

THE EPOCH TIMES

MIND &

BODY

DENIS BELITSKY/SHUTTERSTOCK



Looking to nature, we can find the imprint of the divine.

The Wisdom on Nature

The way of the natural world can give us guidance for our human lives

TATIANA DENNING

"And into the forest I go, to lose my mind and find my soul."

—John Muir

Ah, nature. It's a balm for the spirit and an education for the soul.

It has nurtured a wealth of poetry and literature, inspired some of the most treasured works of art, and moved musicians to create soul-stirring compositions.

Take Beethoven, for example, who is said to have developed a love of nature in his youth, enjoying strolls along the Rhine River with his father. Despite losing his mother at a young age, having a father who was an alcoholic, and starting to lose his hearing at the age of 28, Beethoven created some of the most beautiful music the world has ever known—with nature often acting as his in-

Nothing stays unchanged and nothing lasts forever—whether it be a house, the stars in the sky, or who we are at this moment.

spiration. Nature spoke, and Beethoven listened, translating what he heard into music.

"No one can love the country as much as I do," he said. "For surely woods, trees, and rocks produce the echo which man desires to hear."

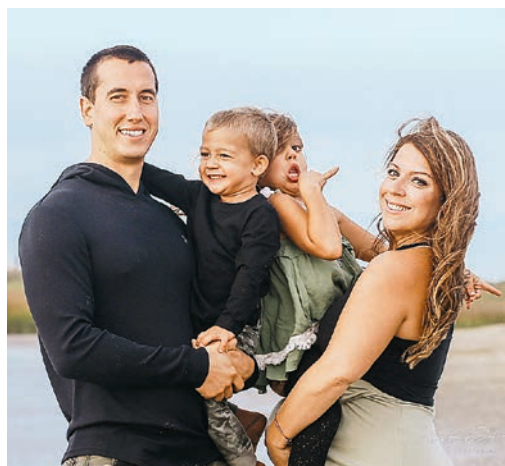
Nature nourishes the soul, inspires us to dream, and grants us a nightly magical wish upon a star.

As Haruki Murakami said, "Not just beautiful, though—the stars are like the trees in the forest, alive and breathing. And they're watching me."

Yet when its inescapable fury manifests, nature can humble us, instilling a sense of awe and respect. Despite technological advancements, modern science can only understand nature in small parcels and points—its immense intertwined complexity is beyond our ability to quantify or control.

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CHELSEA FLOWERS



Chad and Brogan Metcalf hold their younger daughter and son, both born through unassisted labor.

Some Women Choose Unassisted Birth, Here's Why

There are compelling reasons some mothers choose to have their babies at home without a midwife or doula

JENNIFER MARGULIS

"Mom, where did the seaweed find a job?" My 8-year-old daughter read from a list of jokes that she'd prepared for me.

"Where?" I asked, smiling at her and trying not to moan.

"In the kelp-wanted ads!"

I threw back my head and roared with laughter. I'd recently read that laughter can help ease labor pains. And at that

moment, as I was trying to ride the wave of a contraction, my daughter's silly joke was the funniest thing I had ever heard.

A Warm-Up or the Real Thing?

You would think that after giving birth to three children—one in the hospital, one at home with a certified nurse-midwife and her assistant, and one at home with a lay midwife and a medical doctor (there as a friend)—I would've known

whether or not I was in labor.

But in all honesty, I wasn't entirely sure. I'd been having light contractions all morning. Was I in labor or were these just Braxton Hicks: the warm-up contractions that, according to the American Pregnancy Association, last between 30 seconds and two minutes and that serve to tone the uterus and increase blood flow to the placenta?

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THE EPOCH TIMES

TRUTH AND TRADITION



The wireless industry and its regulators have long maintained that wireless technology is without risk, but a recent ruling is forcing the FCC to address emerging and substantial evidence of harmful effects.

Court Demands FCC Reconsider Its Wireless Safety Standards

After dismissing evidence of potential harm during a public inquiry, FCC must now address the concerns

CONAN MILNER

Smartphones, and the wireless frequency that runs them, have revolutionized the way we live. But are they as safe as we are told? A federal court ruled that regulators must reconsider the nation's wireless safety standard due to extensive evidence of harm.

Since 1996—back when cellphones were rare and brick-sized—the Federal Communications Commission (FCC) deemed that exposure to the non-ionizing radiation emitted from wireless devices caused no health issues.

Even with this win, wireless safety standards may still not change, but the FCC has to now explain why.

Since then, our daily exposure to wireless radiation has increased considerably. And with 5G just around the corner, more of this invisible pulsed frequency is projected to saturate even more of our environment in the years to come.

Wireless devices generate the same radiation as a microwave oven. But both the wireless industry, and the agency that regulates them, say it's the threshold of heat that makes microwave exposure dangerous. Since cellphones don't emit radiation intense enough to cook you, they're considered safe.

For years, regulators have held firm on this conclusion. In 2012, the Government Accountability Office urged the FCC to take another look. So, the agency opened a public inquiry for evidence of whether its wireless safety guidelines genuinely required an update. Over the course of six years, thousands of studies, personal stories of health problems related to wireless exposure, and comments from doctors, scientists, and medical organizations all sent the agency the same general message: sub-thermal microwave exposure can cause health problems.

At the end of 2019, the FCC wrote a report in response to the comments they received. Despite the evidence, the agency once again concluded that its previous standard was sufficient to ensure public safety, even with 5G.

"After reviewing the extensive record submitted in response to that inquiry, we find no appropriate basis for and thus decline to propose amendments to our existing limits at this time," states the report. "We take our duty to protect the public from any potential harm due to RF exposure seriously."

Soon after the report was published, a lawsuit was filed by the Environmental Health Trust (EHT) and Children's Health Defense (CHD). The goal was to force the agency to take another look.

And it worked. On Aug. 13, the court ordered the FCC "provide a reasoned explanation for its determination that its guidelines adequately protect against harmful effects of exposure to radiofrequency radiation unrelated to cancer, in accordance with the opinion of the court filed herein this date."

Getting the opportunity to sue a federal agency is rare, and the cases that make it usually don't end with the changes that petitioners hope for. That's why Scott McCullough, CHD's lead attorney for the case against the FCC, called it "an historic win."

"The FCC will have to re-open the proceeding and for the first time meaningfully and responsibly confront the vast amount of scientific and medical evidence showing that current guidelines do not adequately protect health and the environment," McCullough said in a statement.

The evidence presented to the court consisted of 11,000 pages showing harm from 5G and other wireless equipment that most people carry with them, or are exposed to in their homes, schools, and workplaces every day.

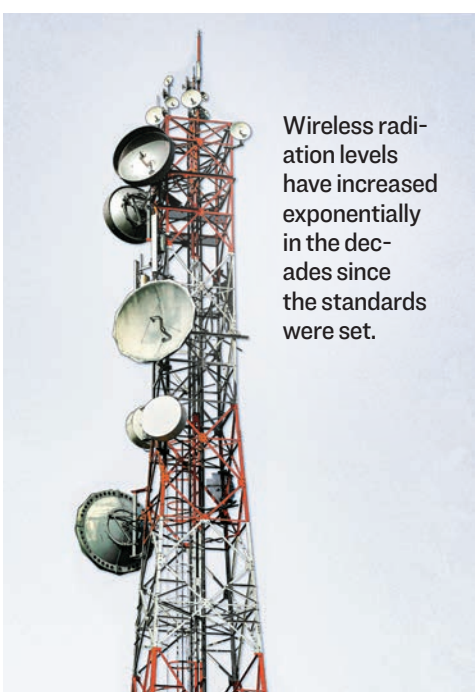
Petitioners pointed to multiple studies and reports published after 1996 showing that wireless radiation at levels below the FCC's current limits caused negative health effects, such as reproductive problems, and neurological problems that span from effects on memory to motor abilities. They also showed evidence of human sperm and DNA damage at low levels of RF radiation, and blood-brain barrier permeability with exposure.

Much of the evidence presented in court had previously been sent to the FCC in an attempt to convince the agency that there were flaws in its conclusions about microwave exposure and safety. Attorney Dafna Tachover, CHD's director of 5G and Wireless Harms Project, says this judgment will force the FCC to recognize the immense suffering millions of people have already suffered due to outdated and unfounded safety standards.

"Finally, the truth is out. I am hopeful that following this decision, the FCC will do the right thing and halt any further deployment of 5G."

Even with this win, wireless safety standards may still not change, but the FCC has to now explain why. The court concluded that regulators must address the evidence showing harm from sub-thermal microwave exposure.

"The FCC completely failed to acknowledge, let alone respond to, comments concerning the impact of RF radiation on the environment," the judgment states. "The record contains substantive evidence of potential environmental harms."



Wireless radiation levels have increased exponentially in the decades since the standards were set.

MEDICALLY CORRECT

Choose Your Surgeon by Their Skill

Feel free to kick the tires before you commit to a surgeon

PETER WEISS

S.V. was referred to me by her friend. She was a 35-year-old with what everyone thought were fibroids. These non-cancerous lumps grow in the uterus and can cause various symptoms. She had seen a doctor who wanted to remove the rapidly growing fibroids through laparoscopic surgery (surgery through tubes sticking into the belly). S.V. was a successful writer and had a busy schedule. There was something odd about her presentation and clinical findings. This was about 15 years ago, and laparoscopic resection surgeries of fibroids were just getting started as a first-line surgery. The surgeon she was going to for the operation was fine, but he had the reputation of being a little aggressive for his abilities.

Needless to say, I suggested that she see another pelvic surgeon whom I had worked with in the past. This surgeon was also a gynecologic cancer surgeon. He was excellent in the operating room and, most importantly, knew his limitations. S.V. met with him, but ended up going with the younger, more aggressive surgeon. She liked this surgeon partly because he had a very effective social media presence. At that time, social media was also just starting but had already become a powerful tool to influence people.

It turns out S.V. had what is known as uterine leiomyosarcomas, a very rare form of cancer arising from the smooth muscle of the uterus. The surgeon she used spent 5 hours trying to remove these "fibroids" by laparoscopy before calling in a cancer surgeon to help. By the time they finished, this poor woman had her localized cancer spread throughout her body.

The 5-year survival rate for leiomyosarcoma is 63 percent at best, but goes down to 14 percent if the cancer is spread throughout the pelvis. S.V. died less than 6 months after her surgery.

S.V. would have probably died from her cancer even with the surgeon I recommended, but she may have lived for several more years. For her, that would have been a lifetime.

Excellent surgical skills and good judgment are the paramount qualities we want in a surgeon, not their bedside manner, gender, race, social media skills, or their "woke-ness."

This was an extreme example of poor clinical judgment by the surgeon. A good surgeon must know his or her limitations. In this case, the surgeon unwittingly spread her cancer throughout her body by continuing with his laparoscopic approach. Minimally invasive surgical techniques like this were still in their early stages of development then. He failed to recognize his limitation and call in the cancer surgeon at the appropriate time. This surgeon forgot the paramount rule as a physician, "Above all, do no harm." There are many such errors, which the patient never sees, occurring in daily medical practice. Some arise from a simple lack of basic surgical skills, which may not be life-threatening but still affect the quality of the surgery.

Medical legal experts use the term "standard of care." Notice how they don't



SIRI STAFFORD/GETTY IMAGES

use "excellence of care," but "standard." There is a reason for this. Not all surgeons are excellent, some are better than others. The same can be said about general physicians or even airplane pilots. Think of Captain Scully and the miracle on the Hudson. However, surgery cuts straight to the point.

We want the best surgeon possible. My old medical school roommate is a retired Lt. Colonel and thoracic (pertaining to the chest) trauma surgeon who was stationed in Iraq. Dr. Don Reed Jr. is an exceptional surgeon who saved many soldiers' lives with his surgical skills. The stories he tells are heart-wrenching. He is now back into the private world where he witnesses subpar surgeons and can only hope they don't get in over their heads.

According to a paper published by the National Center for Biotechnology Information, there are some 200 million surgical procedures performed globally each year. There are at least 4,000 surgical errors occurring each year in the United States. Operating on the wrong body part still happens.

An error is completely different from complications or poor outcomes from surgery. Mediocre surgery is not negligence. Mediocre surgeons are not committing malpractice by any stretch of the imagination, it's just not "excellence of care." We should all want excellence.

Remember that AT&T commercial where this couple asks the nurse in the hospital just before surgery, if they ever worked with Dr. Francis? The nurse responds, "Yeah, he's okay," and the couple says, "Just okay?" Great commercial, and no, we don't want that type of surgeon.

Excellent surgical skills and good judgment are the paramount qualities we want in a surgeon, not their bedside manner, gender, race, social media skills, or their 'woke-ness.'

Now, all of this is not meant to scare you, but to inform you. You have choices. You can research your surgeon. Obviously, if you were brought to the emergency room for acute appendicitis, you'll get the surgeon on call. Those are pretty straightforward surgeries, and you don't need to be the best of the best to perform them well.

If you need a planned surgery, such as cardiac bypass, or cancer surgery, do your homework. Ask a doctor or nurse friend if you know any. The internet can give you a lot of helpful information. Ask the surgeon about his or her experience. How many of these surgeries have they done before? Who will be their assistant? Also check out the hospital where you will have the surgery. The nursing staff as well as the anesthesiologist are critical. It really is a team effort. It's just that your surgeon is the one holding the scalpel. The surgeon must have strong knowledge of their specialty as well as good motor skills. However, one of the most critical skills of a good surgeon is common sense. That has kept me out of trouble so many times.

To this day, every time I operate, I say a little prayer to myself just before I cut, "Please God, let me do good today."

Dr. Peter Weiss has been a frequent guest on local and national TV, newspapers, and radio. He was an assistant clinical professor of OB/GYN at the David Geffen School of Medicine at UCLA for 30 years, stepping down so he could provide his clinical services to those in need when the COVID pandemic hit. He was also a national health care adviser for Sen. John McCain's 2008 presidential campaign.

Mediocre surgeons are not committing malpractice by any stretch of the imagination, it's just not "excellence of care."

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A Dangerous Combination

Study finds weak muscles and abdominal fat pose risks for older people

Weak muscles and abdominal fat can be a dangerous combination for older adults who have difficulty walking. A new study from the Federal University of São Carlos suggests that these two physical traits can directly affect the loss of gait speed.

"Our comparative analysis showed loss of gait speed occurring mainly when abdominal fat and weak muscles were associated. Gait speed didn't decline so sharply in older people who had only abdominal fat or only weak muscles," study author Tiago da Silva Alexandre said.

or gait speed. However, in the eight years of monitoring, gait speed declined in most participants who had abdominal obesity.

According to Roberta de Oliveira Máximo, the first author of the paper, "In the participants with abdominal obesity and muscle weakness, we observed a loss of 0.15 m/s in the eight-year period. At this rate, there may come a time when they can't cross the street in the time allowed by traffic lights."

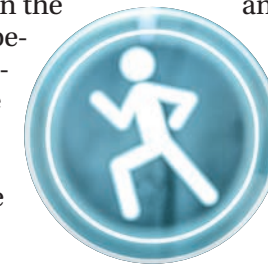
Inflammation Caused by Abdominal Fat

The researchers noted that an accumulation of abdominal fat could create inflammation that consumes muscle mass and reduces strength. Previous studies have also found that these common traits among the elderly are associated with a heightened risk of falls, changes in carbohydrates, glucose, and cholesterol metabolism, and even death.

However, this is the first study to link the traits with mobility.

This study can help health care workers to understand that measuring abdominal fat and muscle strength while in a clinic or hospital can help predict a loss of gait speed in their patients.

It can also help to diagnose mobility problems and their potential to incapacitate older people. Fortunately, abdominal fat and muscle weakness can be corrected by exercise training and diet.



When a senior's walking speed quickly declines, it can create mobility problems that make even crossing the street daunting.

SIDECORE/SHUTTERSTOCK

Sarah Cownley earned a diploma in nutritional therapy from Health Sciences Academy in London, and she enjoys helping others by teaching healthy lifestyle changes through her personal consultations and with her regular contributions to the Doctors Health Press. This article was originally published on Bel Marra Health.



ALL PHOTOS BY SHUTTERSTOCK

TRADITIONAL CHINESE MEDICINE

Fall Shows Us the Beauty of Letting Go

This is the season to turn from the external to the internal and give yourself a little love

EMMA SUTTIE

Fall signals the change from summer to winter. Long summer days finally cool and leaves offer vibrant yellows, oranges, and reds before they fall from the trees. It's the time when we go from the relaxed, carefree attitudes of summer to the more serious and introspective energies of fall.

In the five elements theory of Eastern medicine, fall represents metal. You can think of that in terms of the qualities of this element. It is rigid and refined. This season governs organization, setting limits, and protecting boundaries.

In fall, we move from the external expansive nature of summer to the internal contractive energies of autumn. It's a good idea to finish up any projects you started in spring or summer and enjoy the results of all your hard work. It's also a good time to begin projects that focus on the internal, cultivating body and mind.

Fall, the Lungs and Grief

In Eastern medicine, every season has an organ and emotion associated with it. Fall is the lungs and grief. The energy of the lungs is "letting go," so fall is a good time to be mindful of anything we may be hanging on to so we can make room for new experiences. The lungs are associated with clear thinking and communication, openness to new ideas, positive self-image, and the ability to relax, let go, and be happy.

When the lungs are out of balance, or you're dealing with excess grief, you will have difficulty dealing with loss and change. You may feel a sense of alienation and experience a sense of sadness that doesn't improve.

The lungs represent our sense of attach-

ment, so if you have a hard time letting go of people, places, or experiences or spend a lot of time reliving the past, this can point to a deficiency of the lungs.

Eastern medicine talks about qi, which is an energy created through the air you breathe and food you eat. It can be weak, or strong, and is affected by several factors.

If the energy or qi of the lungs is weak, you may experience an overwhelming, constant state of grief that doesn't ease. If prolonged, this deficiency can lead to depression and other health issues.

By contrast, grief that's expressed fully is strengthening both physically and psychologically. Therefore, it's not avoiding grief, but rather dealing with it in a healthy way that's the key to being happy and balanced in all aspects of life.

Take in the New, Let Go of the Old

The lung has a partner organ, and that is the large intestine, and they work in tandem to keep the body healthy.

The lungs are responsible for taking in the new. This manifests physically as breathing in the clean crisp fall air, filling us with the oxygen we need to think clearly and allow our bodies to function optimally. The large intestine is responsible for letting go of the waste. It is the last stage of digestion and takes everything the body doesn't need and releases it, only keeping what's vital for us to function.

Emotionally, this is why fall is a good time to look at things we might be hanging on to and working through them so we can let them go for good. Elimination problems like constipation often point to problems with letting go in some form or another, and lung problems can also be due to grief lingering inside the body and psyche.

How can we work at letting go this fall? Here are some ideas to help you start letting go of what's no longer serving you so you can make space.

Clean, Reorganize, and Donate

The best time to strengthen the lungs is in the fall when the lung's energy is at its peak. Fall is the perfect time to take stock

Letting go doesn't mean ignoring grief or problems, but dealing with them in a healthy way that ultimately makes us stronger and more clearminded.



Fall is the perfect time to take stock of things in your life, organize, and let go of anything you no longer need.

of things in your life, organize, and let go of anything you no longer need. This is a good practice in the physical world as well as the emotional one.

Go through your closet and take out all the old clothes you haven't worn in ages and donate them to a local charity so they can be new for someone else.

Clean out your computer, deleting anything you no longer need. If your computer is anything like mine, this should take a while, but feels great and makes space.

Organize your cupboards and rearrange your furniture.

All of these activities can be incredibly liberating and are in harmony with the fall season and strengthen the lungs' function of letting go.

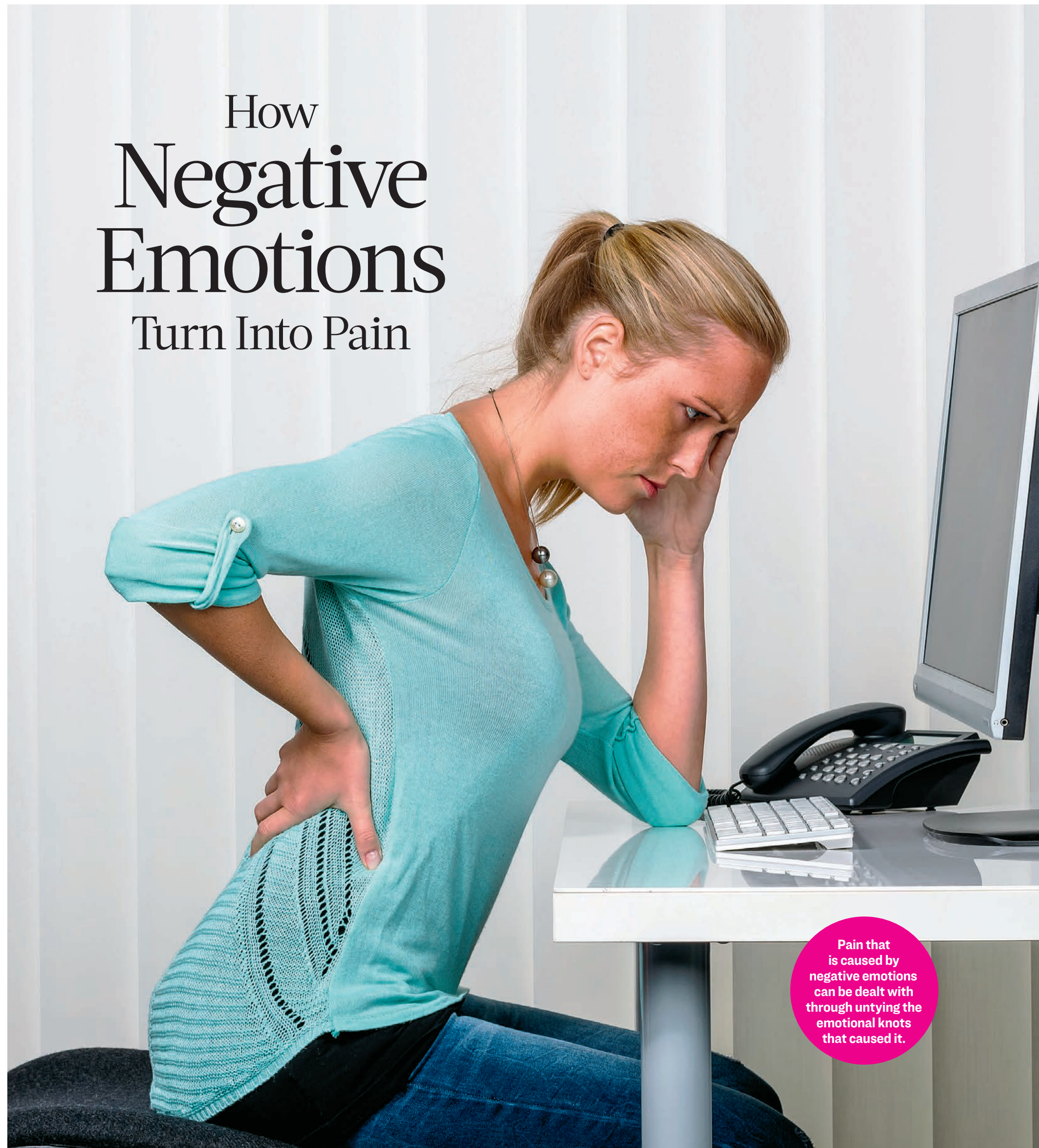
In Eastern philosophy, to have optimum health, we must learn about the nature of each season and live in harmony with its spirit. If we're living in harmony with the world around us, we see that in the fall, nature is slowing down, contracting, and preparing to rest.

It's good for us to do the same.

Sleeping a little longer, eating warming, nourishing foods, and moving inward, paying a little more attention to our internal lives—these are good practices at this time of year. Because the metal element within each of us gives us our sense of self-worth, this is the season to give ourselves some extra attention and self-love. Instead of seeking value outside—like chasing status, money, or accomplishment—we can work to be content inside and know that we have (and always have had) everything we will ever need to be happy, healthy beings

Emma Suttie is an acupuncture physician and founder of Chinese Medicine Living—a website dedicated to writing about how to use traditional wisdom to live a healthy lifestyle in the modern world. She has lived and practiced in 4 countries and now works through her consulting practice Thrive Consulting. She is a lover of martial arts, the natural world, and a good cup of tea.

How Negative Emotions Turn Into Pain



Pain that is caused by negative emotions can be dealt with through untying the emotional knots that caused it.

Different feelings can lead to different strains on our body

LYNN JAFFEE

You've heard the expressions "pain in the neck" or "pain in the butt" and assumed that they're just figures of speech to describe a person or a situation that's unpleasant. However, I know firsthand that stress, trauma, and emotional issues can morph into a pain in your neck, in your butt, and many other places in your body.

Here's how it happens: When you get frustrated or overwhelmed, your muscles tense up, and after a while, the layers of those tight muscles begin to "stick" to the layers of muscle above and below them. Those

adhesions are called knots, which you can feel as a lump in your muscle below the surface of the skin. They can be painful, tight, and often tough to get rid of.

When you relax, knots may also relax or resolve completely. After a massage or when you've been away on vacation, you may notice that the knots are gone. Sadly, chances are good that your knots will return once you're back at the daily grind—an indication that when you relax, your muscles do, too.

If you have a health condition or chronic pain, your emotions and how you think about that pain can either alleviate or aggravate your symptoms. It's long been known by researchers that holding on to negative emotions, worrying about your symptoms, and anxiety can make your pain worse. That's because your body and mind are interconnected and work together. So your thoughts, attitudes, and fears affect the way your body processes pain.

The fear of having pain can also result in

you avoiding the physical and social activities that you once enjoyed. Over time, this can feed into a negative spiral of loss of strength and function and a loss of social relationships—all factors that further contribute to your pain.

Can you do anything about the pain that's caused by negative emotions? The answer is yes, but there are a couple of steps involved. First, think about how you're actually feeling. It's so easy to blame everything on stress, but it's far more helpful to pinpoint exactly what's going on with your emotions.

For example, being "stressed" could mean that you're dealing with trauma, feeling anxious about an upcoming problem or event, or have a sense of being overwhelmed and out of control by the circumstances in your life. When you move closer to exactly what you're feeling, it also brings you closer to what's causing your pain.

Continued on Page 14

It's long been known by researchers that holding onto negative emotions, worrying about your symptoms, and anxiety can make your pain worse.



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While there is a need for C-sections sometimes, they may be overperformed in the United States.

The Overlooked Harms of Cesarean Birth

This common procedure can be a life saver—if it isn't overused

JENNIFER MARGULIS

Aimee Wright and her husband Scott, who live in Lake Mary, Florida, planned to have a home birth seven years ago. Wright was 33 and had a lot of friends who had given birth at home successfully. She saw no reason for a healthy pregnant woman to birth in the hospital.

"In my mind, hospitals are where people go when they're sick or dying," Wright said. "I don't think pregnancy and childbirth

require that." But Wright didn't go into labor until two weeks after her due date. Then, after 24 hours of laboring at home, she felt like she was hitting a wall. At first, her husband encouraged her to stay home, but Wright intuitively felt as though her labor wasn't progressing.

They went to the hospital, where Wright labored for another 12 hours.

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Be. Do. Go.

Dreams are built of firmer things than feelings and passing passion

DANAE SMITH

I sat on my bed looking at the last page of a journal I've yet to use. Almost three years ago, a dear friend of mine wrote an encouraging note starting with the phrase "Go. Do. Be."

I remember walking into 2015 with this phrase at the forefront of my mind. Years later, this phrase resonated again, but from a different angle.

Living on purpose is choosing to be intentional with our world. I believe when we begin to live on purpose practically, it influences our world creatively. It also influences our dreams.

Go. Do. Be. When you look at this phrase you obviously start with go. But what if we read it from right to the left?

Be. Do. Go.

Before we can go into anything, go anywhere, or do anything, we first must be.

It's on the foundation of being that we can build the doing and going. Being is our resting state. It's the showing up in the mundane strides of life. It's the existing, the essence of living.

If we really want to go and do something, we must first be ready. We need to know rest and the power of taking care of ourselves. We must learn our boundaries and standards; what we bend for and what we stand for. We must be comfortable in this place of everyday life, embracing the highs and lows, and understanding the power of steadiness and consistency.

I believe how we walk our lives in the mundane everyday impacts how we do and go for the bigger things. If in this space where nothing is really happening, we are complaining a lot, comparing a lot, and compromising a lot (the unhealthy way), we're building a shaky foundation.

That shaky foundation affects how we go and do. When doing gets tedious, as it often will, or going gets risky, as it often does, we won't be able to endure.

On the other hand, if we are actively finding the gold where we are, consciously



By living mindfully and purposefully in the quiet and seemingly mundane moments, we are preparing solid foundations for building our truest dreams.

choosing gratefulness over focusing on what we lack, investing wisely, and learning to celebrate others where we are, we are building a firm foundation for the inevitable highs and lows that come with doing. When challenges of going arise, we are firm. We are steady.

Be. Do. Go.

Our dreams are big. They are wild. They sometimes seem impossible. There is an eagerness to unpack them, to build them, to make them our reality.

Something I love about dreams is the excitement and passion they conjure up. The

inspiration that swirls and dances around the imagination. The thrill and hunger is unmatched. I believe this aspect of dreaming and pursuing dreams is beautiful. It's also the easy part, the exciting and riveting part.

The part that is often forgotten, the part that is often glazed over, is the process after the excitement: the doing and the going. Dream pursuit is built on fierce passion and wild inspiration. It is also built on perseverance and consistency. How we manage ourselves in the exciting part of the process influences how we manage ourselves in the challenging parts. How we manage ourselves when not a single dream is coming

true or the desire to dream is low, impacts how we manage ourselves when dreams are happening and new dreams are forming.

The way to live on purpose with your dreams is to honor where you are right now. Celebrate the seemingly mundane spaces of life. Humble yourself to the rhythm of routine without letting the fire go out. A dream cannot be built or pursued on emotions. Emotions are fickle. It must be built on grit, on truth. It must be pursued from a place that doesn't just long for the hype, but endures and even relishes the unattractive process.

How we walk our lives in the mundane everyday impacts how we do and go for the bigger things.

Be. Do. Go.

Whether you are just beginning to let yourself dream again or you are smack dab in the middle of your dream pursuit, remember to be. Give yourself room to breathe and grow where you are. Give yourself room to let your character and work ethic be honed and sharpened in the normal rhythms of life.

Remember to do. Get proactive with your dreams. Research. Study. Read. Try new things. Don't just wait for the perfect opportunity, create it.

Remember to go. Take risks. Step out of your comfort zone. Explore the world around you. Unpack the people around you.

Danae Smith is the founder of This Wondrous Life, a lifestyle blog rooted in pursuing a life lived simply, slowly, and with community. She believes there is more to the mundane than meets the eye. This article was originally published on This Wondrous Life.

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