

Podcast Series, Holistic Nature of Us

Episode # 5: Meet Lynne Hartwell

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Hi I'm Judith Dreyer,

Thank you for joining me for this podcast series: At the Garden's Gate presents:

The Holistic Nature of Us

My intent is to take us, you and I, into a better understanding of the concepts behind our holistic nature and how that ties directly to the holistic nature of the world around us. How can we connect the dots in practical ways that we are nature and nature is in us?

I will be featuring authors and educators, practitioners and others whose passion for this earth helps us create bridges. We'll see what's trending, what's relevant to our world today not just for land use but also to connect the dots between ourselves and nature. It's time for practical action and profound inner change so our natural world is valued once again.

Today I am delighted to introduce you to Lynne Hartwell. She comes to us with a variety of holistic experiences. She is an alternative medicine practitioner and psychic intuitive, certified in several modalities including: vibrational sound healing, aromatherapy and more.

Judith: Hi Lynne and welcome to my show Holistic Nature of Us. It's so good to have you here.

Lynne: Hi Judith and thank you so much for inviting me, and it's a pleasure to be joining you today.

Judith: Great. Let's dig into the topic at hand. I'm always interested in alternative medicine and what practitioners are doing. Tell us about your interest in alternative medicine.

Lynne: The main draw for me in alternative medicine has been pretty much as far back as I can remember. As a child I was just intuitively fascinated by the

natural world. I felt a connection with the earth, the stones, animals, plants, even insects. And, I could see a connection between the sky and the air and the water, and how everything affects each other. I couldn't explain it. There were parts I couldn't understand but I just felt like everything was connected to each other and that I had a deep connection to everything that was in my world. I also knew that certain remedies could be found in nature. Again, I couldn't explain how; I was just a kid. Trying to explain this to adults it was like. (They would say) it was your over-active imagination. "No, pick up this stone! Your headache will go away." And thank goodness I'm a Leo because we're stubborn; we're driven and we don't usually take no as an answer. But I learned around certain audiences that I had to kind of keep things to myself. But I never gave up on my connection with nature and being in nature.

As I grew into an adult, there started to be a wealth of these classes and I could actually learn more and I could actually connect the dots between how a quartz crystal can activate certain meridians in your body and help energize you. I took biology. I took science classes. I could actually bring in the explanation of the aura. It's not just hocus pocus and yes, we do have electronic devices that actually view the aura and the colors. I could explain what the aura is, the bioelectric field that the body gives off as a result of being alive. The heart pumping gives off an electronic frequency and that can be seen as a color. So, I love the ability to be able to explain the why and then to take that information and then explain it to clients so that they can understand why a certain organ is not functioning properly. And then how to use and connect natural healing remedies and they can start feeling the difference.

Judith: That's very cool. And our alternative medicine, which some folks don't realize, means using an alternative to conventional medicine. We often go that route when we feel very ill and we're not getting results or not healing fast enough. Then we start to step outside of the box. And they're valid modalities. And, as you mentioned, science is proving how many of these modalities are actually quite valid in our healing process.

eing in the alternative medical world, what do you feel is the most important issue facing holistic care today?

Lynne: I would say, first and foremost, is education. It is educating the public, because still there are so many people who know nothing of alternative medicine, or they're very fearful of it because they're only hearing one side and they're not understanding what it is. It is also educating the medical profession because we're not competition for them and we're not hocus-pocus. We are a legitimate healing practicum. We're complimentary to their practices. We are

not, like I said before, we are not in competition and we're not here to just solely be the only solution. We are in addition to, or we are another source of healing when all other (fails), basically for someone who uses Western Medicine when all other solutions for them fail or they are just not getting enough healing. They're getting most of the way there. There are other solutions with a more natural based structure that can work for them.

Judith: I agree. I don't know if you're aware of this but I taught Holistic Health Studies at WestConn for a number of years and it was amazing to me how many medical practitioners are not aware of, or have misinformation about some of these practices. I think it's great that you're in the community and you have the science to back you up and the desire too not only educate the public but the medical community as well. Because, there are many spokes on a wheel and they all go to the center. And, if we just realize that, we could see our interconnection. Whether it's Western Medicine, Eastern Medicine, Alternative Medicine, they all have the same goal and that is to bring healing to us as an individual.

Lynne: Yes. And what's most important is bridging these gaps so that the healing can reach the people who are in greatest need of it.

Judith: Correct. I agree with you Lynne. But let's go back to nature. You mentioned what life was like for you when you were little. You had this great love of nature in its many different aspects as a child. And as you grew up you continued your education on that level. What does having a partnership with nature mean to you? Today, I should add today.

Lynne: Actually Judith, it's never changed for me. It's all about listening in because communicating with nature, communing with nature, however, whatever words you want to use, it really is about connecting your soul, your mind and your emotional state of being back to a natural source. Our DNA and the very cells in our body have frequencies; their frequencies are designed to be in connection with natural frequencies. the earth. We're meant to be lying on the earth, not lying in a bed. You know separated by an artificial floor or maybe several floors from the earth itself. Our ancestors were touching the earth. They were walking on the earth in bare feet or in very thin, thin, thin soles that were made out of a natural material. So they were still in connection with the vibration of a plant or an animal that the material was made from. They were consistently, all their tools came from nature so they were touching and holding these natural vibrations which match and align with their own vibrations within their bodies. To be in these artificial surroundings is foreign to our bodies so they start causing blocks. So for me, being out in nature means

that I get away from the electrical apparatuses. I get away from the artificial frequencies, vibrations and scents and smells. I get back to something that my body can recognize and can help itself to open up blocked passageways within my body, release stress. I can start feeling normal again. I can start feeling myself. And there are so many times where we feel kind of lost or stressed or we're just kind of, you know, just really getting anxious or just kind of losing touch or losing connection, or our minds are getting foggy or what have you. But when we go out in nature we feel better. We can relax a little bit more. We can think more clearly. And, this is the reason for me why nature is so important. My partnership with it just means that I need to be out on it. I need to be touching a tree or walking upon the earth. Smelling the nature or natural smells. Being exposed to that energy.

Judith: Lynne, I couldn't agree with you more and fortunately again science is trying to prove that to us. For example, we have the heart math institute that it can actually measure the frequency of our heart vibration and we can see how that impacts each other and it impacts each other far more than we possibly could imagine, and the technology supporting that. But they're also measuring the heartbeat of the earth as well, which I think is absolutely fascinating. Secondly, my native elders always said, you know, spend 15 minutes barefoot on the ground every day when and if you can. And I think what you just said supports that same principle. So now we have a movement called grounding. We actually have to have these fancy videos that tell us to go lay on the ground every day and I just laugh when I see it, because that's what we should be doing or getting back to anyway. And then we have another body of research coming out. I don't know if you're familiar with Dr. Jack Kruse but he's doing some amazing work with sunlight on our cells, the mitochondria, the electron transport and how important sunlight is. I'm not talking about going out in the middle of the day and staring at the sun. But the angle of the sun the first thing in the morning sets different frequencies up in our brain. He happens to be a neurosurgeon so you're not talking about wu-wu stuff. You're talking about very deep, maybe alternative research that's going to, I think, be the medicine of the future if we can follow his body of research for alignment.

We talked about grounding. We talked about connection. We talked about listening. For me all of those support having a holistic relationship with the earth, because if we listen to our deep self we're a better person, right? If we understand our connectedness with each other we get along better and that translates into taking care of the earth better. Sustainability, reverence, the intelligence in us, the intelligence in nature and last but not least is our deep intuitive knowing are all key points. And I know you have a lot to say about

that. You're an intuitive yourself. You're in nature a lot. Is there anything you could share on that level?

Lynne: Well as far as intuitive, as far as tapping in; when you're out in nature observe it. Even touch it. Touch a tree and then just stop. Stop, refocus your mind on how does the bark feel. Or, just breathe and just allow yourself to just feel the changes and shifts within your own body. The more that you do things like: just sitting on the ground, switch your mind off by refocusing your thoughts by listening to the sounds of nature around you or what scent can you smell. Or, looking around you, what colors do you notice? What other parts of the environment do you notice? Just doing simple things like that help us with really connecting working place (?14:08).

Judith: Also those practices help us turn off the monkey mind, so to speak. That incessant chatter that we all have in our mind just by going out and perhaps approaching our hike a little differently or our morning walk a little differently. Again, my native elders would tell me to go and find a "sit spot" a consistent spot in the morning and in the evening and just sit for 20 minutes on the earth twice a day at sunrise and at sunset. And it doesn't mean anything major happened but I think that's what we get used to in our society. We get used to this constant data coming at us. Where as the earth teaches us to slow down and things come a lot more slowly. And that, as you mentioned right in the beginning, helps us to realign, right?

Lynne: Realign and unplug.

Judith: Right.

Lynne: As you've mentioned and that was a very poignant part of mentioning that nature has a heartbeat. And when we unplug, we sit down or we listen in, what we're doing is that we're realigning to that heartbeat that every DNA, every strand of DNA, every cell in our body is aligned to. And that's where we feel more apart of ourselves. So especially for people who feel lost a lot in their lives in their direction then spend some time out in nature and reconnect like that and see how you start feeling after a week, two weeks, a month. You're going to be experiencing much different points of view. You'll be thinking differently and you'll be feeling differently.

Judith: I agree with you. I think those are great, great suggestions for our listeners today to take in on their reflection time, to see how they can bring more nature into their lives in a way that's not data driven. I keep wanting to say that because we're so overloaded with data and information. But a way,

like you said, to unplug from all of that which gets us breathing easier and kind of turns down the chatter. I feel when I go outside such a relief from something. It's hard to name because we're so over-loaded with our electronics and it's only getting worse in a way. The electronic frequencies are impacting us in ways that our technology has not addressed in its development.

Lynne, you've given us such great tips already. Can you either summarize them or give us a couple of very practical tips?

Lynne: Yes. I've got more! But one of the things that I work with, either in workshops or with clients that have sessions, discussions, I always have take-aways. And they're simple easy tips that anybody can use, and they work.

1. One of the take-aways is breath, breath. No matter where you are or what you're doing, if you're finding yourself kind of getting caught up or you have the monkey mind going in overload and can't think straight or you're having difficulties breathing or you're beginning to get into a panic attack, what have you. Even if you're not, try 3x a day; first thing in the morning, maybe sometime in the middle of the day, and then at the end of the day before going to bed stop what you're doing. Get some place where you're not going to be disturbed. Sit comfortably or if you can't sit and must be standing then stand comfortably. Focus on your breathing. Slow your breath down. Equal parts inhalation as exhalation and all you do is breathe, nice, deep and easy for a minimum of 3-5 minutes. That's all you need. That's all it takes. You will feel the benefit of slower heartbeat. You're going to be feeling better. You're going to be thinking more clearly and you're going to be calmer. For many people they start to feel better or happier and all you need is 3-5 minutes. The monkey mind starts to come back in, you refocus on just breathing. That's all you've got to do is just breathe.

Judith: I just want to add one thing. Years ago when I was doing counseling myself in the health food industry I had a lady with cancer who came in and she was getting very fearful because things were progressing. She wasn't getting good results. And so, what worked for her? I had just heard something I don't know in my world at that point, but if you focus on 3 breaths, just 3 breaths, you can actually cut the circuit of anxiety. You can actually diminish the circuit of anxiety and that's all I asked her to do.

Lynne: Yes, it's amazing.

Judith: It is amazing. So thank you.

Lynne: What we don't understand as a society is to refocus your mind on something else but something else that is calming. Something else that is beneficial for the body because your body needs time to slow down and take a break.

2. Another way of taking a break, giving your body and mind a break is to exercise and to go out for those walks in nature daily as much as you can or meditation. So different things work for different people.
3. But using a meditation and even just 5 or 10 minutes a day is beneficial. Of course, the more you can put in, gives yourself, the better you are.
4. Yoga, practices like Tai Chi, Chi Gong, are all very good mind/body/spirit-connecting exercises and they really work with changing, switching and unblocking energy that is stuck within you. Stuck within your mind. Stuck within your body. They have been proven to help alleviate pain. To boost your emotional system where you feel more optimistic, happier after you do or continue to do these activities daily. You reap the benefits of giving your body a break.

Judith: That's another great suggestion and as you and I both know, some of these practices were designed for longevity and the only way we're going to live a long life on one level is if we decrease the stresses and these practices help us decrease the physical impact that stress has on our bodies, our physical bodies. And that's what helps us live longer, hopefully.

Lynne: It's a major, major, major factor and what I love is that the past 30 years and a little bit beyond that but I've really been hearing the medical profession, the medical doctors, I've been seeing it in their documents and their journals and the public announcements: reduce stress. And they give methods on how to do so. And this is where we come in, the alternative medicine, the holistic medicine comes in as a complimentary practice to what the medical profession does. We give you that "how" to reduce stress. We give you the "how" to relax and live better, longer and with greater joy and mobility.

Judith: Well it's practical action, isn't it?

Lynne: It is.

Judith: Very practical action that can have a profound impact and that's what I like. We forget – keep it simple. You know, keep it simple has a great vibration so to speak for creating that healthy, vibrant life that we want.

Lynne: It does, it does. It absolutely does.

Judith: Do you have another tip?

Lynne:

5. Being with people who are positive. People who are basically with you, supporting you. People who love you and care about you, who you are as you are. Being in that vibration is so supportive. And again, as you mentioned before Judith about how our heart and our body and our body's energy, how we affect each other, we're affected by nature or we're affected by artificial items. But we also affect each other energetically. When you are surrounded or surround yourself with others who are of a higher vibration; positive people, more outgoing people, happier people, but you also surround yourself with people who support and love you for you. That is also a higher vibration. And it helps to lift you up energetically, emotionally, physically, spiritually. And it is so important that we keep ourselves, as much as possible, in those environments.

Judith: I agree. There's a lot of research coming out about that too. You know you see it in the business literature not just the medical, about the positive atmosphere. And it's so nice to see that the business culture is changing into something that is more positive and supportive. I think the systems that insist on the old paradigm are actually; I don't think they're going to do that well. I think people get dissatisfied. They're walking away. They're not going to support them any more. And yet we have these great new businesses coming in that have a working culture that does just that. You get creative people together with a positive atmosphere so much more can be done but we go home and say, "Hey, I like what I'm doing", and that's what life should be about. We should love what we're doing, you know, on a daily basis instead of a grind. And that's changing and I'm so happy to see that that culture is changing out there.

Lynne: Yes that awareness is really becoming more and more widespread and it is beautiful to see that people are embracing it. They're getting it! And they're actively seeking it, even if they may not know that they're seeking it in the beginning. When they come across it they're like "Aha, that's it! That's what I need in my life."

Judith: And, it's what I'm wanting in my life. You know when we want something like that I think we end up creating it or finding it or it finds us because we're starting to be a match for it, so to speak, on those levels.

Lynne is there anything else you'd like to add?

Lynne: As far as tips that people can use or just in general?

Judith: Either/or – your choice.

Lynne:

6. I would say, in general, one of the biggest takeaways that anyone can have is when you're feeling that a situation is impossible. You're feeling stuck. You're feeling that this is kind of like a permanent thing, be very mindful of your thinking and your thoughts. Because anything that has been made, and this can even include life-threatening cancers or other life-threatening diseases, life situations where you've lost your job and you don't know where your next paycheck is coming from and you don't know how to pay your bills, etc. Anything that is made; anything that is created can be uncreated. It can be unmade and your attitude toward a situation is huge in changing the situation, in changing the vibration of what is around you. From pumping more negative where I'm stuck, this is hopeless, I can't get anywhere. Well the person who says they can't is correct. But the person who says they can is also correct and it depends entirely, the difference is your perspective, your attitude and how you're thinking about a particular situation. So, be mindful of your thoughts. Be mindful of how you're approaching a situation. Are you being a little bit too much in the critical or the negative or holding yourself back by saying I can't. Or turning around, even if you don't know what the answer/solution is yet but telling yourself I will find the answer. I will find the solution. I will keep moving forward. That makes a huge difference. And the majority, and science can back this up, the majority of cancer survivors for example all said that I can, I will, and they did. So just keep that in mind.

Judith: That's great. Thank you Lynne. I just so appreciate your practical action, practical application.

Lynne: I like that. It has a nice ring to it.

Judith: Yes, we can take that into our daily life because that's what it's all about, isn't it? To make a change we have to start with a step, you know? And what's one step that I resonate with that I can bring into my life based on your suggestions and you gave us several. So I think the listeners will have several to choose from and I'm really grateful to you for that.

So tell us about your businesses before we close and your contact information. I know the listeners would like to know that and then we can conclude.

Lynne, My business is LynneHartwell.com that's my business website. And my e-mail is the same. It's Lynnehartwell@comcast.net. Basically what you need to know about my business as an alternative medicine practitioner and psychic intuitive is that I utilize a wealth of information and knowledge coming from natural sources, intuitive sources. And what I'm doing is that I am custom fitting each client that's coming in with their own story, their own situation, their own background. And that nobody is a cookie-cutter. Nobody is the same person. So everything that I do is custom designed to your particular needs. Even if we have multiple sessions, each session is different because we're different on that particular day and time. So what you need I match with the tools and education and input that I'm getting from the natural world to help you move forward.

Judith: Thank you Lynne. Just so my listeners know your information will be up on my website when this podcast is released. You are a wealth of information and I know personally that Lynne is very well loved and respected in our community. I am so grateful that you are here today. And I hope everyone feels as inspired as I do by all your practical advice. On that note I'd like conclude today's session.

Thank you everyone for joining us at: Holistic Nature of Us. I hope you feel as inspired as I do by Lynne Hartwell's talk and practical advice. I certainly do and I want to thank you Lynne, and my listeners for joining me today.

This is Judith Dreyer, author of *At the Garden's Gate* book and blog. For more information go to my website: judithdreyer.com. You will find information for this podcast. The transcript of podcast is also available, as well as book, blog and class schedules.

I like to end with a quote from Paul Hawken, environmentalist and author, who reminds us:

“Sustainability, ensuring the future life on Earth, is an infinite game, the endless expression on behalf of all.”

So for now and enjoy this beautiful day.

