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# Freedom

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– *In The Light of Truth*



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D.M.D., IAOMT



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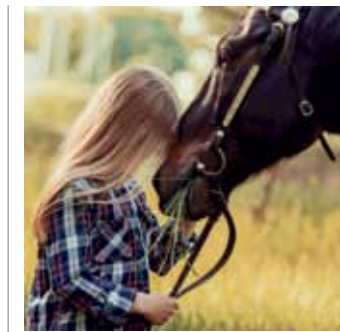
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BLASTS FROM THE PAST

Half of the most-read articles on our website this year were published in previous years. For some, the reason is obvious. For others, we're still scratching our heads. But popular, they are!

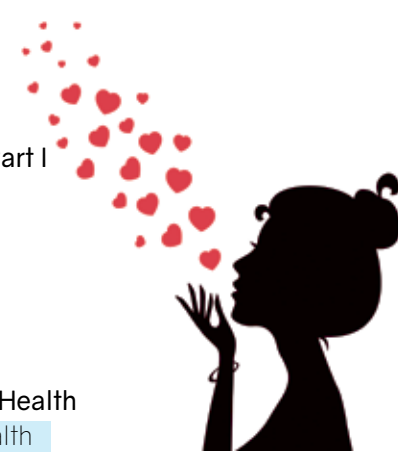
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**CORRECTIONS:** In the September issue, the article, "Early Roots of Atlanta's Passion for Yoga," stated that Elizabeth Nix opened a yoga studio. She has not.

Also, in the news brief titled "Hybrid Collard Greens Festival," the url provided was incorrect. It should be: [CollardGreensCulturalFestival.com](http://CollardGreensCulturalFestival.com)

*Natural Awakenings* is a family of 50-plus healthy living magazines celebrating 27 years of providing the communities we serve with the tools and resources we need to lead healthier lives on a healthy planet.

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 managing editor **Diane Eaton**  
 yoga editor **Sheila Ewers**  
 consulting editor **Trish Ahjel Roberts**  
 calendar editor **Theresa Archer**  
 copy editor **Sarah Donnell**  
 design & layout **Steffi K. Kern**  
 website **Adrita Ghosal**  
 distribution **Donna Abbott**  
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### CONTACT US

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ceo/founder **Sharon Bruckman**  
 coo/franchise sales **Joe Dunne**  
 layout **Gabrielle W-Perillo**  
 financial manager **Yolanda Shebert**  
 assistant director of ops **Heather Gibbs**  
 digital content director **Rachael Oppy**  
 national advertising **Lisa Doyle-Mitchell**  
 administrative assistant **Anne-Marie Ryan**

Natural Awakenings Publishing Corporation  
 4851 Tamiami Trail N., Ste. 200  
 Naples, FL 34103  
 Ph: 239-434-9392  
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# How Music Heals

“Art can be a powerful force for healing.” So opens our lead article this month. And I agree wholeheartedly. To not create, I believe, is to forfeit part of our humanity, and it leaves us less well.

Serendipitously, I recently read a Facebook post that speaks brilliantly to what is perhaps our most accessible art: music. In the post, Scott Ainslie quotes the welcome address Karl Paulnack gave in September 2004 to parents of incoming first-year students arriving at Boston Conservatory at Berklee. Paulnack was the director of the music division of the conservatory at the time. He is also a pianist.

Ainslie introduces his post this way: “My parents never wept over a piece of music in their lives. They had no idea what I do, nor why.” To me, it seems implausible that a human being can go an entire life without being moved to tears by music. I remember the first time it happened to me; it was during an encore performance by Itzhak Perlman. I was in my early 20s.

Paulnack explains why people can be moved to tears by music. In ancient Greece, he says, “Music was seen as the study of relationships between invisible, internal, hidden objects. music has a way of finding the big, invisible moving pieces inside our hearts and souls and helping us figure out the position of things inside us.”

He then mentions three events demonstrating this phenomenon: Olivier Mes-

siaen composing the Quartet for the End of Time whilst imprisoned in a concentration camp, the outpouring of song following 9/11, and the most important concert of his entire life.

As for the first situation, Paulnack asks: “Why?” Why, with so much danger and deprivation around, would the arts thrive in concentration camps? “The obvious conclusion,” he says, “is that art must be, somehow, essential for life. ... Art is part of survival; art is part of the human spirit, an unquenchable expression of who we are. Art is one of the ways in which we say, ‘I am alive, and my life has meaning.’”

As for the outpouring of song after 9/11, Paulnack says that singing was the first organized activity he saw in New York on September 12. “The first organized public expression of grief, our first communal response to that historic event, was a concert, Brahms Requiem. It was the beginning of a sense that life might go on.”

And—the most important concert of his life? It was at a nursing home in Fargo, North Dakota. He and a violinist opened “with Aaron Copland’s ‘Sonata,’ which was written during World War II and was dedicated to a young friend of Copland’s, a young pilot who was shot down during the war.”

Midway through the piece, an elderly man began to weep. Before starting their second piece, the performers spoke about the first piece, and the man became so

## LETTER FROM THE PUBLISHER

distracted that he left. Afterwards, the man explained that he had been a WWII pilot, and that he had lost a friend during a dogfight.

Said the veteran: “I have not thought about this for many years, but during that first piece of music you played, this memory returned to me so vividly that it was as though I was reliving it. ... How does the music do that? How did it find those feelings and those memories in me?”

Paulnack closes his speech by telling his audience what he plans to say to their children. I quote him here, slightly edited for length:

“The responsibility I will charge your sons and daughters with is this: If we were a medical school, and you were here as a med student practicing appendectomies, you’d take your work very seriously because you would imagine that some night at 2 a.m. someone is going to waltz into your emergency room and you’re going to have to save their life.

“Well, my friends, someday, at 8 p.m., someone is going to walk into your concert hall and bring you a mind that is confused, a heart that is overwhelmed, a soul that is weary. Whether they go out whole again will depend partly on how well you do your craft. ...

“You’re here to become a sort of therapist for the human soul... someone who works with our insides to see if they get things to line up, to see if we can come into harmony with ourselves and be healthy and happy and well. Frankly ... I expect you not only to master music, I expect you to save the planet.”

The arts heal. Engage accordingly. 🎵

Get the full text of Paulnack’s speech at [bit.ly/naa-Paulnack](http://bit.ly/naa-Paulnack).



*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.*



## NATURAL AWAKENINGS UNVEILS NEW WEBSITE FEATURES

*Natural Awakenings* has announced the recent addition of two significant new features to its website: a Community Calendar and an Offers section.

"With these features, the website takes a big leap in becoming the go-to resource for Atlantans who are awakening in any number of ways, whether physically, emotionally or spiritually," says publisher Paul Chen.

Calendar listings are free, but events are curated for site appropriateness.

The calendar has already won popularity among readers. It received the second most pageviews in August, second only to the website's homepage. "I'm truly surprised," says Chen. "I figured it would be popular, but to shoot up to the No. 2 spot—wow."



The offers feature will save readers money. Businesses can create coupons, at no charge, to offer readers. To do so, they must first create a listing in the website's community directory, the basic version of which is also free.

"The offers feature has actually been available for some time now," says Chen. "What's new is that it now has its own landing page, which increases visibility significantly."

Chen is thrilled the website now offers businesses a suite of three free tools to get their message out to more people. "I see *Natural Awakenings* as being Atlanta's premiere source for natural health and personal evolution content, but with all these tools, we are also clearly the city's leader for finding companies and practitioners that can help heal, guide and support readers in a wide array of products and services that positively impact health and personal growth."

For more information, visit [naAtlanta.com/calendar](http://naAtlanta.com/calendar) and [naAtlanta.com/offers](http://naAtlanta.com/offers).

## CAROLINA RETREAT CENTERS Win USA Today Awards

Two North Carolina retreat centers are winners in *USA Today's* Readers' Choice Awards in the category of Best Wellness Retreat.

Skyterra Wellness Retreat in Pisgah Forest, North Carolina, placed third in reader voting, and The Art of Living Retreat Center in Boone, North Carolina, placed fourth. Eupepsia took the top spot; it is located in Bland, Virginia.

Both North Carolina retreat centers were listed among nearby centers in our July issue and have placed in the top five spots for four consecutive years in the *USA Today* poll, including Skyterra's No. 1 ranking in 2018. Art of Living came in third that year, its highest ranking.

"We are a personalized, all-inclusive retreat that just celebrated our fifth year of operation, so this award has real magnitude for us once again," says Sue Crowell, owner and founder of Skyterra Wellness Retreat. "This year's ranking is extra special given that our new property opened less than a year ago."

Both centers are situated in the natural beauty of North Carolina's mountains. The Art of Living Retreat Center boasts 380 acres, while Skyterra has 155. They differ significantly, however, in accommodations. While Art of Living hosts retreat leaders from across the globe and can handle thousands of visitors at any one time, Skyterra offers six of its own programs and caps attendance at 30.

For more information, visit [SkyterraWellness.com](http://SkyterraWellness.com) and [ArtofLivingRetreatCenter.org](http://ArtofLivingRetreatCenter.org)



One-on-one coaching at the Skyterra Wellness Retreat

## Peachtree Yoga Teacher Drops First Novel

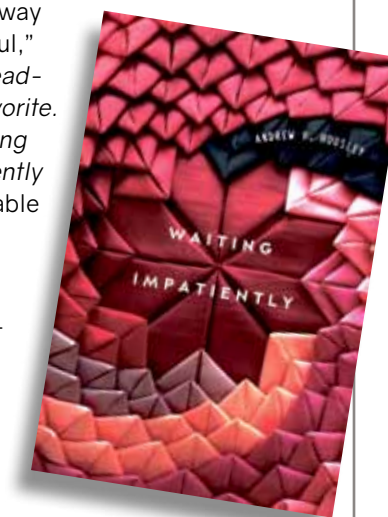
Andrew H. Housley announced the publication of his first book, *Waiting Impatiently*, with publisher, Atmosphere Press.

According to the publisher, the novel provides a gritty story of a man's spiritual metamorphosis. "As the world begins to shut down in the face of a pandemic," the publisher writes, "Ian—a well-worn yoga teacher and Zen student—wavers as he stands at the precipice of his life, attempting to accept the gift of self-examination while burying the pieces of his painful past."

Housley is a yoga instructor at Peachtree Yoga Center in Sandy Springs and teaches small and personal private lessons and group classes at Windy Hill Athletic Club and Gruv'n Yoga Soul Center. He is a board-certified holistic nutritionist, functional range conditioning mobility specialist and a Kinstretch Level II certified instructor. He has been exploring writing styles through musical lyrics, prose and poetry.

"Author Andrew H. Housley takes you on a journey of self-discovery and spiritual awakening that leaves you with a lot to ponder... a thoughtful exploration of the way loneliness tends to eat away your soul," says *Readers' Favorite*.

*Waiting Impatiently* is available at most online retailers. List price is \$17.99.



## The Inner Space Celebrates 30 Years

The Inner Space, a metaphysical education and practice business founded in 1991 by Sherry Henderson, celebrates its 30th year of business on October 31 with a ticketed special event followed by a free Halloween party at its Sandy Springs location.

"I am so excited to see so many of our supporters come together to celebrate our joy in serving our friends for these past 30 years," says Henderson. "Some of these customers and clients were babes in arms when they first crossed our path. Now many are grown and have families of their own."

The Inner Space hosts more than a dozen practitioners of metaphysical arts, including healing, readings, hypnotherapy and shamanic practice. It is also home to several schools, including the Atlantian

Mystery Schools, the National Guild of Hypnotists-Hypnosis and a yoga-training program. It is also the site of a monthly psychic fair, which has run continuously since inception.

The special event features Andrea Bagby "conveying messages from the other side of the veil" in the company's annual séance, which starts at 7:30 p.m. Cost is \$30 in advance and \$35 at the door. The 30th Anniversary/Halloween Party is free and starts at 9 p.m. It features a costume contest and refreshments.

The Inner Space is located at 6558 Vernon Woods Drive in Sandy Springs.

For more information, email [editor@Oracle20-20.com](mailto:editor@Oracle20-20.com) or visit [TheInnerSpace.com](http://TheInnerSpace.com).



Sherry Henderson of The Inner Space [Photo: Danielle Cowan]

## MA'AT RELEASES SELF-DISCOVERY WORKBOOK

Tassili Ma'at, owner of Tassili's Raw Reality vegan café in Atlanta, recently released her new book, *Journey to Selfness*.

*Journey* is a self-discovery workbook designed to take the reader on a journey of self-love, which Ma'at considers the root of self-fulfillment. Ma'at describes "selfness" as what happens when one is "full of so much love for themselves that they have an overflow and abundance of love for others."

The workbook gives the reader space to chronicle their daily thoughts and actions through the lunar cycle as a way to journey together with the author.

"This book is not just another self-help workbook," says Ma'at. "It is deeply rooted in spiritual work that will take every reader on a journey of transformation, through the shadow work, making them whole and ready to fulfill their calling in life."

"This is the best workbook for journaling and unfolding your true destiny," says wealth and wellness coach Steffanie Haggins.

*Journey to Selfness* can be purchased in person at Tassili's Raw Reality Café and online at [TassilisRawReality.com](http://TassilisRawReality.com) or Amazon.





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## BUSINESS SPOTLIGHT

# Atlanta's Unique Eats

Excerpted from *Unique Eats and Eateries of Atlanta* by Amanda Plumb.  
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Soul Vegetarian Restaurant [Photo: Adrienne Bruce]

## SOUL VEGETARIAN Pioneering the Black Vegan Movement

Fried chicken, mac 'n' cheese, collards stewed in with a ham hock— soul food takes many forms, but you have to look far and wide to find vegan versions. Fortunately for Atlanta's vegans, there's Soul Veg. Soul Vegetarian, opened in 1979 by the Hebrew Israelite Community of Jerusalem, offers a wide array of vegan comfort food and fresh juices. Also known by such names as the Black Hebrew Israelites, the Black Hebrews, or Black Israelites, members believe that the key to healthy living can be found in Scripture:

“And God said, ‘Behold, I have given you every herb bearing seed, which is upon the face of all the Earth and every tree in which is the fruit of a tree yielding seed. To you it shall be for food.’” — Genesis 1:29

The Black Hebrews interpret this verse to mean that a healthy diet includes only foods with seeds, leading them to follow a vegan diet.

At the height of the movement, there were more than 25,000 Hebrew Israelites in the US. They operated their own restaurants in Chicago, Tallahassee, Cleveland, St. Louis, Atlanta, and Washington, DC. Over the years, many have closed, but both Atlanta locations, with their unique reinterpretation of Southern soul food, remain.

Order a dish of seaweed to go along with your Carrot Salad; you'll swear you were eating tuna salad.



The Garvey Burger is named for the Black-nationalist leader Marcus Garvey. [Photo: Adrienne Bruce]

Sides (mac 'n' cheese, collard greens, corn on the cob, baked potato, sweet potatoes, potato salad, broccoli, brown rice with gravy, and cornbread) are soul food staples, but the entrees (Cauliflower, Tofu, and Kalebone Twists) are uniquely Soul Veg.

You won't find Impossible Burgers or other mass-produced meat alternatives here. Everything is made in-house, from the Garvey Burger (named for the Black-nationalist leader, Marcus Garvey) to the Kalebone (a homemade meat alternative made from the gluten in wheat flour). Each day, they offer a half-dozen or more fresh salads, including the Eggless Salad and the inexplicably addictive Carrot Salad.

For a tangy, refreshing drink, order the Royal Ginger Root, made with pineapple juice, fresh ginger, lemon juice, honey, and water.

For dessert, vegans and nonvegans alike can't resist a scoop of Soul Veg's coconut- and soy-based “Ice Kream.” Pints are available to take home.

Today, there are approximately 5,000 Hebrew Israelites around the world. Most live in Israel, but the 75 who call Atlanta home continue to provide homemade vegan soul food at locations in the West End and Poncey Highlands.

*Soul Vegetarian is located in Poncey-Highland and the West End of Atlanta. More info at [soulvegsouth.net](http://soulvegsouth.net).*

## R. THOMAS DELUXE GRILL The Quirkiest Spot in Buckhead

R. Thomas's pink-and-green-striped, tent-lined walls and its colorful folk art seem out of place among the cookie-cutter strip malls along Peachtree. But that's just the first impression—it gets weirder. Before they reach the door, guests are greeted by

If it feels like you're eating in a tent, it's because you are. The original restaurant had a small footprint, so R. expanded it by adding a covered patio. Today all the seating is technically outdoors in the tented patio, but you can still see the original dining rooms as you wend your way through the kitchen to the bathrooms.

cockatoos Peaches and Cream and their feathered friends.

In the 1970s, Richard Bruce Thomas (aka “R. Thomas”) was the number-two guy at KFC, second only to the Colonel himself. In 1979, he left to cofound Bojangles, another giant in the fast-food universe. When



Fast-food entrepreneur R. Thomas [Photo Courtesy R. Thomas]

he sold the business in 1984, he wasn't quite sure what to do with himself, so he traveled the US.

In San Francisco, he stumbled upon Hamburger Mary's, a funky, flamboyant burger joint, which inspired him to create his own quirky burger place in Greenville, South Carolina. This first iteration of R. Thomas didn't survive, and a year later

Thomas moved to Atlanta and opened the existing restaurant.

The original menu was handwritten and featured illustrations of every dish. Some menu items (pineapple and vanilla ice cream, served in a cantaloupe, for example) have been retired, while new additions (such as Creole Shrimp Bowl and Mediterranean Bowl) are constantly being added.

In the 1990s, R. had a wake-up call when his new friend healthy-lifestyle evangelist,



R. Thomas Deluxe Grill [Photo Courtesy R. Thomas]

Donna Gates told him, “You know, you've poisoned more people in America than drugs have.” R. changed his diet and added vegan and raw dishes to the menu.

One night in the late '80s, R. lost the keys to the restaurant. Rather than call a locksmith, he persuaded some staff members to stay the night with him. That evening he discovered that there were people out at all hours looking for someplace to eat. R. Thomas has been open 24 hours a day ever since, creating a popular late-night hangout and attracting all sorts, including a psychic who set up shop at a corner table and told fortunes into the wee hours.

R. received his first parrot, Sparkles, as an egg when he was a lad. Although Sparkles retired to his daughter's house after R. passed in 2017, a menagerie of birds continues to welcome guests. Keep an eye out for Tommy, found in an abandoned building slated for demolition; he has a thing for blondes. And Charlie, the Amazon parrot with a “fowl” mouth, isn't afraid to show off his French before the Sunday morning church crowd. 🐦

*R. Thomas Deluxe Grill is located at 1812 Peachtree St. NW, Atlanta. More info at [rthomasdeluxe grill.net](http://rthomasdeluxe grill.net).*



Author Amanda Plumb is the co-founder of *Chow Club Atlanta*, a monthly underground restaurant showcasing the talents of local home cooks with international roots. *Unique Eats and Eateries of Atlanta* can be purchased at [UniqueEatsATL.com](http://UniqueEatsATL.com).



# Less Stuff, More Joy

## Ways to Live Simpler and Lighter on Mother Earth

by Ronica O'Hara



When holistic wellness coach and personal trainer Sergio Rojas saw his contract with a trucking company terminated by the pandemic, he and his wife Krista turned it into an opportunity to step away from a life of too much stuff and over-scheduled activities. “When life gets too complicated and there’s too much going on, you get stressed and irritated easier,” he says. “You don’t feel connected to yourself.”

The couple sold their 4,200-square-foot house in Dubuque, Iowa, along with 85 percent of their belongings and spent eight months living out of suitcases exploring the southeastern United States and Latin America with their 14-year-old daughter and 12-year-old son. “We wanted our kids to see what it’s like to downsize, to live with less,” says Rojas.

After considering Vancouver and Miami, they settled in the Atlanta area in a townhouse half the size of their Iowa home

not far from extended family. “A simpler life lets you focus on what’s important,” he says. “We have deep, deep conversations with our kids, and dinner can be a two-and-a-half-hour experience, with a game of cards and singing songs.”

Not everyone moves in such dramatic fashion toward a simpler lifestyle, but thanks in part to the lessons of COVID-19, intentionally living with less is gaining currency across the country. “The pandemic gave us an uninvited sample of a more minimalist and simple life, and we have all become acutely aware of what feels good to let go of and what’s really important to us,” says minimalist blogger Ema Hidlebaugh, of *MinimizeMyMess.com*.

According to research from the multinational consulting firm Accenture, the pandemic made consumers more mindful of purchases, more conscious of food waste and more interested in sustainable, local options. Other polls found that two out of

three Americans adopted more eco-friendly habits during the pandemic, and that 52 percent are open now to living in a van.

There is no one-size-fits-all approach for simpler living; each person crafts what best fits their values and needs. Three common strands have emerged: minimalist simplicity—living with less clutter and busyness; ecological simplicity—living with the sustainability of the planet as the priority; and conscious simplicity—driven by deep personal and spiritual values. The approaches can overlap, yet each has its unique flavor. None has an end stage: All are dynamic explorations and encourage continual experimentation and growth.

With time, they often merge together. In an in-depth study published in the *International Journal of Applied Positive Psy-*

### Minimalist Simplicity

Minimalism involves “owning less, practicing sufficiency and improving the quality of life by not indulging in consumerism,” says Aniruddha Pangarkar, assistant professor of marketing at the University of Wisconsin-Green Bay, whose study on the topic appeared in the *Journal of Business Research*. “By practicing minimalism, consumers can achieve life-goals through experiencing well-being, satisfaction, happiness and peace.”

A 2019 YouGov survey reported that 17 percent of Americans describe themselves as minimalists, 23 percent would like to become one and 31 percent have no interest in the idea. Historically, minimalism in America goes back to the Quakers and Henry David Thoreau’s writings, but it gained new life in 2014 with Marie Kondo’s *The Life-Changing Magic of Tidying Up*. She says holding each object and asking, “Does it spark joy?” If it doesn’t, thank it and toss it, she advises. After her Netflix series ran in 2019, thrift stores reported a dramatic upswing in donations.

Because research suggests that clutter is linked to depression, fatigue and higher levels of stress, decluttering alone can be life-changing. Journalist Ellen Pober Rittberg, of Brooklyn, moved into a one-room studio when she downsized from her house. “I could have chosen a one-bedroom apartment, but it would have meant more places to put things that I probably didn’t need to acquire,” she says.

Asking if something “sparks joy” can also be applied to everything from friendships to jobs to food and finances, whittling away what is not essential. As millennials are discovering, renting instead of owning a home frees up weekends for fun instead of home repairs. Using Lyft or Uber and mass transit saves money otherwise spent on car loans, repairs and gas. Spurning designer brands opens up funds for trips to Yellowstone or Iceland.

“Even though everyone embraces minimalism differently, each path leads to the same place: a life with more time, more money and more freedom to live a more meaningful life,” advise Joshua Fields Millburn and Ryan Nicodemus in their top-rated blog *TheMinimalists.com*, which has 20 million followers. “Getting started is as simple as asking yourself one question: How might your life be better if you owned fewer material possessions?”

### Ecological Simplicity

This green approach means “to choose ways of living that touch the Earth more lightly and that reduce our ecological impact on the web of life,” writes eco-activist Duane Elgin in his seminal book *Voluntary Simplicity*. Half a century ago, the *Whole Earth Catalog* kicked off the movement with its Earth-centered living strategies. Today, thousands of websites and books offer step-by-step ecological advice, recycling has become commonplace, electric cars are the hottest sellers and according to the National Retail Federation, 70 percent of American consumers value sustainability in products.

Lowering our impact on the planet means living more simply with less. Among other strategies, this means going without



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household plastics or lawn chemicals; gardening and buying local produce in season to lower shipping emissions; choosing equipment and clothes made to last many years; and reducing energy consumption at home, work and on the road. Sustainable living can be as simple as using a personal mug when ordering a latte or as complex as joining a stockholders' rebellion to force sustainable corporate policies. It also can mean returning to the simpler practices of yesteryear, such as line-drying clothes and bonding more closely with the natural world.

For Barbi Gardiner, owner of The Outdoor Apothecary, in Plainfield, Connecticut, embracing a simpler, sustainable lifestyle after leaving a high-pressure job meant "adopting a do-it-yourself attitude" that included starting a permaculture garden, composting, raising chickens, foraging and cooking wild food, and creating healing remedies from homegrown and foraged herbs. "Nature is the medicine for what ails us," she says.

## Conscious Simplicity

Deeply held values, not money and possessions, shape this form of simpler living, sometimes called soulful or conscious simplicity. Its focus is on life-enhancing experiences, inner growth, spirituality, natural health, creativity, nurturing relationships and social

action. Owning bling has little allure. "With conscious simplicity, we can seek lives that are rich with experiences, satisfaction and learning, rather than packed with things," writes Elgin.

Sometimes passion is the driver. Alex Honnold, the renowned rock climber profiled in *Free Solo*, lived in a van for 10 years while scaling Yosemite's El Capitan and other formidable peaks. He donates one-third of his income to global solar power initiatives. Millennials like him are finding stuff less enticing: The Harris Group reports that 72 percent of them say they would rather spend money on experiences than material things. A study from San Francisco State University found that the happiness of buying something new like a car or a laptop fades over time, while spending money on an experience provides joy long after the experience has ended.

Deeply held values can mandate a simpler life. Ross Martinie Eiler found his calling 15 years ago when he read about the voluntary poverty of the Catholic Worker Movement, which offers hospitality to the homeless in 178 centers worldwide. "It struck me as an authentic way of living that's true to the beauty and goodness of the religion," he says.

Today his life is built around the Bloomington, Indiana, Catholic Worker community. He, his wife Andrea and their four children live communally in four houses with other members and guests, sharing meals, belongings and easy-going conversations with the homeless. He tunes pianos part time for money, half of which he donates to the community. For fun, he pounds the keys in a rollicking boogie-woogie band.

The committed communal life isn't always easy. "Every day there's a new challenge that needs a new approach. Against my will, I've been forced to become a better person," he chuckles. "I have little money on paper—I'm probably in the bottom 10 percent—but I don't need anything. And yeah, I feel it's very right for me." ☘

Denver-based health writer Ronica O'Hara can be contacted at [OHaraRonica@gmail.com](mailto:OHaraRonica@gmail.com).

## Living Lighter Checklist

Some Ways to Up Our Game in Simpler Living

### MINIMALIST SIMPLICITY

- Buy only what we truly need
- Prune clothes and books
- Declutter, category by category
- Repair, don't replace
- Purchase for quality, not quantity
- With each new purchase, give away something old
- Choose paperless receipts
- Digitalize books and movies
- Use a budgeting app to lower expenses
- Reduce food waste
- Go slow: slow food, slow fashion
- Consider moving into a smaller space
- Unsubscribe from catalogs and retail emails
- Give away clothes not worn for a year
- Re-examine social commitments
- Use reusable tote bags for shopping
- Eliminate duplicates
- Drive less and walk, bike and ride mass transit more


### ECOLOGICAL SIMPLICITY

- Eat more plants, less meat
- Grow our own food
- Compost food scraps
- Go plastic-free in the house
- Conduct a home energy audit
- Install solar for home energy
- Use green cleaning supplies
- Save water with toilet and shower eco-devices
- Air-dry clothes
- Switch to an electric or hybrid vehicle
- Buy quality clothes in natural fabrics
- Recycle whenever possible
- Buy pre-used items
- Use reusable bags and food containers
- Make DIY beauty products and cleaners
- Volunteer for local eco-activities
- Boycott products that endanger wildlife
- Campaign for environmental policies and candidates

### CONSCIOUS SIMPLICITY


- Spend on experiences, not stuff
- Minimize shopping online and offline
- Detox social media accounts
- Scale back TV and cable
- Savor nature with a daily walk
- Plant trees locally
- Volunteer often
- Commit to a cause
- Use holistic medicine practitioners
- Take a personal growth course
- Meditate or pray daily
- Explore yoga, tai chi or a martial art
- Take up a creative pursuit
- Explore the local area
- Sign petitions or organize drives
- Get involved in a worthy cause
- Invest to delegitimize fossil fuels and deforestation
- Donate to worthy environmental or social causes

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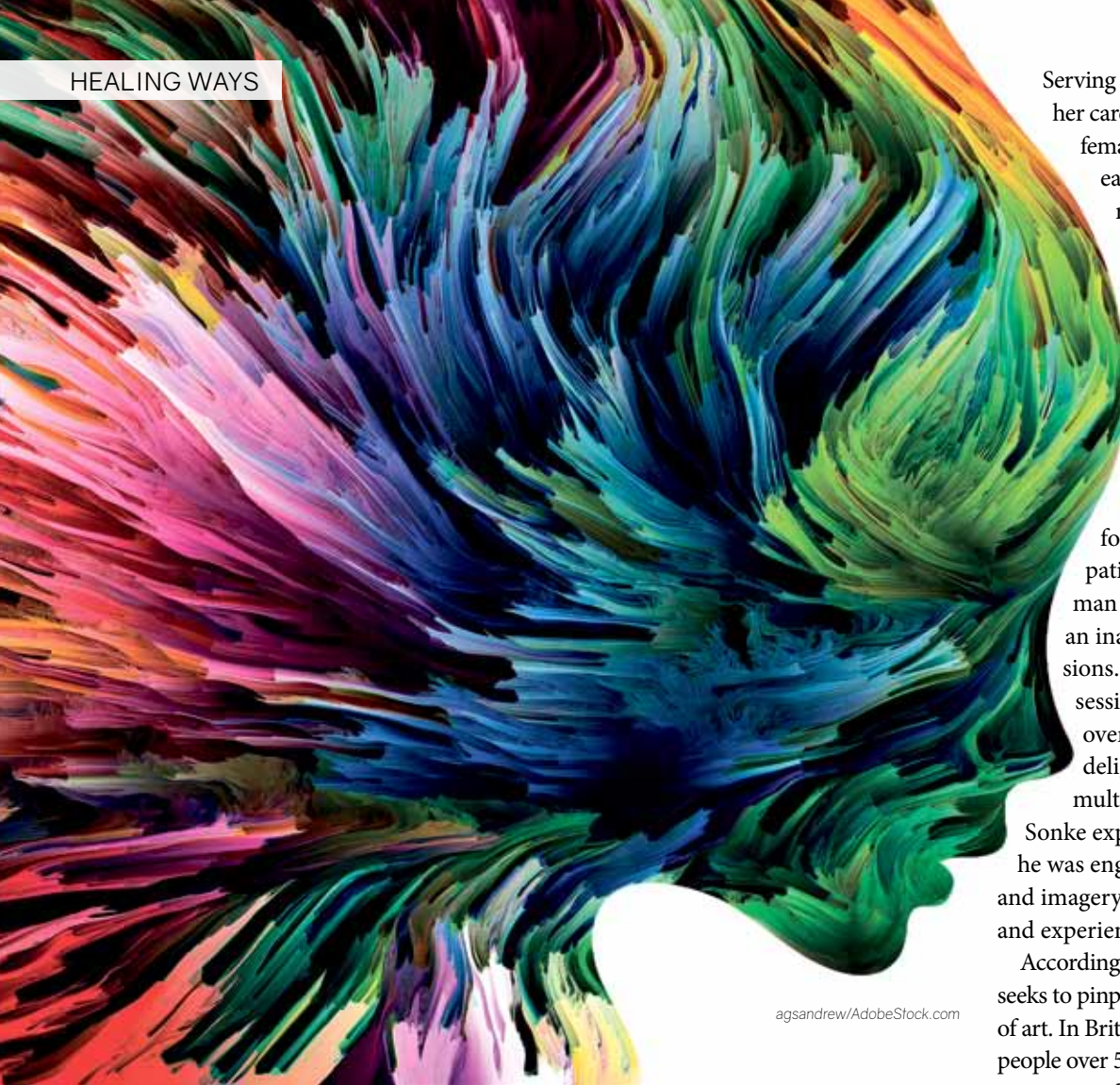



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# ART'S EMBRACE

## Healing Through Creativity

by Sandra Yeyati

Art can be a powerful force for healing. Its potential manifests in a disabled man's triumphant dance or cancer patient's stirring self-portrait. Throughout America, art's redemption takes center stage at hospitals, nursing homes, jails and homeless shelters. Even an entire city can be transformed when its citizens embrace public art to add beauty, create community and heal its broken places.

### Art in Medical Settings

According to Jill Sonke, director of the University of Florida (UF) Center for Arts in Medicine, approximately half of U.S. hospitals have art programs that provide positive distraction, enjoyment and connection. To humanize otherwise intimidating environments, visual artists and musicians are employed to install appealing exhibits and play relaxing music. Artists also work at the bedside with patients as part of inter-professional care teams.

Serving as an artist-in-residence early in her career, Sonke remembers a young female patient with sickle cell disease whose bouts of extreme pain required hospitalization. Dance sessions eased her suffering and enabled doctors to reduce pain medications. "The way the patient described it was not that the pain was going away, but that she didn't mind it as much because she was enjoying dancing," she says.

While facilitating Dance for Life classes for Parkinson's patients, Sonke encountered a man suffering limited mobility and an inability to form facial expressions. After two months of biweekly sessions, he could lift his arms over his head and, to his wife's delight, smile again. "It's that multimodal capacity of the arts," Sonke explains. "All at the same time, he was engaging in music, movement and imagery. He was moving with others and experiencing joy and laughter."

According to Sonke, ongoing research seeks to pinpoint the public health benefits of art. In Britain, they have learned that people over 50 visiting museums or concerts once a month are almost half as likely to develop depression in older age. Other studies suggest that music can unlock memories and improve cognition. UF researchers are currently investigating whether live music in emergency and trauma care settings can reduce the need for opioids.

"When people engage in the arts, they often enter into a flow state, that experience of losing yourself in art where we lose track of time and what we're doing is intrinsically motivated," Sonke says. "A flow state can engage a relaxation response, helping to reduce stress and anxiety, which can enhance immune function."

### Art Therapy for Cancer Patients

Board-certified art therapist Mallory Montgomery helps cancer patients in Detroit's Henry Ford Hospital work through symptoms of depression, anxiety or trauma. "Any person seeking a talk thera-

pist or social worker could also consult with an art therapist," she says. "We have the same training, but use art instead of just words. Evidence suggests that art therapy accesses healing faster because you're forging a deep mind/body connection."

When counseling a double mastectomy patient that has questions about who they are now that they're missing a part of their identity, Montgomery might offer a printed body map so that they can pinpoint where they carry feelings of loss, pain or confusion. "By drawing or coloring in those areas, I'm asking them to show how they're being affected physically, emotionally and spiritually, and to externalize the overwhelming, negative side of their problem," she explains.

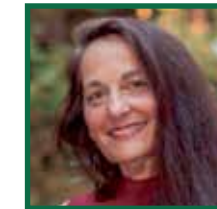
Using a second body map, Montgomery might invite the patient to draw or paint in those same areas to transform the pain into something more positive. "Is it going to blossom like a flower or be soothed with water? What imagery can you create that represents the opposite of your pain or an improvement of your concerns? We might also do a portrait to highlight other aspects of you and your personality that still exist, even though you no longer have a body part that was killing you," she says.

Montgomery's emphasis is never on the quality of the art. "I walk the fine line between allowing patients to problem-solve how to make something look like what's in their head and providing them with comfort and intervention so they don't get so frustrated that they want to give up," she notes.

Montgomery keeps a visual journal for her own self-expression. "It helps me make sense of the world," she says. "Art gives my

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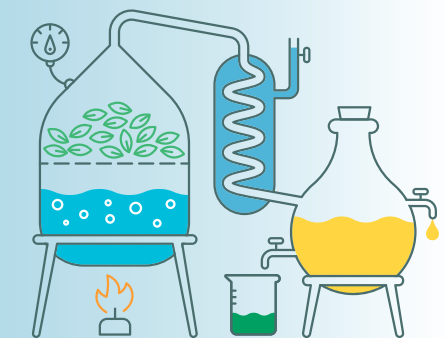
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voice and thoughts an outlet, something concrete and representational that reaches into the depth of what I'm experiencing."

### Redemption Songs in Skid Row

About 10 years ago, violinist and recording artist Vijay Gupta took a wrong turn and ended up in Skid Row, a disadvantaged downtown Los Angeles neighborhood. "It felt like a gut punch," he recalls. "I saw the gross inequality between Walt Disney Concert Hall where I performed for the LA Philharmonic and a community of 5,000 people less than two miles away sleeping in tents in extreme poverty."

To uplift and inspire people recovering from homelessness, addiction and incarceration, Gupta founded Street Symphony in 2011 as a series of concert performances by world-class musicians. "One of our first venues was the Department of Mental Health," he recalls. "After the second movement, the young violinist I was performing with turned to the audience with tears in his eyes and said, 'I've loved playing for you because I can feel your hearts.' He shared that his mother had grappled with schizophrenia, his father was a prison guard and whenever he played for his family, he felt more connected to them. That's when I began to see him as a human being who was in deep need of this work himself."

Gupta has learned firsthand that healing is a two-way street. "When I come to Skid Row, I'm the one who feels lifted," he says. As a result, Street Symphony has morphed into a collection of workshops and conversations that also employs jazz, reggae, hip-hop and West African musicians and vocalists from the Skid Row community. "We might play 30 minutes of music and then ask the audience what images, thoughts or memories came up for them," he explains.

In this community, art is neither entertainment nor a commodity, Gupta says. "It's a lifeline; a way for people that have been devastated by poverty, addiction or trauma to add to their lives in a constructive way. We all have devastated places within ourselves that need healing and attention. Visiting Skid Row is a pilgrimage to the broken place within myself, and in that way, it's a spiritual place; my temple where I go to worship."

### Creative Care for People with Dementia

Drawing from her theater background, Anne Basting, author of *Creative Care*, has developed an innovative approach to dementia and elder care. "Our current caregiving model envisions one person that's empty and has lots of needs and the other person that's full and pours themselves into the other person, which leads to burnout," she says. "Dementia and aging are experiences of increasing separation. People isolate themselves and learn not to trust their own expressive capacities, because their relatives and friends no longer know how to relate with them and often ignore their words."

Basting's Creative Care changes this depleting dynamic. "In improvisational theater, you observe everything that's happening on stage and try to figure out how you can add to the performance positively," she explains. "Applying that idea to a care situation, you observe the person's facial expressions, what they're saying, how they're behaving and then invite them into expression out of that moment with what we call a 'beautiful question', one that has no right or wrong answers and draws on the person's strengths."

A beautiful question might be, "If your feet could talk, what would they say?" This offers people with pain a poetic way to express it. "I invited a gentleman with dementia who had no language—no words left—to show me how water moves. His response was the most beautiful dance I'd ever experienced, performed in the kitchen of his duplex," Basting recalls, adding that it's important to acknowledge the person's expression so they know they've been heard.



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The final step in Creative Care is to accumulate these experiences over time and shape something larger and universally meaningful that can be shared with others—an artistic product. Basting founded the nonprofit TimeSlips to train artists and caregivers worldwide to do this visionary work. Their efforts have resulted in art exhibits, dance and theater productions, books and animations. “My dream is that meaning and beauty will be made every day in nursing homes, creating care settings so interesting that people want to visit them—a new kind of cultural center, integrating health and art,” she says.

### Transforming a City with Public Art

More than 4,000 works of public art grace the city of Philadelphia, three-quarters of which are breathtaking murals that combine world-class paintings and im-

ages with provocative words and healing messages. Art permeates virtually every neighborhood on walls, billboards, sidewalks, rooftops, swimming pools and basketball courts, enriching people from all walks of life, even those that don't have access to galleries and museums.

“Public art lifts our spirits, provides us with beauty and inspires us,” says Jane Golden, founder and executive director of Mural Arts Philadelphia (MAP). “It can be evocative, challenging and educational, as well, serving as a barometer of our time—a system of checks and balances and a mirror that we hold up to people and say that your life counts and you matter.” In addition to sponsoring 75 to 100 new works every year, MAP's \$10 million budget funds programs related to criminal justice, art education, housing insecurity, behavioral health, community development and environmental justice.

According to Golden, the healing power of art is not just in the mural, but also in its collaborative creation. In addition to artists and educators, hundreds of people work on these projects, including individuals grappling with addiction or homelessness, veterans with PTSD and immigrants and refugees facing isolation and stigma. “The act of creating is a meditative and healing experience, and because you're part of a larger effort, it connects you to your community,” Golden says. “People start to feel a sense of purpose and value. They start to believe in themselves again.”

*Sandra Yeyati, J.D., is a professional writer and editor. Reach her at SandraYeyati@gmail.com.*



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# Talking to Kids About Climate Change

## What They Need to Know from Those They Trust

by Sandra Yeyati

As scientists have been predicting, climate-related fires, floods and drought are becoming commonplace. Our children are seeing and hearing about them on social media and the news or living through them in their own neighborhoods. Kids have questions. They're afraid, anxious and angry about inheriting these problems.

"We're living a climate emergency, so we should talk about it honestly with our children whenever they ask us. They deserve to hear it from trusted messengers, the people they know and love, such as parents, guardians and teachers," says Harriet Shugarman, the New York City author of *How to Talk to Your Kids About*

*Climate Change: Turning Angst into Action*, who trained with Al Gore's Climate Reality Project and founded the online community *ClimateMama.com*.

### Fostering a Love of Nature

For our youngest children, "You want to be calming and reassuring, engendering a sense of safety and love of nature. This is the time to go outside and connect with the many delights of our world," says integrative psychotherapist Leslie Davenport, the San Francisco author of *All the Feelings Under the Sun: How to Deal with Climate Change*, an illustrated book for 8-to-12-year-olds published by the American Psychological Association.

United Kingdom-based children's book author Catherine Barr offers a gentle and enjoyable way to develop love and concern for nature in her *10 Reasons to Love* picture book series that showcases endangered animals. "When talking to children that young, it's important to present climate issues in positive ways, encouraging kindness, inclusivity, empathy and understanding," says the former Greenpeace campaigner. "Young children are so impressionable. It's best to empower them with hope than scare them unnecessarily."

Still, Shugarman notes, "It's not too young to say that we turn off lights when we leave a room to save energy. Sometimes our kids think that fruit comes

from the grocery store. We should remind them where it really grows."

### Learning the Facts Together

According to Davenport, as kids reach 9 and beyond, they tend to be mentally and emotionally capable of processing more complex concepts and emotions. This is the time for parents to present vetted, science-based facts as objectively as possible. "There's a tendency to want to either sugarcoat or over-dramatize. We flip from 'It's not so bad; it'll be fine,' to 'It's too late; there's nothing I can do.' Neither of those views are helpful or accurate," she explains.

Barr recommends that parents stick to the facts and encourage curiosity. "Parents shouldn't feel that they have to have all the answers. It can be a journey of learning with your children to look something up together," the author of *The Story of Climate Change* advises. "It's also a good idea to empower kids to challenge grownups. A child can start a conversation at the dinner table by asking, 'Where did this fish come from?' or 'Could we grow our own carrots?' or 'Are we recycling?'"

### Building Resiliency

Davenport's book toggles between the presentation of environmentally triggered realities and calming, reflective exercises such as journaling or deep breathing. "The idea is that when you hear difficult news or have a difficult experience, you go back and forth between talking about or processing it and something that helps

you regulate or calm your nervous system," she explains. This approach helps to build resiliency, which Davenport defines as the capacity to stay present, open-minded, open-hearted and clear in the face of life's challenges.

### Finding Hope in Action

"We can give our kids hope by pointing to people that are working to address the climate crisis, including the uprise of youth voices, as well as efforts to save animal species, build resiliency in cities and reduce greenhouse gas emissions," says Shugarman. "It's also critical that parents show their kids that they care about the crisis and are doing things like reducing energy use, driving electric cars, voting for pro-climate candidates and supporting climate education in schools."

"People think you have to talk about how awful the world is going to be, but I think you can turn that upside-down and offer a strong, positive message of hope," says Barr. "We need to help kids understand that the choices they make and the things they do can lead to a more sustainable, fairer way of living."

"According to climate scientists, if we don't do anything, we're in big trouble, and if we intervene and make significant changes, we're still going to feel impacts, but it's not too late," says Davenport. "Encourage kids to become part of meaningful change. Our actions make a difference."

Sandra Yeyati, J.D., is a professional writer and editor. Reach her at [SandraYeyati@gmail.com](mailto:SandraYeyati@gmail.com).



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# YOGA TO HEAL TRAUMA

## Soothing Poses Calm the Nervous System

by Marlaina Donato



Getting on the yoga mat can be a powerful stress-buster that lowers blood pressure and excessive cortisol, but yoga can offer an added boon for those living with the lasting effects of traumatic events. Trauma-informed yoga (also called trauma-sensitive yoga) is a promising therapeutic branch of the yogic system designed to quell the body’s programmed “fight-or-flight” responses.

Founded on yoga, psychology and neurobiology principles, the approach is in harmony with the ancient yogic concept of *samskaras*, or memories imprinted on our cellular consciousness. People from many walks of life can benefit from trauma-sensitive yoga including bullied teens, women rebounding from

abuse and anyone impacted by pandemic turmoil. Research published in the journal *Military Medicine* in 2018 reports that U.S. veterans of the wars in Afghanistan and Iraq that participated in a one-hour vinyasa-style yoga session for six weeks showed significantly lowered post-traumatic stress disorder (PTSD) symptoms, as well as less insomnia, depression and anxiety.

### Trauma-Intelligent Fitness

Yoga performed with trauma sensitivity can pick up where talk therapy leaves off, targeting the amygdala, the danger detector in the brain, and the vagus nerve that runs from the brain to the abdomen, which plays a vital role in processing trauma. “Somatic processing and treatment methodologies like yoga are now being used to help repair and rebuild distressed nervous systems, which in turn helps the brain integrate and ‘file’ distressing memories,” says Beth Shaw, founder of YogaFit Training Systems Worldwide, the largest yoga teacher training school in North America, and the author of *Healing Trauma with Yoga: Go From Surviving to Thriving with Mind-Body Techniques*. The Fort Lauderdale-based yoga therapist and entrepreneur highlights the body’s role in trauma and stress. “The brain rewires itself around the

traumatic event and memories stored in the tissues throughout the body. Yoga can help to free those memories, alleviating troubling emotions and thought patterns, as well as chronic somatic tension and hypervigilance.” Shaw draws upon new psychological and neurological discoveries, including polyvagal theory, that help explain the full impact of trauma and most importantly, how and why yoga helps to lessen these impacts.

Trauma-informed yoga keeps the nervous system in mind, excluding poses and breathing techniques that might provoke a sense of vulnerability or overstimulation. Trained teachers adhere to non-touch assistance methods and often opt for well-lit studios to avoid a possible triggering atmosphere.

A trauma-informed yoga teacher knows the inner workings of the nervous system,” explains Mandy Eubanks, a trauma-trained yoga educator and certified yoga instructor in Tulsa. “We have respect for the variety of responses that our clients have to yoga, meditation

and breathwork practices. For example, we understand deep breathing will be calming to one person and agitating to another. We normalize clients’ responses and work with them to find an effective technique for that individual.” Teachers with specialized training and access to props can also support people on a yoga journey that are limited physically. Eubanks emphasizes, “Yoga truly is for everyone and every body.”

### The Power of Choice and Individuality

Lisa Danylchuk, the Oakland-based author of *Yoga for Trauma Recovery: Theory, Philosophy, and Practice*, underscores that in a trauma-informed environment, everything a teacher instructs is an offering or invitation. “This is important because people who have endured trauma have often not had a say over what happens to their bodies. A good trauma-informed class cultivates somatic and psychological resources, and focuses, above all, on cultivating a sense


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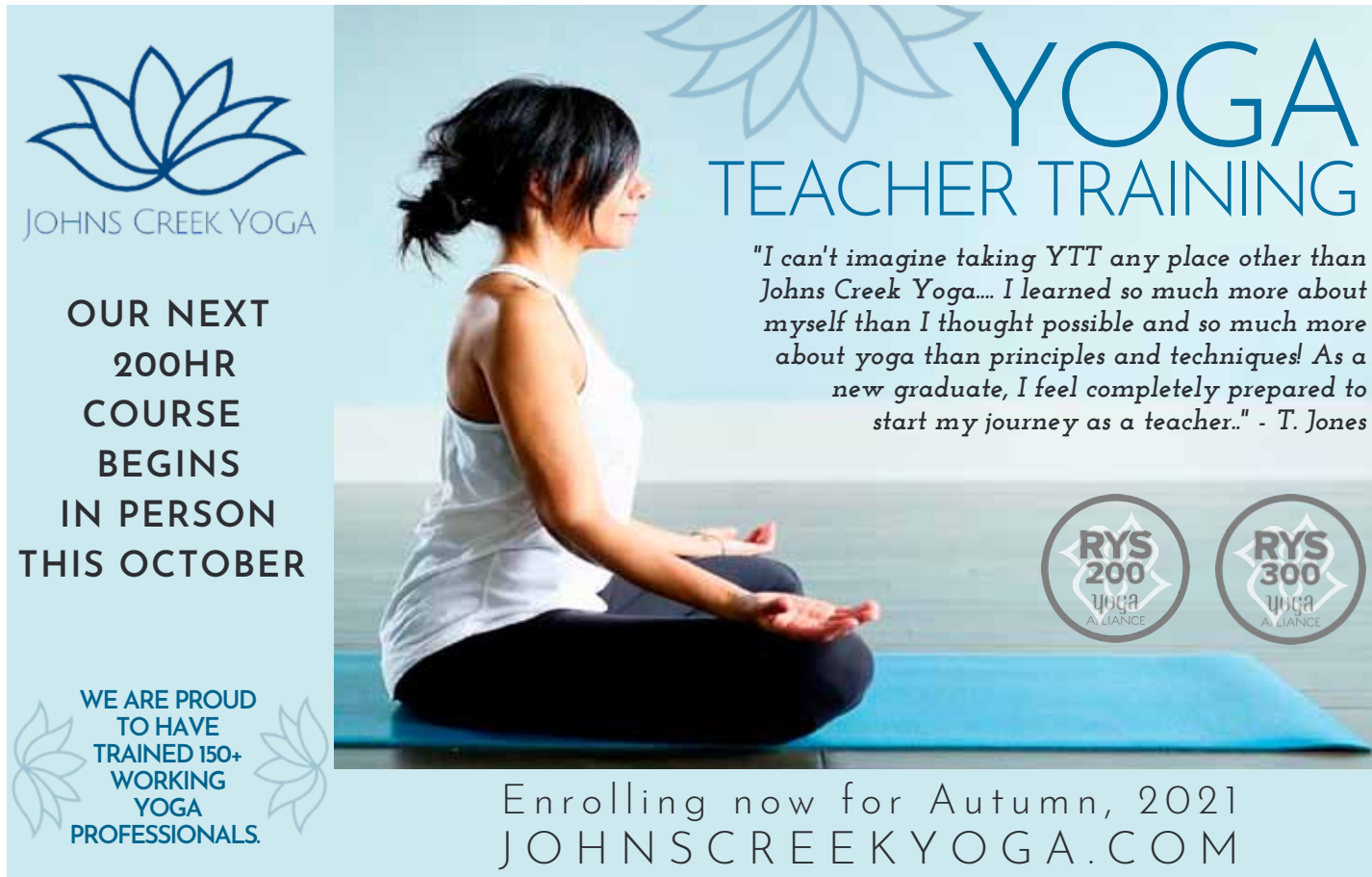
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of physical, mental, emotional and spiritual safety.” The founder of *The Center for Yoga and Trauma Recovery* believes it’s important to be responsive to individual needs. “Trauma affects so many different individuals and groups of people and in such a variety of ways that it is impossible to give one prescription. Some people might benefit from a weekly, 60- to 90-minute vinyasa-style class. Others

might benefit from a short, five-minute daily restorative practice.”

Shaw also stresses a tailored approach. “How one wishes to practice is up to the individual, but I suggest a combination of both one-on-one instruction and class format. If someone is in the throes of trauma, they will need a private session to start.”

Eubanks adds the importance of con-

sistency. “In my experience, it is about finding which yoga practices work best for the client and then encouraging them to find time to practice every day. Yoga for PTSD is not a one-and-done deal. It takes time, effort and belief in oneself.”

*Marlaina Donato is a body-mind-spirit author and recording artist. Connect at AutumnEmbersMusic.com.*



# YOGA IN ATLANTA

- A Focused Advertising Section -

## YOGA CALENDAR

**SATURDAY, OCTOBER 2**  
**Pop-Up on the Green Community Class** – 9:30-10:30am. A gentle class open to all with The Yoga Hive. Free. Toco Hills Shopping Center, 2943 N Druid Hills Rd NE, Atlanta. [Tinyurl.com/uywt3b4](http://Tinyurl.com/uywt3b4).

**FRIDAY, NOVEMBER 5**  
**The Art & Science of Sequencing: Method & Theory in Advanced Asana with Theresa Murphy** – November 5-7. Our practice should take us from surface to depth, both physically and spiritually. Join us as we explore what “advanced practice” really means. 18 CEUs available. [vistayoga.com/workshops-and-events/upcoming/](http://vistayoga.com/workshops-and-events/upcoming/)

**mondays**  
**Evening Yoga in the Park** – Thru Oct 25. 6:30pm. With Talen. Grab your free pass for class and bring a friend to experience complimentary vinyasa yoga flow, suitable for all ages and capabilities. The Home Depot Backyard, 1 Backyard Way NW, Atlanta. [Tinyurl.com/vpa4dcn9](http://Tinyurl.com/vpa4dcn9).

**wednesdays**  
**Hip Hop Yoga** – 6-7pm. With Jaimee Ratliff. Inspiring flow for all levels, set to your favorite Hip Hop + R&B tunes. Free. The Home Depot Backyard, 1 Backyard Way NW, Atlanta. [TheHomeDepotBackyard.com](http://TheHomeDepotBackyard.com).

**saturdays**  
**Free Community Yoga** – Oct 9 & 30. 11am-12pm. Sessions consist of vinyasa flow or slow flow, stillness, meditation and breath work. All levels. Wild Heaven Beer & Gardens, 1010 White St SW, Atlanta. [Tinyurl.com/xryr3ctu](http://Tinyurl.com/xryr3ctu).

**Zen Sound Bath** – 11:30am-1pm. 3rd Sat. With Gabriel Nelson Sears featuring crystal and Himalayan singing bowls, gongs, bells, flutes, drums and chimes. \$16. Trinity Center for Spiritual Living, 1095 Zonolite Rd, Atlanta. Registration required: [TrinityCenterAtlanta.org](http://TrinityCenterAtlanta.org).

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ADVERTORIAL

# Nature’s Virus Killer

## Copper can stop a cold before it starts

By Doug Cornell

Scientists have discovered a natural way to kill germs fast. Now thousands of people are using it against viruses and bacteria in the nose and on the skin.

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. That was September 2012. I use copper in the nose every time and I have not had a single cold since then.”



New device puts copper right where you need it.

“We can’t make product health claims,” he said, “so I can’t say cause and effect. But we know copper is antimicrobial.”

He asked relatives and friends to try it. They reported

the same thing, so he patented CopperZap® and put it on the market.

Soon hundreds of people had tried it. The feedback was 99% positive if they used the copper within 3 hours after the first sign of unwanted germs, like a tickle in the nose or a scratchy throat.

Early user Mary Pickrell said, “I can’t believe how good my nose feels.”

“What a wonderful thing!” exclaimed Physician’s Assistant Julie. Another customer asked, “Is it supposed to work that fast?”

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

Frequent flier Karen Gauci had been suffering after crowded flights. Though skeptical, she tried copper on travel days for 2 months. “Sixteen flights and

not a sniffle!” she exclaimed.

Businesswoman Rosaleen says when people around her show signs of cold or flu, she uses copper morning and night. “It saved me last holidays,” she said. “The kids had crud going round and round, but not me.”

Attorney Donna Blight tried copper for her sinus. “I am shocked!” she said. “My head cleared, no more headache, no more congestion.”

A man with trouble breathing through his nose at night tried copper just before bed. “Best sleep I’ve had in years!” he said.

In a lab test, technicians placed 25 million live flu viruses on a CopperZap. No viruses were found surviving soon after.

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

Some people press copper on a lip right away if a warning tingle suggests unwanted germs gathering there.



Dr. Bill Keevil: Copper quickly kills cold viruses.

The handle is curved and textured to increase contact. Copper can kill germs picked up on fingers and hands after you touch things other people have touched.

The EPA says copper still works even when tarnished.

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# After 75 Years, "Autobiography" Still Inspires

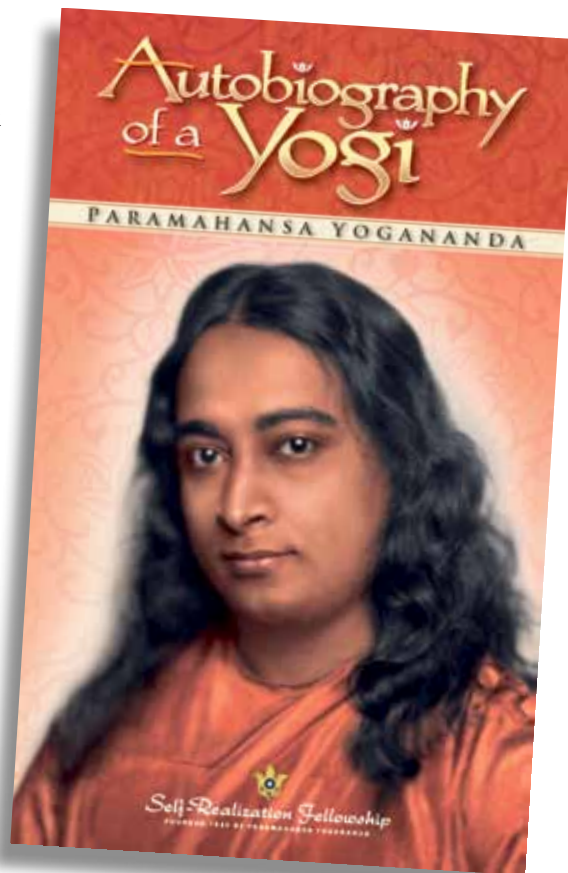
by Rev. Ryan Strong

*Editor's Note: In this article, the word "yoga" refers to the spiritual science and not just the physical practice.*

In the winter of 1946, at the age of 53, a sage named Paramahansa Yogananda released a book that would ultimately spark a global spiritual movement and transform the lives of millions of people. He had come to the U.S. to bring Kriya Yoga teachings to the West, and with the publication of his book, *Autobiography of a Yogi*, he did that and much more.

Although it was published 75 years ago, *Autobiography* still uplifts, enlightens and inspires the hearts of truth seekers across the globe today. It remains an international bestseller and has been translated into 50 languages, with well over four million copies in print. Many modern famous spiritual teachers, artists and innovators credit their inspiration and guidance to Yogananda's teachings and his book. *Autobiography of a Yogi* popularized meditation in America, made vegetarianism more accepted, helped initiate the consciousness explosion of the 1960s and 70s, and ignited the yoga and wellness industry in America.

Yogananda's work sparked a renewed interest in yoga around the world and spurred a renaissance of yoga in India that continues to this day. The book's popularity hasn't waned in part because it addresses timeless and inevitable questions: "What is life?" and "What is life for?" I believe his writings kindle our innate desire to know and experience the truth of our being.



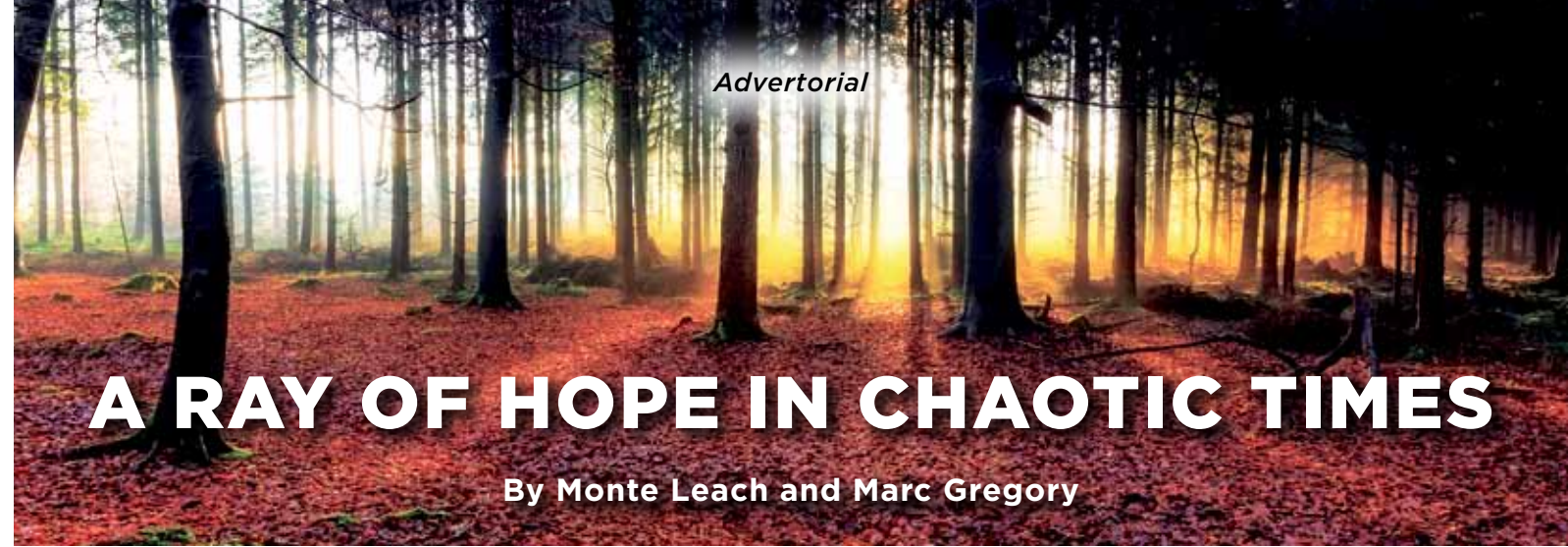
The name "Yogananda," meaning "bliss through yoga," was a monastic name given to him by his spiritual teacher. Yogananda taught that one of the most important aspects of Kriya Yoga is the practice of Bhakti Yoga, which is a devotional and reverential approach to realizing the reality of God. That profound goal is accomplished by acknowledging the innate, divine nature of every one and every thing and by renouncing the illusionary sense of an independent self. He taught that all souls are equal and that every person can attain God-realization. It is a powerful message for truth seekers: Spiritual enlightenment isn't just for the "special" few. All souls are equally divine, and awakening to our divine nature is natural and inevitable. Yogananda taught that every person's destiny is to be spiritually awake, and whether they know it or not, each and every person is on a spiritual path.

While Yogananda received tremendous fame and admiration when he was alive, he was earnestly humble and treated every person as an equal. Some spiritual teachers are placed on a pedestal, and their students touch their feet, but a true teacher washes the feet of their students. Yogananda worked tirelessly for his students and the world, serving individuals and large groups of people. Yogananda inspired others to see beyond the external in order to know and experience the truth of reality. His ceaseless devotion to serving others culminated in the life-affirming, life-inspiring message of his book.

I find *Autobiography* to be soul-stirring; it magnetizes the minds and hearts of readers toward spiritual evolution, and it guides and empowers readers toward authentic spiritual growth through Kriya Yoga. 🙏



Ryan Phillip Strong is the Senior Minister at Center for Spiritual Awareness in Lakemont, Georgia. He was a longtime disciple of the author and spiritual teacher, Roy Eugene Davis, who was a direct disciple of Paramahansa Yogananda and founder of Center for Spiritual Awareness. Strong leads retreats and classes at Center for Spiritual Awareness. For more information, visit [Info@CSA-Davis.org](mailto:Info@CSA-Davis.org) or [CSA-Davis.org](http://CSA-Davis.org).



## A RAY OF HOPE IN CHAOTIC TIMES

By Monte Leach and Marc Gregory

Even in these chaotic and perilous times, there is reason for hope.

Humanity finds itself at a major crossroads: Do we choose the path of selfish separatism and inequality based on greed and competition, leading to the destruction of ourselves and planet Earth; or the path of cooperation and sharing leading to global peace and prosperity?

Here to help us make the correct choice stands a group of Teachers unparalleled in their enlightenment and wisdom, unequaled in their ability to love and to serve. They are the Masters of Wisdom. At their head stands a being of the most extraordinary compassion and insight: Maitreya, the World Teacher. As the one awaited under various names by all major religious traditions, and as a Teacher for all humanity, Maitreya is here — along with the Masters of Wisdom — to guide us safely into the future.

The existence of these great Teachers was first made known in the West in the late 1800s by Helena Blavatsky, who lived among the Masters of Wisdom in the Himalayas for three years. In the early 20th century, Blavatsky's work was continued by Alice A. Bailey, and, more recently, by British esotericist and artist Benjamin Creme. All three of these authors and educators were trained by, and worked directly with, the Masters of Wisdom.

According to the Ageless Wisdom tradition, as it is known, these highly advanced Teachers have lived in the remote areas of the world through the ages, helping and guiding humanity from behind the scenes. Through his work over many years, Benjamin Creme made it known that at this critical time for humanity and the planet, the Masters of Wisdom,

headed by Maitreya, are coming forward now to live among us and teach us directly.

### The path to peace and justice

Maitreya and the Masters of Wisdom are teachers in the broadest sense of the word. They have attained mastery over themselves, and as enlightened individuals devote all their time and energy in loving service to humanity.

They are not here to establish a new religion, but to show us how to live together in peace. This is simpler than we imagine, Maitreya has said. The key is an equitable sharing of the Earth's resources among all the world's people. Through sharing we lessen global tensions, generate greater trust and cooperation among the nations — and begin to build a world where all have the basic necessities of life and live in balance with the environment.

Unless we share the world's resources, there will never be economic and social justice in the world. Without justice, no peace. Without peace, little hope for the future, as we have weapons that can destroy all life on Earth — weapons that almost surely would be used in any future widescale conflict.

With the future of the planet at stake, what will it take for us to abandon competition, conflict and division, and begin to manifest the grand ideals of sharing, justice and peace?

What's needed is a change of attitude, a change of consciousness — above all a change of heart in humanity. It is that which Maitreya and the Masters of Wisdom can inspire.

It is a monumental task to be sure. Fortunately, we have the help of monumental figures living among us now — a circumstance, according to the Ageless Wisdom tradition, that has never before taken place in recorded history. This group of enlightened teachers, as they touch the hearts of people everywhere, will galvanize us into action, helping us to lead our leaders toward the creation of a just and peaceful world. In the millions across the globe who are increasingly voicing their concerns for the health of our planet and demanding change in our political, economic and social systems, we see this needed change of mind and heart already beginning to take place.

At this crossroads for humanity, the path ahead is up to us. Maitreya has said, "Sharing and Justice, Brotherhood and Freedom are not new concepts. From the dawn of time mankind has linked his aspiration to these beckoning stars. Now, my friends, shall we anchor them in the world."

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# Michaeleen Doucleff on Ancient Teachings for Modern Parenting

by Julie Peterson



photo by Simone Anne

National Public Radio (NPR) science correspondent Michaeleen Doucleff literally searched the world to learn how to be a better parent. She learned how to raise kind and helpful children, and detailed the journey in a book, *Hunt, Gather, Parent: What Ancient Cultures Teach Us About the Lost Art of Raising Happy, Helpful Little Humans*. Doucleff learned the basics of parenting from experiences gathered with her 3-year-old daughter among the Maya in the Yucatan, the Inuit above the Arctic Circle and the Hadzabe in Tanzania. The hunter-gatherer parents that she encountered convinced Doucleff that modern parenting needs to be overhauled and that there is a path to healthier families.

## What is wrong with 21st-century parenting?

Western parents have, in many ways, forgotten how to relate to children in a way that's calm, peaceful and cooperative. We don't really know how to cooperate with them or teach them how to cooperate with us.

Instead, our relationship with kids centers around control. I think this is a major reason for the epidemic of depression and anxiety among American children. They have little autonomy, but they also feel disconnected from the parents because they don't know how to cooperate with them. At the end of the day, kids are lonely.

For tens of thousands of years, parents learned how to be moms and dads from older people who lived in their homes or nearby.

We've lost this social support and structure. Parents have to look for guidance from parenting "experts" online and in books. Unfortunately, these experts offer a narrow view of parenting styles, tools and methods.

## What was the catalyst that led you to travel the world with a toddler to research parenting methods?

When my daughter Rosy was 2 years old, my husband and I were really struggling as parents. Rosy was having a lot of tantrums, which often included hitting and biting. I read a ton of books and blogs, and everything I tried seemed to make her tantrums worse.

Then NPR sent me to a tiny Maya village in the Yucatan for a story about children's attention. While I was there, the moms and dads showed me this whole other approach to parenting and relating to children, which is super gentle, calm and peaceful. There's no yelling, arguing, bickering or even nagging. The children are respectful to their parents, kind to their siblings and very helpful. I tried out a few of the elements with Rosy and I was stunned at how well they worked.

## How did you choose the Maya, Inuit and Hadzabe communities?

In general, these three cultures excel in aspects of parenting with which Western culture really struggles. The Maya parents are incredibly skilled at raising helpful and cooperative children. Inuit parents have these wonderful and sophisticated tools for teaching children ... how to control their

anger and other types of emotional regulation. And the Hadzabe families are world experts at raising confident, self-sufficient kids. The childhood anxiety and depression common in the United States is essentially nonexistent in these communities.

## When did you notice a positive change in your parenting and relationship with your daughter?

Many of the tips and ideas in *Hunt, Gather, Parent* changed Rosy and our relationship right away. For example, when I started including Rosy in household chores and cut back on the "child-centered" activities, her behavior improved essentially overnight. She needed more connection, more responsibility and more ways to contribute.

Other parts of the book involve mind shifts or changes in my own behavior. Those took longer to have an impact on Rosy. But I was the slow one. Once I changed, she immediately followed.

## Why will ancient methods of parenting from hunter-gatherer families, what you coined "TEAM parenting," work for parents everywhere?

These methods are about the parent-child relationship, which is the same around the world, especially when children are young. The TEAM [Togetherness, Encouragement, Autonomy and Minimal interference] parenting method is a way of relating to children that's independent of the surroundings or environment.

For example, in Tanzania, a 5-year-old girl learns to cooperate by helping her mom gather baobab pods or carrying a jug of water back from the river. In San Francisco, Rosy is learning to cooperate and be helpful in the same way by being included in household chores. She rinses dishes, scrambles the eggs, carries a small bag of groceries to the car at the supermarket. The details are different from place to place, but the concept is the same. 🦋

Julie Peterson writes about health and wellness from rural Wisconsin. Reach out at [JuliePeterson2222@gmail.com](mailto:JuliePeterson2222@gmail.com).

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**Sustainable Food and Shopping** – 12:30-2pm. Learn about how to make more eco-friendly decisions for your plate. \$15. Dunwoody Nature Center, 5343 Roberts Dr, Dunwoody. Register: 770-394-3322 or [DunwoodyNature.org](http://DunwoodyNature.org).

## SUNDAY, OCTOBER 3

**Ladies Hiking Retreat** – 10:30am-12:30pm. A free women's bonding experience. We will explore methods of self-care physically and mentally. Westside Reservoir Park, Johnson Rd NW, Atlanta. Register: [Tinyurl.com/8hfd66d8](http://Tinyurl.com/8hfd66d8).

## FRIDAY, OCTOBER 8

**Friday Night Hike** – 8-9pm. Join us for a fun and educational hike through the woods at night. \$5. Dunwoody Nature Center, 5343 Roberts Dr, Dunwoody. Register: 770-394-3322 or [DunwoodyNature.org](http://DunwoodyNature.org).

## WEDNESDAY, OCTOBER 13

**Online: Crystals for Harmonious Gatherings** – 6pm. Calling together an assortment of personalities and opinions can sometimes lead to awkward moments or tense energy. Call upon the crystals to bring love, calm, joy and peaceful communication to the table. \$10. More info & to register: [WithLoveAndLight.com](http://WithLoveAndLight.com).

## THURSDAY, OCTOBER 14

**Greenspace Gathering** – 5:30-7pm. Meet in-person (safely and outside) with Friends of the Park groups from across Atlanta to explore local greenspaces, network and build relationships, and connect with Park Pride staff. Space limited. Fork Creek Mountain Park, 2893 River Rd, Decatur. Register: [ParkPride.org](http://ParkPride.org).

## FRIDAY, OCTOBER 15

**Seeds of Wellness Class Sampler** – October 15-16. Appointment required. Free. Holistic health consulting firm celebrates its new office by offering free sampler classes in yoga, meditation and qigong. Meet the owners and tour the facility. 595 East Crossville Road, Suite 500, Roswell, GA 30075; (404) 895-1302.

**Sustainable Homes** – 12:30-2pm. Learn about making your home operate in a more sustainable way. \$15. Dunwoody Nature Center, 5343 Roberts Dr, Dunwoody. Register: 770-394-3322 or [DunwoodyNature.org](http://DunwoodyNature.org).

## MONDAY, OCTOBER 18

**Fuqua Lecture: The Earth in Her (Our) Hands** – 7pm. Jennifer Jewell's recent book, *The Earth in Her Hands: 75 Extraordinary Women Working in the World of Plants*, focuses on the unique way on how horticulture intersects with our everyday world and on women whose work has enriched and expanded these inter-

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## SATURDAY, OCTOBER 23

**How Modern Magick Affects Hollywood Magic** – 7-8:30pm. Heather Greene will pull back the curtain to demonstrate where and when, and why, modern witches and occultists influenced mainstream cinema and television. Free.

## THURSDAY, OCTOBER 28

**Wisdom and Healing Through Shamanic Journeys** – 7-8:30pm. With Vicki Evans. An opportunity to connect with Spirit and your guides for healing and direction. You can use the journeys to ask about all areas of your life, not just the spiritual side. \$20 via PayPal. To register: [PayPal.me/vickievanhealing](http://PayPal.me/vickievanhealing).

## SUNDAY, OCTOBER 31

**Collect a Treat Bag from our Woodland Faerie** – 2-6pm. In Samhain tradition, offerings were made to protect people from mischievous faeries. This Halloween, we invite you to receive little treat bags in celebration of this old tradition. All ages. Free.

sections in the last 25 years. Free admission. Atlanta Botanical Garden, 1345 Piedmont Ave NE, Atlanta. [Atlantabg.org](http://Atlantabg.org).

## TUESDAY, OCTOBER 19

**Online: Transmission Meditation** – 7:30pm. A meditation to help the world. Sponsored by Share International USA SE Region. Free. Via Zoom. Info: 404-680-7423, [Info-SE@Share-International.us](mailto:Info-SE@Share-International.us) or [Share-International.us](http://Share-International.us).

## WEDNESDAY, OCTOBER 20

**Online: How to Talk to Your Body** – 7-8pm. Join Licensed Unity Teacher, Larry Bergmann, for this powerful healing service. Learn techniques for connecting your mind and body together for healing, empowerment and more. Love offering requested. Visit the calendar listing for Zoom link: [UnityAtl.org](http://UnityAtl.org).

## FRIDAY, OCTOBER 22

**Sustainable Cities** – 12:30-2pm. Learn about what modern cities are doing to stay on top of our changing climate, and how they are striving to make changes on a larger scale. \$15. Dunwoody Nature Center, 5343 Roberts Dr, Dunwoody. Register: 770-394-3322 or [DunwoodyNature.org](http://DunwoodyNature.org).

**Halloween Hikes** – Oct 22-23 & 29-30. 6-8pm. Meet woodland creatures and hear about how they live. Take part in world music, crafts, campfire and other festival fun. The perfect non-scary alternative to traditional Halloween events. CNC, 9135 Willeo Rd, Roswell. Registration required: [ChattNatureCenter.org](http://ChattNatureCenter.org).

**Online: The Nature Club Dine and Discover** – 7-9pm. Raptor Rehab with Kathryn Dudeck. Learn all that raptor rehabilitation entails. \$10/general, \$5/CNC Members. Via Zoom. Registration required by Aug 25: 770-992-2055 or [ChattNatureCenter.org](http://ChattNatureCenter.org).

## SATURDAY, OCTOBER 23

**The Center for Love & Light Lounge** – 11am. An online gathering place where students and educators from all over the globe can connect and share. Free. More info & to register: [WithLoveAndLight.com](http://WithLoveAndLight.com).

## MONDAY, OCTOBER 25

**Online: Letting Go** – 11:30am-12:30pm. Last year was particularly tough for just about everyone. We experienced losses and lived with fear, rage, confusion and heartbreak. It was not an easy path. Let us join together and release all of the emotional baggage we may still be carrying with us. \$10. More info & to register: [WithLoveAndLight.com](http://WithLoveAndLight.com).

## SUNDAY, OCTOBER 31

**Halloween Séance & 30th Anniversary Party** – Andrea Bagby conveys messages from the other side, 7:30 – 9:00 PM. \$35 ATD, pre-registered \$30, \$50 for two. Free anniversary party afterwards. Costume contest, refreshments, mix and mingle. 6558 Vernon Woods Dr. Sandy Springs, GA 30328, 404-252-4540, [TheInnerSpace.com](http://TheInnerSpace.com)

# ONGOING

## sundays

**Online & In-Person Sunday Experience** – 9am, Adult Study; 9:30am, Meditation; 10am, Music; 10:30am, Service. Spiritual Living Center of Atlanta, 3107 Clairmont Rd, Ste A, Atlanta. More info: [slc-atlanta.org](mailto:slc-atlanta.org).

**Red Clay Sangha Sunday Morning Service** – 9am, meditation; 10:30-11:30am, service & dharma discussion. Via Zoom or in person. 3420 W Hospital Ave, Ste 102, Chamblee. More info: [RedClaySangha.org](http://RedClaySangha.org).

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

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

**Second Sunday Sober Bike Ride** – 10:30am. 2nd Sun. Brings together people from all walks of sober living who are seeking fun and active ways to connect with likeminded people. BTA Bicycle Tours of Atlanta will provide a bike at no charge if needed. Bicycle Tours of Atlanta, 659 Auburn Ave NE, Atlanta. Register: [Tinyurl.com/yjzutj4](http://Tinyurl.com/yjzutj4).

**One World Spiritual Center Sunday Service** – 11am. To watch: [OneWorldSpiritualCenter.net](http://OneWorldSpiritualCenter.net).

**Unity Atlanta Sunday Services** – 11am. Watch live stream or register to attend in person. 3597 Parkway Ln, Peachtree Corners. 770-441-0585. [UnityAtl.org](http://UnityAtl.org).

**SRF Atlanta Reading and Inspirational Service** – 11am-12pm. An opportunity to meet with other truth-seekers to commune with God and share spiritual fellowship. 4000 King Springs Rd, Smyrna. 770-434-7200. [srfatlanta.org](http://srfatlanta.org).

**Sunday Morning Talks and Discussion** – 11am-12pm. With Vedanta Center of Atlanta via Zoom. To watch: [VedantaAtlanta.org](http://VedantaAtlanta.org).

**Unity North Online & In-Person Sunday Service** – 11:15am. 4255 Sandy Plains Rd, Marietta. More info: [UnityNorth.org](http://UnityNorth.org).

**Last Sunday Social** – 12:12-3:33pm. Last Sun with Kosmic Brew. Join us and our community of vendors as we share a healing space, engage in meaningful dialogues and create lasting memories. For location: [Hi@KosmicBrew.com](mailto:Hi@KosmicBrew.com) or [Linktr.ee/KosmicBrew](http://Linktr.ee/KosmicBrew).

## mondays

**The {SAMA} Class: Virtual** – 9am. Also held Thurs & Fri. Incorporates 25 mins of yoga, 10 mins of breathwork, finishing off with 10 mins of meditation. Each teacher will bring their own spin to the class based on their particular lineage of training. More info: [SamaFoodForBalance.com](http://SamaFoodForBalance.com).

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## tuesdays

**Online Meditation Open House** – 7pm. A 30-min meditation and a 30-min discussion via Zoom. To watch: [Atlanta.Shambhala.org](http://Atlanta.Shambhala.org).

**Metro Atlanta Sierra Club Meeting** – 7:30pm. 2nd Tues. More info: [SierraClub.org/georgia/atlanta](http://SierraClub.org/georgia/atlanta).

## wednesdays

**30-Minute Guided Meditation** – 8am. Be guided through a simple yet powerful meditation that gives rise to an experience of mental peace and wellbeing. No experience necessary. Beginners welcome. \$5. Kadampa Meditation Center Georgia, 741 Edgewood NE, Atlanta. 678-453-6753. [MeditationInGeorgia.org](http://MeditationInGeorgia.org).

**Zoom Check-In: Wellness Wednesdays** – 10am. Check in with your community during COVID-19 crisis. [slc-atlanta.org](mailto:slc-atlanta.org).

**Decatur Farmers' Market** – Thru Nov 17. 4-7pm. Local farmers, artisanal food makers and crafts. Masks required. First Baptist Church Decatur, 308 Clairmont Ave, Decatur. [cfmatl.org/decatur](http://cfmatl.org/decatur).

**Unity North Online Wednesday Evening Experience** – 7pm. To watch: [UnityNorth.org](http://UnityNorth.org).

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

## thursdays

**Dunwoody Beekeeping Club** – 6:30-7:30pm. 1st Thurs. Meeting features a program, followed by a question and answer session with the ability to meet and learn from other local beekeepers. Free. 5343 Roberts Dr, Dunwoody. 770-394-3322. [DunwoodyNature.org](http://DunwoodyNature.org).

**Meditation Fundamentals** – 6:30-7:30pm. Suitable for complete beginners. Get a practical introduction to meditation and includes topics such as the benefits of meditation, mindfulness, good posture, types of meditation, and how to start a daily meditation practice. In-person & online. \$15. Kadampa Meditation Center Georgia, 741 Edgewood NE, Atlanta. 678-453-6753. [MeditationInGeorgia.org](http://MeditationInGeorgia.org).

**Twin Hearts Meditation** – 7pm. This meditation is an act of service. We use divine energy to bless the planet, our loved ones and every part of our life. With Atlanta Pranic Healing Center via Zoom. To watch: [AtIPranicHealing.com](http://AtIPranicHealing.com).

## fridays

**Qigong Exercises & Meditations** – 12-12:45pm. 1st & 3rd. Led by Master Cheng, who has been teaching in Atlanta since 1976. Free/member, \$8/nonmember. Tai Chi Association, 3079 Midway Rd, Decatur. More info & registration: [Tai-Chi-Association.com](http://Tai-Chi-Association.com).

**Drumming Is the People's Medicine** – 4-7pm. There is liberation, experimentation, meditation and laughter at this supportive, donation-based gathering for beginners led by Daniel Ellis or Kim Hobbs. Santosha Studio, 896 Davis Dr, Atlanta. More info & to register: [Santosha-Studio.com](http://Santosha-Studio.com).

## saturdays

**Free Saturday Meditations** – 8-8:30am. A guided meditation to start your day with a positive state of mind and carry that inner light with you for the rest of the day. No prior meditation experience necessary; all welcome. Kadampa Meditation Center Georgia, 741 Edgewood NE, Atlanta. 678-453-6753. [MeditationInGeorgia.org](http://MeditationInGeorgia.org).

**Dunwoody Nature Center Saturday Volunteers** – 9am-12pm. 2nd Sat. For anyone in the community who wishes to volunteer. A wonderful way to start off your weekend in nature and service. To promote social distancing, sign-up is mandatory; limited to 24 people. 5343 Roberts Dr, Dunwoody. 770-394-3322. [DunwoodyNature.org](http://DunwoodyNature.org).

**Oakhurst Farmers' Market** – Thru Dec. 9am-1pm. Closed Dec 25. Fresh produce, meat, baked treats, and more. Additional offerings include live music and chef demonstrations featuring seasonal recipes. Masks required. Sceptre Brewing Arts, 630 ELake Dr, Decatur. [cfmatl.org/oakhurst](http://cfmatl.org/oakhurst). Free Online Guided Meditation for All – 9:45-11am. Will go over basics and guided meditation. No prior experience is needed. Classes meant to come together and meditate and learn little by little. Via Zoom. Register: [Tinyurl.com/y3x5yy2s](http://Tinyurl.com/y3x5yy2s).

## CLASSIFIEDS

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*I see you.  
I hear you.*

by Genevieve Kim



Photo: Genevieve Kim

The San Diego Opera audition would be my first after the divorce. Less than a year prior to that, seven months into my marriage, I was packing as quickly as I could so I could leave my husband while he was at work. There were many red flags, even before I got married, but I foolishly stayed in the abusive relationship, which crushed nearly all the spirit out of me for three years. During that period, I experimented with self-destructive behaviors, including cutting and hitting myself, and had my first major depressive episode. One morning, I looked in the mirror and couldn't recognize the person I saw in the reflection. That's when I knew I had to leave.

Nine months later, I received an invite to audition with the San Diego Opera. It took me by surprise. My confidence was still fragile, yet I felt a tinge of hope that perhaps it would be the fresh start I needed. Halfway through my audition, however, the director stopped me, and, without explanation, he asked me to leave. In less than a song, my hope vanished.

I blamed myself for the disaster of an audition. "If only I had never met my husband, I would not have lost focus and voice." As I left the audition, I resigned to never sing again.

I spent the next several years of my life getting a "real job." I graduated from Duke University's Fuqua School of Business top-tier MBA program with a concentration in

finance. Before graduating, I had already been offered a job at one of the most competitive management consulting firms in the world.

On paper, my life looked perfect.

But underneath the gold leaf, my self-destructive behaviors were worsening. I was suffocating with eating disorders, more toxic relationships and drugs. Cycles of anxiety and depressive episodes intensified. Apathy sucked me dry and left me wondering whether I should keep living or not. I had become all but mute.

"Is there anything that you do find enjoyable?" the school psychologist asked me.

"Photography," I said.

"Then just photograph," he said.

"Just photograph?"

"Yep. Just photograph."

That was all the permission I needed to loosen my grip of punishment a little. The next term, I studied abroad in Italy. When I got to Italy, my camera and I became inseparable. We savored more than pasta and wine; we savored design, art, music, history and architecture. On one of our long walks around the city, my camera led me to a side of town I had not yet visited. Across the street, I noticed a photogenic building and curiously walked toward it. We were in front of La Scala.

That evening, I messaged an old friend who used to study voice in Italy and asked if she knew of any teachers in the Milan

area. She responded with a "yes" and connected me with a former teacher of hers. A few weeks later, I was taking voice lessons again. Though I had no intentions of becoming a professional musician, I knew that it was time to stop silencing myself.

During one of our lessons, my voice coach said, "You have a beautiful voice. Why did you ever stop singing?"

"I suppose it was my way of punishing myself. But I'm done with that now."

When I got back stateside, I signed up for Fuqua's annual talent show. It was my first time onstage since that disastrous audition six years before. My voice roared throughout the auditorium. Even as the music ended, I kept singing and the audience went wild. I got a standing ovation.

They heard me. I heard me. I am done punishing myself. No more hiding. I am done being silenced. I will not keep silent anymore. I have a voice, and I'm going to use it.

Today, I am very much at home on stage. Whether I'm speaking, writing or sharing my photography, my message is simple: *I see you. I hear you.* 📸



Genevieve Kim is a writer, photographer and speaker who coaches artists on how to unleash their creative voice. Connect at [G@GenevieveKim.com](mailto:G@GenevieveKim.com) or Instagram @TriangleFlash.

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