

✦ *Inspiring the Soul*

CREATIONS

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Alan Cohen

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TALKING OUR WALK

It is with great shock and sadness that we mourn the very unexpected passing of Dr. Alex Shvartsman this past June. If you've been reading this mag the last few years, you know that Dr. Shvartsman has been a fixture on page 2. Well beyond being a valued advertiser and supporter of Creations Magazine, Alex was my dentist — and my friend. My office visit with him (after the hygienist would finish with me), would be a typical brief check-up, followed by a never brief chat.

Alex was constantly forward thinking. In keeping with his "cutting-edge" approach, he had recently earned his ND (Naturopathic Doctor). Fortunately for his patients, the Long Island Center for Healthier Dentistry will continue his work. As a key staffer explained, "it is important for us to continue to keep the public informed that we are still providing the same great care and service."

Our August-September "Back to School" Issue focuses on Lessons and New Beginnings.

If any positives can be learned from this tragedy, or from any of the myriad recent tragedies, it is that life is indeed precious. These recent events remind us to cherish



all our days, stay present — not ruminating about things you can never change, or worrying about tomorrow's "what-ifs" that will probably never materialize — and to remain grateful for all the wonderful people and blessings that most of us enjoy, but many take for granted.

At the age of 46, Alex leaves behind a wife and a 13 year-old son. The circumstances eerily hit home for me, resembling my own father's sudden passing in 1972: four days prior, he turned 46, and I was 13. It did take a few decades, but I eventually learned my lesson — I take nothing for granted, and I am eternally grateful for the 13 years I had my daddy.

Be Peace,

Neil + Andrea

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CREATIONS MAGAZINE

August/September 2016
Vol. 30 • Issue #4

- 4 **Talking Our Walk** by Neil & Andrea Garvey
- 5 **Allow Your Soul to Guide Your Destiny**
by Alan Cohen
- 6 **Maslow Predicted the Shift** by Owen K Waters
- 7 **Our Behaviors Are Our Children's Greatest Teachers** by Dr. Lynyetta G. Willis
- 8 **Heart Disease IS Reversible** by Michael Greger, MD
- 10 **Calendar of Events**
- 11 **Shower Less for Better OVER-all Health, Part 1**
by Joseph Mercola, MD
- 12 **Recognizing Verbal Abuse So You Can Take Steps to End It** by Holly E. Messick
- 13 **In EVERY Moment, You have a Choice**
by Camille Lucy
- 14 **Resources for Natural Living**
- 19 **Children with Autism: Meeting Your Child's Educational Needs** by Dr. Steve C. Imber
- 20 **The Greatest Power in Creation** by David Icke
- 21 **Poetry**
- 22 **Marketplace**
- 23 **Book & Product Reviews**

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Allow Your Soul to Guide Your Destiny

by Alan Cohen, Kapaau, HI

When actress Meryl Streep was about to graduate from college, she planned to become a lawyer. She applied to law school and set up an appointment with an admissions officer. On the morning of her interview, she overslept and missed her appointment.

At that point she decided she would rather pursue an acting career instead. And aren't we glad? Meryl Streep is considered by many fans and critics to be the greatest living actress. She has garnered three Academy Awards out of 19 nominations, 6 Golden Globes out of 28 nominations, and a vast array of other acting awards, totaling 171 wins out of 260 nominations.

It was no accident that Meryl Streep overslept on the day of her admissions interview. While her intellect told her she should become a lawyer, her inner being recognized her grander destiny. On that crucial morning her soul commandeered her life path. What a loss to the world it would have been if Meryl Streep's true talents were missed because she followed her mind rather than her heart!

You, too, have a destiny your soul has chosen. Your intellect may tell you one

thing, but your soul continually prompts you to stay on course with your mission. In the first *Superman* movie, Superman's parents, realizing that their planet was about to be destroyed, placed the baby Superman in a space capsule and propelled him off toward earth. During his long journey, a series of audio recordings taught Superman about his powers and purpose. By the time he arrived on earth, he knew who he was and what he was here to do.

Likewise, you and I were seeded with the awareness of our true identity, potential, and destiny before we came to earth. But then we forgot. The density of the three-dimensional world obscured our memory of our identity and our vision. But in spite of the distractions of the toys and trinkets of trivial purposes, your soul had not forgotten who you are and what you are here to do. Your inner being is constantly urging you to live in accord with your true mission.

We all have critical choice points, defining moments at which we are invited and urged to stay on track with our destiny. When I was 14 years old I was living in a bad part of town with many seedy influences. With pimples, braces, and a gawky body, my self-esteem was in the pits. I felt lost and alone. Then one day I received an invitation to attend a youth brunch at my synagogue. While I had no reason to attend—I was turned off to religion—something inside me urged me to go. There I met a young rabbi who gave an impassioned speech that stirred

my soul. I became deeply involved in the temple youth group, the rabbi became my mentor, I associated with friends of a higher caliber, and my life changed entirely. That event and my relationship with my mentor were pivotal incidents in my life. They were my dates with destiny.

Perhaps you are now facing a critical choice point in your own life. "Should I be with a certain relationship partner?" Or "should I leave?" "Where can I find a job that will bring me both passion and income?" "Where is my right home?" "What can I do to foster my health?" "What spiritual path belongs to me?"

While you may have spent a great deal of time and effort asking your mind, other people, and external sources for the answers to these important questions, you may not have asked your soul. The mind wonders, but the soul knows. Ask your soul to guide your destiny, and it will do so with amazing results. One of the most important affirmations you can state is, "I now allow my soul to guide me to my highest destiny." Your soul will immediately leap to respond. Love will have its way.

When you come to the end of your life, there is but one important question you will need to answer: "Was I true to my soul's calling?" Did you follow your deepest guidance? Were you the person you came to be, and did you

do the things you came to do? Do not assess your success by the yardsticks of achievement dictated to you by others. They are often shallow and do not apply to you. Assess your success by how much your outer life aligned with your inner truth. Real achievement is more spiritual than material. **Outer attainment means nothing if your soul is starving.** Soul nourishment brings true value of life.

You can wander from your soul's path, but you cannot lose it. Even the apparent detours are a part of the journey to your true destination. What seems to be an oversleeping that misses one appointment is really an awakening to keep your true appointment. The next time you see Meryl Streep in a movie, remember that soul stands at the helm of destiny, and all divinely guided appointments will be kept. ✨

Alan Cohen is the author of *A Course in Miracles Made Easy*. Join Alan each Thursday @ 1:00 PM Pacific on www.HayHouseRadio.com where he offers live coaching to callers. For more information, and free daily inspirational quotes, visit AlanCohen.com, on Twitter @ [alanhcohen](https://twitter.com/alanhcohen), and FB [Alan H. Cohen](https://www.facebook.com/Alan.H.Cohen) (author)



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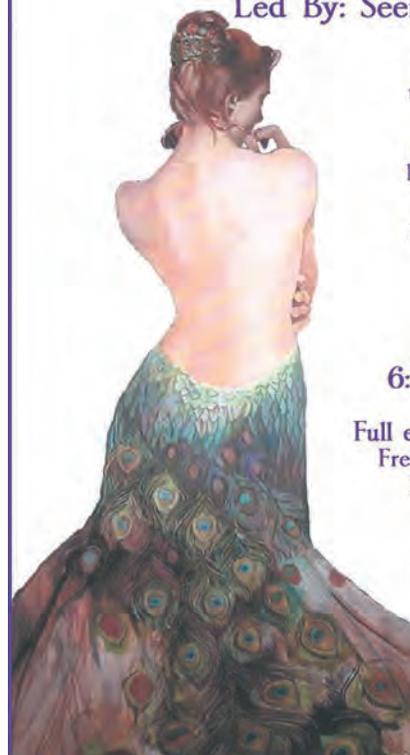
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Seena is a NYS Licensed Mental Health Counselor, senior psychotherapist, national workshop leader, certified yoga teacher/body worker and ordained healer. Her private practice and group work have been described as "love made visible."

Maslow Predicted The Shift

by Owen K Waters
Wimberly, TX

Abraham Maslow (1908-70) was a psychologist who became well known for his hierarchy of human needs. When he developed his theory in the 1950s, he predicted the transformation of humanity into a realm of spiritual transcendence, but he had no idea just how soon this would develop into a major movement.

Maslow's hierarchy of human needs shows that basic human needs have to be fulfilled before people can attend to higher needs and values.

First, the basic physiological needs of food and shelter must be catered for in order to ensure survival.

Second, once food and shelter are obtained, safety and security must be achieved.

Third, acceptance by others is sought, in both the societal and personal senses. To fulfill this "belonging" need, people become part of a group, a tribe, an extended family or a community. When these deficiency, or outer-directed, needs are satisfied, then the individual works to acquire self-respect. Recognition by others produces self-esteem.

Once the outer needs are fulfilled, the inner-directed need for *self-actualization* comes into play. To self-actualize means to become the best you personally can be. Self-actualized people include those who have achieved material abundance, and also those who, as a decision of personal power, have chosen simplicity over the pursuit of further abundance. At some point, when a person says "That's enough" to the endless pursuit of additional financial security, then they become free to accomplish anything that inspires their inner joy the most.

Self-actualization is achieved after the individual ceases to have deference to hierarchical authority, and instead matures into the ability to make their own rules

of personal responsibility. **Personal responsibility is always more powerful and effective than any system of imposed rules.** For example, you can threaten to punish someone if they steal and hope that the threat works. But, a self-responsible person simply wouldn't steal because they would feel empathy for the loss that a would-be victim would feel.

They simply wouldn't have the heart to do such a thing to another person.

It's a matter of increased maturity. When a person abandons the impositions of external authority and becomes their own, self-directed authority, then they become far more functional in the world. This is, in fact, a higher state of consciousness, one which provides a higher vista of awareness. From this expanded vista, they see clearly how they as an individual can best serve humanity.

In this state of awareness, the person acquires the ability to think and analyze situations independently. As a result, new and creative solutions spring to mind. They have enough self-esteem to be able to clearly see their own needs, skills, strengths and weaknesses, and from that they see where they can best be of service to humanity.

Once basic needs are fulfilled, the next values to require attention relate to being. The first of these being-values is self-actualization, which is the instinctual need of a human to make the most of their unique abilities.

Above that, Maslow placed *transcendence*, which he considered a spiritual value. Traditional universities typically presume that spiritual matters are beyond the understanding of their students, so they present the Maslow hierarchy of human needs differently. They present it with self-actualization as the ultimate human aim, and omit the transcendence stage beyond that.

The being-values of self-actualization and transcendence are the higher, more beautiful aspects of human consciousness. They include unconditional love, altruism, inner joy, a love of nature, the development of intuition (in males as well as females), idealism, and a sense of

wisdom which springs from within. These skills develop the right-brain functions of creativity and intuition.

In the 1950s, Maslow believed that only 2% of the population had achieved self-actualization. The mid-1960s changed all that when masses of people began the search for the higher values, such as unconditional love and spiritual wisdom. Today, that core group of

progressive people has blossomed from 2% to over 20%, and is climbing every year.

The Shift is not a temporary by-product of the baby boom generation, or any other generation of modern culture. It is not a passing fad. It is not going away. It is a cosmic pressure that is unfolding and relentlessly increasing the frequency of all consciousness upon the planet.

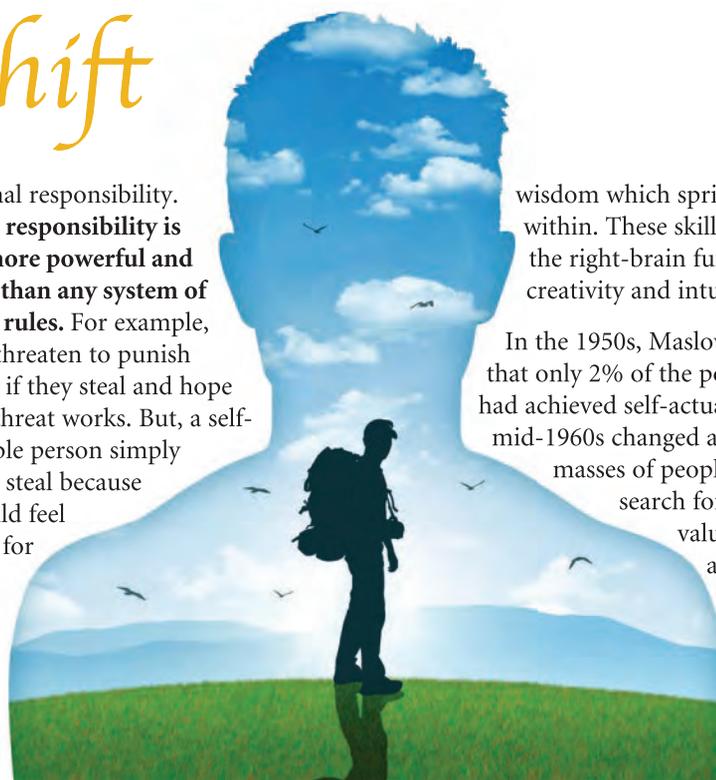
It is a part of the plan of Infinite Being that we progress to the next stage of conscious human achievement. The Shift is, to put it simply, the most wonderful transformation in recorded history. This is where humanity gets to build, literally, Heaven on Earth. ✨

Owen K Waters is a lifelong mystic who started his search for spiritual truths in 1963 when his interest was awakened by an out-of-body experience. In 2005 he wrote his first book, **The Shift: The Revolution in Human Consciousness**. Shortly afterward, he was approached by an angelic being who revealed the answer to the longest-standing mystery in spiritual philosophy, namely **WHY the universe was created**. In 2015,



he turned his attention to documenting his collection of realizations for the benefit of other spiritual seekers. His particular contribution is the presentation of the concise definitions

and clear spiritual principles that have been revealed to him over the years. These enable other spiritual seekers to step forward with relative ease into a more enlightening and purposeful life in this bright new era. He writes a weekly newsletter at www.SpiritualDynamics.net.



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Our Behaviors Are Our Children's Greatest Teachers: Everything We Do Teaches a New Lesson

Dr. Lynyetta G. Willis
Georgia

Self-love is not a destination but a multidimensional and often learned process that requires consistent, on-going attention. Which school would you choose for your child?

School A teaches children to fear others' judgments, self-criticize, and involve themselves with energy draining people and activities.

School B teaches children the importance of life-giving people and activities, and to exercise self-compassion and self-acceptance.

School B is the obvious winner, but we make this choice daily. Our modeled behaviors are our children's greatest teachers, and self-love is our most powerful lesson. Whether we're criticizing our appearance, or taking time to relax, each behavior witnessed teaches our children new lessons. **By modelling the 5 dimensions of self-love, we empower our children to honor the bodies, minds, and spirits of themselves and others:**

1. Self-awareness.

What we think of ourselves, others, and the world influences how we feel and react to circumstances. When we tell ourselves "I am not good enough and unworthy of love," we react in ways that support this belief. Self-love involves gaining insight into your self-talk and shifting your reactions to conscious responses.

Internal Eavesdrop. Sit still and attend to the thoughts and feelings entering your awareness. Are they gentle? Harsh? Soothing? Hurried? Without attempting to eliminate these thoughts, ask yourself, "how does this thought or belief lead me to react in life and relationships?" These answers may provide guidance into which self-love dimension(s) need attention.

2. Self-compassion.

Teaching our children to be kinder to themselves when it seems easier to continuously self-criticize, offers them the freedom to be human as opposed to feeling paralyzed by their shortcomings or perceived failures. Self-compassion relies upon self-acceptance—our non-

judgmental embrace of who we are including aspects we believe to be negative.

Externalize to Internalize. When you experience self-criticism ask, "If my child were in this position, what would I say or feel towards them?" Write down these statements and feelings and read them aloud. Notice any physical or emotional shifts you experience; consciously transfer this compassionate voice into other self-critical areas.

3. Self-expression

Encouraging our children to explore their passions; embrace creativity and spontaneity; and express their honest and unique voice is invaluable. Still, when we fear others will not accept our true self, we model ways to stifle our self-expression. For example, we say yes, when we mean no, or display socially acceptable personas that constrain our true selves. Modeling self-expression, teaches children that the thoughts of others do not define their inherent worth.

Passion Project. Answer the following without judgment of how silly, acceptable, or likely your answers feel: what could you talk about or study for hours? What activities do you enjoy and lose time doing? If money were not an issue, what career would you seek? These are your passions; nurture them! Read a related book or join a club.

4. Self-care:

Realizing the importance of our family's safety and well-being, we would not consider changing the tires on our car to be selfish; nevertheless, while our personal well-being also impacts our family, we avoid physical, mental, and spiritual self-care because it feels like a waste of precious time. The truth is, modeling self-care teaches our children that their healthy presence is the best gift to give.

Care List. Write three things that enhance your physical, mental, and spiritual well-being. Next, write one thing you could do this week to move towards something on that list. Initially avoid activities you "should" do (e.g. eat a salad for every meal) and focus on activities you enjoy to increase your likelihood of follow-through.

5. Self-extension:

Self-love is also about consciously choosing to whom we open or extend ourselves. Love is not about being fully open to all relationships regardless of how they

impact our well-being. Dr. Brené Brown states, "...boundaries [are] about having the courage to love ourselves, even when we risk disappointing others." Modeling boundaries teaches our children that we can set limits *while* respecting others as divine creations.

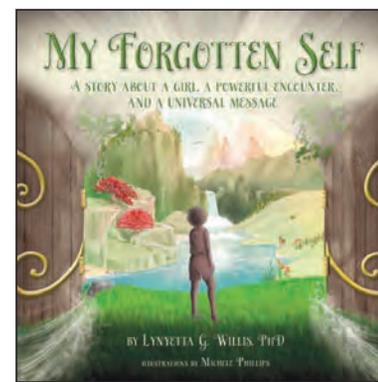
Find your tribe. Make a list of people with whom you feel supported, connected, and safe. These people may challenge you; yet their challenges usually offer clarity as opposed to exhaustion, anxiety, or confusion. Mutual replenishment occurs when you are with your tribe; make time for them.

While implementing these dimensions and modeling self-love, remember to be patient with yourself. This process is not about perfect parenting, but about becoming aware of how you react

to circumstances so you can consciously model loving responses towards yourself and others. As parents, if we consistently model the dimensions of self-love, our children can learn to live them. ✨



Dr. Lynyetta G. Willis is a psychologist and author of the spiritual children's book, **My Forgotten Self: A Story about a Girl, a Powerful Encounter, and a Universal Message**, a tale of self-worth, purpose and unconditional love. Having



worked with individuals and families for over 15 years, Lynyetta specializes in spiritually-centered psychotherapy, mindful parenting, and trauma healing. As a speaker and blogger, Lynyetta delivers inspirational messages with practical guidance. She lives with her husband and two children. Visit www.PathsToSelf.com.



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Heart Disease IS Reversible

by Michael Greger, M.D.

It's never too early to start eating healthfully, but is it ever too late? Such life-style medicine pioneers as Nathan Pritikin, Dean Ornish, and Caldwell Esselstyn Jr. took patients with advanced heart disease and put them on the kind of plant-based diet followed by Asian and African populations who didn't suffer from heart disease.

Their hope was that a healthy enough diet would stop the disease process and keep it from progressing further.

But instead, something miraculous happened. Their patients' heart disease started to reverse. These patients were getting better. As soon as they stopped eating an artery-clogging diet, their bodies were able to start dissolving away some of the plaque that had built up. Arteries opened up without drugs or surgery, even in some cases of patients with severe triple-vessel heart disease. This suggests their bodies wanted to heal all along but were just never given the chance.

Let me share with you what has been called the best kept secret in medicine: Given the right conditions, the body heals itself. If you whack your shin really

hard on a coffee table, it can get red, swollen, and painful. But your shin will heal naturally if you just stand back and let your body work its magic. But what if you kept whacking it in the same place three times a day—say, at breakfast, lunch, and dinner? It would never heal.

You could go to your doctor and complain that your shin hurts. “No problem,” he or she might say, whipping out a pad to write you a prescription for painkillers. You'd go back home, still whacking your shin three times a day, but the pain pills would make it feel so much better. Thank heavens for modern medicine! That's what happens when people take nitroglycerin for chest pain. Medicine can offer tremendous relief, but it's not doing anything to treat the underlying cause.

Your body wants to regain its health if you let it. But if you keep reinjuring yourself three times a day, you interrupt the healing process. Consider smoking and lung cancer risk: One of the most amazing things I learned in medical school was that within about fifteen years of stopping smoking,



your lung cancer risk approaches that of a lifelong nonsmoker. Your lungs can clear out all that tar buildup and, eventually, it's almost as if you never smoked at all.

Your body wants to be healthy. And every night of your smoking life, as you fall asleep, that healing process is restarted until ... bam!—you light up your first cigarette the next morning. Just as you can reinjure your lungs with every puff, you can reinjure your arteries with every bite. You can choose moderation and hit yourself with a smaller hammer, but why beat yourself up at all? You can choose to stop damaging yourself, get out of your own way, and let your body's natural healing process bring you back toward health.

Follow the Money

Research showing that coronary heart disease can be reversed with a plant-based diet—with or without other healthy lifestyle changes—has been published for decades in some of the most prestigious medical journals in the world. Why hasn't this news translated into public policy yet?

In 1977, the U.S. Senate Committee on Nutrition and Human Needs tried to do just that. Known as the McGovern Committee, they released *Dietary Goals for the United States*, a report advising Americans to cut down on animal-based foods and increase their consumption of plant-based foods. As a founding

member of Harvard University's nutrition department recalls, “The meat, milk and egg producers were very upset.” That's an understatement. Under industry pressure, not only was the goal to “decrease meat consumption” removed from the report, but the entire Senate nutrition committee was disbanded. Several prominent senators reputedly lost their election bids as a result of supporting the report.

In more recent years, it was uncovered that many members of the U.S. Dietary Guidelines Advisory Committee had financial ties to everything from candy bar companies to entities like McDonald's Council on Healthy Lifestyles and Coca-Cola's Beverage Institute for Health and Wellness. One committee member even served as “brand girl” for cake-mix maker Duncan Hines and then as the official Crisco “brand girl” before going on to help write the official *Dietary Guidelines for Americans*.

As one commentator noted in the *Food and Drug Law Journal*, historically, the Dietary Guidelines Advisory Committee reports contained:

No discussion at all of the scientific research on the health consequences of eating meat. If the Committee actually discussed this research, it would be unable to justify its recommendation to eat meat, as the research would show that meat increases the risks of chronic diseases, contrary to the purposes of the Guidelines. Thus, by simply ignoring that research, the Committee is able to reach a conclusion that would otherwise look improper.

What about the medical profession, though? Why haven't my colleagues fully embraced this research demonstrating the power of good nutrition? Sadly, the history of medicine holds many examples of the medical establishment rejecting sound science when it goes against the prevailing conventional wisdom. There's even a name for it: the “Tomato Effect.” The term was coined in the *Journal of the American Medical Association* in reference to the fact that tomatoes were once considered poisonous and were shunned for centuries in North America, despite overwhelming evidence to the contrary.

Psychic Readings by Rochelle Jewel Shapiro

Over the past thirty years, my clientele has consisted of highly functioning people who phone me for answers to questions about their health, career, relationships, contacting someone who has departed, or just curiosity.

The process begins at the time the person schedules a psychic reading. I keep a book at my bedside and jot down dreams about the client. I also spend many hours in mediation. (Sometimes impressions come to me even before the client has actually phoned me.) By the time someone calls for his reading, I have specific information to offer that is a tremendous help to the person's life.

Readings are done by phone.

By Appointment Only (516) 829-6648



It's bad enough that most medical schools don't even require a single course on nutrition, but it's even worse when mainstream medical organizations actively lobby against increased nutrition education for physicians. When the American Academy of Family Physicians (AAFP) was called out on their proud new corporate relationship with Coca-Cola to support patient education on healthy eating, an executive vice president of the academy tried to quell protests by explaining that this alliance was not without precedent. After all, they'd had relationships with PepsiCo and McDonald's for some time. Even before that, they had financial ties to cigarette maker Philip Morris.

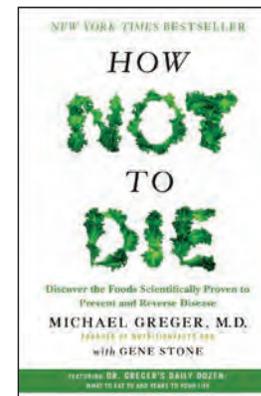
This argument didn't seem to placate the critics, so the AAFP executive quoted them the American Dietetic Association's policy statement that "there are no good or bad foods, just good or bad diets." No bad foods? Really? The tobacco industry used to broadcast a similar theme: Smoking per se wasn't bad, only "excess" smoking. Sound familiar? Everything in moderation.

The American Dietetic Association (ADA), which produces a series of nutrition fact sheets with guidelines on maintaining a healthy diet, also has its own corporate ties. Who writes these fact sheets? Food industry sources pay the ADA \$20,000 per fact sheet to explicitly take part in the drafting process. So we can learn about eggs from the American Egg Board and about the benefits of chewing gum from the Wrigley Science Institute.

In 2012, the American Dietetic Association changed its name to the Academy of Nutrition and Dietetics but didn't appear to change its policies. It continues to take millions of dollars every year from processed junk food, meat, dairy, soda, and candy bar companies. In return, the academy lets them offer official educational seminars to teach dietitians what to say to their clients. When you hear the title "registered dietitian," this is the group they are registered through. Thankfully, a movement within the dietitian community, exemplified by the formation of the organization Dietitians for Professional Integrity, has started to buck this trend.

What about individual doctors, though? Why aren't all my colleagues telling their patients to lay off the Chick-fil-A? Insufficient time during office visits is a common excuse physicians cite, but the top reason doctors give for not counseling patients with high cholesterol to eat healthier is that they think patients may "fear privations related to dietary advice." In other words, doctors perceive that patients would feel deprived of all the junk they're eating. Can you imagine a doctor saying, "Yeah, I'd like to tell my patients to stop smoking, but I know how much they love it?"

Neal Barnard, M.D., president of the Physicians Committee for Responsible Medicine, recently wrote a compelling editorial in the American Medical Association's journal of ethics, describing how doctors went from being bystanders—or even enablers—of smoking to leading the fight against tobacco.



Doctors realized they were more effective at counseling patients to quit smoking if they no longer had tobacco stains on their own fingers. Today, Dr. Barnard says, "Plant-based diets are the nutritional equivalent of quitting smoking." ✨

*Excerpted with permission by Flatiron Books, from **How Not to Die** ©2015 by Michael Greger, MD*

Michael Greger, M.D. is a physician, author, and internationally recognized speaker on nutrition, food safety, and public health issues. He runs the popular website,

NutritionFacts.org, a nonprofit, science-based public service providing free daily videos and articles on the latest in nutrition research. Dr. Greger also proudly serves as the director of Public Health and Animal Agriculture at the Humane Society of the United States.

Do You Know Your Calling?

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

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

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

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

Who Can Benefit From Career Counseling?

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

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

Some of the Tools that are at our disposal are:

Assessment

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

LinkedIn Profiles

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

Interview Preparation

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

Resume and Cover Letter Writing

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

Career Coaching

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

Using any or all of these tools positions you to:

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

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



Michael Callahan
Career Counseling New York City and Long Island
91-101 Broadway, Suite 6A,
Broadway, Greenlawn, NY 11740
631 565-0484; mcalla@optonline.net
www.careernewyorkcity.com

CALENDAR

OF EVENTS

ONGOING EVENTS

MONDAYS

HATHA YOGA with Andrea of *Creations Magazine*, 9:30 – 10:45AM at **Kundalini Yoga and Healing of Long Island**, 389 Ft. Salonga Rd., #3, Northport, NY 11768. 631-766-5158. kundaliniyogali.com.

FREE MEDITATION WORKSHOP LECTURE SERIES Briarwood Library, 85-12 Main Street, Briarwood, 11435. Mondays, 6pm -7pm. October 3, 17, and 24. Transit - F, Q20a, Q20b, Q44, Q60.

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.

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.

TUESDAYS

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

GENTLE YOGA with Andrea of *Creations Magazine*, 10:15 – 11:30AM at **Inner Spirit Yoga**, 24 Vernon Valley Rd., E. Northport, NY 11731. 631-262-9642. innerspiritryoga.com.

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

CHAKRAS SERIES – 8 SESSIONS TO HEALTH: Your PHYSICAL, EMOTIONAL, MENTAL, SPIRITUAL Energy Centers, 8/30. Series only runs once each year. Don't miss out! Limited seating. 9/27 (Class I) 7:30 – 9:30 PM Smithtown. Information, Registration: 631-724-9733 www.lightawakenings7.com.

GUIDED MEDITATION GROUP 8/9, 8/23, 9/6, 9/20. Journey to Awakened Intuition and Inner Peace Experienced Meditators Welcome 7:30 – 9:30 PM Smithtown. Information, Registration: 631-724-9733. www.lightawakenings7.com.

FROM STRESSED TO ZEN ~ Meditation Course 8/16. Class V – Registered Students and "make-ups" 7:30 – 9:30 PM Smithtown. Information, Registration: 631-724-9733 www.lightawakenings7.com.

WEDNESDAY

OPEN MESSAGE CIRCLES WITH WINTER BROOK, PSYCHIC MEDIUM. August 3, 10, 17 and 24 from 7:30pm – 9pm, @ 171 Main Street, Northport, NY. Includes guided meditation & message work. \$25.00 per evening. RSVP after July 27 or walk in (limited to 25 people). winter@winterbrookmedium.com or (631) 261-9300.

THURSDAYS

HATHA YOGA 9:30 – 10:45AM at **Kundalini Yoga and Healing of Long Island** (see Mondays)

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.

FREE MEDITATION WORKSHOP LECTURE SERIES Hollis Library, 202-05 Hillside Ave, Hollis, Queens, 11423. Thursdays, 6pm - 7pm. September 8, 15, and 22 Transit - Q1, Q36, Q43, Q76, Q77.

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.

HATHA YOGA 8:45 – 10AM at **Inner Spirit Yoga** (see Tuesdays).

GENTLE YOGA 10 – 11:15AM at **Inner Spirit Yoga** (see Tuesdays).

SATURDAYS

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

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.

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

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

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

SUNDAYS

SUMMERLAND CHURCH OF LIGHT, NSAC Return to your Spiritual Home each Sunday at 10 am in our loving sanctuary, where all truth and knowledge-seekers are welcomed. 120 Plant Avenue at Oser Avenue, Hauppauge. 631-316-1588. (See ad p.20)

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

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

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.3)

UNITY LONG ISLAND – If you like Wayne Dyer and Louise Hay, you will love Unity Long Island's Positive Path of Spiritual Living! Services are held @ 11:00AM, 38 Old Country Road, Garden City, NY 11530, 2nd Floor. 516-481-2300, UnityLongIsland@gmail.com. (See ad p.13)

SPECIAL EVENTS

AUGUST 1-5

CARE FOR TEACHERS Professional development training for teachers, promoting mindfulness through contemplative practices, helping teachers better manage students' and their own emotions. Teachers will learn skills to help reduce stress, improve mental concentration and emotional awareness and facilitate responsiveness. You will be able to apply these in the classroom so you can consistently be the compassionate teacher you are. Garrison, NY, garrisoninstitute.org/care4teachers2016 or 845-424-4800.

AUGUST 3-5

TWO-NIGHT BUS TRIP TO LILY DALE SPIRITUAL CENTER Home of 40 gifted mediums, Lily Dale is renowned for lectures, workshops, mediumship demonstrations and private appointments with mediums. Located 7-8 hours from Long Island, this luxury bus will make 3-4 pickup stops on Wednesday morning. Wed-Fri. For more info, hotel accommodations, etc. visit www.IslandwidePsychicFairs.com or call 631-696-4713. .

AUGUST 12

LECTURE: USING THE PENDULUM TO DEVELOP YOUR INTUITION AND SELF-HEALING ABILITIES with Bobbie Pollard. Friday, 8PM. Members: \$10 Non-Members: \$15 No Pre-registration Required. Levittown Hall, Levittown Parkway, Hicksville, NY, 516 731-0909, www.eyesoflearning.org.

AUGUST 12-14

EMBODYING PRACTICE: A SPECIAL SUMMER RETREAT. Practice how to become more aware

of the body and trust in its innate wisdom. This special weekend retreat will appeal to those looking to align their bodies, hearts and minds in the serenity of a contemplative environment. This retreat includes instruction for five different practices that focus on the wisdom of the body: qigong, yoga, Breath Body Mind (a technique to relieve stress and improve physical and emotional well-being), mindfulness meditation, and the Feldenkrais Method (a practice that employs movement with awareness to improve the quality of our actions). Garrison, NY, garrisoninstitute.org/embodying or 845-424-4800.

AUGUST 26

LECTURE: MASTERING THE TRANSITION, THE PRACTICALITY OF MOVING TOWARD ENLIGHTENMENT with Diane Vitantonio, Energy Therapist. Friday, 8PM. Members: \$10 Non-Members: \$15. No Pre-registration Required. Levittown Hall, Levittown Parkway, Hicksville, NY, 516 731-0909, www.eyesoflearning.org.

SEPTEMBER 16

KIRTAN SPIRITUAL CHANTING SERVICE lead by Samantha Marie. Friday, 8PM. Members: \$10 Non-Members: \$15. No Pre-registration Required. Levittown Hall, Levittown Parkway, Hicksville, NY, 516 731-0909, www.eyesoflearning.org.

SEPTEMBER 16-18

IMAGINE A DOORWAY: The Creative Life and Meditation. The first thing about creativity is not thinking what you are already thinking. It comes from making space, from not knowing, from playing. The second thing is that your predicament is a gate. The thing you thought you couldn't fix is on your side. Inside every life there is a hidden doorway. When you think you're in a corner you've just forgotten to be curious, you've told yourself you know what comes next. This retreat combines poetry, koans, meditation, and writing. We'll explore the mind that poetry comes from, which is the same mind that awakening comes from. You don't need to be a poet to attend, just someone curious about poetry. Garrison, NY, garrisoninstitute.org/doorway or 845-424-4800.

UPCOMING EVENTS

RARE OPPORTUNITY TO MEDITATE WITH A TEACHER WHO HAS REALIZED ENLIGHTENMENT! Two hour introduction, sitting and Q&A: Aug. 10 and Aug. 11 in NYC (come to one or both). Also 5-day silent meditation retreat near Woodstock NY (Aug 15-19). Check out Linda Clair (www.simplemeditation.net) and her many interviews on YouTube, and meet a teacher who has let go of identification with the mind and body and who lives in a state of deep and lasting peace and contentment, free of the mental and emotional disturbances most of us live with. Contact SimpleMeditationNewYork@gmail.com for more information.

CLASSES IN TUNING FORK THERAPY AND VIBRATIONAL SOUND ENERGY - 3-day workshop, Level I Certificate course. Open to Anyone! No Prerequisites. Earn NCCAOM and NCBTMB CEU's. Learn OM, Earth, Moon, and Sun frequencies, using sound, meridians, and acupuncture points for healing. Location: Long Island, Suffolk County, NY, August 12, 13, 14, 9AM-6 PM. Must RSVP: donna@soundhealingpathways.com or (631) 848-8856 Instructor: Donna L. Nesteruk, L.Ac.

BEGINNING SEPTEMBER 14, WEDNESDAYS FROM 7:30 – 9PM An eight (8) week Mediumship development class with Winter Brook, psychic medium @ 171 Main Street, Northport, NY. \$300 for all 8 classes plus. See www.winterbrookmedium.com/calendar page for details. To register call (631) 261-9300 or email winter@winterbrookmedium.com.

Shower Less for Better OVER-all Health, Part 1

by Dr. Joseph Mercola

Many people are now aware of the importance of your gut *microbiome*. Some even take proactive steps to protect it, like minimizing the use of antibiotics and eating fermented foods to support a healthy balance.

Less widely known is that such microorganisms don't only populate your gut; they're found throughout your body, including on your skin. Just as your gut depends on a balanced microbial state to function optimally, the balance of bacteria and other microbes on your skin also matters. What's more, the average American showers close to once each day, a hygiene habit that may be doing your body more harm than good.

A No-Shower Experiment

If you spend 20 minutes a day washing, that equates to about two years of your life spent in the shower or bath along with a hefty amount of money spent on the "necessary" accouterments like shampoo, conditioner, soap and moisturizer.

What if you were to cut this back to showering once every other day, once every three days or, simply, hardly at all? Dr. James Hamblin, a senior editor at The Atlantic, tried the latter and wrote about his experience, explaining:

"... I started using less soap, and less shampoo, and less deodorant, and showering less. I went from every day to every other day to every three."

And now I've pretty much stopped altogether. I still wash my hands, all the time, which remains an extremely important way to prevent communicable diseases. I still rinse off elsewhere when I'm visibly dirty, like after a run when I have to wash gnats off my face, because there is still the matter of society. If I have bed head, I lean into the shower and wet it down. But I don't use shampoo or body soap, and I almost never get into a shower."

At first, you may have some odor and greasy skin or hair. However, this may be the direct result of your prior aggressive showering routine. Body odor is the result of bacteria feeding on oily secretions from your sweat and sebaceous glands. Washing with detergent soaps wipes out the bacteria temporarily, but

it quickly reestablishes itself, typically with an imbalance that favors odor-producing microbes.

When you give your body a break from the soap and shampoo, however, the ecosystem has a chance to right itself and, in so doing, offensive body odor largely disappears. "... [Y]our ecosystem reaches a steady state, and you stop smelling bad," Hamblin explained. "I mean, you don't smell like rosewater ... but you don't smell like B.O., either. You just smell like a person."

How Shrewd Marketers Sold Americans the Idea of "Clean"

It wasn't until the early 20th century, not coincidentally when advertising became prolific, that Americans began to be very concerned about personal hygiene. The advertising industry created a "need" for newfangled products like "toilet soap" and "mouthwash" where one had never before existed. Today most people engage in the habit of washing their hair and skin with soap and shampoo, which removes natural oils, and then adding those oils back via the use of synthetic moisturizer and conditioner.

The irony is that most of the lotions are far inferior to natural sebum and many, if not most, are loaded with toxic ingredients that ultimately will worsen your health. The fact that daily washing can strip your skin of beneficial oil, leading to dryness and cracks (especially if the water is hot and harsh soaps are used), is a clue that your skin may be better off with a far less aggressive hygiene routine. *Though it may seem shocking to consider showering less, keep in mind that daily showering is a relatively new phenomenon.*

Are There Risks to Excessive Showering?

There are risks on multiple levels, starting with the disruption of your skin's microbial balance. The long-term repercussions of this are still being explored, but by removing beneficial bacteria from your skin, it could make skin conditions like eczema worse.

Many members of the "no-poo" movement (a group of people who abstain from shampooing their hair) claim not shampooing leaves their hair healthier, shinier and less frizzy.



There's also the issue of chemical-laden body washes and shampoos. When you cut back on showers, you negate the need for these products and their often-toxic ingredients. There are issues on an environmental level as well, especially in regard to water usage. One seven-minute shower uses more water than a bath, and it's expected that water usage for showers will grow five-fold by 2021. Not to mention, if you're on city water and you *don't* have a filter on your shower, showering is a major source of exposure to carcinogenic chlorination byproducts such as trihalomethanes (THMs). THMs are associated with bladder cancer, gestational and developmental problems.

Just the simple act of showering in treated water, in which you have absorption

through both your skin and lungs, may pose a significant health risk to you — and to your unborn child, if you are pregnant. **Numerous studies have shown that showering and bathing are important routes of exposure and may actually represent more of your total exposure than the water you drink.** So in this respect, cutting back on your shower time would be important to help limit your exposure. The biggest issue, however, is that most people do not need to scrub their bodies from head to toe each morning or evening. It's unnecessary and disruptive to the delicate and beneficial microbial communities living on your skin. ✨

Please read **Part 2** on www.creationsmagazine.com.

Natural Healing Acupuncture

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

ADHD	Colitis	Lupus	Facial
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Cancer	Migraine	Menopause	Active Bladder
MS	Trigeminal	Infertility	Affordable
Diabetes	Neuralgia	Impotence	Colon
Hypertension	TMJ	Asthma	Hydrotherapy
Paralysis	Tinnitus	Bronchitis	Provider of
Shingles	Lumbar Pain	Sinusitis	Oxford and
Anxiety	Sciatica	Weight Control	No-Fault
Depression	Carpal Tunnel	Stop Smoking	Some
Stress	Pinched Nerve	Fatigue	Insurance
Insomnia	Sports Injuries	Hemorrhoid	Accepted

Henry Zhen-Hong Lee

LONG ISLAND: 21 W Nicholai St Hicksville 516-822-6722	QUEENS: 41-36 College Pt Blvd Flushing 718-445-8438	MANHATTAN: 2573 Broadway NYC 646-220-5388
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www.EWNaturalHealing.com
www.EWNaturalHealingAcupuncture.com

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

Recognizing Verbal Abuse So You Can Take Steps to End It

by Holly E. Messick

During the first twelve years of my second marriage, my husband and I were involved in a verbally abusive relationship. Because I had experienced ongoing verbal abuse since childhood, I was unaware of what was occurring in my marriage as it was unfolding. It wasn't until we'd been together 10 years and the abuse began spiraling out of control, that I sought the help of a counselor who made me conscious of the nature of this verbally abusive relationship.

Even with my new-found knowledge and awareness, I continued to stay, in the hopes that the situation would improve. But over the following two years, it only became worse, so I finally moved out and began a year-long separation. At the end of the separation, my husband acknowledged his behaviors and agreed to change.

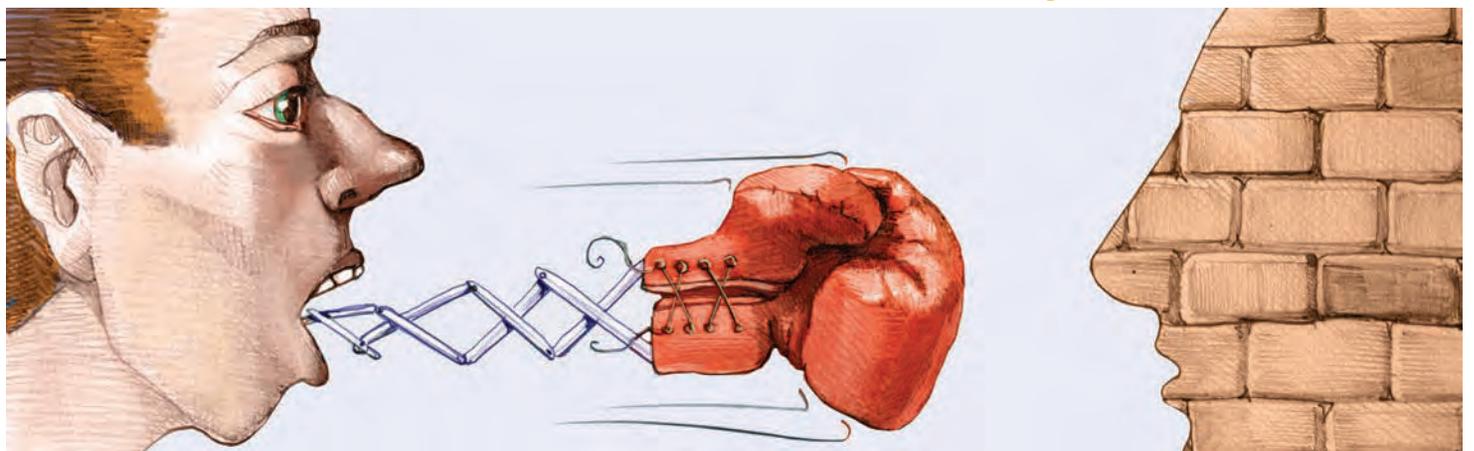
While we were separated, I had continued to go to counseling--reading about verbal abuse--reflecting on what I learned about myself, and journaling. I learned to recognize the behaviors and also see how my victim mentality supported them. When we reunited, I was able to teach him how to communicate in constructive ways, and we eventually created a balanced relationship.

To define it, verbal abuse is used by one person to have control over another.

There are a variety of verbally abusive behaviors, some of which are built into our culture. For example behaviors such as one-upmanship, bullying, disparaging, manipulating, criticizing, hard-selling and intimidating can be considered to be fair practices in the business world. But in a relationship, these behaviors can be very destructive. Nothing is more damaging to one's confidence and self-esteem than being in a verbally abusive relationship.

Verbal abuse is experienced by people in all walks of life. Not limited by income, career or job, education, geography, age, or gender, it can occur in any type of relationship – including spousal/partner, parent-child, dating, at work or school.

A victim of verbal abuse may not see or recognize the abuser's behavior as abusive.



Instead he or she often develops coping mechanisms – which include denial and minimizing – in order to deal with the abuse. However, long-term verbal abuse can cause severe emotional trauma in the victim, which may result in depression, anxiety, and post-traumatic stress disorder. It is also important to realize that while, verbal abuse doesn't always lead to physical abuse, physical abuse almost always begins with verbal abuse.

Understanding the various destructive behaviors can help identify whether verbal abuse is occurring in your relationship and enable you to realize that it is time to take action.

Here is a List of What to Watch For:

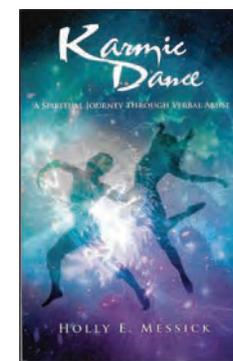
- ◆ When the abuser doesn't share his or her feelings, thoughts, ideas, hopes and dreams, or only shares limited, necessary information. This is known as *withholding*. It's also a clear indicator that the abuser is not hearing and understanding the victim's feelings. Countering is when the abuser refuses to acknowledge the victim's viewpoint or ideas, while constantly arguing against it, thus preventing any discussion.
- ◆ *Discounting* denies a person's reality or experience and diminishes that person's worth. A discounting statement always begins with "You..." such as "You don't know what you're talking about."
- ◆ When deliberate *disparaging remarks* are disguised as a joke and treated as if they are funny, it is abusive.
- ◆ If an abuser controls the conversation by deciding what is discussed, withholding information, switching the topic, or refusing to discuss something, he or she is *diverting* or *blocking*.
- ◆ *Accusing* and *blaming* someone of wrongdoing, breaking an agreement, or blaming the victim for the abuser's own anger or insecurity is another abusive tactic.
- ◆ When an abuser makes *judgments* about a victim, then uses it to criticize that person, it is abusive.
- ◆ *Trivializing* is when the abuser makes what the victim says or does seem insignificant, such as when the victim recounts accomplishments, hopes or dreams. This can cause that other person to feel frustrated and confused.
- ◆ An abuser undermines a victim's confidence by making statements that destroy that person's enthusiasm, or his or her interest in something. *Undermining* can also be seen in such sabotaging behaviors as disrupting or interrupting the other person when he or she is involved in other activities.
- ◆ An abuser will often *purposely forget* things that happened by saying "I don't remember that," or deliberately "forget" to provide information that the victim needs to know, or has a right to know, such as social events that the victim was supposed to or expected to attend.
- ◆ *Ordering* someone to do something instead of asking them to do it denies that person's equality and treats them like a servant.
- ◆ When someone resorts to *name calling*, making up labels of any kind, or uttering cutting remarks under one's breath; that is abusive.
- ◆ Using *denial* is when the abuser tells the victim something which denies reality, such as saying, "I never said that" – when in fact they did.
- ◆ *Threats* can be subtle or overt, and involve saying things that manipulate a victim by causing them to be afraid or controlled.
- ◆ Abusive anger can be exhibited through yelling and throwing things, withdrawing, or refusing to tell someone why they are angry.
- ◆ An abuser may use *control* by treating their victim like a child or as an extension of themselves. Abuse is seen in the controlling of finances and access to money, and in the limitation of how a victim spends money.
- ◆ Abusers are *unable to show compassion and empathy* towards their victims.

Withholding permission to make decisions or to leave the premises is a form of abuse.

◆ It is abusive when a person repeatedly *crosses another person's boundaries* or ignores his or her requests. Abusers may also tear down and attempt to prevent their victim from having boundaries, but will create boundaries for themselves.

Recognizing any signs of verbal abuse in a relationship requires a person to be completely honest with oneself to reclaim personal power, stop the abuse and heal the emotional trauma. If you have been denying or hiding the abuse, this may be a difficult step to take. But the stakes are high! Illness, emotional trauma, depression or anxiety can result from failing to face these issues. There are many paths to healing, but one is to seek professional counseling – a key step to understanding your pain and fears, and rebuilding self-esteem, so you can have an emotionally healthy life. ✨

Holly E. Messick's Karmic Dance – A Spiritual Journey Through Verbal Abuse



is the fascinating memoir of the author's karmic relationship with Terry, her high school sweetheart and the man who would become her second husband 20 years later. Happy to be back together again, they did not know that a higher plan was at work as they proceeded to play out their roles of abuser and victim. When she finally chose to leave the marriage, Holly ended their negative karma. Transcending their karmic relationship came about when they reunited and worked together to create a balanced, loving relationship that lasted until Terry's death in 2013. For more info, visit www.karmicdance.com.

In EVERY Moment, You Have a Choice



by Camile Lucy
Port Jefferson, NY

Every moment brings you choice; new beginnings. Life is dynamic, it is never stagnant or stuck. And just as life is constantly moving, we are always evolving. Our thoughts of yesterday ultimately shape our present moment and the life experience we are encountering right Now.

Though we cannot control life's happenings, we can control ourselves and own our experiences, that way we shape and mold the next moment, and then the next. Not only do we teach people in our lives how to treat us, we also teach life itself how to treat us. The good news? We are never doomed to our current situations. We always have the choice to change it; to change our perception about it, and to change what we allow to come in from this point forward.

Your life is a direct reflection of what's on the inside. It's happening *for* you, and mostly *because of* you. And in each moment, with each breath you take, you can choose differently. You get to decide how to respond to the world around you and how you navigate the world inside you. It's your choice what meaning to attach to your life and its happenings. So, do you choose to feel good, or to feel bad? Will you choose to own your experiences or shrink to skate blame and disempower yourself?

You have full control over the quality of your experience and you can change it anytime you like. No one can *make* you feel anything. How you respond to people, places and things is solely your authority. If you feel badly, you've allowed yourself to feel that. When you decide that it's time to feel good more than not, so it shall be. The type of thoughts you focus on will directly affect whether you feel good or bad. What shows up is what you asked for, whether summoned directly or indirectly. And how you handle what has shown up affects your joy in each moment.

You cannot control anyone else. And they cannot control you. Let go of that tremendous (fruitless) responsibility and weight. Release attachment to expectations, manipulations and the stories you tell yourself about everyone else and why they do the things they do. The sooner you learn to relinquish (your false sense of) "control" over people and things, the sooner you'll feel light and liberated. Sometimes it's easy to blame and point fingers for why we feel as we do, but by taking ownership, this empowers us all to change our lives.

You are a beautiful and powerful creator. You get to choose, in every new moment, how life best suits you and create a magical masterpiece that feels amazing to you. A unique experience, where you get to fulfill your greatest potential. And that potential is simply being fully present in each moment, with each breath, and living and loving it wholly. You don't have to be or do anything more (or less) than you are or do now.

Shake off the weight of the past. There are no such things as "mistakes," or good or bad. Those terms are all very subjective. Forgive yourself and give yourself

permission to leave the baggage behind. By bringing it with you into the present moment, you may be holding on to old stories and pain that no longer serve you ... you cannot erase the past. You can, however, change it by changing right Now. All it takes is a shift in perception and focus to bring an experience from "bad" to "good." What we call challenges are simply opportunities for growth and learning. Ditch the burden of shame and guilt you carry and absolve yourself from its continual punishment. You are good, you are good enough and you always did the best you could with the knowledge and information you had.

You're worthy of happiness and love. And until you realize that, and feel it, you will never accept it or feel it from anyone or anything else. Self-love is a practice we need to engage in daily. Affirm how beautiful and perfect you are, as is, each day. Allow yourself to shine. Remind yourself that you're doing a great job. Be gentle with yourself as you would a child or friend. We are all in this together,

we are never alone, and life is a journey of self-discovery and expression. Play a little more, and enjoy each moment.

Take the time, right now, to begin anew. Every time you inhale, you have a choice to allow good in. Let wellness in. Exhale, release the old that no longer serves you. Breathe, breathe. You're human. If you don't like what you have chosen in any given moment, choose differently the next. Watch the miracles unfold as you learn to ebb and flow with all that you are, releasing and expanding and choosing joy, love and fulfillment with each new breath. ✨



Camille Lucy is the author of *The (Real) Love Experiment: Explore Love, Relationships & the Self*. She is also a Certified Holistic Health Coach, Certified Reiki

Practitioner, graphic/web designer, business consultant and Vice President of a local non-profit that "rehabilitates people through animals." www.CamilleLucy.com.

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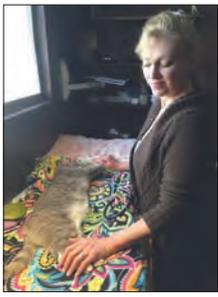
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Children and Youth with Autism: Meeting Your Child's Educational Needs

by Dr. Steve C. Imber
Providence, RI

Autism Spectrum Disorders (ASD) “is a complex neurological disorder that typically appears in the first three years of life. Though every case is unique, ASD typically impacts the ability of a person to socially interact with others, and can (though not always) bring with it a variety of learning difficulties” (*Washington Autism Alliance & Advocacy*). Signs to look for include:

- No big smiles or other warm, joyful expressions by six months or thereafter
- No back-and-forth sharing of sounds, smiles or other facial expressions by nine months
- No babbling by 12 months
- No back-and-forth gestures such as pointing, showing, reaching or waving by 12 months
- No words by 16 months. No meaningful, two-word phrases (not including imitating or repeating) by 24 months. Any loss of speech, babbling or social skills at any age. See more at: <http://www.washingtonautismadvocacy.org/updates/what-is-autism/?gclid=COOs2rG3-soCFclkgodgkOwg#sthash.wmVAAeHK.dpuf>

If you are a parent or a grandparent of a child with autism, you have many challenges to address at home and in school. Here, we will focus on what you can do to address school-based challenges.

Even if your child has been identified as having some form of Autism (e.g. Asperger's Syndrome) by a physician, clinical psychologist or neuropsychologist prior to the age of three, in order to enable your child to have school related special education services, you will need to work with school personnel so that a school-based evaluation team reviews the reports that you have obtained, conducts school-based evaluations and determines that your child is eligible to qualify for special education services.

Normally, if the medical records and evaluations document your child's autism, the child will be able to participate in special education services to address his or her needs. Such services may include speech and/or language therapy, educational support and, in some cases, occupational therapy to address fine-motor skills (writing, coloring, etc.) and sensory issues.

Under federal and state regulations on Special Education, you may refer your child for consideration of special education services. You can participate in a team meeting to discuss your child's strengths and challenges. The school-based team can accept your evaluation reports and agree to provide special services or propose that additional school-based evaluations are needed, even before your child reaches his/her third birthday.

In order for your child to qualify as a student with disabilities under federal regulations on special education under ASD, your child's Autism must meet these criteria:

- Autism means a developmental disability significantly affecting verbal and nonverbal communication and social interaction, generally evident before age three that adversely affects a child's educational performance. Other characteristics often associated with autism are engagement in repetitive activities and stereotyped movements, resistance to environmental change or change in daily routines, and unusual responses to sensory experiences.
- Autism does not apply if a child's educational performance is adversely affected primarily because the child has an emotional disturbance, as defined in paragraph (c)(4) of this section.
- A child who manifests the characteristics of autism after age three could be identified as having autism if the criteria in paragraph (c)(1)(i) of this section are satisfied (Individual with Disabilities Education Improvement Act, 2004, Section 300.8, Child with a Disability)

The crux of the issue is that your child's Autism is having a negative impact on his/her ability to learn academically or socially in the areas noted above.

So, if your child qualifies, your local public school is required to provide special education services to meet your child's unique needs. Parents and school personnel meet to discuss and determine where your child is currently performing academically, socially and behaviorally, what goals your child should accomplish during the next year, how to evaluate progress, what types of services your child needs and where the services should be provided. In some cases, services can be provided within a general

education classroom within a public school. Sometimes, the child may require special services in a special education classroom. In other instances, the child may require services to be provided within a private school setting. An individualized educational program (IEP) is the document that is required to address your child's unique needs. Such services may be provided under the auspices of your local public school from the ages of three to twenty-one years of age.

The hope is that your child's needs can be addressed through an IEP collaboratively developed by parents and school personnel. Sometimes, a parent may believe that the local school department is not addressing their child's needs. If the parent and the school department achieve resolution to issues that may arise, an appropriate IEP can be developed, implemented and evaluated. If such a positive resolution cannot be achieved, parents may initiate other procedures to seek resolution. ✨

Dr. Steve C. Imber is a nationally recognized professor of special education, advocate for students with disabilities, and a consultant to parents, school personnel and attorneys who address the needs of students with disabilities such as Autism, ADHD, Emotional and Behavioral challenges, Learning Disabilities and Intellectual Disabilities. Dr. Imber provides services nationally with special focus in New England and the Mid-Atlantic states including New York. Phone: 401-421-4004 or 516-273-1961. Email scimber1@aol.com, www.dr-imber.com.



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The Greatest Power in Creation

by David Icke
UK

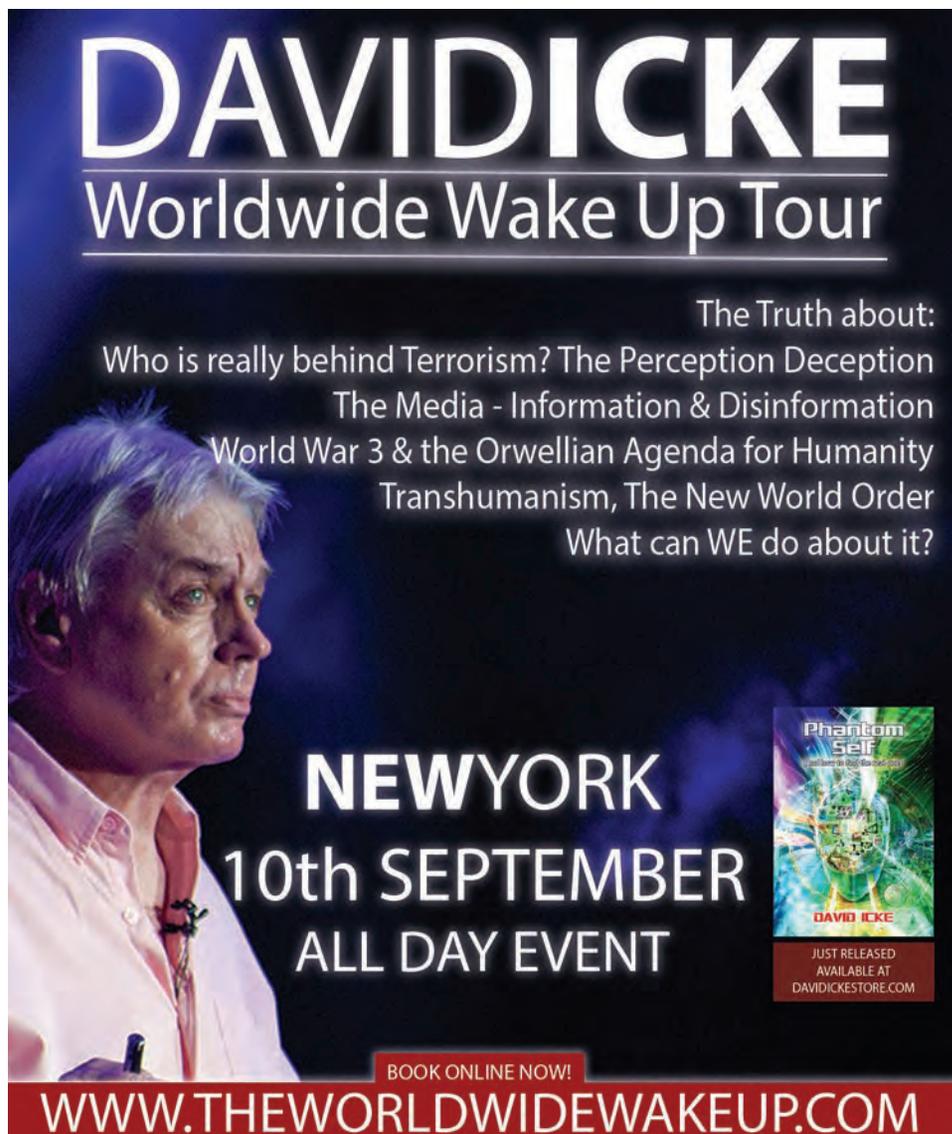
The knowledge that is now amassing within the human race is the understanding that the greatest power in creation is the power of love.

Everything in creation, everything we can see and understand, and everything we cannot, is a manifestation of this immense and wonderful power. Fear is just one of the many manifested energies created from the immense power of love. It is important to realise that when the energy of fear is deeply understood, it can be used as a powerful catalyst for guiding us as individuals and humanity as a whole, toward love, truth and courage. Fear is an energy that is implosive, ever-contracting and "self" destructive. It exists within the realms of time, is finite and therefore eventually dies. Love, on the other hand, is a power that is explosive, ever-

expanding and self-empowering. It exists within the realms of time and timelessness and is therefore infinite. Love can never die. The time is drawing near, when all of the human race will no longer be within the pyramid of ignorance and fear. We will be back where we belong, in the arms of LOVE, PEACE and FREEDOM. We can do it. We will do it. It starts with you. THE POWER OF LOVE IS THE KEY. ✨

David Vaughan Icke is an English writer, public speaker, and former media personality best known for his views on what he calls "who and what is really controlling the world". Describing himself as the most controversial speaker and author in the world, he has written many books explaining his position, dubbed "New Age conspiracism", and has attracted a substantial following across the political spectrum. His 533-page **The Biggest Secret** (1999) has been called the conspiracy theorist's Rosetta Stone. Tour Website: <http://theworldwidewakeup.com>.

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POETRY

Voice

by Dave Frieman, Huntington Station, NY

within each of us
resides an inner voice
of greater wisdom

Base

by Larry Feigleman, Plainview, NY

I slide into bed
and touch my wife
like a ballplayer
tagging up
safe at home

Son-Light

by Tim Sullivan, East Northport, NY

Carry on my first born son- the family name, not its insanity. Should I die before your birth then all is well, for mine is a curse that causes great pain. Our eyes first meet and love conquers fear - I can do this! A teacher of life from the first moment of yours - an innate gift that serves you well. The bear spirit is yours, my second born son - a sturdy foundation is at your core. Knocked off my feet when you first arrived, you've kept me upright from that moment on. Good day or bad, you asked me which one, your response was heartfelt and always spot on. Eyes wide open, you knew who you were - a third born son with wisdom beyond words. "Superman" I called you for the tough choices you'd make. Creativity defined; a masterpiece of you unfolds one brilliant choice at a time. Resistance and persistence, you three provided enough of each - to make me see what couldn't be seen without you in my life.

Over My Head

by Madeline Kessler, Massapequa, NY

Heads bent
Shoulders stooped
Thumbs in constant motion
Looking down, you're not aware
Of what goes on above
Look up
The sky is lined with mysterious grids
That gray the day
Ask why

Fearless Faith

by Seena Russell Axel, Delray Beach, FL

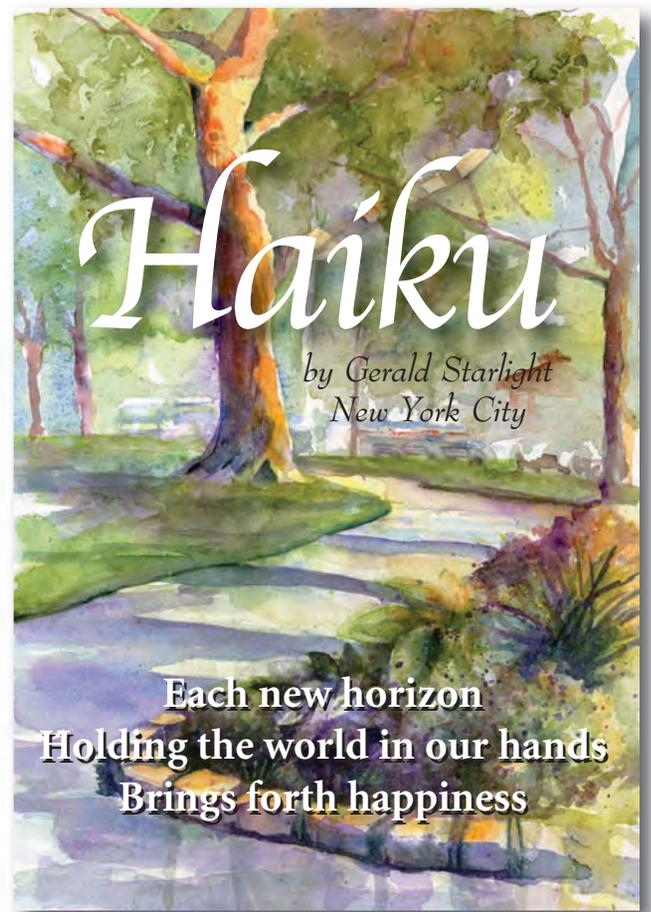
No fear in the foundation
of dharmic and karmic realities;
the invisible dance of destiny
unfolding.

No doubt in the solid earth of
Mother
supporting your newly shattered
fragments;
a history broken by a bounty of
betrayals.

Faith and trust entwine
when belief and stability decline.
Life brings you to your knees
crushing ideas/ideals
thought solid a moment ago.
Lean in ... hold on.
The trees in the forest stand
tall and proud before you.
The rivers and streams
thirst for your oceans of tears.

And trust in me to be
there for you...
lovingly... soulfully... tenderly...
sensually... surely.

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- From Asphodel that Greeny Flower

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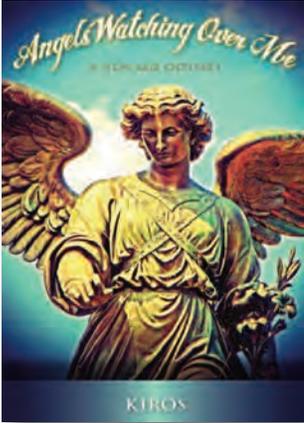
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BOOK REVIEWS

& PRODUCTS

THE SOUL'S AGENDA
by Michelle Stevens
CICO Books
www.rylandpeters.com

It seems that now, more than ever, so many of us doubt ourselves: we don't believe ourselves to be wise enough, strong enough, smart enough, clever enough, or spiritual enough—when nothing could be further from the truth. We find ourselves searching for meaning in life, wondering what path to take, and asking ourselves “Why am I here?,” “What is my purpose?,” and “What will make me happy?”

With her guides illuminating the way, Michelle Stevens helps us to find answers to all these questions and more. The messages will take you on a practical, and profoundly spiritual and personal, journey that leads to the well of confidence, clarity, strength, wisdom, creativity, fearlessness, love, and joy that already exists in our souls. With this discovery of your inner self and strength, you will never again feel as if your life is at the mercy of forces outside of your control, and as a result your experience of yourself and of the world around you will be changed forever. *The Soul's Agenda* is a wonderfully presented compilation of a selection of the messages Michelle has received, and continues to receive every day.

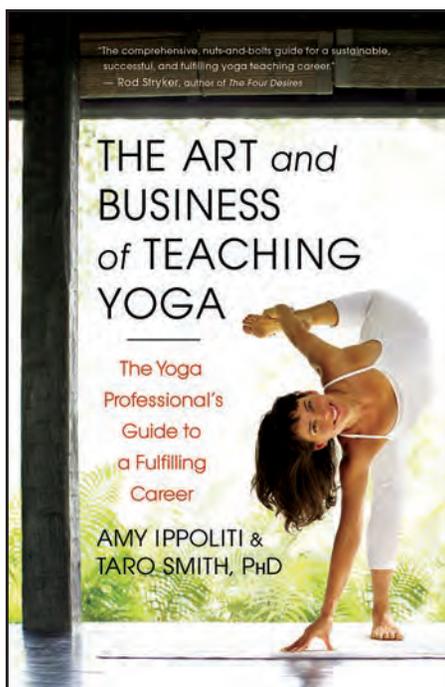
THE ART AND BUSINESS OF TEACHING YOGA
The Yoga Professional's Guide to a Fulfilling Career
by Cara Bradley
www.newworldlibrary.com

Thousands of yoga lovers take teacher-training courses every year with the desire to share what they know and love with others. Many want to make instruction their full-time career, but most training programs don't equip students with the entrepreneurial skills and savvy they need

to make that dream a reality. In *The Art and Business of Teaching Yoga: The Yoga Professional's Guide to a Fulfilling Career*, yoga “teacher of teachers” Amy Ippoliti and wellness entrepreneur Taro Smith, PhD, help both beginners and established professionals maximize their impact as teachers while building a fulfilling career. The book expands on their popular “90 Minutes to Change the World” online course that helps yoga teachers take back time on their mat, build a strong student base, become more financially stable, and serve their yoga students in fresh and exciting ways. They walk you through the steps that will benefit and sustain both you and your students.

With chapters like “Yoga Business Basics,” “Class Planning and Preparation,” “Presenting Yourself as a Teacher,” and “Social Media,” *The Art and Business of Teaching Yoga* speaks to yoga teachers at all levels, from the newly trained to the once-a-week teacher, to those with their eye on national, multimedia reach. “We believe in the power of yoga in helping people to live mindful, happy lives, and we know from our personal experience that teaching yoga offers both teacher and student life-changing, life-enhancing benefits,” writes Amy.

DRAWN TOGETHER: A Dharma Comics Collection on the Curious Journey Through Life and Love
global.penguinrandomhouse.com



When Leah Pearlman, a young technologist working the dream job at Facebook, learned her father's lung cancer had gone into remission, her first reaction was to feel too busy with work to deal with it. Realizing her priorities were out of sync, she drew a comic strip to share something heavy in a way that felt light and liberating. She posted it to FB (obviously) and found others connected both with the image, and with her in unexpected ways, so she continued to draw and share them. When her father's cancer returned and he passed, Leah quit her tech job to draw through her grief and explore her life from an honest place: the ups and the downs, getting lost, getting found, the breakthroughs and the breakups.

In *Drawn Together*, Leah collects favorites from the past seven years in addition to new illustrations that inspire others to live a life of intention and curiosity. The book is separated into sections that explore experiences we all share and the moments that bring us together: Learning to love ourselves; Loving others; Coping with hard times; Choosing the right path for us, and Finding stillness in the chaos. *Drawn Together* illustrates that whatever we're going through, someone else has been there and someone understands.

PRODUCT REVIEWS

ZING ANYTHING
www.ZingAnything.com

Zing Anything, a provider of active water infusion bottles, has expanded its line to include the Citrus Zinger Infusion Set. Joining the original citrus press and 28oz BPA/

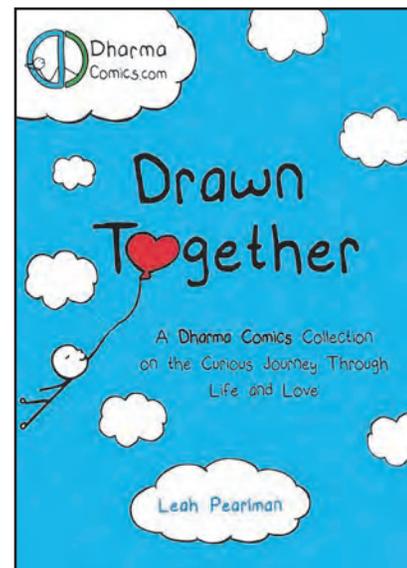
EA-free bottle are a cucumber slicer and kiwi reamer. These tools squeeze and slice fruits directly into water to extract more nutrients and flavor than other passive infusing methods, offering multiple ways to reap the benefits of antioxidant-rich fruits.

- For an on-the-go day spa experience, the cucumber slicer adds a twisty ribbon of fresh flavor into water. Simply press and turn a cut of cucumber against the slicer to release it.
- Creating a sweet, silky and tropical flavored beverage, the kiwi reamer releases the kiwi juices, pulp and seeds into the bottle while keeping the skin intact and pith in place.
- To detoxify and alkalize the body, use the citrus press to squeeze lemons, limes, tangerines and clementines directly into water or a liquid of choice.

Zing Anything's attachments make it easy to enjoy the hydrating properties of water and the nutritional benefits of all-natural ingredients, while diverting consumers away from unhealthy beverage choices packed with refined sugars, artificial flavors, preservatives and coloring. Dishwasher safe, the Citrus Zinger Infusion Set is available online and at retailers (\$19.99).

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meltmethod.com

Athletes of any level can use the MELT Performance Roller to improve range of motion, flexibility, circulation, core strength, and joint stability. The unique cross-linked memory foam construction allows for a gentle compression that is scientifically proven to create immediate and lasting results without pain. The soft roller targets dehydrated connective tissue, the cause of chronic pain, instead of just targeting tight muscles. Available for \$39.99, the Roller is latex free, simple to clean, and its compact size makes it easy to carry to the gym or pack in a suitcase.



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