

# **Natural Awakenings**

## **Emotional Fitness: Feeding the Body, Nurturing the Soul**

### **July 2009**

By Kathleen Noone

When told this month's theme for Natural Awakenings NYC was natural foods, I thought, "How am I going to relate this to Emotional Fitness?" I have used the word natural in many conversations with complete confidence as to what it meant to me, but never specifically defined it. One of Webster's Dictionary definitions is: "not artificial." I liked that. It felt right. I came to the conclusion that "not artificial" meant being authentic. I started asking myself, "Where and when in my life am I not authentic?" This turned out to be a very specific question, which has given me specific answers. This month I invite you to do the same.

Those of you reading this magazine may already be looking into being with your body in a more supportive and healthful way. Are you willing to be with your Self in the same way? Sometimes we keep body and soul in separate camps, when really one helps the other to flourish, and needs to symbiotically feed off each other for full development. Science has proven that what we put in our bodies can have an effect on our moods, as well as our physical health. The same is true of what we feed our minds.

Paul Hawken, writer, renowned entrepreneur, and environmental activist, in his address to the 2009 graduating class of the University of Portland stated that, "Inspiration is not garnered from the litanies of what may befall us; it resides in humanity's willingness to restore, redress, reform, rebuild, recover, re-imagine, and reconsider." As you reconsider what you're feeding your body, are you willing to reconsider what you are feeding your mind?

This is a world of tremendous possibilities, yet sometimes we surround ourselves with those who limit those possibilities by espousing what's wrong with the world. Our news organizations seem to often deliver the worst scenarios, rarely giving enough time to those who are making meaningful contributions that result in long term positive change. I want to feed my mind with new ideas of positive possibility. My Dad, in his later years, was challenged with life's physical and mental frailties. I always asked him, "How you doing Dad?" His answer, "Doing the best I can, Kat". I've never forgotten.