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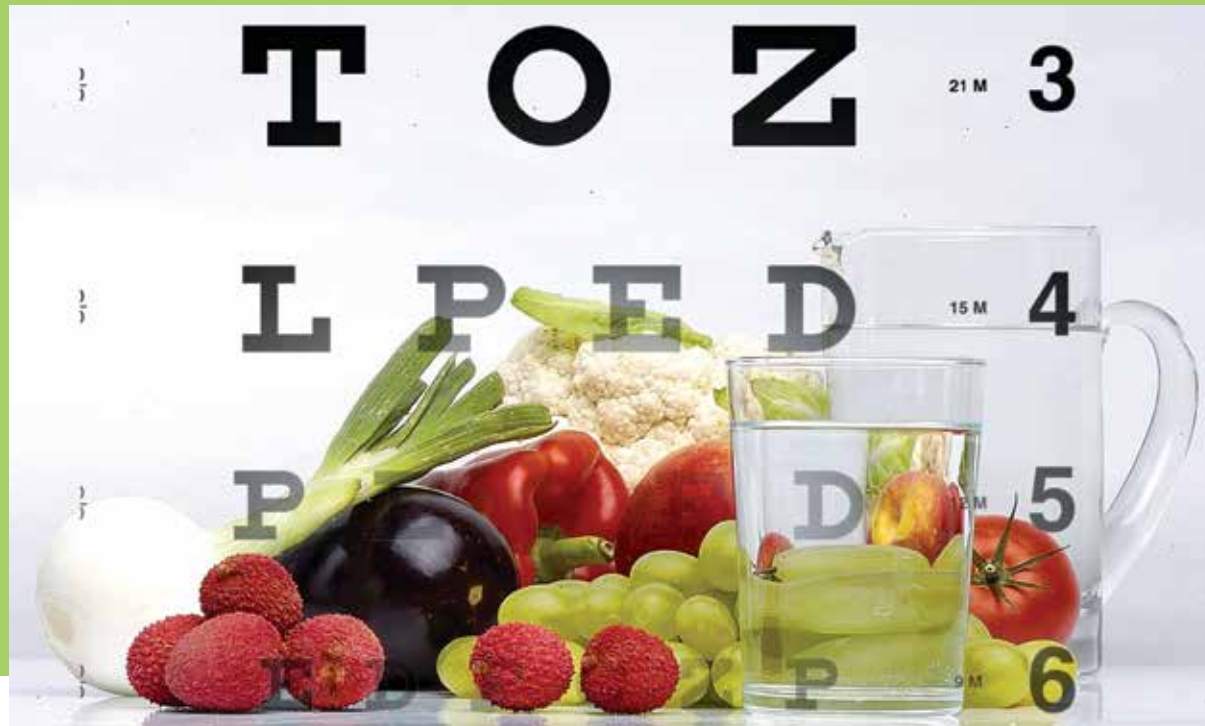
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recycled newsprint with soy-based ink.**letter from publisher****Hello Friends**

Sharon Shaffery

self-actualization. We are waking up to how powerful we are and how there is enough  
resources on Earth for all beings to live happy and free.

And what do we know about paradigms?

*"You never change things by fighting the existing reality. To change something, build a new  
model that makes the existing model obsolete."*

– Buckminster Fuller

This is the same guy who said:

*"There is nothing in a caterpillar that tells you it's going to be a butterfly."*

– Buckminster Fuller

YOU are a butterfly and WE are the white circle on the left of the Yin Yang. We are the  
light in the darkness. Covid is destroying the spirits of so many. The world has descended  
into fear. The Fear, the stress, the loneliness, the financial burden, the sadness... etc. etc.Our communities need our help. Each one of us is a candle and everyday we shine our  
love powered light. The higher we vibe the stronger our contribution to the quantum leap  
delivered through the flower of life.

In summary: Vibe high butterfly

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munity. If you would like to receive your copy at home, please subscribe for delivery.

Happy Fall Solstice (how did it get here so fast???)

Stay safe, happy and well,

Sharon

Millions of Americans need your help. The entire world  
needs your help. Think about darkness and light. Think  
about 1,000,000 candles and the brilliance they would cast  
in a powerful glow. Then think about one candle, and how  
it stands alone in the dark. Visualize the Yin/Yang. One side  
dominated by the light and the other by the dark, but in both  
- an element of the other exists. We know this as duality. The  
black and white represent the rise and fall of paradigms. No-  
tice how they follow the curve of the buyers cycle: Innovators,  
Early Adopters, Early Majority, Late Adopters, Lagers. (This  
also corresponds to the Yugas). What are they buying? In this  
case I believe our point of light in the darkness represents**Got Pain? Get** **GOThotics**  
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Natural Awakenings is a family of nearly 60 healthy living magazines celebrating 26 years of providing the communities we serve with the tools and resources we all need to lead healthier lives on a healthy planet.



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Contents

18 EMOTIONAL WELL-BEING IN THE PANDEMIC AGE  
Self-Care Strategies for Tough Times



24 YOGA FOR EVERY BODY  
Adaptive Ways Ease Pain and Immobility



30 HAPPINESS HELPERS  
Five Ways to Be More Positive

28 FINDING THE RIGHT TUNE FOR PETS  
Music Calms the Animal Soul



DEPARTMENTS

- 7 news briefs
- 10 health briefs
- 12 global briefs
- 23 inspiration
- 24 fit body
- 28 natural pet
- 30 calendar
- 31 resource guide

news briefs

Introducing Online Interactive Music Classes



Music Together Two River is now offering online interactive music classes for families with children ages birth to five. Parents with little ones can experience a high quality music and movement curriculum from the safety and comfort of their homes.

At this challenging time, we know that parents are looking for

educational and fun activities for their children. Making music is something the whole family can enjoy doing together, and it naturally supports children's development. Plus, music connects us like no other activity, and right now, we need that connection more than ever!

Music Together Online is designed to teach the way young children learn: through play. We sing, dance and make music in our live online classroom each week. Classes are appropriate for children under 5, but the entire family is welcome (and encouraged!) to participate in the musical fun.

At Music Together Two River infants and toddlers are not given or taught "information about music", we instead give them a playful interactive musical experience with their most important teachers - the adults that love them. In doing this we are giving your children first-hand knowledge of music that will nurture their development and enrich their lives. For more information or to register for our fall semester call 732.859.1836 or visit musictogethertworiver.com.

Inspiration and Support Now Available

Tina Polhemus is grateful to bring you much needed inspiration and support during these difficult times.

Tina Polhemus, CPC is a certified Life Purpose Coach that is extremely passionate about creating awareness and empowerment for men, women, teens, couples, families, veterans, and those struggling with addiction. She received her training through the Institute for Professional Excellence in Coaching (IPEC) in 2014.

Life purpose coaching is a unique approach that helps bring out the potential in a person by emotionally connecting the person's inner purpose and passion to outer goals and strategies, to bring about sustainable results. This unique coaching process allows Tina to help people create the best version of themselves and the lives they live. Sessions can be done in person, facetime, or via zoom. Please visit her Facebook group page "Life Purpose Coaching" at www.facebook.com/groups/285321619207999/ For more information, call 1.888.85.COACH (2-6224).



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## Dimensions of the Law of Attraction

Masters.

Taking control of your personal energy is one of the best ways to reduce your stress, improve balance, and increase happiness. When you are balanced and focused, you can direct your energy to serve your needs and manifest the things in life you want. Bringing the Universe's energy to help you create the life you desire is called the Law of Attraction.

A critical point about the Law of Attraction is that the personal energy field you create needs to attract the Universal assistance and guidance. This means that you must be actively planning and living the change or manifestation that you want. Your mindset, your motivations, and your activities need to be aligned with how you conceive of the results.

Another key consideration about the Law of Attraction is that the manifestation of your desires can happen in many ways. The Universe may send you several options to choose from, or you may receive several different streams of energy that, when combined, will complete your manifestation.

At Dimensions Reiki, we are committed to showing you how to cleanse and energize your energy fields to manifest your Highest Good. Our private Reiki healing sessions and psychic readings give you balance and focus for your goals as well as insight and guidance, and our diverse classes are designed to improve the many ways through which you can enhance your own use of the Law of Attraction. All of our services are available remotely for your convenience. Our exciting new program "Mastering Your Energy" is changing perceptions and teaching our students how to monitor and balance their energy on their own, empowering them to improve their everyday lives.

For more information, visit [dimensionsreiki.com](http://dimensionsreiki.com). Jeff Carpenter is a Reiki Master Teacher, spiritual scientist, psychic, spiritual cleanser, and spirit medium who owns Dimensions Reiki, 169 Main Street, Suite 105, Matawan, NJ. Please email [dimensionsreiki@gmail.com](mailto:dimensionsreiki@gmail.com) or call 732.832.1036 to schedule an appointment with Jeff or with Tracy, another of our skilled Reiki Masters.

## Re-Visioning 2020: Realigning Your Year and Your Life

Willows & Warriors invites you to their first-ever online event... Meet the leaders - three well-being crusaders with 60+ years of combined expertise in health, leadership and spiritual awakening. Alyson DeMaso (Mindful Leadership Advisor & Founder of Raising Beauty) Dee Duncan (Certified Yoga Instructor-Spiritual Coach -Reiki II Practitioner & Founder of The Yoga Loft), and Evangelia Mastroly (Holistic Health Coach & Founder of EM Essentials) have joined forces as Willows & Warriors with a mission to help you master the art of harmonious living.

In this online live event, you will be inspired to turn the remainder of 2020 into the most significant year of your life. This is your moment to rewrite your vision, act from a place of purpose, and support your overall health to make your intentions a reality.



**Don't miss this interactive and insightful journey.**  
**You will learn how to:**

- Use the power of meditation to tune into yourself, ground your emotions, and attract a new reality
- Rewrite negative stories into ideas of possibility
- Live with purpose every day to create abundance and meaning in your life
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- Practice these techniques everyday with easy-to-use tools from the experts

Thursday, August 13th 6:30-8pm EDT Cost: \$45. Register for the zoom event at [info@theyogaloftnj.com](mailto:info@theyogaloftnj.com) or call/text 732.239.2333 to reserve your spot.

## Wild & Free Painting On Zoom!

Join our growing community of online painters for a much needed respite where you can reduce stress and connect to the creative community of women you've been looking for. Wild and Free Painting is an indulgent and nourishing Process Painting Art Studio for self-care and personal growth. We focus on the act of painting itself and your experience while painting rather than the final art product. We celebrate your creativity in all of its authentic form and return to the idea that creative expression can serve as a tool to heal, connect,



de-stress, reclaim and discover. Experiencing this process helps women feel a deeper connection within themselves and in turn feel more satisfied, centered and peaceful. Absolutely no prior art experience is necessary to enjoy the benefits of this process.

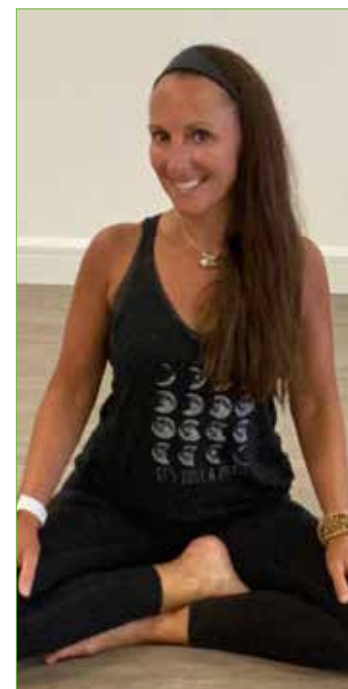
For more info. and to register: <https://www.wildandfreepainting.com/womens-group> Individual Art Therapy sessions available for women via zoom. Elissa earned a BFA in Graphic Design from The University of Michigan, holds a Masters degree in Art Therapy from New York University, is a Registered Board-Certified Art Therapist and Process Painting Facilitator. Wild and Free Painting 660 Tennent Rd, Suite 106 Manalapan, NJ 07726 for more information call 347.804.8249.

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bring your clients? Do you currently work from home and find it a distraction and can't seem to get anything done? Are you involved in a group and looking for a place to gather? Look no further.

We want to share this beautiful space with others. Especially anyone who is looking to start a business or continue to grow one for less money and this helps SUKHA as well to utilize the space when no one is here. Entrepreneurs need to support each other and work together, this is why I created SUKHA Space Sharing.

If you are interested, please call Maribeth Woodford. All specifics are available upon request. 877-SUKHA-11

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## Try Foot Reflexology After Heart Surgery



A brief, hands-on reflexology treatment after a major heart operation can have a significant impact, scientists at Iran's Tabriz University of Medical Sciences report. Immediately following coronary bypass surgery, 60 of 120 male patients received a 15-minute foot reflexology treatment from nurses. The researchers found that foot reflexology decreased patient agitation and reduced the average amount of time spent on a ventilator.

## Consider Mindfulness for Multiple Sclerosis



Mindfulness training may help the estimated 1 million Americans with multiple sclerosis (MS) manage their emotions and process information quicker, according to a new study from Ohio State University. Researchers split 62 people with MS into three groups. The mindfulness group learned such practices as focusing on the breath and doing mental “body scans”. A second group underwent adaptive cognitive therapy training with computerized games that focused on skills like paying attention, switching focus and planning. The third group was a control. After four weeks, those in the mindfulness group were more likely to report being better able to handle their emotions than those in the other groups. The mindfulness group also had higher levels of cognitive processing speed, a reduction in the time it takes to complete mental tasks, along with increased understanding and response times.

## Reduce PFAS Exposure to Help Delay Menopause

Exposure to perfluoroalkyl and polyfluoroalkyl (PFAS)—“forever chemicals” often found in non-stick cookware, food packaging and contaminated water—may cause menopause to occur two years earlier in women, according to a new study published in the *Journal of Clinical Endocrinology & Metabolism*. University of Michigan scientists tracked more than 1,100 women for an average of 17 years and found that those with higher levels of the chemical in their blood experienced menopause an average of two years earlier than those with lower levels. “Even menopause a few years earlier than usual could have a significant impact on cardiovascular and bone health, quality of life and overall health in general among women,” says co-author Sung Kyun Park.

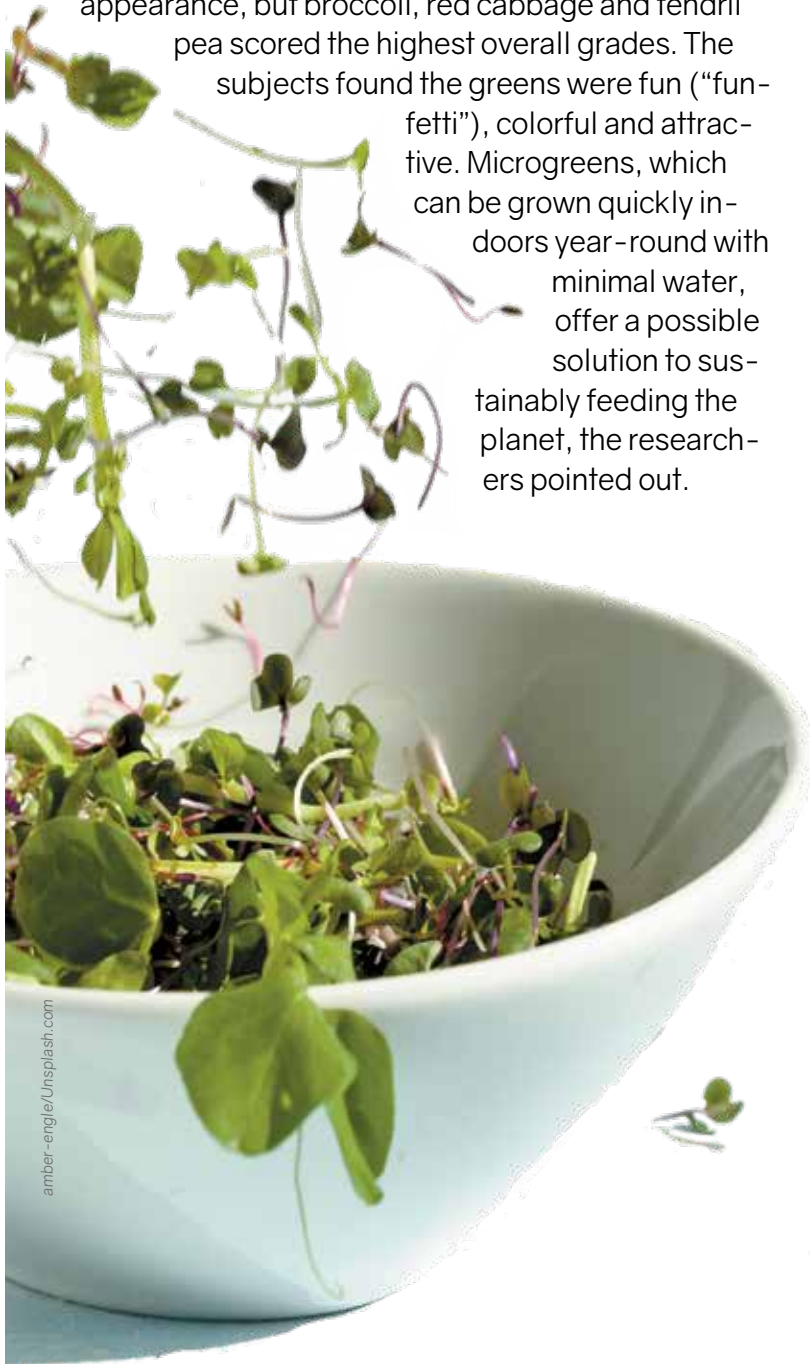
## Oak Wood Extract Can Lessen Post-Surgical Effects



Hysterectomy surgery is sometimes necessary and may result in postoperative fatigue, headache, nausea, depression or pain. In a study reported in the journal *Nutrients*, researchers from Slovakia's Comenius University gave 66 women recovering from a hysterectomy either a placebo or 300 milligrams of oak wood extract. Eight weeks later, those given the oak wood extract had lower oxidative stress, better energy and mood, and a greater ability to perform physical tasks and participate in social activities compared to the placebo group, which mostly saw declines in those areas.

## Boost Fun Nutrition with Microgreens

Halfway in size between sprouts and full-grown plants, microgreens are bursting with nutrients, but have been mostly relegated to garnishes at upscale restaurants. Researchers at Colorado State University, exploring their acceptability, fed 99 people six separate types of microgreens: arugula, broccoli, bull's blood beet, red cabbage, red garnet amaranth and tendrill pea. The red-colored varieties—beet, cabbage and amaranth—received top marks for appearance, but broccoli, red cabbage and tendrill pea scored the highest overall grades. The subjects found the greens were fun (“fun-fetti”), colorful and attractive. Microgreens, which can be grown quickly indoors year-round with minimal water, offer a possible solution to sustainably feeding the planet, the researchers pointed out.





# PAGE

## WELLNESS

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Planetary Planning  
Keeping Half  
the Earth Natural



A study led by the National Geographic Society and the University of California (UC), Davis, published in the journal *Global Change Biology* compared four recent global maps of the conversion of natural lands to anthropogenic (human activity) land uses. It concluded that if we act quickly and decisively, there is an opportunity to conserve about half of the planet's ice-free land. The developed half includes cities, croplands, ranches and mines.

The authors note that areas having low human influence do not necessarily exclude people, livestock or sustainable management of resources. A balanced conservation response that addresses land sovereignty and weighs agriculture, settlement or other resource needs with the protection of ecosystem services and biodiversity is essential. Approximately 15 percent of the Earth's land surface and 10 percent of the oceans are currently protected in some form.

Lead author Jason Riggio, a postdoctoral scholar at the UC Davis Museum of Wildlife and Fish Biology, says, "The encouraging takeaway from this study is that if we act quickly and decisively, there is a slim window in which we can still conserve roughly half of Earth's land in a relatively intact state."

Drawdown Direction

Nurses Stand Up  
Against Climate Change

Nurses, the most numerous and trusted health profession in the world, have organized the Alliance of Nurses for Healthy Environments and partnered with Project Drawdown to significantly impact climate change. Together, they are working to help decrease greenhouse gas emissions and create a healthier future for humans and the planet. Nurses from all specialties and in all practice settings are encouraged to take action in four key areas.

**Energy:** Supporting a clean energy future by promoting energy efficiency and advocating for a transition to renewable energy.

**Food:** Committing to a plant-based diet, use of clean cook stoves and reduced food waste.

**Mobility:** Supporting bike infrastructure, walkable cities and mass transit.

**Gender equity:** Educating girls and family planning.

**Nature-based solutions:** Planting trees, protecting tropical forests and forest protection.

Founded in 2014, nonprofit Project Drawdown seeks to help the world reach "drawdown", the point in time when levels of greenhouse gases in the atmosphere stop climbing and start to steadily decline.

For upcoming events, visit [Drawdown.org](http://Drawdown.org).



Starchy Solution

A Plant-Based  
Alternative to Plastic

Japanese manufacturer Kuraray has introduced a renewable and sustainable starch-based barrier film called Plantic. The plant-based packaging material can be recycled or composted to achieve a circular product cycle. Conventional packaging made from multiple layers of plastic can cause recovery issues, and perishable food imposes unique demands on wrapping. Plantic packaging washes away or decomposes after use. It includes compostable coffee pouches, as well as a barrier layer to package meat, seafood and poultry products with continuous protection against oxygen and other gases that spoil food. The Food and Agriculture Organization estimates that one-third of all produced food is wasted in the supply chain.

Plastic Rain

Airborne Particulates Blanket Wilderness

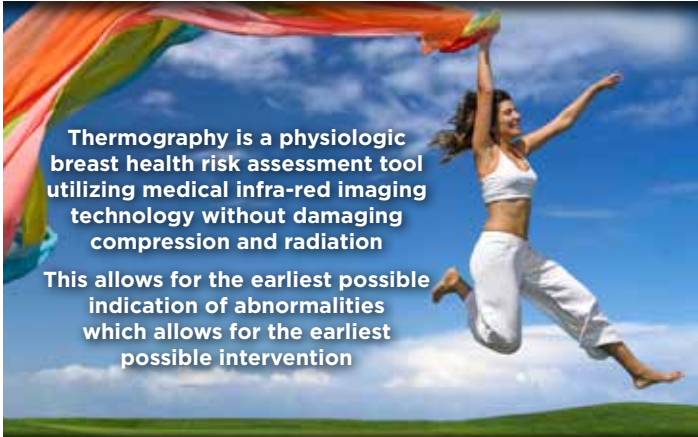


Researchers estimate more than 1,000 tons of microplastics, equal to more than 123 million plastic water bottles, are deposited from the air into national parks and wilderness areas each year. Utah State University assistant professor Janice Brahney and her team used high-resolution atmospheric deposition data to identify microplastics and other particulates collected over 14

months in 11 national parks and wilderness areas. In a report in *Science*, they identified the plastic and polymers composition to track its sources and movement, and found that most of the plastics deposited in both wet and dry samples were microfibers sourced from both clothing and industrial materials. Approximately 30 percent of the particles were brightly colored microbeads likely derived from industrial paints and coatings.

Brahney says, "We confirmed through 32 different particle scans that roughly 4 percent of the atmospheric particles analyzed from these remote locations were synthetic polymers." The same high resilience and longevity that makes plastics useful lead to progressive fragmentation instead of degradation in the environment. Clear and white particles were not included because they did not meet the criteria for visual counting, so estimates of plastic deposition were conservative.

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## Tasty Trap

### Sea Turtles Attracted to Deadly Ocean Plastic

Loggerhead turtles may think they're biting into a favorite food when they encounter some synthetics, a study of 15 turtles in the journal *Current Biology* posits. Ocean plastic is often covered with algae and other marine organisms (biofouled), making it smell delicious to them. At least 1,000 die every year because



they swallow plastic or get tangled up in it. Exposed to different odors in the lab, the loggerheads responded to the smell of turtle food, distilled water, clean plastic and biofouled plastic. The team found that the turtles had similar responses to biofouled plastic as to their normal food.

Kayla Goforth, a Ph.D. student in biology at the University of North Carolina who worked on the study, says, "So they have to come up to breathe. And we know that they can detect airborne odors. So when they find that there's an odor of interest in the air, they'll spend more time with their nostrils out of the water. And we found that the turtles spent more time with their nostrils out of the water when there was this biofouled plastic odor or a food odor."

## Shocking Discovery

### Not All Hydroelectric Generators are Created Equal

A new study by the Environmental Defense Fund (EDF) analyzed the climate impacts of 1,500 facilities across the globe that account for about half of hydropower generation worldwide. Many release almost no greenhouse gases, but some can be worse than burning fossil fuels. The team looked at whether the facilities behave as a greenhouse gas sink or as a source by investigating the components that determine emissions such as the reservoir itself, when vegetation and soils are submerged underwater in the dam used to generate power.

Ilissa Ocko, a senior climate scientist at EDF and co-author of the study in *Environmental Science & Technology*, notes that as the submerged vegetation decays, it releases methane or carbon dioxide.

"The larger the surface area of the reservoir, the more greenhouse gases are going to be emitted from that reservoir. Also, the temperature plays a role, as well; how warm the reservoir is will affect how much greenhouse gases are produced and emitted from the reservoir." Some facilities perform just as well as do wind and solar, but shockingly, more than 100 facilities turned out to be worse for the climate than fossil fuels.

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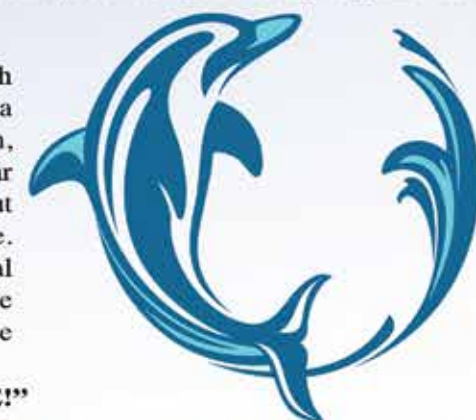
### SALT WATER POOL MYTH

**TRUE or FALSE?** Salt water pools are chlorine-free. **FALSE!** Salt water pools are very much chlorinated. Salt (Sodium Chloride) is added into the swimming pool for chlorine generation. Instead of adding chlorine directly to the pool water with granular, tablet, or liquid chlorine, salt water chlorinating systems use electrolysis, which releases the chlorine from the salt in the water. When the chlorine mixes with the water, it creates liquid chlorine, which then mixes with the pool water, providing the sanitizing component to the system. A more accurate term for a salt water system would be a pool with a Salt Chlorine Generator. Unfortunately, salt water pools contain exactly the same chlorine as a traditional pool and they are not equivalent to swimming in the ocean. Chlorine is an affordable, toxic chemical that kills all bacteria and pathogens in the pool but at the same time research proves that it is slowly killing us.

In addition, a huge negative side effect is that salt water is corrosive to all metal in and around the pool. For example: ladders, rails, heaters, motors, light fixtures and hardware, and structural stainless-steel pool walls. Salt water also causes premature wear to concrete, plaster, and other masonry poolside. Salt water pools are also bad for the environment as they are neither eco-friendly or chemical free causing countries to ban these systems due to salinity. Salinity is the build-up of salt in the soil and water. This has a major negative impact on plants, animals, and crops. Salinity increases the cost of treating water for drinking, renders farmlands useless, reduces biodiversity of plants and animals, and is costing the economy millions per year.

Fortunately, for health-minded individuals, who want to stay consistent with their natural, organic, non-gmo lifestyle there are alternatives. Having a 100% chlorine-free pool is a reality. Copper ionization, Titanium oxidation, ozonation, UV sanitation, mineral dispensing, and using non-chlorine granular shock have been around for decades keeping swimming pools pristine without any chlorine. Two factors are needed to keep a pool pristine without chlorine. They are the Copper factor and the Oxidation factor. Copper is a natural algaestat and Oxidation means introducing Oxygen into the water as the sanitizer. This is an all-natural safe swimming alternative that has no negative side effects to the environment or your health.

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# Balanced Energetic Eating

by Shoshanna Katzman, L.Ac., M.S.



The best approach to healthy eating is to choose the most nutritious foods possible when hungry and stop before you are too full. For consistency, the body and mind need to be in balance, as it brings clarity about what to eat, when to eat and then, how to stop eating. In addition, maintaining a strong physical/energetic connection empowers one to listen to their inner voice of reason to eat mindfully as well as in moderation. Otherwise, the desire for immediate gratification takes over: resulting in grabbing of the most nutritionally devoid or sweetest substance available – thereby creating an unhealthy spike in sugar levels. This then turns into a viscous cycle of incessant craving and inability to stop eating – taking all the pleasure out of the eating experience.

Depriving oneself of “happy foods” is not the answer, nor is restricting calories. A better approach is to choose foods that satisfy the body’s need for nutrition through consuming balanced meals two to three times a day. And remember that sweets can come in healthier forms, such as grabbing an apple, medjool date or piece of coconut from time to time. Moreover, it is essential to get plenty of exercise, become immersed in work endeavors and hobbies in addition to finding time to play. And, of course, there must be periods of rest and relaxation.

Find holistic methods that suit individual needs in order to maintain balance of body, mind and spirit. This might include getting a regular massage, as it promotes relaxation and releases built up tension within the physical body. It is also helpful to engage in mindfulness training such as a step-by-step program online or seek out a skilled practitioner to work with in person.

The “meditation through movement” component of tai chi is another excellent way to become more mindful while balancing energy and coming in touch with oneself on deeper levels. Furthermore, qigong is an effective method for becoming more adept

at breathwork and developing greater intuition and spiritual acuity. Both of these Chinese exercise arts serve to mend physical/energetic splits and strengthen ability to know and trust what the body truly needs – knowing that it is not always the best to be “a food monk.”

*Then when the yen for a “happy snack” emerges, simply go for it when it feels like the right choice. Allow it to feed the desire for pleasure and become a satisfying experience. This includes chewing slowly and taking the time to taste every morsel. This is a healthy act of food nurturance, even though nutritional value may be lacking.*

Building discipline and will power are additional components for coming into alignment and balance with oneself and food. According to Chinese medicine, boosting kidney energy promotes the “get up and go” attitude and ability to hold to commitments. This culminates in choosing foods and lifestyle patterns that build vital energy and essence, rather than deplete it. Strong kidney qi provides the wherewithal to live each day with gusto and delivers a fully balanced mind, body and spirit. There are just too many things dragging one down, especially with the pressure from COVID, to begin each day with anything less.

Receiving acupuncture, taking Chinese herbs and engaging in tai chi and qigong exercise are excellent ways to build and nurture energetics of the kidneys. Avoiding ingestion of an excessive amount of cold raw foods and icy cold drinks is also important to protecting kidney energy. Acupuncture treatment is also helpful for



boosting metabolism, strengthening will power, moving excess water accumulation in addition to sparking energy and calming heart and pacifying spirit.

Engaging in a detoxification protocol is another technique to incorporate into a weight management plan. This serves to release the body of toxins and empowers the mind to envision a new beginning. This happens through simple one-day fasts that include one healthy food such as apples or rice, along with spring water.

*Drinking dandelion tea each day is another way of detoxifying the body, specifically that of the liver.*

In general, don’t forget to drink ample water as it is one of the best cleansing and nourishing agents at our disposal. Take the focus off of weight and avoid counting calories, as neither work. Listen to your inner voice and make choices that bring you into a deeper sense of satisfaction. Engage in activities, social experiences and avail yourself of treatments that bring your mind, body and spirit into alignment. Allow this to restore your hope in the dawn of a new day filled with the commitment to healthy food habits that raise your spirit. The time is ripe and you are ready to bring yourself into a healthier state of being.

Shoshanna Katzman, L.Ac., M.S. is an acupuncturist, Chinese herbalist and director of Red Bank Acupuncture & Wellness Center in Shrewsbury, NJ for over thirty years. She is author of *Qigong for Staying Young: A Simple 20-Minute Workout to Cultivate Your Vital Energy* (visit [www.qigong4.us](http://www.qigong4.us)) and co-author of *Feeling Light: The Holistic Solution to Permanent Weight Loss and Wellness*. Shoshanna has taught tai chi and qigong for over 45 years and is a 6th generation lineage holder of the Guang Ping Yang Style Tai Chi Form. She is preparing to release a Tai Chi Tutorial soon and is presently offering qigong and tai chi classes via Zoom. For more information call 732-758-1800 or send an email to [info@healing4u.com](mailto:info@healing4u.com).

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# Emotional Well-Being in the Pandemic Age

## Self-Care Strategies for Tough Times

by Sandra Yeyati

As the pandemic ravages our country, we are engulfed by a sea of challenging emotions, including fear, loss, anger, disappointment and grief. Compounding the suffering, past emotional traumas and pent-up desires are surfacing and crying for attention. One way to navigate these treacherous waters is by first enveloping ourselves in self-compassion. Next, we can gather the courage to face our fears and experience unpleasant feelings in order to heal them and let them go. Then, we search for and internalize positive emotional states to rewire our brains for positivity. This noble voyage promises immense rewards along the way.

### The Cocoon of Self-Compassion

Some of us chase self-esteem like the Holy Grail, yet it eludes us when we need it most.

Faced with a failing grade or cruel insult, our self-worth withers. We can't understand why we lost it or how to get it back. When we attach our self-worth to achievements or comparisons with other people, self-esteem becomes unstable and unreliable.

Enter self-compassion, the life-changing perspective of showing kindness to ourselves in any and all situations—a supportive best friend that lives within us and can be accessed any time, every day. A pioneer and expert in this topic, Kristin Neff believes that self-compassion has three components: a decision to be kind to ourselves, a mindful awareness when we are in pain so that we can seek some relief and a sense of common humanity or connectedness.

We already know how to be compassionate, says Neff, an associate professor of educational psychology at the University of

Texas at Austin and co-author of *The Mindful Self-Compassion Workbook*. “It’s linked to the parasympathetic nervous system, which is a natural part of our organism. We’re tapping into this way of feeling safe, which is through care, bonding and connectedness.”

Encouraging our friends when they’re feeling down or hugging our moms in the morning is hardwired into us. When we decide to be kind to ourselves, it’s easy to think of what we would say: “I’m sorry you failed that test. You’ll do better next time. How can I help you?” To lend perspective, add a statement about our common humanity, counsels Neff. “This is hard for everybody. You’re not alone.”

We must be aware of our pain before we can comfort it, and many of us try to suppress or resist pain, choosing to numb it with distractions like alcohol addiction or compulsive shopping. Others may get lost in the storyline of what’s happening and succumb to suffering with no apparent way to obtain relief. Self-pity or self-criticism may creep in.

Mindful awareness is the antidote to these emotional extremes, because it helps us become aware that we are experiencing pain and to stay with that pain long enough to make a conscious decision to take care of ourselves. “One easy thing is physical touch,” says Neff. “The first few years of life you have no words, so the body is programmed to respond to touch as a signal of care. Put your hand on your heart or your stomach, or hold your hand. This changes your physiology, activates your



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parasympathetic nervous system, helps you calm down and helps you feel physically supported. Sometimes, that’s an entryway for people.”

### Finding Confidence Through Unpleasant Feelings

Nobody likes to feel sad or embarrassed. We’d rather have an ice cream cone or turn on the TV. But for Dr. Joan Rosenberg, a prominent psychologist and speaker, uncomfortable feelings present an invaluable opportunity for people to transform into confident individuals that relate to the world around them with authenticity and resilience.

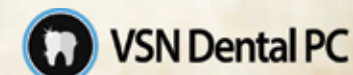
In her book *90 Seconds to a Life You Love*, Rosenberg offers a formula—one choice, eight feelings, 90 seconds—to experience and move through eight of the most common unpleasant feelings: sadness, shame, helplessness, anger, embarrassment, disappointment, frustration and vulnerability.

“The choice is to stay aware of and in touch with as much of your moment-to-moment experience as possible and not get lost in avoidance,” she explains, adding

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that there are more than 30 behaviors, thoughts and emotions that we employ as distractions, including substance abuse, social media, pornography, exercise, obsessive thoughts about body image, humor and denial.

“Be aware of what you’re aware of,” she advises. “If we know that we don’t like feelings, and we know we’ve been engaged

in using ways to distract ourselves, then our challenge is to be more awake and aware of those times we do it, and as soon as we start to do the thing and become aware, that’s when we make the decision to stop and ask, ‘What’s really going on?’”

Discoveries in neuroscience suggest that most of us come to know what we’re feeling emotionally through bodily sen-

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is it like something else that's happened before?" Rosenberg says. This level of awareness leads to a calming effect, clearer thinking, improved decision making and, perhaps most importantly, an ability to speak authentically.

"If we don't handle the eight feelings, we don't feel capable in the world," she says. The ability to speak adds to that empowerment. "From asking someone to stop a behavior so that you feel safer to telling someone you love them, asking your boss for a raise or letting people know about yourself and your work to garner opportunities and desired experiences—it cuts across every aspect of our lives and is absolutely crucial to our sense of well-being."

tions. We might feel heat in the neck and face when embarrassed or a sinking feeling in the chest when disappointed. As feelings get triggered in the body, a rush of biochemicals in the bloodstream activate these sensations and are flushed out of the bloodstream in roughly 90 seconds.

"Most people have the impression that feelings linger a whole lot longer and that they're going to be overwhelmed by it and never come out of it if they start. But when they understand that what they're trying to avoid are uncomfortable bodily sensations that help you know what you're feeling emotionally, and that these are short-lived, most people will start to lean into them, and once they do, their life changes," Rosenberg says.

To move through bodily sensations, which may come in multiple waves, take deep, slow breaths. Try not to tighten up or clench the jaw and swallow. Notice the location and nature of the bodily sensations to help identify which of the eight unpleasant feelings it might be, and be curious as to what might have triggered it. All of this will take a few moments. With practice, identification will become faster, easier and more accurate.

"If I have more time, then I can think about whether this is connected to anything else. Is it just one thing that triggered it, or

### Rewiring the Brain for Positivity

Discoveries in neuroplasticity have revealed that the brain changes throughout life well into adulthood. It's designed to learn not just ideas and information, but skills, attitudes, feelings and moods. Rick Hanson, a clinical psychologist and author of several books, including *Hardwiring Happiness* and *Resilient*, contends that we can develop greater happiness, just like we can develop greater depression.

"There's a lot of research that shows that through deliberate little practices spread out through the day or sometimes more formal practices like psychotherapy or meditation, we can actually produce physical changes in the brain that are now measurable with things like MRIs," he remarks.

Hardwiring happiness is easy, pleasurable and doesn't take a lot of time. "If you take care of the minutes, the years will take care of themselves," says Hanson. "Little steps gradually move us forward a breath at a time, a minute at a time, a synapse at a time. Bit by bit, we grow the good inside while gradually releasing the bad."

"Our power to positively influence who we are in small, genuine ways every day is really important to compensate for the brain's negativity bias, which makes it like Velcro for bad experiences, but Teflon for good ones," he says. "We evolved a negativity bias over the 600-million-year evolution of the nervous system. Learning from negative experiences and mistakes was a critical survival skill, so we have a brain that is designed to scan for bad news, overreact to it and fast-track it into memory. It's not our fault, but it is our responsibility to deal with it by first, feeling the negative without reinforcing it and second, focusing on the positive and taking it in. Gradually, you can give yourself a brain that's like Velcro for the good and Teflon for the bad."

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

## How Can a Medical Business Also Help the Ocean?

by Dr Neda Gioia



Single plastic use is within almost all industries but finding ways to reduce this usage is an element that all businesses should entertain. As we're out and about in the warm months using more single use plastics we need to cut down where we can. The Plastic Free July initiative is a global movement encouraging people to ditch single-use plastic for a month and we at Integrative Vision are happy to support that. Most people are unaware that contact lenses and their casings are recyclable but must be done in a specific manner since the size is too small for most facilities and end up in landfills.

Teaming up with progressive industry leaders like Terracycle our office is able to safely recycle contact lenses and casings for our patients and community.

In addition, we are a Kick Plastic Ambassador for Costa Del Mar. Costa has partnered with Piedmont Plastics to implement the first-ever program to recycle optical plastic lens waste and repurpose into a variety of products, such as safety glasses, motorcycle helmet shields, and scuba masks. The Kick Plastic Lens Recycling Program has facilitated the recycling of over 700 pounds of discarded plastic lenses and we are an authorized collecting facility.

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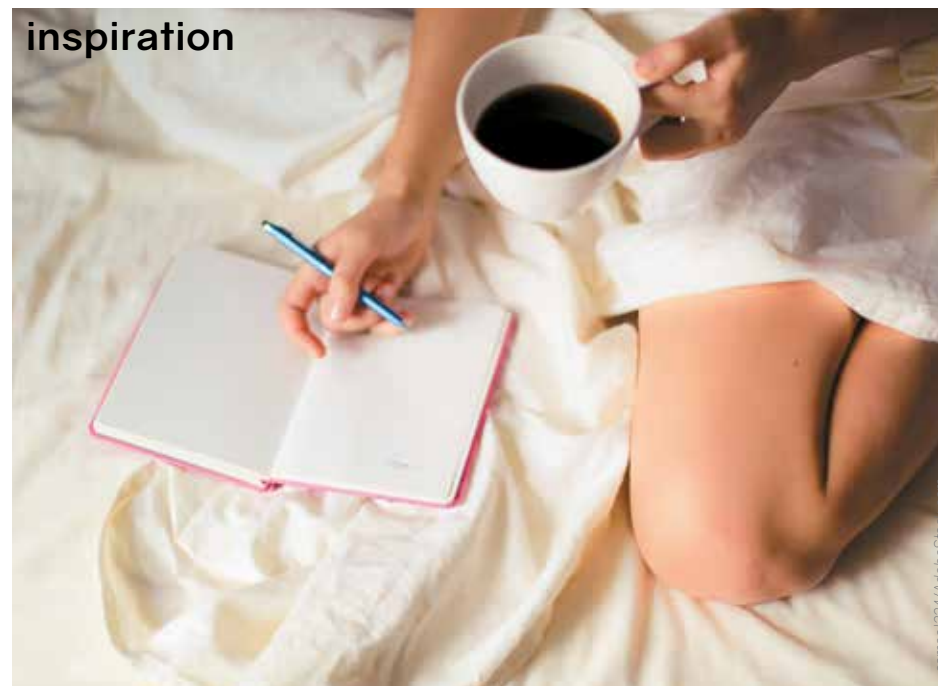
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## HAPPINESS HELPERS

### Five Ways to Be More Positive

by Brad Aronson

**S**tudies show that when we see the positive more often, we're happier and kinder to ourselves and to those around us. Luckily, we're not locked into one way of viewing the world. We can choose to see things in a more positive fashion. Here are some steps we can take to teach ourselves to look for the positive more often. Eventually, the brain can get into the habit of doing this without any prodding.

**Compliment at least one person every day.** Maybe we can begin the day by sending a short email or text telling someone why we appreciate them. Besides reshaping how we see the world, we might make someone's day.

**Keep a gratitude journal.** Every night, write down three things to be grateful for. Researchers have found that people that regularly keep track of what they're grateful for are happier. We can also have a nightly family discussion about what happened that day that we're thankful for.

**Perform a daily act of kindness.**

When we perform a kind act every day, we start noticing other opportunities to be kind, creating a cycle of positivity in our minds. Think small—a thank-you note or letting someone cut in front of us in traffic.

**Be mindful of who and what we expose ourselves to.** The people we spend time with and what we watch, listen to and read all send messages to our brain that influence how we see the world.

Train the brain for positivity. Here is a simple 10-minute exercise that can train the mind to think differently:

- **Get a pen and paper.** Take only three seconds to look around the room and remember everything that's red. Then take only a few seconds to write a list of everything you remember that's red. Finish this step before continuing.

- **Now write down everything that is blue.** Chances are that like most people, we won't remember the blue things nearly as well because we weren't looking for them. We see what we look for, and that's as much an asset as a shortcoming. Training the brain to be more positive takes time, but it's a priceless opportunity to change our perspective and become happier.

*Brad Aronson, a tech entrepreneur and investor, is the author of HumanKind: Changing the World One Small Act At a Time. Connect at [BradAronson.com](http://BradAronson.com).*

*It is health that is real wealth  
and not pieces of gold & silver.  
~Mahatma Gandhi*







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# Yoga for Every Body

## Adaptive Ways Ease Pain and Immobility

by Marlaina Donato

**T**aming chronic pain, restoring energy reserves, improving heart health and relieving symptoms of depression and anxiety are only a few of the science-backed perks of spending time on a yoga mat. However, misconceptions about this ancient practice can make yoga seem intimidating for individuals that could benefit the most from it.

Adaptive yoga, designed for people challenged by injury, chronic pain, autoimmune disease or debilitating conditions like multiple sclerosis, can foster perhaps unexpected gains through the use of props, chairs, wall space and even countertops. From wheelchair-bound veterans to seniors with compromised balance, adaptive yoga offers new horizons for achieving well-being.

Yoga's gentle influence goes beyond physical benefits. A 2017 British study published in the *Journal of Pain Research*

found people with spinal cord injuries that took sitting yoga classes twice a week for six weeks were less depressed, more self-compassionate and more mindfully in the moment than those in a control group.

### Empowerment, Not Perfection

"Yoga is for any body, no matter the size, shape or color. It's not about designer clothing, athletic ability, talents or perfection in the pose. Adaptive yoga is a movement to change this misconception and mitigate the anxiety to try yoga," says Mindy Eisenberg, a Detroit-area certified yoga therapist and author of *Adaptive Yoga Moves Any Body: Created for Individuals with MS and Neuromuscular Condition* and the accompanying *Adaptive Yoga Cards*. For Eisenberg, the focus is about the internal experience, healing and most of all, "the sense of joy that comes

from a regular practice."

Ora Ramat, owner of the Wagging Tail Yoga Studio, in Bethel, New York, witnesses remarkable, everyday mastery in her students through adapted poses. "Many of my students are 40 to 95 years young, and the range of modification I do with them is endless," says Ramat, who underscores the importance of listening to the body. "I learned the hard way 17 years ago when I first became a teacher. I am gentle with myself if I am unable to do a pose and embrace the modification. I go deeper in my poses now than when I was younger."

### Freedom Through Support

"Our students have a wide range of health conditions including spina bifida, arthritis, MS, cerebral palsy, Parkinson's disease, fibromyalgia, stroke, chronic obstructive pulmonary disease, paraplegia, epiphyseal dysplasia, Ehlers-Danlos syndrome, chronic back pain and more," says Miranda McCarthy, CEO of Wavelength VR

(*WavelengthVR.com*), a healthcare company that produces a library of science-supported content for pain management without medication. The London-based creator of Adaptive Yoga LIVE, which offers seated online classes, knows firsthand how yoga can change lives.

"Until I found adaptive yoga, I felt like I was constantly at war with my body," she says. Diagnosed with rheumatoid arthritis at the age of 2 and the youngest recipient of bilateral hip replacement surgery in the U.S., McCarthy thought she knew her body inside and out. After 40 surgeries and decades of rehabilitation and medication, she went through a radical shift in perspective. "When I discovered adaptive yoga, I soon realized my relationship with my body had only just begun."

Eisenberg highlights the internal process that adaptive yoga can catalyze: "The energy and sensation that yoga students feel on the inside is much more important than what the

pose looks like on the outside." Items such as chairs, blocks, straps, blankets and bolsters are used to make traditional postures more accessible to those with physical challenges and to ensure safety. "Using props is not a sign of weakness or inferiority. We even use ambulatory devices such as a cane as a prop. Those who require assistive devices cease to see them as a hindrance. In fact, they become an accessory," says Eisenberg.

For McCarthy, the biggest takeaway is simple, yet profound self-acceptance. "I no longer judge myself or compare myself to able-bodied people. I gained a newfound love for my body and a love for myself."

Eisenberg affirms, "It's exciting to realize that our bodies are so much more capable than we thought, and we learn that we are not defined by our individual disease or limitations. As my teacher Jon Kabat-Zinn says, 'As long as you are breathing, there is more right with you than wrong.'"

Marlaina Donato is an author and composer. Connect at [AutumnEmbersMusic.com](http://AutumnEmbersMusic.com).



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## Adaptive Yoga Benefits

### from Miranda McCarthy

- Increased strength, balance and flexibility—both mental and physical
- Discovery of a subtle level of mind-body sensation not impeded by disability
- Improvements in the quality of breathing
- A sense of lightness and freedom within the body
- An increased ability to manage stress
- A deepened sense of wholeness and connection with others

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To learn how to become an End of Life Doula volunteer at Ascend Hospice please call 1-866-821-1212 or click [www.ascendhospice.com](http://www.ascendhospice.com)

## Online Yoga Resources

Free adaptive yoga classes online from Miranda McCarthy. [AdaptiveYogaLive.com](http://AdaptiveYogaLive.com)

YogaJP, YouTube chair yoga classes for people in wheelchairs. [Tinyurl.com/WheelchairYogaClasses](http://Tinyurl.com/WheelchairYogaClasses)

Yoga and MS, book from the National Multiple Sclerosis Society. [omsyoga.org](http://omsyoga.org)

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# Finding the Right Tune for Pets

## Music Calms the Animal Soul

by Julie Peterson



Sometimes it takes a little dog to bring about a big truth, as Cheryl Christine, a professional musician and composer in Ridgeland, South Carolina, learned. “I was playing the piano at a party and the owners had a hyper little dog. After a while, I started playing some of the music from my CD and the dog stopped, turned around and came up to me, and just sat there and listened. The owners were shocked.”

The mood of dogs and cats can be improved by hearing the right kind of tunes, but it’s important to choose their music wisely, because they are more highly attuned to sensory cues than humans.

### Resounding Research

The nicest notes for animals have been well studied, especially dogs. Colorado

State University researchers found that auditory stimulation with music can be helpful or detrimental. Results of a study in the *Journal of Veterinary Behavior* suggest that dogs sleep more and bark less when they listen to classical music; and they shake more and rise to their feet when exposed to heavy metal music, possibly from nervousness.

Patricia McConnell, Ph.D., a zoologist and certified applied animal behaviorist in Wisconsin, wrote her dissertation on the effect of different types of sounds upon working domestic animals. “What is important is not whether the music is ‘classical’ or ‘heavy metal,’ but whether it includes a set of acoustic features that appear to be universally associated with soothing or stimulating internal states,” states McConnell in her blog,

*TheOtherEndOfTheLeash.com.*

McConnell explains that, “Pure tones and regular rhythms are associated with positive states.” On the other hand, harsh, noisy tones and irregular rhythms are linked with negative ones. She adds, “A tempo matching an animal’s resting heart rate (or respiration) tends to be calming.”

Composers and musicians are currently writing music specifically for animals with the aim of reducing stress from noise or separation, assisting with healing, controlling overeating and soothing irritability.

### Compositions for Cats

Christine was volunteering at a local animal shelter that played country music for the cats. “I wondered what their reaction would be if I wrote some meditative music with different tones—beta/alpha waves—to present to them alternative sounds,” she says. She composed some music and experimented with it in the cat room, noticing that the animals reacted positively to certain tones. That eventually led to a CD for cats, and then one for dogs, with the proceeds donated to the ASPCA and the Fisher Center for Alzheimer’s Research Foundation, in New York City.

### Harmonies for Hounds

The Rescue Animal MP3 Project, an organization that has donated free MP3 players filled with music to more than 1,420 animal shelters and sanctuaries, was founded by Pamela Fisher, a holistic veterinarian in North Canton, Ohio. Calmer animals are more likely to be adopted, and the music is designed to provide a relaxed environment for animals so they can better cope with stressful housing conditions. The MP3s contain a variety of music and artists, including selections like *Canine Lullabies*, by Terry Woodford, therapeutic music expert; *Pet Calm*, *Pet Healing*, by hypnotherapist Rick Collingwood; and *Harp Music to Soothe the Savage Beast*, by Alianna Boone, who states, “The structure of the harp is considered to be the most healing instrument next to the human voice.”

Pet owners may need to listen more

closely. “We so often focus on other aspects of their environment—Is their dog bed comfy? Does it look pretty to us?—and fail to attend to the impact of sound on our dog’s environment (not to mention our own),” writes McConnell about new animal-music studies.

There are many melodic medleys for pet parents, but buyer beware. “If you’re to spend your money on this, make sure you are looking at music backed by research,” advises Christine.

For more go to *Cheryl Christine.com*. Julie Peterson writes about wellness for people, animals and the environment. Reach her at *JuliePeterson2222@gmail.com*.





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THURSDAY, SEPTEMBER 3

**Transformational Breath** 7pm. A Waterside Chat with Transformational Breath Facilitator Rich H. Online on Zoom. Have you recognized your own restricted breathing patterns? If there was a simple technique to experience the benefits and application of a full, deep, connected Breath, would you be interested in learning how it's done? Well, you're in luck! Join Waterspirit and Rich H., a Certified Transformational Breath Facilitator and Group Leader to learn about his personal experience with Transformational Breathing. Transformational Breath is an important foundation upon which to build the value of other enjoyable breathing practices. It quickly and reliably clears out resistance and gives a powerful jump-start to the person's overall energy level. Register for this free event at: <https://waterspirit.kindful.com/e/transformational-breath-a-waterside-chat-with-transformational-breath-facilitator-rich-hume>

SATURDAY, SEPTEMBER 5

**Reiki Levels I and II Certification** 10am-3pm. Begin your spiritual journey and tap into your innate intuition in this innovative class to certify you as a Reiki Practitioner! Admission: \$260 per person. at: Dimensions Reiki, 169 Main Street, Suite 105, Matawan, NJ or online via Zoom. Call 732.832.1036 or visit [dimensionsreiki.com/calendar](http://dimensionsreiki.com/calendar).

THURSDAY, SEPTEMBER 10

**Reiki Meditation and Healing Circle** 7:30pm-9pm. Join us in our healing circle to share in the positive energy of a guided meditation, and receive your own Reiki demo! Admission: \$10 Location: Dimensions Reiki, 169 Main Street, Suite 105, Matawan, NJ or online via Zoom. Call 732.832.1036 or visit [dimensionsreiki.com/calendar](http://dimensionsreiki.com/calendar).

SUNDAY, SEPTEMBER 13

**Introduction to Spirit Guides** 1-5pm. We all have helpers in Spirit waiting to work with us; learn how to meet yours! Admission Price: \$60 per person at: Dimensions Reiki, 169 Main Street, Suite 105, Matawan, NJ or via Zoom. Call 732.832.1036 or visit [dimensionsreiki.com/calendar](http://dimensionsreiki.com/calendar).

MONDAY, SEPTEMBER 14

**Cleansing Your Space** 7:30-9:30pm. Discuss the importance of cleansing the energy around you at home and work, and order your own home cleansing kit! Admission: \$30 per person (home cleansing kit not included) Dimensions Reiki, 169 Main Street, Suite 105, Matawan, NJ or via Zoom. Call 732.832.1036 or visit [dimensionsreiki.com/calendar](http://dimensionsreiki.com/calendar).

THURSDAY, SEPTEMBER 17

**Re-Visioning 2020 with Willows & Warriors** 6:30pm. Be inspired to turn the remainder of 2020 into the most significant year of your life. This is your moment to rewrite your vision, act from a place of purpose, and support your overall health to make your intentions a reality. Register for the zoom event at [info@theyogalofnj.com](mailto:info@theyogalofnj.com) or call/text 732.239.2333 to reserve your spot.

**Unapologetically Embracing Love and Letting Go of Fear** 7pm. A Waterside Chat with Public Policy and Justice Organizer Rachel Dawn Davis. Online on Zoom. Is fear holding you back? Do you find yourself afraid and don't know why? Lean more deeply into yourself and better understand where fear comes from and how to manifest that into love. Are you the author of your own story? Are you having trouble listening to your inner voice and trusting what it's saying? Join Waterspirit's Public Policy and Justice Organizer, Rachel Dawn Davis, in a conversation about how to access your voice and embrace love. Rachel Dawn Davis is a sustainability strategist and a regenerative activist. She has been actively participating as an activist since 2004 and is a mother of 2 girls. Register for this free event at: <https://waterspirit.kindful.com/e/unapologetically-embracing-love-and-letting-go-of-fear-a-waterside-chat-with-public-policy-and-justice-organizer-rachel-dawn-davis>

TUESDAY, SEPTEMBER 22

**Waterspirit's Fall Equinox Online Celebration** 7pm. An evening of ritual and reflection to celebrate Autumn's bounty and beauty while reflecting on the deeper meaning of the season of cooling breezes and lengthening nights. The celebration will include live music and poetry. Register for this free event at: <https://waterspirit.kindful.com/e/waterspirit-fall-equinox-celebration>



SUNDAY, SEPTEMBER 27

**Introduction to Psychic Development** 1-5pm. Learn to tap into your own innate intuition, and practice techniques to begin your own psychic readings! Admission: \$100 per person at: Dimensions Reiki, 169 Main Street, Suite 105, Matawan, NJ Phone: 732.832.1036 [dimensionsreiki.com/calendar](http://dimensionsreiki.com/calendar).

MONDAY, SEPTEMBER 28

**Waterpsirit's Book Club Meeting** 6pm Online on Zoom. Join our Book Club! We are currently reading Parable of the Sower by Octavia E. Butler. We will send an email to Book Club members with a link to join us in an online meeting. Email us at [water@waterspirit.org](mailto:water@waterspirit.org) if you would like to join! Stay safe and healthy friends. Sending love to you all at this time. Happy Reading!

TUESDAY, SEPTEMBER 29

**10-Steps Eco-Anxiety Group Introductory Meeting and Information Session** 6pm. Ten Meetings. Ten Weeks. Small Groups. Heart-centered Process Work. Hosted by Waterspirit. Are you or someone you know suffering from Climate Anxiety? Join us at our informational meeting on Tuesday September 29th at 6 PM EDT to learn about our 10-week long program, "10-Steps to Personal Resilience and Empowerment in a Chaotic Climate". Waterspirit is hosting a fourth round of our Eco-Anxiety support group program online on Tuesdays from 6 - 8 PM. All meetings will be held on Zoom. Register for this free event at: <https://waterspirit.kindful.com/e/waterspirit-10-step-eco-anxiety-info-session>

MONDAYS

**NEW: Group Qigong Classes via Zoom** 11am-12pm with Shoshanna Katzman, Founder of Red Bank Acupuncture and Wellness. Visit [Healing4U.com](http://Healing4U.com) or call 732.758.1800 for more information.

**Beginner Mat Pilates for flexibility and balance** 9:30am Virtual classes hosted by Coastline Pilates: \$15 per class payment through Venmo @rmillemann Sign up here to for virtual classes <https://coastlinepilates.simplybook.me> or call 732.330.9168.

**FREE Natural ways to support the immune system & calm the fight/flight/freeze response** 10am Online Skype Class Ask about personalized one-on-one sessions. Contact: [Siobhan@NextStepStrategiesLLC.com](mailto:Siobhan@NextStepStrategiesLLC.com) Call 609.752.1048

**FREE Loving Kindness Meditation** 11am with Roseann Petropoulos founder of Belmar Wellness email [belmarwellness@gmail.com](mailto:belmarwellness@gmail.com) for zoom link.

WEDNESDAYS

**OUTDOORS tai chi is finally here!** Join Shoshanna Katzman, Founder of Red Bank Acupuncture and Wellness 10:30-11:30am and 6-7pm. Classes will be held outside in the back of the Red Bank Acupuncture and will continue throughout the summer and autumn, weather permitting. Visit [Healing4U.com](http://Healing4U.com) or call 732.758.1800 for more information.

**FREE Natural ways to support the immune system & calm the fight/flight/freeze response** 10am Online Skype Class Ask about personalized one-on-one sessions. Contact: [Siobhan@NextStepStrategiesLLC.com](mailto:Siobhan@NextStepStrategiesLLC.com) Call 609.752.1048

**Hips & Thighs, Om My!-** Kathleen Reilly 10am pre-registered to reserve your slot at: [info@theyogalofnj.com](mailto:info@theyogalofnj.com) or call Dee at 732.239.2333.

**Gentle Yoga with Dee** 6pm pre-registered to reserve your slot at: [info@theyogalofnj.com](mailto:info@theyogalofnj.com) or call Dee at 732.239.2333.

THURSDAYS

**Beginner Mat Pilates for flexibility and balance** 9:30am Virtual classes hosted by Coastline Pilates: \$15 per class payment through Venmo @rmillemann Sign up here to register for virtual classes <https://coastlinepilates.simplybook.me> or call 732.330.9168.

**Pilates mat for a Strong Back and Hips** 5:30pm Virtual classes hosted by Coastline Pilates: \$15 per class payment through Venmo @rmillemann Sign up here to register for virtual classes <https://coastlinepilates.simplybook.me> or call 732.330.9168.

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**FREE Natural ways to support the immune system & calm the fight/flight/freeze response** 10am Online Skype Class Ask about personalized one-on-one sessions. Contact: [Siobhan@NextStepStrategiesLLC.com](mailto:Siobhan@NextStepStrategiesLLC.com) Call 609.752.1048

**Yoga in The Park with SUKHA Yoga** 9am with Maribeth 616 Drum Point Road Brick. Sign up for the unlimited Summer Park Series for \$35 a month through Sept. Message Maribeth at Sukha South on Facebook

SATURDAYS

**Yoga in The Park with SUKHA Yoga** at Drum Point 8am HIIT with Peg, Yoga with Jake at 9am. 8:30am Yoga with Sarah in Pleasure Park Point Pleasant. Sign up for the unlimited Summer Park Series for \$35 a month through Sept. Message Maribeth at Sukha South on Facebook

**Pilates mat class challenge** 8:30am Virtual classes hosted by Coastline Pilates: \$15 per class payment through Venmo @rmillemann Sign up here to register for virtual classes <https://coastlinepilates.simplybook.me> or call 732.330.9168.

SUNDAYS

**Yoga in The Park with SUKHA Yoga** Kevin 8:30am Pleasure Park Point. Jake 9am Drum Point Brick. Sign up for the unlimited Summer Park Series for \$35 a month through Sept. Message Maribeth at Sukha South on Facebook.

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Christine Taliercio, M.S., C.A., L.Ac., D.Ac. is a certified acupuncturist, licensed in NJ by the Board of Medical Examiners, a certified Diplomate in Acupuncture by the N.C.C.A.O.M., and the owner of Acupuncture Works LLC. Taliercio is trained in treating infertility, smoking, anxiety, and depression. She uses a dry-needling technique to treat pain. She incorporates other modalities like electrical stimulation, ceramic mineral heat lamps, infrared light therapy, and essential oils. Breathing in the scent of certain oils enhances your treatment and well-being. It's all natural, and very effective. Suffer no more - call me today! .

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Gregory Carey, M.AcOM, Dipl. OM (NCCAOM), L.Ac. is a dual licensed and Board Certified Acupuncturist and Herbalist and founder of Old Bridge Acupuncture & Wellness, LLC. Gregory seeks a root-cause, whole body approach to treating illness, disease and imbalance. His expertise includes Acupuncture, Herbal medicine, Cupping, Gua Sha, Holistic nutrition, Traditional bodywork (Tuina) and Qigong. Gregory is adept at diagnosis and treatment of stubborn illness. His practice specializes in the treatment of Pain, Gastrointestinal Disorders and Chronic Skin Disease. Gregory is one of the few acupuncturists in the United States who has been previously elected to serve the National Board of Acupuncture (NCCAOM) as a Subject Matter Expert on the Herbal Medicine Board. He is also one of the few acupuncturists in the World who has been elected to the International Association for Chinese Medicine Dermatology. If you are suffering and in need of an upgrade in your health and well being, contact our office for information on getting started on your personalized Bridge to Wellness.

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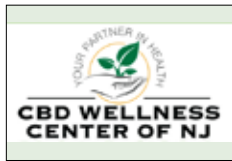
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William Smith has been in fitness & healthcare fields for over 20 yrs. In addition to his many years in fitness, he currently works for the #1 rated hospital in New Jersey and has published 15 books. He provides content related to health, wellness, and medical solutions, is a contributing writer for Natural Awakenings Monmouth/Ocean, and our lead writer for customer marketing support.

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Jeff Ball is on a mission is to help clients navigate the financial services industry effectively. He is committed to educating clients about money and investments, helping to reduce money-anxiety and empowering clients to take control of their finances. His goal is to help clients to reach their financial goals and to achieve a sense of financial well-being. Jeff wants clients to get the best deal possible from RBC and all of their financial service providers.

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Salim is the rare accountant who believes small businesses are the foundation of our economy and is dedicated to helping them attain financial health and security. He is author of "Straight Talk About Small Business Success In New Jersey." Get your free copy by calling (732)566-3660. (Limited quantities).

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Tina Polhemus, CPC is a certified Life Purpose Coach through the Institute for Professional Excellence in Coaching (IPEC) in 2014. She specializes in creating opportunities of awareness and empowerment for men, women, teens, couples, families, veterans, and those struggling with addiction, by emotionally connecting a person's inner purpose and passion to outer goals and strategies. Sessions in person, facetime, or via zoom. Visit "Life Purpose Coaching" at www.facebook.com/groups/285321619207999/

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I am a Certified Holistic Nutrition Coach, Positive Psychology Practitioner, Certified Coach and the Author of a book, "The Positive Psychology Diet: 21 Days to a Happier and Healthier Life" My life's purpose is to help others increase their happiness and well-being by using the tools of positive psychology and nutrition coaching. You are what you eat and what you think. Is your negative mind chatter stopping you from achieving your goals? Learn how to use the tools of positive psychology and the scientifically proven methods to achieve happiness and well-being. Call to set up a complimentary phone session. 732-245-2556.

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Pamela is a spiritual intuitive/medium who has been guiding many individuals and groups for the past 20 years. She practices astrology, numerology, and Tarot and is a member of the American Federation of astrologers. She conducts classes, workshops, and seminars in person and online. Follow Pam on LinkedIn Facebook and Twitter. Call for your appointment today to get clarity, direction, and inspiration on how to move ahead and live your life.

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