

INSPIRATION | HOLISTIC HEALTH | PERSONAL GROWTH

CREATIONS

MAGAZINE

Vol 35, Issue 2

April / May 2021

CreationsMagazine.com

In My World All is Well

The Spring "Women's" Issue:

- Your Built-in Power to Heal a Divided World
- An Open Letter to Survivors of a Pandemic
- How to Get From Tolerance to Unity
- Butter and the Boomerang Effect
- Don't Box Me In!

"Thank God for reality. It is far better than you have been told."

~ ALAN COHEN

Do You See the Light?

Light is life. It is natural. It is everywhere. Why not in oral healthcare? Let me shed some light on it.

We use a focused blue light when we do white fillings. That is how the composite resin paste turns into a hard filling material. Light is used for diagnosis of disease. *Velscope* is an enhanced oral cancer screening tool. It uses fluorescence to detect abnormalities beneath the surface of the gums, lips, cheeks, tongue, palate and pharynx. Intraoral cameras use light so that we can take photographs of the inside of the mouth so that we can show patients, third parties and other health care providers our clinical findings. *Transilluminators* are fiber optic instruments that produce a high intensity white light that is focused on a small probe which is used to detect small cavities. This is a wonderful adjunct technique to see if we need to do a filling or if we can remineralize a weak area of the tooth.

Computer aided design / computer aided milling (CAD/CAM) is something that has been used in engineering and

architecture for decades. Dentistry has adopted this technology which incorporates light to create dental restorations such as custom-made large filling and crowns. Almost everyone has experienced dental impressions where a putty-like material is placed in the mouth and is removed after it sets several minutes later. Many people cannot tolerate this material as it can cause gagging. With this technology, a tiny camera is used inside the mouth to capture images of your teeth and a digital, optical impression scan is acquired. No messy impression materials, no waiting, no gagging; and it's very accurate. Digital dental restorations can be lab fabricated or milled in-house. This technology is used for mouth guards, retainers, clear aligners (to straighten teeth) and surgical guides for a more comfortable, accurate and faster implant treatment.

Lasers use light for diagnosis and treatment. Diagnostic lasers can help detect hidden cavities on pits and fissures of teeth. *Biostimulation* is a fantastic phenomenon that recruits immune cells in an area to accelerate healing and

reduce inflammation. A low wavelength laser is utilized around the area of interest like a canker sore, a gum pocket or the TMJ (temporomandibular joint) reducing the recovery time by more than 50%.

For periodontal treatment, lasers are a great option in addition to conventional treatment to enhance patient outcomes and results. They help with debridement, disinfection and elimination of disease and inflammation. For non-surgical endodontic treatment, lasers offer photon-induced photoacoustic streaming and laser assisted irrigation for a 3D cleansing of root canal systems with higher success rate. There are other applications for lasers such as oral plastic surgery, desensitization of teeth, and even treatment of cavities.

Although it has lost popularity, in-office one visit whitening can be enhanced with a special bright light. The gel has photo initiators in it which speeds up the whitening process. This is not my favorite way to whiten teeth as it can cause temporary yet severe sensitivity to cold, but more importantly, the immediate whitening

effect diminishes after a few days. Reason being, the teeth get dehydrated and appear whiter but once they rehydrate the color returns to its true shade.

One of the most important vitamins for your bones, teeth and immune system is vitamin D. We produce it when we have exposure to sunlight. Now that the weather is improving, do your body a favor and go out there and get some light.

Here's to your perpetually improving health!



Jimmy Kilimitzoglou, DDS, FACD, FPFA, DABOI, MAGD, FAAID, FICOI
ESI Healthy Dentistry
42 Terry Road, Smithtown, NY 11787
Tel (631) 979 7991 / Fax (631) 979 7992
dental@esihealthydentistry.com
www.esihealthydentistry.com

- ADVERTORIAL -



42 Terry Road
Smithtown, NY 11787

www.esihealthydentistry.com
Office: 631-979-7991
Fax: 631-979-7992

Practicing Safe Mercury Filling Removal Following IAOMT Protocol

No-BPA & No-Mercury Fillings	Holistic Root Canal Therapy
Ozone Therapy	No-Metal CEREC Single Visit Crowns
No-Metal Zirconia Bridges	3-D Digital Jawbone Bone Scan
Laser Gum Treatments	Safer Computer-Guided Implant Placement
Cadmium-Free Dentures	Lowest Possible Radiation Digital X-rays
Advanced High Tech Diagnostics	Invisilign: Metal-Free Orthodontics
Biological Treatment & Cavity Reversal with Remineralization	Environmentally Friendly Office
	Minimally Invasive Dentistry
	Oral Optimization

Biomimetic Dentistry
Minimally Invasive and Tooth Conserving

\$100 Savings Toward Exam & X'Rays
Mention Creations Magazine

PEMF: The Holy Grail For Health!!!

PEMF stands for **Pulsed Electromagnetic Field therapy**. But for me PEMF stands for "People Energizing Maximizing Fun Machine!"

Before I learned about PEMF mats I was managing the symptoms of two autoimmune diseases, lupus and Sjogren's. I felt I had them under control, but it was a full-time job. I was taking 122 supplements a day, (About 30 pills every 4 hours) and needed 9 hours of sleep per night to function. I had a good 3 hours of energy a day but if I overextended myself past that it would take me two days to recover. My life felt limited, I could no longer do martial arts or lift weights — two things I enjoyed very much before the autoimmune issues struck me down.

Enter PEMF!

Love at first sight! My PEMF Mat looks like something James Bond, himself would have used to get revved up before a mission (It's really funny now that I say that, because I just learned that the actor Roger Moore who played our hero owns this very mat!) It's sleek, with optional upgrades like far infrared heat and "Exagon Brain" light & sound Brainwave Entrainment Goggles that enhance focus, creativity, meditation & sleep.

The first 6 weeks I used the mat it brought me great peace, relaxation and an overall sense of wellbeing. But it was what happened after 6 weeks and 1 day that has me wanting to shout out from the roof tops. Eureka, I found it! ... PEMF the Holy Grail for Health!!!

What happened that has me so excited you may be asking?

My energy came back ... I'm talking completely, absolutely 100 % back to how it was 35 years ago when my sisters nicknamed me the energizer battery bunny and frequently told me I was an annoying bouncing ray of sunshine (Ah sisters, you have to love them).

I can work out again, play with my grand nieces & nephews and dance!

Keeping healthy just got a lot easier!!! It is no longer a full-time job. My supplements dropped from 122 pills per day to 7, I now have fewer food restrictions and I sleep better.

Want to know why this works?

The pulsed magnetic field that this mat produces literally charges your 75 trillion cells, it optimizes cellular energy, boosts immunity, nutrient absorption, & increases circulation so everything you do works better! Big Bonus: It also helps to counteract the effects of EMFS.

(More on that in the next issue)

I am hosting FREE weekly talks on Zoom to discuss the benefits of PEMF Mats and would like to invite all of you who are on a quest for better health to please join me and see why I hail PEMF to be *The Holy Grail for Health*.

Cheers!



Susan Finley is a *Certified Sound Therapist, PEMF Specialist and is the Owner of Acoustic Therapeutix. She hosts FREE weekly PEMF webinars on Zoom, where you can purchase a PEMF Mat (Susan is an independent distributor for Swiss Bionic Solutions) or just hang out, ask questions and learn more. No pushy sales ever! Call / text Susan at 631 988-0613. Email acoustictherapeutix@gmail.com or register online: acoustictherapeutix.com. Susan's office is located in Babylon at the Zemba Chiropractic Center on West Main St.*

- ADVERTORIAL -

ESSENTIAL DENTAL SPA HOLISTIC DENTAL CARE



*Committed
to excellence in
creating beautiful
smiles!!*

*** **\$100 Gift Certificate** ***
Applicable towards a **New Patient work-up only**
(Call office for details - offer expires **05/31/2021**)

We are excited to share with all of you our latest acquisition of technology in our office a **Dental CBCT** (Cone Beam Computed Tomography) imaging is a fast and non-invasive way to acquire a three-dimensional information and provide our patients with the best possible diagnosis and care.

The **Green CT from Vatech** is extremely efficient and uses **VERY LOW** radiation providing excellent image quality and accuracy to help acquire more information for diagnosis and treatment.

CBCT technology allows to examine patient's mouth from different angles for a more detailed and completed evaluation making procedures such as dental implant placement more predictable and precise ensuring better outcome and results. It also helps in visualizing TMJ, airway and pathology associated with structures as small as a single root of a tooth.

- Specializing in **Full Mouth Rehabilitation & Aesthetic Smile Makeovers**
- Porcelain Crowns, Porcelain Veneers, Bridges and Implant Restorations
- **Mercury-FREE** Restorations including **BPA-free** natural colored fillings
- Mercury Removal following Huggins Institute protocol
- **Ceramic** and **Titanium** Implant Placement & Restoration
- Digital X-Rays, Panoramic X-Rays and CBCT 3D Scans
- Advanced Pain-Free Laser Dentistry using Waterlase Laser
- Non-surgical Laser Assisted Periodontal Therapy (gum treatment)
- Invisalign & Zoom! Whitening
- Kids are welcome
- Facial Aesthetics:
 - Botox, Lip Augmentation, Dermal Fillers
 - ~ COVID-19 Precautions & Protocols ~
- Air Ionizing System, Sanitizing stations
- Surgically Clean Air Purifier

Visit Our Office your home away from home
Natalie Krasnyansky, D.D.S.

NY & NJ TOP DENTIST 2020

A proud member of :

- **American Academy of Cosmetic Dentistry**
- **International Academy of Oral Medicine and Toxicology**
- **American Academy of Facial Esthetics**

Participating in Cigna Dental Plans

Follow us on Instagram @edentalspa for Before & After pics

*** Text or Call us at **(516) 621-2430** ***
70 Glen Cove Rd, Suite 101, Roslyn Heights, NY 11577
www.edentalspa.com



Welcome and thanks for joining us for our April / May Spring “Women’s” Issue.

The month of May brings, along with “sunshine and flowers,” Mother’s Day. I’ve never been much of a fan of “Hallmark Holidays,” however, with my own mom now long-passed, this season carries an increasing poignancy each succeeding year.

My mom and I were close, and according to those who knew us both, a lot alike. Perhaps that would explain our sometimes “quarrelsome” relationship. With our April birthdays just a day apart, these two Aries rams (*who were both always right*) could bang heads, “to beat the band,” as mom would say. I was particularly skillful at driving this woman into fits of anger that no other human could approach. This, I am not proud of. But ultimately, she knew I loved her dearly, and she deeply valued (most times) my honesty.

My mom-in-spirit also knows that my love, admiration and appreciation for her continues to grow. Of course, virtually all moms confer great influence on their children (for good, and sometimes, not so good). But because my dad transitioned early on, mom was everything for her three young children.

My mom’s legacy guides me daily. While we argued more often than was healthy, I find myself quoting her wisdom almost every day. One of my faves: “It’s easier to be nice, than nasty; it takes far more effort and energy to be nasty. “And besides,” she would add, “it makes me happy to make other people happy.” Perfectly simple, profoundly impactful. My brother beautifully eulogized my mom’s life and legacy at her funeral in 2008: <http://www.creationsmagazine.com/articles/C120/Garvey.html>

Increasingly, the Mainstream Media largely delivers, with little deviation, the mainstream narrative. *Creations Magazine* has traveled an alternative track for the past 34 years. Each issue, our intention is not to reinvent the wheel, but rather to bring you thought-provoking, positive, and perspective-expanding editorial that you won’t readily find in other outlets. To this point, we offer, for your careful consideration, these two pieces:



A very timely addition landed courtesy of Hope Fitzgerald: *From Tolerance to Unity...How Do We Get There?* Hope provocates, “I know this is a touchy subject, but given the state of our stressed-out brains, could we have been perceiving clearly enough to know if the broadcasters, doctors, businessmen and politicians who have been in charge have been telling the truth? Might it be that we’ve been too ensconced in our collective amygdala to have noticed any inconsistencies and/or power shifts that may have taken place?” Plying a positive note, she intones “Evolution is a series of chaotic moments, followed by a re-organization into a higher order than the previous status quo.”

Jerry Brown reviews *The Contagion Myth: Why Viruses (including “Coronavirus”) Are Not the Cause of Disease*. This one may well turn your shorts inside-out. Author, Dr. Thomas S. Cowan explains that “*Viruses are not here to kill us; in reality they are exosomes whose role is to provide the detoxification package and the communication system to live a full and healthy existence. A war on virus is a war on life and a war on the forward evolution of humanity. These “viruses” are not invaders but toxin gobbling messengers that our cells produce to help us adjust to environmental assaults, including electro-smog. Exosomes are the scientific basis for challenging the notion of contagion.*”

I don’t watch TV, but has anyone made mention of this on the Alphabet outlets?

Peace, and Health All-ways,

Neil & Andrea

Connect with us on Facebook and Instagram @creationsmagazine

- 4 **Talking Our Walk** by Neil & Andrea Garvey
- 6 **In My World, All is Well** by Alan Cohen
- 8 **Your Built-in Power to Heal a Divided World**
by Lisa Hromada
- 9 **How Do We Get From Tolerance to Unity?**
by Hope Fitzgerald
- 12 **An Open Letter to Survivors of a Pandemic
The Great Divide** by Toni-Cara Stellitano
- 13 **Butter and the Boomerang Effect** by Dr. Will Tuttle
- 14 **Peace and Happiness** by Owen Waters
- 16 **Resources for Natural Living**
- 20 **Poetry**
- 21 **The Girl Who Baptized Herself** by Meggan Watterson
- 22 **The Contagion Myth** A Review by Jerry Brown
- 23 **Book & Product Reviews**
- 24 **Marketplace**
- 25 **Calendar of Events**
- 26 **Don’t Box Me In!** by Donna Martini

CREATIONS MAGAZINE

PUBLISHERS: Neil and Andrea Garvey

EDITOR-IN-CHIEF: Neil Garvey

ASSOCIATE PUBLISHER: Lainie Covington

EDITORIAL DESIGN: Ginger Graziano Design (828) 236-2075

COVER / POETRY PAGE DESIGN: Jan Guarino, Guarino Graphics

ADVERTISING DESIGN: Robin Helfritsch Maratos, Red Robin Design

DISTRIBUTION: Green Distribution, Creative Distribution

WEB DESIGN: Denise DiGiovanna, Waterside Graphics

SOCIAL MEDIA: Nick Abushady

COVER ART: *Linens, Plates & Petals* | Original Watercolor by Jan Guarino | JanGuarinoFineArt.com

© 2021, Creations Magazine, Inc., 240 Main St., Suite 386, Northport, NY 11768 creationsmagazine.com

ADS DUE May 10th for JUNE / JULY 2021 Issue

FOR ALL ADVERTISING, call: (631) 424-3594 • EMAIL: neil@creationsmagazine.com

All Rights Reserved. The contents of Creations Magazine® may not be reproduced in whole or in any part without the publisher’s written consent. The opinions and information presented are not necessarily the viewpoints of Creations Magazine®. They are offered to promote awareness, consideration and discussion. Consult your health care provider before taking action regarding any medical information provided.

FREE Pet Insurance!

To Help Prevent the Root Cause of Sickness and Disease

by Dr R. Geoffrey Broderick

Free Pet Insurance through Prevention is backed up by my 52 years of research in nutrition and medical practice as a veterinary medical doctor and surgeon, revealing that 90% of all veterinary medical bills and expenses are derived from the feeding of commercial "Pet Food." "Pet Food" is not real food for anyone, and it is forbidden by law to be consumed by humans. **If you stop feeding pet food, you will eliminate at least 90% of all your "Vet Bills" due to illness.**

How is that possible? Because by NOT using "pet food" you will be eliminating the root cause of disease and sickness which is responsible for 90% of veterinary medical bills.

If you "follow the money," you will surely realize that most of the 66 billion dollar pet industry in America is motivated by sick-care, not health-care, same as in "human medicine," leading to enormous profits. Money!

This profit from sick-care is accomplished by lack of true and accurate information (supplied by your health-care professional), supported by disingenuous advertising, ranging from the mislabeling of packaging to the vastly deceptive media, to the confusing and depressing lies of Madison Avenue's greed.

Instead of using their advertising budget to promote their garbage that is forbidden for human consumption, miserable, disease causing and sickening "pet food," - which has removed 3/4 of the average life span of dogs and cats in the U.S. - the pet food industry could have used it as I do: to buy only human-grade food ingredients. All these ingredients are not only human-grade, but are also organic—guaranteeing our ingredients to be GMO-free, pesticide-free, antibiotic-free, free of any artificial color or flavor—and made in a certified organic factory!

What we at Cornucopia have done for over a half of a century is above organic. Our food is **Certified Organic**, and every source of ingredients is examined and inspected. Cornucopia has its own inspector that reviews

each and every part of the process of preparation and cooking of this food. The micromanagement that goes into making the most perfect food for pets in the world is intense.

Cornucopia is the only known food of any kind of food, human or otherwise, in America to bear the "Harm-free" medallion on every can. **Prevention with Cornucopia will save you countless thousands of dollars and triple your pet child's lifetime.**

We supply dogs and cats with our delicious and nutritious food across America and to other countries. We have a clinic and hospital in Huntington, NY, where our office visits last approximately an hour, so we can teach you how to prevent, control and yes, CURE chronic diseases employing natural treatments, education, prevention—and with real food that anyone can eat.

It is impossible to feed a can of my food that I have not eaten myself from every batch that was ever made. It is time to protect the "child" that gives you unconditional LOVE. Pet insurance does not prevent sickness and disease.

Cornucopia has indeed been the alternative to sickness and disease from pet food for over half a century. It is made by me, who is said to be the only doctor out of 3 million doctors in America, that practices any kind of medicine and at the same time, actually makes food.

Ask and you shall receive.

Blessings and Love to You from All God's Children,

Doc



ADVERTORIAL

CORNUCOPIA IS THE GREATEST FOOD FOR PETS IN THE HISTORY OF THE WORLD

Dr. Broderick is a **Veterinary Nutritionist** with a proven track record spanning over fifty years. He knows what is best for your companion animal and is a *teacher* of how to safely *prevent* disease.

Did you know that almost all pets die from either cancer or diabetes?

At **Southdown Animal Hospital and Clinic**, in Huntington, NY, Dr. Broderick has NOT seen one case of either cancer or diabetes - for over 20 years - in his patients who follow his professional time-tested guidance, and eat a paradigm of Certified Organic Cornucopia Real Food for Pets!

Full of Protein and Healthy Fat from Certified Organic Human-Grade Real Food: Cornucopia Real Food for Pets is loaded with a variety of optimal biological value (usable) nutrient-dense proteins and fats from chicken, turkey, chicken liver, wild salmon and sardines, whole eggs, and much more.

He puts unconditional love and passion into his food, his patients, his practice, and this is his reason for being here at this time.

This is true information, freely given to you, as opposed to the nonprofessional misinformation sold to you at the pet food and pet product stores.

Dr. R. Geoffrey Broderick is the most famous veterinarian in the world. Doc," as he is known all over the world, makes and eats (both with his own hands) the HIGHEST HUMAN-GRADE CERTIFIED ORGANIC, GMO-free, gluten-free, antibiotic-free, free-range food for pets on Earth. Cornucopia is the only food for pets that bears the Harm-Free Seal, anywhere!

If you and your human-children are AFRAID to eat your pet's food, then why would you ever give it to your beloved pet-child? Think about it! There is no trade-off to unconditional love.

**Why Cornucopia is the healthiest choice for your pets:
It is above certified organic! Real Food! HUMAN GRADE.**

- No Ground-up Euthanized Animals or Fetal Tissue
- No By-Products
- No Farmed Fish
- No GMOs
- No Antibiotics
- No Rendered Meats or Food Waste
- No Hormones, Pesticides or Herbicides
- No Artificial Sweeteners, Colors or Flavors
- No Preservatives
- No Gluten
- No Sugars
- No Meal
- No Wheat, Corn, or Soy
- No Carrageenan
- No Roundup
- No Aspartame, MSG or "Natural Flavors"
- No Animal Cruelty
- No Euthanasia Drugs or Drugs of Any Kind EVER in our Food!



Cornucopia™



AVAILABLE ONLINE OR CALL DOC DIRECT:

631-427-7479

www.cornucopiapetfoods.com

Hospital and Clinic 631-427-7321

229 Wall Street, Huntington, NY 11743

Listen to the Truth Every Thursday 11am EST

"All God's Children" www.w4wn.com

In My World All is Well

by Alan Cohen
Hawaii

*Health is a state of body.
Wellness is a state of being.*

—J. Stanford

Sri Nisargadatta Maharaj was a spiritual master in the Advaita (Oneness of All Life) tradition. He proclaimed, “In my world all is well.” What a strange statement for a person to make! Didn’t he watch the news? Wasn’t he depressed by the starvation and wars that plagued his country, and the appalling poverty on the backstreets of Mumbai?

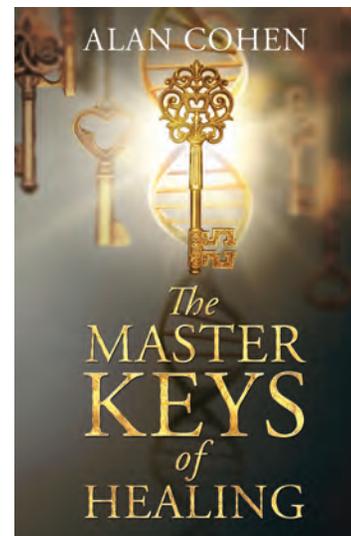
How could he buffer himself from the real world? If Nisargadatta didn’t see the

horrors of this world, what world did he see? Even more important: If that man can live in a world where all is well, can I live there too? And if so, how can I get there?

A Course in Miracles differentiates between the world God created and the world the ego, or the limited sense of self, made. God’s world is comprised of all that is good, eternal, loving, joyful, and soul-rewarding. We call that state “heaven.” We don’t have to die to get to heaven. We can enter it at any time by choosing thoughts, feelings, and actions aligned with it. The ego’s world, by contrast, is built on fear, separation, emptiness, war, and death—the domain that seems inescapable when we equate ourselves with a body and regard the physical world as the only reality. The purpose of our spiritual journey is to depart the false world of fear and return to the real world of love. Nisargadatta said, “Love is seeing the unity under the imaginary diversity.”

Disease is an attribute of the ego’s world, and healing is an attribute of God’s world. God recognizes us as immortal,

untarnished spirits. When you love someone, you see the best in them and you want only good for them. You take no delight in their pain, and all delight in their wellbeing. Get beyond any belief that God finds any purpose in our sorrow or suffering. If we are going to escape a hellish world and enter a heavenly experience, we must see the world as God sees it. When the disciple Peter expressed his doubts to Jesus, the master told him, “You aren’t thinking as God thinks. You are thinking as a man thinks.” In this crucial feedback we find the answer to the question, “How can I live in a world where all is well?”



the conversation plummets. Unchecked, negativity is contagious. Misery truly does love company.

If you refuse to give attention to illness and evil, where do they go? Back to the nothingness from which they came. Where does a dream monster go when you wake up? What has no substance does not have to be resisted, attacked, defeated, or stuffed somewhere. The more you fight a dream monster, the more you stay trapped in the nightmare. You might defeat the monster, but you are still dreaming and subject to the whims of dreams. The next monster is just around the corner. Monsters can threaten or defeat you only when you rise into the dimension where they have power. In another reality they do not exist.

Crossing the Bridge

Bruno Gröning, who effected thousands of miraculous healings, forbade his patients to state their diagnoses or talk about their illnesses. Fixating on symptoms, he explained, perpetuates them. Gröning instructed his followers to think, talk, and focus only on wellness and God. Illness, he said, is the result of wrong perception, and it can be corrected by right seeing. To even see illness is a form of wrong thinking. *A Course in Miracles* tells us, “Spiritual vision literally cannot see error.” To recognize wholeness in spite of the appearance of illness is the most powerful healing tool. Bruno Gröning called us to give reality only to the good, and let all else go.

After my mother had cataract surgery, she spent a few days in a residential recovery facility. On the center of the patients’ dining room table a little card requested, “Please do not discuss your illness at the table.” Even a medical institution realized that talking about illness is a downer! Bruno Gröning would extrapolate the advisory: “Please do not discuss your illness. Period.” You have probably noticed that when one person in a group starts talking about an illness, traffic accident, or disaster, immediately others in the group chime in with their similar stories, and quickly

In the inspiring documentary, *Fat, Sick, and Nearly Dead*, Joe Cross found himself at the end of his rope, 100 pounds overweight, jammed with steroids, and suffering from an autoimmune disease. One day Joe got fed up with feeling awful and he took charge of his life by fasting on fresh juices. Over time he lost a great deal of weight and became radiantly healthy. Joe placed a juicer in the back of his car and drove across America, inviting over 500 people along the way to enjoy fresh juices and reap their benefits. At a truck stop Joe met miserably unhealthy 429-pound Phil, trudging through his life consigned to 18 medications; his doctor warned him that he was a cheeseburger away from a heart attack. Joe took Phil under his wing and guided him to embrace a juice diet, on which he lost hundreds of pounds, dumped his medications, and became happy and healthy—a truly miraculous transformation. In a final scene, we see a far lighter and brighter Phil working in a health food store turning customers on to the benefits of juicing.

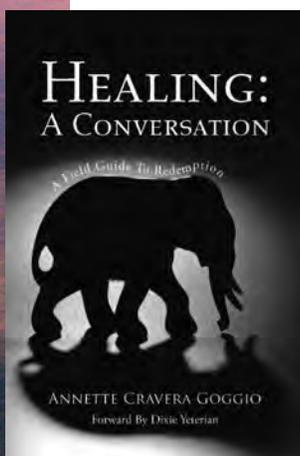
Sometimes we have to get so sick of a life that isn’t working that we reach for one that does. Symptoms get our attention to motivate us to claim wellness instead. Rather than dwelling on symptoms, we can pivot on them. We can use our experience of contrast to make a better choice. “This can’t be it!” is the first step to discovering and claiming, “This is it!” Even our

Heal Your Soul’s Journey

Life presents us with many challenges, including illness, and opportunities to heal – by design. Learn the purpose and meaning of your life story and begin the healing process with *Healing: A Conversation; A Field Guide to Redemption* by Annette Cravera Goggio.

Part personal story, part self-help book, *Healing: A Conversation* shines a bright light on the “mystery” of illness and healing. Annette’s honest revelations and heartfelt insights into her personal illness, gives readers hope and permission to examine their own life story. This remarkable book breaks new ground in its account of healing as a platform for understanding the greatest aspects of life such as *relationships, life purpose and the intentional education of the soul.*

“Everyone needs to read and learn from this inspiring and remarkable book.”



Available at your local bookseller
amazon.com • barnesandnoble.com • www.aquantummoment.com

symptoms were part of “in my world, all is well” because they lit a fire under us to ascend to a higher rung of wellness.

How to Make Affirmations Work for You

While many people use affirmations to achieve and sustain wellness, they don't fully understand how and why they work. If they did, their affirmations would yield faster, stronger, and deeper results. When you utter an affirmation, you are not convincing yourself of something you want to be true. You are reminding yourself of something that *is* already true.

The mind is composed of three strata: On the surface level the *conscious mind* thinks an endless stream of random thoughts, mostly untrue, instilled largely by fear and cultural programming. Yogis call this “the Monkey mind,” as it darts about wildly, confused and distracted. This mind must be stilled and transcended to achieve illumination, clarity, and inner peace.

Below the conscious mind, the *subconscious mind* is the repository of the feelings, beliefs, and attitudes we are unwilling or unable to hold in our conscious mind. They are emotion-fueled, the repository of past pleasures we filed in our memory bank so we can repeat them, or past pain we wish to avoid. Undoing erroneous beliefs in our subconscious is crucial to our healing because the subconscious determines our experience far more than the conscious mind. I heard about a woman who was not recovering from a relatively minor surgical operation. After a few weeks, a psychologist hypnotized the patient to try to access her subconscious beliefs. During hypnosis she recalled that while she was asleep under anesthesia, she heard the surgeon say, “I doubt she will recover.” The psychologist then interviewed the surgeon, who admitted he had made that statement—but it was about another patient he and the surgical team were discussing. Yet the patient, unaware of that element of the conversation, assumed the statement applied to her, and her subconscious played out the dire prognosis that had nothing to do with her. Given the truth about the situation, she soon recovered.

Freud was correct in likening the mind to an iceberg with a small portion showing above the water surface and the far greater volume below. **The key to improving your health, finances, and relationships is to upgrade your subconscious beliefs. To achieve this:**

(1) Formulate and practice affirmations that edify the beliefs you prefer to manifest; (2) Mobilize prayer to ask Higher Power to do what you cannot consciously do, and heal you or a circumstance; (3) Pay significant attention to people, words, images, and experiences that match your desired situation.

Below the subconscious mind sits the *superconscious mind*. Psychology teachers usually erroneously depict the superconscious as above the conscious, floating in space like the blue sky a child draws as a thin strip at the top of a finger painting. Yet the superconscious is not somewhere outside of us; it is imbedded deep *within* us at the core of our being. The superconscious is your memory bank of truth. It is literally the mind of God, seeded indelibly within you. A part of you knows all that God knows. You may forget the truth, ignore or deny it, but universal wisdom remains hard-coded into you. No person or experience can undo it. What God knows in you is absolutely, unequivocally, indelibly, eternally so.

When you practice an affirmation, you are sending a pipeline from your conscious mind through your subconscious into your superconscious, like a drill penetrates the earth until it reaches a pure, natural reservoir of water. When you tap into that pool of wisdom, you can draw its healing contents to the surface and make practical use of the precious resource. One of the best descriptions I have heard about how an affirmation works is, “*The spirit within me loves to hear the truth about itself.*” When you do an affirmation properly, you feel uplifted, empowered, and healed. You have achieved resonance with the mind and heart of God. Nothing is more edifying than remembering that you are whole and loveable, you deserve the best that the universe has to offer, and you can mobilize the magnificent principles that make life work.

Here are some examples of affirmations that will lift and heal you:

- * All is well.
Life is good, and I am good in it.
I am whole, healthy, and happy.
- * I am loved, guided, cared for, protected, and safe.
- * All things are working together for good.
- * God's timing is perfect.

- * I love as God loves, and I reap the infinite blessings that love bestows.
- * Every dollar I spend enriches the economy, blesses everyone it touches, and returns to me multiplied.
- * My mind is receptive, my heart is wide open, and miracles unfold before me.
- * I know who I am and what I am here to do.
- * I am perfect as God created me.

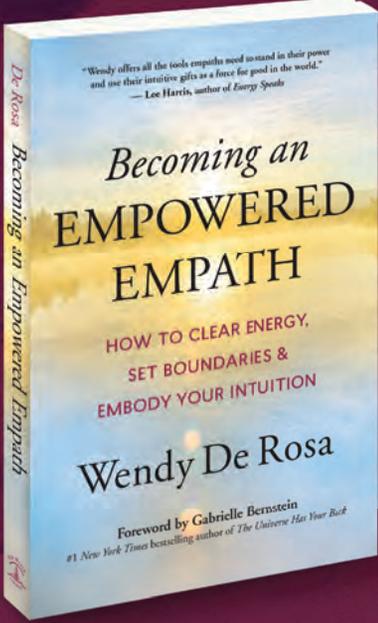
You don't have to say an affirmation a thousand times, although if you enjoy doing so, you certainly can. A few slow, deliberate, sincere repetitions can take you where you need to go. When you get the sense that you have accessed a deeper truth that feels right and real to you, you are there. Because we are spiritual beings, it is the *quality of experience* that makes our life worthwhile. When you gain the experience the affirmation is intended to generate, you and the affirmation have succeeded.

Feel free to formulate your own affirmations. You will be guided. You can also turn to spiritual teachers who have meditated on affirmations and passed them along to you. Louise L. Hay has done landmark work in formulating affirmations that offset specific illnesses. Her classic books *Heal Your Body* and *You Can Heal Your Life* are marvelous repositories of guidance and inspiration. No matter what route you take, one thing is for sure: When you remind yourself of what is true, something inside you stirs and that truth becomes established in your world. ✨

*Excerpted with permission by Alan Cohen Publications, from **The Master Keys of Healing** ©2020, by Alan Cohen*

Alan Cohen is the author of many inspirational books including **Spirit Means Business**. For information on his programs and books, videos, audios, online courses, retreats, and other inspirational events and materials, visit www.AlanCohen.com.

Gentle Guidance for EMBRACING THE GIFT OF EMPATHY



“Wendy has taught me that I no longer have to struggle to manage my empathy and that I can use it as a force for good instead. Wendy is precisely the spiritual mentor I would pray for you to find.”

— from the foreword by
GABRIELLE BERNSTEIN,
#1 *New York Times* bestselling author of *The Universe Has Your Back*



NEW WORLD LIBRARY | www.newworldlibrary.com

ALSO AVAILABLE AS AN AUDIOBOOK AND EBOOK






Your Built-in Power to Heal a World That Feels Divided

by Lisa Hromada

Over the past year, we have seen and experienced a separateness unlike many have experienced before. It has been highlighted by social divide, political divide, racial divide, civil unrest, and an unprecedented physical distancing between communities, colleagues, friends and family as the 2020 pandemic worked its way through the nation and the world.

You may have even experienced a “divide” within yourself as you were required to make shifts in how you live, thus feeling a separation that perhaps brought about questions about your life, your purpose and your connection to something greater.

This “something greater”—whether

referred to as God, Jesus, Buddha, Source, the Way, or something else—speaks to a universal energy that works to benefit and guide all life as a part of divine creation. It is an energy of love and a giver of empowerments. In this energy we find flow in our life and we are able to co-write our story with God. We are able to find peace knowing that we are never alone and that we are always guided. This is something that I discovered several years back and have been sharing with others ever since.

Undoubtedly, the past year has had an impact on all aspects of how we experience life—physical, mental, emotional and spiritual. It may have sparked feelings of fear, doubt, loneliness or other negative emotions within you. Fortunately, it need not be difficult to find your way out of these feelings. In fact, each moment provides an



process enough—*look within, ask questions, listen for answers and take action—you form a powerful habit, and a new way of living is born within you, allowing your life to flow with greater ease.*

Test this process out for yourself over the course of this month. Take quiet moments, sit, close your eyes and talk directly to this divine energy that infinitely guides your life. To give you an example, at times I sit and say in humble surrender, “Lord, I am weak in myself, but I am strong in You. I’m struggling with (name it) and I need your help. I’m open to your answers and guidance.” And then I wait for several minutes. Sometimes a thought or answer comes to me as I sit, and other times it comes later as I go about my days taking action in the most positive ways I know how. I strive to take positive actions for my physical body, thoughts, emotions and the possibilities that I imagine for my life.

Integrative Dental Specialists of Long Island
<https://www.idsl.com>

Your mouth and teeth don't have to feel like this...

Toothache, Mouth Sores, Bleeding Gums, Temperature Sensitive Teeth, Loose Teeth, Receding Gums, Chewing Pain, TMJ, Etc.....

Bad/falling dentistry can exacerbate chronic Lyme disease and contribute to autoimmune diseases such as RA, Lupus, MS, Diabetes, Chronic Fatigue, Guillian-Bare, Psoriasis, Fibromyalgia, and many more.....

DON'T WORRY
There is a better way

Dr. Jeffrey Etess, DMD, NMD, IBDM

TREATMENTS INCLUDE

- ✓ BIOCOMPATIBLE DENTISTRY
- ✓ PINHOLE RECEDING GUM TECHNIQUE
- ✓ OZONE THERAPY
- ✓ ZIRCONIUM IMPLANTS
- ✓ REGENERATIVE ROOT CANALS

Two Convenient Locations

Manhattan: (212) 845-9740 - We are located at 120 E 56th St St, New York, NY
 Long Island: (516) 253-1800 - We are located at 245 Hillside Ave, Williston Park, NY
 Visit Our New Websites For More Info: www.dentalcavitations.com & www.toothregeneration.com

opportunity to rekindle your internal power and create profound change in your life, and ultimately, your world. You do so by accessing a built-in power that exists within each person. This “power” is not self-made, but divinely provided and guided. And the only way to access this built-in power is to (you guessed it) go within.

Within each person exists an empowerment that allows us to transform any challenge into an opportunity for positive change. We have the ability to do so by consciously utilizing the divinely-given gifts of our physical body, thoughts, emotions and imagination, while simultaneously opening ourselves up to being guided by God. Indeed, the human body is an amazing instrument through which we can create a happy life. Although it requires a bit of work, the process is deeply fulfilling, and the rewards are beyond imagination.

This process is by no means a new concept. In fact, it is spoken about in nearly all religious and spiritual traditions, but the power of it is often forgotten. Because we get caught up in the busyness of life—facing challenges, pursuing aspirations and finding peace in the face of differing opinions—we miss out on the moments we can create the most positive change. When you practice this

You may experience subtle changes in how you feel or recognize opportunities opening up for you and prayers answered. This time of the year is about love, renewal, growth and new opportunities to flourish in whatever ways you wish. And you have all that you need within you to make it happen. When you look deep enough, you become gloriously aware of the power you have to make a positive impact in your own life as well as the lives of others, simply by being you. Accessing our built-in power is one way, and I believe the best way, to go from separateness to oneness—within our world, our community, our relationships and within ourselves. I believe that each step you take, each question you ask, and each action and thought of love that is brought to life within you has the power to bring together people and heal any divide. ✨



Lisa Hromada is a speaker and author in the field of spirituality and self-development. Her books are described as liberating, uplifting, deeply healing and nothing short of transformational. She shares a simple, yet profound message: You have all that you need to create a life of your choosing. Official Website: LoveIsTheSeed.com.

From Tolerance to Unity... How Do We Get There?

by Hope Fitzgerald

I've been grappling with some ideas that I feel compelled to share and will tell you right now that they may push you against the edges of your comfort zones. But, it's for a higher purpose ... Unity Consciousness.

Because isn't this where we want to go? Isn't the new world we envision based on LOVE for our fellow humans and the natural world? Does that dream even seem possible these days? Ever the optimist, I say a resounding YES! But, we're not going to get there without some personal adjustments first. So, hang in there with me and, as always, feel free to drop any idea that does not serve you.

Chaos and Fear

I'll just set the stage for a moment ... It's been a scary 12 months. Let's talk about what happens to the brain when a fearful moment occurs:

The fight-or-flight response from the amygdala takes control of the brain and body. The prefrontal cortex, which normally handles our responses to daily life, is temporarily shut down and cortisol levels surge to pump adrenaline into the system to deal with the issue at hand. Usually, after the event is over, cortisol levels drop back down and the body returns to stasis.

But what happens when there is long-term sustained fear, aka stress?

To quote a Touro University article:

It can disrupt synapse regulation, resulting in the loss of sociability and the avoidance of interactions with others. Stress can kill brain cells and even reduce the size of the brain. Chronic stress has a shrinking effect on the prefrontal cortex, the area of the brain responsible for memory and learning ... (and) can increase the size of the amygdala, which can make the brain more receptive to stress. "Cortisol is believed to create a domino effect that hard-wires pathways between the hippocampus and amygdala in a way that might create a vicious cycle by creating a brain that becomes predisposed to be in a constant state of fight-or-flight," Christopher Bergland writes in Psychology Today.

So, let's say that we're all in this chaotic soup together, sustaining one frightening news report after another, reduced to living in our houses with little, if any, contact with anyone, and no end in sight. Does it make sense that our normally reasoning minds could be somewhat impaired (and hopefully not shrunken!)? Captive to the dominion of the amygdala, and fed story upon story about how horrifying the world is, doesn't it stand to reason that we could be caught in the "vicious cycle" mentioned above?

Now that the chaotic stage is set, let's move on...

Chaos, Fear ... and Power

Accepting the possibility that we've all been somewhat frozen in a continual state of fear, it would follow that we would lean hard into those who run our systems and government for guidance through a very challenging time. Naturally, we would continuously turn to media outlets for information about how to operate in the new landscape.

We listened as story after terrifying story arose ... and we accepted them, often without question. As each new episode in the drama ensued, through subtle (and sometimes not so subtle) messaging, we were also told how to think and feel about them.

Now, I know this is a touchy subject, but given the state of our stressed-out brains, could we have been perceiving clearly enough to know if the broadcasters, doctors, businessmen and politicians who have been in charge have been telling the truth? Might it be that we've been too ensconced in our collective amygdala to have noticed any inconsistencies and/or power shifts that may have taken place?

Caroline Myss talks about chaos both as a change agent and as a redistribution of power. On a personal level, there's hardly a soul I know who hasn't been through a major upheaval over the last year, myself included. In the process, much of what had been hiding under the carpet has come to light: relationships that were leaky vessels, fully sank; careers that were unsatisfying, ended; and locations that no longer held attraction were abruptly changed. I think everyone has been forced to determine what is true for them. On the world stage, we certainly saw a power struggle as demonstrations of all kinds took place, and of course we remember what occurred here in the USA. Unrest was, and is, in the air.

Then, we endured a redistribution of

power at the highest level in a presidential race that literally tore families and friendships apart (and is still doing so). If there was ever any doubt about the power of the media, just look at how party lines were clearly drawn depending on which news outlet one watched. I suggest that we were (purposefully?) whipped into an amygdala-driven choosing of sides that pitted citizen against citizen due to competing ideas about what was true and what wasn't. This entrenchment caused righteous judgment of those on the opposite side, turning normally balanced, loving people into raging haters should a political conversation arise. Which brings us to the crux of the matter.

Let's look in the mirror...

Have we unwittingly allowed ourselves to be led into such extremist points of view that upon the mention of a certain name, party or current topic we become enraged? In "normal" times, we probably wouldn't react so vehemently but these are not normal times. Such a response only serves to re-trigger the amygdala into producing more cortisol, and around and around we go in the vicious cycle. Unknowingly, we remain suspended in this hyper-vigilant state, ready to pounce as if in battle. Somehow we have to unhook from this unconscious routine and find our way back to tolerance of others for the sake of our own minds, bodies and spirits, as well as for those of others.

Healing through Truth

Though I prefer to imagine Truth rising beautifully like Venus on a clamshell, it's probably more accurate to conjure the divine feminine in the form of Sekhmet, the Egyptian lion goddess. As a steely-eyed warrior, she takes no prisoners in her ruthless quest for righteousness and justice. As a healer goddess, she can close the wounds and protect the patient. Can you see the pattern? Release the toxic truth in order to heal. Think about what has been revealed in the last year and is up for healing!

Have you ever found yourself saying something like this: "Those people are just ____!" (Fill in the blank with any derogatory word.) Although reactions like this might feel justified in the moment, the end result is a continuation of a dualistic world framework, an "us vs. them" orientation, which stands quite apart from

the unity consciousness we're seeking. If chaos means change and redistribution of power, then we need to reclaim the power of our nervous systems and morph into something more tolerant and loving.

Chaos, Change ... and Evolution

Evolution is a series of chaotic moments, followed by a re-organization into a higher order than the previous status quo. My guides and many others have said that we, humanity and the planet, are in a process of evolving into a more refined dimension. In this higher vibration, we will be closer to unity consciousness—that is, we will finally grasp our Oneness with everything and everyone.

To reach this goal, we need to start now by softening towards our fellow human, no matter what. We can begin with tolerance. After all, many spiritual leaders have taught us to do the same. Here's Buddhist teacher, Robert Thurman, on the topic: *In our present time of dreadful governance, planet wide, a time when oligarchic governments are tending to harm their own subjects almost more than their enemies, we need to resist and rebel, politically but nonviolently, courageously but gently, and even with humor and attention to letting the oppressors save face while learning to relent. Instead of growing bitter with anger against the enemy, we can love our enemies, finding joy ourselves in thinking how to benefit them.*

We've all been through a lot and now it's time to move forward again towards the higher frequencies. We don't have to agree with anyone's opinions but we can see through their ideas to their inner soul and know that the real truth is that we are One with them. ✨



For decades, Hope Fitzgerald has used Intuitive Dowsing to help people quickly transform their lives. In 2010, Hope received a vision representing an evolutionary push for the planet: a standing figure "8" made of flowing water called the Infinity Wave, which is a 10th-dimensional energetic tool sent to us to more quickly and easily transform suffering into joy and freedom during these tumultuous times. Hope is dedicated to applying the Infinity Wave for positive development of the individual, the community and the Earth. She's led many workshops and appeared on dozens of international shows, continuing to fulfill her mission to encourage individual and planetary awakening around the globe.



**SAVE MONEY.
SAVE ENERGY.
PROTECT THE
ENVIRONMENT.**

Get a FREE Home Energy Audit Today!
A \$400 Value! Paid for by 

Join thousands of Long Islanders who have already lowered their energy bills.

PSEG Long Island is providing free home energy audits.

Every single Long Island homeowner can participate.

Long Island Green Homes can help you save as much as \$700 per year.

Call us at **800-567-2850** or visit **longislandgreenhomes.org**. We will schedule your **FREE** home energy audit that assesses your home's energy efficiency and details ways to save you money.

Long Island Green Homes is a non-profit collaborative project of Long Island towns, organizations, and Molloy College that is helping Long Islanders improve their homes and make Long Island more sustainable.

All energy auditors in our program are Long Island-based and certified by the Building Performance Institute.

800-567-2850

 **LONG ISLAND GREEN HOMES**
longislandgreenhomes.org



Another Leap Forward in Dental Healing: Setting A Higher Standard

How can you tell whether something you've done for yourself is good enough? Or just what would make it good enough for you? Your personal standards are what matter here. Are your "good enough" criteria aligned with your personal beliefs, values, and ideals? How about situations that actually require an ideal performance, like the treatment you receive at your dentist. It's hard to know if the care you are receiving is good, let alone ideal. I cannot speak for other dentists, but my passion for quality dentistry is driven by my integrity and desire to treat people even better than the way I would expect to be treated. It is hard to go wrong that way.

Recently, I had the privilege of treating a patient who suffered from Bell's Palsy, often a very painful, facially disfiguring and debilitating condition. She went to the various specialists that treat this affliction, yet all came up empty. Fortunately for this patient, I was up for the challenge. It was not what I saw on her x-rays that identified her issue, it was what we could not visualize. Twenty-four years of dental practice and experience allowed for out of the box thinking to resolve her Bell's Palsy!

At **Integrative Dental Specialists**, Dr. Etes and his team pride themselves on delivering to you the attention that you deserve, along with the highest level of dental expertise, performed methodically with great skill and accuracy and without sacrifice. We set the highest treatment standard to achieve phenomenal results.

What sets Dr. Etes apart is that he will go above and beyond to listen to your needs and bring you a level of dentistry that is unmatched. Dr. Etes utilizes his extensive dental training and unsurpassed dental expertise to provide his patients with one-of-a-kind, individualized care that allows for the highest level of dental treatment, personalization, and accessibility.

At Integrative Dental Specialists, setting the highest standard of care is what we are about. Implementing leading-edge dental protocols allows our practice to do what other dentists are unable to offer. There is nothing superior to the teeth that are biologically your own, therefore you should do all that you can to ensure that you maintain them. Using exclusive rehabilitative and dental *biomimetic* restorative procedures along with the ultimate best disinfection protocols including laser and

ozone, problematic teeth can be restored and rejuvenated back to normal healthy function. Pioneering therapies that save teeth like the root canal alternative treatment **ToothRegenesiSM**, which reestablishes the blood supply to the tooth—even an infected tooth or tooth that previously had root canal therapy—revitalizing and making the tooth "live" again. If you have to lose a natural tooth, zirconium and titanium implants are the best options today to replace missing teeth. But implants are not teeth, and the bone necessary to surgically place implants is not always readily available. Far too often I see patients that have been told by another dentist they are not a candidate for implants because they do not have enough bone. Fortunately, our practice has the technology to harvest your own living bone for **Khoury[®]** self-bone grafts along with *Platelet Rich Fibrin* (PRF) from your blood to allow the placement of zirconium or titanium implants where they were not once possible.

Remaining on the cutting edge of the newest dental advancements is a full-time task and a top priority for Dr. Etes. In order to provide our patients with the most sanitary environment possible, we employ **ENHANCED** proactive air and surface office

disinfection protocols. Do not assume all dentistry is the same. Dr. Etes prides himself on bringing you first-class, unmatched care. When considering your dental needs, why settle for anything less than the best? We work toward one standard, the **HIGHEST** standard! The time for excuses has passed. If you are looking for the finest, safest, healthiest and most predictable results to correct your dental issues and would like to learn more about the best ideas in modern dentistry available to you, please contact Integrative Dental Specialists to make an appointment with Dr. Etes today.

Jeffrey Etes, DMD, NMD, IBDM, graduated in the top 10% from the prestigious University of Pennsylvania School of Dental Medicine. An **IVY LEAGUE** trained Certified Endodontic Specialist/Implant Specialty Surgeon with a dual degree in Dentistry and Board Certified in Naturopathic & Integrative medicine & certified in biomimetic cosmetic dentistry to provide a broad array of biological dentistry covering all facets of restorative, prosthetic, surgical, endodontic, pediatric, periodontal, and implant dentistry for his patients for over 24 years.

- ADVERTORIAL -



Dr. Jeffrey Etes, DMD, NMD, IBDM
Biomimetic Cosmetic Dentistry & Implant Surgery
Endodontic Dental Surgical Specialist
IVY League Trained, Top 10% of Class
Board Certified Naturopath
21+ Years of Practice

Long Island: 516-253-1800
245 Hillside Ave, Williston Park, NY

Manhattan: 212-845-9740
120 E 56th St, New York, NY

Email Dr "Jeff": drjeff@idsli.com



"We're not waiting for the future in dental care... we're creating it."

www.integrativedentalNY.com

www.dentalzirconiaimplant.com | www.dentalcavitations.com | www.toothregenesi.com

Our Brands

ZIRCONIA



- Biomimetic Cosmetic Tooth Rejuvenation & Reconstruction
- Minimally Invasive Comprehensive Dentistry
- IAOMT "SMART" & Safe Mercury Filling Removal
- Fluoride, BPA, Mercury-Free Biocompatible "White Fillings"
- Life-Like Natural Chroma/Value/Hue "White Filling" Color Matching
- Metal-Free Crowns & Bridges (Same-Day 3Shape Ceramic Crowns Available)
- Biolase iPlus Laser Perio/Gum Therapy
- Chao Pinhole Surgical Technique/Minimal Invasive Gum-Lift
- Next Generation Digital Dentistry (3D Impressions, 3D Printing, 3D Milling)
- Lowest Radiation Digital X-Ray & 3D Cone Beam Jaw Scan

- Gum & Bone Tissue Regeneration Utilizing Advanced Grafting (Platelet-Rich Fibrin (PRF) & Stem Cell Recruitment)
- Biological/Integrative/Holistic Laser & Ozone Dentistry
- Single & Multiple Dental Implants (Titanium or Metal-Free Zirconium) Reconstruction w/Guided Real Time Computer Assisted X-Guide Available!
- Proprietary Customized Individualized Dental Treatment Planning
- Biological & Regenerative (Tooth Regenesi) Ozone Laser Root Canals
- Therapeutic Trigger Point Injections Utilizing Ozone for Oral/Facial, TMJ Pain
- All Phases of Orthodontics - Including Metal-Free Invisalign or ClearCorrect
- Orofacial Aesthetics & Lip Rejuvenation w/Natural Fillers TMJ Functional Therapy

Schedule your visit **TODAY** and **DISCOVER** what **YOU'VE** been missing!

There Is Nothing Wrong with You

— An Open Letter to Survivors of a Pandemic

by Toni-Cara Stellitano, LCSW
Commack, NY

There is nothing wrong with you for feeling afraid, anxious, depressed, depleted, lethargic, frustrated, lost, and confused. Your body is an organism in response to its environment, and our outside environment is in a state of chaos. Before you rush off to seek medication for soothing these feelings, remember that your body is having a natural response to the chronic stress that is happening in our world.

When chronic stress occurs in a body, the limbic system (that part of our brain that navigates emotion, memory, stress and behavior) acts on hyperdrive and compromises the brain's ability to perform prefrontal cortex tasks (executive functioning) like focusing one's attention, tying one's shoes, and task completion.

Please go easy on yourselves during these trying times, there are many natural remedies that can be used to SUPPORT rather than medicate the body through this process of survival and recalibration. Eating more protein aids in dopamine production (dopamine is our reward feeling hormone) reducing sugars keeps inflammation down (inflammation triggers anxiety and a "raw nerves" feeling in the body). Hugging a loved one releases oxytocin (the love and bonding hormone) and creating art with your non-dominant hand, creates a pathway for stuck emotion that may be a root cause of your anxiety.

THERE IS NOTHING WRONG WITH YOU. Your body is brilliant and needs support. Step one is to acknowledge the immense amount of stress your body is under, to acknowledge the emotional impact of what is happening in our world as it pertains to the organism of your human body...without judgment.

This is the beginning of establishing a safe and authentic *internal environment* even when the *outside environment* is beyond logic and control.

HOLD YOURSELVES AND EACH OTHER WELL. ✧

Toni-Cara Stellitano, LCSW is an artist, Holistic Psychotherapist and trauma-informed creative arts practitioner. She specializes in body-based (non-medication) interventions to support the healing and wellness of women, children, and families.



The Great Divide

by Toni-Cara Stellitano, LCSW
Commack, NY

“Thank you for sharing your thoughts,” has become a genuine reply that both calms me, and also feels true when parsing my way through this cultural great divide. Engagement, can otherwise feel like entrapment/entanglement, if we are not loving and holding ourselves well. Centered.

Take responsibility for the way you are showing up in relationship right now, for

the way that it feels to be in connection (this is the mirror to your deepest Self). It is not novel to feel “unsafe” to show up in emotional transparency. In families we are taught early that some thoughts and feelings are welcome, while others are not. We learn to withhold sacred and scared pieces of ourselves in order to fit in to the mold of “rightness” requisite to a sense of belonging, lest we upset someone, become a burden, or are ultimately “sent to our rooms without dinner.”

Before you sacrifice yourself and what is true for you, for a seat at the family table, ask yourself this; “What do “I” believe? What do “I” feel? What do “I” need, and “What is at risk if I say so?”

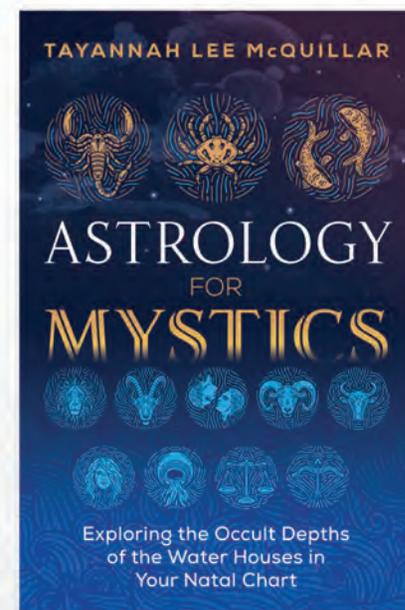
These are becoming the deepest and most polarized of times. Contrast of feelings, ideologies, and needs, are the out-breath of the very air that we need to survive. Community. Family. Connection.

Hold gently all pieces of all things. Our willingness to hold ourselves and each other unconditionally in these variations of being, will reveal to us who we are as a People. Will we be the frightened children of our histories? Will we be the shaming parents of our youth? Can we be brave enough to stand for the things that forfeit our seats at the table, in order to build a True Home for ourselves within the wise and peaceful sanctity of our own unconditional hearts. Who will you choose to become?

Hold Yourselves and Each other Well. ✧

Toni-Cara Stellitano, LCSW is an artist, Holistic Psychotherapist and trauma-informed creative arts practitioner. She specializes in body-based (non-medication) interventions to support the healing and wellness of women, children, and families.

— NEW RELEASE —



A guide to discovering and developing the spiritual and mystical talents hidden in your astrological chart

ISBN 978-1-64411-051-5 • 176 pages • \$16.99

INNER TRADITIONS
BEAR & COMPANY

Available at InnerTraditions.com
and Wherever Books Are Sold

800-246-8648

UP NEXT: The June / July “Men’s” Issue
ADS DUE May 10th | Article & Poetry Submissions Due April 15th
neil@creationsmagazine.com | 631 424-3594 | creationsmagazine.com

Butter and the Boomerang Effect

by Dr. Will Tuttle
Middletown CA

We are each other's teachers, for better or worse, and what we teach is who and what we are, and what we practice. Everything comes back, it seems, to our ongoing practice of living. Thoreau summed it well: "There are a thousand hacking at the branches of evil to one who is striking at the root." This essay is my ongoing effort to illuminate the hidden roots of our escalating dilemmas.

A friend recently told me how much he loves the taste of butter, and that certain pastries cannot properly be made without it. Right after that, going to the local store, I couldn't help noticing that virtually every human being I saw was wearing a mask, covering their faces and hiding their unique expressiveness. This, I thought, is the boomerang effect in action.

We are all born into a culture where from infancy we are conditioned to believe in our complete superiority to other animals,

and gladly take out our wallets and pay for—and thus cause—hideous sexual and physical harm and enslavement to other beings with similar interests to our own. A young calf born on a dairy farm (whether organic or not), for example, is immediately taken from her mother and either killed or isolated to become a milk-slave, subjected to repeated rapings, and then killed and eaten at the young age of just five years old.

Our defining delusion in buying the butter produced by this fellow mammal is our privilege and our narrative giving us the right to force her into a thoroughly artificial and desperate life of oppression, pain, despair, confusion, humiliation, and powerlessness. Any time any of us purchases the flesh or secretions of animals, we are sowing seeds of this unnecessary abuse and enslavement of beings who, like us, yearn for freedom to fulfill their purposes. We humans, in sowing these seeds billions of times every day, are reaping the same in our human world.

Because we are impervious to their cries and apparently incapable of recognizing and honoring their inherent sovereignty and dignity, we find that, on a massive scale, we are relentlessly losing our inherent sovereignty and dignity. The more we oppress them, the more we are oppressed. We are wounded from birth by well-meaning people who have been similarly indoctrinated and wounded. Now we are, as the exploiters of livestock, becoming livestock.

In a curious way, most of us seem to actually relish becoming the exploited, fearful, tracked, force-medicated, humiliated, muzzled slaves of those who, like us, have been taught privilege, and who have been raised to use their power to exploit others. Eating butter, we eat our enslavement, and our feeble protests, if we manage them at all, are merely ironic and hypocritical.

We want for ourselves what we refuse to give to others, and our deeper wisdom understands that this is never to be. **The ritual humiliations surrounding us, eroding our inherent rights, freedoms, health, and happiness, mirror the ones we routinely inflict on animals.** We can do our best to avoid being muzzled, chipped, exploited, and force-medicated, but it's even better to avoid inflicting this on others, either directly or by proxy. Ultimately, this is the only way out of the unyielding dilemma we face.

We are called, now more than ever, to waken from our culture's toxic humiliation of animals and of ourselves, and to respect them and thus be worthy of respect. Whatever we sow, we will reap. This boomerang effect is ultimately a gift from the universe to help us learn to honor the repressed empathy that shines always in our hearts.



When we care for and protect the vulnerable, the innocent, and the abused, we create a world of kindness, freedom, and peace for all of us.

May we awaken and heal these long-festering wounds of humiliation and delusion before we find our human world reduced to a mirror-image of the toxic factory-farm

oppression and violence into which we routinely force billions of animals. These cows, pigs, chickens, turkeys, and other sensitive, sovereign individuals are inherently worthy of our respect. It's critical that we tear off not just the imposed toxic muzzles and masks, but also the unrecognized blinders that keep us unaware of the consequences of our narratives and actions. ✨

Dr. Will Tuttle, visionary, educator and musician, is author of the international best-seller, *The World Peace Diet*. A former Zen monk and recipient of the Courage of Conscience Award and Empty Cages Prize, he has created eight CD albums of uplifting original piano music and is a vegan since 1980.

Natural Healing Acupuncture

Are you suffering from any of the following? Try acupuncture!

Parkinson's	TMJ	Diabetes	Cancer Patient Support
Stroke	Bell's Palsy	Colitis	
Paralysis	Tinnitus	Menopause	
M.S.	Neck Pain	Allergies	
Lupus	Sciatica	Skin Diseases	Some Insurance Accepted
Arthritis	Sports Injuries	Facial Lifting	Former Neurologist & Psychiatrist (in China)
Migraine	Sinusitis	Kidney Failure	Special for Complex Cases
Anxiety	Bronchitis	Weight Control	40+ years Experience
Stress	Asthma	Quit Smoking	
Trigeminal Neuralgia	Active Bladder	Nail Fungus	
Shingles	Infertility	Fatigue	
Hemorrhoids	Impotence	Immunity	
	A.D.D.	Sleep Apnea	



Henry Zhen-Hong Lee

LONG ISLAND:
69 Veterans Mem. Hwy
Commack
516-822-6722

QUEENS:
58-03 182 St
Fresh Meadows
718-445-8438

MANHATTAN:
2573 Broadway
NYC
646-220-5388

www.EWNaturalHealing.com

NYS License Acupuncturist; NCCA DPL Herbolgist; Beijing Medical Collage; President of American Acupuncture Assoc.

Allergen-Friendly Bakery and Chocolate Shop!

Celebrate Spring with a delicious selection of desserts for Easter!

- Apricot Walnut Torte
- Italian Chocolate Almond Torte with Amaretto Whipped Cream
- Chocolate Mousse
- Vegan Chocolate Mousse
- Strawberry Shortcake
- Cookies, Brownies & Muffins

All gluten free items are prepared in a separate kitchen. We are the allergen-friendly bakery that will customize desserts to fit your dietary needs.



(516) 486-CAKE (2253) 346 Hempstead Ave, West Hempstead, NY

Peace and Happiness

by Owen Waters
Texas

Peace resides in the human heart. Inner peace creates outer peace in your relationships and in the effect that you have upon the global consciousness.

Peace is a choice. It respects your boundaries and it respects the boundaries of others. When you set your boundaries and stop others from intruding into your space, when you respect other people's boundaries and do not intrude into their personal space, then it is possible to move on to the next step, a state of mutual cooperation.

Mutual cooperation means that you support each other in ways that come from your heart. You help people because you love the spirit within them. Their outer personality is not the

important focus here; it is their inner light, their inner spirit that you can always love, regardless of their outward actions. This, then, is the foundation for unconditional love.

The best model for unconditional love is right above you in the daytime sky. The Sun shines on everyone alike, without any judgment. It is a blazing symbol of the Creator's bounty and a constant guarantee of the energy you need for the experience of life.

When faced with each choice between love and fear, focus on your heart as the source of uplifting love and inspiration.

Love and support are the key requisites for lasting peace. The more people embrace peace in their own lives, the more they affect the global consciousness that we all share on this planet.

Happiness is the fruit of the tree of life. It is the needle in the compass that tells you that you are on track, that you are "on purpose" in your journey through life.

True happiness is inner joy, that deep and genuine joy which lasts forever. It comes from being in resonance with your inner purpose, with your inner self.

Your inner self is your soul, the part of you which lives forever, the part of you that is always there to help, guide and protect you. Within this inner soul burns the flame which connects you to the entire cosmos of Creation. It is your connection to Infinite Being, to the All That Is.

In this heart of your spiritual connection lies a wonderful essence. This is the essence of spirituality and joyful living. As your conscious connection with this essence grows, so does your level of happiness.



A connected life is a purposeful and rewarding life. It is one where you apply your efforts exploring the exact situations that you came here on Earth to experience. With love and wisdom, you transform these situations into lasting success.

Through life, you experience the endless variety of Creation. Through life, you journey back to that source from which you

came. Through life, you find the inner flame which is the key to eternal joy and happiness. ✧

Owen Water's book, *The Shift: The Revolution in Human Consciousness*, is available now for immediate download at: spiritualdynamics.net/ebooks/theshift.htm

Read more in Owen Waters' e-book, *Love, Light, Laughter: The New Spirituality*.

Discover the Best Beauty Treatments

www.holisticaestheticsny.com



HOLISTIC AESTHETICS

Holistic Aesthetics as a med spa provides all services under the care of a certified license professional.

What is FIBROBLAST SKIN-TIGHTENING ?

Fibroblast-Skin Tightening treatment is a revolutionary method for a perfect skin rejuvenation. It is an active answer to customer's needs for beauty treatments and is not based on surgical methods. Skin instantly tightens and contracts and final results can be seen after 6-8 weeks.

Unlike conventional surgery, Skin-Tightening treatments do NOT have consequences such as bruises, stitches, etc.

Follow us:
@Holistic.aestheticsny



Call to schedule your free consultation! 444 Community Dr, Ste 203, Manhasset, NY 11030 ☎ 516 210 6693

RELAXATION DENTISTRY

We all know that going to the dentist can be a stressful, scary experience. While most traditional dentists at least attempt to offer a low-stress environment, the visit still often ends up being painful, nerve-wracking, and all-around unpleasant. However, here at **Golden Dental Wellness Center**, we have Relaxation, Sedation, and Pain-Management programs that cater to those who have a deep fear of the dentist. If you're nervous about your next check-up or dental procedure, read on to see if we can help transform your next visit to the dentist!

For those that are simply on-edge for their entire visit, we have a special Relaxation Dentistry program for you. This program encompasses a wide range of services, from foot massages while procedures take place, aromatherapy using calming oils and rubs, or even



introduction of anti-anxiety medication. For those with extreme anxiety about visiting the dentist, we also offer door-to-door programs that begin with relaxation medication the night before your appointment to ensure good sleep, and end with you back at your house after being driven home by a companion after your procedure.

If you have an extreme case of anxiety about dental procedures, have trouble

staying numb from local anesthetics, or difficulty sitting still for long periods of time, we offer Sedation Dentistry. This option starts with a consult to determine the exact sedation schedule that will be followed in the routine, as well as the level of sedation required. In more mild cases, we can follow the same routines as our relaxation dentistry program, perhaps introducing a light dose of nitrous oxide during longer procedures. For severe cases, we can start with an oral prescription sedative pill an hour before your procedure, or even an IV-administered sedation for complex and long visits.

Additionally, if visiting the dentist has been painful for you in the past, please notify us when you make your appointment. We have techniques and strategies to mitigate pain during your procedure to make sure you are both comfortable and your teeth are well cared

for. If any of these options sound like they may apply to you, please mention that you saw them in *Creations Magazine* when you call **Golden Dental Wellness Center** at (516) 627-8400.



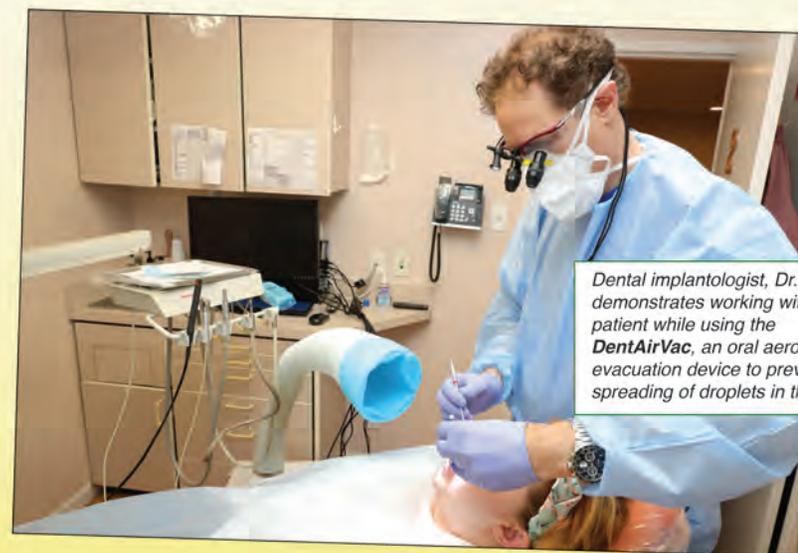
Golden Dental Wellness Center
444 Community Drive, Ste #204
Manhasset, NY 11030
(516) 627-8400

- ADVERTORIAL -

It's Time to Make Your Dental Appointment

We're Using State-of-the-Art Technology to Keep Our Patients & Staff as Safe as Possible

- ~ Air purification by Molekule & Vitashield
- ~ Negative ION Generators
- ~ Surgical Grade Equipment & PPE
- ~ Staff Wears N95 Grade Masks
- ~ Shields at Reception Desk
- ~ Full Disinfection Between Patients
- ~ Request a Coronavirus Test with 3 Day Results
- ~ Aerosol Containment Protocols
- ~ Pre-Appointment Temperature Checks



Dental implantologist, Dr. Blum, demonstrates working with a patient while using the **DentAirVac**, an oral aerosol evacuation device to prevent the spreading of droplets in the air.

- ◆ Integrative Holistic Dental Care
- ◆ Biocompatible Materials
- ◆ SDS/Swiss BioHealth Practitioners
- ◆ Modified SMART Mercury Removal
- ◆ General and Specialty Dentists
- ◆ Patient-centered, Relationship Based



444 Community Dr, Ste #204, Manhasset, NY 11030

(516) 627-8400

Monday 10-4, Tuesday 10-5, Wed 10-7, Thurs 10-5, Two Saturdays per month

HOLISTIC DENTISTRY



Dr. Natalie Krasnyansky

Dr. Natalie Krasnyansky
Essential Dental of Roslyn
70 Glen Cove Rd
Roslyn, NY 11577
516 621-2430
www.HolisticDentistryNY.com

Now participating with Cigna Dental Plan

Many people dread their scheduled visits to the dental office. Fear no more, thanks to pain-free Laser Dentistry.

Dr. Krasnyansky has dedicated her professional career to turning ordinary smiles into Picture Perfect Smiles by offering a wide variety of no pain restorative and cosmetic dental services with a holistic approach for you and your family. A beautiful and healthy smile, as well as the condition of our teeth and gums, plays a vital role in our overall health and well-being.

(see ad page 3 for special offer)

- Complete Smile Makeovers in a Gentle Environment Utilizing All-Porcelain Restorations
- Non-Mercury Restorations
- Invisaligns
- Non-Surgical Laser Assisted Periodontal Therapy
- Bio-compatibility Testing
- Digital X-Rays 90% Less Radiation
- Zoom! Whitening
- Dental Implants



Nature's Dental

What is made by nature is always better than what is artificially made. At **Nature's Dental** the conservation of your natural tooth structure — the **Biomimetic approach** — is at the core of our practice philosophy!

We practice holistic methods of saving your teeth and optimizing your overall health by letting the body's natural healing mechanisms take their course.

By applying Biomimetic Technology to restoring even badly decayed teeth, we eliminate most aggressive crown preparations and destructive root canal treatments by up to 90%.

A beautiful smile is part of a healthy, integrated self. We take great care in looking at your dental needs as a part of your total wellbeing.

Meet our holistic doctors, who are dedicated to minimally invasive dental practices: **Dr. Olga Isaeva and Dr. Diana Kopach.**

Nature's Dental
NaturesDental.net
50 Broadway, Greenlawn, NY 11740
631 316-1816



Batool F. Rizvi D.D.S., P.C.

Dr. Batool Rizvi strives to keep her patients smiling from the inside out. She believes in a holistic approach to health care. Dr. Rizvi offers her Dental services with an integrative and systemic philosophy in mind. She is one of the few doctors placing metal-free Zirconia Implants, and safely removing mercury fillings using the Huggins Protocol.

Dr. Rizvi earned her DDS from New York University and completed a fellowship in Oral and Maxillofacial surgery at the

Montefiore Medical Center of the Albert Einstein College, as well as an Implantology Fellowship from Columbia University.

Dr. Rizvi offers a full range of Dental services treating both adults and children. Her gentle touch, excellent listening skills and thorough explanations keep her patients smiling, happy and healthy.

- Metal Free Braces – Clear Aligner Therapy
- Metal Free Zirconia Implant Placement
- SMART Certified Safe Mercury Removal

- Ozone Therapy
- Mercury Free and BPA Free Composite Fillings
- Non-Surgical Periodontal Treatments with Scientifically Proven Results
- Free Consult for 2nd Opinion of Proposed Treatment

Dr. Batool Rizvi
In association with Dr. Norman Bressack
1692 Newbridge Road
N. Bellmore, NY 11710
516-221-7447



Linda Golden, DDS

Golden Dental Wellness Center
A Healthy Smile is Golden

You will experience a “patient-first” focus at GDWC, developing a partnership with your dental team; one where you're listened to, heard, and offered choices that help you to achieve your health goals. Discovering root causes of oral disease helps you become proactive in preventing

future problems, rather than reactive in just treating problems as they arise.

- Integrative Holistic Dental Office
- SDS/Swiss BioHealth Practitioners
- General and Specialty Dentists
- Biocompatible Materials
- Modified SMART Mercury Removal
- Patient-centered, Relationship Based

Holistic Aesthetics Skin Care Center
Liz Trujilo, Licensed Aesthetician, Certified Dental Assistant, and Phlebotomist.

Golden Dental Wellness Center
444 Community Drive, Ste #204
Manhasset, NY 11030
(516) 627-8400



Jeffrey Etes, DMD, NMD, IBDM

Jeffrey Etes, DMD, NMD, IBDM is an Ivy League educated endodontic dental specialist with formal university residency training that encompasses an extensive oral surgical expertise including all aspects of dental implantology. Dr. Jeff, as his cherished long-time adult patients and his pediatric patients call him, has a dual board certification in Naturopathic and Integrative medicine.

Dr. Jeff created **Integrative Dental Specialists** to provide the absolute best comprehensive dental care available

today. The office uses the latest technology and proprietary dental and healing techniques available in cosmetic biomimetic reconstructive, rejuvenation, and restorative dentistry. There is always an emphasis on biocompatible and holistic dentistry to create a very natural and beautiful smile you can be confident with and proud of. Dr. Jeff has achieved a highly professional, relaxed, caring, and pain-free environment for his patients with sedation dentistry available if required. The entire team looks forward to meeting you and exceeding your expectations.

Dr. Jeffrey Etes
Integrative Dental Specialists of Long Island
245 Hillside Avenue
Williston Park, NY 11596
516-253-1800

Integrative Dental Specialists of Manhattan
120 East 56th Street
12th Floor
New York, NY 10022
212-973-9425
www.intergrativedentalNY.com

Jimmy Kilimitzoglou, DDS, DABOI, MAGD, FICOI, FAAID, FDOCS e.s.i. Healthy Dentistry
42 Terry Road
Smithtown, NY 11787
(631) 979-7991
www.esihealthydentistry.com

Dr. Kilimitzoglou is a Master of the Academy of General Dentistry and a Diplomat of the American Board of Oral Implantology. He is one of 300 dentists in the world with these credentials.

Services we offer include:

- No-BPA & No-Mercury Fillings
- Ozone Therapy
- No- Metal Zirconia Bridges
- Laser Fillings and Gum Treatment
- Holistic Root Canal Therapy
- No-Metal CEREC Single Visit Crowns
- 3-D Digital Jawbone Bone Scan
- Invisalign—no metal orthodontics.

Some patients associate visiting the dentist with thoughts of pain and discomfort. To ensure that the patient experience is

as relaxed and comfortable as possible, Dr. Kilimitzoglou offers **sedation dentistry**. Combining this with our excellent patient care, going to the dentist can be an easy, anxiety-free experience.

Dr. Kilimitzoglou knows that both comfort and appearance are important when it comes to oral health. Dental implants act as replacement teeth, providing functional and cosmetic benefits for patients who have lost teeth. We hope to see you at our beautiful facility soon!



Dr. Kilimitzoglou

HEALING / BODYWORK

PATRICIA BONO – Helping People and Animals

Traditional Usui, Karuna Reiki Master – Practitioner & Teacher
 Private Sessions & Distance Healing.
 Certification Classes Offered.
 Therapeutic Touch Practitioner
 Shaman - Working With Native American Intuitive Ways.

Tarot/Psychic/Medium –
 Readings in Person or By Phone.
 Available for parties, private, business, corporate.

Animal Communicator/Psychic –
 In Person or By Phone.
 Working with animals both here or having passed over.

Past Life Regression Therapy

Dream Interpretation

Ordained Interfaith Minister

Workshops Offered –
 Animal Communication, Native American Intuitive Ways/Medicine Wheel

Member – Associated Bodywork and Massage Professionals

Featured in *Newsday*, Cable TV and Radio Talk Shows

For information or an appointment call:

Patricia Bono
(516) 922 7574

www.patriciabono.com

E-Mail: speaks2spirits@gmail.com



Patricia Bono

THERAPHI PLASMA HEALING THERAPY

Plasma Light Technology
 Rejuvenation Field Technology
 Safe, Non-Invasive and Painless

“Cold Atmospheric Plasmas (CAP’s) can enhance neural cell differentiation into neurons both in vitro and in vivo, which is of great interest for medical treatment of neurodegenerative diseases like Alzheimer’s disease and traumatic injuries of the central nervous system. CAP’s represent a promising method for the future of neurological disease therapy.”

May improve many health issues, including:

- Natural Pain Relief
- Longevity & Rejuvenation
- Reduction of Degenerative Disease
- Digestive Distress

Christine Jamsky
631-312-1459



Christine Jamsky

ACUPUNCTURE

In Pain? Stressed out? Tired?
 Anxious? Depressed?
 Get Relief The Natural Way –
 at **Relief Wellness Center**

Acupuncture is a 5,000-year-old system of medicine treating everything from the common cold to chronic disease. **93% of 89,000 patients reported successful treatment for musculoskeletal pain with acupuncture (American Specialty Health 2016).**

Thousands of studies have shown the efficacy of acupuncture treatment for:

- addiction
- anxiety / stress & depression
- allergies
- asthma
- autoimmune disease
- back pain
- cardiovascular diseases
- chronic fatigue
- diabetes & metabolic syndrome
- fibromyalgia
- gastrointestinal issues
- headaches / migraines
- menstrual / menopausal issues

- neurological issues
- respiratory conditions

NYSHIP, EMPIRE, CIGNA, NO-FAULT & more cover acupuncture and some even massage.

Peg Duignan MS LAc LMT
Relief Wellness Center
10 Lawrence Ave, Suite 2
Smithtown, NY 11787
www.ReliefWellnessCenter.com
Office: 631-265-3600
Text: 631-786-5429



Peg Duignan MS LAc LMT

Anthony Cerabino B.M., LMT, M.S., L.Ac is the Founder and Director of **Healthcare Wellness Center.**

We specialize in treating patients on an individualized basis using a COMBINATION of healing modalities:

- Acupuncture
- Medical Massage,
- Herbal Medicine

- Vitamin/Mineral Supplementation
- Aromatherapy
- Reiki
- NAET

NAET (Nambudripad’s Allergy Elimination Technique), is a medicine-free technique that retrains the body to accept the allergen.

Acupuncture commonly treats: All Pain, Back and Neck Pain, Vertigo, Headaches,

Muscle Strain/Sprain, Stress/Anxiety, Any Addiction, Migraines, Neurological Disorders, Digestive Disorders, and Allergies.

We accept most insurance.

HEALTHCARE WELLNESS CENTER
85 W. Main Street, Suite 302
Bay Shore, NY 11706
631-665-1666
www.healthcarewellness.org



Anthony Cerabino
B.M, LMT, M.S., L.Ac

HOLISTIC HEALTH

LLYNN' NEWMAN, MS, CN TAKING CHARGE OF YOUR LIFE



Lynn' Newman

An in-depth nutritional & herbal approach to the rebuilding of health for adults & children. Over 30 yrs experience/Professor/NYS Lic.

Nutrition has been clinically shown for Building & Strengthening the Immune System, Especially Now! Additionally, it's important in the treatment of stress reduction and prevention of:

Cardiovascular • Allergies • Diabetes
Weight Mgmt • Fatigue/EBV • Cancer
Eating/GI Disorders • Detox • Candida
Celiac • ADD/ADHD • AUTISM
Hormone • Arthritis • Osteoporosis
Critical Care Support • Biochemical Analysis
and so much more...

Herbology extends back thousands of years. As an experienced Herbalist, I work with herbs and the individual to assist in attaining harmony for strengthening, toning and supporting your life with health! Naturally, gently and simply.

If you have a medical problem, I can consult your physician. Today much health improvement takes real work on your part and the daily care of focusing more on each individual's personal health education and prevention.

Awareness is vital to health! Let me help you create new plans for your health and life and give birth to your new self.

LLYNN' NEWMAN, M.S. C.N.

NYS Lic./Certified Nutritionist
Certified Herbalist/Iridologist
Wholistic Counselor/Educator
Health Coach/Certified Reiki Practitioner
Neuro Linguistic Techniques Practitioner
Over 30 Years Experience
(516) 674-4868

Office in Glen Head
Gift Certificates/Easy Payment Plans
Package Deals Available

www.newmannutrition.com

HOLISTIC VETERINARIAN

The Most Famous Veterinarian in the World, Doc is the recipient of the first Presidential Award ever given in veterinary medicine in America.



R. Geoffrey Broderick, DVM

We are proud to say Doc is, and has been, a practicing veterinary doctor and surgeon for over 51 years. At the same time, he is also a nutritionist who makes the #1 rated food for pets on earth. His half-century of work preventing diseases of all kinds has made him internationally renowned.

Doc was one of the first three doctors to arrive at the Avianca Airline crash in Cove Neck, NY (Jan. 1990) that led to the most

successful aircraft rescue in the history of worldwide aviation.

Using Doc's PREVENTION-PARADIGM he has not had a case of cancer, heart disease or diabetes in over twenty years in his patients across America.

Doc is the doctor on **Shark Tank** and CEO of **Cornucopia Organic Food for Pets**. He is an accomplished teacher and lecturer as well as the author of the book, **COMPASSION FOR PETS** and the composer and performer of *Adio*, which he has gifted the world and sang at the Vatican. Out of an estimated 3 million doctors practicing

medicine in the U.S., Doc is the only one who makes food to prevent disease.

R. Geoffrey Broderick, DVM

The Animal Clinic at Southdown
229 Wall St., Huntington N.Y. 11743

Cornucopiapetfoods.com
doc@cornucopiapetfoods.com
www.soundcloud.com/DrGeoffreyBroderick
(631)-427-7321 or (631)-427-7479

Listen to: www.w4wn.com
All God's Children
Thursdays, Noon – 1PM EST

COUNSELING / THERAPY



Jackie Major, LCSW

Licensed Therapist & Relationship Expert
Jackie Major is pleased to offer

Weekly Interactive Groups!

Improve your ability to relate to others.
Become more of your true self.
Transform codependent patterns.
Practice being in the moment...
where real life happens!

Services Provided:
Individual & Couples Therapy
Interactive Group Therapy

Workshops Offered Include:
Manifesting Abundance
Breaking Codependency
The Art of Intimacy
Healing the Inner Child

Jackie Major, LCSW

Offices in Port Jefferson &
Huntington Station

Information about Appointments,
Groups & Workshops can be found at
www.jackiemajor.com
tel. 631-291-5800
email: jackiemajor@optonline.net

Are you ready to live the life you've always dreamed of?

- Winner of 12 awards, including 2013 Gold Nautilus Book Award

Your Ultimate Life Plan: How to Deeply Transform Your Everyday Experience and Create Changes That Last, helps you step boldly into your next, deeper level of happiness, wholeness, transformation and success. The distillation of Dr. Howard's **20-plus years of experience as a licensed psychotherapist, relationship expert, energy healer, and spiritual teacher**, this "workshop in a book" is the missing "how to" for getting unstuck and moving past your problems into a richer, happier more authentic and meaningful life. Why settle for average when the potential to live an amazing life is inside you, right now.

YourUltimateLifePlan.com

Dr. Jennifer believes it's your birthright to

- Achieve success
- Find & nourish creativity
- Create healthy relationships
- Heal limiting belief systems
- Move through fears
- Set and reach goals
- Attain physical health
- Embrace self-acceptance
- Live from your true self
- Move past depression/anxiety

Creations Readers: FREE Meditation:
AskDrJenniferHoward.com/Creations
FREE MP3 ~ Abundance Meditation
FREE Virtual Meditation Room
Facebook.com/DrJenniferfanpage
Twitter.com/DrJennifer

Expert on **numerous national network television shows, Huffington Post blogger**, also host of her award nominated **radio talk show, A Conscious Life.**
DrJenniferHoward.tv/radio

Offering:
Psychotherapy
Business & Life Coaching
NonDual Kabbalistic Healing®
Integrated Energy Healing
Psycho/Spiritual Classes
Guided Meditations
Medical Intuitive
Hypnotherapy
Sedona
EFT

Offices in S. Huntington and NYC
631-424-1691 / 212-580-9402
Phone & Skype

Events: DrJenniferHoward.com/events.asp

Astrology shares valuable insights into your life that will resonate with your unique Astrological personality. Hidden in the planets are messages to wake up your soul by tapping into your true self.

- Natal Astrology Readings
- Astrology Transit Readings
- Astrology Chart Comparison
- Astrology Classes
- Past Life Regression Therapy
- Reiki
- Metaphysics

Understanding your Life Path through Astrology, along with knowing the timing in your chart. Also learn about any blocks in the chart to allow you to go forward to achieve success.

To schedule an appointment:
Rev. MaryAnn Dellinger
631 875 7235
CelestialsRealm@gmail.com
www.maryanndellinger.com



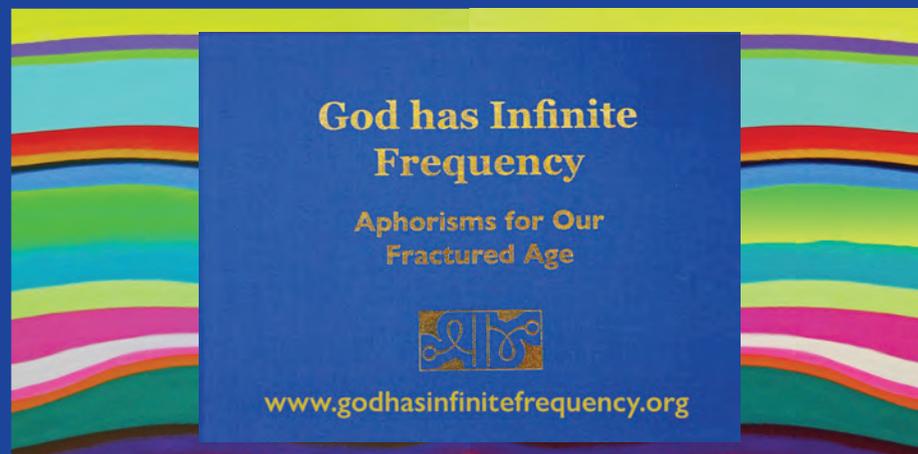
Rev. MaryAnn Dellinger

We Post New Articles Every Week

— on —

www.creationsmagazine.com
 Please check in regularly

“Stunning, the quintessential gift, full of color and nuance”



“An invitation to experience Universal Love”

In Pain? Stressed Out? Tired? Anxious? Depressed?

Get Relief the Natural Way at Relief Wellness Center

Acupuncture is a 5,000-year-old system of medicine treating everything from the common cold to chronic disease. 93% of 89,000 patients reported successful treatment for musculoskeletal pain with acupuncture (American Specialty Health 2016).

Thousands of studies have shown the efficacy of acupuncture treatment for:

- addiction
- anxiety / stress & depression
- allergies
- asthma
- autoimmune disease
- back pain
- cardiovascular diseases
- chronic fatigue
- diabetes & metabolic syndrome
- fibromyalgia
- gastrointestinal issues
- headaches / migraines
- menstrual / menopausal issues
- neurological issues
- respiratory conditions



Peg Duignan MS LAc LMT
Relief Wellness Center
10 Lawrence Ave, Suite 2
Smithtown, NY 11787
www.ReliefWellnessCenter.com
Office: 631-265-3600
Text: 631-786-5429

Acupuncture • EFT Tapping • Energy Medicine • Massage Therapy
Nutritional Counseling • Most Medical Insurance Accepted

All Faiths Seminary International

“Never Instead of, Always in Addition to”
Do you have a Calling?
Be All You Can Be!

Train to Become an Interfaith Minister

Offering: Comparative Interfaith Ministers Program along with concentration tracks available in: A.C.I.M. and Judaism

Also Offering:

a **2-year Masters of Divinity** also with a concentration in: A.C.I.M. or Judaism (must be an ordained Minister to attend)

And Offering:

a **2-year Doctorate of Divinity Program**



Check website For All Price Structures
 ~ Accepting Applicants for the Fall of 2021 ~

Live monthly class is on Zoom:

For Info Call: 212-866-3795
 Infoallfaithsseminary.org@gmail.com; www.allfaithsseminary.org

Rabbi Joseph Gelberman, Founder
 Rabbi Stuart Paris, President

POETRY

I Can Be

by Rhonda Weiss, Leeds, NY

A senior woman,
growing up in the 1960's,
remembers herself advocating for
a woman's right to be President.
Today, she actually believes
"actions led by hope" can succeed.

It was that smug boy again
Tall, and good looking
sitting in the last row
Talking down women's roles

When up went a hand
And a counter argument
By a girl in front
With strong opinions
And a voice
Which teachers said they couldn't hear

"I can be President one day"

And then the wave
Of muffled hope "ahs"
from some of the girls
While others
Joined the shaking heads
And more audible
That's crazy mockery from the boys

But, why not?
"I can be President one day"

Didn't these boys
Learn their first words
And form their foundation beliefs
From mother's thoughts

And
When the darkness overtook them
Didn't they call for "Mother"
To set the world right again
And guide them back to sleep

So
Why doubt that power now
To bring some calm to a restless world

"Why not a woman?"
"I can be President one day"

The quiet girl believed it
Until she almost didn't
again in high school
When looking at her reed thin frame
That everyone even her mother
Thought should have curves
To find a husband

Because
Men had recently landed on the moon

Yet children were still told to hide
under their desks
Just in case of a nuclear attack
And girls were told to sit with their
knees together
To be safe
Just in case

And
There were protests of anguish and rage

And Hope
Led demands for "full" equality
From Blacks who had brutally been
Stripped from their homeland
And forced to be beasts of burden
By those claiming to be God-fearing

And, yet women
Who restored order to nights
Plagued by marauding boogeymen
Would still not be trusted by
the light of day

There was a cry for change
And the girl listened

And
Put on her walking shoes
And joined her "couldn't hear voice"
To those that possibly could
And hopefully would (be heard)



Watercolor by
Jan Guarino

Momma

by Lynne D. Soulagnet, Medford, NY

why did you want to hurt me
keep my daughter from me
looking at me through those narrow slits
not seeing the real me
the one needing, always needing
your love

like a predator picking meat off a carcass
you didn't want anyone else to love me
called me homely, tramp
when I wore tight jeans, make-up
hoping to attract someone who would
want me, hold me
the way you never could

The Sea And Me

by Dr. Seena R. Axel, Delray Beach, FL

I come to the sea
to find a reflection of me.
A symbol of the natural world's
propensity to be "larger than life",
visible and mysterious.

The fathomless depths
of her watery soul,
the gyrating waves,
white-capped and wild,
caressing moist shoreline,
create a skip in the beat
of my heart, a catch in the
cadence of my breath.

I am home!
My soul is at peace!
My senses come alive!
My spirit remembers!
My body feels...all!

Spring's ocean breeze,
blowing wind, cool at the bottom,
warm at the top, over sandy shores,
through reed-covered dunes,
the greenery dancing and prancing
with the flowing air currents.

Late afternoon lovers
unable to depart from
their beloved sea,

sparingly dot the shoreline.
Love welcomed here...
in all its many forms.

A lone fisherman
in high rubber boots
keeps throwing his line
in to the water after reeling it in,
over and over again.
I wonder...catching a fish...
or finding yourself?

And here I sit,
being with me, feeling my yearning,
re-establishing my balance,
re-claiming equanimity,
teary and tender,
soulful, sweet and sad,
I am coming home,
finding my soul,

Aphrodite dwells here.
The sea itself,
a flowing rainbow
of green and blue hues,
white and wild at the top,
deep and dark at the bottom,
sensuous, serious and
eternally flowing.
I come to the sea
to discover a reflection of me.

Poetry is nearer to vital truth than history. – Plato

The Girl Who Baptized Herself

by Meggan Watterson

The following is excerpted with permission from **Mary Magdalene Revealed** by Meggan Watterson (Hay House Inc. ©2021)

In the tumultuous time immediately after Christ's crucifixion, Christianity is seen as a forbidden religion. It's illegal to be Christian. Yet, this crazy devoted man named Paul is traveling, from village to village, telling stories about his experience of Christ.

He happens to stop in a small village where a 17-year-old named Thecla lives. She can hear Paul from her bedroom window, and she's riveted. She remains at her window for three days and three nights as Paul recounts his misadventures with Christ.

Something begins to unravel for her. Or something that had always existed within her suddenly races to the surface, and in those three days her life is transformed. Her fiancé begs her to come away from the window. He tells her that she should be ashamed for directing her love away from him. He reminds her of her duty, of the law. And he enlists her mother, who begs for her to return to them as well. But Thecla remains. And even more, she begins to want to meet Paul and leave the life that had been expected of her for a life she now feels is authentically her own.

Her fiancé reports Paul to the governor, calling him a magician, attributing him with the powers to persuade young women not to marry. The governor has Paul arrested and sent to jail. Thecla leaves her house in the middle of the night to go see him. She gives her bracelets to the prison gatekeeper as admission, and he lets her in. She gives an ornate mirror to the guard at the cell door, easily discarding the remnants of her old life. He lets her in as well. Then she goes to Paul and sits at his feet.

The next day, word gets out that Thecla had been to the prison to see Paul. Her fiancé is beyond outrage. Thecla is his! She is his possession. Thecla's mother agrees and screams for her punishment. Her own mother suggests that she is burned at the stake for breaking the law of her betrothal, for going her own way, for following her fiery, young heart.

The governor has Paul whipped and thrown out of town. But to teach a lesson, he has Thecla stripped and binds her body to the stake.

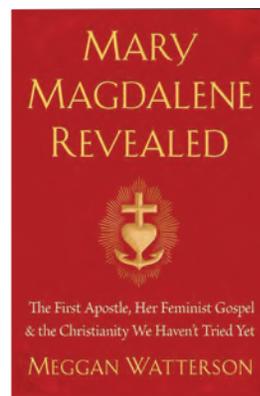
The pyre is lit. I've always imagined that she was visibly trembling, but her resolve comes from a place within her, giving her this courage that reminds her of who she is, of what she's capable of. Just as the flames are beginning to reach her, Thecla makes the sign of the cross and a sudden thundercloud covers her and all the spectators. Rain pours down onto the fire that was meant to take her life. And she is saved. She has saved herself.

Thecla finds a robe to wear, a robe that was more commonly worn by men, and sets off in Paul's footsteps to catch up with him. A child finds her in the market of a nearby town, a child who knows where Paul can be found.

Thecla is led back to where he had been waiting for her, in deep prayer, not knowing if she had lived or died. She greets him and informs him that she will cut her hair and follow him wherever he is led. He's flattered, I'm sure, but also concerned. Thecla, it seems, was extraordinarily beautiful. So, he voices his fears that Thecla will only run into more trials as an unmarried young woman in this forbidden religion called Christianity.

She reassures him, "Only give me the seal of Christ and no trial will touch me." She wanted baptism; she wanted confirmation from him, her elder, that she was ready and even maybe worthy of being baptized. Paul responds, "Be patient." So she listens, as patiently as love does. And she remains at his side.

Their ministry leads them to Antioch (an area that the Romans referred to as Asia Minor, which was an epic portion of the entire Mediterranean). They are walking down the crowded streets in the center



of town when the president of Syria, Alexander, notices Thecla and decides he must have her, right there, as his own. First, he pleads with Paul and offers him bribes of money and power, hoping to appeal to Paul's greed. Paul pretends that he doesn't know Thecla, essentially disowning her right there for everyone to see. She yells out, and insists that Alexander not violate her.

Alexander, being a president rife with power, tries to take her right there in the street. Thecla won't have it. She rips his crown from his head and tears his garments, drawing attention to his actions and, subsequently, shame from onlookers. Again, Thecla is saved. She had saved herself.

She's brought before a court to judge her actions and is sentenced to death in the stadium. Thecla, again, is stripped and her hands are bound. She's led out into the stadium to face her fate. She is forced to wear one word, which is the word that encapsulates how she has been charged: *sacrilege*. She is wearing the word *sacrilege*, standing naked in the center of a packed stadium as the crowd cheers on the arrival of the wild beasts that are meant to take her down.

A ferocious lion approaches her. I've often imagined the look of love she must have given it. Courage coming face-to-face with courage; the depth of recognition that must have been there. Supposedly, the lioness stopped charging at Thecla and instead lay down at her feet.

Frustrated, the officials send out more wild animals to attack her, but the lioness has now become Thecla's protectress, and she mauls each next beast that tries to harm her. Eventually, the lioness is killed. But the crowd has begun to turn.

The women in the crowd begin to scream, "Unholy judgment." They start to proclaim Thecla's innocence and to voice the true sacrilege, which is to put such love to death.

In the stadium with Thecla is a pit of water filled with wild sea lions. As more beasts enter the stadium and charge at her, Thecla declares, "In the name of Jesus Christ I baptize myself." As she enters the water, a cloud of fire suddenly surrounds

Continued on page 25

Join us for an enlightening service...

Every Sunday beginning at 11am
Service includes meditation and hands-on healing.

Experience a unique belief where messages are given from the Spirit realm by our respected mediums.

Message Circle: 1st - 3rd
Sundays at 12:30pm

For further information or directions, call **800-316-1231**

Check our website and friend us on Facebook, for any up-to-the-minute announcements **www.tmsli.org**

ALL IN-PERSON SERVICES HAVE BEEN POSTPONED. PLEASE VISIT OUR WEBSITE FOR OUR CHURCH SERVICE LINK ON SUNDAYS AT 10:30 AM. HOPING TO RESUME IN-PERSON SERVICES JUNE 1ST.



TEMPLE of METAPHYSICAL SCIENCE, NSAC

The Oldest Spiritualist Church on Long Island

American Legion Hall
corner of Baker St & South Ocean Ave
Patchogue, NY

Ordained Minister
Rev. Hugo Ruiz
NST, Certified Medium

The Contagion Myth: Why Viruses (including “Coronavirus”) Are Not the Cause of Disease, by Thomas S. Cowan, MD and Sally Fallon Morell

A Book Review by Jerry Brown
Santa Fe, NM

In this fascinating, fact-filled, groundbreaking book, *The Contagion Myth: Why Viruses (including “Coronavirus”) Are Not the Cause of Disease*, Thomas S. Cowan, MD and Sally Fallon Morell cover a range of topics around the cause of disease, especially what’s called “contagious disease.”

This book has profound implications for the medical “sickness” industry particularly the current “coronavirus pandemic.” From the invention of the microscope in 1670 allowing researchers to blame disease on bacteria, to the fraudulent research of celebrity scientist, Louis Pasteur (considered the father of germ-theory) in the late 1800’s, to the Spanish Flu epidemic of 1918, and to the historical correlation of environmental toxins to disease (including electricity, EMF’s, the current proliferation of the wireless technology of 5G, and biodiesel fuel emissions originating from Roundup (glyphosate) treated sources), they provide fully documented facts about the history of germ-theory and practical understandable examples and explanations of our biological functions in the presence of environmental toxins.

This book is an expose of the modern medical myth – that microorganisms cause disease and that these diseases can be spread from one person to

another through coughs, sneezes, kisses and hugs, and how modern vaccine theory developed based on hypothesis, presumptions and even the fraudulent research of Louis Pasteur.

Dr. Cowan explains in plain language that virus is not a living organism, but it is a collection of proteins of DNA and RNA enclosed in a cell membrane, and how virus became a convenient scapegoat for diseases that didn’t fit the bacterial model. He postulates that medicine must put the questions of “what actually causes disease” squarely in the forefront of our thinking in order for humanity to progress.

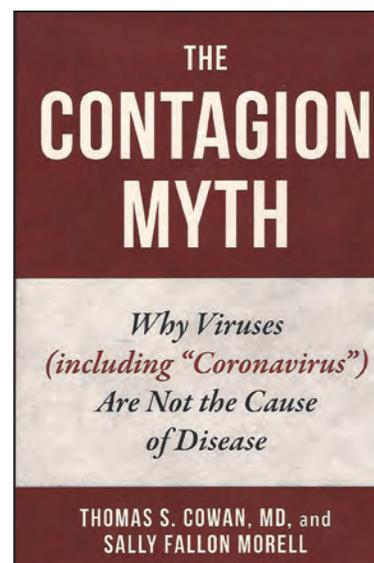
Part 2 of the book, *What Causes Disease*, delves into the biology of how the poisons in our water, food and air, as well as the poisons of electro-smog are strong co-factors in the cause of disease. He documents that when respiratory illnesses started appearing in Wuhan, China in November 2019 after about 10,000 5G base stations were installed in that city, rather than finding proof of the cause, authorities relied on “presumptive evidence” that this new type of illness must be caused by a new or modified virus. Meanwhile, illnesses followed 5G installation in all major cities in America, starting with NYC in Fall 2019.

In the Chapter, *Testing Scam*, Dr. Cowan documents the controversies about the PCR test being used to diagnose “Covid-19.” He references a study by two prominent scientists called “Covid-19 PCR Tests are Scientifically Meaningless,” along with quoting the inventor of the PCR technology, Kary Mullis, who insisted time and time again, “PCR tests do not prove causation and cannot diagnose disease.” The CDC and FDA

have acknowledged that “The PCR test cannot be used for diagnosis.” Yet, it’s being used to fuel the number of “cases” to sustain public policy of face masks, social-distancing, lockdowns and quarantines! Why?!!

I found the Chapter, *Exosomes* to be particularly enlightening as Dr. Cowan reviews the history of microscopes allowing the “discovery” and identification of bacteria, virus and “particles” produced by human cells. He explains that when microscopes allowed scientists to “see” tiny particles at the site of disease they assumed they were harmful and named them *viruses*, after the Latin word for “toxin.” Dr. Cowan documents that these “particles” are actually “exosomes” and states, “The germ theory is wrong; the virus theory is wrong. Incredible as it seems, we are sitting on a house of cards that has resulted in incalculable harm to humanity. **Viruses are not here to kill us; in reality they are exosomes whose role is to provide the detoxification package and the communication system to live a full and healthy existence. A war on virus is a war on life and a war on the forward evolution of humanity. These “viruses” are not invaders but toxin gobbling messengers that our cells produce to help us adjust to environmental assaults, including electro-smog. Exosomes are the scientific basis for challenging the notion of contagion.**”

Part 3 of the book includes Chapters *Questioning Covid* and *A Vaccine For Covid-19* (which are worth the time to read the book by themselves).



Dr. Cowan states that, “Liability-free vaccine manufacturers means the consumer has no redress no matter how bad the injury; and it means vaccine manufacturers have absolutely no incentive to make a vaccine that is either safe or effective. It’s clear that vaccine is not going to save us – in fact it has the potential

of inflicting enormous suffering on the world’s population. And all for an illness that is not contagious!” In Chapter 5G and the Future of Humanity, Dr. Cowan concludes that “Humanity is at a crossroads, and “Covid-19” is the first wave of disease created by the introduction of the new technology of 5G. It is only the tip of the iceberg. It is my hope that out of this event, a new way of life will emerge in a world free of poisoned food, poisoned water, and the poisonous and false germ theory.”

I highly recommend this book for anyone interested in health and well-being and the future of humanity and society. Understanding the history of germ-theory, vaccines and environmental toxins in the role of “disease” helps us understand the foundation of the current standard medical model, and provides us with the information and knowledge to make informed personal medical choices. It is a book that empowers freedom of choice through knowledge and awareness. ✨

Futons & Futon Furniture, Crystals, Minerals, Sage, Incense,
Candles, Books, Music, Naots, Minnetonka Moccasins

Dreams East

359 Sea Cliff Avenue, Sea Cliff, NY
516-656-4790 • www.dreamseast.com

Psychic Readings with Neil MacPherson Wed-Sun

Transformation



Shamanic Meditation Group
Awakening Your Light Body
Workshops
Classes
Retreats
EMDR and Psychotherapy

(631) 547-5433
www.DrIreneSiegel.com

BOOK REVIEWS

& PRODUCTS

BOOKS

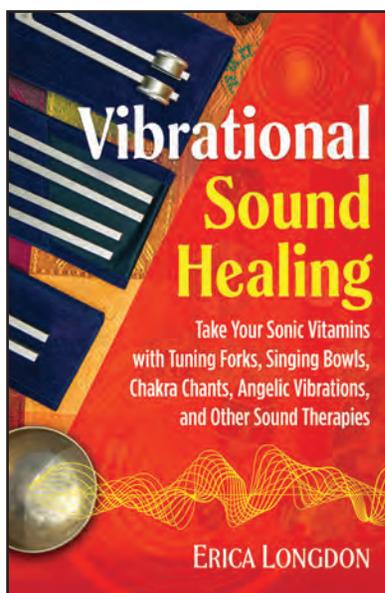
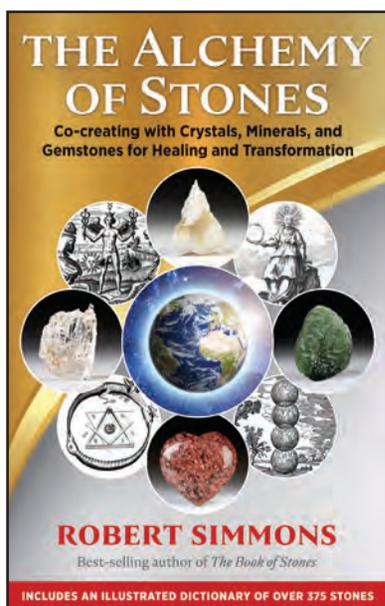
THE ALCHEMY OF STONES: Co-creating with Crystals, Minerals, and Gemstones for Healing and Transformation

by Robert Simmons
DestinyBooks.com

The Alchemy of Stones presents an inspired breakthrough in Robert Simmons' thirty-five year career of exploring and revealing the spiritual qualities and potentials of minerals, crystals, and gemstones. This holistic, Earth-based framework for understanding stones and their energies initiates readers into an alchemical worldview that leads to spiritual healing, transformation, and transcendence. Simmons provides guidance on discovering and harnessing the three human powers of intention, attention, and imagination, each a crucial component for meeting and working in harmony with the energies of the Stone Beings. Simmons also introduces us to the Divine Feminine intelligence known as Sophia, or Wisdom. The Stone Beings are her emissaries, and through relating and co-creating with them, the healing and redemption of ourselves and the Earth becomes a reality.

Offering an illustrated dictionary of the spiritual qualities of more than 375 different minerals, crystals, and gemstones, Simmons also explores in depth what he calls the Four Cornerstones of the Alchemy of Stones: Moldavite, Phenacite, Azeztulite, and Rosophia. He discusses the stages of alchemical transformation and provides meditative practices with specific stones to go with each stage. He also explores

how to work with stone mandalas, crystal body layouts, gemstone elixirs, and Orgonite energy devices and details powerful techniques for working with stones. Woven throughout are Simmons' personal stories of the pivotal mystical experiences that triggered his capacity to feel stone energies and led him to develop his relationship with the stones, revealing how this work can open minds and awaken hearts. Lavishly illustrated, The Alchemy of Stones is an invitation to a journey of enlightenment, transformation, and spiritual metamorphosis aligned with the path of our living, conscious Earth.



VIBRATIONAL SOUND HEALING Take Your Sonic Vitamins with Tuning Forks, Singing Bowls, Chakra Chants, Angelic Vibrations, and Other Sound Therapies

by Erica Longdon
InnerTraditions.com

All sound and vibration affect us. From the moment of birth—even in the womb—every word, thought, or sound we encounter is important and powerful, nourishing or toxic. When we understand the powerful effects of sound and vibration,

we can consciously apply them for our health and wellbeing. In this accessible guide, Erica Longdon explains the therapeutic and healing impact of sound, frequency, and vibration on the body, mind, and spirit. She shows how sound therapy triggers the body's natural self-healing mechanisms and offers a non-invasive way to permeate every cell of the body with healing intentions. She presents a wide range of sound-healing methods and vibrational practices and explores tools such as tuning forks,

gongs, singing bowls, drumming, chakra chants, and angelic vibrations as well as *cymatics*—the study of wave phenomena, which makes sound visible. She explains how to use different sound healing methods and offers instructions both for self-treatment and as preparation if you go see a sound therapist. She reveals how each of us has a sound healing tool at our disposal—our own voice—and provides simple practices and exercises such as humming, vowel toning, and affirmations that you can begin using right away for self-healing. She also explores the power of silence and how even our inner vibrations—thoughts and intentions—affect us sonically and can be used for vibrational healing. Offering a natural way to treat pain and illness, this guide gives you the tools to connect with your inner healer, restore balance and harmony, and harness the power of vibration for sound health.

PRODUCTS

PILLOW CUBE pillowcube.com

Welcome the support at bedtime with Pillow Cube a must-have pillow for side sleepers that the manufacturer says helps with spinal alignment, decreases sleep apnea and reduces acid reflux. Available in both 12" and 28" wide pillows. Pillow Cube is made in the USA out of the same high rebound comfort foams that the top bed-in-the-box companies use. Pillow Cube gives you a highly engineered, structurally soft, perfectly shaped bed for your head wrapped up in a silky-smooth stretchy cover. It's perfect to take traveling and even to use in between your legs for the best night's rest. Hey, it's a great conversation piece, too :)

SHUT EYE

nuvananutrition.com/product/shut-eye/

Nuvana's *Shut Eye* was created by a neurologist and biochemist to improve sleep with a natural sleep aid. *Shut Eye* packs a one-two punch of the amino acid L-Theanine and the neurotransmitter GABA. Together they help the brain to down-regulate feelings of worry, stress and anxiety to create a state of relaxation that makes it easier to fall asleep and extend the duration of deep sleep. *Shut Eye* promotes improved, restorative sleep with naturally sourced ingredients that are vegan, non-GMO, gluten-free and dairy-free, are non-habit forming, help with time zone acclimation when traveling, and anxiety relief.

SAFE HOME DRINKING WATER TEST KITS envirotestkits.com

Remember to stay hydrated daily at home. *Safe Home Drinking Water Test Kits* were created by a senior scientist with more than 40 years of research testing home drinking water. Environmental Laboratories Inc. provides consumers peace of mind on the quality of their drinking water in their home. The kits are designed so anyone can test with **DIY at Home "You Test It" kits** for screening home drinking water as well as **In-Lab Certified "We Test It" kits** for detailed testing of your home drinking water.



HANDSON GLOVES handsongloves.com

Take time out in your day to share extra TLC for your pets as well as bonding therapy for you too. *HandsOn Gloves* grooming, bathing and massaging innovation for our pets helps add comfort and joy while also supporting those that may suffer from inflammatory arthritis conditions in their hands adding a



health benefit for the mobility of the finger and palm joints. *HandsOn Gloves* scrubbing nodules and hypo-allergenic, bio-friendly components clinically are proven to be safe for use with humans and animals. The gloves work wet or dry allowing for the perfect combination to care for your pet at home and on the go. Users will find their animals wanting to come closer at groom time and the gloves help keep fur shedding to a minimum and their bond with your family to a maximum. The gloves come in the following sizes: Kids Junior and Adult S, M, L & XL and Colors: Green, Black, or Purple.

Creations Magazine Mailed to Your Home!

Subscribe Today

One Year \$19
Two Years \$29

creationsmagazine.com

631 424-3594

MARKETPLACE

ACUPUNCTURE

E.W. NATURAL HEALING ACUPUNCTURE P.C. – Henry Zhen-Hong Lee, NYS Licensed Acupuncturist, Herbologist, 40 years experience. Long Island (516-822-6722), Queens (718-445-8438) and Manhattan (646-220-5388) locations. (see ad p.13)

IN PAIN? STRESSED OUT? TIRED? ANXIOUS? DEPRESSED? Get Relief the Natural Way – at Relief Wellness Center. Acupuncture, Massage, and many other modalities. Peg Duignan, MS, LAc, LMT. 631-786-5429. (see ad p.19)

AESTHETICS

HOLISTIC AESTHETICS – Med Spa. Fibroblast Skin Tightening for perfect skin rejuvenation. Non-surgical. Free consultation. 444 Community Drive, Ste. 203, Manhasset, NY 11030. 516-210-6693. holisticaestheticsny.com. (see ad p.14)

BAKERY

SUNFLOWER BAKE SHOP and CHOCOLATE SHOP We're Allergen-Friendly, and Kosher too! Peanut and Sesame Free. Vegan options available. NEW: 18 varieties of dipped and drizzled pretzels. 346 Hempstead Ave, W. Hempstead. 516-486-2253. (see ad p.13)

BOOKS

GOD HAS INFINITE FREQUENCY: APHORISMS FOR OUR FRACTURED AGE “a resource to use at any moment; in the calm, in the whirl, in the questioning, and especially in the upheavals of change.” “holds deep, vast, yet clear and simple messages – each artwork and aphorism takes us on an inner journey.” www.godhasinfinitefrequency.org. (see ad p.19)

COUNSELING/THERAPY

PAST LIFE REGRESSION THERAPY by well-known agency director and author. Certified by Brian Weiss. Watch television feature on website: www.SunriseCounselingCenter.com. Also see popular new book at SeekingSoul.com and see Richard Scheinberg on Facebook. Bay Shore. (631) 666-1615.

PAUL STEIN, PH.D | “Marriage as a Psychological Relationship” | Dreams Gender Relationship(s) Culture | Jung’s Archetypal Holistic Approach | 646-709-8634 <https://dreamsphd.com/> <http://jungcurrents.com/marragweexcerpt-from-carl-jungs-marriage-as-a-psychological-relationship> <https://www.youtube.com/watch?v=ssuDtUckEw> <https://www.youtube.com/watch?v=nI-Ko-d29X4>.

REGRESSION AND PAST LIFE THERAPY with Frank Nichols, LCSW. Professional and empathetic service. Call: 631-896-6352. (see ad below)

Regression and Past Life Therapy With Frank Nichols, LCSW

Professional and Empathetic Service
Frank Nichols, LCSW has over twenty five years of clinical experience and has trained with Dr. Brian Weiss author of *Many Lives, Many Masters*



Frank Nichols, LCSW is a Social Worker, Therapist and Speaker practicing in Northport Long Island

For Information call
631 896-6352



GROUPS/CLASSES

TRAIN TO BECOME AN INTERFAITH MINISTER – All Faiths Seminary International. Accepting Applicants for the Fall. Info Call: 212-866-3795. 1-Yr & 2-Yr Programs Available. Correspondence Students Welcome. Classes Held at: The MAKOR Center, 109 E 39th Street, NYC. Infoallfaithsseminary.org@gmail.com; allfaithsseminary.org. Rabbi Joseph Gelberman, Founder, Rabbi Stuart Paris, President. (see ad p.19)

TRAIN TO LEAD TRANSFORMATIONAL WORKSHOPS IN LOUISE HAY'S PHILOSOPHY Tampa, FL - June 12 – 19. All materials provided. Authorized by Hay House, Inc., Details: hyltraining.com/florida or call 713-201-2020.

HEALING/BODYWORK

BRAIN SPA! CUSTOMIZED SOUND & LIGHT TREATMENTS to melt away your stress, increase brain oxygenation, deepen your ability to relax & improve emotional balance. For a free 15-minute consultation call Sue Z. at 631 988-0613. AcousticTherapeutix.com. (see ad p.3).

SHAMANIC ENERGY MEDICINE HEALING SESSIONS Personal Sessions, Full Moon Fire Ceremonies, Shamanic Reiki Circles, Munay-Ki, Reiki Training, Massapequa and Babylon. Thelma Condra, Shaman and Reiki Master teacher www.energyhealingsessions.com, 516-455-1104. Currently on Zoom.

BRING HARMONY, BALANCE AND PEACE INTO YOUR LIFE Shamanic Healings and Readings, Reiki Classes (all levels), Crystal Workshops and an array of beautiful healing Crystals and Shamanic Tools offered at The Sacred Stone in Bohemia. Shamanic Drumming 1st Sunday of each month, & Reiki/Crystal Healing Circle the 3rd Sunday, 7-10PM. 631-241-3578.

BRADLEYBRAINWORKS.COM Learn how to use the power of your attention, intention, and imagination to improve breathing, control and clear negative thoughts and emotions stored in your body and brain. You're guaranteed to learn something new every session and come away with a technique that you can practice. Consult is free. Call Bob at 631-275-6954.

HOLISTIC DENTISTRY

NORMAN BRESSACK, DDS, PC / DR. BATOOL RIZVI –1692 Newbridge Road, N. Bellmore, NY 11710. 516-221-7447. (see ad p.27)

ESSENTIAL DENTAL OF ROSLYN – Natalie Krasnyansky, D.D.S., 70 Glen Cove Road, Roslyn Heights, NY 11577, 516-621-2430. (see ad p.3)

GOLDEN DENTAL WELLNESS CENTER 444 Community Dr., Ste #204 Manhasset, NY 11030 516-627-8400 (see ad p.15)



Offices Available for Rent

HUNTINGTON VILLAGE: 75 PROSPECT ST. COVID RENT SPECIAL

- Private 40 car parking lot one block from Main St.
- All office spaces approx. 175-200 sq ft
- Shared space Thurs-Sun. \$400/MO
- Single space offices avail w large window
- Double office avail w interior door, 2 large windows, 400 sq ft
- Ideal for any small business

Call Marie: **516-457-5031**

INTEGRATIVE DENTAL SPECIALISTS

Dr. Jeffrey Etes, DMD, NMD, IBDM. 245 Hillside Ave, Williston Park, NY, 516-253-1800, and 120 E 56th St., NYC, 212-845-9740. integrativedentalNY.com. (see ad p.11)

e.s.i. HEALTHY DENTISTRY 43 Terry Road, Smithtown, NY 11787. 631-979-7991. (see ad p.2)

NATURE'S DENTAL, 50 Broadway, Greenlawn, NY. 631-316-1816. (see ad back cover)

METAPHYSICAL STORES

DREAMS EAST – Futons, Incense, Candles, Books, Music, Footwear, Psychic Readings & much more! 359 Sea Cliff Ave., Sea Cliff, NY. 516-656-4790. dreamseast.com. (see ad p.22)

MUSIC

SYLPH CHAMBER MUSIC: THE CRYSTAL BOWL EXPERIENCE CD \$12 now available at: <https://www.sylph-chambermusic.com/the-crystal-bowl-experience-ep>. Ann Zalkind: piano, Nadine Scharman: flute, Andrea Randa: crystal singing bowls/vocals. Experience the healing and meditative qualities of the crystal bowls with selections of Baroque, Classical, Jazz, Original and World Music. Visit: www.sylph-chambermusic.com or FB: <https://www.facebook.com/Sylph-Chamber-Music-111903947118476>.

PERMACULTURE

PERMACULTURE CONSULTING – Design/create a natural ecosystem to benefit you and the environment. Lou 631-215-15410.

PET FOOD

PREVENTATIVE NUTRITION FOR YOUR DOGS AND CATS – Cornucopia Pet Foods is rated the #1 food for pets in the world. Made by world-renowned veterinarian and nutritionist, Dr. R. Geoffrey Broderick. Available online cornucopiapetfoods.com or call Doc: 631-427-7479. (see ad p.5)

PSYCHIC/SPIRITUAL

PSYCHIC PALM / TAROT / MEDIUM READINGS BY RONI TODD – Over 45 years experience. Roni can help with life's challenges using clairvoyance, spiritual communication, & psychic insights. Relationship expert. New York's #1 Palm & Tarot Reader, now at 2 Long Island locations. Available for private & phone readings. 516 889-3732, www.ronitodddpsychic.com.

SPIRITUAL EVENTS

LOCAL AND GLOBAL CONSCIOUS EVENTS Classes, Workshops, Retreats, Fairs, Summits, Gatherings. Yoga, Shamanic, Q-Gong, Dolphins/Whales and so much more! SpiritualEvents.com.

SPIRITUAL SINGLES

MEET YOUR DIVINE COMPLEMENT on the Oldest, Largest, Exclusively Spiritual Dating Site. Increase your Pool of Conscious Singles. Our Members are Amazing! SpiritualSingles.com.

YOGA

REVOLUTION YOGA ONLINE Full Schedule 7 Days a Week - All Levels of Classes, Restorative, Meditation, Pre/ Post-natal, Mom & Me, Teen, Kids-party/camp/ classes, Live Zoom Classes and Full Class Archive. Online Teacher Trainings and Courses. 7 N. Village Ave., Rockville Centre, NY 11750. 516-619-6421. revolutionyogaspace.com.

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, DrlreneSiegel.com. Now offered Online.

TUESDAYS

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. Zoom workshops every Tuesday evening at 7:15pm. 203 E Pulaski Rd Huntington Station 631-455-3471 for more info. See our calendar on our website GatheringOfLight.org.

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.

THURSDAYS

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

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

SATURDAYS

CHILDREN'S SPIRITUALITY CLASSES on Zoom starting in October. With Gathering of Light Interspiritual Fellowship. Phone 631-455-3471. Contact: Prayasi: GOLyouthprogram@gmail.com

SPIRITUAL FELLOWSHIP – GATHERING OF LIGHT - Are you looking to deepen your spiritual connection? We welcome all faiths, beliefs, and traditions. Come join like minded people in community. Live streaming of services

on Facebook (Gathering of Light Interspiritual Fellowship page) at 10am every Saturday. gatheringoflight.org 631-455-3471.

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. ONLINE ONLY at this time. Visit tmsli.org for Church Service link (See ad p.21)

creationsmagazine.com

UPCOMING EVENTS

AL-ANON'S INVITATION TO YOU We invite you to try our program. You can have a better life-free of anxiety, fear and desperation. At Al-Anon meetings, you will meet other people facing the same problems you are. Al-Anon can help! Please reach out! Call 631-669-2827 or visit al-anon-suffolk-ny.org.

BACH FLOWER CERTIFICATION PROGRAM
Our emotions impact our wellness and quality of life. Three-tiered training program leads to Bach Flower Certified Practitioner (BFCP) status. Enrolling now for spring and summer programs. All courses available online. CE's available. Training practitioners worldwide since 1998. www.learnbachflowers.com.

UP NEXT:

The June-July Summer "Mens" Issue
*Balanced Masculinity, Fathers,
Creative Passion, Prosperity and Abundance*

ADS DUE May 10th

Article & Poetry Submissions Due April 15th
neil@creationsmagazine.com | 631 424-3594

www.creationsmagazine.com

The Girl Who Baptized Herself

Continued from page 21

her so that she can't be touched. And for a third and final time, Thecla saves herself.

The women in the crowd now recognize who she is, or maybe they recognize themselves in her. This is the part in her story that I love the most. It's the part that gives me the most hope—when the women in the crowd no longer see her as separate from them. And so, they refuse to let her be harmed.

Together they throw rose petals, nard, cinnamon, and cardamom into the arena where she is standing, and the intoxicating perfume that the roses and spices create lulls the beasts into a stupor, and they all lie down and fall asleep.

Then the scripture reads, "All the women cried out in a loud voice, as if from one mouth," praising Thecla's courage. In saving herself, Thecla has unified the force of love in all the women around her.

In freeing herself, she has freed them.

This story comes from one of the earliest Christian scriptures that has ever been found. It's titled *The Acts of Paul and Thecla*. Scholars know that it was widely read because so many copies have been recovered. But in the late 2nd century, an early Christian leader named Tertullian condemned this scripture because it implied that women had the spiritual authority to lead communities and to baptize.

The scripture ends by relating that Thecla healed many, that her ministry lasted until she died at the ripe old age of 90, and that she's buried supposedly right near Paul.

I think the most threatening aspect of Thecla's story is that she frees herself from any illusions that power resides outside of her.

The Thecla who was to be married off, the Thecla from a prominent family with the weight of her mother's expectations, the girl who was bound by the law to become a wife and held no earthly rights to follow the dictates, the call of something inside her, she died during those three days and nights when she refused to leave her window and the sound of Paul's voice. She began to move of her own volition. She began to do what her heart was telling her to do. And this was the sacrilege to those in power. That she refused to obey or validate any authority outside of her. Even, and ultimately, Paul's.

She baptized herself because she realized she could. She realized that all along within her she contained the power to save herself. And so she did. ✨

Meggan Watterson is the author of REVEAL, The Sutras of Unspeakable Joy, and The Divine Feminine Oracle and the co-author of How to Love Yourself (and Sometimes Other People). She is a feminist theologian with a Master of Theological Studies from Harvard Divinity School and a Master of Divinity from Union Theological Seminary at Columbia University. Meggan facilitates the REDLADIES—a community of radical love that lets her preach about female saints, mystics, gurus, and poets who inspire and teach us to live in service of love. She leads retreats and workshops on the divine feminine, Mary Magdalene, and the soul-voice meditation. Her work has appeared in media outlets such as The New York Times, Forbes, The Huffington Post, and Marie Claire. She lives with her old-soul son and his exuberant goldfish, Bob. megganwatterson.com.

Don't Box Me In

by Donna Martini
Oyster Bay, NY

In this lifetime, I've decided to not worry about being right but instead to do right. And if there is gender confusion in our nation, I am not going to judge it. I would like to know why this is happening, though, and whether I need to do something to help.

My mind goes to chemicals, pesticides, and most especially all the hormones in our food... I'm asking if this could create a shift in a person's perception, genetics, and or physicality? Is there a new state of consciousness developing? Is gender confusion not really confusion but rather another way to exist? Has this neutrality prevailed since the arrival of man but now we are speaking more freely about it? Or are people just tired of being labeled, because I know I am!

I have no answers but I have been given some Divine insight. Now that government has done away with pronoun categories, I want to point out the judicial and righteous road that was just paved for us. **There are some other categories I'd like to pursue...boxes we are constantly being asked to check off. I don't believe anyone realizes just how damaging some of these categories truly are.**

1. Single, Married, Separated, or Divorced: I am none of the above; I am just me. Besides it being none of anyone's business, I don't define myself in this way. And for the record, "divorced" is not a state of being! There should be no "d" at the end of this word. It is a decree that nullifies a marital license. In my case, the paperwork was signed 25 years ago, so, stop asking me about the men in my life.

2. No Degree, HS Degree, Equivalency, 2-year, 4-year, or Higher: Please don't judge me by my "education level." I have spent a lifetime researching and learning, and my work experience spans more than 5 decades. If tested, I probably have the equivalent of 2 degrees. Yet, I am deemed "uneducated" because I don't have a piece of paper stating I went to college forty years ago.

The truth is that the knowledge I wanted to gain wasn't taught in college. Our educational system had not caught up with where my research was taking me, and it seemed inane to spend tens of thousands of dollars to learn outdated information.

What I find harmful about our educational rating system is that it can be degrading. It pre-judges people for what they were not able to do in the past, instead of what they have been doing and what they are capable of doing in the present. *It speaks to where one didn't go but not where one is heading.* Putting aside licensed professions, judging someone for a lack of degree can be short-sited, unyielding and in many cases, a loss. Because when education replaces dedication, expect to get what someone was taught and possibly no more.

3. Below \$50,000; \$50,000 to \$100,000, above \$100,000: I don't want to be pegged by my income. I was once among the top ten percent of income producers in the world, and now I choose to work pro bono. Where is the category for that?

4. Political affiliation: Guess what... I don't have one. But each time I open my mouth or write a statement someone deems slanted one way or the other, I am labeled. In one Facebook comment thread, I was called a liberal hack and a conservative troll (or maybe I have that reversed) by two different people at the same time. Let's consider what that proves about human opinion.

For anyone who wants to know, though, I follow a much higher ordinance than politics. I appreciate balance in government and the need for everyone to be free to think and believe in what they want to believe. I don't fall in with one side or the other because I sit and hold hands with both, choosing every day to align with the validity and fairness in all agendas and opinions. But I am demonized for this, forced by some to claim one side to stand on or be damned. Considering both political dichotomists claim to be the better humans, where is their humility and charity in that?

Consider me empathic and not a traitor to your party for choosing to open my eyes, ears, and mind to all there is to know. And if you denounce my ability to see and feel all the needs of all the people, I have this



to say: "If you can only think all the way left or all the way right, then you do not have the wherewithal to understand my ability to do so. How can you if you have never allowed yourself the same?" 'nough said.

5. American Indian/Alaska Native; Asian; Black/African American; Hispanic/Latino; Native Hawaiian/Other Pacific Islander; White: All of a sudden, all the world's races and ethnicities are down to these categories and two colors?

Take a look at my picture; I am like 50 shades of beige. I have ancestors spanning three continents, and a DNA list that includes European, Eastern European, Balkan, Asian, and African. Why should my existence on this earth be defined by one color? More importantly, why should I check off a box someone else has created for me?

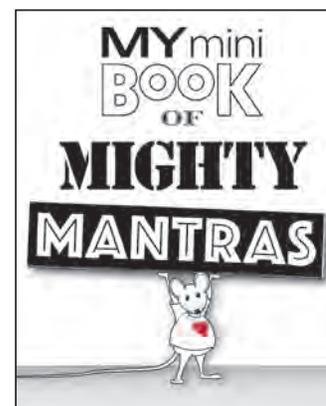
As a person born and raised in the MLK era, color categories for the purpose of delineation makes no sense to me. After all, why fight for desegregation only to go back to segregation? I'm asking, do we want to strive for a nation (and world) without racial bias? Because if we do, we need to change whatever is not working. Since we are no longer defining ourselves by gender, let's stop defining ourselves by color. And if certain ethnicities are labeled because special consideration should be given, then allow people to declare the box they want to be put in.

The bottom line, these categories are limiting us. They create imbalance, prejudice and division. The self-esteem of so many is plummeting. And yes, with wellness in mind, we should look for health trends in different ethnicities but socially speaking, it is time to concentrate on what we have in common and what we can strive for. Most of us just want to be considered good human beings. We are surviving, sometimes thriving, and we want to help others do the same. So, where is the check box for that? ✨



Donna Martini is an activist, speaker, cartoonist, and author of two books, **The Ten Commandments of Divorce** and **My Mini Book of Mighty Mantras**.

As an intuitive coach, she helps businesses, non-profits, government agencies, families, and individuals learn how to tap into their full potential through an energy technique she calls *Positive Manipulation*®. Her cartoon character, *MantraMouse*®, uses simple phrases to help people of all ages come to



understand their human complexities, innate power, and potential. And with her recent music video release, *#OneNationsHeart*, Donna hopes to promote more love and unity of spirit in America. She can be reached at donna@donnamartini.com <https://www.facebook.com/donna.martini.7> www.mantramouse.com.

HOLISTIC DENTAL & WELLNESS CENTER

DR. NORMAN BRESSACK

DR. BATOOL F. RIZVI



Batool F. Rizvi, D.D.S., P.C.

strives to keep her patients smiling from the inside out. She believes in a holistic approach to health care. Her gentle touch, excellent listening skills and thorough explanations keep her patients educated, happy and healthy.

Dr. Rizvi offers her Dental services with an integrative and systemic philosophy in mind. She is one of the few doctors placing metal-free Zirconia Implants, and safely removing mercury fillings using the Huggins Protocol.

Dr. Rizvi offers a full range of Dental services, treating both adults and children. In association with Dr. Norman Bressack, Dr. Rizvi provides all of Dr. Bressack's services as well as:

- **Metal Free Braces – Clear Aligner Therapy**
- **Metal Free Zirconia Implant Placement**
- **SMART Certified Safe Mercury Removal**



Norman Bressack, D.D.S., P.C.

has been dedicated to practicing healthy holistic dentistry for over 35 years. He is not only a mercury free dentist but also a “mercury safe” dentist, meaning that he uses safe removal protocols to ensure the protection of the patient, staff, environment and himself from exposure to mercury during the amalgam removal process.

Dr. Bressack's mission is to treat his patients in the most healthy, caring, compassionate, and holistic way possible. Most importantly, he wants his patients to feel warm, welcome and happier when they leave than when they came in.

- **Member of The International Academy of Oral Medicine & Toxicology**
- **Member of the International Association of Mercury-free Dentists**
- **Trained At The Huggins Diagnostic Center**

- Mercury Free & BPA Free Non-Toxic Composite Fillings
- Bio-Compatibility Testing
- 90% Less Radiation with Computer X-Ray Imaging
- Over 45 Years Experience Dedicated to our Patient's Needs
- Non-Surgical Periodontal Treatments with Scientifically Proven Results
- Metal Free Crowns & Cosmetic Dentistry
- Teeth Whitening
- Oral Pathology Screening with Velscope
- Tens Cam Treatments – Energetic Healing for Pain & Inflammation
- Ozone Therapy
- Free 15 min Consult for 2nd Opinion of Proposed Treatment
- Natural Bone Grafting with Stem Cells and PRF – Platelet Rich Fibrin

1692 Newbridge Rd., N. Bellmore, NY 11710 | 516-221-7447
www.Holisticdds.com | mercuryfreedoc@yahoo.com



HOLISTIC DENTAL & WELLNESS CENTER

Nature's
Back to NATURE



Dental
Back to HEALTH

Minimally
Invasive
Dentistry
with Biomimetic
Philosophy

Less
Dentistry
is the
Best
Dentistry

- 🦷 **HOLISTIC DENTISTRY** - minimally invasive BIOMimetic (nature mimicking) treatments that prevent root canals and crowns.
- 🦷 **AIR ABRASION** - tooth conserving dentistry, no drilling pediatric treatments.
- 🦷 **OZONE THERAPY** - natural disinfection of cavities and root canals, enhances gum healing and arrests periodontal disease.
- 🦷 **INTEGRATIVE HOLISTIC TREATMENT** - Reiki healing, Aromatherapy, Naturopathic & Nutritional consults, Myofascial Release Therapy, Bentonite Clay Toothpaste & Natural Mouthwash.
- 🦷 **All products and services aid in full body detoxification & self-healing.**

Olga Isaeva
DDS, NMD, IBDM, Reiki Healer

Diana Kopach
DDS

📍 50 Broadway | Greenlawn, NY 11740 | ☎ 631 - 316 - 1816
www.naturesdental.net