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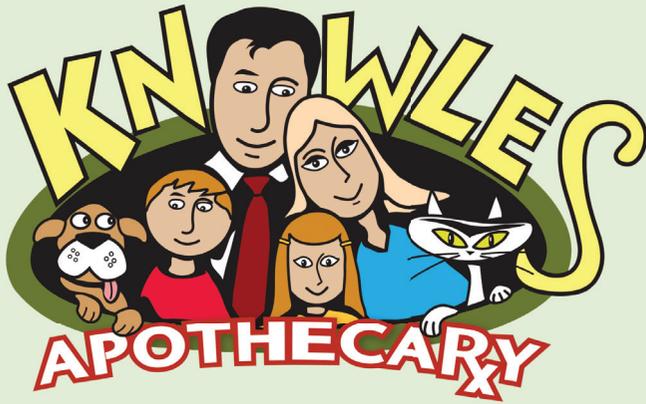
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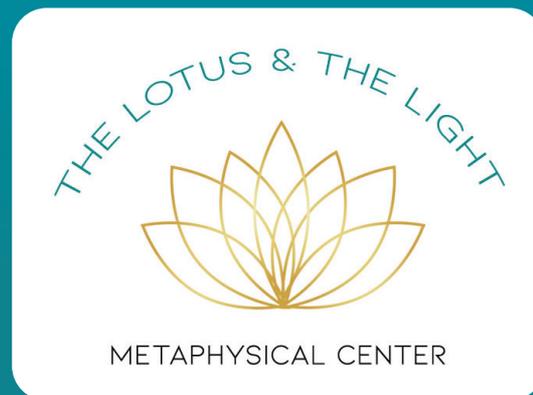
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The articles and resources offered by Pathways Magazine and its affiliated hosted events demonstrate a common belief on the part of local individuals, businesses and contributors that sharing ideas and expertise builds community and commerce in a spirit of unity, cooperation and understanding while maintaining a high level of integrity, responsibility and service. Our content embraces these ideals; we are a conduit — a pathway — for the most loving and dynamic insights and information that enable all of us to live more consciously.

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On The Cover
MY SUMMER MEMORY
By Yiqiao Wang

Circulation
15K copies by Pathways Staff

SUMMER 22
Volume 47, Number 2
Published quarterly with the season
change by ERIN DESABLA
PATHWAYS PRODUCTIONS
6501 Eastern Ave.
Takoma Park, MD 20912
www.pathwaysmagazineonline.com
PH: 240-247-0393
(Mon. – Thurs. • 12 PM to 5 PM)

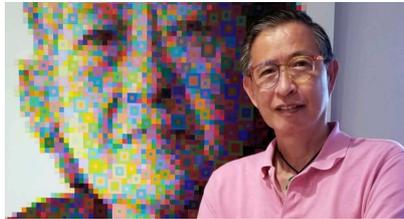
ADVERTISING EMAIL:
pathwaysads@gmail.com

Ad Rates Available Online:
www.pathwaysmagazineonline.com
Deadline for Editorial and Advertising are
2/10, 5/10, 8/10 and 11/10.
Publication is approximately four weeks
after the deadlines. Please email all arti-
cles as file attachments to the Editor at:
pathwaysarticles@gmail.com

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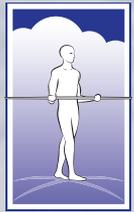
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PATHWAYS SUMMER NATURAL LIVING EXPO ~ SUNDAY, JULY 10, 2022
An Invitation From Your Pathways Team

We are building on the spring show's momentum by bringing you our newest event — the **Pathways Summer Natural Living Expo** — at the Hilton McLean Tysons Corner, in McLean, VA. We love this new venue, and hope to host our future Virginia expos at this location. The Summer Preliminary Program is available in this issue, but stay connected through social media and our website for updates.

In the meantime, this summer edition hopes to bridge mental, spiritual and cultural divides by starting conversations about healing, religion, and rights for all sentient beings. Do your part to impact positive change, for one another and the earth, and stay connected so we all thrive.



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Embodiment: The Bridge Between Mental Health and Physical Rehabilitation

BY NYLE MACFARLANE, MS, OTR/L

I had a client say to me recently “Nyle, if I am going to work with you, I need you to acknowledge that the mind and the body are the same thing.” It was at that moment I realized the ways in which I have minimized the impact of the mind in my teaching.

I work with mental health therapists, coaches, healers, and bodyworkers who are interested in learning embodiment tools both for themselves and for their clients. The bulk of my teaching focuses on how to bypass the analytical brain, in order to connect to our intuitive body. Western civilization values logic and reason above intuition and heart-led action, so my job is to deconstruct the emphasis that we place on the mind in order to interpret the wisdom of the body.

I specialize in **embodiment**, which is our natural state of being when the mind, body, spirit, and soul operate as a unified whole. Embodiment is a fluctuating state of consciousness that allows our presence to exist in two or more places simultaneously; both within our physical body and within the subtle energy fields that make up the larger template of our human experience. My approach to embodiment is the direct result of my own personal healing journey, combined with over a decade of training in how the body stores and releases trauma, emotion, and memory.

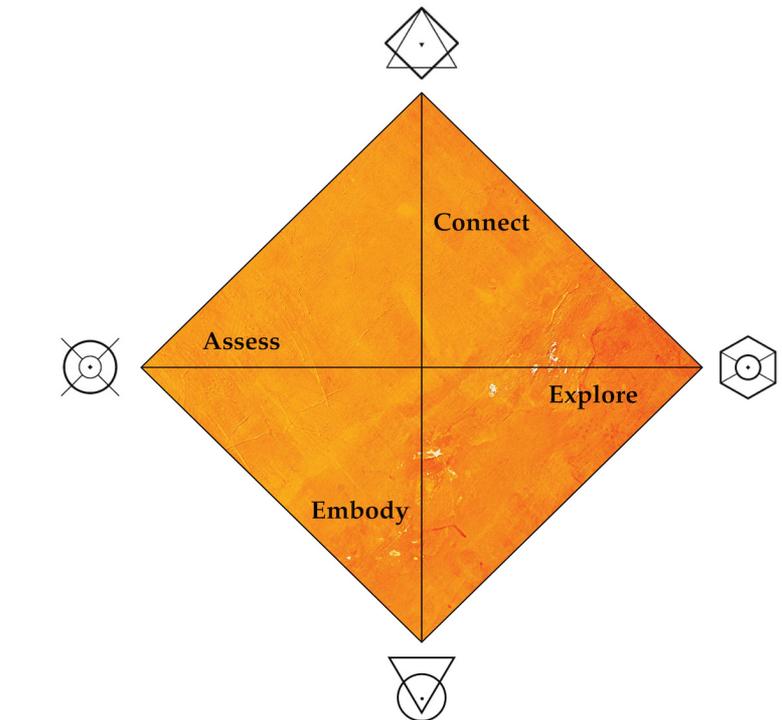
Despite the compartmentalization I use when I am teaching, the truth is nothing is separate. The human skin is composed of seven layers, but it is simply known as your skin. Seven energetic layers extend beyond your physical body to make up your subtle energy bodies. Each one contains the entire timeline of your emotional, mental, spiritual, and collective body, but it is simply known as your Self. In 2020, humanity experienced one of the most significant global traumas in our lifetime. While we all sat in our houses watching the news, our anxieties were triggered by a pandemic that forced many of us to look at the ways in which our lives were not working. In those moments, we became acutely aware of how each one of us has an impact on the larger Collective.

Our society has a better understanding of how interconnected we all are, yet we still struggle with feeling disconnected from our own identity and intuitive self. This feeling, our disembodiment, separates us, even when it is evident we are anything but. I believe the key to connection is to develop a relationship with our internal senses first, which will naturally result in an expansion of our outer awareness. In the immortal words of ancient Greek author Hermes Trismegistus, “As above, so below, as within, so without, as the universe, so the soul.”

Embodiment Versus Disembodiment

Embodiment is a tool for making sense of the world. Learning embodiment helps us to heighten our **interoception**, which is our ability to sense the state of our internal organs and systems; as well as our **proprioception**, which is our awareness of our body’s position in space. Embodiment teaches us how to read our own body like a map, which helps us to pinpoint what feels painful or off-putting, and where the adverse stimuli originates. Embodiment teaches us to recognize when we are out of balance and then gives us tools for coming back to our center. When we are connected to our embodied self, we become a channel for all that occurs both within and outside of our physical environment. We become a beacon for our own truth.

If embodiment sounds like a superpower, it is and it isn’t. Embodiment is our natural state, but it is not something we are necessarily



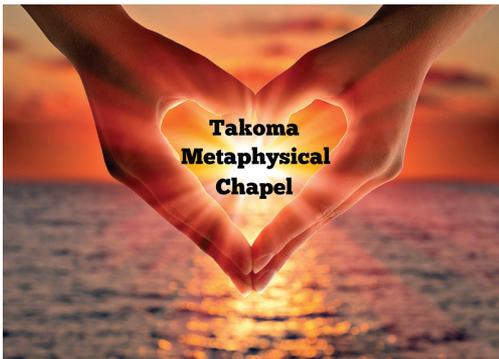
born with. Disembodiment happens to almost all of us as a result of trauma and/or physical or emotional pain. Oftentimes, we experience these traumas in childhood; and they can happen even earlier, like during your birth or in-utero. Sometimes we carry our trauma in our DNA where it is awakened by our parents and caregivers who model it to us in our upbringing. Disembodiment happens when our energy bodies are disorganized and distant from our physical body. It results in an inability to perceive information from the environment accurately in order to create an adaptive response quickly and efficiently.

Furthermore, disembodiment happens because parts of our memory become buried in our subconscious self so our minds do not have to play that moment on repeat. The problem is, those memories get buried in the physical tissue of our body and become cellular memory. Now, your body is stuck in that moment and it is signaling to your autonomic nervous system (or ANS) that you are in danger. Your ANS then releases certain neuropeptides that tell your body to run, fight, hide, play dead, etc. After some time, this neuromotor feedback loop begins to exhaust your ANS. The only way to cope is to dim the switch so you don’t have to feel this part of your body anymore. This is when we wish our mind and body maybe weren’t so connected, yes?

Mind-Body Treatment Methods

The good news is researchers in the field of mental health have created some modalities to help us get out of this feedback loop. In 1994, a psychiatrist and neuroscientist named Stephen Porges developed the Polyvagal Theory, which analyzes the implications the 10th cranial nerve, known as the vagus nerve or “wandering nerve”, has on our body’s state of regulation. The vagus nerve innervates most of the internal organ systems affected by stress, including our lungs, heart, and stomach. While most of our cranial nerves send signals from our brain to our body, the vagus nerve is special. It sends 90% of its signals from the body to the brain, in order to regulate our social and emotional states (Rosenberg, 2018). The Polyvagal Theory contributed to our understanding of the mind/body connection by emphasizing this

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Judaism As An Earth-Centered Belief System

BY MICHAEL TABOR; EDITED BY DANA BEYER

It was 1965 and my former wife and I were on a honeymoon of sorts in California. Trying to catch the fading days of the beat generation poets before the time of the emergence of the New Age, we headed south from San Francisco. After immersing ourselves in Buckminster Fuller's hot springs in Big Sur, we headed to the Zen Mountain Center Buddhist retreat deep in the Los Padres National Forest.

During our stay, I joined monks at 4:00am each morning for Zazen supplication before the Buddha, but in my head, Charlton Heston's voice from *The Ten Commandments*, said, "You shall not bow before graven idols!"

I confessed my distraction to the Zen Master Suzuki Roshi, a stone mason, next to the perfect wall he was building. He replied, "Michael, you must go deeper into your Jewish origins — not the rituals your family or temples taught, but deeper." And so, I took his insight seriously and began a 58-year journey of spiritual introspection through my lens as a Jewish man, social justice advocate, and as a farmer.

Judaism's Agrarian Roots

The concept of being a "practicing Jew", or not, as a way to identify one's Jewishness has always intrigued me. I'm further intrigued by the intersection of religion and farming, as both have been central to my life. To understand the rhythms of the agriculture cycle and how they played a significant role in tribal beliefs and practices helps better define one's understanding of the Jewish people.

The Israelites were always a "tribe" with its own practices and beliefs. In ancient times, initially, one was considered a member of the tribe through the father, and later, better known through the mother. So, regardless of whether one practiced any of the rituals or holidays, there was no escape from that heritage. Today, the Reform movement, for example, now says that if one's father is Jewish, that person is considered Jewish as well. And individuals who are willing to study, pray and cleanse can become a Jew.

Much of what America knows today about Judaism through the world of writing and television is of a supreme being who governs by mysterious laws and dictates. Comedians like Jerry Seinfeld and the Mrs. Maisel character use self-deprecating humor and occasional Yiddishisms to amuse a mostly gentile (i.e., non-Jewish) audience. The dreary world of memorization with meaningless dates and texts from Hebrew School still haunts the minds of young people.

However, if one views the world through the eyes of a farmer, like I do, a whole different reality becomes evident. In ancient times nomadic shepherds needed rain, green pastures and a healthy crop of lambs. When nomads eventually became pastoral and started to grow grains, their worry shifted to seasonal disease, locusts and a clean water supply during the growing season. Furthermore, the Israelite tribes needed protection from both marauding nomads and civilizations that sought more land to expand their power and wealth. During this time, the Israelites created the concept of a single deity, and that devotion to

whom they imagined was essential for survival.

These were the realities faced by a union of Semitic tribes in an area known geographically as the Near East 3500 years ago. Their agriculture, science, language, deity and writings have become the basis of a current group of people known as Jews. Their continued existence remains unique among the other contemporary nations 3,000 years ago that have long since vanished. Their astronomers made solar corrections for their holidays to remain in the proper seasonal rhythm, and are still celebrated in that context. Put simply, the roots of Jewish spiritual life are tied to seasonal cycles.

Spring marks the birth of lambs and the harvest of barley, the earliest grain. Forty-nine days later is the harvest of wheat and early fruit. Midsummer brings the fear of drought and destruction. Then comes the fall harvest of olives, dates, grapes, and a time of celebration, thanksgiving, fasting and prayer for their worthiness for the next yearly cycle.

The current Jewish holidays celebrated include:

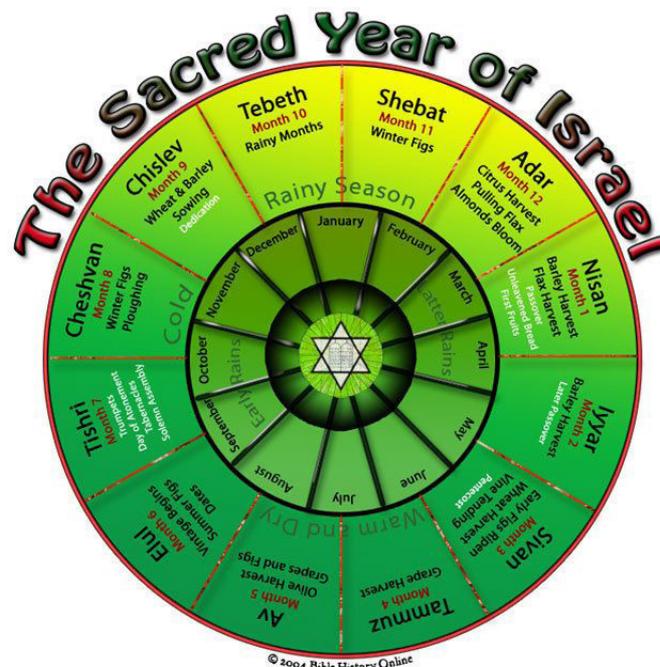
- PASSOVER – Barley harvest and lambing
- SHAVUOT – First fruits and wheat harvest
- TISHA B'AV – The fear of drought and loss of rain or dew
- SUKKOT – Thanksgiving harvest and living in temporary field booths; then the replanting of barley and wheat
- HANUKKAH – Winter Solstice (the loss of daylight) and the return of the sun
- TU B'SHVAT – Sap rising in fruit trees
- PURIM – Return of spring and festival time

Rosh Hashanah and Yom Kippur were originally minor holidays not directly connected to agriculture. It was a time of prayer and fasting, supplication and hope for a good year. Then, there's the problem of keeping those holidays in proper calendar sequence — but that's a history lesson for another time.

So, against all odds and the destruction of their capital — Jerusalem in 70 CE, which was the central space for sacrifice and worship — the people survived. The yearly agricultural rituals were still observed, but they shifted to decentralized deity-focused synagogue observances. It was at the new academy of Yavneh, 2,000 years ago where "new rules" were developed to replace the centrality of the Jerusalem temple, and in many ways, it evolved into a new religion.

What the Israelites did 3,000 years or so ago — and what Christianity and Islam did *not* do — was to preserve the link to their calendars and its agricultural festivals. The Greco-Roman solstice festival, *Natilis Solis Invicti* (the rebirth of the invincible sun) under the Roman Emperor Constantine, shifted the worship of the Sun God Apollo to Christ after the battle of Milvian Bridge in 312 AD and then renamed the cultic solstice festival in honor of their now true Son of God Jesus Christ at the Council of Nicaea (325 AD).

Christianity later renamed the original Jewish agricultural festi-



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The Lasseter Lundy Institute is an educational organization that provides a full curriculum for intuitive healers to be certified as Lasseter Lundy Method practitioners and to become faculty members of Lasseter Lundy Institute. We provide learning for becoming a master of intuitive healing. The course material is unique to Lasseter Lundy Institute and provides a comprehensive education in energy healing, intuition and combining the two skill sets. You will understand how intuition and energy work, how these skills can be fully developed, and you will become more enlightened in the process.

2022 Courses: Level 1

Becoming Intuitive: Channeling and Mediumship

(Taught by Michaelle Wyatt)

This class teaches you the basics of channeling and mediumship. Learn what channeling and mediumship are and how to perform each. Experience the difference between these two types of intuition and how to use your energy to create these experiences.

Practice exercises included.

Date: Saturday, July 2, 2022

Time: 12:00 pm – 5:30 pm

Tuition: \$150 if paid by June 17, \$180 if later

To register: Please call Wanda at 812-705-5135 or email her at ETLUX@MSN.COM

2022 Courses: Level 2

Healing Techniques

(Taught by Wanda Lasseter Lundy)

This class includes a variety of healing techniques to enhance your toolbox. Learn to use all the techniques, including but not limited to:

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- Using the cervico-thoracic and sacral distributor to help clients create
- Enhancing the will to be: knowing when to use kundalini
- Achieving rapid healing by speeding up the process
- Reading and using the client's own energy templates for wellness to create immediate change
- Using radiant and magnetic energy
- Creating fields
- Working with the aura communication system for healing
- Clearing and sorting the etheric fabric and etheric body
- Working with subtle color and sound frequencies for profound effect
- Creating additional flows
- Integrating client energy into full consciousness

Date: Saturday & Sunday, June 25 & 26, 2022

Time: 12:00 pm – 6:00 pm (Both Days)

Tuition: \$350 if paid by June 10th, \$380.00 if later

To register: Please call Wanda at 812-705-5135 or email her at ETLUX@MSN.COM

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This course is about how the soul develops across time and space to reach spiritual maturity. The maturity of the soul helps determine healing outcomes for your clients.

Learning includes:

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- 144 lives per spoke of the wheel of lives
- Multiple spokes and multiple wheels
- Living all of your lives at the same time and how to see yourself
- The oversoul role
- The stages of development of the soul
- How to determine the stage of development
- How to work with a client at each stage
- How to help a client reach spiritual maturity

Date: Saturday & Sunday, July 23 & 24, 2022

Time: 12:00 pm – 6:00 pm (Both Days)

Tuition: \$350 if paid by July 8, \$380 if later

To register: Please call Wanda at 812-705-5135 or email her at ETLUX@MSN.COM

Future Classes:

❖ **Level 1: Becoming a Healer: Initiations and Openings – Saturday August 6**

❖ **Level 2: Reading Past, Present, & Future – Saturday & Sunday August 20 & 21**

❖ **Level 1: Becoming a Healer: Energy Flows – Saturday September 3**

For more information and to see more on our upcoming classes, please visit our Website and Facebook Page:

Website: lasseterlundy.com

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Herbs for Men... and Summer

BY JASON BARNA

Herbs for women's health-related problems are discussed regularly by herbalists; but generally speaking, another important topic in herbalism — herbs for men's health issues — is often overlooked! Why is that? Perhaps it's the fact that usage of herbal remedies is more often (but not exclusively) connected to women? Maybe it has to do with a stigma of perceived weakness on the part of men, who are less likely to seek treatment for health concerns in general, much less turn to herbs for relief? The reasons are not conclusive or exhaustive, but I'm here to help expand the conversation. Let's take a look at some herbs that are good for us guys!

Ashwagandha (*Withania Somnifera*)

While sometimes considered a bit of a weed in its natural habitat, this hardy (to USDA Zone 6) member of the potato family is considered by Ayurvedic practitioners to be a bit of a wonder herb. Much like Panax Ginseng is in Traditional Chinese Medicine (TCM), Ashwagandha has been used in some "herbal Viagra" formulas. Hailed as an excellent aphrodisiac, it acts as a tonic for sexual and reproductive disorders, such as lack of libido and seminal debility by increasing strength and energy levels. Best results for this use can be noticed after about one month of continued use.

Ashwagandha is also noted for being rich in iron, making it useful for Anemia. It can act as a Vasodilator (helps open, or dilate, the blood vessels) which has the effect of lowering blood pressure. Being a member of the Solanaceae family (albeit one of the safer ones!), it has been used to even assist with relieving muscle aches and pains, including pain from rheumatism and arthritis, as well as for lumbago.

Hawthorn (*Crataegus Monogyna*)

While this legendary species can grow up to 40 feet high, it is typically found more as a hedge plant rarely exceeding 16 feet in height. Hawthorn provides us with its leaves, flowers and fruit (in the form of berries that resemble rose hips), all of which can act to help improve the heart and circulatory system. It is a regulator for blood pressure, whether too high or too low, and comforts conditions such as mild palpitations, angina pectoris, tight chest and the angst resulting from the above conditions, as well as arteriosclerosis. The berries are also useful in the case of insufficient bowel activity, and even kidney and bladder stones.

Hawthorn improves the circulation, especially the peripheral circulation, and is considered an excellent tonic that brings extra oxygen to the head, improving both mental and nervous functions. Of course it goes without saying that any heart condition is serious, and the use of herbal remedies as part of treatment for them should be done in conjunction with and under the supervision of your doctor.

Maca (*Lepidium meyenii*)

A relative of the radish, this root vegetable comes to us from Peru where it grows in the Andes Mountains. In use for over 2000 years in Peru as a traditional libido tonic, Maca (men will want Black Maca) is packed with amino acids, fiber, minerals and other phytonutrients to help promote energy and stamina. It does so by acting as an adaptogen to help your body regulate hormone imbalances due to stress, fatigue, age, etc. It is also thought to help increase athletic performance!

Saw Palmetto (*Serenoa serrulata*)

A creeping palm native to Florida, Mexico, and the Caribbean, modern herbalism makes use primarily of the berries, which are one of the

most important remedies in treating stage I and stage II benign hyperplasia of the prostate gland, a condition affecting 50% of men over 50 and 80% of men over 80. Saw Palmetto fruit eases these symptoms — difficulty urinating, frequent urination, and/or urinary urgency — though the effects are not immediate. Rather, they become noticeable after about 45 days of continued use. The effectiveness is said to be the same as that of standard medication. Side effects are rare, but some individuals have reported minor digestive troubles. In the Caribbean the berries are often used as an aphrodisiac made by macerating the berries in gin, and adding various other spices and herbs, and then sweetened with honey.

Chicory Root (*Cichorium intybus*)

While most folks know of chicory in its roasted form as a coffee substitute (for which it is indeed a very good one!), chicory is also known to be a source of the androgen hormone androstenedione, which in turn can increase the amount of sex hormones released by your body. It also supports cleansing actions in the liver and gallbladder, as well as helps soothe an upset stomach or digestive tract. Chicory is also thought to provide some protection against cancer as well as have antimicrobial benefits.



Ashwagandha - Photo by Bankim Desai on Unsplash



Hawthorn - Photo by Floraf on Unsplash

Herbal Highlights for the Season

There are many herbs good for men's health and wellness, with the aforementioned group being among the most highly regarded! The following group of herbs are also noteworthy, not only for their application toward male (and female!) health concerns, but also for the added benefit of being grown and readily available as summertime favorites.

Nettle (*Urtica dioica*)

The Stinging Nettle...or so it's also known, having been in use since the time of the famous first century Greek physicians Dioscorides and Galen. Today, the root is used as an important, time-proven herb for men who want to promote and maintain prostate and urinary tract health via its diuretic actions. The leaves when dried lose their sting and can be used as a strong diuretic to help with cases of Edema and bladder and kidney issues. Nettle leaves are also a very valuable summer herb, as they can act as a styptic to help staunch internal and external bleeding alike. They're used in folk medicine as well to help with arthritic joints and pains.

Boneset (*Eupatorium perfoliatum*)

While not the prettiest of herbs, this Eastern US Native is an incredible antiviral herb, being both a diuretic and diaphoretic. It offers a truly holistic approach to dealing with feverish infections, and is excellent in soothing all the symptoms associated with the flu — congestion of the respiratory tract, stuffy nose, and various aches and

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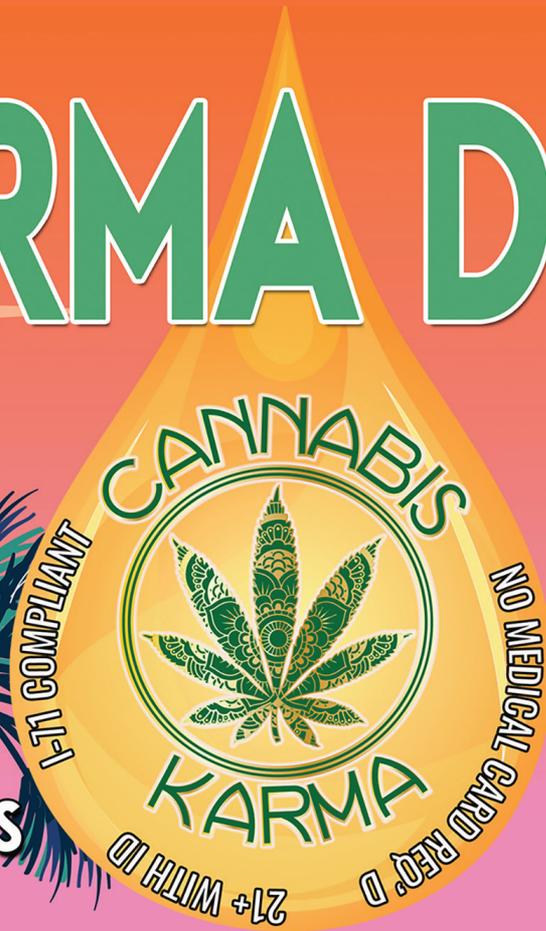
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Helping People Involves Helping Their Animals IFAW's Efforts Providing Disaster Relief In Ukraine

BY IFAW STAFF; EDITED BY CAM MACQUEEN

As the world witnesses the unfolding conflict in Ukraine, it is critical to ask what the future holds not only for the people, but also for the animals in peril. Uniquely caught in the midst of the storm, animals often have no way of escaping the violence and suffering, no recourse to turn to for alleviation of that suffering, and no guarantee of a return to the life they once knew. The International Fund for Animal Welfare, also known as “IFAW”, a global non-profit animal welfare and conservation organization based in Washington D.C., is working tirelessly with partners to address this too often unmet need during these unexpected times of crisis.

The situation during the 2022 conflict between Russia and Ukraine is indeed such a time where IFAW was called to action. Its Disaster Response and Risk Reduction (DRRR) team are trained responders, made up of over 30 staff members and contractors, ready to assist however they can to serve the needs of the community in conflict while also serving the needs of its animals. Whether through emergency relief grants, in-field support, providing pet food and veterinary supplies, or coordinating the rescue and transfer of animals, the team is ready to help.

The United Nations International Organization for Migration estimated that more than three million people fled Ukraine in February, the first month of conflict, the majority fleeing into Poland. Many brought their pets, refusing to leave them behind. Thousands of refugees have made the cold and lonely journey, most often by foot, clutching their animals tightly, striving to retain a sense of normalcy and companionship that their pets so strongly represent.

IFAW has supported multiple partners helping animals and people in Ukraine and the surrounding countries. In fact, it is a relationship that has existed since 2014 during the initial hostilities, when Russian troops invaded the eastern region of the country. IFAW partnered with animal welfare groups to provide critical support as they slowly rebuilt their shelters, homes, and ultimately, their lives. Recognized as one of the top disaster response organizations, IFAW's rescue work is not confined to war zones. The organization regularly assists in natural disasters including hurricanes, bushfires, floods, and earthquakes. To name just a few.

When IFAW first arrived in the conflict zone, its first priority on the ground was to understand the scale of unmet needs for shelters, animals, people and their pets. Early on, it was deemed best for the safety of the response team to concentrate its relief efforts in the Polish cities of Medyka and Przemyśl, where an estimated 80,000 refugees had been entering Poland daily, many with pets. On average, veterinary teams processed 500 to 600 animals per day, vaccinating and micro-chipping over 12,000 pets since the conflict began.

IFAW and its partners have worked to ensure they are prepared for a whole spectrum of needs from incoming refugees and their animals. The need is often greatest for pet food to stave off the animal's hunger; for blankets to provide warmth from the frigid temperatures of this long and treacherous journey. Some refugees arrive at the border knowing they will not be able to care for their animals any longer, but were determined to get them to safety. Choosing to relinquish them, they have entrusted them to the care of IFAW and its shelter partners. Without an end in sight to the current conflict, no one knows what the future holds. Some pets may indeed go on to be reunified with their owners; others will be adopted out, finding forever homes locally or throughout Europe.

At a key border crossing station near Medyka, where an estimated

80% of refugees and their pets cross into Poland, there is an overwhelming need for pet supplies and basic veterinary care. Here, IFAW assumes the management of a large makeshift blue tent, the only animal service station there helping hundreds of arriving animals. Trained IFAW responders, veterinarians and brave Ukrainian refugees which IFAW has contracted with for translation, rotate constantly in 12-hour shifts providing 24/7 access to pet food, triage veterinary care and supplies for refugees arriving with pets.

At a train station in Przemyśl, thousands of refugees come and go daily, seeking a safe destination in Poland and elsewhere in Europe. Often below freezing at night and bitter cold in the day, families queue for trains all day long alongside their animals in a desperate bid to remain together. Here, IFAW has sponsored Ukrainian veterinarians working with volunteers under Polish authority. Processing up to 200 dogs and cats a day entering via train from Ukraine, the team works feverishly. The animals are often dehydrated and showing signs of hypothermia after their journey. Hence, wet food and other items including pet carriers, leashes and harnesses are constantly in demand to meet the needs of this daily influx of animals in crisis.



Dr. Markee Kuschel from Greater Good Charities and IFAW responder Diane Treadwell fit one of Ukrainian refugee Liudmyla's cats with a harness. Photo: Dominica Mack / © IFAW

IFAW's assistance to animals is not limited to domestic pets. Recently, the team awarded an emergency grant to 'Save Wild's White Rock Bear Shelter', a bear rehabilitation center in Chubyn'ske, outside of Kyiv. Staff and volunteers sheltered in place to care for their animals after armed conflict near the city intensified. With a grant from IFAW, the center was able to purchase much-needed food and supplies for the bears under their care, successfully evacuating and relocating them to the Four Paws' Bear Sanctuary Domazhyr in the Lviv region of Ukraine. IFAW also provided another emergency grant to the Ukrainian Independent Ecology Institute to support food, veterinary and staff costs for the Institute's bat rehabilitation center in Ukraine. That's right — bats.

And then there is the ongoing collaboration with the Poznań Zoo in Poland to provide temporary shelter and care for wildlife rescued from the conflict in Ukraine. The range of animals is diverse, the needs of each even more so. Through it all, the staff of the zoo have risked their own lives transporting these animals to safety. IFAW understands this well — each individual animal matters.

One story that has resonated with many on the ground has been that of 31-year-old Alina, recently deaf in one ear a result of the ceaseless bombings she's endured. Roughly six days earlier, Alina, her mother, and her three cats, Buck, Tom and Marysia, escaped from a basement in Mariupol, a once-bustling Ukrainian port city of 450,000, relentlessly shelled and surrounded by Russian forces.

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Knowles Rock Shop

inside the Knowles Apothecary



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Finding Freedom Through Cannabis and Regenerative Farming

Part 1: Cannabis Can Hold Your Hand

BY BRYNN SEATON, FIDDLERS GREEN FARM

When thinking about what exactly it means to be free, I'm sure many feelings and even questions would arise. Freedom has many layers of meaning. And freedom in and of itself has subcategories of freedom that typically dictate whether one has the right to freedom of speech, freedom of choice, belief or religion, freedom to marry whoever you'd like, or even the freedom of having bodily autonomy. These are the types of freedoms we've grown up learning about in the classroom and seen debated on the news. It is interesting to note all of these types of freedoms have one thing in common — they have been “given” to us by “someone else”.

Now, there is nothing wrong with this. In fact, I feel deep gratitude to have these freedoms, as nuanced as they can be here in the United States. However, I'm not here to ponder these types of freedoms. I am referring to the type of freedom that is different and more central to how we as individuals feel moment to moment, how we perceive our surrounding world, and how those feelings and perceptions translate into our quality of life as human beings. After all, we are human beings and not human do-ings.

In a time when chronic stress has never been higher, when quality sleep is a moving target, and bodily pain and inflammation prevent even simple daily tasks, it is worth asking: Why is it so hard to just *be* in this world? I'm not referring to merely existing and going through the tasks life asks of us, no matter how well we feel. I mean *be* in the sense of thriving versus surviving. I mean consistently finding joy-filled moments and meaningful connections to our surrounding people and places while remaining centered in ourselves authentically.

For me personally, truly *being* also represents a dissolving of tension in regard to how one relates to the world and the guaranteed challenges of life — softer edges and less unnecessary suffering. To me, freedom is the presence of ease and expansion, and the lack of rigidity and contraction; to be able to take in the beauty of the planet while having enough strength to weather the storms that life inevitably presents. In my own experience, it is extremely difficult to take in this world in a thriving state of being while in a state of survival. When our precious energy is depleted by a prolonged stretch of survival mode, there isn't anything left for conscious being, or for the things that ultimately help us find ease and feel our best.

There are many practices that can hold your hand down the path toward true freedom and being. There are thousands of books and

teachers who can offer their perspectives on these tools. I'm here to present my own perspective, specifically on how an ancient plant and a land-management philosophy can be some of those tools. As a small disclaimer, I will say I believe life's journey is truly non-linear and infinite. Humans are complex, bio-individuals with histories and make-ups that no two people share. I do not believe in “one-size-fits-all” approaches or being “fixed”. Like the true regenerative farmer I am, I believe diversity is imperative for any ecosystem to function and thrive (that includes your inner ecosystem); and we as humans, much like the natural world, have everything we need inside us to find that true state of freedom and being.

The Power of Plant Medicine

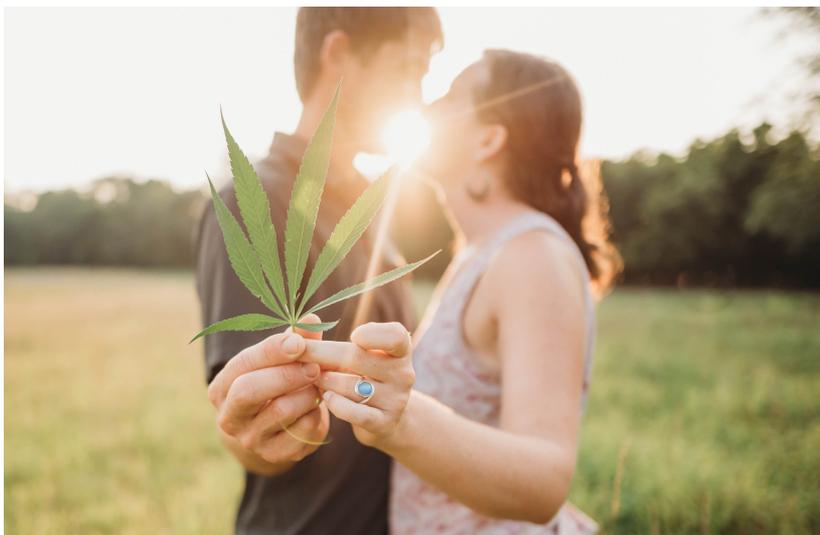
I'm a strong believer in the power of plant medicine and have found a true passion in connecting and learning from plants. When I moved to Maryland to be with my fiancée on his family farm, I had no idea how connected I would become to cannabis, let alone that we would create a thriving business growing hemp with a group of people all basically brand spanking new to working the land in this way. I came into the mix with moderate knowledge of cannabis from my background in holistic nutrition and wellness, but had never fully integrated with the plant in its wholeness from seed to harvest. I especially didn't appreciate exactly how much this plant in particular can be one of those tools holding your hand softly and confidently down that road toward freedom.

What I did know about cannabis is it is an incredibly ancient plant that can be used both medicinally and in the textile and fiber industry. Hemp itself has hundreds of uses due to its incredibly strong fibers. Fun fact: the ban on hemp (1937-2019) was temporarily lifted during WWII to help supply the Navy with much-needed rope. On the medicinal side of cannabis, I knew about cannabinoids like CBD (cannabidiol), THC (tetrahydrocannabinol) and even CBG (cannabigerol) and their ability to help the body in many different ways. I also knew CBD was about to hit the market in a big and confusing way after the 2018 Farm Bill passed, and that the plant would likely be exploited for the so-called promise of big dollar signs that were touted across the industry.

The year I began my journey on the farm is the same year hemp became federally legal to grow, process and sell. In that same year my integration with and appreciation of this plant became incredibly deep and layered. Much like how breathwork, self-reflection and movement can guide people to internal freedom, I learned that hemp and its powerful cannabinoids and terpenes could do the same.

[Note: When I mention cannabis, I will be referring to hemp, since that is the variety of the plant I am most familiar with. Marijuana truly has incredible properties of its own, but for all intents and purposes I'll be sticking to hemp.]

It is thought that humans, as well as other mammals, and cannabis have evolved together for thousands of years. (Source: [Sunil K. Aggarwal, NIH National Library of Medicine](#)) This evolutionary connection definitely gives us clues as to why we have what is called the Endocannabinoid System (ECS), and why so many humans and even animals have success with cannabis-derived products. When I first read the research on CBD years ago, I was both shocked and enamored. Shocked because I was only just learning about the incredible ECS and how it regulates homeostasis in the body, which essentially is the maintaining of a steady equilibrium across multiple systems in



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A Portrait Of My Mother, Made With Love And With Alzheimer's: Interview With Nicolás Shi

BY GREGO PINEDA, Translated by Nicolás Shi and Frank Blackburn

The candor and goodness of the well known Salvadoran-American-Chinese painter Nicolás Shi once again surprised me. This time he presented me with an unexpected ambush — warlike terminology that prevails in my Salvadoran generation — and it was without intention on his part. Originally I had visited his studio located in the heart of Washington D.C., to learn about his latest painting achievements, aesthetic concerns, and to verify his highly respectable and enviable ethical stances.

The meeting was warm, despite having been absent for 7 years, with a pandemic in between. After answering my questions and telling me about his thoughts and personal experiences during the pandemic, and how he came out of such a scourge with his partner Frank Blackburn, we reached a point in the conversation that allowed for topics unrelated to my work as a cultural journalist and beyond his commitment to answer me.

Suddenly, on a wall next to the room where we were talking in his study, I noticed a large-size painting where I recognized his mother's features. This prompted me to ask him, as one who wants to turn to more intimate and less formal topics — a show of personal friendship — “She's your mother, right?” “Yes,” he replied.

Motivated to gain his trust even more, I inquired, “Is she alive?” No, he said calmly. Then, with the reassurance of friendship I said, “Oh, I'm sorry, she suffered from Alzheimer's, right?” “Yes,” Nicolás Shi answered, with a hint of deep loneliness. The change of tone in his voice was gut-wrenching, making me feel guilty for having brought up the subject. I tried to get out of the sentimental mess I created, but my attempt made it even worse because I did not imagine how his answer would affect me when I asked him, “Tell me about the painting, tell me how and why you did it.”

“Look,” he told me, “I lived through part of my mother's illness and the last times I visited her in El Salvador she no longer recognized me, and when she talked, she was a woman without time. She spoke to me of her childhood as if at that moment she was living it — a girl spoke with all her memory, but she was not my mother anymore. They were painful moments because you had a girl who needed protection as I once needed, but this time it was my mother. It was distressing, sad, painful, and profoundly everlasting.”

I noticed that the conversation and the encounter had reached a point of no return, and I blamed myself for that. Then, flustered, I said: “Nicolás, focus on the painting, tell me what the process was and how you feel today when you see the result.” His answer has unsettled me to this day, as a son, as an artist, as a human being, as a father, and as a friend of Nicolás Shi.

“When my mother died,” Shi began tremulously, “and naturally,” he justified himself, “I had a very strong emotional reaction, I felt the need to channel the range of emotions that were suffocating me. I imagined the portrait of my mother like any other painting that I have done; however, this time it was different... very different. I conceived the portrait to be painted in a range of colors that were diluted in 12 shades and made of thousands of small hand painted, magnetized metal pieces that could be put together like a puzzle to form a portrait of her.”

“This technique was tedious and complicated because it forced me to paint and number each of the 2,878 small tiles, but it was the only way to understand the last years of my mother's life and her final physical departure. As I already told you, her life was blurring in her memory. Little by little my mother was losing the memories of her life

until they vanished completely. I lived through that. That impotence and the slipping away of my mother's memory made me conceive her portrait as something that, once done, could be undone, little by little, frame by frame, so that nothing remained, as nothing was left in my mother's mind.”

“That is why this portrait has several characteristics: assembled, as you see it, it has color and life, but if you turn off the light and look at it in the shadows, the perspective changes and the appreciation is of a fading black-and-white photograph. Then if you remove — one by one — the hand-painted squares that compose it, you can live what she experienced: your life fading away without you noticing. In this painting, centimeter by centimeter, my mother's years of life experiences are removed. And if you remove them all, there is nothing left. All this has made me meditate a lot and perceive life in a different way.”

I know that the reader will be able to appreciate the intensity of what Nicolás shared and will be able to understand that I could no longer think or write the interview that I came to do. That would be for another time. It was enough to

capture the myth of Sisyphus* in his eagerness to paint and unpaint the portrait of his mother Sofía Quan de Shi through small, magnetized paintings. Life is not one big painting, it is the sum of many small pictures, like the little things in life. Today, through Shi's talent and creativity, we are invited to reflect on it.

* It refers to a figure in Greek mythology who was condemned to repeat over and over the same meaningless task of pushing a boulder up a mountain, only to see it fall back down again. As Albert Camus concludes, “The struggle itself... is enough to fill a man's heart.”

Grego Pineda is a Salvadoran-American writer with a Master's degree in Hispano-American Literature.



El retrato de mi madre, hecho con amor y con Alzheimer: Nicolás Shi

POR GREGO PINEDA

La candidez y nobleza del famoso pintor salvadoreño-estadounidense Nicolás Shi, una vez más, me rindió. Pero esta vez me causó una inesperada emboscada – terminología bélica que prima en mi generación salvadoreña– y fue sin intención de su parte. Resulta que yo había visitado su estudio situado en el corazón de Washington D. C., para conocer sus últimos logros pictóricos, inquietudes estéticas y constatar sus respetabilísimas y envidiables posturas éticas.

El encuentro fue cálido, a pesar de tener 7 años de ausencia, con pandemia de por medio, y después de responder a mis interrogantes y contarme sus descubrimientos y experiencias personales vividas durante la pandemia y de cómo salió adelante de tal flagelo junto a su pareja Frank Blackburn, llegamos a un punto de la conversación que permitía temas ajenos a mi trabajo de periodista cultural y su compromiso de responderme.

De pronto, en una pared al lado de la sala donde conversábamos en su estudio, advertí una pintura grande, donde pude reconocer los rasgos de su madre y por eso le pregunté, como quien quiere entrar a temas más íntimos, menos formales, como una muestra de amistad personal y le dije: «Ella es tu madre, ¿verdad?». Sí, me respondió.



En mi avanzada de confianza le interrogué: «¿Vive ella?». No, me respondió con serenidad. Y luego, con licencia de la amistad le dije: «¡Ah!, lo siento, ella sufría de Alzheimer ¿verdad?». Sí, me respondió Nicolás Shi, con un dejo de profunda soledad. Y ese cambio de tono en su voz me activó mi diafragma sensible y me sentí culpable de haberle preguntado. Traté de salir del embrollo sentimental y mi intento fue peor porque ni imaginé cómo me afectaría su respuesta, cuando le solicité: «Háblame del cuadro, dime cómo y porqué lo hiciste».

«Mira –me dijo– yo viví parte de la enfermedad de mi madre y las últimas veces que la visité en El Salvador, ella ya no me reconocía y cuando conversaba era una mujer sin tiempo, es decir, me hablaba de su infancia como si en ese momento la estuviera viviendo. Y hablaba una niña con toda y su memoria, pero ya no mi madre. Entonces eran momentos dolorosos pues tenías a una niña que necesitaba protección como yo alguna vez lo necesité, pero esta vez era mi madre. Era angustiante, triste, doloroso y profundamente eterno».

Noté que la conversación y el encuentro había llegado a un punto sin retorno y me culpé por eso. Entonces, azorado, le dije: «Nicolás, enfócate en el cuadro, dime como fue el proceso y que sientes hoy al ver el resultado». Y su respuesta me ha trastocado desde ese día, como hijo, como artista, como ser humano, como padre y como amigo indivisible de Nicolás Shi.

«Cuando murió mi madre –comenzó trémulo Shi– y como es

natural –se justificó con arrobo– tuve un embate emocional muy fuerte y sentí la necesidad de canalizar la gama de emociones que me ahogaban. Y concebí el retrato de mi madre como cualquier otro cuadro que he pintado; sin embargo, esta vez era diferente: Muy diferente. Y diseñé el retrato para ser pintado en una gama de colores que se diluyeran en 12 tonalidades. Y hacerlo en múltiples, más de mil, pequeños cuadros de metal imantado que pudieran ser unidos como rompecabezas y formar el retrato de mi madre».

«Esta técnica era complicada y compendiosa porque me obligaba a pintar y numerar cada uno de los 2,878 pequeños cuadros, pero era la única manera de entender los últimos años de vida de mi madre y de su partida física definitiva. Como ya te dije, su vida se fue desdibujando en su memoria. Poco a poco mi madre perdió el recuento de su vida. Y llegó a un punto cero. Y yo viví eso y la impotencia ante la vida y el deslave de la memoria de mi madre, hizo que concibiera su retrato como algo que, una vez hecho, se pudiera deshacer, poco a poco, cuadro por cuadro, para que no quedara nada, como nada quedó en la mente de mi madre».

«Por eso este retrato tiene varias características: armado y tal como lo ves, tiene color y vida, pero si apagas la luz y se mira en penumbras la perspectiva cambia y el aprecio del cuadro se vuelve en blanco y negro. Y luego, si se remueven, uno por uno, los cuadritos pintados a mano y que lo conforman, se puede vivir lo que ella vivió: desdibujarse su vida sin que se diera cuenta. Centímetro a centímetro de este cuadro se remueven años de vivencia de mi madre. Y si remueves todos, no queda nada. Todo esto me ha hecho meditar mucho y concebir la vida de manera distinta».

Sé que el lector podrá comprender la intensidad de lo que Nicolás compartió y podrá entender que ya no pude pensar ni escribir la entrevista que llegué hacer. Eso queda para otra entrega. Fue suficiente captar el mito de Sísifo en su afán de pintar y despintar el retrato de su madre Sofía Quan de Shi a través de pequeños cuadros imantados. La vida no es un gran cuadro, es la sumatoria de muchos cuadros, pequeños, como las pequeñeces de la vida. Y hoy quedamos convidados por el talento y creatividad de Shi a meditar en ello.

Grego Pineda, salvadoreño-estadounidense, escritor, Magíster en Literatura Hispanoamericana.



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Transmuting Psychological Trauma Into Empowerment and Wisdom

BY LAZAROS BOUNTOUR

Why is psychological trauma and its deeper state of post-traumatic stress disorder (PTSD) so challenging to heal? Why are treatments focused on treating the symptom rather than the cause? Why are drugs prescribed rather than root cause healing techniques applied? To truly understand and then apply a healing process that will result in empowerment and wisdom, we must dig deep.

Albert Einstein said: "If I had an hour to solve a problem, I'd spend 55 minutes thinking about the problem and 5 minutes thinking about solutions." Through three decades involving my own healing, studying various modalities, and helping others heal, I have spent thousands of hours thinking about the problem and implementing a solution. Transmutation is a process of changing from one state into another. It is emotional alchemy, from suffering into empowerment and wisdom.

Mark Twain said: "I didn't have time to write you a short letter, so I wrote you a long one." I have had plenty of time.

The short version:

Healing a trauma depends on the level of will and commitment.

A trauma is an unlearned lesson and a non-serving emotional state.

Trauma gets imprinted and resides on our Soul's energy field.

Our Soul is our sentient self. It informs the Mind.

Out of balance emotional states create out of balance thoughts and life patterns.

Healing the trauma changes thoughts, it changes our life.

To heal, we must be willing to transmute the traumatic experience into a state of empowerment, by acquiring the lesson and embodying its wisdom.

Transmutation is a process that requires skilled facilitation.

Trauma is an invitation to a higher state of consciousness.

The long version:

It is not about Mind and Behavior, as modern psychology teaches. It is about the Soul and its connection with our Spirit, Mind and Body. "Psych" or "psyche" is the Greek word "ψυχή", which means "soul"; "-logy" is from -λογία -logia, which refers to "study" or "research". So, in its authentic meaning, psychology is the study of the soul.

Understanding who we truly are, how our parts are interconnected, and how they operate is essential. It helps us heal, prevent trauma from happening and live a purpose filled life.

We are Spirit, Soul, Mind, Body.

Spirit is our Oneness element and connects us to the universal Oneness, the Consciousness that permeates all.

Our Soul is our unique, individual essence, our sentient energy body. It animates our Body and lives in eternity incarnating over many lifetimes. It carries forward knowledge, talents, and unresolved traumas. It is connected to the universal Oneness and informs our Mind. Its seat is our Heart Center.

Our Mind is both a transducer and a co-creator. It receives inputs / information signals from various sources and converts them into various outputs. Its thoughts have immense co-creative power. When aligned with our Soul, they co-create poetry.

Our Body is our home. Its health can be affected by the state of our Soul and our Mind.

Traumas are imprinted on the Soul's energy field. They must be healed and transmuted on that level. Once healed, the mental patterns shift to a state of wisdom and empowerment. The process educates the Mind, launches the conscious Soul-Mind collaboration and co-creation, and empowers us to new states of being

How does trauma get imprinted on our Soul's energy field?

Trauma is the result of our Soul and Mind being unprepared and untrained in protecting themselves from and processing certain types of experiences. At times, various events, words, or actions can throw us off balance, especially when they are internalized. Lacking protection, the image of the experience, associated negative emotions, such as shock, fear, anger, sadness, self-blame, guilt, etc., can create a real and lasting imprint on our Soul, with lasting effects.

Some traumas can be self-inflicted with the propagation of self-abusive thoughts and actions. People who may compare themselves to others, or to some abstract standards, and lack a strong sense of self-value, can become self-critical, and react in self-destructive ways.

All traumas result in PTSD, albeit in varying degrees. On the lighter side, they can result in nagging thoughts. On a deeper level, they can result in strong emotions, stress, anxiety, unconscious reactions, and unhealthy mental patterns. On the deepest level, they result in Soul part separations, addictions, and suicidal thoughts or attempts. Soul parts separate for the Soul's own protection and preservation. Healing the trauma entails reconnecting all soul parts.

In a simplified view, you could think of a trauma as the result of a malware entering a software program. Its impact can be destructive. Once discovered and removed, the software's core structure and security must be strengthened to prevent similar future intrusions. Once cleared, the system processor will operate based on clean code. The malware is the event that enters and creates the trauma, the software

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by
Mary Kay Reynolds

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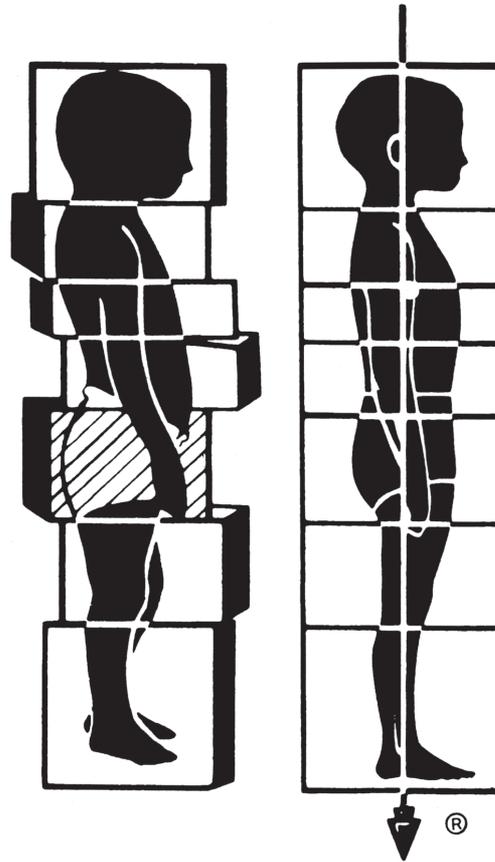
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Meditating and Reflecting

BY MISTY KUCERIS

Summer is always a good time to pay attention to your needs, go out, have fun, and enjoy. It's no different this Summer quarter of 2022. As a matter of fact, you'll feel the need to reflect and meditate more now than ever before. Basically, it's a time to determine if you are taking care of your needs or letting others take advantage of your good nature.

One of the best times to meditate and reflect is at the time of the full Moon. So, at the end of this article, you'll find a short reflection for each full Moon occurring this quarter and an affirmation that can help with your meditations.

Before the month of June began, Mercury was retrograde in the sign of Taurus. It was a time period to review your financial obligations as well as to determine if your lifestyle reflected your value systems. Now that period of reflection is ending as Mercury turns direct on June 3rd. With Mercury in direct motion you feel confident you can make changes as they relate to your financial obligations, your retirement program, or even any investments. You also have a better understanding of what you expect from your relationships with others. If you aren't receiving enough support from others, you find ways to communicate your needs. If you were doing too much for others and not receiving enough in return, you may decide it's time to end those relationships. Or, if those relationships involve family members and you can't end them, you decide to put up some boundaries that protect you from any harm.

Your need to establish those boundaries increases on June 4th as Saturn in Aquarius turns retrograde. When Saturn is in Aquarius you often find yourself asking: Just how responsible are you for what's



happening in your life? Are you letting other people take advantage of you? Are you taking care of others and neglecting your own needs? Do you have to learn how to say no when other people are asking for your help? And, are you enabling other people rather than letting them work out problems on their own? Depending on the answers to these questions, you may now realize you are letting others take advantage of you. If that's the case, it is time to establish boundaries and let others know their behavior can't continue.

When the full Moon occurs on June 14th you are ready to communicate your needs with others. With the Sun in Gemini and the Moon in Sagittarius both forming beneficial aspects to Saturn retrograde, it's

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ASTROLOGICAL INSIGHTS

Meditating and Reflecting...

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easy for you to determine where your responsibilities lie. And, it's even easier to explain why you may need to establish some boundaries in your relationships. Emotionally, you may feel the need to justify your behavior. You may even begin to emote too much. But, you realize as you start speaking that people don't need to hear all your explanations. Just letting them know your needs is enough.

June 21st represents the start of summer, when the Sun enters the sign of Cancer and the Summer Solstice occurs. On a metaphysical level, this is the time when you nourish yourself and enjoy the company of your family and friends. In addition to planning social events, you want to make certain everyone feels safe. You don't want to take any risks. As a matter of fact, you'll find that while others also want to socialize, they feel the same way you do, and don't want to take any risks either.

When the new Moon occurs on June 28th, with Sun and Moon in Cancer, you realize just how important it is to feel secure in life. You're willing to do what it takes to protect your family even if it means re-evaluating some of the goals you've established. Basically, it's very important to take "baby steps" right now. That means instead of establishing large goals, it's more important to set up measurable milestones easily achieved in a short time period.

By the time the full Moon occurs on July 13th, you realize there are benefits in establishing measurable milestones. With the Sun in Cancer, spending time with family continues to be important. Yet, with the Moon in Capricorn, it's important to feel you're contributing to society and your job. When you have measurable milestones, you can find that balance between your personal and professional needs. It's as if those measurable milestones also define the boundaries you need to feel secure.

As the new Moon occurs on July 28th and Jupiter in Aries turns retrograde a few hours later, you start feeling a shift in energy. Before you felt a sense of responsibility both in your personal and professional life. You took things seriously. If people needed your help, you tried to do the best you could. You tried to be there for them.

Now, with the Sun and Moon in the sign of Leo at the time of this new Moon, you want to have fun. You don't want to take things so seriously. Yes, you're still willing to help others, but now you'd rather help by inspiring them to take on responsibilities. You don't want to do everything for them. That's actually a good thing because it creates another sense of balance in your life. Sometimes the best way to help others is to let them do things for themselves.

Letting other people do things for themselves becomes even easier when Jupiter in Aries turns retrograde. When Jupiter entered the sign of Aries on May 10, 2022, you found yourself more impatient with others. You may have felt they were obstructing your personal freedom. For this reason, you wanted to tell them what to do. But now you feel differently. You're more willing to just live and let live.

A lot of people pay attention to Mercury retrograde, but not many people pay attention to Jupiter retrograde. Perhaps that is because Jupiter works on a more global level. When Jupiter turns retrograde, you start thinking more about your spiritual goals. You wonder if you're living your life in an ethical manner. You hope what you're doing somehow helps the world improve. You find yourself meditating and reflecting on your goals and wondering...are they worth it? Or do I need to change my approach in life?

You also start thinking about your other life goals. Are you in the right career? Are you paying enough attention to your own needs? Do people in your life share the same values? Do they approach situations in the same ethical manner? All of these reflections are important over

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Fast ♥ Pray ♥ Meditate: A Concert of the Mind Interview with Kenny Robinson, Founder of Fast ♥ Pray ♥ Meditate

INTERVIEW BY PATHWAYS STAFF

Several years ago, Kenny Robinson, a local wellness coach, writer, and avid Yoga practitioner, came across this quote from Aristotle, “it is possible that the many, though not individually good men, yet when they come together may be better, not individually but collectively, than those who are so, just as public dinners to which many contribute are better than those supplied at one man’s cost”. Aristotle is credited as the first person to write about this idea of the “wisdom of the crowd” — a social choice theory that places value on the collective opinion of a diverse independent group of individuals rather than that of a single expert.

Robinson was heavily influenced by this insight. Building on the idea that if enough people commit their innate energy to the fostering of their individual compassion, love, and desire to live in peace in a focused way, all in the same day, he believes we may be able to influence others to want to do the same, and collectively bring about positive change. Guided by this belief, Robinson founded the “Fasting for Peace” day.

Pathways reached out to Kenny to learn more about his mission to create a wave of positive influence of hope and peace, starting with the hearts and minds here in the Washington metropolitan area. We talk about how the original idea was sparked, why he feels the urgency at this time, what the fasting day involves, and what everyone can do to get involved in bringing about positive change.



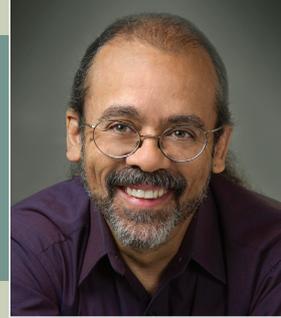
Kenny, your interest in collective wellness is something you’ve been thinking about and involved with for quite some time. Can you tell our readers a little bit of your back story?

Back in 2007 to 2008, I attended a series of lectures presented by the Institute of Integrative Nutrition (IIN) in New York City. They offered me the opportunity to learn about different, healthier dietary options I could in turn share with my clients. One weekend a month about a thousand fellow students would meet in Lincoln Center to listen to speakers and learn about many aspects of diets and how to live holistically to improve your individual health.

What I noticed is that after each speaker spoke, on whatever the

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Eric Weinstein
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Did you know that:

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I’m not a therapist, but I always have therapists among my clients. They come to me for:

- the most ancient healing modality (shamanic healing)
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Fast ♥ Pray ♥ Meditate...

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subject was, many students jumped on the bandwagon in favor of that particular health trend for that day. For example, a speaker would talk about the wonders of fish oil, and by the end of the day, many students were talking about and buying fish oil. Or if the topic was the benefits of raw foods, people were talking about and eating raw foods. I realized how impactful one person can be to a like-minded audience or a group of people who are interested in improving themselves and others around them. It also impressed upon me how most people just want to be happy and are searching for ways to do that.

What was your reaction to this type of collective response to what you were learning at the time? Did you have the opportunity to question or challenge what you were taught?

What was impressive about my experience at IIN is I saw for myself that there are many people interested in helping others find their way to a happy and holistic lifestyle. More importantly these people challenged the status quo of what we thought was the right way to eat, think and live. Most of the people were participating in this program as a transition from one career to the next — in my case from an accountant to a health coach and trainer. As I talked to people during the sessions it was amazing and refreshing to witness the openness everyone had to new ideas, which also accounted for their similar reactions to the speakers we encountered, as I mentioned earlier in regards to fish oil and raw foods.

At the end of each weekend session the host gave students in atten-

dance the opportunity to ask questions, make comments or tell the audience about events coming up. It was at the end of one such weekend session that I came up with the idea of Fasting for Peace.

How and where did you organize that first event in 2008?

I organized the event in NYC at our last conference session. I stood up and spoke to the group about taking a day, June 21st, to fast for peace. I had hundreds of business cards made up with nothing on it but “Fasting 4 ☺ - June 21, 2008” and passed them out to everyone. It was well received by the group and the host. Once the class had ended for the day, as I was walking around Manhattan people were stopping me and telling me how they loved my idea and were going to join me in the fast. I went to a vegan restaurant and there was a couple there who had attended the session and were really excited about the idea. On the day of the fast many people reached out to me to let me know they were fasting for peace. Many people responded on Facebook and by email letting me know they were doing their part.

What made you choose June 21st as the day for this event to take place?

June 21st is the longest day of the year and marks the first day of summer. In astrology, it is a marker for new beginnings. Taking those into consideration along with the plight of the world, the thought was if we can get enough people to spend one day focusing their energy on peace, it will have an impact, like a rock thrown into the lake and watching how the ripples fan outward impacting the entire lake.

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Why include a fasting element?

Fasting is an opportunity to focus all your divine energy to a cause, similar to the idea of fasting in a religious context.

Has the Fasting for Peace Day taken place every year since?

No. My life happened. I got married, started a Wellness company and we had a child.

Does this year's event have a special sense of urgency or importance? If so, why?

This year definitely has a special urgency. We have the threat of a nuclear war, we have mass shootings taking place, we have a pandemic still ravaging us that has become politically charged. We have racism and hate against people of diverse backgrounds and thoughts, and not just in our country but across the world.

People are being negatively impacted by everything going on in the world, and many feel powerless and hopeless about the future. We also have children who need hope and strength to help build a world that is safe for everyone. My idea is to bring our awareness back to ourselves, and take the initiative and dare to be a part of the movement for peace. There is power in prayer and our collective wisdom that this is *our* world, and we have the power of the divine on our side.

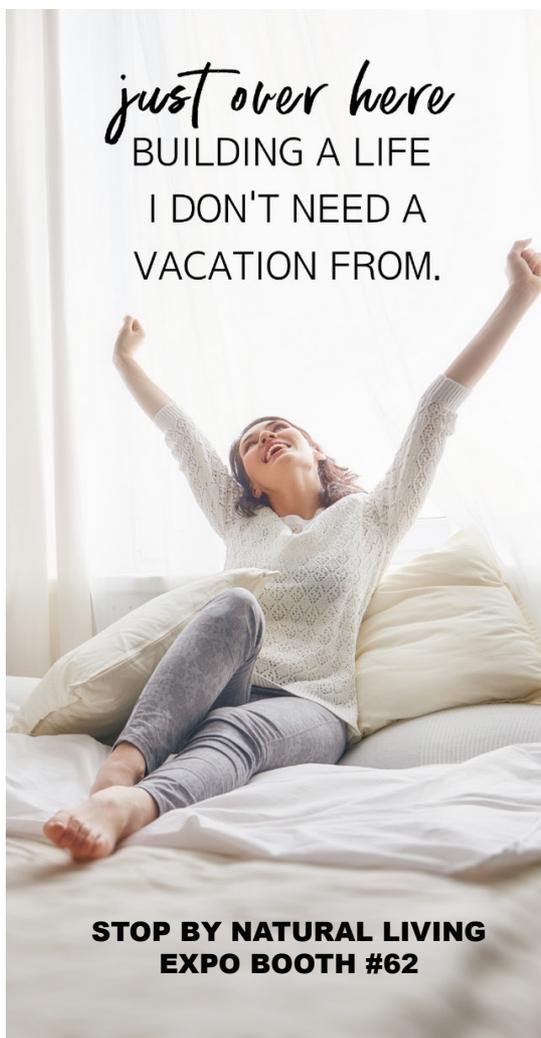
What are the details around this year's event? How can individuals participate and where can they find more information?

My only hope is to get people to actually take the day in private, with family and/or friends, and pray for peace in the world. Do something kind for someone for no other reason than being kind. Express gratitude for what you are capable of, and believe in the idea that like minds can make a difference. We want to change the vibration in the world. We truly need good vibrations.

I just want people to go to the web page and on social media and acknowledge that they are part of the **Fast ♥ Pray ♥ Meditate** movement to make the world a better place. They can find information at www.fastpraymeditate.org, or look us up on Instagram (@fastpraymeditate) or Twitter (@fastpray062122).

Kenny Robinson is a graduate of the Institute of Integrative Nutrition in New York City, Bowie State University and Argosy University, and is a member of the National Conditioning and Strength Coaches Association (NSCA). His background includes a Master's degree in Sports/Exercise Psychology, national certifications in strength and conditioning, holistic nutrition, martial arts, Thai Yoga massage and Yoga, and he has been featured in Yoga Journal magazine. Kenny provides private and couples Yoga/wellness training sessions. He and his wife Tammy own Bull Dawg Athletic Training and Physical Therapy in Arlington, Virginia. He's currently working on a book titled Fast, Pray, Meditate about the power to change the world.

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Headache Treatment With Acupuncture and Functional Medicine

BY HELENA AMOS, M.AC., L.AC., EURO. PHYSICIAN

Chronic headaches are one of the most common complaints with more than 10 million people in America suffering from them, ranging from severe headaches to debilitating migraines. And just as varied as the pain levels are the symptoms associated with them. Headache sufferers report experiencing everything from pressure, light sensitivity and auras to nausea, vomiting, severe throbbing pain and stroke-like reactions. In addition to the more commonly reported symptoms, I have also found other symptoms are often present, such as heart palpitations, anxiety, insomnia, menstrual and muscle cramps, and recurrent fatigue.

Despite the prevalence of clinical headaches, it's clear that treating them is not a straightforward path given the wide range of symptoms that can occur. For this reason, Functional Medicine is a great option. This approach works by identifying the real causes of a patient's health problems that lie in the altered physiology below the surface; the symptoms are an underlying dysfunction or an imbalance of bodily systems, and testing works to get to the root of the causes.

Identifying Headache Triggers

In my own clinical practice, I have found that patients reporting headaches arrive with symptoms associated with mineral deficiencies, especially magnesium; and additional client assessments have revealed sugar indulgence, poor diet, alcohol intake, stress and adrenal deficiencies. When these cases present, I have also identified a list of potential underlying conditions contributing to severe headaches and migraines, including:

- estrogen/progesterone imbalance
- high cortisol (stress hormone)
- severe PMS



- Irritable Bowel Syndrome (IBS)
- indigestion; and
- candida overgrowth.

Some patients have problems with energy metabolism. Prediabetes, diabetes and usage of artificial sweeteners, as well as the fluctuation of insulin in the blood, can cause metabolic imbalances and consequent headaches. So can the lack of Vitamin B complex, especially B2, as well as CoQ10, or Coenzyme Q10, an antioxidant your body produces naturally for the purpose of cell growth and maintenance.

Absorption issues in general have become a huge problem — today, people's diets are disproportionately composed of processed "dead" food and preservatives. As a result, in some cases abdominal bloating after eating, lack of digestive enzymes, or small intestinal bacterial overgrowth (SIBO) cause headaches symptoms. A Functional Medicine approach using a micronutrient test is one of the best ways to look at the absorption profile of the patient and determine how to recommend nutritional supplements correctly.

Finally, headaches can be caused by muscogenic and discogenic causes — these refer to issues related to back pain and disc degener-



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eration in the spine. There is usually some kind of trauma involved, which would be revealed as part of a patient's personal medical history from an introductory assessment. In these instances, headaches can be treated through physical therapy manipulations of muscles, tendons, fascia and more.

The bottom line is headache treatment is handled individually depending on symptoms, test results and overall medical history.

Sample Headache Scenarios

Hormonal Imbalances

There is a class of headaches associated with premenstrual syndrome (PMS), perimenopause, and estrogen/progesterone imbalances (i.e., too much "bad" estrogen). In these instances, blood and saliva tests are conducted to determine levels of sex hormones, and for thyroid and adrenal function. Once a complete hormonal profile has been determined, specific supplements can be combined with Traditional Chinese Medicine treatments accordingly. DIM (Diindolylmethane), NAC (N-acetylcysteine, an antioxidant), and lipoic acid are often used to balance estrogen and help detoxify the liver. These steps are usually combined with conditioning the GI tract; they work to restore and support kidney and adrenal function, all of which help to reduce inflammation and reduce the severity of headaches and hormonal triggers.

Magnesium Deficiency

Spastic headaches, as well as muscle cramps, constipation, palpitations, anxiety and insomnia can all signal a magnesium deficiency in the body. Depending on the patient's need, various types of magnesium supplementation is available, including glycinate, citrate, and aspartate.

Food Allergies

One of the most common triggers for headaches is food allergies and food sensitivities. In addition to headaches, food sensitivities can cause bloating, indigestion, diarrhea and IBS, as well as muscle pain, eczema, and nasal congestion. Dairy/cheese and gluten sensitivities along with preservatives, dyes and sulfites are among the triggers most often reported. Computerized energetic testing (also known as an EAV assessment), as well as blood sensitivity testing, both in the Functional Medicine arsenal, can provide clues to which foods to avoid, thereby helping a patient avoid headaches, and other physiological triggers.

In some cases, a breath test or blood test can determine the presence of SIBO, when normal bacteria, which we all have in the gut, becomes more aggressive causing indigestion and/or headaches. The overgrowth of candida can be determined as well by clinical symptoms plus a stool test.

Checking urinary organic acids can be helpful to find out about energy production and mitochondria function. This is particularly effective for assessing those patients who are experiencing brain fog, muscle ache, and fatigue along with migraines.

Acupuncture for Headaches

There is a large body of scientific research supporting the effectiveness of acupuncture for treating headaches and migraines, both alone and in combination with Functional Medicine approaches. Acupuncture can reduce the frequency and intensity of headaches by providing either stimulation or sedation of "Chi", the energy flow, to the certain meridian(s) affected by the energy deficit or excess. Simply put, if energy, or Chi, is distributed equally in the body, then there are no headaches.

An acupuncturist needs to know all entry/exit and connection points, much like an electrician, in order to provide equilibrium in the body. Applying successful acupuncture treatment is often classified by

their allocation and Chinese medicine pattern. For example:

- Top of the head headaches - related to faulty distribution to the Liver Meridian and Kidney Meridian deficiency
- Side of the head - related to Gallbladder Meridian
- Forehead - related to Stomach Meridian
- Whole head and occipital lobe - related to Kidney Meridian

Patients can also benefit from learning certain acupressure points they can use to eliminate the headaches themselves. In my own practice, I choose individual points for them according to their allocation patterns.

Lastly, it's important to note that different headaches are related to the appearance of different emotional disturbances, like frustration and anger, fear and anxiety, and others. Acupuncture is very successful in addressing and restoring the body-mind-spirit equilibrium.

Clinical headaches are common, painful, disruptive and even debilitating. If you are among the sufferers in this category, understanding that relief is available through Acupuncture treatments and Functional Medicine is an important step to regaining control over your health and wellness. Proper education about the causative factors of your headaches, together with detoxification, quality sleep, proper hydration, stress management, and a clean diet are the keys to successfully terminating your symptoms and having a productive life.

Helena Amos, M.Ac., L.Ac., is a licensed acupuncturist, European physician and Functional Medicine practitioner with more than 30 years of clinical experience combining the best of modern Functional Medicine with the ancient wisdom of Traditional Oriental Medicine. She is Founder/Owner of the Acupuncture and Natural Medicine Clinic in Rockville, MD, and is available for in-office and telehealth consultations. Visit rockvilleacupuncturemd.com for appointments and to see her list of services offered and conditions treated.

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Embodiment: The Bridge Between...

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two-way connection; however, this theory receives some criticism by researchers, due to its lack of scientific evidence.

While the Polyvagal Theory may have provided another tool for mental health therapists to explore the mind/body connection, Peter Levine's work pioneered the whole field for therapists. Peter Levine, PhD (in Biophysics and Psychology), is the creator of **Somatic Experiencing**, or SE, a body-based approach to healing from trauma by using techniques that create a deeper relationship with the body and how it holds trauma (Levine, 2016). His understanding of the human body and its "life energy" gave mental health professionals both a foundation for and permission to explore new territory by introducing them to the idea that the body holds on to past traumas until we are able to create a safe container to listen to the body and "thaw" those frozen moments in time. However, much like the Polyvagal Theory, Peter Levine's work is criticized for being too scientifically ambiguous. Some critics even go so far as to call Levine's work "cult-like".

My personal criticism of both modalities is they are still too agenda-driven and reductionistic in their approach to trauma recovery. Both the Polyvagal Theory and SE, as well as many other forms of somatic therapy not mentioned here, use the mind to scan what is present in the body as a means to uncover what is subconsciously stored. If this information was so readily available, then why did it create holding patterns in our body in the first place?

The body is innately designed to stay functional and balanced, so we will create compensation patterns within milliseconds without breaking from our activity engagement. This recalibration to seek homeostasis is part of the body's intelligent design. When we experience

a trauma — be it significant or a series of small repetitive traumas over an extended period of time — the body recalibrates in an instant. These adjustments happen on a biological level with no conscious awareness.

For example: You fall down the stairs as a child and land on your tailbone. But, you get right back up, dust yourself off, and walk around with a sore butt for the next few days. That moment of impact to your tailbone as a child doesn't just go away; it creates tension around the tailbone, which causes your tailbone to shift over time. That memory eventually fades and gets stored in the body. As you age, the tissue around your tailbone becomes fibrotic, causing all of the organs and muscles in your pelvis to shift as well. At age 40, you begin to experience migraines, so you go to a headache specialist who prescribes medicine and asks you to keep a journal of your triggers. Eventually, you get frustrated with the lack of results, so you turn towards alternative and holistic medicine like acupuncture or reiki. Each one of these interventions addresses a symptom of the underlying issue, and some of them may even clear the emotional blockages from that original trauma; but none of them unwind the tailbone and its surrounding structures. So, your body stays wound up and develops compensation patterns around that original injury. Over time, you even start to experience pain in new places in your body. In addition, your emotions can't flow when your physical tissue is restricted or twisted, so those sites become like a sponge for stress and emotion in the body.

Fascial Therapies

How do we unravel such a complex pattern of trauma, pain, and emotional stress? This is where bodywork, with an emphasis on fascial therapy, can be incredibly profound.

Fascia looks like a spider web, comprised of three-dimensional hol-



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low microtubules which are filled with liquid information. Fascia surrounds and compartmentalizes every structure in the human body, allowing your muscles, bones, tendons, organs, blood vessels, and cells to slide and glide along one another. Fascia has an incredible capacity to stretch and change under pressure or tensile force. Because they are hollow microtubules, they also have the capability of transporting information from one place to another inside the body.

Some of my greatest mentors in the mind/body connection are bodyworkers. I began training in 2009 with John F. Barnes, a physical therapist who is known for his discoveries in *Myofascial Release* therapy. Myofascial Release, or MFR, uses slow, sustained pressure over an extended period of time in order to “melt” the fascial adhesions surrounding the organs or regions of the body. MFR takes the pressure off of the body so it can flow and function as intended (including emotional flow).

I initially pursued MFR to learn how to treat spasticity in children with cerebral palsy. What I did not realize was that it was going to lead me down a path of mind/body healing that would unravel decades of trauma within my own body. There is so much still to be discovered about these tiny structures in the body; and yet, our diagnostic testing procedures are unable to recognize its existence, leaving much to the unknown in the field of fascial therapies. Frankly, this is why I do not jump on the bandwagon whenever researchers criticize body-based medicine by saying “There is not enough scientific evidence to validate this approach”. My 12+ years of clinical results is validation enough for me.

I now specialize in several forms of fascial therapies, including Jean-Pierre Barral’s work in Visceral Manipulation, Barry Gillespie’s work in Craniosacral Fascial Therapy, and Robert Stevens’ work in Core Synchronism. I have learned that while these modalities are in-

credibly effective at accessing the body’s ancient wisdom and stored trauma, they are not so great at helping clients integrate what is coming up from the body into everyday life. In addition, these modalities do not slow things down so the brain can catch up with the body, a process Peter Levine refers to as *titration*. As a result, I found my clients were dependent on me for symptom relief, otherwise they were left unsupported while they experienced an exacerbation of symptoms due to healing crises or cleansing response, a natural process often occurring when we address the root cause of healing.

The Four Quadrants of Embodiment

It is through my work as a trauma-informed fascial specialist and Occupational Therapist (OT) that I have developed a body of work that combines the Top-Down approach in the field of mental health with the Bottom-Up approach in the field of physical rehabilitation. While the body stores our emotion, memory, and stress, our mind needs to make new neuronal connections in order to regulate our nervous system and develop new adaptive responses. This is the focus of the *Four Quadrants of Embodiment*.

The Four Quadrants of Embodiment creates a paradigm shift in how practitioners address the mind/body connection. First, it teaches us a framework for guiding our clients deeper by acknowledging what is on the surface and then learning to access what lies just beyond our conscious awareness. Then, it provides us with methods for daily integration by using neuromuscular re-education and spiritual hygiene practices.

Quadrant One: Assess

Before we are able to go deeper into the body, we must first ac-

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Judaism As An Earth-Centered Belief...

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vals after pagans, saints and martyrs. For instance, the Jewish holidays, starting with Passover then 49 days later, Shavuot, paschal and barley harvest, was transformed into Easter, named from the Teuton goddess of fertility ceremonies. In Judaism, it was a season of climate uncertainties and fear of drought, locusts and inclement weather. Easter became the Feast of the Resurrection. It featured the return of Christ, and linked it to phallic maypole dances, and fertility symbols (rabbits, eggs). Interestingly enough, for the next 500 years, the newly established Roman church engaged in the destruction of sacred groves by armed Christian woodcutters. The groves were replaced by churches and cathedrals.

The Unconventional Pursuit of Judaism

As interesting as the agricultural origins of Judaism can be, it is not typically on the forefront of teaching in Hebrew schools or connections made in Rabbis' sermons and teaching in the United States. Secular Israelis are often taught this history in their schools, and biblical archeologists have intimate knowledge and insights, way beyond what I know as a farmer.

When I once spoke at over 25 Sunday schools in Washington and Baltimore, I asked mostly 13-16-year-old Jewish children the same introductory question, "Who can explain the difference between Sukkot (harvest festival) and Shavuot (spring festival of wheat and first fruits)." *None* of the kids knew the answer. In all modesty, my presentation usually enthralled the students, because the topic is quite fascinating.

Shavuot, to traditional Jews, foregrounds the religious aspects of

the holiday that marks the giving of the Torah from God to Moses. This explanation is taken as strictly literal — God revealing Himself directly to hundreds of thousands of wandering Jews, standing at Mt. Sinai and receiving the Torah, dictated by God to Moses. In our tradition we think of that moment as if all Jews, throughout time, stood at Mt. Sinai.

But in current Jewish schools and synagogues, the historical agrarian origins of those holidays are not usually included in their teaching. This is unfortunate, because the agricultural origins could be more exciting to learn. Agricultural roots have a better chance of enlightening than the strictly religious explanations. I presume that the same could be said in Protestant and Catholic Sunday schools. Real history, with its pagan, agrarian and earthly environmental roots, make the religion more interesting and relevant to younger people.

Curiously, in one of the local Jewish Day schools our daughter attended (Jewish Primary Day School), the first graders knew the answer to the difference between Sukkot and Shavuot! I stopped giving these (free) presentations when, at a Baltimore city-wide Jewish teachers' conference, the Director of Jewish Education asked me to leave the conference because I had the audacity to suggest the holidays had agricultural roots and were not divinely inspired. The idea is as radical now as it was then, but I believe it is worth exploring as a means to start important conversations for cross-cultural and cross-spiritual connection.

A professor of Jewish history at the now defunct Baltimore Hebrew University said he opened his classes by saying, "Please forget everything you ever learned in Sunday schools when you take this course. That information is simply historically irrelevant!"

Nevertheless, history is not necessarily religion. There's a separation between the sacred and the profane. In order to be a true Chris-

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tian and find a place in heaven, in general one needs to accept through faith and practice the resurrection of Jesus, the “son of God,” as well as believe in heaven and hell. However, Judaism is tribal, and not necessarily defined by one’s belief in the one God, the Torah and by practice. One can convert to Judaism, but it is mostly through learning and a desire to participate in traditions and community. Unlike many aspects of Christianity and Islam, Judaism does not consign the non-believer to eternal doom. It asks us to pursue justice, strive for truth, and believe in the sanctity of life, hope and mercy.

Judaism has several branches ranging from strict Orthodoxy, Conservative, Reform, Reconstructionism and to what is called “Jewish Renewal” (that is my practice). There are multiple ways of interpreting the Torah, practices and traditions. But regardless of differences, all of us are Jews. Our tradition was based on the agricultural cycle of life and we all should be participants, or at best, be aware.

Study is important and considered crucial. For example, many Jews honor and enjoy counting the Omer, which marks the 49 days starting from the barley harvest and ending with Shavuot, the festival of the first fruits and wheat. Many scholars liken the Omer to a period of inner growth and personal development. For example, April 29 is the 13th day of the Omer. The Mussar Institute, a spiritual community of learners and seekers within the Jewish faith, sends out a daily teaching for meditation. On this day, the teaching was on “*Gevurah*” (strength), Proverbs 16:32: *Better to be forbearing than mighty; to have self-control than to conquer a city.*

Another example harkens back to my “yute” in Brooklyn and Queens, when I practiced, as an observant Jew at the Young Israel of Kew Garden Hills. The ancient festival, “Hoshana Rabbah”, probably of Canaanite origin, practiced today in Orthodox and some Conservative synagogues, is the prayer for fall rain.

Historically, 3,000 years ago, each night of the Sukkot feast, a huge gathering of Jews in Jerusalem would accompany the Temple priests to the Siloam spring where water for the libations (nissuk ha-mayim) was drawn. The multitudes waved palm, myrtle and willow branches, the people cried out “Hoshana!”, a reference to the Canaanite cry “HoiDod” (We Adonis), or “Hedad”.

Today, Orthodox Jews still practice an abbreviated version of this celebration by marching seven times around the synagogue taking their palm, willow and myrtle for Sukkot, and smashing them into the ground (the earth) — an act of “imitative magic” pleading for rains so the barley and wheat seeds will germinate and bring an adequate harvest in the spring.

Christians will instantly recognize this ceremony from the account of John in the New Testament about the arrival of Jesus in Jerusalem, where they “took branches of palm trees and went forth to meet him and cried, ‘Hosanna – Blessed is he that cometh in the name of the Lord’”, calling him “King of Israel” with reference to the first Israelite king, David. (p.473, *The Jewish Encyclopedia*, 1904, Funk & Wagnalls Company) and their new messiah. Sadly, the Jews were hoping for a warrior Davidic messiah to overthrow the Roman yoke.

I recall a re-telling of this story by conservative Rabbi Harold White (may his memory be a blessing) and a similar version by orthodox Rabbi Itzhak Breitowitz. It is this link to the agrarian heritage that most contemporary Jews do not share in our modern-day lives. I’m saddened knowing this rich history and its practices are lost to most Jewish youth who may seek their spiritual journey elsewhere, like I did at the Zen Temple.

As a contemporary farmer, I symbolically acknowledge those early rituals from an agrarian perspective honoring my ancestors and civilization.

And to me, study is irrelevant without the will to act, protest and create change. This includes speaking and acting out against war, evil

autocrats, and the police killing of innocent black people, as well as decrying the destruction of the climate by polluting chemicals and wasteful carbon-based usage. Study alone and silence in the face of evils can end in cynicism, despair and self-destruction. But study and learning in community leads to understanding and the desire to act.

Some of what I have done in my over fifty years of activism includes helping to create a “Havurah” (friends), or community synagogue, that still functions today. Fabrangen (fellowship) celebrates the Sabbath every Saturday morning at the Washington Ethical Society on 16th Street, NW. They meet virtually and their website has information on how to participate. All are welcome. There is no cost, even for the High Holidays.

What stands out to me in the group is the fact that there is no “rabbi” — the members lead services; and each week someone else guides us in a discussion around the Torah portion of the week, and how it relates to our lives and what is going on in the world.

Fabrangen also hosts the Jewish Study Center, a wonderful opportunity to learn and discuss many topics. Fabrangen supports homeless families, and promotes social and environmental justice in an egalitarian manner. There are several other Havurot in the area, including Am Kolel, whose Rabbi, David Shneyer, is active politically and guides his congregation toward social and environmental justice. His commitment and energy are inspiring. We learn so much from David (my rabbi) and the communities we interact with. These communities support a creative mix of traditional and innovative worship, and protest against injustice.

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Herbs for Men... and Summer

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pains. Boneset flourishes in summer, making it a very valuable source of nectar for our friends, the bees, come late season!

Wild Bergamot aka Bee Balm (*Monarda fistulosa*)

Most people think of this very attractive native wildflower as just another flower that tends to attract bees (thus the common name Bee Balm); however, in its common name we learn its usefulness as a strong antiseptic and antimicrobial making it useful for stings, bites, and the like! For insect bites and stings, a poultice can be made from fresh leaves and flowers by wrapping them in a cloth and crushing them with your hand; then place this cloth over the affected area. The flowers and leaves were also used by Native Americans for treating colds and sore throats. As a nervine it can help calm nerves and ease tension, anxiety, and headache.

Plantain (*Plantago Spp.*)

Both Broadleaf Plantain (*Plantago major*) and Ribwort Plantain (*Plantago lanceolata*) are among the most common weeds, and frequently found roadside companions. An herb of temperate Europe, they seized the opportunity to travel with the European explorers as they set out to conquer the New World. Unlike some of the other new herbs though, the indigenous people appreciated this newcomer for its healing virtues.

While both Plantain varieties are used medicinally, modern practice tends to use Broadleaf Plantain externally for bites, stings, burns, and minor cuts and wounds as well skin afflictions. For scrapes, bruises, minor burns, and minor cuts, simply bruise a few fresh leaves and apply to the afflicted area.

Alternatively, you can create an infusion of Plantain plus a carrier oil like Olive Oil by placing the dried or fresh leaves into a jar about 1/3 full then filling with your oil. Seal the jar tightly and place in a cool dry place for 3 to 4 weeks, shaking it occasionally. Once the infusion is done (the oil should take on a greenish tinge), simply strain the oil and put it in a roller ball bottle to keep with you when hiking, working in the yard, etc.



Lemon Balm - Photo by Victor Serban on Unsplash

Lemon Balm (*Melissa officinalis*)

A humble yet powerful garden herb, Melissa does not have showy flowers nor pretty seeds, yet it is a very precious herb and powerful ally! As early as the 1500s, Paracelsus, the Swiss physician, thought this herb capable of entirely restoring a man's vitality! Melissa is best known for its ability to gently relax oneself, and helps with nervous conditions such as depression, nervous tension, mental exhaustion, anxieties, phobias, hypochondria and even hysteria. Its uplifting scent (a pleasant cross between lemon and grass) helps ease the mind and body, promoting a deep restful sleep in cases of insomnia. Melissa can aid in menstrual problems as well. The herb and its essential oil are

known for their antiviral properties making it useful to have around for treating Herpes simplex (cold sores).

Milk Thistle (*Silybum marianum*)

While not a native plant to the US, milk thistle has become a very valuable plant to have. Numerous scientific studies have shown its seeds have the power to reverse liver damage — they are the only known substance that can regenerate damaged liver tissue — and they are one of the few effective agents for treating hepatitis C and jaundice. Milk thistle is another important source for many of our pollinators and butterflies!

Vervain (*Verbena*) (*Verbena officinalis* / *Verbena hastata*)

Despite being a rather inconspicuous herb with its tiny blue flowers set on squarish spikes, verbena, or vervain, for some reason has attracted a phenomenal amount of attention throughout the ages. For many centuries it was used by every priest, magician and witch as a purported cure for everything! In the modern era, panacea herbs like vervain have often been dismissed, simply because they seem too good to be true; thus vervain is rarely used in herbal medicine today.

Verbena can be summed up as an herb that supports the clearing of obstructions, e.g., in the kidneys, liver, gallbladder and spleen. It is said to be helpful for liver congestion and jaundice, and is even reputed to break up a kidney stone. It is also a nervine that calms and relaxes tense nerves, and can help alleviate a host of stress related symptoms such as mental exhaustion, migraines, depression and headaches. Externally verbena has been used to cleanse wounds and putrid ulcers. It is also used as a gargle and mouthwash for infections of the gum and throat.

Black Walnut (*Juglans nigra*)

Last, but not certainly least, is a tree — our Native Walnut, more commonly known as Black Walnut. The leaves of the black walnut are an astringent and are most often used to treat hemorrhoids, as well as to treat liver and gallbladder problems. In folk medicine, black walnut leaf was also given to relieve headache, hepatitis, and skin conditions. Black walnut is an anti-fungal and has been used to treat fungal infections such as athlete's foot, and Candida. It has also been used as an antiseptic and anti-parasitic.

The hulls of the black walnut are used to help with many conditions owing to a chemical within them known as juglone. They are known to be a gentle and effective laxative as well as an effective anti-viral. Lastly, the hulls were used as a source of brown dye for hair until the early part of the 1900's. The meat (nut) is a good source of natural calories while being low in Saturated Fats.

How To Use the Herbs

Most of the herbs described here can be used as a Decoction or Tisane. Saw Palmetto is the exception. It is best used as a tincture, prepared by using a high proof alcohol like Everclear then diluted with purified water at a 1 part tincture to 2 parts water ratio. Alternatively, you can ground it into a powder and take it in capsule form as some of the constituent properties (mainly the fatty acids) are not water soluble.

What's the Difference Between Decoction and Tisane?

While both refer to a form of herbal tea, the difference is in how long the parts of the plant are allowed to steep (brew). For most flowers and leaves, a simple Tisane (Tea) works well. Simply put 1 to 2 teaspoons of the herb into a mug, pour over it with hot (not boiling) water, and let steep for 5 to 10 minutes (longer if you like a stronger tea).

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Claudia Neuman,
MSW, ERYT-500, YACEP
Certified Parayoga® Instructor
Certified Parayoga® Nidra Instructor
Creator of Align with Grace Yoga

All my classes are Online and In Person!

Visit: www.graceyps.com/classes

for information on my public group classes
held every Tuesday and Thursday at 6:30 p.m.,
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**Join me for my Bliss-Filled Signature
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at The Natural Living Expo, July 10, 2022 at the Hilton McLean Tysons
Corner, McLean, VA, 7920 Jones Bridge Drive, McLean, VA, 22102
[www.pathwaysmagazineonline.com/expos-and-events/
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Herbs for Men... and Summer

...continued from page 35

For the more fibrous roots, like Chicory, a Decoction is used (unless you are using roasted chicory root of course). In this case 1 tablespoon of the root is placed in a pot of simmering water and left to simmer for about 45 minutes (longer for very hard and fibrous roots).

One of my favorite ways to enjoy summer is with sun tea! Simply take your favorite black tea and place it in a glass container with water and set out in the sun (or a sunny window) and let nature brew your tea for you! I always add 4 to 5 fresh leaves of Lemon Balm to it while it brews to give a bit of a lemony flavor as well!

Jason was raised in Southern Maryland in what was once a very rural Calvert County where his Grandparents farmed Tobacco. It is from them he learned about how to look to nature and what she provides for treating ailments. In 1997 he moved out to the Midwest where he spent 30 years, including a year and a half spent in the far reaches of Northern Michigan on the Keweenaw Peninsula. In 2017 he moved back to Southern Maryland to help take care of his parents. He and his fiancé merged their businesses to form Phoenix Rising Apothecary, following in the footsteps of the olden Apothecaries. They offer a wide selection of herbs, tinctures, teas, and other natural healing remedies for people and animals alike while blending the idea of holistics in treating mind, body, and spirit. www.phoenixrisingapothecary.com

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Helping People, Helping Animals...

...continued from page 15

Fleeing with nothing beyond the clothes on their backs and their three cats, the women trekked for five days towards the Medyka border crossing, praying they would survive another day. For both, leaving their three cats behind in Mariupol was absolutely out of the question. Alina and her mother endured brutal treatment from Russian soldiers at sixteen different checkpoints, including numerous strip searches. Even the three cats underwent multiple aggressive frisk searches by soldiers. Finally, on the dawn of the 28th of March, Alina, her mother, and their three cats, stepped onto the border of Medyka. Along with humanitarian groups, IFAW was there to welcome them. Alina and her family were quickly met with disaster responders from IFAW's team who also checked the cats' vitals, bringing them to the clinic for vaccinations and microchips. After the procedures, Alina and her mother were set up in the back of the service tent where they could grab food, and warm up.

"It feels surreal just because of the contrast. This feels like a dream right now," explains Alina as she speaks to IFAW volunteers in the tent. "I feel like I might wake up at any second and end up in the basement again. I knew there were rescue missions here focusing on the animals specifically, so I'm not surprised to find help. I'm just surprised to find this level of help — this quick a response — and this humane an attitude."

This spirit of stewardship during times of crisis is well summarized by Azzedine Downes, President and CEO of IFAW: "Human conflict is never confined to human society alone. Both animal and human conditions, as well as their fates, are deeply intertwined. We see this hold true day in and day out in Ukraine. Animals in conflict zones experience the same distress as their human counterparts. The reduction of human suffering must be prioritized, though it is fundamental to also address the impact of such conflicts on animals. IFAW will be there to help. IFAW will be there to have an impact. And as is so often the case, people want us to help by giving help to their animals."

To learn more about IFAW, please visit www.ifaw.org.

Cam MacQueen is the creator/manager of the "Cultivating Compassion" column. If you have an idea for an article, feel free to email Cam at nem.advocacy@gmail.com.



Veterinarian Andrew Kushnir greets Femi the dog who is owned by Ukrainian refugee Sofia.

Photo: Benjamin Wiacek / © IFAW

Ukrainian refugees Alice (left) and Love (right) with their dogs Lucky and Bona Parte inside the IFAW animal service station.

Photo: Dominica Mack / © IFAW



Body, Mind, and Spirit Psychotherapy: A Synergistic Approach



Farinaz Amirsehi, RN, LPC

Licensed Professional Counselor

In McLean, VA

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Developed by Dr. Steven Vazquez, ETT™ is an accelerated form of psychotherapy that is both in-depth and brief. With the use of brain stimulation such as the use of a Chroma Light machine, through the precise use of certain wavelengths of light in conjunction with interactive psychotherapy and eye movement techniques it works with everything from trauma, physical pain, depression, learning disabilities and more! ETT™ can be applied to problems of the mind, body or spirit.

Farinaz Amirsehi is a Registered Nurse, Licensed Professional Counselor, and a Nationally Certified Counselor practicing at the Healing Light Center, LLC in McLean, VA.

Trained as an EMDR Therapist, Emotional Transformation Therapist, Clinical Hypnotherapist, Deep Memory Process/Regression Therapist, Reiki Practitioner, Somatic Integration Therapist, and Ancestral Family Constellation Therapist, Farinaz combines the principles of Eastern philosophies, Transpersonal Psychology, Body Psychotherapy, Subtle Energy Fields, and cutting edge technology in facilitating the healing process of her clients.

Additionally, Farinaz has extensive experience with severely traumatized populations such as survivors of politically motivated torture as well as a wide range of somatic, emotional, cognitive, and spiritual issues. Farinaz is also an established presenter at national and regional conferences. She has provided trainings for professionals of different disciplines on the impact of trauma on body, mind, and spirit.

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NATURAL LIVING EXPO • SUMMER 2022 EVENT & VENUE INFO



SUNDAY, JULY 11, 10AM - 7PM



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AN INVITATION FROM OUR PATHWAYS TEAM

Please join us on Sunday, July 10th at our Summer 2022 Natural Living Expo — a NEW EVENT! This is the SECOND of FOUR live events we have planned for this year, and we're happy to share it with you.

Admission is \$10 when you purchase your ticket in advance online through our website, or \$10 the day of the event with our \$5.00 Off discount coupon available here and downloadable through our Facebook event page. Your entry is access to our 90 exhibitors, and allows you to attend up to 6 of the 30 workshops offered — all included in the price of admission!

The Summer Expo is the mind, body, spirit event of the DMV, and we are so excited to gather in person and check out our NEW VENUE host: Hilton McLean Tysons Corner in McLean, VA. We want to see you there, and bring your friends!

Expo exhibitors offer an amazing variety of mind-body-spirit-eco products and services! The following is a preliminary list of businesses participating in our Summer Expo. This is subject to change. Watch for event updates, and the final Expo program, on our Summer Expo page online: www.pathwaysmagazineonline.com/summer-expo

A Balancing Act | Feng Shui

Learn about Feng Shui through an interactive Feng Shui project to awaken and be guided to improve your life and create a less stressful environment.

www.anorasummers.com

AfricanEarthin'Wear and MotherEarth Products

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Align With Grace / Para® Yoga

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www.amoswithjoy.com

AnnaTeiko Designs

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www.annateiko.com

Ascension Chiropractic

Dr. Chantay Bess is a chiropractor who works with practice members of all walks of life to provide natural, sustainable pain

relief and preventative care. She specializes in prenatal care, postpartum care, pediatric and family wellness. Dr. Bess has garnered the respect of her practice members and community by providing exceptional care to treat various conditions (neck pain, lower back pain, headaches, etc.) and promote holistic health and a better way of life. www.ascensionchirova.com

"Ask The Naturopath"-AWARE Worldwide

Rev. Dr. Grace McCall, Dr. G., teaches, accelerates, facilitates mind/body healing from trauma, chronic discomforts, recovery, and adverse lifestyle stressors. As a Registered, Board-Certified Doctor of Natural Medicine/Naturopath/Clinical Herbalist and Bioenergy Therapist, Dr. G. has re-balance and re-aligned women's stifled, blocked energy flow that can cause female disorders, digestive issues, foggy, unfocused thinking, waist/weight gain, and so much more. Dr. G. gives women spirited self-care strategies and a new perspective in achieving optimum mind/body healing, health and wellness. www.awwo.org

Avillion Aura Imaging Photography

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Blue Nyle Therapy

Nyle is an Occupational Therapist with a speciality in holistic manual therapies that consider the mind-body-spirit interplay. In addition to their career as a Holistic Occupational Therapist, Nyle is innovating in the healing space by blending modalities. Nyle works with individual clients but also leads trainings to assist lightworkers, healers, and therapists on the path to full embodiment and self-mastery. www.bluenyletherapy.com

Cannabis Karma

Cannabis Karma's mission is to provide good vibes events to the community in a relaxed chilled environment while normalizing the adult use of cannabis. We offer safe full service access to adults 21+. We provide Consulting and Cannabis event planning. www.cannabiskarma.org

Coffee Karma Cafe

We sell organic reishi mushroom coffee, tea & hot cocoa. We also sell coconut oil creamers as well as beverage accessories. We will also make available products from our subscription box division.

www.homecafesubscription.com

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www.dellaTerraOrganics.com

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Tibetan crafts and meditation supplies including Tibetan Singing bowls, incense, Mala Beads, statues and much more. We have been in business since 2006, helping Artisans of Nepal in a fair trade manner. www.mytibetshop.com

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Are you ready to embrace spiritual freedom? Claim your divine birthright through direct experience with the Light and Sound of God. Rediscover HU – the universal word of spiritual liberation – and more! Thanks for being part of our expo community - we look forward to seeing you at the show!
eck-va.org

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Deb Schaffer blends the magic and energy of the natural world into products for a spiritual practice. Enchanted Botanicals products include meditation and scented candles, incense, essential oil sprays, and more – all handcrafted in small batches with love and magic.
www.Enchanted-Botanicals.com

Elevated Wisdom, LLC

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www.eleven-eleven-candles.com

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www.Facebook.com/energyofjoy1

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We offer all types of frequency health. Health scans, neurofeedback, energy work and Terahertz healing.
www.Neuroperformnow.com

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www.habeebahsherbals.com

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www.clendinningtechnique.org

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www.hemalivora.com

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I am a Reiki Master who provides Reiki sessions to promote balance and healing while also providing tools to support that, such as Gemstone Jewelry, Artisans and Wellness items through House of Adonis Blue.
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www.kier48.com

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Peace & Laughter

Cheryl Giannelli is a Crystal Intuitive, Spirit Messenger, and Energy Healer. She uses her intuition to craft intention-based Crystal Energy Wands in glass vials designed to insert into your drinking vessel, held for insight,

placed in your surroundings, or laid on the body to infuse and aspire with the energy and vibration of the crystals. Crystal spheres, points, and other specialty items. Gemstone bracelets and gift sets of crystals. Cheryl's services include: Spirit Messaging - Crystal Readings, Mediumship, or Soul-to-Soul guidance; Energy Healing - Reiki, home blessings or clearings; and Crystal Sessions for recommended crystals for your day-to-day life.
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www.momentum98.com/relax-sauna.html

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www.remnantsofmagic.com

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Shakti Warrior

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www.solehealingonline.com

Songs of Alchemy

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I am a Master Feng Shui Consultant and a certified Teacher of Psychic Development. I provide intuitive readings and Feng Shui yearly forecasts to assist people in finding their authentic selves.
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www.dc.sukyomahikari.org

SunPsychic Jean

SunPsychic Jean is a Psychic Medium who facilitates connection with your loved ones and pets who have transitioned, with your Spirit Guides, Angels, and other High Vibrational Beings to assist you with your personal and spiritual growth. Readings on YouTube.
www.SunPsychicjean.com

Susan Lynne's Mediumlink

Susan Lynne is a gifted psychic & medium with over 30 years of experience. She uses all the clairs, angels, astrology, Tarot, numerology, spirit guides, and dream interpretation. Available for readings, consultations. CDs and other gift items for sale. susanlynne@mediumlink.com
www.mediumlink.com

Takoma Metaphysical Chapel

The Takoma Metaphysical Chapel is an Interfaith Spiritual Community of love. We support your spiritual growth and development with classes, meditation and prayer calls, workshops and an uplifting, powerful Sunday celebration service.
www.takomachapel.org

Terrie Christine, Intuitive Energy Healer

I can connect to your energy in a matter of seconds to identify your subconscious blocks keeping you living your best life. I will shift both physical and emotional blocks to set you free.
www.terriechristine.com

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Copper Jewelry, Crystals, Gems and Minerals.

Touch N Heal

We offer Ayurvedic Su Jok holistic therapies, detoxing, Indian head massage and other self



NATURAL LIVING EXPO • SUMMER 2022 EXHIBITORS

Exploration • Enlightenment • Education • Engagement

healing therapeutic tools. Touch N Heal therapies are designed to manage pain & illness in a natural approach, with long-lasting results and no side effects.
www.touchnheal.com

Trippie Tarot LLC
Trippie Tarot LLC provides psychic consultations to help heal the world one human at a time. Our goal is to provide insight, clarity, and understanding to what your concerns are.
www.trippietarot.com

Valley of Gems
We sell: gems, crystals, pyramids and spheres of quartz crystal and amethyst. Large pieces of polished moonstone, labradorite and lapis. Our own handmade jewelry is made with unusual, beautiful, natural stones, such as peronite, druzy, dendrite opal, labradorite, moonstone, and rare Tibetan turquoise. And much more....

Warrenton Wellness - Light Therapy
The Blu Room® is a patented technology that creates a relaxing atmosphere that insulates the

user from the daily environment. Using light and sound the user experiences the calm of the consciousness-lifting environment. The Blu Room® is not a medical device but it may facilitate healing in some individuals.
www.warrentonwellness.com

Wellness Daily
Presents benefits about the daily uses of essential oils. A wellness consultation will be offered with recommendations for various essential oils discussed during the consult. doTERRA will be discussed as a source for the essential oils.

Wellness Nerd Academy
We help wellness entrepreneurs find new leads, convert them to clients, & keep them coming back. We do this by leveraging our industry proven strategies powered by our done-for-you automations. New to tech? No problem, we have our Wellness Nerd Academy to walk you through step-by-step. With our partners we can connect you with a virtual assistant to run the day-to-day operations for you. Stop by our booth, or check out our Ad for a QR code to demo a taste of how we can Make Tech Simple for you!
www.facebook.com/groups/makingtechsimple

The World Teacher for Humanity Is Now Here
This is a momentous time in the history of our planet with the emergence of the World Teacher, Maitreya; His group, the Masters of Wisdom; and the help of our Space Brothers. As our world is facing many crises, there is more help than ever.

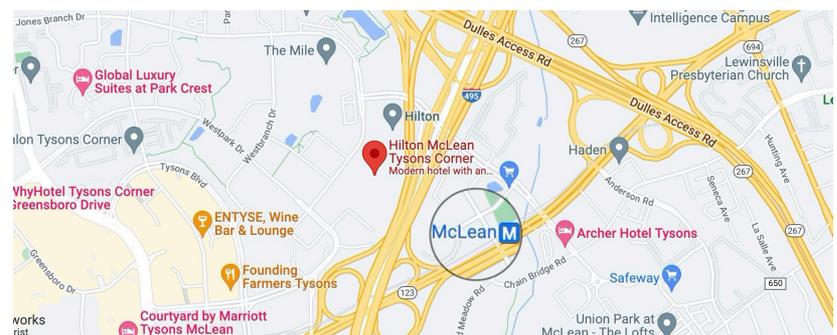
Yoga • Meditation • Spirituality • Vegetarianism • Ayurveda
ISKCON is an international organization dedicated to spreading spiritual knowledge and culture. It is based on the ancient texts of India such as the *Bhagavad-Gita* and *Srimad Bhagavatam*, and chanting of the holy names of God to become pure and bring peace and prosperity.
www.iskconbaltimore.org

Zoetic Workshops
Transforming Human Consciousness. Zoetic Workshops offers a curriculum of courses plus other classes and seminars training people in meditation and other life-altering techniques. Gentle, interactive discussions, exercises, meditations and techniques take you from exactly where and how you are in life right now to literally BE-ing The Flow.
www.ZoeticWellnessCenter.com

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 7920 Jones Bridge Dr., McLean, VA 22102
5 Minutes from METRO SILVER LINE
FREE Outdoor Parking
 Directions and lodging information at: www.hilton.com/en/hotels/mclmhhh-hilton-mclean-tysons-corner/

Expo Expert Tips:

- Arrive Early! Many vendors offer readings, mini healing sessions, massages, demos and more, most of which require sign-ups. Sign up first thing — time slots fill up fast!
- Bring your own snacks and refillable water bottle. Food Trucks will be onsite (time and vendors still TBD) to supplement the hotel restaurant offerings, and offer an alternative to avoid long lines and wait times.
- Carpool with family and friends! It's good for the environment, the parking is free and plentiful, and having a shopping buddy is always more fun!
- Stop by the Pathways Table to learn more about our offerings: subscriptions, retreats, print and online advertising, giveaways.
- Let us know you're coming! RSVP on our Facebook Event Page: www.facebook.com/NaturalLivingExpo.



\$5⁰⁰ Off Admission to the Natural Living Expo
 Sunday, July 10, 2022 • 10AM - 7PM
 Hilton McLean Tysons Corner, McLean, VA • \$10 with coupon

Please provide the following information to complete the coupon for admittance to the Natural Living Expo for only \$10. PLEASE PRINT LEGIBLY. Pathways does not sell or distribute this list externally. By providing your name and email, you agree to be added to our email list and receive our monthly updates and future notices about Pathways expos & events. You may unsubscribe at any time.

PRESENT THIS COUPON AT EVENT REGISTRATION - DO NOT MAIL IN!

NAME _____
 EMAIL _____

I'm interested in getting more information about: (check all that apply)

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Summer 2022 Workshops

EXPLORATION • ENLIGHTENMENT • EDUCATION • ENGAGEMENT

Pathways Expo Workshops bring mind-body-spirit-eco topics to life!
Our speakers represent some of the best and brightest in their fields.

11:00 AM



Past Life Regression *Melody Krafft*

Experience a past life regression, plus a brief discussion of the holographic world you are experiencing.



Tools for Manifesting More Desires In Your Life *Nadia Kim*

This workshop will discuss different ways to remove blocks and barriers to becoming a master manifestor. Join Spiritual teacher Nadia Kim as she covers several ways to get more of the things you want in your life. As a master manifestor she has been using these tools to enhance her reality and is now sharing this magical information with others. In addition, participants will be part of an energy clearing/guided meditation for chakra alignment.



Experience the Light! *Bruce McBarnette*

Practitioners from Sukyo Mahikari will discuss how the “light” energy works and provide free 10 minute sessions for the participants. Many find the light to be rejuvenating for the soul, mind, and body.



Healing From the Inside Out *Veronica Wilson*

This workshop will focus on how toxins, sugar and excessive prescription drugs have damaging chronic effects on all the systems of the human body. We will explore how to make small lifestyle and nutrition changes to improve quality of life.



Sacred Death — Death Cafe Format *Hemali Vora*

Come join and talk about death, loss, and grief. Learn about the role of the Death Doula. Learn about burial options and living funerals. Why having your affairs and all paperwork in order is so important.

1:00 PM



The Four Quadrants of Embodiment

Nyle MacFarlane, MS, OTR/L
Join us for a Somatic Healing journey like no other. By the end of this workshop, you will have a profound understanding of how your body speaks and what tools you can use to heal your physical, mental, emotional, and spiritual pain body.



Curious About Cannabis *Meredith Kinner Esq.*

Do you have questions about the status of cannabis legalization in the DMV? Have you thought about starting a cannabis business? Meredith Kinner, a managing partner at D.C. based cannabis law firm, Kinner & McGowan, PLLC, will discuss cannabis laws in the DMV and the logistics of starting a business in the industry.



The Awakened Heart *Jan Whiteley*

Please join us as we discuss living life’s greatest adventure. The secret? Learning to tap the Source of all creativity and insight. The whisperings of the Divine can guide us all to Soul’s highest, most joyful destiny. Sponsored by Eckankar.



A Holistic Approach to Better Health *Neelam Sethi*

Touch N Heal therapies are designed to manage pain & illness in a natural approach, with long-lasting results and no side-effects, and have taken a step ahead by combining various techniques such as Pyramid, Water and Color Therapy.



Manifesting Abundance with Money Reiki *Debra Carter*

Money Reiki is a specialized energy system that works to heal your personal relationship with money. Learn how to leverage the Laws of Attraction & Manifestation in combination with Money Reiki to create an abundant life for yourself and your family.



Summer 2022 Workshops

EXPLORATION • ENLIGHTENMENT • EDUCATION • ENGAGEMENT

2:00 PM



Dawn of the New Spiritual Community — Do YOU Have What It Takes?

Uma Alexandra Beepat

We are seeing a swift change in the community as more and more people become awakened to falsehoods and fear mentality within the spiritual community and are moving away from it. Are you one of those people? Find out more!



Align with Grace Para® Yoga Nidra — The Yoga of Sleep

Claudia Neuman

If you thought doing Yoga was all about twisting and bending, think again. Yoga is the practice of stilling the thoughts and acknowledging one's connection to all. Through the practice of Para® Yoga Nidra, the Yoga of Sleep, we will experience some of the divine. This practice is suitable for all. Come ready to rest!



"Ask The Naturopath" — Grace-Full Healing with Energy Therapeutics

Rev. Dr. Grace McCall

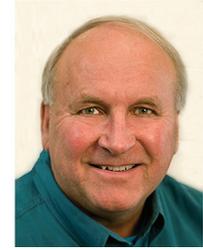
Past and present trauma is documented in our bodies to emerge as female disorders, digestive issues, foggy, unfocused thinking, waist/weight gain, and so much more. Learn how Bioenergetic therapies can help a variety of issues, including anxiety, depression, stress, anger management, and trauma, and help improve overall physical health. Dr. G will do 5 Minute Muscle Response Testing on a few participants.



Making Tech Simple for Wellness Entrepreneurs

Colleen McCartney

Let us introduce you to our Wellness Nerd Academy — a platform where we've leveraged our industry proven strategies powered by our done-for-you automations to help wellness entrepreneurs find new leads, convert them to clients & keep them coming back. Come find out how!



Healing Through Your Akashic Records

Bill Sanda

Akashic Records are the energetic record of every soul and their journey. Access the lessons of the past and present to alter your future. Resolve recurring patterns and issues; heal long-standing challenges; and empower future growth and choices.

3:00 PM



Feng Shui Basics

Jaimie Inman

Have you ever been interested in how to incorporate Feng Shui into your space? Join me for a workshop on Feng Shui basics. We will learn the importance of directions in our space and some tips to enhance your space.



Cannabis Karma's Cannabis 101

Princess Mirabal, Creatrix, Mentor, Entrepreneur, Unicorn

Join Cannabis Karma for our Cannabis 101 workshop. It's a wonderful opportunity to learn about Cannabis Hemp and Cannabis Therapy as an alternative medicine. Traveling with Cannabis? Learn about your Endocannabinoid system. Ask questions. We promote #plantbased healing ideas.



A Holistic Approach to Skin Conditions & Other Diseases

Dr. Maria Talton

Join Dr. Talton in a discussion on preventing and reversing diseases and skin conditions holistically. She is an expert holistic health practitioner with over 30 years of expertise. She holds a Doctorate degree in physiology & Ayurvedic health, Master's degree in Clinical Aromatherapy, is a certified drugless practitioner, certified surgical technologist, Master Herbalist, Reiki Master and published author.



Channeled Messages From The Masters (Back By Popular Demand)

Rev. Jim Webb

After a 2 year absence, one of Pathways' most popular workshops is back! This incredible channeled session provides you with a chance to ask questions of The MASTERS of Planetary Healing and Transformation, and receive a powerful healing.



Beginners Guide to Planning the Perfect Retreat

Kelly Whitehead

Learn how to grow your business and attract new students through Retreats.



Summer 2022 Workshops

EXPLORATION • ENLIGHTENMENT • EDUCATION • ENGAGEMENT

4:00 PM



Everyday Spirituality: Intuition, Coincidence and You

Rhonda Rhodes

Need help connecting with Spirit? It is not an elusive or exclusive thing. Discover ways we connect to Spirit daily. Hear about some of the steps on my own journey. How I learned discernment can resonate with others' own experiences.



Reconnecting with Mother Earth: The Need and Benefits of Earthing/ Grounding

Aurelia Carr-Olverson

Speaking on the need and benefits of reconnecting with Mother Earth and ways to mindfully do so.



Mantra Meditation Workshop

Loka

The ancient texts of the Vedas describe Mantra Meditation as the perfect cleanse for the mind. It washes away all the toxins (like stress, anxiety) from our consciousness and uplifts it to a spiritual platform. Learn what Mantra Meditation is, its history and benefits, and how to apply it in your life.



Essential Oils & Plant-Based Solutions For Everyday Use!

Colleen McCartney

Come experience doTERRA! In this intro session we'll collect concerns & cover how to use the oils for your needs. You will experience 10 different essential oils! We'll have some specials just for those attending the class (no purchase necessary), as well as a raffle, so be sure to plan to stay until the end!



The Key to Divine Evolution

Ingrid Jolly

We are this key & to be effective is best expressed as a fearless Agent of Conscious Evolution, more easily achieved by creating a relationship with our innermost being, our body of living light & its golden core essence, our soul. Let's practice by aligning into the core of the Celestial Lifestream and completing it with a cleansing and empowering "Star Alignment".

5:00 PM



Experiential New Earth Flowers

Karin Edgett

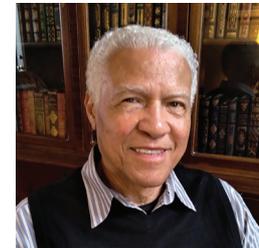
Karin Edgett walks you through a journey of flower light ~ pattern, shape, auras, and color for the light of new consciousness in every flower. Hear how flowers have the potential to shift and heal ourselves and our communities, and may offer a way to shift the consciousness of the entire planet. All ages welcome.



Healing with Frequency

Nadya Lutz

Healing with frequencies is the new gold standard. We will explore several non invasive technologies that will help you on your healing journey. Participants will receive a complimentary health scan.



Humanity at Crossroads

Ira Palmer

Will we continue on the path of endless division, injustice, and war, or on one back to our innate divinity through sharing and cooperation? Hear the compelling story of how the Masters of Wisdom have come to inspire us to make the choice that leads us to a golden future.

6:00 PM



Manifesting with Your Angels and Trusting Your Vibes

Susan Lynne

This informative workshop will show you how to manifest, contact and communicate with your Angels. You will learn to trust your vibes and listen for the messages that are being sent to you. Discover the best ways to communicate with your Angels. Guided meditations will be included.



We Are All Healers

Geoffrey Morell

An acclaimed energy healer demonstrates his unique method of clearing the aura, pinpointing areas of disharmony in the body and applying energies to promote recovery and health. The spiritual, emotional and nutritional origins of health problems will be addressed.



UNIVERSITY of MARYLAND
SCHOOL OF MEDICINE



**Are you a psychic medium?
Are you clairaudient?
Do you receive vocal messages?**

Many people hear voices or receive vocal messages. Some people are able to channel these unusual experiences in a healthy productive manner, while others find these experiences to be distressing and feel the need for psychiatric care. We hope to gain insights from people who live comfortably with these kinds of experiences that may be helpful to others who find their experiences to be challenging and stressful. Our ultimate goal from this National Institutes of Health (NIH)-funded study is to learn how to be more helpful to people who struggle with their voices.

- If you have these kinds of experiences, we are very interested in working with you in a paid research study at the University of Maryland School of Medicine where we are trying to learn about how these real experiences occur in the brain. If you have psychic abilities, please contact us so we can determine if you are eligible. People between the age of 18-65 you may be eligible to participate.
- The study includes interviews, cognitive testing, EEG recording, and an MRI brain scan. The study involves making 3-4 visits to the Maryland Psychiatric Research Center at 55 Wade Avenue in Catonsville. We have made changes to approaching scientific research during COVID-19. One of these response measures is to move some research assessments online. Depending on your available technology, we can make arrangements for you to complete some assessments remotely on a laptop, tablet or cell phone in order to reduce number of visits to our research center. That said, we have taken many steps to ensure the safety of our research volunteers and staff during any required in-person visits.
- Each visit is likely to take 2-3 hours, with payment of \$20 per hour. *During COVID-19, these visit durations may be reduced

The research is directed by Dr. James Gold, Ph.D
(Email: jgold@som.umaryland.edu, Phone: 410 402-7871).

For additional information, please contact:
Sharon August at (saugust@som.umaryland.edu, 410 402 6057)
<https://www.goldcanslab.com/participate>



THE OUTLAW REPORT

Essential Cannabis News for the Mid-Atlantic

www.OutlawReport.com



Join us!

June 21, 2022

Come together on the Summer Solstice, the longest day of the year, to fast, pray and meditate as we breathe in hope and exhale our reluctance to believe we can impact positive change.

Create a wave of positive influence of hope and peace in a world devastated over the last few years by the pandemic, threat of war, inflation, massive shootings and fear.

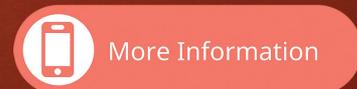
There is power and potential within us to bring a positive change by believing it is possible!

fastpraymeditate.org

Email: change@fastpraymeditate.org

Twitter: [@fastpray062122](https://twitter.com/fastpray062122)

Instagram: [fastpraymeditate](https://www.instagram.com/fastpraymeditate)



Stay educated, enlightened, and engaged all season long with these offerings from the Pathways Community. To see these events and more, visit our interactive **ONLINE CALENDAR** updated regularly throughout the quarter. www.PathwaysMagazineOnline.com/calendar

Be sure to tell them you saw them in Pathways!

Have an event to promote? Calendar listings are just \$5 per listing, and accepted any time to run online. Contact us for more information: pathwaysads@gmail.com.

JUNE

— 4 —

Adams Morgan Farmers Market Opening Day, 8am-1pm, Washington, DC. EVERY SATURDAY starting June 4 - December 24, at Unity Plaza (Columbia Rd and Euclid St, WDC). Sustainably grown, affordably priced fruits, veggies & more from our farm. RAIN OR SHINE. CSA Memberships available for pick up at this location. Email to join, for more information, or to volunteer: info@lickingcreekbendfarm.com. Licking Creek Bend Farm, 301-587-1739. www.lickingcreekbendfarm.com

HEALING Through Your AKASHIC RECORDS with Bill Sanda, 1pm-5pm. Akashic Records are an energetic record of every soul and their journey.

Access the lessons of the past and present – including cellular memories and past lives – to alter your future. Resolve recurring patterns and issues; heal long-standing challenges; and empower future growth and choices! Bill will be offering individual clearings while in a group setting. Investment is \$50. For more info: billsanda@gmail.com; 301-448-0388. <https://sedonaville.org/>

— 7 —

Brookland Farmers Market Opening Day, 4pm-7pm, Washington, DC. EVERY TUESDAY starting June 7 - October 27, 4pm - 7pm, at the Brookland Metro, under the bridge at 10th and Otis, NE, Washington, DC. Sustainably grown, affordably priced fruits, veggies & more from our farm. RAIN OR SHINE. CSA Memberships available for pick up

at this location. Email to join, for more information, or to volunteer: info@lickingcreekbendfarm.com. Licking Creek Bend Farm, 301-587-1739. www.lickingcreekbendfarm.com

— 10 —

“Finding Light in Every Lamp” Spiritual Activism Group Zoom, with Ted Brownstein, 12:15pm. Join Zoom Meeting: <https://zoom.us/j/589742892?pwd=WHI4b-2VwVnlZMHJkZ1lndolCOEND-dz09>, Meeting ID: 589 742 892. Follow on Facebook: www.facebook.com/spiritualactivismgroup.

— 11 —

Evidential Mediumship Class Series, Saturdays, June 11, 18 & 25, 10am – 12pm, online with Maurice Israel, hosted by The Institute for Spiritual Development. With over 15 years of experience, Maurice has conducted accurate and uplifting mediumship demonstrations and one-on-one sessions throughout North America and Europe. He is a patient and compassionate spiritual teacher. Institute for Spiritual Development, revfranwright@gmail.com; www.isd-dc.org.

March For Our Lives - DC,

12pm - 2pm. We're marching on our nation's capital just like we did in 2018. Show up and demonstrate to our elected officials that we demand and deserve a nation free of gun violence. Visit the website for a list of upcoming demonstrations happening around the country, and to learn about more ways to get involved. March For Our Lives info@marchforourlives.com; <https://marchforourlives.com/march22/>

Munay Ki Shamanic Initiations, 10am - 4pm. It is time to make an extraordinary difference in the world. The Rites of the Munay-Ki transform and upgrade your energy field, heal wounds, re-inform DNA, enabling you to grow a new body-one that ages, heals, and dies differently. The Munay-Ki is your invitation to dream an entire new world into being. Register online: www.eventbrite.com/e/325325125207. The Lotus and The Light Metaphysical Center, info@thelotusandthelight.com; www.thelotusandthelight.com.

Well Ray Outdoor Health & Wellness Festival, 9am - 2pm. Come celebrate Alexandria's largest free health and wellness festival! This family and pet friendly

Our 2022 Calendar of Events



**iLLUMINATE
FESTIVALS**
MIND • BODY • SPIRIT • ARTS

- Illuminate Gettysburg (PA)**.....**June 18**
- Illuminate Fairfax (VA)**.....**July 16**
- Illuminate Annapolis (MD)**.....**July 17**
- Illuminate Baltimore (MD)**.....**July 24**
- Illuminate Ocean City (MD)**.....**July 30**
- Illuminate Columbia (MD)**.....**September 11**
- Illuminate Nashville (TN)**.....**September 17**
- Illuminate Bloomington-Normal (IL)**...**September 17**
- Illuminate Naperville (IL)**.....**September 25**
- Illuminate Frederick (MD)**.....**October 23**
- Illuminate Punta Gorda (FL)**.....**October 30**
- Illuminate Fort Myers (FL)**.....**November 5**

visit www.illuminatefestivals.com for details

event takes place in Del Ray, Alexandria. The festival features 25 fitness classes (Yoga, Dance, Sound Healing), 75 different health and lifestyle vendors offering demos and sample treatments, healthy food bites, field games, pet activities, a Rock Wall, a DJ and much more! Register for free. Hosted by the Del Ray Business Association, wellraydelray@gmail.com; 703-585-4809. www.wellraydelray.com

World Knit In Public Day, 11am - 3pm. Join us for a day of fiber fun as we celebrate World Wide Knit in Public Day, a fundraiser for Project Knitwell. Bring a chair or a blanket, a friend and your current project to stitch in the Plaza at the National Harbor. The event will feature a marketplace of local fiber businesses, opportunities to learn to knit/crochet, door prizes, and a silent auction. FREE to the public but registration is required. To volunteer, check the volunteer box on the registration form: <https://www.eventbrite.com/e/dmv-fiber-friends-world-wide-knit-in-public-day-2022-registration-322506294007>. Project Knitwell: jbenecke@knitwell.org; www.projectknitwell.org.

— 12 —

Channeling Practice group, 1pm - 2:15pm. Online/virtual. During this practice group session, we will practice the art of channeling using many different tools for the channeler, and will have the opportunity to experience different energies. Some of the exercises will be with automatic writing for self and others in the group, then we will explore doing verbal channeling for another and for the group. Daphne Bowers Moore, daphne@creativeenergyawakening.com; 571-451-5599. [Creativeenergyawakening.com](http://creativeenergyawakening.com)

Group Meditation Overseen by the Masters of Wisdom, 12pm - 10pm. Transmission Meditation is a potent form of spiritual growth and world service. It is both a world service (Karma Yoga) and the most potent technique of personal development (Laya Yoga) available today. This meditation is a virtual 'hot house' for the spiritual growth of those who participate on a consistent basis. It provides a vehicle for service affecting the en-

tire evolution of humanity for the better. It also enhances any other developmental practice currently used by the individual, and the potency of energies released during meditation can initiate powerful healing experiences. Free. Sheida Kourangi, Skourangis@gmail.com; 703-786-9269. www.transmissionmeditation.org/

— 17 —

Access Bars One Day Certification Class, 10am - 4pm. Would you like to retrain your brain to see the possibilities in life? Access Bars® has assisted people to change many aspects of their life including money, relationships, anxiety and more. Release limiting beliefs that keep you from having the life you truly desire. What are the possibilities? Register online: www.eventbrite.com/e/346303231287. The Lotus and The Light Metaphysical Center, info@thelotusandthelight.com; www.thelotusandthelight.com.

— 18 —

Full Moon & Summer Solstice Service, 10am - 9:pm, Four Quarters Farm, Artemas, PA. Join us for our celebration of the Summer Solstice and help us welcome the Summer! We will have workshop and crafting activities, ceremonies to celebrate the Summer Solstice in the Stone Circle and the Labyrinth, Greeting the First Summer Sunrise, and maybe some surprises. May Summer Solstice Sunrise greet you on the lush green of the Mountain! <https://4qf.org/attending/our-schedule/moon-service-schedule-2>. Four Quarters Interfaith, Office@4QF.org; 8147843080. www.4QF.org

Illuminate Gettysburg Mind-Body-Spirit-Arts Festival, 10am - 5pm. Join us for a wonder-filled day of arts and wellness! Exhibitors may include aura photography, bodywork, energy work including Reiki, original art, vetted intuitive readers, crystals, essential oils, handmade jewelry and gift items, luxurious spa products, and more! Free admission, free workshops, low-cost services. Under 18 must be accompanied by an adult. connect@illuminatefestivals.com; 575-519-5883. [\[tivals.com\]\(http://tivals.com\)](http://www.illuminatefes-</p>
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Integrated Energy Therapy (IET) Beginner Class, 10am - 4pm. IET is an energy therapy system used in conjunction with angelic healing frequencies and helps get the "issues out of the tissues." IET classes are powerful days of self-healing and energy therapy certification training. In each class, you will be attuned to an angelic energy ray that activates your 12-strand Spiritual DNA. No prior energy therapy experience is needed. Register online: www.eventbrite.com/e/346686467557. The Lotus and The Light Metaphysical Center, info@thelotusandthelight.com; www.thelotusandthelight.com.

— 19 —

"Hot, Steamy, Spirituality" Spiritual Activism Group Zoom, with Rev. Diane Riis, 12:15pm. Join Zoom Meeting: <https://zoom.us/j/589742892?pwd=WHI4b2VwVnlZMHJkZ1lndolCOENDdz09>, Meeting ID: 589 742 892. Follow on Facebook: www.facebook.com/spiritualactivismgroup.

IET Integrated Energy Trade, 10am - 12pm, The Lotus and the Light Metaphysical Center, Manassas, VA. Are you an IET Integrated Energy Therapy practitioner and would like to give and receive a session? Join us! IET Trade is a 2-hour community event open to certified IET practitioners who would like to do a trade! This is a great opportunity to practice and receive an IET session! We have 2 massage tables and will need more if our maximum number is achieved. Daphne Bowers Moore, daphne@creativeenergyawakening.com; 571-451-5599. [Creativeenergyawakening.com](http://creativeenergyawakening.com)

Reiki Trade, 1pm - 3pm, The Lotus and the Light Metaphysical Center, Manassas, Virginia. Come practice and receive a Reiki session! Practitioners are asked to bring a massage table, sheets, pillows and blankets for your trade. If you don't have a table let me know and I can pair you up with someone with a table. Daphne Bowers Moore, daphne@creativeenergyawakening.com; 571-451-5599. Creativeenergyawakening.com

Roundtable Spiritual Discussion, 11am - 12pm. Please join us for a lively in-person spiritual discussion facilitated by a specially-trained member of the ECK clergy. Each 3rd Sunday from 11 am to 12 pm. For more information, email spiritualdiscussions12@gmail.com or call 703-916-0515. Eckankar of Northern Virginia, 703-915-4701; www.eck-va.org.

— 21 —

Fast-Pray-Meditate "Concert of the Mind". Come together on the Summer Solstice, the longest day of the year, to fast, pray and meditate as we breathe in hope and exhale our reluctance to believe we can impact positive change. More info at www.fast-praymeditate.org.

— 25 —

HEALING Through Your AKASHIC RECORDS with Bill Sanda, 12:30pm - 4:30pm. Akashic Records are an energetic record of every soul and their journey. Access the lessons of the past and present – including cellular memories and past lives – to alter your future. Resolve recurring patterns and issues; heal long-standing challenges; and empower future growth and choices! Bill will be offering individual clearings while in a group setting. Investment is \$50. Nourishing Journey, billsanda@gmail.com; 301-448-0388. www.nourishing-journey.com/events-calendar

— 26 —

"The Crown Chakra - Blending the Physical and Non-physical Realms" Spiritual Activism Group Zoom, with Rev. Sally Knuckles, 12:15pm. Join Zoom Meeting: <https://zoom.us/j/589742892?pwd=WHI4b2VwVnlZMHJkZ1lndolCOENDdz09>, Meeting ID: 589 742 892. Follow on Facebook: www.facebook.com/spiritualactivismgroup.

Summer Solstice Kirtan with Emily Hall, 4pm - 6pm. Unity of Fairfax invites you to a very special "Summer Solstice Kirtan" facilitated by Emily Hall. Kirtan is a spiritual practice that comes from the Hindu tradition that features call and response chanting of sacred names and sounds. Emily

Hall is a D.C. based singer-songwriter who embodies the mission of songwriting as medicine for the modern world. Her ethereal vocals and intriguing lyrics draw listeners deep through an eclectic blend of progressive folk-rock with meditative undertones. Unity of Fairfax, 2854 Hunter Mill Road, Oakton, VA 22124. www.unityoffairfax.org

JULY

— 6 —

Uma's Mentorship Program, 6pm - 8pm. In Uma's mentorship program, we take the time to: Uncover YOUR truth so you can live in authenticity!; Learn how to work with YOUR intuition to make choices in alignment with your Soul!; Discover your WHY in life to pursue your dream life and passions! This is a class for anyone who wants to develop their intuitive and psychic skills with Uma's guidance. 4 Wed night classes in July: 7/6, 7/13, 7/20, 7/27. Register online: www.eventbrite.com/e/299618345537. The Lotus and The Light Meta-

physical Center, info@thelotusandthelight.com; www.thelotusandthelight.com.

— 9 —

Reiki III Class and Attunement, 10am - 4pm. Reiki III is the final step on a healer's path to becoming a Reiki Master. In this class you learn the final symbol, specific sequences for healing addictions and how to give attunements to others such as your loved ones. Requirements for Class: Taken Reiki I and II with Uma/Rachyl or provide certification from another teacher. Register online: www.eventbrite.com/e/349211138917. The Lotus and The Light Metaphysical Center, info@thelotusandthelight.com; www.thelotusandthelight.com.

— 10 —

Pathways SUMMER 2022 Natural Living Expo, 10am - 7pm, NEW EVENT! NEW VENUE! Hilton McLean Tysons Corner, in McLean, VA. Join 90 exhibitors and 30+ workshops for exploration, enlightenment, education and engagement. \$10 advance ticket online; \$10 at the door with

coupon. Free outdoor parking; 5 minutes from the Metro Silver Line. www.pathwaysmagazineonline.com

— 13 —

Mediumship Development Circle, 6-weeks via Zoom, 7:30pm - 9:30pm. Psychic Medium & Author Konstanza Morning Star offers this unique practice opportunity for those who want to develop their mediumship & psychic abilities. Register online: www.mediumshamandc.com/circle-in-silver-spring-md. Konstanza Morning Star, silverspringoflight@gmail.com; 240-543-9414. www.mediumshamandc.com

Spiritual Video Night, 7pm - 8pm. Please join us for an uplifting 30-minute video talk and follow-on discussion that can help unravel some of the mysteries of life. Every 2nd Wednesday from 7-8 pm. RSVP to spiritualdiscussions12@gmail.com for the Zoom invite. Eckankar of Northern Virginia: 703-916-0515; www.eck-va.org

Unite & Celebrate: A New Thought Renaissance, 6:30pm - 9:30pm. REbirthing, REawakening, REviving the power of Spirit within! This dynamic, meditative, prayerful, engaging one-of-a-kind experience featuring Unity and Centers for Spiritual Living leaders and musicians from all over the District, Maryland, and Virginia promises to awaken you to the boundless possibilities for good inherent in you and the world. Hosted by Unity of Fairfax, 2854 Hunter Mill Road, Oakton, VA 22124. www.unityoffairfax.org

— 16 —

Full Moon Services at Four Quarters, 12pm - 9pm, Four Quarters Farm, Artemas, PA. Canpásapa Wi — Moon When the Chokecherries Are Ripe (Lakota) or Moon of the Midnight Warm Sun (Naskapi Cree). The Full Moon Ceremony, a Native american tradition hundreds of years old, is a celebration, a gift to women, a time of healing, sharing and praying to the creator to give thanks for what we are blessed with, and to ask for the

Explore the Spiritual Wisdom and Freedom Within You!

In Person Roundtable Discussion
Sunday, June 19, 2022, 11 am-12 pm

Please join us each 3rd Sunday of the month at the Northern Virginia ECK Center as we explore a stimulating spiritual topic led by a specially-trained member of the ECK clergy. Listen to – and share – spiritual insights, questions, and experiences in a warm and welcome setting. June's topic is "The Timeless Wisdom of Lai Tsi's Prayer." For more information and a list of upcoming titles, please write spiritualdiscussions12@gmail.com

Online Spiritual Video Night
Wednesday, July 13, 2022, 7-8 pm

Enjoy the timeless wisdom of ECKANKAR's spiritual leader, Harold Klemp. Please join us each 2nd Wednesday of the month for an uplifting 30 minute video talk. The July showing – "Stand Back for a Better Look" – will be followed by a time to share your experiences and questions. For the Zoom link and a list of upcoming titles, write spiritualdiscussions12@gmail.com

Events are free and open to the public

For more information about Eckankar events, please call 703-916-0515, check out our Meetup site at <https://www.meetup.com/Understanding-Spiritual-Experiences/> or visit our website at eck-va.org

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HEALING Through Your AKASHIC RECORDS with Bill Sanda, 1pm - 5pm. Akashic Records are an energetic record of every soul and their journey. Access the lessons of the past and present – including cellular memories and past lives – to alter your future. Resolve recurring patterns and issues; heal long-standing challenges; and empower future growth and choices! Bill will be offering individual clearings while in a group setting. Investment is \$50. Teal Center, billsanda@gmail.com; 301-448-0388. www.tealcenter.com/events

Illuminate Fairfax Mind-Body-Spirit-Arts Festival, 10am - 5pm. Join us for a wonder-filled day! Exhibitors may include aura photography, energy work, original art, vetted intuitive readers,

crystals, essential oils, handmade jewelry and gifts, luxurious spa products, and more! Free admission, free workshops, low-cost services. Under 18 must be accompanied by an adult. This event is not sponsored by Unity of Fairfax, its Board of Trustees, or its staff members. Illuminate Festivals, connect@illuminatefestivals.com; 575-519-5883. www.illuminatefestivals.com

7/16-17 Spiritual Sensing & Psychic Development Workshop. Jump-start or deepen your psychic development including clairvoyance, clairaudience, clairsentience, more. With Certified Medium and Author Konstanza Morning Star. Saturday July 16 & Sunday, July 17 from 9:30am to 12:30pm both days, via Zoom. Register online: www.mediumshamandc.com/psychic-development. Konstanza Morning Star, silverspringoflight@gmail.com; 240-543-9414. www.mediumshamandc.com

— 17 —
Illuminate Annapolis Mind-

Body-Spirit-Arts Festival, 10am - 5pm. Join us for a wonder-filled day! Exhibitors may include aura photography, energy work, original art, vetted intuitive readers, crystals, essential oils, handmade jewelry and gifts, luxurious spa products, and more! Free admission, free workshops, low-cost services. Under 18 must be accompanied by an adult. Illuminate Festivals, connect@illuminatefestivals.com; 575-519-5883. www.illuminatefestivals.com

— 24 —
Illuminate Baltimore Mind-Body-Spirit-Arts Festival, 10am - 5pm. Join us for a wonder-filled day! Exhibitors may include aura photography, energy work, original art, vetted intuitive readers, crystals, essential oils, handmade jewelry and gifts, luxurious spa products, and more! Free admission, free workshops, low-cost services. Under 18 must be accompanied by an adult. Illuminate Festivals, connect@illuminatefestivals.com; 575-519-5883. www.illuminatefestivals.com

— 29 —
Group Past Life Regression via Zoom, 7pm - 9:30pm. Join certified hypnotherapist Joanne Selinske, Ph.D., Cht., of Soul Source for a group past life regression. Experience the excitement of recalling how your past lives are influencing your current relationships, feelings, beliefs and behaviors. Pre-pay \$65.00 and register by July 28th to receive Zoom login and other registration material. Register at <https://thesoulsource.net/index.php/register-pay-for-events/>. Joanne Selinske, JoanneSelinske@theSoulSource.net; 410-371-7950. www.theSoulSource.net

— 30 —
Illuminate Ocean City Mind-Body-Spirit-Arts Festival, 10am - 5pm. Join us for a wonder-filled day! Exhibitors may include aura photography, energy work, original art, vetted intuitive readers, crystals, essential oils, handmade jewelry and gifts, luxurious spa products, and more! Free admission, free workshops, low-cost services. Under 18 must be accompanied by an adult. Illu-



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- **Upcoming Virtual Offerings**
 - **Sunday Service**, Weekly, 2nd and 4th Sundays, 11:00 a.m.
 - **Virtual Reiki and Energy Healing Share with Sylvia Wrate**, Monthly, 4th Wednesday, at 7:30 p.m.
 - **Evidential Mediumship with Maurice Israel**, Saturdays, June 11, 18, 25 at 10:00 a.m.
 - **The Power of Shamanic Journeying with Garrett Jackson – Workshop Series**, Saturday, June 18, at noon.
 - **Summer Solstice with Rev. James De Biasio**, Tuesday, June 21 at 7:30 p.m.
 - **Meditation/Messages Services**, Sundays, Monthly, June 26, July 24, August 28 at 11:00 a.m.
 - **History of the Christian Era with Rev. James De Biasio – Series**, Wednesdays, June 29, July 6, July 13 at 7:30 p.m.

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AUGUST

— 6 —

Lotus Mini Retreat Day, 10am - 12pm. There is joy in being busy and productive and there is joy in rest. This event celebrates the restful times we need to take in order to be whole. Come join Uma and let's tune in to our spiritual selves. This event is open to everyone especially new people on their spiritual awakening journey. Event includes meditation, mantra, energetic clearings & a message circle. Register online: www.eventbrite.com/e/341371560527. The Lotus and The Light Metaphysical Center, info@thelotusandthelight.com; www.thelotusandthelight.com.

— 13 —

Full Moon Services at Four Quarters, 12pm - 9pm, Four Quarters Farm, Artemas, PA. Four Quarters is an Interfaith Sanctuary of Earth-Based religion. Our Moon

Services are on the Saturday closest to Full/New Moons, and are free and open to all. Future dates: September 10; November 5. <https://4qf.org/attending/our-schedule/moon-service-schedule-2>. Four Quarters Interfaith, Office@4QF.org; 814-784-3080. www.4QF.org

— 14 —

HEALING Through Your AKASHIC RECORDS with Bill Sanda, 1pm - 5pm. Akashic Records are an energetic record of every soul and their journey. Access the lessons of the past and present - including cellular memories and past lives - to alter your future. Resolve recurring patterns and issues; heal long-standing challenges; and empower future growth and choices! Bill will be offering individual clearings while in a group setting. Investment is \$50. Arlington Metaphysical Chapel, billsanda@gmail.com; 301-448-0388. www.arlingtonmeta.org/

SEPTEMBER

— 4 —

Stones Rising XXVIII: 2022, 8am - 11:59pm, Four Quarters Farm, Artemas, PA. Four Quarters Interfaith is a Sanctuary of Spirit, at whose heart is the Circle of Standing Stones, begun 27 years ago with a single Stone inspiring others to come. Join us at Stones Rising & celebrate our commitment to the Land, our Church and our Tribe & continue Raising Stones. Follow in our Footsteps, Gather, Labor Together, Build a Circle for Yourself and those not yet Born. Aug 31-Sept 5. <https://4qf.org/stonesrising>. Four Quarters Interfaith, Office@4QF.org; 814-784-3080. www.4QF.org

— 11 —

Illuminate Columbia Mind-Body-Spirit-Arts Festival, 10am - 5pm. Join us for a wonder-filled day! Exhibitors may include aura photography, energy work, original art, vetted intuitive readers, crystals, essential oils, handmade jewelry and gifts, luxurious spa products, and more! Free admission, free workshops, low-cost services. Under 18 must

be accompanied by an adult. Illuminate Festivals, connect@illuminatefestivals.com; 575-519-5883. www.illuminatefestivals.com

— 24 —

Bach Flower Level 1 Introductory Program, 10am - 1pm, 9/24, 9/25, 10/1, & 10/2. 2022 Bach Flower Level 1 Introductory Program introduces Dr. Bach's simple system of healing. Level 1 teaches more information and case studies than the Basics course. Live virtual class is taught in four sessions - 3 hours each. Visit www.Rainbowchihealing.com/classes or contact: Barbara Binney - rainchi2014@gmail.com; 571-469-0859. www.rainbowchihealing.com

9/24-25 **Connect With Your Spirit Guides Workshop via Zoom**. Learn to contact your spirit guides and how to receive and recognize spiritual guidance. Develop effective techniques to establish rapport with your spirit team. Saturday, September 24 & Sunday, September 25, 2022 from 9:30am - 12:30pm EDT via Zoom.



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Register online: www.mediumshamandc.com/connect-with-spirit-guides. Konstanza Morning Star, morningstar.konstanza@gmail.com; 240-543-9414. www.mediumshamandc.com

UPCOMING

10/2/2022 **Pathways Fall 2022 Natural Living Expo**, 10am – 7pm, The College Park Marriott Inn & Conference Center, College Park, MD. Join 100+ exhibitors and 30+ workshops for exploration, enlightenment, education and engagement. \$10 advance purchase online, and \$10 day of event with \$5 Off coupon; free indoor parking. www.pathwaysmagazineonline.com

10/8/22 **Full Moon Service and Schutzenfest**, 9am - 9pm, Four Quarters Farm, Artemas, PA. Schutzenfest: A traditional German Fall holiday celebrating the Arts of The Target! A fun afternoon to share food, fire off some rounds, and generally hang out. This is our take on a classic German fall festival! <https://4qf.org/attending/>

our-schedule/moon-service-schedule-2. Four Quarters Interfaith, Office@4QF.org; 814-784-3080. www.4QF.org

10/23/22 **Illuminate Frederick Mind-Body-Spirit-Arts Festival**, 10am - 5pm. Join us for a wonder-filled day! Exhibitors may include aura photography, energy work, original art, vetted intuitive readers, crystals, essential oils, handmade jewelry and gifts, luxurious spa products, and more! Free admission, free workshops, low-cost services. Under 18 must be accompanied by an adult. Illuminate Festivals, connect@illuminatefestivals.com; 575-519-5883. www.illuminatefestivals.com

10/29/22 **Samhain at Four Quarters**, 9am - 11pm, Four Quarters Farm, Artemas, PA. A traditional time of remembering All Those Who Have Gone Before and honoring their lives. Join us as we solemnly observe Samhain and find ways to express our sorrow together, while also celebrating Life, Fellowship and Community in turn. Friday

October 28 - Sunday October 30. <https://4qf.org/samhain>. Four Quarters Interfaith, Office@4QF.org; 814-784-3080. www.4QF.org

12/10/22 **Full Moon and Winter Solstice Service**, 10am - 10pm, Four Quarters Farm, Artemas, PA. Celebrate with us the rebirth of the Sun; Share with us the works of your Hands, Heart and Spirit. Exchange with us Gifts of Love and Laughter, and Remember with us that the Wheel does turn, and soon the Sun's light will once again warm our faces. Come celebrate the return of the Light in the heart of Darkness.. <https://4qf.org/attending/our-schedule/moon-service-schedule-2>. Four Quarters Interfaith, Office@4QF.org; 814-784-3080. www.4QF.org

ONGOING

Adams Morgan Farmers Market, Saturdays, 8am-1pm, Washington, DC. Every Saturday starting June 4 through December 24, 8am - 1pm, at Unity Plaza (Columbia Rd and Euclid St, WDC). Sustainably grown, affordably

priced fruits, veggies & more from our farm. RAIN OR SHINE. CSA Memberships available for pick up at this location. Email to join, for more information, or to volunteer: info@lickingcreekbendfarm.com. Licking Creek Bend Farm, 301-587-1739. www.lickingcreekbendfarm.com

Brookland Farmers Market, Tuesdays, 4pm-7pm, Washington, DC. Every Tuesday starting June 7 through October 27, at the Brookland Metro, under the bridge at 10th and Otis, NE, Washington, DC. Sustainably grown, affordably priced fruits, veggies & more from our farm. RAIN OR SHINE. CSA Memberships available for pick up at this location. Email to join, for more information, or to volunteer: info@lickingcreekbendfarm.com. Licking Creek Bend Farm, 301-587-1739. www.lickingcreekbendfarm.com

Community Wide Chaplains' Chapel, weekly from 10am - 12:30pm, ONLINE. The Prayer Chaplain Ministry is facilitating a virtual gathering for prayer and



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SUMMER CALENDAR

meditation open to everyone. We meet weekly for 30 minutes. A prayer chaplain will open the gathering with an invocation, reading or poem; provide an opportunity for participants to share affirmations, gratitude or prayer requests; and then invite all participants for 15–20 minutes of silence in our shared being. <https://2022-community-chaplains-chapel.eventbrite.com>. Unity of Fairfax, admin@unityoffairfax.org; 1-703-281-1767. www.unityoffairfax.org/

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Intuition & Healing Development.

This video development group is an exciting blend of study and practice in the fields of metaphysics, healing and intuition. The participants select the topic for each meeting. Come join us monthly and learn about the things that interest you. Discover what you are great at doing! Tuition: \$50 per class. To register: call Wanda at 812-705-5135; or email Katie, katielynn3492@gmail.com. All classes are online until further notice. www.laseterlundy.com

Meditation for Peace and

Well-being, every Monday and Thursday, 7:30pm - 8:30pm. Meditation for peace and well-being. A portion of each session is specifically designed for healing. Join us on Zoom. For beginners and experienced meditators. For reservations: 301-452-7780 or savitri@newfuturesocietycenter.com. For more information visit: <https://newfuturesocietycenter.com/offering-events/#medita->

tion; 301-452-7780.

Metaphysical Group, weekly from 10am - 10:50am. The Metaphysical Group explores different aspects of spirituality to challenge our thinking and raise our consciousness. Presentations are made using Zoom. Every week features a different presenter with a different topic. Feel free to jump in at any time! Unity of Fairfax, Metaphysical@UnityOfFairfax.org. www.unityoffairfax.org/metaphysical-group.

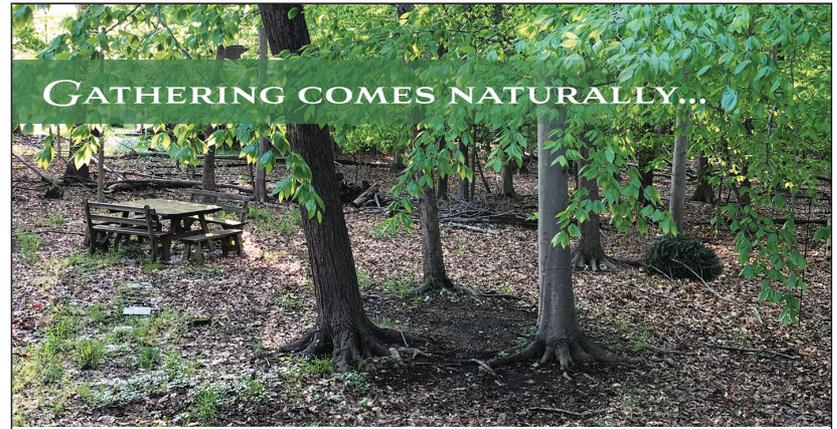
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, 11am - 12pm. Please join us for a lively in-person spiritual discussion facilitated by a specially-trained member of the ECK clergy. Each 3rd Sunday from 11 am to 12 pm. For more information, email spiritualdiscussions12@gmail.com or call 703-916-0515. Eckankar of Northern Virginia, 703-915-4701; www.eck-va.org.

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Our November Intensive will be the 11, 12 and 13. The title is "In the World, but not of It. Living In Touch with Your Whole Being". Call or email Molly for info.

We will be doing our teachings, Q&A and groups, as well as, private sessions via Zoom and Skype beginning in May of 2022.

Our Personal Growth with St. Germain continues. Call Molly for info.

Check our website for more info on all activities.

mollyrowland22@gmail.com
www.voiceofthegatekeepers.com



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Embodiment Code 1: Rooting into Desire and Worthiness

Embodiment Code 2: The Mother Wound

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Early Bird Price (by July 10) — \$795

Regular Price (after July 10) — \$995

The Embodiment Project was created in 2020 by Nyle MacFarlane, MS, OTR/L (they/them), founder and owner of Blue Nyle Therapy, to address the 7 major collective traumas we hold in our physical and energetic bodies as a result of being a member of the collective. www.blunenyletherapy.com



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For more information, and to register for one or both retreats, contact Pathways Productions:

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Spanning the Abysses of Life

BY TRISH HALL

Everyone (adults and children) encounters abysses, apparent gaps between our desires and expectations, and the “what-is” of daily life. Obstacles range from minor hiccups to cataclysmic stoppages in the unfolding of life.

Life seems to be fraught with abysses — these deep, seemingly bottomless pits that appear out of nowhere. Whether they manifest in our world — in our relationships with others or in our relationship with ourselves — they all require inner work. They show up as stunning contrasts between where we have been and where we are, between how we thought life was going to unfold and how it actually has. These comparisons can stop us in our tracks.

Trying to reconcile those dreams and expectations with present-day reality may be overwhelming. Our old illusions of stability can be shattered by breaches in relationships. Most of us do not face physical chasms, yet we connect with the all-to-familiar gut grabbing of free-falling into nothingness. Confronted with rifts in the continuity of our relationships, the resulting chaos permeates our entire lives. Our identity in the world is changed when someone dies, a relationship craters, a career takes an abrupt turn, or when illness or loss of ability totally alters our understanding of who we are. Those things to which we have been attached are no longer there. We must redefine and reinvent ourselves.

How we span these abysses makes all the difference in how effectively we grow through the experiences. You will note I did not say how quickly. William Bridges, author of *Transitions: Making Sense of Life's Changes*, points out what he calls “neutral zones” — the time between an ending and a new beginning — as ripe with powerful opportunities to transform, rather than jumping from one situation to another taking our baggage along. In our western society, we tend to rush. If we must change due to circumstances, we want to get it over with, get on with life. There is much dialogue about recognizing and facilitating “process”, but we tend to be more results oriented. We reject experiencing the process in favor of swiftly and efficiently being changed. Yet the process of transformation holds the rich rewards of change. It requires slowing down, honoring and experiencing the process. We may cope with abrupt change, adapting (or not) in order to go on living; but by avoiding what I prefer to call the “learning zone,” we rob ourselves of the opportunity to be truly alive.

Bill Bridges differentiates between change and transition. Change is outside, circumstantial. Transition is the inner work necessary for growth. We each employ strategies that are uniquely ours, however they contain threads and patterns we share with other humans. Some, regardless of age, glide through transitions without resistance, intuitively guided to lean into the healthy steps of acknowledging, accepting, opening to guidance, revealing creative solutions and taking action.

Our age colors our approaches when changes happen. The very young tend to be only lightly attached to what was; so moving to what-is, is rather fluid. As we grow older, the depth of our attachment to “how things ought to be” deepens. Adolescents, with all their hormonal changes in full bloom, run the gamut. Change can demagnetize their internal compass and threaten their sense of safety, causing them to swing wildly between being highly resourceful and adaptable, to taking deep dives into drama. Adults may revert to emotional adolescence, try to mind-muscle their way through change, or voluntarily enter the process of transition. Some adults and the more elderly often contextualize how they address change. They may bring a greater sense of what truly matters to them, which may make it easier to release some earlier attachments. Depending on the circumstance, such as the loss

of independence or being forced into retirement, they may slide into resignation — the acceptance of something undesirable yet perceived as inescapably inevitable. However, resignation is not to be confused with acknowledgment.

Mastering the strength to stay in the “learning zone,” on the bridge between what was and what is occurring, is essential to the effectiveness of the transformational journey. We must remain long enough to grant ourselves permission to feel our way through shifts, to experience transitions, and open to an entirely new wonder-filled way of being.

Our evolutionary abysses play out in our relationships. Each of us has an ongoing relationship with “me, myself and I”, and simultaneously with our interactions and projections into our world with others. The processes run parallel. Each contains the challenges of trying to reconcile our old perceptions with our new perceptions; then compound this by introducing someone else’s. Perceptions are always subjective, whether in intimate relationships or seeking common ground interculturally.

On the intimate level, when trust is broken, whether by infidelity or myriad other causes, the assumed common path is no longer shared. Bereavement is experienced, and the need to re-identify ourselves is thrust upon us.

In an intercultural environment, layers of complexity abound. Trust is key here. Trust-building can be achieved if there is a willingness to stay in the “learning zone” long enough to develop mutual respect. This neutral zone on the bridge lays open the space for the creative ways of relating to be revealed and embraced.

Coming together interculturally, is compounded by conscious, unconscious and assumed biases. Each party on the adventure to bridge divides draws on histories that have generated differing perceptions of



Photo © Framestock Footages | Dreamstime.com

the abyss. Some may believe that differences are surmountable, while another’s contrary perceptions can present insurmountable obstacles. Desire, and an intention to bridge the gap, are critical to success. Trust must be grown so there is a shared safety in accepting it is possible to respect one another and have differing perspectives. Common ground may be discovered in shared values while resting on an agreement to disagree. This approach is a commitment to stay in the “learning zone” together while something more is revealed. Collaboration is being born. New bridges are being built.

Uniqueness is to be celebrated. Look around! It’s obviously the “Divine Design”! Different isn’t dangerous because it is different. Different is simply different. Danger only raises its ugly head when *meaning* is attributed to differences. The only meaning distinctions have is what we give them. The greater the contrast, the wider or more profound the apparent difference, and the more un-spannable the difference may feel. It is interesting that contrast lures us into the field of comparison, often negatively, and that carries us to the brink of a slippery slope of meaning-making and assumptions. Yet, contrast, a

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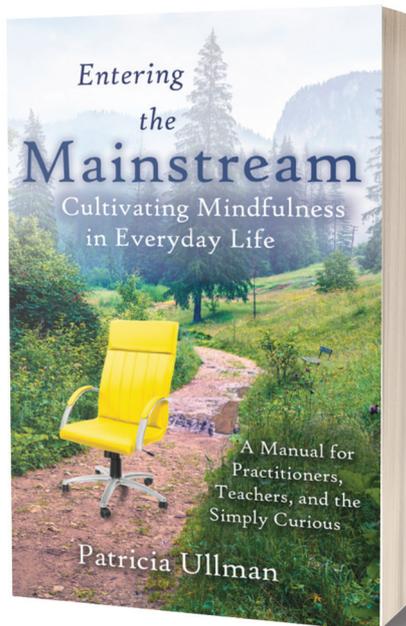
A new book by Pathways contributor Patricia Ullman

Entering the Mainstream:

*Cultivating Mindfulness
in Everyday Life*

(A Manual for Practitioners, Teachers, and the Simply Curious)

Lauded by critics as “brave,” “authoritative,” and “highly readable,” *Entering the Mainstream* features stories and guided meditations that are as stimulating to the seasoned practitioner as they are accessible to the novice. It is equally valuable for mindfulness teachers, offering guidance and a range of tools to help lead individuals and groups in urban settings.



This new book and Patricia’s first book, *Eight Steps to an Authentic Life: Ancient Wisdom for Modern Times*, are available on amazon.com.

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Spanning the Abysses of Life...

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tool we use to discern distinctions, is our means of distinguishing and appreciating life experiences.

Humans are “meaning making machines.” Other-than-consciously, we attribute meaning to everything. All our current interactions and experiences are filtered through everything that has ever happened to or been observed by us. Although we have the ability to temper them, or even set them aside consciously, nothing escapes these filters. They carry out their function constantly, which is the definition of “prejudice”, i.e., making judgments about circumstances based on history instead of clear unobscured observation. Pre-judgment blocks access to current information — it rejects input. In the throes of pre-judgment our observations are so diminished we literally cannot see what is in front of us.

It is time to ask, “How can we set ourselves free to bridge the great divides within and outside ourselves? How can we move past our own filters?” We start by embracing what sounds cliché: “Change your thinking, change your life.” To do so, we need to embrace and embody the following components:

- We are not limited by the past except to the extent we empower it.
- No person, circumstance or internal concern can control us without our consent.
- We are inseparably interconnected with the One Source of all creation so we are inextricably connected with one another.
- We installed our filters unconsciously, so we have the power to consciously uninstall them.

We begin by remembering we live in each new *now* moment —

the only moment in which we can live. We cannot go back and relive the past, and all attempts to do so prevent us from being present in this moment. In *Letters From Other Dimensions* (1974), Dr. Ernest Holmes declared, “I would like to suggest that mankind stands now at the very beginning, not at the ending of the human race ... just now beginning to discover who and what [we are] and what [we] can do. The answers are tumbling out and mankind hungrily devours these crumbs of truth that fall from the great table of Infinite Mind.”

In this time of great new beginnings, how do you choose to be? Do you choose to remain a prisoner of your past or your ancestors’ past, to empower others to control you, or to allow external circumstances to dictate who you are and how you show up? Or, are you ready to:

- Remember at all times that each of us is an activity of Spirit expressing in human form with intention and purpose?
- Unlock the shackles that chain you to the past and trap you in your own filters?
- Acknowledge that the past served its purpose by delivering you to this time and place so it is time to set yourself free?
- Garner the strength and tenacity to remain in the “learning zone,” spanning the abyss, long enough to move through transition, grapple with reinventing yourself and reveal your new identity?
- Do what it takes to be prepared to launch into the next new, now expression of you?

You are the only one that can answer these questions for you!

Trish Hall is an international best-selling author and acclaimed speaker. She is the Spiritual Leader of Center for Spiritual Living Metro where you are empowered to live the fullest expression of you. We come together in Oneness, celebrate the uniqueness of each person, and invite you to “be you with us!” www.cslmetro.org

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Finding Freedom Through Cannabis...

...continued from page 17

the body. Enamored because a door had just opened to a whole new world of healing understanding and potential, and I was very ready to walk through it.

When homeostasis is working at its best, it keeps the body where it needs to be to survive physiologically and function optimally. It's your body's microscopic way of finding freedom by just being. The ECS is stimulated by cannabinoids the body produces itself, known as endocannabinoids. The ECS is also stimulated by cannabinoids entering the body from external sources, like cannabis. Cannabis flowers or buds contain wildly dense amounts of a wide array of said cannabinoids. Hemp in particular contains a particularly high amount of the cannabinoid CBD, as well as smaller amounts of cannabinoids like CBG and THC, all with their own beautiful and different actions in the body.

CBD in particular has been understood to aid especially central nervous system regulation as well as fight inflammation, which I believe is the root of a lot of chronic pain along with many diseases and illnesses. When cannabis goes into the body, via ingestion or transdermal absorption through your skin, it is igniting a system that already exists in your body — a system that wants you to be functioning optimally. When our central nervous system is regulated, we can eliminate feeling overwhelmed or burdened by stress and focus on being and thriving. Our bodies themselves can concentrate on what they need to do to keep us well, rather than constantly being under threat by small and large stressors alike.

Our very old and not-caught-up-to-modern-times stress response system cannot distinguish between a frustratingly endless to-do list or maddening traffic and a legitimately life-threatening scenario. We are ancient biology living in a time with endless stimuli and perceived “threats” to our lives; our bodies treat them alike, as if our lives were under real threat. These occurrences heavily involve the hormone cortisol, and cortisol requires a ton of resources from our body. Our bodies will always prioritize surviving in the moment, taking resources intended for other bodily functions, and affecting things like optimal sleep and circadian rhythms, anxiety and panic attacks, as well as creating inflammation and leaving the body shorthanded to combat these issues.

As I mentioned before, when systems are out of balance, it can severely impact quality of life. Igniting the ECS with external cannabinoids like CBD assists in the regulation of unbalanced systems. It's like inviting little microscopic peacemakers and neutralizers into your body who only want you closer to that state of internal freedom and being. It is important to emphasize that *reducing* stressors in tandem with using cannabis is vital. Reducing screen time and increasing healthy movement, being outside connected to nature and eating whole foods are just a few examples of ways to diversify other tools in your freedom toolbox. There is no single magic solution to make you feel better. That's not how nature works, and I'd be very cautious if anyone tries to promise you otherwise. But cannabis can indeed help to be a powerful tool in getting closer to that freedom.

I know all too well what it means to live with anxiety and how it feels to not have freedom to just be in the present moment. Cannabis emerged into my life so gracefully. It has wrapped me in the supportive hug that it is, and has done the same for so many other wonderful folks I know. This is the very reason our farm focuses on spreading that energy through our community and finding more ways to feel freedom in being every single day.

Look forward to Part II in the *Pathways* Fall issue, which will emphasize finding freedom through regenerative farming.

[Disclaimer: These statements have not been evaluated by the Food and Drug Administration. These words are not intended to diagnose, treat, cure, or prevent any disease.]

Brynn Seaton is the director of formulation for Fiddlers Green Farm in Taneytown MD, a 4th generation family farm dedicated to ethical land management and creating high-quality CBD products made from the hemp they grow and care for. She has training in holistic nutrition and is a 200-hour certified Yoga teacher alongside having a deep passion for plant medicine and herbalism. You can witness our farm happenings on Instagram and Facebook @fiddlersgreengreenfarmlife and shop our digital farm-stand at www.fiddlersgreengreen.io.



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Transmuting Psychological Trauma...

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is the Soul, and the processor is the Mind.

This is unfortunately quite easy to happen. It takes but a moment for the wrong emotion and thought to rise and last a lifetime. Age is irrelevant but it is much easier to be traumatized when young as we are the most unaware and unprepared on how to handle such situations. Until healed, such imprints define thought patterns, actions, reactions, expressions, beliefs, and perceptions of self, of others and of life. Life can be defined by one or more imprints.

Who would have thought that sliding off the slide and not being picked up by mom would have created a lifelong anger issue? Or that a teenager watching his parents fight would have internalized it and from that moment on felt he was unlovable, because if he was lovable, they would not be fighting?

With unshakable will, commitment, and proper guidance, we can heal trauma and transmute it into a state of empowerment and wisdom, regardless of when it happened.

How do we prevent trauma from settling in?

It takes training and practice. The Soul is our essence. The Mind must get to know it and learn to follow its messages. This way the Mind will also learn of our Soul's connection to Oneness. Last, but not least, it must learn the ways of protection. We can then operate as the one, well-synchronized entity that we are, remaining present, connected yet detached to any event, objectively sensing and assessing the situation, and inquire: What is happening? Why is it happening? Who are the actors? What are their roles? What is my role? Which part do they own? Which part do I own? How do I feel? What can I do?

The golden rule is to be consciously fearless, objective, with the Mind constantly monitoring the Soul's signals and messages. Never internalize out of balance emotional states, judgment, or negative words or thoughts targeting the self, regardless of whether they are from self or others. Learning how to protect our self is key.

Using protection, operating out of love for self and others, avoiding out-of-balance emotions, mastering the fully connected yet fully detached sentient-mental observer state, and consciously acquiring related lessons, makes it impossible for trauma to settle in.

Why does trauma happen?

Until we learn how to walk the path of no suffering, trauma is one path to higher states. All traumas hold an inherent lesson. They are meant for us to shed egocentric and unconscious living, to be wiser and stronger, and to ascend to higher states of awareness, consciousness, and Oneness.

Transmutation helps us in this process and teaches us that we can learn a different path to higher states, one of observation, sentient and mental alignment, discernment, and conscious choices for our highest good.

How do we heal our trauma and empower ourselves in the process?

The traumatized person **must** gather will, strength, courage, and commitment — the type that says: “Damn the torpedoes, full speed ahead, I will get there no matter what”. That is 99% of the success. The 1% is the facilitator and the process. Mind you, the 1% is certainly essential, but in the bigger picture of the journey to healing and empowerment, without the 99%, no matter how good the 1% is, nothing will change. In fact, the best facilitators and their processes will not

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work with people who do not bring the 99%.

Your journey is yours. You are your own leader. You are the only one who can say where you are on the journey and where you still need to go. You may choose an informative or a transformational journey. The success of the journey is directly related to your intention and the degree of commitment. If you allow yourself to set boundaries through limiting 'beliefs and rationale', then you will block your healing and growth. If you shoot for the stars, that is where you will land.

Look for the out of balance emotional states like anger, fear, righteousness, rigidity, absolute certainty, anxiety, stress, lack of self-esteem, depression, deep sadness, etc. They are the gateways to the path of healing. In the process, you will get to know yourself better, an essential component of personal growth and ascendance.

What is the 1%, how does it get implemented and what happens in the process?

The 1% is a transmutation process. It changes trauma into empowered states using spirit guided alchemical practices. There are two different approaches. One is non-participatory, whereby a shamanic journey on behalf of the person identifies and heals the trauma or pattern with powerful results. A reading of the journey and the healing is then provided.

The other is proactively participatory, where the person seeking the change is actively involved in the process. It facilitates a sentient connection to the Universal Oneness. It is a joint sentient and mental process. The Soul leads, the Mind supports and co-creates.

The process starts with the person setting his/her clear intention. In a state of conscious connection with Spirit and the Universal Oneness, the facilitator creates a protected sacred space and guides the person into a state of deep relaxation. The process is guided by sen-

tient messages from Spirit and the Universal Oneness. With unequivocal trust and the person's active participation, the messages are used to gently guide, engage, understand, reunite separated soul parts, and transmute non-serving energies, thoughts, and emotions into empowered states.

Throughout the process, transformative magic happens. No process is ever the same. There is no cookie-cutter procedure. The only common denominator is the guidance from Spirit, the trust in the messages, the engagement to understand, and the transmutation process. The intention is always fulfilled to the exact level of commitment, and the process educates us on our true nature and our connection to Oneness.

The end goal defines the journeys. It may be satisfied in one journey, or there may be a series of journeys each building on the previous and collectively taking you to your end goal. You are the only one that can determine the path. You are the only one that knows where you are and where you want to end up. You will achieve whatever you set your Soul and Mind to.

If you allow yourself to know you can, then you will. The Universe will co-create with you, and when you learn to read the signs, you will be in the flow. The greatest three words you can tell yourself is: I love you! The next three greatest are: Yes, I can!

You just need to bring the 99%. At the end of the day, you are your own healer.

Lazaros is a multi-faceted being. His current life's purpose is to help others. For psychological trauma healing, he has developed a process that combines spirit guided transmutation healing. He is trained in Shamanic practices, Reiki, Emotional Freedom Techniques (EFT), neuro-linguistic programming (NLP), BodyTalk, Ho'oponopono and hypnotherapy. With a deep knowledge of our inner workings, trust in the inner compass, and the help of Spirit guides who assisted in his own Soul healing and spiritual awakening, he uses his strong connection to the Spirit world, clear inquiry, and gentle guidance to facilitate your ascendance into higher states of being and into the light of your awakening. He offers personal healing sessions and training workshops in the US and Europe. He can be contacted at lazaros@soulcentrics.com.

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The Healing Power of Memorial Gardens

BY KATHY JENTZ AND ROSIE KEAN

Spring has sprung and summer is coming with its righteous color of flowers and fruits, yet we have suffered so much loss lately it is hard to find solace among the cheerful blooms. After two years of COVID, many beloved members of our community are gone and we feel their loss so deeply. We will keep their memories alive in our hearts.

In another example of loss this season, my beloved kitty Versace passed away suddenly from a blood clot. His adopted cat brother Santino and I buried him recently under a bench next to my water garden. I thought this would be the perfect spot for him to rest in peace because he loved watching birds through the window and this spot is one where they gather in large numbers to enjoy the pond.

I know many of you have picked out special spots in your own gardens to memorialize your treasured pet companions. Perhaps it is marked with a special stone, statue, or plaque. Maybe a certain plant denotes the spot. No matter the place marker, these sacred places help us remember and heal.

If you don't have a gardening space of your own, several public spaces in our region also have healing and meditation gardens you can visit. Here are a few suggestions:

The Green Road Project

The ravine, or healing garden, of the Green Road Project lies in the midst of a sprawling campus at Naval Support Activity, Bethesda, MD, home of Walter Reed National Military Medical Center. Funded partially by a grant from the TKF Foundation (<https://naturesacred.org/>) and sponsored by The Institute for Integrative Health, this project was created to help heal veterans suffering from post-traumatic

stress disorder (PTSD) and other brain injuries by filling in the gaps conventional medicine can't reach, said Frederick Foote, project administrator. By combining holistic and conventional medicine, Foote hopes to find a cure for PTSD.

As of now, access to the Green Road requires applying with the base or asking one of the project's team members, but Foote hopes that does not remain the case. The team is working to make it easier for nature-lovers to experience the garden, he said.

Foote wants the Green Road to serve as a model for other military hospitals to follow. Other people can also benefit from the healing effects of nature, such as inmates, urban populations, and communities under stress, he added. "In many cases, nature can be the answer for healing the stresses of modern life," Foote said.

The ravine also features benches with weatherproof journals for visitors to write in. Flipping through those pages, it becomes easy to see the power the Green Road has to offer.

"I sit here in awe enjoying the sounds of nature," one service member writes. "As I am listening, I can't help but think about all of my fallen brothers, warriors who wait in Valhalla for me to join them. I am blessed to be able to still breathe, think, live and love."

Location: 8901 Wisconsin Avenue, Bethesda, MD 20889

Garden of Reflection and Remembrance

Next to the Memorial Chapel at the University of Maryland in College Park, MD, is the Garden of Reflection and Remembrance, another project that the TKF Foundation helped fund.

The entrance to the garden is to the left of the front of the chapel, where you can find a path that guides you through the area. Near the entrance is a rectangular fountain surrounded by three benches, as well as vibrant foliage and colorful flowers.

While the space is often used by university students, staff, and faculty, other people in the community enjoy the garden just as much. Community service events that center on gardening are also held there.

"The goal of the garden is to provide a lovely and comforting setting that feels inclusive of all people on campus," said Karen Petroff, assistant director of arboretum/horticultural services at the University of Maryland.

A container filled with stones sits by the labyrinth's entrance for visitors to mindfully take and leave at the center of the winding path. Like the Green Road, this garden also has benches with journals for visitors to write down their thoughts, concerns, wishes, or just about anything else. A contemplative labyrinth lies at the end of the garden.

Inspired by a community outpouring after 9/11, this garden was dedicated nine years later in 2010. At the time of the attacks, the community needed support. "It became apparent that a garden — a place of healing, a place of solace, a place of reflection — was very much needed on campus," Petroff explained. The garden has a strong focus on community and remembrance, and she added, "This is where the community comes to remember — that unity in such a beautiful spot can be so healing in and of itself."

Location: 1101 Memorial Chapel, College Park, MD 20742; www.chapel.umd.edu/garden.php



Pet memorial; Photo credit: Kathy Jentz

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Franciscan Monastery Gardens

The gardens at the Franciscan Monastery in the Brookland neighborhood of NE Washington, DC, contain beautiful foliage and flowers, in addition to walking paths and various seating areas, that make for a peaceful getaway.

The sprawling garden has several spots appropriate for meditation, one of which is the insect and butterfly garden. Located through the portico to the right of the church, this terrace is bordered by pollinator-friendly plants. Four benches sit near a rectangular pond that has lily pads and an abundance of koi fish. Watching the orange-, black-, and white-speckled koi fish gracefully swim underneath the shade of the trees is a relaxing experience. If you go to the gardens soon, you might even see a water lily in bloom.

Next to the pond area is a path that winds throughout the remaining garden on this side. The path will guide you to various religious statues, monuments, and replicas of holy sites. At the end of an offshoot from the trail, a peace monument with “May Peace Prevail On Earth” written in different languages stands in the center of a small stone circle.

The main path will continue downward to a lower level of the garden, shrouded by the branches of large magnolia trees and crape myrtles. This is where the replica of the Grotto of Lourdes is located. Opposite the grotto is a rock-enclosed circle with rose bushes and another statue. Several benches facing the grotto sit on either side, offering another place for quiet reflection.

Location: 1400 Quincy St NE, Washington, DC 20017; <https://myfranciscan.org/>

Petworth Meditation Garden

If you stumbled across the meditation garden in Petworth, you probably wouldn't think much of it at first glance. The small triangular park, located at Kansas Avenue and Quincy Street NW, opened in June 2018 as the district government's first meditation garden. It is pretty nondescript, yet there is beauty in simplicity, and the tiny garden can be just as useful for meditation as any other.

“The Petworth Meditation Garden is an example of how we can transform a small space into a tremendous community amenity,” said DC Mayor Muriel Bowser in a press release. “We thank the community for working with us to create such a unique and innovative space.”

Nestled in a neighborhood of colorful houses and only slightly removed from the noise of the streets, the garden is a perfect place for people-watching or to write in a journal. The park features permeable pavement, in addition to block structures and a circular monument for sitting and relaxing.

Location: At the intersection of Kansas Avenue, 13th Street and Quincy Street NW, Washington, DC

Korean Bell Garden

Within Meadowlark Botanical Gardens in Vienna, VA, is the Korean Bell Garden, an area designed and maintained with Korean tradition in mind.

A magnificent gateway borders the garden, showcasing the beautiful woodwork also seen in the rest of the landscape. Four Korean totem poles (“jangseung”), which are supposed to ward off evil spirits, and gatekeeper statues called “Dol Hareubangs” can also be found in the garden.

Influenced by elements like feng shui and containing several plants native to Korea, the garden's beauty helps visitors connect with nature and other cultures. The pathway will eventually lead you to a large bell housed underneath the Grand Pavilion, a traditional Korean pavilion that is built without nails. Called the Bell of Peace and Harmony, it symbolizes hope, prosperity, and peace among people of all commu-

nities.

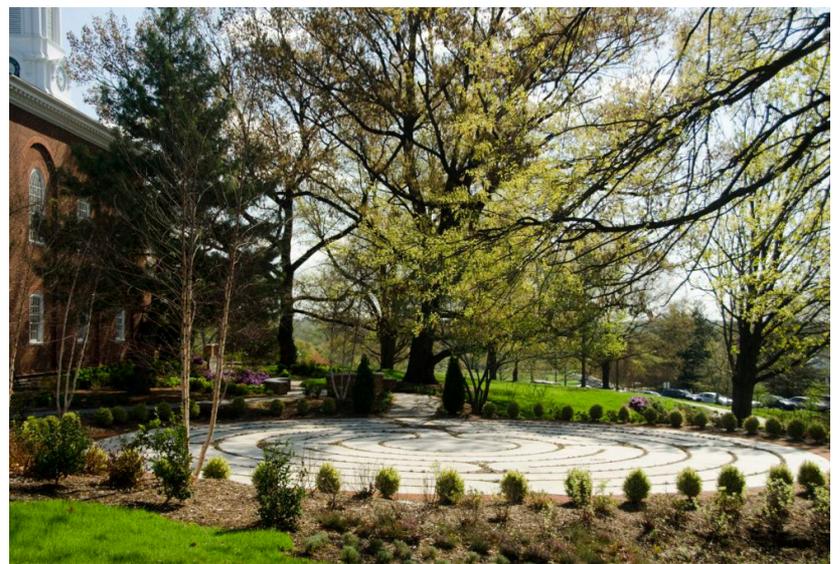
With its rich tradition and beauty, the Korean Bell Garden is another great place to go for quiet meditation, find a connection with nature and other people, or just enjoy a nice day.

Location: 9750 Meadowlark Gardens Ct, Vienna, VA 22182; www.fxva.com/korean-bell-garden/

When we spend time in these special places we allow our souls to connect with those of our loved ones in the beyond. Take some time this season to grieve and heal.

Kathy Jentz is editor/publisher of Washington Gardener magazine. She is also the host of the popular GardenDC Podcast. Rosie Kean was a former intern with the magazine.

Washington Gardener magazine is the gardening publication published specifically for the local metro area — zones 6-7 — Washington DC and its suburbs. The magazine is written entirely by local area gardeners. They have real-world knowledge and practical advice with the same problems you experience. They share their thoughts on what to plant in deep shade, how to cover bare spots, which annuals work best throughout the humid DC summers, and much more.

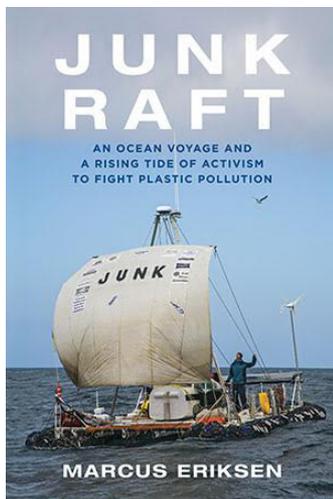


Labyrinth in the Garden of Reflection and Remembrance at the University of Maryland; Photo source: NatureSacred.org



Korean Bell Garden; Photo source: Nicolas Raymond, CC BY 2.0, via Wikimedia Commons

REVIEWS BY ALYCE ORTUZAR



Junk Raft: An Ocean Voyage and a Rising Tide of Activism to Fight Plastic Pollution

By Marcus Eriksen
2017; Beacon Press: Boston
225pp; \$26.95 HB
ISBN 978-0-8070-5640-0

It is 2:00 a.m. There is a storm near San Nicolas Island. In the darkness, another wave slams against the underside of the airplane strapped to fifteen thousand plastic bottles. I pull the hatch closed to avoid more spray in my face. Water now sloshes under the plywood floorboard, between the bank of batteries and beneath our damp sleeping bags. The homemade rigging moans and whistles as fifty-knot gusts rip through it. A wall of water engulfs the deck and blurs the windshield, and a cascade of echoing drips trickles through the holes I forgot to plug. "Something's not right," I say.

~ Excerpted from *Junk Raft*

The post-World War II years in America were the golden age of advertising. "Marketing mayhem" convinced the American public that they needed a television and a washing machine and the latest kitchen gadget, along with whatever products should stock a modern bomb shelter. Popular culture thus embraced two potentially calamitous trends: patriotic consumerism premised on planned obsolescence combined with a throwaway mindset. The ocean expeditions described in this book sought to determine how widespread is the presence of plastics in the ocean; and what are possible solutions not only for removing them, but to keep them out of our water sources.

The immense challenge this dilemma posed to these activists overwhelmed and sickened them, particularly when they came across fish in the middle of nowhere but the ocean literally stuffed fragments of plastic to their gills. There were photographs that horrified and sickened the public of dead sea lions and whales entangled in deteriorating plastic nets that caused them to drown; sea turtles choking on plastic bags; the rib cages of albatrosses filled with trash. Plastic pollution causes starvation and cruel deaths among marine life and sea birds. "Our fight is to put an end to the throwaway culture that has overtaken so much of our society," including our rivers and oceans.

Throwaway Versus Circular Economies

These activists connected the dilemma and the challenge they confronted to society's unchecked throwaway culture that has overtaken the planet in every corner. The apparent solution is daunting; to adopt "a circular economy in which little to nothing escapes unless it is benign or beneficial to the environment. A world without waste or wanton destruction made possible with "a zero waste, end-of-life design for everything we create."

In 2013, which these conservationists characterize as "the synthetic century," the manufacture of plastics "broke the three-hundred

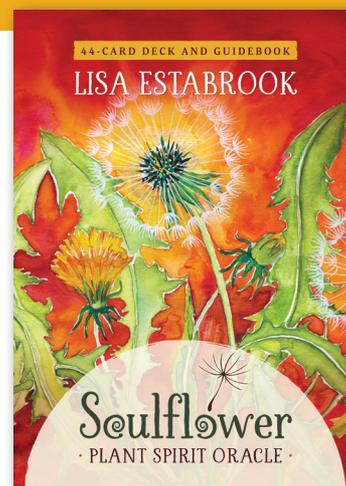
million ton benchmark of the amount of new plastics manufactured in a single year. Most plastics are still derived from hydro-carbon gas liquids extracted from petroleum products. Production is expected to exceed a billion tons annually by 2050. Literally adding injury upon injury, the industry's global "solution" is to incinerate used plastics to ensure an ongoing demand for more plastics. To maintain the market and the ongoing demand among consumers, plus sufficient profits to the plastic manufacturers, each year's plastic must be made obsolete and unavailable. It is a grand master plan to keep plastic in the marketplace and profits in the producers' pockets. For the fish and the birds that mistake the plastic for food and consume it and feed it to their young, theirs is a painful and tragic death from starvation.

Save the Plastic Bag?

Between 1972 and 1997 when the great Pacific garbage patch was "discovered," the plastics industry "more than quadrupled its annual production." According to the National Academy of Engineering, plastic "flows, floats, and blows everywhere, including downhill to the ocean forming massive accumulation zones of microplastic trash, fragmenting and cycling through entire marine ecosystems" to end up on the ocean floor or somehow washed ashore somewhere. By the mid-2000s, the industry was confronting a growing public backlash regarding the accumulation of plastics that cannot be repurposed or recycled and continued to cruelly maim and kill wildlife. The manufacturers do all they can to thwart bans on anything plastic, even as they continue to fill the stomachs and cause the deaths of birds and fish that were nowhere near any land.

Publicity campaigns sponsored by plastic manufacturers have included "Save the Plastic Bag" and "The Progressive Bag Alliance." Trade groups such as the American Chemistry Council and their hired

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scientists (some would call them lapdogs) denied there were any problems even as abandoned plastic fishing nets continued to indiscriminately kill wildlife. Abandoned nets disintegrate into “millions of plastic bread crumbs of microplastic particles” that find their way into the stomachs of sea birds and marine life. It is possible to attach identification codes onto the nets and hold the owners responsible for the harms, which could possibly deter their use and cavalier abandonment.

Toss or Conserve: What Constitutes a Good Design?

The book also details how the Depression-era ethic of conservation “where nothing was wasted gave way to ad-driven consumerism, planned obsolescence, and throwaway living.” Then “the environmental movement of the late 1960s through the 1970s took note of the destructive consequences and the trash blowing across fields and highways.” However, an industry-sponsored ad campaign effectively blamed plastic pollution on the consumer, once again “deflecting attention away from producer responsibility and product design,” with no challenge from the public. Communities throughout the country have bought into the industry’s sound bites (some call them lies) by creating and funding municipal efforts such as recycling.

The lessons in this engaging and well-written guide for consumers are easy to understand and to incorporate, but the impetus needs to be collective to make a difference. “Good science makes effective watchdogs. Very few companies in the United States want used plastics. Of the 78 million tons of plastic used for packaging in 2013, only 14 percent was recovered for recycling. Four percent of that is lost in processing, 8 percent is downcycled into inferior products. That leaves 2 percent, or 1.5 million tons of the original volume brought back into the loop. The other 86 percent not captured for recycling is burned, buried, or washed out to sea. Ending the destruction of our water sources and the wildlife within them must be at the top of our list of actions and demands.

Designing “for longevity and fixability, reuse before recycling, and making things easy to dismantle all constitute good design. Designers should visit end-of-life facilities, so they can see the difference between planning for material resources or for waste. When waste-to-energy seems to be the collective corporate end-of-life plan, incentives to achieve a circular economy are undermined.” The excellent index the book includes also merits praise.

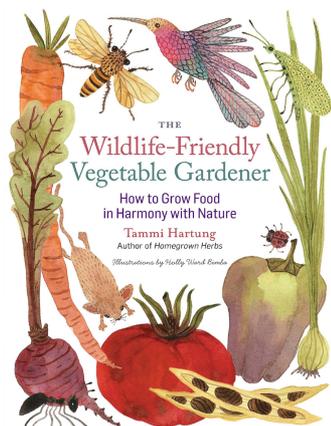
lovely book to read to and with children; and it reflects the mission of Storey Publishing “to encourage personal independence in harmony with the environment.” Including the *Acknowledgments*, every page matters.

Tammi Hartung is a medicinal herbalist and a certified organic grower. She explains how incorporating wildlife as part of a food-garden ecosystem means that they will “pollinate your plants, feed on pests, and leave behind manure to nourish your soil.” She describes her garden as “a peaceful place where perennials attract pollinators, ponds house slug-eating bullfrogs, mulch protects insects in the soil, mint gently deters unwanted mice, and hedgerows shelter and feed” these diverse and important critters.

Tammi learned to respect, observe, and appreciate wildlife from her maternal grandmother. She describes her grandmother’s special relationships with wild animals and how “they always seemed to accept her as part of their world. I remember when a mother raccoon brought her family into the backyard and waited for my grandmother to step out onto the porch and coo over the little ones. After receiving her praise, the mother raccoon herded her children off.”

The book stresses the importance of observation and the usefulness of a large magnifying glass “to see what is happening in a very small wildlife community, such as a handful of soil.” Keeping a journal records important lessons for the present and the future. Her suggestions also include: Hire an Earthworm, Build a Healthy Soil Community, Good and Bad Neighbors, Cozy Companions, Herbs That Attract and Repel, and the need to Plant a Surplus and Share Some with the wildlife.

continued on page 68



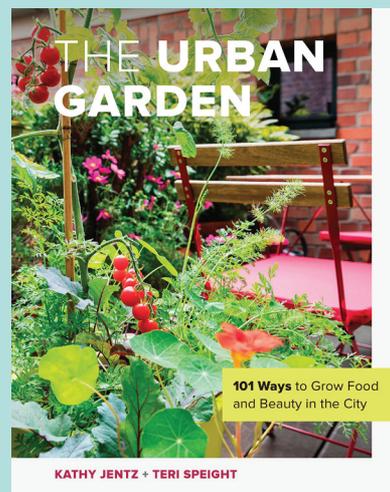
The Wildlife-Friendly Vegetable Gardener: How to Grow Food in Harmony with Nature

By Tammi Hartung ; Illustrations by ©Holly Ward Bomba
2014; Storey Publishing: MA
143 pp (PB); \$16.95
ISBN 978-1-51212-055-3

This book is dedicated to the Earth and all the lessons she teaches me.

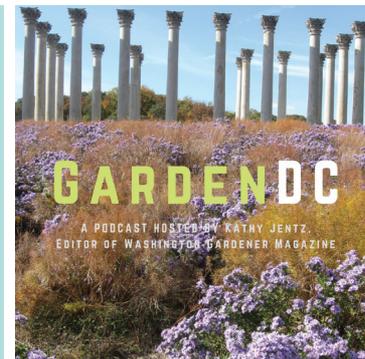
~ Tammi Hartung

The warm and engaging illustrations in this book create a wonderful path for connecting children to nature and to their food. It is a



The Urban Garden: 101 Ways to Grow Food and Beauty in the City

Due out on April 11
By Kathy Jentz and Teresa Speight
Published by Cool Springs Press/Quarto Homes
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<https://amzn.to/3yiLPKU>

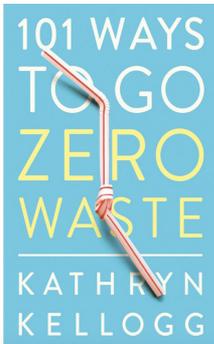


The GardenDC podcast is all about gardening in the greater Washington, DC, and Mid-Atlantic area.

The program is hosted by Kathy Jentz, editor of *Washington Gardener Magazine*, and features guest experts in local and national horticulture. The latest episodes include interviews with experts on boxwood, bay-wise landscapes, persimmon trees, and viburnum.

You can listen online at <https://washingtongardener.blogspot.com/> or wherever you get your podcasts — Spotify, Apple, etc.

<https://washingtongardener.blogspot.com/>



101 Ways To Go Zero Waste

By Kathryn Kellogg
2019; The Countryman Press:
New York
242pp; PB; \$17.95;
ISBN 978-1-68268-331-6

Have you ever thought about your trash? Do you think about what you throw away? How often do you toss out packaging materials? How much do you recycle, reuse, and repurpose your purchases? Is your pantry filled with single-use food items? Do you wonder where the trash and recycling go after they leave your curbside bins?

~ Excerpted from *101 Ways To Go Zero Waste*

Author Kathryn Kellogg has written an excellent guide that explains what it means to be a “conscious consumer” and how to generate as little waste as possible. Overconsumption and a throwaway culture have led to a global waste crisis. “Although even complex trash is technically recyclable, most materials are not profitable to recycle and others are not safe.” As a result, “waste piles up in landfills and pollutes our planet, while virgin materials continue to be irresponsibly extracted from the earth to create new products. An unfortunate example is the non reusable, single-serving plastic bottle of water. Consumers in the United States “buy fifty billion plastic bottles of water annually.”

Plastics are toxic petroleum products that “can leach toxins into your food.” The small plastic bottles of water alone “account for 17 million barrels of oil annually” — enough to power a million cars for one year. “It takes three liters of water” to make one of those plastic bottles, in addition to the water contained in the bottle. Tap water is more regulated than bottled water is in the United States, and “forty percent of all bottled water is actually taken from the tap.”

One of Kellogg’s many solutions is to “ditch the disposable water bottle habit and invest in a sturdy, reusable, stainless steel water bottle.” Those bottles have “a 100 percent recycling rate” and can be repurposed into more stainless steel products, with no loss in quality. It is a challenge to market and quantify reducing and reusing items. Recycling seems easier “because it is so actionable and tangible.” Yet the more we reduce our consumption by repurposing and reusing what we have, the less we will need to recycle. Viewed as a last resort after reducing and reusing items, recycling can provide an important pathway toward a circular economy.

Examples of explanations and distinctions this book provides include why brown paper is recyclable and compostable, but “butcher paper or freezer paper is coated with plastic and is neither recyclable nor compostable.” A later discussion lists everyday items we should avoid such as plastics, because they contain endocrine disruptors. Also on that list are “furniture with flame retardants, Teflon pots, and dental floss coated with PFCs (perfluorochemicals). Most floss is plastic,” Kellogg cautions, and PFCs “have been linked to thyroid disease, dementia, cancer, fertility issues, and birth defects.” One safe alternative is “silk floss from Dental Lace,” which is compostable and “comes in a refillable glass jar with a metal lid.”

Her *Ultimate Guide to Recycling* included in this book notes that with an overall recovery rate of 9 percent, plastics offer few opportunities for recycling. “That is why it’s best to reduce our dependence on plastics and opt for reusable items” made from natural, nontoxic

materials that can be safely reused over and over again. She stresses the importance of supporting companies that use recycled content in their products, and the health and environmental benefits from buying food grown and raised locally at farmers’ markets that are also sold with minimal to no packaging. To eliminate packaging and save money, bring your own glass jars and buy from bulk bins in stores. MOMs organic markets in Montgomery and Prince George’s Counties (Maryland) have a large bulk food section complete with scales to weigh and label your containers before filling them.

The book explores many consumer choices. “It takes eight gallons of water to make one paper plate. Choosing to use real plates and real flatware” and discouraging the sale and use of problematic alternatives could significantly reduce the unnecessary consumption of many resources. Toothbrushes are another example. “Every plastic toothbrush ever created still exists.” She recommends a bamboo toothbrush made by Brush. In the spirit of conservation, she encourages us to “hold on to your toothbrushes! They work great for small cleaning jobs.”

Additional resources include TerraCycle’s efforts to eliminate the idea of waste globally, by trying to keep trash out of landfills and incinerators through collaboration and innovation — from recycling to reuse and whose mission is to eliminate the Idea of Waste® (www.terracycle.com; www.terracycle.com/en-US/about-terracycle/Designed-forReuse; www.zerowastehome.com; and <https://zerowastehome.com/tips>).

Kellogg’s list of substances to avoid includes parabens, which are “known endocrine disruptors” used as preservatives; artificial coloring, which “is made from coal tar and will be on the ingredient label as FD&C, D&C, or Red 6”; formaldehyde, also known as *formalin*, a preservative that “keeps makeup and beauty products fresh over time—the downside is that it’s known to cause cancer”; toluene, a petrochemical used as paint thinner that “interferes with hormones and the immune system”; and synthetic fragrances often listed as “parfum” or “fragrance,” which is “code for an amalgam of different chemicals that are considered trade secrets—so you really don’t know what’s in the mix you’re spraying on yourself.”

Alyce Ortuzar is a freelance medical and social science researcher, writer, and editor living in Montgomery County, Maryland. She runs the Well Mind Association of Greater Washington, a holistic medicine information clearinghouse that focuses on environmental and nutritional influences on our mental and physical well-being. For five years, she edited the U.S. Surgeon General’s smoking and health reports. She can be reached at (301) 774-6617 and by email at alyceortuzar@gmail.com.



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By Kids For Kids: Summer Reading List

BY PINE CREST ES STUDENTS, GRADES 3-5

Here's a great summer reading list curated by 3rd through 5th graders at Pine Crest Elementary in Silver Spring, Maryland. The students are excited to share their book recommendations with other kids to make their 2022 summer reading diverse by bridging the divide and expanding their minds.

Fiction Chapter Books

1. *Other Words for Home* by Jasmine Warga
2. *Amari and the Night Brothers* by B.B Alston
3. *Starfish* by Lisa Fipps
4. *Fish in a Tree* by Lynda Mullaly Hunt
5. *Red, White, and Whole* by Rajani LaRocca
6. *The Crossover* by Kwame Alexander
7. *Booked* by Kwame Alexander
8. *City Spies* by Jame Ponti
9. *Barakah Beats* by Maleeha Siddiqui
10. *The Sea in Winter* by Christine Day
11. *Roll With It* by Jamie Sumner
12. *Out of My Mind* by Sharon M. Draper

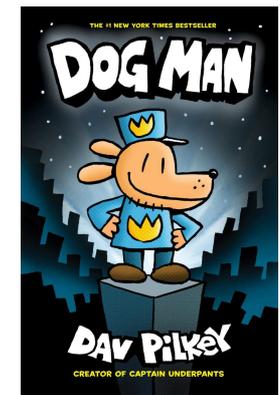
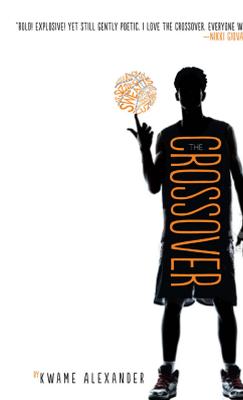
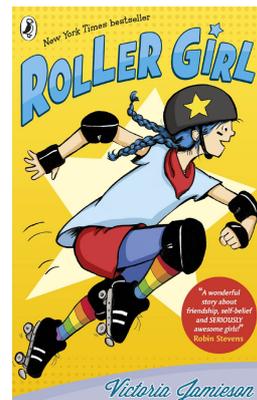
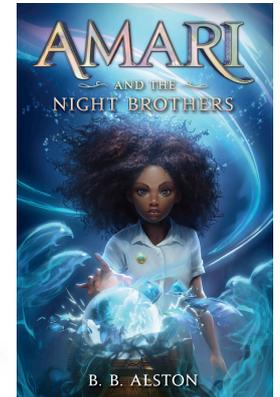
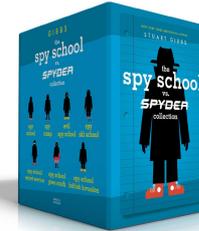
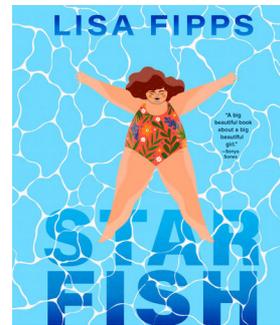
Graphic Novels

1. *InvestiGators* by John Patrick Green
2. *Allergic* by Megan Wagner Lloyd
3. *Roller Girl* by Victoria Jamieson
4. *Twins* by Varian Wright Johnson
5. *Cleopatra in Space* series by Mike Mrihack
6. *Babysitter's Club* series by Ann Martin (and other authors)
7. *Dogman* series by Dav Pilkey
8. *Big Nate* series by Lincoln Peirce
9. *Avatar the Last Airbender* series by Gene Luen Yang, et al.
10. All graphic novels by Raina Telgemeier

Series

1. *Wings of Fire* series by Tui T. Sutherland
2. *Warriors* series by Erin Hunter
3. *Dork Diaries* series by Rachel Renée Russell
4. *The Spy School* series by Stuart Gibbs
5. *Track* series by Jason Reynolds
6. *Tristan Strong* series by Kwame Mbalia

This list was compiled by Ellen Holder, the School Library Media Specialist at Pine Crest Elementary. Ms. Holder has been teaching in the Montgomery County Public School system for almost 20 years. This is her first year at Pine Crest.



FishFeel

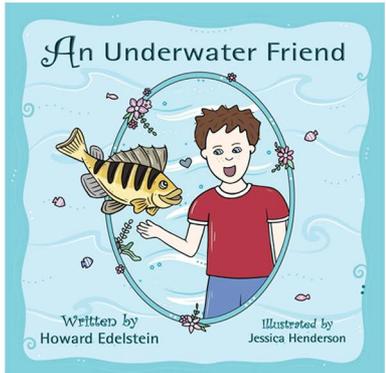


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A portion of all sales benefits Fish Feel: the first organization dedicated to promoting respect and protection for our aquatic friends.

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Awakened Soul: Discoveries of Healing, Self-Love and Spiritual Growth

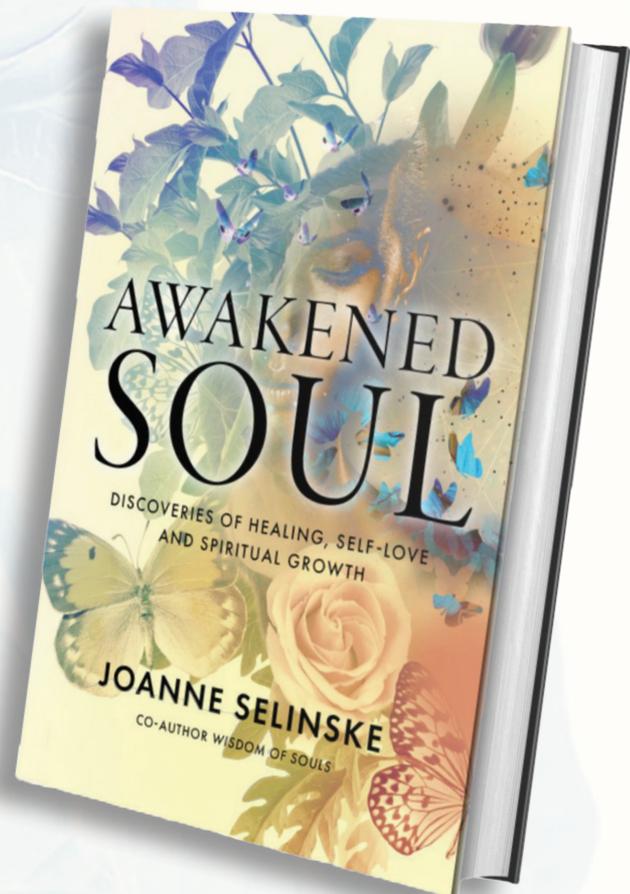
shares powerful truths to life fulfillment from inspiring stories of spiritual regression clients who overcame challenges to self-esteem, self-doubt, self-acceptance, loss, forgiveness and self-care.

It follows these interlife travelers as they engage with spirit guides, angels and ascended masters who populate the eternal worlds. These exchanges shed light on the past life origins of false beliefs that have trapped them in emotional distress.

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Meditating and Reflecting...

...continued from page 24

the next several months. You won't get an immediate answer. Instead, the answer will surface more as moments of clarity that recede into your subconscious mind until suddenly you realize what goals are important. By the time Jupiter turns direct on November 23, 2022, you are ready to start on that path of implementation.

On a mundane level, Jupiter, especially in Aries, indicates struggles between political leaders and their constituents, or struggles between corporate leaders and their employees. The masses, as populations and employees are sometimes called, want equity. They want a say in the direction of their daily lives. Meanwhile the leaders want to maintain their positions. When Jupiter is retrograde many of the struggles you see come from past events individuals feel are unresolved. In addition, there are many power struggles going on beneath the surface you won't hear about until after Jupiter goes direct in November 2022.

For business owners, it's best to put off any new marketing strategies until after Jupiter goes direct in November 2022. Jupiter rules marketing and advertising; with Jupiter retrograde there are hidden or underestimated costs to any plans. Actually even on a personal level it's wise to be cautious with your own plans because you may be underestimating both the amount of work associated with or the actual cost to those plans.

Don't be at all surprised if you feel conflicted on August 11th when the full Moon occurs. With the Sun in Leo you want to go out and have fun. You want to be able to take risks and just experience life. Yet the Moon in Aquarius forming a conjunction to Saturn retrograde indicates you're not sure taking risks is a good idea.

In all honesty, it's wise not to take any major risks at this time. There is a very strong grand fixed cross created by the full Moon forming a square to the Moon's North Node, Uranus, and Mars in Taurus and the Moon's South Node in Scorpio. A lot of problems from the past are surfacing and they need to be addressed. These problems could center around several areas of your life: feeling that you're busy taking care of others and not spending enough time taking care of your own needs; or, feeling immobilized in your decision making because too many factors are unknown; or, just feeling angry at situations you can't control.

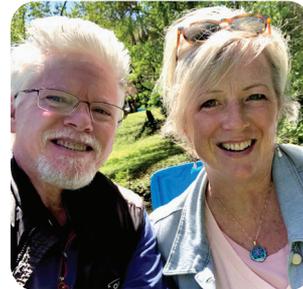
During the time of this full Moon, there is a blessing occurring that's seen by Ceres forming a trine to Jupiter retrograde. Ceres represents where we learn to nurture ourselves and create a safe haven. It also represents the willingness to compromise in situations that can provide you with more support from others. Jupiter retrograde represents taking time to understand your goals and asking others for help.

When Uranus turns retrograde on August 24th, things appear to slow down a bit. It will be retrograde until January 22, 2023. In some ways you want to breathe a sigh of relief. You're tired of doing so much that you always feel like you're running around behind yourself.

As Uranus turns retrograde, it starts moving into a square with Venus. So, while there may be things happening beneath the surface, you still need to be very cautious with your finances. You don't want financial problems from the past surfacing. You also don't want to create new financial problems as you try shifting any retirement or stock plans.

As this quarter ends, there is a new Moon that occurs on August 27th. With both the Sun and Moon in the sign of Virgo, you realize just how important it is to pay attention to details. You don't want to let anything slip by you. Slowing down and meditating on circumstances surrounding you will help you pay attention to those details. At the

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ASTROLOGICAL INSIGHTS

Meditating and Reflecting...

...continued from page 71

same time, with this new Moon forming a square to Mars, you realize you can't just sit back and take no action. You do need to take care of those little irritations that prevent you from paying attention to the details. Once those details are addressed, you'll be able to understand how to take care of your needs.

Meditating During the Full Moon

The ancients believed that full Moon meditations created a sense of power to manifest your aspirations over the next 28 to 29 days. While there are different forms of meditation, the easiest form is to find a quiet place where you can sit and reflect on the energy of the Sun and Moon. Here are short affirmations to support each full moon meditation during the summer quarter.

June 14, 2022

The full Moon occurs with the Sun in Gemini and the Moon in Sagittarius. With the Sun in Gemini, reflect on your needs. With the Moon in Sagittarius, realize you can express your needs without justifying your rationale. The affirmation for this meditation is: *I am who I am and it feels good.*

July 13, 2022

The full Moon occurs with the Sun in Cancer and the Moon in Capricorn. With the Sun in Cancer, take time to nourish yourself. With the Moon in Capricorn, feel good about your place in society. The affirmation for this meditation is: *I feel fulfilled with what I do in life.*

August 11, 2022

The full Moon occurs with the Sun in Leo and the Moon in Aquarius. With the Sun in Leo, you want to have fun and even take risks. With the Moon in Aquarius, you want to enjoy the company of your family and friends. The affirmation for this meditation is: *I accept the support others give me as I enjoy life.*

© 2022 Misty Kuceris | Misty Kuceris is a Certified Astrological Professional, a Reiki Master, and Co-founder of the NOVA Astrology Group. She has contributed to Pathways for over 30 years. See her website for monthly astrological reflections: www.EnhanceOneself.com. Contact her at: misty@EnhanceOneself.com.



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Embodiment: The Bridge Between...

...continued from page 31

knowledge what consciously affects our present state. This is done through a series of movements that combine a multitude of somatic and embodiment practices that I have created from my training in fascial therapies, energy work, and occupational therapy.

While the mind is not separate from the body, it has the ability to take us out of our body. Our awareness is often stuck just at the surface of somatic expression, replaying that old feedback loop that keeps us from reliving the trauma, but also keeps us stuck in survival patterns. As a result, our personalities often reflect whatever survival pattern we are stuck in, which is often some variation of fight, flight, freeze, or fawn. Spending some time doing these embodiment practices daily not only helps us to recognize our holding patterns, it can also help us to move through them slowly, using that process of titration I mentioned earlier. Then, we can either stop here and go about our day with more awareness and embodiment, or we can choose to move on to the next Quadrant....

Quadrant Two: Connect

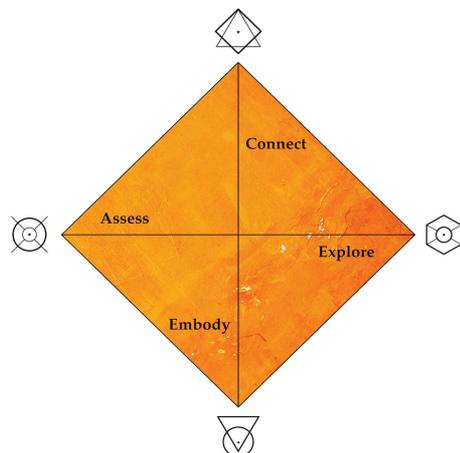
It was John F. Barnes who said, "Our bodies will only take us where we are ready to go." While I agree in theory, sometimes our bodies are begging to heal. If we don't use a trauma-informed approach, the healing doesn't integrate and we end up right back where we started.

Like my mentors in the fields of bodywork, I believe the fascia is the key to releasing our stored trauma and memories. Finding and releasing those moments in time from the body (i.e., like that childhood fall and impact to the tailbone) has the ability to free up a lot of space in the body so we can learn to be perceptive and well-balanced beings.

The second Quadrant of Embodiment uses myofascial tools and principles to *Connect* to the places in the body that come up as important or relevant during the *Assess* portion of this approach. Connecting to the body takes a level of patience many are no longer conditioned for, so I have created specific models and methods that teach us to go deeper while remaining unattached yet present to what comes up in the body. While this is where the magic happens, it is often not where the integration happens, which brings us to the next Quadrant....

Quadrant Three: Explore

Early on, I mentioned one of our body's primary roles is to seek homeostasis as quickly and efficiently as possible. Whenever we change something in our body's connective tissue, we disrupt the whole compensatory pattern in our body. This third quadrant is designed to teach us how to explore what feels different, in order to anchor in the changes. Without this exploration, the body will revert back to its previous state of function (or dysfunction) because that is the pattern it



has known for months, years, or even decades.

Once we change the body's connective tissue, we need to create repetition of movement. This will allow the brain and the body to repattern itself through the motor feedback loop described earlier. Repetition and routine is vital to learning and repatterning. This is largely what we address in the fourth and final Quadrant....

Quadrant Four: Embody

I once had a teacher ask me, "How do we teach our patients to wear the changes?" I thought this was a brilliant way to describe this last step, and, frankly, this is a step often missing from many therapy programs and self-development courses.

Neuroscience reveals it takes an average of 21 days to form a new habit and that's only if the habit is a singular and somewhat familiar step. Applying lifestyle changes can take months or even years of consistent and frequent practice. At the end of any approach to healing, it is important to analyze how these new routines will fit into your daily life. What environmental demands could be a potential barrier to building consistency? What tools and techniques did your body respond well to that you could come back to easily when life gets in the way? This last step looks at the bigger picture and how that may have an impact on our personal embodiment over time.

The body has a simplistic yet profound way of speaking to our mind. It often speaks in whispers composed of fleeting images, thoughts, feelings and emotions. If every wellness professional could learn to interpret this somatic language, we could get to the root cause of our client's pain, illness, and discomfort a lot quicker. We could take back the intellectual rights to our own bodies and teach our clients to do the same.

Nyle is an Occupational Therapist with a speciality in holistic manual therapies that consider the mind-body-spirit interplay. Nyle has worked in clinical settings to address pain in patients for more than 15 years. In 2016 Nyle began teaching patients and other clinicians how to self-assess and treat their own pain, which later evolved into a 6-week group healing course known as the Embodiment Project. Nyle also teaches a 9-month Embodiment Certification program to practitioners who wish to incorporate The Four Quadrants of Embodiment into their own approach to healing.

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Happy Healing

Judaism As An Earth-Centered Belief...

...continued from page 33

The Jewish Earth Alliance, a national group combined with Hazon, Jewish Climate Action and many other groups, meets regularly and works on local, regional and national earth-centered legislation. And there's actually a group of farmers, the Jewish Farmers Network, that connects and has annual online or in-person conferences. Check out the [Jewish Earth Alliance Youtube](#) channel; contact@jewishearthalliance.org.

In the spirit of study and learning, some reading sources of interest include:

Season of Our Joy, by Rabbi Arthur Waskow, who directs the Shalom Center in Philadelphia. Waskow's writings are worth reading, including *The Freedom Seder, a New Haggadah for Passover*. Arthur has been my "brother in social action" for more than 50 years.

The Jewish Catalog - this was a first effort to create a "do-it-yourself kit" of Jewish practices, readings, activities, traditions, rituals and prayer from different perspectives. (Editors: Richard Siegel, Michael Strassfeld, and Sharon Strassfeld; 1973).

The Jewish Encyclopedia - My go-to reference is a 100+ year old, twelve-volume set, that sits on my desk, published by Funk and Wagnalls Company. It can often be purchased affordably online or at Jewish book sales.

Much of my thought process was guided by over 35 years of scholarly pursuit reading many books, a few of which include: *The Transformation of Judaism* by Jacob Neusner (University of Illinois Press); *A History of the Jews* by Cecil Roth (Schocken Press, 1961); and, for light reading (!), *Constantine's Sword (The Church and the Jews)* by James Carroll (Houghton Mifflin Company). The book addresses the demonization of Jews by the forces of hatred in the world.

I loved reading Theodor Reich's *Pagan Rites in Judaism—From Sex Initiation, Moon Cult, Tattooing, Mutilation and Other Primitive Rituals to Family Loyalty and Solidarity* (Gramercy Publishing Company). It's also important to read Theodor H. Gaster's *Festivals of the Jewish Year* (1952) and Hayim Schauss' *The Jewish Festivals* (Cincinnati, 1938).

There's a near infinite number of old and new writings that continue to enlighten us. But I will stress again, we need to speak out and act against injustice for the sake of our survival as a people, humans, and for our precious Mother Earth.

Michael Tabor has been a regional DC activist since 1963 when he pursued a graduate degree in Social Anthropology at the University of Maryland, and spoke out, protested and was arrested many times fighting for civil rights, against the war in Vietnam, and, more recently, congressional inaction on climate change. Michael appreciates reactions, comments and questions.

Dana Beyer reviews Michael's drafts and is a former Yeshiva "bochar" and graduate of the Yeshiva of Central Queens. Dana is a lay Torah reader at a local synagogue, and a rabble rouser and advocate for social justice. I am honored to be her friend.

Michael's religious background goes back to Chabad, where his ancestors were followers of Rabbi Israel ben Eliezer — the Ba'al Shem Tov (Master of the Good Name) who practiced curing with amulets and charms, became a miracle healer-worker and delved into Madonna's hobby, the Kabbalah. His wife, Esther Siegel, is the true farm administrator, and the granddaughter of Yitzchak Nachman Steinberg, an Orthodox Jewish attorney who became a leader of the Left Socialist Revolutionary Party (Left SR) in Russia, and Lenin's first Minister of Justice in 1917 (who was jailed for pursuing justice and then exiled). He later became the leader of the Freeland League, an effort to find homelands for Eastern European Jews displaced during World War II.

They have 3 grown children: Chad Abraham Tabor, Ben Ari Tabor and Adina Sara Steinberg Siegel Tabor.

In keeping with his farming work and supplying produce to low and middle income communities, Michael's produce can be found during the farm season at Licking Creek Bend Farm's 3 community markets, as well as at the Takoma Park Silver Spring Food Co-op. The first part of Michael's Farm Journal is available at the Co-op. Visit their website for dates, times and locations. www.lickingcreekbendfarm.com.

Each of the markets welcomes volunteers and folks who want to join their CSA and get weekly, affordable boxes of fresh picked, pesticide-free produce. Contact info@lickingcreekbendfarm.com.

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Ayurveda - An Intro to Ancient Alignment

BY ADHITHYAN KRISHNAN, M.A.P.

Gratitude to my Gurus and Ancestors for their time and energy in establishing and propagating the ancient art of Ayurveda.

Did you know that everything you will ever need to heal yourself is already within you? Maybe you have heard that before, or maybe your intuition has led you in that vague direction in search of a better understanding of the self. Either way, this is not a new idea. In fact, it has been thoroughly studied and documented by our Ancestors over 5,000 years ago!

Ayurveda (Ah – Yur – Vey – dhA) is the ancient science of life that originated in India. Ayurveda is a Samskrita term combining two phrases – *Ayuh* and *Veda*. “Ayuh” translates to life, and “Veda” translates to science and supreme knowledge. This ancient science contains relevant comprehensive knowledge on everything from herbal medicine to detailed anatomy and surgical procedures. In fact, most modern discoveries and innovations in health sciences are derived from science already documented at length in ancient Ayurvedic texts.

One of these great works is the *Charaka Samhita*. This text begins with a simple phrase describing the essence of Ayurveda:

अथातो दीर्घञ्जीवित्तीयमध्यायं व्याख्यास्यामः॥१॥

“We shall now expound the Chapter on ‘The Quest for Longevity.’” ~ Maharishi Atreya

The Great Sages organized and documented this immensely powerful and impactful knowledge, so all descendants of humanity would forever have wholesome and complete guidance on the most important aspects of healthy living. In gratitude and duty, we carry forth these traditions so all people may be well educated and equipped to live abundantly. This sacred purpose needs to be widespread and integrated across the medical and educational sectors.

Ayurveda recognizes the entirety of creation as *Unity Consciousness*. All aspects of our experience, from the most subtle to the most expressed, internal to external, is of the same unified source. This Unity Consciousness embarks upon a journey to explore and understand itself, thus manifesting itself as dynamic and interactive reflections within itself. This is the root of all we are and all we experience.

In its quest of self-referral this wholesome Unity Consciousness, also known as “Samhita”, manifests as three dynamic parts: *Rishi*

(The Observer), *Devata* (The Process), and *Chandhas* (The Object). All structures — from the smallest molecule to the largest planet and beyond — can be classified under this understanding.

In the context of health, these dynamic manifestations are known as the Doshas: *Vata*, *Pitta*, and *Kapha*. *Vata* consists of the elements of air and space; it represents movement. *Pitta* is made up of fire and water; it represents transformation. *Kapha* is earth and water; it represents structure. Every aspect of our physiology and all we consume and interact with is governed by these Doshas.

Ayurvedic Application: Digestion

In our physical bodies, we can easily visualize correlated aspects of our various internal functions. One of my favorites to explore is digestion. The main agent at play in digestion is *Agni*, the fire element within *Pitta*. If you can imagine, there is a literal digestive and metabolic fire within you that helps you transform and process what you consume. If that fire is vital and balanced, you will have a good appetite and ability to digest. If the fire is weak, you may have problems with partially digested and undigested foods, which can lead to buildup of toxins and lethargy. If the fire is very strong, you may be hungry all the time, or you may be more susceptible to conditions like hyperacidity.

It is important to note all doshas and elements play a role in all aspects of the self. Within the realm of digestion, *Vata* is present as the neuroendocrine system, sensory perception, mastication, autonomic nervous system signaling, all GI tract movements, and elimination. *Pitta* is present as the digestive and metabolic system, HCL production, enzyme production, anabolic and catabolic processing. *Kapha* is present mainly as the structural system, fluid secretion, gut lining, and bacterial colonization.

The *Charaka Samhita* explains that *Agni* is responsible for life span, health, immunity, strength, energy, positivity, creativity, emotional balance, muscle formation, lustrous complexion, homeostasis, and vital breath. When functioning properly, we enjoy a long life free of disease and disorder.

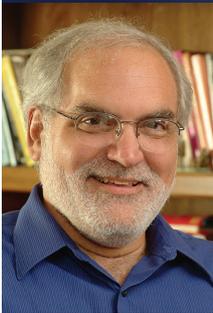
How can we balance our digestive fire? Well, first we must understand the act of eating. An Ayurvedic proverb reminds us, “Without proper diet, medicines are of no use. With proper diet, medicines are of no need!” In our hectic routines and busy schedules many of us often miss out on the simple pleasure of enjoying the food we consume. However, the process of consumption and digestion is life-giving.

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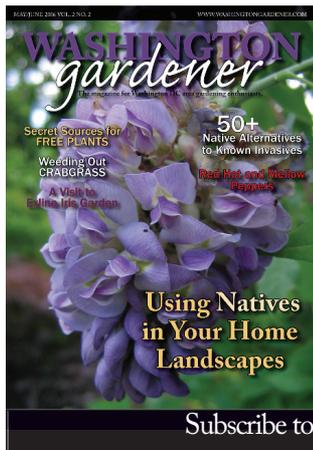
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TO YOUR HEALTH

Ayurveda - An Intro...

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When done properly, we are better able to develop our physical health as well as our consciousness as a whole.

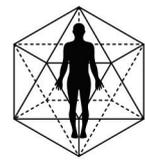
Here are some general principles to follow for good digestion. This is by no means a comprehensive list, but it is a good place to start.

- Eat sitting down in a relaxed posture, in a stable environment. Try to avoid eating on the go, in a vehicle, while standing, walking, etc.
- Focus on your food! When there is a meal in front of you, there is nothing more important in the world. Be intentional with every bite and consume with all your senses. See, smell, touch, hear, and taste what you are consuming. There is a lot more to it than we allow ourselves to experience on a normal day. Try to avoid working, reading, talking, watching TV, or engaging in any other activity while you are eating.
- Avoid overeating and eating overly heavy foods in large quantities.
- Avoid leftovers, processed foods, canned foods, expired food, and food with additives and colorings.
- Avoid ice cold water, drinks, and cold food.
- Eat warm, fresh, and properly cooked food. Cook it yourself if possible; this is always better as it allows you to connect and pour love into the food before you consume it.
- Make lunch your main meal. Eat a lighter breakfast and dinner. Your digestion is at its strongest from 10am to 2pm, when the Sun is at its peak.
- Calm the mind before eating by taking a breath and giving gratitude.

I hope you enjoyed this quick introduction into Ayurveda and digestion. I humbly encourage you to explore deeper into this ancient knowledge so together we may build a brighter tomorrow for the Children of the Future.

Happy Healing.

Adhithyan R. Krishnan, M.A.P., is the founder and owner of AK Aveksha, a DC-based Ayurvedic multi-modality healing company providing unique, high-quality, natural pain relief products and integrative wellness services. Our mission is to revive ancient healing tradition and to restore functional wellness. www.akaveksha.com




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What Happens if Roe v. Wade is Overturned? LGBTQ+ Legal Experts are Worried About Civil Rights

BY KATE SOSIN, ORION RUMMLER, THE 19TH

Some legal experts say the draft opinion leaves critical civil rights law vulnerable, including precedent that granted Americans the right to same-sex relationships and marriage equality.

This story was originally published by [The 19th](#).

The Supreme Court’s [draft opinion leak](#) has James Esseks worried, and not just about abortion access. Esseks, the director of the LGBTQ & HIV Project at the ACLU, ticks off the civil rights laws he fears could be on the chopping block.

“This potential majority of five justices seems perfectly willing to jettison 50 years of precedent and a right that has become deeply ingrained in the fabric of American society based on not a whole lot,” he said.

Since it leaked, legal experts across the nation have dug through Justice Samuel Alito’s draft opinion that would overturn Roe v. Wade, the 1973 decision that granted the right to an abortion. Some LGBTQ+

experts say the draft opinion leaves critical civil rights law vulnerable, including cases that granted Americans the right to same-sex relationships (*Lawrence v. Texas*) and marriage equality (*Obergefell v. Hodges*). The draft opinion also signals that the court is willing to disturb significant legal precedent — which could have consequences beyond immediately restricting abortion access, said Ezra Ishmael Young, who teaches constitutional law at Cornell Law School.

“I think the concern with LGBTQ+ people is if they’re willing to do it in abortion, are there any other issues where they’re willing to do it too?”

Still, the long-term consequences are unknown, Young said, especially since the draft opinion is from February and details of the current opinion are not public. (Chief Justice John Roberts has confirmed the authenticity of the document but stressed that it is not the final opinion of the court.)

LGBTQ+ advocates have long nervously eyed the increasingly con-

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Photo by Gayatri Malhotra on Unsplash

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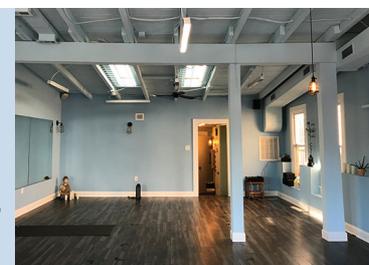
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What Happens if Roe v. Wade...

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servative court. In October 2020, Justices Clarence Thomas and Samuel Alito indicated that they believed that marriage equality should be overturned. When the court declined to hear the appeal of Kim Davis, a former Kentucky clerk who turned away a same-sex couple seeking a marriage license, the two justices hinted that marriage equality was wrongly decided and should have been left to states, leaving many believing that the court would overturn marriage equality if given the chance

“Obergefell enables courts and governments to brand religious adherents who believe that marriage is between one man and one woman as bigots, making their religious liberty concerns that much easier to dismiss,” Thomas wrote.

Legal experts are concerned about the potential impacts of language in the draft opinion and its intersection with the 14th Amendment, which granted Americans equal protection under the law. Decisions in cases including Lawrence, Obergefell and Griswold v. Connecticut — which established a right to access contraception — relied on a right to privacy typically defended by the 14th Amendment’s right to due process.

But in the draft, Alito argues that right is not explicitly mentioned in the Constitution. Privacy is not mentioned in the Constitution, but the court has previously ruled that the right to due process covers rights otherwise not expressly covered. Alito’s writing indicates those cases could be called into question, said Anthony Michael Kreis, who teaches constitutional law and employment discrimination at the Georgia State University College of Law.

“The danger of overturning Roe is in the fact that you’re tipping a major leg of the right-to-privacy stool out from underneath it,” he said. “If you take that critical component piece out, then it opens all these other things up to a greater degree of susceptibility.”

Right to privacy also plays a huge role in the legality of bans on gender-affirming care for trans youth. If Alito’s draft opinion language on privacy is preserved and a lawsuit ever reached the high court, Kreis is worried that rights to bodily autonomy and personal health care decision-making would again be threatened.

“I think there’s an imminent danger to trans rights in a post-Roe world,” he said.

President Joe Biden, speaking to reporters on Wednesday, May 4, raised similar concern that the draft opinion in its current form would

curtail LGBTQ+ rights.

“This is about a lot more than abortion,” he said. “What happens if you have states change the law saying that children who are LGBTQ can’t be in classrooms with other children? Is that legit, under the way the decision is written? What are the next things that are going to be attacked?”

Esseks also brought up the vulnerability of Loving v. Virginia, which found that laws banning interracial marriages violated the 14th Amendment.

“They talk about it as the right to marry a person of a different race,” Esseks said, clarifying that each ruling granted marriage rights for protected classes but none guaranteed marriage outright. “So it’s not a broad right. It’s a very specific right.”

That distinction really matters in civil rights law, said Esseks. The justices who dissented in the Obergefell case on same-sex marriage “would have said there may be a right to marry, but it doesn’t cover same sex relationships.”

Esseks fears Alito’s decision would set a precedent and would not guarantee the right to marry between people of different races, people of the same sex or for a person behind bars.



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While the draft opinion states that other civil rights laws — including cases such as Lawrence and Obergefell — are untouched by the decision, attorneys for advocacy organizations say that if the language is final, it opens a Pandora’s box for rolling back some of the most fundamental American rights guaranteed in the 14th Amendment.

“Roe is based on this idea of substantive due process,” said Alejandra Caraballo, a clinical instructor at the Cyber Law Clinic at Harvard Law School. “Basically all of the LGBTQ rights cases are built on this idea of equal protection and substantive due process.”

The federal government argued in a friend of the court brief last year — regarding the same Mississippi law restricting abortion access that is central to Monday’s leaked draft opinion — that accepting limits to what liberties are protected by the 14th Amendment would threaten Americans’ rights to same-sex intimacy and marriage.

The court’s leaked draft opinion to overturn Roe pokes holes in what protections are offered by the 14th Amendment’s due process and equal protection clauses by stating that such rights must be “deeply rooted” in the country’s history.

“It opens up a can of worms related to legal arguments regarding the 14th Amendment and its application to the 14th amendment,” said Victoria Kirby York, deputy executive director of the National Black Justice Coalition. “It is the constitutional amendment that reset in many ways a lot of the anti-Black, anti woman messages in the original Constitution.”

LGBTQ+ advocates did not mince words on May 3rd.

“This is a fight for our lives,” said Sharon McGowan, legal director of Lambda Legal. “From the minute Obergefell was decided, from the minute Lawrence was decided, we knew that there were folks who would never accept that as the final word. We are living in that moment in a very intense way right now.”

Toward the end of the draft court opinion, Alito acknowledges that the court cannot predict what political or societal consequences would arise from overturning Roe.

“And even if we could foresee what will happen, we would have no authority to let that knowledge influence our decision,” he writes.

The 19th is an independent, nonprofit newsroom reporting on gender, politics and policy. Their goal is to empower those they serve — particularly women, women of color and the LGBTQ+ community — with the information, resources and community they need to be equal participants in our democracy. <https://19thnews.org/>

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My Summer Memory, by Yiqiao Wang

Chinese-born artist and illustrator Yiqiao Wang came from Beijing to the United States to study at Gallaudet University and the Savannah College of Art and Design. Wang currently works as Creative Design Coordinator/Senior Artist at the Motion Light Lab for the Science of Learning Center on Visual Language and Visual Learning (VL2) at Gallaudet University. Her work includes illustrating VL2 bilingual ASL/English storybook apps, *The Baobab*, *The Blue Lobster*, *The Solar System*, *That's My Blue Crayon* and *A Tale of Two Foxes*, all designed to support literacy development for young deaf readers. She has also created vibrant murals, found locally at Gallaudet University's Maguire Welcome Center, and in the first U.S. Starbucks signing store at the H Street Northeast location in Washington, D.C.; as well

as on the Periscope HQ building in Minneapolis, Minnesota.

Earlier this year, Wang's *My Summer Memory* was among the artwork of five Deaf artists featured in an exhibition, *Exploring Deaf Geographies*, at the Pyramid Atlantic Art Center in Hyattsville, MD. From the exhibition's statement, "Deaf geographies are at once both physical and abstract spaces, ranging from Deaf community hubs such as Washington, DC, and Rochester, NY, to conversations, impressions, and memories shared by Deaf people expressing their identities." The show was presented in partnership with the Dyer Arts Center, part of the National Technical Institute for the Deaf at the Rochester Institute of Technology.

Artist Statement (April 2022):

"My acrylic painting, *My Summer Memory*, reflects the beauty of a summer day from a childhood memory. In the scene, an Asian girl touches several morning glory flowers on top of her head. These flowers are also blooming everywhere and bring visual happiness seen in the girl's face.

I use my signature design style to convey this summer's emotion. The lines, colors, shapes, and placements represent the summer's colorful beauty and brightness. The painting blends vibrant colors and various geometric shapes to create a summer story in a bold composition. The painting symbolizes one of my childhood's beautiful memories and my perspective of a summer day's uniqueness."



Wang's mural in Starbucks' first signing store;
Image credit: Joshua Trujillo/Starbucks

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