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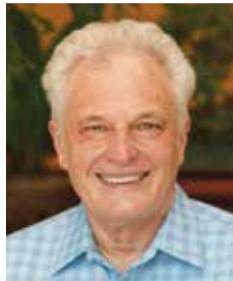
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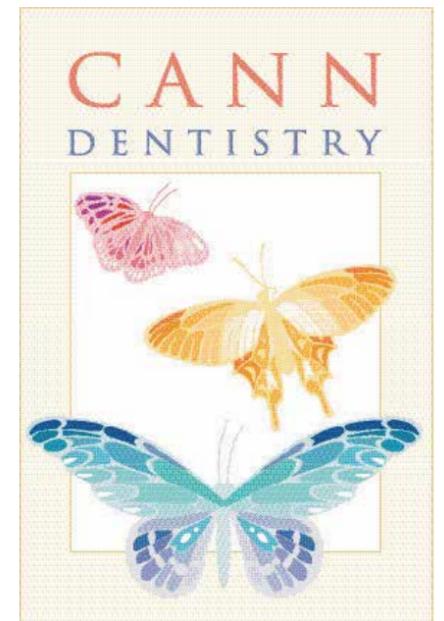
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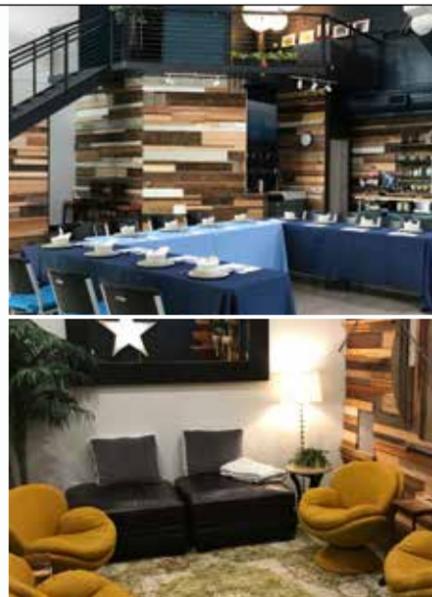
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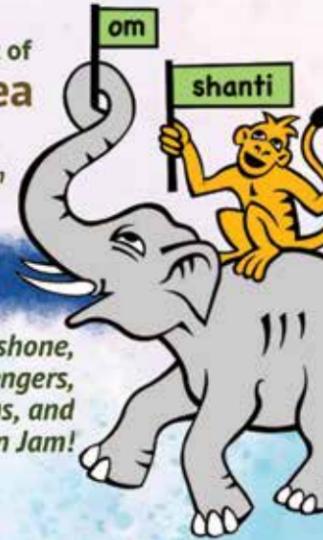
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If you are interested in sponsoring ChantLanta 2020, renting a vendor booth, donating to the silent auction, or volunteering at the event, please visit our website right away and let us know!

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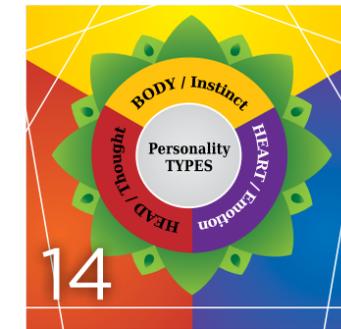
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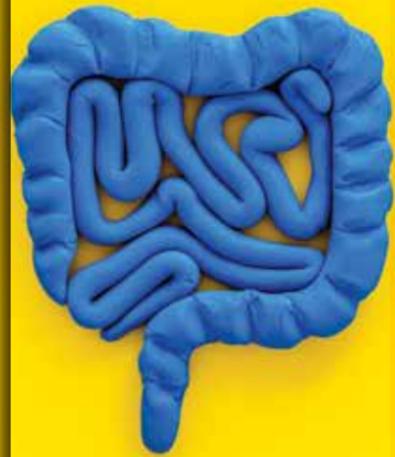
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Gut health
is the key to
overall health.

~Kris Carr



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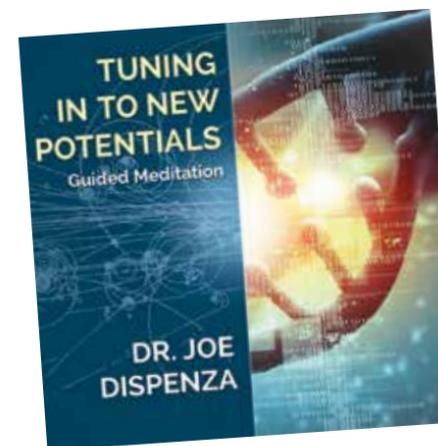
Do This Meditation

There is no end to the wonderful people, organizations, resources and practices that I encounter in my current position, and that is one of the reasons I refrain from recommending anything specific in these pages.

But I've come upon a meditation that appears to be a game changer and I want everyone to know about it: It's Dr. Joe Dispenza's meditation called, "Tuning into New Potentials."

As I prepared to cover the Attune conference keynote speakers, who, in addition to Dispenza, include Gabby Bernstein and Elizabeth Gilbert, I bought all of their relevant books and started reading. Dispenza's latest is called *Becoming Supernatural*, and the meditation is covered in Chapter 3, while the essential breathing practice that front-ends it is explained in Chapter 5.

Now, I would hardly call myself a meditation expert, but I have been meditating off and on for decades, and I can honestly say this meditation is unique and seems to produce exceptional results.



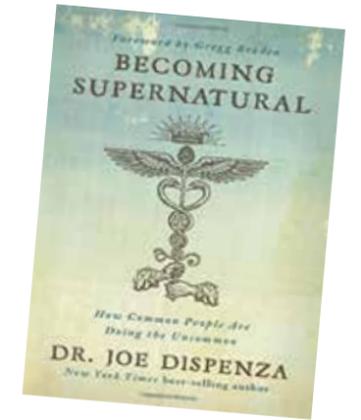
At a runtime of just over 50 minutes, it is the first two parts of this three-part meditation that set it apart. Part I is a seven-minute breathing exercise; its purpose is to move your energy out of your lower three chakras and into your upper two chakras. Dispenza asserts that our negative subconscious routines, which manifest as stuck energy, largely reside in our lower chakras, and that forcing the body's energy into our brains frees our bodies from the past.

"When the energy reaches the thalamus, it is also relayed to the pineal gland, and something amazing happens," Dispenza writes. "That gland releases some very powerful elixirs, one of which anesthetizes the analytical and thinking brain."

Disabling our analytical brain is a prerequisite to doing effective manifesting work.

Part II of the meditation guides the meditator to alternate their focus from defined spaces within the body to sensing the space outside the body. Writes Dispenza: "In the 1970s, Les Fehmi... discovered how this shift in attention from narrow to open focus changes brain waves. Fehmi, a pioneer in attention and biofeedback, was trying to find a method for teaching people how to move their brain waves from beta (conscious thought) to alpha (relaxed and creative). The most effective way to make the shift, he discovered, was by directing people to become aware of space or nothingness—adopting what he called open focus."

Completing Parts I and II sets up the reader to do the actual manifesting work, which, in essence, amounts to programming the subconscious mind. Explains Dispenza: "As your thinking brain—the neocortex—slows down, you are able to get beyond the analytical mind (also



called the "critical mind"), which separates the conscious mind from the subconscious mind. Now you're able to move into the seat of your body's operating system—the autonomic nervous system..."

Here's what I want to share: As of this writing, I have done the meditation for 22 consecutive days and it seems to have delivered in a big way! On Day 3, a position at the magazine I had been trying to fill for over a year got filled! And the following week, someone else materialized for another crucial position that I've been trying to fill for a year.

This meditation makes it far easier for me to focus on desired outcomes and to evoke the elevated emotions that must be present before one's desires can become reality. It also leaves my whole head buzzing; I can literally feel energy radiating from my body. And the first two parts did wonders: one long session, which would normally give my mind a lot of opportunity to let in stray thoughts, helped me keep my mind floating in a space Dispenza describes as "no one, no thing, no place, no time."

Not surprisingly, for the very first time, nearly all those near and dear to me received the same Christmas present last month—a copy of *Becoming Supernatural* and the CD of *Tuning Into New Potentials*.



Paul Chen has been owner/publisher of *Natural Awakenings* Atlanta franchise since January 2017. He is a practicing Buddhist and a founding member of *East Lake Commons*, a cohousing community.

ChantLanta 2020

BIGGER THAN EVER



(Photo: Julien Photography)

For the first time in its history, ChantLanta Sacred Music Festival will fill a whole week-end with music, workshops, a diverse vendor market and a silent auction. Organizers are also planning to include a dedicated space for the ancient, holistic health system of Ayurveda, and participants can meet some of Atlanta's Ayurvedic specialists. And, a special all-star kirtan jam will close out the festival on the last day.

The music program will feature the Flying Mystics, Narayani, Douglas Johnson, Ian Boccio and the Spirit Messengers, John Stringer, Gershone, Shonali Banerjee, Bob Sima and Phil McWilliams.

This year's charity partner is The Learning Tea, which works to lift at-risk young women in Darjeeling, India, out of poverty by providing college educations to transform their lives and their communities. Since its first event 11 years ago, ChantLanta has helped to raise over \$50,000 for its charity partners.

"ChantLanta continues to be a beacon of light, love and peace in this city," says creative director Ian Boccio. "Every year, we are able to touch the lives of so many and open up otherwise unknown pathways to healing and bliss right here in our own neighborhoods."

Admission to the festival is free. Workshops, however, limit attendance and require advance registration plus a \$10 donation to The Learning Tea.

Organizers expect the event's workshops to sell out ahead of time, so advance registration is recommended. Sponsors, vendors, silent auction donations and volunteers are still being accepted. Learn more at ChantLanta.org or on facebook.com/chantlanta.

The 2020 ChantLanta event will be held March 13 to 15 at The Church at Ponce and Highland, 1085 Ponce de Leon Ave NE, Atlanta.



Heron House

LAUNCHES FRIENDSHIP DRIVE, OFFERS MEMBERSHIPS

(Photo: Amy Cantrell)

Nestled in a wildlife refuge on a dam between Lake Cheerful and Lake Garrett is The Heron House: Sacred Earth Sanctuary. The venue, in the Mountain Parks area of Roswell, hosts workshops, movement classes, meditation, study groups, live music and film screenings.

For the first time since it opened in 2007, the organization is offering memberships through a Friendship Drive.

"In such a disconnected world, it's important to have a place to connect," says Julie West, spiritual director of Heron House. "When we opened Heron House in 2007, we envisioned a welcoming, sustainable gathering place to encourage connection, conversation, fellowship, support and fun. Now, that has materialized. The funny thing is, just a few years ago, I realized that I had envisioned it when I was just a child. So, it has become a dream come true."

Several communities use Heron House as a base, including meditation, yoga and movement communities. The building also houses a suite for people to rent for personal retreats and organizes an Ambassador Program that serves people in need.

The annual membership cost is \$100. Friends of Heron House receive 10% off public events and rentals. To learn more, call 404-434-4030 or visit TheHeronHouse.org.



Pop-Up Dinner Series SETS THE TABLE FOR WELLNESS COMMUNITY

November 2019 Warriors in Wellness participants. (Photos: Simone Renee Photography)

Wellness enthusiasts now have a unique way to meet like-minded people in an intimate setting and engage in thoughtful conversation over a delicious meal.

Warriors in Wellness, created by Jaimee Ratliff, is Atlanta's only monthly private dinner series for wellness enthusiasts, professionals and entrepreneurs. Each month, Ratliff selects a diverse group of up to 10 people to the gathering. She also chooses a theme for the dinner, and the conversation for the evening is focused on that theme. October's theme was "Falling Inward" and November's was "Gratitude."

The location of the dinner is not revealed to diners until 48 hours before seating, and guests aren't told who else will join them at the table until they arrive. Locations have ranged from a NYC Soho-style loft to a Midtown penthouse

suite. Attendees have included founders of fitness apps and wellness festivals and yoga studio owners, among others.

Says Ratliff, "The work that we wellness enthusiasts and professionals do is hard, yet rewarding, and needs to be recognized more often. It feels really good to sit at a table of like-minded people who share a common interest and passion for wellness. Guests who have attended the first few dinners are truly stunned and grateful for every single detail that goes into preparing such an intimate experience."

To be considered for an invitation, participants must be on the email list and complete a questionnaire about their wellness background. The cost to attend is \$60. For more information, visit JaimeeRatliff.com/Warriors-in-Wellness-Dinner-Series.



Jaimee Ratliff (Photos: Simone Renee Photography)

Holistic Help for Leaky Bladder

Intuitive healer and energy coach Suzanne S. Bailey is offering the new BladderUp!, a 21-day protocol that uses a holistic approach to healing leaky bladder conditions and provides self-healing tools that can be used for many things.

The course begins January 23, and will include group calls, private sessions, daily micro-healings and self-healing tools. It will be offered monthly.

BladderUp! is specifically designed to benefit women with leaky or overactive bladder as a result of childbirth, OB-GYN

surgeries, abdominal surgeries or other events. It is also helpful for athletes who experience leaking symptoms while working out.

In her professional practice, Bailey combines energy work with subconscious mind reprogramming and somatic exercises to help people heal.

"I am so excited to share this program and information with women everywhere," says Bailey. "The results have been amazing! One of my clients had two surgeries to cure her leaky bladder and

both surgeries failed within six months. She worked with me and got 100% improvement in just 21 days. Other women with less severe cases got excellent results, too."

The cost of the program has been reduced from \$488 to \$188 for the January class. Class size is limited to 30 participants. For more information, or to book a complimentary 20-minute consultation, contact Suzanne at 470-465-0208 or visit SuzanneSBailey.com/BladderUp.



GUT CHECK

Feeding the Immune System

by Julie Peterson

Reducing stress, sleeping enough, exercising and getting sunlight are all known strategies for improving the body's ability to protect itself from harm. However, the most important factor in building a rock-star immune system is nutrition. Here is a guide to the care and feeding of the inner fortifications that fight off disease, supporting long-term wellness.

Ground Zero: The Gut

About 70 percent of the immune system resides in the gastrointestinal tract—home to a microbiome that contains trillions of bacteria. It works as a complex ecosystem in which the good bacteria prevent the bad bacteria from taking hold and causing illness or disease.

Eating plants promotes the robust growth of that good bacteria. “The GI microbiome evolved closely with our immune systems and under the influence of the plants our ancestors ingested,” says Holly Poole-Kavana, who practices herbal medicine in Washington, D.C. Yet about 90 percent of Americans don't eat enough fruits and vegetables, according to the U.S. Centers for Disease Control and Prevention. The consequent weakening of the microbiome is a double-edged sword, because the processed foods Americans commonly consume promote the growth of harmful microbes. The *2015-2020 Dietary Guidelines for Americans* indicates that added sugars, saturated fats and sodium eaten by most Americans are far above recommended amounts. This tipping of the scales causes weight gain, toxin buildup and immune system dysfunction.

What Not to Eat

Plants and grains on grocery shelves today are typically processed into bread, cereal, pasta, desserts and snacks, abundant in added sugars, salt, detrimental fats and chemical additives. These altered foods slam the gut's immune protection and increase the risk of chronic disease.

A Czech Republic study on food additives found that gut microbes that fought inflammation were harmed by additives. According to the research, “Permanent exposure of human gut microbiota to even low levels of additives may modify the composition and function of gut microbiota, and thus influence the host's immune system.”

And of course, be wary of sugars. Anything that turns into sugar in the system—think carbs like refined bread products and pasta, not just sweets—is an immune-depressing culprit, says Heather Tynan, a naturopathic doctor at Evergreen Naturopathic, in San Diego. “The level of germ-fighting activity your immune system is able to maintain after a sugary meal decreases for a number of hours.” Saturated fats also alter immune cells, disrupting their functions and triggering inflammation.

Getting away from processed food cravings can be a challenge, because the foods provide a temporary energy boost. Dorothy Calimeris, of Oakland, California, a certified health coach and author of three anti-inflammatory cookbooks, suggests that cravings mean the body needs something, but it may be rest or water. “By focusing on eating higher-quality nutrients, we can limit and eventually eliminate the cravings.”

Eat the Rainbow

Fruits and vegetables get their colors from phytochemicals, which provide the human microbiome with antioxidants, minerals and vitamins that keep the gut healthy and help the immune system combat cellular damage. National guidelines suggest Americans eat 10 servings of plants a day, ideally two each from the green, red, white, purple/blue and orange/yellow categories. But data from the National Health and Nutrition Examination Surveys show that eight out of 10 people in the U.S. don't get enough of any color category.

“A good strategy is to add one new vegetable a week to your grocery cart,” suggests Canadian nutritionist Lisa Richards, founder of *TheCandidaDiet.com*. “Blending fruits and vegetables into shakes or smoothies is also an effective way to eat the rainbow for those who are busy.”

Whatever goes into the grocery cart should be certified organic, the only sure way to avoid ubiquitous genetically modified organisms (GMOs) in the food chain, which animal studies have linked to immune system damage.

Herbs are also helpful to boost the body's inherent ability to protect itself. Poole-Kavana points to medicinal herbs like astragalus and reishi mushroom, which support immunity and balance gut bacteria; antimicrobial herbs like garlic, thyme and oregano; and elderberry, an anti-inflammatory fruit that boosts the body's ability to identify and eliminate viruses and bacteria.

“The single greatest thing anyone can do for their health is to eat whole foods, including organic vegetables, fruits, high-quality proteins, whole grains and healthy fats,” says Calimeris.

Julie Peterson writes from rural Wisconsin and can be reached at JuliePeterson2222@gmail.com.

Natural Awakenings recommends using organic, non-GMO (genetically modified) and non-bromated ingredients whenever possible.

IMMUNE-BOOSTING RECIPES

Creamy Turmeric Cauliflower Soup

Turmeric is the darling of the anti-inflammatory spices. For best absorption, it should be combined with pepper. This soup gets its creamy texture from coconut milk, but other nondairy milk can be used instead.

Yields: 4 servings

2 Tbsp extra-virgin olive oil or coconut oil
1 leek, white part only, thinly sliced
3 cups cauliflower florets
1 garlic clove, peeled
1¼-inch piece fresh ginger, peeled and sliced
1½ tsp turmeric
½ tsp salt

¼ tsp freshly ground black pepper
¼ tsp ground cumin
3 cups vegetable broth
1 cup full-fat coconut milk
¼ cup finely chopped fresh cilantro

In a large pot, heat the oil over high heat.

Add the leek, and sauté until it just begins to brown, 3 to 4 minutes.

Add the cauliflower, garlic, ginger, turmeric, salt, pepper and cumin, and sauté to lightly toast the spices, 1 to 2 minutes. Add the broth and bring to a boil.

Reduce the heat to a simmer and cook until the cauliflower is tender, about 5 minutes.

Using an immersion blender, purée the soup in the pot until smooth.



Stir in the coconut milk and cilantro, heat through, and serve.

Total cooking time is about 15 minutes.

Excerpted from the book *The Complete Anti-Inflammatory Diet for Beginners: A No-Stress Meal Plan with Easy Recipes to Heal the Immune System*, by Dorothy Calimeris and Lulu Cook.



Lentil Stew

Most stews take hours to cook, but this restorative dish, perfect for dinner or lunch, cooks up in a hurry. The plant-based recipe takes advantage of canned lentils and is loaded with nutritious, anti-inflammatory power foods.

Yields: 4 to 6 servings

1 Tbsp extra-virgin olive oil
1 onion, chopped
3 carrots, peeled and sliced
8 Brussels sprouts, halved
1 large turnip, peeled, quartered and sliced
1 garlic clove, sliced
6 cups vegetable broth
1 (15-oz) can lentils, drained and rinsed
1 cup frozen corn
1 tsp salt
¼ tsp freshly ground black pepper
1 Tbsp chopped fresh parsley

In a Dutch oven, heat the oil over high heat. Add the onion and sauté until softened, about 3 minutes.

Add the carrots, Brussels sprouts, turnip and garlic, and sauté for an additional 3 minutes.

Add the broth and bring to a boil. Reduce to a simmer and cook until the vegetables are tender, about 5 minutes.

Add the lentils, corn, salt, pepper and parsley, and cook for an additional minute to heat the lentils and corn.

Total cooking time is about 15 minutes. Serve hot.

Another tip: This soup is as versatile as it is simple. Feel free to use any kinds of beans or vegetables you have—it's a great way to use up leftover vegetables at the end of the week. Store in a covered container in the refrigerator for a week, or in the freezer for longer.

Nutritional information per serving (4 portions): calories: 240; total fat: 4g;

total carbohydrates: 42g; sugar: 11g; fiber: 12g; protein: 10g; sodium: 870mg

Excerpted from the book *The Anti-Inflammatory Diet One-Pot Cookbook: 100 Easy All-in-One Meals*, by Dorothy Calimeris and Ana Reisdorf. Also visit DorothyEats.com.

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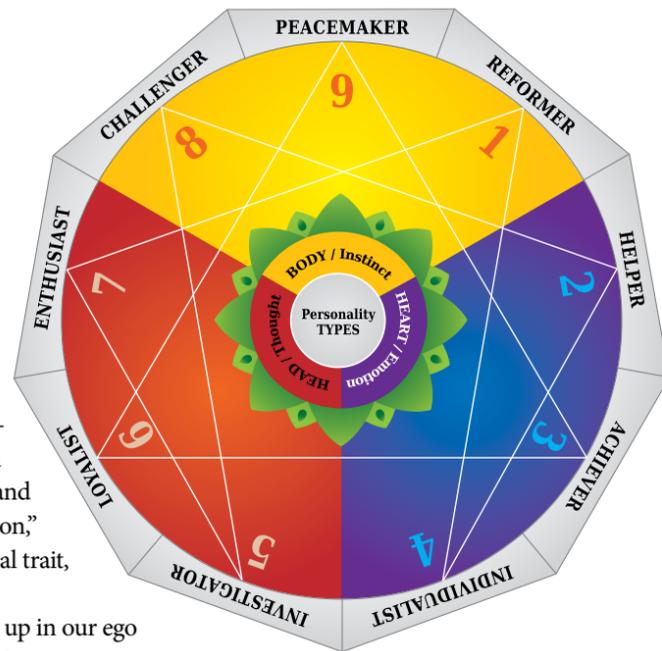
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The Enneagram is Making Waves in Georgia and Beyond

by Noah Chen



The Enneagram of personality is a model used to gain a deeper understanding of the individual and to promote personal growth. The International Enneagram Association (IEA) has contributed to the popularity of the Enneagram model, which is being used in business and taught in classes, affecting the lives of men and women around the world.

Lynda Roberts, treasurer of the Georgia chapter of the International Enneagram Association, describes the Enneagram as a tool to help people develop their capacity for self-awareness. While following the Enneagram can bring one closer to their spiritual selves, Roberts says the Enneagram is not a religion or a spiritual path.

The Enneagram is a visual model of nine ways of being in the world and maps how each way is connected to others. According to Enneagram philosophy, everyone is born into one of these nine types and has traits associated with that type. For example,

a “one” is also known as a Reformer. Reformers are driven by a basic desire for balance and integrity, and their “ego fixation,” or defining negative emotional trait, is resentment.

“When we are wrapped up in our ego personality and identified with our ego personality, we are cut off from our more central nature. And this is where the spirituality aspect comes in,” says Roberts.

Roberts, who has served as board member and president of the global IEA, helped form the Georgia chapter after a colleague asked for her expertise. Their first meeting was in 2017. “We don’t do the accreditation part of the plan,” says Roberts, but aside from that, “our mission is pretty much the same as the global organization, as it relates to providing opportunities for education and engagement.”

The Georgia branch hosts guest speakers and holds educational talks on the second Thursday of every month. It has witnessed its community grow and engagement increase. “We’re finding we have to kick people out at the end of the night because they keep hanging out and chatting!” exclaims Roberts.

With 60 official members and a mailing list of 300, the Georgia branch has been seeing steady growth since its creation two years ago, and Roberts plans to continue expanding.

“We are hoping to have one, if not two, events next year in addition to our monthly chapter meetings,” says Roberts. Her vision is to have all-day workshops and guest speakers who are fairly well known in the Enneagram community. That community spans the globe: there are active Enneagram communities in China, South Africa, Australia and Europe. Global acceptance of

the Enneagram may stem from the variety of ways it is being used.

“There’s certainly the Enneagram in the business world,” says Roberts, who teaches a leadership program to businesses that “is based on the idea that the more self-aware we are, the better leaders we’ll be.”

The Enneagram also helps promote cooperation; after learning the Enneagram, managers understand that people have different perspectives and that not everyone communicates in the same way. “The Enneagram helps us see that it’s not about personality clashes, just differences,” says Roberts. “It also provides insights into what motivates every individual, which can be useful in understanding a group dynamic.”

The international organization just celebrated its 25th anniversary, and if the growth of the Georgia chapter is any indication, it will be around for many years to come. Roberts says she is excited for her future in the IEA, in part because of the positive impact the Enneagram has made on her own life and in part because of the fantastic community of which she is a part. “What I appreciate most about the IEA is that I do have friends all over the world. I can pick just about any country and know someone there.”

For more information, including details of monthly meetings, go to IEAGeorgia.org.

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Gabby Bernstein (Photo: Mariana Shulze Photography)



Dr. Joe Dispenza (Photo: Mariana Shulze Photography)

Report from Attune

KEYS TO MANIFESTING

by Paul Chen

Attune, a four-day wellness immersion to support people on the path to optimum health, was held November 8-11 at Serenbe in Chattahoochee Hills, GA. Its keynoters were authors Gabby Bernstein, Dr. Joe Dispenza and Elizabeth Gilbert.

The event was produced by Living Wholly of Los Angeles, an event company founded in 2013 by Jenny Emblom. After a four-month stay at the Optimum Health Institute in San Diego to address ovarian cancer, Emblom says she created Living Wholly as a way to stay educated about health and wellness practices and to “create a new way of socializing.”

Before producing Attune, Emblom held smaller monthly events in Los Angeles.

Once she helped produce a four-day event for another organization, Emblom saw how much deeper attendees can go with longer events.

Her primary motivation behind producing Attune was to prompt people “to understand what is available for them,” says Emblom, “and how they can implement this [information and practices] into their lives. They can make a change in their own consciousness and literally shift the trajectory of their lives, which, in turn, elevates the planet. The real ‘why’ here is to support the evolution that’s happening in the collective consciousness.”

Emblom, a native of Alabama, chose Serenbe to hold the Attune event because she

wanted to locate her flagship conference in the South and make an impact in a region that’s not typically known for wellness gatherings. She also felt it was essential for the event to be held in natural surroundings to give attendees an optimal experience.

Some 40 percent of Attune’s 650-700 attendees were from Atlanta, but attendees hailed from all over the world, including Central America, South America and Europe.

What follows is a recap of two of the three keynote addresses at the event, from author and motivational speaker, Gabby Bernstein, and international lecturer, corporate consultant, and author, Dr. Joe Dispenza. A recap of Elizabeth Gilbert’s talk will appear in next month’s issue.

Attune keynote speakers, authors Gabby Bernstein and Dr. Joe Dispenza, both spoke about a topic of keen interest to many, if not most human beings: how to manifest or create what we want in life.

Yet to discuss the subject, they used very different languages. On the one hand, Bernstein shared personal stories and provided a few tips that she formulated from her life experience. Dispenza, on the other hand, spoke in the language of science. Still, his own life experience also provides insights and inspiration. As a 20-something, he overcame a devastating spinal injury as a result of being hit by an SUV during the cycling stage of a triathlon. Instead of heeding the advice of his doctors and undergoing radical surgery, Dispenza healed himself with his mind.

The biggest challenge that people have when trying to manifest a desired outcome is to generate and maintain the emotional states that reflect success before success actually occurs. In other words, one needs to feel rich before abundance appears; one needs to feel healthy while still suffering through health issues; one needs to feel loved and adored as if in an intimate relationship without the prospect of such a relationship on the horizon. Both speakers addressed this issue, each in their own way.

Blocking Our Manifesting Powers

Gabby Bernstein kicked off the Attune conference with her talk, “Super Attractor,” which is also the title of her latest book, just released in September.

“Being a super attractor means that you are committed to feeling good,” says Bernstein. “It means you are devoted to choosing to perceive your life through the lens of love. It means that you are devoted to opening up to the infinite possibilities that the Universe will deliver to you.”

Bernstein shared the results of an informal poll of her Instagram followers: 96% believe they are blocking their own manifesting powers. Then she listed the ways in which people block that power: by being manic, by pushing, by judging, by holding on to fear. What all of these behaviors have

in common is that the emotions associated with them do not feel good.

She describes the “manic manifester” as a person who does everything—meditations, mantra recitations, yoga, and more—and then gets discouraged due to a lack of tangible results. The problem is that manic activity levels do not feel good.

Pushing has a similar energy, except that pushing actions consist of those that fit more on a to-do list, rather than specific and direct manifesting activities such as meditation.

“Everything that you do to push and control and manipulate blocks you from hearing, blocks you from listening, blocks that good, orderly direction from the God of your own understanding,” says Bernstein.

Judging, too, does not feel good. “When we judge, how does it make us feel? Like crap, right? Then I judge myself for judging, and then I feel guilty for judging myself for judging,” she explains.

Fear might be the biggest block, according to Bernstein, because it “makes us feel unworthy, not good enough. That fear is an underlying vibration that is the opposite of love, that is the opposite of the connection to a higher power.”

“The secret to feeling good is to decide to stop feeling bad,” she says.

Choose Again and Align Spiritually

To overcome blocks in our ability to manifest, Bernstein recommends her three-step process, the Choose Again Method.

The first step is to notice when a negative thought arises. The second step is to forgive oneself for permitting the thought to arise. If self-forgiveness itself is challenging, then Bernstein recommends forgiving the thought.

The third step is to choose again. “This is when we reach for the next-best feeling thought,” she explains.

Bernstein acknowledges that this step is not always easy to do. She advises that we focus on making incremental progress and avoid trying to jump from despair to joy in one fell swoop.

Recounting her own experience of recovering from what she described as the

darkest moment of her life, she said, “My decision in each moment was a subtle shift. I had to decide that I was going to be open to having a conversation with the psychiatrist. I had to decide that I was going to be led to the right physicians and mental health professionals who were going to help me get out of this suicidal condition. I had to decide that maybe it was okay that I slept one hour last night, but that was better than the night before when I didn’t sleep one minute.”

To manifest effectively, Bernstein recommends that we get out of our own way, generate higher-vibration feelings, and making sure that our actions are spiritually aligned. She says, “make sure your desire is backed with love and service.” After that, she advises that we strengthen our faith.

“Trust in the Universe; trust in a higher power; trust in a Presence beyond your own guiding of things. And really believe that your desire is being taken care of. It’s important to know that manifesting isn’t about having total control, or satisfying all your short-term desires,” says Bernstein.

“True manifesting isn’t even about getting what we think we want. It’s about receiving what is the highest good for all. Remember, your plan is not always the best plan. When you surrender to the art of manifesting, you can trust that Spirit is guiding you towards your desire and much more.”

How We Get Stuck

If Gabby Bernstein’s thesis statement is that being a super attractor means that you are committed to feeling good, then Dr. Joe Dispenza’s thesis statement is that nobody changes until they change their energy. Essentially, the two statements say the same thing: Dispenza’s energy is Bernstein’s emotion of feeling good.

Whereas Bernstein talks about the negative feelings that constitute manifestation blocks, Dispenza spends a significant amount of time explaining how those negative feelings became so firmly established in the first place. And whereas Bernstein instructs the audience on how to use the conscious mind to choose again, Dispenza talks about how meditation can be used to reprogram the subconscious mind.

“Ninety-five percent of who we are by the time we’re in our mid-thirties is a set of automatic behaviors, unconscious habits, automatic emotional reactions, hardwired attitudes, beliefs and perceptions that are functioning like a computer program,” says Dispenza.

He explains that when a person has an experience, the physical manifestation of that experience consists of the chemicals that are generated as a function of it and that those chemicals are referred to as feelings and emotions. He says, “when you repeat any experience over and over again, you’re going to neuro-chemically condition your mind and body to begin to work as one. And when you’ve done something so many times that your body now knows how to do it better than your conscious mind, now it’s second nature, it’s who you are.”

In other words, what was once conscious, becomes unconscious. Or, more accurately, it becomes part of one’s subconscious mind. Will and control are no more.



Jenny Emblom (Photo: Mariana Shulze Photography)

Dispenza goes further. “How you think, how you act and how you feel are called your personality—and your personality creates your personal reality. So, if you wanted to create a new personal reality, a new life, you would have to change your personality and become someone else.”

How We Become Someone Else

Dispenza said that he usually eschews keynote speeches because he’s far more interested in generating results for people, which he does best through lengthy workshops and retreats. And those events largely consist of a variety of meditations.

“The whole purpose of meditation is to get beyond your analytical mind,” says Dispenza. “What separates your conscious mind from your subconscious mind is your analytical mind. And as [meditation] slows your brainwaves down, you go into the operating system where all your subconscious programs exist.”

Dispenza uses meditation to get people into the quantum field, which is where thought energy manifests into matter, sometimes instantaneously. Dispenza himself meditates for two hours first thing every morning.

“Can you believe in a future that you can’t see or experience with your senses yet, but you’ve thought about enough times in your mind that your brain is literally changed to look like the event has already occurred? Is that possible? The latest research on plasticity says it is,” explains Dispenza.

“You can select a new potential in the quantum field and begin to emotionally

embrace that future before it’s made manifest to such a degree that your body, as the unconscious mind, does not know the difference between the real experience producing the emotion and the emotion that you’re fabricating by thought alone,” he says.

Dispenza claims that he can teach people how to enter the quantum field and start reprogramming the subconscious mind and the autonomic nervous system. “You can’t pass through [the door to the quantum field] as a somebody,” he says, “you can only pass through as pure consciousness.”

“If you teach a person to create from the field instead of from matter, you no longer play with the rules of Newtonian physics,” says Dispenza. “In fact, you don’t have to go anywhere to get it, because when there’s a vibrational match between your energy and some potential in the future, you will begin to draw the experience to you. It will happen in no time because you created it in no time. Something will appear out of nothing because you created it from nothing.”

That’s how Dispenza and others explain spontaneous healing: in the quantum field, change occurs via electrical energy, not chemical processes. “[That energy] is orderly. It’s highly quick; it’s very coherent; it’s very powerful. And the autonomic nervous system is what’s regulating your heartbeat, controlling your hormones, your enzymes, your blood sugar levels, your body temperature. And a person gets some biological upgrade in one second. All of a sudden, the rash is gone, the tumors are gone, the vision changes, the hearing changes, the person’s leukemia goes away in one second.”

For Dispenza and others who share his perspective, there are no unexplained miracles; behind every effect is a cause. And the cause behind manifestation is the quantum nature of reality.

“Science is the contemporary language of mysticism,” says Dispenza. “It is sciencethat demystifies the mystical. And if you can combine a little quantum physics with a little neuroscience, with a little neuroendocrinology, psychoneuroimmunology, the mind-body connection, a little epigenetics, electromagnetism, all of those sciences point a finger at possibility.”



LIVING LONG & WELL

Age-Defying Habits and the Fountain of Youth

by Melinda Hemmelgarn

At age 29, Betty Holston Smith, of Rockville, Maryland, weighed more than 200 pounds, smoked cigarettes and ate processed junk food. Now, almost 79 years young, she is a vegan ultra-marathon runner and an inspiration to anyone wanting to age well.

Smith’s story underscores the findings of researchers that have long pursued the keys to a long and healthy life. Some of these factors—heredity, for instance—are beyond our control. However, the most critical ingredient seems to be our daily habits.

Although we’ve all likely heard or read about someone that lived into their 90s, ate bacon, drank whiskey and smoked a pack a day, these individuals are outliers: In truth, longevity is determined by a combination of genes, environment, lifestyle choices and luck.

For example, some individuals may be born with genes that confer longevity, but be unlucky due to where they live. The National Center for Health Statistics reports that life expectancy varies by zip code. That’s because where we live influences how we live, predicting access to healthful food, clean air and water, safe neighborhoods and stress-relieving green spaces such as parks and gardens. Genes are important, but our social and physical environments play a greater role in predicting our “healthspan”—the essence of a long and healthy life.

According to researchers at the Columbia Center for Children’s Environmental Health, in New York City, even our first environment—the womb—can spawn diseases later in life if pregnant women are exposed to air pollutants, pesticides and the toxic stress of poverty.

We know caloric restriction extends life. But no one wants to do it, because it’s no fun.

~Lori Taylor

Learning From the “Blue Zones”

In their search for secrets to longevity, investigators often look for lifestyle clues provided by long-lived populations. Those residing in what National Geographic Fellow and bestselling author Dan Buettner calls “Blue Zones”, for example, are more likely to celebrate their 100th birthday and escape chronic maladies such as heart disease and cancer—the two biggest killers in the U.S.

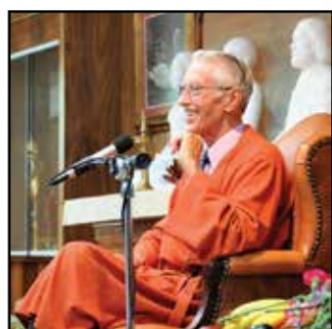
Buettner has identified the “Power 9” lifestyle habits commonly practiced by centenarians living in the five designated Blue Zones—Sardinia, Italy; Okinawa, Japan; Ikaria, Greece; Nicoya Peninsula, Costa Rica; and the Seventh Day Adventist community in Loma Linda, California.

Regardless of genetics, the following behaviors can help anyone slow the aging process and improve quality of life:

- Eat a plant-based diet.
- Stop eating when 80 percent full.
- Practice stress reduction techniques.
- Find a sense of purpose.
- Engage in physical activity throughout the day.
- Consume moderate amounts of alcohol with food and friends.
- Join a faith community, regardless of denomination.
- Belong to a social network that engages in healthy behaviors.
- Share love and time with children, parents and partners.

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Survival of the Fittest

Tom LaFontaine, Ph.D., a clinical exercise physiologist based in Columbia, Missouri, says, “Mounting evidence shows that engaging in regular aerobic and strength exercise offers robust defenses against life-threatening diseases such as heart disease and several cancers.” One important marker of long-term health, particularly among women, notes LaFontaine, is bone mineral density (BMD). After menopause, BMD decreases in women and can lead to osteopenia—low BMD—and osteoporosis—pathological loss of BMD. “Women with osteoporosis are particularly at risk for fractures, especially of the hip, which can lead to a reduced lifespan.”

LaFontaine recommends weight-bearing exercises such as walking, jogging and high-intensity weight training to significantly improve BMD; and he’s proven that it works. “In 2012, we started a program called Older Women on Weights (OWOW), in which 40 post-menopausal women with an average age in the low 60s train with heavy weights. Some even participate in weightlifting competitions.”

“We have observed women in this group move from osteopenia to normal BMD and from osteoporosis to osteopenia based on pre- and post-bone density DXA scans,” he says. What’s more, the women in LaFontaine’s program have formed new friendships, benefitting from a strong network of social support.

Finding Inspiration

Smith, the septuagenarian marathoner, was inspired to make a change nearly 50 years ago when her 3-year-old daughter teased, “You can’t catch me!” during an innocent game of tag. She knew she had to make a change.

She tried diet pills, fad diets and other quick fixes, but realized they were worthless. However, each evening Smith tuned in to Gabe Mirkin, a physician who hosted a national radio program about health and fitness.

Following his advice, Smith began eating a diet rich in organic fruits, vegetables, whole grains, beans, nuts and



Studies in centenarians have suggested that people who live long and in good health have a regular lifestyle. They spend time in community, eat meals and go to bed at regular times, in sync with circadian rhythms.

~Eve Van Cauter

seeds, and says today she doesn’t want to put anything in her body that interferes with her lifestyle. She outlines the steps to her transformation in the book, *Lifestyle by Nature: One Woman’s Break from the Unhealthy Herd to Roam Forever Healthy in Nature’s Lifestyle Change Herd*. The first step—finding internal strength—is the most important, she says. “Most people have something in their lives they can point to for strength.”

In addition to running 60 to 100 miles each week, Smith practices tai chi, meditates and enjoys camaraderie with her running mates. She also has an upbeat attitude, believing in the importance of passion, perseverance and “taking negative experiences and making them positive.” According to a report in the *Journal of the American Medical Association Network*, this spirit of optimism is protective against heart disease and other causes of death.

Eating Well, but Not Too Much

Food is a major contributor to both quality of life and life extension. Global and national recommendations to eat more fiber-rich whole grains, fruits, vegetables, nuts and seeds, and omega-3 fatty acids, while decreasing added sugars and sodium, all help reduce our risk for life-shortening diseases. The plant-based Mediterranean diet consistently rises to the top for its health-fortifying benefits.

However, in contrast to our Western culture’s practice of eating until belt-bust ing full, Blue Zone Okinawans practice *hara hachi bu*—eating until one is no longer hungry, but stopping before feeling full.

“We know caloric restriction extends life,” says Lori Taylor, clinical dietitian and Core Faculty of Integrative and Functional Nutrition at Saybrook University, in Pasadena. “But no one wants to do it, because it’s no fun.” Instead, Taylor recommends intermittent fasting, eating only during a set window of 10 or 12 hours each day to reduce caloric intake.

Similarly, Dorothy Sears, Ph.D., a professor of nutrition at the Arizona State University College of Health Solutions, has researched the impacts of both intermittent fasting and circadian rhythm on how our bodies handle calories.

She recommends a “prolonged nightly fast” of 12 to 13 hours, as well as reducing caloric intake after 6 to 8 p.m. to help maintain a healthy weight and stave off such diseases as Type 2 diabetes and obesity-related cancers. Most significantly, she found that a 13-hour nightly fast reduced breast cancer recurrence by 36 percent among 2,300 breast cancer survivors in the Women’s Healthy Eating and Living study.

Both improving diet quality and restricting calories appear to help slow the rate of aging at the genetic level, in part by preserving the length of our telomeres—the structures at the end of chromosomes that protect our DNA. The Mediterranean diet, with its abundance of protective antioxidant and anti-inflammatory nutrients such as vitamins C and E, polyphenols and

omega-3 fatty acids, help prevent age-associated telomere shortening.

The Sleep Connection

Michael Grandner, Ph.D., director of the Sleep and Health Research Program at the University of Arizona College of Medicine, says Americans tend to see sleep as unproductive time, but it’s a “biological requirement for life.”

In fact, it is one of the three pillars of health, along with good nutrition and exercise, says Eve Van Cauter, Ph.D., former director of the Sleep, Metabolism and Health Center at the University of Chicago. “Studies in centenarians have suggested that people who live long and in good health have a regular lifestyle. They spend time in community, eat meals and go to bed at regular times, in sync with circadian rhythms.”

No matter how long we live, we want to make the most of our time on Earth. Beyond diet and exercise, finding our personal passion, reducing stress and spending time in nature and with those we love can add years to our lives.

Despite our virtual social networks, real human connection is vital for physical and mental health. According to a report in the journal *Heart*, loneliness is as dangerous as smoking for heart disease and stroke risk. So volunteer, join a club, sign up for a community garden plot, yoga or dance class, or host regular potlucks or game nights—these just might be among the best prescriptions for staying young.

Melinda Hemmelgarn, the “Food Sleuth,” is an award-winning registered dietitian, writer and nationally syndicated radio show host based in Columbia, MO. Reach her at FoodSleuth@gmail.com.



Most people have something in their lives they can point to for strength.

~Betty Holston Smith

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NATURAL HEALING

NATURAL HEALING *for* HANDS Getting a Grip on Pain

by Marlaina Donato



Most of us take our hands for granted until buttoning a shirt or opening a jar becomes a daunting task. Getting a grip on that pain and loss of function with holistic solutions can be a game-changer. Inflammatory conditions like rheumatoid arthritis and osteoarthritis, as well as repetitive motion syndromes like carpal tunnel, are commonly linked to hand and wrist pain, and effective treatment relies on identifying the underlying cause.

“Systemic inflammation will be an issue in any case, but the root condition needs to be addressed,” says Kiva Rose Hardin, a New Mexico-based herbalist and co-editor of *Plant Healer Magazine*. Carpal tunnel, for instance, is not always a repetitive injury syndrome; it can sometimes be triggered by endocrine imbalances such as hypothyroidism, she says.

Susan Blum, M.D., author of *Healing Arthritis: Your 3-Step Guide to Conquering Arthritis Naturally*, agrees on both the role of inflammation and the importance of looking beyond the diagnosis itself. “Inflammation is a process in the body, an end result, and we have to go upstream, so to speak, to find triggers including stress, gut health, toxins and infections.”

By finding the trigger, relief is within reach with non-surgical solutions and

We have to go upstream, so to speak, to find triggers including stress, gut health, toxins and infections.

~Susan Blum

natural approaches such as physical therapy, specialized yoga, acupuncture, essential oils and inflammation-taming foods and herbs.

Gut Check

Factors like leaky gut syndrome, stress and inadequate nutrition can all kick inflammation into overdrive. The right dietary adjustments can go a long way toward putting on the brakes. “Inflammation from compromised gut health can contribute to both rheumatoid and osteoarthritis,” Blum notes. “Abdominal fat releases inflammatory molecules into the joints, so metabolic syndrome should [also] be looked at as a factor in osteoarthritis.”

The simplest place to begin is to pay attention to food quality, she says. “Choose whole foods high in nutrients and fiber; eliminate all processed food; read labels to spot hidden sugars and food dyes.”

Systemic inflammation will be an issue in any case, but the root condition needs to be addressed.

~Kiva Rose Hardin

Blum, the founder of the Blum Center for Health, in Rye Brook, New York, initially guides her patients on an elimination diet to find dietary triggers like soy, corn, gluten, dairy, sugar and eggs. She also recommends a diet that is 70 percent plant-based and includes cold-pressed, solvent-free oils such as high-quality olive oil. Blum cautions against nightshade vegetables like eggplant, tomatoes, peppers and white potatoes that can trigger osteoarthritis pain.

Exercise and Prevention

Improper posture can set off a domino effect from neck to fingertips, resulting in carpal tunnel syndrome and other troublesome conditions. Prevention can go a long way. “Stretching and strengthening are the best ways to prevent injury or pain,” says physiotherapist Kelly Picciurro, of Spring Forward Physical Therapy, in New York City.

Picciurro emphasizes exercise for rheumatoid arthritis sufferers. “It’s vital that these patients maintain a certain level of mobility, and [physical therapy] can improve that.”

Those with repetitive strain injuries also respond well to gentle yoga postures like tree pose, upward hands and upward fingers. In general, yoga helps upper body muscles support and align the hands, wrists and elbows.

Snuffing Out Pain

Acupuncture, especially with a focus on postural muscles of the neck and back, can be effective in reducing pain and inflammation. Hot and cold treatments can bring relief for arthritis flare-ups. Circulation and resulting improved cell nutrition can be achieved by employing heat via showers, baths and heating pads. For acute pain, cold from an ice bag or frozen vegetables wrapped in a towel for 20-minute intervals reduces swelling by reducing circulation and dulling pain signals.

Pain-reducing herbs such as cat’s claw, aloe vera, green tea, ginger, borage oil and chili pepper can all help fight systemic inflammation. Curcumin, the active ingredient in turmeric, is also a heavy hitter. Blum recommends at least 1,000 milligrams daily of curcumin that is formulated with pepper or a phospholipid for optimal absorption. A 2018 study published in *The Journal of Nutritional Biochemistry* found that the combination of curcumin and black pepper can repress inflammation signals in the intestines.

Essential oils such as peppermint, eucalyptus, ginger, Roman and German chamomile, lavender and balsam fir are also effective in reducing pain, and have anti-inflammatory properties. A few drops can be added to Epsom salts for a bath or diluted and rubbed onto the area three times daily.

Marlaina Donato is an author and composer. Connect at AutumnEmbersMusic.com.

Strategies From the Experts

Food tips from Susan Blum, M.D.

Replace refined sugar with maple sugar, coconut sugar or honey, all of which offer nutrients and minerals. Avoid overly processed agave nectar.

If meats are consumed, choose organic and grass-fed. Choose whole grains.

Herbal suggestions from Kiva Rose Hardin

For topical pain-relieving applications, look for a fat/oil-based preparation with mint or cayenne for faster action.

Powdered herbs in mass-produced capsules can lose medicinal efficacy quickly. Alcohol or glycerine-based tinctures are good choices that can be convenient when traveling.

Ginger is an effective anti-inflammatory that can be added to food.

Solomon’s Seal (*Polygonatum*), sustainably sourced, is especially useful in the treatment of rheumatoid arthritis; the rhizome of this plant seems to work on the synovial fluid of the joints.

Reishi (*Ganoderma lucidum*) is an important part of any autoimmune formula. A decoction or extract is beneficial for arthritis, fibromyalgia and lupus.

Ashwagandha (*Withania somniferum*) reduces stress and anxiety while moderating inflammation; it is especially effective in the treatment of autoimmune disorders and endocrine disruption.

Hawthorn (*Crataegus*) reduces systemic inflammation and has a moderating effect on most forms of arthritis and joint pain; it also strengthens the collagen matrix of the body and supports overall joint health.

Computer posture reminders from Kelly Picciurro

Elbows should rest at about a 90-degree angle and comfortably at the side. Wrists should lie in a neutral position; not be too extended or flexed.

The keyboard and mouse should be close to the body to avoid excessive reaching of the hands.



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PETS AGE TOO

Dealing With Cognitive Dysfunction Syndrome

by Julie Peterson

As dogs and cats get older, they may slow down or have other physical issues. Some experience cognitive decline which resembles Alzheimer's disease in humans. It presents differently in every pet and can include numerous symptoms that begin gradually, sometimes just seeming like quirky behavior instead of a disease.

Cognitive dysfunction syndrome (CDS) can affect dogs or cats, and there is currently no known cause or prevention. Progress has been made on Alzheimer's research in humans, with neurologists discovering that plaque buildup in the brain does not cause the disease: That is the immune system's response to the disease. Necropsies on dogs with CDS have shown similar plaque buildup in the brain.

"Unfortunately, little research has been done regarding this condition, so we can only hope to use human studies to gather information that will help our affected pets," says Dennis W. Thomas, DVM, a holistic veterinarian in Spokane, Washington, and author of *Whole-Pet Healing: A Heart-to-Heart Guide to Connecting with and Caring for Your Animal Companion*.

With no test available for CDS, pets are diagnosed by excluding medical and behavioral problems that can resemble having the ailment.

Signs to Watch For

Issues that could point to CDS include:

- Confusion or disorientation: standing in a corner, difficulty walking through doorways, walking in circles or trouble following familiar routes
- Decreased activity: sleeping excessively, seeming withdrawn, lack of grooming, loss of interest in toys, people or food
- Restlessness, anxiety or compulsiveness: waking often at night, whining or yowling, new fears, pacing or constantly licking
- Attention seeking: wanting to be near humans and showing high distress when left alone
- Incontinence: soiling the house after previously being house-trained
- Irritability or aggression: growling/hissing or biting without cause

These troubles could also be indicative of a treatable condition, such as a urinary tract infection or an injury, so it's essential to have the pet examined.

Caring for the Patient

While CDS will continue to alter brain and nerve function, there is some hope for pet lovers faced with the diagnosis in the early stages. Thomas recommends a natural approach that includes diet modification, filtered water, vitamin and herbal supplements, and eliminating stress. Diffusing calming essential oils can be helpful for dogs (and humans), but is not recommended for cats.

Kathryn Sarpong, DVM, a veterinarian at Metro Paws Animal Hospital, in Dallas, also recommends dietary changes to her patients. "Recent studies have shown that medium-chain triglycerides may be helpful, and they are in some senior pet foods. Supplementation of melatonin may help with sleep-wake cycles."

Anxiety often becomes part of the animal's new normal, but pet parents can help cats and dogs with this by keeping them as active as possible, introducing new toys and interacting. "Keep your dog's mind active by providing games and opportunities for play. Daily walks provide not only exercise,

Keep your dog's mind active by providing games and opportunities for play. Daily walks provide not only exercise, but also mental stimulation.

~Lisa Lunghofer

but also mental stimulation," says Lisa Lunghofer, Ph.D., executive director of The Grey Muzzle Organization, in Washington, D.C.

Pets with anxiety or pain may benefit from cannabidiol (CBD) products. Clarissa Valdes, a homemaker in Homestead, Florida, has a 15-year-old cat with CDS. Minini would wander around in the house, looking lost. Then, the all-night howling sessions began. "We started to worry that she was in pain," says Valdes. However, a veterinarian diagnosed CDS. "The vet suggested medication, but I wanted to go in a natural direction," says Valdes, who started Minini on CBD oil. The cat finally slept through the night. A month in, Minini is doing better overall.

With time, CDS patients may lose hearing or sight in addition to experiencing a progression of symptoms. "Make sure your home is predictable and safe," says Lunghofer. Use gates to close off stairs or move furniture or other items that could be hazardous.

Prevention on the Horizon

Because inflammation caused by an inappropriate diet is the underlying problem of most chronic diseases in pets, Thomas believes that prevention for CDS is possible. "Feeding a non-inflammatory, species-specific, balanced diet that is fresh and not heat-processed is critical," he says.

In addition, he advises his patients get probiotics, digestive enzymes, omega-3s and antioxidant nutrients. Vaccinations, when necessary, should not contain heavy metal preservatives. "The goal is to keep the gut and immune systems healthy, avoid toxins that affect the nervous system and minimize environmental stress."

Julie Peterson writes from her home in rural Wisconsin. Contact her at JuliePeterson2222@gmail.com.

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New Year, New You

YOGA TOOLS FOR A FRESH START

by Sheila Ewers

If you are among the 50% of Americans who make New Year's resolutions each year, you may already have considered making changes in your life for better health, improved relationships or greater peace of mind. Unfortunately, according to *U.S. News & World Report*, more than 80% of those people who set resolutions abandon them by February.

A yogic perspective might suggest that the failure results from the fact that most resolutions rely primarily on willpower and the desires of the ego. Often, the catalyst for change comes from a sense of failure, the assumption that we are not enough as we are or the belief that shifting our circumstances will bring us greater contentment or joy. Fortunately, the teachings of yoga propose a different path to change: the practice of *sankalpa*.

According to Rod Stryker, founder of ParaYoga, the word *sankalpa* derives from *kalpa* which means "vow" and *san*, which indicates a connection to the highest truth. Sankalpa comes from the deepest part of the mind and heart and is always spoken as if it is already happening. It emerges from discernment and inner awareness, bringing practitioners into alignment with the true purpose of their lives. Rather than a resolution, which attempts to solve a problem, *sankalpa* calls forth what already exists as one's highest good.

For example, rather than say to yourself, "I WILL lose weight," a *sankalpa* might be phrased in the present tense as, "I live a healthy and vibrant life." Repeated often, even daily, a *sankalpa* serves as a reminder that rather than fix something broken, you need only reconnect with what is already whole. When we can become clear about our intentions, we focus our energy

efficiently, notice how our choices affect our highest purpose and honor our long-term goals for self-realization over short-term desires of the ego.

Tools to Discern and Honor Your Sankalpa

A daily practice of yoga, breath and meditation cultivates an inner awareness that supports *sankalpa*. The practice below can be completed in as little as 30 minutes.

1 Ground and center

Come to a comfortable, seated position. For extra support, try propping the hips on the edge of a blanket or bolster to allow the pelvis to tilt forward and the spine to lengthen.



2 Connect to your breath

Practice *Dirga Pranayama*. As you inhale, feel the expansion of the breath in the belly, the rise of sensation into the rib cage and the lift of the collarbones as the upper chest inflates. As you exhale, empty from top to bottom, drawing the naval towards the spine at the end of each exhalation. Continue for 10 full breath cycles. At the end of 10 breaths, state your *sankalpa* silently three times.

3 Synchronize breath and movement

- Flex and extend your spine. With hands to knees in a seated position, inhale, then tilt your pelvis forward and draw your chest forward. Retract your shoulder blades and lift the chin slightly. Exhale, tilt your pelvis back, round the back of the body, and hollow your belly with chin moving close to chest. Repeat five times.



- Elongate your spine laterally. Inhale, then reach both arms overhead. Extend through your spine while keeping your abdominal muscles engaged. Exhale and drop your right hand beside you. Lean to the right, extending your left arm past your ear while keeping both hips equally grounded on the mat. Inhale back to center, reaching your arms overhead, and repeat leaning to the left. Continue two more times in each direction.



- Twist. Inhale to reach both arms overhead. Exhale and turn to the right. Drop your left hand to your right knee and right hand to the mat behind you. As you breathe in, lengthen your spine, as you breathe out, twist more to the right. Keep both hips equally grounded and facing the front edge of the mat.



4 Strengthen the body to strengthen inner resolve

- Make your way to Downward Facing Dog pose (*Adho Mukha Svanasana*). From hands and knees, press actively into the palms of the hands, particularly the base of the index finger. Widen your collarbones and allow your shoulder blades to settle evenly on the back of the body. Turn your toes under. Press into the balls of the feet to lift hips high. Elongate your spine and lengthen legs, pressing heels actively towards the mat (prioritize a long spine over straight legs if your hamstrings are tight). Hold for five breaths.



- Move to Crescent Warrior. From Downward Facing Dog, exhale and step one foot forward. Ensure that the ankle falls directly beneath the knee. Firm the back leg, then inhale and lift the torso upright with arms overhead. Keep abdominal muscles engaged, and keep a slight bend in the back knee if you experience compression in the low back. Hold for five breaths.

- Open to Warrior 2 pose (*Virabhadrasana 2*). From Crescent Warrior, exhale to pivot your back heel down to the mat at a 90-degree angle. Widen through the hips and open your



- arms wide. Stack your shoulders over your hips and reach through the crown of your head as you turn the gaze over the front fingertips. Hold for five breaths.
- Return to Downward Facing Dog and repeat, leading with the opposite foot.



5 Practice balance to increase focus and concentration

- Come to Mountain Pose (*Tadasana*) at the front of the mat. Step your feet hip distance apart, spread your toes wide and root into all parts of the foot. Firm your quadriceps and gently engage your abdominal muscles. Broaden your collarbones, dropping your shoulders away from your ears. Visualize a long line of energy rising through the spine to the crown of the head.
- Move to Tree Pose (*Vrksasana*). From Mountain Pose, steady your gaze on a single, unmoving point. Keep your right foot facing forward to the front of the mat. Draw your left foot to the inner right thigh, allowing your left hip to rotate outward. Press your foot and thigh together for stability. When you feel balanced, extend your arms overhead. Hold for 5 breaths, then switch to the left side.



6 Open the heart to release tension and blocked emotions

- Practice Fish Pose (*Matsyasana*). Begin on your back with both legs extended. Slide your palms, face down, beneath your hips. Inhale to lift and arch your upper back, allowing the crown of the head to fall towards the floor. To modify, keep support beneath your head. To protect the cervical spine, avoid deep

compression in the back of the neck. Hold for five breaths.



7 Calm the mind and release old body patterns

- Move into a Reclined Twist (*Supta Matsyendrasana*). Lying flat on your back, bring the soles of your feet to the mat with your knees bent toward the ceiling. Take your arms out wide, position with palms face up. Cross your left leg over your right, wrapping both legs closely together. Press into your right foot to lift the hips and shift them slightly to the left (this will create space for the spine to lengthen and the hips to stack evenly). Drop your knees to the right. Soften into the shape and hold for five to 10 breaths; then repeat on the opposite side.



8 Integrate and surrender with Corpse Pose (Savasana)

- Practice letting go with a few final moments resting comfortably in a supine position. Remind yourself of your *sankalpa* and trust the process of building resolve through the wisdom of the body and the quiet of a mind made steady through daily practice.



Founder of Johns Creek Yoga and Duluth Yoga Center, Sheila Ewers leads yoga and yoga teacher training classes and hosts retreats locally and internationally. She has been published online in *Elephant Journal* and *Writers Resist*. Reach her at Sheila@JohnsCreekYoga.com.



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YOGA BRIEFS

4 New Yoga Studios Debut Across Metro Atlanta

The end of 2019 saw the debut of four new studios throughout metro Atlanta, with another scheduled to open early this year.

Inside the Perimeter, in the Westside Village, Yonder Yoga opened in September, with a second location scheduled to premiere in the former Thunderbolt space at Buckhead Court early this year. Owner Selby Hill describes the studio style as lively and energetic; its signature class is heated vinyasa yoga that is set to upbeat, contemporary music. Both studios are heated with infrared panels to promote increased circulation and detoxification. The more challenging classes are also complimented by regular restorative options and workshops that dive deeper into stillness and meditation. Yonder Yoga's new location will open soon at 3872 Roswell Rd. NE, Unit C4, Atlanta. For details, visit YonderYoga.com.

In September, Progress Yoga opened at 8020 Cumming Highway, Suite 307, in Canton, under the leadership of Marci Reynolds. With eight teachers, the 2000-square-foot studio provides yoga classes, hosts wellness events and offers corporate and team-building experiences. A portion of the space is equipped with tables and chairs to accommodate groups for a variety of activities including workshops focused on essential oils, aromatherapy, nutrition and mindfulness. Reynolds says she named the studio "Progress" quite deliberately—her vision for the space is to help students progress towards the best they can be. For details, visit ProgressYogaCenter.com.

September also ushered in the opening of Honor Yoga in Roswell. Honor, owned by Shreyas Joshi, is the first of the nationally franchised, New Jersey-based brand to open in Georgia. Along with

traditional yoga classes, Honor offers its signature "Roots" series, which focuses on the fundamentals of building a yoga practice, along with aerial yoga and yoga barre classes. With over 40 classes each week, it seeks to serve all levels of practitioner. The Honor Yoga franchise operates 30 studios across eight states and plants a tree in "honor" of each new member. It allows each studio to operate with a local feel in order to serve its community in its own unique way. A ribbon cutting will take place at the studio, located at 622 W. Crossville Rd., Suite 100, in Roswell, on February 13. For information, visit HonorYoga.com/Roswell.

Irina Walton, owner of Truth in Motion in Johns Creek, added a second location in Braselton in September. A resident of Flowery Branch, Walton recognized a need in the far northern suburbs and hopes to make yoga accessible for all there. Like the Johns Creek location, the new space offers a variety of traditional classes for all levels, but teachers are seeing a greater demand for beginner classes and classes that incorporate yoga therapy balls in that location. Offering competitive, low monthly membership pricing, Walton remains committed to keeping yoga affordable so that students can build a consistent lifetime practice. Both Truth in Motion studios feature a large projector screen with soothing natural images that scroll during practice for greater relaxation. The new studio is located at 7380 Spout Springs Rd., Suite 410, Flowery Branch. Learn more at TruthinMotionYoga.com.



Honor Yoga. (Photo: Schafer Gray and Bhushan Karnik)



Truth in Motion. (Photo: Irina Walton)



Marci Reynolds of Progress Yoga
(Photo: Samantha Taylor Photography)



Yonder Yoga. (Photo: Katelyn Vines Photography)

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JENNY ODELL ON THE IMPORTANCE OF DOING NOTHING

by Julie Peterson

Jenny Odell, a visual artist and writer based in Oakland, California, is known for her creative use of second-hand imagery from Google Maps, YouTube, Craigslist and other online sources. Her work has been exhibited locally and internationally, and was featured in *Time LightBox*, *WIRED*, *The Economist* and *The Atlantic*.



photo by Ryan Meyer

Odell, who has been teaching internet art and digital design at Stanford University since 2013, says she is compelled by the ways in which attention (or lack thereof) leads to consequential shifts in perception. Her new book, *How to Do Nothing: Resisting the Attention Economy*, proposes that we use our attention to rebel against the seductive pull of 24/7 availability and manipulation by algorithms.

She tells us that redirecting our attention toward nature allows us to gradually remake our lives and forego the mentality that tells us that we must have a constant return on investment. True productivity, in the end, may very well be connected to our role in the environment and our understanding of happiness, and to make those connections, we must put our attention to doing nothing.

What is the “attention economy” and why do you believe it’s important to resist it?

The attention economy includes anything designed to capture and direct human attention. The entire history of advertising has been about exploiting attention. But the attention economy takes on new dimensions with something like social media, whose notifications, pop-ups and design are

aimed at keeping someone on a platform... [contributing] to a general feeling that one needs to be always on... participating... available.

Someone who participates deeply in the attention economy is liable to be kept in a loop of anxiety, fear and shallow reaction. Ironically, this feeling drives them back toward the attention

economy, creating an unhealthy spiral of attention that could be more meaningfully directed elsewhere.

What inspired you to rethink conventional wisdom about productivity, progress and the mentality that we must have a constant return on our investment—including how we spend our time and where we direct our attention?

Right after the election, in late 2016, a warehouse fire in Oakland claimed the lives of many artists. I became aware of how difficult it was becoming to step away and process anything, not to mention mourn. I found that it was only by stepping away that I was able to ask questions about what it was I really wanted and how I could act meaningfully.

Both social media and the cult of productivity are seductive, and when we’re caught up in them, we don’t question them. Understanding anything requires perspective and standing outside of it; productivity is no different. Temporarily ascending to a broader, removed view, you might find that you’re struggling in all the wrong ways, or in the wrong direction.

How is “doing nothing” different from meditation?

It certainly shares some of the same goals. But whereas certain forms of meditation emphasize physical stillness, “doing nothing” for me includes things like wandering and observing.

What is the relationship between our well-being and being unproductive for a part of each day?

When we’re caught up in the idea of productivity, we’re often not thinking about our own well-being. And yet, the “unproductive” part of one’s day is likely the one in which you remember to take care of yourself or even listen to the needs of your mind and body at all.

How do we go about challenging the forces that are disconnecting us from nature and each other?

I think the first step is simply a movement of attention. Addictive as social media may be, it is not difficult for me to move my attention from that to what is happening in physical space. Sometimes this leads to meeting other people; I’ve had great conversations with strangers when we were both peering up at the same tree, looking at the same bird.

What do you hope people will take away from the message of your book?

I hope it creates a space in which someone might begin to look at the ways they currently direct their attention and how they might want to change that. I also hope it helps people find each other. Rediscovering one’s bio-region or local history is a great way to meet others who might not exist within your social media bubble.

Julie Peterson writes from rural Wisconsin. Reach her at JuliePeterson2222@gmail.com.

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Family Yoga – 2pm. Introduce your children to the pleasures of fitness with a weekly restorative yoga session. Designed for children 12 and under. Reiki With Love, LLC Healing Sanctuary, 420 McDonough Blvd SE, Atlanta. Tinyurl.com/y6qcu4oj.

Restorative Yoga – 3-4pm. With Reiki with Love, LLC, LaShorn Love, Owner. Bring yoga mat, water bottle and any other equipment you may need. \$10 if preregister. 420 McDonough Blvd SE, Atlanta. Tinyurl.com/yccx9jev.

MONDAY

Hatha Yoga – 6-8pm. With Raj Mehta. Gentle stretching and health education. Each week Raj presents information about different herbs. Free. Sevananda Community Room, 467 Moreland Ave NE, Atlanta. 404-681-2831. Sevananda.coop.

Hip Hop Yoga – 6:30-7:30pm. Led by certified yoga teacher Jaimee Ratliff. An inspiring flow for all levels, set to your favorite Hip Hop + R&B tunes. Free. The Home Depot Backyard, 1 Backyard Way, Atlanta. JaimeeRatliff.com.

Chair Yoga for Seniors – 11:30am-12:30pm. This form of yoga allows those with a lack of mobility or stability to receive yogas healing and restorative

benefits of flexibility, balance and muscle tone. All levels. Donations appreciated. Herron House, 102 Russell Rd, Mountain Park, 30075.

TUESDAY

Gentle Kemeti Yoga – 10:30am. This all-level yoga class focuses on the breathe and simple stretching and toning techniques to help with relaxation and mobility. 1st class free. Decatur Recreation Center, 231 Sycamore St, Decatur. Tinyurl.com/r607868.

Yoga for Runners and Athletes – 6:30-7:30pm. Not held 1st Tues. With Morgan Bettini. Class gives you specific cross training that creates more strength, flexibility, mobility and mental stamina. All levels welcome. \$6/class. The Center for Love and Light, 1145 Zonolite Rd, Ste 10, Atlanta. More info & to register: WithLoveAndLight.com.

WEDNESDAY

Free Yoga & Mindfulness Class – 12-1pm. Introduction to mindfulness and how to apply it to daily life in order to live with greater freedom and happiness. Includes discussion, a gentle yoga practice and a formal mindfulness practice. 5575 New Northside Dr, Ste 100, Atlanta. SatiYogaAtl@gmail.com. SatiYoga.net.

FRIDAY

The {SAMA} Class – 9-9:45am. Community class with yoga, breathwork and meditation. {SAMA} Food for Balance, 56 East Andrews Dr, Suite 17, Atlanta. 404-500-3550. SamaFoodForBalance.com.

Community Class – 4:30-5:30pm. Enjoy a vinyasa flow or power class. Format determined by the teacher. Benefits Holbrook Farms Retreat for Survivors of Heros. \$5 donation. LiveURYoga, 408 S Atlanta St, Ste 157, Roswell. 770-299-1639. LiveURYoga.com.

Community Kirtan – 8-10pm. Last Fri. Open mic/informal format, where you take turns in sharing songs and chants. Free; donations accepted. Form Yoga, 533 W Howard Ave, Unit C2, Decatur. Pre-register: FormYoga.com.

SATURDAY

Sunrise Yoga Meditation – 7-8am. Simple mantras, gentle asanas, pranayama and guided meditation. Unity North Atlanta, 4255 Sandy Plains Rd, Marietta. 678-819-9100. UnityNorth.org.

Free Yoga – 8:30-10am. Yoga and pranayama (breathing) for all levels and ages. Greater Atlanta Vedic Temple, 492 Harmony Grove Rd, Lilburn. 770-381-3662. VedicTemple.org.

PRIVATE INSTRUCTION Mind Yo

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CALENDAR OF EVENTS

Publicize your event! This section hosts free and paid listings. Each month, we select a limited number of events — they must have broad appeal and cost no more than \$10 to attend — to list for free. Otherwise, basic listings are \$35 and enhanced listings are \$75.

Submit free listings to calendar@naAtlanta.com and paid listings to ads@naAtlanta.com.

WEDNESDAY, JANUARY 1

Kalpataru Day Observance - 2:30-3:30pm. This event is commemorated annually to invoke the blessings of Sri Ramakrishna and to pray for the spiritual awakening of the devotees. Followed by snacks and fellowship in the Monastery, 3:30-4:30pm. Vedanta Center of Atlanta, 2331 Brockett Rd, Tucker. 770-938-6673. VedantaAtlanta.org.

2020 RAWx the New Year - 3-6pm. Includes setting intentions with vision board technologies, raw food samples, informative educational talks by local experts as well as opportunities to connect with wholistic health and food vendors in a festive, family forward environment. Living Foods Institute, 1700 Commerce Dr, Atlanta. 404-524-4488. LivingFoodsInstitute.com.

MONDAY, JANUARY 6

Living Foods Institute Healthy Lifestyle Programs - Jan 6-16. 9am-4pm. 1-, 5-, 10-, 15- & 30-day programs as well as 5 Super Detox Day options available. Hands-on training in the raw and living foods recipe preparation, emotional and mental healing, cleansing and detoxification and more. Fee according to package selected; some scholarships available. Living Foods Institute, 1700 Commerce Dr, Atlanta. 404-524-4488. LivingFoodsInstitute.com.

THURSDAY, JANUARY 9

Transmission Meditation - 7:30pm. A dynamic process that serves the world and is a hothouse of spiritual growth for participants. Sponsored by Share International USA Southeast Region. Free. Phoenix & Dragon Annex, Clifford Steele Building, 5505 Roswell Rd, Atlanta. 404-680-7423. Info-se@share-international.us. Share-International.us/se/upcoming_events.

FRIDAY, JANUARY 10

Sustainable Atlanta Roundtable - 7:30-9am. Topic: Decreasing our Food Waste. What is being done in Atlanta to address the causes of food waste? Join us to hear about creative solutions from industry experts. Southface Institute, 241 Pine St NE, Atlanta. Southface.org.

SUNDAY, JANUARY 12

Healing the Emotional Wounds of Animals - 2-7pm, Part 1. Jan 19, 2-7pm, Part Two. New online class. This fascinating learning series will help you to identify your animals' unhealed emotional wounds and provide guidance to help them holistically heal. Register: TammyBillups.com/events.

TUESDAY, JANUARY 14

Intention-Setting Sound Bath with Heart Opening Yoga Flow - \$35/person. Living Foods Institute, 1700 Commerce Dr, Atlanta. 404-524-4488. LivingFoodsInstitute.com.

WEDNESDAY, JANUARY 15

Raw & Living Foods Banquet Feast & Graduation Party - 3:30pm. Delicious organic raw and living foods buffet and testimonies from students who have completed the Healthy Lifestyle Course. Open to the public. \$5-\$10 donation appreciated. Living Foods Institute, 1700 Commerce Dr, Atlanta. For reservations: 404-524-4488. LivingFoodsInstitute.com.

SATURDAY, JANUARY 18

Young Adult Game Changers Reboot - Jan 18-20. 10am-4pm. Three engaging, fun, plant-based and activity-packed days to help your young adult experience the vast mental and physical benefit of a healthy lifestyle. Special introductory price of \$399. Living Foods Institute, 1700 Commerce Dr, Atlanta. For reservations: 404-524-4488. LivingFoodsInstitute.com.

Message of Hope - 2pm. If you believe in justice, equality and peace, we invite you to join us for a "Message of Hope," an engaging DVD featuring the late Benjamin

Creme as he discusses the brilliant future just ahead. Smyrna Library, 100 Village Green Cir, Smyrna. 404-680-7423. Info-se@share-international.us. Share-International.us/se/upcoming_events.

Family Night Hike and Campfire - 7-9pm. Listen for the sounds of winter in the woods and gaze up at the stars, while enjoying the crisp air of the season. A campfire where you can roast a marshmallow will be waiting for you as the evening wraps up. CNC, 9135 Willeo Rd, Roswell. Register by Jan 9: 770-992-2055 or ChattNatureCenter.org.

SUNDAY, JANUARY 19

It's Only Natural! Lifestyle & Wellness Expo - 1-5pm. Offers usable information regarding natural hair care, styles, vegan catering, natural skin care, fitness and so much more. \$10 admission. Jade Event Hall, 5511 Williams Rd, Norcross. Tinyurl.com/rcpr79b.

MONDAY, JANUARY 20

CNC Service Day - 1-4pm. Help restore the woodlands and wetlands. Will be working to remove invasive plants in and around our 127 acres to encourage native plant restoration. CNC, 9135 Willeo Rd, Roswell. Registration required by Jan 13: 770-992-2055 or ChattNatureCenter.org.

THURSDAY, JANUARY 23

The Nature Club Dine and Discover - 7-9pm. Bats of Georgia with Mark Ray. \$10/general public, \$5/CNC Members. CNC, 9135 Willeo Rd, Roswell. 770-992-2055. More info: ChattNatureCenter.org.

FRIDAY, JANUARY 24

3-Day Mind-Body Bootcamp - Jan 24-26. You asked, we listened. Bootcamp version of our longer programs. Special introductory price. Living Foods Institute, 1700 Commerce Dr, Atlanta. For reservations, cost & time: 404-524-4488. LivingFoodsInstitute.com.

SATURDAY, JANUARY 25

Sweetwater Creek Day Hike - 8am-12pm. Hike along the riverside as we explore the diverse hiking trails, incredible river shoals, unique flora and the historic mill ruins. Joined by Sweetwater Creek State Park staff. \$15 donation. Sweetwater Creek State Park Office, 1750 Mt Vernon Rd, Lithia Springs. More info: GeorgiaConservancy.org.

SUNDAY, JANUARY 26

Heron House Open House - 2-4pm. The Heron House is a multi-cultural community center offering workshops, movement and meditation classes, spiritual and healing arts retreats and much more. Free. 102 Russell Rd, Mountain Park. 404-434-4030. TheHeronHouse.org.

TUESDAY, JANUARY 28

3-Night Mind-Body Bootcamp - Jan 28-30. 5-9pm. You asked, we listened. Bootcamp version of our longer programs. Special introductory price. Living Foods Institute, 1700 Commerce Dr, Atlanta. For reservations & cost: 404-524-4488. LivingFoodsInstitute.com.

WEDNESDAY, JANUARY 29

2-Day Mind-Body Bootcamp - Jan 29-30. 9am-4pm. You asked, we listened. Bootcamp version of our longer programs. Special introductory price. Living Foods Institute, 1700 Commerce Dr, Atlanta. For reservations & cost: 404-524-4488. LivingFoodsInstitute.com.

TRANSMISSION MEDITATION

7:30pm. A dynamic process that serves the world and is a hothouse of spiritual growth for participants. Sponsored by Share International USA Southeast Region. Free.

Friends House

701 W Howard Ave, Decatur.
 404-680-7423.
Info-se@share-international.us.
Share-International.us/se/upcoming_events.

CENTER FOR LOVE AND LIGHT

1145 ZONOLITE ROAD NE, SUITE 7, ATLANTA, GA 30306 | WITHLOVEANDLIGHT.COM

Igniting the Fires of Sacred Abundance: Creating a Life of Holy Action in 2020 - Jan 10-11. 7-10pm, Sat; 9am-5pm, Sun. Working with the alchemy of fire along with downloads, transmissions and activations from the Alchemists and the Divine Feminine, Ina Lukas and Janet Raftis will lead you through a portal of

creation that will allow you to rediscover yourself in a way that will open you to a new paradigm of prosperity and growth.

Atlanta Sound Healing 101 with Soundembrace - Jan 18. 9am-6pm. Learn the foundational principles of Sound Healing Therapy, play a variety

of instruments, gain the courage to know whether or not to invest and pursue this career and more.

Reiki Level 1 - Jan 25. 9am-4pm. With Jamie Butler. Receive an individual Reiki Level 1 attunement as well as a certificate of completion. Must register.

ONGOING EVENTS

sundays

R.A.W (Ready, Able, Willing) Life Yoga – 9-10:45am. With Basu Amir. Tassili's Raw Reality at I Am Ascension Temple of Love (upstairs), 1059 Ralph David Abernathy Blvd, Atlanta. 678-683-2513. Instagram. com/r.a.w.life?igshid=srxft2ttzrrh.

Sunday Experience – 9:30am, Adult Study; 10:10am, Meditation; 10:30am, Service. Spiritual Living Center of Atlanta, 3107 Clairmont Rd, Ste A, Atlanta. 404-417-0008. slc-atlanta.org.

A Course in Miracles – 9:30-11am. This informal class consists of prayer, text reading, discussion, an ACIM daily lesson and mutual support. With Nina Vance. Love offering. Unity North Atlanta, 4255 Sandy Plains Rd, Marietta. 678-819-9100. UnityNorth.org.

Meditation Service – 10am. See website for complete list of services and events. Atlanta Meditation Center of Self-Realization Fellowship, 4000 King Springs Rd SE, Smyrna. 770-434-7200. SRFAtlanta.org.

Meditation Instruction – 10-11:30am. Free instruction for newcomers and practitioners at our Open House. Free childcare. Shambhala Meditation Center of Atlanta, 1447 Church St, Decatur. 404-370-9650. Atlanta.Shambhala.org.

Sunday Meditation, Talk and Fellowship – 10:30-11am, personal, silent meditation. All are welcome to meditate or sit quietly. 11am-12pm, talks followed by Q&A and discussion. 12-1:30pm, tea, coffee, snacks, fellowship. Vedanta Center of Atlanta, 2331 Brockett Rd, Tucker. 770-938-6673. VedantaAtlanta.org.

Meditation Class: Sandy Springs – 10:30-

11:45am. We begin each class with a short meditation, followed by a practical teaching, and end with a brief meditation based on the teaching to help integrate it into our daily lives. \$12. Loving Hut Vegan Cuisine, 220 Hammond Dr NE, Ste 302, Sandy Springs. MeditationInGeorgia.org.

Circle of Sacred Earth – 11-12 noon. Every Sunday except the first. A sacred gathering of sharing from the heart. The experience begins with a leader speaking on a spiritual topic then opening the floor for response. Heron House, 102 Russell Rd, Mountain Park, GA 30075.

One World Spiritual Center: Celebrating One World, One Heart Sunday Service – 11am. Held at the Open Mind Center, 1575 Old Alabama Rd, Ste 213, Roswell. 678-214-6938. OneWorldSpiritualCenter.net.

Reading Service – 11am. See website for a complete list of services and events. Atlanta Meditation Center of Self-Realization Fellowship, 4000 King Springs Rd SE, Smyrna. 770-434-7200. SRFAtlanta.org.

Shamanic Journey Meditation – 11am-12:30pm. First Sunday of every month. Experience Shamanic Journey as pathway to inner peace, healing and wisdom. Drums and rattles welcomed. Hosted by Gailie Spirit Weaver. Love donation. The Heron House, 102 Russell Rd, Mountain Park. For more info, RSVP & check schedule: Meetup.com/ShamanicJourney.

Free Meditation & Self-Reflection Workshop – 11:30am-12:30pm. Experience bliss and tranquility, and learn about the essence of meditation, basic posture, breathing meditation and the basics of self-reflection. Free. Happy Science Meditation Center. 1874 Piedmont Ave, Ste 360-C, Atlanta. 404-892-7770. Atlanta.HappyScience-NA.org.

Health & Success Seminars – 1:30-2:45pm. Check website for most current times, dates and topics and other weekly programs. Happy Science Atlanta, 1874 Piedmont Ave NE, Ste 360-C, Atlanta. Atlanta.HappyScience-NA.org.

Monthly Feminine Energy Empowerment Seminars – 2:15-3:30pm. 4th Sun. Topic changes monthly. Designed with the

particular needs of the transformative woman, these workshops deal with topics pertinent to spiritual empowerment, health and wellness, and living your authentic self. \$15. Hidayah Reiki, 4282 Stone Mountain Hwy, Ste K, Lilburn. 678-438-6442. HidayahReiki.com.

Free Community Meditation Class – 7:30-8pm. A guided mindfulness meditation class led by Namrata. Includes some instruction on mindfulness and concentration techniques, as well as time to practice in silence. Sati Yoga, 5575 New Northside Dr, Ste 100, Sandy Springs. Tinyurl.com/y4uhryrr.

mondays

Monday Night Ride: Larry's Winter Edition – 6:30pm. 17 miles; 15-17 mph (no drop). A good ride for a Monday, not too slow but isn't a strenuous ride either. No ride if raining. Roswell Bicycles, 670 Houze Way, Roswell. BikeRoswell.com/events.

Monday Night Meditation – 7-8pm. An instructor-led meditation and discussion as we develop our meditation practice by maintaining a moment-to-moment relaxed awareness of our surrounding environment, bodily sensations, thoughts and emotions. All levels. \$10. Open Mind Center, 1575 Old Alabama Rd, Ste 213, Roswell. 678-243-5074. TheOpenMindCenter.com.

One Breath at a Time: Buddhism and the 12 Steps – 8-9:30pm. Also Thurs, 7:30-9pm. Meetings start with 10 mins of shamatha meditation. Reading from One Breath at a Time followed by open discussion. Shambhala Meditation Center of Atlanta, 1447 Church St, Decatur. 404-370-9650. Atlanta.Shambhala.org.

tuesdays

Noontime Meditation – 12pm. Held Tues-Fri & Sun; see website for specific dates. Join Kristen for a mid-day meditation. We will take some time to center ourselves and

connect. Meditations will vary; guided, sound bath, silent. \$5 love donation suggested. Antlers and Wings, 245 E Trinity Pl, Ste 1210, Decatur. 404-861-6216. AntlersNWings.com.

Let's Meditate Atlanta – 12-1pm. Sahaja Yoga meditation sessions are always free. East Roswell Library, 2301 Holcomb Bridge Rd, Roswell. Facebook.com/groups/WeMeditateGroup..

Introductory Presentation on Meditation and Positive Living – 7-9pm. Come and enjoy this most inspiring of topics to reach your highest potential as soul. Free. Life Enrichment Center, 1340 McConnell Dr, Decatur. To register, Dhana: 404-273-5704. Santmat.net.

Let's Meditate Atlanta – 7-8pm. Sahaja Yoga meditation sessions are always free. Mountain View Regional Library Study Room, 3320 Sandy Plains Rd, Marietta. Facebook.com/groups/WeMeditateGroup.

Meditation on Twin Hearts – 7-8pm. This meditation works on the physical, mental and spiritual levels to open the heart chakra and the crown chakra, thereby enabling you to draw down a great amount of high-quality divine energy into the crown. Donations of \$10 & up accepted. The Center for Love and Light, 1145 Zonolite Rd, Ste 10, Atlanta. WithLoveAndLight.com.

wednesdays

Noon Time Four Stage Meditation – 12:15-12:45pm. With Minister Bob Imai. Check website for most current times, dates and topics and other weekly programs. Happy Science Atlanta, 1874 Piedmont Ave NE, Ste 360-C, Atlanta. Atlanta.HappyScience-na.org.

Decatur Farmers' Market – 4-7pm. Also Sat, 9am-1pm. Local farmers, artisanal food makers and crafts. Every market hosts live music, free samples from our chef demos, CSA subscription pick up and more. First Baptist Church of Decatur, 308 Clairmont Ave, Decatur. 404-373-1653. fbcdecatur.com/index.php.

An Introduction to the Happiness Program – 7:30-7:30pm. We all want happiness but how do we get there? Come find out how in a fun-filled, interactive and informative session. Includes: guided relaxation through the breath; light yoga & stretching; insights into the nature of mind; guided meditation; Q&A session. Free. Art of Living Atlanta Center, 7730 Roswell Rd, Ste 400, Atlanta. ArtOfLiving.org/us-en/atlanta.

Weekly Wednesday Meditation Class – 7-8:30pm. Open to all levels. Experience true inner peace. With the Venerable Nicholas

Thannissaro Georgia Meditation Center, 4522 Tilly Mill Rd, Atlanta. MeditationCircle.org.

Spiritual Women Entrepreneurs Network – 7-9pm. Meets the 2nd Wed each month for a Cookies + Connection networking and mastermind event. Soul, Mind, Body, 3115 Piedmont Rd, Ste D102, Atlanta. RSVP: Meetup.com/SpiritualWomenEntrepreneursAtlanta.

Medicine Circle: Healing Chants from the Buddha Dharma – 7:30pm. A community offering for anyone who is in need of healing, or anyone who knows someone who is in need of healing. Free; donations accepted. Candler Park Yoga, 1630-D Dekalb Ave, Atlanta. MantraChant.com/medicine_circle.

Wednesday Night Meditation Service – 7:45-8:30pm. Features guided meditation, chanting, silence and prayer. Unity North Atlanta, 4255 Sandy Plains Rd, Marietta. 678-819-9100. UnityNorth.org.

thursdays

Monthly Park Meeting – 7:30-9am. 2nd Thurs. Park Pride brings together community leaders and park advocates from throughout Atlanta for education, networking and strategy. More info: ParkPride.org.

Light Workers Support Group – 11am-1pm. A support group for beginning and current Light-Workers, Star Seeds, Earth Angels. All practices welcome. Commune with others, share experiences and connect with a conscious community of individuals dedicated to rising the vibration of others. Lake Claire Community Land Trust, 270 Arizona Ave NE, Atlanta. 708-320-942. Thetxlp.com.

Midday Meditation – 12-12:45pm. With Kisha Lee Crawford. Meditation practitioners of all levels welcome. \$10. Phoenix & Dragon Bookstore, 5531 Roswell Rd NE, Atlanta. 404-255-5207. PhoenixAndDragon.com.

Orientation to Energywork – 7pm. 1st Thurs. Introduction to channeling and energywork. Bill will explain concepts of channeling, energywork, remote healing, transfer process, and potential benefits of energywork. Free. One block from Midtown Marta Station. To reserve a seat: 404-423-5747. inmatehealingbill@gmail.com. EnergyworkATL.com.

Meditation Practice Group – 7-8pm. 2nd & 4th Thurs. A free program for new and experienced meditators who wish to learn how to meditate or deepen their practice of meditation on the inner light. No experience necessary. All welcome. Sevananda Community Room, 467 Moreland Ave NE, Atlanta. Cindy: 770-363-8935 or Infose@sos.org.

Twin Hearts Meditation – 7:30-8:30pm. This meditation is an act of service. We use divine energy to bless the planet, our loved ones and every part of our life. Atlanta Pranich Healing Center, 1955 Cliff Valley Way NE, Ste 215, Atlanta. 470-333-2742. AtlPranichHealing.com.

One Breath at a Time: Buddhism and the 12 Steps – 7:30-9pm. See Mon listing. Shambhala Meditation Center of Atlanta, 1447 Church St, Decatur. 404-370-9650. Atlanta.Shambhala.org.

fridays

Environmental Sustainability Board Meeting – 8-10am. Decatur City Hall, Conference Rm, 509 N McDonough St, Decatur. Lena Stevens: 404-370-4102 or Lena.Stevens@DecaturGA.com.

Friday Patio Nights – 7pm. Includes sidewalk sales and live music, when live music is available otherwise it is playlists and Pandora. Antlers and Wings, 245 E Trinity Pl, Ste 1210, Decatur. 404-861-6216. AntlersNWings.com.

Mother Earth Devotional Program – Thru Dec 27. 10am, Introduction/Tour; 11am, Honoring Bhudevi (Mother Earth). Temple, 5851 Hwy 85, Riverdale. RSVP & more info: 678-637-2645.

Friday Patio Nights – Thru Dec 20. 7pm. Includes sidewalk sales and live music, when live music is available otherwise it is playlists and Pandora. Antlers and Wings, 245 E Trinity Pl, Ste 1210, Decatur. 404-861-6216. AntlersNWings.com.

saturdays

Glow of Love Saturdays – 10am. Volunteer wanted. Come rain or shine we will be in attendance gaining knowledge, volunteering our times, and tending to the most precious herb garden. Refreshments and a mini-herb lesson. Free. Grow2Glo Herb Garden, 2215 Browns Mill Rd SE, Atlanta. Tinyurl.com/yxtc8g8w.

Bike Roswell Saturday Morning Ride – 9am. Informal, year-round group ride that rolls along 25 miles of the beautiful Roswell Mayors Ride route through Roswell. Riders of all abilities. Roswell Area Park (Front Lot), 10519 Woodstock Rd, Roswell. More info: BikeRoswell.com/events.

Decatur Farmers' Market – 9am-1pm. See Wed listing. First Baptist Church of Decatur, 308 Clairmont Ave, Decatur. 404-373-1653. fbcdecatur.com/index.php.

PHOENIX & DRAGON BOOKSTORE

5531 ROSWELL RD NE, ATLANTA | 404-255-5207 | PHOENIXANDDRAGON.COM

Vision Board for 2020 – Jan 5. 10am-12pm. With Candace Apple. Envision the energy of 2020 and create a visual image of pictures on poster board to set the intention and move the energy out into the Universe for manifestation. Will provide poster board, glue and scissors. Free. Pre-registration required.

Book Signing & Talk: *Diary of a Death Doula* – Jan 11. 3-5pm. Psychic medium and near-death experience researcher Dr. Debra Diamond presents the story of life as a hospice "Death Doula," revealing 25 critical life lessons from those at the threshold of the afterlife, and those who have already crossed over, ultimately revealing a new way of understanding death. Free.

Free Introduction to The Shamans Path to Awakened Living – Jan 19. 2-5:30pm. With Don Simmons. Get a glimpse of this highly successful and life altering 10-mo journey from those who have experienced the class and are now making it a part of their daily lives. Pre-registration required.

Copper in new device stops cold and flu

by Doug Cornell

Scientists recently discovered a way to kill viruses and bacteria.

Now thousands of people are using it to stop colds and flu.

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

In hundreds of studies, EPA and university researchers have confirmed that viruses and bacteria die almost instantly when touched by copper.

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

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

Tests by the EPA (Environmental Protection Agency) show germs die fast on copper. So some hospitals tried copper for touch surfaces like faucets and doorknobs. This cut the spread of MRSA and other illnesses by over half, and saved lives.

The strong scientific evidence gave inventor Doug Cornell an idea. When he felt a cold about to start he fashioned a smooth copper probe and rubbed it gently in his nose for 60 seconds.

"It worked!" he exclaimed. "The cold never got going." It worked again every

time. He hasn't had a single cold for 7 years since.

He asked relatives and friends to try it. They said it worked for them, too, so he patented CopperZap™ and put it on

the market.

Soon hundreds of people had tried it and given feedback. Nearly 100% said the copper stops colds if used within 3 hours after the first sign. Even up to 2 days, if they

still get the cold it is milder than usual and they feel better.

Users wrote things like, "It stopped my cold right away," and "Is it supposed to work that fast?"

"What a wonderful thing," wrote Physician's Assistant Julie. "No more colds for me!"

Pat McAllister, 70, received one for Christmas and called it "one of the best presents ever. This little jewel really works."

Now thousands of users have simply stopped getting colds.

People often use CopperZap preventively. Frequent flier Karen Gaucci used to get colds after crowded flights. Though skeptical, she tried it several times a day on travel days for 2 months. "Sixteen flights and not a sniffle!" she exclaimed.

Businesswoman Rosaleen says when people are sick around her she uses CopperZap morning and night. "It saved me last holidays," she said. "The kids

had colds going round and round, but not me."

Some users say it also helps with sinuses. Attorney Donna Blight had a 2-day sinus headache. When her CopperZap arrived, she tried it. "I am shocked!" she said. "My head cleared, no more headache, no more congestion."

Some users say copper stops nighttime stuffiness if used just before bed. One man said, "Best sleep I've had in years."

Copper can also stop flu if used early and for several days. Lab technicians placed 25 million live flu viruses on a CopperZap. No viruses were found alive soon after.

Dr. Bill Keevil led one of the teams confirming the discovery. He placed millions of disease germs on copper. "They started to die literally as soon as they touched the surface," he said.

People have even used copper on cold sores and say it can completely prevent outbreaks.



Dr. Bill Keevil: The handle is curved and finely textured to improve contact. It kills germs picked up on fingers and hands to protect you and your family. Copper even kills deadly germs that have become resistant to antibiotics. If you are near sick people, a moment of handling it may keep serious infection away. It may even save a life.

The EPA says copper still works even when tarnished. It kills hundreds of different disease germs so it can prevent serious or even fatal illness.

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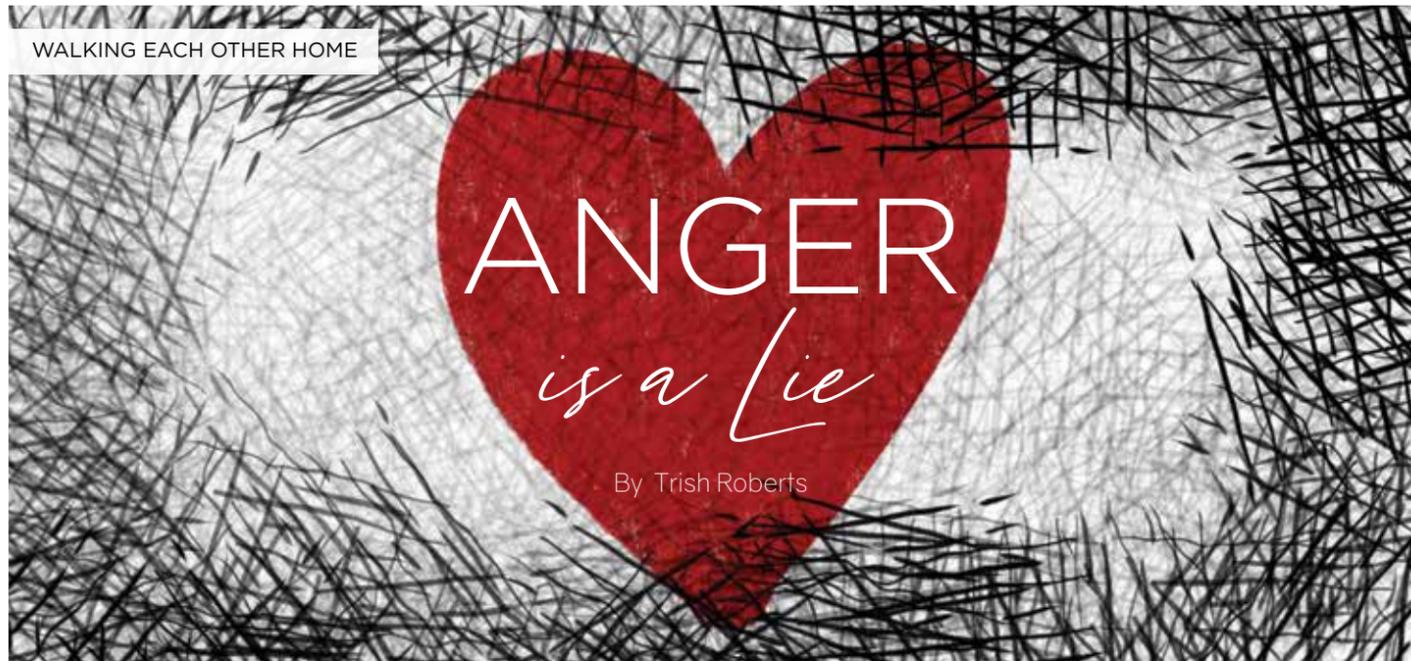
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I used to think that anger was a necessary evil, an unavoidable emotion. I had no choice but to respond to injustice, insult or injury with anger. In my mind, it was an emotion as valid as love, joy, fear or pain. I remember reading an article many years ago that said anger wasn't a real emotion, but rather a way of masking genuine feelings. Interesting. I put that in my back pocket and forgot it in the wash.

Years later, I went to my first meditation session hoping to calm my rage over my racist boss and disappointing boyfriend. The conversation around anger arose again. From it, I learned that anger is a negative exaggeration of reality. When we're angry with someone, we highlight their negative characteristics and downplay their good qualities. We can't honestly see the source of our anger—thus the expression “blind rage”—but it does have its consequences. High blood pressure. War. Injury. Unhappiness. Stroke. Ulcer. Disease.

Conversations with someone who is angry about something that happened many years ago are interesting. Someone had stolen money from a client of mine in a business transaction, and he told me he would never stop fighting to get it back. He was proud of his decision and prepared

to go to the police, to court and to the newspaper—fully willing to spend the next 10 years making sure the scammer didn't “get away” with it. I told him sometimes you've got to reclaim your life. Don't let the person who harmed you 10 years ago take the next 10 years, too.

Since then, I've gone deeper, thinking maybe it's time to give the gift of grace to someone else; maybe the perpetrator needs the gift of my grace. I had this realization after going through a terrible car accident in 2018. The back of my VW Beetle was hit by a tractor trailer and I easily could have died. The driver lied to the police, telling them I was trying to change lanes, so they didn't find him at fault. I thought maybe the driver needed his job so much, he had to decide between honesty and survival. Maybe he needed some grace. And for me, that car accident felt like a message from the universe to change course. If it hadn't happened, I don't know when I would have launched my dream business. By releasing myself from anger and reframing it, I was able to get on with my life.

I've had people say we need to get angry to fight injustice. They are right that we absolutely need to fight injustice. However, anger is not the path. It's not any path. I offer you Gandhi and Martin

Luther King, Jr. as examples: We have to remember that their message was all about nonviolence.

While I've never been an angry person, there was a time when anger was my lover. It had become a warm shoulder to lay my burdens on at the end of a long day, along with its more subtle varieties: disappointment, annoyance, bitterness, discouragement, impatience. I rested my head on it. I had a sip of wine with it.

Anger rears its head when we don't get our way. As if traffic should flow for us like angels floating on wings. The train should never pass our station. We should never get caught in the rain. That little twinge of impatience, jealousy, discouragement or annoyance—don't let it fool you—is part of the same machine, and the machine is not your friend, even if it shows up with cupcakes and roses.



Author Trish Ahjel Roberts is a self-actualization coach, yogi, founder of Black Vegan Life™ and creator of the 2020 retreat, “Thinking Outside the Chrysalis.” This is an

excerpt from her upcoming book. More at HoneyButterflyz.com

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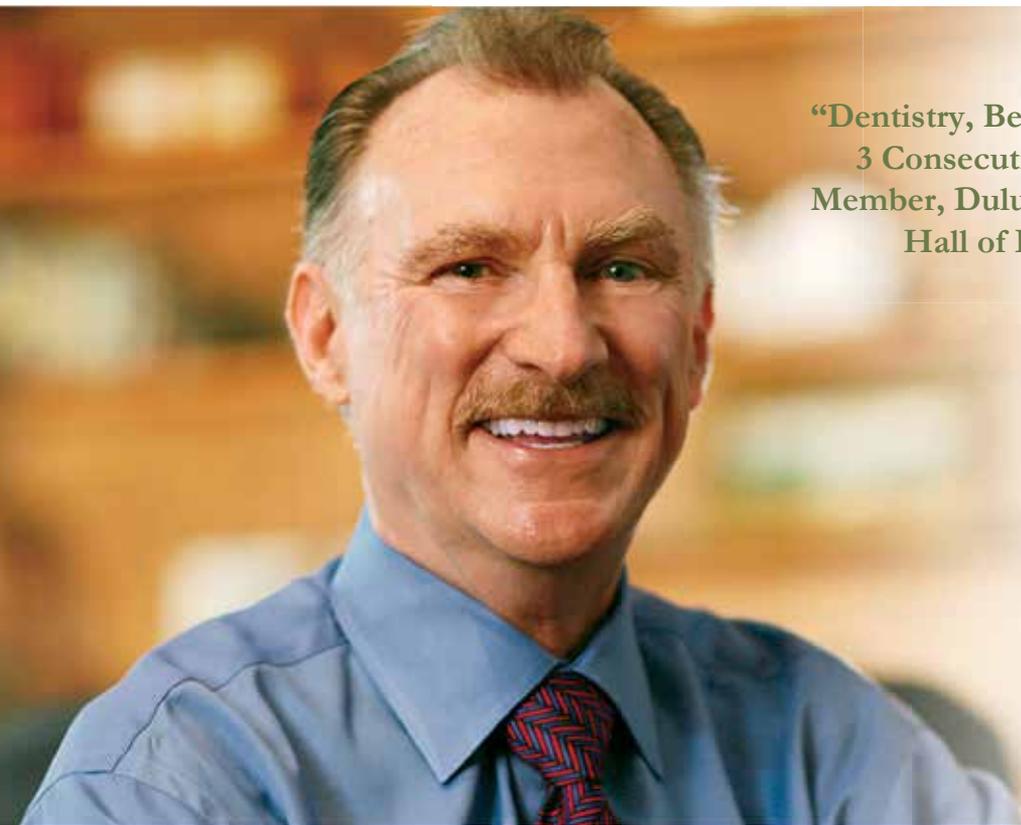
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