



Being Alive

Evolutions in Being P.O. Box 4008 Chelmsford, MA. 01824 Eibeing.com 978-256-0438

*Post Traumatic
Growth*

Volume 2 Issue 10 • June

Post Traumatic Growth

This link provides insight into turning Trauma from PTSD, Post Traumatic Stress Disorder into Post Traumatic Growth.

It is a twenty minute video. You can use this 20 minute video to explore and launch your own personal exploration about how centering eventually helps you dissolve your trauma and turn it into growth

You can find your center and return to it over and over again on your own!

Think back on events where you felt truly connected with your being, your oneness, this is the internal place to journey toward to gain that peace that surpasses all understanding and can balance your moods.

Copy and paste the whole link into your web browser to experience.

https://stream.humanitysteam.org/healing-the-past/videos/heal-the-past-9?inf_contact_key=9b56cbc5ad12099c93b30007bb522f49680f8914173f9191b1c0223e68310bb1&utm_campaign=UnlockJoanBorysenkoPhDonHealingTheChildWithin&utm_medium=unlock&utm_source=ht_email

*More to Dying Than
Meets the Eye*

There has been so much loss and we have each experienced so much personal loss since 2020, that my autonomic search of YouTube's lead here this month. I hope you find some peace and understanding within. I know I have. - Jean

More to dying than meets the eye: Martha Atkins at TEDxSanAntonio 2013, the end of this film is everything, please wait for it. It will help anyone grieving!

<https://www.youtube.com/watch?v=vg8WAv0YT9c>

When Someone You Love Dies, There Is No Such Thing as Moving On | Kelley Lynn |

<https://www.youtube.com/watch?v=kYWICGbbDGI>

We are not our body...raise your straws if you will join me.

You are not your body: Janine Shepherd at TEDxKC

https://www.youtube.com/watch?v=bX32U_hfri4

Best Foods for Kidney Health-BEST LINK FOR KIDNEY ARTICLE

https://foodrevolution.org/blog/foods-for-kidney-health/?utm_source=sfmc&utm_medium=email&utm_campaign=blo-2022&utm_content=kidney-health&j=141255&sfmc_sub=60681478&l=137_HTML&u=1741250&mid=514008241&jb=1121

To recap, the best foods for kidney health are high in fiber, antioxidants, vitamins, and minerals, moderate in (preferably plant-based) protein, and low in phosphorus, fat, and sodium.

That leaves most, if not all, plant-based foods! Here are a few stellar kidney foods.

Lentils:

Lentils are a safe, delicious, and versatile plant-based protein source that you can substitute for animal protein. [Cooking lentils](#) reduces their potassium and phosphorus levels to those recommended for CKD patients. Additionally, lentils are high in fiber and [folate](#). Folate is important because research has [found](#) that amongst people with CKD, having normal levels of serum folate was associated with lower risk of mortality.

Flaxseeds:

Flaxseeds are one of the foods for kidney health that can provide lots of valuable fiber, and are one of the richest sources of lignan precursors. Lignans are plant antioxidants that may play a role in glucose control and high blood pressure. Studies have found that flaxseed oil may reduce [bone loss](#) or shrinkage in hemodialysis patients.

Read our related article about [ways to eat flaxseeds](#).

Blueberries:

Blueberries may [lower serum uric acid levels](#), which is a good thing if you're not a fan of kidney stones. Furthermore, the [anthocyanin](#) antioxidants in blueberries can [protect kidneys](#) from oxidative stress and inflammation. Blueberries also appear to combat type 2 diabetes and heart disease by lowering their biomarkers (including the all-important blood pressure). Through all these and possibly other mechanisms, blueberries just might be a kidney's best friend.

Leafy Greens:

Low-oxalate [leafy greens](#), a club that includes kale, collards, arugula, lettuce, and many others, provide necessary antioxidants, vitamins, and minerals, as well as being a good source of fiber.

Cauliflower:

Cauliflower, like its cruciferous cousins, is a great source of [sulforaphane](#), which in addition to being an anticancer powerhouse, may also help fight against oxidative damage caused by kidney disease. Sulforaphane also assists the liver in its job of detoxification of the blood, which takes some of the strain off the kidneys.

Cauliflower is also high in antioxidants, folate, fiber, and vitamin K1, which helps regulate your calcium balance and build strong teeth and bones – all of which are important when dealing with CKD.

Read our related article about creative [ways to enjoy cauliflower](#).

Buckwheat:

Buckwheat is a gluten-free whole grain that's relatively low in potassium and phosphorus and may [alleviate kidney problems](#) in patients with type 2 diabetes. A good source of protein and fiber, buckwheat has been shown to [protect kidneys](#) and break up compounds that can harm them – in rodents, at least. (Our view on the use of animals in medical research is [here](#).)

Grapes:

Grapes, especially red ones, are rich sources of a compound called resveratrol that's the subject of a lot of hype for its purported anti-aging properties. While the jury's out on that one, it's clear that [resveratrol protects against CKD](#) and its [progression](#).

The flavonoids in grapes can benefit heart health and ameliorate the effects of type 2 diabetes, both of which can support kidney health. And grapes also contain quercetin, which helps maintain healthy blood vessels.

Chili Peppers:

The more chili peppers you eat, the less likely you are to have kidney disease, at least according to this [2019 study](#) of the eating habits and health status of over 8,000 Chinese adults. Eating chilis appears to decrease the risks of obesity and hypertension, both of which can increase the risk of CKD.

*Advancing Peace and
Eliminating Sexual
Violence in Conflict*

Anthony J Blinken, Secretary of State

For more than a decade, the United States has joined the global community in recognizing June 19 as the International Day for the Elimination of Sexual Violence in Conflict (IDESVC). We remain deeply committed to preventing and responding to all forms of gender-based violence, including conflict-related sexual violence, which disproportionately impacts women and girls, and protecting and supporting survivors. The United States recognizes that respect for the rights and dignity of women and girls, in all their diversity is essential to promoting global peace, security, democracy, and economic prosperity.

The world faces a number of pressing issues that disproportionately impact women and girls, including the ongoing COVID-19 pandemic, the climate crisis, food insecurity, and conflict and humanitarian emergencies around the world. The international community has been inundated with devastating reports of conflict-related sexual violence from across the world, including in Ukraine, Ethiopia, and Syria. We have seen how conflict and crisis exacerbate gender inequality and increase women and girls' vulnerability to gender-based violence, online and offline. Increased violence impedes women's ability to participate meaningfully in the social, political, and economic sectors of life, causing cycles of poverty, marginalization, and insecurity.

The United States is taking concrete steps to ensure our efforts to prevent and respond to conflict-related sexual violence are survivor-centered and trauma-informed. As illustrated in the U.S. National Strategy on Gender Equity and Equality, the Administration is committed to developing and strengthening comprehensive gender-based violence policies, services, and prevention efforts. Later this year, the United States will release an update to the U.S. Strategy to Prevent and Respond to Gender-Based Violence Globally, which will address conflict-related sexual violence, among other policy priorities.

Additionally, through the U.S. Strategy on Women, Peace, and Security, the Department of State is working to promote the participation of women in decision-making and conflict resolution, protection of the human rights of women and girls, access to aid, and safety from violence, abuse - including conflict-related sexual violence - and exploitation around the world. We recognize that we cannot effect sustainable change on our own, so the United States works closely with multilateral partners and allies, including the United Nations Special Representative of the Secretary-General on Sexual Violence in Conflict.

Elimination of conflict-related sexual violence is both a moral and strategic imperative. Empty calls for action and expressions of concern are not enough. On this International Day for the Elimination of Sexual Violence in Conflict, the international community must take real action and coordinate efforts to prevent and respond to all forms of gender-based violence so that the support we provide is survivor-centered and truly advances justice and accountability for such

**The Commonwealth of Massachusetts Executive Office of Public
Safety and Security**

Department of Fire Services P.O. Box 1025 ~State Road

Stow, Massachusetts 01775 (978) 567~3100 Fax: (978)
567~3121 www.mass.gov/dfs

PETER J. OSTROSKY STATE FIRE MARSHAL

Professional Supervised Fireworks Displays in Massachusetts

July 2022

Permits Filed with Office of the State Fire Marshal (as of 6/10/22)

July 1, 2022

9:15pm - Patton Park - Bay Rd 6/26/2022
9:30pm - 77 Church St 6/26/2022
9:15pm - Irish Cultural Center - 200 New Boston Rd n/a
9:15pm - 268 Boston Rd 7/8/2022
9:15pm or dark - East Mountain Street n/a
9:45pm - Trum Field - Franey Rd 7/1/2022
9:00pm - 170 Belmont St 7/1/2022
9:20 pm - Haywood Field - North Ave 7/5/2022
9:35 pm - Poet's Seat Tower Mountain Rd 7/5/2022
9:15pm - Riverside Park - 163 Lincoln Ave
9:00pm - Button Island - Otis St 7/2/2022
9:15pm - Barge off Silver Shell Beach - ront St 7/9/2022
9:00pm - Barge off Rock Harbor Beach 7/5/2022
9:30pm - Six Flags - Pivnic Grove - 1623 Main St 7/8/2022

July 2nd

9:20pm - Andover High School - 80 Shawsheen Rd 7/9/2022
Dusk - Verterans Field - 150 Depot Rd n/a
9:00pm - Pedestrian Walkway - Aiken St. 7/5/2022
9:30pm - Barge on Lake Dean - 203 Bechan Rd. n/a
9:00pm - Salem Maritime National Historic Site - 160
Derby St. 8/5 or 8/7
9:30pm - Joe Morgan Memorial Field - 220 School St. 7/9/2022
9:30pm - Six Flags - Picnic Grove - 1623 Main St. 7/9/2022
9:30pm - East Longmeadow High School - 180 Maple St. n/a
9:00pm - Assonet Burial Grounds 7/9/2022
9:00pm - Barge near Red Rock - 76 Marine Blvd. 7/5/2022
9:15pm - Barge 300 yds off Signing Beach 7/5/2022
9:00pm - Golf Course - 20 Red Brook Road 7/5/2022
9:30pm - Needham HS Parking Lot - 609 Webster St. 7/5/2022
9:30pm - Hayes Stadium - 495 Main St 7/5/2022
9:20pm - Behind DPW garage - 17 Pommogussett Rd. 7/8/2022
9:30pm - Barge on Lake Massapoag - 196 Pond St. 7/10/2022
9:30pm - 424 Livingston St. n/a
9:30pm - Wessagusset Rd n/a
9:30pm - Six Flags - Picnic Grove - 1623 Main St. 7/10/2022
9:15pm - Willowbend Country Club - 130 Willowbend Dr. 7/5/2022

*The Commonwealth
of Massachusetts
Executive Office of
Public Safety and
Security*

July 4th

- 9:15pm - North Adams - 400 Curran Highway 7/4/22, 7/5/22
- 10:00pm - Sandwich - Old Town Cemetery Grove St n/a 7/4/22
- TBD - Worcester - Polar Park Stadium 12 Madison St 7/4/22
- Post Game - Worcester - Polar Park Stadium 12 Madison St 7/8/22
- 9:00pm - Nahant - Bailey's Point Park - Bass Point Rd. 7/9/22
- 9:00pm - Uxbridge - 62 Capron St 7/9/22
- 9:00pm - Williamsburg - Field behind Lashway Residence - 10 River Rd 7/15/22
- 7:00pm - Worcester - Post Game - Fitton Football Stadium - Fitton Ave 7/17/22
- 9:00pm - Northbridge - Lasell Field - 171 Linwood Ave. 7/16/2022, 7/17/22
- 9:00pm - Bellingham - 60 Blackstone St - 8/13, 8/14/22
- TBA - Worcester Polar Pk Stadium - 122 Madison St. 8/19/22
- 8:10pm - Taunton Hopewell Park - 15 Hamilton St. 8/26/22, 8/28/22
- TBD - Worcester Polar Park Stadium - 122 Madison St. 9/2/22
- 8:15pm - Billerica Marshal Middle School - 15 Floyd St. 9/17/22
- TBD - Worcester Polar Park Stadium - 122 Madison St. 9/23/22

Assistance Urgently Needed for Asylum-Seeker Marius Recovering From Surgery

From: Merrimack Valley Interfaith Sanctuary Network (MVISN)

Asylum-Seeker Marius had surgery recently to address ongoing issues related to the violence he fled from in Togo and Guinea-Bissau. MVISN needs to extend ongoing assistance. Any amount will be gratefully accepted. Please donate to his GoFundMe here: <https://www.gofundme.com/f/47gvz-marius>

You can also donate via:

CashApp - \$gollygee17

Venmo - @owlnerd

Checks are also accepted, please email Marissa (marissa@solidaritylowell.com) for the address. Please put "Marius" in the notes.

JUNETEENTH

Last weekend, we celebrated our nation's youngest national holiday – Juneteenth – the day in 1865, more than two years after President Lincoln's Emancipation Proclamation, that enslaved Black people in Galveston, Texas were finally told they were free.

The Graduate

In the face of injustice, I turned my head the other way

My graduating class at Davison High School had voted that I should give the graduation address at our commencement ceremony, which took place 50 years ago this weekend. The senior class had also voted me “Class Comic.” That should’ve been all the warning the school administration needed – that the senior class wanted the class clown to give the official graduation speech. They should’ve known this would not end well.

In the weeks leading up to the end of the school year, those of us with the “good grades” were inducted into the National Honor Society, which meant we would receive flashy golden cords so we could parade around on graduation night and show everybody how *really* smart we were (when in fact, all it meant was that we were good test takers).

I found out that one of the “A” students was not going to be given his honor cords. You see, Gene was confined to a wheelchair because he had cerebral palsy. Back in those enlightened days, society decided there was no way to teach students with disabilities inside schools, so they had to be homeschooled. And, as it was explained to me, his “A’s” were not the same as ours, we who had attended “real” classes, so he would not be given the esteemed golden cords to wear.

Upon learning this, I refused to accept my honor cords. A dozen or so other students joined me in the boycott. Yet the administration still refused to give Gene his cords.

So, when the Big Night came, there I was, cordless, standing in line in my cap and gown, waiting to walk out onto the football field for the big moment. All of a sudden, the Assistant Principal appeared and started walking down the line, pulling down the top of each of the boys’ gowns to inspect and make sure each of us was wearing the required tie under the gown.

(Note: For those of you who read my [Substack last Sunday](#) – yes, this is the same Assistant Principal who two months earlier had beaten me with a sawed-off cricket bat for not having my shirt tucked in which, in turn, made me run for the school board. A week earlier, I won.)

So here he was again, in our last minutes of being high school students (and with me in my first five days on the school board), hoping to cause harm and pain one last time. And sure enough, he grabbed this boy, Timmy, standing two students in front of me and yelled at him, “WHERE IS YOUR TIE?!”

“It’s right here,” Timmy replied, pulling out his tie so the Assistant Principal could see it.

“THAT IS NOT A TIE!!”

It was indeed a tie, a two-string “bolo” tie, a tie poor white people, usually from the South, often wore.

“This is my tie,” Timmy said, his voice shaking. “My dad wears the same tie!”

And with that insubordination, the Assistant Principal grabbed Timmy by the collar and yanked him out of the line.

“YOU’RE NOT GRADUATING! GET OUT OF HERE! NOW!!”

And so, after twelve long years of doing his schoolwork, of doing everything he was told to do, including wearing the tie he always wore, he was now instantly expelled just moments before receiving his diploma – because this Assistant Principal didn’t like his tie.

I watched Timmy start to tear up and slowly walk away from all of us standing there in shock. But that’s not the worst part of this story. The worst part is that *I stood there and said nothing*. I witnessed this act of cruelty and did nothing to stop it. Did I mention that five days earlier the town elected me to the school board, meaning I was this sadist’s boss?

Continued on Following Page

I could have shouted “NO! ENOUGH! TIMMY, GET BACK IN LINE! AND YOU, YOU BASTARD, YOU ARE NOT TO LAY A HAND ON HIM OR I SWEAR I WILL CLEAN YOUR CLOCK!”

I said none of that. I remained silent, and to this day the shame I still feel for standing there and doing nothing is so intense that I’ve sat here now for over a day trying to write this weekly letter to you and realizing I would have to admit my inaction, my culpability, and say very publicly that of all the regrets I have in my life, this one, this few seconds of turning my head the other way, hurts me the most.

And so we were marched out onto the football field for the commencement event, our parents and grandparents in the stands, all happy and proud and unaware of what we had just witnessed.

After a prayer and a pledge that many of us did not recite, I was called to the stage to give the graduation speech on behalf of the student body. Earlier that evening, I had to show someone in charge my speech in order to have it approved. Which it was, because I kept it straight and bland, so there were no objections.

Facing the audience, I began it the way all commencement speeches begin, thanking the school and the teachers for our education. I continued with the usual gibberish about how we were “the future and...”

I looked up and there was Gene, separated from the class, sitting alone in his wheelchair, on a small patch of grass by himself, his body contorted in a constant state of motion, a big smile on his face, without the honor cords he had earned.

I stopped reading my speech. A long, pregnant pause ensued that must’ve felt like an eternity to the school board members sitting behind me. I turned and caught the eye of the Assistant Principal. I calmly folded up my speech and put it in my pocket.

And then I proceeded to speak, no longer on auto pilot, just me and my conscience.

I told the crowd how the school resembled too much the assembly line our fathers and mothers worked on at General Motors. Mind-numbing repetition and senseless rote behavior that was required by those in charge. Little room for freedom of expression or thought. Never question authority! We are to be the new cogs in the wheels of commerce and greed, I said. Is that truly why we are here on Earth? OBEY! WORK! SILENCE!

I continued. “We were told we were in school to learn the ‘Three Rs: Reading, ‘Riting and ‘Rithmetic.’ What kind of education did we get when two of those three words don’t even begin with ‘R’!

“Here’s what we were really taught: the Three C’s: Consistency, Complacency and Conformity.”

I thanked the many teachers who had refused to program us like robots but instead encouraged us to think, create, and make our voices heard.

And then I looked down from the stage and saw Gene again. And I told the crowd how he was denied admission to the honor society and that’s why a number of us weren’t wearing our honor cords. I said this is an example of the cruelty that existed in our schools and it had to stop. So many students shamed, punished, meant to feel inferior, not as “smart” as the rest of us – so keep your heads down, get yourself to the factory and start building us those Buicks, one lug nut at a time, 12 lug nuts a minute, 672 an hour, 5,376 a day. 20 minutes for lunch. Show up tomorrow on time at 6AM and do the same all over again for the next 45 years.

I closed by saying I was going to spend the next four years on the Board of Education trying to change this. The Democracy only survives when its citizens are taught to be critical thinkers. And none of us must feel good about denying a student what is rightfully his or hers because they are in a wheelchair.

“So, Gene, on behalf of the school district, please accept my sincerest apologies – oh, and I have something here.” I pulled my 8th grade honor cords out of my pocket, hopped down from the stage, walked up to him and said, “These are for you.”

Continued on Following Page

I put the honor cords around him. He was elated and thanked me profusely. My classmates stood and cheered him.

The next day I got a call from Timmy's parents. They were very upset. They sat through the entire ceremony waiting for their son's name to be called, waiting for him to walk across the stage to be handed his high school diploma – which of course never happened. They looked all over and couldn't find him. Finally, they gave up and went to the parking lot to get inside their car and continue their search. They opened the car door, and there he was, in the backseat, crumpled in a fetal position, still crying. He told them what happened.

On the phone with me they were furious. They understood the class bigotry of the Assistant Principal's action with the tie, though the idea of using the word "class" had been beaten out of them and "their kind" long ago, so they simply said it was wrong to call their Texan tie "not a tie."

"I know," I said. "I'm so sorry this happened. I will make sure Timmy gets his diploma and that something like this never happens again."

I did not tell them I was a witness to what took place and that I had remained silent.

After I hung up the phone, I sat down at our kitchen table, 18 years old, trying to process it all. And then I quietly made two promises to myself:

1. Do my best to convince the school board to remove the Assistant Principal from his position; and
2. **Never, ever** remain silent again, no matter the situation, no matter the cost.

The Assistant Principal was removed. That was the easy part. As for never remaining silent again, I did not know at the time that this promise would result in the Flint Police raiding my newspaper office, or me being fired later at another publication for supporting the union workers, or being booed off the stage at the Oscars for calling out the president of the United States for invading Iraq, or a guy trying to blow up my house after that speech.

My high school Commencement Night 50 years ago this weekend resulted in me graduating in more ways than just receiving a diploma. I hope it made me a better, braver person. And looking back, the coolest thing about that night was that three hours after our graduation, Nixon's burglars were caught and arrested inside the Watergate building. There is no connection between the two events, just karma. A moment for the universe to correct itself, in more ways than one.

– Mike

P. S. Happy Juneteenth! Thanks to all of those who made this new holiday possible.

Edgar Cayce

Friday, June 17

**"Then, do not count any condition lost.
Rather make each the steppingstone to
higher things..."**

Edgar Cayce reading 900-44

This month's favorite links

FREE or very low cost LEARNING ABOUT ANYTHING

<https://www.khanacademy.org/>

<https://www.skillshare.com/>

<https://www.open.edu/openlearn/>

<https://www.futurelearn.com/>

CHOOSE JOY!

<https://www.youtube.com/watch?v=E-r7ogDaaEQ>

Evolutions in Being

P.O. Box 4008
Chelmsford, MA 01824

