



ECO-PSYCHOLOGY



SUSTAINABILITY



EARTHEARTS



ANNOUNCEMENTS



Heartwood Path Newsletter



ECO-PSYCHOLOGY

The Heartwood Path & The Circadian Rhythm

The Heartwood Path leads to an awareness of oneness. This course helps one become a healthy, happy, and effective community elder-activist: a person who promotes peace, beauty, and environmental sustainability through individual growth and team-building. A key aspect of this “awareness of oneness,” this psychological state of



being unified with the whole, is its pertinence to the universal principle: “As above, so below.”

One example of the “Above” part of this long-revered principle is the tick-tock interval of day and night, of light time and dark time. The “Below” part of this equation, for our purposes here, are one’s own individual actions that adhere to the coming and going of the Sun.

Adherence to this daily global event—called the circadian rhythm—is aided, not coincidentally, by special sensors in one’s eyes that are attached to a certain part of one’s brain. Beneath the Sun, this human-level mechanism signals that it is time for either daylight activities or nighttime activities. The most healthy and productive daylight activities are:

Moving and Eating.

That is to say:

Moving while communing with nature and eating healthy meals, but only during *break-fast” time, which is during the day, after 6am and before 4pm.

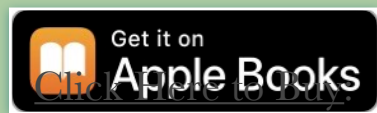
This time-restriction on eating is crucial to one’s health, largely because it leaves ample time for the restoration of health that accompanies both short-term (nightly) and long-term (two or more day) fasting. Communing with nature, especially in ways outlined in the Heartwood Path, has many proven benefits. Scientific research proves, for example, that it reduces stress, fights disease, improves mental health, improves creativity, and fosters gratitude.

The above-recommended schedule leaves plenty of time for one’s best adherence to the nighttime part of the circadian rhythm, which is a set of golden activities for

Gift Kosmos Today!



Kosmos On Kindle



Kosmos on Apple Books



You can read *Kosmos* on our website at:

www.heartwoodpath.com/kosmos

We offer a printed copy of *Kosmos*, as well!

[https://www.heartwoodpath.com/store/p9/Kosmos%3A Inception%3A Universal Principles Of Integrity %28Course One Printed%29.html](https://www.heartwoodpath.com/store/p9/Kosmos%3A%20Inception%3A%20Universal%20Principles%20Of%20Integrity%20Course%20One%20Printed%20Book.html)

the dark “moon-time:”

Fasting and Sleeping.

That is to say:

Refraining from eating and keeping a journal of your dreams after you sleep for at least eight hours.

Daily fasting gives one the same benefits of longer term fasting, but in a lesser and slower fashion. The intelligence of nature has created the perfect way to stay healthy, if only one would do it: after building up a little fat during the day (or over a lifetime), burn the fat while fasting (awake or asleep). During this anabolic—constructive metabolism—phase of the circadian rhythm, health is restored as one loses weight, fights diseases, and becomes more creative. Fasting is a component of this phase, as is sleeping, restoration, and healing—all aided by willpower.

Without “self control,” writes author Upton Sinclair, “nothing is possible.” Speaking about fasting, he continues: “I have not only found good health, but perfect health. I have found a new state of being, a potentiality of life, a sense of lightness and cleanness and joyfulness, such as I did not know could exist in the human body (1911, *The Fasting Cure*).

One tends to miss obtaining Sinclair’s “new state of being” because the dominant culture extends into the night what we rightly ought to be doing only during the day. Without a healthy dose of will-power, we tend to fall victim to the ills of our appetites: excessive use of the television, too much time on computers and mobile devices, and eating too much food at the wrong time. Artificial light and hunger-producing messages on glowing screens at night constrict both one’s sleeping time and one’s fasting time. Without giving one’s eyes and one’s stomach a break, dis-ease ensues. Examples of this dis-ease include: obesity, hypertension, depression, and cancer. Luckily there is a solution.

It is so simple it seems magical: the constructive way to become a healthy community elder-activist begins by simply eating and moving during the day and fasting and sleeping during the night. During the dark time of the circadian rhythm, do a long-enough fast—at least 12 hours—and sleep for at least eight hours. During the daytime

DECEMBER 2019

interval, eat healthy meals and move by walking rapidly for exercise and by walking in a more relaxed fashion to a restorative natural place.

Given what is said here, Follow the poetic prescription:

Do what's right:

Move and eat by day.

Sleep and fast by night.



SUSTAINABILITY

Support A Green New Deal

<https://www.sierraclub.org/take-action>

Stop The Industrialization Of Our Oceans

<https://foe.org/take-action/>

PSYCHE ACTION

Send A Message To Congress Echoing What Psychologists For Social Responsibility Urge About Climate Change

<https://nami.quorum.us/campaign/19442/>

Get Fair And Equal Treatment

<https://nami.quorum.us/campaign/19442/>

Here's How:

Contacting Congress

1. U.S. House of Representatives: * Telephone: 202-225-3121. * Website: <http://www.house.gov/>
2. U.S. Senate: * Telephone: 202-224-3121. * Website: <http://www.senate.gov/>

[http://psysr.net/wp-content/uploads/2019/02/Letter to Congress.pdf](http://psysr.net/wp-content/uploads/2019/02/Letter_to_Congress.pdf)

EARTHEARTS

Course Maker

Don Pierce, creator of the Heartwood Path, despite breaking five ribs and a collarbone in an auto accident, continues to write for this newsletter and make preparations for the launching of the Heartwood Path course for college credit and continuing education credits. Details in Announcements below.

Kindle Maker

Courtney Pierce, CEO and head of promotions for the Heartwood Path, despite caring for her father-on-the-mend in a rehab facility, is putting the final touches on the Kindle version of the Heartwood Path: Ecos book. She also administers our website www.heartwoodpath.com and does what it takes to get this newsletter out each month.

ANNOUNCEMENTS

Enroll In The Heartwood Path Course For College Credit Or CEU Units

Something similar to the call-for-students below will soon appear on the Project NatureConnect website. If you think you may be interested in taking this course, read the promotion below and then call Dr. Michael Cohen at (360)-378-6313.

The Project NatureConnect Heartwood Path Course
Psychological Elements of Global Citizenship (PECO 9002)
An Alternative to the Orientation Course

Become happier, healthier, more creative, more persevering, and more effective by following the Heartwood Path to enhanced bonding with nature. An alternative to the Orientation Course (500/600), Psychological Elements of Global Citizenship (PECO 9002) presents all of the primary topics needed to prepare participants for other Project NatureConnect courses, including the Natural Systems Thinking Process. The advantage in taking Psychological Elements of Global Citizenship (PECO 9002) is that it applies the topics and methodologies presented in the Orientation Course to a holistic course of personal growth that helps the participants attain a positive life-changing awareness of oneness. Not designed to create enlightened but uninvolved sages, the Psychological Elements of Global Citizenship (PECO 9002) course will help participants become more like non-secular saints; that is, participants will use their newly found awareness of oneness to make themselves healthy, happy, and enduringly effective as they learn to serve as persistent

leaders in causes such as those that lead to peace, beauty, and ecological sustainability. The Psychological Elements of Global Citizenship (PECO 9002) course is divided into three sections: in the Kosmos section, since there is no sense in swimming against the flow of the universe all the time, participants will learn about universal principles and the structure of integrity; in the Egos section, since the World is made richer by each person's uniqueness, participants will learn to anchor their individuality; in the Ecos section, since nature can offer much guidance, information, and healing, the participants will learn to expand their self-concepts so that they may more easily take in nature's offerings and then, in gratitude, work to return the favor. In lieu of a textbook, participants will use the extensive and integrative Heartwood Path website (www.heartwoodpath.com) to read the text, learn what to do for the outdoor activities, and record their impressions of each assignment. By using the website's public forum, class member interaction is facilitated. Perfect as the place for Project NatureConnect students to begin their coursework, the Psychological Elements of Global Citizenship (PECO 9002) will be a unique and enjoyable experience—one that will have significant and profound positive impacts on the participants.

For more information, contact Don Pierce (text: 618-632-5600 or email: don@heartwoodpath.com).

Course length: 14 weeks.

Maximum students: 15.

Course credits: 3.

Continuing Education Units: 3.

Instructors: Don Pierce and Michael Cohen.

Cost: \$450.

(Arrangements can be made for using an expanded version of this course for the continuing individual learning of experienced Project NatureConnect students and for the general public. Find out more about the Heartwood Path at www.heartwoodpath.com).

