

## The Mindful Path - The Buzz - National Bee Day

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According to the Center for Biodiversity, of the 4000 native species of bees in North America and Hawaii, 50% of the species are declining and 25% are in the perilous danger zone extinction. In Colorado, we have 946 species of bees. Some estimate that pollinators, most often bees, literally provide 1 in every 3 bites of food that nourishes us. In essence, bees are life. Ensuring their survival is vital to the planet's biodiversity and ecosystem. August 20 celebrates National Bee Day.

Seven simple, mindful ways to promote bees in Colorado:

Plant bee and pollinator friendly gardens even container gardens are helpful. 2. Stop using all pesticides, fungicides, and herbicides. These chemicals kill pollinators. 3. Take the People and Pollinators Action Network Pledge. This is a Colorado specific organization that promotes pollinators and healthy environmental practices. Take the pledge: [www.peopleandpollinators.org/](http://www.peopleandpollinators.org/) 4. Purchase local honey. Find Colorado honey: [www.localhoneyfinder.org/CO.php](http://www.localhoneyfinder.org/CO.php) 5. Create a simple bee bath. Bees need water. This short YouTube clip shows you how: [youtu.be/qfXu-QGtCKo6](https://youtu.be/qfXu-QGtCKo6) 6. Purchase organic, local fruits and vegetables when possible. Shop at Farmer's Markets this summer. 7. Become a beekeeper. Colorado Beekeepers Association: [coloradobeekeepers.org/](http://coloradobeekeepers.org/)

Make a beeline to these local events planned for the Denver Metro Area:

Honeybee Day  
August 20, 2022  
10:30 am - 2:00 pm  
The Basin Park at Baseline  
16675 Shoshone St., Broomfield, CO

Loveland Honey Festival  
September 11, 2022  
10 am - 1 pm  
Fairground Park  
700 S Railroad Ave, Loveland, CO

August is the perfect month to explore modified Bhramari Pranayama or the humming Bee Breath meditation. Bhramari comes from the Sanskrit word 'Bramar' which refers to a certain kind of black Indian bee. Bhramari pranayama has a soothing effect on the brain and calms the mind with a gentle hum similar to the buzzing of a bee. To begin the meditation, sit comfortably with your spine straight or recline, supporting your head. Focus on creating a comfortable, relaxed state. Allow your chest to expand and breathe deeply all the way into your abdomen. Close your eyes if this is comfortable. Breathe in and out through your nose. Take a longer fuller inhalation, and on your exhalation make a humming sound like "mmmm" for the complete exhale. The sound does not need to be loud for you to benefit from the vibrations. At first, repeat several times repetitions or for 5 minutes. This meditation is often used before bedtime or during insomnia to help aid sleep.

I hope you have the opportunity to attend one of Colorado's bee celebrations. It has been so fun to watch the bees this summer. Grab your camera or phone and take a photo of our pollinators. These winged wonders are laboring every day for our vitality.

*Marilyn Halpern is the founder and executive director of Aspen Care Services. This locally owned business provides medical power of attorney, care management and professional guardianship services in the Denver Metro area. For more information visit - [www.aspencareservices.com](http://www.aspencareservices.com). Photo credit: Dustin Humes*

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