

✦ *Inspiring the Soul*

# CREATIONS

MAGAZINE

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## Healing the World is an Inside Job

*To bring peace to the Earth,  
make your own life peaceful*

# TOXIC TEETH: You put what in my child's teeth?

The undeniable duty of every parent is to protect their children by keeping them safe and healthy. Trusting that your child's doctor will do no harm is assumed and expected. What many parents do not realize is that toxic dental materials are still widely used in the dental treatment of their children. *Children can be more susceptible to toxins due to their smaller weight and ongoing growth and development.*

**Mercury** is designated by toxicologists as the most toxic, non-radioactive naturally occurring element on earth. Yet, it makes up 50-55% of the most widely used tooth filling material today: metal amalgam. Mercury levels released during and following the placement of mercury-amalgam fillings exceed the EPA's standards of safety. Although the levels of mercury vapor release subsides over time, every time your child chews, puts anything warm or acidic in their mouths, mercury vapor is released from their black fillings. In addition, amalgam fillings weaken teeth and contribute to the

number one reason teeth crack or break requiring additional extensive dental care, or in some cases tooth extraction. Mercury is a potent neuro-toxin and enzyme disruptor. It has been implicated in Autism and many other systemic conditions. Amalgam filling alternatives are widely available and can last just as long without harming the teeth or your child's health.

**Bisphenol A** is an endocrine disruptor, which can mimic estrogen and has been shown to cause negative health effects in animal studies. It is found in many "white fillings" including sealants. A 2010 report from the United States Food and Drug Administration (FDA) identified possible hazards to fetuses, infants, and young children and in 2012 the FDA banned the use of BPA in baby bottles. Fortunately BPA-free, white tooth fillings and sealants are available.

**Formocresol** is routinely used as part of "baby tooth root canals" known as a *pulpotomy*. It is used to stop nerve

bleeding and to "mummify" the nerve remnants. Formaldehyde, a primary component in formocresol, is a hazardous substance and is considered a probable human carcinogen by some world health organizations. Although, leading dental organizations consider it safe, there are many safer alternatives to formocresol, such as lasers.

**Gluteraldehyde** is found in some dental bonding agents, which are used to adhere white fillings to teeth. Animal studies show evidence of DNA damage, mutations and some evidence of chromosome damage. With so many dental adhesives without gluteraldehyde available, the "better safe than sorry" approach may be warranted with gluteraldehyde-containing dental materials.

**Nickel** is a known allergen. In fact, studies show that approximately 25% of the female population has a nickel allergy. Nickel is found as an alloy component of metal baby tooth crowns (stainless steel

crowns) and wires for braces. If your child is experiencing red swollen gums or irritated lips, they may be suffering from a nickel allergy, which can be ruled out by a physician. Alternatives to metal braces and metal crowns do exist today for those who are either allergic to nickel or want a metal-free option.

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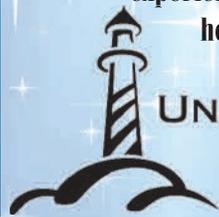
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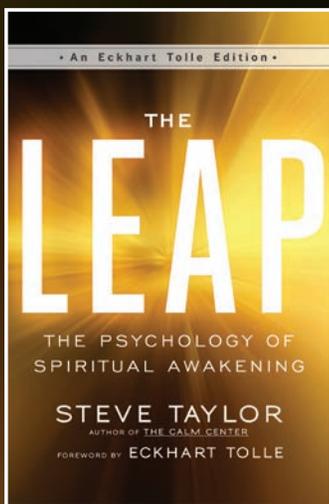


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To bring peace to the Earth,  
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We always welcome thoughtful comments regarding anything found in our pages. Back in our October-November 2016 Issue, Creations Magazine, for the first time, endorsed a Presidential candidate. Well, we expected some reaction—and we got it!

Page space wasn't available sooner to publish these Letters to the Editor, but we think you'll still find interesting, what two of our readers, with decidedly differing viewpoints, had to say.

## Letters to the Editor

**Revisiting *Vote Your Values, Not Your Fears*** (Oct-Nov 2016 Issue)

*Jill Stein supports BDS (Boycott, Divestment, Sanctions). She is not a Jew. She is an anti-Jew (like Bernie Sanders). No Jew supports the destruction of Israel. If you are endorsing Jill Stein, then you support the destruction of the only democratic nation in the Middle East. The only nation in the Middle East where people have freedom and rights. So I guess you prefer to support the mindless hate and violence of the Palestinians, the Iranians, and all of the other anti-Semites in the world.*

— AF

**Editor:** "Support hate and violence"?

We vegans literally don't even swat a fly. Jews, Palestinians, Americans, Iranians: frankly, we're not at all interested in labels. We are all *humans*—not limiting, man-made constructs—created from the same source, and all deserving the same rights, freedoms and happiness. We support ideals that seek to protect and empower all people, and all living things, everywhere. Bottom line: we're long done with war, and have no interest in fighting or assigning blame to any country, religion, culture or ideology. We hold **ONLY** the vision of peace and prosperity for all. Andrea and I are studying daily **A Course in Miracles**, which reminds us, *since we don't have all the information, we're never in a position to*



*pass judgment on anything.* Judgments are born of the ego; the ego is fueled by fear. We are striving to live the expansiveness of love, not the constriction of fear. Jill Stein's platform was most closely aligned with our values—and we voted for those values. And yes, for Bernie, too!

*Dear Neil,  
I send thanks to you and Andrea for your pre-election editorial encouraging voters to vote their values, not their fears. I had voted Green Party in the past and had been debating the risks of doing so again. It was helpful, supportive and validating to read your column and endorsement of Jill Stein and I indeed voted from the heart when I placed my mark next to her name. This is certainly a time for truth and I applaud your courage in sharing your convictions. Peace, and, again, thank you,*

Patricia, Patchogue, NY

**Editor:** "Peace"—that's what we're talking about!

Getting back to the present (hey, there's no time like *now*), our April-May Spring Issue, honors and celebrates the Divine Feminine, women, mothers, earth, and the environment.

Presently, regardless of the seemingly pervasive divisiveness and rancor, we are all self-determining. If individually, we are peace, collectively, we *will* bring peace to the Earth.

*Neil + Andrea*

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# Dear Mother Earth, I Owe You Big Time

by Mama Donna Henes, Urban Shaman  
Brooklyn, NY

**W**ell, the world as we knew it seems to be going to hell in a hand basket. And our great nation is majorly implicated as a super destructive power, displaying, as it does, a shortsighted, selfish disregard for the health, safety and spirit of the rest of the planet.

But we can't just blame the big guys, the government and industry. We are, all of us, delighted to do our part by diligently acquiring as much as we can, lusting after what we cannot obtain and wasting what we do have—even those of us who are careful. We are all responsible for global destruction.

I've seen several outrageous television commercials recently that blithely extol the benefits of throwaway dust rags and floor mops and disposable baby bibs, of all things. Apparently the landfills are not yet filled to over-flowing capacity with Pampers as I had assumed.

Knowing myself to be a concerned citizen and certified Queen of Reducing,

Re-using and Recycling, I feel morally indignant in the face of such crass waste. The mere sight of The New York Times Sunday Edition stacked in high piles at the newsstand fills me with queasy guilt. Heaven forbid I should buy one. Recycling a single run of the Sunday *New York Times* would save 75,000 trees. Times 52. Yikes!

As it is, the average American uses about 749 pounds of paper every year, which adds up to a whopping 187 billion pounds per year for the entire population, by far the largest per capita consumption rate of paper for any country in the world. It is estimated that we use seven trees per person per year for paper goods, wood products and newsprint, not counting the meat we eat, which is raised on deforested land.

Buckminster Fuller once posed a most provocative and challenging question. "If the success or failure of this planet and of human beings depended on how I am and what I do, how would I be and what would I do?" What is a well-meaning woman to do? What have I done lately? What did I do today?

I take my own bags to the grocery store. I use cloth napkins and hankies and refuse to use paper towels, opting instead for sponges and rags. I print out proof sheets from my computer on the backside of discarded paper. When I used to drink coffee, I used the same paper bag day in and day out for *café con leches* to-go, my record being 65 days worth of caffeine carrying with one single bag.

All of this conservation is well and good, but what have I done lately? What did I *do* today? This is an important distinction: what did I do versus what did I *not* do. The issue is not how many trees did I save, but how many trees did I plant? I should have planted more than 500 trees by now to replace those that I have used. While I have conducted quite a few tree-planting ceremonies over the years, I still owe Mother Earth a new orchard or two.

Maybe it is self-defeating to think that we should be giving up comforts and luxuries in order to be more environmentally correct and connected. Such negative terminology doesn't make acting conscientiously seem like a very attractive prospect, but rather like some sort of deprivation that would appeal only to martyrs. That's just bad psychology—completely unproductive, if you ask me. The medicine does not have to taste bad in order for it to work well.

**Perhaps it is more fruitful to think not of giving something up, but rather of giving something back.** It is the most elemental and universal rule of etiquette that if you take something, you replace it; if you use something, you replace it—plus some. While saving and conserving are admirable virtues to be commended and encouraged, being generous and proactively responsive is equally crucial to our survival, body and

soul. Take less. Give more. I call that eco-response-ability. It is pay back time!

So, let's plant trees everywhere — in our gardens, on our terraces and roofs, inside our houses, throughout our parks and schoolyards. Even those of us who live in the most crowded cement cities can join a community garden or participate in a park clean-up and planting day.

We can "buy" acres of rainforest to give as gifts or have trees planted in honor of all the special occasions celebrated by friends and family. We could adopt a neighborhood or a stretch of highway and help take care of it. We could take a page from Lady Bird Johnson, and like a brigade of green guerillas, spread out and scatter wildflower seeds in every vacant lot, strip mall and avenue median.

I hereby pledge to plant as many trees as I can this spring. Won't you join me? ✨

*Mama Donna Henes is an internationally renowned urban shaman, eco-ceremonialist, ritual expert, spiritual counselor, award-winning author, popular speaker and workshop leader. She currently writes for the Huffington Post, Beliefnet and UPI Religion and Spirituality Forum. cityshaman@aol.com www.donnahenes.net.*



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# Owning Our Power and Using It

by Mama Donna Henes, Urban Shaman  
Brooklyn, NY

**D**ecades ago, I was invited to perform a Winter Solstice Ceremony on Baker's Beach in San Francisco. I was a visitor in town on my own without my usual network of celebrants. So, in preparation for this event I held a meeting at the women's bookstore to stimulate interest and to gather a central tribe of facilitators to help set up and drum in the ritual.

After my presentation, a tough looking woman stood up and asked in an overtly belligerent manner, "Are men allowed?" "Yes," I answered. "The Winter Solstice is a global holiday, a universal event, which is not just for women."

"But men always take over," she replied angrily. "Well, why do you let them?" I countered.

Why, indeed? In all of my 40 plus years of leading rituals, I have never had one experience of a man trying to usurp my leadership or sabotage a ceremony. As far as I am concerned, any man who honors Mother Earth and the female forces of the universe, who can chant, "Reverence to Her" with earnest intentions, is very welcome in my rituals in celebration of what I call "Celestially Auspicious Occasions."

Now if this were to be a Blood Rites Ritual, a Queening Ceremony or a Sister Spirit Support Group, obviously not. There is a very legitimate place and a deep need for women-only space, but a cosmic occurrence is not one of them.

In these rituals, the power of the Feminine Divine is palpable and women and men alike fall into Her thrall. This is true power. Not the sort of bully power that is expressed through anger, nor from the need to dominate others, but power that wells up from deep within and connects us with the Holy Source of Life.

As overtly assertive and confrontational as that San Francisco sister was, she clearly saw herself as a victim, helpless in the face of perceived male domination. But, it is too late and the world conditions are too dire for us to hold on to a self-



image of being weak and powerless. We are definitely *not* the weaker sex. Slower, maybe, but certainly not weaker and definitely not helpless.

Men are not really the problem. The patriarchy is the problem. *This hierarchal power system, based on insatiable greed and the need to control executed by aggression, domination, exploitation and terrorism, is the problem.* And it is the problem of women and men alike. Moreover, it is the problem of every living plant, animal, person and resource on this planet. It is a threatening, dangerous problem for Mother Earth, Herself.

I firmly believe that women, especially women of a certain age, will be the changing force of society, and that we possess the vision, the wisdom, the experience, and the wherewithal to lead the charge for change toward sustainability, sanity, and peace. However we cannot do it alone.

All people — *ALL* people — need to be involved if we are going to truly transform our attitudes and cultural ethos. Making the world a better place has got to be a fully participatory project if we are not just dreaming or talking through our hats. But we women have to see ourselves as leaders. We need to stand in our center, embrace our power, and be willing to use it. We need to speak our truth, walk our talk, and model our intentions. We have to accept and exercise our own authority. That is, we need to own the authorship of our own destiny. The responsibility is no one else's. It is ours.

The patriarchal powers-that-be have created a complete mess. Clearly, it is up to us women to roll up our sleeves and get busy putting life back in order again. If there is any hope at all for healing this planet and all who live upon it, that hope is us.

Personally, I do not think that it is a

coincidence that just as the planet teeters on the very brink of destruction, there comes along generations of fiery, accomplished, clever, competent, ambitious women at the height of our supremacy to whip it back into shape. And the sheer enormity of our numbers means that we can actually achieve the critical mass necessary to make a real and lasting difference. Let us harness our impressive energy: our purity of purpose, our passion, our heartfelt compassion, and our enormous power, and let us direct it toward creating a safe, sane, sustainable,

sublime, and peaceful world for us all. The future is in our very capable hands.

I hereby call on women everywhere to take a stand and use our vast stores of wisdom, experience, creativity, and chutzpah to do something positive, each in our own unique and inimitable way, toward creating a better future for us all. Not out of a misplaced sense of duty, but because it

is a joy and an honor to do so. Because we can do no less.

What in world are we waiting for? If not us, who? If not now, when?

*If the first woman God ever made was strong enough to turn the world upside down all alone, together women ought to be able to turn it right-side up again.*

-Sojourner Truth ✧

**Donna Henes** is an internationally renowned urban shaman, ritual expert, award-winning author, popular speaker and workshop leader whose joyful celebrations of celestial events have introduced ancient traditional rituals and contemporary ceremonies to millions of people in more than 100 cities since 1972. She has published four books, a CD, an acclaimed Ezine and writes for *The Huffington Post*, *Beliefnet* and *UPI Religion and Spirituality Forum*, and serves as a ritual consultant for the television and film industry. Mama Donna, as she is affectionately called, maintains a ceremonial center, spirit shop, ritual practice and consultancy in Exotic Brooklyn, NY where she works with individuals, groups, institutions, municipalities and corporations to create meaningful ceremonies for every imaginable occasion. [DonnaHenes.com](http://DonnaHenes.com).



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# What's Your Story?

## Identify and Rewrite Unhelpful Internal Monologues

by HeatherAsh Amara

Human beings are natural storytellers. We are filled to the brim with stories, many of which make up who we think we are and what we think is possible for us in life. So it naturally follows that if we don't take time to question our internal monologues, they can keep us tied to old beliefs and limit us from reaching our true potential.

For instance, do you ever feel that you are weighted down by your past and buried under layers of self-doubt, fears, and confusion?

When I first started apprenticing with don Miguel Ruiz, the author of *The Four*

*Agreements*, I felt like a suitcase that was overstuffed with all the ideas of who I thought I should be. My entire inside world was crowded and heavy. I knew I wanted to lighten my load. But at first I didn't know how to change; I just knew I wanted to. As I learned to hold myself in a container of compassionate awareness and refrain from judging, I began to notice the impact my words had on my relationship to myself.

One day, as I was sharing the story of my life with a new friend, I had an epiphany. I realized that my story was not a factual collection of words describing my life. My story was a heavy anchor I was dragging behind me while trying to catch the wind in my sails.

**My story used to go like this:**

*I was traumatized as a child by how often my family moved. I went to eight different schools and lived in four countries—Singapore, Hong Kong, the United States, and Thailand—by the time I was sixteen. We would move every two years or so. I started off at each school feeling painfully shy, disconnected, and alone. By the second*

*year I would have made friends and found my groove, and then we would move again and the cycle would start over. Because of the many times I moved away from friends, or they moved away because of their parents' jobs, I have a hard time connecting with people intimately, and I'm afraid of being abandoned.*

Each time I told my story I felt sorry for myself. Wouldn't you?

And on that day with my new friend I had the awareness to lovingly release my past frame of perception and rewrite my history as an adventure rather than a disaster.

**This was my new story:**

*I was blessed as a child with an adventurous family. We moved every two years and traveled around the world every summer. I spent most of my childhood going to great international schools in Southeast Asia, and by the time I was sixteen my family had visited or lived in twenty different countries, including Thailand, Singapore, India, Egypt, Italy, and Spain. Because of the many times we moved and traveled, I learned to be incredibly flexible and to deeply love the diversity and creativity of humans. My childhood experiences helped me relate to many different perspectives, to make friends easily, and to celebrate change.*

Each time I told this new story, I felt a sense of adventure and lots of gratitude. How does it make you feel?

Now the important question: Which story is true?

Both stories are true and not true, depending on my perspective. The answer isn't about which one is the absolute truth, but which story feels most in alignment with who I am and who I want to be. One is a story of a victim of life; the second is a claimed story of a Warrior Goddess.

**The lesson here is that it takes awareness and action to create inner change. Awareness shows us where we are stuck in a heavy past; action leads us into the lightness of a consciously chosen present.**

For me, choosing to be a Warrior Goddess woman means looking at myself as a palette of colors and textures, and noticing which colors and textures nourish and enliven me, and which drain or dull me. It is only when we become aware that a certain story, action, or behavior doesn't feed us that we can change it.

Today my internal world has much more space, and what is unnecessary baggage is much more obvious. I now see internal unpacking as a sweet ongoing process of inner cleaning, like washing the dishes or brushing my teeth.

**Transformation starts with how we use our words—how we speak our story to ourselves and others.** Like body and mind, words are vessels. Each word we choose can hold the vibration of healing, peace, and love, or be brimming with fear, victimization, and judgment. Our words help to nourish or deplete our vessel.

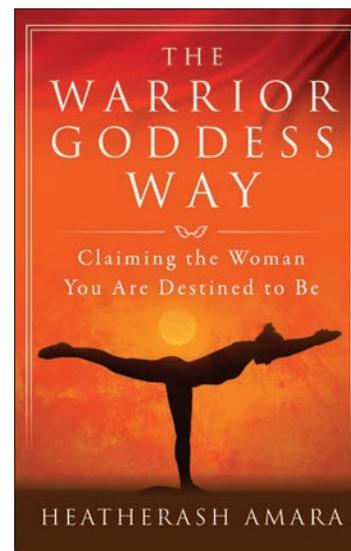
Even the same sentence can increase or decrease our enthusiasm, depending on the energy behind the words. I can say to someone, "You are doing great!" and infuse these four words with enthusiasm and support. Or I can say, "You are doing great" with sarcasm and bitterness, and the message conveyed is very different, even if the words seem positive.

Awareness leads to clarity and an understanding of what is working and what is not working. Clarity leads to taking personal responsibility to transform our old patterns and habits. Responsibility leads to releasing blame, guilt, and shame. And when we release blame, guilt, and shame, we are free to choose, with gratitude, which story we want to believe.

Now it's your turn: What's your story? ✨

**HeatherAsh Amara is the author of the bestselling *Warrior Goddess Training, the Warrior Goddess Companion Workbook, and The Warrior Goddess Way.***

Get two free chapters at [warriorgoddesstrainingbook.com](http://warriorgoddesstrainingbook.com) or learn more about upcoming events at [www.heatherashamara.com](http://www.heatherashamara.com).



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# Where Terrorism Ends

## Healing the World is an Inside Job

by Alan Cohen,  
Hawaii

**T**he rash of terrorism around the globe is a problem of highest concern. Any sane person has to wonder, “What is our world coming to?” How, then, do we deal with terrorists? How do we get rid of angry, insane people who hurt others? How do we stay safe in a world so filled with danger?

The world we see is a representation of the thoughts and beliefs we hold; a reflection of the dynamics playing themselves out *within* us. James Allen said, “We think in secret, and it comes to pass. Environment is our looking glass.”

If the world is our mirror, what is it showing us about our consciousness? We cannot effectively address external terrorists until we face and defeat our internal terrorist. There is a voice in your mind that terrorizes you. It is continuously hypercritical, telling you how worthless, unattractive, small, stupid, and guilty you are, and how you will never find the partner, success, health, or inner peace that eludes you. That scary voice fabricates stories that the world is filled with nasty, evil people who will take advantage of you and hurt you at every opportunity. **The inner terrorist is far more dangerous to humanity, since it belittles and disempowers all of us from the inside out for much of our waking life, and creeps into our dreams.** As Sally Kempton said, “It is impossible to defeat an enemy who has an outpost in your head.”

You were not born with an inner terrorist. Babies are not terrified. Infants enter the world with just two innate fears: falling and loud noises. All other fears are learned. Being terrified is an aberration of our natural state, not the truth about who we are, where we came from, or where we are going.

Before we can hope to defeat external terrorists, we must defeat the internal terrorist. It is tempting to say, “the problem is out there and we should get rid of evil people,” rather than, “let me look within to find where my own fear lives and heal it.”

**Here are three steps you can take to end terrorism:**

**1. Quit terrorizing yourself.** When you beat yourself up, you are a tool of terrorism. When you rise beyond the inner terrorist and don't allow it to bully your mind, heart, and life, you are defusing terrorism from the inside out. Clarity begins at home.

**2. Refuse to be terrified by external people or events.** When you indulge in fear-based thoughts and feelings, you are adding to the sum total of terror on the planet. When you choose inner peace no matter what the outside world is doing or choosing, you are diminishing terror on the planet. That's how powerful you are and how important your contribution is.

**3. Don't terrorize others.** When you use fear, guilt, threat, or punishment to control someone who bothers you, you add to the dark mess. Teaching others that they are guilty, small, stupid, or owing are forms of psychological terrorism. When you release others, you release yourself.

Two men were fishing from a river bank when they heard a loud cry, “Help! Help!” They looked upstream and saw a woman caught in the rushing river. One of the men jumped into the river and saved her. They phoned for medical aid and the woman was taken away. Ten minutes later they heard another cry for help, this time from a man being carried away downstream. Again the fishermen saved him and dispatched him to medical attention. A little while later they encountered another person almost drowning, and they repeated the procedure.

Stymied about where these drowning people were coming from, the fishermen hiked up along the river a few hundred yards. There they saw a bridge with a man standing on it. When a woman began to cross the bridge the man grabbed her and started to throw her in the river. The fishermen rushed to her aid, subdued the crazy man, and had him arrested.

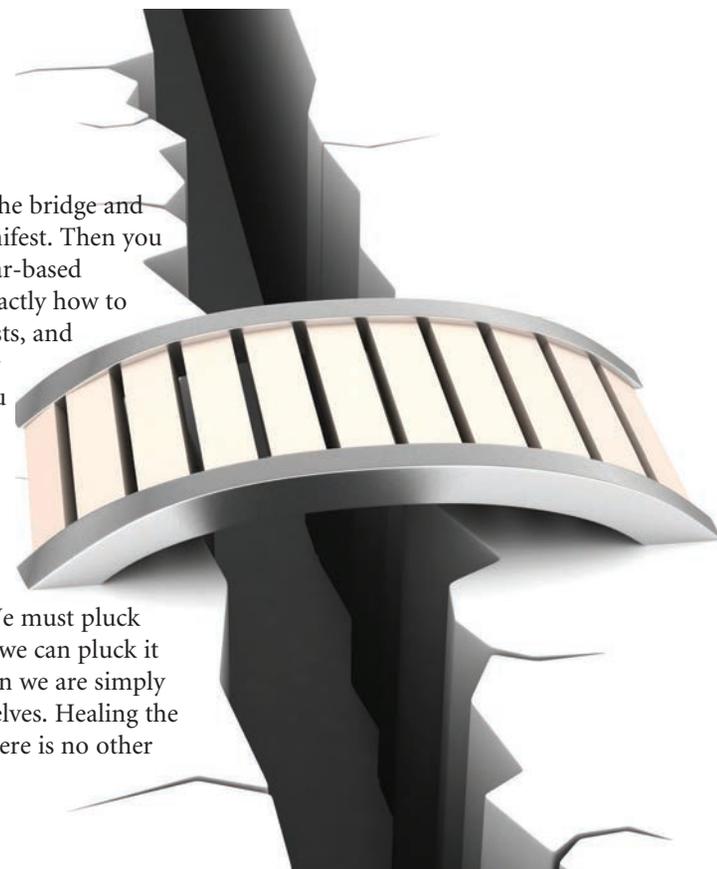
A crazy person stands on a bridge in your head, intercepting positive, loving, creative thoughts, attempting to stifle or kill them. So far this lunatic has achieved much of his or her dark mission. As long as that insane person is in charge, your positive intentions don't stand a chance. It will do you no good to keep sending more noble thoughts across the bridge. The saboteur will intercept them and they will be tossed aside.

Get the crazy person off the bridge and allow your visions to manifest. Then you will be free of fear and fear-based actions, you will know exactly how to deal with external terrorists, and the outer world will show less terrorism because you have changed from the inside out.

Terrorism is running rampant on the planet because it is running rampant in our minds. We must pluck it from our hearts before we can pluck it from the world. Until then we are simply fearing and fighting ourselves. Healing the world is an inside job. There is no other way around it. ✨



Alan Cohen is the author of many popular inspirational books, including his new release, **The Grace Factor: Opening the Door to Infinite Love**. For more information about his programs, his free daily inspirational quotes, online courses, and weekly radio show, visit [www.AlanCohen.com](http://www.AlanCohen.com).



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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](http://www.CenterPointCounseling.bz).

**A CIRCLE OF WOMEN** presented by Moonfire and The Women's Ways Mystery School gathers monthly. Celebrating the sacred in every woman since 1990. Now in ISLIP TERRACE, SOUTHAMPTON, NYC, Chappaqua, NJ, CT, NH, MA. 631-287-9000, [www.MoonfireMeetingHouse.com](http://www.MoonfireMeetingHouse.com), <http://womensways.typepad.com/circle>.

#### 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.

**SPIRITUAL WORKSHOPS BY GOL** Experience an array of mindful and provocative group sessions focused on supporting each individual's spiritual growth. Prior sessions included; book discussions, energy circle, chakra work, past life, food issues and more. 7PM at 95 Old Country Rd, Melville Call 631-265-3822 for more info.

**GUIDED MEDITATION GROUP** 4/4, 4/18, 5/2, 5/23. Path of the Soul, Inner Peace, Inner Wisdom. Meditators Welcome: Fine-tune your Intuition. 7:30 – 9:30 PM Smithtown. Information, Registration: 631-724-9733. [www.lightawakenings7.com](http://www.lightawakenings7.com).

**WORKSHOP SERIES: YOUR SOUL MATES** Workshop & Meditation, 5/9, 7:30 – 9:30 PM. Smithtown. Information, Registration: 631-724-9733, [www.lightawakenings7.com](http://www.lightawakenings7.com).

#### WEDNESDAYS

**PSYCHIC MEDIUMSHIP DEVELOPMENT CLASSES** with Winter Brook. 6 classes (May 3 - June 6) 7:30pm - 9pm @ 171 Main Street, Northport. (\$225) To register (631) 261-9300 or [winter@winterbrookmedium.com](mailto:winter@winterbrookmedium.com).

**THE WORK-SHOP WOMEN'S CIRCLE** - Last Wednesday of every month, 7-9PM. Join us as we pause our daily routine & meet to share thoughts and ideas in this sacred circle of women. FREE Registration: [www.thework-shop.com](http://www.thework-shop.com) or call 631-629-4853. (See ad p.31)

#### THURSDAYS

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

**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.

#### 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](http://www.MoonfireMeetingHouse.com).

#### SATURDAYS

**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](http://www.csl-longisland.org).

**CHILDREN'S SPIRITUALITY CLASSES** 10AM during GOL services at 95 Old Country Road, Melville 11746. Contact Alanna Michtavy at [amichtavy@gmail.com](mailto:amichtavy@gmail.com) to confirm.

**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](http://www.gatheringoflight.org). 631-265-3822.

**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](http://www.karmickat.com).

**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](http://longislandyogaassociation.org) for details. 631.261.1777.

**THE 2017 VEGAN LIVING PROGRAM** Saturdays June 3 - July 1 at Molloy College Suffolk Center in Farmingdale. Want to give vegan living a try? Join us for this FREE program! [www.veganlivingprogram.org](http://www.veganlivingprogram.org). (see page 14)

#### SUNDAYS

**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.29)

**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. [www.innerlightcsl-li.org](http://www.innerlightcsl-li.org), and <https://www.facebook.com/innerlightcsl/>. (See ad p.29)

**CENTER FOR SPIRITUAL LIVING LONG ISLAND** teaches 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](http://www.csl-longisland.org).

**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.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](mailto:UnityLongIsland@gmail.com). (See ad p.3)

### SPECIAL EVENTS

#### APRIL 2

**VOICES OF FAITH FOR PEACE**— 2 1/2 hours of nonstop sacred sounding from 14 different traditions! All welcome! Sunday, 2 to 4:30 PM, Farmingdale State College, Roosevelt Building - All Purpose room. Enter at Melville road entrance.

**FREE PRESENTATION:** “The Greatest Event in History is Now Unfolding” The transformation has begun, as Maitreya, the World Teacher, and the Masters of Wisdom, inspire the hearts of humanity. Sunday, 1:00PM. Still Mind Zendo, 6th Flr, 37 W. 17th St. NYC. Info: 877 495-7744 / [www.share-international.org](http://www.share-international.org). No registration required.

#### APRIL 8

**EVERLASTING LOVE: CREATING A PASSIONATE PARTNERSHIP, ONE-DAY WORKSHOP** with Jackie Major, LCSW. For couples and singles. Discover the difference between love and emotional dependence and how to heal the relationship you are in or attract the one you desire. Saturday, 10am – 4pm, includes lunch. Port Jefferson. Call 631-291-5800 or visit [www.jackiemajor.com](http://www.jackiemajor.com).

#### APRIL 21

**EVENT: MEET THE PSYCHICS** Friday, 8:00 PM. Members: \$10.00, Non-Members: \$15.00. No Pre-registration Required. Levittown Hall, Levittown Parkway, Hicksville, NY. 516-731-0909, [www.eyesoflearning.org](http://www.eyesoflearning.org).

#### APRIL 22

**PLANET HEART'S 10TH ANNIVERSARY “ANNUAL WORLD PEACE EARTH DAY CELEBRATION”** Come join us in NYC in a Conscious Community Gathering in Unity, to Honor Mother Earth & The New Earth with inspirational talks, live music performances, meditation, vendors and celebration. Saturday. Time: 6:30PM Sharp -9:30PM. Doors Open & Registration at 6pm. Price: \$27 pre-paid by April 21st or \$33 cash only at door. (All non refundable). Location: The Church of Saint Paul & Saint Andrew 263 W. 86th Street @ West End Ave. More Info & Tickets: [www.planetheart.org](http://www.planetheart.org), email [info@PlanetHeart.org](mailto:info@PlanetHeart.org). Call 212-222-5432.

#### APRIL 23

**FREE PRESENTATION:** “What in the World is Happening? A Message of Hope in a time of crisis” The Emergence of Maitreya, the World Teacher, and the Masters of Wisdom. Sunday, 1:00PM Barnard College, The Diana Center – Room 504, 117th St./Broadway NYC. Info: 718 200-7965 / [www.share-international.us/ne](http://www.share-international.us/ne). No registration required.

**EVENT: EYES OF LEARNING SPRING FESTIVAL** Sunday, 11AM–5PM. Admission: \$5.00. Readings:

\$20.00. Levittown Hall, Levittown Parkway, Hicksville, NY. 516-731-0909, [www.eyesoflearning.org](http://www.eyesoflearning.org).

#### APRIL 28

**LECTURE: TRADITIONAL MEDICINE FOR MODERN TIMES** – Native Healing Arts of the Americas with Robert Vetter, M.A. Friday, 8:00 PM. Members: \$10, Non-Members: \$15. No Pre-registration Required. Levittown Hall, Levittown Parkway, Hicksville, NY. 516-731-0909, [www.eyesoflearning.org](http://www.eyesoflearning.org).

#### APRIL 30

**ALL KIDS FAIR** Part Activities / Education Expo, part Health / Wellness Fair. 80+ exhibitors. Tons of kid's classes. FREE: bounce house, petting zoo, face painting, popcorn, sand art, and character visits. Meet contestants from TV's Chopped Junior and La Voz Kids! Camps, party places, special needs, kids' products and more! New location: Huntington Hilton. 598 Broad Hollow Road, Melville. 10AM-4:30PM. \$5 ages 3+. 516-621-1446 [www.AllKidsFair.com](http://www.AllKidsFair.com).

#### MAY 6 - 7

**NAVEL EXPO NYC** World-Class Healers & Companies [www.NAVELexpo.com](http://www.NAVELexpo.com) (see back cover)

#### MAY 6

**24TH 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. Saturday, 10AM-6PM. [www.longislandbeltaine.org](http://www.longislandbeltaine.org), [longislandbeltaine@gmail.com](mailto:longislandbeltaine@gmail.com).

**HORSE WISDOM MEDITATION** Saturday, 3:00 – 5:00 pm with Laura Kobus. Discussion and meditation with essential oils, surrounded by horses and sounds of nature. Refreshments following. \$20 online / \$25 at event. Register: [GreenlawnEquestrian.com/special](http://GreenlawnEquestrian.com/special) events. 631-456-1700 or 516-680-6307.

#### MAY 7

**FREE PRESENTATION:** “The Greatest Event in History is Now Unfolding” The transformation has begun, as Maitreya, the World Teacher, and the Masters of Wisdom, inspire the hearts of humanity. Sunday, 1:00PM. Still Mind Zendo, 6th Flr, 37 W. 17th St. NYC. Info: 877 495-7744 / [www.share-international.org](http://www.share-international.org). No registration required.

#### MAY 19

**LECTURE: SPIRIT ART & COMMUNICATION** with Sandy Ingham, UK trans-spirit psychic medium and Winter Brook psychic medium. Friday, 8:00 PM. Members: \$10, Non-Members: \$15. No Pre-registration Required. Levittown Hall, Levittown Parkway, Hicksville, NY. 516-731-0909, [www.eyesoflearning.org](http://www.eyesoflearning.org).

#### JUNE 4

**FREE PRESENTATION:** “The Greatest Event in History is Now Unfolding” The transformation has begun, as Maitreya, the World Teacher, and the Masters of Wisdom, inspire the hearts of humanity. Sunday, 1:00PM Still Mind Zendo, 6th Flr, 37 W. 17th St. NYC. Info: 877 495-7744 / [www.share-international.org](http://www.share-international.org). No registration required.

### UPCOMING EVENTS

**EASTOVER ESTATE & RETREAT** a 600 acre sanctuary and holistic retreat center, in downtown Lenox, MA. Spring programs: March 31–April 7, Healing of the Heart Sheng Zhen Gong w/ Junfeng Li: <http://eastover.com/li-junfeng-2.html>. April 23-27 Dr Roger Johnke Medical Qi Gong: <http://eastover.com/roger-johnke.html>. 866-264-5139, [www.eastover.com](http://www.eastover.com). (See p.15)

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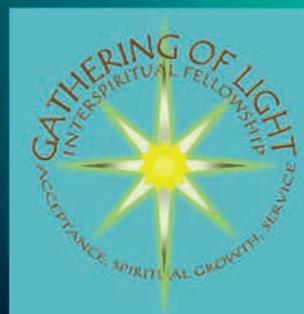
Gathering of Light is a living, evolving concept of spirituality where you can "find your ... (fill in with your deepest hearts calling).

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# DIVINE FEMININE GODDESS GROUP

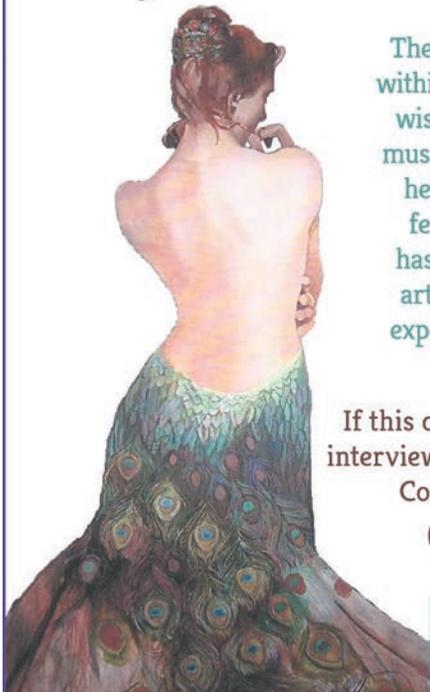
## WISE WOMEN'S SPIRITUAL & PERSONAL GROWTH JOURNEY

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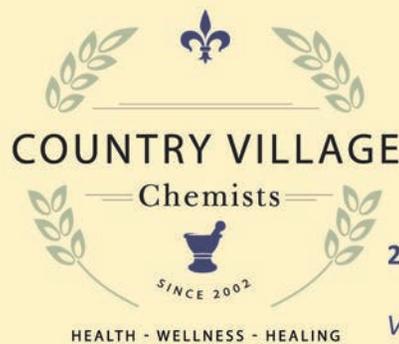
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# Read Between The Lines

by Rev. Laura Tria  
Bayshore, NY

*Words can be so limiting. As soon as we describe something, it ceases to expand. Learn to read with all your senses. There is much to learn ... in between the lines.*

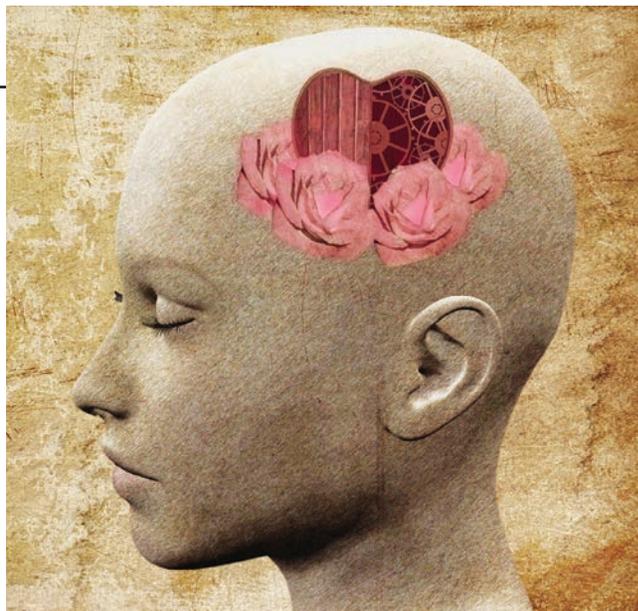
In my early days of discovery, I was a happily married womyn. My obligations were few. No children, no evening job to attend to. My husband enjoyed the TV which afforded me the space to read, read, and read! I read every book that crossed my path. I would sit for hours in front of the computer screen and just surf to my heart's content.

On the Internet, it seemed that pages about ancient cultures and the Goddess kept popping up unsolicited. Like a sponge, I soaked up every story and every nuance. All of it resonated with me as if I was remembering rather than reading for the first time.

These stories were filled with hard facts. Yet, it was what was between the lines that spoke to me. As you read these words, it is between the lines that I am asking you to allow yourself to learn from.

Hard facts are important. Dates, names, a person's age, etc. are the hard facts. Heart facts are equally important. How a person felt at the time of the incident or how a situation was interpreted are the heart facts. Hard facts speak to our intelligence. They fill the IQ (intelligence quotient). Heart facts speak to our emotions. They fill the EQ (emotional quotient).

We are given hard and heart facts all the time. This doesn't just happen in school or when we are watching the discovery channel. We receive hard and heart facts everyday in our personal lives. We meet a person, exchange names and then we tell our story. For me, holding onto and remembering the hard facts, like the person's name is the tough part. However, remembering her story is easy. When a person speaks, I hear with all my senses. I hear with my intuition and my imagination. My mind is drawing pictures throughout the conversation. A womyn may be



telling me of her newborn baby and I'll automatically picture the little bundle of joy cooing or stretching or gazing up at its mother's eyes. If she told me the baby's name and weight, how many hours her labor was, I may not remember the details. I'll remember it was long or short. I'll remember the baby was tiny or robust. But the actual hard facts don't resonate with me as much as heart facts of the story.

I'm telling you these things because I want you to read with all your senses. I want you to hear between the lines and find the meaning for yourself. Too often we get stuck in the details and we miss the message. For example, when I hear different Christian sects arguing over whether Mary was a virgin or not; or did Jesus really walk on the surface of the water, I am thinking to myself, "they're missing the point and starting a war over details!" In the argument over whether God is a Supreme Being, or Omnipresence, or a Great Void, I wonder, "what is the sense in deciphering that?" It's great conversation, but are we getting the grandeur of the meaning of God?

In yet another example of being caught up only in the hard facts, please observe our judicial system. In the actual court process where lawyers are asking witnesses to give yes or no answers, I think to myself, "there is color to the story and you're not getting the full picture if you are looking for a simple yes or no." *The heart facts matter!*

When we open our imagination and hear with all our senses, we can hear the messages that we need. **When we depend on just the hard facts, we are out of balance. We are not getting the full picture.** When we speak of cavemen and leave out cave womyn we are coloring a picture that is inaccurate. Sure, it may be faster to just say cavemen, but subtly it leaves out womyn altogether. The word mankind leaves out womyn kind. Again,

it may be subtle, but make no mistake, *it is powerfully influential.* When we read that we are made in the likeness and image of God where does that leave little girls? It is subtle, yet I ask you to consider it. Little boys can actually believe that they are made in the image of the Almighty. What happens in the minds of little girls? Same goes for the common thought of a Buddha or Krishna. The world's establishments guide us toward religious leaders and avatars. The majority of these avatars are male. Subtly, powerfully, femininity takes a back seat.

*Our imaginations form our reality.* There are many, many reasons why the female gender is not considered equal. A huge reason is because we are neglected or oppressed in every aspect of history and religion.

When I enrolled in Seminary (a school for the training of clergy i.e. priests, ministers, rabbis, etc.), the Rabbi said, "although people use many words to describe God, i.e. Allah, Jehovah, Goddess, the Universe etc., we will be using the word God and the

pronoun He because it is more acceptable, more universally understood and quite frankly just easier." And I thought to myself, "Patriarchy." I knew *She* was not going to be a serious part of our study ... I didn't even flinch. I'd bring *Her* in when it was the right time. I knew I needed this course and I wasn't going to let anyone's ignorance hold me or *Her* back. All the facts matter. ✨

**Laura Tria is an Ordained Interfaith Minister, Modern Day clergy, Life Coach, Spiritual Counselor, Master Reiki Healer and author of Her Story —A Feminine Interpretation of Ancient Knowledge.**

Laura has been in practice for 20 years



... serving as Priestess, Pastor and Friend. She founded The New Light Sanctuary in 2011 and is the owner and operator of I Serve, a company devoted to assisting the

community with their unique spiritual needs. She is a Visionary who believes knowing our spiritual past will ground us and help us to build a brighter healthier future. Laura can be contacted at 631-487-3194 or email [revltria@gmail.com](mailto:revltria@gmail.com). [www.lauratria.com](http://www.lauratria.com).

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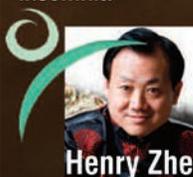
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NYS License Acupuncturist; NCCA DPL Herbologist; Beijing Medical Collage; 45 yrs experience; President of American Acupuncture Assoc.

# Cannabis and Spirituality

by Kathleen Harrison

Cannabis has been a character in the human drama for at least the past ten thousand years, and very likely much longer. She, the genus *Cannabis*, has been seen and felt as a being or a deity in multiple cultures. I say *she* because both historically and right now in Western culture, that is the gender that so many of us experience when we engage with cannabis.

Eight thousand years ago, cannabis seeds were used as food in China. Six thousand years ago, the Chinese were cultivating an ancestor of *Cannabis sativa* for its stem fibers, as hemp for making cordage

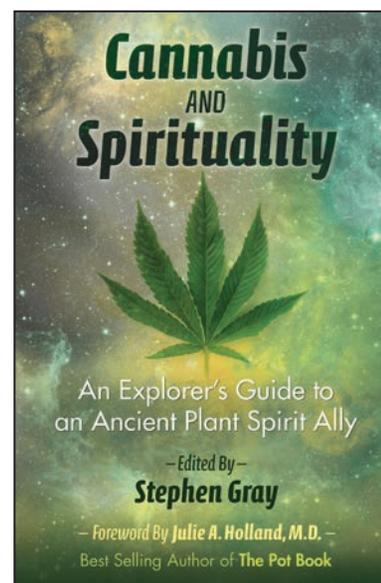
and weaving into textiles. We know the Chinese were employing parts of the cannabis plant as medicines for various ailments five thousand years ago. At least three thousand years ago, across Central Asia and perhaps farther, the seeds were widely used in rituals—as offerings in invocations and also left with flowers in graves. Cannabis was widely used as incense that could affect anyone who breathed its ambient smoke. Meanwhile, *Cannabis indica* had become well established in the Indian subcontinent, where both ritual and medicinal uses took root. Twenty-five hundred years ago, cannabis species and seeds were introduced to northern Europe from Asia. Travelers on Asia's Silk Road must have traded and transported everything from the plant's myths to its medicine. From the 1500s up until a mere eighty years ago, cannabis was much appreciated here in North America as an exceptional herbal medicine and totally useful fiber source. Then the tables were turned. The government's medical and legal establishment officially demonized the plant, and we are only now emerging from this absurd century of prohibition of the gifts of nature.

We know that the medicine, nourishment, and pungent incense of cannabis were valued during the past several millennia, but we don't know so much about her history of personification in the many ethnic regions across Asia and Africa. There were smoky group rituals, soothing oils, and effective medicinal teas. There were stories and songs about her, surely. There are some ancient literary references to how she was perceived.

In ancient China, *Ma* was the name of the deity resident in hemp, the extremely useful fiber that comes from the cannabis stem. Both the male and female plants are depicted in the pictogram for hemp, sitting inside a built shelter or home. (Cannabis species are *dioecious*, meaning they produce male and female flowers on separate plants. Wind is the pollinator that allows male pollen to fertilize the females.)

Hemp has been a plant of fundamental utility to hundreds of generations of humans. *Ma* was therefore the spirit of she who grows, she who clothes us, she who binds, she who ties it all together. Textile and cordage species are essential to human cultures, and hemp has been appreciated as that most utilitarian of species since the days when everything grew wild and we were all nomadic. Hemp was still crucial to our materials when the great European sailing ships set out to seek the world's riches, but by then, sixteenth-century Europeans, mostly Christian, were not so interested in the natural deities resident in the plants that grew the fibers for their ropes, sails, and flags.

A name in folk etymology often signifies long-term respect and the gender that a culture recognizes in a plant. *Cannabis* was the name given by the seventeenth-century taxonomist Linnaeus, because *canvas* was what common people called the fabric that hemp made. The origins of the name *marijuana* are controversial. There are so many powerful plants in Latin America, some with folk names that are versions of Mary, Maria, or the Virgin, some with the title *Santo* or *Santa*, which means “holy” or “sainted.” Hispanic cultures were, of course, originally indigenous peoples of the Americas, layered with a syncretic blend of European Catholicism and some African animist influence. Cannabis was



an Old World species that was introduced to the Americas in the early days of colonization by the Spanish and Portuguese, and/or by the African slaves on their ships.

Native peoples of the Americas had a long-standing relationship to smoking, as they had domesticated various tobacco species, and early on invented the folk technology of the pipe or cigar. Tobacco is traditionally a highly

spiritual plant that absolutely manifests as various types of resident entities, both male and female, who may be called upon in prayer. It would be natural for those who smoked tobacco as prayer medicine to recognize the spiritual potential of cannabis when smoked, and to feel the presence of *someone in there whom we can speak to* — someone who shows up and helps us understand the vicissitudes of life, and who perhaps helps us to find joy in the moment.

Forty years ago, on the west coast of Mexico, I hung out with indigenous coastal people, some of whom smoked cannabis. At the end of a long day, the young fishermen would take a few sips of smoke, sigh, and lie back to rest on the sand, saying “*Ay, gracias, estoy hasta la Madre.*” This translates as “I have reached the Mother, I am high, I am in her embrace.” That was when I began to think of the female entity in marijuana, of *who* cannabis is, and what *she* provides. ✨

*Excerpted from Cannabis and Spirituality: An Explorer's Guide to an Ancient Plant Spirit Ally edited by Stephen Gray © 2016 Park Street Press. Printed with permission from the publisher, Inner Traditions International. www.InnerTraditions.com*

*Kathleen Harrison is a wise and deeply experienced sacramental medicine elder and one of the world's leading figures in that work. She's an ethnobotanist, artist, teacher, and internationally known speaker on sacred plant knowledge and wisdom. She is the director and cofounder (with Terence McKenna) of Botanical Dimensions, a nonprofit organization whose mission is “to collect, protect, propagate and understand plants of ethno-medical significance and their lore.”*

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# Treat Your Kidneys Well

by Morakot Piyakesin,  
Universal Tao Certified Instructor

## What if you had a cold and went to a Chinese doctor?

He may examine your pulse and say, "Kidneys no good." Then he would prescribe Chinese herbs to strengthen your kidneys while you were wondering what that had to do with your cold.

Unlike antibiotics that act like foreign soldiers fighting a war within our body, strengthening our kidneys is a way to activate our *own* soldiers to fight off unfriendly invaders. As we learn that Chinese medicine works on balancing the body (prevention and medicine) rather than attacking disease, we see that strong kidneys are an important key to a healthy, long life. Our *own* soldiers are capable and effective.

On our own, we can empower the kidneys through mindful QiGong (Translation: Qi = Energy, Gong = Work) practices that enhance our immune system, support our innate ability to heal ourselves and stay healthy.

According to the Tao, kidneys store our reserved life force energy, or the essence of life, called Jing. Kidneys are where the Zhi, or Intention Spirit, lives. Our willpower depends on the kidneys and when it is strong, not only can we recover or avoid illness, but we are likely to be successful in life - singlehandedly accomplishing difficult goals. When the emotions in the kidneys are balanced, we have less fear and stress while gentleness, calmness and peace become more apparent.

## Get To Know Your Kidneys

In Chinese medicine, kidneys are energetically connected to the ears and are physically located under the floating ribs (lowest ribs), above the waist line and one inch to each side of the spine. Kidneys tend to be cool, but can be cold when we are experiencing fear. The kidneys' meridians run down to the feet to the points called Bubbling Spring which are found on the soles.

The following QiGong practices, when practiced daily, greatly increase the strength of the kidneys:

### Kidney Breathing

Stand in a QiGong stance, feet shoulder width apart and knees slightly bent.

Cover the kidneys with the palms of your hands, allowing the heat of the palms to warm the kidneys. (You can rub the palms together to create heat before holding the kidneys)

1. Smile to your kidneys.
2. Inhale through the nostrils and imagine the breath going directly into the kidneys. Use your mind to see the kidneys actually expand.
3. Expand the rib cage as your kidneys are expanding.
4. Keep smiling.
5. Exhale and contract the rib cage and kidneys. Imagine you are pushing breath out of the actual kidney as you push air out of your lungs.
6. Practice this for 9 or more rounds until you can feel the nice and warm feeling there.

### Add Depth To Your GiGong Kidney Practice

1. Smile to your kidneys.
2. Breathe in to the kidneys, expanding them.
3. At the same time, stand on the toes to activate the Bubbling Spring.
4. Hold the breath and lightly tap both kidneys with your loose fists.
5. Keep smiling to your kidneys.
6. Now, exhale and and lower the heels into a normal standing position.
7. As you exhale, make the kidneys' sound "choo" visualizing the negative energy in the kidneys being released down into the earth.
8. Do this 9 rounds or more. Over time, this will energize and detoxify your beautiful kidneys.

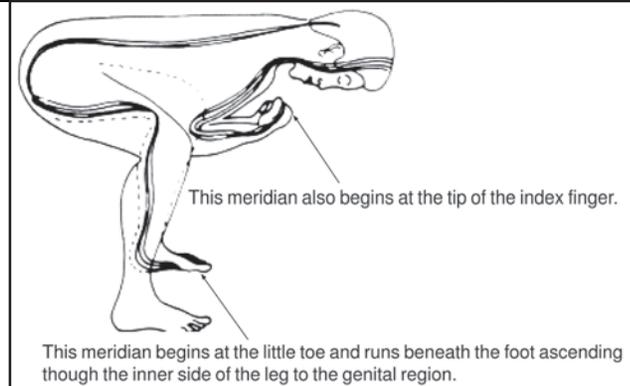
### Advanced Qi Gong of The Golden Turtle and Water Buffalo\*

The Turtle is one of the five powerful Iron Shirt QiGong postures which strengthens both kidneys and the lower back. You may start the practice with a chair supporting the forearms but eventually must learn to do it without the chair.

1. Smile.
2. Stand a bit wider than shoulder width apart.



3. Make loose fists and put them together in front of your chest.
4. Bend down so that the back is parallel to the ground or forearms resting on the chair if you are using the chair. The back has to be as flat as a table and the head aligning the spine with chin slightly tucked in. You may need to check your position in a mirror.



5. Smile to your kidneys.
6. Breathe into the kidneys as you remain in this position for 30 seconds or until you feel the pain in the legs.
7. Through the daily practice, increase the time to one to five or to ten minutes without having the pain in the legs. This practice needs some time to train the muscles.

NOTE: You may feel heat building up in your head, which needs releasing through the The Water Buffalo posture.

### Practice The Buffalo Posture After The Turtle

1. Smile.
2. Release the fists and forearms while slightly squatting down.
3. Let the arms hang in front.
4. Relax, inhale less but exhale more.
5. Focus on exhaling and use the hands to guide the energy from the lower abdomen and the groin out of your body. (The heat that was built up in the head from The Turtle will be released and balanced in the body) Exhale this energy out 9 times.

### Finish your QiGong Practice

1. Stand up straight, with slightly bent knees.
2. Turn the arms and palms towards the universe.

3. Collect the cosmic particles and energy from nature in your hands. (This is not a metaphor. "Where the mind goes, the chi flows", so gather the strong, clean energy from the universe and the forces of nature in your hands with the power of your mind. The more you practice, the better you will get.)
4. Place your hands on the navel and press this external qi in to your belly to blend with your own as you consciously collect the energy just below the navel inside your body (about 1 inch inside).
5. Visualize a beautiful pearl where you have collected your qi.
6. Smile.
7. Rest.

**\*Contra indications for The Golden Turtle and The Buffalo postures:** Postures are not suitable for people with high blood pressure. Please consult your doctors before practicing them. The best practice for the kidneys may be to just smile, get in touch with them and keep them warm.

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**June 9 - 25 — Grand Master Mantak Chia will be teaching in person, at Eastover Estate & Retreat Center in Lenox, MA in the Berkshires. This is his only North America trip from Thailand. For the Universal Healing Tao teacher training and the Symposium of Medical Qigong and Eastern Medicine, please visit: [www.eastover.com/mantak-chia](http://www.eastover.com/mantak-chia).**

# Potato Chips — Bet You Shouldn't Eat Even One

by Joseph Mercola, M.D.

In 2002, researchers discovered a cancer-causing and potentially neurotoxic chemical called *acrylamide*, which is created when carbohydrate-rich foods are cooked at high temperatures, whether baked, fried, roasted, grilled or toasted.

Acrylamide is the byproduct of a chemical reaction between sugars and the amino acid asparagine, which occurs at high temperatures. While the chemical can form in many foods cooked or processed at temperatures above 250 degrees F (120 degrees C), carbohydrate-rich foods are by far the most vulnerable.

As a general rule, acrylamide forms when plant-based foods are heated enough to produce a fairly dry and “browned” or charred surface, hence, it’s most readily found in:

- Potatoes – chips, French fries and other roasted or fried potato foods
- Grains – bread crust, toast, crisp bread, roasted breakfast cereals and various processed snacks such as crackers and cookies
- Coffee – roasted coffee beans and ground coffee powder. Surprisingly, coffee substitutes based on chicory actually contains two to three times more acrylamide than real coffee
- Cocoa products

## Acrylamide Is Common in the Standard American Diet

In November 2013, the U.S. Food and Drug Administration (FDA) issued a consumer update advising people to reduce consumption of foods in which acrylamide is plentiful, noting this toxic byproduct is found in 40 percent of calories consumed by the average American.

To cut acrylamide from your diet, the agency recommends avoiding fried foods, and toasting or cooking items such as bread and potatoes to a light golden color rather than dark brown or blackened. Also, don't store potatoes in your fridge, as the chilling actually increases acrylamide levels during

cooking. This effect is due to starch turning into sugar faster when the potato is exposed to lower temperatures. The taste of the potato can also be adversely affected for the same reason. (Frozen foods, on the other hand, do not carry this risk as sugars are not broken down at freezing temperatures.)

Store potatoes in a dark, dry closet or pantry instead. You can further reduce acrylamide formation by soaking the potatoes in water for 15 to 30 minutes before cooking.

While the FDA makes no mention of avoiding processed foods containing potatoes and grains in general, that's another no-brainer, as many are processed at high temperatures and therefore may contain acrylamide.

## Acrylamide Linked to Cancer in Animals

Animal studies have shown that acrylamide increases the risk of several types of cancer, and the International Agency for Research on Cancer (IARC) considers acrylamide a “probable human carcinogen.” According to a 1988 study: *“The data show that acrylamide is capable of inducing genotoxic, carcinogenic, developmental and reproductive effects in tested organisms. Thus, acrylamide may pose more than a neurotoxic health hazard to exposed humans. ... Acrylamide can bind to DNA ... which has implications for its genotoxic and carcinogenic potential.”*

## Human Cancer Studies

A study published in 2007 linked higher dietary acrylamide intake with an increased risk of endometrial and ovarian cancer in postmenopausal women. A 2009 study also found that higher acrylamide intakes were associated with a higher risk of certain types of breast cancer compared to lower intakes.

As noted by George Alexeeff, Ph.D., deputy director for scientific affairs at the Office of Environmental Health Hazard Assessment (OEHHA). *“We definitely believe acrylamide is a chemical to be concerned about. Our general presumption is that unless there's some other evidence, we assume that if something causes cancer in animals, it causes cancer in humans.”*

## Acrylamide Levels in Food Often Surpass Legal Limits for Water

The federal limit for acrylamide in drinking water is 0.5 parts per billion (ppb), or about 0.12 micrograms (mcg) in an 8-ounce glass of water. Meanwhile, a 6-ounce serving of French fries can contain 60 mcg acrylamide. That's about 500 times

the allowable limit for drinking water. It seems a bit odd that something that would be toxic in drinking water would suddenly be harmless in food.

Unfortunately, while the Environmental Protection Agency (EPA) regulates acrylamide in drinking water and the FDA regulates the amount of acrylamide residue in materials that may come in contact with food, they do not currently have any guidelines limiting the chemical in food itself, though they should.

*Whether or not such levels are safe is still largely unknown, but I would vote for taking a precautionary approach and limiting your exposure as much as possible. It's really not a good idea to consume known toxins, even in minute amounts.*

## Worst Offender: Potato Chips

Potato chips are among the worst offenders, by far. So much so that in 2005 the state of California sued potato chip makers for failing to warn California consumers about the health risks of acrylamide in their products. The 2005 report “How Potato Chips Stack Up: Levels of Cancer-Causing Acrylamide in Popular Brands of Potato Chips,” issued by the California-based Environmental Law Foundation (ELF), spelled out the dangers of this popular snack.

*According to their analysis, ALL potato chip products tested exceeded the legal limit of acrylamide by a minimum of 39 times, and as much as 910 times!* Interestingly, FDA data reveals that baked chips, which are often touted as a healthier chip, can contain more than three times the level of acrylamide in regular chips

## How to Make a Safer Potato Dish

While French fries tend to be among the most popular potato dishes, this is perhaps one of the worst ways to eat your potatoes. Not only do you have acrylamide to contend with, but unless you're frying them in coconut oil or lard, you're also getting a hefty dose of harmful vegetable oil. This doesn't mean you have to forgo potatoes altogether though. By storing and preparing them correctly, potatoes can still be a healthy addition to your diet.

## How to Minimize Your Acrylamide Exposure

Acrylamide has so far only been found in foods heated above 250 degrees F/120 degrees C, which includes most processed foods. Basing your diet on whole foods,

with a significant portion eaten raw or only lightly cooked or steamed is therefore one of the best ways to avoid this cancer-causing byproduct.

Eating plenty of raw food is also recommended for good health in general, as it helps optimize your nutrition.

**When you do cook your food, keep the following tips in mind:**

- Frying, baking and broiling appear to be the worst offenders, while boiling or steaming appear to be safer
- Longer cooking times increase acrylamide, so the shorter the duration of cooking, the better
- Soaking raw potatoes in water for 15 to 30 minutes prior to roasting may help reduce acrylamide formation during cooking. Chilling the potatoes (and other starch-rich foods such as rice and pasta) will make it healthier by turning much of that starch into digestive-resistant starch that helps optimize your gut health. Potato salad is perhaps one of the healthiest ways to eat your potatoes
- The darker brown or blackened the food, the more acrylamide it contains, so avoid overcooking your food
- Acrylamide is found primarily in plant-based carb-rich foods such as potatoes and grain products ✨

**Joseph Mercola, MD**, trained by the conventional model, treated many symptoms with prescription drugs in the early years of his private practice, and was actually a paid speaker for the drug



companies. Experiencing the repeated failures of this model, he embraced natural medicine and has, over the last thirty years, applied these time-tested approaches successfully with thousands of patients. Over 17 years ago, he founded Mercola.com to share these experiences. This site is the most visited natural health site in the world with nearly two million subscribers. He's also written two NY Times bestselling books, and has had frequent appearances on national media. Visit: [mercola.com](http://mercola.com).

# TOOTH CONSERVING DENTISTRY WITH BIOMIMETIC PHILOSOPHY

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**Olga Isaeva**  
DDS, NMD, IBDM  
Holistic Dentist  
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# Introduction to BIOMIMETIC Nature-like Dentistry

by Olga Isaeva, DDS, NMD, IBDM

**Biomimetic dentistry** is best defined by the slogan, *less dentistry is the best dentistry*. In this sense, the main point of Biomimetic dentistry is tooth conservation and minimally invasive restorations. By imitating natural tooth with the Biomimetic approach and by taking advantage of the advanced adhesives and ceramics developed by modern engineering, the tooth stays connected side to side, front to back and top to bottom, permanently sealing out the bacteria and eliminating breakage or failure of the restoration.

Naturally, our teeth are covered by enamel—the hardest material in our bodies, even harder than bone. At the same time *dentin*, on the inside, is very flexible and able to warp under the pressure of chewing and masticating forces. This flexibility of dentin is extremely important, because we put a lot of load on our teeth throughout the day and by clenching our teeth during sleep. It turns out that dentin flexibility is what keeps the teeth intact and protects them from fracture—not the hard enamel shell that in actuality is stiff and brittle. So, you don't need to be an engineer to see that a stiff material inside the tooth (as in the case of metal mercury-amalgam filling or a metal post), will eventually cause the tooth surrounding the metal filling to fracture and this is the most common reason why so many big metal fillings, when replaced, are recommended to be crowned and even may lead to root canal treatments.

Consequently, as we are learning about the negative effects of leaking mercury amalgams and chronically infected root canals, the the importance of long lasting dental care and conservative dental treatments are coming more into focus. The good news is that BIOMIMETIC dentistry is the ALTERNATIVE to full crown restoration and enables us to safely seal broken and decayed teeth, repair the dentin fractures from the inside, protect the nerve—the heart of the tooth (I like to call it “dentistry with the heart”) and esthetically repair the tooth from the outside, so it not only looks like a natural tooth but mainly functions like one as well.

A trained Biomimetic dentist is able to properly duplicate that exact dentin and enamel layering with the flexible and stiff composite material and thus prevent many catastrophic failures that are common with metal and even traditionally done white fillings.

Biomimetic dentistry right now is on the frontier of becoming the sought out dental restorative modality and I believe is the future of all dental care. Biomimetic dental principles are based on science, tooth anatomy and new “space age” restorative dental materials, the implementation of which leads to rebuilding the tooth to near its original strength and function. **Biomimetic dentistry saves up to 70% of the natural tooth structure, reduces the need for subsequent root canal treatment by almost 90% and eradicates full-coverage crowns altogether.**

With this approach, the overall health of an individual is greatly enhanced by reducing unnecessary repairs of failing dental work, eliminating recurrent dental infection, decreasing time spent in the dental chair, and subsequently reducing the total cost of dental health.

While working for over 10 years at multiple dental practices throughout the United States, I witnessed firsthand that standard “amputational” dentistry is a common practice. My personal quest for a better restorative dentistry lead me to this paradigm shift in general dentistry and as a graduate of Alleman-Deliperi Center for Biomimetic Dentistry, **Nature's Dental** is one of the handful of practices in NY that believes in this nature-driven movement. We are strongly committed to conservation and preservation of healthy tooth structure, which lies at the core of BIOMIMETICS.



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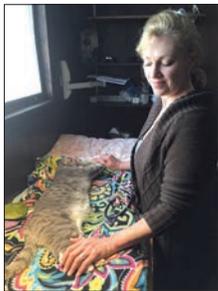
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Hello, I'm **Dr. Michael Berlin** and I'm tired of all the weight loss ads promising all-natural, long-term results that really do not deliver the whole solution to permanent weight loss. Yes, they have part of the solution, but without the **whole** 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 "it's 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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<http://drberlin.weightseminar.com>.



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# The Healing Power of Spiritual Light

by Owen K Waters  
Texas

The Buddha spent many years trying to understand evil and suffering. He eventually concluded that the only real power in the universe is the Creator and that all else is illusion and therefore has little or no power in comparison.

He then went on to counsel people to adopt the middle way in order to avoid being sucked into illusion and bringing suffering upon themselves. He saw attachment to things of the world as the source of suffering, so he advised people to be a part of the world, yet not attached to it.

His words ring as true today as they did 2,500 years ago; and yet, times have changed. Today's level of popular consciousness is far beyond that of the

relatively dark times of 2,500 years ago. Today, detachment is still excellent advice, but now we can do so much more to consciously transform the old ways of darkness.

Physical darkness is the absence of physical light. The darkness itself is not real. It is merely an absence of something that is real. Likewise, spiritual darkness is the absence of spiritual light. Spiritual darkness itself is not real. It is merely an absence of something that is real. Evil is an illusion because a shadow is not a real thing. Light is the real thing. A shadow is an illusion caused by the absence of light. The only reality, the only real power, is light itself.

Darkness can only exist in hiding from the light. When light shines in, it dissipates the darkness, making it obvious where the real power lies. Evil has no power in itself. It is only a lack of light. The real power is, and always has been, with the light and not with the shadow.

*If you sense darkness, add light. If you sense pain, add the light of healing energy. If you sense hatred, add the light of love. If you sense despair, add the light of hope and trust*

*in the goodness of that from which we came and that to which we are returning.*

## The Nature of Spiritual Light

Spiritual light, in its fundamental form, is the omnipresent consciousness of the Creator. When intertwined with the unconditional love of the Creator and set into motion, it manifests as the universe.

Filters can block spiritual light. Such filters include fear, hatred, judgment, conflict and despair. That which engenders any of these is, therefore, promoting darkness. Darkness in consciousness affects mind, body and spirit. When spiritual light is channeled through the human mind, it adds to the light of the world. Darkness can be healed through the addition of spiritual light.

While spiritual light is universally available in all frequencies, it has to flow through human consciousness in order to affect the human realm of consciousness. The effectiveness of sending healing spiritual light into an area that needs it is subject to the following two laws.

## The Laws of Spiritual Light

1. The transformative ability of spiritual light is proportional to the frequency of the consciousness used to project it.

Explanation: Conditioning the intent with any agenda lowers the frequency. Projecting pure spiritual light for the unconditioned purpose of healing raises the frequency and the potential.

2. The amount of spiritual light projected is proportional to the degree of openness of the chakra through which it flows.

Explanation: Your thoughts flow from inside you to the outside world through the appropriate chakra. Spiritual practices develop the chakras, increasing your capability as a channel for spiritual light. ✨



Owen K Waters is the author of *The Shift: The Revolution in Human Consciousness*. He writes a weekly newsletter at [www.SpiritualDynamics.net](http://www.SpiritualDynamics.net).

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# POETRY

## Walking The Sacred Lands Of Sulphur And Bison

by Dave Frieman, Huntington Station, NY

In the stillness of this day as the pine and fir  
trees gather in ceremonious community,  
And the clouds above made of river water become part  
of the flowing river's Spirit,  
There is a serenity in these river ripples that  
carries me to a world of tranquility,  
As the chatter of pine siskin and the whispers of the  
wind surround my soul.

In this wondrous place where all species live under  
the rule of Natural Law,  
A pure black grizzly bear cleans the carcass of a bison  
lodged in fast streaming waters,  
As five black ravens perched on long branches get  
ready to play their role  
In the Circle of Life, which has existed for the  
last four and a half billion years.

Along the Madison River roam herds of bison so powerful  
in their presence,  
A sacred source of food, knowledge, spiritual harmony  
and strength to the tribes,  
Just imagine their earth shaking thunderous roar when  
ten thousand shook the plains  
Before the conquerors came, and when the plants, animals  
and tribes were all free.

The energies of the forests by the Yellowstone River  
grow like an uplifting transcendental wind,  
Touching every mountaintop, crevice, bison,  
wild raspberry and sagebrush filled hillside,  
Rising higher and higher through the white and gray  
fast moving clouds,  
To the skyvault where the galaxies, planets, souls  
and the Great Spirit reside.

I can hear the gushing of water as it rises up from  
the womb of Mother Earth,  
The Beehive Geyser launches water and sulfur  
compounds forty feet high into the air,  
In the distance Pronghorn lie grazing on the  
grasses growing wild and free,  
As I stand in awe of the Great Spirit's creations  
standing all around me.

The evening stars over Hayden Valley shine bright  
as darkness blankets all,  
Full moonbeams reflect off the pond like moving  
spirits through the water,  
I can hear the haunting howls of the wolves  
and the short hoots of the owls,  
I feel a resonating connection to all inhabitants  
of Mother Earth.

The Elders knew of fifty-two clouds, their purpose and  
Earthly connection,  
The Elders knew wounding Mother Earth anywhere would  
eventually wound Her everywhere,  
The Elders knew the folly of war only resulted in the  
murder of sacred life,  
The Elders knew love, respect and acceptance were the  
ways of a caring world.

## Today I Put One Foot in Front of the Other

by Kathy Horowitz, Commack, NY

Today I put one foot  
in front of the other  
Yesterday it might have  
been other.  
The nest in the tree  
Grounded in me  
The lilacs on the hill  
Rested me still.  
I move on with purpose

And filled with conscience  
I look out over the Sound  
And know in my heart  
I've found  
The path that moves me on.  
I move on  
One foot in front  
Of the other,  
Mindful of every measure.

## A Rainy Day

by Ben Calderone, Levittown, NY

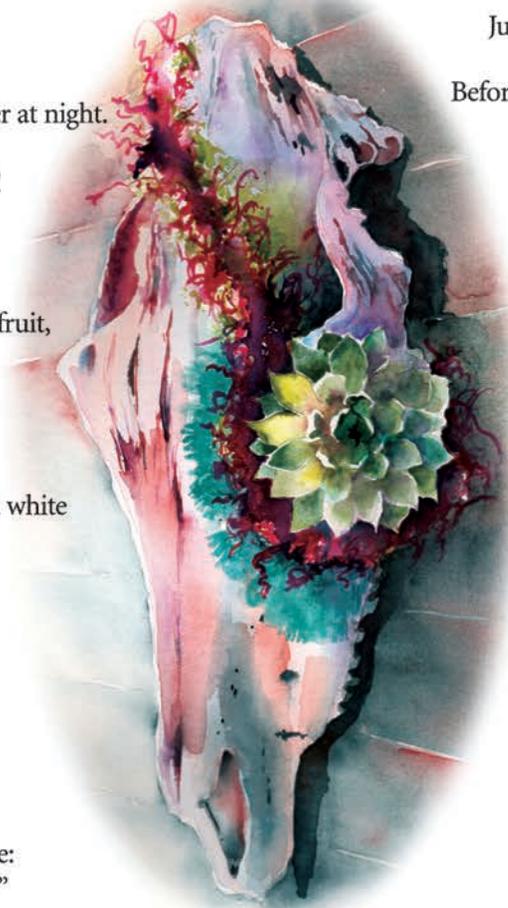
Just sit a while  
And watch the rain  
The sun will soon shine again  
Or is it shining all the while?  
I know it is –  
I can see it in your smile.

## Nature's Creation

by Laura Houston Neville, Amityville, NY

You were conceived one April night.  
It was the time of year  
When new life appeared.  
First, small darling crocus heads  
Pushed heartily against the rich brown earth  
Saying: "My turn, my turn!"  
You whispered to the wind,  
"My turn too!"  
So, somewhere between the soft, sweet sheets,  
And your parent's sleeping sighs,  
You crept inside your mother's womb  
Safe, warm with knowing  
You were home.  
When summer came,  
Your mother dug a small cradle in the sand,  
Turned over, and laid you there.  
The sound of the sea  
Was your lullaby;  
Pushing, pulling at your tiny spirit soul.  
Autumn came.  
Your mother's auburn hair  
Glistened, looking complete  
With scenery, orange and gold.  
Something was happening  
Outside you.  
No one could hear it but you.  
The leaves flew,  
Danced and darted.  
Summer had parted,  
Bringing something new.  
Your heartbeat quickened.  
Your senses prickled  
Like triangle tips.

The heavy syrupy smell  
Of summer was gone.  
The falling of the seasons  
Brought a chill.  
Your mother bundled,  
Burrowed closer to your father at night.  
And then, the snow:  
The precious gift from angels!  
You could sense the stillness  
Swaddling you;  
Thick, cotton batting.  
Your mother, like a lush, ripe fruit,  
Bloated with your beauty,  
Hung Christmas stars  
And stockings.  
The New Year came.  
Couples cuddled in black and white  
Pictures for the camera.  
The January winds blew  
And called your name.  
You thrilled to the chill  
Of the howl  
Calling you  
In your cramped cave.  
You felt a stirring,  
A yearning!  
You heard your mother's voice:  
"I thought they'd never leave!"  
And so, with you in tow,  
Parents journeyed into the night.  
January twenty-sixth  
Two-forty-two AM.,  
Your soul rejoiced, with heavenly  
voice, As you cried loudly: "I am!"  
Now grown, you understand  
The powers of nature that heal you,  
Knew you well, when you dwelled  
As a spirit of earth, first.



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"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

# BOOK REVIEWS

## & PRODUCTS

### THE EMPATH'S SURVIVAL GUIDE

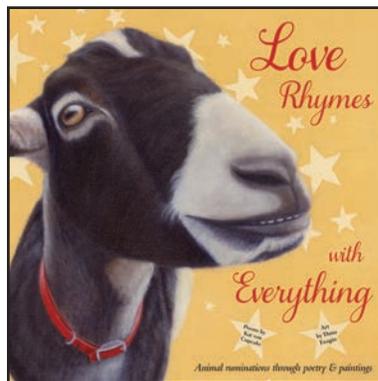
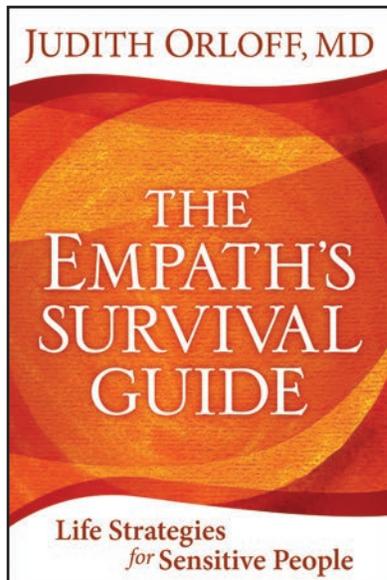
by Judith Orloff MD  
drjudithorloff.com

Being an empath is the new normal. The *Empath's Survival Guide* is a perfect guide book. Now people will know how to cope with being highly sensitive and empathic in their everyday lives without developing exhaustion, compassion fatigue or burning out. As Judith says, conventional medicine often pathologizes sensitivity, but now you will see it as the gift that it truly is. This book is fabulous and so timely. Everyone needs this book!

Empaths are sponges who absorb other people's emotions and symptoms. Dr. Orloff offers a wealth of practical strategies to stop absorbing other people's stress while keeping your sensitivities open and alive. She addresses the special needs of empaths—such as getting adequate alone time, setting clear limits with people, and grounding—in areas such as health, work, parenting and raising empathic children, combating narcissists and other energy vampires, as well as in love and all relationships. Also empaths can develop heightened intuition which they must learn to cope with in a grounded way. Dr. Orloff discusses plant empaths, earth empaths, relationship empaths, telepathic and precognitive empaths, food empaths and more.

The secret to a happy life for everyone who wants to nurture their empathic abilities in an often overwhelming world is to practice the self-protection strategies in this book. Judith's book validates the truth that empaths experience the world around them primarily through their energetic or intuitive senses. Such knowledge is vital to understanding and caring for your own awakening sensitivities.

— Reviewed by Caroline Myss



### LOVE RHYMES WITH EVERYTHING:

**Animal Ruminations Through Poetry & Paintings**

Poems by Kat von Cupcake  
Art by Dana Feagin  
Ashland Creek Press

With this delightful new book, collaborators Kat von Cupcake and Dana Feagin have created a beautiful and whimsical tribute to animals of all species. Through their artistic prowess, Ms. Feagin and Ms. von Cupcake bring into focus the lives of rescued sanctuary animals and adopted companions, without which, their stories may not otherwise be known.

With love that stretches far beyond these pages, the publisher, Ashland Creek Press, and the collaborators have created a heart-warming compilation of paintings and prose that will directly benefit numerous animals — *all* proceeds from this book will support animal rescue organizations across the country. At the same time, each utilizes their unique talents and resources as a means to educate and inform the public as to the plight of all animals. The result is an ingenious and impactful approach to animal activism. Thanks to their creativity, a newfound appreciation and understanding of animals of all species can be gained — helping to foster new levels of compassion and kindness for all.

— Reviewed by Erica Settino

### BUSY MOM'S CHEAT SHEET

**Raising Happy Healthy Kids**

by Lilly Cadoch  
busymomscheatsheet.com

Busy Mom's Cheat Sheet is a clear and concise guide to making healthier choices for yourself and your children, and teaching your children how to make those better choices for themselves. There are tips on foods, preservatives and colorings to avoid, lists of safe foods one can buy that are non-organic and

foods that should only be purchased as organic, and a key to the codes that are used to tell if produce is organic, conventional or GMO. There are even chapters entitled "Mind" and "Spirit", taking all aspects of raising a healthy child into account. Busy Mom's Cheat Sheet contains a wealth of information that would be welcomed by any parent.

### THE WELL PATH Lose 20 Pounds, Reverse the Aging Process, Change Your Life

by Jamé Heskett, M.D.  
thewellpathbook.com

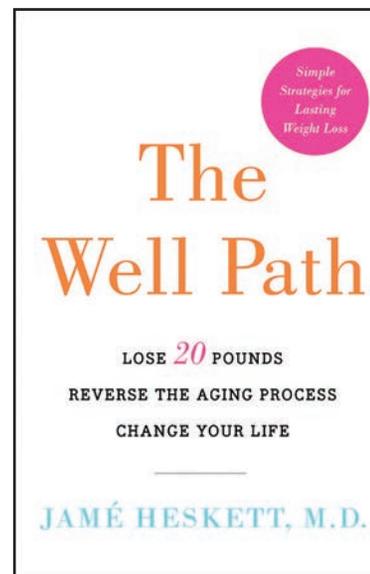
Every day, Dr. Jamé Heskett sees women who are struggling—and failing—to lose weight. Frustrated, demoralized, and exhausted, having "tried everything," they ask: Why hasn't all of their conscientious eating and exercising made a difference? The truth, Dr. Heskett tells them, is that dieting and working out like crazy are precisely why they *aren't* losing weight! Their bodies are perfectly designed to keep them healthy and fit, but the body can't do its job when it's thrown out of whack by stress, dieting, and over-exercising. By restricting food and putting inconsistent physical stress on the body, they are starving their cells, creating hormonal imbalances, slowing their metabolism to a crawl, and actually accelerating the aging process. In *The Well Path*, Dr. Heskett shares her clinically proven, holistic plan that has helped thousands of women to lose weight and look and feel younger.

### PRODUCT REVIEWS

#### FROM THE EARTH FIRST

FromtheEarthFirst.com  
631-913-8260

From the Earth First is a line of very clean, handmade, beauty and health products. Their *Immune Boosting Rub* not only moisturizes skin with coconut,



The flavor, Mystical Mint will leave your breath heavenly and refreshing. Ingredients: Distilled Water, Organic Vegetable Glycerin, Ginger Extract, Cardamom Oil, Fennel Oil, Natural Flavors (plant based food oils).

grapeseed, and avocado oils as well as Shea butter, but also includes anti-viral and anti-bacterial essential oils. *Take Me Away*, a blend of Dead Sea, Himalayan and Epsom salts, along with lavender and cedarwood essential oils, will help to detoxify and relax body mind and soul. Add to warm bath water and soak for at least 20 minutes. Other products include *Sleepy Time Body Butter*, *Citrus Bomb Body Butter* and *Citrus Lip Butter*.

### MOONDANI NATURAL BREATH MIST

MoondaniNaturals.com

A breath spray that works to cure bad breath instead of masking it, says the manufacturer. This formula is long-lasting, 100% organic and all-natural, contains no additives, preservatives, alcohol, or sweeteners, and is vegan and cruelty-free. This tiny mist can easily slip into your pocket or make-up bag for easy access.

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# MEDIA REVIEWS

by Mark Maxwell Abushady, NYC

## MUSIC

### NATIONAL PARK SOUNDSCAPES

**Jill Haley**  
Co-produced by  
**Corin Nelsen and Jill Haley**  
[jillhaley.com](http://jillhaley.com)

Jill Haley offers us an interpretation, in sound, of the breathtaking vistas and intimate landscapes which are part of our National Parks, and she does quite a good job. One can almost guess which parks her musical poems are describing without the title list. However, the photo booklet included (photos taken by Jill Haley) is equally enjoyable. The *feel* of these pieces are as varied as the landscapes that inspired them. 'Prairie Grass Dance,' 'Waters of Acadia,' 'Shenandoah Stillness,' 'Towers and Kivas,' 'Waves of Wind,' and 'A Soldier's Sacrifice' are just some of the titles for pieces which so aptly describe the light, sounds and ambience of some of our great National Parks.

Her band of musicians includes David Cullen (guitar and bass), Tony Deangelis (percussion and snare drum), Dana Cullen (horn), and Graham Cullen (cello), with Ms. Haley offering a fine oboe, English horn and omnipresent piano. It is a real treat to sit down and spend some time with this recording and the images included. Recommended!

### THE WISDOM OF MY SHADOW

**Lisa Downing**  
Vision Quest Enterprises  
[LisaDowning.com](http://LisaDowning.com);  
[VisionQuestMusic.com](http://VisionQuestMusic.com)

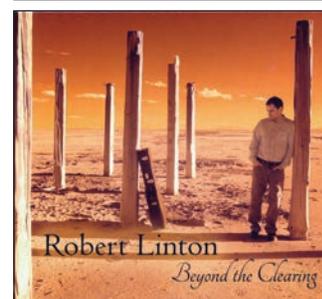
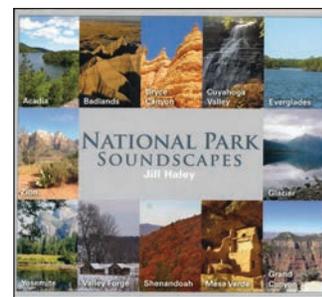
*The Wisdom of My Shadow* is a collection of piano solo work that is richly evocative, dramatic, and soulful. In her liner notes, Ms. Downing writes "Set aside your thoughts of how things should be, and travel to your internal land of what is." This sets the stage well for the musical inner-adventures to come. Actually, Ms. Downing writes quite extensive notes, complimenting musical compositions that easily stand on their own, but are nonetheless enriched by her words.

These pieces carry one away; yet not to a dreamy state, as they demand a level of attention. I found myself listening to certain cuts more than once, not wanting to have 'missed' something. In addition to her original compositions, there are also some interesting covers, including Tears for Fears' 'Mad World,' Cat Steven's 'Sad Lisa,' and Earle Hagen and Dick Rogers' 'Harlem Nocturne.' Ms. Downing is a well skilled pianist and adept at getting her messages across in the language of the piano; a language that seems second nature to her. Some of her standouts include 'Black Wedding,' 'Mischief,' and 'Moonrise.' Truly a special album; one to visit again and again.

### BEYOND THE CLEARING

**Robert Linton**  
Produced by  
**Robert Linton and Corin Nelsen**  
[robertlinton.com](http://robertlinton.com)

*Beyond the Clearing* is a truly lovely acoustic guitar album. Gentle, intimate pieces (masterfully mixed by Corin Nelsen) feature accompaniment by Sara Milonovich (violin), Heidi Breyer (piano), Jeff Oster



(flugelhorn), Kitty Thompson (cello), Adam Miller (guitar), Jill Haley (English horn), Stephen Katz (cello), and Jeff Pearce (ebow guitar). It should be explained that each of these addition instruments partner individually in their own tone poem with the revelatory Mr. Linton, so each piece is essentially a duet.

Enchanting in its simplicity, the titular song is especially entrancing, but, from beginning to end, this offering is sweetly warm and comforting. Mr. Linton

plays with exquisite finesse – heart and soul are laid bare in his performances. *Amid the Stillness* actually brought a tear to my eye. A beautiful album.



**Mark Maxwell Abushady**  
is an actor, singer, designer and photographer based in New York City.  
[www.markmaxwellabushady.zenfolio.com](http://www.markmaxwellabushady.zenfolio.com)

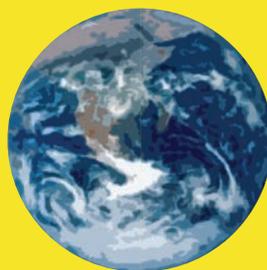
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*"My coming portends change; likewise grief over the loss of old structures. But, my friends, the old bottles must be broken - the new wine deserves better."*

**–Maitreya**

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Peace Pole presentation in NYC



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*“The divine power helps and heals.”*

By Susan Downing, PhD

Bruno Groening (1906-1959), who was well known in Germany for his extraordinary healing successes, taught that a higher power exists and can heal, and that everyone can access the „healing stream“ (or “Heilstrom” as he called it). He taught people how to receive this “Heilstrom” and open up to the healing process. Today more than 80,000 people in over 120 countries are practicing Bruno Groening’s teachings and receiving help and healing. In April lectures in New York and Boston, Dr. Vogelsberger, a medical doctor and chronic pain specialist from Germany, will present this simple approach to spiritual healing. He will share documented, present-day reports of healings of severe, chronic, and reportedly incurable diseases. People who have been healed will also share their experiences.

Even as a child, Bruno Groening was aware of a deep spiritual connection that enabled him to have a beneficial effect on people and animals. He attracted wide public attention in 1949, after a grateful father

announced that his son had been healed of muscular dystrophy through Groening’s help. Later in 1949, on a large farm near Munich, crowds of up to 30,000 people gathered daily to hear Groening speak. Many healings took place there and throughout Germany in subsequent years.

Healings continue to occur today. Gerda Schemann, 73, was healed of angina pectoris that had lasted 20 years. Rosa Zenel, 43, was freed of lifelong depression that nearly led to suicide. And Constantin Riedl, 41, experienced a healing of asthma, hay fever, and allergies to nuts, pet hair and dust. Dr. Vogelsberger, too, has received help. “I had an accident on a tennis court,” he explained. “A specialist ordered an operation, but three weeks later I could play tennis again free of pain, without any medical treatment.”

Bruno Groening always stated that it was not he who brought about people’s healings. Rather, healings took place as people consciously chose to establish their own connection with a higher power. Thus,

healing is in the hands of the individual, dependent upon what they will open up to and accept. “Trust and believe. The divine power helps and heals,” Groening said again and again. He also urged people to convince themselves that healing on the spiritual path is, indeed, possible, and to rediscover what he called “their true human instinct” for receiving spiritual help.

Those who attend the April lectures will be able to connect to and absorb this healing power for themselves in a simple way. “You can utilize it for your own health and for those you love,” Dr. Vogelsberger said.

Bruno Groening attributed all healing to God, but he did not personally claim any religious status or intention; his teachings can be considered spiritual enrichment that can be and are being applied by people of all faiths and cultures. Today, as during Bruno Groening’s lifetime, this knowledge is offered free of charge, and all who help in the Circle of Friends do so solely on a volunteer basis.

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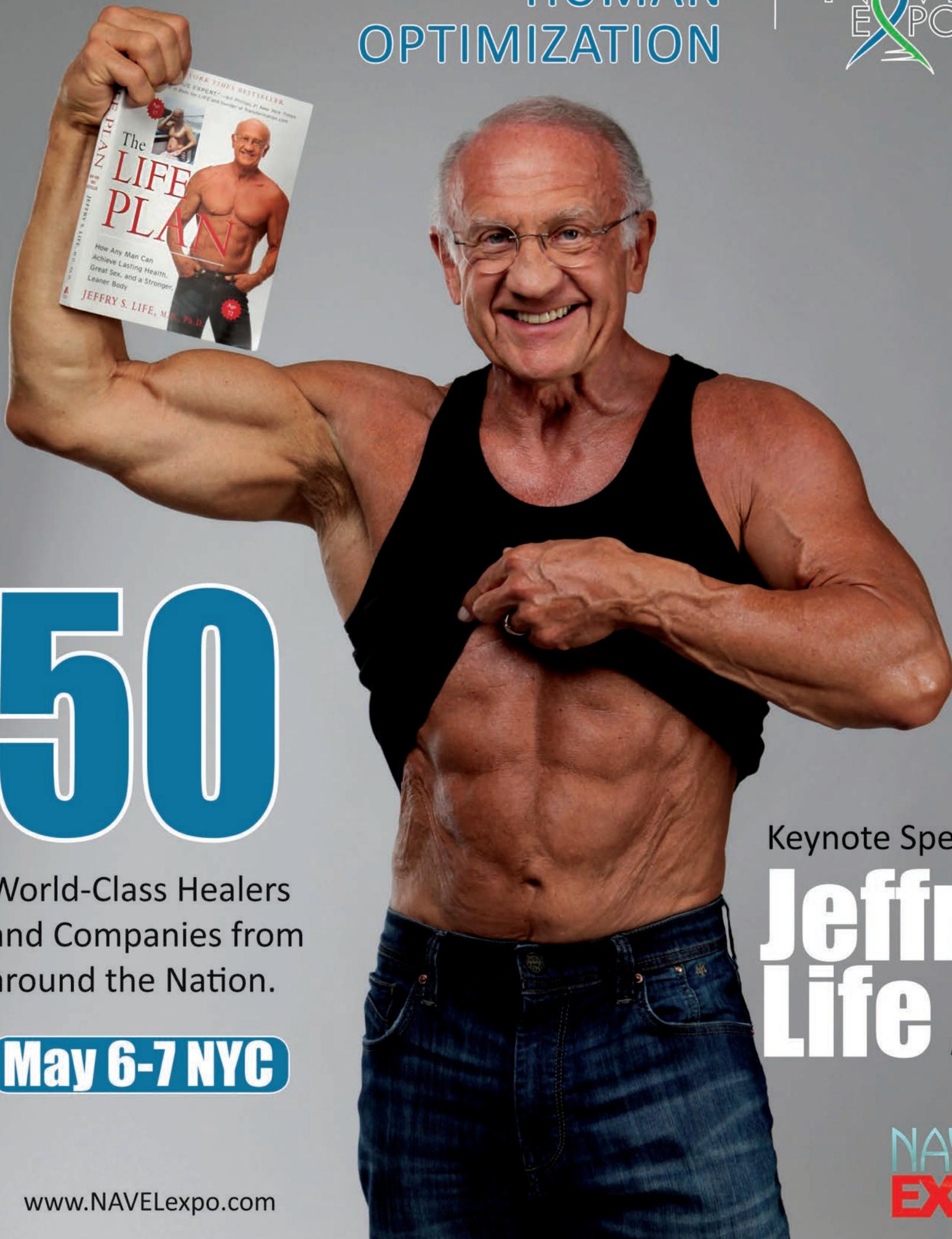


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