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CREATIONS MAGAZINE

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Your Gift to the World

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If you want the best the world has to offer, offer the world your best.

— Neale Donald Walsch

GIVE IT TO ME STRAIGHT....

In anthropology we move back into the past and study skulls of ancient man in order to learn more about ourselves as a species. When you look at cavemen, they had 32 teeth, perfectly straight, without braces, crowding or sleep apnea. As a matter of fact, crowding was never noted until about 500 to 600 years ago. The noble aristocrats that could afford softer, fancier foods ended up not stimulating their jaws, teeth, and muscles of the mouth. The result was crowded, crooked teeth. Eating hard foods at an early age, stimulates the lips, cheeks, tongue, and teeth in a way that allows for proper growth and development and perfect harmony leading to straight teeth. The healthy pressure from hard foods allows proper tension and resistance as well as increased blood flow to those muscles, joints, bone and ligaments. Therefore, if the cheeks and tongue are not stimulated, they lose muscle tone and become weak. Hyperactive lips and a hypoactive tongue result in retruded teeth as they incline inwards. This crowding in the early dentition discourages growth and development of the jaws and does not

allow for permanent teeth to come in to the mouth in an aligned fashion.

When children are not evaluated for this orthopedic development and eventual orthodontic condition, problems can potentiate. There are a lot of children who have constricted airways, a forward head posture, a retruded lower jaw (mandible), narrow nostrils, and narrow palates. *A pacifier is one of the biggest culprits that contributes to abnormal jaw development.* It encourages an open bite and significantly stunts the growth of the upper jaw (maxilla). It promotes very narrow arches which in turn, constrict the airway.

This results in children getting decreased oxygen intake that translates to kids who cannot focus, are irritable, emotional, and underperform in school. Many times, these children are diagnosed with ADHD and the physicians prescribe medication. The true issue, however, is lack of oxygen. The children generally do not perform well in sports and develop social issues. The age group would be anywhere between 5 and 10 years of age. Early detection and early

intervention is paramount. One appliance that is commonly used is a *rapid palatal expander*, which provides orthopedic treatment through the use of teeth. Often times within 2 months the palate is expanded in these growing individuals, the teeth are unraveled, the nasal passage is widened, tongue position is improved, the airway is enhanced, the head posture is normalized and the patient can breathe significantly better.

In the past, a widely accepted orthodontic practice was to extract four premolars and retract all the teeth back instead of expanding. The result was a more prominent chin and nose. You can imagine that this type of treatment permanently locks a patient into a more back position which compromises the airway. The key is to identify the real problem and create a functional solution.

A more contemporary, natural orthodontic philosophy is **functional orthodontics**. Through the use of functional oral appliances, the cheeks and lips are kept away from pushing teeth in, and restricting the



expansion of growth outwards. Teeth are then naturally encouraged to be aligned by the function of the tongue and teeth. The result is a more rounded arch form, a broad, aesthetic, functional smile that fills in the lips, buccal corridors and proper lip support.

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TALKING OUR WALK

The April-May *Spring* Issue: In this season of rebirth, we honor Women, Mothers, Earth, the Environment, and the Divine Feminine.

First, a little “Spring cleaning” is in order. On our front cover, we’ve removed our pithy, but enigmatic tag line, *Inspiring the Soul*, updating it to **Inspiration | Positivity | Holistic Health | Personal Growth**. This presents a much clearer picture of what you’ll find inside each issue.

10 Days in February—The Real Truth About Health Conference: Incredible! The best thing I can say is, I hope you were able to either attend or stream most of the *free* presentations. If not, the second best thing I can say is, every talk is available on www.RealTruthTalks.com. And they are all still completely FREE.

Now that thousands of people have been armed with reliable, scientific, and agenda-free information, we cannot just go back to our lives “business as usual.” If you are passionate about issues relating to health and nutrition, the food industry, the medical system, and the environment, **we need you.**

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How much joy can you contain? Do you think you can hold so much joy that you reach the point of bursting open? Would you then be like a supernova? NASA may not agree, but I like to think of stars bursting into a supernova because of added light. What if they burst from joy and all of that light is emitted? Can you see yourself this way?

From where does this kind of joy materialize? How can you find it? Is it something given only to a few? Are there answers to these questions? Are we designed to spend our lives searching for this kind of joy? Do most people never find it? Is it even something we want, or is it best just to settle for the status quo?

What if everyone had this ecstasy and lived their life in this state of joy? What would the world be like? What would you be like and where would you go from there? What comes after joy?

Did you know you are birthed into creation each moment? I know, it is almost impossible for us to wrap our brains around that concept, but it is true. We come from the eternal Now...only Now. Since this is true (no matter how difficult it is to understand) it makes you wonder why we are lugging around all the baggage of the past that we carry with us. Why do we carry all the fears and worries of the future with us? Just thinking about setting all of those bags down makes you feel lighter already, doesn't it?

Do you think joy comes from living in the present moment? Well, maybe. Although I think it is more likely the first attribute you will find by residing in the present moment is peace.

I have another answer for joy. Joy comes from the Spirit. It is wrapped in love and gifted to you when you awaken, not to who you are (Surprise!) but to why you are here.

Now most of us think we are here to grow spiritually, to remember our connection to Source, to raise our vibration, to become Enlightened, and so on and so on. All of that is true. But I have to tell you, I have seen a lot of unhappy people doing this (shh, don't tell).

Okay, before I say this, I just want you to know I can hear you groaning when you read this next part, so please persevere. It gets better, I promise.



Your Spiritual Mission

We each have a spiritual mission to perform (maybe more than one during our lifetime). Our spiritual mission is our gift to the world.

It is true some people come into the world "gifted." There are artists, musicians, mathematicians, child protégés. Their gift is visible at an early age.

Then there are the rest of us who grow up, get a job and wander through life wondering, "What is my purpose?" You actually are here to provide a service, not just to "become enlightened".

The secret to discovering your spiritual mission, if you have not found it yet, is found in the paradox. When you discover your spiritual mission, you will discover the gift of joy. Paradoxically, **what brings you joy, what your passion is, what you spend your free time doing, what you love to do, IS your spiritual mission.** It has been a thread running through your life. Look and find it.

It is so simple and so easy. It isn't complicated, so don't make it so. It really is right under your nose. Perhaps you have always loved to build things and always have a project under construction at home. Maybe you love to make up stories for little kids. Maybe you love to be in the kitchen making delicious food. These are gifts. If they light you up and bring you joy, they are *your* spiritual mission! They don't have to be earth shattering. They do have to bring you joy. When you discover what it is, you will be filled with joy. You will laugh and say, "But I have always loved doing *that!*"

Do you know, there are actually people who love to clean? What a gift! Some people actually *like* to organize things and are good at it. Whatever your spiritual mission is, you will already be good at it, because it is a part of you. It depicts your

interests and consequently the skills you have developed over time.

When you find your spiritual mission, find a way to bundle it so that you can give it to the world. Start by giving to neighbors and local communities. Watch it grow. Begin to teach others how to do what you do. There are myriad ways to share your gift.

Once you discover your spiritual mission, make it a focus in your life. Begin to share and be of service to the world. When you do this, you allow Spirit to move out through you into the world and your joy will be boundless.

At the start of the article I asked, "What comes after joy?" All of the gifts of Spirit will begin revealing themselves when you begin giving in joy and fulfilling your mission. It will be like you opened the floodgates for Spirit to pour forth into the world.

Give your gift to the world. The world is waiting for you to become a supernova! ✨

Dreama Vance is a New Reality wellness expert and co-founder of the Spiritual Dynamics Academy. Her specialty is research into effective methods of healing and attaining wellness of mind, body and spirit. After years of exploring healing modalities, she has become expert in three that are highly powerful and effective. Her current research involves tuning into Gaia, the Mother Earth, to discover more about the inner secrets of Gaia's ancient wisdom teachings as well as receiving and documenting information on the New Energy from Saint Germain.

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The Clean Money Revolution:

by Joel Solomon and Tyree Bridge
Vancouver, Canada

Humanity is on the edge of a precipice.

We know the headlines. Ecological emergencies. Mass refugee flights from failing states. The distortions of late-stage capitalism eroding basic trust, tolerance, and hope. Common decency and respect is starting to seem anachronistic. Worship of money and celebrity rules the media, while our ties to land, loyalties, and love are severed.

Yes, it's also "the best of times." Many diseases have been eradicated or are manageable. Modern science and industry have brought sanitation, clean water, and industrial food to billions worldwide. Smart phones and the Internet give us access to unfathomable volumes of information.

There are competing trends. Decay and chaos on one hand, integration and regeneration on the other. As \$100 trillion changes hands in the next twenty years, the question is, which future wins? Will this generational wealth transfer help us rebuild, or will it throw gasoline on the fires of rampant greed?

There are so many ways we can turn that money to transforming the world. We can rethink taxation to make it more fair. We can price carbon. We can create schools and hospitals for all. Feed the world sustainably. Make pollution and other externalities illegal and guard smart use of resources. What else could the clean money revolution accomplish with \$100 trillion?

Thanks to the passion and wisdom of so many great leaders over the past fifty years, our basic ethical premises about self-interest, ecology, and life itself are starting to shift. We have further to go as a global culture that will only become more intertwined. Despite what some segments of our society would prefer, there's no going back. What if we agreed

that the meaning and purpose of life was not only to enjoy it, but to use our energies to ensure a liveable future for dozens of generations into the future? *What if our Golden Rule and central religious belief was that we be responsible for leaving the Earth better than we found it, restoring it rather than degrading it?*

Fiduciary responsibility has traditionally meant making the highest return rate for owners, exclusive of the damage such investments cause. That mindset must be reinvented. It must change to include the long-term health of the whole planet. Anything else is a form of blindness, and insanity. **It is not just imprudent to make extra money by poisoning water, people, or future generations. It's immoral, and should be illegal.** These pools of capital must begin moving 50, 75 or 100 percent of their endowments and assets into the emerging clean economy.

Pension funds can't continue investing in ways such that retirement becomes more dangerous. Foundations need to direct assets to restoration and fairness, not degradation. Universities should invest in their local communities and a safer future world for their graduates, along with the economic stability of their workers' families.

As Peter and Jennifer Buffett of Novo Foundation say: "The most radical way to advance meaningful change is to shift economic, social, and cultural power to those who don't have it." This is a crucial part of the needed equation. With a stroke or two of a pen, those of us in the 20 percent can shift our money away from terrible mischief. Examine whether "highest return rate" is the true test for your wealth. If you need high return rates, narrow the field to drivers of the clean money transition. Decide how much is enough, and do that first. We can no longer morally justify "as much as I can get" as a reasonable or ethical answer.

Do you have a well-developed intention for how you intend to use the "more than

enough" part of your money for the good of others? Will you risk passing excessive wealth to your family assuming it will make them better, happier, more realized people? Might the ownership gift you are giving instead cause suffering to them, and to those affected by how they use the money? Be sure they understand how money is created, down to the source of who and where is impacted.

I invite you to make your own journey of discovery. If you have wealth, use what you need for your own evolution, personal and financial. Look at the origins and supply chains you profit from. You are smart



and have smart people who can help. Do a study of your financial transactions, your investments, your stock portfolio. Look into who worked for what wages, under which conditions, for the low-cost materials needed to earn your profits.

As Gandhi pointed out, history will judge us for how justly we act toward those who are most vulnerable. It's the unborn who are most vulnerable of all. "Intergenerational justice," like "rights of nature" or reparations for colonialism and slavery, remains obscure. These concepts are moving toward the center, as other once-ignored and now obvious truths have done.

The change is happening. We are now past the vision, invention, and seeding of these ideas. We are in the early growth stage. Social entrepreneurship, enlightened investors, the questioning of conventional wealth management assumptions, and the emergence of a new generation of values-aligned leaders are combining into a powerful formula.

Inspiration Everywhere

The clean money revolution is gaining credibility, proof of concept, and momentum toward mainstream acceptance. Wealth managers feel the trend via pressure from clients. They're struggling to provide comprehensive, satisfactory solutions. Firms now highlight their efforts in these directions. New products are being launched.

Wealth management firms that understand this demand, its value to the world, and how to relate to clients that want it, will grow robustly.

I return to the incredible example of organic food. Decades of early adopters persevered with businesses that grew, processed, manufactured, distributed, and retailed organic foods. They worked in virtual obscurity. Only a small committed consumer helped this early stage. Organics then began to show up on mainstream grocery store shelves in the 21st century. Growth has seen double-digits, outpacing conventional food. In the United States, what was a \$3.6 billion dollar market in 1997 was valued at over \$39 billion in 2014.

Organic food remains well under 10 percent of North American food sales, but it will grow ever larger. The common sense of healthy food, people, and ecosystems is too compelling. As Campbell's Soup executive Denise Morrison admitted, Big Food is on the defensive, trying to overcome "mounting distrust." An entire agricultural and manufacturing system that jeopardizes health, worker safety, rivers, topsoil, and other areas is now facing the threat to reform or die.

The \$100 Trillion Question

The same cycle is steadily evident in renewable energy, efficient transportation, green buildings, carbon pricing, regulations to protect the commons, worker's rights, taxation reform, and many other areas.

Young entrepreneurs are eager to build businesses that make a better world. Incubators, accelerators, investment funds, professional advisors, and universities are waking to the crisis and eager to help move those businesses faster. Forward-thinking entrepreneurial mayors are recalibrating cities like Vancouver, Paris, Stockholm, and Portland. They are thinking longer term, taking sober looks at coming challenges, and acting boldly now to prepare for soft landings.

Spiritual leaders like Pope Francis, the Reverend Lennox Yearwood, and Joan Halifax are speaking truth about the pickle we have created, making a call to action to put our intellect and resources into a global movement for a safer future.

Every sector of the economy needs overhaul. Yes, clean energy will be massive.

But so will clean transportation, clean buildings, clean water, clean air, clean food, clean mining, clean logging, clean clothes.

Do any of us deserve to make gigantic profits because we own distribution systems? Because we are clever at selling things people don't need? Because we can take advantage of regulations, corporate welfare, tax loopholes, or the exploitation of impoverished people who have no choices about their own labor?

For this transformation to root permanently, we need awakened spirits, healed emotional bodies, examined lives. We need clarity of meaning and purpose. We need we: all of us. Those with wealth and power are lucky we still get the choice to step into this movement. We've been fitting into norms we have been taught are correct. We need to step up as visionaries, leaders, honorable citizens, and world-changers. Let's do it while we still have the chance.

Billionaires of Love

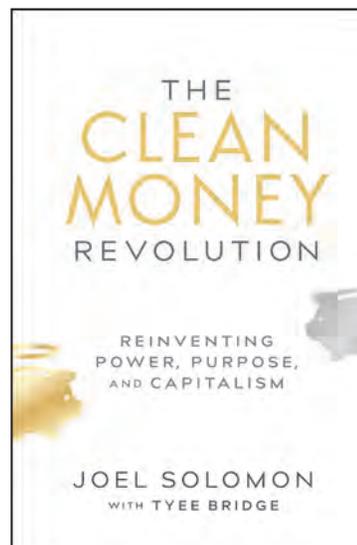
This is written in the hope that people like you will help push the clean money

revolution forward— joyously, successfully, and pleurably as you can. There is grave seriousness aplenty. I hope you find your own way into the positive revolution around the meaning and purpose of money, in all its dimensions. Be driven by love whenever possible, and by tough love when needed.

The wealthy can model what is needed by moving assets, personal or financial, toward the grand planetary effort needed today. We have a job to do. We must fulfill our generational responsibility to the future. Accumulating infinite wealth, with no higher purpose, is naked greed at worst, self-imposed banality at best. It's simply not right.

It is imperative that all of us, at our own scale, with or without money, use our power and passion to bust open the truth about what money is doing right now, and to change that story. The time is now. We can now move money further and faster, toward a safe, resilient, soft landing for the future of civilization.

True security is a strong peace, where a fair, regenerative economy thrives. True love is love of the future, of the whole. Let's be billionaires of good deeds, billionaires of love, billionaires of meaning and purpose. The return on that investment will be a great blessing.



Dying with the most money is pointless. It's about what we do to help those who will follow us.

**Remember the land.
Remember the future.
Remember love.** ✨

Joel Solomon is Chairman of Renewal Funds, a \$98-million mission venture capital firm. He has invested in over 100 early-growth stage companies in North America, delivering above-market returns while catalyzing positive social and environmental change. Solomon spent ten years building businesses in Nashville's deteriorating urban core, where he co-founded Village Real Estate, CORE development, and the Bongo Java chain of coffee houses. Solomon is a founding member of the Social Venture Network, Business for Social Responsibility, Tides Canada, and is Board Chair of Hollyhock. He is a Senior Advisor to RSF Social Finance in San Francisco.

Tyee Bridge is a Vancouver-based writer whose work focuses on progressive change-makers,

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Compassion, Truth, and Healing

by Dr. Will Tuttle
Healdsburg, CA

Can you remember times in your life when you've been blessed by someone's compassion? I remember times when I've been under the weather or stressed out, and received the compassion of a loving touch, when I've been on stage in front of a large crowd and received the compassion of an encouraging, smiling face, and I think most of us know we would never survive our early months and years without the loving compassion of our mothers.

What is compassion? Compassion is an inherent potential within us all. It is not simply a sense of caring and kindness toward the being before us. It isn't merely a warm-hearted feeling of empathy for the suffering of others. It is also the determined and practical resolve to do whatever is possible to relieve their suffering, the sustained urge to reduce and eliminate the suffering they are experiencing.

For this reason, **compassion is often referred to as the highest form of love, and flows out of the truth of our felt interconnectedness with others.** Not confined merely to the realm of feeling, compassion rouses us to action, in much the same way we are instinctively roused to action to defend our own lives, well-being, and interests. What a blessed miracle compassion is, and though it's virtually unexplainable by our culture's materialistic orientation, it is a vital and unrecognized key to social harmony, to spiritual growth, to fulfilling relationships, to living a meaningful life, and to healing of all kinds.

As newborn infants, we are deeply identified with our mothers, and as we develop, we gradually become aware of ourselves as separate from her, and go through a stage of being quite self-absorbed, and then we gradually develop to be able to relate to others as independent beings. So it is in our early years that we develop the foundation for



compassion through the models we see around us, and learning to imagine and understand the perspective of others. This is basic moral development.

This natural development of compassion is unfortunately short-circuited, though, by forcing young children to participate in meat-based meals. What we don't realize as a culture is that we desensitize children and all of us through our daily meals. The subtext of these meals is one of systematically excluding certain animals from the sphere of our compassion and moral concern. In our daily food rituals, beings are systematically reduced to things, and these rituals instill in all of us the mentality of exclusion and reductionism that is the antithesis of compassion. This is the hidden root of disease, the underlying disaster churning at the core of our culture that causes so much of the physical, social, psychological, and environmental illness that we see proliferating around us.

Compassion brings healing, because whenever we wake up from this acculturated consensus trance that sees beings merely as things to be used, we become more alive, more aware, and more filled with what the ancients called *Sophia*: the wisdom of intuiting the interconnectedness that underlies the

apparent outward separateness. This is a wisdom that is actually lived, not merely intellectualized. There is a pithy and illuminating proverb: "To know, and not to do, is not to know."

As *Sophia* awakens in us, bringing wisdom, compassion, and healing, we are relentlessly confronted with our acculturated food habits, and as we eat more living, plant-based foods, and less of the inherently cruel animal-based foods, we experience healing, both physically and on the deeper causal levels of our being. Our bodies function better and begin to cleanse and purify, our mind is clearer, our emotions are more positive, our relationships become more harmonious, our buying patterns are more ecologically constructive, we begin to care more deeply about the Earth, others, and ourselves, and we evolve spiritually to a felt awareness that there is much more to life than our cultural programming has revealed. In short, we become a threat to the established order!

We might find people saying to us, "Hey, you can eat how you like, but don't tell me what to eat!" We realize how ironic this is. The only reason anyone in our culture eats animal-based foods is because they've been told to do so since birth by every institution in our culture: family, media, religion, government, education, and business. It's never a freely-arrived-at choice: we've all been, and continue to be, inundated with messages that eating animal-derived foods is a natural, normal, and essential characteristic of human behavior.

I don't remember my parents telling me that I could freely choose whether to eat the first little blobs of meat they presented to me, or that they explained to me that they were the flesh of pigs and turkeys who had been confined their entire lives and killed in terror and pain. I don't remember my schoolteachers helping me to understand that fish are highly intelligent, social creatures with the same pain receptors we have, and I don't remember my minister pontificating about the suffering of dairy cows, whose babies are serially stolen from them so we can steal their milk, or the TV informing me of the nightmarish conditions endured by chickens on egg-production facilities. I was never given a choice and was forced into complicity, completely oblivious

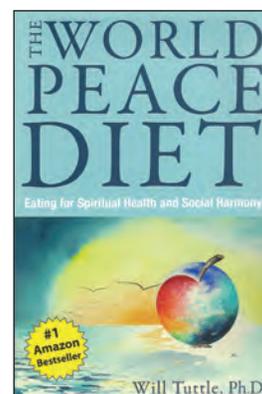
to the repercussions of my actions. Without knowing the truth, how could I ever practice compassion?

The exquisite beauty and potential of our brief adventure on this Earth is that we can grow, evolve, and awaken to greater capacities of love and wisdom. This is the underlying message of the yogic tradition, which is founded, at its core on *ahimsa*, non-violence, the universal spiritual wisdom that we reap what we sow, and that we're all interconnected. By deepening our understanding of *ahimsa* and vegan living, we can become a force for spreading freedom, peace, and healing. With any inner healing, there will be outer healing, and with any healing, there will be change. With any meaningful change, there will be risk. We may find ourselves alone, losing cherished relationships because we no longer eat the same way, and no longer respond unquestioningly to the pervasive social conditioning.

We find, though, that we are connected to a deeper source of joy and inner peace. As we bring our lives into alignment with the truth we have discovered, and the compassion that has grown in our heart, we realize that the rewards are worth infinitely more than what we risked. At a deep level, our self-esteem returns, and we realize how participating in the violence pervading our culture's meals had reduced our awareness and sense of self-worth. Newfound joyfulness blossoms in our heart and we intuit it all directly: truth, compassion, healing—these three are inseparable sisters. Cultivating one cultivates the others. We are all connected, and the more deeply we heal ourselves, the more we bless others.

Cultivating compassion is an essential and often unrecognized key to authentic healing. It's never too late to begin practicing it! The more we bless others, the more we are blessed. ✨

Dr. Will Tuttle, a former Zen monk and author of the best-selling book, **The World Peace Diet**, published in 16 languages. A vegan and yoga practitioner since 1980, and recipient of the *Courage of Conscience Award* and the *Empty Cages Prize*, he's also the creator of several wellness and advocacy training programs, and is an acclaimed pianist and composer. worldpeacediet.com



Diabetes Is a Curable Disease

by Gabriel Cousens, MD
Patagonia, AZ

Society is always taken by surprise by any new example of common sense.

— Ralph Waldo Emerson

No physician can ever say that any disease is incurable. To say so blasphemes God, blasphemes Nature, and depreciates the great architect of Creation. The disease does not exist, regardless of how terrible it may be, for which God has not provided the corresponding cure.

— Paracelsus

From my 40 years of clinical experience as a holistic medical doctor, and that of live-food therapeutic centers since the 1920s when Max Gerson, MD, healed Albert Schweitzer of diabetes with live foods, the fact that diabetes is a curable disease is common knowledge in the live-food community.

Although allopathic teachings label Type-1 and Type-2 diabetes as incurable, my clinical experience with 120 clients, is that in 21 days, 61 percent of those with Type-2 non-insulin-dependent diabetes mellitus (NIDDM) and 24 percent of those with Type-2 insulin-dependent diabetes mellitus (IDDM) are healed—meaning a fasting blood sugar (FBS) of less than 100 and no medications.

Approximately 31.4 percent of Type-1 diabetics were off all insulin in three weeks and approximately 21 percent of Type-1 diabetics were off all insulin with a FBS less than 100.

Diabetes is not a fixed sentence; it is not our natural condition and has only become a problem of pandemic proportions since the 1940s. The word pandemic comes from the Greek *pan*, meaning “all,” plus *demos*, meaning “people or population,” thus, *pandemos*, or “all the people.” A pandemic is an epidemic that becomes very widespread and affects a whole region, a continent, or the world. My new insight and theory into looking deeply at the underlying causes of diabetes, which I now label *chronic degenerative diabetes syndrome* (CDDS), on both the pandemic-global and the personal level, affirms that there is a consistent scientific process to achieve rapid reversal from the misery of a diabetic physiology to a joyous and healthy physiology.

Although many people have a genetic susceptibility to Type-2 diabetes, the **true causes** (which activate the genetic potential physiology of diabetes) **lie in a personal and world lifestyle and diet that pulls the trigger on the diabetes gun.** This *diabetogenic* personal and world lifestyle and diet includes the following, on the level of individual responsibility: a diet high in refined simple and complex carbohydrates; high amounts of cooked animal protein and saturated fats with their trans-fatty acids produced from cooking (and especially frying oils at high temperatures and hydrogenation), as well as vegetable-based trans-fatty acids; low-fiber food; caffeinated beverages; smoking; a lifestyle devoid of love and exercise; high stress; and watching television programming.

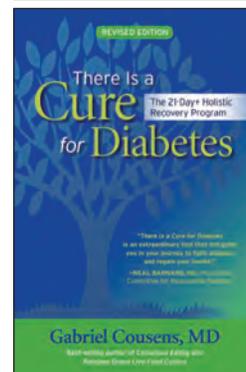
Diabetogenic contributing factors on a planetary level include living in a degraded environment in which the air, earth, and water are, according to the Environmental Protection Agency, filled with 70,000 different toxic chemicals, heavy metals, agrochemicals, and other toxic substances. The Environmental Defense Council reports that more than four billion pounds of toxic

chemicals are released into the environment each year. In addition, we live in a mental and emotional environment filled with messages of stress and death from the media, including news of constant wars and terrorism infecting the planet.

These degenerate conditions and lifestyles and a high-carbohydrate, junk-food diet that create diabetes emanate from these modern human-created realities, which, taken together, we are calling the *Culture of Death*. The cure, on the most profound level, is to move away from a global and personal lifestyle of the Culture of Death, to embrace the lifestyle of the **Culture of Life**. On a personal level this means choosing to live in a way that promotes life and wellbeing for oneself as well as the planet. It means creating a diet and lifestyle in which there is naturally minimal or no incidence of diabetes.

Individually, this means a diet that is organic; moderately low glycemic; moderate-low plant-source-only carbohydrate (25–45 percent, primarily from leafy greens, green vegetables, and sprouts); at least 80 percent live food; high in mineral content; 25–45 percent plant-source-only, raw fat (no animal protein or fat and no trans fats from animal or plant sources); 10–25 percent protein; low-insulin index; well hydrated; individualized; and of modest food intake.

For it to be successful, it needs to be a cuisine that is sustainable for the duration of one’s life and prepared and eaten with



love. Collectively, it means creating a world culture where all people have access to healthy, organic food and water, decent shelter, and a living environment free of chemicals and pollutants. Healing diabetes in this personal and global context is an act of love for oneself and the living planet. This love is an expression of the Culture of Life.

Humanity is created to be vibrant, alive, and healthy. As it says in Deuteronomy 30:19 from 3,400 years ago: *Today, I have set before you life and death and a blessing and a curse. You must choose life in order that you and your children shall live.* Things have not changed. Humanity still has that choice. This is about empowering individuals, health professionals, as well as national and

global policy makers to make that choice. Even in the most adverse circumstances, it still is possible for motivated individuals and nations to heal on the *Dr. Cousens’s Diabetes Recovery Program—A Holistic Approach* as an act of love and consciousness. ✨

Excerpted from There Is a Cure for Diabetes, Revised Edition by Gabriel Cousens, MD, published by North Atlantic Books, copyright ©2008, 2013 by Gabriel Cousens. Reprinted by permission of North Atlantic Books.

Gabriel Cousens, MD, a leading medical authority with 40 years of success in healing diabetes naturally, is the founder and director of the *Tree of Life Foundation and Tree of Life Rejuvenation Center in Patagonia, AZ*. A best-selling author and the creator of *Dr. Cousens’s Diabetes Recovery Program*, he uses the modalities of diet, nutrition, naturopathy, Ayurveda, and homeopathy blended with spiritual awareness in the healing of body, mind and spirit.

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Healing the Epidemic of Chronic Illness in

by Beth Lambert
Simsbury, CT

Today at least 1 in 2 American children has a diagnosed chronic health condition. The statistics are frightening. Asthma affects 1 in 8 kids; 1 in 3 children are obese or overweight; ADHD impacts at least 1 in 10 school children; autism spectrum disorders now affect 1 in 40 children.

We have seen an exponential increase in sickness over previous generations when most children were generally healthy, and chronic illness was concentrated in adults.

This epidemic of childhood illness is taking place as we head into an unprecedented crisis of planetary degradation: global warming, polluted air, undrinkable water.

With no sign of abating, these trends portend a bleak future for our kids.

About 10 years ago I began hearing about families whose children had serious chronic health conditions. Often multiple generations of the family were sick. They told me that after making drastic changes in their lifestyles, everyone's health improved. Following are some of the remarkable stories I heard:

✦ Anthony was 3½ and he still had no words. He was diagnosed as having severe speech apraxia, sensory processing disorder, and low muscle tone. He also had gut issues, allergies and poor sleep. After a week of dietary changes and a probiotic supplement, he had 10 words. Three months later, Anthony's sensory issues disappeared. Four months in to living a greener, more natural lifestyle, incorporating whole nutritious foods, Anthony started speaking in sentences. He went from having verbal skills of a 12 month old, to age appropriate in 9 months time.



✦ Leo was diagnosed with autism at two years old at the Yale Child Study Center. He was very delayed in language development, was always "stimming" on the wheels of vehicles, and seemed to be in a constant "fog." After learning that certain diet and lifestyle changes could improve the symptoms of autism, Leo's family committed to making these changes. After only one week of a gluten-free and dairy-free diet, Leo began to talk. After six months on a diet of organic whole foods, nutritional supplements and clean living, Leo tested age appropriate for speech. Before Leo entered kindergarten, he officially lost his autism diagnosis. Today, he is a completely typical kid.

✦ At age 5, Kyle had numerous debilitating diagnoses including: ADHD, asthma, Sensory Processing Disorder and life-threatening food allergies. Through integrative medicine and a holistic lifestyle, Kyle shed all of his labels. Instead of a life filled with medicines and doctor visits, Kyle is now a thriving 12-year old with a fully functioning mind. He makes straight A's, has lots of friends, and creates amazing art.

I yearned to learn more. Would it be possible to document a family's changes from sickness to health? Is it realistic to think that apraxia or autism could disappear? The more I researched, the more

I learned that not only was healing possible, it was happening all over the country. Yet no one seemed to be talking about this kind of healing in a meaningful way.

In 2012, I co-founded **Epidemic Answers**, a 501c3 nonprofit organization dedicated to reestablishing vibrant health in our children. Two years later, the **Documenting Hope Project**, a special research project of Epidemic Answers was born. My goal was to demonstrate scientifically that healing could happen, and to document this experience on film.

I assembled a team of top physicians, scientists, children's health advocates and natural health experts to design a series of research studies that could clearly demonstrate how daily lifestyle choices have a direct impact upon health. The **Documenting Hope Project** aims to use science and media to revolutionize how parents, physicians, and policy makers think about children's health as well as the health of our planet.

The central focus of the **Documenting Hope Project** is two groundbreaking scientific studies:

✦ CHIRP™, short for Children's Health Inventory for Resilience and Prevention, is a research study designed to gather information about possible associations among the many stressors

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*The Light of God surrounds you
The Love of God enfolds you
The Power of God protects you
The Presence of God watches over you
Wherever you are, God is!*

America's Children

and exposures children experience in the first years of life and the emergence of pediatric chronic disease. Interested parents complete an online survey that inventories and categorizes anything and everything that a child could possibly be exposed to: food, water, consumer products, building materials, industrial sites, etc. The data collected will then be examined in relationship to a child's specific symptoms and other health measurements. The CHIRP™ Survey took several years of intense development. It analyzes responses to over 900 questions. Everyone who completes it receives a comprehensive personalized report detailing their child's health stressors and risk factors. This study's principal investigator, pediatric neurologist Martha Herbert, PhD, MD is one of over 30 medical and scientific advisors and contributors to this research. CHIRP™ is set to begin enrollment in early spring 2018. Over 1000 parents of children ages 1 to 15 will be enrolled nationwide. If you are interested in participating, please go to www.documentinghope.com and sign up to be kept informed.

✪ The second study is longitudinal, aimed at enrolling as many as 14 chronically ill children in a pilot program custom designed to optimize their health and hopefully, even achieve disease reversal. This is a prospective intensive, multivariate, observational study that will build upon the CHIRP™ inventory for capturing clinical data over time. We will test the hypothesis that comprehensive personalized lifestyle interventions can, in fact, lead to symptom abatement, improved health and disease reversal.

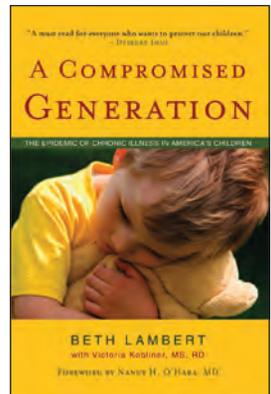
While we have a vast body of anecdotal evidence indicating that individuals with chronic conditions can fully recover, no prospective research documents this possibility. **The idea that childhood illnesses like autism, asthma, ADHD and autoimmune diseases are life sentences has actually never been proven or rigorously tested.** It is just a belief system held in conventional medical circles and perpetuated in the media. This perception, exacerbated by a prevailing belief in genetic determinism has allowed medicine to slide into complacency where large numbers of sick children are just accepted as the "new normal." This prevents us from giving our children the kind of care that can restore their health and full functioning.

The Documenting Hope Project intends not only to question the prevailing belief system about health but to demonstrate how it is flawed. We will be filming the participants in the longitudinal study so that the stories of their recovery from chronic illness can be broadcast far and wide, inspiring others to take charge of their children's health.

Our relationship to the environment does have a direct and immediate impact on our health. Our sick children are trying to wake us up to this inconvenient truth. As modern industrial nations are being consumed by a tsunami of chronically ill children, it is an economic necessity, a moral imperative and our ethical responsibility to find a way out of this situation.

I believe we can stop the escalating epidemics of chronic childhood illness and redefine the human relationship with the planet by clearly and scientifically demonstrating that human health is directly correlated with the conditions of our surroundings. By proving that serious chronic illnesses can be reversed by optimizing the things that interact with our bodies on a daily basis, we have the opportunity to profoundly impact the future of our children and life on this planet. ✨

Beth Lambert is the author of A Compromised Generation – The Epidemic of Chronic Illness in America's Children and the founder and Executive



Director of Epidemic Answers, a 501(c)(3) non-profit organization dedicated to reestablishing vibrant health in our children. She is the creator and Executive Producer of The Documenting Hope Project, a multi-year prospective research study and media project that examines the cumulative impact of environmental stressors on health

and their mitigation through personalized and systems-based treatment approaches. To learn more please visit: documentinghope.com, epidemicanswers.org.

STOP! Before you do any other weight loss program read this now!

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

Hello, I'm **Dr. Michael Berlin** and I'm tired of all the weight loss ads promising all-natural, long-term results that really do not deliver the whole solution to permanent weight loss. Yes, they have part of the solution, but without the **whole** solution, you cannot get truly permanent results. This is why weight loss is so difficult. You see, there are 10 things in the right proportions that you need to heal in order to get truly permanent and healthy weight loss, and if a program does not deliver all 10 then your weight problem will return. This is because your weight problem is not a weight problem; it is a health problem. Extra weight is a symptom of deeper physical and/or emotional imbalances that **all** must be resolved to get permanent results! The 10 factors are related to: nutrient absorption, stress levels, sleep quality, food combining, liver function, toxicity, hydration, emotional eating, food sensitivities, and hormones. If any one of them is left unresolved, your weight problem will return. It's that simple. You see, people think that you need to lose weight in order to get healthy; but the truth is that you need to get healthy to lose weight! Think about it ... most of us when we were children could eat anything and not gain weight. But over the years, from junk food, toxicity, and stress, our insides get ruined very slowly. As this happens our hormones will very slowly shift from *fat burning* to *fat storing* — until we reach about 40 years old — and nothing we do can really cure our weight problem. We say that "I'm just getting older" or "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, sleep problems (including apnea), digestive problems, high blood pressure, cholesterol, neuropathies, and more! Plus, we have incredible all-natural spa treatments to help people de-stress, detoxify, and lose 4-14 inches in one hour. For free information go to: <http://drberlin.weightseminar.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.

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. See our calendar on our website GatheringOfLight.org.

GUIDED MEDITATION GROUP 4/10, 4/24, 5/8, 5/22. Listen to your Soul. 7:30 – 9:30 PM Smithtown. Information, Registration: 631-724-9733. www.lightawakenings7.com.

CHAKRAS SERIES IS BACK! 5/15 ROOT CHAKRA – Class I. 7:30 – 9:00 pm Smithtown. Information, Registration: 631-724-9733. www.lightawakenings7.com.

WEDNESDAYS

SPRING PSYCHIC MEDIUMSHIP DEVELOPMENT CLASSES with Winter Brook, psychic medium, Wednesdays 7:30-9pm; May 2 - June 20 (8 classes, \$333 investment) @ 171 Main Street, Northport. Register now, don't be waitlisted! (winter@winterbrookmedium.com or (631) 261-9300) Love, Light & Laughter!

THURSDAYS

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

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

SATURDAYS

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. gatheringoflight.org. 631-265-3822. (See ad p.27)

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

CHILDREN'S SPIRITUALITY CLASSES 10AM during GOL services at 95 Old Country Road, Melville 11746. Contact Linda Brenner at lbrenn23@optonline.net to confirm.

SUMMERLAND CHURCH OF LIGHT, NSAC Renew your Spirit each Saturday at 10:30 am in our loving sanctuary, where all truth and knowledge-seekers are welcomed. 380 Nicolls Road, East Setauket, at the Unitarian Universalist Fellowship at Stony Brook. 631-316-1588.

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.

SATURDAY NIGHT CONVERSATION CLUB Do you appreciate talking with others interested in conversation, your opinions and your life passions? Have fun enjoying coffee and conversation on timeless topics and current events that engage your curiosity, creativity and sense of humor! Every Saturday, 7:30–9:30pm, Panera Bread, 345 Main St, Huntington Village, FREE, 516-815-4967.

SUNDAYS

THE TEMPLE OF METAPHYSICAL SCIENCE, NSAC— Come join us in our search for Spirituality & Inner Peace. The American Legion Building, Baker Street & S. Ocean Ave., Patchogue. Healing & Service: 11AM. (800) 316-1231. (See ad p.13)

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. and <https://www.facebook.com/innerlightcsl/>. (See ad p.14)

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.

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. 516-823-0940 www.unitylongisland.com UnityLongIsland@gmail.com. (See ad p.10)

SPECIAL EVENTS

APRIL 6

SPECIAL EVENT: MEET THE PSYCHICS that will be at the Spring Festival on April 22. Friday, 8:00PM, Members: \$10.00, Non-Members: \$15.00. No pre-registration required. Levittown Hall, Levittown Parkway, Hicksville, NY. 516-731-0909, www.eyesoflearning.org

APRIL 8

VOICES OF FAITH FOR PEACE Two and a half hours of Sacred Sounds from fourteen different traditions on Long Island. An amazingly transformative event! All welcome, Sunday, 2 - 4:30PM. NO COST. Farmingdale College Roosevelt Hall. Melville Rd entrance. Call GOL for more info 631-265-3822.

APRIL 15 & 22

WOMAN'S INNER JOURNEY Two consecutive Sundays, 12:30 – 7:00PM at Tranquility Within, 64 West Main St., Patchogue, NY 11772. To Register – call 631-730-6464, Rene Cerrito CPCC, The Well-Lived Life. This workshop is a wonderful exploration of yourself and your life...a joyful deep dive into your innermost thoughts, feelings, beliefs, and desires...mind, body, heart, and soul. Enlightening & empowering—and a lot of fun! Join me in this intimate circle for women. Cost: \$250.00. info/ testimonials: www.thewelllivedlife.com/w-i-j.

APRIL 22

EVENT: EYES OF LEARNING 31st ANNUAL SPRING FESTIVAL Sunday, 11AM–5PM. Admission: \$5.00. Readings: \$20.00. Levittown Hall, Levittown Parkway, Hicksville, NY. 516-731-0909, www.eyesoflearning.org.

APRIL 28 - 29

NAVEL EXPO – HYATT REGENCY HAUPPAUGE, NY – NEW Location. Top Integrative, Cause-Focused Healers and Authors, as well as innovative products, cutting-edge technology and the latest nutrition-based science from around the world! Call 516 596-8974 or visit www.navelexpo.com.

APRIL 29

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, balloon animals, photo booth. Meet QuackerJack from the L.I. Ducks and Miss Long Island Teen 2018. Live butterflies. Camps, party places, after school activities, kid's products and more! Huntington Hilton. 598 Broad Hollow Rd. (Rt. 110), Melville. 10AM-4:30PM. Tix \$5 ages 3+. 516-621-1446 www.AllKidsFair.com.

MAY 4

GROW YOUR SOUL AND FIND YOUR LIFE'S PURPOSE with Domenick Melillo, Intuitive Life Coach. Friday, 8:00 PM. Members: \$10.00, Non-Members: \$15.00. Levittown Hall, Levittown Parkway, Hicksville, NY. 516-731-0909, www.eyesoflearning.org.

MAY 5

25TH 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, longislandbeltaine@gmail.com.

MAY 6

LIFE BEYOND DEATH Enjoy a great lunch while Certified Medium Kim Russo connects to loved ones in spirit, plus an extraordinary talk by parapsychologist Loyd Auerbach about evidence of an afterlife. Sunday, 12-5PM, Huntington Hilton. www.foreverfamilyfoundation.org 631-425-7707. (See ad Back Cover)

MAY 12

SPECIAL TALK BY SHANNON TAGGART at Summerland Church of Light (SCOL). Shannon will discuss her forthcoming book, *Séance: Spiritualist Ritual and the Search for Ectoplasm* (www.shannontaggart.com) – a 16-year project on Spiritualism culminating in her photographs she has taken at Lily Dale and elsewhere, documenting séances and demonstrations of physical mediumship. 1–3PM, \$20.00 per person. For more information and directions: www.summerlandchurchoflight.org.

MAY 18

LECTURE: SPIRIT COMMUNICATIONS & SPOT READINGS with Josephine Ghiringhelli, Psychic Medium. Friday, 8:00 PM. Members: \$10.00, Non-Members: \$15.00. Levittown Hall, Levittown Parkway, Hicksville, NY. 516-731-0909, www.eyesoflearning.org.

UPCOMING EVENTS

UK INTERNATIONALLY RENOWNED DEEP TRANCE SPIRIT ARTIST, SANDY INGHAM will be working with Winter Brook, psychic medium in 2 Joint Demonstrations in Northport. Wednesday, **July 25** and **Tuesday, July 31** @7pm. Limited seats. \$45.00 RSVP (631) 261-9300 or winter@winterbrookmedium.com.

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Connect With Your Mother

by Madisyn Taylor
Santa Barbara, CA

Some of the most awe-inspiring moments of my life have occurred outdoors, in the presence of nature: witnessing an incredible moonrise from behind a hill, with the moon feeling close enough to jump on it; feeling the power of waves breaking at the beach, reminding me that nature is a powerful force; observing the silence of a summer night and staring at the stars, my mind filled with questions about where we came from; finding a magnificent tree that beckons me to sit beneath her.

When I was a young girl, I often felt that nature was my real best friend. I found so much comfort in the woods, among the mountains and lakes, and even in our own garden. When I was in nature, I knew that all would be all right; she was like a comfy blanket and teddy bear in my times of distress. To this day, I still get the same feelings, as if somebody is hugging me, letting me know that no matter what is worrying me, I can take a deep breath with Mother Nature and all will be well.

Mother Earth is a living meditation; her beauty is everywhere, boundless in her never-ending cycles of life. This is why I make time every day to connect with nature, even if it is only in my garden, knowing that I will slip easily into a calmer state there. Nature both energizes and grounds me, providing me with the perfect energetic attunement needed in that moment. The beauty of nature is that it is available to everybody; even those living in cities have many parks to choose from, and a small spot can become your special place to relax and connect. Nature wants to come forth—wants our connection. In turn we are nourished by its abundance.

There is really nothing that will bring you back to center within yourself faster than breathing fresh air and walking in a meadow, among the trees, or on a beach. But there is a difference between being *in* nature and being *with* nature. When we are in nature, we notice her beauty and what she has to offer, perhaps by going for a hike; but



when we are truly *with* nature, we become one with her. All at once we can feel her and notice how we are all connected. We are brought out of our own awareness of our daily life and grounded in something deeper and more meaningful. We are provided a peace and a unity with *all* life.

Take the time to go out on nature dates—sit on a rock, on a bench at a park, or under a tree: listen and breathe. You don't need to check your messages, text, or make a call. Just close your eyes and connect. This is how you get grounded; this is how you center your energy in your body. All at once your shoulders will drop and your body will relax. Mother Earth wants to connect with you; she has been waiting for you and will receive you lovingly in her heart if you just take the time to sit still.

I love nature so much—our great Mother Earth who really *is* our ultimate mother! Becoming more in tune with nature made me realize how we, as a species, treat the earth. When I was still taking my medication, I became aware that all of the drugs we put into our bodies ends up back in the earth and in our water. I read articles that said cities were finding anti-depressant medication in their water systems, and it frightened me. I didn't want to be a part of that if I could help it. I love the earth so much, and we only have this one planet to live on. I realized that I didn't want to do anything in my life to contribute to her demise. I used this knowledge as part of my motivation to become free of medications. It became very clear that I needed to care for Mother Earth as she cares for me. This is the wonderful thing about “lightbulb” moments: we never know when or what will

boost us onto the trajectory of a new and healthier path.

What are we doing to our planet—our home—and what can I do to help? These questions really lit a fire in me to take care of my body in the best possible way naturally, so I didn't add to the pharmaceuticals that were ending up in our resources. Part of living on this planet is being a good steward of the land, acting for the whole of humanity, and not acting selfishly. For a long time I struggled whenever I had to take an antibiotic or another pill, as I knew where it would eventually end up. If I could be one less person adding to this pollution, I wanted to do something about it.

As with all things, there must be balance, and knowing that I was aware of the issue and doing the best job I could was a good start. Communing and connecting with nature enhanced my awareness and made me fall deeply in love with Mother Earth—I wanted to protect and care for her so that she, too, could be healthy and whole. How I wanted to treat and heal my body became a reflection of how I wanted to treat and heal our Earth.

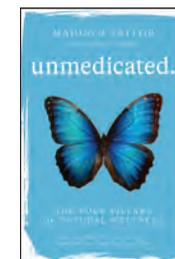
The ways I try to help heal our Earth are:

- ✦ Not using pesticides in my garden or toxic cleaners in my home

- ✦ Growing a garden
- ✦ Planting trees and flowers
- ✦ Investigating how to get and care for a beehive
- ✦ Donating money to organizations that work to heal the planet
- ✦ Recycling whenever possible ✦

Excerpted from **Unmedicated. The Four Pillars of Natural Wellness** by Madisyn Taylor courtesy of Atria Books/ Beyond Words and Madisyn Taylor.

Madisyn Taylor is the co-founder and editor-in-chief of the popular inspirational website and daily newsletter, *DailyOM* and is responsible for all of its content. A recognized leader in self-help and new thought spirituality, Taylor has more than 20 years of experience in personal development and alternative healing methodologies. She has contributed to national publications and is a popular guest on many radio shows. *Hay House* published her international bestselling books,



DailyOM: Inspirational Thoughts For A Happy, Healthy & Fulfilling Day, and DailyOM: Learning To Live, and she is also a #1 Billboard recording artist with her line of guided meditation albums.

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Is America Willing to Face the Real Smoking Gun?

by Donna Martini
Oyster Bay, NY

Watching Keanu Reeves last week in the motion picture, “John Wick,” reminded me of my younger years watching Clint Eastwood, Charles Bronson, and Chuck Norris movies.

I can still remember the vigilante-like adrenaline I felt surging through me as I walked out of the theatre ... it was so palpable it made me want to kick something in the parking lot. In a few hours the feeling would wear off but I wonder now, if I wasn't a balanced young woman in her right mind, would I have been capable of violence? Picking a fight? Perhaps bullying? The answer, I believe, is a resounding, “Yes!” After years of research and experience, I've discovered that any combination of past trauma, emotional and mental stress, hormonal and/or biochemical

imbalance, and thoughts of helplessness (that turn into anger) is what it takes to create “the perfect storm” in any human being. Whether someone is led to hurt themselves or another, it still originates from what is transpiring in the delicate relationship between the mind and the body.

The latest school shooting energized us, but the truth is, we have a lot more than that to be riled up about. The FBI claims that in 2016, there were an estimated 1,248,185 violent crimes. Other agencies report that in a year, over 321,000 tweens, teens, and adults are the victims of rape and sexual assault, and approximately 1,000 American women (and many more worldwide) are murdered by a current or ex-male partner. Another sobering stat: One in four girls and one in six boys are sexually abused before they turn 18 years old with 34% of their assailants being family members. And the list of violent crimes doesn't stop there. Without taking away the attention or time we are bringing to guns (and the need to regulate ownership), I'm going to suggest we take the onus off of them as it pertains to motive and cause. **There is a much bigger issue we all need to address and**

that is mental, physical, emotional, and spiritual imbalance.

What does it take to raise a healthy, loving, law-abiding citizen? That's actually an easy question to answer, so we really should be asking, “What does it take to raise an abuser? A killer? An assailant?” We know this answer too, but are we willing to do something about it? Will money and greed keep driving our need to push violence as amusement? Will we continue to allow unfair divorce proceedings to leave kids without one of their parents, most especially their dads? Worse yet, will those of us going through divorce continue to fight and hate our way through it? Are we going to continue to ignore the potential negative manipulation that food, sugar, pesticides, chemicals, immunizations, and legalized drugs has on our children's minds and bodies? Are we finally going to analyze how the school environment, curriculum, and stress we put them under is affecting their psyche and physical state of being? Will we keep putting our heads in the sand about what seeing us divided as a nation is doing to instigate their fear about their future? And generational poverty... will anyone ever be willing to speak frankly without the political left or right slant about one of our saddest stats here in America?

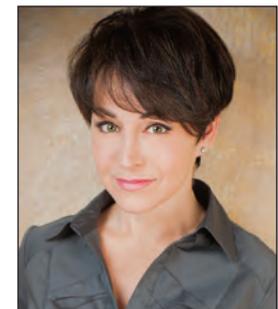
We can initiate new gun laws but that will not rid us of the reasons why someone wants to kill or hurt people. In fact, my fear is that we pass laws, say our hoorays for a job well done, and then never fervently address the real instigators of violent behavior because too many people would have to take too much responsibility for what we aren't doing to help eradicate them. There are many intelligent, wellness-minded people, though, that will say there are easy strategies, and simple—sometimes free, sometimes low-cost—habits and programs we can adopt for our children (from birth on) in our homes, neighborhoods, schools, and states that will prevent crime, addiction, bullying, sickness, disease, mental disorders, drug and alcohol use, and more. They include understanding how we communicate through energy and how love and personal responsibility can promote peace and happiness. These people would suggest changing our curriculum to include more physical and mental exercises that will keep kids balanced and more motivated to live clean and healthy lives. Some new habits would involve daily meditation, self-administered trauma and anti-anxiety therapy, and quite a few other techniques they can use their entire lives to help them deal with the stress that just living life creates. Eventually, the food and drinks we allow them to eat and bring to

school would need to be addressed, because it is undeniable: The chemistry put into the body changes the chemistry of the body.

All of this would take our legislators, teachers, police, school administrators, parents, doctors, therapists, and so many more in a position of power to be open-minded, listening, and then willing to move forward together to create positive change. And we know that some are, but we need more. Perhaps so many people, most especially those that are in a position to make decisions, are so stuck doing what they believe is right without taking into account that it is not working! The research is in though. We know more about our intrinsic gifts and how to use them, yet we are still dragging our feet when it comes to changing what we can change and that is irrespective of what government administration—democratic or republican—is in power. I want to know why. I want to ask the powers that be, **“When will our kids learn about quantum science? Are they being taught that they are energetic, self-healing beings with hearts and minds so powerful there is nothing that can compare to them in the entire universe?”**

I want decision makers to give me plausible reasons why billions are being spent dealing with our issues after they cause devastation while so little is being spent on preventing them. Lastly, and most importantly, “Why is everyone so afraid of spirituality? What do we think is going to happen if we start teaching our kids about love?”

We know we are more than our bodies; science has proven that. It isn't that hard to be mindful and loving, and it's incredibly easy to teach it to our children. Why, then, are we making it so damn hard? ✨



Donna Martini is a wellness coach, activist, radio show host, and author. As a long-time student of all aspects of wellness and energy manipulation,

she has been striving for decades to promote and teach healthy lifestyle practices to businesses, schools, government entities, NFPs, and homes throughout America. Most recently she has broadened her media coverage to include writing and producing music. With her latest music video release called, “One Nation's Heart,” she hopes to spread the message of unity and prompt a more peaceful existence for ourselves and a brighter future for our children.

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The Holiest Spot on Earth

by Alan Cohen
Hawaii

It was one of those days when the world was supposed to come to an end. The planets had achieved the crucial alignment, the ancient prophecies were being fulfilled, and psychics confirmed this would be the turning point. Hordes of people were rushing to safety at spiritual power places around the globe. Others had gone on shopping sprees and ran up huge credit card bills after being advised the world economic system was going to crash. Others said goodbye to non-believer loved ones. This was it.

I was flying over Europe with a group that had just completed a spiritual pilgrimage. A little girl in the group, age 8, was fearful because she had heard the prophecies. She went to the leader of the group and asked her if, upon landing, we would be taken to a power place where the earthquakes or floodwaters could not reach us. The leader took the girl's hands, looked her in the eyes, and told her, "Don't you worry, darling. *You* are the power place. When you dwell in your spiritual strength, you are safe wherever you are." Truer words have never been spoken.

In my many travels I have been blessed to visit some of the most sacred sites in the world: the Pyramids of Giza, Machu Picchu, the vortices of Sedona, Mt. Shasta, Mt. Fuji, Jerusalem, and more. I have immensely enjoyed all of these pilgrimages and felt blessed to connect with the energies there. They are all truly wondrous.

Then I came across a quote from *A Course in Miracles* that made me rethink the definition of a sacred site: "The holiest spot on earth is where an ancient hatred has become a present love." Hmmm.

The *Course* is telling us that because we are spiritual beings at our core, it is the state of our spirit, not geography, that empowers us and makes us safe. Any place where we recognize the presence of God is a power place, which includes right where we stand. The *Course* also tells us that the



fastest route to enlightenment is through elevating our relationships and choosing love where we once chose fear. When you achieve a healing in a relationship and you replace judgment with forgiveness, you are standing on the holiest spot on earth.

The ego prescribes horizontal or geographical cures for our pain. If we just changed our relationship partner, job, or living situation, all would be well. But *if you leave a job or relationship without healing the issues that caused you to want to leave, you will just recreate the same situation. Effective changes in the outer world must be preceded by changes in mind, heart, and attitude.* When we achieve inner healing, outer changes flow naturally and organically, with the least effort and no stress.

The world we see is a screen upon which we project our thoughts. If we entertain thoughts of safety we will see a safe and kind world. If we entertain fear thoughts, we will see threat wherever we turn. The world has no reality or substance except that which we give it with our mind. If you feel vulnerable, the place to turn for safety is within. The spiritual guide Bashar says, "Either you are secure or you are not. There is no such thing as partial security. You must decide the nature of the universe you live in. I assure you that you are secure."

It's uplifting to visit places considered sacred and spiritually powerful. Just remember that what makes them powerful is the intentions you bring to them. You believe you are visiting a physical place with certain attributes, but you are really visiting a place in your mind. That place is available to wherever you are. A spiritual master finds God in places that others do not. As William Blake poetically described, *To see a World in a Grain of Sand And a Heaven in a Wild Flower, Hold Infinity in the palm of your hand And Eternity in an hour.*

You have the power to transform any situation and make it holy. The best way to do this is to search your life for relationships that have been commandeered by fear, and liberate those relationships with love. It's easier to fly to Machu Picchu than face your ex and create harmony where there was enmity. But that is the work before us. People ask me, "How can I connect with my angels?" I tell them, "Find

the angels within the devils in your life, and legions of angels will flock to you." They tell me, "I wish I were at the last supper with Jesus." I tell them, "Make it through Thanksgiving dinner without getting upset with your relatives, and Jesus will find you. Make that the last supper you give your power away."

We tend to seek salvation in distant times and places, when it is already here for the asking. To create heaven on earth, take earthly situations and lift them to heaven. Then we will really be getting somewhere.



Alan Cohen is the author of many popular inspirational books, including the bestselling *A Course in Miracles Made Easy*. Become a certified professional life coach through Alan's popular *Life Coach*



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Her new practice—**Nature's Dental**—is primarily devoted to Biomimetics – Nature Mimicking Dentistry, as Dr. Olga (as she prefers to be called) strongly believes that Biomimetics is the future of all

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5 Things in Your Kitchen to Avoid to Keep You Healthy

by Beth Greer, The Super Natural Mom
San Francisco, CA

Your health starts in your home. If you want to get healthy and stay healthy, start in your kitchen.

If you feel confused about the simple, practical things you can do, don't worry. Here are some easy ways to decrease the amount of chemical toxins you are exposed to daily in your very own kitchen.

Eat organic or pesticide-free foods whenever possible. There are shockingly about 54 pesticide residues on non-organic strawberries and 47 on apples. Pesticides are hormone disrupters, neurotoxins, reproductive toxins, and are linked to cancer. The good news is that only three days away from eating non-organic produce removes 80% of residues in the body. Shop at farmer's markets where you can talk to the farmer directly and find out their growing methods. Look at the EWG's "Dirty Dozen" list and especially avoid those that top the list.

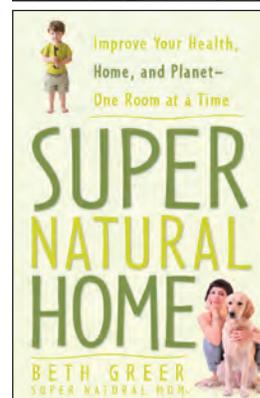
Forgo food additives like MSG, trans fats (partially hydrogenated oils) and artificial food coloring. The latter can cause behavioral and health problems. These synthetic dyes are banned in Europe because studies have shown they cause hyperactivity. Read labels to watch for hidden colors in cereals, soft drinks, cakes, cookies, children's medicine and vitamins.

Abolish Artificial Sweeteners. Especially aspartame, which is a synthetic chemical found in NutraSweet, Equal, Diet Coke and Diet Pepsi, as well as sugar-free gums, candies, yogurts, and lo-cal breakfast cereals. Three key studies funded by an independent lab found that the sweetener caused lymphomas, leukemias, kidney, and other cancers in rats and mice.

Choose filtered tap water over bottled. It will have less bacteria and chemical contaminants. Choose glass or stainless steel water containers. Scientists have found the longer a plastic water bottle sits on a shelf, whether in a grocery store or your refrigerator, the higher the risk you'll consume a greater dose of a chemical called *antimony*, a potential carcinogen.

Replace Plastics. BPA is a ubiquitous chemical that mimics estrogen if it's introduced into your body. It can get there by leaching out of hard plastic bottles, especially if they are heated (in microwave ovens or dishwashers) or exposed to acidic solutions (tomato sauce) or UV light via sunlight or baby bottle UV sterilizers. BPA is also found in plastic reusable food containers, canned soup, soda cans, and cash register and ATM receipts. BPA is linked to everything from heart disease to obesity to reproductive problems.

Want to know more about how to easily detect and reduce your exposure to toxins inside and outside of your home? Check out my Healthy Home Course www.healthyhomecourse.com where I show you how to identify, and then reduce your exposure to, often hidden toxins



in the products we put in us, on us and that surround us. Or you can get a customized Healthy Home Assessment www.supernaturalmom.com/healthy-home-assessments where we virtually go room-by-room to identify where you have potential exposure to hidden toxins and the simple changes you can make to reduce or eliminate your exposure to them. ✨

Beth Greer, Super Natural Mom®, is former president and co-owner of *The Learning Annex*, expert on toxin-free living, speaker, holistic lifestyle educator, and environmental health advocate who eliminated a sizable tumor in her chest without drugs or surgery. She's the author

of the bestseller, **Super Natural Home**, endorsed by Deepak Chopra, Ralph Nader, and Dr. Joseph Mercola. Beth helps educate people through her radio show, personalized in-home (or Skype) detox consults, and webinar trainings.

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Native Bees: Our Unsung Heroes

by Demarus Tevuk Sandlin
Woodinville, WA

The European honey bee is well-known and popular, so popular that they get their own rallying cry of “Save the Bees”. While pesticides, diseases, climate change, and habitat loss are all harming honey bees, our native bees are also suffering. And because they are unknown, native bees are facing extinction.

When most people hear the word “bee” they think of yellow and black stripes, hives and honey, and social colonies. But the world is home to more than just honey bees and bumblebees. When I teach a workshop on raising our native bees, I like to watch my audience’s jaws drop as they learn that more than 90% of the world’s 21,000+ bee species are not actually living in a social structure.

North America is home to about 4,000 native bee species and most of these bees are living a solitary, not a social lifestyle. With solitary bees, each individual bee is fertile and the females have to do all the work to raise their young. Most bee species have a short adult life span and are only flying for about 4-6 weeks. During this short time, the solitary female bees have to gather nectar and pollen, build in some nest protection, and lay eggs.

Short on time and having to do all the work means that solitary female bees tend to be even gentler and better pollinators

than social bees. The only time a female solitary bee will sting is as a last resort and they never swarm attack. Solitary bees can’t spend their precious time flying long distances so they stick close to home and only forage about 300 feet away from their nesting site. A short-range solitary bee is perfect for pollinating organic farms.

Instead of making honey, solitary bees gather nectar and pollen and combine it into what I like to call a pollen loaf. The pollen provides protein, some fat and vitamins, and the nectar provides carbohydrates. Each egg is given a pollen loaf that is just the right size to feed the egg to adulthood.

Solitary bees tend to carry pollen dry and loose on their hairy bodies and they have the freedom to visit flowers as they see fit. Bees are amazing creatures that are able to tell if a bloom is ready to be called on again and native bees are excellent cross pollinators. Dry, loose pollen falls off easily at each flower and **solitary bees are at least 100 times more effective pollinators**



than honey bees. I have a feeling that the economic value of native bees is severely underestimated.

So, where do native bees live? About 75% of bee species nest underground and the mining bees that dig their own nests are remarkably strong. Unfortunately, rearing ground-nesting bees is nearly impossible and we can’t easily move them to our farms. But we can learn how to raise the 25% of bees that nest in above ground holes. We can raise hole-nesting bees by providing their preferred nesting holes, harvesting (or removing) bee cocoons from the holes at the right time, and moving the cocoons to a nearby farm.

Raising native bees is an important first step towards a more sustainable agricultural system. As we’ve seen from colony collapse disorder, relying on only one bee species is risky. We should diversify our bee portfolio by turning to our native bees who are better acclimated to our plants and our landscapes.

My favorite native hole-nesting bee species is the **spring mason bee**, a dark blue bee whose scientific name is *Osmia lignaria*. They fly in the spring and are perfect pollinators of fruit and nut trees and berry patches. I’ve seen people double or triple their fruit yield and even my poor old apple tree grew huge apples after I started raising mason bees.

I love to hold mason bees in my hand as they chew their way out of their silky, waterproof cocoons. I was scared the first time but I quickly realized that holding a mason bee is like holding a ladybug. Both insects poop on you to lighten up before flying away.

Only through raising mason bees did I get to know what bees need and I started to look at my yard a little differently. Now I take the time to notice the very small bees on my weeds, weeds that I am no longer fighting to remove. I remind people that to a bee, the yard is their entire home and chemical-free flowers can be an oasis.

Early in 2016, the UN announced that their meta study showed that nearly 40% of the world’s insect pollinators are facing extinction. There are plenty of beekeepers working hard to maintain honey bee populations but there is no such effort for native bees. It’s time to give native bees the spotlight they deserve and interpret “Save the Bees” as inclusive of our unsung native bees. ✨

Demarus Tevuk Sandlin leads Environmental Programs at Crown Bees, a native bee supply company in Woodinville, WA. To learn more about native hole-nesting bees, visit CrownBees.com and sign up for their bi-weekly BeeMail newsletter. Demarus will teach you how to raise and support wild bees and grow more food for more people.

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POETRY

Going Forward

by Rhonda Weiss, Leeds, NY

Although I see you standing, almost as tall as me
 Youthful and strong
 While I have grayed with the years
 I cannot dispel the notion
 That if I could still lift you in my arms
 As I did just a few years past
 That, if I could still hold you close
 To the heartbeat in my chest
 That I could calm your fears
 Of a world filled with terror attacks
 For am I not your mother?
 And is that not what a mother's love can do?
 Then why do I feel so vulnerable, too?
 Why can't I find the right answers for you?
 Will the words that comfort me
 Comfort you?
 Everything will be OK
 You'll see
 You'll gather your strength
 You'll meet what's next
 You'll live your life
 You'll do your best
 I hope they do

Watercolors by
Jan Guarino

631-368-4300

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jan@guarino.gallery

Senses

by Rosemarie Kluepfel, East Northport, NY

I opened my eyes and in the river,
 my reflection I could see.
 Felt the sunshine on my face,
 the birds I could now hear.
 Smelled the dampness of the morning dew
 in the meadow field.
 I learned to speak the truth
 and my soul was healed



Stewards of the Earth?

Anthony Capozello, Springfield Gardens, NY

We slash, burn, dig, destroy, cut, drill,
 pound and blast her
 We mutilate, pollute,
 taking all that she provides for our survival
 Dumping all unwanted resources
 after taking what we desired
 Digging deep into her fragile body,
 making her frail and weak

Like parasites, we drain every bit of energy
 from her good intentions
 Laminating and suffocating her with asphalt,
 plastic, metal and chemicals
 We hardly ever replenish or
 give gratitude for what she provides
 Because arrogance, power, ego
 and greed run deep in the veins of many

All the creatures and living things
 that dwell upon her and within her
 Are now being maliciously destroyed
 and disappearing from total existence
 We were instructed to be
 the so-called "Stewards of the earth"
 But how could that be, when all we have to show,
 is blood on our hands

Genesis

by Dave Frieman, Huntington Station, NY

Life is given breath from love, matter and energy,
 Through spectacular explosions of beautiful divinity,
 Birthing the cosmos and its metaphysical connections,
 With arrangements of atomic particles
 into particular selections.

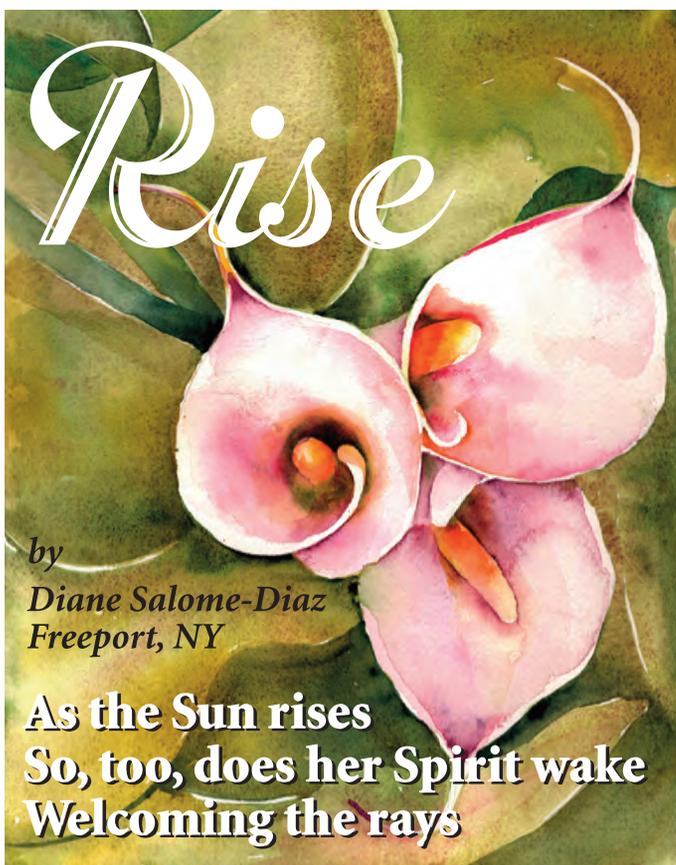
From orbiting planets to amoebae
 to enormous black holes,
 The oral stories of primordial history
 will forever be told,
 Always with one lingering question: Will we ever learn
 That it's better to do no harm
 than to destroy and burn?

Fourteen billion years after the cosmic genesis began,
 Its celestial elements live within
 our water, trees, and sand,
 Will we be able to survive for
 the next seven generations?
 That depends on whether we choose LOVE
 or total annihilation.

The Nature of Risk

by Patricia Soper, Patchogue, NY

What courage, each year, has the tree
 to once again birth her leaves,
 her pink cherry blossoms or delicate dogwood petals,
 knowing in days, weeks or months,
 they will wither and fall to the ground.
 So, too, the crocus or tulip,
 who struggles through the frozen ground,
 regardless the chance of Spring snowfall.
 Even if warmed, her flower's glory will be
 short-lived.
 What freedom to show up, generously share,
 sure of one's value to Earth.
 Oh, to be like that,
 to bloom without fear,
 not clinging to longevity,
 nor demanding guarantee,
 but offer our best without expectation.



Rise

by
Diane Salome-Diaz
Freeport, NY

As the Sun rises
 So, too, does her Spirit wake
 Welcoming the rays

"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

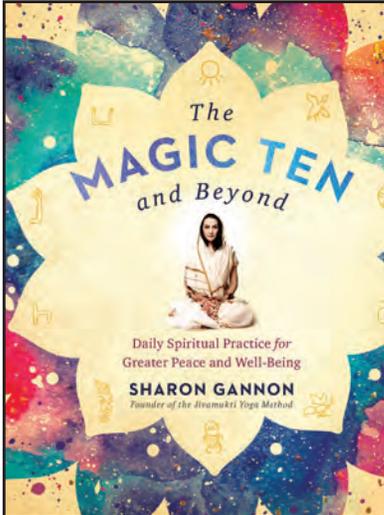
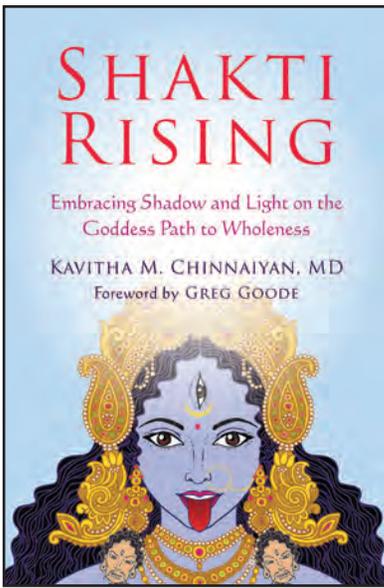
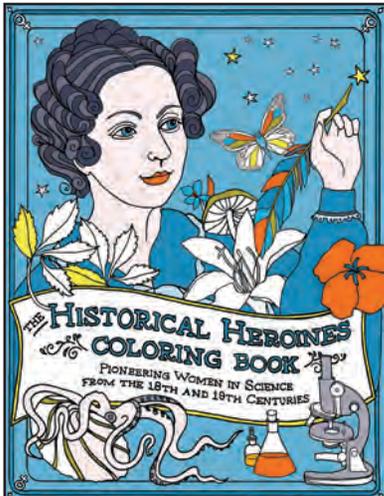
BOOK REVIEWS

& PRODUCTS

THE HISTORICAL HEROINES COLORING BOOK: Pioneering Women in Science from the 18th and 19th Centuries
by Elizabeth Lorayne
Illustrated by Kendra Shedenhelm

Did you know that the term “scientist” was created to include Mary Somerville (1780-1872)—a woman—since “man of science” was no longer appropriate?

Award-winning author Elizabeth Lorayne’s new coloring book, *The Historical Heroines Coloring Book* celebrates the achievements of 31 brilliant women who contributed to science. Edifying and timely, this ready-to-color collection of women trailblazers will inspire humans of all ages. Covering Nobel Prize winners and major innovators, as well as lesser-known figures who made an impact, *Historical Heroines* devotes a two-page spread to each remarkable woman. Short profiles provide facts about their lives and discoveries, including how they overcame the social expectations of their times to pursue their passion, with line-drawn portraits for coloring. These extraordinary heroines hail from diverse backgrounds, nations, and fields of study, from Alice Ball (African American chemist), to Ada Lovelace (British mathematician), to Wang Zhenyi (Chinese astronomer). They studied beetles, stars, dinosaurs, electric arcs, and DNA. At the back of the book, a longer list of historic women scientists, a robust resource section, and a glossary of scientific terms invites further exploration. *Historical Heroines* would make a fun gift or classroom resource.



SHAKTI RISING Embracing Shadow and Light on the Goddess Path to Wholeness
by Kavitha M. Chinnaiyan, MD
www.newharbinger.com

Many of us are driven by a sense of lack that leads us to endless seeking. On our search for completion and contentment, we may find ourselves denying the shadows within us—those parts of ourselves we’ve deemed bad or wrong. In *Shakti Rising*, you’re invited to tread the path of the Mahavidyas—the ten wisdom goddesses who represent the forces of darkness and light in us all. Through fierce imagery and symbolism, these goddesses catalyze the transformation of darkness to light and take us beyond dualities such as good versus evil to the realization of the non-dual awareness that is our true nature. The author—by day a cardiologist—explores this symbolism through the lens of yoga, tantra and Vedanta. With contemplative exercises, self-inquiry practices, and everyday, real-life examples, this book brings these goddesses to life, where they reveal the source of our suffering and open us to sweetness, joy, and beauty. On this path of the divine feminine, the Mahavidyas will show you that no matter who you are, you have always been perfect and whole.

THE MAGIC TEN AND BEYOND: Daily Spiritual Practice for Greater Peace and Well-Being
by Sharon Gannon

Author and co-founder of the groundbreaking yoga practice, The Jivamukti Method, legendary yoga teacher, Sharon Gannon shares her new book. Presented as a ten-week course, each week incorporating a unique spiritual intention, *The Magic Ten And Beyond* is a simple guide to developing your own individualized daily spiritual practice to be performed each morning of the year for greater peace and wellbeing. While many people experience yoga only in yoga studios, Sharon explains that it is highly beneficial to have a morning spiritual practice that is private and can be done on one’s own at home. This powerful little book will guide readers in cultivating such a practice replete with how-to instructions and photos of the ten simple morning yoga poses she recommends, as well as guidance on meditation, blessings, and awareness exercises that can be added into the mix to help readers begin their day with greater focus, compassion, and joyfulness.

WE WALK BESIDE YOU: Animal Messages for an Awakening World
by Sandra Mendelson
Little Black Paws Publishing

Have you ever looked at your furry friend and wondered, “What are you thinking about?” *We Walk Beside You* opens the door to the breathtaking world of the animal consciousness, wisdom and what animals understand about life—and us. Communicating through the vehicle of telepathy—from one mind to another—members of the animal kingdom step forward to reveal what they want humans to finally know. From blue whales to our beloved animal companions, they disclose witty and hilarious observations of human conduct and rectify our long held misconceptions about their behavior. Even more significantly, they deliver messages filled with hope, inspiration and vision that are so badly needed in

our current human world. Beckoning us toward sanity and self-empowerment, away from our devices and back to connection with each other and all life, the world of animal consciousness can profoundly open our eyes and hearts and help us create the world we long for. You may never look at our fellow creatures the same way again.

MONEY, MANIFESTATION & MIRACLES: A Guide to Transforming Women’s Relationships with Money
by Meriflor Toneatto
newworldlibrary.com

Women are starting their own businesses more than ever before, but still, far fewer women than men earn six, or seven-figure incomes. In *Money, Manifestation & Miracles*, Meriflor Toneatto zeros in on what needs to happen so we can change this state of affairs. “Many great resources for women related to personal financial planning, management, and investing are available,” writes Meriflor. “Rather, the focus of this book is on helping you understand

your beliefs and attitudes about money, achieve a harmonious relationship with money, and develop a deep sense of abundance, thereby creating enduring wealth from within.”

With a profound understanding of the ways that money is “emotional currency” for women, *Money, Manifestation & Miracles* prescribes eight Holistic Principles that allow women to overcome deep-seated blocks, “pay forward” their own successes, and live the lives of their dreams. Meriflor writes “This book is an awakening for women to take action to reclaim their feminine connection to money as a source of empowerment, love, wealth, fulfillment, and success ... there is a natural connection between women, generosity, and leveraging money to help others.”

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To Really Choose a Man

by Joyce & Barry Vissell

To really love a man is to choose him over and over again. It's not enough to say marriage vows one time, though that is certainly important. The relationship is deepened if you let him know often that you would choose him all over again if given the choice.

There are many things that stand in the way of a woman clearly choosing her partner as the most important person in her life. For many women, their children become more important than the man in their life, even if that man happens to be the father of the children. Having raised three children, I certainly understand this pull to make the children more important. I was a hands-on stay-at-home mother. I was and still am so in love with our children.

When our first child, Rami, was born, I thought she was the cutest thing in the whole world. If I was in a room and she walked in after being away for a while with Barry, I would make such a big fuss over her and go on and on about how cute she was. If Barry walked in right after her, I would look at him and think to myself, "What could he do right now to help me." He was becoming more of my helper than my partner. All of my adoration was going to Rami. One day Barry sat down next to me and said in a vulnerable voice, "I wish you could be as enthusiastic when I enter the room as you are with Rami."

He was absolutely right. I was giving a clear message that I was choosing Rami over him. I vowed to stop that right away. From then on, I sincerely tried to be enthusiastic about both of them. I vowed to stop seeing Barry simply as someone who could help me with the children, and see him as my partner, the man that I love and adore. From that time on, I made a point to let him know I would choose him again if given the choice. I also tell him I feel I made the best choice in a husband.

A woman's friends can also stand in the way of her choosing her husband or partner. I know women who would much rather spend time with their women friends than their partners. As a woman,

I know how vitally important it is to have women friends. I know that most women feel they could not even survive this life without their women friends or, in some cases, their sisters. There are so many gifts that come from having women friends, like receiving their understanding of your feelings, body changes, mothering issues, or just the special bonding that can happen between women.

However, some women do this to excess in which they are clearly choosing their women friends over the man in their life. The man is relegated to the background. He becomes a convenient person to watch the children, earn money, or help with the house. If the man feels second to the women friends, he will then go off and develop his own interests, and soon the two are merely passing each other as strangers in their home. This cycle will get worse unless there is a renewed choosing of each other. Interestingly, body image can also become more important to a woman than the man she loves. Of course, exercise and working out is important in a woman's life, but not more than choosing love. She can become too preoccupied with how she looks. Hour upon hour can be spent in the gym sculpting a certain look to her body.

Sometimes women choose their family of origin over their partner. Their siblings and parents become more important than the men in their lives. I know several men who have to spend every single holiday and vacation with the women's family. One man lamented that he thought he was marrying one woman when instead he married her whole family of fifteen members. Every Christmas, Thanksgiving, Easter and each and every vacation he had from work was spent with her family. It was hard to feel the togetherness in their relationship around so many people. When he once asked if they could just spend one vacation totally alone, not only did she refuse, but he also then had her whole family upset with him for even coming up with the suggestion.

This man loved his wife very much and did not want to leave her, but he always felt secondary to her family.

Career is another factor that can prevent a woman from really choosing her man. She and her partner may have come to agreements on childcare and hours of work. And yet, because it is harder for a woman in the professional workforce to prove herself, she may feel driven to spend many extra hours at night preparing for the next day. Doing well in

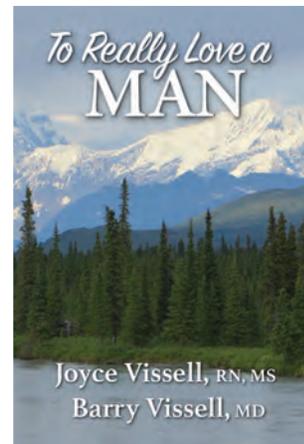
her career may be her top priority and her partner may find himself further and further down her list.

Even spirituality can get in the way of a woman choosing her man. I consider spirituality very important, really the most important thing in life. And yet, even in this area, women can sometimes make unhealthy choices.

In our counseling practice, we sometimes will ask a couple if they would choose each other again. I will never forget the look on one man's face when his wife, without any doubt in her voice, said she would choose him again and again. The man burst into tears. He had been convinced that she was merely tolerating the relationship. His heart opened wide just knowing that she would choose him again.

On the morning of our daughter's afternoon wedding, a friend came to set up the sound system. I was outside preparing flowers around the altar when he handed the microphone to me and said, "Say the most important thing in your heart right now."

I didn't even need to think about it when I clearly and with conviction said, "BARRY, WHEREVER YOU ARE, I CHOOSE



YOU ALL OVER AGAIN. I WOULD MARRY YOU AGAIN IN A SECOND!"

From down at the bottom of our sixteen acres, Barry was clearing poison oak and yelled up, "JOYCE, I WILL ALWAYS CHOOSE YOU!"

I'm quite sure all of our neighbors heard our booming testimony of love and choosing, which I thought was sweet. ✨

Excerpted from the Vissell's new book, To Really Love a Man

Joyce & Barry Vissell a nurse/therapist and psychiatrist couple since 1964, are counselors near Santa Cruz, CA, and are

widely regarded as among the world's top experts on conscious relationship and personal growth. They are the authors of eight books, including two new books, **To Really Love a Woman** and **To Really Love a Man**. Call 831-684-2299 for further information on counseling sessions by phone or in person, their books, recordings or their schedule of talks and workshops, and retreats; visit their website at www.sharedheart.org for their free monthly e-heartletter, their updated schedule, and inspiring past articles on many topics about relationship and living from the heart.

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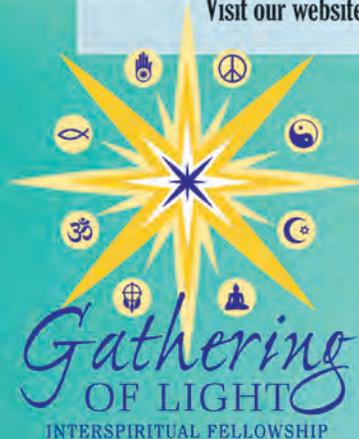
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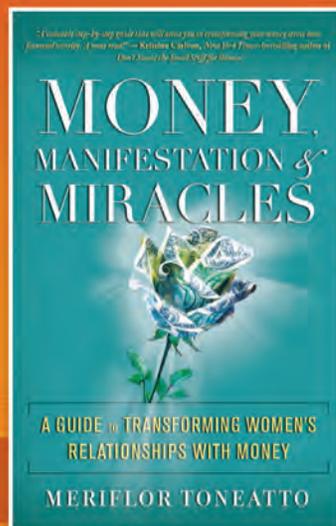
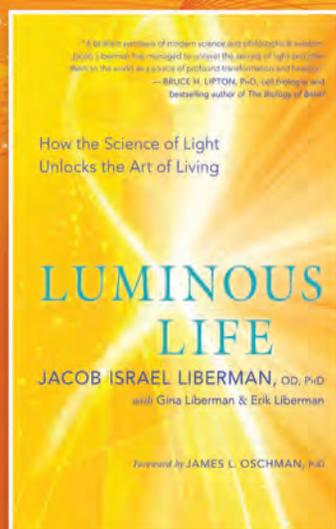
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(Doors Open at 11:30 pm)

WHERE: Hilton Hotel
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REGISTER: foreverfamilyfoundation.org

HIGHLIGHTS

- 5 hour event
- Includes extravagant luncheon
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- International Celebrity Medium, Kim Russo
- Raffle Drawings
- Door Prizes
- Book sales/signings
- Photo ops
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Loyd Auerbach, MS is a noted professor, author, parapsychologist, paranormal investigator and psychic entertainer. He is the author of 10 books about the paranormal, and his TV appearances include *Oprah*, *The Today Show*, *Larry King Live*, *The Joan Rivers Show*, *The Late Show*, *Hard Copy*, and countless other shows that deal with paranormal themes. His appearances on radio, podcasts and print number in the thousands.

