



In Memoriam: Joanna Harcourt-Smith 1946 - 2020



By Ian Baldwin, October 19, 2020 | Fourteen years ago the Marion Institute sponsored a 60-year-old woman's dream to create a podcast for "intimate conversations" to celebrate kindness, beauty, tenderness, and ecstasy, and "bring to light the shift that is occurring in the way we relate to our planet and each other." With the Institute's blessing and help, Joanna Harcourt-Smith launched www.futureprimitive.org. Her work found an audience and she became highly regarded for her ability to inspire intimate conversations—"Gaialogos"—with ecologists, shamans, activists, academics, writers, entrepreneurs, and artists from all over the world.

In her own words, Joanna had had, "a turbulent life" that included a four-year marriage to Timothy Leary, most of it spent with Leary incarcerated in California's Folsom prison. (The love letters Leary wrote her are now archived in the New York Public Library.) In 2013, Joanna published a memoir of those years, *Tripping the Bardo* with Timothy Leary. This week, the American Film Institute's annual festival will close with a livestream of Errol Morris' new documentary about Joanna and Leary, [My Psychedelic Love Story](#), on Thursday October 22.*

The "feminine explosion" we know as Joanna Harcourt-Smith died at peace in her Santa Fe home on October 11, 2020.



"My Psychedelic Love Story" will be available this evening at 11:00 pm EDT. The cost to rent is \$15. Once you [order](#), you'll have 3 hours 59 minutes to start watching. Once you begin watching, you'll have 24 hours to finish.

Alternatively, the documentary will premiere on [Showtime](#) in the near future, please check local listings. We will also provide an update on our social media when the date is released.



Grow Education Special Report: Supporting Teens Through Stress and Anxiety

by Katie Mannix, Grow Education Curriculum Consultant & Maureen Burford, M.ED, Founder & Director of Creative Lives



When child care centers and schools closed down in March of this year, nearly 73 million American children under the age of 18 were instantly displaced from their routines, and responsibility of providing structure to young peoples' remote experiences fell immediately to parents and caregivers. The task of cultivating health-promoting routines can be difficult, but new research highlights just how necessary support and structure are to the health and wellness of a particularly vulnerable group: the nation's 25 million teens. [<<< Click here to learn how parents and caregivers can help teens develop resilience against stress and anxiety >>>](#)

BioBlog Video: Get Centered for Mind-Body Health



Stress is a part of every day life, but high levels of it over prolonged periods of time can begin to take a toll on your mental and physical health. Instead of a "coffee break" why not add a "mindfulness break" to your day? Julie Paquette of [The Mindful Collaborative](#)* leads us on a 6-minute centering exercise that will help us to reconnect our mind and body, reduce stress and enhance our emotional well-being.

* A MI Greenhouse Initiative

BioBites
a virtual house call for your health and wellness

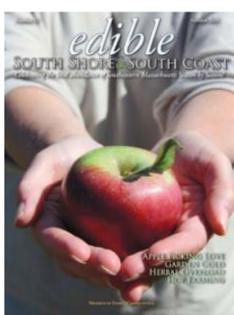
Immune Boosting

with Dr. Dickson Thom
Tuesday, Nov. 10 at 12 noon EST



Edible South Shore & South Coast – Autumn 2020 – Marion Institute: Feeding the Community

"Getting good food to those in need is a constant challenge in the local food movement. Enter COVID-19 and those hurdles have multiplied." Thank you to [Edible South Shore & South Coast](#) for featuring the Marion Institute's Southcoast Food Policy Council's (SFPC) program in its Fall 2020 edition.



[<<< Click to read how we established an inroad to communities in need of a meal and restaurants in need of eaters. >>>](#)

The SFPC continues to meet with community stakeholders weekly via Zoom to monitor the needs of the Southcoast community, gauge organizational resources, and connect both through member collaborations and assistance from state programs. The meetings often feature guest presenters, such as Food is Medicine Massachusetts (FIMMA) and The MA Food System Collaborative, to provide important updates on policy and advocacy, as well as perspectives that broaden the members' understanding of the region's food security issues, and more. [<<< Click here to learn more about the SFPC's meetings >>>](#)

Recipe of the Month: Miso Pumpkin Soup



It's that time of year again for all things pumpkin! This delicious pumpkin miso soup is quick and easy to prepare. The sweetness of the pumpkin is enhanced by the saltiness of the miso. Dark green kabocha pumpkins are usually available year round in supermarkets and farmers' markets. If you can't find one use butternut squash instead, but be sure to peel it, as its skin is less delicate than that of kabocha.

[<<< Click here for this delicious, soul-warming recipe! >>>](#)

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