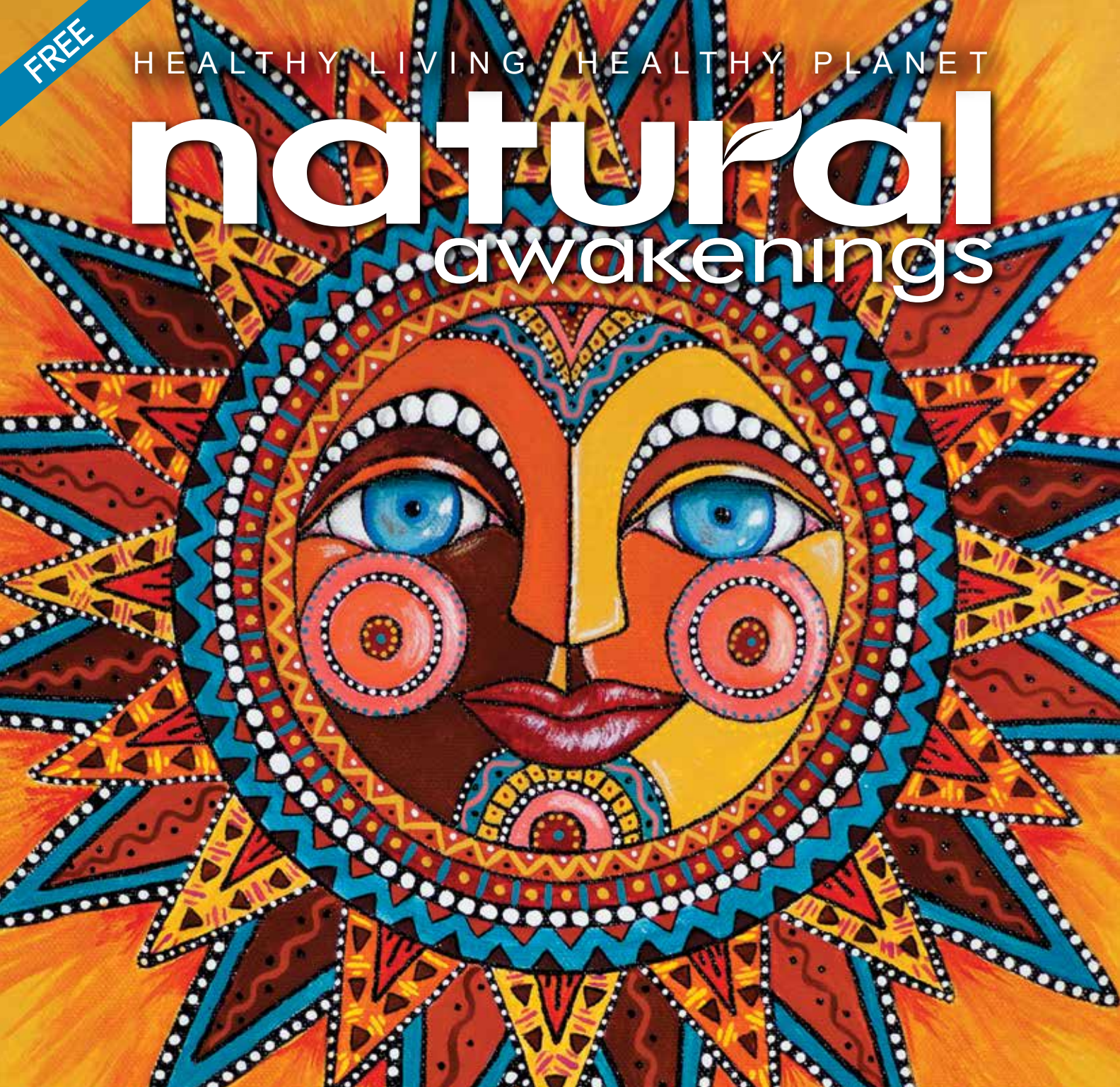


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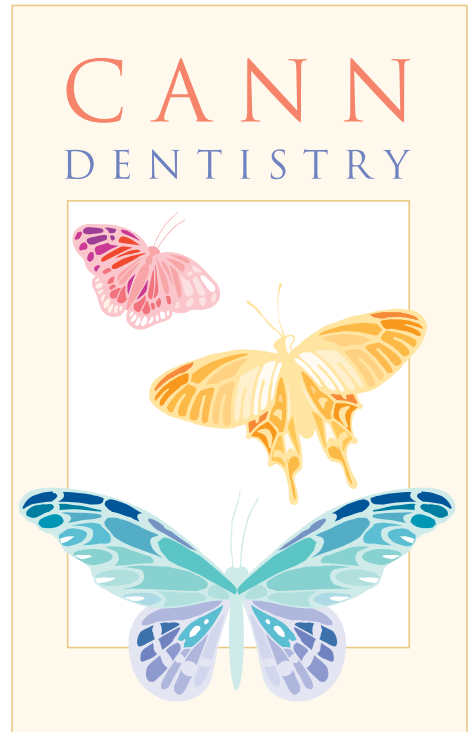
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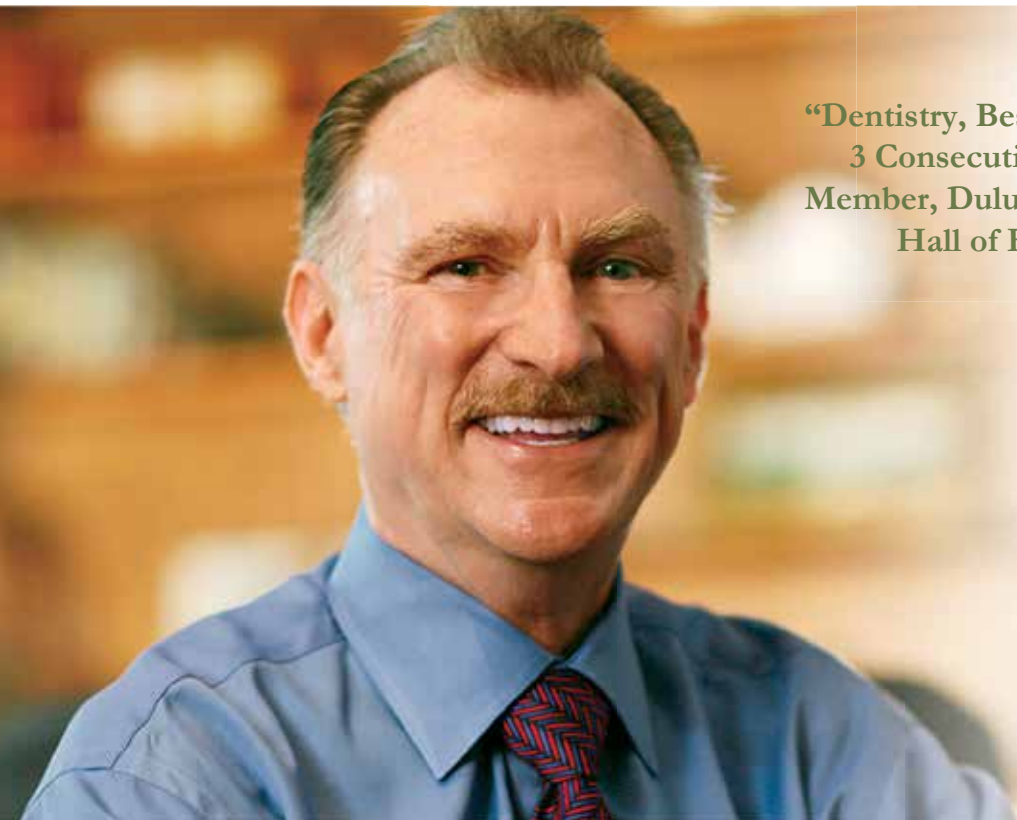
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## ENERGY HEALING SPECIAL SECTION

In April of last year we published our 12-page, seven-article special section on Energy Healing. If you missed it, here are the main articles.

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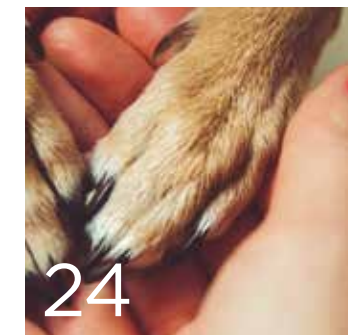
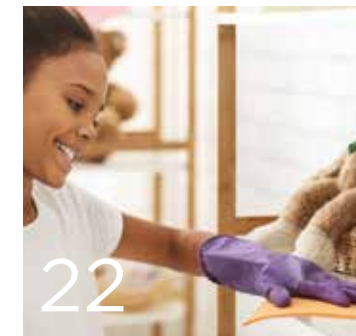
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**OMISSION:** The photos accompanying the article "Flights of Fancy: Introducing Arm Balances to Your Yoga Practice" in our March issue were not credited. Credit goes to 2TPHOTO.

Natural Awakenings is a family of more than 70 healthy living magazines celebrating 25 years of providing the communities we serve with the tools and resources we all need to lead healthier lives on a healthy planet.

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COVER ARTIST  
**Smiling Sun**  
Kay Larch

Raised in Southern California by two artists, Kay Larch says she didn't follow in their footsteps. She grew up, started a family, moved to South Carolina and built a daycare center that she owned and operated. She filled the center with wall murals and did painting activities and after-school art classes with the kids, but she never considered herself an artist. She found ways to express her creative need for colorful and elaborate surroundings through painting projects she did for fun.

One day, Larch decided to create a series of acrylic paintings on canvas. Out of curiosity, she submitted her work to a gallery. It was accepted for a show, which led to being featured in an article about the museum, interviews, commissioned work, more shows and the launching of her career as an artist at age 54.

Larch is immersed in the art community, has added oil painting and drawing to her repertoire, and creates in a variety of styles. Her acrylic paintings have a comic-book style, while her oil paintings lean more toward realism. She admits she was influenced by growing up as a California hippie, traveling to Tijuana and seeing the vibrant colors of Mexican folk art and simply being an imaginative person.

Her work has been featured in galleries, businesses and magazines and she sells original paintings, prints, greeting cards and a line of coloring books, in addition to commissioned work for people all around the world.

Find Kay Larch on Instagram (@KayLarchStudio) or connect at Facebook.com/KayLarchStudio.

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# A New World Emerging?



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I sit here, three days since a declaration of a national emergency that is truly global, when every human being cannot escape a new and frightening reality. And I find it impossible not to remember the astrological predictions I heard last year.

Never did I imagine that I would write anything having to do with astrology; I believed it was bunk for most of my life. But the events of the past week are historical in nature: Beyond-dramatic, first-ever phenomena are occurring not day by day, but hour by hour.

So, the predictions I read last year ring in my ears. I know nothing about astrology and cannot vouch for those I quote below, but they all appeared at the top of my Google search.

"The 2020 horoscope is truly apocalyptic," wrote Benjamin Adamah. "2020 will be the most crucial year for (what used to be called) 'Western civilization' since 1945." He also suggested a potential "outbreak of a disease similar to...the swine flu."

"What's apparent at this time is we're on the cusp of a major redistribution of power," said Grace K. Morris in her May 2019 article.

"The year 2020 will be a defining year for humanity," wrote Tatiana Borsch on December 30, 2019. "Old economic and political systems will continue to break down."

My cursory search on astrological predictions also revealed no consensus around the start of the Age of Aquarius, or, for that matter, what that Age represents. But my bias favors the optimistic—that we are on the cusp of massive positive change,

that humanity is approaching an age of revealed truths, greater consciousness and enlightenment, and idealism and freedom.

I will say "Good Riddance" to the current world order. It clearly and absolutely fails to lift the health, fortune and spirits of the vast majority of humanity.

We need to get to the fundamentals. First, let's acknowledge that the economic system in use—how we generate and distribute wealth—is the fundamental system, the one with the most profound impact on most human beings. It is economic systems—and not family systems, shared cultural heritages or religious systems—that do more to create most of our everyday realities.

And what is the fundamental ethic of the predominant economic system? That of maximizing individual freedom. We believe we are happiest when we're allowed to do anything we want, short of murder, without considering others.

The opposite of that ethic is maximizing social welfare or, in the words of *Star Trek's* Spock, "The needs of the many outweigh the needs of the few."

This is not only pure logic, it is one of the fundamentals of Buddhist practice. Indeed, when you are ill, one Buddhist practice that can improve how you feel is imagining all the people in the world who are suffering from what ails you and focusing on their suffering, individually and collectively. By doing so, you realize that your own suffering is nothing compared to the suffering of countless others. And, somehow, you feel better. I know this is

true because it has worked for me. When we focus on others, we feel better and we operate at a higher vibration. Period.

The fundamental disconnect is disconnection. Most humans incorrectly perceive themselves as separate from others. Our economic philosophies and systems reinforce that misperception, as do many dualistic religions. Many see God as separate from themselves, as elevated and superior, and worse, as wrathful and vengeful. No wonder fear often prevails over love and compassion.

But logic can help us here. If an all-powerful God is indeed the starting point of all that we see and know, then God only had "god stuff" from which to create all else. That means that God is inherent in us, and we are inherently God.

If 2020 truly marks a turning point in the history of humanity, and we wish to evolve rather than devolve, then we all will continue to do our work to free ourselves. We will continually heal wounds so that we can love more; we will engage in practices that enable us to perceive and strengthen our connection to All That Is. By doing so, we will cultivate true compassion, the desire that others are free from suffering.

Do not be discouraged by the appearance of being overwhelmed by the forces of ego, greed and negativity. These are just appearances to impure minds. Do not be discouraged by the seemingly small number of us who are doing the work, for there is such a thing as the tipping point; the "hundredth monkey" is out there. To wit, just yesterday, even Donald Trump admitted the coronavirus was "bad."

And, for the love of God, quit hoarding toilet paper. 🙏



*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.*



Dr. Matthew Giordano. (Photo: Tricia Kasdin)

## Giordano JOINS ATLANTA DENTAL WELLNESS

Dr. Matthew Giordano has joined the dental team at Atlanta Dental Wellness, formerly Cann Dentistry, in Atlanta.

Like the other practitioners at the dental office, Dr. Cale Jackson and Dr. Roberta Cann, Giordano is a member of The International Academy of Oral Medicine and Toxicology (IAOMT) and is Safe Mercury Amalgam Removal Technique (SMART)-certified in safe dental amalgam removal. The entire team makes an ongoing effort to stay current with the latest treatment modalities and protocols.

“We are fortunate to be one of the few dental offices in the country to have three SMART-certified dentists working together,” says Cann. “As our practice continues to grow, I am excited to discover dentists who want to become a part of our holistic philosophy of biocompatible dentistry. I feel honored to share my decades of experience in biological dentistry with Dr. Jackson and Dr. Giordano, two incredibly excellent young dentists.”

Dr. Giordano discovered his passion for dentistry at the age of 16. He is motivated to help patients achieve confidence in all aspects of their oral health—in their smiles as well as in the safety of the treatment and dental materials being used.

Atlanta Dental Wellness is located at 3525 Piedmont Road NE, Building 5, Ste. 408 in Atlanta. For more info, call 404-233-1102 or email [care@canndentistry.com](mailto:care@canndentistry.com).

## Conservation Community UNDERWAY IN DEKALB

Pendergrast Farm, LLC is developing one of the first conservation communities in DeKalb County with a focus on conservation and intentional community. Located in the neighborhood of Briarcliff Woods, Pendergrast is a 20-home, 8.7-acre conservation development that is preserving 75% of the land and 60% of the buildable area. The community will include a small urban farm and a half-mile of trails along the stream and through the woodlands. Eleven homes remain for sale in the conservation community.

Greg Ramsey, the director of Village Habitat Design, has been planning intentional and conservation communities since the early 1990s. Lake Claire Cohousing and East Lake Commons Cohousing were two of his first projects.

“Conservation community is a much-needed approach to development at a time when the planet is being scraped and graded at every turn,” says Ramsey. “It’s



Pendergrast site plan. (Graphic: Pendergrast Farms, LLC)

a time when our daily lives are separated from farms and woodlands, when walking and bicycling are difficult at best and when we barely know our next-door neighbors. The conservation community may offer a regenerative approach to community, conservation-oriented development and a balanced approach to growth.”

For more information, visit [VillageHabitat.com](http://VillageHabitat.com) or contact Greg Ramsey at [gramsey@usa.net](mailto:gramsey@usa.net).

## Yoni House ANNOUNCES GRAND OPENING

On April 12, from 3 p.m. to 4 p.m., The Yoni House in Roswell will host its grand opening as a provider of wellness and healing services.

“Self-care is important,” says owner and founder Angel Grant. “We sometimes get distracted by taking care of others and everything around us that we forget to care for ourselves. At the Yoni House, our clients experience mental, spiritual and physical release.” Services range from facials to Reiki healing to yoga classes.

Services are by appointment only. “When you come in, it’s all you,” says Grant. In 2008, after her mother’s battle with a rare type of cancer, Grant launched The Yoni House mobile services. Now she offers



Angel Grant and Roswell Mayor Lori Henry at The Yoni House opening. (Photo: Erica J. Simmons LLC)

everything at her new location at 770 Old Roswell PL, Suite I-500, in Roswell.

For more information, visit [TheYoniHouse.com](http://TheYoniHouse.com), call 678-901-9366 or email [info@theyonihouse.com](mailto:info@theyonihouse.com).

## Nuts 'n Berries OPENS IN DECATUR



In the location of the former Rainbow Natural Foods in Decatur, Nuts 'n Berries Healthy Market is opening its doors on Earth Day, April 22.

The new Decatur location features an organic, vegan hot bar and salad bar and a competitively-priced, full-service health food store, according to Nuts 'n Berries CEO, Marie Geier.

Nuts 'n Berries first opened in Brookhaven in August 1980, and new owners took over five years ago. Rainbow Natural Foods vacated the Decatur location in January 2019 after serving the community for 43 years. Since then, the owners of Nuts 'n Berries have been working with the shopping center’s management and consulting with the founders of Rainbow to create a solution for the next 40 years.

Nuts 'n Berries is located at 2118 North Decatur Road, Decatur. For more information, visit [facebook.com/nutsnberriesatl/](https://facebook.com/nutsnberriesatl/) or [@nutsnberriesatl](https://twitter.com/nutsnberriesatl).



ATLRx Showroom. (Photo: Chase Slappey)

## ATLRx Opens in Poncey-Highlands

After the success of its first location on North Main Street in Alpharetta, ATLRx is opening its second storefront in the Poncey-Highlands area of Atlanta on April 18.

“This will be Atlanta’s first West-coast-style cannabis dispensary, including a hemp flower bar, a highly educated staff and high-quality, hemp-derived CBD products,” says the company’s CEO, Chase Slappey.

ATLRx’s in-house products are produced at a co-op in Longmont, Colorado, which uses organic farming methods and third-party lab testing of all of its products. The company is proud of its label transparency; they label their products down to the exact milligrams for each small, individually lab-tested batch. Each label includes a scannable QR code to identify the exact lab result (COA) and traceable batch number.

“We cannot wait to meet all of the new people in the Poncey-Highlands neighborhood and look forward to building a great relationship within our local community,” says Slappey. “Our main focus is to educate people about the advantages of hemp and provide the highest-quality hemp products. We will be hosting monthly educational events to help Atlantans understand the history and advantages of hemp-derived cannabis products and much more.”

Both stores provide a variety of products from more than 25 CBD vendors for a selection of high-quality CBD products.

ATLRx’s new store is located at 1101 Ponce De Leon Avenue NE in Atlanta. For more info, see [ATLRx.com](http://ATLRx.com) or call 770-676-9775.

## Take Echinacea to Reduce Anxiety



Echinacea extract may be helpful for situation-induced anxiety, indicates a new study from Hungary’s Institute of Experimental Medicine, in Budapest. The researchers tested 64 middle-aged people that had scored high on the State Trait Anxiety Inventory. They were given either 80 milligrams Echinacea angustifolia root extract or a placebo every day for seven days, followed by a three-week washout period during which no pills were taken. Those taking the echinacea started experiencing less anxiety than the placebo-takers by day seven, and scored significantly lower in “state anxiety”, marked by arousal connected to specific dangers or threats. Measures of “trait anxiety”, in which anxiety is an ongoing personal characteristic, improved slightly compared to the placebo group. Improvements were maintained even during the washout period.

In reality, climate change is actually the biggest thing that’s going on every single day.

~Bill McKibben



## Eat Better to Cut Healthcare Costs

Poor eating habits are not only disease-producing, they are also costly, the latest research shows. “Suboptimal eating” incurs approximately \$300 in healthcare costs annually per person, and \$481 for older people on Medicare, adding up to \$50 billion a year nationally—84 percent of which goes to acute care, say Harvard-associated Brigham and Women’s Hospital researchers.

This means that poor diets account for almost 20 percent of heart disease, stroke and diabetes costs in the U.S. Researchers studied the impact of 10 dietary factors, including fruits and vegetables, nuts and seeds, processed meats, sugary drinks and salt, and found that the top three risks were overconsuming processed meats and underconsuming nuts/seeds and omega-3-rich seafood. “There is a lot to be gained in terms of reducing risk and cost associated with heart disease, stroke and diabetes by making relatively simple changes to one’s diet,” says study co-author Thomas Gaziano, M.D. “Our work illustrates the need for interventions or policies that incentivize healthier dietary behavior, as these changes have the potential to have a big impact and reduce the health and financial burden of cardiometabolic disease.”



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# Atlanta CSA Directory

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Atlanta is blessed with many small farms within and immediately outside the metro area that provide Atlantans with numerous opportunities to pick up fresh and often organic food—whether at a market or as a member of a community-supported agriculture program (CSA).

CSA is an economic model that reduces the risk to small farms and provides them with capital when it's needed most—at the start of the growing season. The system allows customers to actively support local farmers by purchasing a share of their crops before it is grown each season, and by doing so, assuming some of the risks. If the growing season is poor, for example, farmers still get paid, and everyone receives less food. If the season is particularly productive, on the other hand, everyone shares in the bounty.

As CSA members, consumers can know more about where their food comes from and benefit from the higher quality, freshness and taste of food that comes from farms with more stringent standards. Engaging in a CSA also keeps food dollars in the regional community.

Joining a CSA usually involves subscribing to and paying upfront for a share of a farm's harvest and then receiving fruits and vegetables throughout the growing season. In our roundup of Atlanta CSAs in 2020, we found that many farms offer CSA-type service without the large upfront fee. For some, one-month and one-time orders are offered.

Several CSAs offer a selection of sizes of food baskets; Respective prices are included in their listings below. There are other nuanced differences from one CSA to the next as well—such as add-on options of meats, eggs, bread, milk, and more—so we encourage you to visit the CSA's website to get all the details you need to make the right choice for your needs.

This directory of Atlanta CSAs was compiled from information at LocalHarvest.org and the CSA websites. Special thanks to Nuts 'n Berries for making it possible for us to provide a more in-depth presentation of Atlanta CSAs for our readers.



# Atlanta Directory of CSAs

## Atlanta Harvest

**Next Subscription Season:** Ongoing  
**Subscription Plan:** One-time shares only.  
**Share Prices:** \$20, \$30 and \$45 per week.  
**Pickup Location:** Avondale Estates Farmers Market, 22 N Avondale Rd., Avondale Estates  
**Notes:** Add-on options: Meat, eggs, jams and tea.  
**Website:** AtlantaHarvest.com

## Bread and Butter Farms

**Next Subscription Season:** May – Aug, 12 weeks  
**Subscription Plan:** Full season.  
 Share Price: \$400  
**Pickup Locations:** Bread and Butter Farms, 809 Laboon Rd. Monroe; Georgia State University, 58 Edgewood, Atlanta; 1400 Killian Hill Rd SW, Lilburn  
**Website:** BreadandButterFarms.com

## Ecosystem Farm

**Next Subscription Season:** April 26 – December 13.  
**Subscription Plans:** Full season and one-time shares.  
**Share Prices:** \$15 to \$75 per week  
**Pickup Locations:** 1088 Bouldercrest Dr. SE, Atlanta  
**Notes:** Customized selection of food.  
**Add-on options:** Meat, pasta, bread and nut milk.  
**Website:** EcosystemFarm.com

## Farmers Fresh

**Next Subscription Season:** March – December.  
**Subscription Plan:** Four-week and 13-week options.  
**Share Prices:** \$92 per four weeks.  
**Pickup Locations:** There are many locations in the area including Buckhead, Marietta, Vinings, and more. See website.  
**Notes:** Add-on options: Meat, eggs, bread and milk.  
**Website:** FarmersFreshCSA.com

## Freewheel Farm

**Next Subscription Season:** May – August (15 weeks).  
**Subscription Plan:** Full season.  
**Share Prices:** \$450 per season.  
**Pickup Locations:** 768 Connally St. SE, Atlanta; Grant Park Farmers Market, 600 Cherokee Ave. SE, Atlanta  
**Website:** FreewheelFarm.com

## Fresh Harvest

**Next Subscription Season:** All year.  
**Subscription Plan:** None. Sign up for weekly delivery. Cancel any time.  
**Share Prices:** \$28 to \$73 per week.  
**Pickup Locations:** Delivered to your door.  
**Notes:** Produce is sourced from more than 12 organic farms.  
**Website:** FreshHarvestGA.com

## Love Is Love Farm at Gaia Gardens

**Next Subscription Season:** April to August (16 weeks).  
**Subscription Plan:** Full season.  
**Share Prices:** \$480 and \$270 per season.  
**Pickup Locations:** Gaia Gardens, 529 Summit Drive, Decatur; Unitarian Universalist Congregation of Atlanta, 1190 W Druid Hills Drive NE, Atlanta  
**Notes:** Certified organic. Add-on options include meat, eggs, bread and coffee.  
**Website:** LoveIsLoveFarm.com



(Photo: Truly Living Well)

## Moore Farms & Friends

**Next Subscription Season:** Ongoing.  
**Subscription Plans:** Annual \$36 membership covers administrative costs and is required before placing an order. Or choose from three “investment programs” that are structured as traditional CSAs and include earning interest. Orders can be customized or get one of three sizes of “Farmer’s Pick” boxes. No minimum purchase period under an annual membership.  
**Share Prices:** \$20, \$30 and \$40 for Farmer’s Pick boxes, sold as one-time shares.

**Investment program prices:** \$500, \$1,000 and \$2,500.

**Pickup Locations:** Twelve sites within the perimeter. See website for full listing.  
**Notes:** The coop represents more than 30 farms and food producers that are either certified organic or naturally-grown or are sustainable or chemical-free in their methods.  
**Website:** MooreFarmsandFriends.com

## Patchwork City Farms

**Next Subscription Season:** May 10 – August 16  
**Subscription Plan:** Full season, delivered biweekly.  
**Share Prices:** \$350  
**Pickup Locations:** Patchwork City Farm, 902 Pinehurst Terrace SW, Atlanta; The Market, 1071 Piedmont Ave NE, Atlanta.  
**Website:** PatchworkCityFarms.com

## Rise 'n Shine Farm

**Next Subscription Season:** April 26 – November 21  
**Subscription Plan:** Full season and one-time shares.  
**Share Prices:** \$22, \$30 and \$38 per week.  
**Pickup Locations:** Many sites, including Inman Park United Methodist Church, North Decatur Presbyterian Church and Whole Foods Market Buckhead.  
**Notes:** Certified organic. Customized boxes. Add-on options: Meat, honey, granola, eggs, grits and more.  
**Website:** RiseNShineFarm.com

## Roswell Farmers Market

**Next Subscription Season:** Ongoing.  
**Subscription Plan:** Four-week minimum purchase.  
**Share Prices:** \$100, \$140 and \$180 per month.  
**Pickup Locations:** Atlanta, Marietta and Roswell.  
**Notes:** Roswell Farmers Market has its own biodynamic farm and sources from several additional biodynamic farms. Add-ons include prepared meals, local organic dairy, organic condiments, organic gluten-free breads, organic local cheese, organic nuts and more.  
**Website:** RoswellFarmersMarket.com

## Riverview Farms

**Next Subscription Season:** May – December.  
**Subscription Plan:** Full season with open enrollment—The fee is prorated if you join after the start date. Options include weekly, biweekly and monthly delivery.  
**Share Prices:** \$25 – \$30 per week.  
**Pickup Locations:** Fourteen locations including Atlanta, Brookhaven, Decatur, East Cobb, Peachtree Corners and Tucker.  
**Notes:** Riverview Farms offers a meat CSA for \$68.33 for a 10-lb. monthly share to \$128.33 for a 16-lb. monthly share.  
**Website:** GrassFedCow.com



(Photo: Bailey Garrott)

## Truly Living Well

**Next Subscription Season:** Ongoing  
**Subscription Plan:** 13-week memberships over four months.  
**Share Prices:** \$195, \$250 and \$400.  
**Pickup Locations:** Freedom Farmers Market at The Carter Center, 453 John Lewis Freedom Pkwy, NE, Atlanta; The Market at Collegetown Farm, 324 Lawton St SW, Atlanta.  
**Website:** TrulyLivingWell.com

## Wrecking Barn Farm

**Next Subscription Season:** May 5 – TBD  
**Subscription Plan:** Four-week minimum.  
**Share Prices:** \$100 per four weeks.  
**Pickup Locations:** Wrecking Bar Brewpub | 292 Moreland Ave NE, Atlanta.  
**Website:** WreckingBarnFarm.com

The message I try to express [through my art] is that some of our best-known wild animals might, in my lifetime, no longer be on the planet.

~Josie Martin

# PLANET RESCUE



## Grassroots Strategies Combat Climate Crisis

by Julie Marshall

Like most kids, Azalea Morgan loves polar bears. “They’re fluffy and cute,” the 8-year-old says, and after watching a documentary on how climate change is affecting these Arctic apex predators, she badly wanted to help. Her mom, Molly Morgan, suggested she do something big, because the problem of global warming is monumental.

For nearly three weeks last September, Azalea pedaled her bike alongside her mom and 9-year-old sister, Ember, setting out from their hometown of Andover, New Hampshire, en route to New York City to attend the United Nations (UN) Climate Action Summit, where Greta Thunberg and other global youth leaders marched for change. The trip was a fundraiser to put solar panels on their school and for future projects under KidsCare4PolarBears, a Facebook page that documents their ongoing efforts.

While not everyone has the time or inclination to ride 250 miles and camp—some of it in the rain—or as Thunberg did,

sail across the Atlantic in a zero-emissions yacht, there are steps individuals can take to combat climate change on a grassroots level, experts say, because the crisis is undeniable, as seen most recently in the catastrophic bushfires across Australia.

There are peaceful protests taking place worldwide scheduled throughout 2020 at [FridaysForFuture.org](https://www.fridaysforfuture.org) and other organizations, but a growing number of individuals that want to do more are using their imaginations and creative endeavors, inspiring others to take unique action.

Students at a school in Spain wrote and performed a play and illustrated a book to raise climate change awareness, while a teen from California used her artistic skills to raise thousands of dollars for wildlife. On March 28, people around the world participated in the World Wildlife Fund’s Earth Hour by collectively turning off lights at 8:30 p.m. while holding eco-events, and others are joining in the global tree-planting campaign of The Nature Conservancy (TNC).

Reversing course may seem insurmountable, but individuals have a lot of power, says Dan Shepard, UN global communications officer: “The choices we make, the things we do, collectively matter and can have a huge impact on the world.”

### Stepping Up for Biodiversity

“I wanted to inspire other kids,” Ember says of her bicycle trek for polar bears. “I love animals and they deserve to not die.”

According to a 2019 UN *Global Assessment Report on Biodiversity and Ecosystem Services*, more than 1 million species are threatened with extinction, and one of the main reasons is climate change, say experts, including Nikhil Advani, director of Climate Communities and Wildlife at the World Wildlife Fund (WWF). Protecting large predators is one key to enriching biodiversity, Advani says. “The top of the food chain has a significant impact on prey species and the ecosystem.”

But predators are suffering because of humans that are feeling the impacts of climate change, Advani says. Long droughts have forced many Kenyan pastoralists to enter protected parks and compete with wildlife for water and grazing land, resulting in lion deaths as retaliation for killing livestock. In the Himalayas, as the Earth warms, snow leopard habitat is being encroached for pastureland. In Zimbabwe, farmers have turned to chopping down trees for wood as an alternative economic opportunity. “Everybody is stressed and competing for resources,” Advani says. “It is a very severe result of climate change.”

Advani and researchers are working in tandem with local societies in 30 countries across Africa, Central America and Asia to fund novel projects under the Wildlife Adaptation Innovation Fund. For instance, they are piloting a rainwater harvesting project to help farmers get through the dry seasons and are constructing concrete and mudbrick nests to help albatross breed better in Tasmania. These special projects are based on available levels of donations that are sometimes crowd-sourced.

Raising funds for innovative projects, as well as increasing awareness of what’s happening, is an important grassroots strategy, says Elan Strait, WWF director

of U.S. climate campaigns. It can be as simple as sharing updates, tagging social media influencers and instigating a rallying cry. WWF has its own program called Panda Ambassadors in which conservation activists of all ages can get tips and tools to promote specific projects they feel most passionate about.

“I love to see what young people are doing, because if we collectively use our voice to amplify the facts about climate change, we can work to find solutions,” Strait says. “And we need facts to get out there because, at least in the U.S., some people think climate change is still a controversy and are afraid to talk about it, but we should have that conversation with friends and family so we can find solutions.”

### Youth Rising to the Challenge

Getting involved in grassroots-level strategies is empowering not only for kids, but for adults that need their resiliency and inspiration, says Janet Stringer, manager of donor relations at Polar Bears International, in Bozeman, Montana. “In my work, I hear from so many people who are feeling deep despair about the climate crisis. I draw hope from the children who write to us, sharing stories and pictures about their dreams for a future that includes polar bears,” says Stringer. “I think we owe it to the next generation to work as hard as we can to come together and make the necessary changes to ensure that polar bears—and all wildlife—are not a species we learn about in the pages of a book, but a wild species that we can see with our own eyes, reminding us of how special our planet is and why it deserves our respect.”

One of her favorite examples comes from students at the Daina-Isard school, in Olesa de Montserrat, Spain, and their climate-driven projects with teacher Connie Darilek, who asked the Aquarium of Barcelona to help them grow plankton, an organism threatened by warming seas.

“They gave us plankton and jellyfish, and it was really amazing for the students to learn the [Arctic] food chain and how serious it would be losing the polar bear on top,” Darilek says. Students recently published the book *Nanuc*, a story about a

polar bear that they also illustrated, now in its second printing.

Josie Martin, 13, of Solana Beach, California, has raised \$8,700 for conservation of rhinos, elephants, pangolins, gorillas and polar bears by giving watercolor paintings to those that donate to charities through her PayPal Giving page at [Chuffed.org/project/peace-love-hope-for-rhinos](https://www.chuffed.org/project/peace-love-hope-for-rhinos). “Each year, I think I’m getting a little bit better at creating art which sends a strong message,” she says. “The message I try to express is that some of our best-known wild animals might in my lifetime no longer be on the planet. I think the difference I make through art is that I am helping to raise awareness for important animal conservation work.”

### Every Action Counts

There’s no one solution to climate change, says Catherine Macdonald, TNC director of natural climate solutions for North America. “We really have to try, all of us. It’s important that everyone feel they can contribute, because everything does make a difference, and no action is too small.”

For those that are not art-inclined, one of the best things people can do is to plant trees, Macdonald says, whether it’s replanting forests or increasing their numbers in urban areas. According to a 2018 study by TNC published in *Science Advances*, nature-driven land management could sequester 21 percent of America’s annual greenhouse gas pollution—the

equivalent of emissions from all cars and trucks on the roads today. Planting trees emerged in the study as the most significant among 21 strategies to mitigate global warming. One good way to get started is join the TNC Plant a Billion Trees program, Macdonald says; details are at [Tinyurl.com/TNCPlantABillionTrees](https://www.tinyurl.com/TNCPlantABillionTrees).

“Climate change is definitely a growing concern that we are facing, and as more people understand there is a problem and what the solutions are, the more influence we can have on the big decision-makers, whether that’s government or corporations that make our products,” she says. “And being aware informs voters to advance climate action.”

While Josie, Ember, Azalea and the students at Daina-Isard aren’t old enough to vote, their message is strong. “I’m worried about the impact climate change will have on our future,” Josie says. “I think people should protest peacefully for the things they believe in and that more people should exercise their right to vote for leaders who care about the youth in our world and the generations to come. I also think people should try to spend a little bit of their time taking action for what they want to see changed in our world.”

Julie Marshall is a Colorado-based writer and author of *Making Burros Fly*; Cleveland Amory, Animal Rescue Pioneer. Connect with her at [FlyingBurros@gmail.com](mailto:FlyingBurros@gmail.com).

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## CBD's New Frontier Help for Mental Health

by Julie Marshall

When Kaye Herbert's husband brought home a free sample of cannabidiol (CBD) oil, she didn't hesitate to give it a try. Having heard about its calming effects, she gave CBD to her three sons, whose attention deficit hyperactivity disorder made home-schooling difficult due to frequent tantrums and lack of focus. "I didn't expect CBD to be miraculous, but I was surprised that my kids' frustrations were greatly reduced," says the Austin, Texas, mom. "We weren't seeing the severity of meltdowns."

The use of CBD in tinctures, capsules and lotions has grown exponentially, along with the science to prove its efficacy in remediating physical pain. Newer, but equally as robust, is the viability of CBD as a remedy for mental health-related issues, experts say, pointing to anxiety, depression and stress as the top three applications.

It's really important for people to know their options and to keep looking for what works for them.

~Peter Bongiorno

However, as an unregulated supplement, CBD presents a challenge for consumers in its ubiquity from CBD-infused pillows to gummies, soaps and even pet food. Discerning purity, dosage and safety are real concerns for those

that may grab any bottle off the shelf.

Consumers must become well informed, especially when replacing medications for serious disorders, experts say. But for anxiety and emotional well-being, CBD is largely heralded as a safe and natural choice by providers well-versed in CBD, such as Peter Bongiorno, past president of the New York Association of Naturopathic Physicians. "It's really important for people to know their options and to keep looking for what works for them," he says.

### The Feel-Good Molecule

CBD, a compound extracted from the hemp plant, is appealing because it can raise the level of cannabinoids—feel-good

We imagine the people suffering who need support and think about how we are growing the plants to help them.

~Lara Miller

molecules naturally created within the human body. "When we can't sleep or are stressed out, cannabinoid levels go way down," Bongiorno says. While prescription drugs overwhelm the body with adverse side effects, CBD can healthfully bring back balance.

But CBD won't trigger an altered state because there is little to no tetrahydrocannabinol (THC), the psychoactive chemical in marijuana that produces a high, he says, adding that he starts patients at a low daily dose of 25 milligrams.

It's important to talk with a physician about drug interactions, Bongiorno says. For instance, CBD can increase levels of blood-thinning medications, according to a 2017 study published in *Epilepsy & Behavior Case Reports*.

CBD can possibly treat a wide range of conditions, from fear of public speaking to bipolar and post-traumatic stress disorders, but more research is needed, experts say. A 2018 clinical trial published in *JAMA Psychiatry* suggests CBD offers potential in treating psychosis. More recently, researchers in a 2019 case study of 27 patients published by the *Permanente Journal* concluded, "Cannabidiol may hold benefit for anxiety-related disorders."

### Seeds of Hope

The most important step consumers can take to find a safe, quality product is to know where their CBD comes from, experts say. Lara Miller is an organic farmer in Lafayette, Colorado, who in 2017 dedicated a parcel of her two-acre farm to growing hemp for her business, North Field Farmacy. "I added in hemp because it is a dynamic plant that produces fiber, seed and medicine for us humans, all at the same time," she says.

Miller's small, women-owned business grows the leafy plants outdoors in organic soil and harvests by hand. "We test in the field, post-harvest, during extraction and in the final product," she says. "We know our product is clean and pure and potent."

This isn't always the case. A 2017 study published in the *Journal of the American Medical Association* showed that in 84 CBD products sold online by 31 companies, 26 percent contained less CBD than the amount listed on the label.

Miller receives weekly calls from those wanting to purchase her plants and start a CBD business. "What bothers me the most is that not one person has asked how my hemp is grown," she says. "It all feels like a big grab; the integrity isn't there."

Miller continues to decline these requests and spends her days on the farm, where—come harvest time—she, alongside her crew, engages in some visualizations. "We imagine the people suffering who need support and think about how we are growing the plants to help them." 🌱

Julie Marshall is a Colorado-based writer and author of *Making Burros Fly: Cleveland Amory, Animal Rescue Pioneer*. Connect with her at [FlyingBurros@gmail.com](mailto:FlyingBurros@gmail.com).

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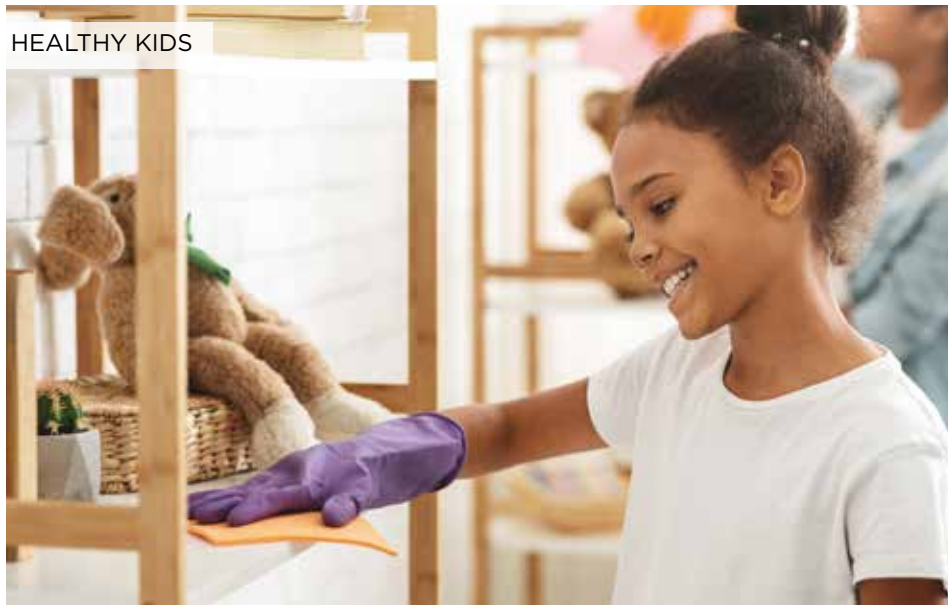
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# HEALTHY HOME, HEALTHY KIDS

## How to Keep Them Safe

by Ronica O'Hara

A healthy home for kids looks much like what's needed for a healthy planet: clean air, clean water and clean food, all of which create a space in which our children can be well and thrive. This means taking active steps to eliminate everyday contaminants that can harm their developing organs and brains. "Children

are not mini-adults. Their bodies cannot filter out toxins and chemicals as effectively as a full-grown adult body can," says Kimberly Button, author of *The Everything Guide to a Healthy Home: All You Need to Know to Protect You and Your Family from Hidden Dangers*. Here are some practical steps to take.

### Clean Air

■ **Clean "green."** The chemicals in popular disinfectants alter children's gut microbes and heavy use leads to higher body mass index by age 3, reports Canadian researchers; eco-friendly cleaning agents do not harm kids' health, they found. A solution of one part white vinegar to three parts water can be used to clean counters, floors and toilets. The acetic acid in vinegar can deactivate even the flu and tuberculosis viruses, recent studies have shown.

■ **Get rid of mold.** Mold, especially if it's black, is highly toxic to children: a Polish study found it lowered IQs in children under 6. "When the mycotoxins in mold affect children's developing nervous systems we may see fatigue, difficulty learning, and attention issues," says naturopath Jill Crista of Janesville, Wisconsin, author of *Break The Mold: 5 Tools to Conquer Mold and Take Back Your Health*. She recommends mixing in a glass (not plastic) spray bottle essential oils, such as rosemary, holy basil, tea tree or eucalyptus, spraying the mold, and using a disposable cloth to wipe it off. The essential oils "not only kill mold, but neutralize the toxins," she says. "It won't fix mold on porous surfaces, which require professional remediation."

■ **Ban smoking.** Children that breathe secondhand smoke are more prone to ear

infections, coughs and colds, tooth decay and respiratory problems like asthma and pneumonia, and they miss more days of school, reports the American Academy of Pediatrics. Even smoke residue that clings to clothes, furniture, bedding and other surfaces can harm a child when this third-hand smoke is inhaled, absorbed or ingested.

### Clean Water

■ **Get a water test.** Because children drink more water per pound than adults, even low levels of contaminants can impact their IQ and behavior. Check with the local health department to see if it offers free test kits, buy one at a hardware store or find a local lab by calling the U.S. Environmental Protection Agency Safe Drinking Water Hotline at 800-426-4791.

■ **Purify it.** Several types of water purification systems, including tap-mounted, under-sink and pitchers, are effective and affordable, ranging from \$20 to \$300. Seek filters certified by the National Sanitation Foundation testing agency that address contaminants identified by the water test.

### Clean Food

■ **Buy organic when possible.** "Swapping to mostly organic foods is a good way to reduce your child's daily toxic burden and reduce their risk of developing gut issues, autoimmune diseases, and food sensitivities and allergies," says Caitlin Self, a licensed dietitian and functional nutritionist in Baltimore who blogs at *Fru-galNutrition.com*. Using the list of the Dirty Dozen pesticide-laden produce compiled by the Environmental Working Group ([ewg.org/foodnews](http://ewg.org/foodnews)) as well as its recommended Clean 15 makes shopping organic easier.

### Clean produce of pesticides.

Simply rinsing produce under cold water for 30 seconds reduces pesticide residues for nine of 12 pesticides, a study by the Connecticut Agricultural Experiment Station found. Saltwater or vinegar rinses also remove pesticides effectively, and in a recent *Journal of Agricultural and Food Chemistry* study, soaking apples in one ounce of baking soda to 100 ounces of water for 15 minutes removed 80 and 96 percent of two pesticides, respectively, even under the skin of the fruit.

■ **Stock up on healthy snacks.** After-school munchies are not only natural, but healthy. "Kids' little tummies tend to need more frequent feedings than fully formed adults to ensure they have stable blood sugar," says Self. Rather than highly processed crackers, pudding and most granola bars, offer combos like grapes with cheese, celery with peanut butter or hummus on whole-wheat bread. "Some parents will need to rely on some more packaged snacks to get through," says Self, who recommends trail mix, fresh fruit or crispy chickpeas. 🌱

Ronica A. O'Hara is a Denver-based health writer. Connect at [OHaraRonica@gmail.com](mailto:OHaraRonica@gmail.com).



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# The Sacred Transition of the Animal Soul

by Tammy Billups

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**A**nimal lovers are extraordinary in that they are aware of the looming probability that they will outlive their beloved pets.

Yet they are still drawn, time and time again, to the connection, the teachings, and the joy that is uniquely special to sharing their lives, homes, and laps with animals. They choose love over the fear of the emotional pain that is sure to come with the eventual loss. For most animal guardians, their loving companion's final days and moments are some of the most difficult and painful experiences of their lives.

Often I am hired to facilitate healing sessions on animals during their last months, days, hours, or even during the very moment of a veterinarian-assisted euthanasia. Early in my practice I learned that I would frequently work with animals during this sacred time at the end of their life. It's a common and natural time for people to

reach out for help since they want to find a way to help their animal feel better and be more comfortable or determine if their pet is suffering or in pain. Over the years I've learned that my ability to show up for people and their animals during this period of their lives must have always been part of the bigger plan for me.

As any person or animal nears the end of its life, bioenergetic healings serve a deeper, more divine purpose: they prepare the soul to exit the body through the crown chakra, located at the top of the head. These healing sessions are usually very productive and embedded within them is a strong sense of higher purpose. These sessions can also include the practice of releasing energetic codependency cords, as well as energy and emotions that have been absorbed from others—in addition to any energetic congestion that the animal would prefer to release while still in its body. Once they have left their body temple, this healing work shortens their adjustment period on the other side.

It is truly an honor to be part of this incredible moment when a soul leaves the body and returns to the spirit realm. In a way, it's a graduation upward and forward to the next chapter of their soul's evolution, where they will be free and can better support their beloved person(s). Each time I hold that sacred space, it is indescribable and profoundly moving. To be able to sense the beauty and splendor of the soul's release is something I feel very honored to witness. The amount of pure and unconditional angelic love that surrounds the animals and their people during these final moments leaves me with a renewed sense of peace. Just knowing that we are always supported, that there is always loving energy around us—but especially so during the more difficult times—reinforces my belief that every soul continues its journey.

Jet Car Studio/AdobeStock.com

## Family Love for Rosco

One day I received an urgent call from an emotional client, Jim, who was at the veterinarian's office with his senior dog Rosco, contemplating making the difficult choice to help his beloved dog end his suffering. Jim was surprised by his emotions when speaking to me, but I could tell he knew it was Rosco's time. He asked me what I have experienced about an animal's preference to be either in the vet's office or at home when they pass. I told him that I could not know, like he would be able to, what Rosco's personal preference would be. I added that, when possible, I've learned that most animals prefer to be at home with their family when they transition.

As far as I'm concerned, nothing is more difficult than making a life-altering decision about an animal companion that has been nothing less than one of God's greatest and best gifts in our life. And when the synchronicities line up, like the events with this client's dog did, you have no doubt that there is a higher power involved, orchestrating every detail. Jim decided to take Rosco home and, together with his wife and children, spend some time saying good-bye.

His veterinarian was available to facilitate an in-home euthanasia later that afternoon. Jim asked me to facilitate one last energy healing session prior to the vet's visit. During the session, it would be family time and final good-byes. He didn't want his young children to witness the actual euthanasia. My schedule miraculously cleared to be able to facilitate a remote healing session on Rosco to prepare him for the veterinarian-assisted transition directly afterward. The healing session was Rosco's final gift from "his dad." The entire family surrounded their beloved dog with love, expressing gratitude to him during the healing session, saying their painful good-byes and weeping, sharing stories and telling Rosco how much they loved him.

Toward the end of the session, when I was just about to disconnect, I followed my intuitive guidance and stayed connected to Rosco for five minutes more. I'm so glad I did because they were the most incredible five minutes! I felt an amazing and gentle release of energy from Rosco's

crown chakra, saw a bevy of angels surrounding the family, and became aware of a very high vibration of love and light easily flowing through Rosco. It was in every way a sacred and beautiful moment to witness as his soul released from his body. His soul felt so happy and free. This wonderful dog was literally in the hands of his loving family when he took his last breath, which is just where he wanted to be. In this, the children learned that it is safe to bear witness to the natural unfolding and ending of life. And the experience of this sacred event allowed the family to share something that they will forever remember. Through all the emotions that flowed from their heartbreak, they supported each other through each tear. There is beauty in everything, even in endings.

The type of energy healing session that I performed on Rosco can release any congested energy and aid in a natural passing. The sessions will consistently help the animal to move forward in the highest and best way possible, whatever path that is. Sometimes that means they continue their life journey feeling better, and at other times it helps the animal prepare for their time to return to Spirit. I always share the possibility (of the soul leaving) with people prior to conducting healings sessions when the animal is especially close to the end of its journey in this life. On rare occasions, like with Rosco, I've been connected to an animal and it gently and beautifully passed during the session. Animal lovers always hope for an easy and gentle passing for their pets and I have learned that it is a blessing for all when that occurs. The animals would not



leave without choosing to do so at the soul level. And each time I've been connected to an animal and their soul unexpectedly released from their body, their person had already given the animal permission to leave. Both beings were unattached to the outcome of the session and were emotionally ready for the animal's departure. 🐾



Author Tammy Billups is a Certified Interface Therapy, healer and creator of Animal-Human Tandem Healings™, a healing modality that accelerates the healing of

humans and the animals with whom they share a soul bond. Natural Awakenings' review of Billups' first book and an interview with her can be found at [bit.ly/beyond-the-fur](http://bit.ly/beyond-the-fur) and [bit.ly/billups-interview](http://bit.ly/billups-interview), respectively. See our article about her services at [bit.ly/tandem-healing](http://bit.ly/tandem-healing).



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# NO MUD NO LOTUS

*How Yoga Can Transform  
Challenge into Grace*

by Sheila Ewers

If you feel lost, disappointed, hesitant, or weak, return to yourself, to who you are, here and now and when you get there, you will discover yourself, like a lotus flower in full bloom, even in a muddy pond, beautiful and strong.

-Masaru Emoto, *The Secret Life of Water*

The image of a lotus flower floating delicately on the surface of a pond has long served as a metaphor for spiritual transcendence. It has become so commonplace that the phrase “No Mud, No Lotus” appears on T-shirts, bumper stickers and other merchandise throughout the world. The saying represents the ability of the soul to transcend the condition of physical embodiment that can often feel muddy or murky, like the floor of the pond from which the flower emerges. While the “mud” of our human condition shows up as suffering, negative emotions and challenge, yoga can offer a pathway to turn that suffering into grace.

In our modern culture, most people attempt to push unpleasant experiences and emotions away. And there are endless means to do so: We distract ourselves with television, tablets, social media, compulsive work or overindulgence in food and

alcohol. Our minds, bombarded by sensory stimulation, chatter non-stop and repeatedly remember and revise what’s passed and worry about what may come in the future. When suffering deepens due to loss, trauma, illness, or unexpected setbacks, we often lack tools to contend with these difficulties—and the patterns get more entrenched.

Yoga can help transform these patterns by releasing physical and mental blocks that keep us stuck. By refining awareness and encouraging practitioners to stay present to the ever-changing ground of experience, yoga helps reveal that aspect of human nature that is changeless and transcends its muddy roots. In yoga, as we intentionally place the body into unfamiliar and often challenging positions, we can learn to stay with the experience itself, watch the

breath, note the sensation and seek a still point of concentration and attention. Over time, guiding the physical body to remain calm during these challenges can help train the heart and mind to stay quiet when other challenges emerge in life.

One of the main tools we use in yoga to accomplish this is conscious breathing. The respiratory system impacts and is impacted by the autonomic nervous system that connects the brain to the body. When we are under stress or feeling the impact of negative emotions, the brain shifts into the fight-or-flight response. This causes rapid, shallow breathing, increased heart rate and elevated blood pressure.

The good news is that the opposite can also occur. By consciously regulating the breath, especially by elongating the exhale, the heart rate will slow and signal the brain that everything is calm, which activates the nervous system’s “rest-and-

digest” response. Furthermore, as Zen master Thich Nhat Hanh suggests, “When we breathe in mindfully, we bring our mind home to our body, and there is a reunification of mind and body.” Attention to the breath creates peace both physiologically and emotionally.

## Practice: Bumblebee Breath (Brhamari)

Sit comfortably with eyes softly closed. Take a breath or two to settle in and notice the state of your mind. When you’re ready, inhale. For the full length of the exhale, make a low- to medium-pitched humming sound in the throat. Notice how the sound waves gently vibrate your tongue, teeth and sinuses. Do this practice for six rounds of breath and then, keeping your eyes closed, return to your normal breathing. Notice if anything has changed. In addition to lengthening the exhalation, this breathing stimulates the vagus nerve, helping to turn on the rest-and-digest response.



(Photo: 2Tphoto)

In addition to the breath, a second tool for learning to transform challenge is what long-time practitioner Joel Kramer calls “playing the edge” in one’s yoga practice. The human body has “edges,” maximum points of endurance, flexibility, strength and balance, and yoga positions encourage us to explore them. Kramer writes, “The edge moves from day to day and from breath to breath. It does not always move forward; sometimes it retreats. Part of learning how to do yoga

is learning how to surrender to this edge, so that when it changes you move with the change. It is psychologically easier to move forward than to back off. But it’s as important to learn to move back if your edge closes, as it is to learn to move forward slowly as the body opens.” By exploring the edge of our abilities without attachment to a preconceived goal, we give full attention to the present moment and our response within it and cultivate the non-judgmental awareness that allows us to approach limitations and challenges with curiosity and compassion.

## Practice: Seated Forward Bend (Paschimotthonasana)

Sit on the floor with your legs extended in front of you. Flex your feet, drawing your toes towards you as you press through your heels. Lengthen through the spine by lifting your sternum up and broadening across your collarbones. Then, hinge from your hips while keeping the front of your torso long and extended. Draw your tailbone back as your sternum reaches forward towards your toes. Find more depth by continuing to lengthen the front body and encouraging the sternum forward. Pause each time you meet resistance (the edge), and wait several breaths to see if more space emerges. Keep the breath fluid and full in the pose, using each inhale to lengthen and each exhale to hinge deeper. Hold the pose for up to three minutes before slowly releasing with an inhalation.



(Photo: 2Tphoto)

Developing our skills to regulate the nervous system and staying present to an “edge” of discomfort can help us see suffering in a new light, one that reveals the transience of experience and the resilience of our highest nature. Suffering and challenge are an inevitable part of the human experience, and often we have little control

over the events that cause them. It can be difficult in the moment of despair to pull ourselves out of the mud and see any kind of path towards the surface, especially if we have not cultivated mechanisms to help heal and soothe ourselves. By practicing yoga, we train the mind and body to prepare for the inevitable so that we can access means to healing when we most need it. We can be fully rooted, as a lotus flower in the mud, and still find our way to the surface to bask in the light that is always available to us. 🌸

Founder of Johns Creek Yoga and Duluth Yoga Center, Sheila Ewers leads daily yoga classes and yoga teacher training classes, and hosts retreats locally and internationally. She has been published in several online magazines, including *Elephant Journal* and *Writers Resist*. Reach Sheila at [Sheila@JohnsCreekYoga.com](mailto:Sheila@JohnsCreekYoga.com).



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# New Yoga Studios

## Open in Atlanta and Tucker



atl kula yoga room.  
(Photo: Ryan Adkins, iLLUSIONAGE Productions)

The Tucker Yoga Cooperative, a membership-based yoga community designed to create an affordable, small and intimate place to practice, celebrated its grand opening on February 8 in its new home on the lower level of the First Christian Church of Atlanta, 4532 Lavista Road in Tucker.

The studio is a collaborative offering from three local yogis Elizabeth Yates,

Mandy Dixon and Kyle Dondero—who each hail from different backgrounds and traditions but share a desire to uplift others. They offer 14 classes a week and a variety of workshops, featuring hatha, svaroop, flow, restorative, and children’s yoga along with meditation, qi gong and more. For details, visit TuckerYoga.com, email TuckerYogaCoop@gmail.com, or call 404-969-5603.



Tucker Yoga Cooperative’s Elizabeth Yates, Kyle Dondero and Mandy Dixon. (Photo: Amy Wenk)



Corey and Kiara Johnson.  
(Photo: Ryan Adkins, iLLUSIONAGE Productions)

On March 14, atl kula celebrated its opening with a ribbon-cutting and free classes at its 1900-square-foot studio at Atlantic Station, 260 18th Street NW, Suite 10160, in Atlanta. The Pilates, yoga and Barre studio has three practice rooms, 10 instructors and a full schedule with more than 45 classes each week.

Husband and wife founders, Corey and Kiara Johnson, envision the space as one that will foster “kula” or community.

They hope to create a holistic wellness haven and plan to compliment daily classes with events that address all dimensions of health and well-being. The conscious design of the studio’s interior offers a natural sanctuary from the surrounding area with a stone wall, koi pond and plentiful plant life. For more information, visit atl kula.com, email Wellness@atl kula.com or call 404-398-2763.



# Simrit Kaur

## Music, Yoga and Returning

by Sheila Ewers

On April 24, Simrit Kaur, backed by her world beat and ethereal wave band, SIMRIT, will play live at Variety Playhouse in Atlanta. Simrit is a student, practitioner and certified teacher of Kundalini and Naad yoga. The band, known for its ethereal sound, is on tour with its newest album, *When We Return*, just released in December 2019.

*You were born in Greece to a famous folk singer and adopted by a Greek American couple. You grew up attending Greek Orthodox services and found your way to yoga, specifically Kundalini yoga. Can you describe that journey? When did you first discover yoga?*

Yoga wasn’t part of my lifestyle, but the Greek Orthodox Church was really yogic—the service itself felt yogic or “yoked,” especially in the music. I sang in the church choir from early grade school. When I went to college, I began practicing Hatha yoga, and it changed me. A year later, Kundalini yoga came into my life. From the first few minutes of the first class, I knew I would practice that style for the rest of my life. It can seem eccentric even to other yogis, but I love that it’s off the beaten path. It felt similar to what I was doing when I was chanting mantras in the church as a child.

*Much of yoga nowadays has been divorced from sound and vibration as the emphasis has shifted to physicality, but the ancient teachings considered sound a primal component of our ability to elevate consciousness. Can you share a bit about the relationship between your yoga practice and your musicality?*

In the first Kundalini class I attended, I heard a deep, mystical mantra music, and I was immediately drawn in. I don’t resonate with a lot of typical yoga music. It can feel watered down and cheesy to me, but in that Kundalini class I heard something that really got under my skin. I had been a musician since grade school. I studied piano and voice, and I had parents who honored that musical inclination. In high school, I studied classic Western vocals at the University of South Carolina, and in college, I studied classical eastern vocals, African drumming and more. All that time, I had no clue I would do this as a career. I was planning to be a naturopath. In my young 20s, after my son was born, I began to focus on

music more. My Kundalini community was asking for a recording, and that prompted me to make my first two albums in 2010 and 2013. In 2014 I made a decision to focus more intentionally, not just on yoga music, but on musicianship as a profession.

*I read an interview that you did some time ago with Ali McGhee of AshevilleGrit.com in which you said that “real music is yoga.” Can you explain what you mean by that?*

To me, just because someone is chanting or practicing yoga doesn’t mean someone is in the space of yoga because yoga means being merged with something. It means to yoke, or to be inside of something. You can practice yoga without doing asana. To make real music, something so superb that it moves and inspires, the musician has to be in a merged space. True musicians are definitely in a state of yoga. You could listen to a totally secular artist, and they can be totally annihilated into the sound. Nothing else is between them and the sound. In scientific terms, a person may have a shift into a different mind space or brain function, where the creative flow begins to take them over, and the song plays them like an instrument. That’s when the yoga is happening.

*What practices do you use to prepare yourself to be in that space?*

I practice Kundalini regularly. I ask for protection for myself and for the room. I ask that the most powerful and clear message come through and that I’m able to get out of the way. The words are secondary, the energetic vibration is primary. I’m always trying to figure out how to keep refining and going deeper to become more comfortable in my skin, because that is what allows for the transcendent experience. On a practical level, my band and I practice our craft every day. The more we practice, the easier it becomes because we don’t have to be in thinking mind.

*This tour highlights your most recent album, When We Return. What does the title mean? To what are we returning?*

I like to leave that up to the listener. It can mean many things. When I was a kid, I felt connected to my soul, to the universe, to God. I’ve been through things in my life, and I have a strong connection to my soul. No matter what, we all have that ability, a curiosity, wonder, a straight shot to God. So, for me, “When we return” means when we come back to the place we’ve always been. I thought I had to be somewhere else to be enlightened or grow in a certain way to advance myself, and we all try that when we get into healing arts or grow or do yoga. But the truth is that when we are young, we really know that connection. We find tools to bring us back to that space, and music is one of them.

*What experience do you hope your music will inspire for your listeners?*

What I’ve been told is that it inspires them to open to their creativity. It helps them to want more beauty in their lives...to be more of who they are, more genuine, and that’s all I could ever hope for. I think that is what good art does. I think good art helps us to connect with our souls, and as artists, that’s why we are doing it. ♪

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Adequate sleep—six to seven hours—ensures we get our daily immunity boost. It is highly preferable to begin sleep no later than 10 pm and to rise before 6 am. These are the “bewitching hours” because Ayurveda tells us that sleeping between the hours of 10 pm to 2 am optimizes our body’s healing potential. If we stay up after 10 pm, our second wind kicks in and then the downward spiral begins.

So turn off the TVs, phones, computers and lights. Listen to some binaural beats and allow your “rest and digest” time lead you to optimal health the Ayurveda way!

– Contributed by Tracy Jennings-Hill  
Ayurveda Program Manager, LiveURYoga

## YOGA EVENTS

Some events may be cancelled due to the COVID-19 outbreak. Please check the organization’s website to make sure the event is still scheduled.

### SUNDAY

**Feelfloww Yoga & Sound Healing in Nature** – 11:33am. Also Mon. 7:07pm. A great way to release any stress that you had to intake during your week. Bring own mat. Plant-based fruit snacks provided. \$7/class. Winn Park, 32 Lafayette Dr NE, Atlanta. Tinyurl.com/y6csqjbv.

**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

**Chair Yoga for Seniors** – 11:30am-12:30pm. A gentle form of yoga that improves mental and physical health through an amazing form of adaptive exercise. Whether standing or sitting, postures are supported by a chair. All levels welcome. Donation appreciated. Heron House, 102 Russell Rd, Mountain Park. 404-434-4030. TheHeronHouse.org.

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

### 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/r6o7868.

**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. Also held, Sat, 10am. Community class with yoga, breathwork and meditation. {SAMA} Food for Balance, 56 E Andrews Dr, Ste 17, Atlanta. 404-500-3550. SamaFoodForBalance.com.

**PRIVATE INSTRUCTION Mind Yo Bodhi Yoga** helps yoga students at all levels strengthen the connection between their minds and bodies, deepen their inward experience, and heal physically, emotionally and spiritually. Rates start at \$60/hr. Tee Brooks, MA, RYT-200, 704-669-8305, MindYoBodhiYoga.as.me

**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. Love offering. 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.

**West End Community Yoga** – 11am-12pm. The views from the Garden room are dreamy and set the stage for a great practice. Free. Wild Heaven West End Brewery & Gardens, 1010 White St SW, Atlanta. Tinyurl.com/sqppgr.

**Aerial Yoga: All Levels** – 1:45-2:45pm. No experience needed. Stretch, swing, invert, build strength, learn about yourself while supported or suspended in a hammock. \$19/1st-time drop-in. Truth In Motion Yoga, 9950 Jones Bridge Rd, Ste 1000, Johns Creek. 404-789-9526. TruthInMotionYoga@gmail.com. TruthInMotionYoga.com.



## Jaya Ramamurthy

Clinical Ayurveda Specialist

*Ayurveda, or Knowledge of Life, is a holistic way of understanding the human body, mind, and spirit. The emphasis is on maintaining or restoring well-being through daily self-care and dietary practices that flow with nature’s seasons and rhythms.*

Jaya is a Clinical Ayurveda Specialist, trained at the California College of Ayurveda, the only state accredited Ayurvedic institution in the USA. Jaya is in private practice today, offering consultations, workshops, and cooking classes all across the south-east.

For consults & inquiries!

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ayurwellness@gmail.com

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# Energy Healing

A Focused Advertising Section

## Sally Berger, LMT

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## CALENDAR

**First Wednesdays** Sacred Sound Meditation. 7-8:15pm. Facilitated by GabrielNelson Sears. \$15 Love Offering. Trinity Center for Spiritual Living, 1095 Zonolite Rd., Atlanta, GA. 30306. For info, please call 678-827-1973.

**Free Fridays!** Free Pranic Healing sessions will help heal you mentally, emotionally and physically. Offer available through July 2020. Call (678)549-8021, or email pranamoyohealing@gmail.com. Book at least 24 hours in advance; and all sessions conducted in Douglasville.

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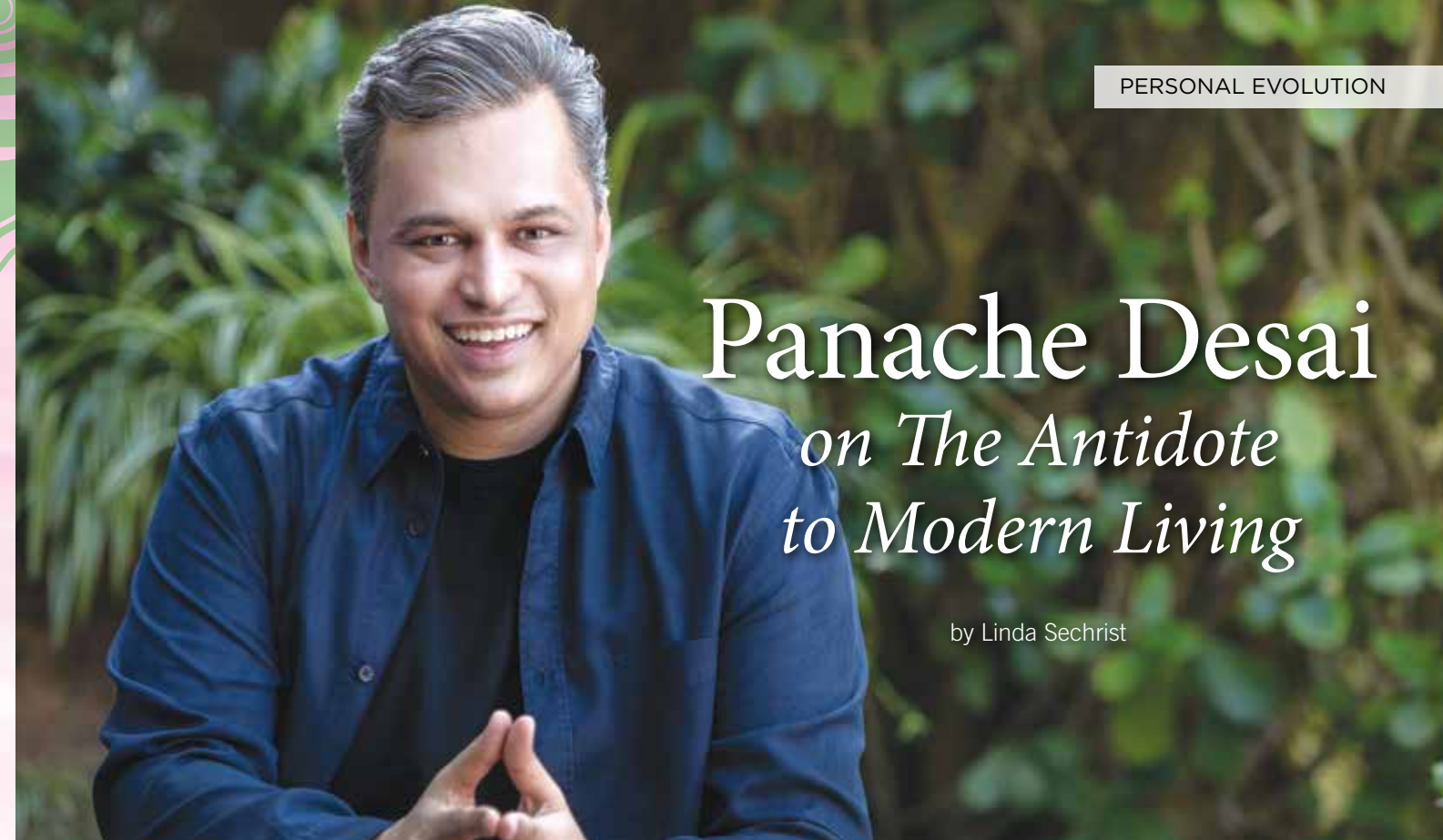
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# Panache Desai

## on The Antidote to Modern Living

by Linda Sechrist

Panache Desai's first book, *Discovering Your Soul Signature*, was a bestseller that caught the attention of Oprah Winfrey and earned him a guest spot on her Super Soul Conversations show in 2013. Even after several years of world book tours and radio talk shows, the visionary thought leader and spiritual teacher is over-the-moon excited about his latest release, *You Are Enough: Revealing the Soul to Discover Your Power, Potential, and Possibility*. "I feel like this was the book that I was born to write," enthuses Desai.

### Why do you refer to You Are Enough as an antidote to modern living?

I think of it like I do a piece of antivirus software. It's written specifically to eradicate the virus of not deserving and not believing that you're lovable. This is the root cause of why we are suffering. We can go through divorce, challenges with our children, and any personal challenges, but we do not have to equate these to suffering.

### What kinds of things can we expect when we know we are enough?

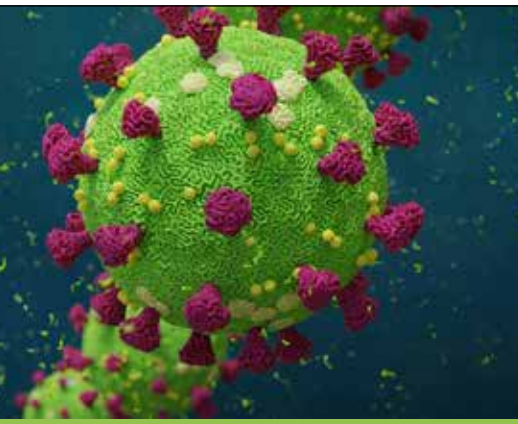
When you realize that you're enough, everyone else becomes enough by extension. You treat everyone as yourself. You don't have to hold them to a higher standard or to some ideal. You're far softer and gentler with everyone because you're far softer and gentler with yourself. Coming to that acceptance of I am enough, you can take your foot off gas. You can take a breath and just know all is okay.

When we don't feel like we're enough, we can never own and access the love that we are. We're playing a role, turning ourselves inside out, dressing in a certain way, doing things on social media that are inauthentic to who we are. Why? Because we're representing the image of wanting to be popular and desirable so somebody will like us and give us their unlimited expression of love. However, when we realize that every experience we have is self-generated, and that we're the source of every single thing we are experiencing, our sadness, anger and fear, we can also realize that we are the source of love that we are feeling.

### How do you explain our chaotic times?

We human beings are going through a process of evolution that to a certain degree has been already charted on our behalf. A collective awakening is being birthed in the world. We are all on the same journey in which the essential self is emerging into conscious experience, shifting out of separation and suffering into connection and bliss. Every single aspect of your life contributes toward this greater evolution. Every incredible messenger, teacher and person who has ever had a calling, a passion or love for something that they've shared with the world has shortened the distance between where people are and the outcome they are moving toward, which is oneness, or love of self. In the wake of widespread cacophony, pretenses and egoic structures are falling away, unveiling the true reality of love, kindness and human connection.

# Coronavirus: Local Resources



A monthly print magazine is not for fast-moving news. And we've never needed to be "fast."

But coronavirus changes everything.

We're committed to helping you stay calm and healthy, and that task is far more challenging now.

So we'll use our website, e-newsletter, and Facebook and Instagram pages to deliver timely information and updates on local resources.

Visit us at:

[naAtlanta.vision/coronavirus](http://naAtlanta.vision/coronavirus)

[naAtlanta.vision/mailling-list](http://naAtlanta.vision/mailling-list)

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**natural**  
awakenings

## Win Books!

We're giving away a book a week in April!

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Follow us on Facebook [[facebook.com/naAtlanta](https://facebook.com/naAtlanta)]

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Follow us on Instagram [[instagram.com/naAtlanta](https://instagram.com/naAtlanta)]



## 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](mailto:calendar@naAtlanta.com) and paid listings to [ads@naAtlanta.com](mailto:ads@naAtlanta.com).

**Some events may be cancelled due to the COVID-19 outbreak. Please check the organization's website to make sure the event is still scheduled.**

✦ Denotes Earth Day Events

### FRIDAY, APRIL 3

**Spring Native Plant Sale** - Apr 3-4. 10am-5pm. Over 120 species of plants available, and horticulturists and knowledgeable volunteers on site to help you plant the garden of your dreams. Herbs and veggies for the edible garden and more. Free admission. CNC, 9135 Willeo Rd, Roswell. 770-992-2055. More info: [ChattNatureCenter.org](http://ChattNatureCenter.org).

### SATURDAY, APRIL 4

**Arabia Mountain Day Hike** - 8am-12pm. A beautiful 2,500-acre park within the Arabia Mountain National Heritage Area that features incredible granite rock outcroppings, wetlands, creeks, pine and oak forests and the remnants of the area's quarrying past. Davidson-Arabia Mountain Nature Preserve, Nature Center, 3787 Klondike Rd, Lithonia. More info: [GeorgiaConservancy.org](http://GeorgiaConservancy.org).

**Tiny House Festival** - RESCHEDULED for Oct 9-11. 10am-6pm. Includes a large assortment of tiny residences and micro homes, workshops, presentations, lots of vendors, entertainment, children's activities and more. Turner Field, Gold Lot, Atlanta. [TinyHouseFestival.com](http://TinyHouseFestival.com).

### SATURDAY, APRIL 11

**Oakland Cemetery Spring Plant Sale** - 9am-1pm. Sale includes seasonal blooms and a Green Elephant Sale. Free admission. Oakland Cemetery, 238 Oakland Ave SE, Atlanta. [ParkPride.org](http://ParkPride.org).

### MONDAY, APRIL 13

**Heartbeat Festival** - 11am-3pm. A free, family-friendly event to celebrate and rally Atlantans around the #Sharecare-Movement for the health and well-being of their communities. Central Park, 507 Central Park Pl NE, Atlanta. More info: [nba.com/hawks/heartbeatfestival](http://nba.com/hawks/heartbeatfestival).

**The Spring Extreme** - 11am-4pm. Free, family oriented event with interactive showcases and hands-on activities, focused on arts & culture, health & wellness and inspired learning. The Home Depot Backyard, 1 Backyard Way, Atlanta. [Facebook.com/events/580418672474688](https://facebook.com/events/580418672474688).

### THURSDAY, APRIL 16

✦ **Earth Day Leadership Breakfast** - RESCHEDULED for Sept 28. 8-10am. Business and nonprofit leaders join students and environmentalists for networking and exploring engaging topics. Features keynote speaker Ryan Gravel, urban thinker and designer. Atlanta Botanical Garden, 1345 Piedmont Ave NE, Atlanta. 404-873-3173. [EarthShareGA.org](http://EarthShareGA.org).

### FRIDAY, APRIL 17

✦ **Georgia Tech Earth Day Festival** - 10am-2pm. Features exhibitors and includes eco-friendly giveaways, recycling opportunities, a clothing swap, an office supply exchange, live music, and organic popcorn. Free. Georgia Tech's Tech Walk. [EarthDay.GATech.edu](http://EarthDay.GATech.edu).

### SATURDAY, APRIL 18

**Tour of Jennie Drake Park** - 10am-12pm. Jennie Drake Park hosts a high diversity of trees and wildflowers, including uncommon and sensitive species such as Umbrella Magnolia, Wild Geranium, and Blood Root. Our timing should be ideal for seeing some of the high value species found here. Jennie Drake Park, 645 Waterford Rd NW, Atlanta. RSVP: [ParkPride.org](http://ParkPride.org).

✦ **Greener Good Volunteer Day: Celebrating the 50th Anniversary of Earth Day** - 10am-1pm. Volunteers needed to restore and beautify the forest; beautify the parking lot; clear the South River of trash and pollution (weather permitting) and more. Constitution Lakes Park, 1305 S River Industrial Blvd SE, Atlanta. [ParkPride.org](http://ParkPride.org).

### WEDNESDAY, APRIL 22

✦ **Earth Day at the Garden** - 10am-1pm. Celebrate the 50th anniversary of Earth Day. Enjoy special activities for little ones and don't miss Mr. Greg's musical tribute to the Earth at 10:30am in the Lou Glenn Children's Garden. Atlanta Botanical Garden, 1345 Piedmont Ave NE, Atlanta. [AtlantaBG.org](http://AtlantaBG.org).

✦ **Earth Day Farmers Jam** - 6:30-9:30pm. Celebrate 50 years of Earth Day with Farmers Jam: Atlanta's band of local farmers who raise money to plant fruit trees on farms. Pay what can. Monday Night Garage, 933 Lee St SW, Atlanta. [Tinyurl.com/wmojtfh](http://Tinyurl.com/wmojtfh).

**Wild Woman Moon Circle** - 7-9pm. We gather monthly to share our voices and lift each other up as we explore the energies of the New Moon with meditation/visualization, time for sharing, and an intention setting ritual. Santosha Studio, 896 Davis Dr NW, Atlanta. 404-964-4858. [Santosha-Studio.com](http://Santosha-Studio.com).

### FRIDAY, APRIL 24

**City Nature Challenge 2020** - Apr 24-27. Atlanta will be joining more than 100 cities around the world in a friendly competition to see which city can document the most species of plants, animals and

fungi found in nature using the iNaturalist app. More info: [ParkPride.org](http://ParkPride.org).

### SATURDAY, APRIL 25

**All About Kids Expo** - 10am-3pm. A free expo offering parents all of the community resources they need from health and wellness, safety, education, child care, important family related topics, entertainment, summer camps and much more. Gwinnett County Fairgrounds, 2405 Sugarloaf Pkwy, Lawrenceville. [scnievents.com/kids\\_expo](http://scnievents.com/kids_expo).

**Alive! Expo** - Apr 25 & 26. 10am-6pm, Sat; 11am-6pm, Sun. The only Green Living Event in Atlanta and the South East. Interactive demos, live health lectures and kids activities. Learn how to integrate natural products and green living into daily life. \$7/day/car. Cobb Galleria Centre, Two Galleria Pkwy, Atlanta. [AliveExpo.com](http://AliveExpo.com).

### WEDNESDAY, JUNE 24

#### SAVE THE DATE

#### 5-Day Introduction to Biodynamic Craniosacral Therapy: Tallahassee

June 24-28. The School of Inner Health offers a 35-hr course to craniosacral therapy, an elegant and effective system of healing. Learn aspects of the biodynamic paradigm experientially and apply immediately. Taught by Margaret Rosenau.

More info: 303-999-9963 or [SchoolOfInnerHealth.org](http://SchoolOfInnerHealth.org).

We need to get angry and understand what is at stake. And then we need to transform that anger into action and to stand together united and just never give up.

~Greta Thunberg



## 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=srxf2ttztrrh.

**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.

**Healing Circle** – 2-4pm. 1st Sun. With Vicki Evans. A demonstration of energy healing will be done with a couple of lucky volunteers. Everyone who attends will receive a few minutes of healing and maybe even a word of encouragement and guidance. Antlers and Wings, 245 E Trinity Pl, Ste 1210, Decatur. 404-861-6216. AntlersNWings.com.

**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/y4uhrqrr.

## 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

**Gentle Kemetic Yoga** – 10:30am. All-level class focuses on the breathe and simple stretching and toning techniques to help with relaxation and mobility. Class borrows hatha and kemetic style postures and meditations. First class free; \$10/drop-in. Decatur Recreation Center, 231 Sycamore St, Decatur. Tinyurl.com/r6o7868.

**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.

**Meditation and Internally Focused Qigong Practice** – 6:30-7:30pm. Focus on Taoist meditation practices and qigong (energy practices) to support higher quality meditation and stillness. Decatur Healing Arts, 619 E College Ave, Ste B, Decatur. DecaturHealingArts.com.

**Sierra Club Meeting** – 7pm, refreshments; 7:30pm, program. 2nd Tues. Georgia Chapter Office, 743 E College Ave, Ste B, Decatur. More info: Georgia.SierraClub.org/Atlanta.

**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, Sterry.info.us@KnowThyself.org. 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 7, Atlanta. With-LoveAndLight.com.

## wednesdays

**Southface Public Tour** – 10-11am. Led by junior staff and see the features of the Eco-Office that allow it to use 50% less energy and 80% less water than traditional office building of its size. Free; \$5 donations accepted. Southface Eco-Office, 241 Pine St NE, Atlanta. Southface.org.

**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. Begins Apr 15. 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. cfmatl.org/Decatur.

**An Introduction to the Happiness Program** – 6:30-7:30pm. 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.

**Group Meditation** – 7pm. Free. Science of Spirituality, 3071 Peachtree Industrial Blvd, Ste 200, Duluth. Call/text 404-948-5001. RSVP: Meetup.com/sosatl. sos.org/find-programs.

## saturdays

**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.

**Glow of Love Saturdays** – 10am. Volunteers 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.

**Free Community Meditation Class** – 12:30-1pm. A guided mindfulness meditation class led by Namrata. Includes some instruction on mindfulness and concentration techniques, as well as time to practice in silence. All welcome. Sati Yoga, 5575 New Northside Dr, Ste 100, Sandy Springs. Tinyurl.com/y4uhrqrr.

**Serenbe Farms Tour** – 2-3pm. Learn how Serenbe Farms uses sustainable practices to grow and harvest more than 300 varieties of heirloom and hybrid vegetables, herbs and flowers. \$10. Serenbe Farms, 8715 Atlanta Newnan Rd, Chattahoochee Hills. Tinyurl.com/y6hm9xlq.

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**Midday I AM Meditation** – Thursdays, 12-12:45pm. With Astrologer Lorenzo Sanford. Start with stretching and breathing exercises to unwind, followed by guided mediation with a message from the stars, leading into a period of silence. All levels. Chairs and cushions provided. \$10.

**Poetry Open Mic Night** – Apr 10. 7-7:30pm. With Michael Burke. An evening of splendor with enchanting and thought-provoking spoken word performances from some of Phoenix & Dragon Bookstore's flourishing community of poets. All welcome, including performers and spectators. Free.

**Introduction to the Importance of Pelvic Floor Health and Awareness** – Apr 29. 7-8:30pm. With Elizabeth Stein. Connect to your pelvic floor and womb space and find out why it's so important to have a healthy connection to this part of your body. Free.

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**Meditation on Twin Hearts** – Tuesdays, Apr 7-28. 7-8pm. With Ursula Lentin. 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. \$10

**Healing Night** – Apr 16. 6:45-8:45pm. As part of our Give-Back Program, The Love & Light Institute would like to offer you a night of healing. Varied healing modalities represented; subject to change from one Healing Night to the next. In order to give each participant adequate time with our healers, we have limited participation to 20 people. \$15 & donations.

**Public Channeling** – Apr 17. 8-10pm. Jamie Butler will allow spirit guides to speak directly through her to you. During the 1st hr, the guides will teach lessons and deliver messages, and during the 2 hr, they will answer your questions. April's topic: Ways to Love Your Body. Due to limited seating (50) please register in advance. \$30.

# Seven years without a cold?

## New device stops cold and flu

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.

CopperZap is made in America of pure copper. It has a 90-day full money back guarantee. It is \$69.95.

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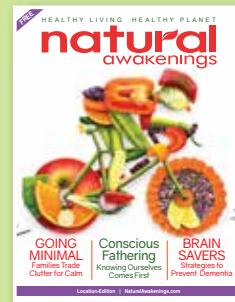
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by Trish Ahjel Roberts

When I was a teenager, I wrote a long poem about my lack of desire or interest in patience. I knew it was supposed to be a virtue, but I didn't care. I wanted what I wanted, and I wanted it *now*. Since then, I've realized that overnight sensations can be decades in the making. Anything worth having is worth waiting for. And working for. And, it's a lot more fun when you can enjoy the process.

At times, I've wanted things so desperately without having the wisdom to know what was best. I wanted the wrong men and the wrong jobs, and I was unhappy when I got them. I've wanted houses, cars and businesses without fully understanding the responsibilities of ownership. I've longed for a husband and hungered for divorce. I've learned I'm not alone. I've wanted things I've never experienced, and then, when I got them, I didn't want them anymore.

For most of us, when we have a dream that hasn't yet come to fruition, we want it now. We can't wait, and any waiting that is

forced upon us feels cruel. The uncertainty of the future seems unkind, yet we might be completely unprepared for the reality of the dream. There have been countless stories of young celebrities who, unprepared for the demands of the fame they dreamed of, lost their lives to drugs, loneliness and depression. Whitney Houston. Amy Winehouse. Jimi Hendrix. Kurt Cobain.

*The New Oxford American Dictionary* defines patience as "the capacity to accept or tolerate delay, trouble or suffering without getting angry or upset." This manner of gracefully accepting reality opens the door for truth and wisdom. Patience allows us to endure an uncomfortable situation with tolerance, and perhaps even bliss. When I surrendered to the sweetness of life and stopped pushing for all my perceived goals, my impatience turned to joy. Once I realized my time must subjugate itself to Divine time, I could relax and just be. I believe that's the essence of patience, and it's indescribably peaceful.

In this way, I see patience as a form of mindfulness. In Kadampa Buddhism, we often talk of "patient acceptance" in every moment. Each moment is what it is, and it's exactly as it's supposed to be. There's no point in worrying about the next moment or past moments. The only time we have any control over is the moment that we're in. The only decision to make is what we're doing right now. When the moment feels good, we don't need a strategy. Patience is accepting moments that don't feel good. These unloved moments are still the truth, whether we like them or not.

While, as a child, I was taught that patience is a virtue, as an adult, I've learned that patience is a learned skill that comes from mindfully accepting each moment as it arises without anger. It allows me to step in my emotions and infuses me with unfiltered truth. Instead of trying to dictate what the moment should be, I have learned to flow with it.

When the world doesn't move at my preferred pace, I look for messages in the detours. When I'm in traffic, I give thanks that I am not the reason for the traffic. I wonder if the traffic is slowing me down and keeping me safe in a way I don't understand. In my mind, I wish other travelers happiness and a safe journey.

When a business endeavor doesn't happen according to my schedule, I look for the lessons. What did I learn doing the work? Did a missed attempt reroute me to an even better place?

When a relationship doesn't happen as I would have liked, I wonder, is it because I'm not ready to connect with the right person yet? Do I still have emotional and spiritual work to do before I can even identify another kindred soul?

I've come to realize I can't control the output; I can only control the input. I choose to give my passion, focus and energy to the world and confidently, joyfully and patiently wait for what is to manifest. ♡



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](http://HoneyButterflyz.com).

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