

FREE

HEALTHY LIVING HEALTHY PLANET

natural awakenings

TRANSFORMING OUR WORLD

WORKING TOGETHER FOR
MEANINGFUL CHANGE

THE Science of Miraculous Recoveries

HEALTHY
TWISTS ON
HOLIDAY
FAVES



Offering Integrated Alternative Therapeutics



Guy T. Gunter, MS DC

WE SPECIALIZE IN HEALING PAIN

Through 35 years of practice, study and research, Dr. Guy T. Gunter has developed a proprietary approach to healing, combining:

- **CHIROPRACTIC** • **NUTRITION** • **CHINESE MEDICINE** • **APPLIED KINESIOLOGY**

Healworks is the Home for Frequency Specific Microcurrent, aka FSM, an FDA-certified electronic healing modality. This is not microcurrent temporary “rejuvenation”, but actual healing of the damaged tissue. Find out more . . .

Check out our website for information on using FSM to Heal Your Face.

www.healworks.net

4969 Roswell Road, Suite 100, Sandy Springs, GA

404.255.3110

Up to \$700 in Value
Win a Crystal Cathedral!
from Inga's Skin & Body Care Salon



No cost entry! Go to bit.ly/naa-giveaway-1122, or use QR code.
Drawing on December 16; winner may choose from inventory!



natural
awakenings





Your Real Estate Support Partner

MY SENSITIVITY IS MY SUPERPOWER

"Mindy creates less room for letdown and more room for better outcomes."

– SOUTHWEST ATLANTA SELLER

"I feel like we wouldn't have gotten this house with anyone else."

– MOZLEY PARK BUYER



Mindy ROBERTS

Fastest Growing Top Agent

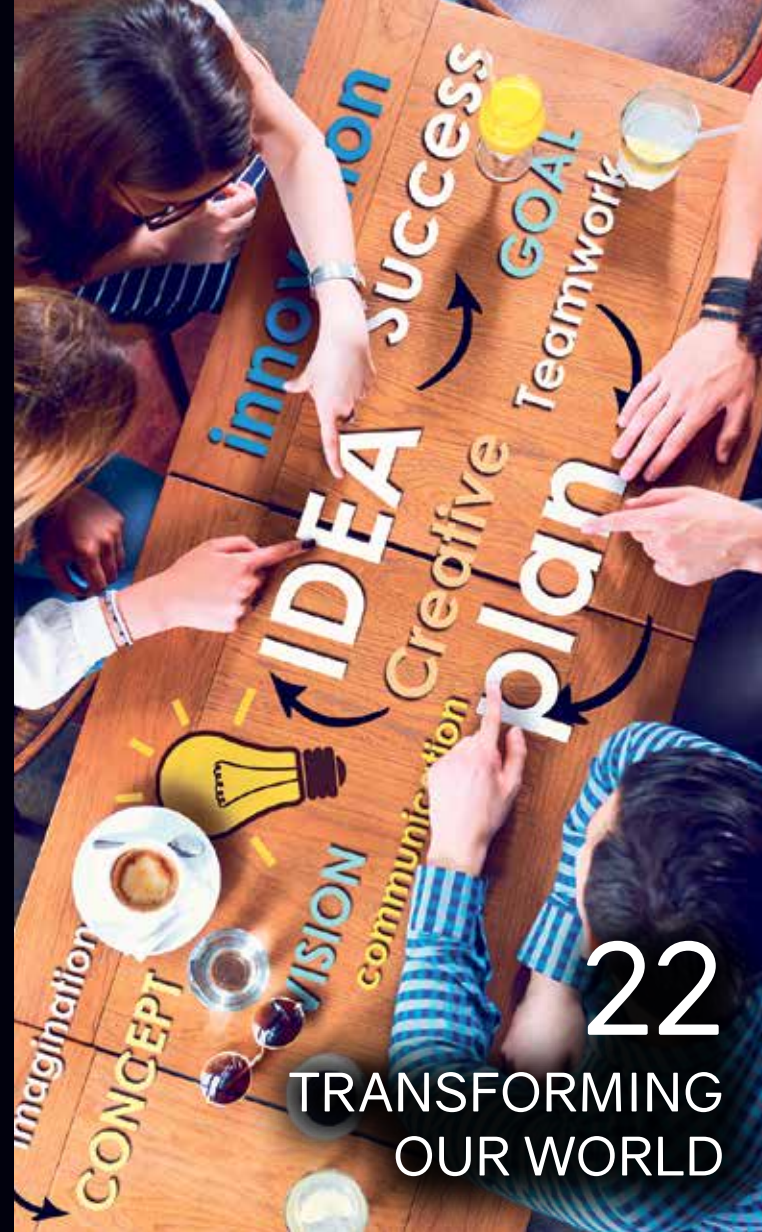
c. 229.403.4964 | o. 404.480.HOME | mindy@ansleyre.com

ANSLEYRE.COM | 952 PEACHTREE ST. SUITE 100, ATLANTA, GA 30309

All data believed to be accurate but not warranted. If you have any existing brokerage relationship, this is not extended as a solicitation. Equal housing opportunity.

ANSLEY
REAL ESTATE

CHRISTIE'S
INTERNATIONAL REAL ESTATE



22

TRANSFORMING OUR WORLD

DEPARTMENTS

- 10 atlanta briefs
- 12 the giving season gallery
- 16 community spotlight
- 18 conscious eating
- 22 inspiration
- 26 healing ways
- 29 yoga
- 32 wise words
- 34 calendar
- 36 community directory
- 38 walking each other home

Contents

16

SHANNON GOWLAND



18

MERRY BRUNCHING

26

SMALL MOVEMENTS CAN MAKE A BIG DIFFERENCE



29


YOGA AS SELF-CARE



32

JEFFREY REDIGER ON THE SCIENCE OF MIRACULOUS RECOVERIES





Ancient Future 2.0

THE PREMIUM ADVANCED INTENSIVE MASTER WORKSHOP

Dynamic Tools For Navigating The Coming Shift

With Master Teacher
Wayne Chandler And
Neter Aungh Aakhu

- ◆ Learn how to master your internal energy and personal power
- ◆ Discover practices for Activating Your Self Healing Power
- ◆ Techniques for creating the reality you desire
- ◆ Practical introduction to Sexual Alchemy
- ◆ Unlocking your Divinity code from an ancient Kemetic Mystical process
- ◆ 16 hours of workshop training

Featuring

- ◆ Black Genius Sema Kemet Yoga - Level 1 & 2
- ◆ Hapi Meditation(Kemetic Mystic Prosperity Meditation)
- ◆ Advanced breathing techniques
- ◆ Chi warm-ups
- ◆ Solar practices
- ◆ Lunar practices
- ◆ Healing sounds
- ◆ Microcosmic Orbit (meditation)
- ◆ And much more...

**Saturday and Sunday
Dec 17th and 18th
9am-5pm**

Includes a complimentary vegan lunch

For Master Workshop details text Ancient Future to 470 272 6559

WEB EXCLUSIVES



THE COLORS OF HEALING
Art Therapy for Kids

bit.ly/art-therapy-1122



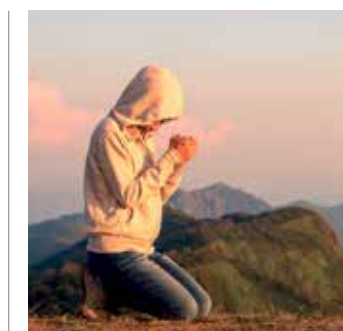
CAREGIVING COMPANIONS
The Many Benefits of Service, Therapy and Emotional Support Animals

bit.ly/service-animals-1122



MAKING FOREVER CHEMICALS GO AWAY

bit.ly/forever-chemicals-1122



GRATITUDE IS GOOD MEDICINE

bit.ly/gratitude-medicine-1122



This month brings an answer to the fundamental question: How Do I Find My Life's Purpose? We love this line: "Purpose is not a job. Nor is it a cognitive understanding of life. It's an internal impulse toward a deeper expression of who you are."

bit.ly/aac-1222

ARCHIVES: HOLIDAY RECIPES

This month we mine our archives for more holiday recipes! From 2019's The Merry Vegan: People-Pleasing Holiday Sweets we bring you three recipes: Peanut butter cookies (vegan, gluten free), no-bake pecan snowballs (vegan, grain-free) and no-bake peanut butter cup bars (vegan, gluten free). From last year's issue we bring three Caribbean drink recipes: Jamaican sorrel, Irish sea moss and Jamaican ginger beer. And from last year's web exclusives: Baklava cookie cups, dark chocolate bark and honey lavender cookies.

The Merry Vegan
People-Pleasing Holiday Sweets

bit.ly/vegan-sweets-1219

Spice Up the Holidays
with Healing Beverages from the Caribbean

<https://bit.ly/caribbean-drinks-1221>

Baklava Cookie Cups
bit.ly/1221-baklava-cookie-cups

Healthy Dark Chocolate Bark
bit.ly/1221-dark-choc-bark

Honey Lavender Cookies
bit.ly/1221-honey-lavender-cookies



COMMUNITY PARTNERS

Natural Awakenings is grateful to these companies who sponsor our website.

naAtlanta.com



INDEX OF DISPLAY ADVERTISERS

A Wonderful Approach	33	Linda Minnick Consulting	19
Ancient Future 2.0	06	Lisa Watson	19
Atlanta Dental Wellness	40	Mindy Roberts	04
Atlanta Ortho Stem	27	MOON Organics	14
beYOUtiful Skin and Health	12	Natural Awakenings / Inga's	03
BreuchKelen Eclectic	14	Naturally Healthy	18
Center for Spiritual Awareness	21	Out of the Grey Wellness	13
CopperZap	28	Phoenix & Dragon Bookstore	14
Dillsboro Inn	20	Sanktuari of Self	13
Elohee	20	Seeds of Wellness	18
Float Atlanta	13	Share International	22
Forever & A Day	15	Tammy Billups	17
Georgia Eye Center	26	The Well of Roswell	25
Goddess Unleashed	33	Tilly Ruth	12
Heal Center	25	Tori McGee	25
Healworks	02	Trish Roberts	20, 33
Heart Soul & Art	15	Valhalla Resort Hotel	39
Holistic Health & Wellness	14	Vibe Higher	19
IAMOH Herbals	27	VIVOBASE	27
Inga's Skin & Body Care	15	Yegos	12
LaVida Massage	13	YTT Collective	30
Lift Yoga + Body	31		

CORRECTION:

In our November 2022 issue, the final paragraph of "GA Businesses Offer EMF Protection" contained inaccuracies. The following corrects that paragraph: "EMFs cause health problems because they interfere with our body's natural bio-electromagnetic fields. VIVOBASE products counter that problem by generating a natural spheric field (no frequencies are emitted). When any organism is within range of the field, their dipole water molecules on the top layer of the skin align creating a shield preventing EMFs from penetrating the body. This reduces oxidative stress and allows the cells to perform their metabolic functions."

Natural Awakenings is a network of holistic lifestyle magazines providing the communities we serve with the tools and resources to lead healthier lives on a healthy planet.

Advertising & Submissions

HOW TO ADVERTISE

To advertise with *Natural Awakenings* or to request a media kit, please contact content director at 404-474-2423 or email ads@naAtlanta.com.

EDITORIAL SUBMISSIONS

Email articles, news items and ideas to: editor@naAtlanta.com. Deadline for editorial: the 5th of the month.

CALENDAR SUBMISSIONS

Email Calendar Events to: calendar@naAtlanta.com. Deadline for calendar: the 10th of the month.

REGIONAL MARKETS

Advertise in multiple markets! *Natural Awakenings* is a growing family of locally owned magazines serving communities since 1994. To place an ad in other markets call 239-434-9392.

HEALTHY LIVING HEALTHY PLANET

natural
awakenings

ATLANTA EDITION

publisher Paul Chen
managing editor Diane Eaton
yoga editor Mila Burgess
consulting editor Trish Ahjel Roberts
calendar editor Theresa Archer
copy editor Sarah Donnell
staff writer Noah Chen
design & layout Steffi K. Kern
website Adrita Ghosal
distribution Donna Abbott
DistribuTech

CONTACT US

www.naAtlanta.com
info@naAtlanta.com
 404-474-2423

ADVERTISING

404-474-2423 or ads@naAtlanta.com

NATIONAL TEAM

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

Natural Awakenings Publishing Corporation
 4851 Tamiami Trail N., Ste. 200
 Naples, FL 34103

NaturalAwakeningsMag.com

© 2022 by *Natural Awakenings*. All rights reserved. Although some parts of this publication may be reproduced and reprinted, we require that prior permission be obtained in writing.

Natural Awakenings is a free publication distributed locally and is supported by our advertisers. Please call to find a location near you or if you would like copies placed at your business.

We do not necessarily endorse the views expressed in the articles and advertisements, nor are we responsible for the products and services advertised. Check with a healthcare professional regarding the appropriate use of any treatment.



LETTER FROM THE PUBLISHER



THE Joy IN MAKING GIFTS

We once again find ourselves in the midst of the giving season. After giving thanks just a few days ago, we are now in a flurry of activity, trying to identify things that we believe our beloved family and friends will most appreciate.

Inside this issue, the Giving Season Gallery is full of wonderful products and services that I would recommend anyone to consider, and of course, I actively encourage readers to support the companies and individuals who make publishing this magazine possible.

But as I think of the gifts I've given and received, I notice that the most memorable ones were not purchased. In my first holiday Letter from the Publisher, I wrote about my favorite Christmas and the gift of invented song that I gave my then-wife. Over the years, we, on rare occasions, made gifts for friends. Today, they're practically the only ones I remember giving—homemade bourbon balls one year and homemade Kahlua another year, for example.

I was big-time excited to give my toddler firstborn a Thomas the Tank Engine track I built with my father-in-law. We worked on it for hours in the cold garage of neighbors—sawing, sanding and painting. My son's confused look did not diminish the

joy I felt in giving it; I suppose it was unrealistic to expect him to jump up and down, much less show appreciation for the fact that it was custom-made just for him.

The gifts that were made for me also shine brighter in my mind than the gifts bought. Don't get me wrong; I've received many a beloved purchased gift. It's just that when someone makes something for you, it comes packaged with intent, love and energy. A crocheted blanket, hand-painted ceramic mugs, a drawing of the family cats... These are a few of my favorite things!

This year, I'm already enjoying a new giving experience. My partner and I became "accidental" F1 fans this year. So, for Christmas, I planned to create a T-shirt for her that mimicked F1 gear, replete with team and sponsor logos—except the "team" would be that of a particular Buddha, as we are members of the same sangha. Obviously, by writing about this, the cat's out of the bag. Still, the "new" part of the experience is that I told her about the idea, and now we're creating a Team Tara jersey together, and that's been a lot of fun!

Whatever gifts you give and receive this season, we at *Natural Awakenings* hope that love and appreciation are at the heart of the exchange. We all know it's not about the

things but rather the people in our lives and the way we cherish them. Merry Christmas and Happy Holidays to everyone!

Thank You, Mila!

With the December yoga article, editor Mila Burgess steps down as our yoga editor. It's been a privilege and pleasure to have Mila write for us. Our third yoga editor, Mila brought a unique vision to our Yoga Department pages, and we have been thrilled.

Prior to 2022, our yoga content focused on the seven limbs of yoga other than asana, although we certainly did asana pieces. Mila took what I call an "intersectional approach" to the topic; that is, she delved into how the theory and practice of yoga intersect with other areas and disciplines to supplement and enhance them. For example, she explored yoga and the art of balance, yoga and longevity, yoga and emotional competence, and so on.

(Yes, I am aware that the definition of "intersectionality" is different from how I'm using it here, but it does sound like an appropriate term, doesn't it?)

It is certainly my hope that Mila's vision and heart-felt work have expanded readers' appreciation for just how extensive and powerful the practice of yoga is. While I have written about what motivated us to create our Yoga Department in the first place, the basic reason remains the same: Yoga transforms lives for the better. If Mila's words have caused just one person to try out yoga because of its "intersectionalities," I, for one, would be very pleased.

Mila, thank you for your vision, creativity and service! May the years you spend teaching yoga and spreading the news of its innumerable benefits be filled with wonder, contentment and joy. 🙏



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.

VALHALLA RESORT To Hold Second Holistic & Wellness Expo



Photo (left) Irene Faith
Photo (below)
Awestruck Marketing



The Valhalla Resort Hotel in Helen, Georgia, will hold its second annual Holistic & Wellness Expo on February 4 from 10 a.m. to 5 p.m.

“This past February we kicked off our first annual Holistic & Wellness Expo and the attendance superseded our expectations, and our vendor feedback was phenomenal,” says Irene Faith, the spa director at Valhalla. “For 2023, we are taking feedback and tips from our first one to create a bigger, better and more immersive wellness journey!”

The expo features a variety of holistic and alternative medicine practitioners and vendors, as well as a full roster of speakers. There were 22 vendors at last year’s expo, but Faith expects many more this year, up to 35. Vendors interested in participating in the 2023 expo may contact Faith at Spa@ValhallaResortHotel.com.

Tickets are \$15 in advance and \$20 at the door. Advance tickets may be purchased at the website below.

For more information, visit ValhallaResortHotel.com or call 706-878-2000, extension 503.

Billups’ Third Book

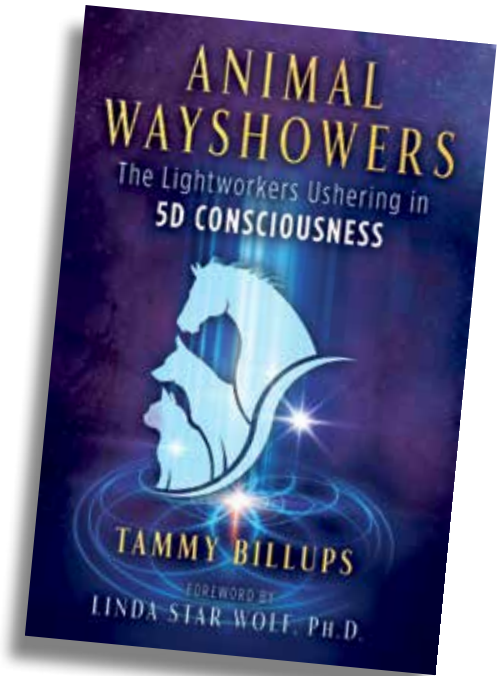


Tammy Billups
[Photo: Lorikay Photography]

Woodstock-based, award-winning author and energy healer Tammy Billups has released her third book about animal-human relationships, *Animal Wayshowers: The Lightworkers Ushering in 5D Consciousness*. Billups will appear at a launch and signing event at Forever and A Day on Sunday, December 4, from 1 to 4 p.m. Forever and A Day is located at 7830 Highway 92 in Woodstock.

The book is “a warm and heart-opening guide to understand, support and honor the soul missions of our animal companions,” says Billups. “Animals are natural holders of 5D consciousness. The extraordinary animals who have chosen, at a soul level, to live alongside humans are lightworkers on the front lines of the animal kingdom’s mission to help people to heal, evolve and attune to their divine purpose as well as assist in raising the vibration of the planet and collective consciousness to 5D.”

Animal Wayshowers is Billups’ third book that addresses animal-human relationships. Along with her two previous offerings, *Soul Healing with Our Animal Companions* and *Animal Soul Contracts*, it is published by Inner Traditions under the Bear and Company imprint, and distributed by Simon and Schuster. Both earlier books have won awards from the Coalition of Visionary Resources. *Soul Healing* won the 2020 Gold Award in the iconic book category, beating out such celebrated books as Michael Singer’s *The Untethered Soul*.



Animal Soul Contracts won the 2021 Gold Award in the pet and animal books category.

Animal Wayshowers is available on Amazon and other major book sites. For more information, visit TammyBillups.com.

GODDESS UNLOCKED OFFERS NEW ONLINE PROGRAM



Danielle Donaghy
[Photo: Zachary Gardner]

Goddess Unlocked, Danielle Donaghy’s coaching company, is offering a new, 90-day online course called Soul Code. Donaghy describes the self-paced program as “beginner-friendly spiritual content,” the purpose of which is to help participants “begin to develop a path of self-healing.”

Soul Code’s nine modules “consist of a variety of videos, PDF workbook files, interactive quizzes, meditations, embodiment exercises, yoga, trauma-release practices, journal prompts and much more,” says Donaghy. In addition, participants can attend weekly Zoom meetings.

“It is such a pleasure and privilege to be able to share this brand new course with incredible women,” says Donaghy. “Using the past two years of one-on-one client sessions, I’ve developed modules around the most consistent and common struggles I have encountered in my client conversations. The blend of Light-Work and Shadow-Work is an absolute essential, and this course really helps grasp the many layers that being a human comes along with.”

The introductory rate for the course is \$599 through the end of December, if one mentions one has learned about the course through *Natural Awakenings* magazine.

For more information, visit GoddessUnlocked.com, email GoddessUnlocked@gmail.com or call 404-721-8126.

HOLISTIC NURSES ASSOCIATION Holds Conference in Atlanta

The American Holistic Nurses Association (AHNA) will hold a regional self-care conference in Atlanta on Friday, January 13, 9 a.m. to 5 p.m. at the Clarkston Community Center. Nurses can receive six continuing nursing education contact hours for attending.

Topics to be presented at the conference include healing touch; mindfulness and self-compassion; essential oils for self-care; yoga for better balance, energy and well-being; and resilience and joy in the journey. The keynote will be given by AHNA president Roxanne Chan, Ph.D., RN, AHN-BC.

“This one-day conference empowers nurses with immediately usable skills for energizing their self-care,” says Casey Bohannon, communications coordinator of AHNA. “All nurses are welcome, from those who are simply curious to those who are experts in holistic nursing practice.”

The conference fee is \$90 before January 13. Visit Bit.ly/naa-ahna to register.

The AHNA was founded in 1981 and currently has 5,500 members. Its ongoing activities include community building, advocacy, research and education.

For more information, visit ahna.org or call 785-234-1712.



THE Giving Season GALLERY

Some gifts are big.
Others are small.
But the ones that come
from the heart are the
best gifts of all.

~Tinku Razoria

Out of the Grey Wellness

Massage | Reflexology | Skincare

We are a full-service wellness practice offering a variety of therapeutic and skincare services that will keep you feeling rejuvenated and looking your best during the busy holiday season.

Please visit our website for more details about all our great services that reflect our unique mind/body approach.



Holiday Gift Cards Available Now!



outofthegreywellness.com | 678-313-7532
2850 Johnson Ferry Rd Suite 100, Marietta, GA 30062

Stressed this holiday season?

Holidays can be great AND overwhelming



Feel more balanced
with our
Chakra Roller Bottles

Use "NA15" for 15% off NOW!

www.TillyRuth.com
@TillyRuthLLC
Support@TillyRuth.com



Happy Mom Happy Holidays

Yegos Magnetic Yoga Blocks

Yegos. The most innovative yoga prop system ever! With magnetic snap together pieces, create yoga benches, headstand mounts, backbend boards, balance boards, taller stable blocks, and more! Visit our website to order for the holidays.



www.yegoblocks.com

Skin Classic...



for Minor Imperfections

\$55

for any TWO Skin Classic Services

- Skin Tags
- Cherry Spots
- Brown Spots
- Morgan Freeman Spots
- Acne~Milia~Blackheads

www.CherClark.com
urbeau2ful2@yahoo.com

LaVida massage

Free \$25 Bonus Card

with purchase of \$100 in gift cards

Buy at Our Store!
LaVida Massage Sandy Springs
6623 Roswell Road Suite C
404-236-7291

Sanktuari.

An Alternative Healing Boutique



568 Poole Pl SW, Ste. 1
404-901-1963
IG: sanktuarii

"As I emerged into daylight, I felt refreshed, rejuvenated, and eager to float again."

Christine Van Dusen,
Atlanta Magazine

FloatAtlanta.com
404-844-7070

Bring Sparkle to Your Holidays

Buy one piece of jewelry and get
50% OFF
a second piece of jewelry of
equal or lesser value!

11.1 — 12.31, 2022



Choose from a wide selection
of silver and gemstone jewelry

- pendants
- necklaces
- earrings
- rings
- bracelets

PHOENIX & DRAGON BOOKSTORE
Books and Gifts Celebrating the Human Spirit

5531 Roswell Rd NE • 1/2 mi inside I-285
www.phoenixanddragon.com

Heart Soul & Art
Marietta's Metaphysical Shop!



1470 Roswell Rd, 30062 • 770-369-3438
www.HeartSoulAndArt.com

300+ Stones & Crystals
100+ Herbs & Sage

SCAN THE CODE TO FOLLOW US EVERYWHERE!

f i t



Are you looking to lift the energy in your space?

Each Breuchkelen Eclectic home decor piece is created to elevate and enhance the energy in your spaces using Chromotherapy.

- Reduces Anxiety
- Stress Relief
- Enhances Mood



Visit our site today for 12% Off your first purchase
Use code "Color 12"

www.bklynelectic.com

Give the gift of deep relaxation & facial rejuvenation



MOON
ORGANICS


Use code "GIFT" for 20% off gift certificates through Jan 3, 2023

MOONorganics.com

5% OFF when Natural Awakenings is mentioned!

Marietta's Source for Crystals and Gemstones!


Holiday shopping? Look no further for a wide variety of crystals, gemstones, and rough and raw stones, particularly in large sizes! We also carry singing bowls, essential oils, incense, and gift cards for Reiki healing.



HOLISTIC
HEALTH & WELLNESS

3372 Canton Road Suite 116
@holistic_atl

Gifts That Soothe Your Soul



Forever and a day
New Age Emporium

7830 Highway 92 • Woodstock, GA 30189
770-516-6969 • www.foreverandaday.biz

GOD'S LOVE ROCKS & CRYSTALS

over 150 in stock/available
rare • healing • protection • rain sticks
singing bowls • Palo Santo • sage

20% OFF
your first purchase

Cannot be combined with any other offers.
By appointment only • 15 min. complimentary

inga's

Contact us for info:
770-952-0905 comerelax@msn.com

Shannon Gowland

PLANTING SEEDS OF WELLNESS IN THE COMMUNITY

by Angel Bhardwaj

“The laws of nature are just mimicked in us,” says Shannon Gowland, owner and operator of Roswell Farmers’ Market, Seeds of Wellness Center, and the S.O.W. (Seeds of Wellness) Institute. “All of us are small universes. Just the same way that we have to take care of the soil and the Earth, we have to take care of our bodies.”

Gowland is an herbalist, yoga teacher, tai chi and qigong instructor, farmer, environmentalist, and a married mother of two children. Through her businesses, she offers a wide array of services, including herbal therapy, food therapy, Reiki, qigong, and wellness coaching. Her mission in life, she says, is to lead others on a path to recovery and peace through the power of holistic medicine.

Her journey to discover that mission began early in life. She spent her childhood on an 80-acre farm in East Cobb, Georgia. “I’ve had my hands in the dirt and been working with nature since I was little,” she says. Gowland’s great-grandfather, a Creek Indian, bought the farmland in the early 1900s. He and his family had faced violence and were pushed out of a community in Long Creek, South Carolina. Cotton farming made it possible for him to purchase the land, where he started farming food crops. He also raised Gowland’s grandmother and her two great-aunts there.

“Mine was the first generation that he felt comfortable talking to about his heritage,” says Gowland. He also taught her indigenous farming practices and how to harvest herbs to heal physical ailments. Native remedies were used as medicine, such as the use of seasonal Elderberry every summer to prepare for winter illnesses or the use of cleavers plants in the spring to clear the lymphatic system. A native legend



Shannon Gowland [Photo Kelle Mac Photography]



called “The Three Sisters”—referring to corn, beans and squash—was one way she was taught to honor Earth and the farm. “They are known as special gifts from the Creator, and the wellness of the farm is believed to be protected by them.”

Gowland also learned to grow crops using biodynamic methods such as crop rotation and using cover crops. Biodynamic farming is a holistic farming practice that emphasizes the importance of a diverse ecosystem that takes every part of the land into account—the spirit, soil, animals and plants that live there. Such methods are necessary for a healthy living soil—preventing erosion, mineral leaching and maintaining a healthy ecosystem, says Gowland. “I grew up knowing how to respect the land and how to work with nature—and to not only take what we were growing but give back as well.”

Traditional to Holistic

With a foundational knowledge of farming and plant-derived medicine, Gowland felt drawn to explore the physical sciences. She pursued biology and chemistry in her studies at Georgia State University Perimeter College and Kennesaw University and then began a career in traditional medicine at Wellstar Kennestone, formerly Kennestone, and Emory Crawford Hospitals.

“I went into the healthcare field, not because I wanted to practice medicine, but to learn more about pharmaceuticals and how they metabolize out of the body.” Learning how to communicate with doctors of traditional medicine allowed her to complement traditional medicine practices with herbal medicine.

In 2007, at the same time that she began her conventional medical career in Atlanta, Gowland opened Seeds of Wellness Cen-

ter’s first brick-and-mortar location, offering an herbal therapy clinic. Her medical career was difficult, she says. “When doctors hear that somebody’s practicing herbal medicine, they tend to shy away, and they don’t want to talk about it.”

Despite that, she incorporated herbal wellness practices into traditional medicine by providing patient advocacy services to her clients, which entailed communicating with medical practitioners to create holistic post-surgery recovery plans. “I had my conventional medicine hat and my herbal hat,” she explains.

In 2009, after 15 years in traditional healthcare and the birth of her second child, Gowland and her family relocated to Roswell. That was when she decided to leave conventional medicine completely and go full-time with her herb clinic at Seeds of Wellness. In Roswell, she noticed a lack of healthy sources of food in the area. “We had the open-air farmers’ markets, your weekend farmers’ markets. But the problem was, you still wouldn’t even know if they were growing [the food they were selling].”

Gowland started Herbal Infusions, now Roswell Farmers’ Market, with the intention of bringing biodynamic food to the community. Even with its success, for Gowland, something was still missing: food therapy, the practice of using food to heal the body.

“People were coming back to me, saying, ‘I want to cook this’ or ‘I want to eat healthily’ or ‘How do I eat healthily?’ I found myself doing consultations again after focusing on farming for Roswell Farmers Market. That morphed into cooking for people.”

Her food therapy clients soon took an interest in her herb clinic, which she took as a sign to address the need for holistic health education in her community. So she created the S.O.W. Institute, a hub for professional certification classes and health education. The popularity of the school and the clinic has now surpassed the number of produce buyers at the farm. We have more herbal students and clients coming in every year. More people are concerned about preventative medicine, being healthy and overall wellness.”

She considers her health consultation to be her forte, in which she performs comprehensive analyses for clients, creating a personalized wellness plan that incorporates her business’ services. “Bringing harmony back into the body is what I enjoy doing most.”

A Healthier Future for the Community

As interest in Seeds of Wellness grew, Gowland added retreats and group classes that feature meditation, qigong, yoga and massage therapy to the clinic’s repertoire. It received nonprofit status earlier this year, and it is generally the focus of Gowland’s energy these days.

She feels it’s important that Seeds of Wellness be accessible and convenient for her clients. For those who are new to holistic health, especially those facing medical problems, the challenge of finding multiple reputable practices in one area is daunting. “It’s much more beneficial to have one place where they know they can find good food,” she says. “[They] can do everything the same day if they have time.”

The nonprofit will serve populations that don’t typically have access to holistic wellness, such as neighborhoods that have at-risk populations, inner-city schools and people in shelters. “We see more and more people getting sick because there’s no nutrition in the food because of conventional farming methods.”

“I’m doing things on a larger scale, but I’m not taking away from the smaller community that we’re serving,” she says. She plans to operate her nonprofit and clinic internationally one day.

People have lost touch, says Gowland. They’ve “lost touch with the meaning of reciprocity and with taking the time to give back. It’s not just with the land but with our bodies as well. We have to have a healthy external environment as well as the healthy internal environment. And what’s going on out there is going on inside our bodies, too.”

She wants to start a movement of holistic healing. “I want more people out there who understand the body and the environment the way that I do so that they can bring it to other people. Giving [people] their lives back.”

Touching the Lives of Others

Linda Sandler, a client of 10 years, describes Gowland’s presence in her life as a blessing. Sandler discovered Gowland at the Roswell Farmers’ Market and eventually bought food from her exclusively. “I quickly learned she had more to offer than produce,” she says, and began getting consultations from Seeds of Wellness Clinic for her family and other families as well.

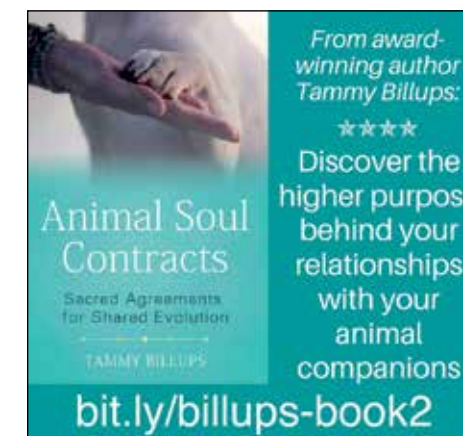
“There is no judgment from her,” says Sandler. “Your full disclosure is never frowned upon.” As Sandler observed the wide range of health concerns Gowland addresses—including anxiety, hormonal imbalances, autoimmune conditions, asthma, gastrointestinal issues, epilepsy, depression and low energy levels—she couldn’t help but notice the love and care Gowland gives her clients. Gowland offers relief for a variety of ailments, ranging from mental health issues and hormonal imbalances to cancer and epilepsy.

Gowland sustains her family tradition and passes down what she’s learned to her children. “When [the kids] get a cold, they know what to do: go outside and get some golden rod, aklisia or dandelion,” she says. “They know how to use them, they know how to harvest them, and they know what to do with them.”

Her son Colin, 18, says he grew up with a spiritual awareness as well as a respect for ancestral knowledge. “If your spirit is not healed,” says Gowland, “you can’t be well in the body.”



A UGA Grady graduate, Angel Bhardwaj is a digital strategist for WUGA radio, an NPR affiliate, in Athens, Georgia.



Why a Naturopath?

Because we eliminate root causes, not just symptoms. Because we heal the whole person — physical, emotional and mental — not just treat a body part. Because we engage your natural healing capacity instead of prescribing pharmaceuticals. And because we practice “an ounce of prevention is worth a pound of cure.”



Janine Romaner
Naturopathic Doctor

770.640.6690
naturallyhealthy.ws



DECADES OF HEALING WISDOM
MOMENTS OF HEALING GRACE

CONSCIOUS EATING

Merry Brunching

PUT A HEALTHIER TWIST
ON FAVORITE RECIPES

by Sheila Julson



When hosting a holiday brunch, it may be tempting to serve breakfast and lunch classics like quiche, eggs Benedict and huevos rancheros, but many of these dishes can be full of hidden calories, unhealthy fats and too much sodium. With a few easy modifications, healthier versions are possible.

According to Jessica Levinson, a New York registered dietitian and author of *52-Week Meal Planner*, it's important to read nutrition labels, remove empty calories and introduce nutritious alternatives. As an example, yogurt and granola parfaits may seem innocent, but are often loaded with added sugar. “A serving size of most granolas is only one-quarter of a cup, which isn't much, so use granola sparingly,” she says, adding that parfaits made with low-fat Greek yogurt and fresh fruit instead of jam are healthier choices.

Traditional quiches are usually made with heavy cream and a buttery pie crust. Levinson recommends a crustless vegetable frittata instead, as it is naturally gluten-free. “If you don't want to skip the crust altogether, look for a pre-made, whole wheat crust or make your own,” she says. To eliminate dairy, consider using

non-dairy milk and omitting cheese in the recipe.

For eggs Benedict, Levinson suggests skipping the hollandaise sauce, topping the poached eggs with mashed avocado and using a whole grain bread or English muffin for the base. “Instead of ham, try smoked salmon, which has beneficial omega-3 fatty acids,” she says.

Whole grain oats are a heart-healthy option, but oatmeal served brûlée-style is topped with additional sugar, notes Frances Largeman-Roth, a New York registered dietitian and author of *Smoothies & Juices*. “It's better to opt for oatmeal and fruit, with a drizzle of real maple syrup,” she says. Largeman-Roth likes mixing savory and

sweet, to add variety and protein to the brunch plate. “Instead of just having a stack of pancakes, split it with your friends or family, and then have a small, veggie-filled omelet. You'll feel much more satisfied.”

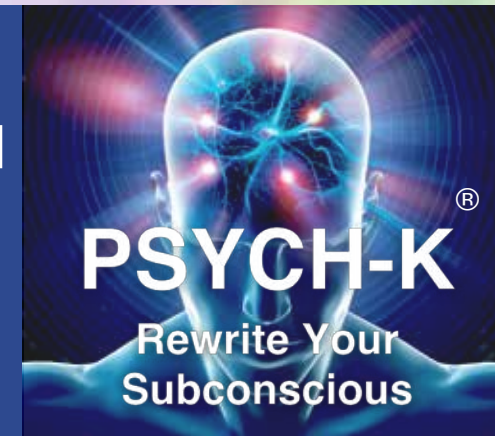
Planning the Holiday Brunch Spread

When putting together a menu, Levinson advocates incorporating all of the components of a balanced meal: lean protein, carbohydrates from whole grains, fruit and veggies, and low-fat dairy or plant-based substitutes. She says, “If you're making pancakes or waffles, use whole grain flour when possible, and serve with a side of yogurt, fresh fruit and real maple syrup.”

According to Largeman-Roth, egg lovers will enjoy a veggie-packed omelet or frittata with either potatoes or bread on the side, but not both. Watch out for fried foods and use sauces and cream sparingly or find substitutes. If the family is dining out, she cautions that brunch dishes are often served with extra sauces and syrups, adding sodium and sugar. “Try to ask for them on the side,” she advises. “It's not about completely avoiding them, but it's nice to be able to control the amount that you're adding to your pancakes or waffles.”

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

Some believe
life is supposed
to be hard.
What if you
don't?



PSYCH-K is a proven set of principles and processes that change your subconscious thoughts and beliefs.

Linda Minnick

PSYCH-K Facilitator
www.LindaMinnick.com
678-641-7005
lminnick@live.com



Unlock Your Potential

Energy Healing
releases worry
and banishes
negative energy

Embrace Balance,
Mental Clarity &
Emotional Stability

Leah Merriweather
vibewithleah.com
770-291-9263



Energy
Healing

This focused advertising page
offers special rates and terms!
For more info: ads@naAtlanta.com



Lisa Watson – Integrative
Energy Medicine

Embrace the healing power of your own
energy for emotional & physical health.

www.LisaHWatson.com | 770-617-3001

Donna Futrell

Wellness Practitioner
TheWellOfRoswell.com
donna@thewellofroswell.com
678-230-3452



Reset your nervous system,
release stress and restore energy.
I move and clear disturbances
that lead to dis-ease, and
empower you to envision a life of
ease, joy and vitality.

Marilyn Latham

The Reiki Coach
facebook.com/TheReikiCoach/
404-490-3448



Marilyn Latham is the Reiki
Coach. Offering levels one and
two certification via online
training. Also: Divine, in-person
Reiki experience, guided
meditation coaching and breath
work classes.

Tai Chi Association

www.fai-chi-association.com/TAI-CHI
404-488-8383



Discover your intrinsic
energy. Achieve wellness,
fitness and balance. Learn
Qi-gong breathing and
acupuncture meridian
healing. Master intense Kung-Fu and build
strength. Since 1976.

SHAKSHUKA

This healthy dish is a crowd-pleaser any time of year. It's also gluten-free and can be modified based on whatever veggies are on hand. Omit the feta cheese for a dairy-free option.

YIELD: 4 TO 6 SERVINGS

2 Tbsp olive oil
1 cup diced yellow onion
1 Serrano or jalapeño pepper, seeded and minced
1 cup diced yellow bell pepper
1 cup diced green zucchini
1 cup diced yellow summer squash
2 large garlic cloves, minced (1 heaping Tbsp)
1 tsp ground cumin
½ tsp turmeric
1 tsp sweet paprika
26-28 oz diced tomatoes
2 Tbsp tomato paste
2 tsp honey
1 tsp cider vinegar

1 cup corn, frozen, fresh or canned
½ tsp kosher salt
Freshly ground pepper
¾ cup crumbled feta cheese
4 large eggs
Chopped parsley, for garnish (optional)
Za'atar, for garnish (optional)

Heat olive oil over medium-high heat in a large skillet (straight-sided skillet is preferable). Add onions; sauté 2 minutes. Add Serrano pepper and bell peppers; sauté 4 minutes. Add zucchini and summer squash; sauté 5 minutes. Add garlic, cumin, turmeric and paprika; stir until fragrant, about 1 minute.

Reduce heat to medium and add diced tomatoes, tomato paste, honey, cider vinegar and corn; stir in salt and pepper. Simmer for about 10-12 minutes until the sauce has thickened and reduced.

Turn off the heat and press the crumbled

feta into the tomato sauce. With the back of a spoon, make 4 indentations in the sauce. Crack eggs one at a time into a small bowl and pour into each of the 4 indentations. Carefully drag a spatula gently through the egg whites, being sure not to disturb the yolks. Simmer over low heat for about 5 minutes, gently stirring the sauce and basting the eggs with the sauce. Cover and cook another 3 to 5 minutes for runny eggs. Cook longer for well-done eggs.

Serve with a sprinkling of parsley and za'atar, if desired.

Recipe courtesy of Jessica Levinson.



Neleaz Reazanteva/AdobeStock.com

Mizina/AdobeStock.com

CRANBERRY MIMOSAS

Cranberries put a holiday twist on a classic mimosa. Drier champagnes or sparkling wines are lower in sugar. Making cranberry juice from scratch with sweeteners like maple syrup or honey is a natural alternative to commercial cranberry juice. Prepare the cranberry juice the night before serving.

YIELD: 4 TO 8 SERVINGS

4 cups homemade (recipe below) or store-bought cranberry juice
1 cup orange juice
1 bottle drier champagne, such as Ultra Brut
Rosemary sprigs for garnish

Fill four champagne flutes or glassware of choice approximately halfway with cranberry juice. Add 2 Tbsp orange juice to each glass.

Top each glass with champagne. Garnish with sprig of rosemary. Refill as desired.

Recipe courtesy of Sheila Julson.



HOMEMADE CRANBERRY JUICE

3 cups fresh cranberries
3 cups water
½ cup pure maple syrup or honey

Put fresh cranberries and water in a pot and bring to a boil. Turn heat to low and simmer for approximately 15 minutes until the berries soften and pop.

Using a fine mesh strainer or cheesecloth, strain the berries and return the juice to the pan. (Use leftover cranberries in smoothies, yogurt or relish.)

Gradually add maple syrup or honey until desired sweetness is achieved. Heat on low until sweetener dissolves.

Pour juice into an airtight bottle and refrigerate.

Recipe courtesy of Sheila Julson.



WORKSHOPS & RETREATS



YOUR OWN WELLNESS RETREAT IN THE NC MOUNTAINS



AT A SMALL WHITEWATER RESORT
AND YOGA STUDIO

When stress needs undoing, listen to your imagination and inner voice.

There is a place in the mountains to undo, practice, and initiate Death and Rebirth. With daily yoga and meditation to establish Sacred Space.

And within walking distance to healthy food, crafts and parks. And within easy distance to some of North America's best scenic drives and hiking paths.


DILLSBORO INN

MoonSchoolYoga.com DillsboroInn.com (866) 586-3898



90 Minutes from Atlanta and a World Away
Make Time For You!

A residential retreat center nestled on 220 acres of North Georgia beauty where guests can take part in experiential courses related to stress-reduction, personal development, trauma recovery, art, music, nature, yoga, meditation and more.

elohee.org | 770.316.9195



Visit our website for a full listing of our retreat offerings
Elohee Center, Inc. is a Federal 501c3 Non-Profit Educational Corporation

A FOCUSED ADVERTISING SECTION

Do you have a workshop or retreat coming up and want to advertise it in this section? Call us for special rates! 404-474-2423

Center for Spiritual Awareness



Kriya Yoga at the Beautiful
CSA Retreat Headquarters
Lakemont, Georgia



See website *Retreats* page for complete information. www.csa-davis.org

For online programs, go to:
csa-davis.org
Click on *Calendar* for details
and schedules

Center for Spiritual Awareness
PO Box 7 Lakemont, GA 30552
706-782-4723 weekdays
info@csa-davis.org



Roy Eugene Davis
(1931-2019)

Are you looking to reconnect with your roots and find healing and coaching to reach your goals? Join Black Vegan Life™ for the

Ghana soul-healing retreat

March 1-10, 2023

Use code Ghana200 for \$200 off!

- Group coaching
- Black-owned beachfront accommodations
- 2+ vegan meals per day
- Daily yoga and meditation
- Special bonuses!



Learn more at
MindBlowingHappinessPrograms.com/Ghana

Messages from
MAITREYA
The World Teacher

The major need today is for the transformation of the structures within which you now live.

Your civilization, My friends, is dying – nay, it is already dead.

Out of the ashes will grow a new beauty, whose basis is Love, Justice and Sharing.

Make these your aims, My friends, and know the meaning of God.

Make these your aims, My friends, and know the meaning of a full and happy life.

Share International USA
www.share-international.us

INSPIRATION



Transforming Our World

WORKING TOGETHER FOR MEANINGFUL CHANGE

by Linda Sechrist

With all the chaos occurring in the world today, it is challenging to remain centered and not feel overwhelmed. Every shocking headline seems to pull the proverbial rug out from under us. Thought leader Laureen Golden explains the dilemma this way: “Psychologically, we were raised, educated and socialized in a world that no longer really exists. We have a new world that we must navigate, and we need a new psychology, a whole new way of being for that world. Reducing, compartmentalizing, separating things in order to understand them no longer works for us. It’s going to take work to get out of this paradigm.”

Drawing from her background in education and social work, Golden ponders, “How does that new psychology develop when all our institutions charged with cultivating consciousness—schools, families, religious institutions and organizations—are set in the 19th and 20th centuries? Since learning is how we go from one paradigm to another, where do we go to learn the skills and the structures we need to be successful in such a complex world? We can’t do it individually. We must learn in collectives.”

The paradigm shift envisioned by Golden offers an opportunity for us to access innovative methods of learning, discovery and connection, such as sociocracy (a self-governance



system based on the equality of its members); systems thinking (an approach to complexity that looks at the whole and analyzes relationships, rather than splitting it into smaller pieces); permaculture (exploring natural ecosystems as a whole); circle methods (thinking things through as a group); and Indigenous wisdom (focusing on the interconnectedness of all things).

All of these methods focus on an ethos of collaboration and teach us how to discern wisdom, which is different than knowledge. By engaging in these conversations and explorations, we learn that if we tug on any one part of the web of life, we tug the whole web—an important analogy for our times.

A Beloved Community Co-Creating an Island of Sanity Through Collaboration



Instead of shouting, “The sky is falling, and the seas are rising,” in response to a world that is unraveling and experiencing the growing realities of global warming, residents of St. Petersburg, Florida, are embracing resilience. To prove that the future is born in webs of human conversation, the city is counting on collective intelligence to emerge.

Among the tools city participants are employing is The World Café, developed

by Juanita Brown and David Isaac, which allows people to host group conversations around thoughtful questions. The concept is designed to evoke deeper listening and give rise to solutions for today’s challenges in a more conscious, intentional and strategic way. Forty citizens have taken The World Café facilitation course. Employing a simple and flexible format for hosting large group dialogue, this methodology enables participants to clarify the context, create hospitable space, explore questions that matter, encourage everyone’s contribution, connect diverse perspectives, listen together for patterns and insights, and share collective discoveries.

Other important work being applied is that of bestselling author and longtime community organizer Margaret Wheatley. Her training, which is designed to cultivate what she calls “Warriors of the Human Spirit,” arouses people’s inherent generosity, creativity, compassion and need for community. Known as a big-systems thinker throughout her 45-year career, Wheatley has concluded

that the only opportunity for change is at the local level. Questions that encourage collective learning became integral to creating cohesiveness in St. Petersburg this year.

Dr. Donella Meadows’ “systems thinking” has helped St. Petersburg participants understand that living systems begin as networks, shift to intentional communities of practice and evolve into powerful systems capable of influence. Also instructive has been “complexity theory”, which helped participants recognize human systems as organizations, families and communities.

“The city leaders felt conversations were important enough to invest \$20,000 to cultivate a culture of conversational leadership in the neighborhoods. Another \$25,000 was granted by the Community Foundation of Tampa Bay to research the outcomes. Now, the Florida Council of Churches, University of South Florida, Community Foundation of Tampa Bay and The Connection Partners have received a Community Vibrancy grant of \$14,500 to pilot conversations in three neighborhoods, spreading the skills in creating participatory democracy. Participants will host conversations in their own neighborhoods,” says St. Petersburg resident Sharon Joy Kleitsch, founder of The Connection Partners and a longtime catalyst for applying strategic actions based on the new sciences of complexity theory, strategic thinking and quantum science.

“Those who have used World Café as a tool know that a culture of conversational leadership offers citizens the opportunity to experience a sense of oneness and connectedness. We’ve explored what happens when we share feelings of care, compassion and appreciation toward a beloved community,” says Kleitsch. “We found that group resonance, profound personal involvement and deeply engrossing, interactive conversation supports a City of Compassion and an International City of Peace, which St. Petersburg was chosen to be. I want to be sure that people understand that we do not have answers. Together, we are exploring pathways and listening for the answers to emerge.”

Since 2020, a thoughtfully selected group of Florida activists—including participants from St. Petersburg—have been holding weekly online Zoom conversations that matter. In 2021, they were joined by participants from Ohio to study the Capra





Course, which is based on *The Systems View of Life: A Unifying Vision* by bestselling author Fritjof Capra.

“What we discovered after only two weeks was that we were ourselves a living system connecting to itself and becoming self-organized,” says Kleitsch. “We became aware that we were learning together. We were sharing what we were learning around subjects such as honoring Indigenous peoples, local food systems,

the human right to clean water, reimagining capitalism and many more subjects. We’ve also bifurcated into a Sarasota [Florida] cohort. The key is, we were not random. We were a self-selected study group learning collaboratively, which is the best way I

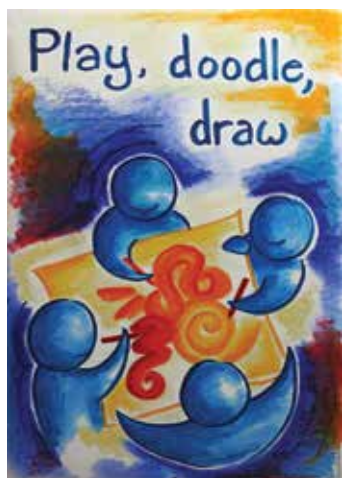
recommend activists study the Capra Course.”

Argerie Vasilakes, who is researching outcomes, explains that her work is dedicated to helping teams, communities and organizations become more coherent. “I start with traditional ways of thinking about our relationships with nature that native peoples have never forgotten—humans are part of nature, not apart from nature,” she explains. “To me, human organizations, communities, families and govern-

ments are also part of nature and examples of natural ecosystems. So, I naturally look at things from a living systems perspective.”

Vasilakes advises, “In a group that is learning together, such as those in the St. Petersburg neighborhoods, group conversations organized around questions specifically crafted for the context

and desired purpose of the World Café evoke a deeper kind of listening, the most important factor determining the success of a Café. They spark learning conversations that can produce insights and innovation for meeting the challenges they face. Through practicing shared listening and paying attention to themes, patterns and insights, participants begin to sense a connection to the larger whole.”



According to Wheatley, the important work is to foster critical connections. She believes it is not necessary to convince large numbers of people to change; instead, she suggests we connect with kindred spirits. Through these relationships and tools like The World Café, we can develop the new knowledge, practices and commitment that lead to broad-based change.

Wheatley sometimes opens her interviews with an ancient Hopi prophecy that reads as if it were applicable to our current times: “Here now is a river flowing very fast. It is so great and swift that there are those who will be afraid, who will try to hold on to the shore. They are being torn apart and will suffer greatly. The elders say, ‘Let go of the shore, push off and go into the middle of the river. Keep your heads above the water. Know the river has its destination.’ The elders say, ‘See who is in there with you and celebrate.’ At this time in history, we are to take nothing seriously; least of all, ourselves. Gather yourselves. Everything we do now must be done in a spirit of celebration, for we are the ones we’ve been waiting for.”

Seeing who is in the river of chaos with us, we can choose to respond with, “How can I serve with what I have, where I am?” This is what any Warrior of the Human Spirit would say because in the same river of chaos, there are also the seeds of transformation. In these turbulent times when all the old boundaries are unravelling and all the old certainties are dissolving, there is a possibility for creative transformation if we work together. 🌱

Linda Sechrist is Natural Awakenings’ senior staff writer.



TOOLS FOR CO-CREATING BELOVED COMMUNITIES

- TheWorldCafe.com
- [New Dimensions Radio \(NewDimensions.org\)](http://NewDimensionsRadio.com)
- MargaretWheatley.com
- DonellaMeadows.com
- [A good explanation of complexity theory is at Tinyurl.com/ComplexityTheoryExplained](http://Tinyurl.com/ComplexityTheoryExplained)
- CapraCourse.net
- InternationalFuturesForum.com
- SociocracyForAll.org
- [Lynn McTaggart’s books, including: *Living with Intention: The Science of Using Your Thoughts to Change Your Life and the World* and *The Power of Eight: Harnessing the Miraculous Energies of a Small Group to Heal Others and the World*](http://LynnMcTaggart.com)

Coming Soon!

Professional Reflexology Program

Founded in 1992, the Heal Center is an internationally recognized provider of Reflexology and Aromatherapy education.

HEALCENTER
healing arts + learning

HealCenterAtlanta.com

Call for more information
(404) 303-0007

Reflexology

INTRO TO REFLEXOLOGY

Join us December 9 or January 14
10am - 2pm

Reflexology is an ancient practice that stimulates the body’s innate healing ability. Learn easy-to-use, powerful techniques to help yourself, family and friends. Learn simple protocols that reduce stress and anxiety, ease pain, and encourage deep relaxation.

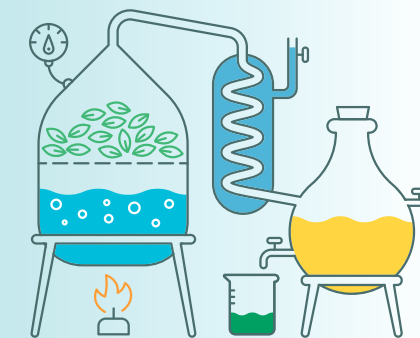


Aromatherapy

FOUNDATION TRAINING

Begins January 12

Move beyond essential oil enthusiast into the world of Clinical Aromatherapy. You will learn the therapeutic applications of 60 essential oils in this 50-hour level-1 NAHA Approved Certification. With lessons in anatomy, physiology, and pathologies, this course, refined over three decades, unleashes powerful healing for body, mind, and spirit. Advanced training modules coming soon!



Let’s find your happy + healthy HOME



Our home is one of our most expensive investments. It should also be an investment in our health and well-being. I am a certified building biology advocate & am very excited to use the knowledge and skills about 5GEMF concerns and how to create a non-toxic living environment to help you find a healthy home.

Tori McGraw
HOLISTIC REALTOR

your HOLISTIC REALTOR

770.608.6777 or 404.236.0043
www.atlantaholisticrealtor.com

CHAPMAN HALL REALTORS | 6100 LAKE FORREST DR., SUITE 120 | ATLANTA, GA



Holistic Healing & Events Center

- 8 Holistic Practitioners
- Frequency Healing
- Sound Journey
- Practitioner Peer to Peer Networking
- Sacred Beats Drumming

www.TheWellofRoswell.com

Full List of events on website
Event space for rent hourly, daily or weekends



SMALL Movements Can Make a BIG Difference

by Ravi Prabhakar



Movement is essential for life. It plays a role in all of the vital processes of life, including breathing, eating, walking and speaking—even the beating of our hearts requires movement. In short, when movement stops, life ceases.

According to neuroscientist Dan Wolpert, “We have a brain for one reason and one reason only, and that’s to produce adaptable and complex movements... It’s really important to remember that sensory, memory and cognitive processes are all important, but they’re only important to either drive or suppress future movements. There can be no evolutionary advantage to laying down memories of childhood or perceiving the color of a rose if it doesn’t affect the way you’re going to move later in life.”

Brain Maps and Neuroplasticity

Early in the 20th century, it was discovered that each part of the body is mapped on the motor and sensory cortexes in the brain. But these maps change over time. The brain is “plastic”—it can learn new behaviors and adapt to new stimuli well into adulthood. Dr. Norman Doidge, author of *The Brain That Changes Itself*, writes that neuroplasticity represents “the most important alteration in our view of the brain since we first sketched out its basic anatomy.”

The nervous system is exquisitely attuned to movement; according to Dr. Doidge, precise, directed attention to movements stimulates neuroplasticity, which leads to physical changes in the brain. The brain’s capacity to form new connections and pathways has enormous

implications for how we view ourselves and our ability to change, adapt and grow.

Using Movement to Reprogram the Brain

Moshe Feldenkrais, DS, a Ukrainian-Israeli engineer and physicist, proposed that, since brains are mainly preoccupied with movement, working with movement is the best way to improve the condition of the nervous system. His key insight was that slow, small movements, done with attention, can help fine-tune the functioning of the nervous system by engaging the mechanisms that underlie neuroplasticity.

Over the span of 40 years, Feldenkrais developed the Feldenkrais Method, a system of self-improvement that uses movement and real-time awareness of body sensations to bring about healing. It addresses a broad range of conditions, including multiple sclerosis, cerebral palsy, strokes and other neurological challenges. His method was also very effective in changing longstanding habits and behavioral patterns involved in posture, chronic pain or overuse injuries.

People who suffer from back, shoulder, hip or neck pain can find relief by changing their habitual patterns and finding new ways to move. The method can even help people recover from injury and enhance artistic and athletic performance.

A Complex, Intelligent and Self-regulating System

Dr. Feldenkrais utilized a systems approach toward improvement, whereby the human body is viewed as a large, complex and intelligent system that is also self-regulating. As

with all large systems, improving one part improves the running of the entire system.

Movement is an incredibly complex task for the human nervous system. It involves controlling over 200 bones and 600 muscles in real time. The human body also has over 200 joints, providing enormous possibilities for movement.

In this context, small changes make a big difference. For example, a minor improvement in the carriage of the head significantly reduces the load on the cervical spine and, in turn, requires subtle changes in the alignment of the entire spine as well as the orientation of the pelvis. These “small” changes can lead to better posture, greater longevity of the spine, easier gait, even greater confidence and overall well-being.

Large changes to well-established patterns are often rejected by the body. Smaller changes, on the other hand, are easier for the system to integrate. Over time, these small changes add up to make a big impact.

A Short “Awareness Through Movement” Lesson

We constantly underestimate how much difference small movements can make to our well-being. Try the following and judge for yourself. It will take less than two minutes:

1. Sit on a chair or stool of appropriate height with your feet flat on the floor. If your knees are higher than your hips, find a taller seat.
2. Gently turn your head and neck to the right and come back to the middle. Turn only as far as it feels very comfortable and easy to do. Notice how far to the right you can see from the corner of your eyes. Do this a couple of times, each time returning back to your starting point. Remember how far to the right you were able to see. Do not strain or try too hard.
3. Now, let your head and neck stay in the middle while you slowly move your left knee forward a couple of inches—as if to push something forward with your knee—and then come back to neutral. Keep both feet on the floor without moving them. You will feel something in your left hip joint. Do this small movement a few times.
4. Now do the two movements together. Slide your left knee forward as you turn

your head and neck to the right and notice how much further you are able to see now with the same amount of effort.

How many degrees did you add to your rotation by including the small movement of the knee?

Now try this instead: slide your *right* knee forward as you turn your head and eyes to the right. What changed?

Which of the two ways of turning felt easier and more comfortable? Were you able to turn more using one way than the other?

In which daily activities can you incorporate this new way of turning?

Suggestions for Your Movement Practice

- Pay attention to how you do what you do. Notice how much of your body you involve in the movement. Which part of your body comes to your attention? Where do you feel the restriction?
- Find different ways of doing the same thing, whether it be getting down on the floor, getting up from the floor, sitting to watch your favorite show or spending time with your kids. Can you make small changes that makes these activities easier and more pleasurable to do? 🧘

Ravi Prabhakar is a Feldenkrais practitioner offering private and group lessons in Atlanta. After spending 20 years in a



corporate environment, an old knee injury and a passion to continue playing tennis led him to the Feldenkrais Method. Visit AtlantaFeldenkrais.com.



Protect Against EMFs

We are immersed in EMFs. From **Wi-Fi, 5G, cell towers, power lines and more**, EMFs interfere with our cells’ bioelectric signals and can cause chronic conditions and some cancers.

Protect yourself with **VIVOBASE**, a German-engineered, scientifically-proven solution for home, car, and individuals that prevents EMFs from entering the body.

VIVOBASE

Save 15% on Any Purchase!
Use code “BeSafe15”



www.Vivobase.com

Stem Wave Therapy

Regenerative, Non-invasive, Improve
Circulation, Reduce Pain &
Inflammation

Conditions that respond well to Stem Wave Therapy:

- Arthritis
- Bursitis
- Tendonitis
- Plantar Fasciitis
- Sciatica
- Neuropathy
- Disc Injury
- Spinal Stenosis
- TMJ Dysfunction
- Carpal Tunnel Syndrome



Atlanta Ortho Stem

The most effective treatment to heal the body using acoustic waves to activate the body’s own dormant stem cells.

Introductory offer only \$49

Located inside:

Hands On Wellness Chiropractic
3652 Chamblee Dunwoody Rd. Suite 1
Atlanta, GA 30341

www.atlantaorthostem.com
770-452-2955

EXPERIENCING COMPLICATIONS AFTER LASER EYE SURGERY?



If you’re experiencing blurry vision, double vision, ghost images, glare, or halos, I can help.

I’m Dr. Kyle Jones. I specialize in helping people with less than perfect results from elective/laser eye surgery. I listen intently and treat all patients with respect and compassion.

My office is dedicated to the restoration of your vision and comfort.

Call (770) 939-8840
drjones@georgiaeyecenter.net

GEORGIA EYE CENTER
4135 Lavista Rd #100
Tucker, GA 30084
www.georgiaeyecenter.net



YOUR DESTINATION FOR DISEASED AND IRREGULAR CORNEA TREATMENTS AND SPECIALTY CONTACT LENSES

Natural 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.



New research: Copper kills viruses in seconds.

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

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.

Users say:

"It works! I love it!"

"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 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.

Soon people found other things they could use it against.

- Colds**
- Flu**
- Virus variants**
- Sinus trouble**
- Cold sores**
- Fever blisters**
- Canker sores**
- Strep throat**
- Night stuffiness**
- Morning congestion**
- Nasal drip**
- Infected sores**
- Infected wounds**
- Styes**
- Warts**
- Ringworm**
- 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."

CopperZap® is made in the USA of pure copper. It has a 90-day full money back guarantee. Price \$79.95. Get \$10 off each CopperZap with code NATA33.

Go to www.CopperZap.com or call toll-free 1-888-411-6114.

Buy once, use forever.

Statements are not intended as product health claims and have not been evaluated by the FDA. Not claimed to diagnose, treat, cure, or prevent any disease.



YOGA as Self-Care

by Mila Burgess

The most important relationship each of us has is our relationship with ourselves. Self-care is the intentional, planned set of actions one takes to promote and enhance physical, mental and emotional well-being. It is a multidimensional approach, embracing strategies that target healthy functioning in multiple areas to promote optimal health.

According to the World Health Organization, self-care is important because it encourages health, prevents disease and improves people's ability to cope with illness. Research shows that it reduces stress, anxiety and depression, bolsters happiness, increases energy and fosters strong interpersonal relationships. Self-care also helps people build resilience and equips them to better handle the unavoidable and inevitable challenges of life.

Despite its benefits, many people view self-care as a self-indulgent luxury rather than a self-preserving priority. A lack of self-care can lead to feelings of overwhelm, fatigue and greater levels of stress.

To fully care for oneself, one must give attention to several domains—balancing physical, mental, emotional, social and spiritual needs.

Self-Care On and Off the Mat

Yoga is thought to be one of the best forms of self-care precisely because its many benefits reach across so many domains. A 2015 study out of Texas Christian University confirmed the power of yoga as self-care. Study participants reported "significantly higher self-care as well as less emotional exhaustion" after completing an eight-week yoga program, while the control group showed no change. Practicing yoga helps people develop self-care routines both on and off the mat.

PHYSICAL SELF-CARE. These activities involve taking care of the body with rest, relaxation, nutrition and movement. Examples include eating healthy meals, taking walks, staying hydrated, napping, attending healthcare appointments and getting massages or manicures. Exercise is an excellent form of physical self-care. Not surprisingly, yoga is often first on the list of recommended forms of physical self-care because of its strength, flexibility and mobility benefits.

MENTAL SELF-CARE. Activities that stimulate the intellect and keep the mind sharp are considered mental self-care. Reading books, doing puzzles, playing chess, visiting museums and following dance or yoga sequences are examples of mental self-care strategies. Practicing mindfulness to create a healthy mindset is also an important part of mental self-care.

Yoga is an excellent mental self-care strategy. Yoga students turn their attention inward, learning to minimize outward distractions while maintaining mental focus. They practice self-awareness, self-acceptance, presence and mindfulness and recognize that the ultimate goal of yoga is mental clarity.

EMOTIONAL SELF-CARE. Emotional self-care practices help people acknowledge, process and reflect on a range of emotions and help to improve their coping skills and emotional regulation as a result. Activities can include journaling, talking to a close friend or therapist about feelings and setting and sticking to boundaries. Seeking and accepting help when needed and writing and/or repeating positive affirmations also fall into the realm of emotional self-care. Other activities that create a sense of recharge are also recommended.

Yoga practitioners receive emotional self-care naturally as they learn to listen and respond to sensations in their bodies. They learn how to lean into and breathe through uncomfortable sensations and moments on the mat, which supports emotional regulation. And doing so on the mat nurtures their ability to do the same off of it. Further, because stress hormones are released through sweat and positions that open the hips are linked to a

YOGA IN ATLANTA

- A Focused Advertising Section -



**13 Expert Teachers. 9 Local Studios.
1 World Class YTT. It all adds up to a New You!**



**Join our 200-hour Yoga Alliance
approved YTT Begins January 20.**

Arrive with an Open Mind. Leave with an Open Heart.

Unmatched Benefits • Unrivaled Reviews • Unquestionably Unique

"I learned so much about yoga, but the best part was how much I grew as a person." - A.B.

"I cannot speak highly enough of this YTT training with Kim. It was a beautiful, transformational experience." - E.R.

"I truly saw myself and others grow into the beautiful beings they are destined to be." - A.R.

WHAT MAKES THIS UNIQUE?

**You receive free UNLIMITED membership at all studios during training
Atlanta's Largest YTT faculty with 13 subject EXPERTS
You will learn and practice teach in MULTIPLE studios, raising your
confidence upon graduation
★★★★★ reviews since 2014**

You can't put a price on growth. Do this for you.

ytt collective

**For more information visit our website
www.YTTCollective.com**

GIVING TREE YOGA + WELLNESS

1295 W Spring St SE
Smyrna, GA 30080
770-626-1559
yogastudiosmyrna.com



We're focused on bringing physical and mental peace to all who seek it. Our teachers and wellness providers maintain an easy and inviting sensibility, empowering clients to experience a true, yoga-focused practice.

METTA YOGA

www.mettayoga.studio
mila@mettayoga.studio



Metta Yoga provides small group, private and virtual yoga to students of all levels in a friendly, nurturing environment. Offerings also include workshops, teacher trainings and retreat experiences.

PEACHTREE YOGA CENTER

6046 Sandy Springs Circle
Atlanta, GA 30328
404-847-9642
peachtreeyoga.com



Friendly, safe discover yoga. We have more RYT500-certified teachers than any other GA studio. And our teaching program has produced more teachers and studio owners than any other in GA.

SATI YOGA AND WELLNESS

Non-heated, trauma-informed yoga
1996 Hosea L Williams Dr
satiyogawellness.com
404-907-4279

VISTA YOGA

2836 Lavista Road, Suite D
Decatur, GA 30033
404-929-9642
vistayoga.com

To place an ad in our Yoga section,
inquire at ads@naAtlanta.com

CALENDAR

SUNDAY, DECEMBER 18

HoliDaze Slow Flow Yoga – 9:30-10:30am.
With Jess Pfeffer. A free all-levels yoga slow flow to decrease stress before the holidays and increase joy for the holidays. AllBirds in Ponce City Market, 675 Ponce De Leon Ave NE, Atlanta. Tinyurl.com/5n78v89d.

SATURDAY, FEBRUARY 25

300-Hour Yoga Teacher Training

8am-6pm

One Sat & Sun, Feb 25-Oct 15.
Registration for the 2023 course is officially open. Transcend your present understanding of yoga and take your career and personal practice to new heights.
Peachtree Yoga Center,
6046 Sandy Springs Cir, Atlanta.
404-847-9642.
To apply: Ilona@PeachTreeYoga.com.
PeachtreeYoga.com.

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.

True yoga is not about the shape of your body, but the shape of your life. Yoga is not to be performed; yoga is to be lived. Yoga doesn't care about what you have been; yoga cares about the person you are becoming. Yoga is designed for a vast and profound purpose, and for it to be truly called yoga, its essence must be embodied.

~Aadil Palkhivala

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.

FRIDAYS

Community Vinyasa Flow – 6pm. Pre-registration required. Donations welcome. Liff Dunwoody, 1705 Mt Vernon Rd, Ste E, Dunwoody. LiffYogaStudio.com.

SATURDAYS

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

Yoga at Preston Ridge Community Center – 9am. Grab your mat and join our amazing instructors for a complimentary class. 3655 Preston Ridge Rd, Ste 100, Alpharetta. LiffYogaStudio.com.

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.

release of emotional tension, yoga serves as an emotional release.

SOCIAL SELF-CARE. Studies show that social connections are vitally important to health and happiness. Like-minded yoga practitioners often come together, form communities within yoga studios, and participate in shared activities that they enjoy. They get to know one another and often build new relationships that turn into strong friendships. Yoga retreats offer opportunities for practitioners to travel with other members of their yoga communities, experience new places and make lasting memories together. For many, the practice of yoga is a practice of relationship building.

SPIRITUAL SELF-CARE. Spiritual self-care doesn't need to be religious in nature, although it certainly can be. Spiritual self-care strategies—such as meditation, self-reflection, spending time in nature, prayer and volunteering—can help one develop a deeper understanding of the universe. Yoga is often considered a spiritual self-care strategy because practitioners are challenged to think bigger than themselves through yoga's emphasis on gratitude, its philosophical teachings and its focus on selfless service. Additionally, because the goal of yoga is to reach a meditative state by quieting the mind, yoga and meditation are inextricably woven together.

Simply put, yoga is self-care. Studies show that people who regularly participate in yoga classes have healthier activity levels, eating habits and self-care routines than those who do not. It enriches one's physical, mental, emotional, social and spiritual well-being and can be a sustainable, holistic regimen with benefits that extend far beyond the yoga mat. 🧘‍♀️

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.



WWW.LIFTYOGASTUDIO.COM
ALPHARETTA | DUNWOODY | JOHNS CREEK

LIFT YOGA + BODY offers a safe, inclusive environment, always without judgment, and guaranteed to leave you with a smile!

Whether you're looking for a restorative, meditative experience, or an intense hot power yoga session, we have something for everyone, no matter where you are in your yoga journey.

LIFT YOGA + BODY
creating connection

**NEW MEMBER SPECIAL:
2 WEEKS UNLIMITED CLASSES
FREE WITH PROMO CODE NAFREE**



Jeffrey Rediger on the Science of Miraculous Recoveries

by Sandra Yeyati

Board-certified psychiatrist Jeffrey Rediger is an assistant professor at Harvard Medical School and medical director of McLean Southeast Adult Psychiatry and Community Affairs at McLean Hospital, near Boston. He holds a Master of Divinity degree from Princeton Theological Seminary. For almost two decades, Rediger has studied spontaneous healing, pioneering the use of scientific tools like CT scans and lab tests, as well as personal interviews, to investigate surprising recoveries from incurable diseases. His findings are documented in his bestseller *Cured: Strengthen Your Immune System and Heal Your Life*, and have been discussed on *The Oprah Winfrey Show*, a TEDx talk and numerous public engagements.

How do you define spontaneous healing?

Science calls these events spontaneous remissions, and doctors are taught they have no medical or scientific value. On the spiritual side, they're called miracles. These terms haven't been examined with the tools of science. The word spontaneous in this context means without cause. Most doctors see inexplicable healings. To assume that there's no cause for remission is mind-boggling. Everything has a cause. We just aren't asking the right questions.

From your studies, who beats the odds and why?

I broke down recoveries into four pillars of healing and well-being that were present in most cases: nutrition, healing the immune system, healing the stress response and healing identity and beliefs.

Can you describe key elements of the first pillar—nutrition?

People who got better when they weren't supposed to seemed to have a common understanding of nutrition that centered around whole, plant-based foods and the elimination of processed foods and sugar. In Western countries, we're taught that most people suffer from over-nutrition and obesity, rather than malnutrition. I believe we have massive malnutrition because of processed foods. When sugar crystals coarse through the bloodstream at high levels—as we see in U.S. diets—it causes little cuts which immune cells repair over and over, creating scab upon scab until you end up with atherosclerosis.

What about the next pillar—healing the immune system?

We need to honor the science of both Louis Pasteur, who proved that germs exist and play a role in disease, and Claude Bernard, who explained that if we take care of the inner terrain (what we now call the microbiome) we won't get sick. We're continually surrounded by millions of pathogens, bacteria, viruses—inside and outside of our bodies—that become invaders when something breaks down in our terrain. We over-use medicines, many of which suppress the immune system. So, we need to emphasize the magnificent 30-year research about the microbiome and take care of our bodies to avoid leaky gut and other conditions that act as entrance points for disease.

What about the pillar related to stress?

The deep chasm we've created between mind and body doesn't exist. Doctors are taught to find symptoms, make a diagnosis and start a medication. But whether a patient comes in for back pain, a heart attack or an autoimmune flare-up, it's critical to ask them what has been stressful lately and try to get the story of the illness. Usually, that will prompt a cathartic recount of stresses that relate to what's going on physically. Helping people understand the deeper story of their illness and find a path to healing around that can be life-saving.

Can you explain the fourth pillar—healing identity and beliefs?

This is the big one, which people said was the reason they were grateful for their illnesses. When people are diagnosed with an incurable illness, although they're terrified, many (more than you would think) are also relieved. They'll say, "If I only have six months to live, then I don't have to take over the family business like dad's pressuring me to do." That preparation to die often becomes a doorway into a different life. When you decide to focus on what you need and want, that death of the false self allows the birth of a more authentic self that becomes its own journey to healing.

How does spirituality affect healing?

Spirituality has to do with how we feel about who we are, how we experience our value in the world and what kind of universe we live in. Is the universe friendly and caring or unfriendly and uncaring? If we experience ourselves and others as human beings who have value and bring beauty into the world, that's very different from feeling alone, defective or not good enough. How a person feels at a deep, conscious or unconscious level about themselves and the universe is a massive factor in terms of their vitality and health.

What can people learn from your research?

Take compassionate and firm charge of your minds, bodies and life. Doctors teach patients to be passive recipients of care, but the possibilities of healing come from within. It's not about taking a medication as much as understanding our value, assertively taking steps to create a community of people who care about us and developing a path towards healing that's rooted in an understanding of our deeper story. 🙏

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

C
a
c
h
i
n
g

Discover THE PATH TO
Clarity, Creativity & Joy

FIND YOUR NORTH STAR &
MOVE TOWARD YOUR GOALS
WITH CONFIDENCE.

Bestselling Author, Certified
Life Coach, MBA, and Yoga
and Meditation Instructor
Trish Ahjel Roberts will lead
the way as your personal coach!



ENDORSED BY JACK CANFIELD,
MARC SHIMOFF, AND IYANLA VANZANT

Visit TrishAhjelRoberts.com or
email hello@trishahjelroberts.com
to schedule your FREE consultation.

- A FOCUSED ADVERTISING SECTION -

PERSONAL LIFE COACH

Stray From The Norm

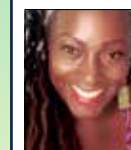
Anthony Strayhorn
5299 Roswell Rd Suite 120
www.anthonystrayhorn.com
strayfit@gmail.com



Helping you achieve Clarity
that Inspires, Conviction that
Ignites, and Courage that
Powers. For Life.

StudioSteffanie

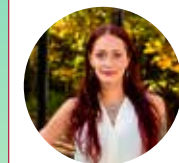
Author, Book Coach, Speaker
StudioSteffanie.com
StudioSteffanie@gmail.com
678-330-8139



Feeling stuck? Receive the
guidance needed to banish
procrastination and gain the
breakthrough you've been
looking for! Contact
StudioSteffanie at 678-330-
8139 for book coaching
accountability.

Discover your soul **purpose**
& attract your **dream** life

WOMEN'S ONLINE COURSE
& GROUP COACHING



To schedule your FREE
virtual consultation

www.goddessunlocked.com
or
call/text 404-721-8126



**A Wonderful
Approach**

**SPIRITUAL LIFE COACH
MOMMA SEVEN**

CALL FOR A FREE ASSESSMENT
678-777-1373

WWW.AWONDERFULAPPROACH.COM

Do you want to advertise your
service in this section?

Call us for rates! 404-474-2423

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.

PHOENIX & DRAGON BOOKSTORE

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

SUNDAY, DECEMBER 4

Tea Journeys: Introduction – 2-4pm. With Western Immortal. Explore the history of tea, culture of tea, types of tea and ways of making tea. Sample several different types of tea. Free.

FRIDAY, DECEMBER 9

Winter Solstice Guided Meditation: The Wild Hunt – 6:30-8pm. Join Psychic Medium Darren Bucare in journey across the sky. This guided meditation will illuminate the magic of what is huge part of why we embrace, revere and share joy in Santa Claus. \$35.

SATURDAY, DECEMBER 17

Goat Yoga – 12-1pm. 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.

SATURDAY, DECEMBER 3

Editor's Choice **Back to Nature Holiday Market** – 10am-5pm. Explore local artisans who have unique, handmade, and/or eco-friendly gifts for the holiday season. Art, jewelry, candles, children's gifts, bath products, food, nature gifts and more. Free admission. CNC, 9135 Willeo Rd, Roswell. ChattNatureCenter.org.

CLASSIFIEDS

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.

WANTED | LMTs Wanted. Flexible hours, all supplies, 15-minute breaks, front desk service, free massage each month. LaVida Massage Sandy Springs, 6623 Roswell Road NE, Suite C. Call or email: 404-236-7291, SandySprings.GA@LaVidaMassage.com

SUNDAY, DECEMBER 4

2022 Georgia VegFest – 11am-5pm. Includes something for everyone with engaging speakers, food samples, live music, Family Fun Zone, face painting, magician and over 75 exhibitors. \$5 general admission. Gas South Convention Center, 6400 Sugarloaf Pkwy, Duluth. GeorgiaVegFest.com.

Breathwork & Sound Bath – 2-3:30pm. With Alexa Shackelford. This session consists of the use of your conscious circular breath, reiki, evocative music and vibrational sound, which will leave you feeling lighter and a deeper sense of clarity. The Well of Roswell, 900 Old Roswell Lakes Pkwy, Ste 300, Roswell. 770-778-2051. TheWellOfRoswell.com.

TUESDAY, DECEMBER 6

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/y6h5kekr.

THURSDAY, DECEMBER 8

Popsicles in the Park – 5-6:30pm. McClatchey Park, E Park Ln NE, Atlanta. ParkPride.org.

SATURDAY, DECEMBER 10

Editor's Choice **Holiday Resilience Workshop: Reclaiming Your Energetic Vibrancy** – 5-6:45pm. The Energy Healer will use meditation, imagery, heartfelt dialogue, and energetic healing techniques to shift old unhealthy patterns individually and collectively in this workshop. Decatur Healing Arts, 619B E College Ave, Decatur. DecaturHealingArts.com.

FRIDAY, DECEMBER 16

ANCIENT FUTURE 2.0 The Coming Challenges Facing Humanity and How to Navigate Them

7pm – An update of the classic by Wayne B Chandler, bestselling author, spiritual healer. Royalty Banquet Hall, 879 Ralph David Abernathy Blvd. Special presentation by Tassili Maat on her new book "Journey to Selflessness."

Tickets www.AncientFuture2.com. Text Ancient Future to 470-272-6559.

SATURDAY, DECEMBER 17

All-Day Christmas Meditation – SRF Atlanta, 4000 King Springs Rd, Smyrna. 770-434-7200. srfatlanta.org.

Winter 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.

The Good Heart: Meditations to Experience Deep Peace – 10am-1pm. Half-Day Meditation Workshop with Resident Teacher, Gen Kelsang Norden. Slow down before the holidays and take in some of Buddha's essential teachings and meditations on how to create a deep inner peace at the heart. Kadampa Meditation Center Georgia, 741 Edgewood NE, Atlanta. 678-453-6753. MeditationInGeorgia.org.

Editor's Choice **Winter Family Night Hike** – 7-9pm. Listen for the sounds of winter in the woods and gaze up at the stars, while enjoying the crisp air of the season. \$12/nonmember, \$10/member. CNC, 9135 Willeo Rd, Roswell. ChattNatureCenter.org.

SUNDAY, DECEMBER 18

KMC Georgia Holiday Potluck – 12-1:30pm. A vegetarian potluck community lunch after our Sunday Advice for a Happy Life Class. All welcome. Please bring a vegetarian dish to share. Kadampa Meditation Center Georgia, 741 Edgewood NE, Atlanta. 678-453-6753. MeditationInGeorgia.org.

WEDNESDAY, DECEMBER 21

Editor's Choice **Winter Solstice Sound Healing Service** – 7-8pm. With Jennifer Blaha. Enjoy a healing sound bath to welcome in the longest night of the year and the turning of the wheel of the seasons. Unity Atlanta, 3597 Parkway Ln, Peachtree Corners. 770-441-0585. UnityAtl.org.

SATURDAY, DECEMBER 31

New Year's Meditation – SRF Atlanta, 4000 King Springs Rd, Smyrna. 770-434-7200. srfatlanta.org.

24-Hour Tara Chanting Retreat – Dec 31, 3pm-Jan 1, 11:45am. Green Tara Prayers: Liberation from Sorrow. We are offering a free 24-hr Tara Chanting Retreat to celebrate the New Year. Kadampa Meditation Center Georgia, 741 Edgewood NE, Atlanta. 678-453-6753. MeditationInGeorgia.org.

Online: Midnight Meditation – 11:30pm-1am. Via Zoom. VedantaCenterOfAtlanta.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. North-west 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/yjzutfj4.

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. Toregister: MeditationCircle.org.

Practitioner Peer to Peer – 7-8:30pm. 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 Pranic Healing Center via Zoom. To watch: AtlPranicHealing.com.

Reiki Share – 7-8pm. 3rd Thur. Ready to open your energy, remove emotional blocks, or simply let go and unwind? Then let's get together. \$10. 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.

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.

COMMUNITY DIRECTORY

Discover the leaders in natural health care, sustainable living, and personal and spiritual development in our community! To list your product or service here, email us at: ads@naAtlanta.com

ACUPUNCTURE

J. Cameron Holister, MS (TCM), LAc
608 Moreland Ave
Atlanta, GA 30307
peachtreeacupuncture.com
hollisteracupuncture@gmail.com



With a masters degree in Traditional Chinese Medicine, and over 20 years of experience, Cameron provides quality acupuncture, herbal medicines, moxibustion, cupping and gua sha.

ALTERNATIVE THERAPY/ COACHING

Kate Felzien

EFT Tapping and Healing Mentor
www.katesfollyeft.com
katesfollyeft@gmail.com



Tried everything and still feel stuck? EFT Tapping may be the missing piece you're looking for. Specializing in EFT, Stone, Plant, and Tree Wisdom, and the Sacred Andean Arts. Let's work together! Request a complimentary 30-minute chat.

ANIMAL COMMUNICATION

Rosemary Kimble

Animal Communicator/ Pet Clairvoyant
www.visionsandreflections.com
info@visionsandreflections.com
WhatsApp: US 404-316-9141



Communicating intuitively with animals as a means for healing in order to help them and your family the best life possible. Including help for: Behavioral issues, Missing Animals, Deceased Pets

BOOKSTORE, METAPHYSICAL

Forever And A Day

7830 Hwy 92
Woodstock, GA 30189
www.foreverandaday.biz
770-516-6969



Crystals, 20% off new books, herbs, jewelry, incense, candles, 160 tumbled stones. We offer psychic readings, classes, massage and more. Home of Woodstock Salt Cave. Online calendar.

COLON HYDROTHERAPY

Andrea's Place

Global Mall, Norcross Georgia
Colonics, Skin & Body Health
678-818-6148 or 770-729-8507

CHIROPRACTIC

Hands On Wellness Chiropractic

3652 Chamblee Dunwoody Rd Suite 1
Chamblee, GA 30341
www.howchiropractic.com
770-452-2955



Healing takes time and specialized care. Restore your health balance with chiropractic at all stages of life, including pregnancy and infants. Also, enjoy the benefits of hyperbaric oxygen therapy!

Healworks

5150 Roswell Rd NE, Atlanta, GA 30342
healworks.net • 404-255-3110



Living well means enjoying life to the fullest everyday. Pain denies you the Life you desire. We provide One-Stop Healing: the multi-discipline therapeutics that address body and mind.

HANDYMAN

Fred Can Fix It

Experienced, Affordable
1000s of jobs completed citywide
fredstevensiii@gmail.com
404-492-3013



Home Repairs? What's on Your List? I'm the DIY guy turned pro, the prep-for-market and honey-do list specialist. Your satisfaction means the world to me.

HEALTH FOOD STORE

Sevananda Natural Foods Market

467 Moreland Avenue NE
sevananda.coop
404-681-2831



Atlanta's only MEMBER-OWNED natural foods market. Featuring vegan hot bar, extensive herbs and supplements department, and a large selection of products from local vendors. Support local. Shop Sevananda!

HERBALIST

Shannon Gowland

Seeds of Wellness
SeedsOfWellnessCenter.com
bewell@seedsowellnesscenter.com
404-895-1302



Empower yourself on your wellness journey. I look at your health history, genetics, epigenetics, and review your skin, nails, eyes and tongue to develop your bio-individual protocol.

HOLISTIC DENTISTRY

Atlanta Dental Wellness

Cale Jackson, D.M.D.
Piedmont Center, 3525 Piedmont Rd
Bldg Five, Ste 408, Atlanta
AtIDentalWellness.com • 404-233-1102



Mercury-free dentistry service for over 20 years. Special treatment for mercury removal. Discover which dental materials are optimal for you.

HYPERBARIC OXYGEN THERAPY

Hands On Wellness Chiropractic

3652 Chamblee Dunwoody Rd Suite 1
Chamblee, GA 30341
www.howchiropractic.com
770-452-2955



Enhances the body's natural healing process by delivering oxygen under pressure, increasing oxygen content in the blood, plasma, and cerebral spinal fluid. HBOT reduces inflammation & helps with neurological conditions.

HYPNOTHERAPY

Becky Arrington

The Well of Roswell
www.arringtonassoc.com
becky@arringtonassoc.com
770-778-2051



Stop Sabotaging; Start Succeeding! Clear emotional trauma resulting from childhood, prior experiences or past lives by accessing your "untapped wisdom" within, facilitated by Becky's intuitive abilities and Alchemical Hypnoterapy processes.

Jim Colton Hypnosis

Braselton, Decatur & Sandy Springs
jimcoltonhypnosis.com
404-434-4847



Build a better YOU by learning to love yourself. Beat bad habits, depression, anxiety, fears, anger, and grief quickly, effectively, painlessly, permanently and naturally.

Roswell Hypnotherapy

Jeanne Campbell Bernstein
4343 Shallowford Rd, Marietta, GA 30062
678-521-6637

INTENTIONS

United Intentions Foundation, Inc.

Discover the Power of Your Intentions!
11205 Alpharetta Hwy, Ste F5
Roswell • UnitedIntentions.org
678-495-4345



A nonprofit organization dedicated to sharing cutting-edge scientific research, tools and techniques that promote positive life changes. Offering education seminars, curriculum in the form of interactive videos and games, online resources, tools and applications. Join our online community to learn about the power of positive intentions, create your own, and share them with other members around the world! Membership is free.

INTERIOR DESIGN

Olivia Marcellay

www.oliviamarcellay.com
oliviamarcellaydesigns@gmail.com
404-227-3467



Create a home that reflects your essence and your dreams! We'll consider all parameters: Function, aesthetics, environment, sustainability and applicable codes. Together, we'll arrive at the best possible outcome.

MASSAGE

Melissa Vojta, LMT, OT, MHSOT

Mobile Services
6100 Lake Forrest Drive, Ste. 450
melissavojtamassage@gmail.com
770-778-3475



Integrative massage with healing intention: Swedish, Deep Tissue, Myofascial Release, Acupressure, Reflexology, Assisted Stretching. Occupational therapist experienced with a range of issues, I can customize bodywork to your needs.

REALTOR

Mindy Roberts

The Mindful Realtor
Ansley Real Estate | Christie's International
bit.ly/mindy-roberts
229-403-4964



Buying/selling a home is very stressful; bringing mindfulness to the process relieves a lot of it. I help clients become "unattached" and create as little room for letdown as possible.

Tori McGee

Holistic Realtor / Building Biology Advocate
www.atlantaholisticrealtor.com
HolisticHomeExpert@gmail.com
770-608-6777



Let me help you find your healthy home, free of radon, mold, EMF, dirty air and water, etc. After all, environment determines up to 80% to 90% of our health outcomes.

SPA

Dermal Kneads Face & Body Shop

Facials, Massages, Waxing, Lashes
In Office or Private Care
TamaraVernice.Square.site
Atlanta, GA 678-834-6770

Inga's Skin & Body Care Salon

1471 Terrell Mill Road Suites A & B
Marietta, GA 30067
www.ingas-comerelax.com
770-952-0905



Treat yourself to luxurious relaxation and sophisticated warmth. From massage, to facials, to wraps, to an extensive product selection including gems and crystals, you deserve it!

SPIRITUAL & MEDITATION CENTERS

Share International USA

share-international.us/
info-se@share-international.us
770-302-2208



A message of hope during this time of crisis: the Emergence of Maitreya, the World Teacher and the Masters of Wisdom.

WELLNESS CENTERS

The Well of Roswell

Hope, Healing & Happiness
900 Old Roswell Lakes Parkway #300
Roswell, Georgia 30076
www.thewellofroswell.com



A Holistic Healing and Event Center bringing the metaphysical to the mainstream. Offering many healing modalities and classes, workshops and events to assist your spiritual journey and transformation. Event rentals.

WELLNESS COACHING

ORR Wellness Coaching

A Balanced Life is Within Reach
Online coaching and mentoring to achieve holistic wellness for body, mind, and soul
www.orrwellness.com • 404-993-3914



Feast for the Soul

by Rev. Jennifer L. Sacks

Before I embraced my call to ministry, I worked in the family food business, creating culinary delicacies for celebrating holiday feasts and life passages. The catering seasons flowed one into another just as, I later discovered, the liturgical seasons do. From Thanksgiving to Chanukah, Christmas and New Year's. From Purim and Passover to Easter. Christenings, communions, bar and bat mitzvahs, graduations, weddings and funerals.

Our menu was extensive and offered variations on themes. Besides traditional potato latkes, we offered zucchini and sweet potato options. Pumpkin cheesecake in one season led to strawberry shortcake in another. Christmas Buche de Noel preceded Easter carrot cakes. There were always quarts of chicken soup with matzo balls, pounds of brisket, pans of lasagna and baked ziti, mounds of green beans almandine, watermelon boats overflowing with fruit salad, endless trays of butter cookies and luscious bowls of chocolate mousse.

Sometimes I sampled the seasonal favorites. Occasionally, I hungered for something we prepared. I enjoyed the food, though never feasted. Often, I felt overwhelmed with so much variety and would find myself nibbling leftover chips and onion dip or sipping egg drop soup from my favorite Chinese restaurant.

Over the years, I helped many longtime customers plan their family events. Two were clergy: Jacob, a rabbi and Peggy, a Presbyterian pastor. One day, Rabbi Jacob asked me about my own holiday celebration. He wondered how I would address my suffering. I wasn't aware that I suffered, though I certainly wasn't feasting either.

Then, I spoke words that became prophetic for me: "I don't believe God wants us to suffer. I believe God intends us to feast."

He nodded and smiled as if I had passed a religious test. A few weeks later, I spoke with Pastor Peggy, asking her questions I never knew I had about ministry. Eventually, my words led me away from the food business, into full-time teaching, then to seminary and church ministry.

One recent Saturday morning, as I shopped at a local gourmet market for a church potluck, I noticed preparations for the next seasonal feast. For a few minutes, I became lost among boxes of chocolates; stacks of apple, pumpkin, berry and coconut pies; cases filled with cranberry relish, turkey and dressing and three kinds of potatoes. I could feel the overwhelm again as I tried to decide what I wanted.

As I paused to enjoy a sip of chai, a clerk asked whether I was planning for my Sunday off.

"No," I said. "I work on Sundays."

"Oh," she said, "So do I." Then she asked, "What do you do?"

"I'm a minister," I replied.

"Wow!" she gushed. "That's awesome. I'm so glad to meet you. Where I'm from, women aren't ministers."

As she weighed and packed my purchases, she asked me several questions about my work and the church. I recognized she hungered for something more—just as I had. I also realized, in that blessed time we shared, that my work has always been about feasting. First, I said yes to providing food for the body. Now, I offer sustenance for the soul.

At the church potluck, a variety of holiday favorites, including mine, filled the buffet. I didn't put much on my plate; I rarely do at these events. But I loved going from table to table, visiting and laughing with congregants. I felt full in their presence, reminded that God—unconditionally loving and infinitely compassionate—has created us to serve one another and thrive. I savor this truth and delight in offering it to all who want to join the feast. 🌱



Senior Minister of Unity Atlanta Church in Peachtree Corners, Rev. Jennifer L. Sacks is a preacher, writer and spiritual leader. She holds a Master of Divinity from Unity Institute & Seminary. Learn more and connect with her at RevJenn.com.

2nd ANNUAL

Holistic & Wellness

EXPO

at Valhalla Resort

**ADVANCE TICKETS
ON SALE NOW!**
Visit our website or call
706/878-2200 ext. 5503

**SPECIAL ROOM
RATES AVAILABLE!**

Date: February 4th, 2023

Time: 10am-5pm

Location: Great Hall at Valhalla Resort

A variety of holistic vendors & practitioners under one roof.

Visit, experience, taste, and be energized!

To be considered as a vendor, to purchase tickets, or to receive more information, contact Irene at spa@valhallareshotel.com

Advance Tickets: \$15
Groups of 6+: \$12.50 each
Day of Event: \$20

688 Bahn Innsbruck
Helen, GA 30545

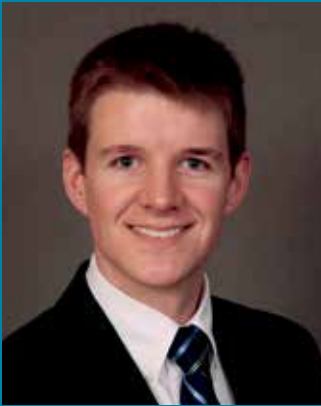
706.878.2200 x4

ValhallaResortHotel.com



ATLANTA

DENTAL WELLNESS



Cale Jackson,
D.M.D., IAOMT

We have created a welcoming and respectful environment for your care, including:

- Mercury-free for more than 35 years
- Safe removal of mercury fillings: **SMART protocol**
- Dental Ozone treatment
- Biocompatible dental materials
- Very low-radiation digital x-rays

Atlanta Dental Wellness welcomes chemically and environmentally sensitive patients, as well as patients who simply want their dental care to be in harmony with their healthy lifestyle.

*Our focus is the total health, comfort
and well-being of our patients.*



Matthew Giordano,
D.M.D., IAOMT

Atlanta Dental Wellness
3525 Piedmont Road
Building 5, Suite 408
Atlanta, GA 30305



atdentalwellness.com
404-233-1102



Facebook.com/atlantadentalwellness