

✦ *Inspiring the Soul*

CREATIONS

MAGAZINE

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The Spring Issue:
Women, Mothers
and the Environment

We're Waking Up!
(we have to)

“A belief is not an idea held by the mind, it is an idea that holds the mind.”

ELLY ROSELLE

Are You Grinding Your Teeth Away?

If one of the questions below is “YES” then you may be suffering from night-time tooth grinding or Bruxism.

- Do you suffer from chronic headaches, migraines, neck aches or backaches?
- Do you wake up with tightness in your jaw or face muscles?
- Do you get clicking or popping in your jaw joint? Does your jaw lock in the open or closed position?
- Does your partner complain that you grind your teeth?
- Do you have teeth that are worn or chipped for no apparent reason?
- Do you have sensitive teeth?
- Do you have gum recession root notching or loose teeth?
- Is the lower part of your face becoming shorter or collapsed?
- Are the corners of your mouth always red and irritated?
- Do you have excessive wrinkles around your lips and mouth?

Bruxism is the technical term for harmful clenching and grinding of teeth. People who suffer from bruxism unintentionally bite down too hard at inappropriate times or rub their teeth together. In

most cases, it is done while they are sleeping. The fact is that the only time teeth should come together is during swallowing. Any other time this occurs, damage to the teeth, muscles of chewing, or the Temporomandibular Joint (TMJ) is inevitable.

Tooth grinding and clenching is a much more common problem than most people realize. We all grind our teeth to some extent though most of us are not aware of it because the grinding and clenching is done in our sleep. Mild bruxism may not require treatment but moderate to severe bruxism is cumulative and can cause a variety of problems. People with sleep bruxism are often unaware of it until complications develop. Therefore it is important to know the signs and symptoms of teeth grinding and to seek help if you suspect you might have bruxism. (see list to the left)

The most common treatment is to wear a plastic mouth-guard. These can be bought at a store or made by a dentist. They all serve the same basic function: prevent teeth from coming together and wear prematurely. It is tooth protective

only. Unfortunately mouth-guards do not address clenching and may even increase it. Clenching and grinding causes muscle hyperactivity that results in muscle soreness, muscle spasms and muscle pain. Continued clenching and grinding takes a toll on your joints causing arthritis, disc deformation and derangement resulting in pain, clicking, popping, jaw locking in the open or closed position as well as other TMJ problems. In addition, mouth guards are hard to keep clean, build up tartar and can harbor bacteria and yeast. Over time, mouth guards get grungy and worn out and need constant replacement depending on your grinding intensity and frequency.

The trouble with mouth-guards:

Many people find wearing mouth-guards at night to be uncomfortable or embarrassing. Often the mouth-guards are spit out during sleep. Most mouth-guards only protect teeth from wear, they do not address the muscles or the TMJ. Mouth-guards are made of plastic, rubber or silicone, which may contain harmful materials such as BPA. In addition, mouth-guards do not address clenching (and may even increase it), muscle hyperactivity (muscle soreness, muscle spasms and muscle pain) and TMJ problems.

Fortunately a new innovative FDA approved device is now available to treat teeth grinding with bio-feedback: GRINDCARE. Bio-feedback is a well documented physiological principle using gentle electric impulses to induce local relaxation of specific muscles. Bio-feedback is the reason for GRINDCARE's efficient and lasting treatment of teeth grinding or clenching without the need for wearing night-guards. Bio-feedback makes your jaws relax. GRINDCARE simply teaches you to stop grinding your teeth. Every time you grind your teeth, the bio-feedback device stimulates your jaw muscles with a brief tension impulse, the so-called bio-feedback. Bio-feedback makes your jaw muscles relax and prevents you from grinding your teeth.

GRINDCARE is almost as easy to use as a toothbrush. GRINDCARE 3.0 is an innovative wireless device, similar size to an i-pod. Dr. Alex Shvartsman can teach you to use the device so that you can do it yourself afterwards with ease. All you do is place the small sensor on the chewing muscle of your temple, then you activate the device following the easy instructions on the screen of the unit. Within less than

one minute the treatment has started and will continue while you sleep. In the morning you can see how many times during the night that GRINDCARE has prevented you from grinding or clenching your teeth and creating tension in your jaw muscles. You can see on the screen how successful your treatment is, or in record mode you can see how many times you have been clenching and grinding your teeth.

Try GRINDCARE at State of the Art Comfort Dentistry!

How will you know if GRINDCARE will work for you? Try it for one month: at home. The trial treatment will reveal how often you grind your teeth at night and how efficient GRINDCARE is for you. Dr. Shvartsman has in-office software that can show your night-time muscle activity. He will go over your results and discuss if this is the right treatment for you. After the trial treatment you decide whether you should buy a GRINDCARE device and continue the treatment yourself. By buying GRINDCARE through State of the Art Comfort Dentistry, you will have the security of a trained GRINDCARE dentist, who actually used the device himself. Included in the price is the initial 30 minute consultation, and a 30 minute follow up visit one month from initial purchase. It's time to throw away your dirty, mouth-guards!



Alex Shvartsman, DDS
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of General Dentistry
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Presents

ESTER NICHOLSON Sunday, April 14th

Ester will be our special guest speaker and musician at the 10:30 AM service speaking on the topic **Hold Your Position** and present her workshop **Make Room for a Miracle** in the afternoon. Ester is an author, Agape International-licensed spiritual therapist, motivational speaker and inspirational recording artist. For 18 years, she has studied under **Michael Beckwith**, founder of Agape and a featured teacher in the book and motion picture, *The Secret*.

A gifted vocal artist with her own national releases, she has completed two world tours with **Rod Stewart** and **Bette Midler** in addition to appearing on such television shows as *Oprah*, *The Tonight Show*, *The View*, *Good Morning America* and *The Ellen DeGeneres Show*.

1:00 to 4:00 P.M., Workshop Fee: \$35

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Children's Activities (Ages 4-12),
2nd and 4th Sundays, 10:30 to 11:30AM



Presents



SCOTT KALECHSTEIN GRACE Sunday, June 2nd

Scott returns to be our special guest speaker and musician at the 10:30 AM service and present his workshop **Manifesting with Ease** in the afternoon. Manifesting with Ease is a workshop about letting go of old beliefs that create struggle and scarcity, and allowing ease to be your compass and guiding light. Scott is a writer/coach/comedian/speaker, as well as a singer/songwriter/recording artist/minister and workshop leader.

Afternoon Workshop 1:00 to 4:00 P.M.

Scott Kalechstein Grace lives in Northern California and is the author of Teach Me How to Love.

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Presents



DR. M. HARI HARAN Sunday, April 21st

Kirtan Chanting and Healing Music Concert, 3:15 to 4:45 P.M., Admission to concert alone: \$15. Indian Music is used widely the world over, for healing and conserving energy in one's body, mind and spirit. Dr. Haran's music is purely classical, played on traditional musical instruments like the Sitar, Tambura, Tabla, Veena, Violin, Flute, Santur, Mridangam, Jaltarangam. Dr. M. Hari Haran is a Music Therapist and Music Healer from India, and is also a Vocal Performing Musician. **Workshop: Sound Healing and Sacred Chants with Indian Music Therapy, 1:00 to 3:00 P.M.**,

Workshop Fee: \$35 (includes concert)

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Talking Our Walk
FROM THE PUBLISHERS

Spring is the time of year when Nature awakens from its long winter slumber, just as Humanity is finally awakening from our collective unconsciousness.

Siobhan Ciresi explains in our lead article, that we have all been born into and programmed to live by, deeply ingrained paradigms and concepts. Government, Banking, Economics, Education, Science, Medicine and Religion have been forever controlled by the ruling elite. Our lives, thoughts and beliefs have been systematically molded and manipulated by these very institutions. Thankfully, folks everywhere are relying on their innate intelligence and intuition, discerning whether these establishments are serving humanity or keeping us down.

This past March, I attended a high school talent show that my stepson was performing in. The purpose of the show was to raise money for the American Cancer Association's *Relay for Life*. A long table of snacks and drinks were available for purchase, however, not one item, with the possible exception of bottled water, was fit for consumption. EVERY snack and drink contained loads of refined sugar, artificial colors (derived from petroleum and coal tar dyes), artificial flavors along with GMO's (genetically modified organisms), which all contribute to cancer! I "relayed" this bit of irony to the volunteer parent manning the table. With a focus on "finding the cure" some of the obvious "causes" were not only completely ignored but were being sold to adults and children as "food".

Concurrently, let us not lose sight of the issue that Dr. Jesse Stoff addresses in **Killing Cancer – or Us?** "More than 40 years after the "war on cancer" was declared, the National Institute of Cancer has spent well

over \$90 billion on research and treatment, and still 23% of the adult population will die of the disease – a statistic that has remained essentially unchanged." As a personal aside, my mom lived 25 years after her lung cancer diagnosis, *because she refused chemotherapy*. The oncologist's "success story" administering this arsenal of toxic drugs, was "5% of lung cancer patients survived up to 5 years." We graciously declined his offer.

In **A Better, Freer Life**, Alan Cohen writes that our true identity has been kept secret from us. "You have been told that you are a very limited human being, confined to the boundaries of your body and a very small world, prescribed by fear." But this needn't be our fate: we can all "lead the world from the slavery of fear, to the *Promised Land* of inner peace."

Please make sure to read our Film Reviews by Mark Maxwell Abushady. These films recount heroic actions by ordinary citizens (20 some-things and a Homeowners Association of housewives/mothers) turned activists. Truly inspiring and uplifting, confirming that *we the people* can and do make a positive difference – when we wake up!

On Saturday, April 6th, **Creations Magazine** is sponsoring the 5th Annual Psychic and Holistic Living Fair, at Gurney's Resort Inn and Spa, overlooking the Atlantic Ocean, in Montauk, LI. This fun event is 9:30AM – 4:30PM and day guests are welcome to come for the Fair only, for \$5.00. Please see page 8 for more details.

In Peace & Gratitude,

Andrea + Neil



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A tsunami of truth and revelation is sweeping our land and indeed the entire planet. From the origins of our existence to our global enslavement, whistle blowers, insiders, truth tellers, and professionals from all paths of life are disclosing and revealing the jaw dropping realities of our world that the majority of us do not get to hear about.

Information is spreading like wildfire, and cannot be tamed. It needs to annihilate the old paradigms that have kept humanity in a state of disempowerment and mental slavery for thousands of years. And that's exactly what is taking place right now. Concepts and institutions that we are born into and ruled by, are busting at the seams, making way for new actualities to come into existence and take their place. The amount of information available is endless thanks to people working independently and in collaboration to shed light on the darkness that obscures our collective sight. They've been

doing a tremendous job in their service to humankind by speaking out and sharing profound knowledge with the world. We are so fortunate to be living in the midst of an information explosion for we now have an adequate amount of knowledge to comprehend the bigger picture of who and what we really are, where we have been, where we are now, and where we are going. No longer will we be manipulated to live in ignorance, for humanity is expanding its individual and collective understanding about our world and more importantly, ourselves.

We begin by actively questioning and investigating the consensus realities we adhere to on a daily basis. The stories told by our powers that be, which we base our lives on, are long overdue for examination and assessment by the public at large. Government, Banking, Economics, State Education, and Religion are just some examples of the current world order that most of us had no hand in consciously creating but nonetheless, our lives, our thoughts, and our beliefs are based on and revolve around these very institutions. The time has come to pay closer attention, to rely on our own intelligence and embrace our innate ability to discern whether or not these institutions have a place in our existence anymore. Do they support humanity

We're Waking Up!

or hold us back? Are they representative of what we really want or are they simply ways by which we can be controlled? Are we truly free citizens in America or have we been manipulated into just thinking we are? Answering these questions requires a look at some facts, evidence, and history. The hidden knowledge, the deeply significant realities have not and will not become known to us through the nightly news, high school text books, our churches or other institutions that provide us with what we assume to be valid information.

The very basic process of research, investigation, and discovery has uncovered the truth regarding some of our most basic assumptions; coming to know these truths will profoundly change the way we view our selves, the world, and life in general. When we seek to understand our surroundings and environments in the broad sense, we come to realize that we operate under deeply ingrained paradigms and concepts that we were born into and programmed to live by. When we take a step back and look at the finer details of the bigger picture we can recognize what we unwittingly uphold. These moments of realization are momentous. With each revelation we become more

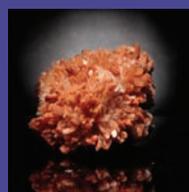
conscious—from here we can start asking the right questions, discover more truth, and make better, more enlightened decisions and choices as a result. The information surfacing for us to finally see has the capacity to launch our individual and collective consciousness into new ways of living and being. ✨

*Excerpted from **Operation Humanity Transcending** ©2010, by Siobhan Ciresi. Available at www.Lulu.com.*

Siobhan Ciresi is a Long Island Geoengineering educator, raising awareness about the geoengineering activity taking place in the world's skies. She is a certified Interfaith Minister, and works and trains in the arts of Spiritual Life Coaching, Self-Mastery and Energy Balancing, and holds certification in Holistic Health Counseling from the Institute for Integrative Nutrition in NYC. Siobhan is a student of contract law and assists others with their commercial redemption processes. She purposes to inspire humanity into its inherent and accessible potential through her spiritual services, public speaking events, presentations, radio shows and writing. www.HumanityTranscending.com. Tune into The Humanity Transcending Radio Show every Saturday Night 6-8PM Eastern Time on Revolution Radio at www.FreedomSlips.com.

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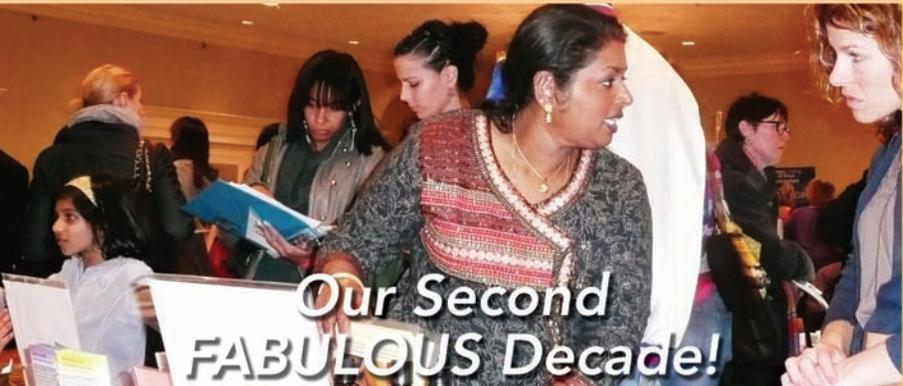
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Saving Lives and the Planet with Our Forks

by John Robbins
Santa Cruz, CA

The brilliant work of doctors like T. Colin Campbell, Caldwell Esselstyn, Dean Ornish, and Joel Fuhrman, along with many other dedicated health professionals, has made it increasingly clear that for the vast majority of people, a plant-strong diet is indeed a path to health and vitality.

Dr. Campbell and his son Thomas wrote the bestseller *The China Study*, describing the groundbreaking research that led them to conclude that the more nutrients we get from plants and the fewer from animal products, the healthier we are likely to be.

Dean Ornish, MD, president of the Preventive Medicine Research Institute, promotes a program focused on a low-fat, whole foods, near-vegan diet. Dr. Ornish has published a long series of peer-reviewed studies in the most prestigious medical journals, demonstrating that **three-quarters of the patients who follow his program are able to not just arrest but actually reverse heart disease without surgery.** Medicare has joined many insurance companies that now pay for patients to adopt the Ornish program. Nearly 80 percent of patients with severely clogged arter-



ies are able to avoid bypass or angioplasty through the program.

Caldwell B. Esselstyn, MD, director of the cardiovascular prevention and reversal program at the Cleveland Clinic Wellness Institute, reported in the *American Journal of Cardiology* that in his study, “Patients became virtually heart-attack proof.” Dr. Esselstyn’s results were phenomenal. **All the patients in his study had severe heart disease at the outset, and most were expected to live less than a year. Yet after 12 years on the program, 95 percent of**

them were alive and well. At the core of his program is a diet nearly identical to that advocated by Drs. Campbell and Ornish – a nutrient-dense, whole foods, low-fat, near-vegan diet.

Even Bill Clinton was impressed. He loved hamburgers and doughnuts. However, in 2004, less than four years after leaving office, the 58-year-old Clinton underwent quadruple bypass surgery to restore blood flow to his heart. In 2010, Clinton underwent another heart procedure. Two stents were placed inside one of his coronary arteries that had once again become clogged. Then Clinton made a decision that transformed his life, and made him the world’s most famous vegan. He lost more than 25 pounds and felt healthier than ever. He proudly told the press that he was now following the guidance of Drs. Campbell, Ornish, and Esselstyn.

Some say that this kind of a diet is too radical, but Bill Clinton obviously doesn’t think so. And neither does Dr. Esselstyn. He writes: *Some criticize this exclusively plant-based diet as extreme or draconian. Webster’s dictionary defines draconian as “inhumanly cruel.” A closer look reveals that “extreme” or “inhumanly cruel” describes not plant-based nutrition, but the consequences of our present Western diet. Having a sternum divided for bypass surgery or a stroke that renders one an aphasic invalid can be construed as extreme; and having a breast, prostate, colon, or rectum removed to treat cancer may seem inhumanly cruel.*

These diseases are rarely seen in populations consuming a plant-based diet.

Dr. Ornish speaks similarly: *I don’t understand why asking people to eat a well-balanced vegetarian diet is considered drastic, while it’s medically conservative to cut people open or put them on powerful cholesterol-lowering drugs for the rest of their lives ... Animal products are the main culprit in what is killing us. We can absolutely live better lives without them.*

The growing awareness of the health value of a plant-strong diet is inspiring. So, too, is the movement toward food that is organic, sustainable, locally grown, minimally processed, and produced with respect for human rights.

On the darker side, though, recent years have seen the widespread application of genetically engineered foods (aka genetically modified organisms, or GMOs). As the agricultural biotechnology corporation Monsanto and its allies have sought to control the world’s food supplies, they have ferociously fought every attempt to require labeling of foods made from their genetically modified seeds. They recognize, correctly, that if people knew, many wouldn’t buy these “Frankenfood” products.

Monsanto says there is no reason to be concerned, but I think there is. Genetically modified foods have been linked to toxic and allergic reactions in humans; sickness, sterility, and fatalities in livestock; and

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damage to virtually every organ studied in lab animals. Although it is difficult to be certain to what extent there is a causal connection, the spread of GMOs has exactly coincided with a substantial increase in food allergy rates, particularly in children.

Genetically modified crops such as Bt corn and Bt cotton produce pesticides in every cell of the plant. This kills or deters insects, but the plants themselves are living pesticide factories. They are toxic, and not just to insects. Farmers in India who let their sheep graze on Bt cotton plants saw thousands of sheep inexplicably die.

Currently, the primary genetically engineered crops in the United States are soy, cotton, canola, corn, sugar beets, and Hawaiian papayas. Products derived from these crops are widely found in processed foods that include corn, soy, canola or cottonseed oil. Soy protein, soy lecithin, cornstarch, corn syrup, high fructose corn syrup, and many other ingredients are made from these plants. If you want to avoid GMOs, a great resource is www.nongmoshop.com. And if you want more information about GMOs and the effort to get them labeled, a terrific source is www.responsibletechnology.org.

A Step We Can Take

In late 2006, the Food and Agriculture Organization (FAO) of the United Nations released a seminal report, titled "Livestock's Long Shadow." Stunningly, the report found that "livestock are responsible for 18 percent of greenhouse gas emissions, a bigger share than that of transport." That is, the production of meat and other animal food products accounts for a far greater share of global warming gases than all the cars, trucks, ships, and airplanes in the world.

The study found compelling evidence that "livestock are one of the most significant contributors to today's most serious environmental problems." Industrial livestock production, researchers found, is shrinking the earth's forests, eroding its soils, depleting its aquifers, collapsing its fisheries, elevating its temperatures, and melting its ice sheets. Strikingly, **every single one of the serious ecological problems threatening to undercut human civilization would be made dramatically and rapidly better by a shift to a plant-strong diet.** This is true, most centrally, of global warming.

The costs of truly addressing the implications of what we are doing to the climate have been seen as insurmountable. But a follow-up study was published in the journal *Earth and Environmental Science*, titled "Climate Benefits of a Changing Diet." Researchers came to the spectacular conclusion that a "global transition to a

low-meat diet" would by itself reduce by 50 percent the anticipated costs of stabilizing the climate. They found that cutting back on industrial meat from feedlots and factory farms could save a staggering amount of money, wiping "\$20 trillion off the cost of fighting climate change."

If people gave up meat for one day a week, would it really do any good? The Centre for Agriculture and Environment in the Netherlands found that if the people of the U.S. were to make one day a week meatless for a year, it would save the greenhouse gas emissions equivalent to 90 million passenger airplane flights between New York and Los Angeles. A 2007 study by the National Institute of Livestock and Grassland Science in Japan found that a single kilogram of beef is responsible for the equivalent amount of carbon dioxide emitted by the average European car every 155 miles and burns enough energy to light a 100-watt lightbulb for nearly 20 days. The take-home message? It's far more important to change your diet than to change your lightbulbs.

A feature article in *Time* magazine asked the provocative question, "Which is responsible for more global warming: your BMW or your Big Mac?" The answer: "Believe it or not, it's the burger." This means you need to get more of your nutrients from plant foods and less from meat, dairy products, and eggs. It means eating mostly, if not exclusively, plants.

These studies show us where our power lies and how we can really be effective. Of course, reversing global warming will require far more than a change in our diets. We need to replace fossil fuels with solar, wind, geothermal, and other renewable and nonpolluting sources of energy. We need to create economic policies that take into account the ecosystem on which all economic life depends. We need to invest our genius and our resources less in making war and more in reforestation, soil conservation, education, and family planning. We need to halt the liquidation of the planet's natural assets. We need to develop food systems with a lower carbon footprint that are more local and more organic.

In 2009, the prestigious Worldwatch Institute published a landmark report that made the FAO report seem understated in comparison. The staggering conclusion: **Animals raised for food actually account for more than half of all human-caused greenhouse gases.** Eating plants instead of animals, the authors conclude, would be by far the most effective strategy to reverse climate change, because it "would have far more rapid effects on greenhouse gas emissions and their atmospheric concentrations – and thus on the rate the climate is warming – than actions to replace fossil fuels with renewable energy."

Whether the percentage of greenhouse gas emissions attributable to livestock is 18 percent, as the FAO found, or more than 50 percent, as the Worldwatch Institute's research indicates, or perhaps somewhere in between, it is without question a staggering amount. And because changing our diets is something we all can do today, it is almost certainly the single most important key any individual holds to stabilizing our climate before it is too late.

It's also worth saying that this is not a call for asceticism. It's not a value judgment on anyone's choices. Going vegetarian might not be as effective as going vegan, but it's better than eating meat, and eating meat less is better than eating meat more. It would be a whole lot better for the planet if everyone eliminated one meat meal a week than if a small core of die-hards developed perfectly virtuous diets. If we're going to take global warming seriously... there's no reason to ignore the impact of what we put on our plates.

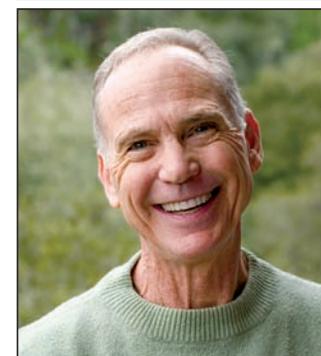
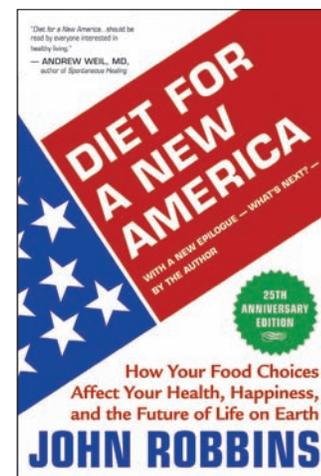
Unlike shifting to hydrogen-powered vehicles or setting up electrical grids whose energy source is wind power, eating a plant-strong diet takes no new expensive infrastructure. Unlike putting solar panels on your roof, it requires no up-front investment of money. Shifting to a plant-strong diet actually saves you money (while also improving your health and

sparing animals needless suffering).

I often see very well-intentioned people spending significant amounts of money and going to all sorts of lengths to live a greener lifestyle. It's sadly ironic that they sometimes ignore what would be the most effective thing they could be doing. If we are really committed to saving the environment, we need to know where our leverage is. We need to know which of the actions we can take will be the most effective, and we need to focus where we can get the most benefit. Eating a plant-strong diet is a potent and profound point of leverage for everyone who longs to make a positive difference in this world. It is probably the single most immediately effective thing you can do to take a stand for life on earth. ✨

Excerpted from the 25th Anniversary Edition of Diet for a New America
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John Robbins is the author of the new 25th Anniversary Edition of Diet for a New America, No Happy Cows, The Food Revolution, and numerous other books. His work has been featured in all major print and broadcast media, including a PBS special. He has spoken before groups including Oxfam, UNICEF, the Humane Society, and Physicians for Social Responsibility. Visit him online at www.johnrobbins.info.



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Mothering as a Spiritual Path

by Tami Lynn Kent
Portland, OR

Mothering is a true spiritual path in that it will expand your spirit, make painfully visible your personal limitations, and bring some of the greatest heart-opening moments of bliss – sometimes all in one day.

When you bring forth something new from the center of your being – giving life to a child or a creative manifestation such as a work of art – there is an intensity in this process, like the heat of a kiln as it fires clay. This creative intensity is generated by the immense task of nurturing a new soul while simultaneously becoming aware of one's inadequacies to do so.

I stepped into motherhood after a full-tilt decade of driving ambition that took me through my professional education and into my career as a physical therapist. This all came to a screeching halt with the infant pace of my first son. Instead of the high velocity I had become accustomed to, each day in the first year of tending my son stretched out in long swaths of time, with little structure and the infinite nonlinear caregiving tasks. Like many mothers who find themselves in this position, I was both amazed by my son's beauty and confounded by my lack of preparation for this shift in how I lived. My body pulsed with the current of the external world and the rapid pace of its culture; yet now my focus was my home and my baby, who began quite literally with tiny movements that barely reached outside his parents' arms or the bed where we lay.

To mother my first son, and eventually three, from a more whole place, I went to the deeper currents of the spirit realm. I learned how to care for my wild feminine energy, to supply the stores needed for bringing my children forth and tending them as well as my women's health practice and writing. My guidance for mothering and creative direction came from being present

in my own center. In my work and my life, I have found that if a woman attunes to her center, her body contains vast information for cultivating all she tends. By developing my family life and work practice from the organic flow of spirit energy that moves from within, I hope to teach my children to attune to their own creative centers as well. I want my sons to witness that by opening ourselves to the possibility in each moment, we are most likely to encounter the sacred in the midst of living an awakened life. By meeting spirit in this way, we tend to its presence in our lives naturally, finding a deep satisfaction as we do so.

The Mother Place

The uterus is our direct connection to the Great Mother, drawing in the raw potential to manifest and tend our creations. In *Wild Feminine*, I shared my experiences of working with the pelvic bowl and the surprising realization that women are typically lacking presence in their creative core. Modern women are generally unaware of how to access their own powerful root source of creative and feminine energies, and this contributes to a general ambivalence about mothering. Yet mothering calls us directly back to

the home and the center of ourselves. Learning to access these root energies for our mothering enables us to harness this core creative essence for making a soulful life with our children.

The womb is a sacred place, whether we carry children there or cultivate our best creative work. Forming a relationship with the womb and realigning with this place of mothering are essential to activating the creative potential in all that we do.

Ponder your own relationship with your womb and mothering essence with the following exercise.

Exercise: Creative Essence Meditation

1. Imagine your creative essence, your mothering capacity. What does it look like? How does it feel? Where do you access it within your body?
2. Reflect upon how you are presently using your female energy to create or sustain something in your daily life. What inner rhythms or guidance are you following? Are you nourishing yourself as

a part of your mothering? Is this how you desire to use your creative essence?

3. Ponder your creative desires. What do you love? How does your creative essence seek expression? How can this connect to your mothering?

4. Imagine a sacred place in the wild, or find a place to sit where you are directly in contact with the earth. Let your center respond to this vision or earth connection. What makes your creative energy come alive? How does your body feel when you access this potential?

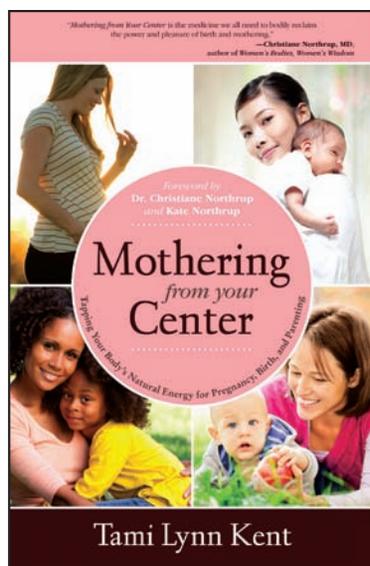
5. Remind yourself to connect regularly with your own creative wellspring. Garden, sing, or take an art or movement class. You can even shape your whole day from this inner creative current. Let your mothering come from within and take note of the beauty that arises. ✧

Excerpted from *Mothering from Your Center*. Reprinted with permission from Atria Books/Beyond Words Publishing © 2012



Tami Kent, MSPT, is a holistic women's health care provider who guides women in interpreting the wisdom of their bodies and reclaiming the

wild within themselves. With a master's degree in physical therapy and the ability to read energetic patterns of the body, Tami acts as a bridge between the realms of modern medicine and traditional women's wisdom. The founder of Holistic Pelvic Care, Tami has advanced training in multiple bodywork techniques, including certification in Maya Abdominal Massage and Infant Body Psychotherapy/Birth Trauma Resolution. She received her Masters in Physical Therapy from Pacific University and her Bachelor of Arts in Biology from the University of California at Berkeley. Tami is the mother of three boys and maintains a women's health private practice.



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Pleasure, What's That?

by Evelyn Resh

Modern women are amazing.

We have high-powered careers, smart kids, terrific partners, lots of exciting friends, beautiful homes, and financial savvy. We seem to know how to manage big money, big responsibilities, and big orgasms with the partners of our choice, and all on our own terms. The exterior is a high-gloss, showy, and impressive pattern with markers of success that women appear to handle effortlessly and with the utmost finesse.

But there's so much more to the story. The women who come into my office dispel the myth of the she-has-it-all woman on a daily basis. Beneath this shining exterior, many women are feeling far from successful and are living in asensual, sexless relationships, wishing desperately that they actually had the lives we all assume they're leading.

As a sexuality counselor and midwife, this is the side of the story that I see most often. It is in the privacy of my office that the true state of matrimonial unions and the modern American woman's psyche are fully disclosed. I commonly encounter exhausted, furious, overextended wives and mothers who, for all intents and purposes, are tortured by a metastasized lack of pleasure in anything, especially sex. Many face nearly constant battles with their mates because they have disparate appetites for sex, are bored by sex, never liked it in the first place, or can't identify with the idea of its general importance and its relationship to healthy living.

What these women – and possibly you – are missing is not just sex, but pleasure in general. They live lives focused on “getting the job done”—whatever the job is – and rarely, if ever, take time to enjoy the moment they're in or the pleasures at hand. They also aren't feeling as emotionally healthy and empowered in life as they seem to be to the casual observer, nor do they always speak the truth to some of their closest confidantes.

Women in these binds have often unknowingly misappropriated their commitments to themselves and their intimate partners, giving priority instead to their professional worlds and their children. They have lost track of the pleasure they once had, including the pleasure they had with their sexual mates. They become sexually sedate and don't even notice what's missing. Then, sex ends up being just one more



thing on their to-do lists. After years of subterranean sexuality, they acclimate to a pleasure-less and sex-less life, and when anyone brings this to their attention, the tension becomes untenable or all hell breaks loose.

A less than satisfying sex life, or the lack of one altogether, is one of the most painful manifestations of a loss of pleasure, and it's also one of the touchiest subjects to address. When our partners ask for more sex – or any sex, for that matter, perhaps by noting that it's been two weeks, two months, or even two years since you made love, kissed passionately, or slept skin-to-skin – within milliseconds we turn into she-devils right before our beloveds' eyes, spewing forth the barbed commentary, “Is that all you want from me? Sex?! How can you ask for such a thing, after all I do for you, for this family, and in my job?” What I know with certainty from listening to so many women's stories is that when women are pissed off, tired, and estranged from life's pleasures in all forms, we won't put out sexually. It's simply not in our biological makeup to do so, nor does it jibe with our complicated psyches.

When these scenarios show up in my office, I always wait to see just how disturbed the expression on a woman's face

becomes when I make note of the fact that what she does for her family, career, and friends falls into a different category from what she does in the name of a healthy sexual relationship or a healthy relationship with herself. Much to her dismay, and sometimes at the risk of enraging her, I become the first and only person to point out that all three relationships are not equal or synonymous. Are they related? Yes, but we're talking apples and oranges and pears.

A woman's self-appointed mandates, tasks, jobs, or obligations have more to do with choice than she often realizes—and for the most part they have almost nothing to do with the maintenance of genuine emotional wellness. They're also frequently a by-product of an anemic relationship with life's pleasures. As a sexuality counselor and a woman who believes that flirting with hedonism is one of the best and most important parts of life, what I look for is just how unhealthy, unpleasant, and therefore unsexy the life of that woman is. *There is nothing sexy about being busy every single moment of your day and telling people you like it this way.* There's also no way to find any form of pleasure if you have low self-esteem or are experiencing a spiritual crisis, hating your body, feeling like you

just can't come back into who you are, or losing all of your creative juices. And let's not even start on the drain your lifestyle has on your compassion and empathy over the long haul. Living this sort of life completely squelches one of the greatest sources of pleasure – and one of the strongest aphrodisiacs of all – being present in the moment and giving your undivided attention to yourself or your mate.

Women of all ages often mistake pleasure for happiness. While experiencing happiness may be related, it's not the same thing as experiencing pleasure. Pleasure-seeking practices contribute to and fortify happiness, but they are also distinctly different from happiness itself. Pleasure is an in-body state. Happiness isn't predicated on sensory input and sensate response. They do have an intimate, sometimes dovetailed relationship, but they are not identical or even synonymous. Pleasure by definition includes sensuality, while happiness does not. This is a critical distinction.

There is currently an entire industry based on helping people feel happy, but rarely, if ever, have I seen a discussion on the value of pleasure, sensuality, and sexuality as part of the matrix of factors that contributes to women's happiness and joy. Strange isn't it? Yet countless times I have seen that when pleasure is nowhere to be found, neither is happiness. It's important to keep in mind, however, that pleasure begets pleasure – sexual pleasure included – and that when it comes to keeping your pleasure quotient high and your sexuality accessible, you are the master of your own destiny. ✨

*Excerpted from **Women, Sex, Power, and Pleasure: Getting the Life (and Sex) You Want** by Evelyn Resh, published by Hay House, available in bookstores or at www.hayhouse.com.*

Evelyn Resh, CNM, MPH, is a certified sexuality counselor with The American Association of Sexuality Educators, Counselors, and therapists. She is also a certified nurse-midwife and has been in practice for more than 20 years. Resh holds a Master of Public Health degree and undergraduate degrees in nursing, psychology, and medical anthropology. Resh lectures frequently across the country to professional and lay audiences on the topics of women's health and sexual satisfaction. Website: www.evelynresh.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, www.CenterPointCounseling.bz. (see ad p.6)

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

MONDAY NIGHT ALIVE! WITH ARIEL & SHYA KANE – You can have a stress-free, utterly successful, satisfying, and easy – that's right, *easy* – life. These fun, lively and interactive seminars will show you how: April 1, 15, 22, 29, May 6, 13, 20, June 3, 10*, 17*; Fee: \$20. The New Yorker Hotel, 481 8th Avenue at 34th Street, 3rd Floor. Call 908-479-6034 or visit www.TransformationMadeEasy.com/Mondays to pre-register. Walk-ins welcome. (*Location to be announced – see website for details.) (See Resources, p.20)

TUESDAYS

ZEN MEDITATION - 7:30 to 9:00PM, Free Admission, Center for Spiritual Living Long Island, 17 Maple Place, Hicksville. 516-822-9314. www.csl-longisland.org. Join Mitch Goldstein on the 1st & 3rd Tuesdays of the month. Bring your own cushions if you'd like. www.csl-longisland.org.

MEDITATION GROUP - Achieve Inner Peace & Understanding — Newcomers welcome: 4/30, 5/14, 5/28. 7:30 – 9:30 PM, Smithtown. Registration: 631-724-9733, www.lightawakeningsmeditationandbeyond.com.

PSYCHIC PALM/TAROT/MEDIUM READINGS BY RONI TODD Alternate Tuesdays and Alternate Wednesdays at Restaurants in Long Beach and Valley Stream. Call Roni at 516-889-3732 for appt.

HOW TO MEDITATE - 5 WEEK COURSE- Class I: 4/2, II: 4/16, III: 5/7, IV: 5/21. 7:30 – 9:30PM, Smithtown. Registration: 631-724-9733 www.lightawakeningsmeditationandbeyond.com.

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.

REIKI HEALING CIRCLE facilitated by Reiki Practitioner Eugene Steven. First Thursday of every month from 7:00-9:00PM at *Specialty Lotions & Potions*, 11 East Main Street, Bay Shore, NY (631) 665-3511, www.specialtylotionsandpotions.com. No fee, donations accepted.

FRIDAYS

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

HAPPY & HEALTHY VEGAN WORKSHOP SERIES – Presented by Karuna For Animals: Compassion In Action, Inc. Fridays: 4/5, 4/12, 5/3, & 5/10 at 6:30PM. The full workshop series is \$100/person, and although we recommend participating in the full series, individual sessions may be attended for \$35 each. Each session is approx. one and half hours. Huntington Yoga & Wellness Studio, 425 New York Avenue, Huntington Village. See website for details and to register, or call 631-241-9925.

TRANSFORMATIVE BREATH FORGIVENESS WORKSHOP - Forgiveness is the way to truly heal ourselves and our relationships. Transformative Breath is a dramatically effective method of stimulating the natural healing powers of the mind/body system. April 19, May 17, Energy Works Wellness Center, N. Babylon. April 26 Essential Holistics, Manorville. Call 631-878-8228 for information.

SATURDAYS

SPIRITUAL DISCUSSION 1st Saturday of every month, 10 AM-12 Noon. Ever want to just talk about spiritual things? This is for you! Center for Spiritual Living Long Island, 17 Maple Place, Hicksville. 516-822-9314. www.csl-longisland.org.

STRESS-REDUCING GUIDED MEDITATIONS every 1st Saturday of the month 10:00AM, at The BTE Center for Conscious Living, Muttontown Preserve. Followed by "Transformation through Self Empowerment" Series at 11:30AM. Registration required. revealthelightwithin.com/Workshops 631-775-6012.

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

SUNDAYS

HOLISTIC NUTRITION COURSES by Teri Mosey, Ph.D. Feeding Our Soul: Nutrition for Personal Power, April 21, 9AM-12PM. Transforming the Brain: Opening to Life's Possibilities, May 19, 9AM-1PM. Healing Through Nutrition, June 9, 9AM-1PM. NCCAOM approved. www.holisticpathwaysllc.org.

SEARCHING FOR YOUR LIFE'S PURPOSE? We provide tools to transform your personal life & help make the world a better place. Center for Spiritual Living Long Island, 17 Maple Place, Hicksville. 10:30AM. 516-822-9314. www.csl-longisland.org. Children's Activities (Ages 4-12), 2nd and 4th Sundays, 10:30 to 11:30 The Junior Center will be held twice a month starting in October. (See ad p. 3)

THE TEMPLE OF METAPHYSICAL SCIENCE, NSAC— Come join us in our search for Spirituality & Inner Peace. The American Legion Building, Baker Street & S. Ocean Ave., Patchogue. Healing & Service: 11AM. (800) 316-1231. (See ad p. 14)

CHAKRA RETREATS DAYS - explore the tones, colors and movements of each Chakra and learn to open and balance their Mental, Emotional, Physical and Spiritual influence. April 14, May 19, June 9 and July 14. Essential Holistics, Manorville. Call 631-878-8228 for information.

SPECIAL EVENTS

APRIL 6

PSYCHIC & HOLISTIC LIVING FAIR – at Gurney's Inn Resort & Spa. Saturday, 9:30AM – 4:30PM. Come for the Day or Stay for the Night, or the Weekend! Reservations or Information: 631-668-1717. (see ad p.8)

APRIL 7

HEALTHY SUNDAY BRUNCH with Renowned Author & TV Show Host, Sheri-Lynn DeMaris – at Gurney's Inn Resort & Spa. Sunday, 11AM to 1PM. For more Information and Reservations please call: 631-668-1717. (see ad p.8)

APRIL 11 & 13

SCREENING OF OCCUPY LOVE – A film whose time has come. 8PM-10PM. Be the example! BTE Center for Conscious Living. Reservations required. www.bteoccupylove.eventbrite.com or call (516) 233-8255.

APRIL 12

Event: "MEET THE PSYCHICS" - This evening's program is designed to bring you the opportunity to get up close and personal with our gifted readers, mediums and psychics. Friday, 8:00PM. Eyes of Learning, Levittown Hall, 201 Levittown Parkway, Hicksville. (516) 731-0909 www.eyesoflearning.org Members: \$10 Non-Members: \$15.

NIGHT OF MEDIUMS FOREVER FAMILY FOUNDATION FUNDRAISER Enjoy a banquet meal while seated at a table of 12 and be joined by a Certified Medium after dinner who will conduct spirit communication for your table. Melville Marriot Hotel 7-10PM, advanced registration \$150 members/\$175 non-members, www.foreverfamilyfoundation.org. 631-425-7707.

APRIL 14

ESTER NICHOLSON - Sunday, 1:00 to 4:00 PM, Workshop Fee: \$35. Ester will be our special guest speaker and musician at the 10:30 AM service speaking on the topic "Hold Your Position" and present her workshop "Make Room for a Miracle" in the afternoon. In this dynamic workshop you will learn: the difference between anger and resentment, how to get in touch with and heal core wounds, and how to use forgiveness to break the cycle of continually recreating the same negative experiences, in a way that's loving, compassionate and effective. Ester is an author, Agape International-licensed spiritual therapist, motivational speaker and inspirational recording artist. Center for Spiritual Living Long Island, 17 Maple Place, Hicksville, 516-822-9314. www.csl-longisland.org.

Event: "THE EYES OF LEARNING ANNUAL SPRING FESTIVAL" - Please join us for "The Eyes of Learning's" most popular event. It's our Spring Festival!!! With wonderful raffles, vendors, free lectures, food, camaraderie and the option to purchase your own psychic reading, who would want to miss this important, uplifting and fun event? A day not to be missed! Sunday, 11:00AM – 5:00PM. Token Cost: \$4.00. Levittown Hall, 201 Levittown Parkway, Hicksville. (516) 731-0909 www.eyesoflearning.org.

APRIL 20

AWAKEN WELLNESS FAIR— Doubletree Hotel in Tarrytown, NY 10591, Saturday. BIGGEST Body-Mind-Spirit-Green Expo north of NYC – nearly 1,000 guests! Over 100 inspiring speakers, gifted healers, amazing vendors & intuitive readers. www.AwakenFair.com. Exhibitors: www.ThePractitioners.com.

APRIL 21

DR. M. HARI HARAN - Sunday, Workshop: Sound Healing and Sacred Chants with Indian Music Therapy, 1:00 to 3:00 PM, Workshop Fee: \$35 (includes concert) Kirtan Chanting and Healing Music Concert, 3:15 to 4:45 P.M., Admission to concert alone: \$15. Indian Music is used widely the world over, for healing and conserving energy in one's body, mind and spirit. Dr. Haran's music is purely classical, played on traditional musical instruments like the Sitar, Tambura, Tabla, Veena, Violin, Flute, Santur, Mridangam, Jaltarangam. Dr. M. Hari Haran is a Music Therapist and Music Healer from India, and is also a Vocal Performing Musician. Center for Spiritual Living Long Island, 17 Maple Place, Hicksville, 516-822-9314. www.csl-longisland.org.

APRIL 23

HEALTH & WELLNESS FAIR – A Synthesis of Wholistic & Western Modalities. Demonstrations, Free Samples and Services. Tuesday, 10AM – 3PM, Farmingdale State College, Roosevelt Hall, Multi-Purpose Room. 631-420-2552 or 631-420-2690. (See ad p. 15)

APRIL 26

Lecture: "YOU ARE PSYCHIC, YOU ARE A MEDIUM AND YOU CAN HEAL YOURSELF" with Sandy Guarnotta, Sandy's Facebook Page: <http://psychicreadingsbysandy.com>, Friday, 8:00PM. Eyes of Learning, Levittown Hall, 201 Levittown Parkway, Hicksville. (516) 731-0909 www.eyesoflearning.org Members: \$10 Non-Members: \$15.

APRIL 27

JAINS ARE JOINING US IN WORSHIP. Jains are the world's most peaceful religion. Saturday, St Lawrence of Canterbury, 655 Old Country Rd., Dix Hills. Gathering of Light 631-265-3822, www.GatheringofLight.org.

APRIL 28

ALL KIDS FAIR – Part Health/Wellness Fair, part Activities/Education Expo. 80 exhibitors. 24 classes – some for adults, some for kids. FREE w/ admission: babysitting, face painting and health screenings. Camps, party places, special needs and more! Come with or without your kids. Melville Marriott. 10AM-4:30PM. \$5 ages 3+. 516-621-1446 www.AllKidsFair.com

MAY 4

VOICES OF FAITH FOR PEACE - 12 Faith traditions sharing sacred sounds for peace. Farmingdale State College. Saturday, 2PM to 4PM. All welcome. Gathering of Light 631-265-3822, www.GatheringofLight.org.

MAY 5

"DARE TO BE YOURSELF": WORKSHOP WITH DR. MARIA HUGHES - Sunday, 1:00 to 3:00 P.M., Workshop fee \$25. Using the book "Dare to be Yourself" by Alan Cohen, this workshop of self-discovery will explore tools to help motivate you to be all you are destined to be. Center for Spiritual Living Long Island, 17 Maple Place, Hicksville, 516-822-9314. www.csl-longisland.org.

MAY 9

CALLINGS: FINDING AND FOLLOWING AN AUTHENTIC LIFE – Be the example! presents an inspiring evening with author, professor and speaker Gregg Leroy. 7PM-9PM. BTE Center for Conscious Living, Muttontown. www.btecallings.eventbrite.com or call (516) 233-8255.

EXPANDING *the* CIRCLE

by Erica Settino • Huntington, NY

Not all that long ago, I was working as a manager at a no-kill animal rescue and adoption center. Finally, I thought, my dream of helping animals had come true. And in some ways, it had. I spent my days surrounded by hundreds of dogs and cats who had been fortunate enough to escape any number of horrendous circumstances.

Many had been abused and neglected by the very people whose responsibility it had been to care for and love them. Lots were throwaways — kicked to the curb when the novelty of a rambunctious puppy or kitten wore off. At least two dogs who arrived during my time there had been quite literally thrown away. Hope, a Beagle puppy was thrown from a speeding car. And Phoenix, a young Chihuahua, who is fast asleep on my lap as I type this, was thrown in a dumpster. Countless cats and kittens were left in boxes outside our gates. Some were surrendered when their guardians could no longer afford to feed them or pay their medical bills. Some arrived after losing everything in Hurricane Katrina, and never

left. And some had the misfortune of being born into the shelter life, knowing nothing of the potential happiness and love that might exist on the other side of the eight-foot high chain link fences they associated with home. In spite of it all, for the most part, they greeted me each morning with an exuberance and vigor for life that both humbled and inspired me.

And, to the best of my ability, using the limited resources that were available to me, I believe I did help them. We all did. Because we loved them. It is arduous and heartrending work at best. And just when you think you can't do it for even one more minute, let alone an eight-hour day, something beautiful like an adoption of a hard to place animal goes through. Or a blood test comes back negative for cancer; or a check for one hundred dollars arrives from an anonymous donor in the mail, and you remember why you're there.

For a time, that was enough for me. For a time, I was able to ignore the fact that

while we were there working tirelessly to save the lives of those dogs and cats, billions of other animals were still being tortured, exploited, enslaved, and killed on a daily basis — and by the same people who claimed to love animals; by the same people I was working with. Good people who fought each day for dogs and cats, but were grilling up hamburgers and hotdogs in our parking lot at our biggest annual event. What exactly, I wondered, was the message we were trying to send? And if we were all so willing to fight, to give up our free time and our energy and passion for the dogs and cats we loved so much, why weren't we all willing to do the same thing for animals of all species? *This disconnection is prevalent and continues to grow each time any one of us claims to love one being, yet willingly harms another.*

It was during my time at that shelter that I realized I would never stop working to save the lives of dogs and cats, but also that my work would include fighting to

save the lives and promote the rights of animals of all species.

So, through my organization, **Karuna For Animals: Compassion In Action, Inc.**, I am proud to present the first **Long Island Animal Rights & VegFest**, taking place on **Saturday, July 13th**. Please see our website for more information and to become involved. www.karunaforanimals.com.



A long time animal activist and yoga instructor, Erica Settino promotes a vegan diet as part of the practice of

Ahimsa (nonviolence), through her yoga-based, nonprofit organization, Karuna For Animals: Compassion In Action Inc. Their mission is to put compassion into action for the animals, your health, and the planet.

MAY 10

Lecture: "CONSCIOUSNESS, BENEVOLENT EXTRATERRESTRIAL CONTACT AND THE GALACTIC SELF", with Marc Brinkerhoff. Marc's Websites: Animal Art Site: www.MarcBrinkerhoff.com/UFO, Site: www.IntergalacticMission.com Friday, 8:00PM. Eyes of Learning, Levittown Hall, 201 Levittown Parkway, Hicksville. (516) 731-0909 www.eyesoflearning.org Members: \$10 Non-Members: \$15.

MAY 11

SPECIAL HEALING SERVICE in Honor of Mother Teresa 10AM, Saturday. St Lawrence of Canterbury, 655 Old Country Rd., Dix Hills. Gathering of Light 631-265-3822, www.GatheringofLight.org.

MAY 14

THE TWIN FLAME CONNECTION— Twin Flame? Soul Mate? Confused? The Twin Flame relationship is unique in the spiritual world. Unlock the age old mystery. Next Twin Flame workshop at the Meta Center in NYC. Consultation/Healing appointments available. Consult with someone who has gone through this powerful connection and can help you find peace on the other side. www.michellegouguenthetwinflameconnection.com, Fairygodmamma@aol.com, Michelle 917-523-9920.

MAY 17

"THE INNER WEIGH": FILM SCREENING AND DISCUSSION - Friday, 7:00 to 9:00 P.M. Free Admission. The Inner Weigh™ features Bob Proctor, Mary Morrissey, Dr. Gay Hendricks, and many more! IMAGINE... LOVING your body, EATING what you want, And NEVER DIETING again! This Amazon bestselling film shows us that the true solution to weight loss lies within. Center for Spiritual Living Long Island, 17 Maple Place, Hicksville, 516-822-9314. www.csl-longisland.org.

MAY 23-26

ALTERNATIVE EDUCATION, HOMESCHOOLING CONFERENCE with Alfie Kohn, LIU/Post. First time in NYC area, go to EducationRevolution.org More info: JerryAERO@AOL.com or call 516 621 2195.

MAY 24

Lecture/Workshop: "AWAKENING THE SENSUAL GODDESS", with Roseangel Perez. Roseangel's Web Site: rosangelperez.com/html/soulfuldancing, Friday, 8:00PM. Eyes of Learning, Levittown Hall, 201 Levittown Parkway, Hicksville. (516) 731-0909 www.eyesoflearning.org Members: \$10 Non-Members: \$15.

JUNE 2

SCOTT KALECHSTEIN GRACE - Sunday, 1:00 to 4:00 PM, Workshop fee \$35. Scott returns to be our special guest speaker and musician at the 10:30 AM service and present his workshop "Manifesting with Ease" in the afternoon. Manifesting with Ease is a workshop about letting go of old beliefs that create struggle and scarcity, and allowing ease to be your compass and guiding light. Scott is a writer/coach/comedian/speaker, as well as a singer/songwriter/recording artist/minister and workshop leader. Center for Spiritual Living Long Island, 17 Maple Place, Hicksville, 516-822-9314. www.csl-longisland.org.

JUNE 15

SOLSTICE MAGICAL NIGHT OF HEALING with Rev. Kathryn and the Sanctuary's ministers. Friday, 6:30PM. Come and enjoy a healing service of energy and rejuvenation @ Ethical Humanist Society, 38 Old Country Rd., Garden City. \$10 love donation. (631) 424-2929.

UPCOMING EVENTS

REIKI I & II CERTIFICATION PACKAGE in the Usui Lineage, April 21 and May 19, Medford NY. Heal yourself & the Planet! Registration required, visit: revelthelightwithin.com/Reiki 631-775-6012.

First Long Island Animal Rights & VegFest — Presented by Karuna For Animals: Compassion In Action, Inc. Saturday, July 13th. 109 Browns Road, Huntington, NY. Festival will include: Our 2nd annual art show and auction, vegan cooking and baking demonstrations, live music performances, inspirational and educational talks and lectures by well-known animal activists, movie screenings, adoptable animals from shelters, kids & adult yoga classes, and so much more! Sponsors, exhibitors, and volunteers needed. See website for details and/or call 631-241-9925.

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Spring Cleaning the Zero-Waste Way

by Amy Korst, Oregon

In a yearlong challenge to live waste-free, Amy Korst and her husband managed to produce less trash than most Americans do in a day. So little, that the full year of waste fit into a standard shoebox, and the lifestyle was so easy to sustain that the pair continues to live nearly trash-free today. Better still, the endeavor proved as gentle on the wallet as it was on the planet. Here are Amy's tips for spring cleaning the zero-waste way.

Before my zero-waste lifestyle, I bought all sorts of cleaning products and accessories designed to make my house sparkle and my rooms fragrant. Who doesn't want to live in a clean home, after all? For me, clean equals happy and healthy, so I give my whole house a good scrubbing each weekend.

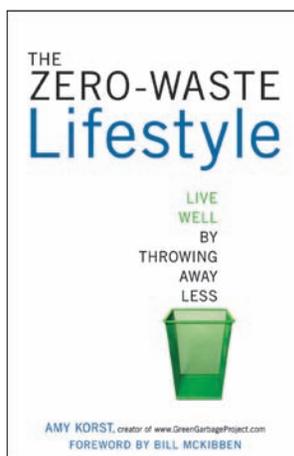
It wasn't until I adopted zero-waste as my mantra that it occurred to me to make my own cleaning products. Now that I've discovered how easy it is, I'm a little embarrassed that I didn't start earlier. Here's a rundown of the products I used to buy: glass cleaner, wood polisher, all-purpose cleaner, surface wipes, and countertop disinfecting spray. I also bought

plug-in scent diffusers and quite a few candles to make the house smell good after the cleaning was done.

What I realize now is how much "scent overload" my body was going through. A huge benefit of switching to homemade cleaning products is that you force your body to go through a natural period of scent and chemical detox. I mean this quite literally. With a zero-waste lifestyle, you eliminate practically everything you used to buy in the cleaning aisle of the grocery store.

Some people worry that green cleaning products do not clean as well as conventional chemical-filled ones. And I'll admit, there are some messes that are so gross that green cleaners can't begin to tackle them. However, I've found that my cleaning bucket filled with homemade cleaning products does the job around my house 99 percent of the time.

Before making your homemade cleaners, I recommend putting together an arsenal of green cleaning tools. Every good cleaning bucket needs lots of rags for wiping household surfaces. I used to use paper towels, and I also purchased three types of throwaway wipes: wood, stainless steel, and all-purpose. Now I don't buy any of those. Instead, I spray my all-purpose cleaner on a cloth rag and wipe away. A well-stocked cleaning bucket should have at least a dozen wipes. You can use old T-shirts, washcloths, or microfiber cloths. If you need to purchase new cleaning rags, try the



auto parts section of a store, where rags are sold in cheap bundles.

You'll also need a broom and a mop. I've used the same bristle broom for years, but I switched mops when I went garbage free. I used to have a mop that used disposable sheets to wipe up the floor. Today I use a mop and a bucket of cleaning solution, and mop the old-fashioned way, with lots of elbow grease. If you're having

a hard time parting with those disposable static-cling cloths that attract hair, dirt, and dust like a magnet, try this trick: cut an old pantyhose at the knee and stretch the foot part over your broom. Sweep as usual, and watch as the hose attracts hair and dust in much the same way as a disposable wipe.

Making Homemade Cleaners

Most homemade cleaners can be made with just a handful of cheap, easy-to-find ingredients. One of my favorites is this **all-purpose cleaner**. I love this cleaner, and I use it for everything—sinks, countertops, toilets, showers, and wiping down appliances and walls. I even use it and a little elbow grease to scrub down soap scum and rust buildup in the shower. Yield: 2 cups

- 1 teaspoon baking soda
- 1 teaspoon borax
- 2 tablespoons white vinegar
- 1 tablespoon liquid castile soap
- 2 cups boiling water
- 20 drops essential oil of your choice

Mix together all of the ingredients except the essential oil. Allow the mixture to cool, add the essential oil, and pour into a spray bottle.

When you clean your home regularly with eco-friendly, homemade products, you live in a home that not only smells fresh, but is free from chemicals that are harmful to you and your family. You save money because you no longer have to buy cleaning supplies. Plus, you're not making trash as you spruce up your home. What could be cleaner than that? ✨

Adapted with permission from The Zero-Waste Lifestyle by Amy Korst (Ten Speed Press, 2012).



Amy Korst is author of The Zero-Waste Lifestyle and the creator of the Green Garbage Project (www.GreenGarbageProject.com). She is a certified master recycler through the City of Salem, Oregon, and spends most of her spare time reading or writing about environmental issues.

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The Raw Truth: Ten Reasons to Quit Cooking Your Meals

by Cherie Soria and Dan Ladermann

Most people don't think of cooking their food as a bad thing.

Chances are, you love baked potatoes, green bean casserole, glazed cooked carrots, and much more. Sure, you're game for the occasional salad and veggie tray with dip, but the thought of switching to a raw foods-only diet sounds pretty radical. What would you eat, exactly? Would your diet be balanced? Would you be getting proper nutrition? Well it might be worth your while to think outside the box (or the skillet). There are a lot more compelling reasons to go raw than you might think!

If you're totally unfamiliar with the raw food lifestyle, it essentially means that you eat fresh, nutrient-rich plant foods that have not been heat processed. When foods are cooked, many of their nutrients are lost. You can go totally raw if you'd like, or you can simply incorporate more raw foods into your existing meal plan to experience the benefits.

Ten Reasons Why Raw Might Be the Way to Go:

Looking and Feeling Better – Most people report improved health and general well-being within weeks of switching to a raw food lifestyle. The nutrient-rich raw diet is high in antioxidants, phytochemicals, vitamins, minerals, fiber, and healthy fats (such as omega-3 fatty acids), so it maximizes health and vitality. Raw foods are available in abundant variety and present delicious food choices, especially compared to diets that focus on calorie restriction and deprivation. Temporary diets are often very unhealthy and doomed to failure because people cannot maintain the regimen as a lifestyle. However, the raw diet is abundant with fresh produce as well as nuts, seeds, grains, and legumes.

Reducing Health Risks and Healing from Disease – The facts are indisputable: A raw plant-based diet leads to lower risk of heart disease, cancer, diabetes, high blood pressure, rheumatoid arthritis, and obesity. As opposed to people who eat other types of vegetarian diets (including lacto, lacto-ovo, and even cooked vegan), people who eat a raw vegan diet are less prone to obesity, coronary disease, high blood pressure, cancer, and type 2 diabetes.



Avoiding Premature Aging and Promoting Longevity – Many raw foodists look twenty years younger than people of the same age who eat cooked foods. This youthfulness is due in part to the nutrient density of raw foods, which are rich in antioxidants, phytonutrients, and vitamins that protect the body from free radicals, which attack healthy cells. People who are well nourished tend to feel good and maintain a healthy body weight well into their golden years.

Achieving an Ideal Body Weight – Many people believe that the body continues to feel hungry until nutrient needs are satisfied. Therefore, even if you eat enough calories to fuel your body, you're still hungry – for nutrients! In this situation, your metabolism slows down, you stop burning fat, and you crave more food. The fast-food industry is in business to provide people with lots of opportunities to eat sugary and fatty foods, and many people are addicted to these foods. But with a raw plant-based diet, you can eat all you want of fresh, ripe, and raw foods without worrying about counting calories. After

eating a mostly raw diet for a few weeks, your body begins to naturally regulate how much food you need by turning off its hunger-response mechanism when you have had enough.

Increasing Energy, Vitality, and Stamina – When the human body is well nourished, it's healthy and active, and has an abundance of vitality. Fats, especially heat-processed oils, slow you down because they require long periods of digestion, which steals energy from your body. Light foods, such as fruits and vegetables, digest easily and leave you with energy for activity. Also, less sleep is required when you eat foods that are fresh and light. When you consume heavy, cooked foods, especially in the evenings, several hours of sleep time are spent digesting food rather than moving you to the deep sleep zone that's required to reach beta levels and the dream state. Raw foodists often report that they sleep one to three hours less and still have more energy than when they ate mostly cooked foods.

Enhancing Memory and Mental Clarity – Your brain needs nourishment, and whole, ripe, raw organic plant foods provide the power you need for strong mental acuity. The essential fats that the brain needs, such as omega-3 fatty acids, are in leafy greens, flaxseed, chia, hemp, and walnuts as well as many other raw plant foods. The human brain also needs plenty of water, magnesium, and organic sodium; whole raw foods offer an abundance of these nutrients. When nutrient and water-deficient foods (including pasta, pizza, and other fare that's laden with hydrogenated, saturated, and cooked fats and salt) are replaced with nutrient-dense whole plant foods and healthy fats, brain function improves.

Reducing Colds, Flu, and Allergies – Most raw foodists find that their diet reduces or even eliminates their respiratory problems, colds, flu, and allergies. A raw diet is especially great for people who are intolerant of dairy, wheat, and soy because raw foods have virtually no hidden ingredients. Apples and carrots, for instance, are dairy and lactose-free, wheat and grain-free, soy-free, egg-free, and even corn-free. Yes, it's a "duh"-type statement, but you have to admit that a raw diet would eliminate a lot of

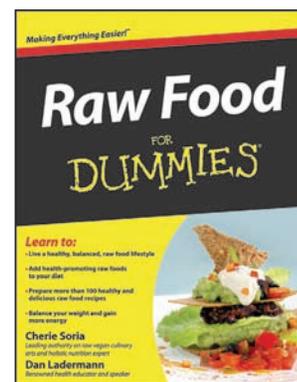
allergy-related worries!

Not Cleaning Dirty Pots and Pans – A raw diet frees you from cooking! No greasy stoves, hot ovens, or fryers. Of course, any gourmet food takes time to prepare – raw foods included. A knife and a blender are all that's required to whip up smoothies, soups, sauces, and even desserts.

Demonstrating Kindness to Animals – When all of your recipes are vegan, no animal suffering is involved. The animal husbandry industries can be quite cruel to animals. Chickens, cows, lambs, sheep, pigs, rabbits, and other sentient beings that are used for food feel pain and fear, just as we do. These creatures become ill without proper living conditions, and the fact is, we're healthier when we don't eat meat, so why do it?

Protecting the Environment – A raw lifestyle supports sustainable farming, creation of healthy topsoil, protection of watersheds, and reduction of your carbon footprint. A vegan diet also protects natural resources by not contributing to the deforestation that's inherent in the meat industry. Moreover, raw food, when purchased in its natural state, contains little to no packaging; it's packaged by nature. Cooked and processed foods in cans, plastic containers, and plastic-coated boxes add to the volume of hazardous waste.

Hopefully, any reluctance you may have felt to try raw foods is abating. After all, who doesn't want to improve his or her health, appearance and mental clarity, while being friendlier to the environment in the process? ✨



Based on the book, **Raw Food For Dummies**® (Wiley, ISBN: 978-0-471-77011-4, \$19.99) available at bookstores nationwide, major online booksellers, or directly from the publisher by calling (877) 762-2974.

Cherie Soria is the coauthor of **Raw Food For Dummies**®. She has been teaching the art of gourmet raw foods to individuals, chefs, and instructors for nearly twenty years. **Dan Ladermann** is the coauthor of **Raw Food For Dummies**®. He is a Certified Hippocrates Health Educator and raw vegan nutrition instructor. Together, Cherie and Dan own and operate Living Light International.



War On Cancer - Or Us?

by Jesse A. Stoff, MD, HMD, FAAFP

December 23, 1971: a date that will live in mediocrity.

President Richard Nixon sat down to sign the National Cancer Act, and launched what became known as the war on cancer, when he said; "more people each year die of cancer in the United States than all of the Americans who lost their lives in World War II. This shows us what is at stake. It tells us why I sent a message to the Congress the first of this year, which provided for a national commitment for the conquest of cancer, to attempt to find a cure". Now, **more than 40 years after the "war" was declared on cancer, the National Cancer Institute has spent well over \$90 billion on research and treatment and still 23% of the adult US population will die of the disease, a statistic that has remained essentially unchanged.** What's worse is that a higher percentage will succumb in my area, Long Island, NY, which is classified as a cancer cluster. Not good results at all!

It's little wonder that we have these awful statistics since our air and water is polluted and our genetically modified "McFood" is held together by "pink slime". Cancer is an all too common disease that affects our whole system; it can only occur if MANY things have gone astray. Our body includes many amazing interconnected organs and systems with redundant and back-up systems to minimize our risk of getting sick, but given enough stress, toxin exposure, nutritional deficiencies and time for them to degrade our defenses, bad things can happen. Cancer cells frequently occur in our body, which is within the range of what is considered to be "normal". One of the important functions of our immune system is to search for and destroy these wayward fragments of humanity so that they don't have a chance to accumulate and cause big problems. When the war on cancer was launched, the field of Onco-immunology, the science of restoring immune function to destroy the cancer, had not yet been birthed. When the war on cancer was launched it was, and is still considered by most practitioners in the field, to be a war, in that the only question that was asked was "how do we kill the cancer"?

Killing the cancer has resulted in chemotherapy, surgery and radiation as the mainstays of the arsenal, with only an after thought for the innate immune defenses of the body or the quality of life of the individual thus afflicted. Large-scale studies show that simply augmenting nutrition, with the right supplements, will increase the quantity of life while stress reduction techniques will improve its quality. Now, coupling these basic modalities with the awesome potential and power of the immune system allows us to ask the more appropriate, and clinically useful, question of "why". With new questions comes new answers and renewed HOPE.

Why did the surveillance function of the immune system fail to recognize the threat? Why didn't the Natural Killer Cells destroy the cancer cells when they were identified? Why is the vitamin D level low? Why is his/her Mercury level high? Why doesn't he/she get fevers? Why don't we use low dose, potentiated, minimally toxic chemotherapy instead of the sub-lethal doses conventionally used? Why doesn't he/she sleep well? Why, why, why??? "Why" is wonderful, because, therein lies HOPE. When we only ask "how do we kill it" and the answer all but destroys the poor soul with the disease, and not all of the cancer cells, there is no place left to go. But, when we ask "why", the possibilities for treatment are only limited by the practitioner's insight, experience, and creativity. Therein lies the major difference between the limitations of what is currently considered to be conventional medicine and the

real possibility of hope offered by an integrative approach for the treatment of someone with cancer.

New questions. New options. New Hope.



Dr. Jesse Stoff is a licensed Medical Doctor, a Certified Naturopathic Physician, a Certified Acupuncturist, and a licensed Homeopathic

Physician. He has authored/co-authored dozens of articles and 8 books including co-authoring the bestsellers **Chronic Fatigue Syndrome: The Hidden Epidemic** and **The Prostate Miracle**. He has also served as a member of the Clinical Nutrition Board of Cancer Treatment Centers of America, Inc. As Medical Director of the Stoff Institute for Medical Research, he consults with physicians and medical groups both domestically and abroad on the subjects of immune system disorders and immune reconstitution. He has developed several new molecular complexes, one of which is now being patented as a true antibiotic replacement. Dr. Stoff can be reached at Linchitz Medical Wellness, 516-759-4200 or visit www.linchitzwellness.com.

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A Better,

by Alan Cohen
Haiku, HI

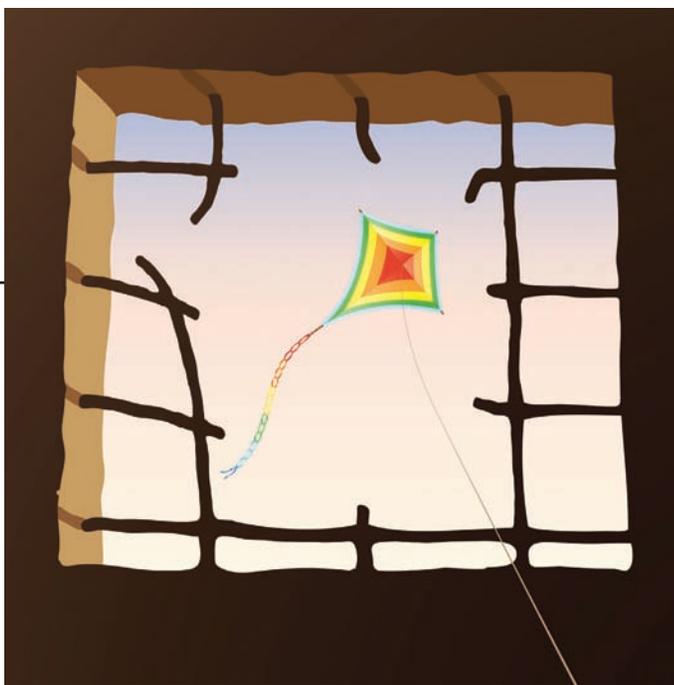
This year, like every year, ABC will air *The Ten Commandments* around Easter and Passover. Originally released in 1956, the movie remains a perennial favorite, dominating the ratings whenever it shows. Even though the dialogue is campy, the special effects old school, and the elder Moses' long white beard totally fake, the film holds up. It is an inspirational classic, replete with meaning and loved through generations.

I purchased *The Ten Commandments* DVD and listened to the commentary by film historian Katherine Orrison, who was privy to many behind-the-scenes secrets about the making of the movie. The sage came to the second most famous scene, where Moses encounters God at the burning bush atop Mt. Sinai. When Moses asks God why He has not rescued the Hebrew people from the bondage of slavery in Egypt, God tells Moses that He will execute the deliverance through Moses himself. Moses asks God what is His name, and He answers, "I am that I am."

At that point in the commentary, Ms. Orrison explained that for many years the identity of the actor who played the voice of God was kept a secret by director Cecil B. DeMille. Finally the legendary filmmaker revealed that the voice was none other than that of actor Charlton Heston, who played Moses. Heston's voice was technologically manipulated so it sounded deeper and more resonant, but Heston it was.

This admission packs a huge metaphysical wallop. While it appeared that Moses was addressing an entity outside of himself, he was really talking to his own higher self. The mortal man met the divine being, and they were one. We pray to God until we pray from God.

In the classic Hindu epic *Ramayana*, Hanuman, depicted as half-monkey, half



man, is the dedicated servant of Ram, the incarnation of God. At a poignant moment Hanuman says to Ram, "When I forget who I am, I serve you. When I remember who I am, I am you." Sometimes we are monkeys and sometimes we are God. Ultimately we are only God.

The other significant revelation of the Mt. Sinai dialogue, straight out of the biblical book of Exodus, is that God reveals that Moses himself will lead the slaves to freedom. Their liberation will not be executed by a cosmic hand coming down from the heavens, scooping them up, and placing them in the Promised Land. The drama was played out on the human stage. Many biblical scholars say that Moses was unconfident to accept the mission because he had a speech impediment. When He asked God how he could possibly confront Pharaoh to plead for his people's liberation, God told him, "I will tell you what to say." So Moses didn't have to do it all himself. He just had to show up and be willing, and God would take care of the details.

So it is for you and me. You don't have to know how. You just have to know *what*. When you are clear on the *what*, the universe will take care of the *how*. In *A Course in Miracles*, a passage known as "the healer's prayer" reveals a formula for how to pray before entering into any situation in which you feel unsure of yourself. "I am here only to be truly helpful. I am here to represent Him who sent me. I do not have to worry about what to say or what to do, because He who sent me will direct me..." (A Course in Miracles Text, p. 27). **We are all Moses leading the world from the slavery of fear to the Promised Land of inner peace.** You may not be assigned to move an oppressed nation from one country to another, but you have many opportunities each day to see yourself and others as capable and deserving to live in a domain far broader than the one to which you are accustomed. We all feel trapped in one way or another. **There is a better, richer, freer**

Freer, Richer Life

way to live. One way or another, we will find it. Not through magical intervention, but through waking up to our true selves and innate power.

I also find it fascinating that the true identity of the speaker of God's voice in the movie was kept secret for many years. This also bears significant symbolic value. Your true identity has also been kept secret for many years. You have been told that you are a limited human being, confined to the boundaries of your body and a very small world prescribed

by fear. The truth that you are so much more than your body and you have the right to freedom far beyond what the world shows you, has gone unpublicized. The word "sacred" literally means "secret." Your sacred identity has been kept a secret.

Yet, like the truth about *The Ten Commandments*, the day comes when the director reveals the way it actually was and is. The voice of God is your own. **When you talk to God, you are talking to your true self.** Your desire to know and be God

is God discovering Itself through you. Mt. Sinai is a metaphor for the journey to the inner mountaintop where you meet the God within.

This classic movie is shown every Spring when what appeared to be dead comes alive again. Behold your own story played out on the movie screen and the world around you. The freedom of greater life calls to you now and you will claim it. ✨



Alan Cohen is the author of many popular inspirational books, including the newly-released **Enough Already: The Power of Radical Contentment.**

Join Alan in person for *Living Miracles*, a celebration retreat May 29-June 2 in Loveland, Colorado. For more information about this program, Alan's other books, free daily inspirational quotes, and his weekly radio show, visit www.alancohen.com, email info@alancohen.com, or phone (800) 568-3079 or (808) 572-0001.

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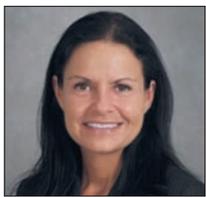
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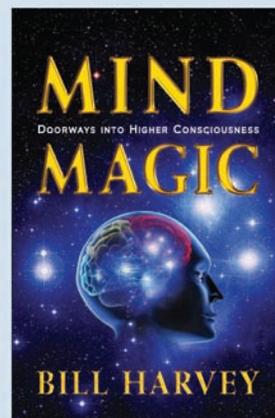


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by Carmela Dolce, Medford, NY

**Winter thaws as
Robins crane their necks
Looking for Spring**

Wake up!

by Andrew Kessler, Massapequa, NY

I oft wonder why the others don't see
Spoon fed poison by the powers that be
Do they not see the sinister agenda of it all
or the once mighty towers fall.

Sub conscious brain washing through commercialization
Dumbed down through entertainment
Chasing the green
Leaves the real enemy largely unseen

Creatures both big and small
will suffer the same fate.
A synthetic world that
the powers that be create.

Once free now restricted by chip
Every move monitored
Never out of sight
Natural world cast into eternal night

Put down the plastic devices that bind you
Let me steal your eyes
lend you mine
Bubble will burst when punctured
by the dagger of truth
Once naive now forsooth.

Those who refuse to see
the real devil in disguise
Are bound to involuntarily open the gates of hell.

Mandala, Mother Day

by Maddi Cheers, Center Moriches, NY

This magic glimmers through the night
Particles beam in pure delight
To know the cold and blue of life
To seek the world beyond all strife
In this decision or in that
There lies the truth which leaves the flat
Unwelcome mind of little souls
And seeks to fly beyond the tolls
Of Earthly boundaries in the land
Of knowing who has upper hand
These little minds and tiny hearts
Are jealous of the truer arts
And so they seek to scourge and purge
So no one ever gets the urge

To think for self or venture out
To where the truth is all about
Of who we are and what we say
There gleams the joy of each new way
The way is floating there in space
The way is where you find your grace
And open to the song of love
You grace the particles above
With all the thought that starts the life
Each universe is your delight
So seek the light and be the joy
That lives within each girl and boy
You are the one you know the way
So bring about the truth and say
That all are here to join as one
Beneath the sky around the sun ...

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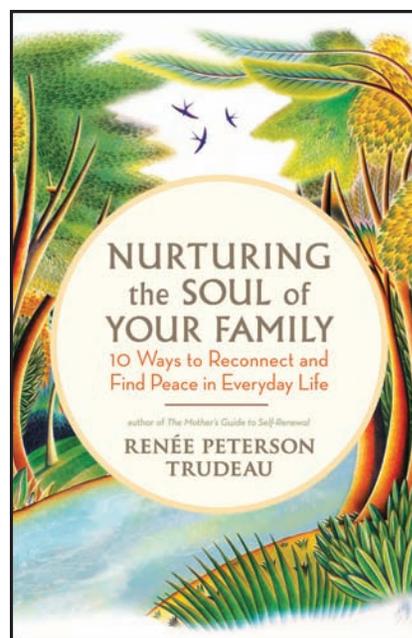
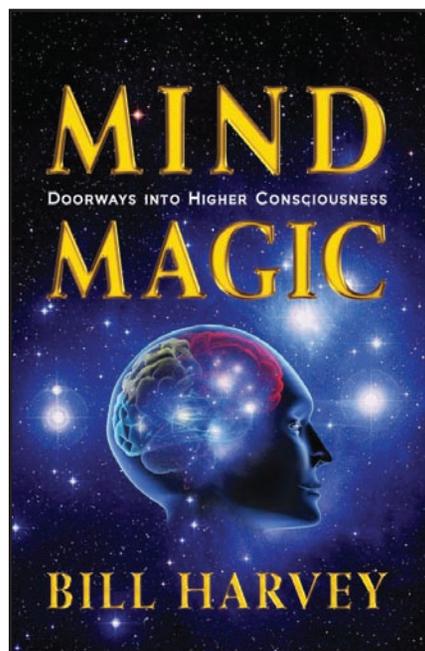
by AnnMarie McCann
East Northport, NY

MIND MAGIC – Doorways Into Higher Consciousness

by Bill Harvey
The Human Effectiveness Institute
humaneffectivenessinstitute.org

Think mind over matter. Albert Einstein once said, “I want to know the mind of God; the rest are details.” This book is a compilation of exercises, practices, and inspirational quotes for people who desire to heighten their awareness. From novice to expert, *Mind Magic* is for those who value the true benefits of meditation and seek to fully utilize their five senses. Today, we are bombarded by many forms of electronic media and this information, though readily available, may leave us feeling overwhelmed and in a quandary or, as the book rightfully states, “The Present: Word Pollution Overload”. *Mind Magic* gives detailed explanations on how to scale down and process all the data by using simple

exercises to release emotions that can create blockages in our mind. Many of us at varying times may feel skepticism, negativity and uncertainty. This book gives us the tools to free ourselves and take our practice to the next level.



NURTURING THE SOUL OF YOUR FAMILY: 10 Ways to Reconnect and Find Peace in Everyday Life
by Renée Peterson Trudeau
New World Library
www.newworldlibrary.com

The author of *The Mother's Guide to Self-Renewal*, Renée Peterson delivers an honest perspective and defines a manageable plan for her readers in *Nurturing the Soul of Your Family*. This “how to” book gives you specific ways on how to achieve peace and harmony for your family and in your personal

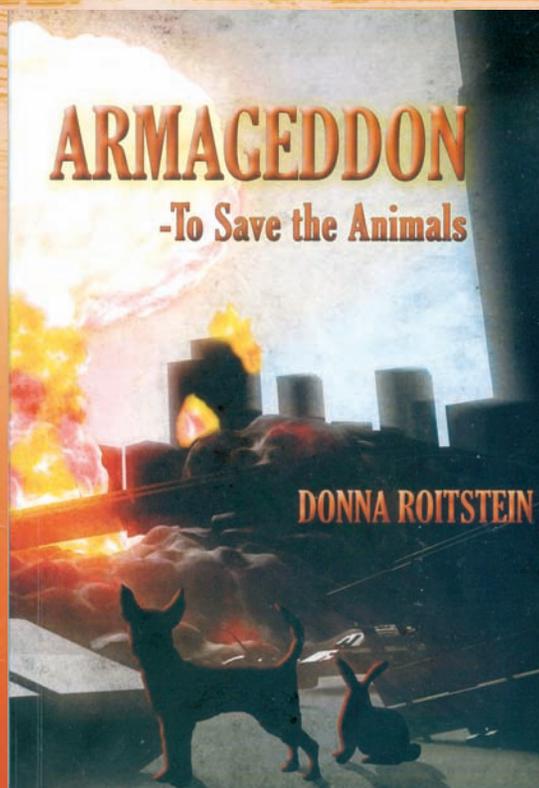
life. The title may lead you to believe it's only about building strong family ties, however, a powerful excerpt from Part 1, *Heal Yourself, Heal your Family* reads; “Self-care is the foundation for becoming a courageous parent. It's not about pampering, it's about owning your personal power. It's about self-worth and honoring the person you are. I believe this is our spiritual birthright.” This is both inspiring and refreshing to read; it confirms the importance of honoring and serving ourselves. To that end, we become readily able to take care of the needs of others. This dynamic book is packed with simple steps that can be applied to our daily routines. Highly recommended for parents, grandparents and caregivers.

AnnMarie McCann is a college professor and lives with her husband and two daughters on Long Island.

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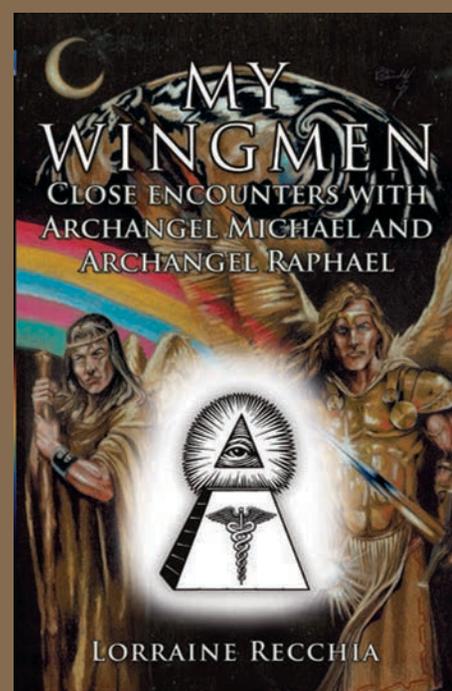
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FILM REVIEWS

by Mark Maxwell Abushady, NYC

Film

HOW TO SURVIVE A PLAGUE
Directed/Produced by David France
Public Square Films
A France/Tomchin Film
www.surviveaplague.com

This Oscar-nominated documentary tells several stories: the rise of AIDS in this country; a history of the organization ACT-UP; and the stories of several activists on the front lines fighting for medical care, research, funding, and respect. Eye-opening and at times riveting, this film will change perceptions and prejudices. I believe this is the first full revisiting and historical consideration of this plague that shaped politics, activism, research, relationships and empowerment. From this perspective, the actions of individuals and institutions can be seen much more clearly.

ACT-UP, often portrayed in the media as “angry” and “over the top”, looks to be fairly well justified in the face of great inaction and indifference by government and private organizations. In telling their story we see people empowering themselves, educating themselves, comforting each other, and fighting bravely for decent, humane treatment.

The film reminds us that there was a time when no treatment and little knowledge was available about AIDS. Nearly 100% fatal, panic, fear and anti-gay violence was the norm. Hospitals turned away the dying, and those that did die were disposed of “in black plastic trash bags.” There were funeral parlors that would not handle arrangements for those who had passed from AIDS. Out of this slurry of darkness arose heroes of great strength and perseverance.



We follow them through protests, acts of civil disobedience, and ultimately, meetings with pharmaceutical company heads, researchers, and politicians. There are clips of television appearances, including some very rousing footage of an in-church protest against the Catholic stance regarding “the immorality of condom use” which is stunning.

Many lessons are to be had from this film. One is that activists (or concerned citizens) can make progress happen “faster, better, more ethically, effectively, and with less cost” than bureaucracy-ridden, conservative-entrenched political and corporate entities. Beyond the incredible challenge that AIDS represented at that time, this is a grand lesson for all of us fighting the myriad of social issues prevalent in our current society. We all have the power to fight back and “ACT UP.”

A FIERCE GREEN FIRE:
The Battle For A Living Planet
Produced, Directed and Written
by Mark Kitchell
Narrated by Robert Redford,
Ashley Judd, Van Jones, Isabel
Allende and Meryl Streep
First Run Features
www.afiercegreenfire.com

Haunting in its images and profound in its message, *A Fierce Green Fire* is, among other things, a history of the Environmental Movement. If you don’t think of yourself as an Environmentalist, consider Bob Bullard’s (Environmental Justice Advocate) words: If you are concerned about the air, the water, and your food, then you are an Environmentalist.

The film, presented in five sections (*Conservation, Pollution, Alternatives, Going Global, and Climate Change*) utilizes the story of a concerned citizen or activist to illustrate the topic at hand. Conservation examines conditions that gave rise to environmental concerns in the general populace. An overview of the National Park system (and constant threats to the parks), the rise of the Sierra Club and the changing vision of club leaders is presented. Their successes with the support of an aware 1960’s public will cause much reflection by those of us who remember those years.

Pollution includes a statement by President Nixon on Earth Day: “The great question of the 1970s is: shall we

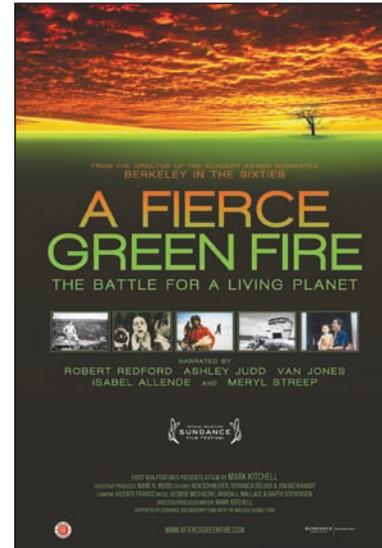
surrender to our surroundings, or shall we make our peace with nature, and begin to make reparations for the damage we have done to our air, to our land, to our water.” Noted are the creation of the EPA, the strengthening of the Clean Air and Clean Water Acts and the creating of the Super Fund Act. (In an age where industrial practices such as fracking are exempt from these laudable acts of the 70’s, it is arguably more than simple nostalgia that makes us look back fondly at those times.) A large portion is devoted to the Love Canal tragedy. That people were told by industry, government agencies and officials that the 56% birth defect rate and extremely high cancer rate was a coincidence, and had nothing to do with tons of toxic waste buried under and bubbling up in their town is something that every American should be aware of. From President

Regan, we hear the term ‘environmental extremism’ and see a backing off of the regulation of business and industry. The segment ends with an examination of environmental racism: simply put, the siting of heavy industry and landfills in poor, mostly African American neighborhoods without political clout or proper representation in local government.

The section *Alternatives* includes the attempts at alternative energy development (including President Carter’s installation of solar panels on the White House), the rise of Greenpeace (with some incredible footage of their anti-whaling campaigns), and the failing of this country in the development of alternative energy (including the removal of the White House solar panels by President Regan and his ending of tax credits and subsidies for alternatives). Bill McKibben, author and activist, sums this up in the following: “Now, 20, 30 years later, you want a turbine? You go to Denmark. You want a solar panel? The top, biggest factories are in Japan, Germany & China; not here. We are bit players because of a bunch of political decisions we made, beginning with the election of Ronald Regan, pay no attention to the idea that we might ever need to change.”

Going Global visits the Amazon rainforests and educates us about the work of Chico Mendes and others working on behalf of both people and environment. The subjugation of the Southern Hemisphere countries by those in the North is clearly seen in an effective nighttime view of the planet earth and its electric lights from above. Author/

Professor Vijaya Nagarajan points out that “The primary theme that runs through all these (indigenous) movements is the loss of access rights to the commons . . . the right of subsistence, and the right of access to clean water; to food, to forests . . . the right to live. How do you plant trees in common; how do you hold forest in common when every other force around you is trying to get you to privatize property?”



The film concludes with *Climate Change*, a problem acknowledged as “blowing out of the water” all previous issues. We hear Dr. James Hansen of the NASA Goddard Institute state, in 1985, that the Greenhouse effect HAS been detected, that its cause is human, and that it will get much worse. We hear petro-funded speakers counter with statements of lush plant growth, of flourishing gardens, etc. We visit world conferences in

which the U.S. in particular backs out of any significant actions to cut emissions.

Two million organizations worldwide work on social justice and the environment. The shift from saving wild places to saving human society is, in itself, a wake-up call. It is, as one speaker notes, “humanity’s immune response” to the corruption of economic systems and the pollution of an industrial complex operating with ever lessening regulations.

Truly, one of the most important films I’ve ever seen. Hopefully it will prove to be a convincing argument that, for things to change, we must become active and involved in fighting corruption, greed, shortsightedness, and the oppression of all living things. Corporate interests have just about succeeded in redefining the term ‘Environmentalist’ as a radical, anti-American, anti-job-creating, and anti-progress term. It’s time we reclaim it as a calling both noble and profoundly good. It is true environmentalism that will give us a chance at a future.



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The Delicate Balance uses the ancient wisdom offered in the **Tao Te Ching** to inspire words intended as guidance and support for those who make their profession caring and to those who have stood to meet the call to care for family. This book offers insights on the risk factors for developing the toxic effects of caring too much and the steps to take to recover from compassion fatigue and reestablish a perspective.

The Delicate Balance

A Mindful Approach to Self-Care
for Professional & Family Caregivers



Phyllis S. Quinlan, RN-Bc, PhD

People have said:

"It is very inspiring. I work with nurses to help them remember to take care of themselves and this is a good resource for them. Thank you for the work you do." – *M. Shanahan*

"While there can be support for caregivers, in my experience, they are often quite isolated. Thank you for the work you are doing." – *L. Monk*

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