae
Copy Editor Nasir Abbas
Staff Writers Noah Chen
Design & Layout Steffi K. Kern
Website Adrita Ghosal
Distribution Manager Theresa Bogart

National Team

- CEO Kimberly B. Whittle
COO Michael Bevilacqua
CMO Vee Banionis
Sr. VP Operations Brian Stenzler, DC
National Editor Sandra Yeyati
Editor Brooke Goode
Copy Editor Melanie Rankin
Print Production Specialist Kevin Rankin
Design Director Agnes Mazeikaite
Production Flip180

Natural Awakenings Publishing Corporation
350 Main St., Ste 9B, Bedminster, NJ 07921
239-206-2000
NaturalAwakenings@KnoWEwell.com

WEB EXCLUSIVES



Intergenerational Living

A Healing Model for Families and Communities

bit.ly/intergenerational-0126



Strong for Life

The Power of Functional Fitness

bit.ly/functional-fitness-0126



Aromatherapy for the Month of Love and Inner Peace

bit.ly/aromatherapy-0226



Pilgrimage to India Explores Sacred Feminine Energy

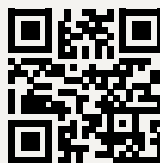
bit.ly/pilgrimage-india-0226

© 2026 by Natural Awakenings. All rights reserved. Although some parts of this publication may be reproduced and reprinted, we require that prior permission be obtained in writing. Natural Awakenings is a free publication distributed locally and is supported by our advertisers. Please call to find a location near you or if you would like copies placed at your business. We do not necessarily endorse the views expressed in the articles and advertisements, nor are we responsible for the products and services advertised. Check with a healthcare professional regarding the appropriate use of any treatment.



Submissions

We invite pitches, submissions, letters to the editor, and contributions to our column Walking Each Other Home. Email our managing editor at diane@naAtlanta.com, or scan the QR code below.



Distribution

We distribute Natural Awakenings throughout Atlanta to organizations that resonate with our content: offices of holistic healers, natural food stores, vitamin and supplement shops, yoga studios, etc. Email our publisher about distributing at your site, publisher@naatlanta.com, or scan the QRcode.



Advertising

From listings to display ads to digital options, there are many ways to promote your business with us. Email our publisher at publisher@naAtlanta.com, scan the QR code below, or call 404-474-2423.



2025's TOP 10

Last year's Top 10 most-read articles on our website tells us two things. First, some articles remain relevant years after they've been published. Four of the Top 10 were published before 2025, including two of the Top 3! And the oldest article to make the Top 10 was published in April 2019. Second, inclusion matters. The Top 3 articles addressed the Black and Hispanic populations of Atlanta. And the Juneteenth articles of the past three years all made the Top 10.

Three Black Holistic Healing Superstars Make the Rounds

bit.ly/black-docs-0623

Atlanta's First Hispanic Yoga Festival Debuts in September

bit.ly/hispanic-yoga-0425



Natural and DIY Skincare for Healthy Melanated Skin

bit.ly/melanated-skin-0724

Kirtan in Atlanta Past, Present and Then What

bit.ly/kirtan-in-atlanta-0425

Be Vitalized Celebrates Expansion with Grand Opening

bit.ly/be-vitalized-0925



The Varieties of Energy Healing Modalities

bit.ly/varieties-energy-healing

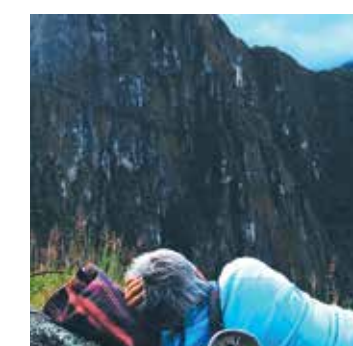
Inside Atlanta Healing Centers

One Approach to Integrated Wellness

bit.ly/healing-centers-0525

African Healing Thrives in Atlanta

bit.ly/african-healing-0625



Traveling with Purpose

Nine Destinations for Spiritual Enlightenment

bit.ly/nine-destinations-0923

What Are Your Feet Telling You?

Exploring the Healing Power of Reflexology

bit.ly/reflexology-1125

Index of Display Advertisers

Table listing advertisers and page numbers: Andrea El-Fatin (08), Art of Living Retreat Center (11), Atlanta Dental Wellness (36), Atlanta School of Wellness (35), Claudhaus (03), CircleSongs Atlanta (21), Covington Pediatrics (35), Create Loudly (08), Elohee (10), Heal Center (03), Isha Foundation (03), Kiesha Battles (10), Kula Kamala (11), Linda Minnick (08), Lisa Watson (27), MOON Organics (02), Natural Awakenings Atlanta (04), Natural Awakenings Corporate (17, 23), Nina Ross (02), One One One Ad Agency (25), Primal Integrative Health (04), Ranesa House (19), Share International (21), The Well of Roswell (35), Twin Leaf Wellness (08), Wellspring Dental (35), Whole Healing Dental (02)

COMMUNITY PARTNERS

Natural Awakenings is grateful to the companies that sponsor our website.

naAtlanta.com





- A FOCUSED ADVERTISING SECTION -



"Insanity: Doing the same thing over and over and expecting different results."

Let's make this your best year with a plan to reach your goals.

- LINDA MINNICK



SCAN TO GET STARTED



**Integrative Nutrition for Long-Term Health**


Personalized nutrition that meets you where you are. Because health and weight loss are not one-size-fits-all.

**Book your free consultation**

Veronica McGee, MBA  
Integrative Nutrition Coach  
678-872-9616  
www.twinleafwellness.com

**Good Health is a Choice!**

Don't ignore ill health symptoms. Costs ALWAYS go up. I can help.



**Andrea El-Fatin**  
HealthDetectivess@gmail.com  
404-557-4306

**GIFTS FROM THE END COACHING**

Susan Patterson, Conscious Dying Coach  
GiftsFromTheEnd.net  
goingtherewithsusan@gmail.com



I provide a safe and supportive environment for individuals of all backgrounds and experiences to explore mortality, their own and others.' Coaching sessions are provided in both individual and group settings.

**SHANE BONILLA | SHED FITNESS**

Personal Trainer of 15 Years  
Strength, balance, mobility for 60+  
Nature-based studio in Kennesaw, GA  
shedfitnessat1@gmail.com



Shed Fitness empowers adults 60+ to move better, feel stronger, and live confidently through thoughtful training. Shane will put you at ease and help you enjoy the process! Call today!

**LIVE FULLY.  
CREATE BOLDY.  
GROW WITH INTENTION.**

Coaching for ambitious, multi-passionate people ready to **move boldly** toward a life that feels more fulfilling and aligned.



**CREATELOUDLY**  
www.createloudly.com

# The Peace Within



Photo: Javis Allen

Now, in the winter of our discontent, I am deeply heartened by the surprising, almost shocking, response of millions of Americans to the Buddhist monks walking for peace. Several times already, I have choked back tears upon seeing visual evidence of thousands of Americans gathering and waiting for hours, at times in very cold weather, just to witness and greet some 20 monks who were simply walking and offering words which, in saner times, might not be needed. The Associated Press (AP) reports that one Alabaman traveled nearly 400 miles to see them.

"I just felt in my heart that this would help me have peace," says Becky Gable. "Maybe I could move a little bit forward in my life." Gable says she has already taken one of Pannakara's (the lead monk) teachings to heart. She's promised herself that each morning, as soon as she awakes, she'll take a piece of paper and write five words on it, just as the monk prescribed. "Today is my peaceful day." (Source: AP)

Buddhism teaches that the nature of our mind is peace. "Peace is not something we need to create," writes Geshe Kelsang Gyatso, founder of the New Kadampa Tradition, in his book *Modern Buddhism*. "It is already within our mind. We simply need to

remove the causes of disturbance." So does yoga: "Peace is the core of existence; we cannot create it," says Sadhguru, Indian mystic, author and founder of the Isha Foundation.

Moreover, both know that it takes peaceful individuals to create peaceful nations and peaceful worlds. "World peace grows from right where we are," says Gurudev Sri Sri Ravi Shankar, the founder of Art of Living Foundation. "It is peaceful individuals who can make a peaceful world." Similarly, Gyatso says, "Without inner peace, outer peace is impossible."

With all of this said and understood, generating a mind of peace in the midst of all the hate and violence being thrown our way is, for me, quite frankly, not only difficult, but seemingly contradictory. While I wholeheartedly embrace understanding, compassion and peaceful relations as the ideal that should always be strived for, is there a point at which evil is so out of control that acting from love and compassion achieves nothing? I choose to believe "No," but I also have the misfortune to know from personal experience that standing up to bullies in a physical manner works.

And so, we need leaders and living examples. The walking monks have become

the beautiful antithesis to the hateful and immoral actions of the deluded. For every Becky Gable who is inspired to act more peacefully, the tipping point draws nearer. May America be graced with more peace-loving leaders, from whatever spiritual traditions they emerge, and may their soft voices roar across the land, blasting a clarion call for peace and all that is good.

It is with great pleasure that we launch Everyday Spirituality in this issue. It is a quarterly column wherein a group of local spiritual leaders responds to one question from us. We've recruited and continue to recruit these leaders so that, over time, our readers get to hear from a variety of perspectives.

And I have to say, as excited as I have been about releasing this column into the wild, I believe the quality of our first installment is outstanding! We ask our spiritual leaders about enhancing romantic relationships, and every answer is inspiring and insightful.

As I've often said, *Natural Awakenings Atlanta* is all about holistic health and personal evolution. Personal evolution is not "self-improvement." The latter is more about gaining new skills, whether they be work-related or play-related. Personal evolution, however, is a journey inwards. It consists of taking steps to become a more loving and more compassionate human being—one who increasingly becomes one with all that surrounds him or her. The dark night of the soul is very real, so sometimes it can be an extremely messy journey, full of apprehension and fear. So spiritual guidance seems like a highly appropriate thing for us to seek out and share with you, our readers.

Please don't hesitate to let us know your thoughts about this new offering. And if you have an idea for questions to ask our panel of spiritual leaders, email Diane at Diane@naAtlanta.com. 🙏



*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.*

To advertise within this section, call: 404-474-2423

# Retreats Workshops

A FOCUSED ADVERTISING SECTION

“The first step towards getting somewhere is to decide that you are not going to stay where you are.”

—J.P. Morgan

Call to advertise here: 404-474-2423

## Yoga Retreat for Women of Color

Spirit, Soul and Energy

May 15-17, 2026



## UPCOMING RETREATS



### KETAMINE/YOGA WELLNESS RETREAT

Michelle Swagler, PhD and  
Gota Cebrero, E-RYT 500  
March 26-29



### REST & RELAXATION WEEKEND: A SILENT INVITATION

Liana Wall, Eve Cook  
& Michael Cook  
March 27-29

### A COMPASSIONATE WEEKEND OF MOVE- MENT, MUSIC & MEANING

Leanne Allen  
April 10-12

### SERENITY: A SPRING WOMEN'S YOGA RETREAT

Melba Payan  
April 10-12

### CASCADE RETREAT

Elaine Alpert  
April 14-19

### A RESTORATIVE YOGA AND IREST® MEDITA- TION RETREAT

Jill Elkin, E RYT-500  
April 17-19

### REST & RELAXATION WEEKENDS

MARCH 27-29, 2026

### NORTH GEORGIA'S RETREAT DESTINATION

(770) 316-9195  
info@elohee.org  
Social's: @eloheeretreat



Find our full Retreat calendar: [Elohee.org](http://Elohee.org)

THE ART OF LIVING  
Retreat Center

## DISCOVER THE POWER OF THE BREATH

Experience the transformative practices of  
Sudarshan Kriya (SKY) and meditation—  
the Art of Living Premium Retreat.

GREATER PEACE • LESS STRESS • INCREASED ENERGY • MORE JOY  
Boone, NC | [aolrc.org/premium](http://aolrc.org/premium) | 800.392.6870

## JOIN US IN INDIA OCTOBER 2026

Taj Mahal, Chandigarh,  
Dharamshala, Katra,  
Vaishno Devi,  
and so much more...

SCAN ME

Kula Kamala Foundation - 17 Basket Road Reading PA 19606 - (484) 509-5073 ext.1



## Ram Dass Satsang Relocates to UUCA

Longtime Atlanta hosts David Ault and Jai Ram Lentine announce that their monthly Ram Dass Satsang will move to a new public venue starting February 15. The gatherings, which have outgrown their previous in-home location, will take place from 3 to 6 p.m. at the shared campus of the Unitarian Universalist Congregation of Atlanta (UUCA) and the Spiritual Living Center of Atlanta.

The free monthly *satsang*, or sacred gathering, includes devotional chanting, readings and reflections from Ram Dass and Neem Karoli Baba as well as meditation and a shared community potluck meal. The event remains open to all who are seeking a spiritually grounded and heart-centered gathering. On-site parking is available.

Ault and Lentine have been holding these gatherings for years, fostering a growing community of seekers. The transition to a larger venue allows for continued expansion while maintaining the intimacy and spiritual focus of the original format.

“Our home has been a sacred container for this community, and we are grateful for all the devotion and friendship it has held,” says Lentine. “Now, this larger space allows us to widen the circle and welcome more hearts with ease. As Ram Dass reminded us, satsang helps us remember who we truly are, and that feels like the real work of this new chapter.”



Photo: Niki Murphy

David Ault (top) and Jai Ram Lentine

For more information, email [NandiDass1008@gmail.com](mailto:NandiDass1008@gmail.com), follow [@nandi\\_dass](https://www.instagram.com/nandi_dass) on Instagram and/or visit [NandiDass.com](http://NandiDass.com). UUCA is located at 2650 N. Druid Hills Road NE in Atlanta.

## Strich, Shaul Drop Children’s Book on Chakras

Mindy Strich and Kathy Shaul announce the publication of *The Rainbow Connection: A Child’s Discovery of the Seven Chakras and Their Superpowers*, a children’s picture book designed for ages three to seven that introduces the basic concepts of the chakra system through storytelling, color and imagination.

The story follows Zoey as she prepares for her first day of kindergarten and learns about seven energy centers, each associated with an emotional strength such as safety, confidence, creativity, self-expression and inner wisdom. Written for families, educators and caregivers, the book presents age-appropriate tools that support emotional awareness,

self-trust and self-expression. Through simple affirmations and imaginative guidance, children learn to identify feelings, calm anxiety and recognize inner resources as they navigate new experiences.

Both authors have a background in holistic personal development; Strich is a certified healing practitioner and life coach, and Shaul is an NLP Master Coach and an experienced registered yoga teacher with a 200-hour certification. The book is intended to support emotional literacy and inner empowerment at a young age. “We want children to understand that their energy is



Kathy Shaul and Mindy Strich

an essential part of who they are and just as real and important as their physical bodies,” says Strich. “And we’re excited to share this message with kids everywhere—empowering them to trust their own wisdom and inner guidance.”

The *Rainbow Connection* is available in paperback, hardcover and Kindle editions. For more information, visit [KidChakras.com](http://KidChakras.com).



## Ragan Releases Crystal Clear Book

Spiritual success coach, intuitive, mystic and owner of Heart Soul & Art in Marietta, Sharron Ragan recently released her new book, *Crystal Clear: A Beginner’s Guide to Stones & Crystals*. The book serves as a handbook for readers interested in learning about stones and crystals as well as their historical, spiritual and practical uses.

Written for beginners as well as enthusiasts, *Crystal Clear* explores how crystals form, why they hold energetic frequencies and how people throughout history have used them for healing, clarity, protection, abundance and intuitive awakening. It provides practical guidance on how to cleanse and charge stones, interpret the meaning of a broken or lost crystal and choose their optimal placement in the home and more.

Comprehensive profiles of 173 everyday stones are provided, including information on spiritual meaning, emotional associations, elemental qualities, chakra connections and practical applications. Ragan draws on her background as a master spiritual mentor and metaphysical teacher to present material in a clear, accessible format.

*Crystal Clear: A Beginner’s Guide to Stones & Crystals* is available online and at Heart Soul & Art in Marietta. The retail price is \$24.95. Heart Soul & Art is located at 1470 Roswell Road in Marietta.

## Food Health at Walmart, Kroger, Food Lion Reviewed

Access to Nutrition initiative (ATNi) released its inaugural U.S. Retail Assessment, providing a comprehensive review of nutrition-related policies and practices of Walmart, Kroger and Food Lion, which, together, account for 37 percent of national grocery sales. The assessment examines how the three retailers influence dietary habits through their product formulations, pricing and marketing.

According to the report, nearly 70 percent of Americans purchase their food from supermarkets and supercenters, making these retailers powerful contributors to the food environment. The report is part of ATNi’s multi-country “Retail Assessment 2025,” which analyzes 18 major food retailers and more than 18,000 store brand products across the United States, France, South Africa, Indonesia, the Philippines and Kenya.

Key findings show that more than 75 percent of store brand products sold by Walmart, Kroger, and Food Lion contain more sugar, salt or fat than is considered healthy. If colors, flavors and sweetener—which are often used in highly processed foods—are also considered, then more than 80 percent could be assessed as unhealthy. Cost also remains a major barrier to healthy eating. A basket of healthier foods costs 18.4 percent more at Walmart and 58.7 percent more at Kroger than a comparable basket of standard food. In addition, ATNi finds that fewer than 20 percent of products highlighted in promotional flyers are healthy,

“[This Assessment] is a clear call for food retailers to take bold steps towards improving the health of their customers,” says an ATNi representative. “By reformulating products, adjusting pricing strategies and rethinking marketing practices, retailers can become champions of nutrition and public health.”

For more information, call 123-456-7899 or visit [AccessToNutrition.org](http://AccessToNutrition.org).



xxxPATRIK/DepositPhotos.com

Please Support Natural Awakenings Magazine



[ko-fi.com/naAtlanta](https://ko-fi.com/naAtlanta)



## Conscious Babes Who Brunch Expands Membership

Conscious Babes Who Brunch, a recently launched membership program offering Atlanta women ways to build meaningful, intentional community through shared meals and supportive social experiences, has recently launched its second-tier offering, Conscious Babes Collective.

The Conscious Babes Who Brunch cohort was limited to 12 members, and because it filled very quickly, a second tier was created to be of service to more women. “[The Collective] was created intentionally to offer more affordability while still providing access to like-minded women, meaningful conversation and in-person connection—something I’m seeing women actively seek and prioritize,” says founder Jess Michelle Pfeffer, a long-time wellness event producer.

According to Pfeffer, the Collective is for those who want meaningful connection without pressure, access to wellness-aligned experiences and perks, a way to easily meet like-minded women, nervous-system support and more. Members of the Collective are also placed on the waitlist for Conscious Babes Who Brunch, and if a brunch member can’t attend a gathering, that spot opens up to the second tier.

At a reduced price point, The Conscious Babes Collective provides many of the membership perks as its Brunch counterpart,



Jess Pfeffer, third from left, with others of Conscious Babes Who Brunch

including one “curated” gathering per month, discounts to other Conscious Babes gatherings, discounts with local wellness businesses and first access to retreats, pop-up experiences and special events. Cost is \$50 per month.

“[The Collective] speaks to how deeply women are craving intentional community and real connection right now,” says Pfeffer. “It’s designed to feel spacious, welcoming, and supportive—without overcommitting your calendar.”

For more information, visit [JessPfeffer.com/conscious-babes-who-brunch](https://JessPfeffer.com/conscious-babes-who-brunch).

## Doctor of Chinese Energetic Medicine Moves to Atlanta



Dr. Tamara Stackpoole

Dr. Tamara Stackpoole, DCEM, recently moved to Atlanta to establish a practice in the metro area and to learn pulse reading from licensed acupuncturist Dr. Sifu Ahmad El of Suwanee.

Stackpoole helps address chronic and acute conditions using Chinese energetic medicine and a proprietary modality she intuited, called Applied Inherent Alchemy. As an extension of her work, Stackpoole also hosts support and practice groups for diabetes, severe hypoglycemia, epilepsy and radio frequency sickness.

Stackpoole is also focused on helping people consciously evolve their souls. Through her nonprofit organization, The Way of Eternal Becoming, she provides Soul Talk sessions, in which she helps establish communications

with a client’s soul to deliver guidance that will align with and resonate with their life mission. On Sundays, Stackpoole also hosts The Way of Becoming Eternal, a support and practice group that focuses on cultivating tools and skills to fulfill one’s potential.

“It is my mission in this world to assist people through discovering and experiencing the ‘magic’ they are truly made of,” says Stackpoole. “I am excited to bring these true whole-self cultivation arts and practices to Atlanta, and I look forward to witnessing all the personal and community development that naturally ensues.”

Stackpoole’s office is located in Decatur’s *The Bodyhood* at 125 E Trinity Pl, Suite 306. For more information, visit [EternalBecoming.com](https://EternalBecoming.com) or call 575-237-4343.



# Garlic Therapy

## Eating Our Way to a Healthier Heart

by Marlaina Donato

Fresh garlic is a pungent delight that can jazz up any meal, from hearty winter stews to sautéed vegetables on a bed of healthy grains. Allicin, the compound that gives crushed garlic its distinctive smell, protects the plant from pests and offers humans many health benefits, acting as an antioxidant, antimicrobial and anti-inflammatory agent; improving gut balance; and supporting cardiovascular and immune health.

Research published last year in *Nutrition Reviews* indicates that consumption of garlic significantly improves key cardiovascular risk markers, including cholesterol and blood sugar levels, blood pressure, oxidative stress and inflammatory biomarkers. In a 2022 article, the Cleveland Clinic suggests that red blood cells respond to the sulfur in garlic by creating nitric oxide and hydrogen sulfide gases, which

relax and expand blood vessels. A 2019 meta-analysis of clinical trials published in *Experimental and Therapeutic Medicine* concludes that supplementation with an aged garlic extract offers similar results to blood pressure-lowering medications. While more research is needed to understand the full-spectrum potential of this kitchen staple, regularly spicing up meals with a clove or two can foster better health.

### Maximizing Benefits and Flavor

Mincing, grating or pressing garlic intensifies its pungency, waking up ordinary steamed vegetables when tossed with olive oil or spicing up homemade hummus. Whether regular grocery store-bought, traditional heirloom or locally grown, garlic offers benefits, but following a few easy tips ensures that its nutritious perks remain intact.

According to Natalie Ledesma, a board-certified oncology dietitian and the founder of Natalie Ledesma Integrative & Functional Nutrition Consulting, in San Francisco, it is best to allow chopped or crushed garlic to sit for about 10 minutes before consuming it, cooking with it or adding it to vinaigrettes or other salad dressings. This waiting period maximizes the formation of allicin. Notably, the acidic nature of vinegar or lemon juice compromises allicin’s stability.

“If you compare raw garlic to garlic that has been cooked by various methods, you can see dramatic drops in allicin, one of the purported active ingredients,” advises Dr. Michael Greger, founding member of the American College of Lifestyle Medicine and author of several national bestsellers, including *How Not to Die*, *The How Not to Die Cookbook* and *How Not to Age*.



Image from Getty Images/CanvaPro



Image from Getty Images/Signature/CanvaPro

### ROASTED GARLIC

**YIELD: 1½ TO 2 TBSP OF GARLIC PASTE**

*1 whole head of garlic or more*

Preheat the oven to 400° F.

Use a sharp knife to cut about ⅓ inch off the top of the whole head of garlic to expose the tops of the garlic cloves. Place the bulb inside a terracotta garlic baker or wrap it securely in parchment paper.

Bake in the oven, cut side up, for 30 to 40 minutes or until the garlic cloves are soft. Remove from the oven and open the garlic baker or parchment paper to let the garlic cool.

Remove one garlic clove and squeeze it over a small bowl, allowing the soft, roasted garlic to slip out of the papery skin. If it is not soft and golden brown, return the rest of the bulb to the garlic baker or rewrap it in parchment paper and bake for a few more minutes.

When the garlic is soft inside and cool enough to handle, squeeze out each roasted garlic clove into the bowl. It is now ready to enjoy. To give it a uniform texture, mash it with a fork or puree it in a food processor.

Tip: Roasted garlic can be stored in the refrigerator in a jar or other container with a tight-fitting lid for up to 5 days or portioned and frozen for up to a month.

*Recipe courtesy of Dr. Michael Greger.*



## BLACK BEAN STEW WITH PURPLE SWEET POTATOES

YIELD: 4 SERVINGS

Mango adds color and a touch of sweetness to this luscious stew. Make it as spicy as desired, adding more or less jalapeño to taste. If purple sweet potatoes are unavailable, any sweet potato varietal will do. Substitute thawed, frozen mango for fresh if the fruit is not in season.

1 large red onion, chopped	¼ cup hot water
2 fresh garlic cloves, minced	3 cups salt-free black beans, home-cooked or from BPA-free cans, drained and rinsed
2 large purple sweet potatoes, peeled and diced into ½-inch cubes	1 14.5-oz BPA-free can of salt-free, diced tomatoes, undrained
1 medium red bell pepper, cored, seeded and diced	1 ripe mango, peeled, pitted and diced
1 small jalapeño, seeded and minced (optional)	½ cup fresh cilantro, chopped
2 cups vegetable broth or water	
2 tsp white miso paste	

In a large pot, heat a few tablespoons of water over medium heat. Add the red onion, then cover and cook until softened, stirring occasionally, about 7 minutes. Stir in the garlic and cook another 2 minutes. Add a little more water, if needed, to prevent the onion and garlic from sticking to the bottom of the pot.

Add the sweet potato, bell pepper, jalapeño (if using) and vegetable broth. Bring to a boil. Lower the heat to medium-low, cover and simmer until the sweet potatoes are tender but still firm, about 25 minutes.

Blend together the white miso paste and ¼ cup of hot water.

Stir in the beans, tomatoes in their juice and miso mixture, then simmer gently, uncovered, until heated through, about 5 minutes. Add the mango and cook for 1 more minute, then stir in the cilantro and serve hot.

Recipe courtesy of Dr. Michael Greger.

If garlic must be cooked, he suggests roasting to retain vital qualities that are quickly lost through simmering, high-heat stir-frying and boiling. “It is simple to prepare and can be used to add flavor to almost any dish,” he explains. “After roasting the garlic, you can also puree it in a blender or food processor until smooth, then portion and freeze it for future use.” A head of roasted garlic yields about one-and-a-half to two tablespoons of a delicious paste, which can be slathered on warm bread or sandwiches, whipped into zesty dips, and stirred into creamy mashed potatoes or a bowl of pasta.

“There are other beneficial compounds in garlic that are not deactivated by heat. They include ajoene, diallyl disulfide, diallyl trisulfide and S-allyl cysteine, which have anti-inflammatory and anti-clotting benefits,” advises Dr. Joel Fuhrman, a board-certified family physician, president of the Nutritional Research Foundation and author of several bestsellers, including his *Eat to Live Cookbook*.

### Hacks for Sensitive Bellies and General Tips

Garlic should be avoided by anyone on pharmaceutical or herbal blood thinners. For those that experience stomach or intestinal upset, Ledesma suggests removing the green sprout inside the garlic clove, a prime culprit for indigestion, or eating only the garlic scapes (the curly green flower stalks that grow on the garlic plant), which are generally well-tolerated.

For less discomfort and added convenience, Fuhrman endorses dehydrated raw garlic granules, noting that they will soften, expand and partially cook when sprinkled over veggies as they are steamed in a pot, enhancing its digestibility.

When purchasing garlic, choose intact heads that are firm to the touch, have plump cloves and do not have a strong odor of garlic—an indication of damage and loss of vital benefits. After chopping or peeling, rubbing cutting boards and hands with fresh lemon juice will remove the pungent garlic aroma. 🌱

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



**CREAMY TOFU BASIL SAUCE**  
[bit.ly/creamy-tofu-0226](http://bit.ly/creamy-tofu-0226)

**ZINGY BALSAMIC-LIME VINAIGRETTE**  
[bit.ly/zingy-balsamic-0226](http://bit.ly/zingy-balsamic-0226)

natural awakenings

Proudly Announces — A Mini Documentary by **EMPOWERED** HOSTED BY MEG RYAN



Coming 2026 — On National & Local Public Television

# A Mini Documentary on **KnoWEwell** The Regenerative Whole Health® Movement

Real People. Real Insights. Real Practitioners. Real Healing.

hosted by critically acclaimed actress

**MEG RYAN**

Be Inspired.  
 Be Empowered.  
 Be Well.  
 KnoWEwell.com



Join the Movement



# A Whole-Hearted Life

## The Daily Choices That Help Our Hearts Thrive

by Hannah Tytus



LittleBee60 from Getty Images/CanvaPro

A healthy heart is built from the inside out. Each day presents opportunities to nurture vitality through dietary choices, physical activity, restful periods, social connections and personal fulfillment. These ordinary decisions profoundly impact the long-term trajectory of cardiovascular well-being.

According to the World Health Organization, cardiovascular disease is the leading cause of death worldwide, accounting for 32 percent of global fatalities and affecting families across diverse communities. The U.S. Centers for Disease Control estimates that one in three deaths in the United States can be attributed to this devastating disease. Behind these sobering statistics lies the reassuring fact that small, daily choices can help protect the heart.

### Heart-Healthy Foods

Among the most studied heart-supportive eating strategies are the Mediterranean Diet and the Dietary Approaches to Stop Hypertension (DASH) Diet, which help regulate

cholesterol levels and reduce inflammation. Both emphasize the consumption of vegetables, fruits, whole grains and nuts, while limiting saturated fat and processed meats. Additionally, eating fatty fish provides whole-food omega-3 fatty acids, which have been shown to be more effective than comparable supplements in supporting heart health, according to a 2018 study published in *JAMA Cardiology*.

Dr. Regina Druz, based on Long Island, New York, is the founder of Holistic Heart Centers of America and a board-certified specialist in cardiology and functional medicine. Her expertise lies in heart disease prevention through holistic, lifestyle-driven care. She is the author of a forthcoming book, *Longevity Code: How to Age-Proof Yourself for Optimal Health*.

A proponent of the Mediterranean Diet, Druz encourages patients to build a way of eating that feels natural, flavorful and balanced. She emphasizes the significance of meal timing and its alignment with a

person's circadian rhythm. She also often recommends moderate intermittent fasting, as long as it is done safely, sustainably and personalized to the individual.

According to Druz, dietary changes are most powerful when they are part of a larger, three-pillared foundation that includes exercise, nutrition and sleep. She discourages people from searching for a single magic bullet and instead invites them to build a way of eating that feels natural, flavorful and balanced.

### Mindfulness and Mood

The intricate connection between the mind and heart is often underestimated. Chronic stress can elevate blood pressure and induce inflammation, placing a burden on the cardiovascular system. Stress reduction does not have to be complicated. Even a few minutes of mindful breathing or meditation can shift the body into a more relaxed state, offering the heart a small but meaningful reprieve.

Mindful awareness practices appear to have favorable effects on blood pressure, cortisol levels and inflammatory markers, suggesting that everyday mind-body tools can provide meaningful support. A 2007 report published by the Agency for Healthcare Research and Quality found that Transcendental Meditation (TM), qigong and Zen Buddhist meditation yielded modest reductions in high blood pressure. A 2019 meta-analysis of TM for heart disease demonstrated improvements in blood pressure levels.

Biofeedback involves measuring bodily functions, particularly heart rate variability, to enable individuals to consciously alter

these functions. It can track how slow breathing techniques help the heart relax. Notably, biofeedback has been shown to be effective in lowering blood pressure levels, according to a 2024 meta-analysis study published in *Nature*.

### Healing Power of Slumber

Sleep is integral to heart health. A 2017 study published in *Chest* reports an association between insomnia and cardiovascular disease, including high blood pressure and heart failure. Furthermore, a 2011 study in *Circulation* demonstrates a link between insomnia and a moderately increased risk for a heart attack.

Druz collaborates with sleep specialists that use wearable technology, such as the SleepImage device, to assess sleep quality in real time. She has observed that even modest adjustments to sleep habits can yield significant improvements—from changing sleep positions and recalibrating room humidity to optimizing sleep times and reorienting bed pillows. By tracking sleep patterns over time, individuals can identify subtle shifts that contribute to a quantifiably better night's rest.

### Benefits of Consistent Exercise

Regular physical activity remains a cornerstone in reducing cardiovascular risk. The 2004 INTERHEART study, involving nearly 30,000 participants from 52 countries, revealed that moderately intense exercise for four or more hours per week reduced the risk of a heart attack by 12.2 percent.

A 2011 cohort study published in *Lancet* involving more than 400,000 participants showed that engaging in as little as 15 minutes of daily physical activity can reduce the risk of mortality by 14 percent and extend life expectancy by an average of three years. Each additional 15-minute interval can further decrease mortality across all age groups, including individuals with preexisting cardiovascular disease.

High-intensity interval training (HIIT) has emerged as an effective regimen for promoting cardiovascular fitness. According to Druz, HIIT maximizes VO2 max (the maximum volume of oxygen a body can use during intense exercise), a key indicator of cardiovascular health and strong predictor of longevity. However, she acknowledges that HIIT may not be accessible to everyone because it alternates short periods of intense, explosive exercise with brief recovery periods to the point of exhaustion.

In such cases, she recommends incorporating “exercise snacks” into daily routines, which involve brief bursts of movement throughout the day. Walking the dog, carrying groceries, completing household chores or simply standing more frequently can contribute to a less sedentary lifestyle. These accessible steps make it easier to integrate movement into daily living.

### Nature's Rewards

Spending time outdoors provides more than aesthetic appeal and access to fresh air. Living closer to nature has been linked to lower

incidences of cardiovascular disease, stress, diabetes and stroke. Exposure to green space is associated with lower blood pressure, improved heart rate variability and reduced cardiovascular mortality. A 2016 study in *Nutrition, Metabolism and Cardiovascular Diseases* involving nearly 12,000 participants observed that the more recreation time someone spends outdoors, the less likely they are to die of cardiovascular disease.

### The Transformative Energy of Optimism

Outlook influences physiology. Positive emotions, optimism and life satisfaction are associated with lower rates of cardiovascular disease and reduced mortality. The American Heart Association (AHA) notes that compared to pessimistic individuals, optimistic people have better vascular health, fewer heart attacks and lower cardiovascular mortality. Among individuals with established disease, those that are optimistic about their treatment and recovery often experience better rates of long-term survival and enhanced function.

Optimism is a skill, not a fixed trait. The AHA identifies Type D (or “distressed”) personality traits, characterized by negative emotions and increased self-criticism, as being linked to poorer cardiovascular outcomes. Encouragingly, Type D individuals often respond favorably to cardiac rehabilitation programs that combine physical activity with counseling and psychological support.

Volunteer work also contributes to well-being. A 2017 study in *BMC Public Health* determined that regular volunteering is

**RANESA**  
House of Wellness

<p>FUNCTIONAL NUTRITION &amp; ACUPUNCTURE</p>	<p>REIKI ACCESS BARS SOUND BATHS</p>
<p>LYMPHATIC &amp; DETOX MASSAGE</p>	<p>NATIONALLY CERTIFIED REFLEXOLOGY</p>

**RANESA HOUSE OF WELLNESS**  
3091 E. SHADOWLAWN AVE NE, ATLANTA, GA 30305  
404-941-9544 WWW.RANESAWELLNESS.COM

associated with enhanced self-rated health and reduced mortality. Older adults that engaged in volunteer work at least 200 hours per year experienced a 40 percent reduction in hypertension over a four-year period.

These findings underscore the significance of joy and purpose in human life. They are integral to the biology of the heart. When individuals cultivate a more compassionate perspective toward themselves and others, their hearts experience a measurable positive impact.

### The Strength of Connection

Relationships exert a powerful influence on health. In a 2016 meta-analysis study published in *Heart*, researchers determined that poor social relationships were associated with a 29 percent increased risk of cardiovascular disease and a 32 percent increased risk of stroke. Humans are inherently wired for connection, and extended loneliness can have measurable physiological consequences.

“We need each other,” Druz emphasizes. “We are living in a sea of loneliness, and loneliness can be a hugely impactful factor on health.” Making time for family, friendships, community groups or new social circles fosters both emotional well-being and heart resilience.

### Loving Our Heart Back

Cardiovascular health encompasses not only disease prevention, but also the cultivation of a lifestyle that enhances vitality, connection, rest and overall well-being. These choices do not need to be drastic. Incorporating more green vegetables, spending more time in the sun, taking a moment to breathe mindfully, taking a short walk outside, getting a good night's sleep and reaching out to loved ones can collectively contribute to a foundation that can extend life expectancy and enhance the quality of life. 🌱

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



# Family Constellations

## Coming to Peace With Your Place in Your Family

by Chuck Cogliandro



STILLEX from Getty Images Prof via Canva Pro

If you haven't heard of Family Constellations yet, you likely will soon. It has become an increasingly popular therapeutic modality worldwide, especially in Europe, Asia and South America, where, in some places, it is even integrated into public healthcare systems. Over the last 25 years, it has also become widely practiced in the U.S. through the dedication of the first generation of American students who studied with Bert Hellinger, its founder, in the 90s along with the generations of practitioners that followed.

Simply put, Family Constellations is a participatory process, arranged around a client, that explores the hidden patterns they've inherited from their family lineage. For decades, Family Constellations has helped people gain insights into some of the deepest concerns and issues of their lives and find a renewed sense of inner peace.

From the 1950s through the 1980s, Hellinger was trained in a variety of modalities, including psychoanalysis, Gestalt therapy, family systems therapy and others, but his ideas were also deeply influenced by the 16 years he spent as a missionary in South Africa. There, he observed Zulu healing rituals that emphasized the importance of community and healing through group processes and shared witnessing—and these influenced his ideas.

However, as he worked with clients and families over the years, his focus on observing what blocked or supported the natural flow of love and life force made the biggest impact on his methods. Many of the early German therapists who worked with him were strongly opposed to the way he worked, but over time, they recognized the effectiveness of his work and eventually began to accept his methods and even study with him.

The approach of Family Constellations is solution-oriented, yet the process is personal. Guided by a trained facilitator, the experience allows participants to gently discover what they've unconsciously “carried” for others in their family and empowers them to dissolve many core limiting patterns and beliefs they were born into. As a result, people often feel as if they've come to peace with their relationship with their family and themselves.

### What's a Constellation?

Family Constellations can take one of two forms. The first is a group process in which people sit in a large circle and take turns as the focus client in order to address a challenge. The client briefly states what the trouble is and what positive outcome they are seeking. The facilitator asks for some information about the client's family history, looking for a potential starting point to find the origin of what remains unresolved in the family memory field. The facilitator's intention is to help find and release what has been stuck and to rejoin what has been separated.

The facilitator and the client then ask others in the group to stand as representatives for family members playing key roles in the family dynamics. The client lets each representative know who they are representing and gently moves them to a place in the circle where they feel they should go. This is

the setup and the beginning of the exploration of the ancestral energy field.

Family Constellations can also be done in a “tabletop” version in which the facilitator and client connect either in person or online. To choose family representatives, the client chooses objects such as wooden figures, stones and crystals from the facilitator's collection or from their own things. Neutral objects are best. The client enrolls each object as a representative by holding it in their hand, bringing the person to mind, saying their name and then placing it on a table to set up the Constellation.

In these individual sessions, unresolved material in the family lineage is explored through the energies held by the representative objects. The facilitator guides the client to sense the dynamics between the representative objects, and the client speaks for those family members who are invited to participate in healing. Respect is always given for each person's truth, and nothing is forced that is not ready to move.

### Resolving What's Unresolved

In the group process, once the constellation has been set up, the facilitator begins exploring the family system to discover what remains unresolved. In the group setting, they'll ask the family representatives questions, such as how they feel when they look at others in the constellation. The



**A refreshing experience of collaborative singing, guided inventions, and deep self-expression.**

**Come for the singing. Stay for the magic!**

Scan for upcoming events:



CircleSongs Atlanta

**Meets monthly in Roswell and Marietta. \$5.**  
circlesongsatlanta@gmail.com

*Love is that condition in which the happiness of another person is essential to your own.*

—Robert A. Heinlein

**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**

process unfolds slowly, with respect and without judgment, as the facilitator looks for an origin point of the client's issue. Starting with the oldest generation—up to four generations back—traumas, issues, wounds and challenges are brought to light, addressed, and the energy moves.

For example, family ancestors who had suffered traumas of different sorts typically weren't able to heal their unresolved wounds when they happened; life just went on. Yet, through Family Constellations sessions, we find that residues of the energies of those experiences, along with the family's values and beliefs associated with them, are carried through to those born into the family later. Science is seeing more evidence of this pattern as well, as studies in epigenetics continue to suggest that stressful environmental factors can show up in offspring in later generations.

As each generation is addressed in this way, the healing effects can move down the generations to the present. And as the client sees that what happened in the past wasn't their responsibility to fix or change, they end up having more compassion for those who came before them. No longer carrying what isn't theirs, they usually feel much more at peace with their own place in the family.

Yet the process doesn't only address what has been inherited through the family line, it explores what one absorbs from one's family of origin as one develops emotionally and energetically. Even before a child has language, they instinctively pick up environmental energies and cues that help them learn and conform to the family's expected behaviors in order to strengthen their sense of belonging to the family system and increase its chances of being fed and cared for. Later, as we grow into adolescence, we begin to explore our unique preferences and identities and test the boundaries of belonging to our family. Family Constellations help uncover the hidden consequences we took on as we either forged our own path or chose to safely align with the family beliefs. "The process was more healing and created a more lasting transformation than any other modality I've

done," says Chelsea Craig from Tennessee. "It helped me transcend beyond the sorrow of my past into a place of genuine acceptance, love and harmony with a pain I now realize I no longer need to carry."

A child born into the family might develop loyalty to the family's values in order to strengthen their sense of belonging and survival, even if those values constrain the child's natural flow of love and life force, and even if they are counter to the child's soul purpose. The resulting inner conflicts can become burdens that influence decision-making and cause frustration, resentment and dissatisfaction with life.

### The Knowing Field

One of the mysteries of this process is that representatives, who often don't know the client, genuinely begin to feel like the family member whose presence they are embodying, sometimes to the point of accurately feeling discomfort in the same area of the body where that person had an injury or illness.

This surprising resonance has come to be called "the knowing field"; it's the energy field that all of the family members are born into. It contains shared memories that are inherited and passed down through the generations, and it can give access to buried emotions and uncover hidden resentments and wounds. These, in turn, restrict what would otherwise be a more natural flow of love in the family. For example, long-held grief can be given a voice and stuck emotions can finally be allowed to flow—these experiences are often felt not only by the designated client but by some of the representatives in the constellation as well.

Family Constellations are holographic; they represent not just the entire family system but the whole human experience. Participants may be called multiple times during a Constellation to the same role—brother, for example—giving them a nudge to look more deeply into their own relationship with their brother for what might not be resolved. Because the roles of parent, child, and sibling are archetypal,

the experience of being a representative in someone else's family can bring insight into one's own family dynamics. Thus, representatives are often deeply touched by what they experience when standing in for another's relation.

Family Constellations also helps people recognize and uncover the common, subtle, unconscious wish that something had been different when they were growing up. While it's a natural defense that worked to protect the child, that kind of wishing can keep people entangled with their parent(s) or other family members if left unexamined. Essentially promising what cannot be, the wish delays people's ability to come into their adult strength and full responsibility for their lives. Thus, to search for and release this wish is a key goal of the healing. "In the weeks and months following my Constellation, I had a feeling of openness, a sense of freedom and a capacity for movement I had not experienced prior to the Constellation ... The work we did shifted the collapsed place I had [and] I felt a restoration to resilience I had not had before," says M.E. from Asheville, North Carolina.

A Family Constellation can open the door to a deeper understanding of the behaviors and patterns one's parents, grandparents, and others down the lineage have dealt with. As a result, people usually gain greater compassion for those in their family lineage. "A Constellation actually can allow you to stand with your family again and see the place you were in at the time," says Vicki from Atlanta. "It's hard to put into words, but it gets to the core of what it is you're struggling with. It's like coming from the inside out, instead of the outside in, is what I experienced." 🌱



*Chuck Cogliandro has been facilitating individual and group Family Constellations with his wife, Kelly, since 2011, both in the U.S. and internationally. They live in Lithonia with two cats, 19 chickens and "quite a garden." For more information, visit ConstellationJourneys.com.*

natural  
awakenings

# FRANCHISE OPPORTUNITY



**Become the trusted voice and partner in your community while building a purpose-driven business—own a *Natural Awakenings*® magazine franchise and connect conscious consumers and values-aligned organizations through a powerful print, digital, and community platform that promotes healthier people, a healthier planet, and sustainable local prosperity.**

## MAKE AN IMPACT IN YOUR COMMUNITY

NEW MODEL. NEW LOWER COSTS. NEW OPPORTUNITIES.



[corp.naturalawakenings.com](http://corp.naturalawakenings.com)



239.206.2000

SCAN  
ME



# Moon Salutations

Cooling and Grounding in the Fire Horse Year

by Patricia Schmidt

February 17 marks the start of the Lunar New Year, an occasion traditionally celebrated for 15 days, ending with a Lantern Festival. The Lunar New Year, sometimes referred to as the Chinese New Year, is observed across large parts of Asia—including China, South Korea, Vietnam and throughout the Asian diaspora. Celebrations also abound in the Atlanta area, including John's Creek, Decatur, Chamblee and Stone Mountain, as well as the Atlanta Botanical Gardens.



zodiac has an animal and an element associated with it, and each new year alternates between yang and yin. According to those who follow the Chinese zodiac, in the new year, we are leaving the yin year of the wood snake behind and entering

the yang year of the fire horse. The qualities of a fire horse year are thought to be movement, energy, productive relationships and heat. And that heat must be harnessed and directed for it to be useful and beneficial for us.

As with any living tradition spread among so many cultures and peoples, the celebrations vary widely in style, but they all share a focus on the family and the intention to welcome and wish for a year of abundance and health. They also provide devotional and pious activities related to religious beliefs. Because of the family focus, there's often a lot of travel and planning associated with the holiday, and it is common for families to engage in home cleaning and other domestic and religious rituals to mark the beginning of new cycles and the ending of others.

While the Western celebration of the new year occurs on the first day of January in the Gregorian calendar, The Lunar New Year coincides with a new year in the Chinese zodiac. Each year of the Chinese

Accordingly, yang energy will predominate in 2026, thanks to the busy celebrations and the qualities of the upcoming year. That means that yoga practices that calm the nervous system and dampen excess energy will help people to ground, center and focus. Moon salutations may be just the perfect addition to one's practice to facilitate such a task.

## A Moving Practice that Grounds Energy and Attention

Yoga practitioners often welcome a new year with multiple repetitions of sun salutations and many studios hold new year practice sessions of 108 salutations to welcome new beginnings. But another option — one that might be particularly beneficial at the start of a yang year — is

to introduce moon salutations, known as *Chandra namaskar* in Sanskrit, into one's personal practice. Lord Chandra, the Hindu moon deity, is understood to rule over the mind and intuition, encouraging introspection and calm, and his quieting and inward-turning characteristics are inherent to the poses of the moon salutation sequence. As a result, the moon salutation poses allow the practitioner to maintain a flow that is not as heat-generating as sun salutations.

To achieve this effect, the practice incorporates side-bending, forward folding and connection to the earth with the knees and the hands to ground the senses and draw energies inward. It also opens the in-seam of the leg, in particular, gently stimulating the kidney meridian and further cooling the body. It omits yoga push-ups and longer holds, each of which grow heat in the body, and allows for more time with the breath than sun salutations that favor breath and movement alignment.

### A few helpful notes before you begin:

- In the moon salutation, there is no suggestion to align one breath with one movement as there is in sun salutation. It might feel right to exhale and fold or close the body and to inhale and open, stretch or extend, but then feel free to pace the practice as you see fit. Doing so helps make moon salutations more of a cooling practice than sun salutations.
- The moon salutation offers several poses that face the long edge of the mat, so it can be helpful to keep that in mind when setting up.
- As with any yoga flow, there are variations to the sequence of the moon salutation, but the sequence presented below reflects what is commonly taught in studios throughout North America. However, one should feel free to vary the practice as one's body indicates. Less rigor and more openness to variation speaks to a less heated or rigid quality of practice, which is a helpful balm to yang energy.

## Moon Salutation (Chandra Namaskar)



Nailaz/DepositPhotos.com

Graphic courtesy of Art of Living Foundation

**1** Begin standing upright at the top of your practice space. Ground through your feet and allow a centered quality to take hold before you progress. Try to release any sense of haste.

**2** Exhale, and take a side lean to the right, uniting palms or clasping hands around opposite wrists. Try to stay grounded through both feet, allowing the side-body to lengthen, keeping neck and mouth soft. Then inhale, taking the upright position once more.

**3** Exhale, step out to the left into goddess pose. With bent knees and elbows, stay grounded through the legs and feet and centered from the crown of the skull to the

base of the spine. Soften the jaw, the base of the throat and the eyes.

**4** Inhale and exhale into pentacle pose. Extend the arms, especially through the in-seam, and firm the thighs. Feel the energy extend through each of the limbs. Stay calm but alert.

**5** With the right leg forward, take triangle pose. Keeping the neck long and easy, retract the chin and the lower ribs as you gently engage the lower abdomen. Keep the legs firm, with the inner thigh of the left leg spiraling inward and backward.

**6** Turn toward the top of the practice space once more, squaring the hips, and make

**PRINT SHOP**

**MARKETING SERVICES**

ONE ONE ONE AD AGENCY

Business Cards

Posters & Flyers

Stickers and T-Shirts

Logo Design

UPS SHIPPING TO THE 48 STATES

**CALL or TEXT**

**770-873-8783**



# YOGA in Atlanta

- A Focused Advertising Section -

## CALENDAR

### FRIDAY, FEBRUARY 6

**Pranic Healing Nights** - 7:30-9pm. Experience a soothing evening of Pranic Healing with certified healers in a safe, sacred space focused on self-care and renewal. Donations welcome. Aum Studio for Wellness, 11550 Webb Bridge Way, Ste B2, Alpharetta. [bit.ly/Pranic-Healing-Nights-020626](http://bit.ly/Pranic-Healing-Nights-020626).

### SATURDAY, FEBRUARY 7

**Shaabi Street Party Workshop** - 12:30pm. Celebrate Cairo's vibrant street dance with Natalia Sarmiento. Expect fast shimmies, grounded moves, and playful flair. \$188+ depending on package. AUM Studio, 11550 Webb Bridge Way, Alpharetta. [bit.ly/Aum-Studio](http://bit.ly/Aum-Studio).

**Sensual Yoga: A Journey Back to Self** - 2-3:30pm. Beginner-friendly sensual yoga to reconnect with your body, release tension, and move with softness and intention. Ages 18+. From \$19.45. 2881 Main St, Ste 300, East Point. [bit.ly/Sensual-Yoga-020726](http://bit.ly/Sensual-Yoga-020726).

### WEDNESDAY, FEBRUARY 11

**Gentle Yoga with Joan** - 11am-12pm. Support balance, mobility, and peace of mind in a welcoming yoga class tailored for older adults. Free. Audrey Mill Nature Preserve & Heritage Center, 9770 Audrey Mill Rd, Johns Creek. [bit.ly/Yoga-with-Joan-021126](http://bit.ly/Yoga-with-Joan-021126).

### SUNDAY, FEBRUARY 15

**Reynoldstown Community Yoga** - 10-11am. All-levels vinyasa flow focused on movement, grounding, and community connection, followed by optional coffee nearby. Donation-based; suggested \$10. Lang Carson Recreation Center, 100 Flat Shoals Ave SE, Atlanta. [bit.ly/Reynoldstown-Community-Yoga-021526](http://bit.ly/Reynoldstown-Community-Yoga-021526).

**Sound Bath: Ease & Restore** - 3:30-4:30pm. Relax into soothing sound frequencies led by Malaika Floyd, designed to ease tension and support deep restoration. Donation-based; registration required. Sati Yoga & Wellness, 1996 Hosea L Williams Dr NE, Atlanta. [bit.ly/Ease-and-Restore-by-Malaika-021526](http://bit.ly/Ease-and-Restore-by-Malaika-021526).

### THURSDAY, FEBRUARY 19

**Hot Yoga: RnB Edition** - 10-11am. A heated yoga flow set to smooth RnB vibes, blending deep stretching, breathwork, and mindful movement to support de-

tox, flexibility, and stress relief. All levels welcome. \$9.67. Double Dutch Fitness Aerobics Center, 2030 Bolton Rd NW, Atlanta. Register: <https://bit.ly/Hot-Yoga-RnB-Edition-021926>.

### SATURDAY, FEBRUARY 21

**Breath and Sound: You Are the Medicine** - 3-5pm. Rebirthing breathwork and gong immersion with Ananda & Gretchen for emotional release and deep healing. \$55 preregistered, \$65 at door. Vista Yoga, 2836 Lavista Rd, Decatur. [bit.ly/Vista-Yoga](http://bit.ly/Vista-Yoga).

### MONDAY, FEBRUARY 23

**Monday Magic Yoga Club** - 7-8:15pm. Treat yourself to a weekly reset with slow-flow Hatha yoga, deep yin stretches, and soothing sound bowl vibrations. A welcoming, all-levels class focused on grounding the body, calming the mind, and building community. Ages 16+. In person. Atlanta, GA. Register: [bit.ly/Magic-Yoga-022326](http://bit.ly/Magic-Yoga-022326).

### THURSDAY, FEBRUARY 26

**"Almost Free" Yoga & Run/Walk Club** - 6:30-8pm. Community run/walk club with a 3-mile all-levels route; gather, move, and connect. Free. Medical & Sports Massage, 6000 Lake Forrest Dr NW, Ste 375, Sandy Springs. [bit.ly/Yoga-and-Run-022626](http://bit.ly/Yoga-and-Run-022626).

### TUESDAY, MARCH 3

**Weekly Yin Yoga with Akili Yasmine** - 6:30-7:30pm. Slow, grounding yin yoga with supportive props and calming soundscapes to ease the nervous system and deepen flexibility. \$16; registration required via studio. Keep It Moving Yoga and Barre, 6649 Church St, Ste A, Douglasville. [bit.ly/Yin-Yoga-with-Akili-Yasmine-030326](http://bit.ly/Yin-Yoga-with-Akili-Yasmine-030326).

### WEDNESDAY, MARCH 4

**Zen Flow Yoga** - 10-11am or 5-6pm. Calming 60-minute yoga class with gentle flow, breathwork, and relaxation, welcoming all levels. \$15 non-members. Beulah Community Family Life Center, 2340 Clifton Springs Rd, Decatur. [bit.ly/Zen-Flow-Yoga-030426](http://bit.ly/Zen-Flow-Yoga-030426).

### SUNDAY, MARCH 8

**Kids Yoga and Art** - 3-4:30pm. Yoga, meditation, breathwork, and crafts with Ashley Cocchi-Miller for ages 5-10. \$25/child, \$20/sibling. Vista Yoga, 2836 Lavista Rd, Decatur. [bit.ly/Vista-Yoga](http://bit.ly/Vista-Yoga).

### AUM STUDIO FOR WELLNESS

11550 Web Bridge Way  
Alpharetta, GA 30005  
AumStudioForWellness.com  
404-726-2525

### BODY & BRAIN

Qigong, Tai Chi and Energy Yoga  
[bodynbrain.com](http://bodynbrain.com)



Our practice integrates Qigong, Tai Chi, and Energy Yoga to harmonize body, mind, and spirit. Through movement and breathwork, it enhances energy flow, reduces stress, improves brain function, and supports overall well-being.

**Buckhead** - 4641 Roswell Rd Ste C  
404-252-1881

**Decatur** - 308 W Ponce de Leon Ave Ste F2  
404-254-2564

**Marietta** - 2595 Sandy Plains Rd Ste 9  
770-779-9642

### GIVING TREE YOGA CENTER

1295 W. Spring Street SE, Suite 200  
Smyrna, GA 30080  
[www.givingtreeyogasmymrna.com](http://www.givingtreeyogasmymrna.com)  
770-626-1559

### PRENATAL YOGA, SATURDAYS, LAFLOY FLOW YOGA

RYT-200 and Birth & Postpartum Doula  
12:30 pm, 1 hour, \$25  
Core Studio 133 Sycamore St, Decatur  
To register: [bit.ly/lafloy-prenatal](http://bit.ly/lafloy-prenatal)

### SATI YOGA AND WELLNESS

Non-heated, trauma-informed yoga  
1996 Hosea L Williams Dr  
[satiyogawellness.com](http://satiyogawellness.com)  
404-907-4279

### SUNNY STREET YOGA

An All-Levels Community Yoga Studio  
6375 Spalding Dr Suite E  
[SunnyStreetYoga.com](http://SunnyStreetYoga.com)  
470-641-3021

### VISTA YOGA

2836 Lavista Road, Suite D  
Decatur, GA 30033  
404-929-9642  
[vistayoga.com](http://vistayoga.com)

To place an ad here, inquire at  
[ads@naAtlanta.com](mailto:ads@naAtlanta.com).

pyramid pose. Engage the lower abdomen as the torso lengthens and feel free to bring blocks under each hand. This is a nice place to add some spinal undulation and breath rounds. Try inhaling into a rounded shape and then exhaling as the spine lengthens in the forward fold once more.

**7** Drop the back knee. If desired, lengthen the distance between your legs, and come to low lunge with your choice of arm variation. Allow gentle compression of the kidneys in the back body as the chest and abdomen open. Keep the mouth soft and the chin down. Lift through the base of the skull.

**8** Turn toward the long edge of the mat once more and gently bend the right knee, extending the left leg as you seek the sensation of opening or stretching on the left side. Bend your right knee only as far as it is comfortable. This pose is sometimes called *skandasana*, referring to the Hindu deity *Skanda*, but it does not have an English translation. It is considered a side lunge.

**9** Come to a squat, centered once more. This is the garland pose at the midpoint of the sequence

**10** through 16. Reverse the order, taking each pose through its second side. From here you will work your way back to the top of the mat. Stand in an upright position to close the moon salutation, connecting with earth and breath, noting the grounding, introspective qualities of the flow. Many practitioners will do this flow a few times, adding variation and possibly adding inversions. 🙏

For a video of this asana: [bit.ly/moon-salutation-0226](http://bit.ly/moon-salutation-0226)



Patricia Schmidt, C-IAYT, E-RYT 500, YACEP, is a certified yoga therapist specializing in pelvic health, accessible yoga and yoga for cancer support. She is a

Franklin Method trainer, Roll Model method teacher and somatic movement specialist. To learn more, visit [PLSYoga.com](http://PLSYoga.com).

# Energy Healing

- A FOCUSED ADVERTISING SECTION -

**INTEGRATIVE ENERGY HEALING**  
WITH LISA WATSON

I will work with you to help you release emotional, mental, and energetic blockages that can lead to pain, fatigue, anxiety, illness, inertia, and more.

Clients report feeling lighter, more grounded, clear-minded, and deeply renewed after just one session.

Call for a free consultation  
(770) 617-3001  
Member: EMPA  
[WWW.LISAHWATSON.COM](http://WWW.LISAHWATSON.COM)

### Donna Futrell

Wellness Practitioner  
[Thewellofroswell.com](http://Thewellofroswell.com)  
[donna@thewellofroswell.com](mailto:donna@thewellofroswell.com)  
678-230-3452



Reset your nervous system, release stress and restore energy. I move and clear disturbances that lead to dis-ease, and empower you to envision a life of ease, joy and vitality.

### Ursula Lentine

Spiritual Advisor & Healer  
[www.UrsulaLentine.com](http://www.UrsulaLentine.com)  
[ursulalentine@gmail.com](mailto:ursulalentine@gmail.com)



Achieve wellness through deep inner work. Dr. Lentine helps you heal root problems, through evidence based Internal Family Systems, so you can have peace in your life. Complimentary Clarity Call: [healingwithursula.as.me/ClarityCall](http://healingwithursula.as.me/ClarityCall)

### Dr. Tamara Stackpoole, DCEM

Overcome Your Chronic & Acute Conditions  
[EternalBecoming.com](http://EternalBecoming.com)  
[thriveartscollective@gmail.com](mailto:thriveartscollective@gmail.com)  
575-237-4343



A doctor of Chinese Energetic Medicine, I use an ancient approach for drug-resistant issues. And I've developed a new modality, Inherent Alchemy, my foundational tool since 1986. Book your free consultation!

### Sublime Holistic Wellness / Holly

Sound Therapy & Emotional Processing  
165 Dekalb Industrial Way, Suite F1  
[https://heal.me/sublime\\_holly](https://heal.me/sublime_holly)  
[SublimeHolisticWellness@gmail.com](mailto:SublimeHolisticWellness@gmail.com)



Journey inward with sound. Private/group sound baths, tuning forks, hypnotherapy and shadow work. Specialties: Releasing limiting beliefs, listening compassionately and holding sacred space. Designed to awaken, release and align. Transformation begins here.

To advertise in this section, email [paul@naatlanta.com](mailto:paul@naatlanta.com).

Energy Healing  
A Special Section

[bitly.com/naa-energy-healing](http://bitly.com/naa-energy-healing)





# On Elevating Romantic Relationships

Welcome to our first Everyday Spirituality column, a quarterly feature we're introducing with this issue. We've recruited a panel of Atlanta's spiritual leaders, representing a variety of spiritual and religious backgrounds, and every three months we'll ask them a question we think you might want to ask them. Since the idea for this column first arose more than two years ago, we are thrilled to finally be able to share it with you now!

Be sure to let us know your thoughts about our new column or any suggestions you have for future questions by emailing Diane at [diane@naAtlanta.com](mailto:diane@naAtlanta.com).

*What elevates an “okay” romantic relationship to a “great” relationship? And what might be the first steps to take to reach that next level?*



Tracy/taurel9, from pixabay, via Canva Pro



**David Ault**

I feel words like “elevating” regarding relationships can sometimes lure us into believing there is a scoreboard, that love requires improvement, upgrades, better output. Yet most relationships aren't struggling because of a lack of effort. They struggle because of a misunderstanding of where fulfillment actually arises.

We tend to search for what's missing. We look for proof that our partner isn't showing up fully enough, caring deeply enough, communicating clearly enough. And when our attention is directed toward deficiency, we inevitably find it. Everywhere we look, we see what we're looking for.

But what happens when the focus shifts? The most powerful factor I've seen, in both my personal and professional life, is a mutual

decision to value what is already here. Not sentimentally, but as a serious spiritual practice. It is a recognition that meaning isn't constructed from milestones or grand gestures, but from the deeply ordinary ways we choose to regard one another.

If I wake each day scanning for signs of my partner's love—their care, their presence—I see them. If I look for their courage, their persistence, the ways they keep choosing to show up in this human world, I notice them. My attention becomes a mirror that reflects their inherent value back to them. The same happens in reverse. When two people are practicing this together, the relationship isn't “elevated”—it's revealed.

And perhaps the most liberating truth is this: the shift does not require fixing anything. It requires purifying the seeing. Allowing love to flow from attention rather than expectation. Recognizing that each moment becomes an opportunity to honor the other person's dignity and our shared belonging.

So what is the first step? *Begin looking for what is working.* Make a daily ritual of naming the small things that nourish you. Let your

partner know what you see in them. Let your appreciation speak more often than your critical analysis. Decide together that your relationship is not a problem to be solved but a living thing to be noticed and cared for.

This isn't avoidance or some kind of romantic glossing over. It's the choice to relate to your partner through the lens of their inherent worth and your own. When couples commit to this kind of seeing, they stop bracing for disappointment and start participating in a joy that was always available. A “great” relationship isn't achieved by chasing greatness. It emerges naturally when both people learn to witness and value what is quietly extraordinary about the everyday.

*David Ault is a spiritual teacher, award-winning author and founder of Kaleidoscope Child Foundation, a global education nonprofit serving vulnerable communities. With 30+ years in mindfulness and service leadership, he creates programs that foster literacy, empowerment and compassionate action worldwide.*

**Rev. Richard Burdick**

Human beings often put romance into neat little boxes, defining it in a very narrow way. We easily collapse our innate yearning for love and connection by reducing it to sexual and emotional intensity. On the surface, the characterization serves our desire for peak physical and emotional highs—but the “drugs” wear off. Then, either separation springs from boredom and stagnation or unity springs from spiritual excavation. I recommend the latter approach. True romance requires us to dig deep; otherwise, we lose the broader aspects of love's gift.



Romance is not simply a chemical attraction between two people; it is our soul's awareness that life is drawing us toward something greater than our egoic selves. Romance is a sacred journey toward heaven on earth that requires shared vision, creativity and listening. Beyond the temporary release of pheromones that draw us to each other, there is a spiritual intimacy that calls us to truth, wholeness and unity.

When feelings fade, chemistry no longer sustains, and the story grows difficult. We assume that romance is gone. Yet, spiritually understood, this is when true romance begins—no longer measured by intensity, but by meaning. This is the moment when deeply committed partners turn their focus from passion and performance to presence and purpose. Here, romance no longer asks the question, “How do you make me feel?” but rather, “Who are we becoming, together?”

In this moment of sacred authenticity, romance is elevated from being something we own to something we humbly utilize as an av-

enue to spiritual oneness. It's living for a greater purpose than the next high and initiating a unified consciousness of “we” and “us.”

Here are four suggestions I've found effective in my work as a minister:

**Cultivate a relationship with the mystery.** Release control by leaning into the unknown as a means of discovering something more meaningful. Unburden the partnership by leaving certainty behind as you listen to the still, small voice of love that transcends physical and emotional circumstances. Shared prayer. Shared meditation. Shared spiritual community and experiences.

**Release egoic needs for keeping score and nurture a capacity for forgiveness.** True love has its roots in compassion, empathy, understanding and forgiveness. These commitments transcend tallies and invite a romance that makes room for collective growth, healing and transformation.

**Don't obsess over how far you have to go.** Celebrate how far you have come! This cultivates the strength and courage to face the road ahead as romantic co-creators and not unfulfilled adversaries.

**When the “high” has worn off, define it as a crossroads of possibility, not a dead end.** This is the moment of grace and choice, when relationships can heal from any notion of separation and unite in the awareness of each other's presence, more spiritual than physical and more mystical than emotional. This is the moment romance becomes a vehicle allowing you to touch the very essence of God as love.

*Richard Burdick is a Unity minister, spiritual teacher and writer known for interfaith dialogue, transformative ideas and practical mysticism. His work blends metaphysical Christianity, universal wisdom tradition and compassionate leadership, inviting individuals and communities into greater spiritual awareness, healing and purpose.*

**Kelsang Dechok**

My teacher, Kadampa Buddhist Master, Venerable Geshe Kelsang Gyatso Rinpoche, says: “Most relationships between people are based on a mixture of love and attachment. This is not pure love, for it is based on a desire for our own happiness—we value the



other person because they make us feel good. Pure love is unmixed with attachment and stems entirely from a concern for others' happiness. It never gives rise to problems but only to peace and happiness for both ourselves and others. We need to remove attachment from our minds, but this does not mean that we have to abandon our relationships. Instead, we should learn to distinguish

attachment from love and gradually try to remove all traces of attachment from our relationships and to improve our love until it becomes pure.”

An “okay” romantic relationship will be one that is a mixture of some love and likely a lot of attachment. There will be certain expectations each person has of the other, and if those aren’t fulfilled, they may become upset with each other. Each one is expecting the other to make them happy. However, real happiness comes from within ourselves. In fact, the more we are interested in the other person’s happiness, the less self-concern we will have and the happier we will be.

If a couple genuinely cherishes each other, their love becomes more pure, and as a result, their relationship becomes better and better.

If each person checks in their mind, “Am I looking for this person to make me happy, or am I unhappy because my wishes aren’t being fulfilled?” then they will be able to recognize if they are being motivated by attachment. Through identifying attachment in their mind, they can begin to reduce it and finally replace it with pure love, which is wishing for the other person’s happiness without any expectation of personal gain.

Learning to cherish others is a big practice. It takes concerted effort to stop thinking selfishly about our own wants and needs and to instead think about what others need. One mantra we can say to ourselves when we are with that special someone is, “This person is important. Their happiness matters.” In fact, eventually we can think this about everyone, not just our romantic partner! In this way, a deep and stable happiness will grow within us, and naturally, our relationships with others will be fulfilling and harmonious.

*Kelsang Dechok, a senior ordained teacher of modern Buddhism, is the resident teacher at Kadampa Meditation Center, Georgia. She studied and taught in the U.S. and U.K. for many years and has served as Director of Tharpa Publications US.*

# 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 \$40 to attend — to list for free. Otherwise, basic listings are \$1/word, \$40 minimum, and enhanced listings are \$75. Submit free listings to matsakis99@gmail.com and paid listings to paul@naatlanta.com.

## Friday, January 30

**Transmission Meditation online via Eventbrite** – 7:30pm. Sponsored by Share International USA. Free. Info: 770-302-2208 or Info-se@ Share-International.us. Register here: <https://tinyurl.com/mu8ku6kz>.

## Friday, February 6

**Guided Forest Ecology Hike** – 12-1pm. Learn about native plants, wetlands, and sustainable trails on a guided forest hike with historic insights. Approximately 1.5 miles. Free. Autrey Mill Nature Preserve, 9770 Autrey Mill Rd, Johns Creek. [bit.ly/Guided-Forest-Ecology-Hike-020626](http://bit.ly/Guided-Forest-Ecology-Hike-020626).

**Stories of Hope: Radical Healthcare Solutions and the PAD Epidemic** – 5:45-9pm. Film screening and panel on diabetes, PAD, and health equity in Black communities. Free with RSVP. Morehouse School of Medicine, Atlanta. [bit.ly/Stories-of-Hope-020626](http://bit.ly/Stories-of-Hope-020626).

**Karaoke & Open Mic Night** – 7-9 pm. All are invited to this family-friendly evening of entertainment and fellowship. Karaoke music is provided, or bring your instruments, poetry or any form of artistic expression. Potluck meal. Love offering. Unity Atlanta Church, 3597 Parkway Lane, Peachtree Corners. 770-441-0585. [UnityAtl.org](http://UnityAtl.org)

## Saturday, February 7

**Resiliency Week: Wellness Walk** – 10-11am. Guided community walk with meditation and grounding moments to reconnect with well-being. Approximately 1-1.5 miles. Free. Discovery Park at the River Line, 6653 Discovery Blvd, Mableton. [bit.ly/Wellness-Walk-020726](http://bit.ly/Wellness-Walk-020726).

**We Hike To Heal – Atlanta** – 10am-2pm. Free women’s group hike featuring meditation, reflection, and community connection on an easy 3.6-mile trail. Ages 18+. Heritage Park Trail, 60 Fontaine Rd SW, Mableton. [bit.ly/Hike-to-Heal-020726](http://bit.ly/Hike-to-Heal-020726).

## Thursday, February 12

**Men’s Health Program** – 10am-12:30pm. Fellowship and health topics featuring Dr. Marshall Fleurant on trauma-informed care. For men only; food provided. Free. Emory Brain Health Center, 12 Executive Park Dr NE, Atlanta. [bit.ly/Mens-Health-Program-021226](http://bit.ly/Mens-Health-Program-021226).

## Monday, February 16

**Nourish & Thrive** – 11am-2pm. Sensory-friendly cooking experience empowering individuals on the autism spectrum and caregivers through hands-on culinary activities and wellness education. Free. The Venue @ West Cobb, 3999 Austell Rd, Ste 351, Austell. [bit.ly/Nourish-and-Thrive-021626](http://bit.ly/Nourish-and-Thrive-021626).

## Tuesday, February 17

**Breathe by Shanice at Hyatt Centric Midtown Atlanta** – 6:30-7:30pm. Complimentary community yoga with accessible Vinyasa flow for all levels. Free; registration required; self-parking validated. Hyatt Centric Midtown Atlanta, 125 10th St NE, Atlanta. Bring mat and water. Arrive early. [bit.ly/Breathe-by-Shanice-021026](http://bit.ly/Breathe-by-Shanice-021026).

## Thursday, February 19

**Healing Sound Bath with Raye Andrews** – 7-8 pm. 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. No registration required. Suggested love offering \$20-\$40. Held in the Chapel. Unity Atlanta Church, 3597 Parkway Lane, Peachtree Corners. 770-441-0585. [UnityAtl.org](http://UnityAtl.org).

## Friday, February 20

**INTENSATI In Person** – 9:30-10:30am. High-energy fitness blending movement, music, mantra, and mindfulness for a feel-good workout. \$15; pre-registration required. Neighborhood Ballet Studios, 240 Grant St SE, Atlanta. [bit.ly/INTENSATI-IN-PERSON-022026](http://bit.ly/INTENSATI-IN-PERSON-022026).

## Saturday, February 21

**2026 Greenforest Community Health Fair** – 10am-3pm. Free screenings, wellness activities, workshops, and local resource booths for all ages. Free. Greenforest Community Baptist Church, 3250 Rainbow Dr, Decatur. [bit.ly/Greenforest-Community-Health-Fair-022126](http://bit.ly/Greenforest-Community-Health-Fair-022126).

**Community Connection Health Fair** – 11am-3pm. Enjoy free health check-ups, wellness resources, and community connections in a fun, family-friendly setting. Free. White Oak Hills Baptist Church, 5171 Redan Rd, Stone Mountain. [bit.ly/Community-Connection-Health-Fair-022126](http://bit.ly/Community-Connection-Health-Fair-022126).

## Sundays, February 22 - March 29

**Lent Message Series: Mastering Your Spiritual Energy** – 11am-12pm. Rev. Jennifer L. Sacks invites you on a Lenten Season journey that helps you embrace your spiritual energy for healing, harmony, peace, and prosperity. Attend in-person or watch via livestream. Youth Sunday School is held in-person 11am-12pm for ages 5-18. Nursery service is available 10:30am-12:30pm. 3597 Parkway Lane, Peachtree Corners. 770-441-0585. [UnityAtl.org](http://UnityAtl.org).

## Sunday, February 22

**Spiritual Keys to Aging Well** – 12:30-1:30pm. This monthly discussion group meets the

last Sunday of the month to focus on topics of interest to aging adults. All are welcome. No registration required. Unity Atlanta Church, 3597 Parkway Lane, Peachtree Corners. 770-441-0585. [UnityAtl.org](http://UnityAtl.org).

## Tuesday, February 24

**Mindful Miles: Weekly Walk Club** – 12-1pm. Take a midday mental refresh with a relaxed group walk focused on movement, connection, and mindfulness. Free. The Bakery Co-Work, 1500 Southland Cir NW, Ste H, Atlanta. [bit.ly/Weekly-Mindful-Walk-Club-022426](http://bit.ly/Weekly-Mindful-Walk-Club-022426).

## Wednesday, February 25

**Chill Yoga with The Regulated Room** – 7-8pm. A calming, small-group yoga and mindfulness session designed to support stress regulation, nervous system balance, and mental clarity. \$15 (2-for-1 option available); free for Kindred Self-Care Members. Kindred Healing Center, 1800 Jonesboro Rd SE, 4th Floor, Atlanta. Register: <https://bit.ly/Chill-Yoga-022526>.

## Friday, February 27

**Navigating Aging in Atlanta** – 8:30-10:30am. Breakfast conversation with Atlanta Regional Commission overview and expert panel on aging with dignity, support, and connection. Free. Friendship Baptist Church, 80 Walnut St SW, Atlanta. [bit.ly/Navigating-Aging-022726](http://bit.ly/Navigating-Aging-022726).

**Peaceful Friday Meditation Class** – 7-8pm. Discover inner peace in a welcoming space at the Georgia Meditation Center. Open to all levels. Free; donations accepted. 4522 Tilly Mill Rd, Atlanta. Georgia Meditation Circle. [bit.ly/Peaceful-Friday-Meditation-022726](http://bit.ly/Peaceful-Friday-Meditation-022726)

## Saturday, February 28

**Red Light Running Society: Run or Walk** – 10am-1pm. Weekly community meetup for walking, jogging, or running, followed by coffee and optional strength training. All fitness levels welcome. Free. Red Light Cafe, 553 Amsterdam Ave NE, Atlanta. [bit.ly/Run-or-Walk-022826](http://bit.ly/Run-or-Walk-022826).

## Monday, March 2

**Beginner Tai Chi Class** – 6-7pm. Experience the calming crane flow sequence designed to support balance, relaxation, and mind-body connection. Ages 13+. \$12. Inner Light Community Center, 5150 Stilesboro Rd NW, Ste 320, Kennesaw. [bit.ly/Beginner-Tai-Chi-030226](http://bit.ly/Beginner-Tai-Chi-030226).

**MOMmoves: The Mental Wellness Edition** – 7pm. A supportive space for single moms to explore mental health, build resilience, and learn practical self-care tools. Free. 6328 Mableton Pkwy, Mableton. [bit.ly/Mental-Wellness-030226](http://bit.ly/Mental-Wellness-030226).

## Thursday, March 5

**Live Life Pain-Free: Medical & Sports Massage** – By appointment, 9:30am-7pm. Clinical massage services for pain relief, recovery, and whole-body wellness. Not free. Medical & Sports Massage, 6000 Lake Forrest Dr NW, Ste 375, Sandy Springs. [bit.ly/Medical-and-Sports-Massage-030526](http://bit.ly/Medical-and-Sports-Massage-030526).

## ONGOING

### Sundays

**Practicing the Presence - A Course in Miracles** – 8:45-10:30am. 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](mailto:MWilkinson@leadstrat.com). Unity Atlanta Church, 3597 Parkway Lane, Peachtree Corners. 770-441-0585. [UnityAtl.org](http://UnityAtl.org).

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

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

**Grant Park Farmers Market** – 9am-1pm. The Beacon ATL, 1030 Grant St SE, Atlanta. [cfmatl.org/markets](http://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](http://srfatlanta.org).

**Meditation Healing & Wellness Course** – 10:30am-12:30pm. Six-week course meets once weekly, Sundays or Wednesdays. Deepen your meditation or explore healing paths. Transform your life and connect spiritually. Andrea, 404-557-4306. Norcross.

**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](http://Atlanta.Shambhala.org).

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

**Unity Atlanta Church Sunday Services** – 11am-12pm. The uplifting Sunday services include prayer, message, and guided meditation. Special music is provided by Unity Atlanta Church’s Soulful Harmonics Band and Celebration Choir. 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. Unity Atlanta Church, 3597 Parkway Lane, Peachtree Corners. 770-441-0585. [UnityAtl.org](http://UnityAtl.org).

**Twin Hearts Meditation** – 11:00 am – 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 Pranic Healing Center via Zoom. To watch: [AtlPranicHealing.com](http://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](http://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](http://PathsToIntegration.com).

**Online Meditation Open House** – 7-8pm meditation, 8-8:30pm discussion, followed by tea and cookies. To watch: Atlanta. [Shambhala.org](http://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](http://Meetup.com/Twin-Hearts-Meditation).

### Wednesdays

**Meditation & Modern Buddhism** – 7:00-8:30pm. 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](http://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](http://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](http://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](http://MorningsideMarket.com).

**Oakhurst Farmers Market** – 9am-1pm. Year-round. Fresh produce, meat, baked treats, and more. Additional offerings in-

clude live music and chef demonstrations featuring seasonal recipes. Sceptre Brewing Arts, 630 E Lake Dr, Decatur. [cfmatl.org/oakhurst](http://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](http://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](http://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](http://Tinyurl.com/2rykarft).

# COMMUNITY DIRECTORY

Discover the leaders in natural health care, sustainable living, and personal and spiritual development in our community! To list your product or service here, email us at: [paul@naatlanta.com](mailto:paul@naatlanta.com)

## Chiropractic

### HANDS ON WELLNESS CHIROPRACTIC

3652 Chamblee Dunwoody Rd Ste 1 Chamblee, GA 30341  
[www.howchiropractic.com](http://www.howchiropractic.com)  
770-452-2955



Relieve pain—especially in the back and neck, improve mobility, and enhance overall health. Specialties: Spinal/extremity adjustments, posture correction, sports, pregnancy and

pediatric care, including Webster technique. Personalized care to meet your needs.

### SACRED PRESENCE

Holistic Chiropractic & Intuitive Guidance  
Dr. Emily Guy, DC  
[SacredPresenceChiropractic.com](http://SacredPresenceChiropractic.com)  
470-377-3615



At Sacred Presence, we offer gentle, intuitive chiropractic care that helps your body thrive by processing stored experiences to facilitate nervous system healing, personal growth, and a deeper connection with your whole self.

## Energy Healing

### LINDA MINNICK

Intuitive, Coach, PSYCH-K Facilitator  
[www.lindaminnick.com](http://www.lindaminnick.com)  
[lkminnick@live.com](mailto:lkminnick@live.com)  
678-641-7005



Your thoughts are running the show. Change your thoughts, change your results. With an easy, quick, and proven process, I can assist you in creating a healthier, happier belief system thereby getting better results.

## Functional / Integrative Medicine

### DR. NINA ROSS, ND; PH.D

8735 Dunwoody Place, Suite O, Atlanta, GA 30350  
678-561-4522  
[Landing.NinaRossFM.com](http://Landing.NinaRossFM.com)



You deserve answers, not guesswork. We combine deep testing, compassionate care, and state-of-the-art therapies to reverse the root of your symptoms—and help you finally feel good in your body again.

## Healing Centers

### THE WELL OF ROSWELL

Hope, Healing & Happiness  
900 Old Roswell Lakes Parkway #300 Roswell, Georgia 30076  
[www.thewellofroswell.com](http://www.thewellofroswell.com)



A Holistic Healing and Event Center bringing the metaphysical

Offering many healing modalities and classes, workshops and events to assist your spiritual journey and transformation. Event rentals.

### THE WELLNESS COLLECTIVE

Heal Center Atlanta  
270 Carpenter Drive NE, Suite 500-505  
[HealCenterAtlanta.com/wellness](http://HealCenterAtlanta.com/wellness)  
[help@HealCenterAtlanta.com](mailto:help@HealCenterAtlanta.com)



Our independent providers offer therapeutic massage and body-

work therapies, holistic chiropractic care, acupuncture and traditional Chinese medicine, reflexology, energetic therapies and holistic nutrition and wellness consultations. Practitioners maintain their own schedule and policies.

### THE WELLNESS EMPORIUM

1501 Regency Way, #203 Woodstock, GA (Towne Lake area)  
[TheWellnessEmporium.net](http://TheWellnessEmporium.net)  
770-200-4223



A services-based holistic health center featuring modern modalities for your well-being in vintage-inspired style: Hypnosis, Massage, Reflexology, Reiki, Aura Photography, Crafts, Oracle Card classes, Red Light & FIR, and more. By appointment only.

## Herbs & Supplements

### GOOD ROOTS

830 Glenwood Ave SE, Suite 520, Atlanta  
770-758-0989  
[GoodRootsAtl.com](http://GoodRootsAtl.com)  
[dave@GoodRootsAtl.com](mailto:dave@GoodRootsAtl.com)



Feel better, naturally! Visit Natural Life Atlanta for trusted herbal supplements, high-quality wellness products, and expert coaching to manage stress, anxiety, pain, arthritis, sleep, and sexual health—natural solutions for your everyday wellness.

### SHANNON GOWLAND

Seeds of Wellness  
[SeedsOfWellnessCenter.com](http://SeedsOfWellnessCenter.com)  
[bewell@seedsofwellnesscenter.com](mailto:bewell@seedsofwellnesscenter.com)  
404-895-1302



Empower yourself on your wellness journey. I look at your health history, genetics, epi-genetics, and review your skin, nails, eyes and tongue to develop your bio-individual protocol.

## Health Food Store

### SEVANANDA NATURAL FOODS MARKET

467 Moreland Avenue NE  
[sevananda.coop](http://sevananda.coop)  
404-681-2831



Atlanta's only MEMBER-OWNED natural foods market. Featuring vegan hot bar, extensive herbs and supplements department, and a large selection of products from local vendors. Support

local. Shop Sevananda!

## Holistic Dentistry

### ATLANTA DENTAL WELLNESS

Cale Jackson, D.M.D.  
Piedmont Center, 3525 Piedmont Rd Bldg Five, Ste 408, Atlanta  
[AtlDentalWellness.com](http://AtlDentalWellness.com) • 404-233-1102



Mercury-free dentistry service for over 20 years. Special treatment for mercury removal. Discover which dental materials are optimal for you.

## Hypnotherapy

### BECKY ARRINGTON

The Well of Roswell  
[www.arringtonassoc.com](http://www.arringtonassoc.com)  
[becky@arringtonassoc.com](mailto:becky@arringtonassoc.com)  
770-778-2051



Stop Sabotaging; Start Succeeding! Clear emotional trauma resulting from childhood, prior experiences or past lives by accessing your "untapped wisdom" within, facilitated by Becky's intuitive abilities and Alchemical Hypnotherapy processes.

### JIM COLTON HYPNOSIS

Braselton, Decatur & Sandy Springs  
[jimcoltonhypnosis.com](http://jimcoltonhypnosis.com)  
404-434-4847



Build a better YOU by learning to love yourself. Beat bad habits, depression, anxiety, fears, anger, and grief quickly, effectively, painlessly, permanently and naturally.

### VAL HUDGINS

Woodstock | Roswell  
770-262-8221  
[info@ValHudgins.com](mailto:info@ValHudgins.com)



Certified Hypnotist and Certified Holistic Coach specializing in YOUR success over anxiety, habits, addictions, weight release, past life challenges. Free discovery call on WhatsApp or [bit.ly/calendly-hudgins](http://bit.ly/calendly-hudgins)

## Intentions

### UNITED INTENTIONS FOUNDATION, INC.

Discover the Power of Your Intentions! 11205 Alpharetta Hwy, Ste F5 Roswell • [UnitedIntentions.org](http://UnitedIntentions.org)  
678-495-4345



A nonprofit organization dedicated to

sharing cutting-edge scientific research, tools and techniques that promote positive life changes. Offering education seminars, curriculum in the form of interactive videos and games, online resources, tools and applications. Join our online community to learn about the power of positive intentions, create your own, and share them with other members around the world! Membership is free.

## Massage

### HAND & STONE MASSAGE AND FACIAL SPA

Open seven days a week!  
6623 Roswell Road, Suite C, Sandy Springs  
[bit.ly/hand-and-stone-ss](http://bit.ly/hand-and-stone-ss)  
404-781-9943



We provide professional, affordable spa experiences. From the moment you enter our spa, you'll be greeted by soothing

sounds and calming aromas, setting the stage for a journey to relaxation and restoration.

### JASON ALTMAN, MASSAGE THERAPIST & REIKI

Decatur Healing Arts  
619-A E College Ave, Decatur, 30030  
[bit.ly/jason-dha](http://bit.ly/jason-dha)  
404-403-7388



Jason is certified in neuromuscular therapy, deep tissue and Swedish massage. As an LMT for nearly 20 years, he knows that no two bodies are alike, and therefore, no two sessions are alike.

## Medical Massage

### SAFIYAH WALCOTT, CNMT, BS, OM

RegenerationATL, LLC  
500 Bishop St NW, Suite F7, Atlanta  
[regenerationatl@gmail.com](mailto:regenerationatl@gmail.com)  
404-781-9288

## Metaphysical Stores

### PHOENIX & DRAGON BOOKSTORE

5531 Roswell Rd, NE Atlanta, GA 30342  
[PhoenixAndDragon.com](http://PhoenixAndDragon.com)



Atlanta's oldest and largest metaphysical store located at the top of the Perimeter. We offer crystals and stones, decks, incense, oils, readings and a wide range of classes and events.

## Realtor

### TORI MCGEE, Holistic Realtor

Chapman Hall Realtors  
[www.atlantaholisticrealtor.com](http://www.atlantaholisticrealtor.com)  
[HolisticHomeExpert@gmail.com](mailto:HolisticHomeExpert@gmail.com)  
c: 770-608-6777 | o: 404-252-9500



As a Holistic Realtor Certified in Building Biology, Tori brings a thoughtful perspective to Real Estate—health, air and water quality, EMF, mold potential, toxic materials all matter more.

## Spiritual Centers

### SHARE INTERNATIONAL USA

[share-international.us/](http://share-international.us/)  
[info-se@share-international.us](mailto:info-se@share-international.us)  
770-302-2208



A message of hope during this time of crisis: the Emergence of Maitreya, the World Teacher and the Masters of Wisdom.

### UNITY ATLANTA CHURCH

3597 Parkway Lane, Peachtree Corners  
[www.UnityAtl.org](http://www.UnityAtl.org) • 770-441-0585  
A Place for You to Belong



We believe that everyone is created in the divine image and likeness of God. We practice the teachings of Jesus while honoring all paths to God. Sunday services 11am.

## Wellness

### ORR WELLNESS COACHING

A Balanced Life is Within Reach  
Online coaching and mentoring to achieve holistic wellness for body, mind, and soul  
[www.orrwellness.com](http://www.orrwellness.com) • 404-993-3914

## Classifieds

To place a classified ad, email your listing to [ads@naAtlanta.com](mailto:ads@naAtlanta.com). Cost is \$1/word; minimum \$30. Deadline: Fifth of each month for the next month's issue.

## Holistic Health

**AWC BODY BUTTER** – This thick, high-end quality butter is loaded with emollient oils and butters to soften and protect skin. Woman-owned, Atlanta-based business. [awcbodybutter.com/shop](http://awcbodybutter.com/shop)

## Housemate Sought

**HOUSEMATE NEEDED IN MARCH/APRIL TIME FRAME** – Location: East Lake Commons, which is a cohousing community five miles east of downtown Atlanta. 1800-sf home on two floors. New housemate gets large bedroom, 320-sf, with 19.5 linear feet of closet space. Traits sought: 1) community-oriented, 2) wants friendship with housemate, 3) helps maintain clean home. Very reasonable rent. Submit inquiries via publisher: [publisher@naAtlanta.com](mailto:publisher@naAtlanta.com).

## Space for Rent

**SPACE FOR RENT** – For private sessions, classes, meetings, receptions, performances, ceremonies, conferences. AV and kitchen options. Unity Atlanta Church, 3597 Parkway Lane, Peachtree Corners, 770-441-0585, [Pam@unityatl.org](mailto:Pam@unityatl.org).

# Feeling Nostalgic

by Tommy Housworth

“Nostalgia is a thing of the past.”

So read the magnet my mom kept on her refrigerator for as long as I can remember. As a young person, I found it a bit ironic. It seemed to be admonishing that one should look forward. Don't get caught up in your yesterdays. And yet, my mom certainly seemed nostalgic. At least, that was my perception when I was in my 20s and 30s—and she was already in her 60s and 70s.

Looking back too much or too often seemed like a trap to me at that age; it seemed only a way to avoid moving forward. But now that I'm older, I can't help but see a sort of clueless cynicism that perhaps comes with being young, when you are filled with goals and dreams that only the coming days and years can unfurl. Maybe that's why that fridge magnet bugged me so much. All the older people I knew seemed so fond of the past. “Things were so much better in their younger days”, they'd tell me.

But the past held no romance for me. It felt like trying to get traction with a flat tire or living in black and white when the future was destined to be in Technicolor.

But then something happened. In 2020, when my parents could no longer live independently, my sister and I began taking full-time care of them, working in multi-day shifts. I saw that fridge magnet almost daily—in a house I hadn't lived in for decades. And, “it hit different,” as young people today might say.

For a while, we watched Braves games with them, but when the baseball season was suspended due to COVID, we switched to old Andy Griffith reruns and other shows from days long past. The ballgames and old programs began to feel like a warm, hand-stitched quilt, enveloping me in comfort and warmth at a time of great uncertainty—and some inevitable certainties. Those fleeting moments were an escape; they were a way to touch in with a time that felt safer and, if not carefree, at least less arduous.

Fast-forward a couple of years. My parents transitioned, my sister and I sold the house we grew up in and I'd gotten through a brief bout with kidney cancer. My kids were in college and, while they still needed my wife and me, they needed us in a different way. Life seemed like a series of little earthquakes. Some expected, others not; each one reminding me that the ground

beneath my feet was not always going to be calm and firm.

Then I began to notice a pattern. I was starting to listen to a lot of music I'd grown up with, preferring songs from the 70s and 80s over newer artists, even though I'd sworn I was going to stay up-to-date on the latest music scene. Anytime I had a chance, I turned on old episodes of *The Office* or *Arrested Development*, shows that had become my haven during a time when the kids were young, my parents were still around, and life felt more calmly moored.

And yes, Braves baseball became a passion again, not because the team was doing well, but because baseball provided a certain dependability: 162 games, nine innings per game, three outs per half-inning. A pattern I'd grown up with. One, two, three strikes you're out at the old ballgame.

I had fallen into an appreciation of the security of reminiscence. It became something my mind and spirit craved when I felt off-balance or uncertain. It was like taking a nap on my childhood bed—it had a restorative familiarity. I'd become... nostalgic!

I have no idea what happened to that fridge magnet. I'm guessing my sister kept it. But in retrospect, I now think my mom was onto something. It took me a few decades to recognize her wisdom, which I'd so casually misinterpreted through the lens of youth. She wasn't advertising that she was above the lure of pining for the past. She was simply reminding herself that it's a great place to visit from time to time. 🍷



Tommy Housworth is a professional writer, creative director for corporate projects, a certified mindfulness instructor and the author of two collections of short stories. *A Sense of Wonder* is his substack column.

Has your child suffered for months or years?



Chronic illness, ADHD, autism, PANS/PANDAS, emotional dysregulation, etc.; all are complex and resist the “pill and pray” approach. Dr. Juliana Nahas takes the time to listen and find answers. We blend the best of modern science with holistic, root-cause strategies that support your child's whole being. And... **We accept insurance!**

DISCOVER THE DIFFERENCE. Visit [covingtonpediatrics.com/services](https://covingtonpediatrics.com/services).



**Covington Pediatrics**  
FUNCTIONAL AND INTEGRATIVE MEDICINE

5211 US HWY 278 NE · Covington GA  
770-787-7444

Juliana Nahas, MD, FAAP

**ATLANTA**  
SCHOOL OF WELLNESS

**REFLEXOLOGY CERTIFICATION**

6 weekends  
In-person training  
75 sessions  
Apprentice Programs

Starts every 2 months  
Feb 7 · Apr 11 · Jun 6

**REIKI CERTIFICATION**

8 days  
In-person training  
50 sessions  
Apprentice Programs

Starts every 3 months  
Feb 23 · Apr 18

**ATLANTA SCHOOL OF WELLNESS**  
3091 E. SHADOWLAWN AVE NE, ATLANTA, GA 30305  
404-941-9544 ATLSCHOOLOFWELLNESS.COM

Voted Best of Atlanta by Atlanta Magazine! **Atl**

## Dental Care That Sees the Whole You.

Innovative care with heart.

- Microbiome
- Breathing
- Bite

[www.wellspringdentalatl.com](https://www.wellspringdentalatl.com)  
info@wellspringdentalatl.com  
404-806-7979

Nourish Your Soul,  
Heal Your Body...and  
Transform Your Life

THE WELL OF ROSWELL  
Holistic Healing & Events

[www.thewellofroswell.com](https://www.thewellofroswell.com)

Frequency Medicine\*Energetic Healing\*Sound Baths\*Psychosomatic Therapy\*Hypnotherapy\*Drumming\*Breathwork\*Classes & Workshops\*Event Space Rentals



# ATLANTA

## DENTAL WELLNESS



Cale H. Jackson D.M.D.



Matthew J. Giordano D.M.D.


We have created a welcoming and respectful environment for your care, including:

- Mercury-free for more than 35 years
- Safe removal of mercury fillings: **SMART protocol**
- Biocompatible dental materials
- Ozone dentistry
- Lowest possible radiation x-rays


We are committed to you and your well-being, delivering the highest standards in optimal wellness & biological oral health.



SCAN ME

 404-233-1102

 [care@atlantadentalwellness.com](mailto:care@atlantadentalwellness.com)

 @atlantadentalwellness