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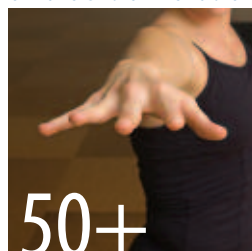
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# How Do You Walk in the World?

**A**RE YOU LIVING AWAKE, AWARE, ALIVE TO THE PRESENT MOMENT, OR ARE YOU COMFORTABLY NUMB? Or perhaps you are *uncomfortably* numb?

For many, life is lived in a trance state; we are on autopilot, moving through the daily routine like robots. Even our speech becomes scripted and polite. We pass people and reflexively inquire: How are you? The answer matches the reflexive question: “I am fine” or “Good, thank you, and you?” These utterances have lost their meaning, hanging in the air like empty shells. William Safire the noted opinionist wrote about a little boy who when citing the pledge of allegiance said, “I led the pigeons to the flag”. This week our yoga instructor said there was a student in her class (a forum for awareness and awakening), who at the end of class thought that everyone bowed to each other and said quickly “Have a nice day” when they were all saying “Namaste”. This is an example of someone missing out on the profound nature of an exchange. Namaste means *“the divinity in me recognizes and honors the divinity in you.”*

This numbing sleep state is so easy to fall prey to. On Mondays Jonathan drives 45 minutes into town and many times he is not aware of anything that he passes or even the weather of the day. He and his car are on cruise control. These moments are spent on the treadmill of life, when we shallowly breathe and barely notice or engage the environment. David Whyte, a brilliant awakener and poet said, “When we stop paying attention to the world, the world stops paying attention to us.” We succumb to living inside a narrow band of perception, a bubble, constructed to be comfortable, predictable and safe. However, this so-called safety means that we walk in the world as zombies.

What is the antidote to walking numbly? What is the path of awakening? It is finding the open space, the void, the breath between breaths. What is the easiest way to experience the void or the space? Simply stated, it is breath. As we breathe we not only experience the space within ourselves but we are literally bringing in the molecules of the universe into our lungs and distributing that reality throughout our bodymind. We must go into the void, which is often seen as the dark. David Whyte exhorts us to “go into the dark where the night has eyes to recognize its own.” It is our travel into that dark space that allows us to fully awaken into the light of life. As we descend into winter it is a perfect opportunity to enter into our inner world.

Many do not travel into that darkness because at first it can feel unfamiliar and lonely. Our culture gives us every opportunity to avoid the night and emptiness, both literally and figuratively, as we are showered with information and distraction faster than ever. The media surrounds us. We can go onto the computer from our cellular phones. There are even television stations at banks and gas stations to “amuse” and distract us, lest we have a few moments of silence. The result of this bombardment and our willingness to absorb it is a numb population whose inner space is as foreign as Mars. The more alienated we are from our inner night/void, the more distant we are from our Essence.

To shift our lifestyle from comfortably numb to vibrantly alive we must first become uncomfortably numb. It takes courage to leave the artificial seemingly safe zone, where the nightlight is always left on, and we never have to get to know what is lurking in the depths of our own being. Once we are uncomfortably numb, restlessness ensues and this inner agitation catapults us into wakefulness. We gather the strength to inhale deeply, to peer into the darkness, to search out the stillness and richness of experience that arises in each moment. As John O'Donohue says in *Anam Cara* “Darkness is the ancient womb. Nighttime is womb-time. Our souls come out to play.”

Astonishingly, when we reject numbness and brave our fears surrounding darkness; as Whyte says; “you can be sure you are not beyond love. The dark will be your home tonight. The night will give you a horizon further than you can see. You must learn one thing, you must learn one thing. The world was made to be free in. Give up all other worlds except the one to which you belong. Sometimes it takes darkness and the sweet confinement of your aloneness to learn that anything or anyone that does not bring you alive is too small for you.” Once we breathe into the darkness and the depth of our aloneness we tunnel down into the realization that our moments of life are truly gifts and we begin to make choices of people and activities that add to our sense of aliveness.

The term comfortably numb was sung in a song by the rock group Pink Floyd who also admonished us that by conforming without thinking we can easily become “another brick in the wall.” It is time for us to wake up as individuals and as a planet. Let's break down the walls that surround our hearts, breathe deeply and love fully. ▲



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# Homeopathy and Mindfulness: A Holistic Approach

"The true journey of discovery lies not in seeking new landscapes but in having new eyes."

**Marcel Proust**

**ONE OF THE MOST AMAZING ASPECTS OF HOMEOPATHY IS ITS ABILITY TO HELP US TO SEE WITH "NEW EYES."**

Again and again, as a homeopathic physician, I see both children and adults, who during the course of homeopathic treatment, develop a new outlook around some problematic area of their lives. They may have been stuck in a vicious cycle around some issue for years but now they have a new perspective. Homeopathic treatment shifts the health in such a way so as to allow them to change their behavior and end their suffering. What had been difficult now resolves often easily and seemingly almost effortlessly.

Joey (not his real name), an eight year-old boy, had been missing many days of school. His parents sought help mostly because of his frequent stomachaches and constant belching. On talking with Joey it was evident that he felt that the other children singled him out and tormented him. In fact, there was a history of his being bullied at school. As time went on, the more he was bullied, the stronger was his belief that he was being abused. Under homeopathic treatment a shift began to occur. Joey began to look at himself differently. He no longer saw himself as a victim but saw that he had a choice about whether to let the teasing upset him. His response to the teasing changed. He no longer reacted and interestingly, the taunts decreased as did his abdominal pain and belching. His grades improved as well and on follow-up after six months his new found self confidence was evident.

For adults who have been working with a mindfulness technique, homeopathic treatment can be a real aid.



Lynn, a successful career woman and mother in her 30's, had recurrent headaches as well as a problem with binge eating. She was well aware of the circumstances that triggered the binges and of the history leading up to this problem, however the binges persisted. After beginning homeopathic treatment she began to be aware, in the moment, that she had a choice. It became easier to resist the temptations when they arose instead of sinking into a vicious cycle of self-pity, self-deprecation and binging. Her headaches meanwhile gradually decreased in frequency and intensity over the course of several months until they ceased to be an issue.

Disease often has a holistic basis with both mental/emotional and physical aspects that are intertwined. As is evident from the case descriptions above, homeopathic medicine can act in a truly holistic manner. While many people seek homeopathic care for a specific physical symptom or disease such as asthma, recurrent ear infections or ADD, many are surprised to see other seemingly unrelated problems resolve. Even for patients who have been making little or no progress in therapy for many years, remarkable improvement in the effectiveness of treatment can be seen with the addition of appropriate homeopathic care.

The choice of homeopathic medicine is highly individualized and is based on a detailed evaluation. The medications are prepared from a variety of natural substances derived from mineral, plant and animal sources and are regulated by the FDA. Homeopathic medicine has a track record of over 200 years of safe use. It is based on established principles and laws formulated over two centuries ago by Dr. Samuel Hahnemann which still hold true today. Numerous modern controlled studies have documented the effectiveness of homeopathy for a variety of acute and chronic conditions. ▲

**For more information about homeopathy visit:**

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[www.homeopathyusa.org](http://www.homeopathyusa.org)

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# Eating Well in the New Year



**S**o here it is – January..... *New Year's Resolution time.* Don't you get frustrated with those resolutions when you find that three months down the road you are still struggling with them? What are the most common resolutions? I know – don't you? Resolution: "This year, finally – I'm going to lose weight and exercise". While these are good resolutions they don't actually get to the crux of our health problems since the real cause of not only weight gain but of so many of the illnesses that are on the rise in our society such as diabetes (which is one of the most rapidly increasing health concerns for not only middle age and older people but for our young people also). The cause is simple. It's our nationwide poor diet, lack of exercise and stressed lifestyles that lead to these problems.

Do you ever wonder why it's so hard to keep to your health goals and resolutions? It's usually because we are very idealistic and oh, so very hopeful while we are celebrating the holidays. Then after the holidays we get back to our real life, our real stresses and back into the habits that are the easiest for us.

My solution? Take a very realistic look at your life and start with one or two things to change that will make a positive change in your health, which will also lead to losing the weight and keeping it off. Very often the smallest steps and changes will make long lasting effects. When you start with a few simple things that you know you can do it gives you positive feelings that help you to continue. Once the first healthy habits are established then you can gradually begin to increase what you are doing and make more positive changes.

It's really not that hard to change what you eat and a few simple things you can easily do will help make a big difference in your health and you'll lose weight to boot, if that is your goal.

## Here are my suggestions for great ways to start the New Year:

- You can make yourself a whole lot healthier by becoming a smart shopper.
- If you purchase prepared food a lot find the healthiest source of fresh organically prepared foods.
- Remember, just because a health food store sells it, it doesn't mean it's healthy. However, there are a whole lot of healthy choices you can make with prepared foods.

- Read labels and avoid foods with any sort of added sugars, chemical preservatives, additives and coloring agents.

Getting all the added sugars out of your daily food is one of the most important things you can do for yourself. Save the sugars for a treat when you are out with friends. While it's easy to find packaged foods without the chemical preservatives and additives added sugars is the hard one, even when shopping in the health food store. Why? Usually because sugar is hidden in things where it ought not to be. In packaged foods where you wouldn't even think to read the labels thinking it would be safe. Believe it or not, it's can be hard to find foods in boxes, jars and cans that do not contain sugar in some form or another. Even simple items such as tomato sauce and vegetable or chicken stock, the milk alternatives such as soy, rice, almond, oat and hemp milk, peanut butter, soynut butter and all sorts of things that in no way need added sweetness often have sugar in them. By carefully reading labels you can find organically produced items without added sweeteners.

Often clever marketing strategies make you think you are doing something good for your body when actually you are just buying sugary sweets. A few examples that come to mind are food bars (have I mentioned that food does not come in a bar?) yogurt and breakfast cereal. Most yogurts on the market are simply sugary sweet desserts. Try purchasing plain yogurt and adding a little rice syrup, maple syrup or agave syrup to it with some fresh fruit when you eat it. These forms of sugars are much better for you when you want something sweet.

For breakfast make whole grain breakfast porridge rather than having boxed cereal. Even if it's labeled organic and says it's whole grain and good for you those cereals are not the best way to start the morning. Instead make a pot of whole grain porridge that will last you a week. This actually means the whole grain, not the mashed up, ground up floury stuff in boxes. Whole grain brown rice, whole oats, millet, barley, amaranth and quinoa are a few whole grains that make delicious porridge. Cook them alone or combine several together. Cook enough for the week and then just take a little to warm up in the morning. Dress the porridge up with some toasted nuts or seeds, some fresh fruit, cinnamon or other spices and if you really need it to be sweet, again use a little rice, maple or agave syrup. You might even want to

# Health Food Store Directory

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Puravita Natural Foods 610-685-6666 448 Penn Ave, West Reading, PA  
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Interhealth Foods 609-345-3711 2830 Atlantic Ave Atlantic City NJ 08401  
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Natural Health 856-784-1021 Blackwood NJ 08012  
Nature's Cupboard 856-354-8811 208 Kresson Rd Cherry Hill NJ 08034  
Natures Earth 856-662-4244 2107 Marlton Pike W Cherry Hill NJ 08002  
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Smoking Cessation, Face Lifts, Herbs. Phoenixville. 610-933-5459  
www.gatewaybodyworks.com

**Margaret Kinnevy, RN, MAc** Fertility Health, Phila. 267-934-4682

**Beata Maslanka** Lc. OM Newtown Sq. and Philadelphia 215-400-1023

**Meredith Murphy** LicAc, MaAc, DiplAc King of Prussia 610-265-1827  
fertility, pain, migraines, anxiety www.healingpointonline.com

**Sharon Rose, L.Ac, Dipl. O.M.** Acupuncture, Therapeutic Bodywork  
721 E Lanc, Downingtown. Rosefamilyclinic.com (484) 238-8127

**Simply Be Well Acupuncture** Kim Cherry L.Ac, M.Ac.  
Skeppack, PA 610-584-2439 kimcherry.com

## AYURVEDA

**Alpa Bhatt, BAMS, LMBT, NMT** (610) 239-9901 (732) 857-6411  
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**ReddyWorks.com** Personal/Business Coaching, Energy Leadership  
Assessments, "Book Yourself Solid" Marketing Trainer 610-469-7588

## COLONICS/COLON HYDROTHERAPY

**Colon Hydrotherapy** - Haverford Wellness Center  
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## COUNSELING, SYSTEMIC FIELD CONSTELLATIONS

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## CRANIOSACRAL THERAPY

**Brigid Meagher** Upledger CST, Pottstown, Kimberton 610-469-1717

## DENTISTS, HOLISTIC

**DAMS, Dental Amalgam Mercury Solutions**, Intl 610-649-0465  
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resources and information, call carol\_ward@verizon.net

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## ENERGY AUDITS

**Residential Energy Solutions.com** 800-789-5131

## ENERGY HEALING

**AllisonPrettyman.com** West Chester, PA (484) 467-5449

**RYAH Yoga & Health** Conshohocken ryahyogaandhealth.com (610) 834-1551

## ENERGY MEDICINE TRAINING/ HEALING

**Energy Medicine Healing/ Education** -www.TheEmpowermentCentre.com

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## FAMILY CONSTELLATIONS

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# Holistic Resource Directory

## HOLISTIC HEALTH

**Lionville Nat. Pharmacy & Holistic Ctr** [www.lionrx.com](http://www.lionrx.com) (610) 363-7474

**PaBodyTalk Center** Jalma Marcus RN,BS,MS,CBPAT,PARAMA 215-840-3263

**Ula Pasternak, NCMT, MA, Rev.** 610 287-2714 [lula@verizon.net](mailto:lula@verizon.net)  
The Unity Center for Holistic Living, [www.theucenter.com](http://www.theucenter.com)

## HOLISTIC MEDICAL DOCTOR

**Lisa Freedman, MD** Works with Pennington Apothecary  
Villanova: 610-579-3797 and Huntingdon Valley: 215-796-1700

## HOLISTIC STUDIES/TRAINING

**Lourdes Institute** of Wholistic Studies (856) 869-3134  
900 Haddon Ave. Collingswood, NJ [www.lourdeswellnesscenter.org](http://www.lourdeswellnesscenter.org)  
Yoga Teacher Training, Massage, Shiatsu, Reflexology Cert.

**PaBodyTalk Center** Access & Basic Courses CEs RNs, MTs 215-840-3263

## HOMEOPATH

**Angela Walker, CCH, RSHom** [www.catalysthomeopathy.com](http://www.catalysthomeopathy.com) (610) 526-2246

## HYPNOTHERAPY

**Nancy Schappert MHt** Suggestive, Regression & Past Life Therapy  
[www.nancyschappertthehealthyliving.com](http://www.nancyschappertthehealthyliving.com) West Chester 484-343-0896

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## MARTIAL ARTS

**Kwon's Black Belt Academy** Katharine Ruoss-Naumenko  
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[kwonbb@aol.com](mailto:kwonbb@aol.com) (610) 651-KWON [www.kwonblackbelt.com](http://www.kwonblackbelt.com)

## MASSAGE

**Back In Balance** [www.back-in-balance.com](http://www.back-in-balance.com) 267.980.1727 Langhorne, Pa

**Ctr.for ALT.Therapies** Alyssa Obrien CMT,CMCP Pottstn 267-372-3083

**Gateway Bodyworks** 333 Morgan Street, Phxville 610-933-5459  
Myofascial Release, CranioSacral, Cupping, Acupuncture,  
PreNatal Massage, Ear Candling, Yoga [www.gatewaybodyworks.com](http://www.gatewaybodyworks.com)

**Healing Hands Massage** [www.hhmassage.com](http://www.hhmassage.com) 610-647-7551  
Berwyn, Media, West Chester, Downingtown-Gift Cards-Open 9-9 7days

**www.healingpointonline.com** King of Prussia 610-265-1827  
massage, shiatsu, prenatal, reiki, reflexology, myofascial, & more

**Kneady Muscles.com** 14 Thomas Ave, Bryn Mawr (484) 432-8131  
Corrective Massage, Acupuncture, Shiatsu: Pain Management

**AllisonPrettyman.com** West Chester, Pa. (484) 467-5449

**RYAH Yoga & Health** *Conshohocken* [ryahyogaandhealth.com](http://ryahyogaandhealth.com) (610) 834-1551

**ThaiYogaSwedishMassage** by Barb [www.spiritualhealingmassage.com](http://www.spiritualhealingmassage.com) DE

## MASSAGE CUPPING THERAPY

**Alyssa Obrien CMT,CMCP** Deep Tissue Release Pottstown. 267-372-3083

## MASSAGE SCHOOLS

**The Massage School** *Exton 6wks to certify* Roxayne (610) 524-2171

## MEDITATION

**Meditation for Your Type & Training**, Discover the meditation  
that works for your personality. Learn tools for inner-peace.  
[www.YogaLifeInstitute.com](http://www.YogaLifeInstitute.com) Devon, Pa. 610.688.7030

**Penn Program for Mindfulness** Applied Mindfulness Meditation-Based  
Tools for Living. [www.pennmedicine.org/stress](http://www.pennmedicine.org/stress) 215-615-2774

## MIDWIFERY

**The Birth Center**, Bryn Mawr & Exton (610) 525-6086

## MUSIC INSTRUCTION

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**Lynn W Feinman, ND**, Natural Health Practice, Improve your Health  
& Well-Being, contact: [lwf@comcast.net](mailto:lwf@comcast.net), 610-608-1430 Paoli Office

# Holistic Resource Directory

## NEURO-LINGUISTIC PROGRAMMING

**EmpowermentCentre.com** NLP Training/ Counseling 610-213-1010

## NUTRITION

**Ben Briggs, RPh, CNC, Functional Nutrition** [www.lionrx.com](http://www.lionrx.com) (610) 363-7474

**Joel S. Edman, DSc, EACN, CNS** [www.EdmanNutrition.com](http://www.EdmanNutrition.com) 610-742-8880

**Rosemary Nardone, CHHP** [www.RosemaryNardone.com](http://www.RosemaryNardone.com) (610) 651-8181

**Nancy Schappert PhD, RN** Holistic Nutrition Hypnosis Qigong Reiki  
[www.nancyschappertthehealthyliving.com](http://www.nancyschappertthehealthyliving.com) West Chester 484-343-0896

## PSYCHOLOGIST

**Timothy Freitas, Psy.D.** Devon 610 688.3538

**Christine J Ware, PhD, RYT** [www.mindbodyservices.com](http://www.mindbodyservices.com) 610-664-6446

## QIGONG

**Debi Dunn** certified Qigong, Tai Chi, Yoga Instructor, Reiki Master.  
Classes & seminars. [www.theheartofhealing.com](http://www.theheartofhealing.com) 484.431.1270

## REIKI

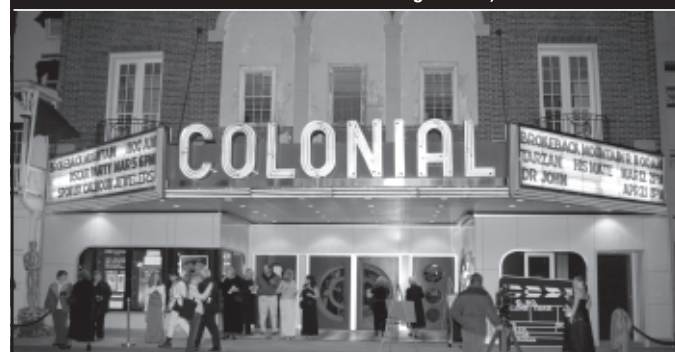
**Reiki Healing Center** 20 S. Olive St, Suite 305, Media, PA 19063  
Classes & Sessions [www.reikihealingcenter.org](http://www.reikihealingcenter.org) 610-348-5698

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## RETREAT CENTERS

**Pendle Hill Retreat Center** (610) 566-4507  
personal retreats/ seminars Wallingford, PA [www.pendlehill.org](http://www.pendlehill.org)

## SKIN CARE SURROUND

**Holistic Skin Care** Facials Lic Aesth. Lisa Loeb 610-240-9272

## TALK CIRCLES

**1st Friday Talk Circles-Pot Luck:** Karen Wrigley, LSW (610) 631-0880  
1823 West Main St, Norristown, Pa 19403 [www.RejuvenationExpress.com](http://www.RejuvenationExpress.com)

## WEDDINGS/COMMITMENT CEREMONIES

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**Essential Wellness Ctr.** Supportive, Nurturing, Integrative Care  
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**Gateway Bodyworks** 333 Morgan Street, Phxville 610-933-5459  
Your Gateway to Health and Healing [www.gatebodyworks.com](http://www.gatebodyworks.com)

**Lionville Nat. Pharmacy & Holistic Ctr** [www.lionrx.com](http://www.lionrx.com) (610) 363-7474

**RYAH Yoga and Health** *Wellness Center in Conshohocken* – Holistic  
Health Svc; Yoga/Pilates; Massage/Energy; Counseling Svc; Events,  
Workshops; Corp. Retreats (610) 834-1551 [www.ryahyogaandhealth.com](http://www.ryahyogaandhealth.com)

## WISDOM CIRCLES

**Wisdom circles** workshops, wellness-oriented events by inherlife,  
LLC: women's renewal/retreat; south/central NJ; [www.inherlife.com](http://www.inherlife.com)  
or email Lee at [leeforestknowlton@yahoo.com](mailto:leeforestknowlton@yahoo.com) for more information.

## WOMEN'S HEALTH

**Lionville Nat. Pharmacy & Holistic Ctr** [www.lionrx.com](http://www.lionrx.com) (610) 363-7474

**Bach Flower Therapy, Charlene Briggs** (610) 594-9591  
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Emotional challenges. [www.bachflowersUSA.com](http://www.bachflowersUSA.com)

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Develop personalized Yoga program for health, psychological &  
spiritual. In Devon. Daytime hours. [www.yogalifeinstitute.com](http://www.yogalifeinstitute.com)



# Yoga Living Supports a GREENER PENNSYLVANIA



**W**e are proud to say that Yoga Living has encouraged Green Living since our first printing over eleven years ago. In fact we were one of the first businesses in Pennsylvania to use wind energy and our

commitment to sustainable living has continued to grow. In an effort to keep the community informed of local green choices, we offer listings for natural stores in the Holistic Shops Directory and Green Businesses in the Green Business Directory. Seasonally, you will find information about area Farmers Markets and Community Supported Agriculture programs.

Whether you are an old pro at being Eco-Friendly or a newcomer to the party, we invite you to join us in some way. We began this journey eleven years ago as one of a handful of local organizations promoting Green Living and have watched it grow into a global movement of awareness. We have seen firsthand how individual efforts make an impact on society at large. One small shift per person, per year really can make a difference! Below you will find a list of things to get you started or move you further in the process of greening your life.

- **Switch to Compact Fluorescent Light Bulbs:** Compact fluorescent light bulbs can be a huge energy saver. Replace your incandescent bulbs with fluorescents and enjoy reductions in heat production, energy use, and electric bills!
- **Program Your Thermostat:** When you are at home, keep the thermostat at 78°F or higher in the summer and 62°F or lower in the winter.
- **Plug Air Leaks:** This simple step can go a long way toward keeping your home at the temperature you desire, saving money on heating and air conditioning bills and more.
- **Tune Up Your Heating and Cooling (HVAC) System:** Have a checkup for your HVAC system every 2 years to make sure it is running efficiently. Be sure to clean the filter monthly during times of peak usage; a dirty filter can significantly reduce the efficiency of your HVAC.
- **Reduce Water Use:** Indoors: Use less water by adding aerators (available for a few dollars at your local home supply store) to your sink faucets and changing to low flow showerheads. Outdoors: Incorporate native plants in your landscape plan and minimize high maintenance landscaping such as turf grass to conserve water, while still maintaining a beautiful lawn.
- **Switch to Green Power:** Green Power is an optional utility service for customers who want to help expand the production and distribution of renewable energy technologies. With green power, you do not have to change your electricity

provider. Instead, customers choose to pay a premium on their electricity bill to cover the extra cost of purchasing clean, sustainable energy. PECO offers a wind energy option for their customers.

- **Plant Trees to Provide Shade and Wind Protection for Your House:** This simple step can help you save money on heating and air conditioning bills while providing beautiful views around your home.
- **Use Native Plantings:** Native plants have been growing and evolving in our area for thousands of years and have adapted to the local soils and climate. As a result they are more likely to thrive with minimal care and support the natural surrounding habitat, feeding birds, insects and animals.

## LOCAL BUSINESSES AND ORGANIZATIONS WHO CAN HELP

**Residential Energy Solutions:** Comprehensive, Unbiased Energy Audits and Building Performance Consulting Services. Professional home auditors not connected to any contractor and hence unbiased. Using the latest technology to access appliance function, energy loss and make recommendations as to the best strategies for your home. [www.residentialenergysolutions.com](http://www.residentialenergysolutions.com).

**Ecosociate Realtor 1st Patriot:** Finding or transforming a home into a more green investment is a niche being filled by more and more realtors these days. [www.sensiblygreenhomes.com](http://www.sensiblygreenhomes.com).

**Green Drinks Organization:** Look up your local meet-up group at their website to meet folks and share ideas and resources on Green Living. Service providers are encouraged to bring their business cards and consumers are welcome to join in and learn! Locations include Philly, Chestnut Hill, West Chester and Cherry Hill. [www.greendrinks.org](http://www.greendrinks.org).

**Don Hull, Geothermal Specialist:** Some of the most cutting edge green technologies uses the temperature of the earth to save costs by heating and cooling from the grounds constant temperature. [www.groundsourcehvac.com](http://www.groundsourcehvac.com)

**Corbin Solar Solutions:** designs and installs photovoltaic solar electric systems in NJ, PA and DE. For self storage facilities with the typical large roof area and modest electrical usage that take advantage of the available federal and NJ incentive programs. [www.corbinsolar.com](http://www.corbinsolar.com)

## Local Green Home Stores:

Earth Mart, Phoenixville: [www.earthmartonline.com](http://www.earthmartonline.com)  
Environmental Home Store, Lansdale/Philadelphia: [www.environmentalhomestore.com](http://www.environmentalhomestore.com)  
Greenable, Philadelphia: [www.greenable.net](http://www.greenable.net)  
Greendepot Philadelphia: [www.greendepot.com](http://www.greendepot.com)

## Local Green Organizations:

Philadelphia Greenfest: [www.greenfestphilly.org](http://www.greenfestphilly.org)  
Sustainable Business Network: [www.sbnphiladelphia.org](http://www.sbnphiladelphia.org)  
Philadelphia Clean Air Council: [www.cleanair.org](http://www.cleanair.org)  
PA Buy Local: [www.buylocalpa.org](http://www.buylocalpa.org).

# Green Business Directory

## ADVERTISING

**Yoga Living Magazine** [www.yogalifeinstitute.com](http://www.yogalifeinstitute.com) 610-688-7030  
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## DRY CLEANING

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## GREEN BUSINESS ORGANIZATION / LOCAL ECONOMY

**Sustainable Business Network of Greater Philadelphia** network of  
socially and environmentally respon. businesses. Website has events, on-  
line marketplace, membership info: [www.sbnphiladelphia.org](http://www.sbnphiladelphia.org) 215-922-7400

## LANDSCAPING

**Flowers & More**, [www.flowersandmore.biz](http://www.flowersandmore.biz) 610-701-9283

**Pride & Joy EarthCare**, Birchrunville, PA 610-495-5684

## NATURAL PHARMACY

**Lionville Nat. Pharmacy & Holistic Ctr** [www.lionrx.com](http://www.lionrx.com) 610-363-7474

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[www.americanpridepaint.com](http://www.americanpridepaint.com) 1-601-264-0442

**Baldwin Painting** [baldwinpainting@yahoo.com](mailto:baldwinpainting@yahoo.com) 484-886-6681  
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## REAL ESTATE

**Keller Williams**, Pam Butera [www.expertsforyou.com](http://www.expertsforyou.com) 215-646-9200

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**Harmonia Healing Arts Spa** 413 E Lancaster Ave, Wayne 610-688-1007  
Offering holistic & healing spa treatments [www.harmoniaspa.com](http://www.harmoniaspa.com)

## VETERINARIAN

**Animal Wellness Center**, Rose DiLeva, VMD, MS, CVA 610-558-1616  
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## WEB DESIGN

**Terrabyte Design** offers eco-friendly web design, development and consulting  
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Yoga Living Seeks Green Businesses; Cleaning, Natural Builders, Natural Painters, Green Investing, Green Stores!



# Holistic/Yoga Gift Shop Directory

**Featuring Yoga Shops, Green Stores, Gift Shops, and local, fair-trade shops.\***

Email us your store's FREE, one-line listing at [info@yogalivingmagazine.com](mailto:info@yogalivingmagazine.com). Kindly let us know if there are any corrections.

## PENNSYLVANIA

### BERKS COUNTY

Earth Rhythms 610-374-3730 641 Penn Ave Reading PA 19611

### BUCKS COUNTY

Freckles Place 215-674-5640 1165 York Road Warminster PA 18974  
Solutions for Daily Living 215-968-9750 126 N State St Newtown PA 18940

### CHESTER COUNTY

BendBodyWear 610-558-0565 Old Ridge Vll 100 Ridge Rd#7 ChaddsFord PA 19317  
Charmingly Linda's 610-640-1220 480 Lancaster Ave Frazer PA 19355  
Earth Mart 610-935-1793 235 Bridge St Phoenixville PA 19460  
Earth Speak 610-933-7375 2123 Kimberton Rd Kimberton PA 19442  
Revue Boutique & Gallery 610-918-4402 138 East Gay St, West Chester PA  
Ten Thousand Villages 610-594-2370 271 Main St Exton PA 19341  
YogaLife Bookstore 610-688-7030 821 W Lancaster Ave Wayne PA 19087

### DELAWARE COUNTY

Ten Thousand Villages 610-892-5020 101 W. State St Media PA 19063  
Total Nutrition of Wayne 610-688-9300 156 E. Lancaster Ave, Wayne, PA 19087

### LANCASTER COUNTY

Evolution Power Yoga LLC 717-391-1060 447 N Mulberry St Lancaster PA 17603  
Radiance 717-290-1517 9 W Grant St Lancaster PA 17603  
Ten Thousand Villages 717-721-8400 240 N Reading Rd Ephrata PA 17522

### MONTGOMERY COUNTY

AVJ Natural Cat 610-326-0177 6 S Hanover St Pottstown PA 19464  
Got Your Back 610-834-3992 521 E Hector St Conshohocken PA 19428  
Dreamcatcher 610-584-5556 4049 Skippack Pk Skippack PA 19474  
Environmental Home Store 215-368-2589 1684 Kriebel Rd Lansdale PA 19446  
Lucy 610-649-2541 24 Parking Plaza (Suburban Square) Ardmore PA 19003  
Ten Thousand Villages 215-723-1221 787 Rt 113 Souderton PA 18964

### NORTHAMPTON COUNTY

Organic Mattress Shop 866-246-9866 1075 Main St Hellertown PA 18055

### PHILADELPHIA COUNTY

Arcadia Boutique 215-667-8099 819 N. 2nd Street, Philadelphia, PA 19123  
The Black Cat 215-386-6664 3428 Sanson St Philadelphia PA 19104  
Environmental Home 215-844-4733 550 Carpenter Ln @ Greene St Phila PA 19119  
Eviama Life Spa 215 545 3344 262 S16th St Philadelphia PA 19102  
Garland of Letters 215-923-5946 527 South St Philadelphia PA 19147  
Greenable 215-922-6066 126 Market St Philadelphia PA 19106  
Greendepot 215-333-1404 6951 State Rd, Ste A, Philadelphia, PA 19135

## PHILADELPHIA COUNTY (cont.)

Lululemon 215-735-2431 1704 Walnut St Ste 3F Philadelphia PA 19103  
Moving Arts Institute 215-205-1292 7425 Old York Road Elkins Park PA 19027  
Sanctuary Yoga Shop 215-242-3150 8611 Grmntwn Ave Chestnuthill PA 19118  
Ten Thousand Villages 215-574-2008 1122 Walnut St Philadelphia PA 19107  
Villa and Hut Furniture 215-425-1014 1105 Frankford Avenue, Philadelphia PA 19125

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consider having savory foods for breakfast rather than sweet foods. In most cultures breakfast was traditionally savory and it is much better for your blood sugar to start the day with something like miso soup and porridge that is not too sweet. Looking for a substitute for those pretend to be food bars keep some nuts, seeds, currants and raisins in a bag to snack on.

A few other simple changes you can make that should not add too much stress to you already busy life are:

- Purchase organically grown as much as possible.
- Stay away from the frozen food section. Eat the freshest foods possible.
- Whether you are cooking for yourself or purchasing prepared foods make your plate at least 50% vegetables. Your vegetables should be more than just salad. Have veggies that are roasted, steamed, sautéed, boiled, braised and pickled. The key is to have a variety of veggies prepared in a variety of ways.
- Start to cook something for yourself a few times a week. Whether it is simply cooked vegetables that can last a few days in the fridge or hearty dishes that can last a week in the fridge or be frozen start a new healthy habit of cooking.
- Stay inspired. Find recipes online or take some cooking classes to meet like-minded people, socialize and learn something new.

Here are a few simple recipes to get you started.

## SAUTEED GREENS WITH OLIVE OIL AND GARLIC

Almost any type of greens can be sautéed with olive oil and garlic. Greens that are very bitter such as broccoli rabe, dandelions and mustards should be blanched first and then sautéed otherwise they are just too bitter for most people. If you have tough greens boiling them for a few minutes before sautéing them will make them more tender and delicious. The fall, winter and springtime are great seasons for kale and collards. These are greens that are at their best in the cool weather. Keep in mind that the amount of greens is greatly reduced when you sauté them. You can count on getting about ¼ of what you started with, or even less.

### Ingredients:

- 1 – 2 bunches greens (thoroughly washed)
- 1 – 2 tablespoons Olive oil
- 2 – 6 cloves garlic, chopped
- Sea Salt

After cleaning the greens well bring a pot of water to a boil. It is not necessary to salt the water. To blanch greens just bring the water back to a boil and remove the greens. This works well for greens that are bitter.

To boil greens bring the water back to a boil and cook them for a few minutes. The greens should stay bright green. Don't cook them until they turn khaki colored. Put the cooked greens into a colander that is set in a bowl to drain

well. You don't want added water in this dish. It will make the dish taste washed out. Put the garlic into cold oil and then turn on the heat. Stir regularly. Be careful not to cook the garlic too long or it will become bitter. Toss in the greens and add a bit of sea salt. I also like this dish seasoned with shoyu. Sauté until the greens are soft and tender and change color slightly. Serve as is or with toasted nuts or seeds. Lemon wedges are a nice addition to this dish also.

**Note:** *You don't have to cook just one type of green in this dish. Try combining two or more different greens together such as bok choy, collard, kale, dandelion, broccoli rabe, spinach, watercress.*

## LENTIL SOUP

Bean soups are great to make plenty of and freeze. When you are going to freeze them let them cool first then put them into serving size containers so you don't have to defrost more than you need. There are many types of lentils on the market today. I really love beluga and French lentils since I find their flavors more full, rich and interesting than the more commonly known green lentils. Regular green lentils are just fine in this dish also.

### Ingredients:

- 1 lb lentils, picked through, washed and soaked overnight (can substitute canned if necessary)
- 1 medium onion, diced
- ½ rib celery diced
- 1 small carrot, diced
- 1" piece kombu\*
- 1 cup diced tomatoes – optional, canned is fine
- 2 quarts organic vegetable stock (sugar free) or water or your own vegetable stock
- ½ teaspoon ground cumin
- ½ teaspoon ground coriander
- ½ teaspoon turmeric
- 1 teaspoon freshly grated ginger
- Sea salt to taste
- Shoyu or wheat free tamari – to taste – optional

Place the olive oil into a large 6-quart Dutch oven or heavy stockpot and set over medium heat. Once hot (but not smoking) add the onion, carrot, celery and a pinch of sea salt and sweat until the onions are translucent, approximately 6 to 7 minutes. Add the lentils, tomatoes – if you are using them, water or vegetable stock, coriander, cumin and fresh ginger and stir to combine. Increase the heat to high and bring just to a boil. Reduce the heat to low, cover and cook at a low simmer until the lentils are tender, approximately 35 to 40 minutes. If you include soy in your diet seasoning the soup with shoyu or wheat free tamari adds a richness of flavor that makes the soup much more satisfying to many people. If you would like to soup to be creamy use an emersion blender to puree the soup to your preferred consistency. It is fine to not blend the soup at all. Serve while hot.

**\*Note:** *Kombu is a sea vegetable that adds many nutrients to dishes along with softening the fibrous quality of many vegetables and beans. Kombu has been used in Asian cuisine to naturally enhance and bring out the flavor of foods.*

beyond the thoughts of the mind. While difficult, control of the mind is possible by focusing the mind on an eternal principle. The body is stilled, and the senses stilled in the process of purifying the mind. The benefits of controlling the thoughts are at the root of mind-body healing. When the mind is controlled, it is easier to control the body and its impulses. In addition to its sublime pursuit of purity, meditation also has practical benefits of improving self-control, reducing stress and creating space for emotional transformation.

**Bhakti Yoga** or the Yoga of Devotion refers to practices such as scripture study, repetition of sacred syllables, chanting and the ongoing cultivation of a connection to the divine reality. The term is often translated as “devotion”, though increasingly “participation” is being used as a more accurate rendering, since it conveys a fully engaged relationship with the divine. This form of practice emphasizes devotion and practice above ritual and is typically represented in terms of human relationships, most often as beloved-lover, friend-friend, parent-child, and master-servant. It may refer to devotion to a spiritual teacher, to a personal form of God, or to divinity without form. Belonging to a particular tradition is not exclusive—devotion to one deity does not preclude worship of another.<sup>1</sup>

**Jnana Yoga** is the practice of gaining the highest knowledge. The mind, limited by its materialistic boundaries cannot fully discern the unchanging nature of reality. Jnana Yoga focuses on the oneness of all life as the means to enlightenment. Intellectualism is not required for an aspirant of Jnana Yoga, as book learning lacks the experiential quality of realized knowledge. A discriminating spiritual nature helps the practitioner grasp the meaning of life, which described by the Gita, is realizing that, “I (the divine reality) am the taste of pure water and the radiance of the sun and moon. I am the sacred word and the sound heard in air, and the courage of human beings. I am the sweet fragrance in the earth and the radiance of fire; I am the life in every creature and the striving of the spiritual aspirant. (7:8-9)”

In looking at different Yogic life paths, it is also important to consider Tantric Yoga or the Yoga of Health and Wellness. It is not directly mentioned in the Bhagavad Gita but has gained tremendous popularity in the modern yogic culture. Historically, Tantra has had a considerable number of texts devoted to its practice, and some date all the way back to the 5th-9th century AD. Tantra is different from other traditions because it takes the whole person, and his/her worldly

desires into account. Other spiritual traditions ordinarily teach that desire for material pleasures and spiritual aspirations are mutually exclusive, setting the stage for an endless internal struggle. Tantra itself means “to weave, to expand, and to spread”, and according to tantrik masters, the fabric of life can provide true and ever-lasting fulfillment only when all the threads are woven according to the pattern designated by nature. Tantra as a path is systematic and comprehensive. Its practices pertain to Hatha Yoga, Pranayama, Mudras, Rituals, Nada (Sound) Yoga, Mantra, Mandala, Visualization, Alchemy, Ayurveda, Astrology, and hundreds of esoteric practices intended to generate worldly and spiritual harmony.<sup>2</sup>

Individual yoga practitioners usually use a combination of the different types of Yoga paths. At different stages of life, different types of yogic practices will become more or less relevant. The young and old have the time and need to contemplate the nature of reality and have a higher quotient of Jnana Yoga. At mid-life the mind and body are in peak condition and attention to Karma Yoga dominates. Being married, having children and taking care of family is a naturally Bhakti way of life. Meditation/psychological practices will be relevant the person who appreciates finding a quiet mind – for many people this can be later in life. The Tantric or Health practices are practiced by all to a certain degree, but will be the main focus for certain kinds of practitioners. It is important to know that one form or style is not any better than the other - they are simply different ways of getting to the same place. The key is to create a deep sense of personal experience with the tools that are available to you. As your needs change over time, so will your practice. ▲



#### References:

<sup>1</sup><http://en.wikipedia.org/wiki/Bhakti>

<sup>2</sup>[http://hinduism.about.com/od/tantra/a/what\\_is\\_tantra.htm](http://hinduism.about.com/od/tantra/a/what_is_tantra.htm)



# I Thought I Was Environmentally Conscious But Then...

Living in the rainforest of Costa Rica heightened my awareness of my families' giant carbon footprint. Three years ago we were blessed to spend six months living high on a mountaintop in the cloud forest of Monteverde. In preparation for our trip we found a family to rent our house and stored all of our personal belongings above the garage.

The house we found in Costa Rica was significantly smaller than what we were accustomed to. Our children shared a bedroom and slept better than ever before. Not only because they had each other, but because they knew we were right outside their bedroom door. There was nowhere else we could be. No downstairs, no home office, no big family room, just the kitchen, a small living space and our own bedroom directly across from them.

The house not only lacked rooms we were used to, but also appliances. No dishwasher, no microwave, dryer or television. With the exception of the television, most locals we met did without these appliances because electricity and appliances themselves were so expensive.

The difficulty of not having a dryer in the cloud forest took some getting used to. I learned quickly to watch the clouds and try to time my laundry accordingly for drying on the line. Luckily, like most Costa Rican houses, we had a small indoor area with lines for drying clothes. I taught my kids that clothes needed to be visibly dirty to be placed in the laundry. We needed to reduce the amount of clothes we washed, because sometimes depending on the rain it could take days to get the clothes dry, even inside the house.

Although the laundry had become much more time consuming I found myself enjoying it. I loved keeping a close watch on the sky and clouds that change so immediately on a mountaintop. One sunny day while we were hanging out the laundry some monkeys swung through the branches of the trees a few feet from us. When our cat leapt to attention, the monkeys snapped off twigs and threw them at her. I would have missed this funny interaction if it weren't for the lack of a dryer.

Not having a television was fabulous. We had to come up with new ways to spend our time. My husband taught himself to play guitar, I gave my son piano lessons, my daughter was determined to learn the violin. We spent time drawing, writing, and cooking together as we watched the sun set through our kitchen window. Our electric bill was miniscule.

We also didn't have a car. Much to our children's dismay we walked everywhere. Sometimes when they were too exhausted to make it up the mountain road I would hitch a ride, usually from some tourists. The kids eventually adjusted and began to enjoy the walks for all the nature they could spot around them. They always seemed to find something like a blue Morpho butterfly, a Toucan, or a sloth. The walks got easier each time. We all gained physical strength and endurance without ever setting that intention or going to the gym. I felt the healthiest I've felt in my life.

Each week I walked for thirty minutes to get to the grocery store in a nearby town. I couldn't handle carrying my groceries the thirty minutes back, so I took a taxi home. A local mom who lived even further away from the store carried hers home in an enormous backpack.

Thankfully not all of our food needed to come from the meager grocery store. A local farm delivered produce to our kid's school and every Sunday morning we would walk through the woods to a friend's farm where we got our milk. Until we bought a plastic milk jug that we could refill

each week, he often gave us our milk in a two liter Coca Cola bottle. An older woman who lived at the end of our dirt road made peanut butter that she would sell to me in yogurt containers. We truly recycled there. What few products we bought in packages, I knew would be used over and over again.

Every house I visited had a big plastic bucket near or under the kitchen sink for composting. Since our diet consisted of mostly fresh produce we created a great deal of fruit and vegetable scraps. We joked that by the time our landlady's dogs had their share, our compost was mainly eggshells and pineapple tops. Typically, for the week we would generate one or two small grocery bags of garbage that we had to carrying about a half a mile down the road for pick-up.

Since we've been back we've tried to make some changes in our lifestyle here to reduce the amount of natural resources we are using. It is challenging to live in a culture that doesn't support sustainability, but it is encouraging to see the dialogue that is happening on a much larger scale these days. I know that my family still has a long way to go, but our time in Costa Rica taught us a lot about what is really important in our lives. ▲

