

✦ *Inspiring the Soul*

CREATIONS

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*A Mother's Calling
to Create a
New World*

*It is the Mothers, not the warriors,
who create a people & guide their destiny.*

LUTHER STANDING BEAR - OGLALA LAKOTA

Laser Gum Disease Treatment

Nearly 80% of the American population has some stage of gum disease. Medically known as *Periodontal Disease* or *Pyorrhea*, gum disease is a chronic, long lasting and painless infection of the gums and bone surrounding the teeth. **Gum disease is the #1 reason Americans lose their teeth today**, and people with less teeth live shorter lives.

If you have bad breath, your gums bleed while brushing and flossing, or have loose teeth, chances are you have gum disease. Periodontal Disease is one of the major contributors to full body inflammation. People with gum disease simply die younger and suffer more because it contributes to inflammation based diseases such as cancer, diabetes, obesity, heart attack and strokes, and autoimmune diseases such as Lupus, Multiple Sclerosis, Eczema, Alzheimer's, to name a few.

Conventional, 100 year-old techniques, focus on gum pocket elimination by cutting away the infected bone and gums around the teeth. One of these barbaric procedures is where parts of the gums are sliced away and are "flapped" open so that the diseased bone is scraped and drilled away. Then the gums are stitched back.

This mechanical procedure does little to address the real cause of the disease: the bacteria. Patients are often left with exposed sensitive roots, long ugly teeth, and food trapping gaps between the teeth. In addition, recovery from gum surgery may include pain, swelling, bleeding, black and blue marks on the face and many stitches.

Alternatively, **lasers** disinfect and decontaminate the inside of the gums and address the cause of the problem: bacteria. **Laser Periodontal Therapy** is minimally invasive, does not involve cutting away gums and bone, requires no stitches or sutures, and recovery is relatively quick and comfortable with no bruising.

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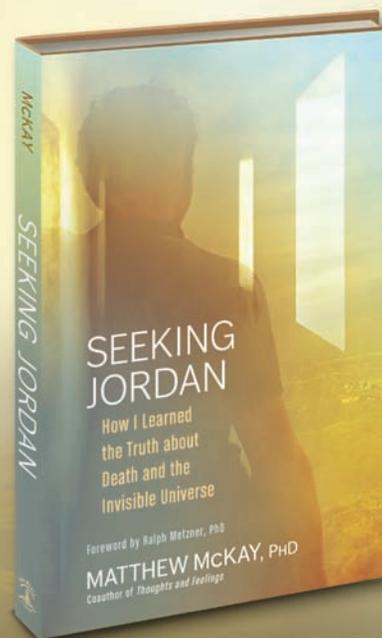
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FROM THE PUBLISHERS

Eight years ago this April, my mom transitioned out of the physical realm. But this “Talk” is not about lamenting grief and loss. This is about celebrating a life lived with purpose and passion; a life lived with deep caring and a genuine desire to make other people’s lives better — a caring that extended well beyond her family.

Maria Carmella didn’t simply talk a good game. She “walked the walk” with a generosity of heart and deed. From my earliest years, mom took in and cared for children in difficult circumstances (relatives and non-relatives), for extended stays.

It’s an ironic and amusing twist, that after years of having epic “disagreements” with my mom, I now find myself quoting her on an almost daily basis: *It’s so much easier to be nice, than nasty. Holding a grudge is a waste of time and energy. Focus on all the good. Everything will work out for the best.* She often needed to remind me that I “didn’t appreciate how good I had it.” I do now.

Decades before “gratitude” became the buzzword in new thought circles, my mom was a living example of how not to dwell on problems and disappointments, but rather to be thankful for all the good in our lives. Wearing a smile and having a pleasant disposition while life is looking

up is nothing extraordinary. Watching my mom maintain this attitude through the “not so happy” times is what still holds my attention. Widowed at age 39 with three young children to support, and a lung cancer diagnosis at 50, provided some “material” to test her disposition skills.



Mom never played the “poor me,” victim mentality card. She nurtured and guided three kids to successful adulthood, outlived the lung cancer by 25 years (by refusing the doctor’s recommended chemo poisoning), and wound up opening a health food shop in her mid fifties which she ran until she passed at age 75. My mom was a “professional” problem-solver; the ultimate doer, never a defeatist. This is the legacy and spirit I honor this Mother’s Day, and every day.

Neil + Andrea

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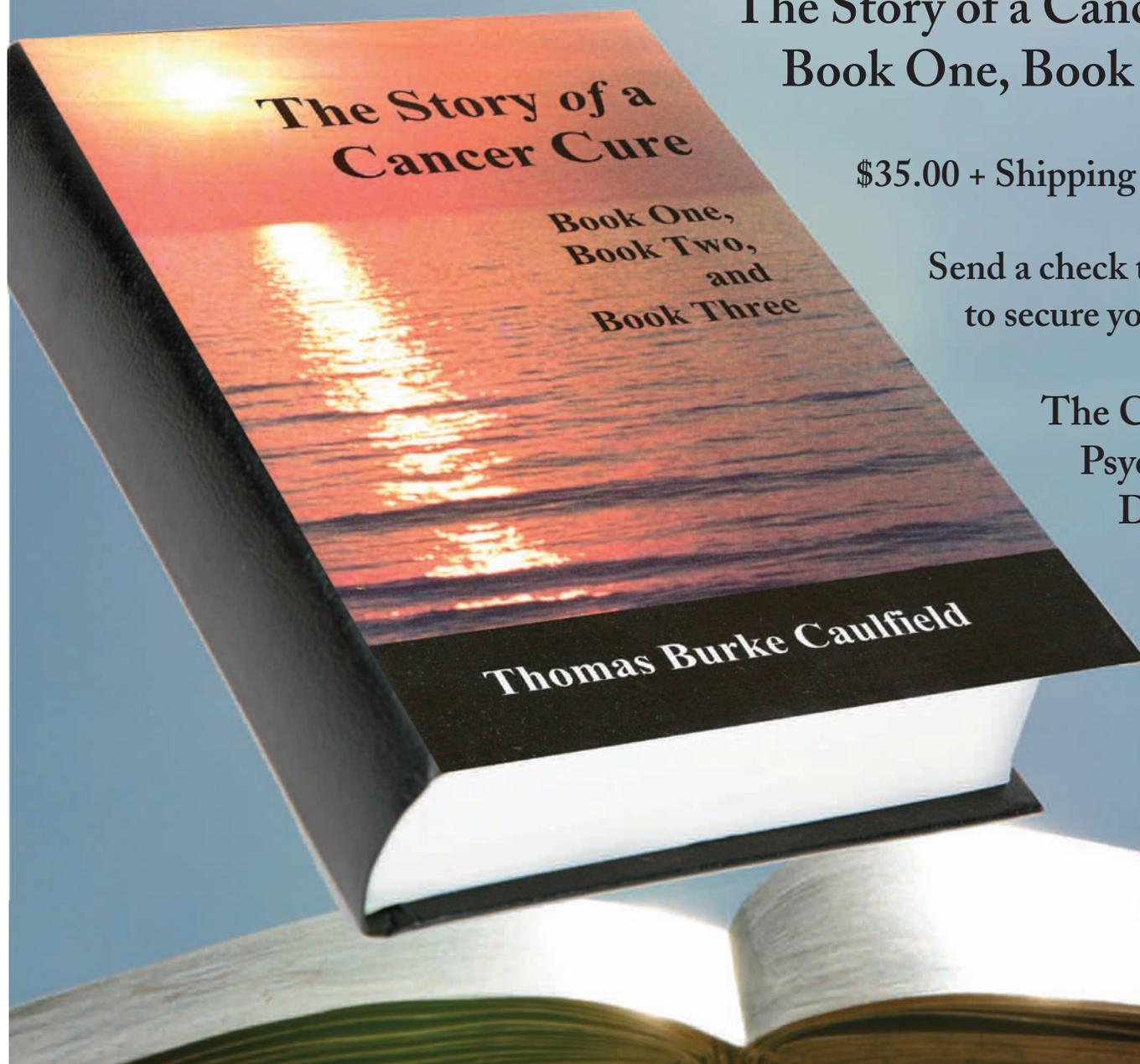
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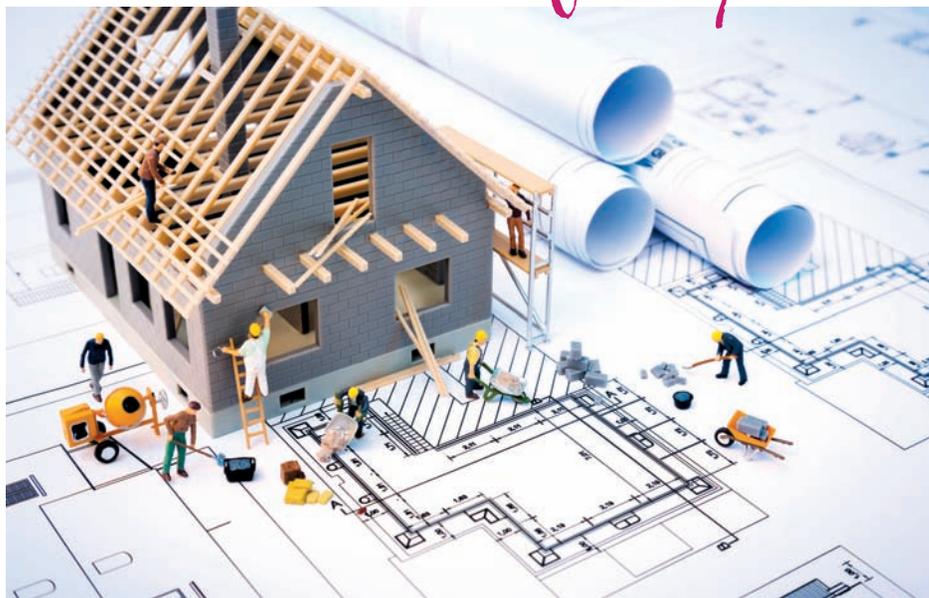


The Illusion Of Separation

by Karin Miller, Santa Monica, CA

Terrorism: It is on the minds and hearts of us all in these troubling times. What is it that fuels the need to inflict terror, and what can we do as a people to begin to heal these rifts within our communities?

When we look at incidents like those in Paris and San Bernardino, we see acts of terrorism based on isolation and the idea of an “other”—the illusion of separation. Terrorists think that they are separate from those they terrorize, truly believing that they exist outside of the human family, outside of society, and therefore having nothing to lose. We continue to hear about isolated individuals being lured into ISIS. Why is that? They are looking for hope beyond a world that has disappointed them, and they find that hope in the promise of an afterlife available to them through their death. Quite simply, people who are happy don't blow themselves up.



Systemic Isolationism

The problem of isolation is a systemic one that affects us all. Think of the simple act of tuning out the world around you by using your ear buds to listen to music. Think of the way we avoid eye contact and bury ourselves in our phones or tablets or books. The more we shut others out, the more alone we feel. Even so-called “social” media perpetuates the idea of separation through its very format of connecting with

others from behind a screen. The more separated we become, the more fearful we become of others. This, truly, is at the heart of terrorism. Fear creates fear; love creates more love.

Our current paradigm of separation and a me vs. them mentality has created a world in which there is very little opportunity for many people in developing countries, not to mention for marginalized groups here in the United States. When people are deprived of economic opportunity, they are deprived of hope. To create opportunity, we need to cultivate a pervasive sense of connection between all peoples and the whole of humanity. So, how do we do that?

Creativity Is the Key

One global value that can help us to connect is creativity. Our purpose in life is to create and express ourselves in our own unique and diverse ways. We are the creators and architects of our world. Our will and state of mind lead to our actions, which then create a world that reflects our intentions. If we create in collaboration with life, we can manifest species-wide evolution.

We are all creators. We create our own lives in the context of everyone's collective choices and, together, we create our collective reality. Our power to choose is like a laser directing our intention and energy toward the goals that we set. *If we choose out of fear, separation and isolation, we create more fear, separation and isolation. If we choose out of love, respect and honor for each other, we create a world that supports love, respect and honor for all things.* In this way, our thoughts manifest into form.

Healing the seeds of terrorism requires a creative, holistic approach. We are one people and we are in this boat together. If one side of the boat is leaking, the whole boat sinks. We must shift from isolation and competition to connection and collaboration. We all win by being kind to each other; we are safer and more secure when people are happy.

Show that you care, not just with a banner, but with your values and actions that reflect those values. Move from fear to love. Choose love over and over again. As we transform ourselves, together, we will transform our communities, our social structures and the world. ✨

Karin Miller is Vice President and General Counsel of a major entertainment industry consortium. Active in the mind, body and spirit communities for over ten years, she served as pro bono counsel to Marianne Williamson for the formation of the Peace Alliance and as an Advisory Board Member



to the Alliance for a New Humanity, chaired by Deepak Chopra. Karin founded Our New Evolution (ONE) to connect and empower people and projects that are aligned with Global

Values—the heart of Karin's new book, **Global Values: A New Paradigm for a New World.** Visit www.OurNewEvolution.org.

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A Mother's Calling — to Create a New World

by Maria Gavriel, Manhasset, NY

Thousands of years ago, a visionary that continues to enlighten us today, said something that rings truer than ever before: "Give me a new mother, and I'll give you a New World"

~ Plato

A Mother today is truly being called to a "new" kind of mothering. Today's mom is no longer being asked to simply nurture, love, support and raise a balanced child.

Gone are the days when her responsibilities were to cook a meal, clean a home, work a job, educate, and pass on family values. There was a time when that is mostly what a child needed in order to embark on its journey into this world. This now serves only as a foundation.

Today, a mother is being summoned for something greater. She is called to search deep within her for the strength, and courage to actually create a new world. She realizes that her child's future requires improvement, and transformation. She can no longer turn her eyes away from "what is", and what "it" is leading to. She accepts that she faces a new responsibility – to create a new world.

She dares to take an honest look at what is happening. She listens to statistics from highly credible institutes like MIT, that shout to her "by 2025, 50% of all children will be autistic due to a GMOs correlation"; CDC warns about the sudden 40% increase in young heroin deaths, and declares an epidemic; there is a wave of brand new childhood diseases; judges in Europe rule that vaccines cause autism; teenage suicides are higher than ever; underage shootings are a new challenge; terrorist activity is the new normal; climate change is real; a water drought begins ... and as she braces herself to continue looking, and listening to the future of her child, today's mom begins to feel a sensation within her.

The sensation however is quickly dimmed by fear, anger, and resignation. She is fearful of what's happening, and angry that her child will be living amongst sick peers that are either drugged, or simply not cognizant and autistic. She knows that this is not acceptable, and yet feels immobilized.



She's panicked that there will be no clean water, food and air for her child. She is resigned because she is overwhelmed by the magnitude of this dark picture. She worries for the upcoming generation, and the future.

After the emotional roller coaster ride is over, she realizes the original inner sensation is still there. A familiar, ancient, trusted, instinctual force that reminds her how it was powerful enough to help women before her survive, and raise a thriving next generation. The feeling within, assures her that mothers have prevailed for thousands of years, and now she must reach within for the same creative forces that created her child – only now they are called to create a whole new world for this child.

But as Plato said, it requires a "new" mother to create a new world. A mother that weaves thousands of years of gut instincts, with today's tools.

A kind that listens to her own inner voice that tells her "today's paradigm is NOT ok", and follows through by having the courage to not only make her own trusted choices, but to also be a stand for those choices – at any cost – regardless of what anyone else tells her.

The only other option would be to look away, and do nothing; not answer her calling out of fear, and allow "what is" to continue until it can no longer be changed. By then, she would realize that this price is much heavier to pay than any other – and ultimately is not an option.

And so she turns back to that inner tugging, and pushes herself to answer this *Call to Action*. As a NEW mother she not

only creates that foundation for her child - she would also forge a new path to create a better tomorrow.

As she senses her child is hesitant to enter this uncertain world, she holds it closer to her heart. She knows that in order to honestly assure her little one that the world ahead is safe, she first has to find a way to change the current situation. She begins reaching out for support to a like-minded community that is committed to creating a transformed world.

She wonders which direction to take, and joins hands with a few friends to make it easier – she considers starting small, with simple actions - like boycotting the foods that impact her child's health and environment; boycotting pharmaceuticals, and learns more about natural remedies from like-minded practitioners. She realizes the power of consumer voting, and how her dollars can help a movement. She thinks of various ways to no longer support the corporations that are contributing to this dim future.

As she learns more ... she is rewarded by a new life, with a healthier family. Fear is no longer present. Her child loosens its grip, and she feels more optimistic. She begins to feel empowered. She focuses on her biggest concerns, and what she can take on. She initiates conversations with others about what she's learned, and how she's improved her life. She shares information, and sometimes even has a little screening in her home to help spread the good word, and raise awareness.

Her life improves, and she begins to see the possibility of improving her community. She considers going bigger, and hopes for a larger impact. Possibly organize events to

educate, and raise awareness; she becomes a voice in her community; makes changes in her school; she offers healings; makes environmental changes in the home, and neighborhood; starts a food co-op with neighbors; organizes to lobby her politicians for better laws; joins politics; and quickly realizes that her options are endless.

She notices how powerful her creative force is. How she has been gifted with the divine ability to create life – and to similarly create a world. She finally accepts that her inner guidance is so strong that it can create a new course for the future, where out of the current chaos can be born a world of justice, peace, health and unity.

She is slowly answering the Call that has been tugging at her. She now understands Plato's words, and is clear on how she is the essence of "possibility" for her child's future. She is no longer afraid. Instead, her emotions fuel her passion for this new world. She's excited, supported, empowered and ready.

She has now evolved into a New Mother, that is creating a New World. ✨

Maria Gavriel is the author of the award winning book, **Love Centered Parenting**, and the voice behind www.LoveCenteredParenting.com. She has been invited to share her message on various shows such as NPR, as well as local communities. Through her talks, advocacy and organized events, Maria supports



mothers to create an integral approach to parenting that empowers them in raising their children wholly - mentally, emotionally, spiritually, physically.

Her organized events have activated and supported countless families in forging a brighter path for their children's future. Maria's vision is to create the possibility of world transformation, by consciously parenting our next generation.

Link on GMOs <http://naturalsociety.com/mit-scientist-glyphosate-to-cause-autism-in-50-of-children-by-2025/> Italian ruling that vaccines cause autism <http://healthimpactnews.com/2015/u-s-media-blackout-italian-courts-rule-vaccines-cause-autism/>

Everything is Returning to Balance

Channeled by Salena Migeot,
Southampton, NY

We ask you to know and own your exceptionality more and more every day. Some ways to achieve this is to remember those times when you felt completely loved, completely at one with your environment, completely in your element in some way.

When you recall these memories, re-create them, or create new ones, you are tapping into the energy of Love that created you and that intended for you to always be able to access this state at will, anytime you choose. The original intention was that you would never be outside of the memory of how to access these states on a continuous basis. There has been a long history that has impeded with your knowing, and therefore living with this simple truth – that you are a divine Co-Creator with Mother/Father God and anything that does not serve you is in your power to change, to modify, to correct into greater alignment with your desires. As long as your desires are intended to harm none, you have nearly unlimited power to create.

Throughout the history of humanity, many aspects of your divinity have been suppressed in a number of ways. This is why human societies evolved from ones who lived in relative peace for great lengths of time, in right relationship with Mother Earth and All of Her beings to societies that engaged in war either from



an offensive or defensive position. Once the seeds of war were planted, they grew as fear grew. People evolved away from Creator as they changed their perspective to more fear-based individuals and societies. As they built defenses, stockpiled food and supplies, and focused more and more energy on the acquisition, storage, practice, and use of weapons, they grew out of alignment with their divine birthright of unconditional love of Creator and All of Life.

Churches and governments became protectors and enforcers of laws by instilling fear in people and telling them that unless they comply with certain rules, they will be on their own, unprotected, exposed, and in danger. Those people who had experienced the ravages of war were fearful of repeating that experience and so they gave their power away to these

organizations in exchange for peace and protection. *What they did not understand was that these very organizations were the ones who were executing war and who stood to gain the most through the acquisitions of lands, resources, and new taxpayers or subjects.* Those more remote people who did not succumb to fear and maintained their peaceful societies continued to live in peace for many centuries until the scourge of the church and/or various governments eventually reached them. As we write this, there are a very few of these cultures left – some living with the awareness of more modern cultures and some of them living in complete obscurity.

We want you to understand this from a very practical interpretation of the biblical quote, “The meek shall inherit the Earth.” Meek, in this quote refers to those who live very close to the Earth. Those who are most aware and able to see the progression of the damage your modern societies are having on Mother Earth are turning to those ones who are still living in right relationship with all beings. As such, they will become the new stewards of Mother Earth as the present conglomeration of power recognizes that they do not have all the answers, they have committed grave crimes against the environment, humanity, and all life forms, and that there will be nothing left to govern or control or tax if they do not make some drastic changes.

We are telling you this at this time because there are massive negotiations nearing completion that have been ongoing for decades. You all have been living under an illusion that your world is a certain

way and when the illusion is exposed, you will realize that things are actually very different than you have been led to believe. For this reason, *we ask you to divest yourselves of much of the fodder that feeds your modern lifestyle and consider embracing a simpler way of living and being.* The extent that you allow yourself to do this will correlate to the extent you will divest yourself of stress and return to trust in Creator and your ability to co-create a beautiful world through your commitment to do so. This does not mean that you will be given the option of continuing as you are or living a “greener” or more ascetic life. It means that there will be global change in the areas of free energy technology being available and accessible to all. As such your reliance on fossil fuels will diminish. As fossil fuel mining comes to a standstill, the Earth will go into reset mode. This will be a critical juncture for all of you. Because, concurrent with this, your economic, government, and science industries will go through massive changes. Make no mistake about it, *your science industry is just that – industry. It is paid for by certain interests that want you to think certain things and they allocate trillions of dollars so that you continue to think certain things – designed to keep you in fear and lack and divorced from your own personal power and capability.*

As these revelations proceed, you will come into a new relationship with All of Life. You will realize that you are and always have been One with All of Creation. You will be able to communicate in ways that may seem very sci-fi to you right now. Your transportation system will be upgraded and simplified at the same time to be much more efficient and nearly free. You will not have to bear the costs of any of this “new” technology because, in truth, it has been developed for decades and its availability to the average person will be a matter of a few short weeks or months depending on a number of factors that are part of the current finalization of negotiations.

We want you to know that not one being need suffer through these transitions. Having said that, given the nature of humanity and the level of fear and lack that has been engrained within you throughout many centuries, it is very likely that people will create a reality of fear and suffering for themselves through their thoughts. Change is stressful whether it is positive or negative stress. The beings that are currently negotiating to free you from the bondage of fear, lack, and suffering are also negotiating that things are disclosed in a timely manner with full transparency. Regardless of how fluid, timely, beneficial,

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PSYCHIC READINGS with Neil MacPherson Wed– Sun

and efficient the changes are, there will be those in fear who will be fearful of the new world that is being created simply because it is so beautifully different. You have been programmed to distrust things that seem “too good to be true.” Yet, so many of you are aware that positive change is wanted and needed.

Trust that everything that happens is an answer to your prayers as well as a swing of the pendulum back into balance – a greater sense of balance than the Earth has known for many millennia. It IS that momentous. So, your millennial shift was not as uneventful as it appeared because, in truth, a great many changes have been in progress for quite some time. These changes were scheduled to be implemented in the year 2000. However, due to many rounds of negotiations with those who have been so reluctant to relinquish their power, these changes will not be implemented large scale until 2016. We ask you to look to **clean energy and free energy technology** as well as breakthroughs in the medical field, and the impending cessation of all wars and war negotiations to confirm what we say.

Another sector that will undergo a great deal of change in a short time is your **food production system**. The rampant animal abuses and large scale waste and toxicity in this sector will come to a standstill and there will be a great deal of funding directed towards training people to grow their own food in sustainable ways. This will not be required as many will volunteer and others will look forward to enjoying much more meaningful careers in other sectors.

Society will become much more collaborative and interdependent and great numbers of people will be actively and excitedly involved in the changes from building and supplying clean, free energy to building very green low-impact houses and housing complexes that are much more beautiful than anything that currently exists. There will be employment of some kind for all. Those who are differently abled or marginalized in your current society will all play a productive role in some way. Each and every person has gifts to offer the whole. We ask you to keep that in mind and heart always. Dear ones, we are quite excited to witness all the marvels that are in store for you, and to

see how much you will enjoy the beauty, simplicity, and efficiency that you will soon experience.

All Our Love, Dear Ones,
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Salena Migeot is an Energy Medicine and Reconnective Healing Practitioner. She travels throughout the Northeast and to Sedona, AZ to do channeled readings at

psychic fairs, and is on the Board of Trustees at Rowe Camp & Conference Center in the Berkshire Mountains in Rowe, MA. Salena channels “A Message from Your Guides” every few weeks and e-mails them to an ever-growing list of readers for free. If you would like to be added to the list, e-mail her at Salenam2@msn.com with “Guides” in the subject line. To arrange a reading, you can e-mail her or call her at 201-314-6960

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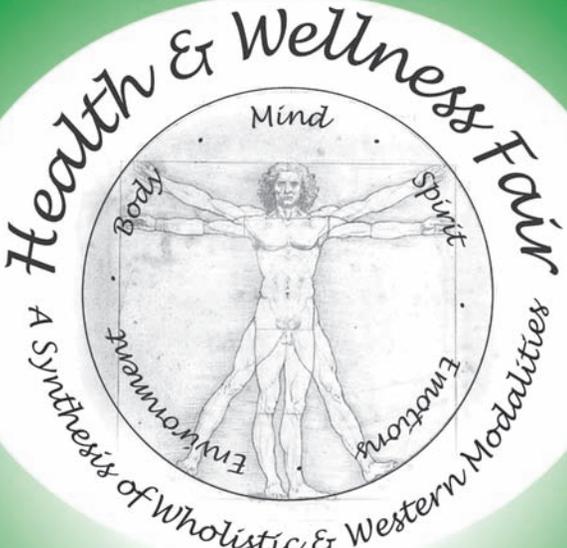
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CALENDAR

OF EVENTS

ONGOING EVENTS

MONDAYS

TRANSMISSION MEDITATION – offers an unparalleled opportunity to serve humanity in a simple yet very potent manner. By participating in this unique form of group meditation, you assist the Masters of Wisdom in the healing and transformation of the world, accelerating your own spiritual evolution in the process. 6:30PM. Call 516-791-1485 for more info and location in Valley Stream.

SHAMANIC MEDICINE WHEEL GROUP for healing and personal transformation. Meditation, drumming, journeying with Irene Siegel. 7:30pm, Huntington. Call for info and registration, (631) 547-5433, www.CenterPointCounseling.bz.

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TUESDAYS

PSYCHIC PALM/TAROT/MEDIUM READINGS by Roni Todd. Private Readings in Roni's Psychic Sanctuary. Tuesday or Wednesday by appointment only. Call 516-889-3732.

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GUIDED MEDITATION GROUP 4/5, 5/3, 5/31. Enjoy the Journey to Inner Peace. Newcomers Welcome. 7:30 – 9:30 PM, Smithtown. Information, registration: 631-724-9733, www.lightawakenings7.com.

PSYCHIC DEVELOPMENT GROUP 4/16, 5/17. Love Your Intuition. 7:30 – 9:30 PM, Smithtown. Registration: 631-724-9733, www.lightawakenings7.com

***STRESSED to ZEN SERIES** 4/26, 5/24. 7:30 – 9:30 PM, Smithtown. Information, registration: 631-724-9733, www.lightawakenings7.com.

SPIRITUAL MEDIUM SANDRA – Half-hour, One-hour and Special 15 minute Readings available. First Tuesday of the month. Francine's Skin Care & Electrolysis in Lindenhurst. Group & Private House Readings available. 631 888-4936.

WEDNESDAY

SPIRITUAL MEDIUM SANDRA – every other Wednesday from 5-8pm. TULA Restaurant in Bayshore. April 6 & 20. May 4 & 18. Group & Private House Readings Available. 631 888-4936.

THURSDAYS

TRANSMISSION MEDITATION – offers an unparalleled opportunity to serve humanity in a simple yet very potent manner. By participating in this unique form of group meditation, you assist the Masters of Wisdom in the healing and transformation of the world, accelerating your own spiritual evolution in the process. 6:30PM. Call 516-729-0664 for more info and location in Farmingville.

PSYCHIC PALM/TAROT READINGS by Roni Todd at A Time for Karma, 14 S. Village Ave., RVC, NY. 1-6pm. (516) 889-3732.

FRIDAYS

MOONFIRE MEETING HOUSE presents our "Men's Long Island Talking Stick Circle" on the first Fri of the month. Open to men searching for Balance, Courage and Brotherhood. 631-287-9000; www.MoonfireMeetingHouse.com.

STARLIGHT CONCERT SERIES presented the 3rd Friday of each month, by the Northport Arts Coalition. St. Paul's Methodist Church, 270 Main St., Northport Village, 11768. Doors open and Open-mic sign-up at 7:00PM. Show starts at 7:30PM. Info: call Isabelle 631 663-3038 or email nacnewsletter@gmail.com.

SATURDAYS

The LONG ISLAND YOGA ASSOCIATION hosts workshops one Saturday a month, (excluding July & August). Workshops cover a diverse range of yoga styles & topics relevant to all yoga practitioners & teachers in a supportive & welcoming environment. Time: 1-4 PM, in Farmingdale. Visit longislandyogaassociation.org for details. 631.261.1777.

MAGICAL, MYSTICAL PSYCHIC READINGS with Rev. Pauline Southard at A Time for Karma, Rockville Centre. 12:30PM – 5:30PM. Readings can include: Astrology, Tarot, Channeling your spirit guides, Angels and Mediumship. Fridays also. For appointment call 516-445-4242. www.karmickat.com.

SPIRITUAL FELLOWSHIP – GATHERING OF LIGHT - Are you looking to deepen your spiritual connection? We welcome all faiths, beliefs, and traditions. Come join like minded people in community. Saturday, 10 AM. www.gatheringoflight.org. 631-265-3822.

SPIRITUAL DISCUSSION 1st Saturday of every month, 10AM-12Noon. Traveling a spiritual path is a journey of discovery and is always easier when undertaken with the fellowship of other like-minded people. Our Saturday discussion is for those who would like to share their journey with like-minded friends. Center for Spiritual Living Long Island, 17 Maple Place, Hicksville. 516-822-9314. www.csl-longisland.org.

CHILDREN'S SPIRITUALITY CLASSES 10AM during GOL services at 95 Old Country Road, Melville 11746. Contact Lauren to confirm LaurenMLevy@gmail.com.

SUNDAYS

THE TEMPLE OF METAPHYSICAL SCIENCE, NSAC— Come join us in our search for Spirituality & Inner Peace. The American Legion Building, Baker Street & S. Ocean Ave., Patchogue. Healing & Service: 11AM. (800) 316-1231. (See ad p.11).

SUMMERLAND CHURCH OF LIGHT, NSAC Return to your Spiritual Home each Sunday at 10 am in our loving sanctuary, where all truth and knowledge-seekers are welcomed. 120 Plant Avenue at Oser Avenue, Hauppauge. 631-316-1588. (See ad p.11).

YOUR SPIRITUAL RESOURCE At the Center for Spiritual Living Long Island we teach universal spiritual principles that help us through life's challenges, allowing us to live more fulfilling lives. If you resonate with authors like Louise Hay, Wayne Dyer and Michael Bernard Beckwith, see their ideas come alive at CSL-Long Island. Center for Spiritual Living Long Island, 17 Maple Place, Hicksville. 10:30 A.M. 516-822-9314. www.csl-longisland.org. (See ad p.31).

UNITY LONG ISLAND – If you like Wayne Dyer and Louise Hay, you will love Unity Long Island's Positive Path of Spiritual Living! Services are held @ 11:00AM, 38 Old Country Road, Garden City, NY 11530, 2nd Floor. 516-481-2300 UnityLongIsland@gmail.com (see ad p.9)

INNER LIGHT CENTER FOR SPIRITUAL LIVING Are you looking for a meaning to Life and to YOUR life? We are a community of people who are seeking a more fulfilling life through the principles of universal spirituality. Join us for service each Sunday at 11AM. 10 Cedar Swamp Road, Suite 5, Glen Cove, 516-796-0769.

PSYCHIC SUNDAY 4/3 & 4/10 in Glen Head, NY with Gifted Healer & Intuitive Kasia Stefania. Having the gift of intuitive insight with ability to read energy, Kasia has been providing information and answers to those seeking guidance for nearly 25 years. Receive a 30-minute psychic/tarot reading for only \$65. Please make an appointment to avoid waiting. Phone readings are also available during the week. Visit website for location, dates and more information www.oneuniversalmind.org or call 516-468-0559.

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SPECIAL EVENTS

APRIL 8

LECTURE: MEET THE PSYCHICS that will be reading at the Sunday, April 10th, Spring Festival. Friday, 8PM. Members: \$10 Non-Members: \$15 No Pre-registration Required. The Eyes of Learning, Levittown Hall, 201 Levittown Parkway, Hicksville, NY 11801. (516) 731-0909. www.eyesoflearning.org

APRIL 10

ALL KIDS FAIR Part health/wellness fair, part activities/education expo. 80+ exhibitors. 24 kids' classes (all ages). FREE: valet parking, face painting, and character visits. Meet QuackerJack and a Big Apple Circus juggler! Camps, party places, special needs, kids' products and more! Come with or without your kids. Melville Marriott. 1350 Old Walt Whitman Road, Melville. 10AM-4:30PM. \$5 ages 3+. 516-621-1446 www.AllKidsFair.com.

USING THE LAW OF ATTRACTION & CREATIVE VISUALIZATION FOR SUCCESS Workshop With Rev. Dr. Maria Victoria Hughes. Sunday, 1:00 to 3:00 PM, Workshop fee: \$25. Dr. Maria will also be guest speaker at our 10:30 AM service. Center for Spiritual Living Long Island, 17 Maple Place, Hicksville. 516-822-9314. www.csl-longisland.org.

SPECIAL EVENT: THE ANNUAL EYES OF LEARNING SPRING FESTIVAL Please join us for our most popular event. Sunday, 11:00AM. Wonderful raffles, vendors, food, free lectures, camaraderie and the option to purchase your own psychic reading. Spend a day with like-minded individuals and make some new friends. A day not to be missed! The festival is a major source of our operating revenue thanks to the many volunteers and psychics who generously give of their time and talents to keep our regularly scheduled lectures and workshops available to all. You can "give back" to the Eyes of Learning through your annual membership dollars and by generously supporting our festival vendors. A token admission fee of \$5.00. Levittown Hall, 201 Levittown Pkwy, Hicksville, 11801. www.eyesoflearning.org. (516) 731-0909.

APRIL 19

HEALTH AND WELLNESS FAIR Farmingdale State College, Route 110, Farmingdale. Tuesday, **April 19th**. 10AM - 3PM. Roosevelt Hall, Multi-Purpose Room. Free Admission. Info: call 631-420-2552 or 420-2690.

APRIL 24

AWAKEN WELLNESS FAIR Sunday, 10am to 5pm. Double Tree Hotel, 455 So. Broadway, Tarrytown, NY 10591. Speakers, Healers, Vendors and Readers. Over 100 exhibitors, 1000 guests. Awaken to Your Best Self! Exhibitor spots available. www.AwakenFairs.com.

MAY 7

23RD ANNUAL BELTAINE FESTIVAL - Guest Speakers, Live Performances, Vendors, Readers, Workshops, Maypole Dancing, Raffles & more! Bring a dish for pot luck feast following open ritual. Suggested donation of \$5 / \$4 with donation for LI Cares. UUFH Huntington NY 10am-6pm. www.longislandbeltaine.org, longislandbeltaine@gmail.com.

MAY 12-15

DHARMA PUNX | IBME: REALLY GETTING TO KNOW YOURSELF: Recognizing & Befriending The Many Parts Of The Mind. Some parts of our psyche worry, others achieve, scold, seek pleasure, offer comfort or criticism. In this retreat, we'll explore how to identify the various inner parts and how to integrate these impulses in practice and life. Garrison, NY, garrisoninstitute.org/dharmapunx or 845-424-4800.

MAY 15

NAVEL EXPO (Nutrition, Aesthetics, Vitality, Efficacy, Life) - Over 70 presenters, the latest technology, philosophy, products, wellness supporting companies and network of healers, at the Huntington Hilton. For tickets visit: www.navelexpo.com or call 516-596-8974. (see ad back page)

PANORAMIC LIVING PRESENTS PANORAMA - The North Fork's Longevity Event of the Year. Sunday, 10AM to 3PM, The Barn at Martha Clara Vineyards, Riverhead, NY. Tickets: Janine Mori at 631-888-3611 or www.panoramicaliving.us/panorama2016 (see ad p. 17)

MAY 20

LECTURE - MEDIUMSHIP: THE ART OF SPIRIT COMMUNICATION by Winter Brook, Friday, 8 PM. Members: \$10 Non-Members: \$15 No Pre-registration Required. Levittown Hall, 201 Levittown Pkwy, Hicksville, 11801. www.eyesoflearning.org. (516) 731-0909.

MAY 27-30

THE CHEMISTRY OF CONNECTION IN OUR INDIVIDUAL, COLLECTIVE AND NATURAL WORLDS Join *NY Times* best-selling author Tara Bennett, science journalist Dan Goleman, mediator Aaron Wolf, and horse whisperer RJ Sadowski as they explore four unique perspectives on how we create, build, and develop connections. Garrison, NY, garrisoninstitute.org/chemistryofconnection or 845-424-4800.

UPCOMING EVENTS

2016 VEGAN LIVING PROGRAM - JULY 9 - AUG 6 at Molloy College Suffolk Center in Farmingdale. Want to give vegan living a try? Join us for this FREE program! www.veganlivingprogram.org.

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Making the Transition to a Plant-Based Diet:

10 Tips to Help You Ditch the Meat and Dairy (Or at Least Cut Back)

by Mary R. Wendt, MD
New York City

Once you make the decision to remove meat and dairy from your diet, you are well on your way to achieving better health and hopefully dropping a few spare pounds. But first you have to actually make this drastic change happen—and that can seem very daunting indeed to lifelong carnivores.

Don't worry: Going vegan (or near-vegan if you can't quite commit) is way less difficult than you likely imagine. Below is a step-by-step guide to help you transition to a plant-based diet with as little pain as possible. Though the best time is the present, you can transition at the rate you choose. The power is in your hands, so grab a fork and get ready to change your life.

Do a 24-hour Food Recall

First, get an accurate idea of how much meat you're currently eating. Instead of keeping a food log (which you're prone to forget about after Meal One), do a 24-hour food recall. Write down everything you ate for breakfast, lunch, dinner, snack, and drinks for the past 24 hours. For many people, seeing a typical day's diet in black and white is eye-opening.

Even if you don't think you eat much meat, consider the World Health Organization's recommendations. Just 50 grams of processed meat, or a little less than 2 ounces daily, increases your risks. Bacon or sausage for breakfast, plus a deli sandwich at lunch, might put you well over 50 grams—and that's not even counting supper!

Stop Thinking of Meat as the Main Event

Unless you grew up in a vegetarian or vegan household, chances are you were raised to think of meat as the main dish and everything else as "sides." It can be helpful to mentally switch these designations. Consider meat a condiment that you can sprinkle over beans, whole grains, or vegetables, rather than the main dish.

Get Over Your Fear of Carbs

Are you afraid that stepping away from meat will inevitably lead to more carb consumption ... and then to more body fat? This is a common concern, but I promise that it's unfounded. There's much more to a plant-based diet than bread, rice, and pasta. A balanced plate includes fruits,

vegetables, fiber, protein, and more. And anyway, not all carbs are bad. You do want to stay away from simple carbohydrates (like those found in white bread and white rice), which are easily broken down by the body and quickly converted to fat—without leaving you satisfied. However, complex carbohydrates (like those found in whole grain products) will fill you up without filling you out.

Take the Transition Slowly

There's nothing pleasant about quitting your favorite meats cold turkey (pun intended) – and anyway, this strategy is unlikely to be successful in the long run. If you're currently a committed carnivore, start by eliminating meat from just one meal a day. After a few weeks, you can move on to having meat only once per day – and after that, to one or more meatless days each week.

No matter what kind of dietary change you're making, the key to lasting success is sustainability. A slow, gradual transition gives your body and palate plenty of time to get used to more plant-based options and keeps you from feeling restricted and dissatisfied.

Stretch Your Culinary Muscles

As you cut back on the amount of meat you eat, you'll want to add new plant-based recipes to your kitchen repertoire. (Sorry – eating more chips, French fries, candy, and other meatless junk food won't do your health any favors.) Also, variety is important both for nutrition and your new diet's sustainability.

Fortunately, finding recipes and learning new cooking techniques has never been easier thanks to sites like Pinterest and Epicurious, plant-based food blogs, YouTube tutorials, and more.

Look for Satisfying Substitutions

Instead of telling yourself, *I can't eat that*, ask, *How can I make it healthier?* Your quest to eat less meat (or even go meat-free) won't feel like a sacrifice if you can find a plant-based way to replicate the flavors and dishes you've always loved.

Before I cut meat out of my diet, I used to love making – and eating – Vietnamese pork bundles. I mourned their loss for years before I had the idea to substitute pinto beans for the pork. Turns out their creamy goodness, and even their coloring, mimics ground pork reasonably well. And bonus: Beans are consistently linked to high productivity and longevity. By choosing a bean over meat, I had not only found a way to extend my life, I was improving its quality, too.

The point is, you don't have to look for an all-new repertoire of meatless recipes

– just get creative when preparing your old favorites. In addition to subbing beans for meat, give meat-replacers like tofu, portobello mushrooms, lentils, and eggplant a second (or first) chance.

Start the Day Off Right

Many of us view cured meats like bacon, sausage, and ham as a breakfast staple. We may even have thought we were doing ourselves a favor by avoiding sugary cereals and carbs. But based on the WHO's recent report that processed meats are linked to cancer, it's wise to bid a farewell to these old meaty favorites – or at least enjoy them on a more limited basis.

Don't skip breakfast altogether if your old go-to option is off the table. This meal is a great place to start incorporating plant-based substitutions. You can try vegetarian and vegan sausages and bacon if you prefer to start the day off on a savory note. And don't forget options like oatmeal, fruit smoothies, and whole grain breads and cereals. All of these are healthy, and once again, will fill you up without filling you out.

Harness the Power of Association

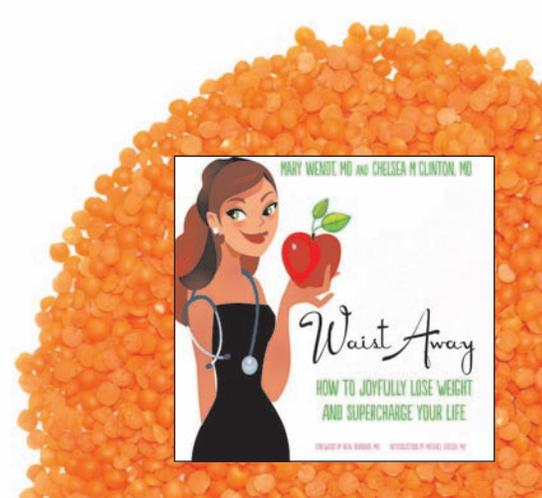
If you really want to get serious about saying no to meat, go on the offensive by associating something very yummy with something even more yucky. Every time you bite off a piece of bacon, for instance, picture a mouthful of chemical-laden smog. When you're craving a hot dog, conjure up a mental vision of a sludgy, disgusting landfill.

During my own transition, I was frequently assailed by cravings for barbecue. So when I smelled or just started fantasizing about this dish, I would think about dirt. Sometimes I'd even picture a little pig on a factory farm, living his life in a crate, never getting a breath of fresh air and never knowing what it felt like to stick his nose in some nice mud. This tactic worked amazingly well.

Consider What Makes Cents

Face it: Many types and cuts of meat are expensive. In fact, *over 20 percent* of the average American grocery bill is spent on meat. So if you're motivated by a good deal, you may find it helpful to remind yourself of the money you're saving by choosing plant-based options. You might object that fresh produce and other non-processed foods can also be pricey – and I hear you. However, if you're no longer funneling one-fifth or more of your grocery budget toward meat, you'll have a lot more to spend on these items.

Also, remember that the cost savings aren't limited to what's (not) on your plate. For instance, many of my patients find that they spend less on cosmetics because a plant-



based diet improves their hair and skin. And, of course, by eating nutritiously, you're avoiding piles of medical bills in the future.

Find Some Friends to Share the Journey

It's a lot easier to make healthy transitions when you're working toward your goal with friends, old or new. Don't underestimate the power of support, encouragement, and commiseration. If you can't get your family on board with a reduced-meat or no-meat diet, maybe you can swap plant-based meal plans with a good friend or team up with a co-worker to make sure the break room is stocked with healthy lunch and snack options. ✨

Waist Away: How to Joyfully Lose Weight and Supercharge Your Life, Doctor Doctor Press, 2014. Available from Amazon and other online retailers.

Mary R. Wendt, MD, is the founder of *Get Waisted* and the author of *Waist Away: How to Joyfully Lose Weight and Supercharge Your Life*. She is an expert on making the transition to plant-based nutrition and has 20 years of experience practicing internal medicine in private and hospital practice. When she's not eating rice and beans from Chipotle, she's searching for the latest healthy choices available all over New York City. www.getwaisted.com.



Just the Facts: Plant-based Nutrition = Longevity

by Janine Mori
Northport, NY

Each day we are bombarded with messaging touting the secrets to longevity. Perhaps it is a new diet, new supplement, or new exercise program.

In the past year, I had to chuckle as I read stories of local centenarians associating their successful longevity individually to beer, bacon, and “belly bombers,” the affectionate term for White Castle hamburgers. As a Blue Zone trained coach, I have studied the hotspots of longevity, and can tell you that there is no secret. Blue Zones are the pockets in the world that National Geographic and the world’s best longevity researchers identified where people live measurably longer and better. They actually discovered that people in these regions reach age 100 at 10 times greater rates than in the United States and with much lower rates of chronic disease and illness. How is

this possible? It is simply a fact that people in these regions have a plant-based diet packed with local fruits, vegetables, legumes, nuts, and grains.

As children, most of us heard about how important it was to eat our vegetables. I can remember my mom saying “eat up all the colors on your plate.” Unfortunately, as kids and as adults we often ignore the message. It is hard to think about healthy eating when we are seduced by the world of food TV where bacon, not basil, is the seasoning of choice and steak, not salad, is the main course. The good news is that Americans are starting to wake up from our food coma and beginning to look at food facts and not food fiction. But the challenge is deciphering all the marketing madness to uncover the truths, if there are any.

One of the best resources to find the facts is at the popular nonprofit, noncommercial website, Nutritionfacts.org. Its founder Dr. Michael Greger, is the author of the recently released NY Times Best Seller *How Not to Die*. He is an internationally recognized physician whose life’s purpose is to spread

the ground-breaking science on how plant-based food choices help us live healthier, happier and longer lives. Dr. Greger’s mission kicked-off after his grandmother was diagnosed with end-stage heart disease. At age 65, her physicians told her there was nothing else they could do. Not long after she was discharged from the hospital, she watched a *60 Minutes* segment about Nathan Pritikin, an early lifestyle medicine pioneer who had been gaining a reputation for reversing terminal heart disease. His grandmother made the cross-country journey to California and became one of his patients. Upon entry in the program, she was wheelchair-bound. Within three weeks on a plant-based diet and an exercise regimen, she was not only out of her wheelchair but walking ten miles a day. His grandmother lived to 96 years old.

With her story as his inspiration, Dr. Greger went on to found and run Nutritionfacts.org providing free daily videos and articles on the latest research. How can a plant-based diet help you stay healthy? Everyday new peer-reviewed scientific studies are finding the answers. Learning the truth about what science

says about nutrition and longevity is the first step in living a longer and better life.

Spring is here, and it’s the perfect time to begin, enhance, or resume your plant-based journey as local farms open and family gardens start to sprout providing us with the natural flavors from the earth. Explore the possibilities of making food choices that positively impact not only your individual health, happiness, and longevity, but our local community and our world. ✨

Janine Mori is the founder of Panoramic Living. Join Janine and Dr. Michael Greger at Panorama 16: Plants, Purpose, Peace on May 15th at Martha Clara Vineyards in Riverhead. For more information about this event and other Panoramic Living programs, please visit www.panoramicliving.us. See ad on page 17.



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Outsmarting Overeating: Q & A with Karen Koenig

Why do you say that troubled eaters will *never* end their food problems if they don't improve their life skills?

Eating issues are never just about food. They're about how people handle emotional problems and stress, value and take care of themselves effectively, the range of skills they employ to manage life's ups and downs without turning to food to rev them up or chill them out. They're about everything from genetics to how we meet our needs to cultural pressure to be thin and fit at any cost.

Why don't diets work long-term and how can they actually make people fatter?

Diets don't work long-term because they keep people focused on what they can't have, don't take into account how hard it is to restrict and deprive ourselves of pleasure in an ongoing way, and make us want to rebel against all the shoulds and should nots we're lectured relentlessly about. Diets slow down metabolism to conserve energy as we eat less and they simply feel unnatural to our bodies.

Is there a difference between compulsive and emotional eating?

I think of compulsive eating as more mindless than anything else. It's the bottom of the ninth and your arm keeps digging down into the bag of chips until your fingers hit the bottom of an empty bag. Behaviors which are compulsive are done without thought or intention. Emotional eating, on the other hand, has a purpose which may or not be conscious, and that is to prevent, lessen or numb out uncomfortable feelings.

Is there a difference between "normal" and healthy eating?

"Normal" eaters follow the rules of appetite but may not necessarily make nutritious food choices. Alternately, healthy eaters base their choices solely on foods' nutritional value but may regularly overeat or even binge on the healthy food they're eating.

What are the factors that influence eating and weight?

Environmental toxins, sleep deprivation, cultural expectations, self-esteem, and childhood trauma, abuse and neglect all impact our relationship with food.

Finally, stage of life and whether or not we're highly anxious and depressed individuals all influence our eating and weight.

Why doesn't self-discipline and self-control work to make people eat healthfully?

They do work, but only for a short time and then we become frustrated, feel deprived, and can't stand the tension of wanting foods and not allowing ourselves to eat them. Self-discipline and control can help us regulate our eating, but we can't base our ability to eat healthfully on them alone.

What is the psychology of eating, what you term the "how" and "why," not the what of it?

The "what" of eating is covered by nutrition—the nutritive value of various foods. The psychology of eating focuses on motivations, attitudes, and behaviors around food, eating and weight. It is just about everything but food's nutritional value.

Are there such things as "good" and "bad" foods?

"Good" and "bad" are moral terms and confer upon us moral standing. We feel superior when we eat "good" food and inferior when we eat "bad" food, which is just plain nonsense. Food has no moral value other than the issue of whether or not we should kill animals to feed ourselves, but this is not what most people mean when they talk about "good" or "bad" food. What they usually mean—and should say—is nutritious or non-nutritious. But even that isn't the whole story, because foods are on a continuum, so what we really want to say is foods are more nutritious or less nutritious or have high, medium, or low nutritional value.

What is rebound eating?

Rebound eating happens when people get so tired of restricting food that they get fed up and gobble up everything in sight. It's like a rubber band snapping. Rebound eating is generally compulsive, mindless, and oriented toward eating everything a person hasn't been eating because they believe it's wrong to do so. There is generally a rebelliousness to it, as if a person is getting back at "the shoulds" and a mistaken entitlement à la "Well, I'm entitled to eat this." Of course the person is entitled. The missed point is that it may not be a good idea health wise.

If people want to eat healthfully and be fit, what gets in the way?

Sometimes life is the problem. We don't all start out on a level playing field. People may want to eat healthfully but, like some of my clients, they grew up in families that ate only junk food. They had no positive role models and developed poor eating, fitness and self-care habits early on. Then there's the problem of folks not feeling lovable or of value, so they don't think they're worth taking care of. Moreover, most people are stressed to the max and don't have effective stress management skills, so eating is their way of coping and gaining comfort.

What are the hidden, mixed feelings people have about eating healthfully and being fit?

People want a quick fix, but that's not generally how change happens. They want fast change but don't have the skills or patience to hang in until they reach their goals. Some don't want to lose weight because it makes them feel physically, sexually or emotionally vulnerable. For others, being fat or overeating, or suffering with problems is their identity and they don't know who they will be without it. There are people who want to believe they deserve to be healthy but don't really buy it, so they treat themselves poorly. Most folks are woefully out of touch with their "negative" reasons for not wanting to become healthier and solely in touch with their "positive" reasons.

Why do women, in particular, have eating problems?

Women have traditionally been around food more while doing the shopping, food preparation, feeding the kids, and meal cleanup, so they've had more access to it. More than that, women often don't feel deserving of taking care of themselves or of time off to relax and feel guilty when they do. So they eat, which feels like they're doing *something* (I have to eat, don't I?) and end up eating foods which relax them, such as carbs.

What do you mean by skill deficits leading to eating problems?

When people regularly act on impulse and can't delay gratification, they are more likely to grab food without

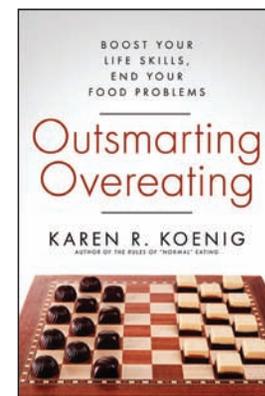
thinking of consequences and not being able to wait for greater reward (say, pride from waiting for a wholesome dinner rather than eating a candy bar). More importantly, people who are skilled at living well don't have as many problems or as much stress. They know when to work or play and can handle pretty much whatever life throws their way. People without strong life skills are at a distinct disadvantage in creating and sustaining a successful, meaningful, pleasurable life.

What are your three top recommendations for having a positive, healthy relationship with food and body?

1. Ditch the scale and stop focusing on weight which is the end of a process. Instead focus on eating which is the beginning of it.
2. Follow the rules of appetite for hunger, food choice, enjoying eating, and stopping when full or satisfied.
3. Develop and practice skills to create your best life so that food is used only for nourishment and occasional pleasure.

What can parents model and teach their children so that they have a healthy relationship with food and their bodies?

They can be relaxed around food themselves and follow the rules of "normal" eating, not pressure their children to be a certain weight, be accepting of size diversity, stay active and make activity fun not a chore, explain the importance of nutrition, make nutritious food accessible, eat and serve all kinds of foods, and teach their children through word and deed to cherish and care for their bodies. ✧



Karen R. Koenig, LCSW, MEd, psychotherapist, eating coach, blogger, author and speaker, has been an educator on eating and weight issues for 30 years. A frequently quoted expert in both the popular media and professional literature, she lives in Sarasota, Florida. Visit her online at www.karenkoenig.com. Karen's latest book is **Outsmarting Overeating, published by New World Library, www.newworldlibrary.com.**

Seven Doorways Out of Guilt

by Alan Cohen
Kapaa, HI

Do you suffer from guilt? Do you impose guilt on others? Nearly every religion, family, and belief system plays on guilt to keep its adherents in line. Yet there are ways to escape from the prison of guilt. Here are the top seven, along with practical applications to become free.

1. Know that guilt is not natural.

No human being is born with guilt. Guilt is entirely learned, passed down from generation to generation like a dark, heavy, ill-fitting cloak. Innocence, freedom, and inner peace are our natural state. All else is an anomaly to our true essence. Genuine happiness abides within you, you deserve it, and it is your destiny.

Take a moment to recall a time in your life, when you were very young, before you learned to feel guilty. Or when you were older and for a brief time you rose above the clouds of judgment. How did you feel? Can you remember the freedom and aliveness you experienced? Even if you capture a moment of such a feeling, you have a key to your natural state. Practice such feelings as often as you can, and tilt the balance of your life from learned guilt to original innocence.

2. Identify every moment as a choice between fear and love.

Every thought you think, word you speak, and action you take proceeds from either love or fear. Peace and upset, innocence and guilt, healing and illness all spring from that one fundamental choice.

If you become upset or face a challenging situation, ask yourself, "What is the voice of fear or guilt saying to me now?" Clearly identify the words and energy of the critical voice. Then ask, "What would the voice of kindness and encouragement say to me by contrast?" When you recognize the experiential difference between the harsh demanding voice and the gentle releasing voice, you will see clearly what to do and how to live.

3. Release yourself from guilt by not casting it upon others.

When you hold someone else in the prison of your judgments, you must sit at the

door of his cell to make sure he doesn't escape. When you judge others, you become susceptible to judgments, your own and theirs. When you release others from the burden of your judgments, you release yourself.

Consider one person you judge, and identify the trait or action for which you judge that person. Notice the feelings your judgment generates within you. At such a moment you are as far from peace as you could possibly be. Now imagine releasing that person from your judgment. For a moment, suspend your upset. Notice the freedom you experience. All that you give, you give to yourself.

4. Reframe experiences in your favor.

You can choose to see any situation from a viewpoint that brings you peace rather than misery. The facts do not change, but your perspective does, along with your experience.

One night while watching a video with some friends at their home, I went into the kitchen to make some tea. Not finding a tea kettle, I poured water into a glass coffee carafe and placed it over a gas flame. I returned to the living room, and a minute later smelled something burning. We ran into the kitchen to find that the plastic handle of the carafe had caught fire. Quickly I put the fire out. Terribly embarrassed, I turned to my host and told him, "Sorry about that."

He smiled and replied, "I didn't know you were such a good fireman!" I was judging myself for starting the fire, and my friend was complimenting me for putting it out. Same situation, entirely different perspective, which led to an entirely different experience. While we cannot always choose the situations we encounter, we can choose whether to regard them with guilt or innocence. Therein lies our true power and freedom.

Take an experience about which you feel guilty, or one for which you consider someone else guilty, and choose another perspective that feels better. Interpret the event in your favor rather than using it to drag you or the other person down.

5. Quit beating yourself up for your past.

The only place the past lives is in your mind. The events that occurred matter less than how you think about them now. We've all made mistakes. What we do with them determines our current experience. If you keep going over your mistakes, they rule your life. If you bless them for your learning and find ways to look at them that bring you peace, they become your friend.

Consider a mistake you keep berating yourself for. What did you learn from this experience? How has it served you or others? Is there another way of looking at it that will help you move on with your life?

6. Let joy be your compass.

Your happiness does not detract from the good of others; it only adds to it. When you are at peace with yourself, you uplift everyone you meet by the energy you express. Keep choosing in harmony with your joy, and you will attract success for yourself and stimulate others to achieve theirs. Consider a choice that would truly make you happy. How will this choice bless and serve others rather than removing their good?

7. Redefine success as inner peace.

Most of the ways we have been taught to attain success make us miserable. Yet the only real measure of success is inner peace. When you are happy inside, you fulfill your purpose in life.

Notice what you are doing in the name of success that is making you unhappy. If you were to make inner peace your top priority, what would you quit doing? What would you do more of?

We have come to the point in human evolution when we are ready to leave



guilt behind and claim the gifts of our natural innocence. You can lead others to freedom by claiming your own. ✨

Alan Cohen is the author of many inspirational books, including the new groundbreaking *A Course in Miracles Made Easy: Mastering the Journey*



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Daylight Savings Time Costs You Extra — in Money and Health! Part 1

by Joseph Mercola, MD

We just went through that time of year again—moving our clocks an hour ahead; losing a precious hour of sleep in the process. For many, the time change associated with daylight savings time (DST) also means spending several days or even weeks feeling generally off-kilter.

As reported by Prevent Disease: *A study, published in 2007... combined surveys from 55,000 people in central Europe with data on 50 individuals' sleeping and wakefulness patterns for eight weeks around the shifts to and from daylight saving time. The researchers found people never fully adjust their circadian rhythms to the hour shift associated with daylight saving time (or, as it is known in Europe, summer time). Springing ahead by an hour, however, was most difficult for night owls – people prone to wake up and go to sleep late, they found.*"

The issue of whether daylight savings time (DST) should be abolished comes up at regular intervals, and for good reason. Daylight savings time is intended to give you more access to daylight hours, thereby reducing energy costs and promoting



healthy outdoor activities, and for nearly a century countries around the world have moved their clocks forward in the Spring and backward in the Fall.

But is it really worth it? There doesn't appear to be any good reason for this time tinkering in today's modern age, and a number of countries, and even regions within countries, have opted out of DST. Areas that do not have DST include: the northern part of Brazil, Saskatchewan (Canada), large portions of Australia, Puerto Rico, the Virgin Islands, Hawaii, American Samoa, Guam, Northern Mariana Islands, and the state of Arizona.

Daylight Savings Time Is Rough on Your Health

The research is quite clear on the health effects of this meddling with time. In short, it's not good for you, and spikes in both heart attacks and suicide in the days following daylight savings attest to the stark reality of such findings. The adverse health

effects of losing an hour of sleep when the clocks move forward – and the ripple-effect it causes for days and weeks afterward—are significant, and really highlight the importance of sleep for mental and physical functioning.

The *Monday Cardiac Phenomenon* has been recognized for some time. More cardiac events occur on Mondays than any other day of the week, and changes in sleep associated with the transition from weekend to work week may play a significant role. When daylight savings gets added into the mix, this risk tends to become even more pronounced. One 2012 study found that heart attacks increased by 10 percent on the Monday and Tuesday following the time change to DST. Heart attacks decreased by 10 percent on the first Monday and Tuesday after clocks are switched back in the fall.

According to the study's author, Martin Young, Ph.D: *Individuals who are sleep-deprived weigh more and are at an increased risk of developing diabetes or heart disease. Sleep deprivation also can alter other body processes, including inflammatory response, which can contribute to a heart attack.*

An earlier study found a five percent increase in heart attack in the first three weekdays after the switch to DST. The risk decreased again after clocks were reset back to standard time in the Fall. Kazakhstan abolished DST in 2005, citing health complications as the reason for its decision. In 2011, Russia's president Dmitry Medvedev also cancelled DST due to the "stress and illness" it causes on human biological clocks.

Productivity Goes Down and Accidents Go Up in Days Following DST Change

Studies also show DST causes the entire country to take an economic hit from lost productivity. When you consider that this happens once every year, the cumulative effect on productivity is likely to be very significant.

According to Till Roenneberg, a German chronobiologist, your circadian body clock (which is set by daylight and nighttime darkness) never adjusts to the gaining of an "extra" hour of sunlight at the end of the day during daylight saving time. So you may actually remain slightly "off" for the entirety of the DST season.

The consequence of that is that the majority of the population has drastically decreased productivity, decreased quality of life, increasing susceptibility to illness, and is just plain tired, Roenneberg has said.

Data from the US National Institute for Occupational Safety and Health also shows an increase in the number and severity of work-related accidents on the Monday following DST. According to one 2009 study, workplace accidents and injuries increase by nearly six percent, and nearly 68 percent more workdays are lost as a result of injuries following the change to DST. Ditto for traffic accidents, which rise by about eight percent on the Monday following the changeover to DST. Fatal alcohol-related traffic accidents increase for the first week after setting the clocks ahead.

Does Daylight Savings Save Energy?

The origin for daylight savings time was rooted in the idea that it could save valuable resources. Ben Franklin appears to have been the first person to suggest the concept, after awaking at 6am one morning in Paris, realizing that the sun was already up well before him. Getting up earlier and going to bed earlier, thereby using less oil to power lights, could save a lot of money, he reasoned. During World War II, the US mandated daylight saving time as a way to save wartime resources.

Alas, times have changed. At best, DST may save you a handful of dollars on your electric bill each year. At worst, you end up paying a lot more. ✨

Please Read Part 2 in the April-May Issue of www.creationsmagazine.com

Trained by the conventional medical model, Dr. Joseph Mercola treated many symptoms with prescription drugs and was actually a paid speaker for the drug companies. But as Dr. Mercola began to experience the failures of this model in his practice, he embraced natural medicine and has had an opportunity over the last thirty years to apply these time-tested approaches successfully with thousands of patients in his clinic. Over 16 years ago he founded Mercola.com to share his experiences with others. The site is the most visited natural health site in the world for the last seven years with nearly two million subscribers. Dr. Mercola has also written two NY Times bestselling books, and has had frequent appearances on national media.

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Feng Shui: A Tangible Path for Earth Consciousness

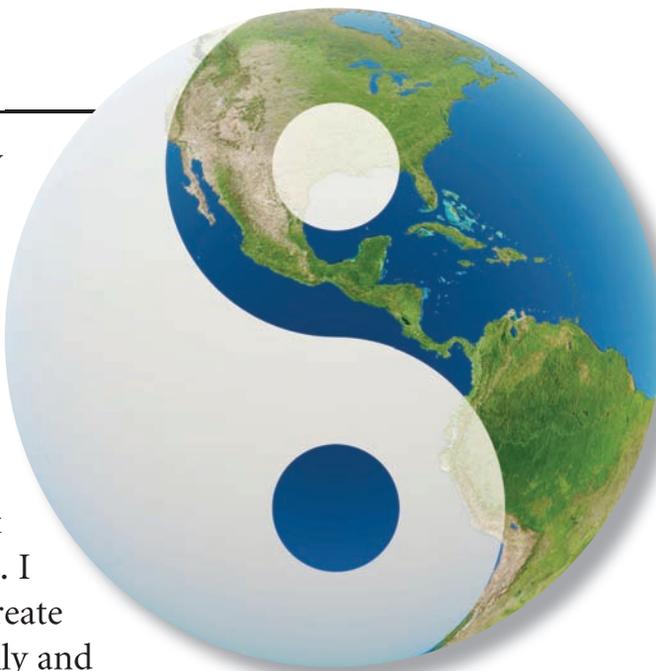
by Maureen K. Calamia
St. James, NY

Although many people view these times as apocalyptic, I choose to have the perspective that we are poised for the greatest human achievement – a great shift in consciousness. I also believe that we create our future, individually and collectively.

We each have a calling to be more aware of the role we play in our own lives and take ownership and responsibility for what we manifest in a personal, as well as global way.

And I believe that there is no greater way to honor the earth, than to be mindful, aware, and to raise our consciousness. In my professional studies, I found a wonderful, heart-centered path through the teachings of Taoism and Feng Shui. Feng Shui provides a way to work with the *yin* and the *yang* – the visible and the invisible. It provides a way to connect to our physical environments as well as the spiritual and emotional energy around us.

As a child, I was horrified by the vision of the future that movies such as *Soylent Green* and *Planet of the Apes* showed me. There continues to be scores of movies that view mankind as doomed and fated to live in a wasteland, full of fear and dread. There is no light, no laughter, no joy. Why is it



that nearly every movie set in the future depicts our earth as a wasteland? Why does Hollywood - and the audience - expect this? We seem to expect that an increasing technological evolution will eventually lay waste to the natural world – requiring humans to live in environments deprived of nature and a subsequent deterioration of the human spirit – an “evolution Armageddon.” Yet we continue to live our lives in a way that will surely fulfill that vision. Our intention manifests this vision.

However, we are at a time of discovery of ancient ideas; merging and integrating the concepts of this ancient wisdom with modern scientific thought. According to Joseph Campbell in his book *Myths to Live By*, “There are no more horizons. With the dissolution of horizons we have experienced and are experiencing collisions ... not only of people but of their mythologies ... there is a rush of these forces together. And so we are right now in an extremely perilous age of thunder,

lightning, and hurricanes all around ... there should be turbulence ... we are riding it to a new age, a new birth, a totally new condition of mankind.”

When I was introduced to Feng Shui in the late 1990's, I had no idea that it would bring me to this point, provide a major shift in my personal life and color my world like nothing had before. Although I had already been “awake” to some extent, *Feng Shui made me more alive and aware of the energy around me, how it affected me, how I affected it, and how it then affected others.* It is a tangible way of viewing our connection to the Earth and Cosmos.

Chinese philosophy offers us profound wisdom in the theory of the Five Natural Elements of wood, fire, earth, metal and water. These Elements are also known as Five Phases or Transformations of Chi, and are much more than physical matter, serving as archetypes for the phases that move energy. They represent initiative (wood), connection (fire), responsibility (earth), structure (metal), and reflection (water). This wisdom governs everything in creation, from the time of day, seasons, life cycles, and even within our own natures. We possess the energy of each of the Elements and have one or two that are our primary motivators throughout our lives.

As in nature, we need all of the Five Elements to be active to live productive and healthy lives. As seen in Traditional Chinese Medicine, when an element becomes deficient or is in excess, it creates a major imbalance and disharmony in the body – physical, emotional, mental and spiritual. What Feng Shui provides us, is a way to appreciate the underlying mystical qualities of the nature of these Elements – to again contemplate nature and re-connect.

Perhaps Feng Shui is a path for you. Many

of us practice the concepts behind Feng Shui without knowing the language of this amazing discipline. Perhaps you will find the inspiration to make changes to your space and your daily life and to consider the consciousness of all around you.

“I have a sense that something amazing is at work ... I think our planet is actually moving into a time of profound harmony and fecundity and peace but whether that's going to take 600 years or 6 days I don't know ... I see that we're actually entering into a transformation of the human species out of the modern period into this new era.” Brianne Swimme – Wikipedia https://en.wikiquote.org/wiki/Brian_Swimme

Studying Feng Shui and the Five Natural Elements can help you to understand at a much deeper level what is going on inside of you – who you are and what your needs are – crucial to this newer level of consciousness. It links the shine in your eyes to the golden shimmer of dawn. ✨

Maureen K. Calamia works with commercial



and residential clients to create spaces to enhance well-being using the tools of Feng Shui. She inspires balance and joy by re-establishing a connection to nature. Maureen

is the author of several eBooks and is currently writing a book on Feng Shui & the Human-Nature Connection. She is the founder of Re-Nature Feng Shui Training Program offering both on-site and online programs. Take a fun Quiz “What is Your True Nature?” at www.luminous-spaces.com.

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Incurable Bipolar Disorder: The End of the Myth

by Michael I. Gurevich, M.D.
 Glen Head, NY

Bipolar Disorder (BD) has become a household name disorder over the last 20 years. It emerged from a rare condition: Manic-Depressive Illness, known since the Bible years. The prevailing wisdom: somebody diagnosed as "Bipolar" should be on medication for life.

To be diagnosed as Bipolar has become ridiculously easy. If you have been upset or angry, have insomnia due to stress, using too much booze and drugs, or experiencing menstrual issues, you can fit the diagnostic criteria.

There is little consistency among physicians whom to diagnose as Bipolar, Depressed or suffering from Schizophrenia. There is no laboratory or genetic testing to assist. Diagnoses are based solely on the MD's opinion. Same patients may carry multiple diagnoses.

Conventional wisdom declares: Bipolar patients must be on medications for life. However, there is not a single long term double-blind control study confirming this notion. One medication is rarely

effective. Most Bipolar patients wind up taking several medications with many side effects.

Patients frustrated with ineffectiveness and side effects often attempt to stop medications abruptly. They experience withdrawal symptoms, feeling horribly with symptoms such as insomnia, anxiety and psychosis or may attempt suicide; therefore confirming the notion to never, ever try to get off prescription medication!

But are "Bipolar" truly condemned suffer from side effects for life? No. Holistic treatment can restore their traumatized life to wellbeing!

First, what is the cause of mood instability: is it food sensitivities? Premenstrual symptoms or stress? Confusing sleep cycle? Pot and drugs? Toxicity and chemical sensitivity? Lyme spectrum infections or parasites? Or emotional traumas? Maybe medications themselves which are supposed to help? Most of the reasons for mood swings are curable.

Ted was a 22-year-old college dropout. Smoking pot and staying up all night he developed psychosis and mania. Multiple

medications, hospitalizations and electro-convulsive therapy failed; he felt like a zombie, desperate and depressed. Holistic treatment addressed multiple issues: stopping pot, removing amalgam fillings and undergoing chelation, tapering off medication; using supplements, acupuncture and energy-psychology resolved emotional traumas. He fully recovered, graduated from college, became a yoga expert, advanced at his job and got married. He has no need to see any psychiatrists for years.

Holistic approach to "Bipolar" patients is a complex method requiring skillful team approach.

Each patient has prescribed individualized protocol of high quality herbs, vitamins, minerals or homeopathy; treatment may include: acupuncture, detoxification and dietary and behavioral changes, German Biological Medicine, neural therapy, naturopathy and energy-psychology. Getting off medications takes time. Combining Western and Eastern healing methods facilitate resolution of emotional-spiritual traumas and restoration of resilience.

Bonny was 37, a well-known school teacher, suffering from mild manic symptoms. She desperately wanted to conceive. However, powerful conception drugs and inconsistency with psychiatric drugs made her highly vulnerable, depressed and suicidal. Holistic treatment included titrating medications, using herbs, supplements and acupuncture, resolving psychological traumas, some of them going back to her grandparents who committed suicide. She has been well for years, seen occasionally for general health related issues.

Is the Holistic Psychiatric approach effective? We think so. But there are no studies to prove our opinion. Therefore, we are conducting an IRB approved research study. We are encouraging those who are interested to enroll in it.

Patients diagnosed as "Bipolar" deserve to be well. Lifelong medications are not a necessity for most of them. There is a Holistic approach to Psychiatry! ✨

Michael I. Gurevich, M.D
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(see Dr. Gurevich's Resource ad on page 21)

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The Harmonic Convergence Revisited—

Or, Why this Election Is Going to Be One Big F*cking Deal

by Lynn Woodland
Minneapolis, MN

Does anyone remember the *Harmonic Convergence*? Back in 1987? It was an unusual astrological pile-up that according to organizer, José Arguelles, was supposed to send a “vibrational signal” to our species to change in the direction of unity and peace. Just a flash-in-the-pan, fringe spiritual event with no lasting consequences, right? There isn’t much peace on earth to show for it.

The event, in and of itself, had some historical significance in that it was massive, and only the second time such a large, global event had been organized to direct consciousness toward the goal of unity (the first being the World Peace Meditation sponsored just months earlier by the Global Family, which became an important organizer for the Harmonic Convergence). Many famous people participated, including John Denver, Shirley MacLaine and Timothy Leary. Even Johnny Carson of the Tonight Show got his audience to chant OM for the event. Probably millions were touched in some way and nothing of this magnitude had ever happened before. Remember, this was before we were all connected by social media and the Internet. It was a much bigger deal to organize something like that. But still... ushering in peace on earth? Come on!

As this event was based on an astrological happening, I decided to explore this question for myself by looking at it astrologically. In particular, I looked at the movement of the planet Saturn because Saturn is said to create time frames, stress points and structure. It takes roughly 29 years to transit 360 degrees, full circle, around the zodiac and if you look at the moment in time when something begins, be it a human life, an organization, or the birth of a new impulse toward unity, approximately every 7 years—the time it takes Saturn to move 90 degrees from where it was at the starting point—there will be a testing or eventful marker of some sort. What’s strong will become stronger, what’s weak will be stressed, often to the point of breakdown.

So I dug out my ephemeris and tracked the progress of Saturn by precise 90 degree intervals. First I found this date: September 11, 2001, (at the 180 degree mark) the day the Towers fell in New York City—definitely a world-shaking event. I also found a late September date in 2008 (the 270 degree mark)—the time when Lehman Bros collapsed, starting a serious nose dive of the global economy. The loud and dire nature of these events certainly speaks to Saturn’s capacity to create stress and breakdown but do they have anything to do with unity consciousness? And what about the first 90 degree mark in 1995? Nothing as world-changing as the beginning of the war on terror or global economic disaster seemed to happen that year.

Or maybe it did, though there were reputable journalists of the era saying it would never amount to much. The years between 1987 and 1995 pretty closely bracketed the incubation phase of a world-changing phenomenon. 1987 marked the first year that the internet had significantly

more users than the tiny, elite group it had prior to this time, and 1995 is when the internet was privatized and really took off in a huge way. So 1987-95 is the period of time when the internet as we know it was developed and launched for mass consumption.

Since then, the internet has played a huge role in evolving global consciousness. It has created infrastructures for new models of egalitarian power and given access to global interconnectedness to nearly everyone. This quietly growing infrastructure has so quickly become a daily necessity that it’s easy to lose perspective of its magnitude. As old infrastructures based on greed, fear and hierarchical power escalate to extremes with dire consequences that could destroy us, this amazing new infrastructure has been growing into a web of life that just might save us.

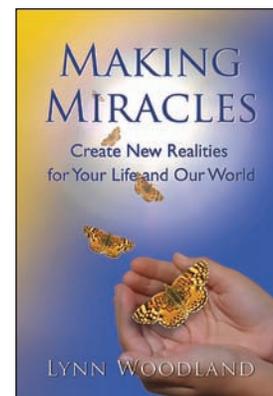
1995, 2001, 2008 ... This brings us to ... now. Saturn has now come precisely (to the exact degree) full circle around the zodiac from where it was on 8/17/87. Symbolically, a Saturn return is said to be a coming-of-age time when what’s weak falls apart, what’s strong solidifies, and there’s an opportunity to see the consequences of our choices coming fully to fruition. How does that translate to the “growing up” of a vibrational impulse? Where have our choices since then led us?

Well, we’re seeing that waging war against terrorism has created more terrorists than ever before. So, the war on terror—maybe not a good choice. And, did you know that only 55% of the electorate voted in the 2012 election? And less than 40% in the 2014 midterms? Consequently, big money interests have been able to pour enough money into elections, especially in mid-term years, to easily swing them toward their preferred candidates. Heck, they only need to sway as little as 18% of low information, single issue voters with anti-abortion/gay rights/gun laws/immigration platforms.

Then—oh no!—one day we wake up to find the children of an entire Midwestern city have been irreparably poisoned due to cost cutting. So... political apathy, maybe not a good choice either.



Please Read Part 2 on
www creationsmagazine.com
(April-May 2016 Issue)



Lynn Woodland is an international teacher, author of *Making Miracles—Create New Realities for Your Life and Our World*, and creator of the online *Miracles Course*. Her particular expertise is in what gives rise to miracles and in teaching ordinary people to live extraordinary lives so that miracles become, not just possible, but natural.
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STOP! Before you do any other weight loss program read this now!

Have you tried all the latest fad diets and lost that unwanted extra weight – only to put all those dreaded pounds back on again? What if someone told you that you could lose weight – permanently – and that you could do it without exercise, hunger, cravings and none of those costly pre-packaged foods that popular diets offer – and that the weight-loss program is 100 percent guaranteed? You'd probably be very skeptical. If you're ready to finally shed those pounds forever ...

Hello, I'm **Dr. Michael Berlin** and I'm tired of all the weight loss ads promising all-natural, long-term results that really do not deliver the whole solution to permanent weight loss. Yes, they have part of the solution, but without the **whole** solution, you cannot get truly permanent results. This is why weight loss is so difficult. You see, there are 10 things in the right proportions that you need to heal in order to get truly permanent and healthy weight loss, and if a program does not deliver all 10 then your weight problem will return. This is because your weight

problem is not a weight problem; it is a health problem. Extra weight is a symptom of deeper physical and/or emotional imbalances that **all** must be resolved to get permanent results! The 10 factors are related to: nutrient absorption, stress levels, sleep quality, food combining, liver function, toxicity, hydration, emotional eating, food sensitivities, and hormones. If any one of them is left unresolved, your weight problem will return. It's that simple. You see, people think that you need to lose weight in order to get healthy; but the truth is that you need to get healthy to lose weight! Think about it ... most of us when we were children could eat anything and not gain weight. But over the years, from junk food, toxicity, and stress, our insides get ruined very slowly. As this happens our hormones will very slowly shift from *fat burning to fat storing* — until we reach about 40 years old — and nothing we do can really cure our weight problem. We say that "I'm just getting older" or "its my hormones," and you are right. However, what CAUSED your hormones to change? It was that your

insides got run down. And these days it is happening to everyone, including our children, much faster than ever before because of our toxic, fast paced world.

So, if the CAUSE of our weight problems is because our bodies got run down on the inside, then the only permanent cure is to reverse the damage, clean the slate, and heal your weight problem for life! In our office we guarantee healthy, permanent weight loss because we don't treat your weight problem, we heal you completely on the inside. We rebalance all 10 factors and we reverse the damage and sluggishness that occurred in your organs, naturally, safely, and efficiently, with only wholesome foods and some supplements. We teach you how to shop, cook, and eat for life in a way that is the healthiest for your whole family. The result is that you will go back to your natural, healthy weight within 3-6 months and *stay there!* Your body will be lean and efficient. Our patients lose about a pound a day the first month and are completely healing and preventing diabetes, cancer, heart disease,

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POETRY

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by David Frieman, Huntington Station, NY

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Moon

by David Frieman, Huntington Station, NY

controller of tides
feminine body rhythms
and romantic dreams

Haiku

by Gerald Starlight, New York, NY

With just one seedling
There sprouts a mighty oak tree
Giving shade to all

Love

by Milissa Castanza Seymour M.S., C.H.,
Bethpage, NY

A mother's heartbeat-
primordial rhythm
guides,
synchronizes,
beats for every last one.
Life-giving pulse,
even on expiration,
leaves an echo.

Love Is the Answer to Every Question

by Garry D'Brant, Glen Cove, NY

Love is the answer to every question,
whether it has been asked a thousand times
or it still lies unformed in our secret hearts.
When we speak for love
we speak for the highest parts of ourselves.
When we seek love
we seek to find divine energy in a world
gone painfully to sleep.
When we taste love
we taste the fruits of passions
not just of the flesh
but of the very stars that we are made from.
When we fear love
we fear knowing the enormity of our souls.
When we cry out in love
we cry for the joy of knowing our true Selves.
When love pours through us
we are the vessels to heal the world.

God within Her

by Maureen Bourque, Nashua, NH

As her soul spark rested
She contemplated her being
A vessel of creation
A host of divine Love
A woman of courage
Her tears were of joy and profound sadness of the destruction of her Love
Fitted into categories that never reflected who she was
A child unable to tie shoes as she liked the color of her crayons
A child unable to tell time as she finger-painted her dreams into being
Her multiplication tables memorized as she listened to the leaves rustle outside
She reached for the tools that allowed her feelings to be expressed...
a brush, a crayon, a picture book, her cat
Never her time as the boxes needed to be checked
Boxes created outside of her
Boxes she internalized as she tried to twist her own body into its limitations
As her soul spark rested she dismantled those boxes
Finding waves of rhythmic flow within her hands
A journey began to unfold
Of finding the God within her



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no grey hair.
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unwanted hair lasered.
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buttocks enhanced.
Noses straightened
face and leg lifts.

An obsession
with perfection
but inside we
cannot lie.

"It is difficult to get the news from poems, yet men die miserably every day for lack of what is found there."

– From Asphodel that Greeny Flower

MEDIA REVIEWS

by Mark Maxwell Abushady, NYC

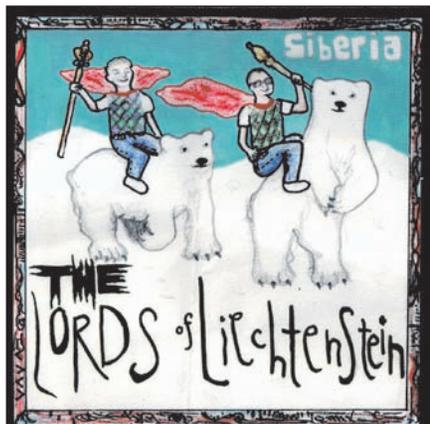
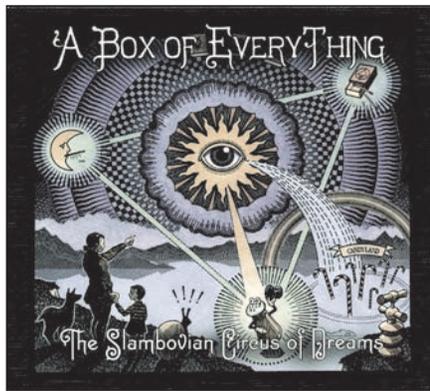
MUSIC

A BOX OF EVERYTHING

The Slambovia Circus of Dreams
slambovia.com

Retro-rock sound with a Dylan-esque lead singer, featuring harmonies, harmonicas and, at times, raw, driving rhythms make up *A Box of Everything*. There is a

familiarity to the sound, but an individuality as well, as the boundaries of rock are pushed, at times in the way of Bowie (*Good Thief, Light a Way*), at other times simply by virtue of the talents of Joziah Longo (lead vocals, acoustic guitars, harmonica, jaw harp, mandolin, banjo), Tink Lloyd (accordion, cello, ukulele, melodica, Theremin, flute, vocals), Sharkey McEwen (electric, acoustic and slide guitars, mandolin, bass, keyboards and vocals), Eric Puente (drums and percussion), Tony Zuzulo (drums), Chen Longo (bass, vocals), Orien Longo (piano, bass and vocals). They, in turn, are joined by several “guest artists” who contribute such varied instruments as Uilleann pipes, calliope, trombone, and more. (Check out the rock epic *Talking to the Buddha*.) Fun and thoughtful lyrics round out this fine offering.



SIBERIA

The Lords of Liechtenstein
thelordsofliechtenstein.com

These guys really have something. Lighthearted, sweet and sincere ... so refreshing! Sometimes less is more. Here we have two brothers, playing ukulele, guitar, banjo, some percussion ... and having fun. That's it. But that's all they need, as their songs are joyful, clever, and the voices are fine and blend nicely. These guys are musicians as well as songwriters.

Specifically, The Lords of Liechtenstein are Noah and Dan Rauchwerk. Their lyrics are earnest and self-effacing; at times irreverent, at others serious, but always well sung. *Siberia*, a paean to the bad romance, will have you laughing out loud! Standouts, for all sorts of reasons, also include *Folk Song*, *When I Don't Know Who I Am*, *Where Are You Going*, *My Low Self Esteem* (another great comic

song), *The War to End All Wars* (which may bring tears), *The Last to Die*, and more. I can't wait to listen to this one again (and again).

FIRST LIGHT
Peter Calandra
petecalandramusic.com

Smart, sophisticated, romantic, ambient, cinematic, ethereal, mystical just begin to describe the musical journey presented here by Peter Calandra. The music almost seems channeled ... from a larger, timeless place. And the music will transport the listener there, if given the chance.

The composer, who graces the album with piano, electric keyboards,

electric & acoustic guitars, synth bass and acoustic percussion, is joined by some fine musicians, including Joy Askew (vocal choir), Ralph Farris, Junah Chung, Raga Petursdottir (violins, violas), Peter Prosser (cello), Kermit Driscoll (acoustic bass), Kathleen Nester (flute), Julia DeRosa (oboe), David Weiss (Blackwood flute, Kingma bass flute), and Howard Jones (percussion). *First Light* is an excellent title for this offering, as it seems full of light and space; brightness and air. A strikingly beautiful album.

LOVE

Peter Kater
mysteriummusic.com

Solo Piano Improvisations and Compositions Inspired by Love is the subtitle of this collection of lovely tone poems by outstanding composer and pianist Peter Kater. Track titles – ‘love,’ ‘innocence,’ ‘deeply,’ ‘intimacy,’ ‘mystery,’ ‘tenderness,’ ‘safe haven,’ ‘turbulence,’

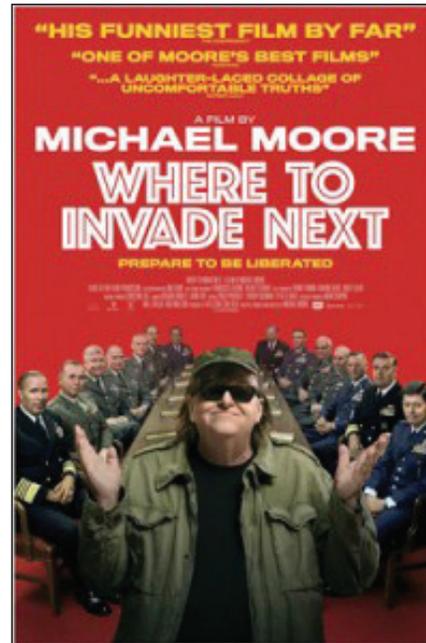
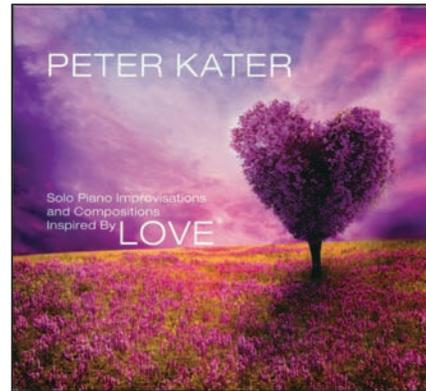
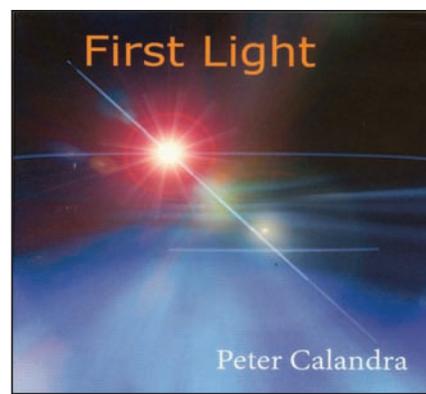
‘passion,’ and more – provide the starting point for each of Mr. Kater’s excellent and evocative musical meditations. Always a joy to listen to, Mr. Kater’s piano seems to reach new heights of brilliance in these recordings. Subtle details and individual voices expressed by the piano are impeccable. Liner notes by the composer further elucidate the emotional environment about each recording and, with the music, provide a window into the heart and soul of Mr. Kater and, indeed, all who would allow themselves to feel deeply.

FILM

WHERE TO INVADE NEXT, OR ... HOW DID THE USA GET SO %#!&@ STUPID?
Written and Directed by Michael Moore

Last week, I went to see Michael Moore’s latest film, *Where To Invade Next*, and we were heartened by the positive – yes, positive – message. Iconoclastic Moore traveled the world looking for ideas to “capture” on behalf of the USA, and the result was a glimpse into the relative “sanity” of the rest of the world, compared to the USA.

There was **Italy**, where ordinary working people enjoy at least six weeks paid vacation, and France, where school lunches consist of REAL food, **Slovenia** where higher education is free, and **Norway** where maximum security prisoners are greeted with a video where the guards and other prison employees sing, “We Are The World.” Seriously. Not tongue in cheek. Then there is **Iceland**, where banksters were put “on ice” and



got to serve prison terms for their perpetrations. And lots, lots more.

Moore does a good job relating disenfranchisement of black males via prison to the southern states remaining largely Republican. (In most European nations, prisoners still have the right to vote and candidates actually campaign in prisons!)

In every one of these cases where our common wealth could have been spent to enhance the wellbeing of the commonwealth, in the USA that money has been scarfed up the military industrial complex, the medical industrial complex, drug companies, agribusiness, the petrochemical industry, and of course corruption and speculation.

The movie begs the question, how did the American people get so %#!&@ STUPID? One clue emerges during Michael Moore’s visit to **Germany**, where children get an unflinching look at the Holocaust. Some 70 years ago at Nuremberg, the world’s eyes were opened to the Nazi’s perpetrations. Instead of shrinking from this horrific moment in

their history, the Germans have “owned it.” They have nothing to hide. They have scanned and scoured their history, and they are spiritually richer for it. No skeletons in the closet. No closet.

- Reviewed by Steve Bhaerman

Please read the rest of Steve’s review on creationsmagazine.com (April-May Issue).



Mark Maxwell Abushady is an actor, singer, designer and photographer based in New York City. www.markmaxwellabushady.zenfolio.com.

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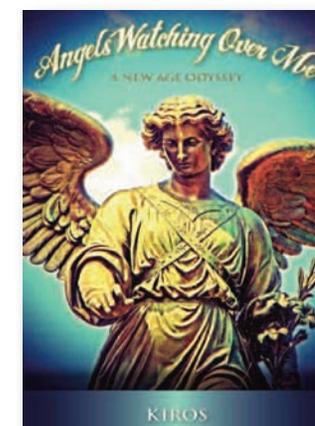


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Do You Know Your Calling?

Many of us find ourselves at various stages of our lives still asking ourselves the deep question: "What do I want to be when I grow up?" There need be no shame in asking ourselves this question. Dante begins his "Inferno" with the lines:

*"Nel mezzo del cammin di nostra vita
mi ritrovai per una selva oscura
che' la diritta via era smarrita.*

*In the middle of the course of our life
I awoke in a dark wood
where the true way was wholly lost."*

To emerge from the dark wood, it can be helpful to have a friend, a guide, to help us out. When it comes to our chosen work, this can also change at different stages of our life. Seeking out Career Counseling is a way of taking this challenge seriously and giving it the attention it deserves.

Who Can Benefit From Career Counseling?

Whether you are a young person at the beginning of a career choice process or you are an experienced individual ready to explore your next opportunity, my goal

is to help you clarify your occupational desires, identify good career alternatives, provide career information about your various choices, and get you productively moving in the right direction. This process can involve one or several sessions depending on your needs.

Some of the Tools that are at our disposal are:

Assessment

Using feedback to clarify what direction suits you and what work will give meaning to your spirit.

LinkedIn Profiles

In many cases now, the LinkedIn Profile becomes more important for a person's career advancement than the resume. It is important that it show your experience in the best possible light.

Interview Preparation

Your LinkedIn profile and first-rate resume will get you interviews, but what will you say when you get in there? Preparation is key.

Resume and Cover Letter Writing

Although the LinkedIn profile is rapidly gaining in importance, when the potential employer or recruiter asks for a copy of your resume, as they still do, you can't just direct them to your LinkedIn page. You need to have an attractive and perfectly formatted resume that shows your attention to detail.

Career Coaching

Career coaching is for individuals who are unhappy or in some way dissatisfied in their current work circumstances and are interested in improving their present job situation. Most unhappiness at work (unless you are in the wrong field) is relationship-based. As in all relationships, it is never a one-way street. As difficult as that "boss-or-co-worker-from-hell" may be, you may be unwittingly contributing to the difficulty or may have more ability to improve the situation than it seems.

Using any or all of these tools positions you to:

1. Better answer the question, "What do I want to be?" (professionally)
2. Have a realistic view on what is achievable with regard to your work
3. Map a clear path on how to achieve your goals

My work, and my enjoyment, is to help you along on this path. Credentials: see my credentials at www.careernewyorkcity.com/



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BOOK REVIEWS

THE BOOK OF SHE Your Heroine's Journey Into the Heart Of Feminine Power

by Sara Avant Stover
New World Library
www.newworldlibrary.com

Women face many challenging transitions on the pilgrimage from girlhood through womanhood: menses, love and heartbreak, motherhood, menopause. Devoid of a central narrative, these rites of passage too often happen in shame and secrecy, leaving women doubting their personal power and self-worth. Bestselling author and founder of The Way of the Happy Woman®, Sara Avant Stover saw how women erroneously viewed these initiations as “curses” and sought to present a new model that reflected the power and wisdom unique to the feminine path.

The Book of SHE celebrates all that it means to be a woman, from mythological underpinnings to the cycles of our day-to-day lives. Drawing on archetypes including Mary Magdalene, the Dark Goddess, and Green Tara, Stover will guide you on a journey home to psychological wholeness, personal empowerment, and, ultimately, full *feminine* spiritual Awakening. Brimming with mystery and magic, this provocative book makes ancient wisdom and healing practices accessible to every woman who is ready to revel in her full femininity — the dark and the light — through joyfully becoming the heroine of her own life.

EXPECTATION HANGOVER: Free Yourself from Your Past, Change Your Present & Get What You Really Want

by Christine Hassler
New World Library
www.newworldlibrary.com

This is a guidebook for the person who craves inspiration but is full of doubt, who strives to live a life of happiness and meaning, but is sometimes / often

trapped in regret and disappointment. When our expectations are met and things go according to plan, we feel a sense of accomplishment and pride; we feel safe, in control, and on track. But when life does not live up to our expectations, we end up with an *Expectation Hangover*. This particular brand of disappointment is profoundly sobering and uncomfortable.

Christine Hassler suggests that instead of wallowing in regret, self-recrimination, or anger, we can see these experiences as catalysts for profound transformation. When we respond to Expectation Hangovers as students, rather than sufferers, doorways to possibilities open. Often it is only when life throws us a curveball that we look in a different direction.

Rather than replaying and repeating these hangovers, we can move beyond disappointment, and they can become catalysts for change. When we fully process our Expectation Hangovers on the emotional, mental, physical and spiritual levels, we learn courage, faith, surrender and love, making room for the kinds of unexpected things that lead us more directly to a life we love.

HERBAL GODDESS

by Amy Jirsa
Storey Publishing
www.storey.com

We all hope to be healthy and happy, and many find their path by incorporating herbal medicine, yoga, meditation, healthy eating, and natural body care into their daily routines. Master herbalist and yoga instructor Amy Jirsa brings all these approaches to personal health together in an accessible, appealing way, giving even the most beginner practitioners the confidence to manifest wellness in their lives. To be an herbal goddess, Jirsa says, is to “create your own craft of wellness.” More than just a reference guide, this beginner’s book teaches readers how to take control of their own health using 12 tried-and-true, easy-to-find herbs. Jirsa explains how each herb typically affects the mind, body, and spirit, and then she encourages readers to work in depth with each herb to become really familiar with its properties and affects.

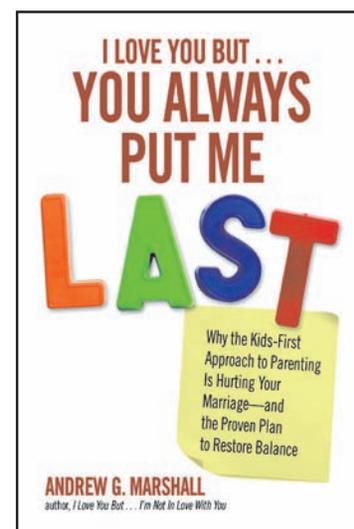
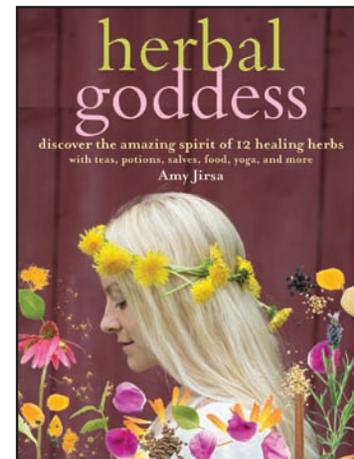
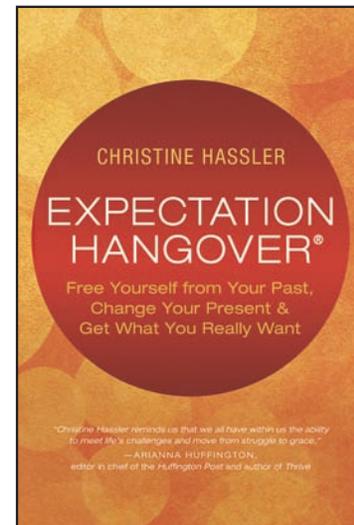
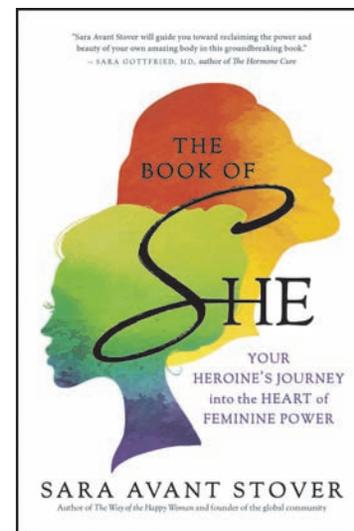
For each herb, Jirsa includes recipes for food, drink, body care, and aromatherapy, as well as instructions for yoga poses inspired by the plant. Some of her appealing recipes include Chamomile Body Wash, Echinacea-Lemon-Honey Throat Spray, and Holy Basil Spice (vegan)

Butter Cookies. She also provides master recipes, encouraging readers to blend, create, and invent their own preparations, from teas and tinctures to salves and cosmetics. Jirsa’s friendly and enthusiastic style encourages and frees readers to use these herbs in the ways that best benefit them. Though often seen as supplementary to modern treatments like antibiotics and painkillers, herbs are in fact powerful tools for tapping into the regenerative powers of the human body when used correctly. Filled with enticing recipes, proven advice, and beautiful original photography, *Herbal Goddess* shows us that there is no need to be intimidated by herbs — it’s easy and fun to incorporate them into our lives.

TIME FOR ME

by Ruth Fishel, M.Ed.
Health
Communications Inc.
www.hcibook.com

So many of us think we will take care of ourselves when we have the time. How often have you said that you know what is good for you, what you should do and what you should avoid, but you just don’t do it? You don’t have time to meditate. You forget to breathe deeply when you are stressed. You join in on the office gripe and gossip session. You gobble your meals in front of the TV. It’s easy to let this happen, to fall into ruts and routines. Using timeless wisdom and modern-day examples, Ruth Fishel shows us the way to get into new, healthier habits is by practicing a different life-affirming subject every day, one week at a time. Before long, our brain forms new neural pathways that automatically guide us toward happiness, serenity, and fulfillment. The seeds of all human characteristics are within us — good and bad. The seeds we nurture are the ones that grow. *Time for Me* will help you grow a bountiful bouquet of good thoughts and practices that you can harvest for a lifetime.



**I LOVE YOU BUT
YOU ALWAYS
PUT ME LAST**
by Andrew G. Marshall
Health
Communications Inc.
www.hcibook.com

Happy Marriage or Happy Children? You don’t have to choose. You can have both!

If your marriage is suffering because you’re too busy with the kids, you’re one of the many couples who fall into the same trap. By sacrificing their relationships with their partners to focus on their children, they believe they’re being perfect parents. But in fact, they’re doing their children more harm than good and they’re ruining their marriages in the process. The outcome is demanding, insecure children with unrealistic expectations of the world — and resentful, alienated spouses who feel taken for granted. But it doesn’t need to be this way. You *can* have a thriving marriage, an enriching family life, AND independent, well-adjusted children.

For over 30 years, marriage therapist Andrew G. Marshall has been helping couples save their relationships by refocusing their priorities and putting their partners first. Marshall’s strategies may seem unconventional but they are rooted in decades of marriage counseling experience. Packed with tips, advice, and compelling examples, this witty and insightful guide equips you with the tools to restore the balance

in your marriage, including: overcoming differences in parenting styles, sharing household responsibilities effectively, and defining what your children truly need from you.

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&

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Doctor VS Healer

Many of the over 70 presenters who will be speaking at the May 14-15 *Nutrition, Aesthetics, Vitality, Efficacy, Life* (NAVEL) expo were faced with a debilitating, and in some instances, life-threatening health condition. Whatever the background, training or education, this life event sent many on a personal journey that forced creativity, experimentation, courage, and a level of open-mindedness that is generally not available in much of today's medical schooling.

Our doctors may have attended some of the most prestigious colleges and medical schools around the world, but only after they solved a personal health challenge, within themselves or a loved one, that they became a healer. So a doctor is someone with a license to practice medicine and a healer is someone with amazing results.

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