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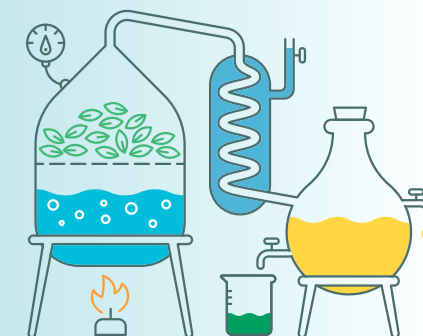


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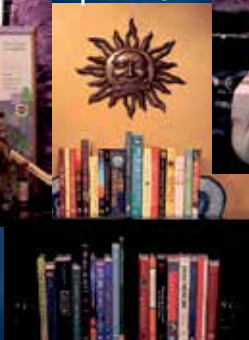
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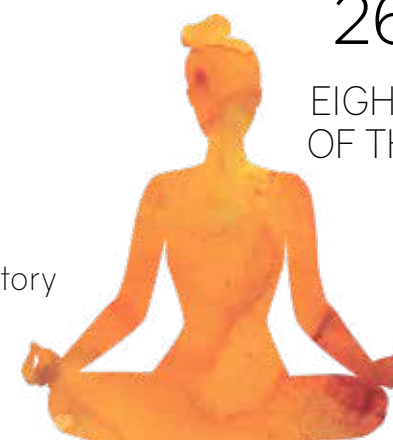
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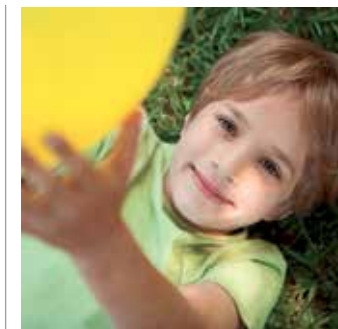
LISSA RANKIN on the
Mysteries of Healing

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How to Help Children
Navigate Through Loss

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ASK A COACH
How to Connect with Others

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NOTABLE NAMES

It's rare that we get to interview someone as well known as Dr. Shefali Tsabary, but we have been blessed to have "The Three Amigos"—Gregg Braden, Dr. Joe Dispenza and Bruce Lipton—appear in our pages one way or another. Our two-part interview of Lipton remains the second and third most-read articles on our website over the last five years; Braden wrote an article for us in 2018; and we covered Lipton's appearance at 2019's Attune conference.

In addition, renowned Episcopal minister Barbara Brown Taylor, "named one of the twelve 'most effective' preachers in the English-speaking world by Baylor University," (Wikipedia), contributed a piece to the very first issue of the current publisher. And we covered another keynote speaker at Attune; Elizabeth Gilbert, author of *Eat, Pray, Love*, graced our February 2020 cover.



Barbara Brown-Taylor
[Photo: E. Lane Gresham]



Gregg Braden
[Photo: New 1 Scaled]

THE SACRED MEAL
by Barbara Brown Taylor

bit.ly/sacred-meal-0417

THE NEW HUMAN
STORY by Gregg Braden

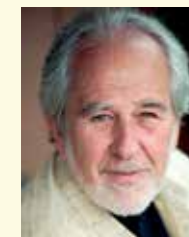
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BRUCE LIPTON on the
Role of Consciousness in
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BRUCE LIPTON on the
Role of Consciousness in
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Bruce Lipton
[Photo: Luigino De Grandis]



Dr. Joe Dispenza
[Mariana Shulze Photography]

REPORT FROM
ATTUNE
Keys to Manifesting
– Gabby Bernstein and
Dr. Joe Dispenza

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FEAR & THE
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Liz Gilbert Speaks at Attune

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Elizabeth Gilbert
[Timothy Greenfield-Sanders]

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Dirty South Yoga Fest Returns

- Alive! Expo Dates • ChantLanta

After a three-year hiatus, the Dirty South Yoga Fest, Atlanta's only homegrown yoga festival, will return in March 2023 at a new location: Ambient + Studio, just east of the West End.

"Dirty South Yoga is meant to be an opportunity to connect and come together," says founder Jessica Murphy. "After 2.5 years away and so many changes and challenges, we are looking forward to making this an event to demonstrate how important connection and community are for all of us."

The festival takes place March 17 through 19, and ticket prices will range from \$35 to \$350. The previous festival featured 36 instructors, over 1,000 attendees, and a variety of wellness vendors. Next year's March dates, which represent the seventh year of the festival, are a function of good fit between producer and venue; previous festivals were held in July. *For more information, visit DirtySouthYogaFest.com*

ChantLanta, an Atlanta event that was held in March for 10 years before the pandemic struck, is not currently scheduled



Photo: Kelly Marie Truitt

to resume their annual concerts. The event celebrated *kirtan* music, a call and response meditative chant experience. The 2019 celebration was the 10th annual ChantLanta event; the 2020 event was cancelled the day it was scheduled to start, the same week that the NBA cancelled the rest of its

season and the NCAA cancelled March Madness.

Alive! Expo, Atlanta's largest holistic health and green products consumer trade show, will be held on May 6 and 7, 2023, at the Cobb Galleria. It will be the Expo's third show since the pandemic; the first was in September 2021, and the second was in May 2022. The former was held at the height of the Delta variant wave and attendance suffered significantly with less than 2,000 attendees. The latter recovered well with approximately double the attendance, but still lower than the pre-pandemic levels of more than 5,000 attendees. Show founder and producer Patrycja Towns is confident that 2023's show, its 18th, will draw many more than 2022's edition. *For more information, visit AliveExpo.com.*

Smyrna Gets 24/7 CBD Access from Rosie

Smyrna's CBD Wellness Lounge and Café, which has been closed due to staffing issues, will reopen in October and will feature a 24/7 CBD vending machine. Owner Roz Grigger has named the machine "Rosie." Grigger chose the vending machine to provide 24/7 service and to cover times when staffing might be an issue.

Located at 668 Windy Hill Road SE, the CBD Wellness Lounge and Café offers a wide range of CBD products and a relaxing environment in which customers can just hang out. "Have a cup of coffee and an infused snack and sit back and get some work done with our complimentary WI-FI," says Grigger. "The café is just the place for some well-needed self-care; we have a meditation room and our own CBD massage therapist on staff!"

Grigger discovered the healing effects of CBD in 2017 and decided that a retail business was for her. She opened her first store, the CBD Joint, in Marietta. The Smyrna store is her second location.

"I believe Hemp/CBD is the future of alternative medicine; it is changing how we maintain balance in our bodies," says Grigger. "With the addition of Rosie, Smyrna will always have access to its favorite CBD products."

For more information, visit TheCBDJointCollective.com.



Art at Phoenix & Dragon Bookstore, Heart Soul & Art, The Well

Three metaphysical businesses in Atlanta are now exhibiting creative works by local artists. Here is what is showing in October.

Phoenix & Dragon Bookstore's October exhibit, "The Thinning of the Veil," features many Atlanta artists, including Yesmara, Wendy Aragon Morales, Regine Francois, Zina Le, Hector Vasquez and Kenjou Ten. "As Samhain and Halloween approach, you can experience the thinning of the veil as spirits and humans can more easily communicate," says Candace Apple, owner. The opening reception will be held on October 2, from 4 to 6 p.m. at 5531 Roswell Road NE in Sandy Springs.



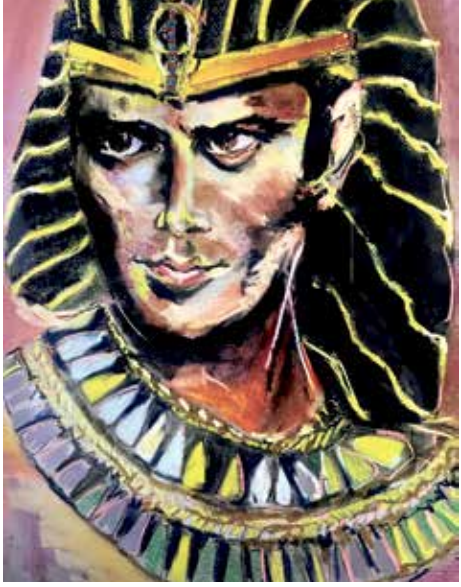
Planets, by Yesmara

Heart Soul & Art is presenting "A Night in Egypt," featuring the works of artist and film producer Meagan Murphy. The artist reception will be held on October 8 from 6:30 to 8:30

drone pilot residing in Decatur. She works at Emory University's Goizueta Business School, where she was the first openly transgender graduate of Emory's MBA program in 2016.



kure beach || birds-eye, by Jamie Harrell [www.instagram.com/jamiefliessat/]



Untitled, by Meagan Murphy

SWEET GEORGIA PAM

Launches Hidden Meaning of Dreams Podcast

Atlanta-based dream expert and author Pam Muller, aka Sweet Georgia Pam, has launched her podcast “Hidden Meaning of Dreams.”

“You will learn so much in this podcast about how to interpret your dreams and how to discover the hidden guidance within them, waiting for you to understand them,” says Muller.

New episodes are released every Tuesday and Thursday and are available on most podcast platforms or at Omny.fm/shows/the-hidden-meaning-of-dreams. Muller says that while so many use a dream dictionary or Google to learn what their dreams mean, her podcast offers a different take. In it, she unpacks individual dreams, decoding potential messages within the symbolism of the dream.

If listeners subscribe to the show, they can submit dreams for possible interpretation on the podcast. Plans are in the works to discuss dreams with live callers.

Atlanta media personality Melissa Carter hosts the podcast. “I think Sweet Georgia Pam is a star. She was a regular guest on my show on B98.5 years ago, and now I am excited to host her podcast.”

Author of *33 Ways to Work with your Dreams*, Sweet Georgia Pam is a member of the International Association for the Study of Dreams and is on the board of directors of Zeitgeist, a non-profit organization offering education, practice and spiritual community in Atlanta.



Pam Muller

KADAMPA MEDITATION CENTER

Offers New Beginner Meditation Class

The Kadampa Meditation Center of Georgia has developed a new beginner’s meditation class called Simply Meditate. It is offered on Wednesdays from 7 to 8 p.m. at 741 Edgewood NE in Atlanta. The cost is \$15, but no one is turned away due to lack of funds.

The organization’s website states: “Simply Meditate classes are particularly suitable for complete beginners. They give a practical introduction to meditation and include topics such as the benefits of meditation, mindfulness, good posture, types of meditation, and how to start a daily meditation practice. Advice is also given on how to remain peaceful in daily life by applying the meditation techniques explained in these classes.”

The teacher of the class, Melanie Boyd, began studying Buddhism in 2006 and began teaching in 2010. “We are excited to offer this mid-week class, which is suitable for all levels and especially designed for those who are new to meditation,” says Boyd.

The Kadampa Meditation Center of Georgia is part of the New Kadampa Tradition, which is headquartered in Ulverston, UK. The tradition includes more than 1,300 centers worldwide, and it works to present Buddha’s teachings in a manner suited to modern day people and circumstances.

For more information, visit MeditationInGeorgia.org/simply-meditate/



Melanie Boyd

Jahnavi in Concert at Center Stage



Jahnavi Harrison

Lauded by Willow Smith, Krishna Das and Russell Brand, among others, Jahnavi Harrison is bringing her call-and-response mantra chant—otherwise known as “kirtan”—violin music, meditation and poetry to Center Stage Theater October 26 at 7 p.m.

After more than two years of engaging with her audience only virtually due to the pandemic, Harrison returns to the live stage on a tour that includes New York, Atlanta, Chicago, Dallas and Los Angeles.

According to her website, the concerts “will offer a beautiful immersion into various styles of music, attracting both new listeners and those who have are more familiar with this genre and style.”

Harrison sees her music as a path to self-realization and service. She has traveled around the world for more than 12 years singing and playing violin in the performance of sacred music. Her sound “encompasses influences of East and West and aims to offer an experience that nourishes the spirit,” says her website. Raised in a family of Bhakti yoga practitioners in the English countryside, she is now based in London and New York, offering regular concerts, sound baths and workshops.

Regarding Harrison’s music, Krishna Das says, “When Jahnavi sings and plays, one feels that one is eavesdropping on the music of the Gods.” Willow Smith calls Harrison one of her “favorite artists of all time.”

Tickets range from \$40 to \$60, and a 10 percent discount is available with the code “STAR10.” The concert will be held at 7 p.m. at Center Stage Theater, 1374 West Peachtree Street NW in Atlanta.

For more information, visit JahnaviMusic.com

STRICH AND SHAUL LAUNCH CHAKRA CLASS FOR KIDS

Certified by the International Coaching Federation, life coach and biofield healing therapist, Mindy Strich has teamed up with Kathy Shaul, E-RYT 200 and Neuro-Linguistic Programming master practitioner, to launch a class for kids: The Chakra Connection: A Child’s Guide to the Seven Chakras and Their Superpowers. The class welcomes children ages four through eight, accompanied by a parent. Classes are limited to 12 students.

“Learning about the chakras teaches children to stay connected to their energy and inner power, and that can help them feel safe and build self-confidence, inner strength and emo-

tional resilience,” says Strich. “The class will show them how to get quiet, listen to their inner wisdom, and trust their intuition. Most importantly, it will encourage them to believe in themselves and go for their dreams!”

Each child takes home a “magic toolkit” that includes gemstones, coloring page, a poster of yoga poses and affirmations, a “My Happy Place” meditation and more.

Strich and Shaul are offering two introductory Chakra Connection classes—from 10 a.m. to 12:30 p.m. on October 8 at Heart, Soul & Art in Marietta and from 1 to 3:30 p.m. on October 9 at The Well of Roswell in Roswell. The cost of the class is \$111.

For more information or to reserve a seat, visit KidChakras.com or contact Mindy Strich at 678-642-7771 or Mindy@MindyStrich.com.



Kathy Shaul



Mindy Strich



Fall Beets

VERSATILE LEAF-TO-ROOT EATS

by April Thompson



Versatile, nutritious, colorful and flavorful, beets are quite the package deal. This easy-to-grow, multi-season vegetable is packed with nutrition and plays well with other ingredients. Beets can be enjoyed raw, roasted, boiled or pickled. They can be blended into quick dips, thin-sliced for healthy chips or incorporated into desserts for a mild, sweet flavor and bold color.

“Beets have been a staple ingredient on our vegetarian menus for generations. They are an easy way to add natural sweetness and gorgeous color to so many dishes, both savory and sweet,” says Danica Wilcox, owner of the Moosewood Restaurant, in

Ithaca, New York, which is celebrating its 50th anniversary next year. The quintessential vegetarian eatery’s go-to beet dishes include hummus, burgers and borscht.

“Beets boast so many health benefits. Being rich in folate, manganese and copper, they are good for heart, brain and bone health. They are also a good source of fiber, which will feed the good bacteria in your gut, leading to improved gut health,” says Candace Bell, a Phoenix-based holistic nutritionist and food blogger at The Wheatless Kitchen. “Beets have a unique earthy flavor that goes perfectly with bright citrus. Roasting them brings out their sweet and savory flavors, and they pair well with arugula, crunchy walnuts and tangy goat cheese in a salad.”

Lisa Keys, of Kennett Square, Pennsylvania, author of the food blog Good Grief Cook, grows beets and uses them in a number of ways. “Beets get their color from natural plant pigments called betalains, which contain antioxidants and anti-inflammatory properties that help control illnesses like diabetes and heart disease,” she says. Her blog offers a recipe for a hearty, roasted beet sandwich, which pairs the root veggie with feta and a smashed avocado, dill, lime and yogurt spread.

Versatile, nutritious, colorful and flavorful, beets are quite the package deal.

Versatility is one of the beet’s star qualities. The root vegetable can be quick-pickled with other garden vegetables, pureed into soup, roasted for a side dish, shredded raw into salads, juiced into a smoothie or even concentrated into a powder—a favorite of registered dietitian nutritionist Mascha Davis, in Los Angeles. “Beet powder can be added to so many recipes for a fast and easy superfood boost,” she says. Her go-to applications for beet powder include a beet and rose latte, a beet-colored “pink yogurt” topped with berries and cacao nibs, and overnight oats swirled with beet powder.

If the benefits of the beetroot didn’t already run deep enough, its stems and leaves are not only edible, but also packed with vitamins A, B and K, as well as copper, manganese, iron and calcium. The greens make a great side dish to accompany a beetroot main dish or can be incorporated into a beet soup, salad, sandwich or smoothie for a zero-waste meal turbo-charged with nutrients.

Like spinach, chard and other vegetables in the goosefoot family (*Chenopodiaceae*), beets are rich in oxalates which can contribute to kidney stones. For most healthy people, though, oxalates aren’t harmful, if enjoyed in moderation. 🌱

Connect with Washington, D.C., freelance writer April Thompson at AprilWrites.com.

KALE AND BEET SALAD WITH BALSAMIC VINAIGRETTE

YIELD: 2 SERVINGS

Photo courtesy of Reynolds Wrap



Photo courtesy of Michelle Demuth-Bibb

- FOR THE SALAD:

 - 1 bunch kale
 - 3-4 medium beets
 - 1/3 cup roasted walnuts, chopped
 - 1/2 cup goat cheese
 - Pinch of salt
 - 1-2 pinches of microgreens
- FOR THE DRESSING:

 - 1 Tbsp Dijon mustard
 - 1/2 tsp fine sea salt
 - 1/2 tsp freshly crushed black pepper, finely ground
 - 1/4 cup balsamic vinegar
 - 3/4 cup extra-virgin olive oil

FOR THE BEETS:

Add beets to a full pot of water and bring to a boil, cooking them until they are fork tender. Remove beets from stove and drain into a colander. Run cold water over them to cool slightly. Remove the skins with a paring knife and/or fingers. Slice into quarters.

FOR THE DRESSING:

In a small mixing bowl, whisk together the balsamic, mustard, salt and pepper. Add the oil and whisk thoroughly to combine. Continue whisking until the dressing is fully emulsified.

FOR THE SALAD:

Combine kale, beets, walnuts and 2 Tbsp dressing in a bowl and mix. Add a pinch or two of microgreens. Add the goat cheese by breaking it into small pieces. Add a pinch of salt and serve.

Note: Store any extra dressing in an airtight container and place in the refrigerator. Use within 7 days.

Recipe by The Chef’s Garden

BEET CHIPS WITH SEA SALT AND SMOKED PAPRIKA

- 1 Tbsp sea salt
- 1/4 tsp smoked paprika
- 4 medium beets, rinsed and trimmed
- 2 Tbsp olive oil
- Aluminum foil



Preheat the oven to 375° F. Line two, 18-by-13-by-1-inch baking pans with aluminum foil. Combine sea salt and paprika. Cut the beets into very thin slices using a sharp knife or mandoline. Divide beets between each of the prepared pans. Drizzle each with oil then shake in the pan. Sprinkle with salt mixture and toss again. Bake for 15 minutes, then flip and bake for another 15 minutes or until chips are crispy.

Recipe by Reynolds Wrap

BEET HUMMUS

YIELD: 6 SERVINGS



- 2 roasted beets, small
- 1 15-oz can chickpeas
- 1 large lemon, zested
- 1/2 large lemon, juiced
- 1 pinch salt and black pepper
- 2 large garlic cloves, minced
- 2 Tbsp tahini
- 1/4 cup extra-virgin olive oil

Peel and dice beets into cubes and roast in the oven at 350° F for 20 to 25 minutes. Once the beets are cooled, place them in blender or food processor and blend until only small bits remain. Add remaining ingredients except for olive oil and blend until smooth. Drizzle in olive oil as the hummus is mixing. Taste and adjust seasonings, adding more salt, lemon juice or olive oil, as needed. If it’s too thick, add a bit of water. This dish will keep in the fridge for up to a week.

Recipe by The Chef’s Garden



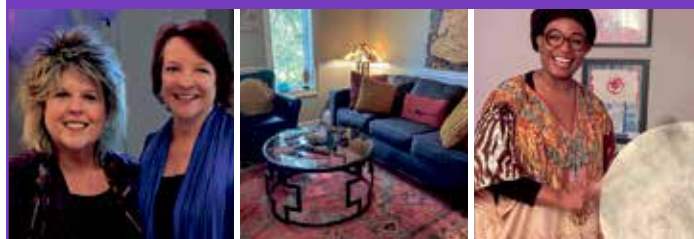
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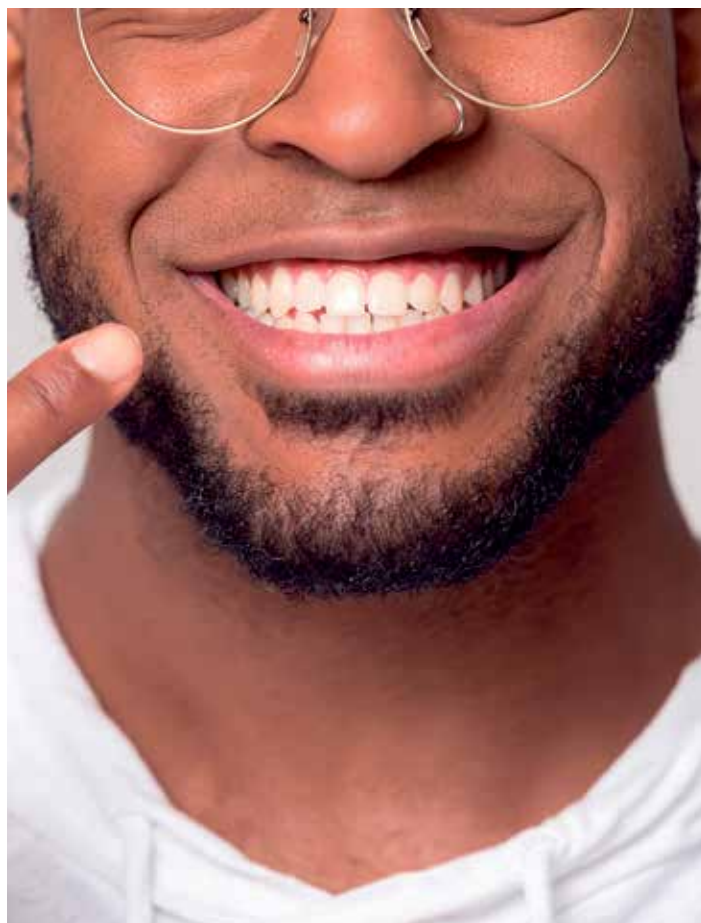
DECADES OF HEALING WISDOM
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HEALING WAYS

Conservative Dentistry

WHY LESS IS MORE IN
TOOTH REPAIR

by Linda Sechrist



Whether dentistry is described as being conservative, biological or biomimetic, the description that precedes such health care is extremely important.

That 10- or 12-letter term signifies a specific type of dentistry that's the best option for both our teeth and the rest of our bodies, as Ann Lee found out when the pieces to her dental puzzle fell together in just the right order.

Lee, a naturopathic doctor and licensed acupuncturist who owns the Health for Life Clinic, in Lancaster, Pennsylvania, had been experiencing problems with her sinuses for years. She had been alerted to a potential problem with one of her



teeth via a preventive tool known as medical infrared thermograph screening. But it wasn't until after she read an interview with dentist Blanche Grube in a naturopathic magazine about conservative dentistry that she made the connection. She bought Grube's book, *Chew on This But Don't Swallow: A Must-Read Before Your Next Dental Visit*, and read it from cover to cover. Grube drew upon 46 years of clinical observation, continuing education conferences and thousands of hours of study to analyze how the whole body functions and what part teeth play in overall health.

Says Lee, “I had a capped tooth with metal underneath. Once I got it removed, all the things connected to it resolved. My sinus issues, post-nasal drip, coughing, and even my trigeminal neuralgia that I had for 10 years resolved.” Trigeminal neuralgia affects the nerves running from the face to the brain, causing electrical shock sensations to the jaw and face that can be triggered by stress or certain movements.

Today, when Lee suspects a correlation between the physical problems a patient has with the amount of metal in their mouth such as fillings, crowns and permanent retainers, she relates their physical problems to metal oxidation and inflammation that can manifest in numerous ways, and suggests that the patient read Grube's book and consider any of the non-metal options now available.

Bernice Teplitsky, DDS, owner of Wrigleyville Dental, in Chicago, interprets biological dentistry as dealing with the whole person. “Both biological and

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conservative dentistry deal with biocompatible materials, making sure that each is right for the individual. Determining the compatibility of dental materials is important for those who have existing allergies, because their immune systems have already been compromised, and having to deal with new allergies to dental materials may only worsen their condition,” she says.

Conservative dentistry involves removing a minimum of healthy tooth structure during the restorative process. By conserving natural enamel and dentin, many of the complications caused by excessive tooth shaving and drilling are avoided. “Students who went to



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dental school 15 years ago weren’t taught biological, biomimetic or conservative dentistry, and they didn’t have the superior materials that we have today,” says Teplitsky. “Unless they took continuing education units that taught these things, they didn’t learn that traditional approaches require unnecessary removal of tooth structure and fail to replicate the properties of natural teeth, leading to major complications including root canals, fractures and extractions. They also didn’t learn that what is going in the mouth with the teeth and gums relates to the overall condition of a person’s health.”

According to studies reported in *Science Direct*, which offers the latest peer-reviewed research papers, teeth naturally have the optimal properties and structure to withstand the many challenges of the oral environment. Conservative dentistry, with its innovative materials, efficiently preserves this natural tooth structure, particularly when combined with early detection.

Linda Sechrist is Natural Awakenings’ senior staff writer.

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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 multiply. If you don’t stop them early, they spread and cause misery.

Hundreds of studies confirm copper kills viruses and bacteria 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 viruses and bacteria, but now we do.

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

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

The EPA recommended hospitals use 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. 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



New research: Copper kills viruses in seconds.

seconds. “It worked!” he exclaimed. “The cold never happened. I used to get 2-3 bad colds every year. Now I use my device whenever I feel a sign I am about to get sick.”

He hasn’t had a cold in 10 years.

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“I can’t believe how good my nose feels.”

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“One of the best presents ever.”

“Sixteen flights, not a sniffle!”

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“It saved me last holidays. The kids all got sick, but not me.”

“I am shocked! My sinus cleared, no more headache, no more congestion.”

“Best sleep I’ve had in years!”

After his first success with it, he asked relatives and friends to try it. They all said it worked, so he patented CopperZap® and put it on the market.

Soon hundreds of people had tried it. 99% said copper worked if they used it right away at the first sign of germs, like a tickle in the nose or a scratchy throat. Longtime users say they haven’t been sick in years. They have less stress, less medical costs, and more time to enjoy life. Customers report using copper against:

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- Night stuffiness
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- Nasal drip
- Infected sores
- Infected wounds
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- Other microbial threats

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 works just as well when tarnished.

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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Dr. Shefali on Radical Awakening and Unleashing One's Authentic Self

by Paul Chen and Diane Eaton

In her latest book, *A Radical Awakening*, clinical psychologist, international speaker and Oprah-endorsed *New York Times* bestselling author Dr. Shefali Tsabary teaches women how to break free from culturally imposed, limiting self-concepts and unleash their authentic selves. We sat down with her to find out more. [Lightly edited for clarity and length.]

You write about the many layers of a deep, pervasive and invisible cultural conditioning that women are taught to identify with in today's world. It's a conditioning that is designed to obscure their authentic selves. What do you mean by "authentic self"?

The authentic self is not defined by what culture tells you that you are. So, culture tells us that who we are [as women] is about who we marry or how many degrees we have or who we mother. The authentic self is the self that is not any of those roles—those labels. It can stand on its own in a manner that is worthy, complete and empowered, and not reliant on the roles that we have been trained to play by culture. The only way to find the authentic self is to peel away the layers of the inauthentic self.

When you talk about self-love, you say that the love we get from ourselves is more valuable than the love we receive from others. Would you say more about that?

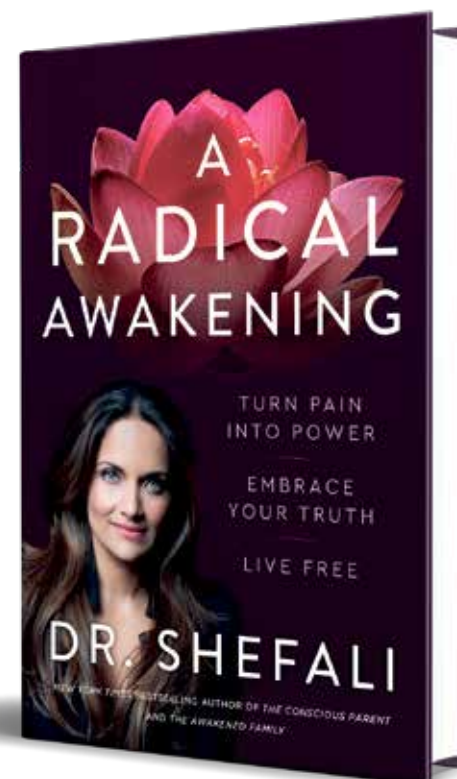
I think one of the greatest spiritual, emotional and psychological challenges we have is to embody self-love. From an early age, we have been acculturated and trained to purchase our sense of identity and love from external sources. Our parents loved us in a conditional way, and we learned early that in order to receive their love, we had to become something—often somebody that we were not. So we learned to get approval, validation and love from others—not from ourselves.

The ultimate act of courage in this life is to embrace self-love. Because when we rely on ourselves for that approval, validation and praise, we not only take back the power we have given so freely to others, we also learn that we are reliant and autonomous and we are capable of fulfilling ourselves. And that is such a liberating prospect. When you free the other from filling your inner cup, and you make yourself the replenisher of that cup, how beautiful that is.

In the last section of the book, you discuss several areas to "embrace"—including boundaries, accountability and compassion, among others—to help awaken from the matrix of the what you call the toxic patriarchal culture. Looking more closely at boundaries, what would you say are the top three areas women are most in need of them?

First, women need more boundaries around their lack of self-care so that they can take better care of themselves and claim their rest and their leisure and their pleasure. We women have been conditioned to be martyrs and victims and not to rest or have leisure or pleasure—but it's our right. [Second is] relationships. Women are typically conditioned to be the giver, the pleaser, the eternal caretaker. And in doing that, they often reach extreme exhaustion because they're serving others and forgetting that they need to have some self-assertion and some self-governance.

"Awakening" is to wake up to the script that you didn't even endorse but you've been following like an obedient puppy dog



Third is careers. Again, women are traditionally acculturated to not feel worthy of asking for money or asking for what they're worth; they're taught to play the good girl. They suffer in corporate boardrooms [due to] an internal battle between "Should I be a good girl or should I be a badass?" Men don't have that struggle. You know, men don't even think, "Should I be a good boy? Should I be nice? Should I be pleasing?" Men don't deal with that struggle. But women have an internal instinct that tells them to take care of other people first, so they don't speak up, and they lose the opportunity to shine, they don't ask for a raise, and so forth.

As women learn to put themselves first, is there a danger of them swinging all the way over into narcissism? Of getting lost in "me-me-me"?

It can be confusing at first because in our overzealousness to say "no" and to get free of our boundaries, we may go too far and become so self-focused that we miss the point of the boundaries and saying "no," which is to foster connection with the other. Those boundaries foster connection because they help both [self and other] to stay healthy. But narcissism is about fostering disconnection and only serving the needs of one—me. So, in our initial confusion, the pendulum can sometimes swing to extreme, and that's normal. So we have to come back to the healthy middle to discern if the boundary is actually fostering greater authentic wholeness for both.

What how about being able to tell the difference between giving too much and acting out of genuine compassion?

Again, it's a muddy distinction, and it's okay to falter on one side or the other. But you come to the center as you get to know yourself better. So, as you're giving, you have to ask, "Am I giving out of a need to receive validation and worth, or am I giving out of true compassion?" Many people-pleasers and overly empathic women that have been trained to

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identify as the giver give because that's their role; they're unconsciously giving to get worth. But then, as they evolve and keep checking in, they realize they don't need to do that anymore, and they can discern when and where to give out of true compassion.

You often mention that one of your core practices is meditation. How does that help the cause?

Meditation is a powerful catalyst for change because it teaches you to go inward and disconnect from the external attachments you have and the cravings you have and the dependencies you have on the external world to meet your needs. And meditation teaches you to pause and be present. And when you enter presence, you immediately enter a nonjudgmental appreciation of where you are. It is a very powerful technique to help women blossom into their own sense of who they are right here, right now, separate from the external world.

Practices of clearing subconscious, limiting beliefs that don't serve us have been around for a while, often focusing on a few of the most damaging—such as not being good enough or not being lovable. Yet you specifically call out the entire matrix of beliefs that disenfranchise and disempower women specifically. Do you find that grouping them in such a way is powerful for people?

Yes. Yes. When you realize that you're living in this matrix whose main agenda is to foster unworthiness in you, then you breathe a sigh of relief because until then, you might be thinking that only you had that problem or it's your fault that you're not better. But then you realize it was in the water you drank from childhood that systematically sensitized you to self-loathing or self-deprecation. You realize you were just systematically trained to do that, like a fine-tuned instrument, not knowing you were following the script. "Awakening" is to wake up



Part of embracing the authentic self is letting go of all of our false selves

to the script that you didn't even endorse but you've been following like an obedient puppy dog.

What can someone expect to learn and experience at your Evolve weekend?

Evolve is a four-day, immersive experience into the layers of ourselves—from the inauthentic to the authentic. I take people on a journey to uncover their obstacles to inner empowerment, self-love, and relational harmony. It's especially for parents who want to become more conscious in their parenting journey and create more connection with their children. It's also profound for people who are not parents. 🙏

Dr. Shefali is bringing her sixth annual four-day Evolve summit to Atlanta October 21 through 24. For more information, visit EvolveWithDrShefali.com.

See the longer version of this article online at bit.ly/shefali-1022.

Eight Spokes of the Wheel

MOVING FORWARD ON THE YOGA JOURNEY

by Mila Burgess



If they're asked what types of yoga there are in the world, most yoga practitioners in the West will likely mention vinyasa flow, yin, restorative, power, hot sequence, Ashtanga, and others. Yet while these mainstream forms of yoga are widely practiced around the globe, they all fall under one umbrella category of yoga: hatha.

Georg Feuerstein, a German Indologist that specialized in the philosophy and practice of yoga, describes these types of yoga as an eight-spoked wheel. In the hub of the wheel lies things like liberation, transcendence and equanimity of mind. The outer rim of the wheel consists of those things that hold the spokes together so they can connect to the hub. They represent the moral and ethical guidelines of yoga—namely the *yamas* and the *niyamas*.

Each spoke of the wheel is important, and the more practitioners can balance the spokes, the more complete their yoga journey will be. Hatha is the first spoke of the wheel.

Hatha Yoga

The common translation of the Sanskrit word “hatha” is “willful” or “to persist at something with effort.” *Hatha yoga* refers to the physical postures of yoga, or *asanas*, as well as the effort to balance mind and body by moving through pose sequences and linking breath with the postures. The term “hatha” can also be broken down to its root words; “ha” means sun, and “tha” means moon. This translation references the relationship and balance of the masculine aspects of the practice, such as heat and activity, and the feminine aspects, such as coolness, stillness and receptivity.

While it's an important part of yoga, hatha is but one piece of the overall yoga puzzle. There are other types of yoga that, combined with hatha, move practitioners toward the overall goal of yoga, which is to quiet the mind.

Karma Yoga

The second spoke is *karma yoga*, which is best described as acts of selfless service that benefit others. Karma yoga doesn't have to be performed in a yoga studio, although it certainly can be. Participating in or hosting a donation-based yoga class that raises funds for a specified cause would qualify, for example. However, it most often refers to personal, social and professional activities in which mindful and intentional service is offered from the heart. To truly practice karma yoga, one must act with no expectation of the result, outcome or reward. As such, yogis believe this type of yoga diminishes the ego and helps to purify the mind.

Kriya Yoga

Kriya yoga, the active aspect of yoga, is the third spoke. In Patanjali's *Yoga Sutras*, the great sage outlined the kriya yoga system, which aims to lead practitioners into self-realization by assuaging the causes of suffering that arise from ignorance. The path to this awakened state consists of three parts: *tapas*, or self-discipline, *svadhyaha*, or the study of oneself, and *ishvara prandidhana*, surrendering to one's higher self. Today, the practice of kriya yoga refers to a

specific technique that focuses on the relationship between the mind and the breath. The belief is that by mastering the breath through practice and discipline, one can more deeply and intuitively connect with and surrender to the divine, true self.

Jnana Yoga

Jnana yoga, the fourth spoke, is often referred to as the path of knowledge or the yoga of wisdom. The goal of jnana yoga is to be free of self-limiting thoughts and perceptions; it is a deep inquiry into the nature of one's true self. This is achieved by practicing techniques of self-questioning and reflection called “The Four Pillars of Knowledge.” The pillars build upon each other, so they are practiced in sequential order and are meant to cultivate greater insight into oneself as well as experience the connectedness of all things. The Four Pillars are:

1. Discernment — a deliberate and continuous intellectual effort to distinguish between what's real and what's not and between what's permanent and what's temporary.

2. Dispassion — the cultivation of nonattachment and indifference toward worldly possessions and the ego-centered mind. Swami Sivananda said, “It is only when the mind is absolutely free from the attachment of all sorts that true knowledge begins to dawn.”

3. Six virtues — Six mental practices designed to create equanimity of the mind and emotions. They are tranquility, restraint, withdrawal from worldly distractions, endurance, faith/trust and concentration.

4. Longing or yearning — An intense, passionate desire to achieve freedom from suffering. To achieve this liberation, one must be so committed to the path that they let go of all other desires.

Once a practitioner has practiced the pillars successfully, they are ready to begin the three core practices of jnana yoga, namely, hearing yogic philosophy through a spiritual teacher, reflecting upon specific teachings, and meditating to connect with the self and experience absolute truth.

Bhakti Yoga

The fifth spoke, *bhakti yoga*, is the yoga of devotion. It is focused on the loving devotion of a personal deity or the Divine or on emulating the positive qualities that a practitioner observes in those they admire. Bhakti is often practiced by sharing stories, repeating mantras, or using *kirtan* techniques, which are a form of call-and-response singing.

Raghunath Cappo, a former monk who studied yogic texts extensively and who hosts the daily yoga podcast “Wisdom of the Sage,” developed a set of “six pillars” that can be applied to this practice:

1. Do not criticize.
2. Be tolerant.
3. Take no offense.
4. Be quick to apologize.
5. See the good in others.
6. Be grateful and keep a tally of your blessings.

The practice of bhakti yoga is the practice of love. Love is accessible to everyone. It encourages the ego to loosen its grip and

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MONDAYS

Yoga with Angie – 6pm. Whether you're a beginner or intermediate yogi, we welcome you. Free. Neva Lomason Memorial Library, 710 Rome St, Carrollton. Tinyurl.com/2p9x5pn6.

Hip-Hop Yoga – 6-7pm. With Jaimee Ratliff. Free. The Home Depot Backyard, 1 Backyard Way NW, Atlanta. Tinyurl.com/2s3eb4n3.

WEDNESDAYS

Atlanta Laughter Yoga Club – 12-12:30pm. 1st Wed. With Celeste Greene. Come as you are. Free. Trolley Barn, 963 Edgewood Ave NE, Atlanta. CelesteGreeneLaughs.com.

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.

Wills Park Pavilion Yoga – 5:30pm. Pre-registration not required; space is first come, first serve. Free. Located behind the Alpharetta Community Center, 175 Roswell St, Alpharetta. LiftYogaStudio.com.

THURSDAYS

Yoga at The Avenue West Cobb – 6-7pm. An all-levels beginner friendly practice with Mia Yakel. Free. The Avenue West Cobb, 3625 Dallas Highway, Ste 470, Marietta. Register: Tinyurl.com/yck6ap26.

FRIDAYS

Community Vinyasa Flow – 5:30pm. Pre-registration required. Donations welcome. Lift Dunwoody, 1705 Mt Vernon Rd, Ste E, Dunwoody. LiftYogaStudio.com.

Yoga Wisdom Series & Meditation: The Happiness Formula – Thru Oct 28. 6:30-8:30pm. With Mangalarti Feasting complete with mantra meditation. Explore the world hidden in the ancient yoga texts for means for lasting happiness and wellbeing. \$10. Self-Discovery Center Bed & Breakfast, 1315 Ponce De Leon Ave NE, Atlanta. Tinyurl.com/5e7xwvs8.

SATURDAYS

Online Sunrise Yoga Meditation – 7-8am. Simple mantras, gentle asanas, pranayama and guided meditation. Love offering. Zoom. UnityNorth.org.

Brooke Street Park Yoga – 9am. Pre-registration not required; space is first come, first serve. Free. Park located behind Alpharetta City Hall. 2 Park Plaza, Alpharetta. LiftYogaStudio.com.

Zen Sound Bath – 11:30am-1pm. 3rd Sat. With Gabriel Nelson. 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.

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allows people to consider others' welfare as much as their own. Bhakti practitioners believe that love creates the mental and emotional conditions necessary for a fulfilling spiritual life.

Mantra Yoga

Mantra yoga, the yoga of sound, is the sixth spoke. A mantra is a word or phrase repeated aloud or silently to invoke specific qualities. In Sanskrit, the root word "man" means "mind," and "tra" means "instrument" or "tool." The practice of mantra yoga is a tool a practitioner uses to quiet the mind.

While it's simple and easy, repetition of a mantra is one of the most powerful forms of meditation. Mantra yoga focuses on repeating syllables, sounds, words or phrases while consciously breathing to create a meditative state.

There are three different ways to practice mantra yoga. The first is to loudly chant the mantra. The second is to whisper the mantra in a voice so quiet that only the practitioner can hear. The third is to silently chant the mantra to oneself.

Mantra yoga is based on the principles of sound vibration and the belief that everything one does—from their thoughts, words and actions to their emotions—involves energy. Practitioners believe that any time people think or do something, they send out waves of energy that have far-reaching ripple effects. When repeating a mantra, that energy is directed inward so that the practitioner can tap into their deepest, truest self to gain mastery over the fluctuations of the mind.

Raja Yoga

"Raja" means "king" or "royal" in Sanskrit, and *raja yoga* is known as the royal path of yoga. Raja yoga is the seventh spoke of the yoga wheel, and it refers both to the primary goal of yoga, which is to quiet the mind, as well as the method through which one attains that goal.

According to raja yoga philosophy, the biggest challenge one faces on the path to self-realization is a busy mind. Raja yoga, then, is sustained meditation. It encompasses the three dimensions of human

existence because it is a physical, mental and spiritual endeavor. Its purpose is to reach a state of balance, peace, harmony and contentment on each of these levels.

Traditionally, raja yoga only emphasized the practice of meditation; however, the meaning of the term has evolved and is now often used interchangeably with "Ashtanga yoga," referring to the "enlightened path" or "eightfold path" to the liberation of the true self.

Sanyasa Yoga

"Sanyasa" is a Sanskrit term referring to an advanced stage in one's spiritual development in which material possessions are renounced to concentrate more fully and purely on spiritual matters. *Sanyasa yoga*, the eighth and final spoke of the yoga wheel, refers to a lifestyle. For most yoga practitioners, the practice of sanyasa yoga is a reminder to let go of unnecessary possessions and minimize clutter so they may live a simple life inspired by love and peace. For many practitioners who dive deep into the wisdom, philosophy and practice of yoga, living this type of yogic lifestyle, and the journey toward it, is an important goal.

The Wheel

Although each type of yoga represents a unique spoke in the yoga wheel, in practice, they are not mutually exclusive. In fact, these yogic principles are inextricably interwoven. They each connect to the center hub as practitioners move towards equanimity of mind, and they are contained by adherence to moral and ethical observances. To keep the wheel moving forward, practitioners find balance by attending to each of the individual spokes of the yoga wheel. 🧘



Mila Burgess, E-RYT 500, YACEP, teaches at Life-Power 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.

SUSTAINABLE SANCTUARIES

SUPPORTING HUMAN AND PLANETARY HEALTH AT HOME

by Sandra Yeyati

Nothing underscored the importance of a comfortable and versatile sanctuary quite like the pandemic. Stuck at home isolating, many families reconfigured their living arrangements to accommodate expanding uses for work, schooling, cooking, entertainment and more. Today, that spirit of renewal lingers, prompting steady and robust activity in the construction and interior design industries.

A house is literally our shelter from the storm, made more critical as we increasingly encounter extreme and unprecedented weather events due to climate change. When we upgrade, remodel, build or buy new cocoons for our families, the time is ripe to incorporate elements that preserve and promote the health of humans and the planet.

Inspiring Goals

Lindsay Baker, CEO of the International Living Future Institute (ILFI), is part of a growing community of industry professionals trying to figure out how to design, build and operate structures in more environmentally sustainable, socially



Photo courtesy of International Living Future Institute

impactful and healthy ways. “We ask what would it look like if a building were to give back more to the world than it took,” she explains. “We’re a resource-consumptive industry with a large carbon footprint. Forty percent of global carbon emissions are caused by the energy required to construct and operate buildings. We also use lots of materials that pose negative impacts on people’s health—products known to contain carcinogens or cause respiratory problems—and people spend 90 percent of their time indoors, so everything we’re exposed to indoors has a huge impact on our health.”

The ILFI Living Building Challenge sets bold aspirational goals, and buildings around the world have proven that it is possible to hit these benchmarks. “The energy imperative is that the building produces more energy than it consumes, and that happens by generating renewable energy like solar power onsite and using very little energy,” Baker asserts. “For water, we ask that everyone return the water that goes through the building cleaner than it entered, which means people need to treat water

onsite and use a lot less of it. You can do that with composting toilets, as well as grey water systems and rainwater capture strategies.”

Baker is proud of ILFI’s ambitious goals. “If you decide to do a renovation to save 5 or 10 percent of your water or energy consumption, it will feel good to get there, but what we’ve found is that when you set a really exciting target for yourself, the whole process is more fun and you get further with similar amounts of effort and money, because you’re thinking about systems differently, questioning assumptions about what a home might be capable of doing and employing a dif-



Photo courtesy of Pullie Homes at Babcock Ranch

ferent level of creativity. At the end of the day, it can lead to a much more beautiful, more efficient building.”

Energy Conservation

Energy conservation is job number one for Jennifer Languell, founder and president of Trifecta Construction Solutions, in Babcock Ranch, Florida. “An inexpensive but impactful upgrade is adding insulation. If you’re in an existing house, add insulation on top of what you already have. If you’re new construction, beef it up. You also want to address unwanted points of air infiltration using gaskets, weather stripping and caulking around exterior doors and windows. Over time, these items can shrink or get damaged, and may need to be replaced to seal the house and minimize air drafts,” she says. “You want to improve efficiency first, which costs much less than transitioning to renewable energy. And when you do transition, you only have to buy smaller quantities of photovoltaic panels to offset your power generation.”

According to Languell, windows are climate-specific and can be modified by adding or subtracting panes, coatings and treatments. “In Montana, I want the heat from the sun coming into my house, but in Florida, I don’t,” she says. “Natural light is great, but there’s a balance between your glass-to-wall ratio. In Florida, you would never have a skylight, but up north you’d consider it. And at this point, everyone should be transitioning to LED lighting, which will save money and energy.”



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Water Preservation

As waterways dry up and areas around the world become more drought-prone, water conservation becomes an increas-

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ingly important imperative. The simplest modifications are low-flow shower heads, toilets and faucets, which cost the same as traditional-flow fixtures, as well as a visit from the plumber to fix any leaks. Minimizing or eliminating turf grass and planting drought-tolerant, native vegetation outside will also significantly cut water use, Languell suggests.

“Grey water and rainwater collection systems are gaining momentum, and these systems for home use have come leaps and bounds from where they were 10 years ago,” she says. “They can take water from your laundry or shower, treat it, and use it to flush toilets, for example—a huge benefit for the West Coast and a huge water savings, because you’re using your water twice before you dispose of it.”

Eco-Responsible Materials

With regard to building materials and products, the annual ILFI Red List calls out chemicals with negative human health impacts that shouldn’t be used in buildings, such as bisphenol A, chlorofluorocarbons, formaldehyde, flame retardants, phthalates, toxic heavy metals and volatile organic compounds (VOC). Its Declare label is like a nutrition sticker that details what is in a building product, whether it is free of Red List chemicals and what its carbon footprint is.

“Consumers should demand transparency; they should know what is in the

products put in their homes,” Baker says. “One of the rules of thumb I like to apply is to ask, ‘How far is this material removed from nature?’ Wood is one of the better materials from an ecological and health standpoint. Fake wood flooring that is meant to look like wood but in fact isn’t—not so much. A lot of what we’re supporting is about getting back to the basics, removing chemicals and using brick, wood and clay.”

According to Languell, the more durable and local a material is, the better for the environment. “I’d never say no to a metal or concrete roof that lasts 50 years versus shingles with a 15-year cycle. Although bamboo is rapidly renewable, most of it comes from China, so the greenhouse gases associated with the transportation makes it less environmentally friendly. Local materials are ideal. The closer the better. Get granite from Georgia, instead of Italy.”

When it comes to human health, home décor and cleaning products are equally as important as the construction materials, Languell advises. “Many times we’ll build



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a healthy and efficient home and then people put all sorts of fabrics and chemicals in there that are off-gassing because they’re not thinking about the health of the indoor environment.”

Sustainable and Healthy Furnishings

“There’s good, better and best quality furniture,” says Robin Wilson, a New York City eco-designer and founder of Robin Wilson Home. “Good might use inexpensive wood or heavy-duty cardboards that look great, but if you sit on the arm of the sofa, it caves in. Better might have a less expensive wood, but it’s solid frame construction. The best is a very good wood and solid frame construction made for heirloom quality. There are costs associated with each level, and I recommend spending the most budget you have on a quality product, because that sofa, if it’s made well and it’s styled in a classic design, can be recovered over and over again; therefore, you’re being eco-friendly to the world because it’s not going into a landfill.”

Her favorite materials for furnishings are sustainably forested or reclaimed wood, long-lasting metals like steel and aluminum, fast-growing bamboo and recycled or reclaimed plastics. She’s also a proponent of vintage pieces. “With all furniture, if it can be salvaged, salvage it. Healthwise, make sure the materials are hyper-washed to protect you from allergens. Old glazes or paints might have lead in them, so take vintage furniture to

a professional that uses the right safety equipment or go to YouTube University and make sure that you protect yourself with gear to rework the piece in a garage or outdoor space. Always choose nontoxic paints and stains with low to no VOCs.”

Biophilic Design

Baker is particularly excited about interior design innovations that reconnect us to nature, known as biophilic design. “Natural light is important, but also, lighting manufacturers are figuring out how to produce lighting that feels like you’re sitting outside in a forest while a cloud passes by or under a tree with dappled light. Mohawk and Interface offer low-carbon, healthy carpets that mimic natural forms like a rocky beach,” she says. “Fractals are often

mentioned in biophilic design because they’re fascinating geometric compositions in nature like fly wings and bark that have an inherent intelligence to them, and we’ve come to understand that these natural elements are not just interesting, they also have measurable positive impact on our psyche and mental health.”

Durability

“I rate durability over everything else. If you build it once and it doesn’t get destroyed by a natural disaster, you’re going to generate less waste and use fewer resources,” Languell says. “Durability might mean fireproofing in California, windproofing in Florida and floodproofing in Louisiana. It also means futureproofing your home, especially if you’re building new. Anticipate technologies that are coming. Even if you can’t afford photovoltaic panels now, for a couple of bucks, you can run electric conduit from your panel up to your roof so if ever you decide to buy them, it’s not a major overhaul of your house. Dual-pipe your house and have the pipes ready to tie in rainwater or grey water, even if it’s not financially viable right now. Wire your house for a 220-volt plug in your garage so everyone that has an electric vehicle can charge it overnight.” 🌱

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

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Feng Shui and Biophilic Design

Bringing Harmony to our Modern World

by Noah Chen

Despite our complex social hierarchies and exchanges, our advanced and adaptable technology, not to mention our most conscious thoughts telling us otherwise, human beings are animals. Yet our instincts are challenged by our societies and hidden by most facets of culture.

Two practices in our modern world, one relatively new, and the other, ancient, seek to find a balance between the competing forces of our animal nature and modernity found in all of us. The most recent is biophilic design, which largely stems from the work of two men, German psychologist Erich Fromm and American biologist Edward Osborne Wilson. Wilson coined the term “biophilia,” referring to the pleasure humans feel when we “imitate nature with gardens.” From the 60s through the 80s, he and Fromm demonstrated that, despite our modern trappings, our bodies still respond positively to stimuli from the natural world. They

emphasized that the insight can be vitally important to the way we design our living, recreational and work spaces.

Biophilic spaces contain elements of nature—either the genuine article or a representation. This can be as simple as walls painted prairie yellow or as complex as a building whose atrium has a fountain and living birch trees. Other examples of biophilic design elements include natural light, materials such as wood and stone, and organic patterns.

If biophilic design is the modern practice of putting humanity in touch with its natural self by altering the environment, then feng shui is the ancient precursor to the practice.

Feng shui revolves around the study of how *qi*—the life force energy in all living things—is shaped and moved in its environment. The term “feng shui” translates to “wind-water.”

“Feng shui started as observations by the Chinese,” says Rochel

Parker of Feng Shui Technology in Sandy Springs. “Through observation, it was determined that people on one side of a mountain did better than those on the other side, and they started investigating why.” Formulas were found etched in animal bones that have been carbon dated to over 5,000 years ago, says Parker. “And I use those formulas today.”

Parker stresses that feng shui is not a design philosophy, although it is often applied to the layout and functions of homes and workspaces. That is because, just like mountains and rivers, buildings move and collect *qi*, and how the *qi* is distributed can greatly affect people dwelling in those spaces.

“When we’re happy, we emanate happy *qi*, and when we’re sad, we emanate sad *qi*. These things we need to be aware of because our environment collects *qi* just like a vessel contains water.”

When it comes to the layout of a home, Parker stresses the importance of *yin* and *yang*. *Yin* *qi* is the energy of relaxation and contraction, while *yang* *qi* is energetic and vibrant. So bedrooms should be centered around *yin* and living rooms around *yang*. Shiny objects and items of entertainment and learning such as TVs, cellphones and books have no place in the bedroom, says Parker.

Her observations extend beyond her clients’ houses to the surrounding neighborhood. Since feng shui deals with the flow of energy around geographical features, she finds it important to understand the environment around the house in addition to what’s inside.

As old as it is, feng shui has had many practitioners and teachers and has spun out in many directions. Parker notes that Western feng shui is often based on intent. “It’s like putting Post-it notes of your goals around the house,” she says. But intent is not enough, she says; many Western practitioners misunderstand the role and importance of *qi*.

“Feng shui is not a good luck charm,” says international feng shui consultant Will LeStrange, who advises clients on both feng shui and biophilic design. “It’s about realizing and releasing the potential of a space.”

When he talks with his clients, LeStrange often replaces “*qi*” with another word—“affection.” “For all human beings, no matter the environment, there’s a feeling of affection,” he says, and he sees his job as designing and realigning a client’s space to focus the *qi* to cultivate that affection. “When you go into a space, you can just feel this sense of connectedness. You feel as if there’s a purpose being unfolded and that it’s aligned with the space.”

To LeStrange, who is based in Atlanta and New York, feng shui and biophilic design work so well because they recognize our animal nature and seek to find

harmony with it. When we’re stressed or perceive a threat, our autonomic nervous systems go on high alert, into fight-or-flight mode. Feng shui and biophilic design aim to ensure that nothing in the environment activates that response system.

Sometimes this just calls for a simple change, such as aligning a study so that someone seated at the desk faces the door. That way, they can see the entrance and know nothing can sneak up on them.

To LeStrange, feng shui is a far more personal practice than biophilic design and requires more knowledge of one’s goals and lifestyle to execute correctly. When done right, the results when can be life-changing, he says. “I’m happy to say I’ve been part of bringing three wonderful humans into the world over the years just by using feng shui,” reports LeStrange. “Clients were having in-vitro fertilization and really struggling to get pregnant. They stopped that, and we did feng shui instead. And it worked.”

While the thought of applying feng shui and biophilic design principles to one’s own home can sound daunting and perhaps expensive, one can begin to work with them without breaking the bank. For example, both consultants agree that clutter is antithetical to the goals of both practices.

“Clutter is like a blood clot. It stops *chi* from flowing through your home,” Parker explains.

LeStrange and Parker also emphasize the value of live plants. “They generate positive *qi*,” explains Parker, who brings fresh flowers into every hotel she stays in.

“The simplest way of applying feng shui or biophilic design is this: If you see a plant you love, buy it, put it in a place it loves being, and care for it,” says LeStrange. “Now you’re a custodian of the plant, and there’s a relationship between you and it. And if you neglect the plant, you neglect parts of yourself.”

The modern practices of feng shui and biophilic design thrive on personal and subjective instincts as much as concrete facts. After all, we enjoy connecting with nature in numerous and diverse ways, yet the goal is consistent: to have a more focused, connected and peaceful existence.

“By reconnecting us with nature, it is really reconnecting us with our nature as human beings,” says LeStrange. 🌱

For more information:

Will LeStrange:
FengShuiServices.com

Rochel Parker:
FengShuiTechnology.com

Noah Chen is an Atlanta writer and journalist who writes for a wide variety of large companies and publications.

“The simplest way of applying feng shui or biophilic design is this: If you see a plant you love, buy it, put it in a place it loves being, and care for it.”

~ Will LeStrange



Will LeStrange,
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HEALTHY KIDS

Green Schoolyards

CONCRETE JUNGLES BECOME NATURAL PLAYGROUNDS

by Sheila Julson



Sukjai Photo/AdobeStock.com

Skipping rope, playing hopscotch or shooting hoops have traditionally been enjoyed on asphalt-paved schoolyards enclosed by chain-link fencing. But over the last few decades, city leaders, school districts and other stakeholders have been transforming such areas into verdant play-learn spaces, designed for and by students and the community, which also offer green space for surrounding neighborhoods to enjoy during non-school hours.

While there is no official definition of a green schoolyard, these projects often share such elements as shade trees and native plantings. Asphalt urban heat islands are being replaced with permeable pavers, rain gardens and vegetative ditches called bioswales to help retain rainwater.

Incorporating climate-appropriate materials and arboriculture that provides ornamental shading using trees and shrubs is important, says Alejandra Chiesa, California state director of Green Schoolyards America, a nine-year-old nonprofit. Even poured rubber surfacing or artificial turf can become too hot and contribute to unhealthy environments for children if not shaded, she says. Planting shade trees and selecting cooler materials such as wood, mulch or engineered wood fiber is critical, especially in hotter climates.

"Playground equipment made from recycled materials can still get very hot and should be kept under the shade of trees," she cautions. Green schoolyards can incorporate logs, stumps and play equipment made from real wood which provide great play value and stay cooler.

Brenda Kessler, the green schoolyards program coordinator for the Children & Nature Network (C&NN), works with teams made up of city and school district leaders, along with local partners, to implement schoolyard makeovers. The organization is in the process of publishing district design guidelines that detail different features. "We're not prescriptive, but it can include elements like outdoor classrooms, stormwater retention infrastructure, pollinator gardens, edible gardens, shade structures and boulders," Kessler says.

Green schoolyards can offer hands-on learning spaces where children help with planting, mulching and soil health.

The Trust for Public Land, which works to create parks and preserve public lands, began transforming schoolyards 25 years ago in response to the shortage of space available for new parks. "Every schoolyard we do across the country looks different. We're responding to the local requirements," says Danielle Denk, the Trust's Community Schoolyards initiative director. The organization has partnered with New York City's Department of Education for its Schoolyard to Playground Initiative. The program has remade more than 260 schoolyards in all five boroughs, opening up the grounds to extended after-school and weekend hours. Parks that may include such new features as shaded seating and exercise tracks are now within a 10-minute walk for 4 million New Yorkers.

In urban areas, large-caliper trees provide shade and bring down the overall temperature of the school, creating a more comfortable indoor learning environment. Trees also improve air quality and noise pollution in schools located in industrial neighborhoods. Dearborn, Michigan, is one such industrial city that seeks to reduce air and noise pollution through green schoolyards.

Priya Cook, director of the C&NN green schoolyards program, says its projects support local teams in systems change and initiative. Removing asphalt and replacing it with permeable pavers, bioswales and rain gardens also mitigates flooding. In Milwaukee, C&NN supported scaling work of the Milwaukee Metropolitan Sewerage District to install rainwater retention features on school playgrounds.

Rural communities, which may already have good soil and tree canopies, are also candidates for green schoolyards. "We found in rural communities that the schools serve an important civic role. Some of these areas do not have a physical park or

gathering place for social events. Green schoolyards provide [a] venue for the social infrastructure that is crucial in rural America," Denk says.

Outdoor Learning Spaces

Green schoolyards can offer hands-on learning spaces where children help with planting, mulching and soil health. Wildlife habitats, native gardens and natural ecosystems offer opportunities to learn about migrating birds and insects. Raised bed vegetable gardens provide nutrition and gardening education.

Cook says academic benefits go beyond learning about nature: "One feature that comes up a lot is creating space for outdoor learning in general. Many subjects can be taught outside, whether or not they're physically focused on that natural environment."

Green schoolyards are going international. C&NN is spearheading a multi-organizational effort to create a Global Lesson on Greening School Grounds and Outdoor Learning project; the plan will be drafted at a meeting this November in Salzburg, Austria. "We're all coming together to advance green schoolyards worldwide," Kessler says. 🌱

Sheila Julson is a freelance writer and regular contributor to Natural Awakenings.



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SATURDAY, OCTOBER 1

Editor's Choice **Fall Family Fun** – Sat & Sun, Oct 1–30. 10am–12pm. Fall-themed activities will delight youngsters of all ages. Atlanta Botanical Garden, 1345 Piedmont Ave NE, Atlanta. AtlantaBG.org.

Open House Extravaganza: Advanced Wellness – 2–5pm. Connect with like-minded people and learn about the variety of holistic offerings available through Advanced Wellness. Enjoy a glass of champagne, coffee or a one-of-a-kind mocktail. Free, but must RSVP. 1549 Clairmont Rd, Ste 105, Decatur. 404-320-0204, 404-860-2510 (text) or Info@AdvancedWellnessAtl.com. DrKarenTedeschi.com.

SATURDAY, OCTOBER 8

Online: Transmission Meditation – 7:30pm. A meditation to help the world. Sponsored by Share International USA SE Region. Free. Via Eventbrite. Info: 770-302-2208 or Info-SE@Share-International.us. Register: Tinyurl.com/mjtj3b5j5.

MONDAY, OCTOBER 10

Sacred Beats Drumming – 7–8:15pm. Drumming utilizes traditional rituals, ceremonies, rhythms, and chants to access a transformative healing process. The Well of Roswell, 900 Old Roswell Lakes Pkwy, Ste 300, Roswell. 770-778-2051. TheWellOfRoswell.com.

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SUNDAY, OCTOBER 9

Tea, Health and Longevity – 2–4pm. With Western Immortal. In this class we will deep dive into the health benefits of tea. The primary focus of this class will be the health benefits of tea from the actual tea plant, camelia seninsis, and will only briefly touch on other herbal teas. \$5.

THURSDAY, OCTOBER 13

Spiritual Protection: More Than Meets the Eye – 7–8:30pm. Join Italian American witch Dee Norman, author of *Burn a Black Candle: An Italian American Grimoire*, as she explores Evil Eye beliefs and explains practical techniques for protecting yourself, loved ones, and your property from disruptive influences. \$35, includes signed copy of *Burn a Black Candle*.

SATURDAY, OCTOBER 29

Aura Photography with The Auraweaver – 12–5pm. AuraWeaver is a specialty photography experience company. Clients receive an aura photo of themselves surrounded by their colorful energy and an interpretation of their photo by our readers. \$75; \$160/Couples Special (3 photos for 2 people). Register: Auraweaver.as.me/phoenix.

TUESDAY, OCTOBER 11

Pediatric Meet and Greet – 1–1:30pm. Join us on Facebook Live as Melissa Smith, CPNP-PC, PMHS, discusses our integrative approach to pediatric care here at CentreSpringMD. Learn all about: Her personal approach to treatment; CentreSpringMD's unique diagnostic tools; the value of holistic pediatric care and the CentreSpringMD difference. Free. Eventbrite.com/e/410475702877.

THURSDAY, OCTOBER 13

October Greenspace Gathering – 6–7:30pm. This month, meet in Adair Park with Adair Park Today who will share updates and strategies for making park improvements and activating the parks in their neighborhood. Register: ParkPride.org.

FRIDAY, OCTOBER 14

Friday Night Hike – 8–9pm. A fun and educational hike through the woods at night. \$5. Dunwoody Nature Center, 5343 Roberts Dr, Dunwoody. 770-394-3322. Registration required: DunwoodyNature.org.

WEDNESDAY, OCTOBER 19

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. Visit the calendar listing for Zoom link: UnityAtl.org.

Editor's Choice **Science and Solutions for a Warming World: A Southeastern Perspective** – 7–8pm. This session uses observations of past and present climates to help us advance our understanding of future climate change impacts. Led by Dr. Kim Cobb, Georgia Power Chair and Professor in the School of Earth and Atmospheric Sciences at Georgia Tech. \$10. Dunwoody Nature Center, 5343 Roberts Dr, Dunwoody. 770-394-3322. Registration required: DunwoodyNature.org.

FRIDAY, OCTOBER 21

CSMD Town Hall Webinar: Immune Health and Long COVID – 12:30–1pm. Family Nurse Practitioner, Christina Grace, discusses our Integrative approach to the immune system, diet and supplement recommendations, the latest Long COVID research and more. Free. Tinyurl.com/2s4jczsj.

Editor's Choice **37th Annual Halloween Hikes** – Oct 21–22 & 28–29. 6–10pm. Explore the colorful forest to meet woodland creatures and hear about how they live. Take part in world music, crafts, campfire and festival fun. \$20/person, free/age 2 & under. CNC, 9135 Willeo Rd, Roswell. ChattNatureCenter.org.

SATURDAY, OCTOBER 22

Fall Birding – 8–10am. Join Master Birder Rose Guerra as she guides you through the Nature Center trails and help you to identify the birds present at this time of year. Free/member, \$10/nonmember. Dunwoody Nature Center, 5343 Roberts Dr, Dunwoody. 770-394-3322. Registration required: DunwoodyNature.org.

THURSDAY, OCTOBER 27

The Nature Club Dine and Discover – 7–9pm. Arachnids with Kathy Church. In-person or online. \$10/general, \$5/CNC Members. CNC, 9135 Willeo Rd, Roswell. ChattNatureCenter.org.

FRIDAY, OCTOBER 28

37th Annual Halloween Hikes – 6–10pm. See Oct 21 listing. CNC, 9135 Willeo Rd, Roswell. ChattNatureCenter.org.

Editor's Choice **Friday Night Hike** – 8–9pm. A fun and educational hike through the woods at night. \$5. Dunwoody Nature Center, 5343 Roberts Dr, Dunwoody. 770-394-3322. Registration required: DunwoodyNature.org.

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.

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.

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/yjzutjf4.

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

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.

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

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.

Meditation & Modern Buddhism – 7:30–9pm. With Resident Teacher, Gen Kelsang Norden. Talks, guided meditation, discussion and Q&A. All welcome. Kadampa Meditation Center Georgia, 741 Edgewood NE, Atlanta. 678-453-6753. MeditationInGeorgia.org.

Tuesdays

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

Twin Hearts Meditation – 7–8:30pm. A short, guided meditation blessing the Earth with loving kindness, peace and good will. Donation. Spiritual Living Center of Atlanta, 3107 Clairmont Rd, Unit A, Atlanta. 404-417-0008. Meetup.com/Twin-Hearts-Meditation.

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.

30-Minute Guided Meditation – 12:15pm. 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.

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.

Decatur Farmers Market – Thru Nov 16. 4–7pm. Local farmers, artisanal food makers and crafts. First Baptist Church of Decatur, 308 Clairmont Ave, Decatur. 404-373-1653. cfmatl.org/Decatur.

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.

Practitioner Peer to Peer – 7–9pm. 2nd Wed. Join Adela Raffa and Becky Arrington for this intimate networking and support group tailored specifically to practitioners. Connect with a special community in the healing arts and share the joys and frustrations of your business. \$20. The Well of Roswell, 900 Old Roswell Lakes Pkwy, Ste 300, Roswell. 770-778-2051. TheWellOfRoswell.com.

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.

The First Georgia Dowsters – 6pm. 1st Thurs. Discuss all things dowsing. Host guest speakers each month teaching new and exciting developments within the dowsing community. \$5/nonmember, free/member. Heart Soul and Art, 1470 Roswell Rd, Marietta. Pre-registration required: Heart-Soul-And-Art.square.site.

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 Pranici Healing Center via Zoom. To watch: AtlPranicHealing.com.

Sacred Beats Drumming – 7–8:30pm. 3rd Thurs. Join in our drumming circle led by master healer Debbie Loshbaugh as we clear away blocks, release emotions and gain greater clarity. Free. The Well of Roswell, 900 Old Roswell Lakes Pkwy, Ste 300, Roswell. 770-778-2051. TheWellOfRoswell.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.



CALENDAR

Check out the latest events at
naAtlanta.com/calendar

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.

Prayers for World Peace – 6:30-7:15pm. Includes a guided meditation, a short teaching and chanted prayers for world peace. No experience necessary. All welcome. Kadampa Meditation Center Georgia, 741 Edgewood NE, Atlanta. 678-453-6753. MeditationInGeorgia.org.

Drum Circle – 7-9pm. 2nd Fri. With Rhythm Healer Eric Olson. No experience necessary. \$10. Unity North, 4255 Sandy Plains Rd, Marietta. More info: UnityNorth.org.

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.

Morningside Farmers Market – 8-11:30am. Year-round. Offers organic produce, bread, pastries, grains, meat, honey, along with chef pop-ups, prepared foods, coffee, in-season fruits, and locally produced crafts. Morningside Presbyterian, 1411 N Morningside Dr NE, Atlanta. MorningsideMarket.com.

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.

Earth Care Sangha Gathering – 10am-12pm. 1st Sat. Rain or shine. Meet in the back parking lot and then carpool to a nearby park for a meditative walk in nature. In case of inclement weather, meet in Holy Grounds Cafe. Unity North, 4255 Sandy Plains Rd, Marietta. More info: UnityNorth.org.

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

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The Biggest Life Change

by Rosemary Kimble



Before the pandemic, I was living my best life, volunteering as a researcher of wild orangutans in Indonesia. I returned to the U.S. just four days before all airports were closed to international arrivals. I had become so relaxed in the lifestyle of a traveling wildlife volunteer that I couldn't have imagined it would end. When I decided to take that four-month world trip, I had no idea that COVID would happen—that I would lose my livelihood and have to start over.

Before COVID hit, I had been nomadic and living single for three years. Living a nomadic lifestyle wasn't something I had necessarily planned, and it was not always easy. It was hard to find others like me traveling alone abroad. Sometimes someone would ask me where I lived and then get very uncomfortable when I told them, "I don't have a home." Knowing I could not afford to pay rent and travel the world at the same time, I chose to sacrifice a home and become nomadic. I had dreamed of traveling the world extensively since I was a child, and I was finally doing it. Travel was important to me, so a little discomfort did not matter. The thought of *not* being nomadic and having to work to pay the rent each month was more discomforting.

Arriving back in the U.S. as COVID hit, I got depressed like everyone else. We were afraid for our lives and those of our loved ones. And on top of that, many of us had lost our livelihoods and our jobs. For me, the seasonal festival business that was my main source of income might not be open for years. Right when I had finally reached my childhood goal, it ended abruptly. Suddenly I had no income, and international travel was off limits. It was time to start something new.

It wasn't the first time I'd had to begin a new life. Three times before, I had lost almost everything I had. The first time was as a young adult when I moved from Georgia to the West Coast trying to help a partner escape an addiction to heroin. Ten years later, I

had to restart again when I evacuated New Orleans in response to Hurricane Katrina. Finally, a few years ago, when my partner and I split up, we had to sell the Earthship home that we had spent several years—and every ounce of our income, blood, sweat and tears—to build. Each event was as heartbreaking as the last.

When COVID came along, there I was, starting over once more. It never gets easier; the only difference was that starting over was not new to me. I wondered, "Why does this keep happening to me?" and "What am I supposed to learn from this lesson?" Once again, I was heartbroken for a life now gone; the sadness was overwhelming. I needed to know what the universe was trying to teach me.

Eventually, I began to understand. I remembered the other times that I had lost everything, and then I remembered what would happen next. A renewal always came from my tragedy. A rebirth. I finally began to see that after each loss, a better path always lay ahead—often a much healthier one. That realization gave me the strength and courage to keep going.

Choosing to trust that everything would work out relieved a lot of my worry and sadness that might have stunted my growth moving forward. I feel fortunate to have had those difficult experiences now. They remind me that there is no reason to believe that things will not work out. They always have in the past, and each time I have had to start over, an even better life lies ahead of me. 🌱



Rosemary Kimble is an animal communicator, medium, intuitive healer, ceremonialist and co-director of Adventures in Empowerment Retreats. Visit VisionsAndReflections.com or email Info@VisionsAndReflections.com.

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