

ACTIVATE YOUR INNER HEALER
Red Door Community
Pamela Bloom, facilitator
August 15, 2023

*Thank you to all our immaculate hearts: Afua, Helen, Maria, Alexandra, and Susan Elizabeth!
Special prayers for Jihene, Malika, Melissa, Michelle, and anyone else who comes to mind!*

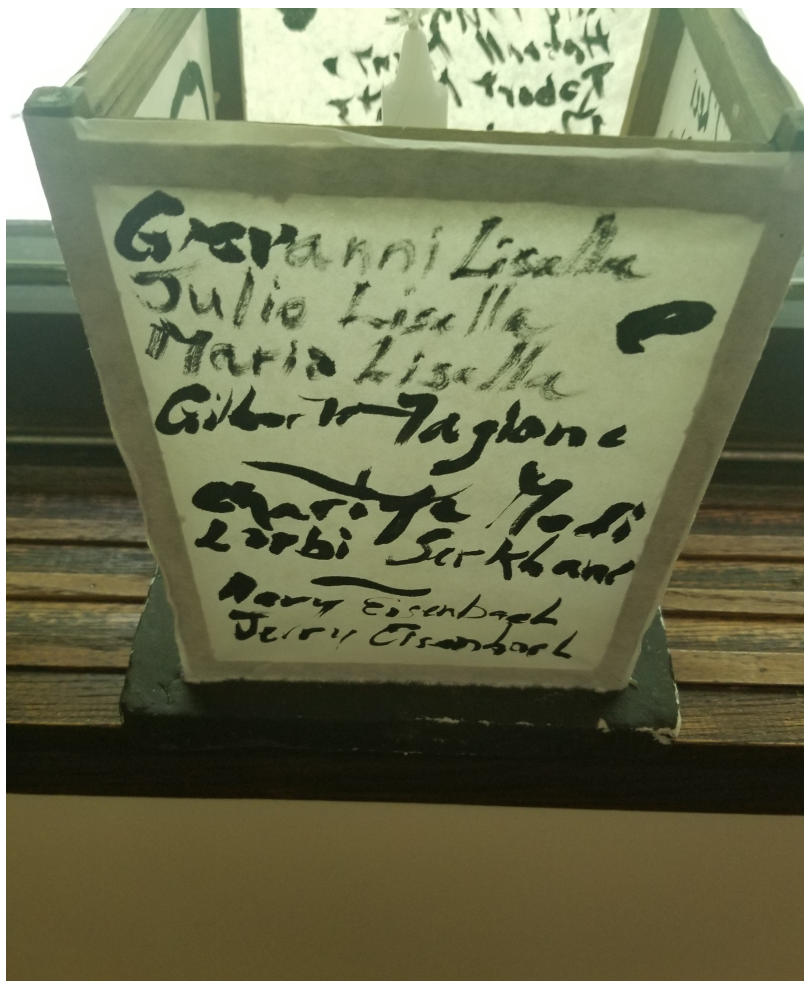
ANNOUNCEMENT:

Live Reiki at Red Door is this Monday, August 21, 2023!! A terrific group. Sign up if you want because there is a max.

O-BON CEREMONY for Ancestors

Held at Dai Bosatsu Zendo website: www.zenstudies.org

Our lantern:



Some of the participants preparing their lantern in a special room.



My lantern at the end. You can see where I have written Red Door Commtty - if you blow it up.



Some of the completed lanterns waiting for their evening walk to the lake. (There came to be more than three times that many.)



This is the actual meditation hall, but the lights weren't on. It's quite beautiful.



THIS WEEKEND: HEALING & WELLNESS WEEKEND RETREAT

This weekend the Zendo is holding a **Wellness Retreat**, which I have been a facilitator at in years past. It may be sold out, but if you are interested, **give them a call immediately**, and you can use my name. It's a very relaxed weekend for people dealing with illness and there are individual sessions included, like acupuncture, massage, and stuff like I do (maybe)! Beautiful grounds! SEE BELOW.

August 18 @ 2:00 pm - August 21 @ 2:00 pm

DBZ: Healing & Wellness Weekend at Dai Bosatsu Zendo

Dai Bosatsu Zendo 223 Beecher Lake Road, Livingston Manor, NY

This in-person weekend retreat offers a loving time of encouragement and support for people who are living with illness. Originally created by DBZ resident monk Donge John Haber as a retreat to offer a caring and inspiring space for those living with HIV and AIDS, it has evolved over the past 30 years. The weekend [...]

[Get Tickets](#) \$275.00 – \$325.00

YOUR DAILY POEM

<https://www.yourdaily-poem.com/>

Here's where Maria's poem appeared on July 11. Sign up to get a daiyl poem in your email!

AND...tah-dah! Here's her July 11 poem (I swear, I hadn't read it before now!!!!)

Summer Place

by

Maria Lisella

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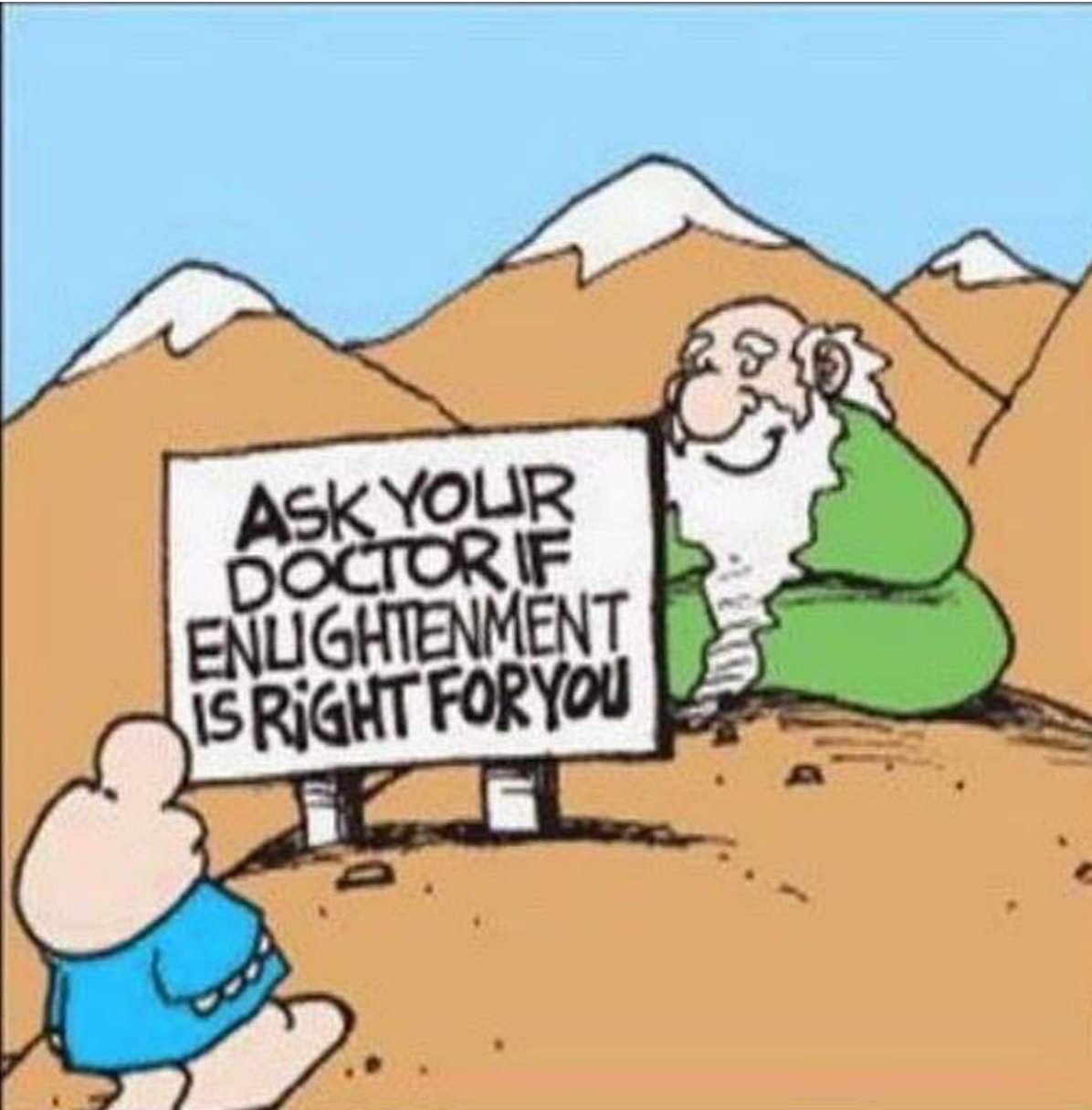
Baskets brimmed with peaches
the color of sunset inside;
others, white with red-veined pulp.
The short rides to Long Island farms
were like this – colorful, abundant.
Food plucked or picked at sunrise
arrives in time for pre-dinner snacks.
As we children trudged up 400 steps
from a long day at the beach, there from shady
morning to shady twilight, leaving mothers
free of screaming kids.

With salty skin and seaweed stuck to our bottoms
we'd tromp in with sandy feet
on the cracked linoleum of the bungalow.
The summerhouse, two steps above a tent.
Our lives made simple, privacy relinquished
as we escaped from our city apartments.

The summer place for first kisses and dates,
softball heroics, first cigarettes smoked on
moonless nights at the top of the cliff
so high above the beach, yet the waves
even at low tide could be heard, rocks
being washed back and forth, smoothing
their ridges, as we looked forward to
another day at the beach, burning
our skin, polishing our strokes.

We would ferret out secret corners
that older kids no longer wanted,
the pre-teens would drift from
one hiding place to another
to create routes to the grown-up world.

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ALOE VERA

NIH on ALOE VERA

<https://www.nccih.nih.gov/health/aloe-vera>

7 AMAZING USES FOR ALOE VERA

(including GERD and breast cancer!!!)

<https://www.healthline.com/health/7-amazing-uses-aloe-vera#heartburn>

You can get it straight from the plant (scoop it out), and in gel and juice form. I personally found it tasteless or a taste I could get used to; the gel, in its texture, though, is a bit strange to swallow

DO READ FROM THE MAYO CLINIC RE: ALOE VERA:

There are contraindications. Please read and ask your doctor.

<https://www.mayoclinic.org/drugs-supplements-aloe/art-20362267#:~:text=Our%20take-Generally%20safe,might%20have%20cancer%2Dcausing%20compounds.>

NUTRITION AND CANCER: A review of the evidence for an ant-cancer diet from the NIH/National Library of Medicine

[There are many different approaches, but here is science-reviewed evidence.]

It has been estimated that 30–40 percent of all cancers can be prevented by lifestyle and dietary measures alone. Obesity, nutrient sparse foods such as concentrated sugars and refined flour products that contribute to impaired glucose metabolism (which leads to diabetes), low fiber intake, consumption of red meat, and imbalance of omega 3 and omega 6 fats all contribute to excess cancer risk. Intake of **flax seed, especially its lignan fraction, and abundant portions of fruits and vegetables will lower cancer risk.** Allium and cruciferous vegetables are especially beneficial, with **broccoli sprouts** being the densest source

of sulforophane. Protective elements in a cancer prevention diet include **selenium, folic acid, vitamin B-12, vitamin D, chlorophyll, and antioxidants such as the carotenoids** (α -carotene, β -carotene, lycopene, lutein, cryptoxanthin). **Ascorbic acid** has limited benefits orally, but could be very beneficial intravenously. Supplementary use of **oral digestive enzymes and probiotics** also has merit as anticancer dietary measures. When a diet is compiled according to the guidelines here it is likely that there would be at least a **60–70 percent decrease in breast, colorectal, and prostate cancers, and even a 40–50 percent decrease in lung cancer**, along with similar reductions in cancers at other sites. Such a diet would be conducive to **preventing cancer and would favor recovery from cancer as well.**

[See entire article.]

AYURVEDIC WELL-BEING GUIDE FOR SUMMER

Foods and tips to stay cool

https://www.pukkaherbs.com/us/en/wellbeing-articles/summer-wellbeing-an-ayurvedic-guide?utm_campaign=email_August_23&utm_source=Pukka&utm_medium=email&utm_content=Summer_Guide&dm_i=7C2Q,3XCF,TVGM2,FFAR,1



healthy.tipss4



MEDICINES FROM NATURE

Natural cures89



Boosts energy



Calms nerves



Improves brain health



Fights aging



Improves gut health



Helps with arthritis



Lowers blood pressure



Regulates blood sugar



Contains anti-cancer properties



Promote weight loss



Helps with PMS



Boosts sex drive

YOU GUYS ARE JUST THE BEST!!!!



MAY YOUR WEEK
BE FILLED WITH
GOOD THOUGHTS,
KIND PEOPLE,
HAPPY MOMENTS,
AND UNEXPECTED
BLESSINGS.

tinybuddha.com

Xoxoxooxoxox. Pamela