

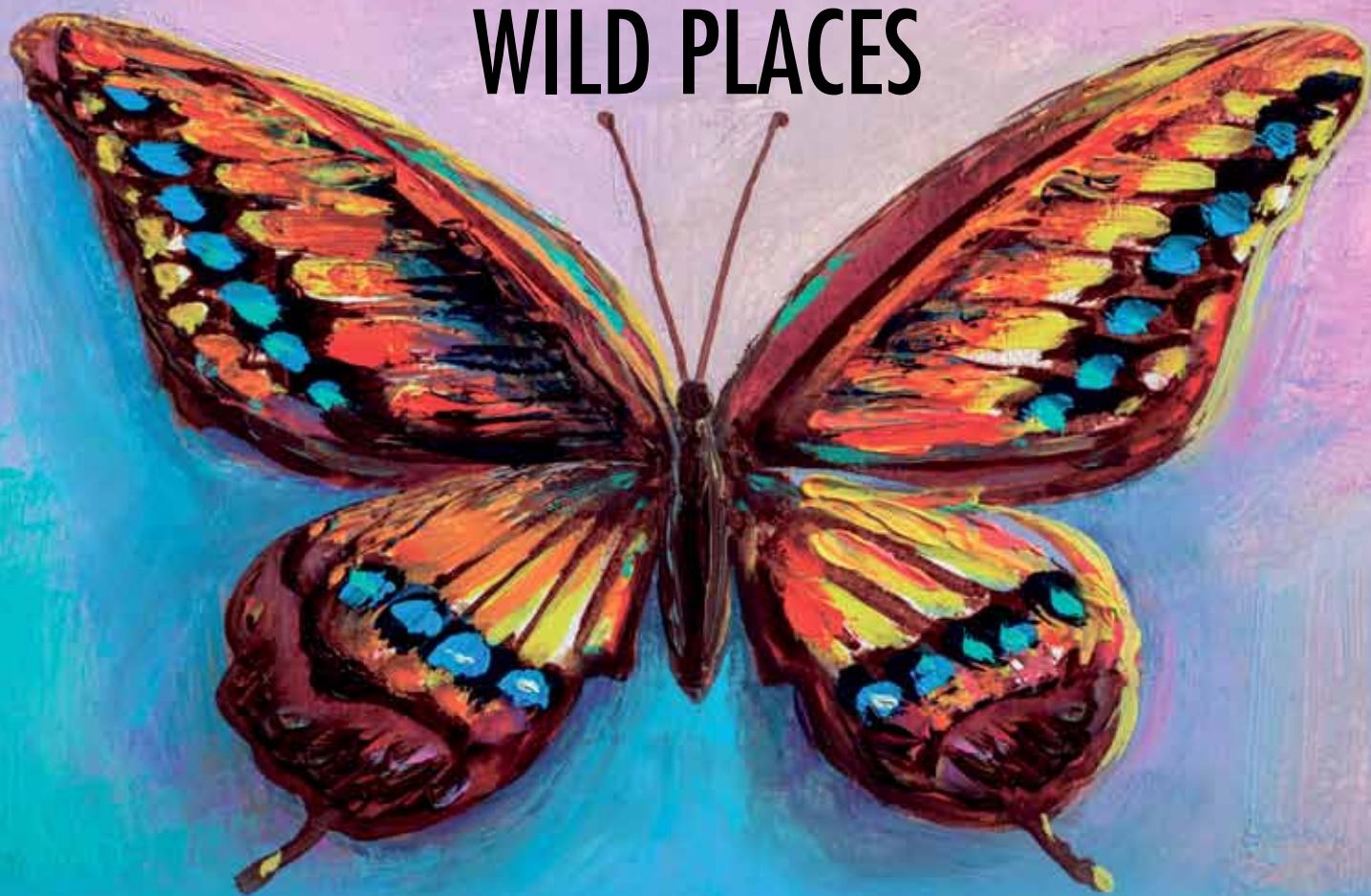
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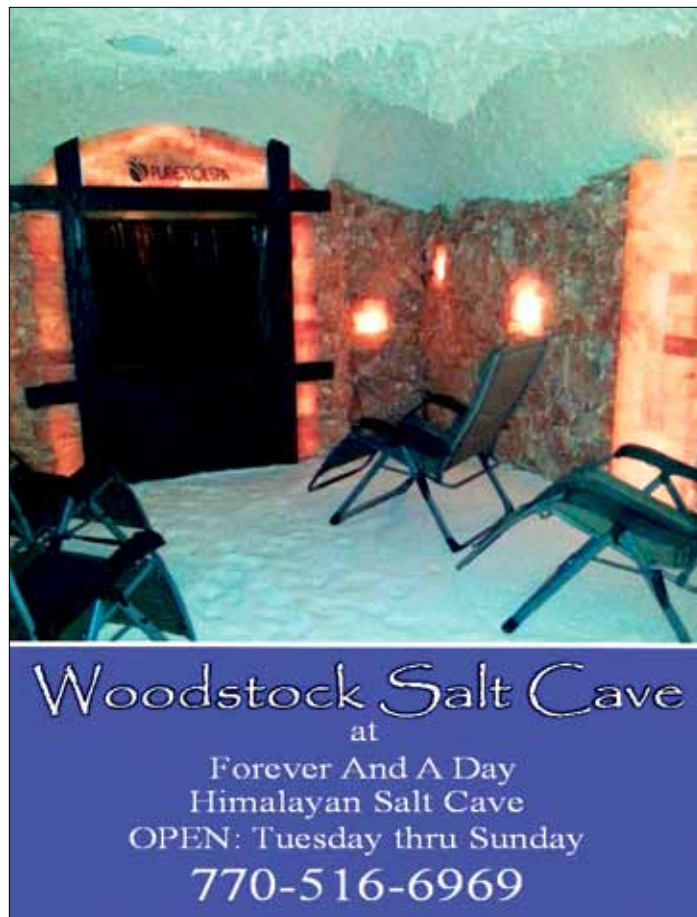
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Ask a Coach
April '22
with
Diane Martinez

This month life coach Diane Martinez takes on two questions: 1) My boss is driving me crazy with what I consider poor leadership. I almost turned in my keys today and walked out. Am I just being overly dramatic, or is this a sign to take the leap and leave? And, 2) How do I stop being a perfectionist? When I was growing up, achievement was valued highly in our home. Doing “pretty good” was frowned upon, and now I feel stuck. I want to make some changes in my life, but I’m afraid of making a mistake.

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WELCOME SPRING!

A dip into our archives for topics that spring to mind this time of the year: Allergies, hiking, the new growing season, and, as with all change of seasons, Ayurveda!

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five YEARS

Five years. It's so very hard to believe. With this issue, I celebrate my fifth anniversary of stewarding the Atlanta franchise of *Natural Awakenings*. To say the last five years have been historic is beyond understatement. I took ownership of *Natural Awakenings Atlanta* three days before a new administration took over in Washington. The ensuing chaos failed to prepare us for 2020, a year like no other, when the entire world faced a lethal threat, and America fell into an even deeper divide because of it. The one thing that usually unites us—a committed and deadly common enemy—accomplished the opposite.

If one consumed only mainstream media over the last five years or immersed oneself in social media at length, it would be impossible to conclude that anything positive happened at all. And yet people were writing about an emerging age of greater consciousness, more love and increasing harmony among the peoples of the world.

This proves an eternal truth: Minds create realities. At a time when one person's

fake news is another person's reality, humanity might have inadvertently discovered together—in the most separate way possible—that everything we experience and feel is solely and purely a function of ourselves. It has not one thing to do with what is outside ourselves.

Looking Back
I describe *Natural Awakenings* as "Atlanta's premier magazine focused on holistic health and conscious evolution." In my first Letter from the Publisher in April 2017, I wrote: "My intention and mission as a publisher is to connect you who are awakening in Atlanta to the information, resources, opportunities and people that can assist you on your path and accelerate your progress." To these ends, the magazine has remained true.

While a significant portion of our editorial comes from our

LETTER FROM THE PUBLISHER

corporate office, I believe our Atlanta staff produces the most innovative and engaging editorial of any franchise. Holistic health is at our core, and we've published extensively on energy healing and Ayurveda. Our most popular cover ever featured four Black women promoting a Black & vegan lifestyle. The single most-read article on our website since April 2017 is the lead article of our energy healing special section of April 2019. We've also written about local practitioners and invited them to write so we could showcase their expertise and show you how to enhance and maintain health, how to address specific health issues, and how to think about and understand alternative healing within the context of mainstream American medicine.

But fulfilling our capacity for love, compassion and connection is just as important to us. To that end, we've produced articles on the Enneagram, written about the importance of taking retreats, explored healing the trauma of slavery and, most recently, issued a special section on life coaching. After all, this magazine exists for one reason only: to help you become the best version of yourself.

The most outstanding work we've done to raise collective consciousness is to write about yoga. Of course, we write about the physical benefits of this ancient practice, but even the casual observer will note that our primary perspective of yoga is as spiritual science. Yoga, after all, means "union," and it refers to the union of individual consciousness with Universal Consciousness. Many of our monthly articles on yoga topics speak to the spiritual side of this vast subject.

How Have You Changed?
I truly and sincerely hope that you, dear reader, have made notable strides in



August 2019 cover

Continued on page 11.

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becoming your best self. As publisher of this magazine, I take the task of personal evolution seriously; it would be difficult to be taken seriously by readers and advertisers if I were to champion the cause in mere words.

So I'd like to share a few of the most important insights I've been fortunate enough to learn these past five years.

① I am not an "angry person"—someone who always has anger within—but I am afflicted by the delusion of hate. A delusion in the Buddhist sense is a temporary condition, like rainy weather. Practice can and will mitigate anger, and because of practice, I have been able to significantly reduce my violent and vitriolic response to injustice.

② A recent insight: One cannot truly change for the better if one does not fully accept and love oneself.

③ One key to accelerating change is to identify ourselves not with our limited human form but with that aspect of ourselves that is infinite, eternal and divine. Call it Christ consciousness, Buddha nature, whatever. Just as tomorrow's sports heroes imagine themselves scoring the decisive points of a world championship, we need to see ourselves as the saints who love unconditionally, forgive readily, forbear the insults and assaults of enemies, and turn the other cheek.

④ Given the world in which we live—stressors of everyday life in abundance, environmental toxins everywhere, the poisonous Standard American Diet found on nearly every street corner—self-care is essential and must be approached proactively. Forty-five percent of Americans suffer from chronic disease—heart disease, cancer, high blood pressure, Type 2 diabetes, arthritis and more—which never appears overnight. Most of these conditions take years to develop. Bottom line: Just because you're asymptomatic does not mean you're well.

⑤ Pranayama practices—breathing exercises—are essential to spiritual development. They refine the nervous system and balance the chakras, both of which are necessary to progress.

⑥ Love is everything. And fear is its opponent.

I conclude this anniversary letter with how I opened my first letter, which was with a well-known quotation from Ram Dass. While I am privileged to publish insightful and meaningful content to help readers grow, I am also well aware that we are all in this together. We are all of one nature, of one creator, of one field of being. Therefore, "when all is said and done, we're all just walking each other home." 🙏



Publisher of Natural Awakenings Atlanta since 2017, Paul Chen's professional background includes strategic planning, marketing management and qualitative research. He practices Mahayana Buddhism and kriya yoga. Contact him at paul@naAtlanta.com.

Decatur Healing Arts

MOVES NEXT DOOR AND INTRODUCES SALT ROOM



Nataly Baiz

An Atlanta wellness mainstay for nearly two decades, Decatur Healing Arts (DHA) moved one door down from its previous location in the East Decatur Station, nearly tripling its space. The expanded footprint affords room for their new salt therapy room, which will host services such as Salty Reiki, Salty Massage and individual and family salt therapy sessions.

Billing itself as an “all-in-one healing destination,” DHA also features a yoga studio, a meditation room and five therapy rooms that support DHA’s wide array of massage and energy healing offerings, including prenatal massage, therapeutic stretch, reiki, pranic healing, sound healing and integrative energy medicine. The yoga studio’s offerings include Vinyasa and Power flows, Mindful Movement and Animal Flow.

DHA changed hands last year. Its newest owners are husband-and-wife team Nataly Baiz and Adam Garcia-McCarthy. Baiz, a certified yoga teacher, manages the business’ day-to-day operations. DHA’s original founders, Corinne Chaves and Jude Hasken, still teach qigong and tai chi at the center.

The new location is in Suite A in the East Decatur Station at 619 East College Avenue. In celebration of its new space, DHA is hosting a week of special events and promotions from March 28 to April 3. Visit DecaturHealingArts.com for more details.

Holistic Food and Supplement Store Opens in Mableton



Photo: Angela Brown

YourInsideOutsideHealth.com, a new holistic food, vitamin and supplement store that recently opened in Mableton, will celebrate its grand opening on April 24, from 1 p.m. to 5 p.m.

The opening will feature a number of product vendors, and attendees will be able to sample products and buy at discounted prices. Among vendors, Pastor Sylvester Jones, founder of The Old Path Natural Herbs, maker of God’s Herbal Blessing Tea, will be on hand from Pensacola, Florida.

Among other products carried by YourInsideOutsideHealth.com are kale wraps by Atlanta’s Tassili’s Raw Reality Café, herbal formulas by Strauss Naturals, sea moss from St. Lucia, colloidal silver supplements from Utopia, and hemp products from Haygood Farms of Chattanooga, Tennessee.

“We are excited to be a part of the natural and holistic community in Mableton,” said Angela Brown, founder and manager of YourInsideOutsideHealth.com. The store is located at 1127 Veterans Memorial Highway Southwest, Suite 166, in Mableton. And, despite the name, products are only available by visiting the store’s location in Mableton; online shopping is not yet available.

JOHNS CREEK YOGA Changes Hands

After 10 years of serving more than 7,000 yoga students and training 175 yoga teachers, Johns Creek Yoga will be joining the Lift Yoga & Body family of studios as of May 1. Johns Creek Yoga founder Sheila Ewers, E-RYT 500, YACEP, will continue to lead the 300-hour teacher training program. The studio will move a few doors away from its original location in the Addison Place Shops in Johns Creek.

“We are incredibly proud of the work we have done to bring conscious movement, meditation and spiritual community to the North Fulton area,” says Ewers. “And I am delighted to be passing the torch to Lift Yoga owner Lori Denton, who shares my commitment to community, and who will expand opportunities for our students, giving them access to all three Lift locations.”

“To say I’m honored is an understatement,” says Denton. “I’m so excited for our Lift Yoga family to grow and to be taking on the wonderful community that Sheila has built over the past 10 years. Thank you all for your support and continued commitment to your practice.”

By eliminating administrative responsibilities, the transition will allow Ewers to focus on transformational journeys with students who want to engage more deeply “with the many tools of yoga beyond asana.” She will be focusing more on retreats, spiritual and meditation coaching, and teacher training.

The new Lift Yoga & Body studio will be located at 11705 Jones Bridge Road, Suite A104, in Johns Creek.



Sheila Ewers

Alive! Expo Returns this Spring

Alive! Expo, Atlanta’s largest consumer trade show for natural health and green products and services, returns to the Cobb Galleria May 14 and 15. This is the show’s 17th appearance; due to the pandemic, there was no show in 2020.

“It’s been an extremely difficult business environment,” says Alive! Expo founder and CEO Patrycja Towns. “The pandemic almost killed us, and it has killed probably some 70 percent of the vendors that were lined up for our April 2020 show.”

Towns explained that most exhibitors are mom-and-pop type businesses just like Alive! Expo. Her most recent show was in September 2021, and it was especially challenging, says Towns, because it occurred at the height of the Delta variant.

“Over the last several years, attendance has been between 5,000 and 6,000 people,” says Towns. “But last September saw our lowest attendance at 1,300.”

Why did Towns decide to come back and try again?



“I’ve been in the natural products business for 25 years, and I think it’s very important for people to learn about and understand the differences between natural and organic products versus mass-market products,” says Towns. She had given serious thought to the idea of closing down, having had to dip into personal savings to help the business survive. “I thought about expanding to overall health and wellness, but that would have allowed pharmaceutical and drug companies.”

Ticket prices are \$10 for general admission and \$25 for VIP admission; the latter comes with a special collection of promotional items offered by attending vendors. Readers of *Natural Awakenings* can request a free ticket in exchange for being placed on the magazine’s email list at bit.ly/alive-expo-fix.

Disclosure: Natural Awakenings Atlanta is a sponsor of Alive! Expo. For more information, visit AliveExpo.com.

SOULFUL SOUNDZ STUDIO Announces New Sound Healing Course

Vibrational sound therapist Jeremy Dalton of Soulful Soundz Studio in Decatur, formerly Skinny Beats ATL, will start offering a two-day, level-one sound healing training on April 9 through 10, from 10 a.m. to 6 p.m. both days. The course will be offered for four weekends, ending on May 8.

“You will learn the basics of playing crystal singing bowls, gongs and other common sound-bath instruments for your own health and wellness or to get started playing sound baths,” says Dalton. “This class is all about getting to know yourself on a deeper level. You will learn the science of sound, explore playing various instruments and discover ways to tune into yourself for better results while playing or receiving.”

The course is offered for \$888 with an option to buy three sound bowls for \$1,444. Instruction will take place at Soulful Soundz Studio at 409 Mead Road, Unit 4, in Decatur.

Among many things that will be covered during the weekend course, students will learn what it means to hold space, how to use overtones and resonance and to enhance self-awareness with a partner.

Dalton has been a musician for more than 20 years. Trained as a percussionist, his own journey through anxiety and depression has inspired him to share his love of music as a form of connection and healing. In addition to offering this level-one course, Dalton offers sound baths throughout the week. He also sells a variety of sound healing instruments at his store.

For more information, visit SoulfulSoundzStudio.com or email SoulfulSoundzStudio@gmail.com.



Jeremy Dalton

Pranic Healing Master Glenn Mendoza in Atlanta



Glenn Mendoza

Glenn Mendoza, one of eight Master Pranic Healers in the world, will be in Atlanta the last weekend of April for a trio of events.

On April 29, Mendoza joins Atlanta pranic healer Dawn Myers for a lecture about their new book, *Rules That Guide Us*. The \$59 fee includes a signed copy of the book, which the two healers wrote in response to the pandemic.

“We thought by focusing on fundamental truths about life and spirituality, people would be able to find stability within themselves, which would create greater stability around them,” says Mendoza.

On April 30, Mendoza is offering a full-day Om Mani Padme Hum workshop. In it, Mendoza couples the chanting of “om mani padme hum,” one of the world’s most popular mantras, with the practice of Meditation on Twin Hearts. The meditation, a healing offering to the world and its inhabitants, was created by GrandMaster Choa Kok Sui, the founder of pranic healing. The Sanskrit chant, “om mani padme hum,” comes from Tibetan Buddhism and is associated with Avalokiteshvara, the buddha of compassion. “This is a special meditation that works on the physical, emotional, mental and spiritual levels,” says Myers. The fee for the workshop is \$250.

On May 1, Mendoza will lead an all-day review of Arhatic yoga practice. The prerequisite for the course is Arhatic Yoga Prep. Arhatic yoga was also developed by Choa Kok Sui and is a blend of asanas, meditation and breathing techniques conceived as system of spiritual practice. The price for the workshop is \$200.



Dawn Myers [Photo: Johanna Nichols]

For more information, visit PranicHealingUSA.com/workshops/calendar/.

FIFTH ANNUAL WATER RITUAL IN BEAUFORT, SOUTH CAROLINA



Momma Seven and Kiantie Habersham
[Photo: Solomon Davis]

Momma Seven, founder of the Atlanta-based A Wonderful Approach, a spiritual healing and education organization, is holding her fifth annual Water Ritual in Beaufort, South Carolina, from May 13 to 15.

Dubbed “Devotions 2022,” the weekend starts off with a social on Friday night. On Saturday, the water ritual, a baptism to renew the spirit, is held at Fort Fremont National Preserve, and Sunday is devoted to prayer. The weekend and all related events are free and open to those wishing to renew and reinvigorate their spiritual journey. The Friday and Sunday events will be held at Beaufort’s Hilton Garden Inn at 1500 Queen Street in Beaufort.

“All are welcome to come and experience the powerful and ancient tradition of baptism,” says Momma Seven. “You will be embraced by love and gently guided through the process.”

Momma Seven founded A Wonderful Approach in 2014. “Our focus is getting closer to God through personal development,” she says. Combining both mental health practices and indigenous ritual, Momma Seven creates ritual events that positively impact the mind, body and spirit.

For more information, visit AWonderfulApproach.com, email Info@AWonderfulApproach.com, or call 678-777-1373.

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Atlanta's Own HEAL CENTER

30 YEARS OF EDUCATING, HEALING AND INSPIRING

by Diane Eaton, MCIS

You *could* say that it was Roz Zollinger who introduced reflexology to Atlanta back in the late '80s. Now, 30 years after she first opened the doors to her company, Heal Center, it is still thriving with its unique brand of world-renowned continuing education opportunities for massage therapists, practical training and holistic health services.

When she and her family first arrived in Atlanta in 1989, Zollinger was barraged with requests to share her expertise in reflexology, aromatherapy and essential oils. No one was teaching those topics in Atlanta, she was told, yet she had been teaching in Johannesburg, South Africa, her home city, for a while. So, she started to teach from home, as she had done in South Africa. As interest continued to grow, she dreamed of launching a center to bring practitioners together and provide a range of holistic healing modalities to the public.

In 1992, Zollinger opened Heal Center in Sandy Springs, where she, along with 14 other holistic practitioners, offered reflexology, aromatherapy and other holistic services. She taught aromatherapy and reflexology classes at the center and at the massage school that had opened in Atlanta, too, and was often asked to speak around town. As Heal Center gained a reputation at home and internationally, it became clear they needed bigger digs. So Zollinger relocated the center in 1999 and once again in 2014 when it moved to its current location in Sandy Springs.

That was when Michael Zollinger, LMT, Roz's son, stepped into the role of co-owner and director to help manage the center's ever-expanding operations. Michael, a practicing massage therapist, organizes classes and training courses and coordinates the practitioners in the center's "Wellness Collective"—the center's select group of wellness professionals offering reflexology, aromatherapy, chiropractic, massage therapy, integrative-functional medicine, acupuncture, nutrition and wellness consultations.

Thanks to Michael's efforts, Heal Center has become widely recognized as a resource for continuing education (CE) classes for massage therapists over the years. It has hosted a number of international teachers, including some from the U.K., Australia, and the Netherlands, that have helped advance aromatherapy in the U.S. "He basically runs everything," says Zollinger, happy for his passion, his partnership and his expertise.

Great Vibes

"The vibes at Heal Center are just incredible," says long-time instructor, chiropractor, massage therapist and nutritionist Rudy Scarfalloto, DC. Scarfalloto had taught at ASHA School of Massage in Atlanta for many years and came on board at Heal Center after ASHA closed in 2013. Today, he's practicing chiropractic part-time at Heal Center and teaches several courses.

Laura Thompson, NMT, echoes Scarfalloto's sentiments about

the welcoming energy at Heal Center. Thompson has been practicing massage, cranial-sacral therapy and reflexology at the center for the last six years. "There's a feeling of being welcomed and nurtured right when you walk in," says Thompson. "There's a maturity there. You don't have a lot of big egos and everyone is a pleasure to be around." Zollinger changed Thompson's life when Zollinger came to teach an introduction to aromatherapy and reflexology class when Thompson was in massage school in 2007. She learned Zollinger's approach to body systems and fell in love with reflexology. "If you had told me then I would love working on people's feet, I would have told you that you were crazy. Now it's an honor and a privilege."

Growing Trend

Both Roz and Michael have seen the public's interest in reflexology and aromatherapy grow tremendously over the past few decades. As for aromatherapy, Zollinger admits, "When I first came here, there was nothing, just a few really bad oils. I had to bring my own oils in from Europe."

"Aromatherapy is a big trend at the moment, but people don't always realize they need more education, too," she says. Essential oils come very concentrated, she points out, so there's a danger of misusing them. "You can get rashes if you don't use them properly," she warns. "So we try to teach people how to respect the oils." Zollinger has also developed her own line of essential

oil aroma blends using oils from companies that she's thoroughly researched for quality. "I just want to educate people," she says.

Reflexology is gradually becoming more well-known, too, from Zollinger's perspective. The practice involves putting slight pressure on specific points on the feet or hands to balance and harmonize issues of mind, body, and emotions. People used to ask her, "What can you possibly do with the feet?" But now, she says, "people are familiar with it, and they're into it and looking for different ways to help themselves."

"You can look at the feet," says Zollinger, "and the feet tell you stories. I don't just do a mechanical thing. I'm really zoning into that person." People don't just seek out reflexology to get their feet "worked on" anymore, she says. "People are starting to understand that we have to take more responsibility for ourselves and our health."

But it's not just people receiving massages who've changed. The needs of massage therapists have evolved as well, says Michael. "[Massage therapists] seem to be moving toward having a deeper understanding of the body and being more detailed and careful in their approach to

continuing education classes for massage therapists. Most classes happen in person, but they occasionally offer webinars and online classes as well. Roz prefers live-in-person classes because "there's nothing like having my students smell the oils, make their blends and share the blends. There's a lot of meaningful interaction in my classes."

It's been 30 years since Heal Center opened its doors, and Zollinger, who also holds the title of Regional Director of the National Association for Holistic Aromatherapy, is still practicing, teaching, and evolving the courses taught at the Center. She continues to expand her BodySystems Method training program, an organized, system-oriented teaching approach to make the overwhelming task of learning aromatherapy and reflexology more accessible. And she and Michael are currently working on developing a new curriculum to enable Heal Center to become an accredited vocational school they plan to call the Zollinger Institute of Professional Reflexology.

Roz is proud of the place that Heal Center has earned in the community. "The aromatherapy and reflexology communities in this country—and beyond—know of our teaching, but the Heal Center itself has also had an impact on our local community," she says. "I never thought my teachings would become a legacy. So, it's nice for me." 🌿



Roz Zollinger



Michael Zollinger

treating clients," Michael says. "That the body responds to a kinder touch. I think 'no pain, no gain' is losing its steam."

The Legacy

Heal Center offers introductory and advanced courses in aromatherapy, five levels of reflexology classes, and a wide variety of



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Eating for the Planet

DIET FOR A CLIMATE CRISIS

by Sheila Julson



What we choose to put on our plates influences not only our physical health, but also the health of the environment. While much of the climate conversation focuses on the burning of fossil fuels, commercial food production—particularly livestock—uses large amounts of land, water and energy. Wasted food contributes to approximately 10 percent of all greenhouse gas emissions. Leigh Prezko, food loss and waste specialist for the World Wildlife Fund (WWF), says agriculture accounts for

about 70 percent of the world’s fresh water use, while pasture and crop land accounts for about 50 percent of the Earth’s habitable land. “The environmental impacts begin with the soil,” Prezko explains. “Soil that’s depleted of nutrients loses its ability to capture carbon and produce nutrient-rich foods. The long chain continues with the processing and packaging of that food, and then transporting it to grocery store shelves and, eventually, to the consumer’s home.”

Eat Less Meat
Animal agriculture is the leading cause of climate change, argues author, screenwriter and playwright Glen Merzer in his latest book, *Food Is Climate: A Response to Al Gore, Bill Gates, Paul Hawken & the Conventional Narrative on Climate Change*. “When we have 93 million cattle farmed in the U.S. and 31 billion animals farmed globally each year, they create mountains of waste,” says Merzer, a dedicated vegan of 30 years. “That waste infiltrates water supplies and causes contamination, such

“When food is wasted, we’re not just throwing away food, but everything it took to produce that food is also wasted—the water, the fertilizer and the land.”
~Leigh Prezko

as *E. coli* outbreaks, in foods like lettuce and tomatoes that are grown downstream.” He adds that cows belch methane, a far more powerful greenhouse gas than carbon dioxide, and that grass-fed cows belch even more of it than grain-fed, feedlot cows. In addition, nitrogen fertilizers used to grow animal feed run into waterways. Overfishing and ocean warming threaten populations of phytoplankton, which sequester carbon dioxide and seed clouds. Deforestation to create grazing land may be the single greatest future threat to our climate because forests also sequester carbon and provide a home for diverse flora and fauna.

Make Simple Swaps
Prezko emphasizes that despite these problems with the industrial food chain, changing the way we produce food is also the solution. The WWF works with suppliers to educate and promote regenerative production practices. On the consumer side, changing the way food is produced can be achieved by changing people’s dietary demands. “We don’t prescribe people to eat a certain way. We do believe different people and cultures have different dietary needs,” she says. “The global north eats a lot of meat, so we do recommend a plant-forward diet while still incorporating animal proteins, depending on individual dietary needs.”

Merzer argues that we have little control over fossil fuel burning, but we can control our diets. He promotes plant-based eating as a primary solution to climate change. Changing mindsets about “normal” traditions, such as having hamburgers on the Fourth of July or turkey on Thanksgiving, can be difficult, but achievable with the planet at stake, he says.

Sophie Egan, founder of *FullTableSolutions.com* and author of *How to Be a Conscious Eater: Making Food Choices That Are Good For You, Others, and the Planet*, advises to start small by looking at the foods eaten most frequently and identifying ways to make simple swaps. “If you have toast with butter every morning, that could be changed to a nut butter. A sandwich with cold cuts every day for lunch, that can be replaced with a roasted vegetables and hummus sandwich or an avocado sandwich. You can still eat something in a familiar form, but replace ingredients with lower-emissions options,” she says.

If someone is intimidated by switching to an all plant-based diet, a flexitarian option emphasizing foods from the plant kingdom while enjoying meat only occasionally may be more sustainable throughout a person’s lifetime. Her book contains a “protein scorecard” from the World Resources Institute that lists animal

SCRAP VEGETABLE STOCK
Those potatoes that start to sprout, the straggler stalks of celery wilting in the back of the crisper drawer or that pompon of green carrot tops can all be used to make vegetable stock. This is a very general recipe with plenty of creative license to get more mileage from leftover vegetables that normally would have been discarded.
Start by collecting vegetable scraps that typically aren’t used—thick asparagus ends, carrot tops and broccoli stems. Even wilted kale or limp carrots that are no longer good to eat fresh, but are still free from mold or mush, can be added. Coarsely chop scrap veggies and put them into a freezer bag. Store them in the freezer until four to five pounds of vegetable scrap have been accumulated.

YIELD: ABOUT 3 QUARTS

- 4 to 5 lb vegetable scraps (can include the freezer bag of vegetable scraps, green tops from a fresh bunch of carrots, slightly wilted kale, turnips that are starting to turn soft or any combination)
- 2 bay leaves
- 6 garlic cloves, peeled and smashed
- 2 medium onions, cut into quarters
- 6 quarts water
- Salt to taste

Coarsely chop all vegetables and add to a large stockpot. (If the vegetables are still frozen, dump them into the stockpot; they’ll begin to thaw during the cooking process.) Add the water and bring to a boil. Reduce heat and simmer, stirring frequently.

Cook for about two hours or until the liquid is reduced by about half and the color begins to fade from the vegetables.

Let the mixture cool. Strain the stock into a large bowl.

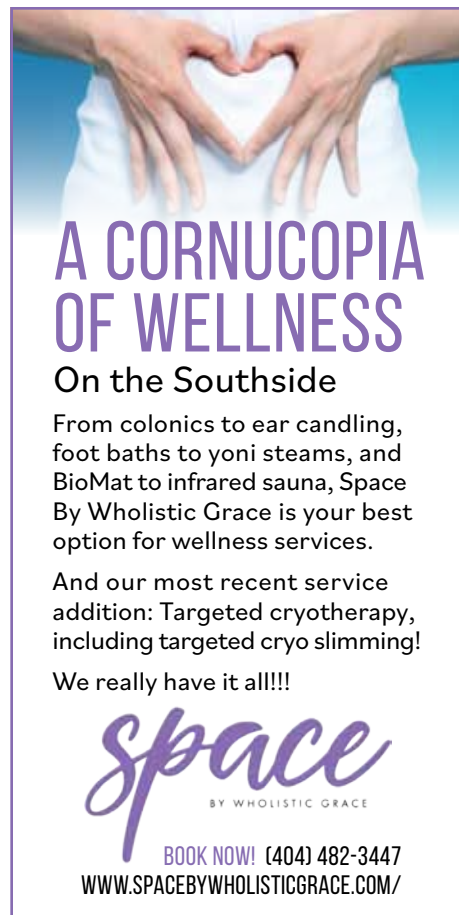
Compost the vegetables, as they are now flavorless; all of the flavors have been cooked into the broth.

Strain broth a second time through a cheesecloth or sieve for an even clearer broth. Salt to taste and portion into Mason jars.

Store in the refrigerator for one to two weeks, or freeze if saving for later use.

Courtesy of Sheila Julson.





A CORNUCOPIA OF WELLNESS
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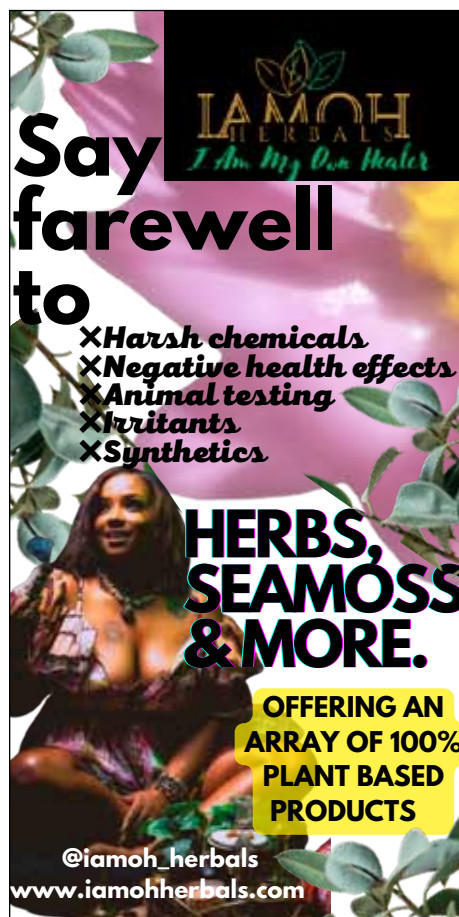
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and plant sources in terms of greenhouse gas emissions per gram of protein from the worst offenders to the least, with beef (along with goat and lamb) being at the top.

Prezko recommends eating a wide variety of foods. “Currently, 75 percent of food produced is from 12 plant species and five animal species, despite that there are thousands of varieties. This means there’s less diversity happening in the field. Diversity helps with regeneration and healthy soils. Producing the same crops over and over means there’s no crop rotation and no diversity happening, leading to degraded soils and deforestation to produce more of the same crop.”

Egan adds that diets that are over-reliant on just a few food sources like corn, wheat, rice and soy threaten the Earth and can lead to food insecurity. “Think of it as risk management with a financial portfolio: We have a diversified portfolio of foods available to feed a growing population, but as the climate warms, extreme weather events threaten yields because lack of fresh water and unhealthy soil threaten the planet and, ultimately, food production.”

Eating food that is as close as to its original state as possible is better for the planet. “The more food is processed, the more resources it took to get it to market,” Prezko notes.

Cut Food Waste

Prezko says approximately 40 percent of the food produced globally is lost while still on the farm or further up the supply chain. “When food is wasted, we’re not just throwing away food, but everything it took to produce that food is also wasted—the water, the fertilizer and the land.”

A recent WWF report entitled *Driven To Waste* cites new data indicating that food waste contributes to approximately 10 percent of all greenhouse gas emissions—nearly twice the emissions produced annually by all the cars in the U.S. and Europe.

Egan suggests using a shopping list; impulse buys can be forgotten and are prone to spoiling. Keeping food visible by putting fruits and vegetables front and center ensures they won’t be forgotten. Leftovers can be kept from languishing by designating a section of the refrigerator for food to eat first or a day of the week to eat leftovers for dinner. “You can freeze just about anything,” Egan says, from leftover bread to cheese, which can be shredded before frozen. Even scrambled eggs can be poured into a freezer container to use later. (For more ideas, check out *SaveTheFood.com* and Dana Gunders’ *Waste-Free Kitchen Handbook*.)

Nonprofits throughout the country are creating solutions to divert food waste from the landfills. Keep Austin Fed, a nonprofit comprised of mostly volunteers, helps neighbors experiencing food insecurity by redistributing wholesome, nutritious, surplus food from any food-permitted business. Volunteers pick up leftover food from urban gardens, rural farms, grocery stores and caterers serving area tech firms. All prepared food accepted and redistributed is handled by licensed food handlers. Executive Director Lisa Barden says that Keep Austin Fed redistributed 982,428 pounds of food, or the equivalent of 818,695 meals, in 2021, thus keeping it out of the waste stream.

Similarly missioned organizations exist nationwide. *FoodRescue.us*, with 40 locations in 20 states, provides assistance and even a dropoff/pickup app for people starting local groups. Since its founding in 2011, it has provided 85 million meals and kept 109 million pounds of excess food out of landfills. Its website offers a potent plea: “Fight Hunger. Help the Planet. Be the Rescue.”

Sheila Julson is a Milwaukee-based freelance writer and contributor to *Natural Awakenings* magazine.



MUNG BEAN CURRY



3 cups water
1 cup dried mung beans
2 dry bay leaves
½ medium onion, chopped
3 cloves raw garlic, minced
1 Tbsp fresh ginger, minced
½ tsp turmeric powder
½ tsp yellow curry
2 Tbsp chopped cilantro or sweet basil
1 Tbsp freshly squeezed lemon juice
Black pepper to taste

Rinse the mung beans, then soak overnight in water. The next day, discard the water, rinse the beans again and add 3 cups of water and bay leaves. Bring the beans to near boil and reduce heat to simmer.

Scoop away the white foam that forms on the surface of the water and discard. Simmer covered for about 40 minutes.

Add the onions, garlic, ginger, turmeric and curry, and continue simmering for an additional 20 minutes. Stir in chopped cilantro or basil, lemon juice and black pepper.

Serve over rice or another grain.

Courtesy of Joanna Samorow-Merzer, reprinted with permission from *Own Your Health*, by Glen Merzer.



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TECHNOLOGY MEETS NATURE

APPS BRING US CLOSER TO FLORA AND FAUNA

by Sheryl DeVore

While exploring Seattle, Jackie Lentz Bowman noticed some bushes filled with pink and orange berries. She discovered she could safely eat them by using the smartphone nature app called iNaturalist (*iNaturalist.org*). “I learned they were salmonberries and edible,” says the Chicago area photographer and birder. “I just had to try them. They were very similar to raspberries.”

Bowman is among a growing number of people using their smartphones to enhance their nature experiences. Phone apps are available for free or a modest price to identify



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photo by Jackie Lentz Bowman

mushrooms, bugs, birds, dragonflies, reptiles, beetles, wildflowers and other flora and fauna. “Whether it is to help identify a plant I’ve taken a photo of or to familiarize myself with what a bird looks like and sounds like, these are tools I’m always glad to have in my back pocket,” she explains.

At least 6,300 nature apps were available in 2015, according to Paul Jepson and Richard Ladle, Oxford environmental scholars and co-authors of “Nature Apps: Waiting for the Revolution,” a research paper published in the Swedish environmental journal *Ambio*. Such programs are only beginning to scratch the surface of what is possible. They write, “As most people own a mobile phone today, the app—though a small device—is a major way conservationists could be reaching a huge audience with transformative possibilities.”

Right now, some apps allow the user to point a smartphone to a plant or animal to get instant feedback on its common or scientific name. Others ask the user questions about what they are seeing and suggest an identity based on the answers. Some allow the user to interact with scientists, share their knowledge, record their observations and contribute to science.

Perhaps the most popular nature app is iNaturalist, which has all those features and more. “Our mission has been to connect people to nature through technology,” says Scott Loarie, co-director of iNaturalist, a joint initiative of the California Academy of Sciences and the National Geographic Society. “By 2030, we want to connect 100 million people to nature to facilitate science and conservation.”

The app began as a master’s degree proj-

ect at the University of California, Berkeley, in 2008, and today 2 million people have recorded about 100 million observations, covering one in six species on the planet. “iNaturalist has grown to the point where it’s helping take the pulse of biodiversity,” he adds.

Newcomers are often mentored and helped with identifications by volunteers that are experts in different fields. One example is a worldwide competition called the City Nature Challenge in which beginning and advanced naturalists document urban flora and fauna for several days. During the event, people share their photos of plants and animals on iNaturalist.

During Chicago’s Challenge, Eric Gyllenhaal, who blogs about nature on the city’s west side, found an uncommon species. “A Canadian expert helped confirm the identification as a bronze ground beetle native to Europe,” says Cassi Saari, project manager of natural areas for the Chicago Park District. “It’s an introduced species in Illinois and could have implications for wildlife in the region down the line.”

Two other nature apps that Loarie likes are eBird (*eBird.org*) and Merlin (*Merlin.AllAboutBirds.org*), both administered by the Cornell Lab of Ornithology, in Ithaca, New York. With eBird, users can report on their phones a list of birds they’re seeing in the wild, including when and where, and the sightings are added to a database for scientific research.

Merlin is a field guide app to help folks identify the birds they are seeing. “Merlin has taken on authoring content with great descriptions of birds, something iNaturalist doesn’t do,” Loarie points out. “Merlin also just released sound recognition in the app, so people can identify birds by sound. It’s huge for birders.”

Award-winning nature photographer Adriana Greisman, of Phoenix, says she uses both Merlin and iBird (*iBird.com*), another field guide app, to identify birds in the wild and when processing photos. “These are great resources to identify unknown species and to learn about their behavior.”

The favorite app of Joyce Gibbons, a volunteer at the Natural Land Institute, in Rockford, Illinois, is Odonata Central (*OdonataCentral.org*), which focuses on

her passion—dragonflies and damselflies, collectively called odonates.

“I’ve loved solitary walks in the woods, prairies and other natural areas since I was a child,” she says. “I’ve always taken photos and tried to ID the many species I’ve observed. Now, with these apps on my phone, I feel like I am actually contributing to the scientific body of knowledge and connecting with other enthusiasts and not just keeping all this joy of discovery to myself.” 🐞

Sheryl DeVore is an award-winning author of six books on science, health and nature. Connect at SherylDevoreWriter@gmail.com.

NATURE APPS TO LEARN BY

AUDUBON GUIDE:

Search a field guide to 800 species of birds found in North America with tips on places to find them (*Audubon.org/app*).



PICTURE INSECT: Identify thousands of different insects and learn about them using this entomologist in a pocket (*PictureInsect.com*).

PICTURE MUSHROOM: Identify thousands of different mushrooms using a smartphone (*PictureMushroom.com*).

PLANTNET: Identify wild plants by posting photos. Images are compared to thousands of images from throughout the world in a database (*PlantNet.org*).

SEEK BY iNATURALIST: Seek uses data submitted to iNaturalist to show suggestions for species nearby, but unlike iNaturalist, findings made with Seek will not be shared publicly, making it safe for children to use. Users can earn badges as they discover wildlife (*iNaturalist.org/pages/seek_app*).

TRAILLINK: Search a database of more than 40,000 miles of trails in the U.S. and download trail maps on a smartphone (*TrailLink.com*).

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Why We Need WILD PLACES

How to Invite Nature Back into Our Lives and Landscapes

by Sheryl DeVore



On a blustery day, Julian Hoffman stood outdoors and watched wild bison grazing in the restored grassland of Midewin National Tallgrass Prairie, fewer than 50 miles from downtown Chicago. For him, it was a wild place, affording a glimpse of what North America looked like hundreds of years ago when bison roamed the continent by the millions. “We’re witnessing, in a way that’s both terrible and tragic, just what the profound cost is of continuing to destroy the natural world,” he writes.

Saving wild places is critical for human health and well-being, say both scientists and environmentalists. But defining what a wild place is or what the word wilderness means can be difficult, says Hoffman, author of *Irreplaceable: The Fight to Save Our Wild Places*. “If wilderness means a place untouched by hu-

mans, then none is left,” he says. Even the set-aside wildernesses where no one may have ever stepped have been altered through climate change, acid rain and other human interventions.

Humans are also losing the wilderness that is defined as land set aside solely for plants and creatures other than humans. Prominent naturalist David Attenborough, whose most recent documentary is *A Life on Our Planet*, says that in 1937, when he was a boy, about 66 percent of the world’s wilderness areas remained. By 2020, it was down to 35 percent.

A wild place can be as spectacular as Yellowstone, a 3,500-square-mile national park in Wyoming, Idaho, and Montana, filled with hot springs, canyons, wolves, and elk. It can also be as simple as a sky filled with a murmuration, or gathering, of

thousands of swooping starlings, which once caused two teens to stop taking selfies and photograph the natural scene above them instead, as Hoffman witnessed in Great Britain.

Such regions that offer vast tracts of natural beauty and biodiversity are even found in and around major cities like Chicago, says Chicagoland nature blogger Andrew Morkes. “A wild place is also where you don’t see too many people, or any people, and you can explore,” he says. “You can walk up a hill and wonder what’s around the next bend.”

“A wild place could be a 15-minute drive from home where we can walk among plants in a meadow, or a tree-lined street, or front and back yard, if landscaped with wild creatures in mind,” says Douglas Tallamy, author of *Nature’s Best Hope: A New Approach to Conservation that Starts with Your Yard*.

Sustaining Our Species

“We need these places to save ourselves,” says Tallamy, who heads the Department of Entomology and Wildlife Ecology at the University of Delaware. “Humans are totally dependent on the production of oxygen and clean water, and that happens with the continued existence of flowering plants, which are dependent on the continued existence of all the pollinators. When you lose the pollinators, you lose 90 percent of the flowering plants on the Earth. That is not an option if we want to stay alive and healthy.”

Our mental and emotional health is also at stake. According to a recent overview in the journal *Environmental Health Perspectives*, studies have shown that natural settings can lower blood pressure, reduce depression and anxiety, and help the immune system function better.

People have saved wild places over time, of course. “The world’s ancient redwoods are still with us today because people in the early 1900s fought to protect and preserve what they could already see was rapidly diminishing,” Hoffman says. “In the year 2022, we are the beneficiaries of those past actions. Yet less than 5 percent of those old-growth redwood groves are

left, and we live in an age where we’re losing an extraordinary range of wild species; for example, 3 billion birds have disappeared from the skies of North America in just the past 50 years. That’s why people need to continue to fight for wild spaces.”

Community Crusaders

In researching his book, Hoffman went looking for wild-space struggles. In Glasgow, Scotland, he met people that fought to save an urban meadow from being turned into a luxury home development. “I’d never experienced as much joy in any one place as when I spent time with the community fighting to preserve this tiny meadow,” he recalls. “They campaigned and lobbied politicians, and eventually, the government backed down. And now the whole community is able to enjoy this site where a lot of urban wildlife thrives.”

Once-wild places may also need human help to again become wild refuges. The Midewin National Tallgrass Prairie, where Hoffman saw the buffalo, “was once an arsenal for the production of extraordinary quantities of ordnance for a number of wars,” he says. After hundreds of die-hard volunteers dug out invasive plants, scattered seed and documented wildlife on the 18,000-acre prairie, visitors can now walk among big bluestem and golden alexander, and listen for the sweet song of meadowlarks in the grasslands and chorus frogs in the wetlands.

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Conservation volunteers working to save wild places hail from every state. In fact, nearly 300,000 volunteers contribute more than 6.5 million hours of volunteer service a year to the U.S. National Park Service, from leading tours to studying wildlife and hosting campgrounds.

One doesn't have to be an environmental crusader to save wild places, Hoffman stresses. Exploring local wild places and sharing them with others can help save them, as well. "We can only protect those places that we love," he says. "And we can only love those places that we know."

Sadly, roughly 100 million people, including 28 million children, do not have access to a quality park within 10 minutes of home, according to The Trust for Public Land. Projects, such as the Outdoor Recreation Legacy Partnership Program, which enables urban communities to create outdoor spaces, can help. The U.S. Department of the Interior committed \$150 million to the program in 2021. "Every child in America deserves to have a safe and nearby place to experience the great outdoors," says Interior Secretary Deb Haaland.

A Homegrown National Park

Tallamy says one of the most important ways to get people to appreciate and save wild places is to begin in their own yards. "We have wilderness designations. We have national forests. We have national parks. We have 12 percent of the U.S. protected from development," he says. "Yet, we are in the sixth great extinction. Our parks and our preserves are not enough. My point is that we have got to focus on the areas outside of parks and preserves." He urges what he calls a "homegrown national park," in which homeowners, land managers and farmers create a habitat by replacing invasive plants with native species.

Tallamy speaks from experience. He lives on a 10-acre former farm in Oxford, Pennsylvania. "It had been mowed for hay and when we moved in, very little life was here," he says. "We have been rebuilding the eastern deciduous forest here, getting invasive plants under control and replanting with species that ought to be here." He's now counted more than 1,400 different species of moths on his property and documented 60 species of birds nesting within the landscape. "We have foxes who raise their kits in the front yard," he says.

Lots of acreage is not required, he says. In Kirkwood, Missouri, homeowners created a wild place on six-tenths of an acre on which they've documented 149 species of birds. "If one person does it, it's not going to work," he stresses. "The point is to get those acres connected. When everybody adopts this as a general landscape culture, it's going to help tremendously. By rewilding your yard, you are filling in spaces between the true wild places and natural areas. The reason our wild spaces are not working in terms of conservation is because they are too small and too isolated. Even the biggest national parks are too small or too isolated."

Tallamy says people can create wild spaces in their yards by reducing the amount of lawn they have or even getting rid of it. They can grow native plants and discontinue the use of pesticides and herbicides, which are disrupting ecological function of wild places the world over, as research shows. Hoffman agrees, "We've cultivated a culture of tidiness. It's actually very easy to welcome wildlife into your home places, often by doing fewer things, by not bringing the leaf blower out and by leaving some dead wood where it fell, which creates important shelters for insects, for example.

"Such wild yard spaces encourage wonder. Suddenly, the kids are out there and they can be absolutely fascinated by a small glittering beetle. For me, to experience the wild is to go to the shore of a lake, to be present in the mystery, to be among the lake's reed beds, to see a marsh harrier sleek out of those reeds and to know you're part of something much larger," he says. "There's so much joy and beauty and complexity in being in the presence of other lives besides human." That in itself is reason enough to save wild places. 🌿

Sheryl DeVore has written six books on science, health and nature, as well as health and environmental stories for national and regional publications. Read more at SherylDeVore.wordpress.com.



Yoga Poses to Balance the Chakra System

by Mila Burgess

The chakra system is an ancient map of energy flow in the body. In Sanskrit, the word "chakra" means "disk" or "wheel." Although people have differing opinions about how many chakras exist in the body, it is widely held that there are seven major chakras that line the spine and correspond to specific nerve bundles and major organs. These spinning vortexes of energy cannot be seen but can be intuited and felt by many.

Each chakra is connected to a certain realm of life. The three lower chakras are associated with earthly matters—survival, sex and willpower, respectively—while the upper three are connected to higher consciousness, truth, purpose and intuition. Between these three material and three spiritual energies lies the heart center, a chakra that bridges the gap between upper and lower with qualities of compassion, empathy and love.

While the metaphysical properties attributed to chakras have not yet been backed by scientific evidence, many cultures, philosophies and traditions believe that the subtle energies of the chakras govern aspects of our physical, mental and emotional bodies and is key to maintaining homeostasis for maximum wellness. Thus, chakra-balancing work is beneficial.

To function at their best, chakras need to stay wide open and

unobstructed. Swirling like a whirlpool, each chakra is most effective when it spins freely. And, while each chakra spins on its own, the maximum energetic benefits arise when all seven chakras are aligned and flowing fluidly. If a chakra is blocked, one might experience physical or emotional symptoms related to the specific areas to which a chakra connects. Some popular chakra-opening techniques include chakra meditation, acupuncture, Reiki, and sound healing. In yoga, certain yoga poses can be done to help move and expand energy through the body so that the chakras can remain unfettered.

ROOT CHAKRA

Located at the base of the spine, *muladhara*, or root chakra, is associated with feelings of safety, vitality, security, stability, strength, loyalty and acceptance. "Muladhara" means "the root of existence," and in the physical body, it corresponds to the organs of elimination, the sciatic nerve, the bottoms of the feet and the adrenal glands. The root chakra is represented by the color red and is connected to the earth element. When the root chakra is open, balanced and spinning freely, we feel grounded.



Yoga Poses to Balance the Root Chakra:

- Easy Seated Position
- Mountain Pose
- Standing Forward Bend
- Garland Pose
- Warriors 1 and 2
- Seated Forward Fold

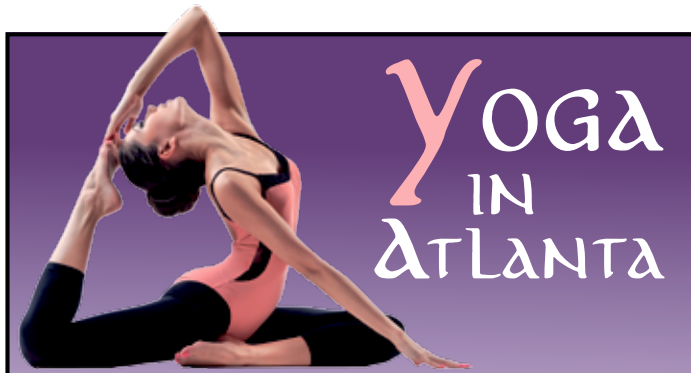
SACRAL CHAKRA

Above the root chakra lies *svadhisthana*, or sacral chakra. "Svadhisthana" translates to "the place of the self." Located above the pubic bone and below the navel, the sacral chakra is associated with sexuality, creativity, freedom, adaptability, pleasure and fun. It's connected to the reproductive organs, the low back and circulation. Associated with the color orange, the sacral chakra is connected to the element of water. When their sacral chakra is balanced, people feel free to express themselves creatively and experience playfulness, joy and pleasure.



Yoga Poses to Balance the Sacral Chakra:

- Lizard Pose
- Half Split
- Goddess Pose
- Deer Pose
- Frog Pose
- Bound Angle Pose



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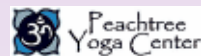
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YOGA CALENDAR

SUNDAYS

Sunday Evening Yoga in the Park – 6-7pm. 2nd Sun. Enjoy a weekend wind down by moving your body in the great outdoors and set intentions for the new week. With Dr. Krystal Fannin. Free. Blackburn Park, 3493 Ashford Dunwoody Rd., Atlanta. Register: Tinyurl.com/yaz3phza.

WEDNESDAYS

Yoga with Amador – 5-6pm. Also Sat, 10-11am. Free yoga and meditation. Bring own mat. The Interlock, 1115 Howell Mill Rd NW, Atlanta. Tinyurl.com/2wkewr9t.

THURSDAYS

Yoga at The Avenue West Cobb – 6-7pm. An all-levels beginner

friendly practice with Mia Yakei. Free. The Avenue West Cobb, 3625 Dallas Highway, Ste 470, Marietta. Register: Tinyurl.com/yck6ap26.

SATURDAYS

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

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.

SOLAR PLEXUS CHAKRA

The solar plexus chakra, *manipura*, or “lustrous gem,” lies along the spine between the belly button and breastbone. It is associated with the fire element and the color yellow, and it is easily connected to the idea of “fire in the belly” because it is the seat of willpower, determination, self-control, pride and self-worth. Fire is also an element of transformation; thus, the solar plexus chakra supports the ability to take action to grow and change. Physically, manipura relates to the digestive system, pancreas, liver and gall bladder. When the solar plexus chakra is balanced, people feel courageous and strong, proud and self-sufficient.



Yoga Poses to Balance the Solar Plexus Chakra:

- Downward Facing Dog
- Revolved Triangle
- Cobra Pose
- Boat Pose
- Half Lord of the Fishes
- Supine Twist

HEART CHAKRA

Serving as the bridge between the upper and lower chakras, *anahata*, which translates to “unhurt,” the heart chakra unites the chakras of matter and materiality to chakras of spirituality. As the center point of the chakra system, located in the middle of the chest just above the heart, anahata is generally believed to be a larger energetic force than the other chakras. Physically, the heart chakra is associated with the heart, lungs, hands and thymus gland. Emotionally, it is the seat of compassion, kindness, unconditional love, tranquility, goodwill and liveliness. The heart chakra is illustrated by the color green and is associated with the air element. When balanced, people both give and receive love with ease, have a general sense of well-being, feel connected to themselves and others and trust their hearts to guide them.



Yoga Poses to Balance the Heart Chakra:

- Wild Thing
- Kneeling Crescent
- Dancer Pose
- Camel Pose
- Bridge Pose
- Reclined Bound Angle

THROAT CHAKRA

The fifth chakra is *vishuddha*, meaning “especially pure.” Known more widely as the “throat chakra” and located in the middle of the throat, it’s represented by the color turquoise blue and correlates to



the throat, cervical spine, thyroid and parathyroid glands, jaw, mouth and tongue. The throat chakra, not surprisingly, is associated with communication, sound, vibration and self-expression. This chakra embodies the element of sound and is closely connected to music and musical harmony. When in tune, a balanced throat chakra’s energy manifests as easy communication, artistic expression, relaxation and the ability to speak one’s highest truth.

Yoga Poses to Balance the Throat Chakra:

- Cat/Cow Flow
- Reverse Tabletop
- Locust Pose
- Shoulder Stand
- Plow Pose
- Fish Pose

THIRD EYE CHAKRA

Located in the center of the brain, between the eyes, *ajna*, which means “beyond wisdom” in Sanskrit, is the third eye chakra and the seat of wisdom, intuition, imagination, illumination and intelligence. This dark blue orb is associated with the element of light, as it is said to reveal the true nature of all things. Ajna is connected to the brain, pituitary gland and ears. It’s also considered to be associated with the pineal gland, which regulates circadian rhythm. When the third eye chakra is balanced, people experience clarity, understanding, evolution, patience and insight.



Yoga Poses to Balance the Third Eye Chakra:

- Child’s Pose
- Eagle Pose
- Half Moon
- Humble Warrior
- Dolphin Pose
- Double Pigeon

CROWN CHAKRA

Sahasara is Sanskrit for “thousand-petaled” and refers to the seventh chakra. Located at the top of the head and often referred to as the “crown chakra,” Sahasara is the center of enlightenment and spiritual connection to self and others.

Represented by violet light, this seat of universal intelligence is associated with the central nervous system, particularly the thalamus. The corollary element is divine consciousness; when this chakra is open and balanced, it serves as a bridge to enlightenment, happiness and connection to the Universe.

Yoga Poses to Balance the Crown Chakra:

- Half Lotus or Lotus
- Rabbit Pose
- Tree Pose
- Extended Side Angle
- Headstand
- Corpse Pose



Albert Einstein once said, “Everything is energy and that’s all there is to it. Match the frequency of the reality you want, and you cannot help but get that reality. It can be no other way. This is not philosophy. This is physics.”

The place of chakras might not fit snugly into modern scientific data; however, the idea that everything is dynamic and we can choose our frequency supports the practice of intentionally moving subtle energy throughout the body to reap its healing benefits physically, mentally and emotionally. While there are many ways to approach chakra work, yoga is an excellent vehicle to balance and heal this energetic system. 🌸



Mila Burgess, E-RYT 500, YACEP, teaches at LifePower Yoga in Sandy Springs. She is the owner of Metta Yoga, offering workshops, private lessons, virtual classes, teacher trainings and retreats. Contact her at Mila@MettaYoga.studio.

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Nature Speaks

STORYTELLING CONNECTS KIDS TO THE NATURAL WORLD

by Carrie Jackson



Children are natural storytellers with imaginations that shape their play and learning. In outdoor settings, everything from puddles to pine cones can engage children and draw them closer to the natural world, opening up a lifelong appreciation of natural environments. Connecting with nature also improves creativity, academic performance and attentiveness, while reducing stress and aggressive behavior, a body of research shows.

Organizations, like the Wilderness Awareness School, a Duvall, Washington-based nonprofit, work to help children and adults cultivate healthy relationships with nature, community and self. “We find that children who feel at home in the outdoors are often more resourceful, creative and allow for curiosity to naturally unfold,” says Leah Carlson, director of marketing and communications at Wilderness Awareness School. “Allowing them to play freely and explore in nature is a wonderful way to build resilience and resourcefulness. When children can be intrigued through a story, it also allows them to understand their own outdoor experiences. They become more adept at finding new solutions to problems using the tools they have access to and creative thinking.”

Weaving storytelling into their programs helps children understand their outdoor experiences. “Regular time spent with experienced nature mentors, playing games, exploring unique plants and animals and getting excited about the possibilities of nature

is how a connection begins. When children are outside, the characters of these stories are the plants, animals, rocks and landforms around them. The suburban tree that was always an obstacle on the sidewalk can be seen through new eyes as a dragon, monkey bars or a red alder,” Carlson explains.

Megan Zeni, a public school teacher in Steveston, British Columbia, says there is a global body of research that shows every measure of wellness is improved through time spent outside. She teaches solely outdoors, ensuring that her students have exposure to nature regardless of which neighborhood they live in. “In our modern world, higher-income families generally have better access to green spaces. Incorporating outdoor activities into the school day gives children equitable exposure to nature and outdoor learning,” she explains.

Zeni uses both non-fiction and fiction storytelling approaches to teaching. “To learn about water cycles, I’ll have kids jump in puddles, observe where the water goes and track where it is in the community. They’ll then relay a fact-based story based on their observations and experiences. For a lesson on squirrels, I’ll ask the students to imagine where their habitat is, who their family is and what they eat. We use loose parts, which are open-ended items, such as pine cones and sticks, to creatively illustrate the story.

“By using storytelling as a measure of knowledge, it is more equitable for students who don’t perform as well using traditional test and essay methods,” she says. Listening to a child’s story can also reveal misconceptions that can be clarified through further exploration and instruction.

Storytelling can take on many forms and be enhanced with the use of props. As the artistic director of Rootstock Puppet Co., based in Chicago, Mark Blashford performs puppet theater rooted in stories that promote mutual kindness and ecological awareness. “Puppets are remarkable storytelling agents because, not only can they play characters and sup-

“We find that children who feel at home in the outdoors are often more resourceful, creative and allow for curiosity to naturally unfold.”

~Leah Carlson

port narrative through movement, they can also tell a story from the very material they inhabit,” he says. “Puppets invite kids to exercise empathy by compelling them to accept and invest in the thoughts, feelings and life of another entity.”

By making puppets out of wood and using them to weave environmental awareness into his shows, Blashford helps to put the natural world in perspective. “My show *TIMBER!* is about an entire forest and a single tree which is home to a family of spotted owls. I want children to see the role of both the forest and the tree in the lives of an owl family. When they fall in love with little wooden puppet owls, they are able to convert the giant concept of deforestation into a manageable scale,” he says.

He encourages parents to regularly engage their children with their natural habitat. “Go to your local forest or park, find a tree, name it and check on it as often as you can. Prompt children to ask questions about who they think lives in that tree, why the branches stretch out how they do and what happens at night. As children learn to see the outdoor world as part of their own characters and setting, the stories will develop naturally,” he advises. 🌲

Connect with writer Carrie Jackson at CarrieJacksonWrites.com.

LEARN MORE

Rootstock Puppet Co.: rootstockpuppet.com

Wilderness Awareness School: wildernes.sawareness.org

Megan Zeni: meganzeni.com



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Nature's Virus Killer

Copper can stop a virus 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 that cause illness.

Colds and many other illnesses start when viruses get in your nose and start multiplying. If you don't stop them early, they spread and take over.

In hundreds of studies, EPA and university researchers confirm copper kills microbes almost instantly just by touch.

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

"The antimicrobial activity of copper is well established." National Institutes of Health.

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

Some hospitals tried copper for touch surfaces like faucets and doorknobs. This cut the spread of MRSA and other illnesses by over half, which saved lives.

The strong scientific evidence gave inventor Doug Cornell an idea. He made a smooth copper probe

with a tip to fit in the bottom of the nostril, where viruses collect.

When he felt a tickle in his nose like a cold about to start, he rubbed the

copper gently in his nose for 60 seconds.

"It worked!" he exclaimed. "The cold never got going. That was 2012. I have had zero colds since then."

"We don'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. Feedback was 99% positive if they used copper within 1-3 hours of the first sign of bad germs, like a tickle in the nose or a scratchy throat.

Users say:

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"I can't believe how good my nose feels."

"Is it supposed to work that fast?"

"One of the best presents ever."

"Sixteen flights, not a sniffle!"

"Cold sores gone!"

"It saved me last holidays. The kids had crud going round and round, but not me."

"I am shocked! My sinus cleared, no

more headache, no more congestion."

"Best sleep I've had in years!"

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Dr. Bill Keevil led one of the science teams. He placed millions of viruses on a copper surface. "They started to die literally as soon as they touched it."

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CALENDAR OF EVENTS

Publicize your event! This section hosts free and paid listings. Each month, we select a limited number of events — they must have broad appeal and cost no more than \$20 to attend — to list for free. Otherwise, basic listings are \$35 and enhanced listings are \$75.

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



Earth Day is April 22. Look for the green leaf for events that celebrate Earth Day.

FRIDAY, APRIL 1

Spring Native Plant Sale – Apr 1-2. Over 100 species of plants are available, and horticulturists and knowledgeable volunteers will be on-site to help you plant the garden of your dreams. Herbs and veggies for the edible garden also available. Free admission to the garden area. CNC, 9135 Willeo Rd, Roswell. ChattNatureCenter.org.

SATURDAY, APRIL 2

Free First Saturday: Bees and Trees – 1-2pm. Free. Dunwoody Nature Center, 5343 Roberts Dr, Dunwoody. 770-394-3322. DunwoodyNature.org.



"Taster Session": Recharge + Reenergize: An Evening of Radical Self-Care – 5-6pm. With Kafi London. Session will introduce you to some of the ideas and styles that will be explored in the full workshop. Free. Decatur Healing Arts, 619-B E College Ave, Decatur. DecaturHealingArts.net.

MONDAY, APRIL 11

Online: Good Food for Thought: Challenges and Opportunities for Transformation: Womxn in GA Agriculture – 5pm. Gabrielle Roesch-McNally, PhD, presents on the challenges, opportunities, and successes of womxn farmers across the country. Free. Register: bit.ly/womxngaag.

THURSDAY, APRIL 14

Online: Transmission Meditation – 7:30pm. A meditation to help the world. Sponsored by Share International USA SE Region. Free. Via Eventbrite. Info: 404-680-7423 or Info-SE@Share-International.us. Register: Tinyurl.com/mw55skf.

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FRIDAY, APRIL 15

Be Your True Self: Libra Full Moon Ceremony – 7-8:30pm. With Intuitive Astrologer Kali. Learn how to bask in the loving energy that is Libra. Loving yourself is not an outdated concept. Get with the times and get in line with the real you. Free.

SATURDAY, APRIL 16

Goat Yoga – 11am-12pm. With GGA Dwarf Goat Yoga. Perform breathing exercises and various yoga positions. While doing so, dwarf goats can hop around you, climb your back, sit on top of you, even nap on you or your yoga mats while you let go of all your stress. \$35.

TUESDAY, APRIL 19

Channeling Practice Group – 7-9pm. With Vicki Evans. Meet monthly (3rd Tues) and have a chance to share where we are in our channeling and celebrate any breakthroughs you may have had. Then will go into various channeling exercises. \$20/drop-in.

FRIDAY, APRIL 15

Natural Egg Dyeing – Apr 15 & 16. 10am-12pm. Drop-in family program. Join us in this interactive program to learn more about these plants and decorate 3 vibrant eggs. \$5/member; \$6/nonmember. Atlanta Botanical Garden, 1345 Piedmont Ave NE, Atlanta. AtlantaBG.org.

SATURDAY, APRIL 16

Honeybee Hive Inspection – 10am-12pm. with Join Master Beekeeper Cindy Hodges for an up-close look at the beehives of DNC. \$15. Dunwoody Nature Center, 5343 Roberts Dr, Dunwoody. 770-394-3322. DunwoodyNature.org.

Pasafest 2022 – 11am-10pm. A day of art and music to celebrate the life of the creator of Pasaquan, Eddie Owens Martin. Artists from all over Georgia will be selling their art, Tarot readers to read your fortunes, face painters and hair designers, and more. \$20. Pasaquan, 238 Eddie Martin Rd, Buena Vista. Tinyurl.com/e823fe95.

TUESDAY, APRIL 19

Georgia Tech Earth Day Festival – Apr 19-21. Celebrating Earth Day throughout the week with a Group Bike Ride; Campus Sustainability Fair; Sustainability Celebration and Keynote Event; Tree Planting; and much more. More info: EarthDay.GATech.edu.

FRIDAY, APRIL 22

Earth Day at Atlanta Botanic Garden – 10am-12pm. Fun and engaging family activities celebrating nature and the beautiful plants all around. Atlanta Botanical Garden, 1345 Piedmont Ave NE, Atlanta. Space limited; register: AtlantaBG.org.

Earth Day 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. 770-394-3322. DunwoodyNature.org.

Earth Day Family Night Hike – 8:30-10:30pm. Explore the sights and sounds of the forest. Includes an animal encounter and a relaxing campfire. \$12/nonmember, \$10/member. CNC, 9135 Willeo Rd, Roswell. Registration required by Apr 20: ChattNatureCenter.org.

SATURDAY, APRIL 23

Earth Day Community Clean Up – 11am-1pm. Join us for a day of Earthly good in our neighborhood. All ages welcome. Free. 1660 Jonesboro Rd SE, Atlanta. Register: Tinyurl.com/2p8hbhd8.

THURSDAY, APRIL 28

Online: The Nature Club Dine and Discover – 7-9pm. \$10/general, \$5/CNC Members. Via Zoom. Registration required: 770-992-2055 or ChattNatureCenter.org.

SATURDAY, APRIL 30

Honeybee Hive Inspection – 10am-12pm. with Join Master Beekeeper Cindy Hodges for an up-close look at the beehives of DNC. \$15. Dunwoody Nature Center, 5343 Roberts Dr, Dunwoody. 770-394-3322. DunwoodyNature.org.



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.

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.

Adult Education Class at Unity Atlanta – Thru Dec 4. 9:45–10:45am. 1st Sun. With Dr. Rocco Errico. Class will focus on the Metaphysical meaning of the Gospel of John, with an emphasis on the Aramaic text. Free. 3597 Parkway Ln, Peachtree Corners. 770-441-0585. UnityAtl.org.


Online: NWUUC – 10am. Via Zoom. Northwest Unitarian Universalist Congregation: 770-955-1408 or nwuuc.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.

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.

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/yjzutf4.

One World Spiritual Center Sunday Service – 11am. To watch: OneWorldSpiritualCenter.net.



CALENDAR

Check out the latest events at naAtlanta.com/calendar

Unity Atlanta Sunday Services – 11am. Attend in-person or watch via live stream. 3597 Parkway Ln, Peachtree Corners. 770-441-0585. UnityAtl.org.

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

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.

Sunday Morning Talks and Discussion – 11am–12pm. With Vedanta Center of Atlanta via Zoom. To watch: VedantaAtlanta.org.

Unity North Online & In-Person Sunday Service – 11:15am. 4255 Sandy Plains Rd, Marietta. More info: 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 or Linktr.ee/KosmicBrew.

Meditation Classes – 4–5pm, Level I; 5–6pm, Level II. All religions, all ages and all people. Learn how to meditate for spiritual enlightenment. \$15. 5161 Brook Hollow Parkway, Ste 220/225, Norcross. Register, Andrea:404-557-4306. MeditationWellnessClub@gmail.com. MeditationWellnessClub.com.

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.

Online: Monday Night Meditation – 7–8pm. A live, instructor-led meditation and discussion. Develop a meditation practice by maintaining a moment-to-moment relaxed awareness of our surrounding environment, bodily sensations, thoughts and emotions. All levels. \$10. Register: TheOpenMindCenter.com.

Tuesdays

Online Meditation Open House – 7pm. A 30-min meditation and a 30-min discussion via Zoom. To watch: Atlanta.Shambhala.org.

Metro Atlanta Sierra Club Meeting – 7:30pm. 2nd Tues. More info: 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.

Zoom Check-In: Wellness Wednesdays – 10am. Check in with your community during COVID-19 crisis. slc-atlanta.org.

Online: Joy of Breathing Class – 1–1:30pm. Learn the Joy of Breathing technique, practice a deep Pranayama session and enjoy the benefits. Free. Register: Tinyurl.com/muwwanm9.

Angel Message Circle – 6:30–8:30pm. Sharron Ragan works with the energy of thousands of Angels and guides you in your next steps. \$20. Heart Soul and Art, 1470 Roswell Rd, Marietta. Pre-registration required: Heart-Soul-And-Art.square.site.

Unity North Online Wednesday Evening Experience – 7pm. To watch: 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.

Thursdays

Tai Chi & Qigong – 9:30am. For beginners. \$7/at door. Meets in The Jefferson Parks and Recreation Dept, 2495 Old Pendergrass Rd, Jefferson. 678-510-9573. CarolOsborne.org.

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.

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.

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: AtlPranicHealing.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.

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.

Meditation Classes – 6pm, Level I; 7pm, Level II. See Sun listing. 5161 Brook Hollow Parkway, Ste 220/225, Norcross. Register, Andrea:404-557-4306. MeditationWellnessClub@gmail.com. MeditationWellnessClub.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.

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.

Oakhurst Farmers' Market – 9am–1pm. Year-round. Fresh produce, meat, baked treats, and more. Additional offerings include live music and chef demonstrations featuring seasonal recipes. Masks required. Sceptre Brewing Arts, 630 E Lake Dr, Decatur. 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.

Reiki Share Group – 3:30–5:30pm. A gathering of like-minded reiki practitioners who participate in group healing treatments on each other. \$21. Healing Hands Reiki & Spiritual Development, Inc, 27 Waddell St, Ste A, Atlanta. Tinyurl.com/2rykarff.

Meditation Classes – 6pm, Level I; 7pm, Level II. See Sun listing. 5161 Brook Hollow Parkway, Ste 220/225, Norcross. Register, Andrea:404-557-4306. MeditationWellnessClub@gmail.com. MeditationWellnessClub.com.

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

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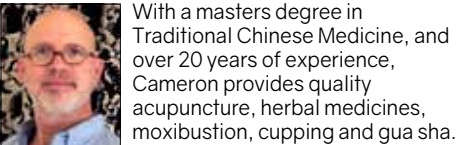
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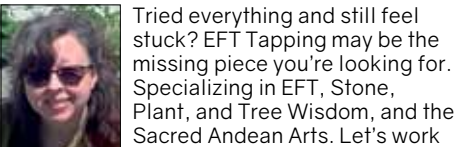
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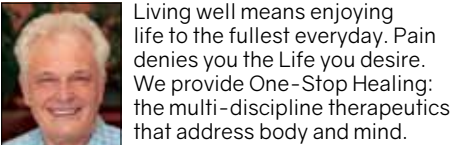
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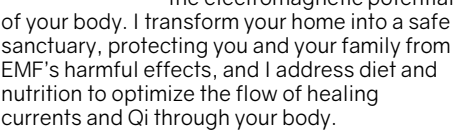
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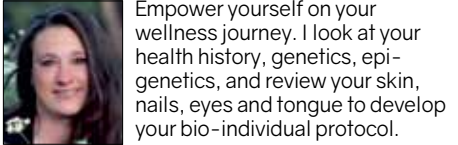
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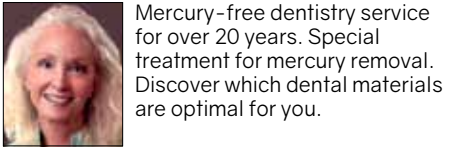
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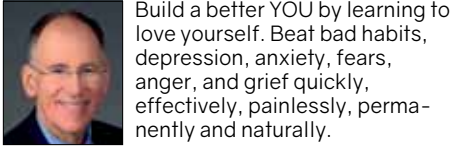
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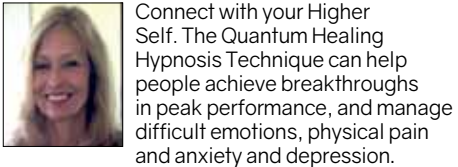


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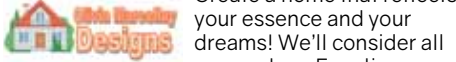
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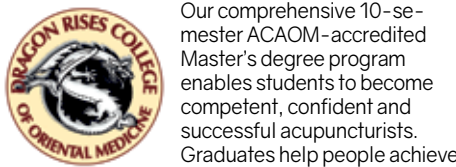
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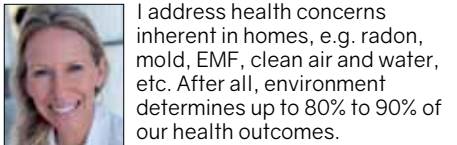
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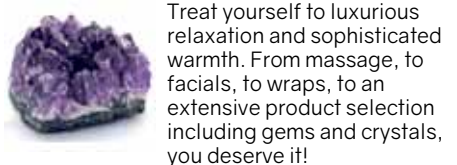
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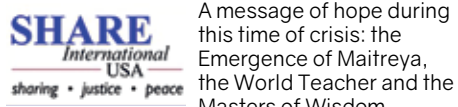
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Slaying Worry

by Rosemary Kimble

When I was a young independent artist, I worried a lot. I worried I would not have enough money for rent or for food, and I worried that my art was not good enough to sell. My worries became so cumbersome that my anxiety took over my life; all of my thoughts were hijacked by fear. It was a terrible way to live, and I knew I had to change.

I decided that the only way to do that was to rewire my mind and focus only on the positive. After a few months, I was much more at ease, and my worries subsided.

Later in life, when my anxiety once again became unbearable, a miracle happened that helped me stop worrying so much. I was living in an old school bus in the Sonoran Desert, developing a solo art show. When I was down to my last few dollars and had no idea how I would afford more supplies, the stress overwhelmed me. Sobbing for days and feeling powerless, I resolved to stop worrying. Within a week, an unexpected check for \$500 arrived in the mail. My aunt, knowing nothing about my plight, had sent money to help me with the show. By stopping my negative thoughts, I escaped my anxiety once more, and everything worked out fine.

Years later, and just when I thought I had conquered them, my worries returned. I was working as the first henna artist in the French Quarter of New Orleans. Temporary henna tattoos had become popular quickly with the tourists. Other artists in Jackson Square could see that I was making good money—fast—and some of them became envious. Harassment ensued. Feeling that my livelihood and income were being threatened, I felt the anxiety set in again.

This time, though, I was affected in a physical way, too. A terrible staph infection had developed in my forehead, dangerously close to the brain. Then I really got worried. A trip to the public health clinic included a painful lancing of the large, swollen infection, draining it and stuffing it with cotton, along with the strongest antibiotics. That helped to clear up the infection, but not for long. When it came back, my body was resistant to the antibiotics. After doing some research about my condition, I learned that stress is one of the main causes of staph. Once again, I was back to dealing with having too much stress in my life.

To relieve the stress, I engaged once more in a regular routine of meditation and re-training my mind to think positively. Yet the infection persisted. I realized I would have to do more to heal myself than just change my thought patterns. This time, it wasn't just my mind but my body that was being affected by my anxiety.

I knew that in order to be completely well, I had to change on a physiological level, too.

From my facial expressions to how I held my body, I discovered that even the most common behaviors affected my health. Behaviors such as keeping my back straight, not slouching as one would if feeling defeated, and smiling when I found myself frowning for no reason were my focus.

Practices such as sitting still frequently, getting enough sleep and eating regularly all became critically important if I was to heal. Sometimes I noticed that I was not breathing; I was holding my breath. It was clear that even this could cause “dis-ease.”

Finally, after a few weeks, by committing to changing my thoughts and behavior—and without the use of medication—I was well again.

Today, I understand that my thoughts and actions determine how my body feels. I know now that it is important to behave and express myself in ways that are uplifting for my mind and my body. Though I still get anxious on occasion, I am more at ease than ever. And, gratefully, the infection has never returned. 🙏



Rosemary Kimble is an animal communicator, medium, intuitive healer, ceremonialist and co-director of Adventures in Empowerment Retreats.

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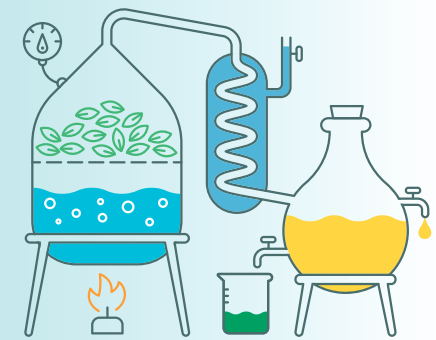


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