



Natural Living Journal

Well-being for Body, Emotions, Mind, & Spirit

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With Gratitude Comes Joy

Choosing Peace Within

Helping Create Solutions for Humanity

Joy Through Creativity

Make Time to Celebrate

Expressing Feelings Through Art

How to Help Keep Your Child's Brain Healthy

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Natural Living Journal encourages people to live in harmony with the wholeness of their physical, emotional, mental, and spiritual well-being. We encourage all to live in harmony with each other, with our precious planet and all aspects of nature, and with the Divine. This journal is independent of any organization and is not affiliated with nor advocates any specific religion or political ideation. We support natural holistic health care practices, and we seek to work in harmony with the medical field. Our deep purpose is to foster wisdom, peace, joy, creativity, co-operation, love, ecology and sustainability, inclusiveness, wholesome adventure, stewardship, community service, natural abundance, and the arts.

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WITH GRATITUDE COMES JOY

Rev. Valerie Mansfield

Gratitude is more than a polite “thank you.” It is a mindset, a way of seeing life through the lens of appreciation rather than lack. When we practice gratitude, we shift our focus from what is missing to what is present, and this simple shift opens the door to joy.

Joy is not always found in grand achievements or material possessions. Often, it blooms in the quiet moments—a warm cup of tea, a friend’s laughter, or the beauty of a sunrise. Gratitude helps us notice these moments. When we pause to acknowledge the goodness in our lives, no matter how small, we create space for joy to enter. It is not that gratitude magically solves problems, but it changes how we experience them. Instead of dwelling on hardships, we learn to see blessings even in adversity. Science supports this truth. Studies show that people who regularly

practice gratitude report higher levels of happiness and lower levels of stress. Gratitude rewires the brain, fostering positive emotions and resilience. It teaches us that joy is not a distant goal but a present reality, accessible




through appreciation.

Gratitude also strengthens relationships. When we express thanks to others, we deepen connections and build trust. A simple acknowledgment—“I appreciate you”—can brighten someone’s day and create a ripple effect of kindness. Joy multiplies when shared, and gratitude is the spark that ignites it.

Practicing gratitude does not require perfection or grand gestures. It begins with small steps: keeping a gratitude journal, saying thank you more often, or silently appreciating the good in each day. Over time, these habits cultivate a heart that sees abundance rather than scarcity. In a world that often emphasizes

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what we lack, gratitude reminds us of what we have. It transforms ordinary days into extraordinary blessings. And in that transformation, joy is born—not as a fleeting emotion, but as a steady companion. In a world that often emphasizes what we lack, gratitude reminds us of what we have. It transforms ordinary days into extraordinary blessings. And in that transformation, joy is born—not as a fleeting emotion, but as a steady companion.

So, when life feels overwhelming, pause and ask: What can I be grateful for right now? The answer may be simple—a breath, a smile, a moment of peace. Yet in that simplicity lies profound joy. Gratitude does not just lead to joy; it is joy in its purest form.

BIO: Reverend Valerie Mansfield. She is an Ordained Unity Minister, Life Coach, & Holistic Healer. She is manifesting a new enterprise “Pathways to Harmony”. Pathways to Harmony is a threefold operation. It’s an opportunity for individuals to bring harmony, clarity and understanding to their daily life. Families work together to bring harmony, peace, and love to the forefront of the family dynamics, through Conscious Connections. Consulting for non-profits and small businesses focusing on harmony, efficiency, and effectiveness. Valerie currently serves as the Minister of Record at Unity of East Louisville, Inc., and the Treasurer of Unity Worldwide Ministry. Valerie’s mission in life is to create a harmonious, loving, conscious



experience daily. Reverend Valerie Mansfield is a lifelong Unity Truth Student and welcomes you to join her on a spiritual journey of harmony, love, and transformation.

Rev. Valerie lives with her husband Bruce of 40 years and loves time with her children & grandchildren.

PHOTOS: On left, Pixabay Santiago Gonzales, Above, Myriams Fotos.

HELPING CREATE WORLD PEACE BY CHOOSING PEACE WITHIN OUR OWN CONSCIOUSNESS, Rev. Gerry Boylan, PhD.

There is a metaphysical maxim that states "if I see it outside of myself in the outside world, then it is also happening inside of me." To push that even a little bit further "What is going on inside of me is projected outward in creating the material world that I occupy." It is said of Gandhi that when he was dying in one of his followers' arms after being shot, he kept repeating the name of God. He was at peace even in that moment of death. There was no anger, no fear, no revenge - - only the presence of the Divine. In his world of inner peace, he created for himself a world of outer peace as well.

A modern-day saint who called herself Peace Pilgrim had another twist to that metaphysical truth. She said very simply, "When enough people reach a state of inner peace, there will be no more war." I believe that with all my heart. These individuals she speaks of who have reached the state of inner peace do not see conflict or war because there's no conflict or war going on inside of them. Inside they are free, and because they are free that is the world they comprehend. This kind of awareness is so foreign to our thinking mind that we just write it off as some sort of airy-fairy belief system that has nothing to do with reality - - and yet it has everything to do with reality.

Our thoughts create the world that we occupy. You and I and all other beings are creating this reality. Why in God's name or anybody else's name would we produce this chaotic, fearful universe? Well, we are not doing it on purpose, but we are doing it out of ignorance. A Course in Miracles suggests that we are always creating, we are either creating by our conscious awareness or we are creating by default. Default creation, if we can call it that, is what manifests for most of us on an unconscious level. The driving force behind that manifestation is the ego and the personality - - this sense of competition and separateness. Left to its own devices, this creation by default produces fear, anger, vengeance, being right and all those other addictions and attachments that get in the way of our truth.

The other side of the coin, of course, is creation from awareness creation - - from the awareness of the Truth of Who You Are, a unique expression of Divine Consciousness. It is hard to believe that we would choose anything else, but if you are like me, you have begun to discover that as awake and aware as we are sometimes, we are also unaware and asleep quite often as not. It's my impression that these periods of being awake and being

Wherever you are on your spiritual journey, you are welcome here!

Sunday Service: 11:00 AM

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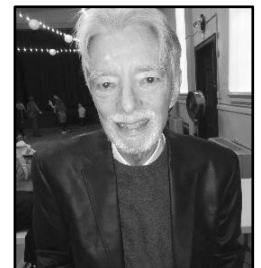
asleep are part of our learning experience at this stage of our growth. We might start off a day with the best of intentions and then very quickly descend into separateness, anger, fear. We might remain in that state for an hour or a day or a week until something comes along and almost smacks us on the head like that wonderful commercial "I could have had a V-8!" I realize that I have been lost in my lower consciousness. But as I become aware of that unconscious period of limitation, I also realize I now have a choice. I can go back to that lower consciousness, or I can stay in this place of higher vibration of love, compassion and awareness and do everything I can to feed that sense of awareness.



The lesson that I am being handed at that particular point is the choice between becoming angry and judgmental for falling asleep or to be grateful to be awake again. even with the knowledge and the understanding that I will probably fall asleep again.

The more I become aware that I have the power for positive creation, the more I will be able to put that into action and to see beyond the illusions that the world creates through spinning its webs of fear and outrage to a world that is beginning to understand and create and manifest the joy and the positive energy of love and creation. "*When enough people achieve a state of inner peace there will be no more war.*" What if you are the one who can tip the scales?

Bio for Rev. Gerry Bolan, Ph.D. Gerry began his career as a teacher and retreat leader at Xavier High School where he taught Biology, Chemistry, and Religion. His undergraduate degree is from Catholic University, and he has graduate degrees in Biology and Transpersonal Psychology, and a Ph.D. in Comparative Religions. He teaches classes at Unity of Louisville along with guest speaking at Sunday services.
Photo by Celenataor od Pixabay.



HELPING TO CREATE SOLUTIONS FOR HUMANITY

Joyce Hemdahl Gerrish, M.A.

Planet Earth is in a great transition - it is clear. Almost everyone is feeling significant change stirring within their being. This can be exhilarating, and it can be a little unnerving. "Who am I today, who will I be tomorrow? Only time will tell, Only time will tell." Those are some of the words of a song. It is crucial during this transitional period to stay as positive as possible and expect good outcome. How we focus our consciousness has a lot to do with what we manifest. This is known as the power of positive thinking. Believe me, it can have a major effect on what we experience in our life.

On the simplest level, how we react to events in our life has a powerful effect on how events develop in our life. You have certainly heard the old saying: "If life brings you a lemon, make lemonade." It is true more than some may think. I have experienced this directly. Quite a while back I had a part-time job working in a center helping to provide activities for people with special needs. It wasn't highly paid, but it was full of opportunities for some of my interests and abilities. I led a lot of arts and crafts



SHARING OUR INSIGHTS, WISDOM, & COOPERATION

projects for the individuals and decorated the center with their creations for each season and holiday. This was greatly enjoyed by the individuals, other staff, visitors, and myself alike.

At the center I also did a great deal of singing with the individuals with my guitar. - - many types of songs. We sang our hearts out. One of the individuals played a bongo drum to keep rhythm. What fun! Pretty soon we decided it would be enjoyable to go out and share this singing at other centers, which we then began to do twice a week all over the city of Louisville. For me these were magic - - they were some of the high points of my week. I discovered that I loved going out and meeting all these people and sharing joy with them through inviting them to sing with us. I put on dramas with these individuals, too, and combined singing into those performances. For a few years, that was a lot of lemonade to get from what I might have considered a lemon.

Sometimes when we might feel discouraged, it is valuable to ask ourselves, "What am I grateful for? I am very fortunate in a lot of ways. Let me focus on the good in my life." Take time and meditate on it. Feel in your heart, "What makes me happy in a

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simple way.?" We each are born with a "Soul Purpose." When we connect into our Soul Purpose, it can resonate deeply in our heart. It can bring the feeling of "this is what I am here on Earth to do." It may be difficult and require a lot of training and education, or it may be something that you can do readily without further preparation. The important thing is that you feel within that this is a good next step for you.

When something really feels natural and good, sometimes one is willing to accept lower pay or even give some volunteer time to the endeavor. This can give one a sense of purpose. Life is much more meaningful when we feel a sense of purpose. There is a tremendous amount of service that is needed right now to help our human family. Many people are suffering deeply for numerous reasons, including a sense of hopelessness. If one focuses mainly on the problems, that can cause depression and discouragement. It may all feel somewhat hopeless. So, it is crucial to focus on how one can be helpful in creating solutions and healing for humanity. Focus in the moment and pray for the highest good.

Visualize excellent outcomes. Visualization can be powerful to help galvanize a situation. If we hold our consciousness high and visualize the path forward for a situation, that can truly help. When we are discouraged and don't feel confident of good outcome, it is much less likely to blossom. Our planet needs positive innovators right now in every field of endeavor. There is more than one way to do things, and sometimes an adjustment is needed to make it possible to provide a service less expensively, less labor intensive, and with less pollution to the environment. Let's all lift our hearts and minds to look for positive solutions for some of the challenges in our neighborhoods and cities, and think about "how can I help this happen" in a small way or in a big way?

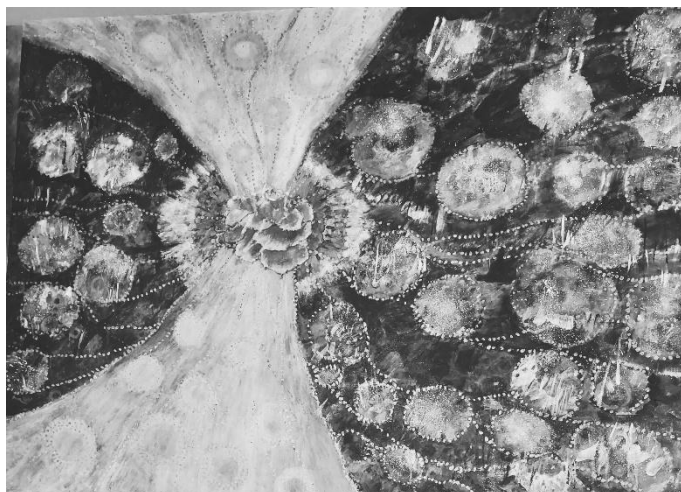
BIO: Joyce Gerrish, M.A. provides highly effective Zoom or phone sessions for Transformational Healing, Emotional Therapy, & support for Soul Mission. She has a Master's Degree in Human Development, and is a Graduate of National Institute of Whole Health. She is a highly attuned and sensitive guide for Higher Meditation and Spiritual Awareness. She has extensive training and decades of experience as a practitioner and teacher of numerous natural healing modalities including Reiki, Chakra Healing, Reflexology, and Meridian Activation.. She is author of the book "Secrets of Wisdom - - Awaken to the Miracle of You" and is Publisher- Editor of the Natural Living Journal. Louisville Office.

www.joycegerrish.com. Photo: by Leejoann of Pixabay

EXPRESSING MY FEELINGS THROUGH TWO PAINTINGS, A YEAR LONG PROJECT.

Ann Hemdahl Owen, M.A.

Paintings have a life of their own and they can evolve in surprising ways. These two paintings have been surprises. In the spring of 2024, I was taking a painting course on Zoom offered by imusea.org. The first painting represented movement -- the way life is changing, constantly evolving in new directions. There were protected pockets that held and focused emotions. These pockets were circles protected by shapes with boundaries, while other areas were like swimming underwater with a gentle, constant flow. Soon, within the year-long course, I realized there would be many changes in the painting process. I really liked what was happening on this canvas. Then I decided to begin a second 48" x 36" painting. The first painting named "Transformation" was set aside so I could concentrate on the class project which became "Blessings."



"Blessings" began with circular shapes borrowed from the first painting which eventually gathered into larger circles. The rose in the center later became the focal point with light flowing from above, representing love from Higher Power and light continuing to flow below and eventually flowing horizontally. Darker dots began connecting the small circular shapes into groups. The larger circles soon represented people and groups that support us. Some of the circles needed to be clear and others were muted. I glazed shapes to be lighter or darker. Bits of color added definition and these needed to be balanced throughout the painting. I used dark purple to hold the background together although it is transparent in some areas. It is still possible to see some of the hidden shapes beneath. There are five hidden black birds. This felt complete. I returned to the first painting.



"Transitions" was slow and difficult. I had no plan -- instead it grew in stages. My daughter recognized the circles as underwater images. When I played with that idea, I realized that I wanted the flow of shapes to include both horizontal and vertical movement. (This came from the movement in "Blessings.") Accepting this decision meant large areas on all edges of the painting needed to be changed. This was major. It included colors, tones, textures, values, and shapes. I wanted flow from all directions. As a result, there are layers of acrylic paint sometimes resulting in awkward bumps.

I often felt as if I was waiting for inspiration. In some ways this painting began to represent the struggle I was having with the political situation today. How to find clarity within CHAOS. Some areas needed sharp definitions and separations, other areas needed soft/fuzzy edges. I was searching for truth, both for the painting and my political beliefs. I needed to find and accept flow from all directions. As a result, there are layers of acrylic paint sometimes resulting in awkward bumps. That is my life! There are hard edges and soft edges. Only the center remains from the beginning. "Transformation" has taken lots of time...looking, thinking, evaluating and painting.

Both paintings grew during the same time period. "Blessings" is more restful while "Transitions" is more frantic with currents and waves. I think they are finished but no promises! If you have any ideas, give me a call. 812.944.9194. Blessings, Ann

BIO: Ann Hemdahl-Owen, MFA in Fine Arts, MA in Expressive Arts Therapy, retired Full Professor of Art, Hypnotherapist, Hypnobirth Coach, Counselor, Author, Reiki, Healing Touch, and more.

Note: Painting on left is "Blessings, and painting above is "Transitions."



JOY THROUGH CREATIVITY: Healing the Spirit Through Art.

Christi L. Murphy, LMT, CLT, Reiki Master

There are moments in life when words are not enough—when grief, regret, or sadness press so heavily on the heart that language feels too small to hold what's inside. In times like these, when emotion runs deeper than vocabulary, creativity becomes a gentle, steady healer.

Art does not ask for perfection—it asks only for presence. It meets you exactly where you are and gives your emotions a safe place to land. Through color, sound, motion, texture, and touch, creativity becomes a lifeline helping trapped energy finally move. What once felt stuck starts to loosen. What once felt unspeakable begins to soften.

CREATIVITY AS HEALING ENERGY. Every creative act is energy in motion. When emotion stagnates—when grief lingers, sorrow hardens, or anger simmers—the body stores that energy. Muscles tighten, breath shortens, and the chest feels heavy. Creative expression provides a pathway outward. Painting, writing, sculpting, singing, or dancing becomes a form of medicine requiring no prescription—only willingness.

Science supports what the spirit has always known: creative practices lower stress hormones and increase dopamine, the chemical tied to pleasure, resilience, and motivation. Yet creativity does more than shift brain chemistry. It is spiritual. To create is to declare, *“I am still here. I am still feeling. I am still alive.”* Art becomes a form of self-witnessing—and sometimes that alone heals.

SIMPLE WAYS TO BEGIN. You do not need training, talent, or confidence to use creativity as a healing tool. You only need courage to begin.

1. Emotional Mark-Making. Keep a notebook or sketchpad for what cannot be spoken. In moments of overwhelm, pick up any material—pen, crayon, brush, or even coffee—and let your body lead. Scribble, smear, or tear the page. Do not aim for beauty. Each stroke releases a little of the heaviness you carry.

2. Collage for Clarity. Tearing and arranging images brings order to inner chaos. Flip through magazines or use scraps of paper, choosing what speaks to you without overthinking. Layer pain beside hope, confusion beside calm. As you build the collage, emotions may settle into clearer patterns. The process mirrors your healing—disorder forming coherence.

3. Movement as Medicine. Play music that reflects your emotions and let your body move naturally—slowly, wildly, or somewhere in between. Dance through sadness, sway through anger, shake through fear. Movement clears stagnation from the nervous system

Christi Murphy

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and reconnects you with your body's wisdom. When you move your body, you move your energy.

4. Sound and Voice. Your voice is a powerful healing tool. Hum, chant, tone, sigh, or drum along to your heartbeat. Vibrational sound calms the nervous system and opens the throat chakra—the center of expression and truth. Sometimes a single hum can release more than words ever could.

5. Nature-Based Art. Step outside and gather what the earth offers—leaves, stones, petals, or branches. Arrange them in a mandala, spiral, or heart. Creating with nature grounds you in life's cycles of change, loss, and renewal. Leave the piece outdoors, allowing wind or rain to transform it as a symbolic act of letting go.

6. Crystal Gridding. Crystal gridging blends beauty, geometry, and intention. Using patterns like mandalas or spirals, arrange crystals and natural elements mindfully. Set each piece while breathing in your intention—healing, peace, or renewal. A finished grid becomes a visible prayer, weaving energy, nature, and spirit together.

HEALING THE WHOLE SELF. When you create from presence rather than performance, every mark and motion becomes an offering to your becoming. Paint your sadness. Dance your anger. Sing your longing. Build your crystal grid beneath an open sky. Let color, sound, and movement speak when words cannot. Through creativity, pain transforms—and joy returns as the steady pulse of your healing, creative soul.

BIO: Dedicated to guiding women on their journey to find balance and well-being of the body, mind and spirit through bodywork, energy healing, mindfulness practices, and intuitive card readings. Christi has a Bachelors of Science in Natural Health, is a Reiki practitioner/instructor, meditation instructor, massage therapist, and spiritual coach. She works with oncology patients at Norton Healthcare and has a private practice.

OVERWINTERING WITH AYURVEDA

**Angelina Vlasenko, MSc, Ph.D.
Certified Ayurvedic Practitioner**

During the winter, when it is colder and darker outside, we have a natural tendency to slow down and “hibernate” indoors. The longer the nights, the more powerful is the Moon’s energy with serene and soothing vibes. If the summer solar energy inclines us into socializing and outdoors, lunar energy is more about feminine: internal stillness, observation, and calm.

In Ayurveda, wintertime is considered as a transition from Vata (late fall and early winter) to Kapha (late winter) season. During the Vata season, nature is in the process of transformation: changeable, cold, dry, rough, quick, and irregular, while later winter is related to more stable, heavy and damp qualities. November-December may feel chaotic and fast, but closer to February, Kapha qualities will be more in place bringing more peace, desire to be slow but steady, imbalance may go into lethargy and heaviness.

To balance Vata energy in early winter and reduce the feeling of coldness, dryness and irregularity – choose warm comforting foods: soups and stews adding root vegetables like carrots,



butternut squash, beets, sweet potatoes, and warming spices like ginger, cumin, ajwain, black pepper, turmeric, asafetida, cardamom, fennel and coriander. Don't rush yourself in winter, slow down intentionally and look within. Sometimes allowing ourselves to do less, we achieve more long term.

To prevent and reduce dryness in your sinuses, and protect yourself from unwanted toxins and viruses, you may try an Ayurvedic practice called Nasya, when you apply a few drops of warm sesame or herbal oil in your nostrils. It not only is helpful for dry sinuses, congestion, and allergies but also addresses head, neck, and jaw stiffness, twitching eyes, and reduces emotional stress. To keep your body moisturized during winter, try an Ayurvedic practice called Abhyanga following with a steam sauna. Abhyanga, a warm herbal oil application, is meant to lubricate the body, a grounding self-care practice that has been used in India for thousands of years. Abhyanga is relaxing, slows



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aging, improves sleep, is beneficial for joint pain and stiffness, and promotes a sense of internal peace and bliss.

To balance Kapha energy in later winter and the beginning of spring, and to slowly get out of the hibernation state, try dry brushing or an herbal scrub. It will improve circulation and bring new energy. A Surya Namaskar (sun salutations) yoga series is great for winter to open the chest, throat and sinuses, helping to improve respiration and helping you to wake up in the morning. Try to avoid ice-cold drinks and give preference to hot herbal teas. If you are a coffee lover, add some cardamom pods to your cup to reduce dryness. The best hot teas for the winter season: tulsi (holy basil), licorice, ginger, cinnamon, cardamom, cloves, turmeric.

Winter is a good time to practice right nostril breathing (Surya Pranayama) as a warming practice associated with solar energy, bringing more vital energy and clearer perception. It involves inhaling through the right nostril and exhaling through the left. Welcome this winter season with curiosity and gratitude, leaving some space for observing the beauty around and focusing on what you love to do in order to bring more joy and stillness to your life.

BIO: Angelina Vlasenko, MSc, PhD, is a certified Ayurvedic Practitioner, owner of Ayurvedic studio “Moon-Veda” in Middletown, graduate of Ananda Ayurveda Academy. She was additionally trained on Panchakarma detoxification and rejuvenation practices in India in 2024. Angelina guides both males and females on their path to wellness. Angelina is a member of NAMA and AUM. Please learn more at www.moon-veda.com, (502) 472-2635.

MAKE TIME TO CELEBRATE

Kimberly LaFollette, Psy.D.

Last year was a big year in my family — my mom turned 80, my husband turned 60, our son turned 21, and our daughter graduated from college. Each of these milestones was cause for celebration. What I've realized through all these celebrations is that it is deeply important to take time to pause, reflect on the good, and intentionally celebrate each.

It seems that every article I've written since 2020 has acknowledged how hard life has become— how unpredictable our world feels, and how unsettling that can be. Yet even as the world seems to spin uncontrollably, there are still good and steady things happening every day. It's not enough to simply notice them; we need to celebrate them — to gather, to laugh, to share gratitude with the people we love.



As a Psychologist, I know that having something to look forward to can lift our spirits. There is boundless research that shows that the anticipation of an event is as enjoyable, if not more enjoyable, than the actual event itself. So, if you want to boost your happiness, plan a celebration! It does not matter what you are celebrating; just pick a date and get to planning. Moreover, spending time with people we care about also brings us joy. So as you are planning your next celebration, be mindful of your guest list. Make sure to include the people in your life who you find uplifting.



There is nothing more enjoyable than spending time with those who make us feel loved and supported. (Bonus points if they make us laugh!)

Don't worry that celebrating will mean you are forgetting what's important. Focusing on what's good doesn't mean ignoring the chaos; it means giving ourselves a moment of reprieve. It allows us to fill our cup so we can face the difficult things with renewed strength. As someone who gives her life to helping others, I can tell you that taking the time to nurture yourself and revel in the good allows you to wholeheartedly show up day after day in the service of others.



So, as you plan ahead in the new year, remember to make time to celebrate. Be intentional in looking for the good and celebrating it. It doesn't have to be a major milestone. It can be something small: the first day of spring, a movie you've been looking forward to, or simply a long-awaited lunch date with an old friend. Find any reason to gather, give thanks, and celebrate what is, and you will find that life's challenges seem less daunting.

BIO: Kimberly LaFollette, PsyD. is a Licensed Clinical Psychologist and Certified Integrative Mental Health Professional. You can find out more about Dr. LaFollette and her practice by visiting kimberlylafollette.com , 502-541-1289.



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20 MINUTE EASY HEALTHY DELICIOUS HOMEMADE RED LENTIL SOUP

Instead of Opening a Can. YUM! Shared by Joyce Gerrish

Please feel free to adapt this recipe in any way you wish. This recipe makes about 3 servings. If you want to cook a larger amount, multiply the amount of each ingredient by two. If you don't have an ingredient on hand at home, leave it out or substitute something similar. Put in more or less of any ingredient, if you wish. Please have fun with it. A soup like this can't help but taste good. A pot about 2 ½ quarts or larger should work well. Stainless steel is best for your health, but use what you have for now. Red lentils cook fairly quickly such as 15 or 20 minutes. Add the carrots, onion, and herb to cook with the lentils. Start cooking on fairly high heat until water boils, then lower heat to about medium or a little lower. Once the water boils, the lentils will be cooked in less than 15 minutes, so watch it and stir now and then so water doesn't boil out and the soup burn. You can let the lentil mixture cook while you prepare the rest of the meal. The soup is done when the lentils are soft. Then add one tablespoon of olive oil for each serving

To Complete Your Tasty Wholesome Natural Meal you need some kind of grain to balance the protein of the lentils. This could be a slice of good quality whole grain bread with butter (not margarine). or perhaps rice. To round out your easy tasty meal, include a favorite veggie. It might be organic green beans fresh if possible (or frozen) or a nice fresh salad. Enjoy!

1 cup dry red lentils (organic if possible)

4 cups water

Fresh garlic clove (powder garlic if fresh not available)

2/3 cup (or more) chopped onion

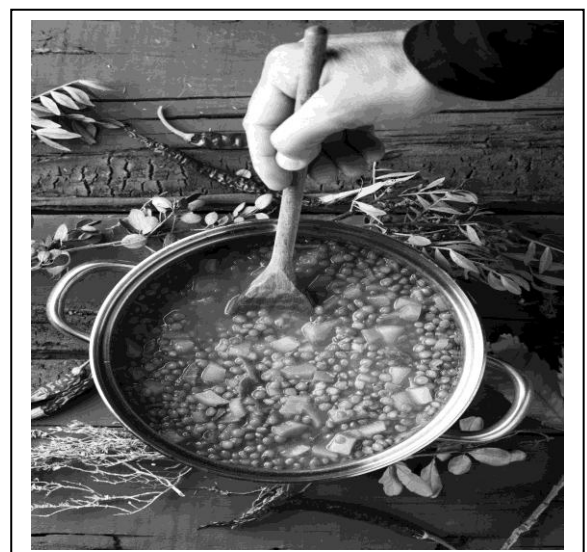
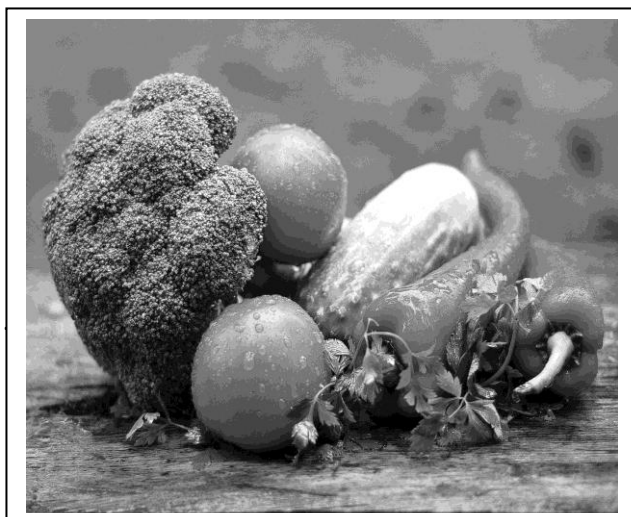
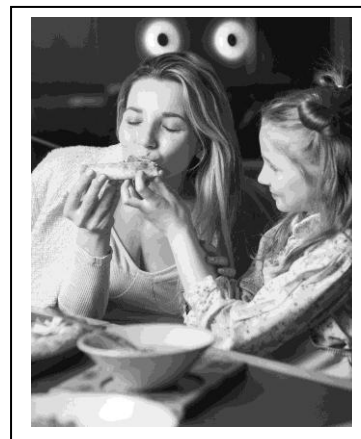
2/3 medium sized carrot chopped

1/3 teaspoon or more of your favorite herb such as basil.

A little salt or Braggs Amino Acid Seasoning. Add pepper if wish.

Olive Oil

Photos: Vegetables by Jerzy Gorecki of Pixabay; Soup by Photo Nito of Canstock; Mother & Daughter from Pixabay



HOW TO KEEP YOUR CHILD'S BRAIN HEALTHY

By Jamie Dickerhoof, CNC, CCMH

Every parent wants their child to grow up sharp, confident, and well-adjusted. But in a world of drive-thru dinners, glaring screens, and endless noise - that's getting harder to do. Between school pressures, busy schedules, and digital overload, children's developing brains are under more stress than ever. Parents are left wondering how to protect what matters most. It shouldn't take a neuroscience degree to raise a healthy kid. The fundamentals of brain health haven't changed in thousands of years; they just need a little help surviving modern life.

Feed the Brain What It's Built On. The brain is about 60 percent fat, and growing brains especially rely on high-quality fats to build memory, regulate mood, and support focus. Think avocado, nut butters, eggs, butter, olive oil, and wild-caught fish—real foods that fuel concentration and calm. Today's "kid foods" are heavy in processed snacks, deep fried foods, sugar and corn syrup, and chemicals which all work against that. It spikes dopamine and crashes attention, leaving kids moody and unfocused. Simple shift: add real fat and color back to the plate. Scramble eggs in butter (not margarine), drizzle olive oil on vegetables, or spread nut butter on apple slices. Of course, we all need lots of fresh vegetables, fresh fruit, and healthy protein. If it came from a plant or an animal and hasn't been boxed, dyed neon, sugar or corn syrup added, or deep fried, it's hopefully brain food. Read the label to avoid chemical additives, preservatives, and such...Organically grown foods are optimum.

Movement Builds More Than Muscles. Children learn best through movement and experience, not by sitting still. Movement integrates both hemispheres of the brain and activates the networks that control coordination, logic, and creativity. Climbing trees, building forts, and turning sticks into swords or boxes into castles may look like play, but these are sophisticated neurological workouts. Every time a child balances, grips, jumps, or plans, they strengthen the pathways that support learning, confidence, and emotional regulation.

Try this: encourage real-world adventures. Let them help in the kitchen, dig in the garden, or explore outdoors. Learning that engages the body lights up far more of the brain than learning from a screen. Manage the Screen-Time Trap. Digital entertainment isn't evil, but it's designed to hijack dopamine, the brain's motivation chemical. Constant scrolling trains the brain to chase quick hits of pleasure instead of sustained attention—a setup that undermines focus, creativity, and patience. Kids' brains need boredom. Boredom sparks imagination, problem-solving, and self-soothing. Without it, children can become overstimulated yet underdeveloped, craving constant input but



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unable to find meaning in quiet moments. Be intentional, not extreme. Hey, they're all doing it. Screens are part of modern life. The goal isn't perfection; it's balance. Keep devices out of bedrooms, make mealtimes screen-free, and trade some scroll time for real time outside.

The Home That Shapes the Mind. From birth to about age twelve, the brain cycles through distinct brain-wave states. Babies begin in delta, the deep subconscious state, then shift into theta between ages two and seven, the realm of imagination and absorbent learning. Around seven, the brain moves into alpha, and by twelve, children reach the fully waking beta state. In these early years, children aren't simply observing their environment; they're absorbing it. The emotional tone of a home becomes part of their subconscious programming. Calm, loving energy teaches trust and stability, while chaos and tension teach vigilance. Keep it simple: Consistent routines, predictable rhythms, and genuine affection regulate a child's nervous system better than any gadget or program.

Foster Creators, Not Reactors. When parents return to the basics—real food, real play, and genuine connection—they build kids who think clearly, feel deeply, and adapt easily. These are the children who grow into thoughtful adults: communicators, creators, and problem-solvers. If we abandon those basics, we risk raising the opposite: overstimulated, under-fueled kids who can't look up from a screen long enough to join the real world. The good news is that we don't have to fight modern life; we just have to outsmart it. Healthy brains thrive on simple foundations: real food, real play, steady routines, and authentic connection. When we give the developing brain what it truly needs—nourishment, movement, rhythm, and connection—it becomes the foundation for a calm, capable adult.

BIO: Jamie helps people who feel stuck, stressed, or unwell finally understand what their body is communicating so they can heal and feel like themselves again. She is a Mastery-Level B.E.S.T. Practitioner, Master Herbalist (CCMH), Certified Nutritionist Consultant (CNC), & Creator of the Human Soundcheck method. Learn more at <https://humansoundcheck.com>.



HAPPY FEET - - HAPPY SPINE.

Foot Orthotics & Your Spinal Health

Richard T. Reul, DC

In one of my more recent articles, I spoke about what I refer to as a "Bubble of Experience." The basic idea is that we all have limited knowledge and experiences. Unless our awareness is raised about a particular subject, opportunity, product, or healing modality, there is very little chance that we can benefit from it. How many people are aware of the impact of their feet on their spinal health? How many people know about the benefits of custom-made foot orthotics? I got my first pair of foot orthotics about 30 years ago after going to a seminar on extremity adjusting. The last section of the course was on lower extremity, gait analysis and foot orthotics.

I played basketball every Tuesday night at the time. I never had any foot problems that I knew about. I would have a recovery time after playing. I would be sore the next day. After wearing



Supination of Feet

my foot orthotics, my recovery time improved significantly. I was unaware that I had an imbalance with my feet. I over-pronated more on the right than on the left. Pronation is when your foot tends to roll inward. Supination is when your feet tend to roll outward. I wear my orthotics all day long, only taking my shoes off when I go to bed. My son commented that it freaks him out because he never sees me without shoes.



Pronation of Feet

Every step we take translates forces to our feet, ankles, knees, hips, back, neck and even our jaw. The average person takes 5000 steps a day. Many people shoot for 10,000 steps a day. If you multiply daily steps times the number of days we are on this planet, it's a lot. Then, how about people that run. The force translated to your body increases by 250%. How many people get knee and hip replacements? How many people have degenerative changes in their spine? How many people have spinal surgeries? Could years of imbalanced translation of forces from your feet contribute to these conditions?

There are two major categories of foot dynamics: pronation and supination. Ninety-five percent of the population over pronates.

Some signs of foot pronation. (1) Wear on the outside of the heel of your shoe. People who pronate tend to strike on the outside of their heel first when walking, and then their foot rolls inward. (2). Forward head carriage. (3) Foot flare...One of both feet flare out. The side that flares out most pronates more.



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(4) Callouses on the side of your big toe. (5) Bunions. (6) Planter fasciitis. People with high arches are especially prone to this due to the stretching of the planter fascia when standing because of lack of support. (7) Knock-kneed. (8) Medical knee pain. Over pronation makes one more susceptible to medical knee injuries. (9) Scoliosis. There may be a connection between imbalanced forces being translated from the feet, (10) Chronic low back pain or even TMJ problems.

Some signs of foot supination. (1) Obvious rolling out of the foot causing wear on the whole outside edge of the shoe. (2) A tendency to ankle sprains. (3) More susceptible to shin splints, stress fractures of the metatarsals, calcaneus (heel bone) and tibia.

Casting of the feet is very important. In my office, the patient's feet are cast in a non-weight-bearing position with the ankle placed in a neutral position. This preserves the angles at which the feet strike the ground. We have two different feet, different sizes, arches and angles that affect impact. If you stand on something, you are casting where the feet land in their over-pronated or supinated position. Generic orthotics provide the same support for each foot. They don't address the subtle differences between each foot. Getting our feet evaluated can save you a lot of pain and problems down the road. Even if damage has already been done, foot orthotics can slow further degeneration and provide relief. My patients have a much better chance of holding their adjustments and getting quicker results with chiropractic care when their feet have the right support. The reality is that most people will never experience the benefits of custom-made orthotics because they are unaware of how much their feet can affect their body. We do the best we can with the body that we have. But, with foot orthotics, it could be a lot better

BIO: Dr. Reul has been in practice in Louisville since 1993. He holds a BA in psychology from St. John's University (Jamaica, NY), a Master of Theological studies from Catholic Theological Union (Chicago, IL), and a Doctor of Chiropractic Degree from Life College School of Chiropractic.



YOGA FOR PEOPLE WITH KNEE ARTHRITIS

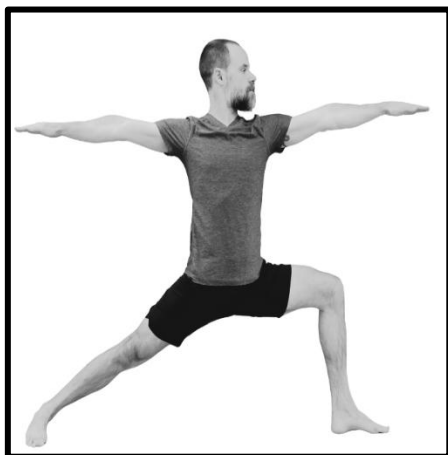
BY Janet Cuthrell

Global aging, sometimes referred to as the “Silver Tsunami” or the “Age Wave,” has become one of the greatest sociological shifts in history. Americans ages sixty-five and older make up the fastest growing sector of the U.S. population. This diverse group is living longer, practicing yoga and even running marathons. Furthermore, according to the CDC, 41% of these older individuals report that they are in good or excellent health. However, although a large percentage report back positively, seniors are often faced with a variety of adverse health conditions which can have detrimental effects on overall quality of life. Among these conditions is osteoarthritis.

The most common form of arthritis worldwide is osteoarthritis (OA), a progressive disease that destroys cartilage and joints, is a frequent cause of pain, functional limitation, and disability. Osteoarthritis of the knee is a common form of arthritis and affects nearly 12.4 million seniors, the majority of which are women.

Exercise therapies, including mind-body exercises, yoga, and mental focus along with controlled breathing, have become key elements in the treatment for knee osteoarthritis. Additionally, yoga has proven itself to be the superior form of exercise therapy, not only because of decreased pain and improved function, but also because yoga’s inclusion of meditation and standing exercises has helped seniors decrease anxiety and fear of falling.

Sharon Kolasinski, MD, a professor of clinical medicine and a rheumatologist at the University of Pennsylvania in Philadelphia, produced a study on the impact of yoga on those suffering from knee osteoarthritis. Kolasinski’s study demonstrated that people who participated in a 90- minute Iyengar yoga class once a week for 8 weeks, using props and pose variations, had decreased pain, increased physical function, and had less joint stiffness.



Because of yoga’s gentle movements, people with osteoarthritis are increasingly drawn to yoga for a safe and gentle form of exercise along with a way to lower stress and improve mobility and balance.



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Scan to see the schedule or register.

Additionally, yoga is fun and presents people who have arthritis with a type of exercise that can be done on a regular basis. Practicing with an experienced yoga teacher, along with modifying poses and using props, helps to promote knee joint safety and provide a beneficial practice.

People with knee arthritis should modify yoga poses and use props to protect the knee. In poses where the legs are straight,



such as Trikonasana (Triangle Pose) hyperextending the knee should always be avoided. To prevent knee hyperextension, a slight bend in the knees and keeping weight evenly distributed in the four corners of the feet is recommended.

Avoiding deep knee bends and maintaining proper knee alignment in poses like Virabhadrasana II (Warrior II) is another way to protect the knee and avoid knee injury when practicing yoga. The bent knee should be aligned over the ankle and in line with the second toe. If the knee should go beyond the

ankle, the stance should be widened. During Warrior II a frequent, but destructive, misalignment is for the thigh to fall inward turning the knee towards the big toe. That places too much stress on the knee. Likewise, allowing the thigh to turn outward shifts the knee towards the little toe creating knee stress. Pointing the knee in line with the second toe and making sure that the knee and the toe are on the same plane as the sit bone will protect the knee. (Note: Sit bones are two rounded “U” shaped bones at the base of the pelvis that people sit on.)

Today, “sixty is the new forty.” Someone celebrating a sixtieth birthday can expect to live two decades or more. Yoga presents the potential for making this chapter of life truly the golden years. As a holistic practice that intersects body, mind and spirit, yoga can be a deep and transformative practice during this cherished time, even for those with knee osteoarthritis.

Bio: Janet Cathrell graduated from the Yoga East Teacher Training Program. She now resides in North Carolina.

Photos: Photo on left is Warrior II Pose. Photo in middle is Triangle Pose. Photos are from Yoga East.

HELP YOUTHS LEARN TO BE INDEPENDENT

Dee Patterson, Intuitive Healer

Teach children to become responsible adults. Recently a client wanted to know if it was feasible for her and her husband to sell their home and find one that was closer to the University of Kentucky, where their oldest son was attending and the younger one would be next year. "Of course you could do that," I said, "but let me ask you a question." "When you went to college, did you want your parents to live near you?" "God no." was her response. "That's why I went to a school 150 miles away. Oh, but my children would love for us to be closer." I thought sure they would. I suggested it would be better if she and her husband cultivated friends they could socialize with and let her boys have their time in college. Unfortunately, she is not an unusual parent today.

I have many clients who are still financially helping their adult children even when they make more money than the parent. A number of years ago a client lamented that she was in her



seventies and still working, caring for elderly people. She said her back hurt and it was difficult to work, but she needed the income. She

was a retired nurse, so at some point she had made a decent living. She confessed that for years she had been giving money to her adult daughter and ended up in old age broke. I learned not long after our conversation that she had passed. I thought, "how sad that she felt she had to help her adult daughter at the expense of her own life."

Another client called mystified as to why when they went out to dinner with her physician daughter she still expected them to pay for the meal. I told her it was because their daughter still saw herself as their child and not as an adult. I suggested she have a heart-to-heart talk with her.

I'm not sure why so many of today's parents think they need to be so involved in their children's lives. Of course, those who have plentiful resources have always helped their offspring, but these are not wealthy parents. I suspect that most of this is trying to hold onto the child to meet some needs they have. I know this for sure; they are not helping their children by constantly rescuing them. Mother birds will eventually kick their baby birds out of the nest so that they can learn to fly on their own. Teaching children



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to become responsible is part of their job, while keeping them dependent isn't. A big part of the problem is that so many parents just overindulge their children from the time they are small until well into adulthood. Can you imagine an adult daughter whose husband makes over \$100,000 a year asking her mother to buy them a \$9000 generator! And she did, even though when she needed someone to take her for a colonoscopy - - this same daughter couldn't be bothered. I suggested she practice saying NO. She has the money, but the point is that it is irresponsible of the daughter to expect her mother, who is still working part-time at 70, to pay for things. The daughter doesn't want to work although she has a college degree paid by her parents, she has no children, and she is just plain lazy.

We have all heard that employers today do not want this last generation to work for them. Why? Because so many have grown up entitled and they think the employer should also treat them as if they are special. Unfortunately for them, that isn't real world. Of course, this isn't all young people, but I hear this over and over. They are not good employees.



If you are a parent who thinks you are protecting your children by not letting them grow up and make mistakes and learn from them, then you are doing them a disservice. You are not preparing them for the world in which they must live and thrive. Love

is more than giving them everything they want, it is teaching them to become fully functioning adults. In our ever-changing world, they need to be able to survive whatever life hands them. After all, you won't always be around.

BIO: Dee Patterson is a professional psychic. She reads the past, present and future, is a medium, medical intuitive, and does spiritual counseling and emotional release. She also has a wide variety of Crystals and Stones for sale at 20% discount. Call 502-426-2220 or text 502-295-0788. deepatt@bellsouth.net and www.deepatterson.com



PHOTO: Left, Pixabay 089Photoshooting.; above,, useche360, Pixabay.

ACCESSING OUR DREAMS TO ENHANCE OUR LIFE

By Rebecca Geracitano, M.A., M.Ht

I have been recording my dreams for many years. When I was fourteen years old, I had a vivid dream about the end of the world, leading me to question some of life's mysteries. From then on dreams intrigued me. For the last twenty-five years I have studied them more earnestly. I was part of a Dream Group that met weekly and later dreams were the subject of my culminating project for my Master's Degree in Transpersonal Studies.

The first and most important step to remembering dreams is to write them down. By writing them down upon awakening, even a tiny portion of one, we will start to remember them. Dreams are like an internal barometer allowing us to stay in touch with what is happening in our subconscious minds.

One method I find valuable for working with the dream once written down is the Five-Step Approach. This approach was first made for an experiential dream group by Montague Ullman, a psychotherapist known for his unique group dream work approach. First, look at the

feelings elicited from the dream. Second, write those down and come up with a one sentence theme. If there are several parts to the dream write one theme for each. Third, look at the symbols of the dream. For example, if there was a cat in the dream, ask what does a cat mean to me? How do cats make me feel? Fourth, pull these together and come up with a preliminary understanding of the dream. Fifth, what can I do with the dream that may be helpful to me in my life? What action can I take to test it out?

A friend of mine had a dream where a woman in a white coat told her "You have stage three breast cancer." The feeling of the dream was direct and intense and so she decided to talk to a doctor about testing. Because she didn't have symptoms, she had to be insistent to get the test she wanted. Finally, after getting the test that went beyond a mammogram, she did find she had stage one breast cancer. She is well today. Of course, this dream was straight forward, and not all dreams are. But it can show the importance of paying attention to and honoring our inner dream world.

A dream I had recently involved this same friend. In this dream I am in her kitchen, and I see some food in a jar she is going to give her son. Her son is sitting there, and I see the importance of giving her three teaspoons of almond butter to give to him. He thanked me and that was the end of the dream. Her son is minimally verbal. The voice was different than his and it got my attention because of the articulation and tone of it. I told my friend about this dream and unbeknownst to me she said she was wondering what more she could do to help her son's health. She



had even thought of her and me doing the "Dream Helper Ceremony" for him, but got busy and forgot to ask me.

Henry Reed PhD developed the "Dream Helper Ceremony" as a kind of dream research project during the Edgar Cayce summer camps at the Association of Research and Enlightenment. I used his approach with my own dream group when I was working on my Dream Service Project for my Master's. *This is an advanced dream-work technique that more experienced dreamers may wish to consider trying.* Instead of incubating a dream for yourself, you

are incubating a dream for another person. In Professor Reed's groups they would pick a focus person who had an issue to resolve, though the person wouldn't reveal the issue. The focus person would give each dreamer an article belonging to himself, such as a pen or a hair clip. With my group I instead had the focus person write each dreamer's name with a pen on a small slip of paper to give to him or her. Doing this creates an intention and focus for dream incubation, as well as an enhanced energy link.

The next morning the group would meet, and each person shared their dream with the focus person. The focus person wrote down any relevant information from each dreamer, thus possibly helping the focus person with their issue and what action they might take. The focus person could reveal the issue if desired or if the dreams held meaning for them. My friend and I have used this process successfully in understanding our dreams and using them for guidance in our lives. As you can see, recording our dreams and working with them can become a beautiful way to gain guidance in our everyday lives.

BIO: Rebecca is a Certified Master Hypnotherapist. She offers Current, Past Life, Life Between Lives, and Quantum Healing Regression. She also offers hypnosis for habits and issues, spiritual mentoring, meditation, dream work, Reiki and Crystal Bowl Meditations to help her clients find inner healing.
www.integrativemind.net, 502-468-1894.

NOTE: You might find it interesting to read about Henry Reed, Ph.D and the "Dream Helper Ceremony" on the internet.

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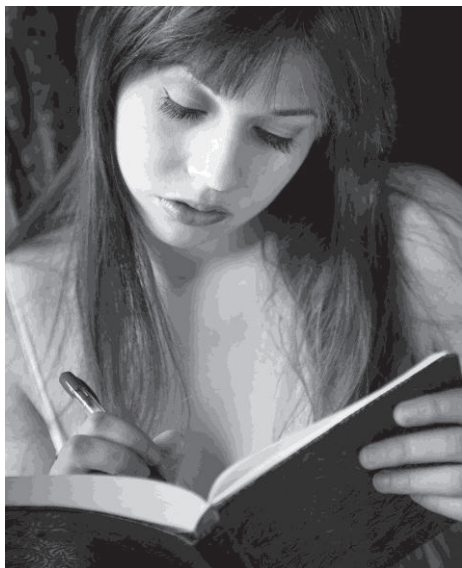
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