



Issue 50: Autumn 2014

LIVING IN THE LIGHT

Newsletter of SFD Enterprises



Photo by: Kevin Duncan

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MESSAGE FROM SUSAN

The Blessings of Autumn

Fall has arrived. The colors of the leaves are changing, and they have begun to blanket the ground. After the glorious days of summer . . . the sun and the long days . . . the shorter days and cooler weather seem to bring a sort of wistfulness to some. I usually do not look forward to this time of year where there is less daylight in our latitude. I am used to waking up with the sun, with all its splendor and energy, so this decrease in

solar energy has a tendency to slow me down. Now, I no longer jump out of the bed. I find myself waking up and lying still in my bed before I can get up and get started with my daily activities.

I also find that I get sleepy early in the day and am reluctant to charge into my regular exercise program. All of these changes seem to be a little disconcerting. Fall is a time of transition which is ushered in with the autumnal equinox in September, but it takes me a while to be fully present with, and appreciate this season. This transition is, of course, the harbinger of winter with its colder days and shorter periods of daylight.

I do not know if you experience this reluctance, or perhaps dread, to move into winter or if you are one who loves cold weather, snow, and all of the fun and challenges that come along with that season. Maybe you gratefully appreciate all seasons and can easily flow with the specific gifts and challenges that nature provides us from season to season.

I realize that this desire to linger in summer is not only fruitless for me, but that I am not truly taking advantage of the blessings that fall is offering me. And, too, I am not staying in the present moment where I experience the only reality. As I lovingly relinquish my attachment to summer with its days of watermelon and peaches, I begin to see all of the wisdom and beauty implicit in this time of transition. So, here are some of the blessings of fall.

The trees are absolutely gorgeous! The trees put on a show for us before they start their winter sleep. Their fall beauty is the perfect counterpart to the beauty of their spring awakening. Take time to not just see the colors, but to breathe in, and absorb, these fantastic hues. These vibrant earth tones of burgundy, red, orange, yellow, and gold are perfect for boosting the energy in the first three energy centers of our bodies. Taking in this beauty will bring awe, peace, and gratitude to your mind and soul.

Less daylight can signal a time of more rest for us. After all of our summer activities, nature is giving us the opportunity to create balance in our lives and to slow down. This is a perfect time to get more sleep, stay home more, and increase our meditative and prayer time. As opposed to missing the daylight, we can amplify our internal light and allow that to radiate outward. We can bask in the glow and warmth of our inner light. This inner warmth stays with us no matter what the temperature is outside.

Fall is a perfect time to review our lives and to see what we need to let fall away just as the trees gently let their leaves fall away. That way, we can make room for the new intentions that we want to show up in our lives in the 2015, which is only a little more than a month away. We will have created a place in our lives for these new gifts to manifest.

We are coming upon the time when we celebrate several holidays. I often marvel at the fact that during the period of the year when there is less light, we find ourselves running around more and trying to accomplish so many things for the holidays. As we attune ourselves to the energy of nature, we find that it is not necessary to run ourselves into fatigue and possible illness in order to spread the peace, love, and gratitude which are supposedly focal points of these holidays.

Fall gives us an opportunity to transition naturally -- with nature. Just suppose we were to experience a hot August day today

and a cold January day tomorrow! The blessings of fall reflect the wisdom of our Creator. We get to flow into the next season gradually as we pay attention to what so beautifully is happening in nature. This is so with the seasons of our lives as well. We gradually flow from one phase of our lives to another with grace and gratitude. We do not jump from adolescence to being an elder in 2 years. We experience all phases in between and grow from those experiences. The changing seasons reflect our life changes, and as we appreciate the changing seasons in nature, we are prompted to embrace the changes in our lives.

There are blessings in all seasons. Each one affords us an opportunity, in its particular way, to grow spiritually and increase our overall joy. The sun shines throughout all seasons. We can still go outside in the fall and winter and allow its rays to fall upon us. As I stand in the sun, and take it in, I become aware of the constancy of the sun and the faithfulness of nature, and how we are eternally supported by nature. This awareness fills me with joy and gratitude. And miraculously, for a second, I am transported to whatever season that I desire.



CRYSTAL SPOTLIGHT: Carnelian

Carnelian is a form of chalcedony (a variety of quartz) that usually occurs in the color of red, orange, or red-brown. This mineral stimulates analytical capabilities and precision and also provides for perceptiveness to situations. It has been used to produce inspiration from, and connectedness with the spiritual world and as a protection against envy, fear, and rage, and helps to banish sorrow from the emotional body. Carnelian has been used to clear negative energy.

It has been said that carnelian enhances energy flow, creativity, individuality, and memory. Carnelian creates a balance between mental focus and creative inspiration allowing your vision to be actualized. It is a fantastic gemstone for creative people. It adds a new dimension of depth to the creativity in your life.

I chose to discuss the attributes of this beautiful stone this month because carnelian's red-orange/brown coloring are the very essence of autumn, which is the harvest time. Carnelian is an earth-oriented, nature-loving stone. It teaches us to come into harmony with the laws of nature, and with the turning of the seasons. It reminds us that the apparent death autumn brings is but an illusion: as the wheel of earth turns--spring and rebirth return. Life does not end but circles endlessly just like the seasons themselves. And speaking of circles, the majority of this discussion of carnelian was printed in the September 1997 issue of *Living In The Light*. Time does fly when you are having fun!

Source: *Love Is In The Earth*, by Melody

HERBAL SPOTLIGHT: Cumin

The herb cumin is native to Egypt and is widely cultivated in Southern Europe and Asia. Historically, cumin was used as a popular medicinal spice in ancient Egypt. It was used for illness of the digestive system, for chest conditions and coughs, as a pain killer, and to treat decayed teeth. The herb is mentioned in the Old Testament and was widely used in the Middle Ages.

Cumin is used frequently in many Chinese, Indian, and Middle Eastern recipes, especially in curries and in pickling. In the West, we commonly use cumin in chili recipes. Cumin has been shown to relieve flatulence and bloating. It stimulates the entire digestive process and reduces abdominal gases and relaxes the entire gut.

Researchers from India have discovered that cumin inhibits platelet aggregation and lowers cholesterol in the blood. Israeli

scientists have found that people who regularly add cumin to their food have lower rates of urinary tract cancers and prostate cancer. Scientists in India subsequently confirmed these findings and discovered that cumin greatly increased the body's production of a detoxifying agent called GST (Glutathione S-transferase), which is known to have strong cancer-inhibiting properties.

Sources: *The Complete Guide to Natural Healing*, by Tom Monte; *The Encyclopedia of Medicinal Plants*, by Andrew Chevallier.

OTHER HEALTHY TIPS:

Overcome Food Cravings

Back in the 1980's, there was a period of time, when I worked for the Department of Transportation, when every day, at around 3 p.m., I would have a craving for something sweet. I would walk up to the 10th floor vending machine and purchase a package of chocolate chip cookies. The package contained two cookies and I would eat one and put the other one in a small metal canister that I kept on my desk just to store whatever sugary item I had for the next day. Sometimes I put the cookie in the office microwave to make it seem as though it had come directly from my oven.

This ritual went on for months until I was told by a physician that I was hypoglycemic (having low blood sugar), and that I definitely had to stop eating processed sugar or bad things were probably going to happen to me. I must say that the withdrawal from my afternoon ritual was very difficult, but I was motivated to quit by my desire for optimal health.

Many people crave sugar, and as we have heard over and over again Americans consume large quantities of sugar each day. One statistic reports that the average American consumes over 130 pounds of sugar each year. This high rate of sugar consumption can lead to many health problems including obesity, diabetes, chronic fatigue, high cholesterol, and metabolic syndrome.

Of course there are other food cravings besides sugar cravings. Although sugar is the craving that I face, some people crave salt, fatty foods, or chocolate, for example. When we are stressed, dehydrated, rushed, or sleep deprived we frequently grab whatever craved food is available. The primary craving is for carbohydrates because carbohydrates boost our levels of serotonin, and serotonin has a calming effect. However, most of these refined, processed carbohydrate foods contain lots of fat as well. Examples of these foods are: potato chips, chocolate chip cookies, french fries, ice cream, milk chocolate bars.

So, with the holidays and loads of tempting food on the way, here are some tips that may help to minimize those food cravings.

1. ***Eat small amounts of food every three to four hours.*** This keeps blood sugar levels more even and diminishes sugar cravings.
2. ***Drink water throughout the day.*** Dehydration results in feeling hungry and thirsty. Drink a glass of water at the first sign of a food craving.
3. ***Take vitamins.*** A vitamin deficiency in one or more vitamins causes the brain to try to take in more nutrients, for which we may substitute unhealthy foods.
4. ***Stay mindful.*** Pay attention to what you are about to eat, and how much you eat. Refrain from eating out of bags and bowls. Chew your food carefully and pay attention to how it smells and tastes.
5. ***Eat more vegetables.*** Vegetables, fruits, and whole grains are natural carbohydrates. They can help calm down stressed-out bodies without the down side of processed carbohydrates. They also contain nutrients and fiber which are good for our bodies.
6. ***Choose a positive substitute behavior instead of indulging the craving.*** Go for a walk, call a friend, say a prayer . . .these are ways to divert your attention from the craving.
7. ***Avoid boredom.*** If your brain needs stimulation, try reading, doing a puzzle, creating something, engage in a hobby. I have engaged in all of these, and I can attest

to the fact that they diverted my attention away from eating.

8. ***Get adequate sleep.*** We hear this for all health issues, but it cuts the cravings down.

Well, those are the tips, and I wish you (and me) luck and blessings in using them as the holiday season and its accompanying deliciously tempting foods approach us.

Source: *In Light Times*, July 2014

AFFIRMATION: Thank you God, your love sustains and fulfills me.

ANNOUNCEMENTS

(For more information, to make comments, or to submit your information for publication, call me at **301-277-7049**. My new email address is:
susanduncan22@verizon.net

*****HOLIDAY OPEN HOUSE AND JEWELRY SALE!! -- Two great days ...**
On Saturday, December 6 and Sunday December 7 beginning at 4:00 pm, I will be holding my annual **Crystalight Designs Holiday Open House**. I have created more beautiful, unique pieces of jewelry that are healing to the body, mind, and spirit, especially for this event. I accept all major credit cards. My address is **5410 20th Place, in Hyattsville, Md**. Let me know if you will join us, as I am preparing food for us. If you are unable to attend, you can call me and make an appointment to see the jewelry at another time. Special thanks to all of you who attended the **Summer Holiday Open House**. We had a ball, and I immensely appreciate your support and love.

*****CHAKRA TESTING --** If you would like to have your chakras (energy centers) tested and balanced with crystals and sound please let me know. Healthy chakras are essential to physical, mental, emotional, and spiritual well being.

*****A THANKSGIVING JAZZ AFFAIR featuring Rhonda Jeter and Friends --** Rhonda and the band put on a fantastic show. If you love great live music that is uplifting, energizing and healing, please join us for this event. The date is **Sunday, November 30, 2014 from 5 p.m. until 8 p.m. at Busboys and Poets**, 5331 Baltimore Avenue, Hyattsville, MD. I hope to see you there!

******Living in the Light: Lessons and Tools For Your Spiritual Journey* --** This is the title of my book. You can purchase the book from me or through my book website: livinginthelight-by-susan.com.

*****JBDAVIS and COMPANY --**Bob Davis, of Jbdavis, is a professional tax consultant and accountant and has been preparing my tax forms for many years. Bob not only prepares our taxes, but also sends us tax tips and tax law changes so that we are kept up to date and better prepared to face the tax season. Bob is an experienced financial analyst as well. You can reach him at **202-462-2383**, or visit his website at www.jbdavis.com. Tell Bob that I referred you. Or call me, and I will send you a referral form.

*****PHOTOGRAPHY --** Kevin Duncan is an awesome photographer. Kevin loves being out in nature and realizes that being with nature strongly connects one to Spirit. Treat yourself to a visit to his website: www.distinctiveeyephoto.com. Kevin enlarges his work to various sizes, so you may decide to grace your home or office with his gorgeous nature scenes. This is a perfect holiday gift.
www.distinctiveeyephoto.com

***** APARTMENT FOR RENT -** Lovely 1-bedroom apartment with full bath, large living room, walk out to patio, and generous closet space is available for rent in a private home in Beltsville, Md. Price is \$850 per month. If interested, contact Sonia at 301-937-4205.

*****NEW BOOK TITLE: *Disabled and Blessed* --**This book is written by David Anthony II and presents a practical and personal guide navigating through the Social Security Disability process. It presents not only information, but also inspiration and support to those who suffer disability. The book is available through Amazon, Barnes & Noble, or by contacting the author by email at: veanthony@bellsouth.net or 904-945-9181.

*****HOLIDAY HEAL-A-THON --** On **Saturday, December 13, 2014** Tonya Parker has organized a **Holiday Heal-A-Thon** to assist us in moving through the stress of the holiday season. At this event, you will have an opportunity to experience massage therapy, reiki, crystal healing chakra testing, reflexology among other healing modalities. You can also shop from local artists for pottery, handcrafted jewelry, free trade clothing, pastries, and so much more. It will be held at Takoma Park Chapel House, 1901 Powder Mill Road, Silver Spring, MD. I will be there to do chakra testing and balancing, crystal healing, and sell handcrafted jewelry. Contact:
Tonya@mindbodyandspiritworks.com.

FINAL WORD

As we move into the holiday season, I pray that you have a joyously meaningful holiday season. Take time to go within, observe yourself, and love yourself. Try not to be caught up in things that do not serve your highest good. Be sure to balance introspection with fun! I thank you for your presence and your light in my life. God bless you always.

Peace, Joy, and Gratitude,

Rev. Susan

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