

Fall 2010

Family Nurturing Tree

A Precious Leaf

By Gloria Chadwick

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Winding down after a demanding day often means turning on the television, pouring a drink, or breaking into a pint of ice cream. A more productive, healthy way to chase away tension, anxiety, and the daily blahs is meditation. Here's a meditation designed to help you quiet mind chatter, focus inward, and explore the limitless realm of your heart and soul.

You're outside for a walk, going nowhere in particular, just walking for exercise and enjoyment and to get your thoughts clear on changes you're making in your life. Perhaps you feel a bit disconnected, as if you've outgrown something and you're searching for a new sense of direction, a new way to grow. It's a beautiful autumn day, and the changing leaves on the trees are colorful and vibrant.

You notice a little leaf that has fallen to the ground. It calls to you, asking to be noticed, wanting to share its essence with you. It's beautifully unusual, and has hues of orange, red, and yellow.

Picking it up--perhaps feeling a bit sad at first that it has lost its connection to the tree--you soon begin to realize that it is following its course of direction and purpose, beginning a new journey that ultimately leads to renewal and growth. You compare this leaf to yourself and to the changing seasons--to the changes in life. Perhaps you are going through changes in your life, perhaps feeling a little sad and lost yourself as you make changes, let go of connections, and prepare for new directions. Perhaps you've

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Mission Statement

Create a life of love, peace, purpose, health, gratitude, joy, and abundance, by harmonizing and celebrating an awareness of Divine Love

Winter is an etching, Spring a watercolor, Summer an oil painting and Autumn a mosaic of them all...



- Stanley Horowitz

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Photo Courtesy of Linda Baker, Owen Sound, Ontario, Canada

outgrown something, now it is time to move on and explore new options. Perhaps you're unsure of your direction. You look at the leaf and notice it is ready to move forward in its life cycle--saying goodbye, letting go with love. You admire its courage, knowing you must find that same courage within yourself to move on.

You relate to this leaf and feel a deep inner sense of kinship and familiarity with it. Like you, the leaf has outgrown this particular connection. You look at the tree it has fallen from and feel a sincere gratefulness and appreciation for the growth this leaf has experienced, for the growth you've experienced, for the connection that enabled you to grow and flourish and now to move on to a new direction in your life--a new course of exploration and growth.

You begin to explore your inner essence, going within yourself to see the changes you're contemplating in your life. You're ready to revitalize yourself, allowing the budding and blossoming of your soul as it renews itself from deep within.

*Gloria Chadwick is a writer and meditation teacher with more than thirty years of experience. This meditation is from her text *Inner Journeys* (Llewellyn Publications, 2006).*

[A great big thanks to Susan and Linda for the gracious use of the Divine moment captured through their lenses!](#)

Move A New Way In The World

By Debi Melzer

I recently had an amazing lucid dream that gave me a wonderful answer to the experience of my world lately. I woke up around 4:00 am hearing from my inner being, "you need to move in the world in a new way". I thought, great, let's hear it! I went back to sleep and had a dream where everyone was shouting and arguing as I was trying to walk down the stairs, a metaphor for integrating more and more of my consciousness here in the material realm of earth, and there was a woman who was trying to poke me with a stick. I kept trying to dodge her as I came down the stairs and it was exhausting! Then in the dream state I heard, "flow in non-resistance".

I repeated this over and over again in my dream and began to feel an ease of movement in my body. I took hold of the stick the woman was trying to poke me with and began a dance of non-resistance. I was able to move by her, down the stairs with ease and grace. The shouting and angry people in the dream were a metaphor

for the state of mass consciousness that has really been prevalent over the last several months. We are caught in a state of resistance, in a state of unawareness that there is another way. This resistance comes in many forms: depression, anger, impatience...anything that takes us out of an awareness of a completely effortless way of being and living here in the material realm. We are actively creating our universe from our experience and thoughts and feel stuck in resistance not totally sure how to navigate this new era of thought, energy, and consciousness being born.

From Dream To Experience

After I woke from the dream, I was amazingly refreshed, I felt light as a feather, yet securely grounded and present for my day ahead. I took our dog for a walk continuing to be in this new state of consciousness called non-resistance. We came to a woman with a small dog who

was barking at us. I paid no attention as I was in this effortless flow and all felt great. She apologized and said he never used to be this way, it just started happening and she didn't now why he was doing it. I had no desire to change the situation, I told her something simple about our dog who used to be shy and was now more assertive, "who knows why they change", I said. In that moment I was aware I was still being in this state of non-resistance and what this woman said blew my socks off, "You know, maybe it is because of us!" In that moment I realized the power of non-resistance. It was a loving power to create space for someone to see, hear, and feel their spiritual weight and step into an opportunity for change but through love and kindness instead of struggle and pain.

It literally felt like I did absolutely nothing, yet an outward observable change took place. The only thing I did do, was hold my own consciousness, my energy, my state of awareness in non-resistance. Just like the

woman in my dream on the stairs, graceful change took place. I chose a different state of consciousness, and the universe responded. For me the universe is our Source and it is an intelligent, loving force in the world if we can stand still and let flow in our life. This was a very subjective feeling, this non-resistance and I asked the universe for a metaphor to share it with others.

Scientific Metaphor Creates A Connection To A Spiritual Experience

Fast forward a couple of weeks and I have been feeling a call back to college physics, but had no idea where my college physics book was. I took our dog around our cul-de-sac for our evening walk before bed. One of my neighbors was renovating their house and donating old items. They stopped me and asked if there were any books I wanted. And the first box I walk up to... what do I find...a college physics book! So I gratefully scooped it up and thumbed through it went I got home.



Photo Courtesy of Susan Ralston, Brownfield, ME, suzi46 at www.wunderground.com

“All of us, with unveiled faces, seeing the glory of the Lord as though reflected in a mirror, are being transformed.

- 2 Corinthians 3:18

I woke the next morning with a great metaphor for non-resistance connected to the scientific equation for work. "Work" is defined as "the product of the component of the force along a direction of displacement and the distance of displacement" ($W = \text{component of Force} \times \text{distance of displacement}$). Hmmm, work, it sure didn't feel like work when I had this experience of non-resistance. It felt effortless! So if work is to be zero (effortless, but not non-action), then either the force acting or the distance of displacement needs to equal zero. So this became an experiment to try and take something from our material world of science and create a metaphor to explain a subjective spiritual experience.

I began to think of gravity. It is the force that keeps us here weighted down on earth...we can't escape it's reality here in the material world. As a spiritual metaphor, our weight can be seen as our shadow side, our ego, or those things we have come to learn from while here in our body. Just like the force of gravity is necessary for our material existence here on earth, our spiritual weight is necessary for our Souls growth and evolution, and the evolution of our planet, which is calling out loud and clear to us in these transition times. But this weight can create a lot of resistance along the way in the form of pain, struggle, war, and poverty just to name a few. Through this pain we evolve to new states of consciousness that gradually leave these old patterns behind. So then, is it possible to evolve and leave these old patterns behind without the pain and struggle, without resistance? I think that is what was being revealed through this dream.

Evolving With Our Weight Through Love & Kindness

So if our spiritual weight as a constant force is a necessary part of our journey just like the force gravity is to our existence, then in order for our work, or evolution to be effortless, the distance of displacement would have to equal zero! In that quiet moment I heard:

"non-resistance = non-displacement"

So, what keeps us in a place of non-displacement? What is this mystery force that keeps us in a state of grace, a state of non-resistance.....simply LOVE. That may be a simple answer, but remembering that awareness within us and our connection to our Source has as many

answers as there are people on the planet. We each hold the key! I reflected on how massage and bodywork gave me a loving sense of my physical body and its amazing healing capabilities when set free from limitation and tightness. Vibrational remedies of flowers and animals along with energy work gave me a great appreciation of this whole other part of my being that I AM, this unseen but tangible energy of my subtle bodies that are also part of my health, wholeness, and consciousness. Native American Spirituality brought me back to a loving awareness of our Creator and a connectedness beyond my wildest imagination. Unity's practical view of Christianity raised my awareness that religion can be a loving approach to this journey when founded in the principles of a loving Source and a loving acceptance of all faiths as serving the greater good. Daily Word magazine has been a constant inspiration and support in reminding me of this loving universe I am apart of. The Angelic Realm too has been a constant support in my ever changing landscape of consciousness through the constant reminder of the love I AM and that I AM apart of.

The one thing these all have in common...a loving approach and view of myself and my world! It is only when we forget this love we are and come from that we experience resistance. The love of non-resistance, of a grounded Oneness with our Source is always present. The resistance energy in consciousness is just that, resistance, not our Source. It's almost as if everyone is carrying around a weighted wall of resistance, but at our core is the awareness of the love we already are and a remembrance of what it is to be connected to our Source. The love of non-resistance is always at work breaking down the wall of resistance from both within and from without. To gradually remove these layers of weight brings us back to a remembrance of the love that is our core and reshapes our perception, experience and the place where we are trying to create from in the world:

effect (resistance) or Cause (non-resistance)

In my angelic studies, I came across the book "Talking With Angels" transcribed by Gitta Mallasz. It is a book of notes and dialogues between 4 young people and angels in Hungary during 1943-44. As described by Gitta, and as I have found to be true through my own experience, the book is meant to be read to have your own conscious

experience with it. I came across a symbol in the book that looked much like a ground symbol found on electronic equipment and schematics. The dialogue was speaking of resistance in the lower realms and I began to see from my own experience a connection to this symbol and to our lower subtle energy bodies: the physical, emotional, mental and etheric. When these earthly bodies of our consciousness are not remembered as being connected to our Source we experience resistance in our life in the form of physical pain in the body, roller coaster emotions, rigid thinking, and closed off hearts.

The Light that continues to flow and ground here on our material plane is really disturbing these earthly parts of our consciousness but only out of love. It is our wake up call so we can get in alignment with our highest good and remember the love we already are. In recalling my experience with this loving non-resistance, I became aware of a very simple but effective process of grounding the consciousness of my lower bodies here on earth and in love. In doing so, I felt more centered, not tossed about by this sea of new Light coming, and more connected to my higher self, my Soul, to find new and innovative ways to travel through these changing times in peace and harmony.

I have found an order of flow and harmony through this process. Synchronous events continue to move into my life without effort. The accompanying photos and the bible quote from Daily Word came to me with perfect timing for this article. I come back to the verse:

“All of us, with unveiled faces, seeing the glory of the Lord as though reflected in a mirror, are being transformed”

To connect with our own consciousness and ground in the awareness of the love we inherently are, and that is our Source, is to stand with an unveiled face. When we recognize that love within ourself it will be reflected back to us in the face of another, and it is transforming our lives and our planet.

I offer my knowledge and experience to be of service and help co-create a better world. I give thanks to Creator, The Love Of All That Is, for blessing me with ideas and innovative solutions to remembering the love we are and have always been.

Accepting Ourselves As Loving Beings In A Loving Universe Opens Us to Bee:

- A= Awakened
- C= Conscious
- C= Compassionate
- E= Expanded
- P= Peaceful
- T= Transformed
- A= Aware
- N= Nurtured
- C= Connected
- E= Evolved
- O= Oriented
- F= Free
- L= Loved
- O= Opened
- V= Victorious
- E= Empowered

Inspiring Book, Music, & Cinema Links

www.DailyWord.com

[The Living Matrix Movie](#)

[The Matrix Repatterning Program](#)

[August Rush - Movie](#)

[August Rush - Soundtrack](#)

[August Rush - Original Score](#)

[Singing Skies & Dancing Waters](#)

by John Denver On You Tube

Family Nurturing Tree Resources

Move A New Way In The World

Transform Your Consciousness & Flow In Non-Resistance

Meditation

Date: Thursday, 11/4/10

Time: 7:00 pm to 8:00 pm PDT

Use the following number to dial in!

Conference Dial-in Number: (661) 673-8600

Participant Access Code: 730375#

Book Discussion - January 2011

Spontaneous Evolution

By Bruce Lipton & Steve Bhaerman

Featured in November's [Spiritual Cinema Circle](#)

Check the [Family Nurturing Tree Events Page](#) in December for the upcoming date

Pain, Fatigue and Vitamin D Deficiency

By Linda Fehrs, LMT

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www.IntegrativeHealthcare.org

Vitamin D has been called the sunshine vitamin. Our bodies naturally produce and synthesize it when exposed to ultraviolet-b (UVB) rays from the sun. Learn about this important vitamin and how the lack of it can affect the aches and pains your clients may be experiencing.

Exercise, fresh air and sunshine – a simple, old-fashioned prescription for good health, and yet we are often too busy to take advantage of this readily available resource which helps to provide us with strong bones and a healthy cardiovascular system.

One of the vital benefits this therapy provides is a sufficient amount of one of the most essential nutrients our body needs – vitamin D. The sun is not the actual source of the vitamin itself, but a necessary means of triggering body mechanisms to generate and synthesize it.

During the winter months you may find that some clients are suffering from higher levels of pain or perhaps they are more tired than usual. Clients, who are normally active and upbeat, seem less so with no obvious cause. Recent studies have shown that increasing levels of vitamin D through increased sun exposure, eating fortified foods or taking supplements can reduce the aches, pains and fatigue people feel this time of year. Asking your clients a few simple questions about their outdoor activity or vitamin supplementation may help in finding a solution – and increase the effectiveness of your massage.

Why Is Vitamin D Important?

In the body, vitamin D regulates calcium and phosphorus levels in the blood by promoting their absorption in the intestines and ultimately the kidneys. This enables normal mineralization of the skeletal system. Vitamin D also has a positive effect on the immune system in part by promoting phagocytosis, anti-tumor activity and immunomodulatory functions. Vitamin D has shown to be

of benefit in treating various inflammatory diseases such as rheumatoid arthritis, osteoporosis, some forms of cancer and autoimmune diseases including type I diabetes.

In children, lack of vitamin D can result in rickets, more commonly known as rickets. Known to cause skeletal malformations, which commonly manifest in the child having bowed legs or spinal deformities, a deficiency in vitamin D can also be responsible for overall muscle weakness, uncontrollable muscle spasms and costochondral swelling.

Adults over 50 are also at greater risk for vitamin D deficiency. According to government standards, most adults require a minimum of 200 IU (International Units) per day. After age 50 that requirement rises to 400 IU, and after 70 increases to 600 IU. Lack of adequate vitamin D in older adults has been linked to osteoporosis, depression, some cancers (including those of the breast, colon, rectum, ovary, kidney, lung and uterus), multiple sclerosis, type I diabetes and, most recently, heart disease. Recent studies have shown that low levels of vitamin D double the chances of someone having a heart attack or stroke. An inadequate supply of vitamin D has also been shown to be responsible as a cause of generalized muscle pain and weakness.

How Can Your Clients Get Enough Vitamin D?

How much vitamin D, or sunshine exposure, a person needs varies depending on several factors. For example those with light skin need less than those with darker skin. People who live further north require more exposure to sunlight than those who live near the equator. Older adults need more than young people, and heavier people need more than those who are thin. It also depends on the season, how much sun block is used and what time of day one goes out into the sunlight. If you are ill, your body may require more vitamin D to help strengthen the immune system. The best and easiest way to get vitamin D is to go outside and expose yourself to sunlight for at least 15 minutes per day, preferable early in the day before the sun's rays are too strong. This also means exposure without sunscreen. A sunscreen with a protection factor



of 8 will block more than 90% of the UVB rays needed for the body to produce vitamin D. UVB rays do not penetrate glass, so sitting inside, behind a window will not promote vitamin D production either. Clouds, shade and pollution also reduce the amount of UVB rays that reach your skin.

Few foods contain vitamin D. The best natural food source is fish. A tablespoon of cod-liver oil contains more than 300% of the daily requirement, while cooked salmon or mackerel contain about 90%. Egg yolk, liver and some cheeses contain very small amounts, less than 5% of what is recommended. Some processed foods are now fortified with vitamin D, including many dairy products such as milk, cheese and yogurt. Breakfast cereals and fruit juices may also contain added vitamin D.

On the other hand, some people may choose to take vitamin D supplements. For optimal absorption and efficacy it is best to take Vitamin D together with calcium and magnesium.

Precautions

There are certain precautions that need to be observed with regard to taking vitamin D supplements. Vitamin D may interact with or affect absorption of certain medications including corticosteroids such as Prednisone, medications for ulcers, blood thinners, cholesterol lowering drugs, anti-seizure medications and certain antibiotics. Liver and kidney disease may impair the assimilation of vitamin D, as can a number of hereditary disorders.

Too much sun exposure has been shown to be responsible for an increase in malignant melanoma, a potential fatal form of skin cancer. So caution needs to be taken in not staying out in the sun long enough to do damage to the skin. Anywhere from 5 to 30 minutes of sun exposure at least twice a week to the face, arms, legs or back is enough to produce sufficient vitamin D synthesis.

Some people exhibit a hypersensitivity to vitamin D in large doses. With quantities higher than 2000 IU, a person with this sensitivity may exhibit symptoms such as nausea, vomiting, constipation, weakness or weight loss. Exposure to the sun will not cause vitamin D toxicity because the body is able to self-regulate the vitamin's production.

In our Western culture we often stay inside during the winter. Doing so not only keeps us from staying in harmony with the rhythms of nature, yet can also adversely affect our health. Help your clients stay healthy this winter and suggest they take a walk in the morning before heading off to work, or go outside during their lunch break and sit in the sun. The fresh air will do them good, and they can be assured of getting the ever-vital vitamin D.

References:

Cutler, Nicole, L.Ac. "Caution: Hepatitis C and Vitamin D Deficiency." Hepatitis Central. October 27,2008. 11 Dec 2008 .

"Dietary Supplement Fact Sheet: Vitamin D." October 21, 2008. National Institutes of Health – Office of Dietary Supplements. 11 Dec 2008 .

"Mayo Clinic - Vitamin D - Builds Bones and More." July 14, 2008. Mayo Clinic. 11 Dec 2008 .

Roberts-Grey, Gina. "Winter Rx: More Sunshine." Heart-Healthy Living. Winter 2008: 28-32.

Upcoming Events

There are several events coming up!

- Appreciative Coaching Experiences - "The Harvest Experiences Of Our Lives"
- Communities In Appreciative Action - Exploring the power of Gratitude in our lives
- Round The World Global Meditation
- Starting 2011 - book discussions to enlighten and empower!

Visit the [Family Nurturing Tree Events Page](#) For Details!

Round The World Global Meditation

Hosting a monthly global meditation to create space for us to all remember & celebrate the greatness and love we already are, and share that wonderful energy with others and our planet! Take time to pause, be in the present moment, and send loving energy to our planetary home and receive some for yourself. Look forward to co-creating with you!

Dates: 11/11/2010, 12/12/2010, 1/11/2011, 2/22/2011
Please dial in at 7:00 pm PST so we can greet each other!
Time: 7:11 pm - 7:33 pm PST

Use the following number to dial in!
Conference Dial-in Number: (661) 673-8600
Participant Access Code: 730375#

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