

✦ *Inspiring the Soul*

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Shift Your Perception

A Right Timing for Everything

*So, Your Spiritual Growth
Has Cost You Some Friends*

Why Befriend Your Ex?

Sound and the Healing Voice

Freedom to Play

Why Choose a Holistic Dentist?

Many wellness-focused people call themselves “holistic”. If you fall in this category you know that it is often difficult to find a doctor who not only takes you seriously, but is also open minded to your requests and supportive of your needs. Unfortunately, in today’s insurance and Big Pharma driven healthcare system finding a sympathetic and knowledgeable doctor can be quite a challenge. Equally as daunting is finding a doctor who is sincere and not merely using the “holistic” angle as a marketing ploy.

When it comes to health care, patients have a choice between naturopaths, DO’s chiropractors, acupuncturists and functional medicine physicians. However, dentistry is very limited in its choices. In fact, most dentists view holistic patients as quacks.

The following is a sample of remarks made by dentists around the country at a popular private dental Internet forum regarding holistic patients:

“My experience with most (not all, but most) holistic followers is that they lean towards being extremists. I just had a woman in last week and she tied me up for 20 minutes talking about how holistic medicines were the only natural things we should be ingesting and so on.”

“The types of patients that are into holistic tend to be a bunch of head cases. They’re against x-rays, medications, root canals, etc. Some of them lean toward the irrational. I think I’d go out of my mind if I had a practice that relied on these people.”

“This crowd is made up of too many “true believers” in naturopathic nonsense. I’d steer clear unless you wanna embrace all that Hal Huggins stands for, and more!”

“I had a ton of holistic patients ... they are exactly what described them as: head

cases. No xrays, extraction of teeth with root canals, and no amalgams. Too much trouble to deal with. I weeded them out.”

“A lot of them wanted their amalgams replaced. Problem was most came in with a “compatibility test” a book about 50 pages long stating which materials I could use in their body. I just got so sick and tired of dealing with them. Now its my way or the highway!”

“I used to think holistic types are anti amalgam and some basket cases extend this courtesy to root canals.”

“The sane way to deal with them is to protect your sanity. Get rid of them. You will always have to fight with them over stupid things. It isn’t worth it.”

“The whole “holistic” thing is so ludicrous”

With attitudes like this, it is no wonder that health conscious people are not receiving the health care that they want to receive. What most dentists do not understand is that “holistic” patients are either sick and are trying to avoid toxins that are harmful to the body so that they have the best chance of recovery, or are healthy and do not want to get sick in the first place. They are not “crazy”, “quacks” or weirdo’s. Nor are they “annoying” and “a waste of time”.

At the **Long Island Center for Healthier Dentistry**, Dr. Alex Shvartsman and his clinical and office staff are focused on toxin-free dentistry. They empathize with their patients and follow a holistic life-style themselves. This makes them open-minded to their patients’ needs and requests. The entire office is committed to patient comfort and focused on providing the most healthy and natural dentistry. Dr. Shvartsman is careful not to use mercury, BPA, cadmium, formaldehyde, gluteraldehyde, nickel, systemic fluoride

and other toxic materials, which are commonly used in dentistry.

Dr. Shvartsman’s paradigm is that when it comes to biology, nature-made is always superior to human-made. This is why every effort is made to preserve the healthy natural tooth through minimally invasive dentistry. Teeth are restored teeth via **biomimetic dentistry**, a modern, science based approach to rebuild teeth as close to their natural state as possible. By respecting nature and preserving tooth structure, his goal is to help his patients keep their teeth for their lifetime. This is critical since in today’s world of advanced medicine, health focused people have the potential to live a longer and healthier life.

People tend to get along better with like-minded individuals. Dr. Shvartsman follows a health-focused lifestyle himself. He has been helped by alternative medicine himself, when traditional medicine failed. He is a believer that

eating a natural, unprocessed diet is critical to health, as well as spending more time in nature and keeping the earth clean. So why choose a holistic dentist? Well it is easier to “preach to the choir” than to argue with your doctor about why mercury is harmful to your health.



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Dr. Alex Shvartsman has published a new book,
Your Path to Healthier Dentistry: A Holistic Approach to Keeping Your Teeth for a Lifetime
 See the Review on page 26!

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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."

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*the origin of the Earth, the origin of the world
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Talking Our Walk

FROM THE PUBLISHERS

I must be willing to give up what I am in order to become what I will be.

Albert Einstein

Should you be up to the task, here is your lesson assignment for the Back to School Issue: To become more fully human – that is, to finally realize our greater capacity to express our *humanity*, in a word, being and acting truly *humane*.

Penny Peirce expounds upon this in **Part 1** of our very special article, *Leap of Perception*, “Your fundamental identity is evolving; you’re becoming a new kind of human ... that old self-protective, dominating, isolated, ego-self—that small identity we’ve always assumed was part of being human—disappears and a much greater self rises. What was fear-based becomes *love-based*. What used to be separate convenes— head-heart, inside-outside world. *Compassion* becomes the main evolutionary force, a crucial part of the new consciousness that ensures success and planetary survival.”

Compassion for all sentient beings was the hallmark of the **Long Island Animal Rights & VegFest**, held this July. Sponsored in part by Creations Magazine, our staffer, **Erica Settino** (founder/director of **Karuna for Animals**) created the event. One of the many highlights of the day was a deeply moving presentation by Jennifer Greene, Director of Task Forces, Carnism Awareness & Action Network (CAAN). The presentation was based on Dr. Melanie Joy’s book, *Why We Love Dogs, Eat Pigs and Wear Cows* (excerpted in Creations Magazine June-July 2012).

Carnism, (a term coined by Dr. Joy), is the invisible belief system that conditions people to eat certain animals. As a social norm, it is so entrenched that it can blind us to the contradiction inherent in the notion of “humane meat.” Many humans love and nurture certain animals (pets), while simultaneously justifying the torture of other animals (they call dinner) being kept in absolutely gruesome farm factories.

So, asks Jennifer Green, “Here’s a question that can help us step outside the carnistic box: how would you feel about a perfectly healthy golden retriever being killed, simply because people like how she tastes? I do see signs every day that we are succeeding in pulling the curtain back on carnism, as there is greater awareness about what happens to the animals who



are used for food. But what about the dairy, eggs, or meat that are marketed as somehow better for the animals? If someone is interested in those products, I recognize that they are showing concern for animals, which is commendable. But I would also implore them to reflect more deeply on their choices. People are often surprised to learn that violence is an inescapable part of egg and dairy production – even “organic,” “free-range,” or “certified humane” products.”

Incidentally, the number of land animals killed in the US, according to USDA data (http://www.humanesociety.org/news/resources/research/stats_slaughter_totals.html) is **17,121 animals per minute** – nearly 9 billion annually. If aquatic animals were included, this number could be quintupled.

For more information view: CAAN’s website: <http://carnism.org/>

Dr. Joy’s “Introduction to Carnism” presentation: <http://www.carnism.org/carnism-presentation-video> and Mercy for Animals video: <http://www.mercyforanimals.org/farm-to-fridge.aspx/>. While the images in this last one are horrific, the animal’s excruciating physical pain and emotional suffering are very real. I know most of you don’t want to acknowledge this, but we ALL contribute to this rampant violence with our food and clothing choices.

Finally, please watch this video: <http://www.youtube.com/watch?v=NX4O6smZrLE>

Perhaps the wisdom of a very young child, Luiz Antonio, will help us ace our assignment to become more humane.

In Peace & Gratitude,

Andrea + Neil

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A Right Timing for Everything

I live on a country road that gets so skinny at some points that only one car can pass. When two cars meet, one of them must back up or pull to the side of the road to make way for the other. While the process is inconvenient, it calls for cooperation and saying hi to neighbors. It's refreshing.

The other day I was on my way to an important meeting I did not want to be late for. At one of the thin junctures, I encountered my neighbor Dean approaching in his truck. The moment came when we had to decide which vehicle would yield. While normally I wouldn't have minded backing up, that day I wished I didn't have to. Dean seemed to read my mind and he congenially backed his truck up quite a way to let me pass. When I passed him I rolled down my window to say thanks. "No problem," he smiled. "We'll all get where we need to get when we need to get there."

Now *there's* an affirmation worthy of posting on a wall. Many of us spend a great deal of our life rushing to get places. In the process we do clumsy things, get embroiled in impatience and irritation, and sometimes cause accidents. In our haste to get somewhere, we miss *being* somewhere, and never seem to get anywhere.

The Greek bible, the first translation from the original Aramaic, contains two different words for "time." One is *chronos*, which is similar to the way we think of time, dividing the progression of life into seconds, minutes, hours, days, and so on. The other word, *kairos*, is harder to translate because in our culture we don't have one word for it. The closest translation would be, "when the time is right," or "in the fullness of the season," or "in God's timing." **Kairos recognizes that there is a right timing for everything, and when that timing comes, things happen naturally. Kairos does not depend on time.** It depends on *timing*.

Those of us who tend to live by chronos could use a good dose of kairos. We would relax more and everything would get done. My friend Harriet was on her way to see her psychotherapist



when she got stuck behind a slow driver in a no passing zone. At that rate Harriet would be late for her appointment, and she became more and more frustrated. She tried and tried to find a way to pass the slowpoke, but couldn't. Finally an opening came and she sped past her nemesis. When she turned to look at the slow driver, she saw that it was her therapist. No matter how slowly the slow driver drove, Harriet would have been right on time.

Gandhi said, "There must be more to life than increasing its speed." We are addicted to fastness. Yet is the world a better place because we move faster every day? At a certain point speed does not enhance the quality of life, but distracts us from it. People who live in "primitive" cultures know how to just sit. They hang with their families, look at the stars, laugh over their version of a beer, and capture the magic of moments that elude more advanced nations. **Ultimately, whoever is closer to peace is more advanced.**

"To everything there is a season," Ecclesiastes tells us. Powerful as we believe we are, we cannot make things happen outside their appointed time. If you pick a fruit before it is ripe, it is hard and tasteless. If you wait until after it is ripe, it is spoiled. Pick it at the ripe moment, and it is tasty and nutritious. So it is with events in our life. Marriage, stepping into a job, changing residence, spiritual maturity, and all important moves have a timing. Stay in the flow and the right things happen precisely when they are supposed to. *Let everything come when it wants to come, and go when it wants to go, and you will be a master of the Tao.*

Patience does not mean regretfully putting off something you want to happen now. It means discovering the beauty, wonder, and richness of what is happening now so you

with the short delay on my country road, I got to my appointment at exactly the right moment. Real appointments are made in heaven, and heaven always keeps them. ✧

Alan Cohen is the author of many popular inspirational books, including **Enough Already: The Power of Radical Contentment**. Join Alan for his acclaimed Life Coach Training to become a professional

don't need to wait for something better to happen. A spiritually mature person is neither patient nor impatient. When you live in the here and now, there is no waiting.

When you don't need to get there, you can be here. *Here* contains everything you are trying to get *there* for. It's a paradox. The more you need, the less you have. The more you have, the less you need. The more time you need, the less you have. Decide you have enough time, and you will not need any.

We'll all get where we need to get when we need to get there. This nugget of country wisdom goes a long way. Even



life coach or incorporate life coaching skills in your current profession and personal life. 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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Leap of Perception:

by Penney Peirce

The global recovery of archaic memories is causing a mind-bending spiritual crisis that is reaching its apotheosis due to time acceleration ... time acceleration is causing old ways to end, not our planet.

Barbara Hand Clow

A new time is upon us! If you've been paying attention, you've certainly noticed the volatility, dramatic ups and downs, sudden breakthroughs and life changes, and the widening gap between fear-based people and compassion-based people. Large segments of society are progressing steadily into chaos as old systems and ways of thinking fail to produce results. At the same time, other segments are progressing toward spiritual and mental clarity, innovative solutions to societal problems, and greater peace and abundance. It's an amazing drama to watch and participate in.

These symptoms are the early signs of a sweeping change that is transforming us into a new kind of human being, living in a new world, with new rules. We are just now realizing that the changes afoot are different than documented historical changes; we are participating in a profound process that has never been experienced en masse on earth.

Rediscovering Perception

We are experiencing the *acceleration*, or increased *vibration*, of individual and planetary consciousness—and this is giving rise to a new reality that will eclipse the pain, suffering, and density we have always accepted as normal. This is *transformation*. By understanding the overall transformation process, you can move through it and be a “thought leader” and role model for others.

Life Is Accelerating and So Are You

Transformation begins with an acceleration process; the vibration of the earth, and of our bodies, has been steadily increasing for many years. We're not sure why this is occurring—perhaps it's a cosmic source of high-vibrational energy that's flowing through our solar system—but it is measurable; the vibration of the earth itself, called the *Schumann Resonance*, has been increasing. **When the frequency of matter increases, so does our ability to access a matching vibration of consciousness. Our minds expand. Life itself speeds up.**

The future has a way of arriving unannounced.

George Will

The Mayans understood the increasing frequency of the planet. Their dates relate closely to the earth's biological and evolutionary cycles, which science has just recently documented. Now that the vibration of the planet is moving so fast, everything seems to be happening in the present moment. With that speed comes emotional intensity. Things we haven't wanted to deal with—our fears—can no longer be denied, postponed, or kept in the past; they're immediate and in our face. Barbara Hand Clow says, “Our unresolved inner traumas are arising like great monsters in our hearts and minds.”

For years, you and I (and other energetically sensitive people) have intuitively experienced this acceleration as it increased the subtle frequency of our bodies. While on the surface it may have worried you, deep down you probably suspected you were preparing for something exciting and good—a shift in consciousness toward enlightenment, a new reality that might resemble heaven on earth. You probably sensed it wouldn't come without consistent work on clearing yourself of the unresolved inner traumas, and certainly not without some upheaval in the world. It may seem odd, but I'd bet most of us have been secretly looking forward to it.

As you and the world vibrate at a higher frequency, your perception naturally expands; your worldview shifts as your vibration shifts. At a higher frequency, you become conscious of the nonphysical world and can now perceive yourself, everyone, and everything as energy rather than as slow, solid bodies or objects separated by empty space. In effect, you can “see through” or feel into the solidity of matter to experience the energy patterns inside. Everything is vibrating at its own particular frequency, and the world is full of a symphony of tones.

You notice energy inside and between everything; there's no space devoid of it. Then you discover that energy is connected to *consciousness*. You notice that when you change your energy level, your consciousness changes; when you shift your consciousness, your energy shifts too. You can feel how the resonance of different forms can be harmonious or dissonant when combined, and how there is a natural tendency to seek vibratory coherence.

As the world increases in vibration, processes become more instantaneous. Cause-and-effect ceases to be the primary rule for materializing results. What you want to



create happens effortlessly, miraculously, with no logical explanation, in a twinkling. Everything is faster and easier. You experience the fact that much more is contained in the present moment than ever before—it is mushrooming to include increasing amounts of the past and future. If everything is in the moment with you, you don't have to wait for answers, assistance, or results. You just need to ask and receive.

Evolving from the Information Age to the Intuition Age

It may help to understand transformation by seeing it as the natural continuation of an evolution process that's been steadily progressing on earth for ages—literally 16.4 billion years. We know that adaptation and growth are inexorable. Species evolve, life evolves, and with evolution comes expansion of knowledge, greater functionality, more connectivity, and speed. Just looking into the recent past, we can trace our evolution from the Dark Ages to the Renaissance to the Industrial Revolution.

The acceleration has now brought us from the relatively slow Industrial Age, with its emphasis on physical, mechanical, linear (cause-and-effect) processes, into the Information Age, which emphasizes knowledge, access to increasing amounts of information, the speed of mental processing and data delivery, and multidirectional, simultaneous interconnectivity.

Television and computers—high-frequency machines—marked the end of the Industrial Age and shot us into the Information Age. Now the Internet and global communications media have accelerated life even more. The Information Age is so fast, and we have access to so much data, that we can barely keep up. Our minds, dominated by left-brain compartmentalization, are still trying to integrate the vast amounts of information in a linear way by multitasking insanely or by skimming along the surface, sacrificing depth for speed. This creates myriad stresses, from hyperactivity to bloated workdays (with insomnia at night) to “nature deficit

Acceleration and Transformation Part 1

disorder” as people remain glued to electronic screens.

As the Information Age speeds toward its leap into hyperspace and to the next breakthrough experience, we see that the old physical and mental realities are no longer expansive enough. They’re too slow and antiquated; their methodologies are malfunctioning and failing to produce results. What used to work is now being superseded by a new age—a new reality with new methodologies. As this happens, the old constructs slowly integrate into a larger, more comprehensive context. My term for the emerging, transformed reality is the *Intuition Age* because unlimited, holistic, direct knowing is its hallmark.

The Intuition Age focuses on spirit, and you may already be experiencing its nascent stages. You’ve known yourself as a body in the Industrial Age and a mind in the Information Age, and as the Intuition Age begins, you’re remembering that, above all, you’re a *soul*. One of my colleagues calls this flow toward transformation “the Soul Movement.” A new, more rarified perception is emerging—one based on intuition and sensing frequencies of energy. This expanded perception takes you straight into the nonphysical world so you’re able to see people as more than just physical beings—you now realize there is a powerful, inner spiritual component. And you know this is true for objects and space as well—everything is made of higher-vibrational *consciousness- and-energy*.

What Are We Transforming Into?

So, you’re accelerating and transforming. What does that mean? It means your increasing vibration is giving you the ability to perceive much more of the way life really works, with more access to exciting possibilities and a hugely expanded sense of who you are. Your fundamental identity is evolving; you’re becoming a new kind of human. After transformation, any remnants of that old self-protective, dominating, isolated, ego-self—that small identity we’ve always assumed was part of being human—disappears and a much greater self rises. **What was fear-based becomes love-based.**

Transformation is the beginning of knowing yourself fully and loving what you are; you have a very real felt sense of your soul in your body, as your personality, all the time. Your consciousness-and-energy increase dramatically. You can access information from dimensions or frequencies of consciousness you didn’t realize even existed previously. Your options increase, your human abilities increase. You are not the same person, yet you are more of who you really are. Then you leapfrog over that to become even more of

who you are, and as this continues, you are pleasantly surprised each time.

The “transformed you” lives in a transformed reality where you understand how the inner, consciousness-and-energy world and the outer, physical world work as a seamless continuum. What used to be separate convenes—left-right brain, head-heart, body-mind, inside-outside world. These integrations expand you into new territory where the whole is greater than the sum of the parts. **Compassion becomes the main evolutionary force, a crucial part of the new consciousness that ensures success and planetary survival.**

When transformation begins, there’s a tendency to first feel it as a purely energetic process. Your body is disturbed, there are stresses and time pressures—a “time famine”—and upsetting emotions affect you. The intensity may even affect your health. You experience how your energy affects your reality. As the process continues, you experience how the rising frequency is changing your consciousness too. You perceive more, learn more, and understand how your thoughts affect your reality.

As you successfully navigate the stages of opening, and your body adapts to the higher energy, you feel better. You get used to the new speed of life. Your emotions stabilize, and you feel happier, more harmonious, enthusiastic, and positive. The positive feelings beget a higher quality of thought; you stop complaining and criticizing, are receptive to new ideas, and are more curious. Positive imagination reemerges, serving a renewed desire to create things that resonate with your destiny. You realize you were previously using your imagination unconsciously to create negative situations. “What a waste of energy!” you say. You see how your high-frequency thoughts and feelings are creating a better life, a more effortless reality. Living is more fun. Now you are a high-frequency personality, embodying more of your soul and spiritual truth in everything you do.

How Transformation Works

“But,” you ask, “how does transformation occur? Will it hurt?” To achieve transformation, you first have to make a profound shift in the way you know things. How you make your world real to yourself must undergo deep revision. You can’t just keep

processing data the way we’re doing it now—with an almost desperate need for speed. You need a new methodology that lets you naturally and effortlessly jump into expanded perception. **This transformational shift, or leap of perception, requires new pathways through your brain, new habits of sensing and knowing, and seeing that your “brain” actually includes your heart, body, cells, and even the field of energy around you.** You have a much greater sensing apparatus than you may have imagined. If you can’t figure out how to “rewire” your brain and access the many new pathways in your non-localized brain centers, not to worry! The acceleration process is taking you there, revealing the insights one by one. Transformation is a process composed of a series of shifts. If you understand and embrace the doable tasks required for each shift, you’ll sail through the process. If you resist, the process will happen anyway, and you’ll be dragged along, kicking and screaming. So, no, transformation doesn’t hurt—unless you block the *Flow*.

Entering the nonphysical world is one of the first big steps in the transformation process. When you remember to meditate, or pray and bless others, or revere nature, you deepen yourself, dropping through the physical world; you activate a mystical connection to the ineffable. You must enter the inner world to be able to transform yourself. And this is where intuition becomes so important, because **intuition is the means by which you know and navigate in the nonphysical world.** **In the consciousness-and-energy reality you don’t think logically; you sense, feel, and know directly.** You’re merged with what you experience. With intuition, you discover principles of oneness and learn to function in the unified field, or infinite sea of consciousness-and-energy. All ideas, resources, and realities are available and possible in the *unified field*, so your consciousness increases exponentially. In the nonphysical world, everything is interconnected, mutually inclusive, and supportive. Experiencing the truth of unity reveals the dynamics of the Intuition Age.

Eventually, you become comfortable living in both the physical and nonphysical worlds, feeling how they are simultaneous, affecting each other instantly. For example, you might instantly feel how a sarcastic comment you make about a friend to her face shuts her down emotionally. Your physical action creates a non-physical

effect that has ripples: both you and your friend feel worse than you did before, and that contracted inner state inhibits full self-expression in the outer world. The inner inhibition continues until one of you says something in the physical world, then instantly, the inner state changes, energy flows again, and expanded self-expression resumes in both of you.

Being permanently rooted in the center of the present moment is yet another important part of the transformation process.

When you live permanently in the present moment, there is no more projection—no more casting your attention along lines to other points in time and space that seem separate from you. There is no more separation. The past and future are inside the present moment, too, along with all ideas and everything else in your reality. This causes you to experience a natural change in the geometry of your perception. You see that the old, linear perception—perception limited to timelines, cause-and-effect processes, and lines of thought—doesn’t function well anymore, and you begin to experience life as a ball, or a sphere, surrounding you equally in all directions. It’s important to remember that when the physical and nonphysical realities are merged, and when everything is in the present moment, any change always occurs simultaneously in both worlds. **Every nonphysical perceptual shift corresponds with a matching shift in your physical brain, body, and daily life—and it happens instantaneously.**

**Please make sure to look for Part 2 in our October-November Issue*

*This edited excerpt is from the book, **Leap of Perception** by Penney Peirce and reprinted with permission of Beyond Word Publishing/Atria Books, Hillsboro, Oregon.*



Penney Peirce is an intuitive empath and visionary, and has been a pioneer in the field of intuition development and consciousness expansion since 1977. She travels internationally as a trainer and

coach to business executives, government leaders, scientists, psychologists, and those on a spiritual path – and has counseled tens of thousands of people about personal transformation. Peirce has been affiliated with The Center for Applied Intuition, The Institute for the Study of Conscious Evolution, The Kaiser Institute, and The Arlington Institute. She has been a TV talk show host and is the author of six books.

Sound and the Healing Voice

by Andrea Garvey
Long Island, NY

Sound shifts our energy and therefore our thoughts and feelings.

Think of the times you have listened to soothing classical music, or sung a baby to sleep with a lullaby. Did you ever experience the power of voices raised in songs of protest, or wallow in the “he/she did me wrong” song? How about deriving positive energy from “I Will Survive”? These are everyday ways that we use sound to change or enhance our moods. Intentional spiritual music and chanting can be even more effective, but whether we listen/sing with awareness or not, sound is a powerful transformer.

So, How Does it Work?

Everything in the universe is in a state of vibration – from the orbits of the planets around our sun, to the movement of electrons around the nucleus of an atom,



every organ, bone, tissue and cell in the body has it's own separate resonant frequency. Together, they make up a composite frequency, a harmonic that is your own personal vibration.

How Do We Measure Vibration?

Vibration is measured in Hertz (Hz) or cycles per second. We may be most familiar with this in terms of an orchestra tuning to the standard note “A” vibrating at 440 Hz. All notes have their own particular vibration. As humans, we hear within a range of 16 to 26,000 Hz (sounds above 26,000 Hz are called ultrasonic). The slower a sound vibrates, the lower we perceive it. The faster a sound vibrates, the higher we perceive it. Colors are vibrating as well, with red the lower end of the spectrum and violet at the higher. *Higher or lower does not mean that one is “better” than the other!*

Sound and Disease

Disease may occur when an organ or another portion of the body is vibrating “out of tune”. Through the principle of resonance, sound can be used to change disharmonious frequencies of the body back to their normal, healthful vibrations. This principle behind changing vibration through sound is called *entrainment*. Entrainment is the ability of more powerful rhythmic vibrations of one object to change the less powerful rhythmic vibrations of another object causing them to synchronize their rhythms with the first object. This is the reason why, after listening to, playing, or singing music, we may notice our mood has completely shifted. This same process of entrainment can be used to bring the body/mind back towards a state of health.

Sound can dissolve obstructions. A practical use of sound applied in today's medical field, is through the use of a lithotripter machine, which can dissolve gallstones and kidney stones by bombarding them with sound waves.

An Important Key

Intention is the purpose behind the sound. By the power of our intention, we invite transformation. Intention encompasses the overall state of the person making or receiving the sound — the physical, mental, emotional and spiritual aspects. Is the conscious intent to heal or to hurt, or is there no specific purpose at all? When we align with the purpose of the higher self or “divine will,” we become a vehicle for sacred sound. Our formula is: **Sound + Intention = Healing.**

A Sound Meditation to Increase Your JOY

- ✿ Find a quiet place where you will not be disturbed.
- ✿ Sit comfortably with the back straight and eyes gently closed.
- ✿ Focus on your breath, following the flow of air at the nostrils.
- ✿ Take a moment to ground yourself by imagining a cord of light extending downwards from your tailbone or first chakra, deep into the earth.
- ✿ Once you feel connected, bring your attention to your heart chakra at the center of your chest. Breathe into the heart.
- ✿ Now picture someone or something that gives you great JOY. Something that makes you smile when you think of it (this could be a person, pet, a place, an experience).
- ✿ Focus on this feeling of joy and visualize this joy as a light in your heart space.
- ✿ Feel this JOY begin to expand, filling the chest with light.
- ✿ On your next exhalation, chant the syllable “Haa”. Continue to breathe into the heart joy and light on the inhale, and exhale on Haa.
- ✿ Let the tone of the sound be one that feels natural to you. Feel the vibration in your heart and slowly let it expand until your JOY fills your whole body. When you feel complete, just rest in the vibration of JOY, breathing quietly.

JOY is the highest vibration, so know that you have raised your vibration to one of health, vitality and happiness. ✨



Andrea Garvey, CHHC, RYT, is a Certified Holistic Health Counselor, and a Young Living Essential Oils Executive and Educator. A former professional opera singer, Andrea loves using her intuitive voice

for healing and empowering others, and maintains a private practice in Greenlawn, NY. A yoga practitioner for over 40 years, Andrea teaches at Inner Spirit Yoga in East Northport, NY, and offers special workshops focusing on the Chakra System, EFT and Sound Healing. Follow her blog at: <http://www.breastcanceryoga.com>. Contact her at: andrea@creationsmagazine.com. Andrea and her husband Neil publish Creations Magazine (www.creationsmagazine.com). Subscribe at: creationsmagazine.com/bits/Subscribe.html

Searching for the purpose of your life?



If the question keeps coming up for you, the answer may be closer than you think.

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www.CSL-longisland.org
Sunday services at 10:30AM



Freedom to Play!

by Ellen Nalaboff
Long Island, NY

Is the joy of play becoming extinct for our children?

Are we creating a society of stressed out “mini-me’s”? Children who feel anxious, frustrated, insecure and overwhelmed? Today it appears that playtime has almost disappeared. Being a child is no longer about creating castles and imaginary worlds and being free to explore the unknown. It has become a world of seeking approval from others, over-achieving and setting long term goals. Are these goals more about the parent’s needs or the child’s?

Gone are the days of kickball, tag, and running bases in our yards. Where have all the sandboxes gone? What about the monkey bars and the play gyms in our local parks? How about forts and tree houses? Who can remember when 3:00PM meant the end of the school day and the anticipation of a few hours of play and freedom before homework? We would fly home from school, tear off our school clothes, grab our play clothes and call up our friends. It was spontaneous and without a plan. It didn’t matter what you played; if it didn’t exist you created it and that was half the fun. Play used to be simpler, more relaxed – time used to slow down and Saturdays seemed to go on forever.

Remember when summer meant lazy days and having the freedom to play for hours? We had time to catch lightning bugs, and search for lizards and frogs under rocks. We had picnics on the grass and colored pictures for hours. We had time to just be! Between schoolwork, organized sports, music lessons and dance, children are now way too busy to play. Every minute of their day has been taken up by structured lessons and responsibilities. Who does that sound like? Is this not what every adult complains about? *Children must first learn the art of curiosity, imagination, enthusiasm and joy before they can embrace the challenges that await them in the adult world.*

Play has become more structured and more sedentary. It is usually centered on electronic media. Video games played with people you never met and conversations on the Internet have created an environment where children spend a lot of time alone. Children have lost their incentive to play and entertain themselves. When children actually do play with



each other it is usually a scheduled event, programmed by adults. When adults get involved in arranging children’s play time, the very nature of play changes. Competition, structure, intentionality, organization and control take over, leaving creativity, camaraderie, freedom and choice behind. As a result children become more focused on comparing themselves to others and less on creating their own uniqueness. Too many children are expected to act like and become adults way before their childhood is over.

So much emphasis is put on academic achievement at very young ages. Recess in schools has become a thing of the past, with the idea that less time to play is more time to study. One of the fastest growing industries is tutoring, with over 30% of it dedicated to children between the ages of 2 and 6. Will learning how to subtract and add teach a child more than sitting on the sidewalk watching ants build their colonies, or laying on the grass on a summer afternoon creating images in cloud formations? Research shows that recess allows a child time to relieve stress, refresh the mind; release pent up energy, improve attention and increase interest.

Specialists in child development have said for quite some time that play is critical for child development. If you want your children to grow into strong, confident, creative young adults, you must allow them the time to play and pretend where

everything and anything is possible – to create a strong sense of how they envision the world they want to live in and the people they want to be. Playing with each other allows children to act out different roles and teaches them the social norms that they will eventually have to follow in society. It helps them to better understand people and the world around them. Without this interaction, children will become creatively rigid, their social skills will be limited and their physical wellbeing will suffer.

Through Unstructured Play Children:

- ✿ Learn how to handle the unexpected
- ✿ Discover what brings them joy and what interests them
- ✿ Learn problem solving and decision-making
- ✿ Learn to create and think on their feet
- ✿ Learn social skills and how to interact with others
- ✿ Develop leadership skills

Who wouldn’t want all of the above for their children? How much would you pay to have someone or something that could teach all of this? This incredible learning tool is available to all and it is completely free of charge. It can take place anywhere at any time, you just have to free up the time for it to happen. This incredible learning program is called PLAYING! ✨

Ellen Nalaboff, the founder of *Ellen’s Fitness & Pilates Studio* in Plainview, NY, is a certified instructor of *Spinning, Power Pilates, Beyond Barre, and SpringTone*. Ellen holds a *Black Belt in Kenpo Karate*, and is board certified by the *American Association of Drugless Practitioners* as a *Holistic Health Counselor* with accreditations through the *Institute for Integrative Nutrition* and *Columbia University Teacher’s College*. Certified by the *Chopra Center in San Diego, California*, she was recently selected by *Deepak Chopra* to be one of 800 global instructors to teach *Primordial Sound Meditation*. ellensfitness.com.

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CALENDAR

OF EVENTS

ONGOING EVENTS

MONDAYS

TRANSMISSION MEDITATION – offers an unparalleled opportunity to serve humanity in a simple yet very potent manner. By participating in this unique form of group meditation, you assist the Masters of Wisdom in the healing and transformation of the world, accelerating your own spiritual evolution in the process. 6:30PM. Call 516-791-1485 for more info and location in Valley Stream.

SHAMANIC MEDICINE WHEEL GROUP for healing and personal transformation. Meditation, drumming, journeying with Irene Siegel. 7:30pm, Huntington. Call for info and registration, (631) 547-5433, www.CenterPointCounseling.bz. (see ad p.5)

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: August 5, 19, 26, September 9, 16, 23, 30, October 14, 21, 28; 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. (See Resources)

TUESDAYS

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.

MEDITATION GROUP - Achieve Inner Peace & Understanding. Newcomers welcome: 8/13, 8/27, 9/17. 7:30 – 9:30 PM, Smithtown. Registration: 631-724-9733. www.lightawakenings7.com.

YOUR CHAKRAS - Improve Your Life. Physically, Emotionally, Mentally, Spiritually. Solar Plexus 8/6, Heart 8/20, Thymus 9/10, Throat 9/24. 7:30 – 9:30 PM, Smithtown, Registration: 631-724-9733. www.lightawakenings7.com.

HOW TO MEDITATE 5 WEEK COURSE - NOW REGISTERING: Begins 10/22. Last session in 2013. Registration: 631-724-9733. www.lightawakenings7.com.

CHAKRA COURSE - 7 SESSIONS; "Root Chakra" September 17 - 7:00PM to 9:00PM; "Sacral Chakra" October 15 - 7:00PM to 9:00PM; visit www.essentialholistics.com for further details or call Rita Wild @ 631-878-8228 to register.

WEDNESDAYS

BACH FLOWER REMEDIES LEVEL 1 VIA WEB AND HOME STUDY Learn how to use Bach flower remedies to reduce stress, fear and worry. Improve focus and well-being for yourself and others. Course approved by the Bach Centre, UK. 3 tiered training leads to practitioner registration with Bach Centre. Complete Level 1 now to attend Level 2 in NYC this fall. Open enrollment,

course materials available 24/7. Info & enrollment online www.bachflowereducation.com.

THURSDAYS

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.

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

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

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.

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.

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.

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.

LONG ISLAND SPIRITIST DOCTRINE STUDY GROUP contact@lispiristdoctrine.com (631) 578-9505 www.lispiristdoctrine.com. 2 South Main St., Sayville, NY 11782. All our services are free of charge. Allan Kardec Study Group for Adults from 5:00 to 7:00PM every Saturday. The Education of the Spirit - Classes For Children from 5:00 to 7:00PM – Classes resume September 28. Mediumship Classes begin on Sept. 21 through Nov. 30 from 2:00PM to 5:00PM.

REIKI HEALING CIRCLE, MEDITATION & REFLEXOLOGY – August 3rd and September 7th 12:45PM at Amul Yoga Studio 3018 Merrick Rd. Wantagh. August 24th and September 28th 12:45PM at Huntington Yoga & Wellness Studio 425 New York Ave. Huntington Village. Donation. Please register by contacting Anthony & Mindy. anthony@happyandhealthynow.net. 516-935-0354.

ENERGY HEALING – Reiki, Vortexhealing®, and Healing with Archangel Metatron, with Rev.

Pauline Southard at A Time for Karma, Rockville Centre. 12:30PM - 5:30PM. Fridays also. For appointment: 516-445-4242. www.karmickat.com.

SUNDAYS

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.8)

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.27)

SPECIAL EVENTS

AUGUST 9

LECTURE: "HERBS, THEY'RE MORE THAN JUST FOR COOKING" with Rev. Maria D'Andrea, MSD, D.D., DRH. Maria's Web-Site: www.mariadandrea.com. Friday, 8PM, Levittown Hall, 201 Levittown Parkway, Hicksville, NY 11801. (516)-731-0909, www.eyesoflearning.org. Members \$10 Non-Members \$15.

AUGUST 15

GEMSTONE AND CRYSTAL HEALING WORKSHOP. Thursday, 6:30PM-8:00PM. \$45 Open Space Wellness, 117 Main Street, 3rd Floor Cold Spring Harbor. Visit www.revealthelightwithin.com/Workshops.html for details. Registration required. 631-775-6012.

AUGUST 16-18

ANCIENT WISDOM RISING— A weekend of teachings, stories, ceremony to enliven your connection with nature and spirit. Gather along the banks of a sacred river to honor and learn with wisdom keepers from around the world: Sobonfu Somé (West Africa), Eliot Cowan (Huichol/Plant Spirit Medicine), Oren Lyons (Onondaga), Tom Porter (Mohawk), Eda Zavala (Peru) and more. Retreat from the city to Blue Deer Center in Margaretville, NY. ancientwisdomrising.com.

AUGUST 18

"THE POWER IS WITHIN YOU" A LOUISE HAY WORKSHOP with Dr. Maria Hughes Sunday, 1:00 to 3:15 PM, Workshop Fee \$25. We have a powerful life force within us that would dazzle us, if seen. This workshop will enable us to recognize that power, by changing how we think about ourselves, discipline our wayward thoughts and learn the five important steps to bringing our infinite power into our daily lives. Center for Spiritual Living Long Island, 17 Maple Place, Hicksville. 516-822-9314. www.csl-longisland.org.

AUGUST 20

CRYSTAL, FIRE AND FULL MOON MEDITATION Tuesday, 6:30PM - 9:00PM Middle Island, \$20 donation. Shop for crystals and charge them with Full-Moon energy! Visit www.revealthelightwithin.com/Workshops.html Registration required. 631-775-6012.

AUGUST 23

LECTURE: "RECOGNIZING METHODS OF CONTROL AND HOW TO LIVE A LIMIT FREE LIFE" with Domenick Melillo. Contact Domenick: domenick@creationispower.com. Friday, 8PM, Levittown Hall, 201 Levittown Parkway, Hicksville, NY 11801. (516)-731-0909, www.eyesoflearning.org. Members \$10 Non-Members \$15.

AUGUST 23 - 25

FREE WEEKEND BEREAVEMENT CAMP FOR CHILDREN AND TEENS ages 6–17. The COPE Foundation of New York, a grief and healing organization dedicated to helping parents and families living with the loss of a child, has partnered with The Moyer Foundation to establish Camp Erin New York City. Camp Erin® is a **FREE** camp for children and teens who are grieving the death of someone close to them. Campers participate in fun, traditional camp activities combined with grief education and emotional support, led by expert bereavement professionals and trained volunteers. Camp Erin NYC will be held at Camp Wayne in the Poconos. If you know of a child who could benefit from camp or would like to donate, please contact Ann Fuchs at Afuchs@copefoundation.org or call 914-939-5338.

AUGUST 27

ANGEL WORKSHOP - "CLARITY WITH THE ANGELS" - Mary Morningstar, Tuesday, 7:00PM to 9:00PM; visit www.essentialholistics.com for further details or call Rita Wild @ 631-878-8228 to register.

SEPTEMBER 6

LECTURE: "A PRIMER FOR ASCENSION AND LESSONS LEARNED ON THE PATH OF ENLIGHTENMENT" with Pierre Dubois. Pierre's Web-Site: www.iammonad.com, Friday, 8PM. Levittown Hall, 201 Levittown Parkway, Hicksville, NY 11801. (516)-731-0909, www.eyesoflearning.org. Members: \$10 Non-Members: \$15.

SEPTEMBER 9

GODDESS 101 FOR MEN Wednesday, 6:30PM-8:00PM. \$45 Cleansing Concepts Smithtown. Tap into your God-Goddess Wisdom; create peace, balance & focus! Visit www.revealthelightwithin.com/Workshops.html Registration required. 631-775-6012.

SEPTEMBER 14

REIKI I CERTIFICATION AND ATTUNEMENT IN THE USUI LINEAGE. Saturday, 10:00AM to 3:00PM; visit www.essentialholistics.com for further details or call Rita Wild @ 631-878-8228 to register.

SEPTEMBER 20

LECTURE: "CODES OF REALITY" with Alan Steinfeld, host and founder of the popular website and television program New Realities and NewRealities.com. Alan's Web-Site: www.newrealities.com, Friday, 8PM. Levittown Hall, 201 Levittown Parkway, Hicksville, NY 11801. (516)-731-0909, www.eyesoflearning.org. Members \$10 Non-Members \$15.

SEPTEMBER 21

AUTUMN EQUINOX RITUAL AND BARDIC NIGHT by Firelight. 8PM-11PM, 109 Brown's Road, Huntington, NY 11743. Worship with Ar nDraiocht Fein - A Druid Fellowship. Enjoy poetry, music, and dance performances, and share your own works. Suggested donations: \$12 at the door, \$9 in advance. (516) 971-5057. Email: adf-li-owner@yahoo.com.

SEPTEMBER 22

EQUINOX MAGICAL NIGHT OF HEALING SERVICE held by the Sanctuary of Peace & Harmony, Inc., Sunday at 5:30PM. Held: Ethical Humanist Society, Garden City, (631) 424-2929.

SEPTEMBER 25

EXECUTIVE COUNCIL MEETING All members are welcome to attend our monthly Eyes of Learning Executive Council Meetings (held at 6:30PM on the last Wednesday of each month) at Levittown Hall, 201 Levittown Parkway, Hicksville,

NY. Please call (516) 731-0909 to confirm that a meeting is scheduled for the month that you want to attend.

SEPTEMBER 29

OVER 50 FAIR – Part health/wellness fair, part activities/lifestyle expo for adults 50+. 80 exhibitors and 24 classes. Great products and services relevant to you! FREE: meditation sessions, energy testing, and even scooter rentals! Topics include skin care, dental implants, weight loss, travel, and computer training. Melville Marriott, 1350 Old Walt Whitman Road, Melville, 516-621-1446. 10AM–4:30PM. One low price covers it all: \$6 advance, \$8/door, free for Veterans. www.Over50Fair.com.

OCTOBER 19

MELCHIZEDEK ORDINATION - REV. DAN CHESBRO. Saturday, 12:00PM to 3:00PM; visit www.essentialholistics.com for further details or call Rita Wild @ 631-878-8228 to register.

OCTOBER 26-27

I CAN DO IT! 2-Day Conference with Louise Hay, Dr. Wayne Dyer, Kris Carr, Doreen Virtue and 12 more inspiring authors at the Javits Center. Call 800-654-5126 or visit www.hayhouse.com to reserve your spot.

UPCOMING EVENTS

BNFYoga's FALL/WINTER 200HR VINYASA YOGA TEACHER TRAINING is designed for those Yoga Students interested in deepening their own practice and for those who wish to share their love of Yoga by becoming a Yoga Teacher. Training begins Sept. 15th. www.bnfyoga.com 516-632-9626.

AWAKENING YOUR LIGHT BODY as taught by Duane Packer and Sanaya Roman will be offered beginning in the Fall with Irene Siegel, Ph.D. Please consult website for dates, times, and registration at www.CenterPointCounseling.bz. For further information call 631 547-5433.

HYPNOSIS CERTIFICATION AND TRAINING FALL 2013 – Four Fun-Filled Weekends of Deep Learning with Peter Blum, C.I., M.S.C. Certified Instructor of the Year Award winner (N.G.H.). Known for his humorous and dynamic teaching style, Peter incorporates his knowledge of NLP and Ericksonian approaches in his trainings. Learn mastery in hypnosis and communication excellence. Open to all, regardless of prior education. Center of Inner Wisdom, Hicksville, NY 11801. For registration contact Lily Rubinstein 516-681-2583, www.centerofinnerwisdom.com.

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So, Your Spiritual Awakening Has Cost You Some Friends

by Gregg Prescott, M.S.

Have you noticed a change in your relationships with other people lately? Is it sometimes difficult or awkward to talk to others about spiritual topics? Can you talk to your friends about the universe, ascension or spiritual enlightenment? Do you, at times, feel alone in your beliefs? Have you lost contact with any longtime friends recently? You are not alone!

I see a lot of people who talk the talk but are afraid to walk the walk, due to being ridiculed for their thoughts (*Groupthink*).

Groupthink is a psychological phenomenon that structures various belief systems within a group of people while discouraging individual creativity and independent thinking. Even within a group of individuals who are spiritually awakened, you will find Groupthink. I've lost some longtime friends because of this but have made many new ones. Once the ego is released, you no longer worry about conformity and peer pressure.

If you look at the recorded history of mankind, you'll find that this "history" is merely someone's interpretation of a landmark event or evolutionary process, backed by eyewitness testimonial, scientific data, video or faith. The actual truth may be hidden or distorted for many reasons, but mostly for control and power. Look no further than the origins of mankind and you'll find a plethora of creation myths from all cultures with varying dates of our existence. Who's right?

When you talk to people about the creation myth, they tend to remain inside the box with a belief system that supports religion's story of creation, which dates mankind back to 4,000 B.C. If you raise questions about our true origins, it tends to separate people and relationships between those who think outside the box versus those who think inside the box. When these topics arise within relationships, they often create dissension. *It's hard for anyone to admit they've been deceived for so long and even more difficult to admit they were possibly wrong in their assumptions.*

This is a prime example of how our educational systems keep us locked inside the box without questioning anything regarding what we've been taught. Those thinking inside the box are afraid of what others might think, so they remain complacent and subservient while conforming to what society dictates rather than relying on their own discernment and judgment.

From an ego perspective, our thoughts are basically cultivated by what we've learned from our family, friends, educational systems and religious beliefs, but what have we truly been taught? What can we say about anything that wasn't regurgitated to us by someone else? When we project an identity that conforms to how other people may perceive us versus being true to who we really are, psychology refers to that identity as the "shadow self". Some people may find out that they never knew who they were because they lived their lives through the expectations of how others perceived them.

As evidenced by past life regressions, our previous lives and soul history remain dormant in our cellular DNA and can be recalled through our subconscious minds through hypnotherapy. Within your cellular DNA are memories of being back with the Source along with all of the things you wanted to accomplish during this incarnation, as well as all of the challenges you wanted to overcome and all of the people who would lead you to where you are. This includes the people that have come and gone from your life.

Those who have begun their spiritual journeys may also be confronting these issues, which initially creates *cognitive dissonance*. Cognitive dissonance occurs when you get an uncomfortable feeling caused by holding conflicting ideas simultaneously. This is the transition period that many of us have gone through, where our beliefs have changed, yet we're unsure about relating these new ideas to our friends and family, due to fear or rejection.

As our spiritual journeys continue, we become more comfortable within our own beliefs and less concerned about how our friends and family view this awakening. This is when the ego becomes separated from the self and fear is dissolved by love. At this juncture, we begin to talk to acquaintances, as well as friends and family, about spiritual and metaphysical topics, with less regard about what they might think of us or how we may be perceived by others.



In time, spirituality will be the predominant frame of mind and it's possible that those who have strayed from us will be the first in line to ask for help in adjusting to the new paradigm.

Remember this: You are not alone! Those who truly love you will stand by you, no matter what. Those people who are no longer part of our lives have already played their role in helping us find out who we truly are. Sometimes, it takes polarity to be able to differentiate who we are and where we're going. This is where certain individuals help immensely, by providing contrast which allows us to see the differences.

Envision each awakened person across the planet holding a candle. While your individual candle may not seem like a lot of light, it greatly contributes to making

the world FULL of light and keeps us connected, no matter how far apart we may be.

Chances are, you'll end a few old relationships with people who were, at one time, very close to you, only to create new relationships with like-minded people. Forgive yourself, as well as your friends. They came into your life for a reason, a season, or a lifetime.

A Reason, Season, or Lifetime

People come into your life for a reason, a season or a lifetime. When you figure out which one it is, you will know what to do for each person.

When someone is in your life for a REASON, it is usually to meet a need you have expressed. They have come to assist you through a difficulty; to provide you with guidance and support; to aid you physically, emotionally or spiritually. They may seem like a godsend, and they are. They are there for the reason you need them to be.

Then, without any wrongdoing on your part or at an inconvenient time, this person will say or do something to bring the relationship to an end. Sometimes they die. Sometimes they walk away. Sometimes they act up and force you to take a stand. What we must realize is that our need has been met, our desire fulfilled; their work is done. The prayer you sent up has been answered and now it is time to move on.

Some people come into your life for a SEASON, because your turn has come to share, grow or learn. They bring you an experience of peace or make you laugh. They may teach you something you have never done. They usually give you an unbelievable amount of joy. Believe it. It is real. But only for a season.

LIFETIME relationships teach you lifetime lessons; things you must build upon in order to have a solid emotional foundation. Your job is to accept the lesson, love the person, and put what you have learned to use in all other relationships and areas of your life. It is said that love is blind but friendship is clairvoyant. ✨

Gregg Prescott, M.S., is the inspiring author, creator and host of www.In5d.com, a project devoted to the elevation of human consciousness. Please visit his enlightening site. Copyright In5d and Gregg Prescott, M.S.

Why Befriend Your Ex?

by Judith Rabinor
New York City

Here are some common responses from people who think befriending your ex can't work:

- "Why would I want to befriend that womanizer?"
- "After what she did to me?"
- "That liar and thief? I could never trust him again!"

While your ex may have caused you grief in the past, befriending your ex is about giving both of you another chance—not for your marriage, but for a new, post-divorce relationship.

For Your Children

Because you and your ex share children, you have created a bond that is far stronger than anything that could be broken by a signature on a divorce decree. Regardless of your custody agreement, you won't be able to excise your ex from your life forever. That's because your ex is your child's parent forever. *One of the most important and consistent research findings regarding the adjustment of children to divorce is that children who have two involved parents adjust to divorce far easier than those who do not* (Ahrns 1994; Emery 2004; Wallerstein and Blakeslee 1989). Whether you like it or not, it's best for your children to have an ongoing relationship with both you and your ex. Since you can't get your ex out of your life completely, you might as well develop the most positive relationship you can.

Avoiding the Trickle-Down Effect

Ranked as one of the top stressors in adult life, divorce is said to bring out the worst in people. Divorce often brings a series of big changes, including moving, adjusting to a new neighborhood and changed schedules, suffering a loss of income, or all of these things. When compared to children from intact families, children in adversarial divorces are at greater risk of experiencing a whole host of future psychological problems: depression, substance abuse, and school failure (Wallerstein, Lewis, and Blakeslee 2000; Wallerstein and Blakeslee 2003). Being locked into a hostile or alienated relationship with your ex is arguably the worst stressor for your children.

Children absorb parental stress. Being mindful of this trickle-down effect will help you minimize the stress of your divorce on your children. When parents divorce, children are faced with multiple changes and challenges. In addition to possibly having to move, change schools, and make new friends, children often develop acute radar regarding the stability of their environments, especially how dependable their parents will be for them.

Children Benefit When Parents Cooperate

Arguably *the number one predictor of how children of divorced parents will fare emotionally and psychologically is the degree to which their parents can cooperate and communicate* (Blau 1993). Many states mandate that divorcing parents take a "parenting apart" class to learn basic skills to help their children best survive divorce. Paramount among these skills is avoiding making negative comments about the other parent and avoiding using the child as a "messenger" between parents.

Befriending your ex is an extension of the cooperative parenting that most mental health professionals advise is in the best interest of the children.

Even if you were in a high-conflict marriage, the odds are that if you work at it, you will be able to get along as parents because, regardless of your differences and whether your ex engages in behavior that you consider to be "wrong," she can still be a parenting partner to you and an effective parent to your children.

Your ex may be a good-enough parent even if he/she was not a good-enough spouse. Your ex may be willing to collaborate with you on the child-rearing issues that arise today, tomorrow, and in the years to come. Over and over I have seen that when two former partners can cooperate around the children, over time they forge a friendship that's good for not only the children but also themselves. You may be able to access feelings of kindness, compassion, and gratitude for the person who is still your parenting partner.

For Your Own Well-Being

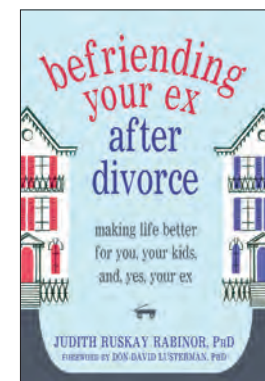
Life is precarious, and having enduring connections with others helps all of us feel more grounded and secure. Even if, right now, you are still soothing the wounds of your divorce, your ex might be able to be a compassionate co-parent and a generous collaborator. Hopefully, your ex is someone whom you once loved and who once loved you. Your ex is someone with whom you share a history, someone who may well represent one of the most enduring relationships of your life. There's no guarantee that you will re-couple, remarry, or stay remarried, but if you have children, your ex will forever be their parent and thus be in your life forever. You don't want to worry about a continuing

negative relationship with the person with whom you are likely to share many extraordinary moments in your children's lives, from graduations and marriages to grandparenthood. Remaining enemies with your ex is bad for your mental and physical health. On the other hand, the effort you put into befriending your ex can only add value to your life. ✨




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The Allergy Attachment

by William Marcus, L.C.S.W., M.H.
Glen Cove, NY

I have a cousin, Michelle, who lives in Chicago. She is quite allergic to cats. She spends a great deal of time with her Aunt Linda, who of course, has three cats.

Because she loves Aunt Linda very much, she is willing to put up with the puffy, itchy eyes and runny nose. Allergy drugs help a little, but her body has developed a tolerance to most of these, resulting in diminished effectiveness. Her aunt tries to minimize the discomfort by locking the cats away in a room – sometimes out of sight, out of mind actually works.

During my previous visits, I had discussed how relatively simple it was to cure most allergies with hypnotherapy protocols. My aunt was quite skeptical, but curious about my claim. Finally, either Aunt Linda's curiosity or little Michelle's suffering grew so strong that when I visited them at Thanksgiving, both of them asked me to explain once again the causes of allergies, and how our immune systems can get "confused" causing our body to actually attack itself with chemicals originally designed to help us fight infection and diseases.

Allergies are called "an immune disorder" for good reason. Our immune systems have two main functions. Most of us know that the first of these is to fight infections

and diseases. When pathogens (harmful viruses or bacteria) enter the body, the immune system has our glands create many powerful drugs to combat these invaders. It is scientifically accurate to say our immune system, if healthy, can create any drug you can find in the pharmacy; make the exact right dosage, and deliver to the exact location in the body without any of the adverse affects of artificial medications.

The second function of our immune system is the "house cleaning" mechanism for our bodies. When non-organic and/or nontoxic particles enter our body through breathing, drinking, or eating, this function eliminates them. Although dust, for instance, is non toxic, if left to build up in our bodies, it could become harmful. Thus, our immune systems are constantly having to decide whether a particle coming into our body is inert or a pathogen; whether or not to go to war against the invader with a host of chemicals, or just do efficient housecleaning.

If our immune system makes the wrong choice, we get the itchy eyes, runny noses, rashes etc., that we call an allergy. Why? Because we have all these chemicals going through our body to kill pathogens, but there is *nothing to fight*. An allergy is literally our body attacking itself.

My little cousin listened politely and then said, "I don't want to be allergic to Aunt Linda's cats anymore. Can you help me?" I confidently replied, "Yes, of course." I proceeded to hypnotize Michelle and then went through a very simple protocol designed specifically to eliminate her cat

allergy. The whole process took about forty-five minutes. Upon completion, I brought some cats into the room to test the results: no allergic reaction.

I cannot describe how shocked I was when Aunt Linda called me about an hour later saying that I had to return to the house immediately. Michelle was crying her eyes out, screaming that she was no longer Michelle. Without her allergy to cats she didn't think she was still the same person.

You are probably saying, "Why would anyone be crying because they no longer had an allergy that was making them miserable?" I proceeded immediately back to the house and sat down with Michelle. I told her that if she wanted her allergy to the cats to return, I would return it to her. She said, "Yes, please." In five minutes she had her allergy back – full blown, and was happy once again.

You might be thinking that this is just a rare event – that Michelle had some peculiar personality disorder that caused the acute identification with her allergy. Or maybe her allergy was a phobic response to a traumatic event that involved cats. Not so!

Perhaps another example might be helpful: When I was living in Fremont, California, the healing center I belonged to had an art show that was decorated with artificial flowers, mostly roses. The day after the show, a middle-aged lady came to visit the center. The minute she walked in she started sneezing and coughing, and broke out into a rash. She declared quite loudly that she was allergic to roses. I walked up to her and pointed out that all of the flowers, including the roses, were artificial. After touching the roses to make sure they truly were artificial, all of the allergic symptoms disappeared as if by magic.

Since then, I have hypnotized several hundred people, told them that they were in a room full of the particular substance to which they had vowed allegiance, and watched their eyes tear as they sneezed and coughed. Then I told them that they were now in a room full of clean, fresh air, and watched as all the symptoms immediately left.

So, what is going on here? Simply put, allergies are NOT caused by pollen, or ragweed, or cat dander, or any other inert physical substance. They are caused by misinformation given to our immune system by the subconscious mind. This is easily and painlessly corrected.

It's one thing not to know this information and suffer allergic symptoms – it's an entirely different matter to have this information and continue suffering. How is it we become attached to our allergies, and even defend them? I believe that we actually identify ourselves with them ... we think they are part of us, and without them we somehow become vulnerable and powerless. One client was honest enough to say that she had used her allergies for years to control others. They were a source of power for her over her environment. Are we so afraid of our environment, our world, that we get sick in order to try and control it?

In her book, *Why People Don't Heal and How They Can*, Caroline Myss writes: *So many people in the midst of a "process" of healing, I saw, are at the same time feeling stuck. They are striving to confront their wounds, valiantly working to bring meaning to terrible experiences and traumas ... But they are not healing. They have redefined their lives around their wounds and the process of accepting them.*

Could it possibly be true that our wounds have given our lives meaning, a membership card to special groups of wounded others, and we now speak a language that Ms. Myss calls, *woundology*? If you have been feeling "stuck" for a long time in your life, if you have been treating your afflictions rather than curing them and waiting for your life's purpose to show up on your doorstep and it hasn't, it is quite probable. I can tell you for certain that the allergies you have resigned yourself to treating with pills, allergists and inhalants, are not a part of your true nature and can be as easily discarded as an old tattered coat that no longer keeps you warm from the wind and cold. ✨



William Marcus, L.C.S.W., is a former naval aviator, flooring contractor, and pastor of the Center for Spiritual Living in Atascadero, California. He

has been teaching meditation and spiritual principals for over thirty years, and is a psychotherapist licensed in New York, since 1997. He maintains offices in Glen Cove and Forest Hills, NY, where he sees individuals and couples.

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The Apocalypse of Cancer

by Jesse A. Stoff, MD, HMD, FAAFP
Riverhead, NY

In 1497 the German artist Albrecht Duer created his famous woodcut, “The Apocalypse, the Four Horsemen”. The **Four Horsemen of the Apocalypse** are described in the Book of Revelation, the last book of the Bible’s New Testament. It describes a “book”, or “scroll”, in God’s right hand that is sealed with seven seals. When the first four seals are breached, four beings ride out on white, red, black, and pale horses and visit the Last Judgment upon mankind.

Our society is suffering an unprecedented scourge, in biblical proportions, of severe and chronic diseases, whereby over 50% of us will die from these illnesses. Medically, there are four biochemical processes that are common to and, at least, promote all known severe and chronic diseases as well as accelerating the aging and wrinkle process. They are; Glycation, Methylation, Oxidation, and Inflammation.

Glycation occurs when sugar binds to protein or fat molecules, in a haphazard way, impairing their ability to function. These glycated molecules accelerate diabetes, heart disease and cancer. As you might guess, *diet plays a leading role in glycation*. A diet high in refined sugar will, over time, increase the levels of protein and fat molecules that are bound to sugar. This causes the molecules to bend a little bit interfering with their ability to function thus slowing down the ability of our body to repair itself. This is one reason why people with full-fledged diabetes heal so slowly.

Methylation is a biochemical process whereby a methyl group (— CH₃) is attached to another molecule. These new molecules regulate the expression of genes in our DNA and are damaged most by *heavy metal toxins*. If the Methylation process is too high, it can suppress the suppressor genes that stop cancer. If the levels are too low then oncogenes, genes that can trigger a cancer, are activated. Here the B vitamins play a crucial role



and are to be found in whole, unprocessed foods, beans and molasses, to name a few sources. One measure of the Methylation process is the level of the amino acid Homocysteine in the blood. High levels of Homocysteine correlate with a significantly increased risk for cardio-vascular heart disease.

Oxidation reactions are commonly associated with the formation of oxides from oxygen molecules, and are a necessary process for us to get oxygen into the cells of our body. When this process goes astray from *toxin exposure*, it can lead to abnormal oxides in the blood – an example of this is lipid (fat) peroxidation. If the levels of lipid peroxides, a blood test, are too low in the blood, then some very important reactions of the immune system, like the activity of our natural killer cells that protect us from cancer, will fail to function. If the level of lipid peroxides are too high, as is usually the case, then that represents a state of toxicity that will promote many different diseases, the worst of which is cancer. Fat soluble antioxidants, Vitamins; A, D, E and K can, along with fish oil, reduce the level of lipid peroxides and help the immune system to function more effectively.

Inflammation, like the other processes, is a very sharp double-edged sword. Local inflammation is a normal, healthy response to things like splinters, trauma and infection and is necessary for the healing process. The immune system destroys cancer through a local process of inflammation. However, left unchecked, a *chronic, systemic inflammatory response from toxins, infection, or stress* will fuel many severe and chronic diseases including arthritis, heart disease and cancer. Diet again plays a leading role. A diet high in non-organic meat, sugar, alcohol, cigarettes, non-organic dairy and

wheat all promote inflammation. The problem has even attracted the attention of many famous celebrities. Oprah has a list of pro-inflammatory foods to avoid on her website, (<http://www.oprah.com/health/Dr-Perricones-List-of-Pro-Inflammatory-Foods>). How’s that for a shift in social consciousness! Systemic inflammation can also be measured with blood tests like a hs-CRP and ESR to name just two of the many available.

In varying degrees, these four processes are present to excess in all severe or chronic diseases but are most clearly evident in cancer. We must address these four issues as part of an effective management and treatment program for patients with cancer. In this regard **lifestyle and diet take center stage as a starting place to correct these biochemical processes**. The usual suspects; sleep, exercise, stress avoidance, a diet of organic foods, clean water and lots of it, while avoiding as many chemicals, toxins and heavy metals as is possible is the order of the day. Blood tests are, essentially, a way of “asking” to what extent these processes are perpetuating the disease and then point the way to the necessary therapeutic interventions. Taken together with all of the other information from biopsies, scans, prior treatment etc., we can then weave together an individualized treatment plan that maximizes the probability for a successful outcome.

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Dr. Jesse Stoff can be reached at East End Wellness Center in Riverhead, NY.
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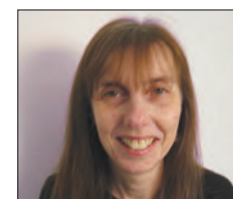
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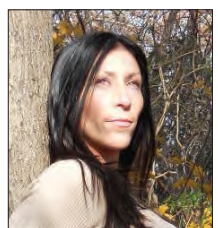
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by Salena Migeot Southampton, NY

Dear Ones,
You are exceptional
in every way. You are
being elevated to even more
exceptionality. Everything
about you is changing for
the better.

We ask you to be compassionate
with yourselves as you go through
these changes. You are being called
to re-member yourselves in all your
divine glory. *When you realize that you
are letting go of attachments to people,
pastimes, judgments, and other things
that no longer serve your highest good,
recognize that you are evolving.* You are
letting go of attachments and you are
releasing denser energies stored in your
physical, emotional, and mental bodies.
You may experience growing pains
during this process. You may revisit old
energies that attached to you at some
time and that you have long forgotten.
In order to release these energies, you
may experience some discomfort. Think
of any discomfort as growing pains. If

you experience resurgence of memories
or energy or anger around old wounds,
know that these are resurfacing so that
you can let them go once and for all.
Once released, you may still hold the
memory, but it will not have the charge it
did previously.

You may re-experience physical
discomforts that you thought you had
healed from. *Some part of you may be
holding onto the energetic imprint of these
old wounds and so in order to release
them, they must resurface.* Know it will
be short-term and it will be. If you get
caught up in the energy of being a victim,
of experiencing pain, of needing medical
attention, that is what you will manifest.
If you understand that the more you take
care of yourself and know that you can
quickly release any discomfort, you will.
We invite you to consider that this is
true for any type of symptom – physical,
emotional, mental, or energetic. Know
your body is exceptionally equipped to
self-regulate back to balance when you
allow it to without outside interference, as
long as you give it the rest and nurturance
it needs to do so. We ask you to nurture
yourselves. Take time to rest, get quality
sleep, spend quality time with loved ones,
play, meditate, take in wholesome, lovingly
prepared food, spend time in nature. If

you do all of these things, you will have
more energy, and more healing energy
available to you.

Be very mindful of your thoughts because
your thoughts can and do create your
reality. Instead of blaming anyone else for
any circumstances in your life, examine
your own thoughts. Your thoughts hold
a vibration and if you think empowering,
uplifting, inspiring thoughts, that is what
you will attract and manifest in your life.
If you think thoughts that disempower
yourself or others, or that do not reflect
the fact that you are all beloved children
of Creator, you will manifest a reality that
holds that vibration. Your mind, body,
spirit system is all part of the oneness of
you. And each one of you is a microcosm
of the universe.

You are evolving into beings that have the
capacity to live in love in every moment
with all the marvels that statement implies.
If you know and own this, you will arrive
that much quicker. When you understand
that all of humanity is transforming, you
can more keenly understand your oneness
and know that your thoughts affect the
reality of the whole. The vibration of your
thoughts are alive and live on in the etheric
field long after you have forgotten them. It
is not as though once you have forgotten
a thought, it no longer exists. **Know that
you are nurturing humanity's evolution
to a higher, more light and love-filled
existence, or postponing it through your
thoughts.** All thoughts are indicative of
a level of consciousness so be mindful of
whether your thoughts are of a higher or
lower vibration. We guarantee that when

you consciously choose to monitor your
thoughts so that they are primarily higher-
vibrational thoughts, you will experience
much more ease, joy, and flow in your lives.

When you revert to lower dimensional
thinking, know that also may be part of
your process of releasing and so let it go
as soon as possible without judgment or
fear or self-recrimination. There is no
need to question why you are thinking
something. That prolongs that way of
thinking. Let it go and know that you
are love – that is who you are, and that is
who you were born to be – regardless of
what you believe to the contrary. There
are powerful forces that have acculturated
you to believe you are less than. These
forces have lost their power and so you
will begin to see dramatic changes in your
religious, government, media, educational,
corporate, and financial systems. Know
that all of the changes are for your own
highest good and the highest good of all.
You are embarking into greater awareness
of your super-human capacities. We are
looking forward to the joyful times ahead
when you will have true knowing of who
you are and who you were born to be. ✨

*Salena Migeot is an Energy Medicine
and Reconnective Healing Practitioner.
She has been channeling the Newsletter
from the Collective of Guides at the
request of Ascended Master Saint Germain
since January 2010. For a channeling or
healing session, please visit her webpage:
youareexceptional.info or e-mail
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*Kindness is more important than wisdom,
and the recognition of this is the beginning of wisdom.*

~ Theodore Isaac Rubin

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POETRY

The Others

by Meryl Easson, Centerport, NY

Some are afraid,
That superior beings;
Light years ahead
Of all we know;
Will come,
And take over,
Our planet.

Perhaps, what we,
Should really fear;
Is not,
That they'll
Be more advanced;
But that,
They'll be,
Like us.

ETs

by Meryl Easson,
Centerport, NY

Why not
Welcome them here?

What are
We really
Afraid of?

What harm,
Could they
Possibly do,
To us;

That we
Haven't done,
To ourselves?

WHO?

by Fred Byrnes, Huntington, NY

Who knew Martin Richard eight years old
killed in a bomb blast at the 2013 Boston
Marathon? Who knew the children of Nanking?
Who knew the children of Stalingrad? Who
knew the children of London? Who knew the
children of Dresden? Who knew the children of
Korea on both sides of the 38th Parallel? Who
knew the children of Saigon? Who knew the
children of Hanoi? Who knew the children of
Irag? Who knew the children of Afghanistan?
Who knew the children of Oklahoma City? Who
made the bombs? Who sold the bombs? Who
bought the bombs? Who dropped the bombs?
Who lit the bombs? Who knew Martin Richard?



by Jacqueline Neus, Fresh Meadows, NY

Burying my head,
In a mass of silky fur,
Starts my cat purring.

SOUL SPEAK

(A map of the inner soul's journey from her own voice)

by Dr. Seena R. Axel, Plainview, NY

You know me babe! I am the voice of your soul. I only want ONE
THING now in your life. One thing's not a lot to ask ... is it?!

"No, of course not!," your generous heart would say... even before
either identifying or befriending that "one thing". So like you!

So here it is ... and there I live...

I want to ... BE LOVE!

Sixty-eight years of inhabiting your being, sharing your body, breathing
your breath.

We are One! I know how graced we've been. And I'm also the one
who shares your scar tissues of loss and despair. Together, we have
experienced love, being loved, loving, and even the beloved ... but
BEING LOVE ... now that's a noble challenge ... a soul project.

What does it mean to BE LOVE? It means having the courage to ask the
question in the first place. It means radiating love from the inside-out,
and being responsible for inner fire tending. It means fully inhabiting
the Crone Goddess you know yourself
to be, expressing the love you have in your heart to self and others,
and to keep leading your life with your thirst for joy, passion and
purposefulness. It means allowing your passions and promises to be
fulfilled and especially creating and embracing those magical moments
that take your breath away! (I know those are your personal favorites.)

It means being responsive, less reactive ... responsible, and less resentful.
It means you do the deeper work ... you take the inner journey ... you
not only get to know the truth ... you live it!

We have been journeying together, you and me, for quite a while now.
Through the ancient mists of Avalon, into the sacred priestess temples
of India, and the cavernous depths of the Mayan cenotes. You have
heard the call. You have felt the warm anointing oil on your third eye,
the peacock feather/kundalini awakening on your spine.

You are the one I've been waiting for ... the precious, initiated one. Live
the dream!
BE LOVE!

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The Vital Principle Teachings of Spirit

From the Publisher of CREATIONS MAGAZINE

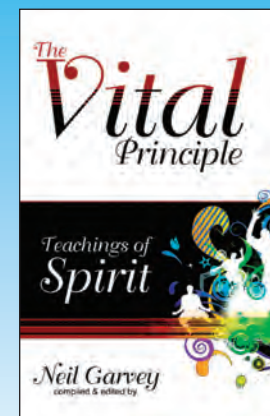
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by Mark Maxwell Abushady, NYC

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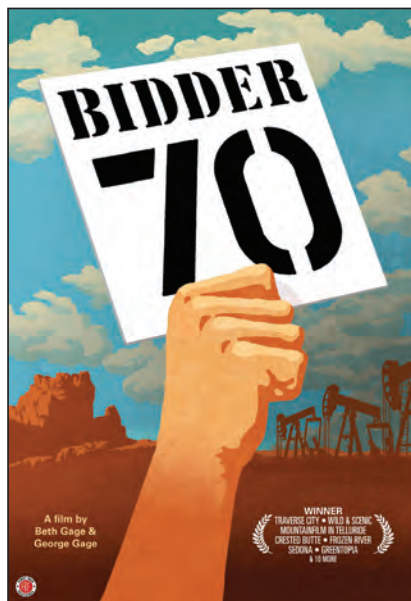
"One who breaks an unjust law must do so openly, lovingly, and with a willingness to accept the penalty."

– Martin Luther King, Jr.

So begins this film of the story of environmental activist Tim DeChristopher, who found himself in a position to bid on public land parcels opened to oil and gas development by the Bush Administration, and bid on them with no intention of developing them, thus at least delaying the development process. The area in question, part of the public lands in Utah, had been designated a "multiple use" area. However, with the decision to open the land to oil and gas development, "use" would have been narrowly focused on energy production. Roads, drill pads, holding ponds, and

pipelines would follow. That's the short story. The long story is more engaging, farther reaching, and potentially more impactful.

Tim DeChristopher is well spoken; acting and speaking from the heart. This puts him at odds with our political system, oil and gas interests, and our legal system. To these, he pays the price of several of his young years. This is understandable only to those who place the strict letter of the law over moral conscience, as the auction was declared invalid by the Obama administration before Tim's trial. However, Tim willingly serves his time, and entreats all to peaceful civil disobedience.



"At this point of unimaginable threats on the horizon, this is what hope looks like. In these times of a morally bankrupt government that has sold out its principles, this is what patriotism looks like. With countless lives on the line, this is what love looks like, and it will only grow..."

– Tim DeChristopher

During the course of waiting through the many delays for a trial, Tim visits West Virginia and the town he grew up in. There he is confronted with mountain-top removal mining of coal, and notes the poor and closing towns, and a bulldozed graveyard in an area which was supposed to revive because of the energy industry's interests there.

Tim believes that his generation hasn't had images of civil disobedience; "tangible examples of what it looks like when people take power and are committed

to changing the system." He notes that little use of civil disobedience have occurred thus far, but hopes to introduce it as a tool for change. "It's not a matter of the majority. It's a matter of conscience and conscious acts through the individual."



Mark Maxwell Abushady
is an actor, singer, designer and photographer based in New York City.
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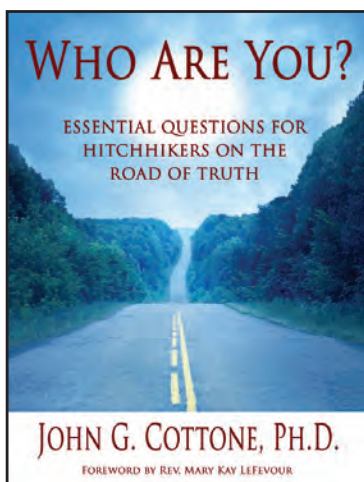
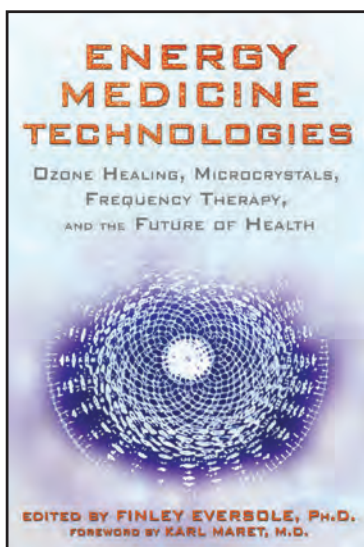
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Natural, nontoxic, inexpensive, and effective alternatives to conventional medicine exist, yet they have been suppressed

by the profit-driven medical-pharmaceutical complex. Presenting a compendium of some of the most revolutionary yet still widely unknown discoveries in health and energy medicine, *Energy Medicine Technologies* explores the use of microcrystals to harmonize the energies of body, mind, and environment; the healing effects of ozone and hydrogen peroxide therapy; ways to combat electromagnetic fields and environmental toxins; sources of disruptive energy that cause stress and health problems, including other people's negative emotions; and how to tap into healing antioxidant electrons from the Earth.

This book reveals the scientifically proven health risks of genetically modified foods – the first irreversible technology in human history with still unknown consequences. It looks at the link between industrial farming and the precipitous rise in heart disease, cancer, diabetes, and Alzheimer's over the past 100 years, providing a 10-point Low-Toxin Program to reduce your risk. It explores the cancer-curing electro-medicine of Royal Raymond Rife and its suppression by the medical establishment as well as Nobel laureate Albert Szent-Györgi's follow-up discovery of Frequency Therapy.

Offering a window into the holistic future of medicine, *Energy Medicine Technologies* shows the body not simply as a biological machine to be patched and repaired but as a living organism made up of cells dynamically linked to their inner and outer environments.



WHO ARE YOU? Essential Questions for Hitchhikers on the Road of Truth

by John G. Cottone, Ph.D.
Story Bridge Books
www.WhoAreYouCottone.wordpress.com

Who Are You is comprised of short passages and Socratic dialogues, organized around various topics of human endeavor – including politics and ethics, science, religion, psychology, metaphysics, and the search for God. This book is designed as more of a meditation reading book than a traditional self-help book. Each passage – and each question within each passage – requires time for reflection.

“Dr. Cottone, a psychotherapist, employs a deliberate style of questioning that patiently and gently spirals the reader into a deeper state of self-inquiry. Like excellent psychotherapy, the book poses essential questions, but the author does not impose his own answers on the reader.”

MEGHAN'S WORLD: The Story of One Girl's Triumph Over Sensory Processing Disorder

by Diane M. Renna
Indigo Impressions
www.meghanstriumphoverspd.com

Meghan's World is an insightful glimpse into the lives of those living with Sensory Processing Disorder (SPD). It is at once educational and inspirational. Providing a fabulous resource for parents, teachers, and therapists alike, Renna creatively and succinctly illustrates some of the challenges one may face, and at the same time, offers many tools and strategies that can be adopted to help ease some of the difficulties.

It is an important book, which teaches compassion and tolerance while

celebrating the varying traits that define people, not as handicapped or disabled, but rather unique and very, very special.

Reviewed by Erica Settino

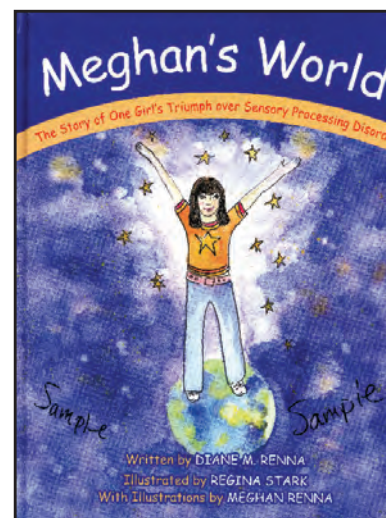
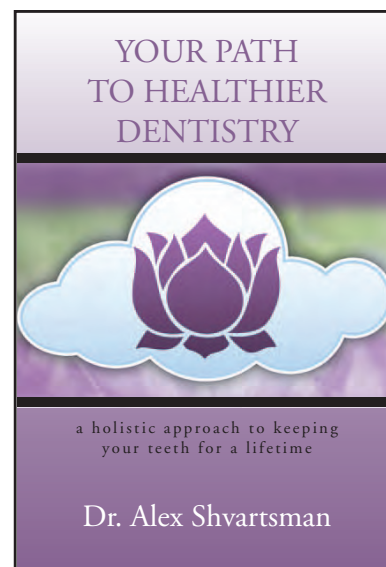
YOUR PATH TO HEALTHIER DENTISTRY: A Holistic Approach to Keeping Your Teeth for a Lifetime

by Dr. Alex Shvartsman
www.SmithtownSmiles.com

In *Your Path to Healthier Dentistry*, Dr. Alex Shvartsman utilizes his extensive experience as a dentist to help us navigate through much confusion and disinformation in the dental field. He offers valuable information to the patient, by answering questions ranging from the benefits of xylitol to the dangers of metal amalgam fillings. Research is offered to back up his claims, particularly regarding the extraordinarily powerful poison Mercury, which is a component of “silver” fillings. Studies have shown that mercury is 100 times more toxic than metals such as cadmium, lead and even arsenic.

Teeth Whitening, one of the most requested treatments in dentistry, is discussed in detail, including the facts regarding over-the-counter and “infomercial” tooth whitening products, and the benefits of tooth whitening procedures supervised in the dental office setting. Although some content may alarm the reader, Dr. Shvartsman has done his due diligence and gives a thorough description of laws and legislation that govern our dental health and wellbeing. Dr. Shvartsman has gone the extra mile to educate the public. Not many in the field of dentistry offer a truly holistic approach. In his book, Dr. Shvartsman has risen to the occasion, sharing important and quite possibly life saving information. He has chosen to move through what must be intense resistance from “established protocols” and procedures and offered valuable information to us so that we can truly make an informed choice.

(AnnMarie McCann contributed to this review).



ANIMAL CAMP: Reflections on a Decade of Love, Hope, and Veganism at Catskill Animal Sanctuary

by Kathy Stevens
Skyhorse Publishing Inc.
www.skyhorsepublishing.com

Ten years ago, author and Founder/ Executive Director of Catskill Animal Sanctuary, Kathy Stevens turned down a job offer and promotion at a prestigious charter school in order to follow her heart, and help animals. But she never really stopped teaching—at least not the things that matter most.

Animal Camp: Reflections on a Decade of Love, Hope, and Veganism at Catskill Animal Sanctuary, is an inspirational, insightful, and introspective look at one woman's mission, and how she has managed to extend her teachings of compassion and kindness for all from the classroom out into the world.

Stevens' illustrates both the joys and devastations that inevitably accompany the role of animal activist with unwavering honesty and poise. It is evident from her depictions of her life spent rescuing, rehabilitating, and loving these animals that the choice she made a decade ago was the right one. This is a book for the masses. It is an important homage to the interconnectedness of all living beings, no matter the species, no

matter the container. And if there is still any doubt, Stevens has a decade worth of experiences to share that will leave every reader feeling the love and yes, the hope.

Reviewed by Erica Settino

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