

MULE CREEK POST



THE MARCH WINTERISSUE EDITION
includes three bonus publications:
an extraordinary special issue

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DEEPA CRUPA, WISDOMNESS GURU
shares insights into the spiritual wisdom that
transcends illness

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To Our Readers

By E. Anne Kelly
Editor-in-Chief

WELCOME TO YOUR March 2020 issue of the Mule Creek Post. This month, we are exploring the various ways in which we can connect with nature, and how this connection can lead to a more holistic and integrated way of living. We are also exploring the various ways in which we can connect with each other, and how this connection can lead to a more supportive and caring community. We are also exploring the various ways in which we can connect with ourselves, and how this connection can lead to a more authentic and meaningful life.

We invite you to explore the various ways in which we can connect with nature, and how this connection can lead to a more holistic and integrated way of living. We are also exploring the various ways in which we can connect with each other, and how this connection can lead to a more supportive and caring community. We are also exploring the various ways in which we can connect with ourselves, and how this connection can lead to a more authentic and meaningful life.

Waiting for an Echo

(Part Two)

By Rosemary Jones, M.D. & Emily Williams
Poet/Columnist

WAITING FOR AN ECHO by Dr. Rosemary Jones, M.D. & Emily Williams, M.D. is a beautiful poem exploring the various ways in which we can connect with nature, and how this connection can lead to a more holistic and integrated way of living.

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Mindfulness

By Anne Sanger
Poet/Columnist

MINDFULNESS is a practice that can help us to live more fully in the present moment, and to connect with ourselves and the world around us. It is a practice that can help us to live more fully in the present moment, and to connect with ourselves and the world around us.

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"In the present of 'being' is the finding."

Colorectal Cancer Awareness

By E. Anne Kelly

MARCH IS COLORECTAL CANCER AWARENESS MONTH, and it is a time to raise awareness of this disease, which is the second leading cause of death in the United States. It is a time to raise awareness of this disease, which is the second leading cause of death in the United States.

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1. Awareness
2. Education
3. Prevention
4. Early detection
5. Treatment

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