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## Do You Have a Battery in Your Mouth?

**Oral Galvanism** is a phenomenon that is rarely discussed amongst dentists today, yet as early as the 1800's it was a concern of the entire profession. "What is oral galvanism" and "is it a real problem today?" are some of the questions that will be answered in this article. **To watch a video on the subject please search the term "smithtownsmiles" on Youtube.com.**

The dental profession has been aware of the phenomenon of oral galvanism from its earliest days, when metallic restoration of teeth was the only option. Galvanism is the generation of a current. This occurs when two dissimilar metals or metal alloys are placed in an ion rich environment. What we just have described is the basic battery build. This is exactly what can happen in people's mouths when their teeth have been restored with different metals.

Common metallic dental restorations include amalgam dental fillings, metal posts and pins for teeth, metal fused to porcelain crowns and bridges, titanium dental implants and titanium alloy implant posts, metal to acrylic removable partial dentures, preformed metal crowns and baby-teeth nickel-steel crowns, orthodontic braces, wires or retainers, and oral piercings.

The electric currents and ionic flow between various dental alloys has been shown to cause problems with the nervous system. The brain generates measurable voltages in a variety of frequency ranges that control everything from our emotions to our motor skills. The galvanic effect of mixed metals in the mouth can cause voltages tens to hundreds of times greater than what the brain produces — and may cause currents and electromagnetism that interfere with the brain's electrical impulses, which control the voluntary and involuntary actions of the body, as well as the mind. In addition, oral galvanism can block the flow of energy through major acupuncture meridians, which can in turn lead to greater dysfunction throughout the body.

The production of electrical current in your mouth is an unnatural phenomenon that can have the following oral symptoms: Burning or tingling of the tongue sometimes referred as "burning mouth syndrome," mouth pain of unknown origin; metallic, salty or sour taste in the mouth, and increased salivation.

Autoimmune diseases such as oral *Lichen planus* as well as ulcers, rashes, and unresolved inflammation or irritation of the gums have been associated with oral galvanism. Oral galvanism has been implicated in systemic conditions, which may include headaches, hearing loss, ringing in the ears, vertigo, eye problems, insomnia, chronic fatigue, memory loss, and irritability due to its effects to the central nervous system.

Another consequence of oral galvanism is metal corrosion. The transfer of electrons between dissimilar metals can corrode the metals in your mouth. These oxidation byproducts can be released into the body causing further disruption in our body.

Fortunately we live in a time when good alternatives to metal-based dental restorations exist. Today metal-free versions of fillings, crowns, bridges, dentures, orthodontics, and dental implants exist. Every dental need can be addressed using non-metal options.

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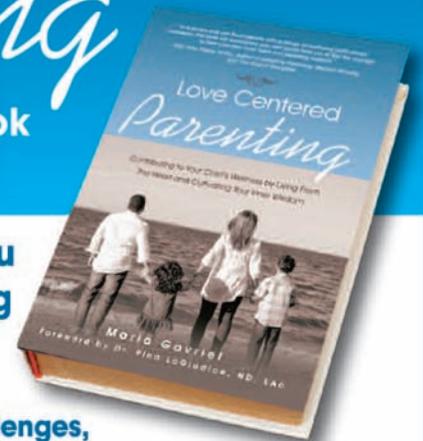
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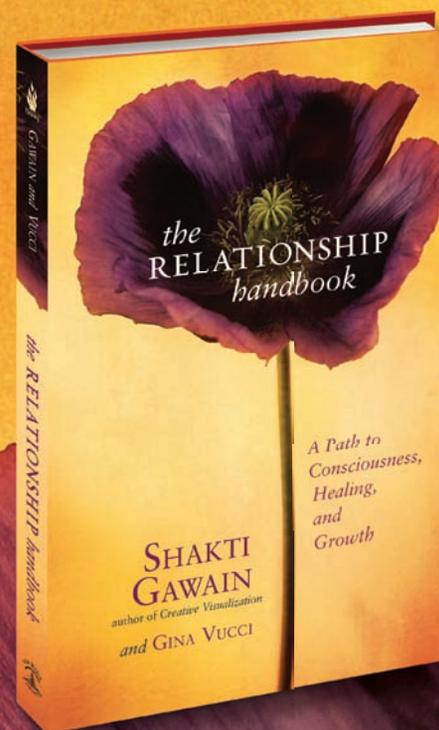
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# Talking Our Walk

FROM THE PUBLISHERS

A funny thing happened when Erica Settino, our Editor-at-large, submitted her regular column, Expanding the Circle — it became this Talking Our Walk. Andrea and I immediately recognized that Erica had captured the very essence of how we intended to lead in to our Holidays Issue — only better. Erica is more family than staff, and we collectively share the intention of “walking the talk” of spreading kindness, compassion, peace and goodwill to all life forms, during this season, and always. This is our reason for every season.

~ Neil & Andrea

It's that time of year again. That blessed time when even the busiest of those amongst us pause to reflect on those things in life that matter most. Though the distractions of material want and perceived necessity remain, you have to admit, there is something about the holidays — no matter which you celebrate — that for a large majority, brings a sense of joy. Sure all the stressors are there. And dare I say getting worse by the year. But if we're really paying attention, and if we ourselves are engaging in the true meaning of the holiday spirit, then we can notice that there is a distinct shift in the people and world around us. Words and phrases like rejoice, joy, peace on earth, and good will toward men, are everywhere. Brightly lit windows flash messages of happy holidays and good tidings. Countless children are reminded that Santa is checking his list. The menorah is lit with care — recounting a history too-often forgotten. Traditions old and new are in full swing, and to me, it's all so blissfully hopeful.

When I was younger I actually thought the holidays brought out the worst in people. I saw my family acting in what I thought was pretense and as a cynical and hurt teenager I deemed them all hypocrites. Sometimes things were rough for much of the year, and I wondered why it was expected that just because it was Christmas I would forget the reality of our everyday lives. But the truth is, I always did. And now I see that it wasn't pretense but hope, forgiveness, and the desire to start anew that led my family to come together in spite of the difficulties and try again. It was in fact, everything the holiday claims it should be.



Today, like many of you, I'm sure; I am left wondering why we let it all end on New Year's Day. The messages that we spread and receive at the holidays are at the very essence of who we are as a human race. This very real desire for peace and good will for all exists within each and every one of us.

Dr. Martin Luther King Jr. so astutely said our “reality hinges on our moral foundations.” We create our reality with every thought we think, every word we speak, and every action we take. We literally shape our world and that of those around us. If you pray for peace on the holidays, why stop there? Why not pray to foster peace for all living beings everyday? If you truly wish good will for all, why not take extra measures to ensure you aren't harming others? And why not extend your notion of others to include those who are different from you but still wanting and deserving of their own peace and happiness?

It's that time of year. The time to pause and reflect, the time to consider others in ways you may not have before. The time when we realize that our very own happiness is intertwined with the happiness of all living beings — human and non-human alike. It's nothing we don't already know. But it's the reminder we need to come back to our hope, to forgive and be forgiven and to begin again.

*Erica Settino is the Editor-at-large of Creations Magazine and a long-time writer, yoga teacher and animal activist. Through her teaching, writing, and nonprofit organization, Karuna For Animals: Compassion In Action, Inc., she works to promote compassion, non-violence, and kindness for all living beings. Information about Erica and her yoga classes: [www.yogaturtle.net](http://www.yogaturtle.net).*

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# Embrace All Aspects of the Self

by Sara Chetkin  
Lily Dale, NY

**M**any of us consider ourselves to be on a spiritual path.

We idolize teachers. We attend seminars. We study Buddhism or Yogic traditions. We try our hand at mysticism. We learn about guides and past lives, about energy work and manifestation. Maybe we recite affirmations or practice Ho'oponopono. Whatever it is we do to enrich this area of our lives, we always want to make sure that it is producing a desired outcome.

For example, has your spirituality lead you to be more honest with yourself? Are you digging deep within and uncovering the untoward, the hidden, the "dark" side? Because if you are not getting in there and taking a good, honest look at your own agendas and negative belief systems, all of the guides, past life regressions, readings, healing sessions and weekend retreats won't do a thing. Sure, you'll feel a nice high for a few days, maybe even a week, but if you haven't done the real work, inevitably you will crash.

In embracing a spiritual life, it is paramount that we embrace all aspects of the self. In order to progress, we must become brutally honest explorers of the inner world, and look to ourselves without blinders, gathering the courage to forgive and to heal. Until you lay bare your *entire* being, the beautiful along with the imperfect, you will never fully experience your true nature. We are too distracted by the trappings of the personality to look beyond it, but if you develop your spiritual life around the idea that you must know yourself at any cost, you will soon experience the inconsistency and the unreliability of the personality. You will prove to yourself how treacherous it is, and you will begin to turn from it and look for reconnection to the true you, the God-force contained within you. Our interest in this powerful force, this other part of us, will grow as our interest in our thoughts and feelings (our personalities) wanes. When we come to this threshold, something marvelous can happen, but first let's discuss this bigger part of us.

Here's the thing. We are pure consciousness. **At every moment, the universal energy we call God is coursing through us all.** We are all blossoming out of this life force. It is us: inseparable from us. We do not consciously experience this phenomenon because we have strayed ever so far and ever so deeply into the maze of self-awareness (think Garden of Eden and the tree of knowledge). Eve didn't wake up;

she and Adam (i.e. you and me) fell into a forgetful state. We separated out of the oneness and "awoke" into duality. Now we are self-aware. We believe we exist as individuals, and so we feel separate from God. Unfortunately, feeling separate from God tends to bring about some self-image issues. Thus, we're in the midst of a worldwide inferiority complex, and we've devised many elaborate and beautiful schemes to belie our perceived inferiority. We're like two year olds trying to get God's attention: "Look at me, look at me! See how powerful I am? See how beautiful I can be, and how good and kind and talented, too!?"

The problem is God's not listening ... because *there is no God*. Not like that anyway. There's no being separate from us that lords over us, watching our every



move. God is just consciousness: non-judgmental, unbiased, omnipresent and infinite. Joseph P. Whittel describes it well: God is an "impersonal power, everywhere present, manifesting as life, through all forms of organized matter." We are all expressions of this impersonal power.

The reason it feels so good to get in touch with this incredible energy is not that it is so loving and embracing. It feels good because we are reconnecting with ourselves. That's *your* love you're feeling. That's *your* power you are kneeling before. It's *you!* **Yes, you are awesomely powerful, loving, forgiving, infinite and divine.** If you want to experience that Self more often, then you have to stop focusing on being spiritual – whatever that means these days - and start working on mirroring yourself in a passionate and all encompassing exploration of self. At first, it will be beautiful and very healing. You will feel incredible highs and you will confront unfathomable lows. It will be a true journey of self-discovery. As you learn to

take responsibility for your thoughts and feelings, you will enjoy a strong sense of empowerment. You will start to appreciate the brilliant organization of life.

However, the reason I said "mire yourself" is that this kind of exploration should eventually leave you so confused and so utterly frustrated with the endless flow of your thoughts and the silliness of your many feelings that you will naturally begin to ask yourself what is the point to all of this digging? Is it leading anywhere? You will begin to wonder why you cannot finally heal it all. Where is the end to all of your negativity? You have less of it now. You have a deeper understanding of it, but it seems endless. And it is! It's endless because you are still in a dualistic mindset. There is good and there is bad in endless and equal proportion.

different from others but for the things that connect you. You will long for a daily experience of that sublime joy that comes from reconnecting to yourself. You will want to feel this joy in your relationships, too. So, you will begin searching for the common energy that flows through all of us. Now you are on your way to living a life of wakefulness and remembrance, seeing beyond the veil of your own faulty perceptions.

This is true spirituality. First, *know thyself*. Then come full circle and reconcile the experience of separation with the truth of non-duality. We can bring together these opposing ideas and create a new understanding of ourselves. We can enjoy the many, while maintaining full awareness of the one.

To begin this path, seek teachers that encourage self-exploration. Seek classes that draw your attention inward. Stay grounded and vow to uncover and heal the most hidden parts of your psyche. This is the fastest way to understanding. *Enlightenment begins and ends with you.* No one else can get you there. So, let every step on the path be toward your true nature, the God within you. Do not stray from that path, and you'll avoid a whole lot of silliness and missteps. *The answers are within you.* All you need to do is look. Be honest. Be fearless. Be willing to take full responsibility for your thoughts and feelings (heck, for everything around you!), and you will go far. ✧

When Sara Chetkin was 15, she was diagnosed with severe scoliosis, and spent much of the next 15 years traveling around the world seeking healing and spiritual insight. These travels and explorations are the basis for her first book, **The Healing Curve: A Catalyst to Consciousness**. Sara pursued an education in herbal medicine as well as in spiritual studies and in 2007, earned a Master of Science in Acupuncture and Oriental medicine. She is also a Ro-hun therapist and an Ordained Minister and lives with her husband and son. Sara's book is available on Amazon.com, BN.com, and bookstores everywhere.

If you are truly on a journey, you will want to progress even beyond this stage of self-knowing. That sense of empowerment I spoke of is a plateau – a good one, but a plateau nonetheless. At this point, perhaps out of sheer desperation, you will begin searching not for the things that make you

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# The Pythagorean Principle

by Will Tuttle, Ph.D.  
Hidden Valley, CA

*As long as men massacre animals, they will kill each other. Indeed, he who sows the seeds of murder and pain cannot reap joy and love.*  
Pythagoras

Over two thousand years ago in ancient Greece, the need for a positive revolution based on compassion for animals was clearly understood and articulated by Pythagoras. Recognized today as a genius whose discoveries are still of critical importance, Pythagoras remains an enigma, with some of his insights eagerly received and used and others ignored.

His theorems laid essential foundations in mathematics and geometry and made pos-

sible subsequent progress in architecture, design, construction, cartography, navigation, and astronomy. Pythagoras and his students also discovered and applied the principles of harmonics that underlie vibrational tone intervals, so Pythagoras is credited with establishing the seven-tone scale on which Western music is founded, with its mathematically precise vibrational relationships.

In all these areas our culture has zealously taken and benefited from Pythagoras' genius, but the underlying principle that he taught and lived by—compassion for all life—has been much harder for us to accept. His unequivocal teaching that our happiness depends on treating animals with kindness inspired Plato, Plutarch, Plotinus, the Gnostics, and the early fathers of the Christian church, and until 1850, when the word “vegetarian” was coined, anyone who refrained from eating animals was called a “Pythagorean.” The principle he proclaimed, that we can never reap joy and love while sowing seeds of pain and death in our treatment of animals, haunts us today.

Two thousand years after Pythagoras came the great Leonardo da Vinci, another genius whose art and discoveries helped usher in the Renaissance. Again our cul-



ture ignored his prescient words about the dire consequences of our meals: “I have from an early age abjured the use of meat, and the time will come when men will look upon the murder of animals as they now look upon the murder of men.” With Albert Einstein, who wrote, “Nothing will benefit human health and increase chances for survival of life on Earth as much as the evolution to a vegetarian diet,” and Mahatma Gandhi, George Bernard Shaw, Emily Dickinson, Albert Schweitzer, and others, it has been the same—we gladly take their gifts except where they break the “herding culture” taboo and challenge the sacred cow of eating animal foods.

## THE VEGAN REVOLUTION

The core values of the old herding culture still define our culture, as does its main ritual, eating commodified animals. Our deep urge to evolve to a more spiritually mature level of understanding and living, and to create a social order that promotes more justice, peace, freedom, health, sanity, prosperity, sustainability, and happiness, absolutely requires us to stop viewing animals as food objects to be consumed and to shift to a plant-based way of eating. This would bless us enormously, liberating us from routinely practicing, denying, and projecting violence, and would help us cultivate equality and loving-kindness in our relationships as well as develop our capacity for inner serenity. By sowing and nurturing

seeds of inclusiveness and sensitivity, we can reap an understanding of our interconnectedness and an ability to live in peace. This means doing a lot of inner weeding, because the herding culture into which we have been born has sown in us the seeds of competitiveness, hubris, anxiety, and disconnectedness. By viewing animals and people as *Thous* rather than as *Its*, and by cultivating awareness and compassion, we can nurture within us the seeds of cooperation and caring. We are blessed by blessing others; by using or excluding others or seeking to control or dominate them, we become enmeshed in suffering and further enslaved to the illusion of separateness, which is the herding culture's fundamental orientation.

When we cultivate mindful awareness of the consequences of our food choices and conscientiously adopt a plant-based way of eating, refusing to participate in the domination of animals and the dulling of awareness this requires, we make a profound statement that both flows from and reinforces our ability to make connections. We become a force of sensitivity, healing, and compassion. We become a revolution of one, contributing to the foundation of a new world with every meal we eat. As we share our ideas with others, we promote what may be the most uplifting and healing revolution our culture has ever experienced.

In fact, when we speak of the various revolutions that have supposedly trans-

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formed our culture, such as the Industrial Revolution, the Scientific Revolution, and the Information-Communications Revolution, we are missing the bigger picture. None of these are actually revolutions at all, for they've all taken place entirely within the context of a culture of commodification, exploitation, and domination. These "revolutions" have not changed these underlying cultural values; if anything, they have further reinforced them! A true revolution must be far more fundamental than these.

**The revolution that is demanded by our yearning for peace, freedom, and happiness must provide a new foundation for our culture, moving it away from its herding values of oppression and disconnectedness toward the post-herding values of respect, kindness, equality, sensitivity, and connectedness.** Above all, this revolution must change our relationship to our meals—our most practiced rituals—and to our food, our most powerful inner and outer symbol.

There is no action that more profoundly, radically, and positively embraces these revolutionary changes than adopting a plant-based diet for ethical reasons. There is no action more subversive to the established herding order than cultivating awareness in order to transcend the view that animals are mere commodities.

We are waking up from the bad dream of commodifying and preying on animals. The revolution of compassion that is growing in our consciousness and culture requires that we stop eating animals not just for self-oriented health or economic reasons, but also from our hearts, out of caring for the animals, humans, and vast web of interconnected lives that are

harmed and destroyed by animal-based meals. The word that sums up this underlying ethic and motivation is *vegan*, coined in 1944 in England by Donald Watson. Watson was dissatisfied with the word "vegetarian" because it does not account for motivation and refers only to the exclusion of animal flesh from the diet. He took the first three and last two letters of that word, but wanted it pronounced completely differently, "vee-gn," to emphasize its revolutionary import. Its definition in the Articles of Association of the Vegan Society in England reads,

*Veganism denotes a philosophy and way of living which seeks to exclude—as far as is possible and practical—all forms of exploitation of, and cruelty to, animals for food, clothing, or any other purpose; and by extension, promotes the development and use of animal-free alternatives for the benefit of humans, animals, and the environment.*

The word "vegan," newer and more challenging than "vegetarian" because it includes every sentient being in its circle of concern and addresses all forms of unnecessary cruelty from an essentially ethical perspective, with a motivation of compassion rather than health or purity, points to an ancient idea that has been articulated for many centuries, especially in the world's spiritual traditions. It indicates a mentality of expansive inclusiveness and is able to embrace science and virtually all religions because it is a manifestation of the yearning for universal peace, justice, wisdom, and freedom.

The contemporary vegan movement is founded on loving-kindness and mindfulness of our effects on others. It is revolutionary because it transcends and renounces the violent core of the herding

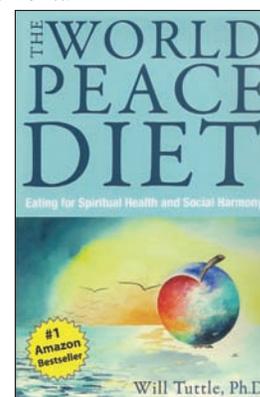
culture in which we live. It is founded on living the truth of interconnectedness and thereby consciously minimizing the suffering we impose on animals, humans, and biosystems; it frees us *all* from the slavery of becoming mere commodities. It signifies the birth of a new consciousness, the resurrection of intelligence and compassion, and the basic rejection of cruelty and domination. It is our only real hope for the future of our species because it addresses the cause rather than being concerned merely with effects. From this new consciousness we can accomplish virtually anything; it represents the fundamental positive personal and cultural transformation that we yearn for, and it requires that we change something basic: our eating habits.

It's funny how we want transformation without having to change! Yet the fundamental transformation called for today requires the most fundamental change—a change in our relationship to food and to animals, which will cause a change in our behavior. To some, simply becoming vegan looks like a superficial step—can something so simple really change us? Yes! Given the power of childhood programming and of our culture's inertia and insensitivity to violence against animals, authentically becoming a committed vegan can only be the result of a genuine spiritual breakthrough. This breakthrough is the fruit of ripening and effort; however, it is not the end but the beginning of further spiritual and moral development. Veganism is still exceedingly rare even

among people who consider themselves spiritual aspirants because the forces of early social conditioning are so difficult to transform. We are called to this, nevertheless; otherwise our culture will accomplish nothing but further devastation and eventual suicide. ✧

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**Dr. Will Tuttle**, author, educator, musician, and activist, has lectured and performed widely throughout North America and internationally. Author of the acclaimed Amazon #1 best-seller **The World Peace Diet**, translated and published in over a dozen languages worldwide, he is a recipient of the Peace Abbey's Courage of Conscience Award, and is the creator of several wellness and advocacy training programs, as well as co-creator of the largest online vegan event in history. The editor of a recent book, *Circles of Compassion: Connecting Issues of Justice*, he is a frequent radio, television, and online presenter and writer. His Ph.D. from the University of California, Berkeley, focused on educating intuition and altruism in adults, and he has taught college courses in creativity, humanities, mythology, religion, and philosophy. A former Zen monk and Dharma Master in the Korean Zen tradition, he has created eight CD albums of uplifting original piano music. A vegan since 1980, he travels with his spouse Madeleine in their solar-powered RV, presenting lectures, retreats, workshops, and concerts throughout North America.



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# Changing the Game Play

by Kingsley L. Dennis  
Andalusia, Spain

*“Seek wisdom while you have the strength, or you may lose strength without gaining wisdom.”*

Ancient saying

There is a story that is told about a wandering stranger who once stopped a king in the street. Furious, the king shouted, “How dare you, a man of little worth, interrupt the progress of your sovereign?”

The stranger answered: Can you truly be a sovereign if you cannot even fill my begging bowl? And he held out his bowl to the king. In wishing to show his generosity to the crowd that had now assembled, the king ordered that the stranger’s begging bowl be filled with gold. But no sooner did the bowl appear to be full of gold coins than they disappeared and the bowl seemed empty once again. Sack after sack of gold coins was brought, and still the begging bowl devoured them all. “Stop,” screamed the king, “This trick of yours is emptying my treasury!” “Perhaps to you I am emptying your treasury,” said the stranger, “but to others I am merely illustrating a truth.” “And what truth is this?” asked the king.

“The truth is that the bowl is the desires of humankind, and the gold is what humanity is given. There is no end to humanity’s capacity to devour, without being in any way changed. See, the bowl has eaten nearly all your wealth, but it is still an empty piece of carved old wood, which has not partaken of the nature of gold in any respect.”

What this tale illustrates is that **many of our old ways of doing things are devouring both the world and our own sense of worth, without producing real change within us.** Observing our current epoch, with its varied ideological and political

the bleak diagnosis and shock are followed by a courageous renewal.

Perhaps ours is a world with a flower in its mouth... as we move through the transition and its associated initiatory impacts.



conflict, mental conditioning and strife among peoples and nations, it appears that our collective body is in a state of global psychosis. Nothing short of a global revelatory experience, or epiphany, is required.

For the past several thousand years at least the human race has defined itself through crisis and calamity, struggle and greed. We have recently crammed ourselves into *conurbations* – densely-packed city spaces where daily we pass thousands of people, with tens of thousands more living within a few minutes’ travel of where we are, and yet we each act independently, unaware of our intrinsic interdependence. Psychologically we are separated, feeling alone, whilst our inherent connectedness lies under our skin and all around us.

In a play by Luigi Pirandello – *The Man with a Flower in his Mouth* – a man emerges from a doctor’s surgery with a fatal diagnosis; with this knowledge of impending death the man’s world suddenly changes and every small thing has significance. He undergoes a conversion of consciousness:

Maybe we are facing an historic episode of rebalancing on an epic scale, signaled by spiraling unrest in the collective consciousness of humanity. That we have no cultural memory of having encountered such an epochal transition before, places us in frightening new territory.

As Richard Tarnas says: “Perhaps we, as a civilization and a species, are undergoing a rite of passage of the most epochal and profound kind, acted out on the stage of history with, as it were, the cosmos itself as the tribal matrix of the initiatory drama.”

Any society or civilization which makes the material world its sole pursuit and object of concern cannot but decline in the long run. That is why the game play needs to change, and why the current generations have a responsibility to be a part of this constructive change. For us to evolve as a species and as a planetary civilization we need to co-exist with the Earth’s systems and to understand those laws that are in harmony with a long-term future. This may be the only way toward advancing the evolution of the human being; and it is common sense too. The famous British historian Arnold Toynbee claimed that civilizations emerge and evolve when they are governed by a creative minority that inspires the people. In turn, civilizations enter

decline when the dominant minority fails to inspire the rest of its people and prefers to follow a status quo of power rule. This begs the question – are we being inspired?

Or rather, can we be inspired to become the very social agents of change?

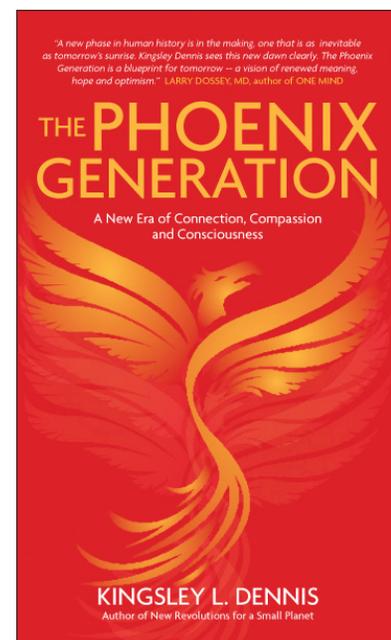
Social agents of change are those people in every society who are not afraid to break away from the norms of social conditioning and to think for themselves. The awakened individual is now required more than ever, so that conscious thinking and conscious behavior can co-create a way forward, through the morass that surrounds us. The rising change has already begun – and we need to take notice of this shifting ground.

The bottom line is that we need to accept that there is the possibility for self-development – work on ourselves – that in turn has an impact upon the grander developmental cycle of civilization. *We need to recognize that we often live our lives within a distracting social milieu, and how it is crucial we align ourselves with those positive ideas that reflect our capacities and strengths.* In other words, to feel empowered and not powerless, to possess an inner confidence that allows us to work in our external environments in the ways most appropriate. It is time to stop playing their funny games, and to begin taking responsibility for our own minds and actions. It is time to become the new wave of change agents upon the planet. ✨

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*Kingsley L. Dennis, PhD, is a sociologist, researcher, and writer. He is the author of several critically acclaimed books including New Consciousness for a New World; New Revolutions for a Small Planet; After the Car; and the celebrated Dawn of the Akashic Age*

*(with Ervin Laszlo). He previously worked in the Sociology Department at Lancaster University, UK. Kingsley is the author of numerous articles on social futures, technology and new media communications, global affairs, and conscious evolution.*



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# Tellers of a New Tale

by Alan Cohen, Kapaau, HI

When I go to the local bank I always enjoy seeing a teller named Emily, a delightful retired elementary school teacher with a kind word for everyone. One morning while I was making a deposit at Emily's window, the shrieking siren of a passing emergency vehicle pierced the bank. "That's the first one today," Emily noted. "You count them?" I asked her. "I always say a prayer as they go by," she answered.

I was touched by Emily's use of the emergency. For many of us, a siren is an annoyance. Or we shrivel to think that someone might be hurt or in trouble. But Emily uses emergencies to practice healing. She is not just a bank teller. She is a teller of blessing.

I used to complain about the news, which is so often negative. Then I heard Michael Beckwith mention that he considers the news to be his prayer list. Hmmm. Is the news something to worry about, or is it a platform upon which to practice holding a higher vision?

New York philanthropist Milton Petrie scanned the newspaper every morning to see whom he could help. One day he read about a beautiful young model who had been viciously attacked by thugs hired by the boyfriend she had left. The article showed heart-rending photographs of three long hideous scars that ran the length of both cheeks and her forehead; hundreds of stitches were required to put her face back together. A Venus had become a Frankenstein.

Moved by the girl's plight, Mr. Petrie called the model to his office and told her that he would give her twenty thousand dollars a year for the rest of her life. Thrilled to receive such kindness in the wake of her anguish, she had numerous surgeries that restored her skin and beauty to near-perfection. As I watched her being interviewed on television, I noticed an additional glow not obvious in her pre-attack model photos. She had been the recipient of grace.

I saw a documentary about cosmetic surgeons who donated their services to help people who had become disfigured, primarily women who had

been beaten. In each case there was a moment when the doctor removed the bandages, and the woman looked in the mirror to see her new face for the first time. All the recipients burst into tears. A few hours of the surgeons' time led to a lifetime of better for their patients. These doctors were tellers of a new tale.

*A Course in Miracles* teaches that **every act is either an expression of love or a call for love.** All antisocial or aberrant behavior is a call for love. We do not heal by punishment. We heal by validation. In a certain African tribe, when a person commits a crime, that person is not punished. Instead, he or she is called to the center of the circle of tribespeople, where everyone chants that person's unique song to him or her. The tribe realizes that the cure for social ills is not chastisement. It is connection to self, community, and spirit.

Business also has a new tale, if we are willing to tell it. Two basic attitudes underlie all business transactions: (1) *What can I get?* or (2) *How can I help?* Ultimately only the attitude of service will be rewarding. My mentor Carla Gordan coached many people by telephone. One day while visiting her home I saw the phone she used for coaching. On the back of the handset she had taped a small reminder note to herself. It said, "*How can I help?*"

Many people are suffering in the world as we know it. Ian Maclaren said, "Be kind, for everyone you meet is fighting a hard battle." Sometimes even apparently happy people are struggling with issues you don't see. So ultimately kindness, not intellectual prowess, financial stability, or worldly power is the most valuable resource. Abraham Joshua Heschel said, "When I

was young, I used to admire intelligent people; as I grow older, I admire kind people."

I used to think that people who advertised themselves as gurus, healers, teachers, and enlightened beings were the great souls on earth. As I grow in experience, I consider people who demonstrate kindness to be the most advanced souls. Waitresses, chambermaids, van drivers, and custodians are among the holiest people I know. They care about making the world a better place more than what they can get for themselves. Helping others brings them greater reward than acquiring more stuff or becoming enlightened. Many of these hidden saints have never attended a self-improvement seminar, but they improve

the lives of everyone they touch by being present with them. Albert Schweitzer said, "...the only ones among you who will be really happy are those who will have sought and found how to serve."

Life is not a series of opportunities to get somewhere. Life is a series of opportunities to *be* somewhere. Difficulties are not oppressions from a dark source. They are invitations to be a light source. Bank teller Emily has more change to offer than I can count. ✧

Alan Cohen is the author of **Enough Already: The Power of Radical Contentment.** If you would like to become a professional life coach or incorporate life coaching skills in your career or personal life, join Alan's celebrated Life Coach Training



Program beginning in September. For more information about this program, Alan's books, free daily inspirational quotes, and his weekly radio show, visit [www.alancohen.com](http://www.alancohen.com), email [info@alancohen.com](mailto:info@alancohen.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](http://www.CenterPointCounseling.bz).

**A CIRCLE OF WOMEN** presented by **Moonfire and The Women's Ways Mystery School** gathers monthly. Celebrating the sacred in every woman since 1990. Now in ISLIP TERRACE, SOUTHAMPTON, NYC, Chappaqua, NJ, CT, NH, MA. 631-287-9000, [www.MoonfireMeetingHouse.com](http://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: December 1, 8, 15, 29 • January 5, 12, 2015; Location: Skyline Hotel, 725 Tenth Ave. at 49th Street, Penthouse Ballroom; Fee: \$20. Call 908-479-6034 or visit [www.TransformationMadeEasy.com/Mondays](http://www.TransformationMadeEasy.com/Mondays) to pre-register. Walk-ins welcome.

**REIKI HEALING CIRCLE**, 2nd Monday of every month, 7:30 to 8:30PM, Love Offering, Contact Elena Calderaro, RMT, 631-339-3726. Center for Spiritual Living Long Island, 17 Maple Place, Hicksville. 516-822-9314. [www.csl-longisland.org](http://www.csl-longisland.org).

**LONG ISLAND MEDITATION MEET-UP**– Come experience the benefits of this powerful group meditation. Visit: [LongIslandMeditation.com](http://LongIslandMeditation.com) to pre-register. 7:30PM, 188 Merrick Road, Merrick.

### TUESDAYS

**EXPLORE YOUR CHAKRAS** with Dr. Carrie McDermott (7 sessions, starts 12/2) from 6:30 - 8:30PM on the 1st and 3rd Tuesday of each month. Please visit [www.laughstrom.com](http://www.laughstrom.com) to register (Visa and Master cards accepted).

**REIKI MEDITATION AND HEALING CIRCLE** from 6:30 - 8:00PM on the 2nd and 4th Tuesday of each month with Dr. Carrie McDermott. Please email [carrie@laughstrom.com](mailto:carrie@laughstrom.com) to register.

**SPIRITUALITY CLASSES ON VARIOUS TOPICS** given by Dr. Rev. Lucille Rosen and Rev. JoAnn Barrett. 7-9:00PM in Melville. 631-265-3822. Please visit [GatheringofLight.org](http://GatheringofLight.org) for details.

**SIX DEGREES OF SELF DISCOVERY** Learn, Experience, Improve Past Life Regression, Stress Reduction, Focus/Concentration, Intuition Talents and your Soul's Purpose with hypo-energy healer Saba Hocek. Edgar Cayce NYC, 1/13/15 - 2/17/15. 7-9PM. \$25 each or 6@100. 917-658-1660, [SelfEmpoweredMinds.com](http://SelfEmpoweredMinds.com).

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

**5RHYTHMS® - DANCE - MOVING MEDITATION** A fun workout for Body, Mind, and Soul. No choreography, no steps to learn. Perfect for any body type. 7:30PM at Long Island Center for Yoga, Babylon. Please see <http://5RhythmsLongIsland.com> for complete and up-to-date schedule.

**HOW TO MEDITATE ~ 5 WEEK COURSE CLASS V** – 12/9. Registrants and Make Ups. 631-724-9733, [www.lightawakenings7.com](http://www.lightawakenings7.com).

**MEDITATION GROUP**– 12/2/14, 12/16/14, 1/6/15, 1/27/15. 7:30 – 9:30PM, Smithtown. Registration: 631-724-9733. [www.lightawakenings7.com](http://www.lightawakenings7.com).

**PSYCHIC DEVELOPMENT GROUP**– 1/20 Automatic Writing I, 7:30 – 9:30PM, Smithtown. Registration: 631-724-9733. [www.lightawakenings7.com](http://www.lightawakenings7.com).

**THE 9 DIMENSIONS OF CONSCIOUSNESS, NEW!** REGISTRATION: Begins 1/27/15 Reserve now! SERIES Begins 2/24/15 Limited Seating. 7:30 – 9:30PM, Smithtown. Registration: 631-724-9733. [www.lightawakenings7.com](http://www.lightawakenings7.com).

**CHAKRA COURSE:** Essential Holistics, Manorville. 7:00 to 9:00PM. Heart December 2, Throat, January 6. Call Rita @ 631.878.8228 to register.

**THE EVOLUTION OF SPIRITUALITY WORKSHOP** Learn the direction human spirituality is taking. Discover the wonder of a heart centered unity consciousness. Dec 2 and 9, 7PM at 95 Old Country Rd. Melville, \$25. Email [RevJoAB@aol.com](mailto:RevJoAB@aol.com) for more info.

### THURSDAYS

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

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

**JAHN GUARINO WILL BE TEACHING HER FEARLESS WATERCOLOR TECHNIQUES** at the Art League of Long Island. Learn to trust your instincts with color, and allow blossoms, drips and splatters to work for you. Plan to have fun and lose your anxiety of watercolors - hold onto whites, increase contrast and fill your painting with color. 631.462.5400 [www.artleagueli.org](http://www.artleagueli.org).

### FRIDAYS

**CHAKRA COURSE:** Vitalize Vitamins, West Islip. 7:00 to 9:00PM, Heart December 5, Throat, January 9. Call Rita @ 631.878.8228 to register.

**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](http://www.MoonfireMeetingHouse.com).

### SATURDAYS

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

**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](http://www.karmickat.com).

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

**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](http://www.karmickat.com).

**INTERSPIRITUALITY CLASS EXPLORING THE TAO TE CHING** and how it can support your unique spiritual path. Dec 13, 20 & 27, 7PM at 95 Old Country Rd. Melville \$25 Call GOL to register 631-265-3822

### SUNDAYS

**THE TEMPLE OF METAPHYSICAL SCIENCE, NSAC**— Come join us in our search for Spirituality & Inner Peace. The American Legion Building, Baker Street & S. Ocean Ave., Patchogue. Healing & Service: 11AM. (800) 316-1231. (See ad p.9)

**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](http://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.6)

**WAY OF THE ILLUMINATED WARRIOR** - A men's empowerment and Rites of Passage program. Ancient rituals combined with modern practicality. Contact Waska for more information 631 366-2100. [www.IlluminatedWarrior.com](http://www.IlluminatedWarrior.com).

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

**CHANT & MEDITATION:** Essential Holistics, Manorville. 11:00AM to 12:30PM, December 7 and January 11. Call Rita @ 631.878.8228 to register.

## SPECIAL EVENTS

### DECEMBER 6

**ONENESS BLESSING AND RELATIONSHIP WORKSHOP** given by Primatee Mosodeen. A mystical experiential to facilitate healing for all your relationships. 12 noon at 95 Old Country Rd. Melville \$30pp. Call GOL to register 631-265-3822.

**THE HEART CHAKRA MATRIX AND THE EMISSARIES OF LIGHT: A Sound Healing Workshop with ANDREA GARVEY and ROGER ANSANELLI** - Using the first three Chakras as guides, ANDREA will lead us through gentle stretches, breathwork, and sound healing utilizing toning and crystal singing bowls. By grounding and establishing our roots, clearing

emotional blocks and strengthening our connection to our power we create a firm foundation in preparation for deeper connection to our Hearts. ROGER will define the Heart Chakra Matrix and its significance from physiological, energetic and quantum perspectives. Exercises will help us to consciously affect the zero point energy field, guide the direction of our health, become consciously aware of what we are animating in our lives, and enhance our chosen spiritual paths. In operating from our Heart, we become the Emissaries of Light we came forth to be. 1:00 to 4:45PM. Following the workshop at 4:15PM, A Sound Healing Holiday Concert with Andrea Garvey and Roger Ansanelli. Workshop: \$45 in advance, \$50 at the door (includes concert). Concert Alone: \$10 (4:15PM) Inner Spirit Yoga, 24 Vernon Valley Road, East Northport, NY. Reserve your space: 631-262-9642 or email: [info@innerspiritryoga.com](mailto:info@innerspiritryoga.com).

**MANIFESTING ABUNDANCE WORKSHOP** with Jackie Major, LCSW. Creating Wealth and Success in Any Economy! Saturday, 10AM to 1PM. Stony Brook. Call 631-291-5800 or visit [www.jackiemajor.com](http://www.jackiemajor.com) for details.

### DECEMBER 12

**LECTURE: ASTROLOGICAL FORECAST FOR 2015**, with Montgomery Taylor. Friday, 8PM. Monty's Web Site: <http://astrologydemystified.com> Members: \$10 Non-Members: \$15, No Pre-registration Required. 201 Levittown Pkwy, Hicksville. 516 731-0909, [eyesoflearning.org](http://eyesoflearning.org).

### DECEMBER 13

**A SPECIAL EVENING OF SPIRIT COMMUNICATION** by Forever Family Foundation Certified Medium Angelina Diana, as she connects attendees with loved ones in spirit. Four Points Sheraton, 333 S. Service Rd, Plainview NY 7-10PM, advanced reservations [www.foreverfamilyfoundation.org](http://www.foreverfamilyfoundation.org). 631-425-7707. \$25 members/\$35 non-members.

### DECEMBER 20

**HOLYDAYS PARTY** Celebrate a combination of all the spiritual holidays of December with food, skits, music and shopping! 12 noon at 95 Old Country Rd. Melville \$20pp.

### JANUARY 2 - 4

**GARRISON INSTITUTE PERSONAL RETREAT WEEKEND** Meditate, pray, read, write and rest in the serenity of a contemplative environment. Garrison NY, [www.garrisoninstitute.org](http://www.garrisoninstitute.org) or 845-424-4800.

### JANUARY 6

**PAST LIFE REGRESSION** Join us for a group regression session and explore where you have been before and maybe who you were with! 7PM at 95 Old Country Rd. Melville, \$30pp. Call GOL to register 631-265-3822.

### JANUARY 9 - 11

**HEAL THYSELF: A MINDFULNESS WEEKEND FOR HEALTH CARE PRACTITIONERS** with Dr. Mark Bertin. Garrison NY, [www.garrisoninstitute.org/healthyselves](http://www.garrisoninstitute.org/healthyselves) or 845-424-4800.

### JANUARY 10

**SPIRITUAL PARENTING WORKSHOP** at Gathering of Light Interspiritual Fellowship 12 noon. 95 Old Country Rd. Melville. Call GOL to register 631-265-3822.

### JANUARY 13

**DISCOVER YOUR PAST THROUGH REGRESSION** Experience the amazing discoveries and healings of past life regression with hypo-energy healer, Saba Hocek. Edgar Cayce NYC, 7-9PM, \$25. 917-658-1660, [SelfEmpoweredMinds.com](http://SelfEmpoweredMinds.com).

# Is it “Extreme” Not To Eat Animal Products?

by Gary L. Francione and Anna Charlton

We maintain that it is not.

“What is extreme is eating decomposing flesh, milk produced for the young of another species, and the unfertilized eggs of birds.

What is extreme is that we regard some animals as members of our family while at the same time, we stick forks into the corpses of other animals.

What is extreme is thinking that it is morally acceptable to inflict suffering and death on the other sentient creatures simply because we enjoy the taste of animal products.

What is extreme is that we say that we recognize that “unnecessary” suffering and death cannot be morally justified and then we proceed to engage in exploitation on a daily basis that is completely unnecessary.

What is extreme is not eating flesh but continuing to consume dairy when there is absolutely no rational distinction between meat and dairy (or other animal products). There is as much suffering and death in dairy, eggs, etc., as there is in meat.

What is extreme is that we are consuming a diet that is causing disease and resulting in ecological disaster.

What is extreme is that we encourage our children to love animals at the same time that we teach them those whom they love can also be those who they harm.

What is extreme is the fantasy that we will ever find our moral compass with respect to animals as long as they are on our tables.”

From **Eat like You Care: An Examination of the Morality of Eating Animals.** [www.EatLikeYouCareBook.com](http://www.EatLikeYouCareBook.com)

**Gary L. Francione** is a Professor of Law and Philosophy at Rutgers University School of Law. **Anna Charlton** is an adjunct Professor of Law at Rutgers University School of Law.

## JANUARY 15

**ANGEL WORKSHOP:** “Walking Your Path with the Angels” Mary Morningstar Collins Certified by Doreen Virtue. Essential Holistics, Manorville. Thursday, 7:00PM to 9:00PM. Call Rita @ 631.878.8228 to register.

## JANUARY 23

**LECTURE: MIND, BODY & SOUL = PSYCHOLOGY, SCIENCE & SPIRITUALITY** with Stephanie Rose. Friday, 8PM. Members: \$10 Non-Members: \$15, No Pre-registration Required. 201 Levittown Pkwy, Hicksville. 516 731-0909, [eyesoflearning.org](http://eyesoflearning.org).

## JANUARY 24

**SPIRITUAL LANDMARK** Gathering of Light Interspiritual Fellowship will be celebrating its 19th anniversary. All are invited for a special service and brunch. 10AM at 95 Old Country Rd. Melville.

## JANUARY 25

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# I Am Not An Object ... And Neither Are You

by John G. Cottone  
Stony Brook, NY

In our culture, when we hear the word “objectify” it is often within the context of women being treated as sex objects or in regard to slavery: the most egregious example of objectification in human history. Though troubling in their own right, these are just two examples of ways in which we *all* engage in the regular practice of objectification: using other people for our own benefit in a way that strips them of their humanity.

Though we are not always aware of our objectifying tendencies, they can be extremely damaging to our culture, our relationships and our spiritual growth.

To me, the most important spiritual book of the modern era is Martin Buber’s *I and Thou*. Buber, a Hassidic mystic, believed that the overwhelming majority of our human interactions bear some form of objectification, which often occurs without us even realizing it. Alternately, Buber suggests that we are capable of more benevolent interactions with others, which he termed “I-Thou” interactions: those in which we respect the independent destiny of others and thus refrain from using them primarily to satisfy our own needs. For

Buber, we should strive to have I-Thou interactions because doing so will lead to healthier relationships and also because it will help us understand the nature of God.

Objectifying people isn’t just something that horny men do to dancers at strip clubs; it’s something that we all do, and often we do it most to the people we love. We objectify our kids, for instance, when we pressure them to succeed – playing the violin or hitting a baseball – because we want to realize our own dreams through their experiences. We objectify our spouses

and communicates to them that their only worth in society is as a dispenser of goods and services. When people feel this way, they not only become alienated from society but prone to objectifying people in their *own* lives.

Of course, corporations return the favor by objectifying *us* at every turn. In business, the term “race to the bottom” refers to the practice of doing whatever necessary to cut costs (and thus, maximize profits), even if doing so results in products that are unsafe (like toys with lead paint) or unreliable (like every cell phone I’ve ever owned). In this scenario, consumers are objectified as *revenue sources* whose safety and satisfaction are ignored until profits are affected, while workers are objectified as instruments of production in an environment where workplace safety and wage fairness are ignored until workers threaten to strike or are killed, like at the Foxconn manufacturing plant in China used by Apple and other tech companies.

Outside of the marketplace, perhaps the most common form of objectification comes from our habits in the sports realm. This is especially true when playing fantasy sports, where athletes are literally commodities that we “buy,” “sell” and “trade,” like pork bellies and gold bouillon. Furthermore, as fans, we feel justified complaining on sports radio programs that the players we root for should be “dumped” for failing to live up to their contracts every day, because our *fanaticism* obscures the fact that these individuals are human beings, and, like us, are bound to have bad days at work from time-to-time.

Ironically, objectifying people actually *helps us to succeed* in the material world: the more we detach ourselves from the humanness of others, the easier it is for us to use them for our own objectives. Is there a way out of this moral morass? Yes, but it requires perpetual mindfulness of our objectifying tendencies and a commitment to make up for our actions when we do objectify others. ✧



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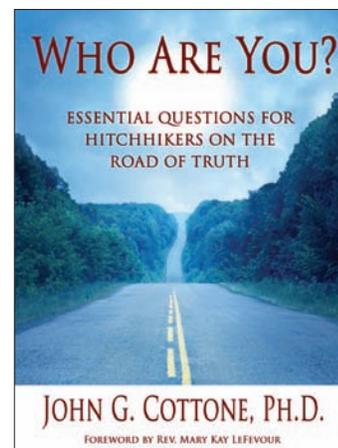
Frank Nichols, LCSW is a Social Worker, Therapist and Speaker practicing in Northport Long Island

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and romantic partners when we coerce them to satisfy our sexual desires, acquire us wealth, or fulfill household duties. Believe-it-or-not, we are also prone to objectifying ourselves, which occurs when we strive so hard to achieve a goal set by our ego (e.g., being promoted at work) that we purposely suppress any damaging physical or psychological consequences to ourselves that may result.

Though we are most likely to objectify the people closest to us, we also make a regular habit of objectifying acquaintances and strangers each day, like the individuals we pay for various services. In our culture, where “the customer is always right,” we have been trained to believe that if we are paying someone for a service – like the barista making our daily latte – we have the right to belittle her and complain when her performance is subpar, even if doing so results in her being fired. Though this tendency may be lauded by free market economists, there is a significant byproduct: it dehumanizes people



Dr. John G. Cottone is a psychologist in clinical practice in Stony Brook, NY. He is also the author of *Who Are You? Essential Questions for Hitchhikers on the Road of Truth*. Visit Dr. Cottone’s websites for more information: [www.sbpwellness.com](http://www.sbpwellness.com) [www.WhoAreYouCottone.wordpress.com](http://www.WhoAreYouCottone.wordpress.com).

# Digestive Health and Your Brain — The Body-Mind Connection

by Louise Hay, Ahlea Khadro  
& Heather Dane

**H**ave you ever had a gut feeling? Or felt butterflies in your stomach? If so, then you have experienced the gut-brain connection. Some experts once believed that issues in the brain should be handled separately from the gut, but more research is showing that if you want to improve your moods, memory, and brain function, look to the health of your gut.

There's a good reason why.

Let's start as early as conception, when a baby is in the embryo stage. During this stage, a clump of embryonic tissue separates, and one becomes the brain (the central nervous system, which is the brain and spinal cord) and the other becomes the gut (your digestive system and its enteric nervous system). Connecting your brain and gut is the *vagus* nerve—like a telephone line, it carries messages from the brain to the gut and vice versa. It's also how the bacteria in your gut speak to your brain.

Michael Gershon, professor and chair of pathology and cell biology at Columbia University, has done groundbreaking work on how the gut's brain, or enteric nervous system (ENS), works. **Here are a few key facts:**

The enteric nervous system is embedded in your entire digestive tract from mouth to anus. It relies on, and in many cases creates, more than 30 neurotransmitters that are *identical* to those in the brain. (Serotonin is one of these.)

*Approximately 70 to 80 percent of your immune system is located in your gut.* This makes sense because your digestive system has a big job. It takes in food, water, and bacteria from the outside world and transforms it into nutrients to grow, repair, and maintain the human body. This is the true definition of the old adage, "You are what you eat."

Approximately 90 percent of the body's serotonin is located in your gut. Serotonin helps regulate mood, sleep, and learning

and can influence your happiness and self-esteem. Serotonin also plays a critical role in digestion by helping to secrete enzymes that help you digest food.

Your gut sends signals to your brain that directly affect feelings of sadness or stress, even influencing learning, memory, and your ability to make decisions. In turn, your brain's emotions affect your digestive tract. Anger, anxiety, sadness, joy, and other emotions can trigger symptoms in your gut.

Today, more studies are showing that food affects mood and that gut health has a big impact on disease, including osteoporosis, autism, depression, and autoimmune conditions. **Here are three studies that further highlight the gut-brain connection:**

**1. What you put in your stomach can change your mood.** A study by Belgian scientists found that eating fat has the power to lift our emotional state and make us feel happier. This is why people go for comfort food when they're upset.

**2. Chronic stress can create gut-to-brain cravings.** Studies on mice showed that under chronic social stress (like trauma from abuse or bullying), mice would go for high-fat, high-calorie foods and gain more weight than their less stressed counterparts. Additionally, researchers found that it was the gut telling the brain what to eat and not the other way around. Under stress, the brain produces ghrelin, a hormone that stimulates hunger in the brain. Ghrelin makes food more exciting to the brain, especially when it is high in fat and calories.

**3. Your diet influences your gut bacteria, and your gut bacteria influence your brain.** According to neuroscientists, the good bacteria in the gut, which they call "the gut microbiome," acts as auxiliary DNA. Essentially, what you eat controls the makeup of your gut bacteria, and these bacteria can change how your genes function. In other words, if you are eating a diet that promotes healthy gut bacteria, they in turn can influence a healthy body, regardless of your genetic predispositions.

Another important takeaway from the studies in neuroscience is that your gut bacteria are constantly speaking to your brain. The gut microbiome influences how the brain is wired from infancy to adulthood, along with moods, the ability to learn, memory, and how to deal with stress. When the gut microbiome is healthy, it sends happy signals to the brain;



**Louise Hay**, the author of the international bestseller, **You Can Heal Your Life**, is a metaphysical lecturer, and teacher with more than 50 million books sold worldwide. Louise is the founder and chairman of Hay House, Inc., which disseminates books, CDs, DVDs and other products that contribute to the healing of the planet. [www.LouiseHay.com](http://www.LouiseHay.com).

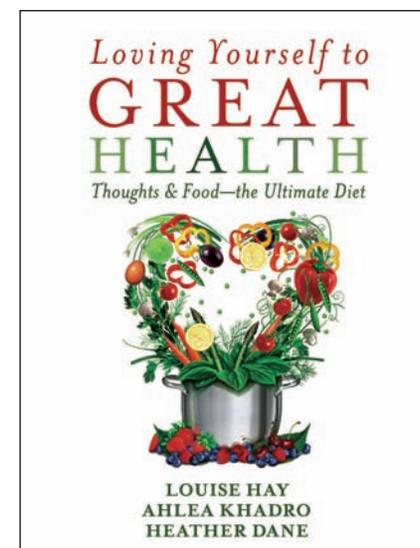
**Ahlea Hkadro** is the founder and owner of Soulstice, Center for Optimal Living & Rehabilitation through Yoga, reformer Pilates, meditative practices and nutrition. [AhleaKhadro.com](http://AhleaKhadro.com).

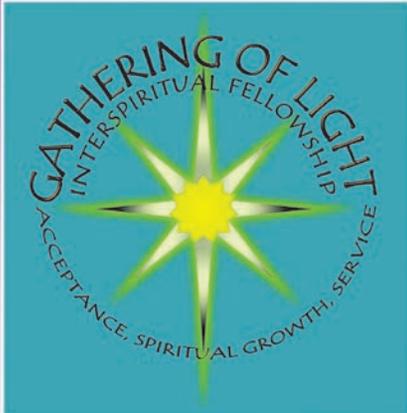
**Heather Dane** is a writer, re-researcher and certified professional coach specializing in resolving chronic health conditions, addictions, eating disorders, methylation challenges and out-of-balance lifestyles. [HeatherDane.com](http://HeatherDane.com).

when it's unhealthy, it can send signals of anxiety. Because of this signaling, neuroscientists are starting to investigate how to manage gut bacteria to treat mood and stress-related disorders, such as depression, IBS, and IBD.

In other words, what you eat matters. What you digest or absorb matters. Your gut is responsible for how you feel, how you act, what you focus on, whether you sleep or not, your overall health, and your overall enjoyment of life. When you take care of your gut, you take care of your whole body-mind. ✨

Excerpted from **Loving Yourself to Great Health – Thoughts & Food – the Ultimate Diet** by Louise Hay, Ahlea Khadro, Heather Dane, published by Hay House (2014) available in bookstores or online at [www.HayHouse.com](http://www.HayHouse.com).





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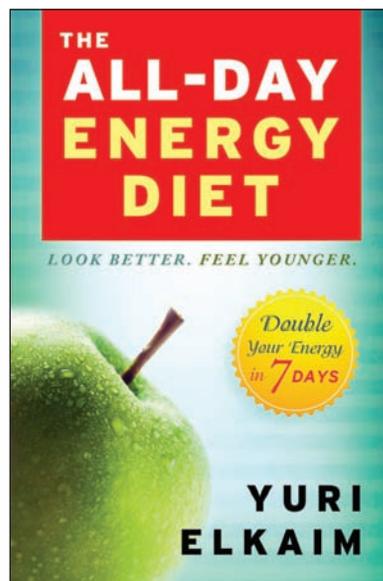
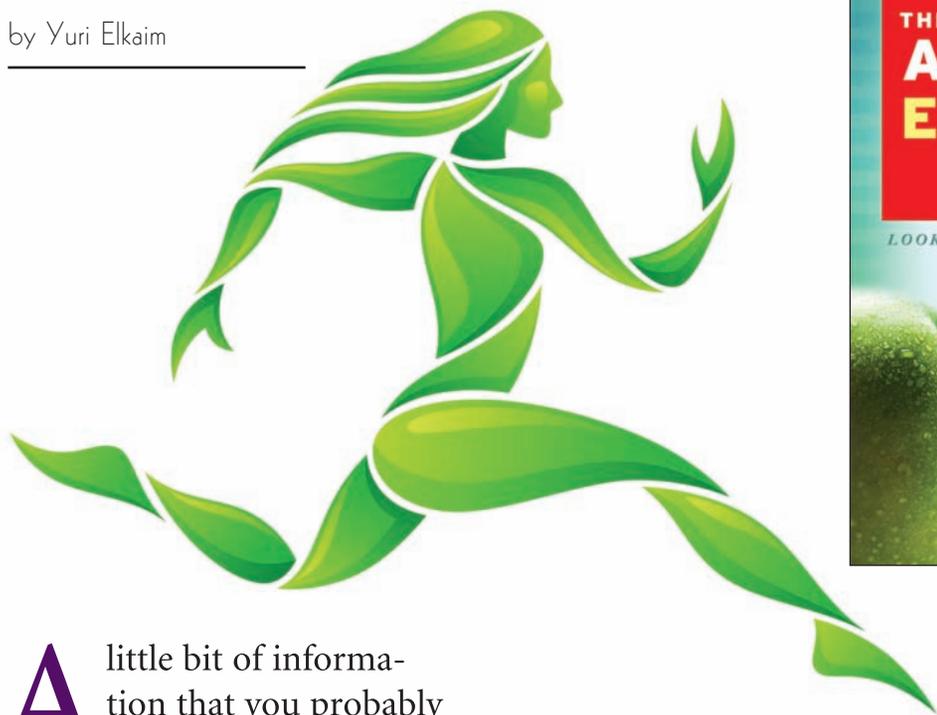
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# The Bone-Chilling Truth about Dairy

by Yuri Elkaim



A little bit of information that you probably won't be so happy to hear. Dairy (specifically, cheese) is the most acid forming of all foods. This is due to the large amount of protein and phosphorus it contains. Even though it also contains a substantial amount of calcium, its calcium benefits are few and far between, because the phosphorus and acidic nature of dairy impairs calcium absorption and utilization in the body.

Comparing cow's milk to human breast milk, we see that dairy has four times more protein and about 1,018 mg of calcium per 100 g, while human breast milk only has 33 mg of calcium per 100 grams. Seeing that, we'd automatically believe that milk is great for your bones, right? Isn't that what we've always been told? Hold on a second . . .

**In the body, the relationships between minerals are more important than the quantity of any single one.** For instance, the ideal calcium-to-phosphorus ratio is 2.5 to 1. However, cow's milk has a calcium-to-phosphorus ratio of 1.27 to 1. Human breast milk is much better—2.35 to 1, so it has more calcium in relation to phosphorus. Human breast milk is the

ideal for humans. Cow's milk has a lot more protein and a lot more calcium because it's needed to feed baby cows, not baby humans or adult humans. Cows grow to about one ton in one year. Therefore, they need far more protein and way more calcium than we do. Humans take forever to

reach 100 pounds. We don't need anywhere near that amount of protein or calcium. Furthermore, since phosphorus directly inhibits calcium absorption in the digestive tract, getting too much from food (think dairy, meat, and fizzy drinks) is not helpful for good bone health.

That's right—dairy can actually be bad for your bone health. Today, the average person consumes about 740 mg of calcium per day. Ironically, the calcium intake of our Paleolithic ancestors has been theorized to be between 1,500 and 2,000 mg per day. Remember, they never drank milk; it wasn't even available at that point in time. These were hunters and gatherers—not farmers—who ate large of amounts of vegetables, tubers, berries, and wild game. They were active and exposed to natural sunlight daily. Not surprisingly, it's these foods—not milk—that are the ingredients for strong and healthy bones.

Are you scratching your head yet? If this doesn't sound right to you, here are a few more insights that should make you second-guess whether you really need to be relying on dairy for strong bones:

- ✔ In Greece, the average milk consumption doubled from 1961 to 1977, and shot up even higher by 1985. During the period between 1977 and 1992, age-adjusted rate of hip fractures (an indication of osteoporosis) almost doubled, too.
- ✔ In Hong Kong in 1989, twice as many dairy products were consumed as in 1966, and osteoporosis incidence tripled in the same period. Now, Hong Kong's milk consumption level is almost equal to that of Europe. The same goes for its incidence of osteoporosis.
- ✔ Americans, like Australians and New Zealanders, consume three times more milk than the Japanese, and hip-fracture

incidence in Americans is two-and-a-half-fold higher. Interestingly, among the segments of the population in America that consume less milk, such as Mexican-Americans and black Americans, osteoporosis incidence is twofold lower than in white Americans. It has been established that this is not due to genetic differences.

On top of all of these overwhelming "coincidences," I haven't even mentioned the potential negatives associated with the casein and lactose in milk or the hormones and antibiotics that are usually present. If you want an alternative to cow's milk, then consider almond or hemp milk. These are super-easy to make and are loaded with terrific nutrients like vitamin E and well-balanced essential fatty acids.

If you're wondering where you're supposed to get your calcium without dairy, then here are your best food sources:

FOOD	CALCIUM (mg)
Sesame Seeds (1 cup)	1,404
Collard Greens (1 cup cooked)	357
Spinach (1 cup cooked)	291
Turnip Greens (1 cup cooked)	249
Kale (1 cup cooked)	179

*This information comes from the USDA: <http://ndb.nal.usda.gov>.*

Notice a similar trend again—green veggies are your friend! Not only do they alkalize your blood, but they also provide adequate levels of calcium, which can realistically be attained in a day of healthy eating.

Still not convinced? Think about this: What do cows eat? Ideally, they graze on grass all day long. If they're eating grass and manufacturing their calcium from that, doesn't that tell you something? ✨

**Yuri Elkaim** is a registered holistic nutritionist. He is a former professional soccer player and was the head strength and conditioning and nutrition coach for the men's soccer program at the University of Toronto. Yuri is the professor of Super Nutrition Academy; the author of **Eating for Energy** and **The Total Wellness Cleanse**; and the creator of more than 130 workout programs. [alldayenergydiet.com](http://alldayenergydiet.com).



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# The Seed We Need This Winter

by Liana Werner-Gray  
New York City

**T**here are many reasons why the seed we love so much – quinoa – has superstar superfood status. It's not only delicious and fulfilling, it's a versatile grain, and it has anti-inflammatory and anti-depressant qualities!

Quinoa is also popular for being gluten free and supporting digestive health while being high in protein and fiber. It doesn't weigh us down or make us feel heavy, and it is even so high in magnesium that we can sleep like a baby after dinner. It is the perfect companion for winter as it warms our body while nourishing us with so many essential nutrients. I have seen many people switch their grain of choice to quinoa and as a result have *increased energy along with the additional bonus of weight loss*. We get all of these health benefits for just a few dollars – that quinoa is affordable to virtually everyone makes this seed even more valuable.

**When we look at the elements of fulfillment for our mind, body and spirit, quinoa serves all 3:**

**For the mind** quinoa just makes sense. We can eat it without feeling sluggish, tired and guilty. Quinoa is associated with positive thinking as it is an extremely healthy ingredient. When we eat junk foods they adversely affect the brain chemistry and create negative thoughts about ourselves.

**For the body** it nourishes us with plenty of incredible nutrients as it is made up of manganese, magnesium, phosphorus, folate, copper, iron, zinc, potassium, with small amounts of omega 3 fatty acids, B3, calcium and vitamin E.

We all know we can eat quinoa – but did you know we can also use it for skincare? Remember the rule – if we cannot eat it, do not put it on your skin. Well quinoa can make a great skin exfoliate. For a quick face or body scrub, take a small handful of quinoa, wet it with some water or olive or coconut oil, and then rub it in a circular motion on your skin. The quinoa will gently exfoliate dead skin cells leaving your skin smooth and oxygenated.

**For the spirit** we are left feeling free and light. When the body is happy and healthy

Here's a recipe from "The Earth Diet"

## CUMIN QUINOA

Total time: 25 minutes | Serves 3

### INGREDIENTS:

2 1/2 cups water  
1 cup uncooked quinoa  
1 tablespoon cumin  
1/2 teaspoon turmeric powder  
1 teaspoon salt  
1 teaspoon extra-virgin coconut oil (or extra-virgin olive oil)  
1 teaspoon black pepper  
Dash cayenne pepper, if you like a little kick

### DIRECTIONS:

1. In a pot, add the quinoa to 2 1/2 cups of water. Bring to a boil over high heat.
2. Reduce heat to low, cover, and simmer for 15 minutes. The quinoa will absorb the water during the process.
3. Add the remaining ingredients and continue to cook, stirring occasionally, for another 3 minutes, or until the quinoa is soft and all flavors are well combined.

### TIP:

Try using sesame seed oil instead of coconut oil for a different flavor.

Calories: 351 | Total fat: 8g  
Carbohydrate: 57g | Dietary fiber: 7g  
Protein: 13g

Create a hybrid dish by adding raw elements to a cooked dish. It's a great way to get more living foods into your diet!

### RAW VARIATIONS INCLUDE:

Avocado cubes, Cucumber cubes, Fresh parsley from your garden, Fresh cilantro, Strawberries, Banana, Watermelon, Onion, Garlic, Diced kale, Peppers, Rose petals.

the spirit is able to fulfill its purpose with less resistance. The soul longs to be fulfilled in every moment. When we eat grains and carbs that are heavy and weigh the body down, we can't help but feel sluggish and frustrated. No stress and guilt when eating quinoa.

When we eat natural whole foods such as quinoa that are "clean" and provide our body with nutrition – while also delighting our taste buds, we are "having our cake



and eating it too." Which reminds me: we can make a delicious rich chocolate cake using quinoa flour! This is how I live day-to-day and I have experienced my own health transformation. I live an extremely clean lifestyle, as everything I source comes as naturally from the earth as possible, from the food I eat to the skincare and makeup I wear, and even the household products I use. Everything is in its most whole state possible. This lifestyle returns us to nature, fulfilling body, mind and soul. ✨

**Liana Werner-Gray** was born and raised in Outback Australia where, from age 5, she learned from the indigenous people how to live from nature. At 18 she moved to the city and indulged in a junk food lifestyle, which became a 5-year addiction. One day she had the wake up call of her life when something popped in her throat – a biopsy



*confirmed it was a pre-cancerous tumor in her lymphatic system. Liana knew she had to get back to nature, so she created The Earth Diet blog and committed*

*to eating from the earth for 365 days. In 3 months the tumor was gone and she also healed digestive issues and her eating disorder. Liana travels the world, having been to 33 countries, sharing her story, healthy recipes and natural lifestyle tips. She is the author of **The Earth Diet**, ©2014 Hay House, Inc. Available at [www.TheEarthDiet.com](http://www.TheEarthDiet.com). Liana is also Miss Earth Australia, the recipient of the Arts Award from Charles Darwin University, and has appeared on Fox News twice this year. She also has a weekly radio show on [HayHouseRadio.com](http://HayHouseRadio.com) every Thursday at 11am EST.*

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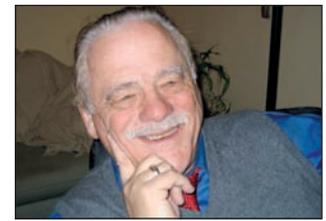
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*by Jerry Brown  
Santa Fe, NM*

NOW  
 TO LOVE  
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 TO BE GENEROUS  
 TO BE COMPASSIONATE  
 TO GIVE WITH YOUR HEART  
 TO RECEIVE WITH GRACIOUSNESS  
 TO PRAY FOR  
 PEACE

## PEACE

*by Patricia Rossi, North Merrick, NY*

cascading silence  
 pure white  
 snow laden tracks of tranquility

## Two Haiku

*by Gerald Starlight, New York City*

With meditation  
 Practice becomes effortless  
 Clarity of mind

Neath brilliant sunlight  
 Being seated in silence  
 Following the breath

## Revoke Their Poetic License!

*by Neil Garvey, Northport, NY*

Poets and songwriters I do swear,  
 for rules of grammar they hardly care.

In writing they exhibit little civility,  
 it's no wonder they belong, not to nobility.

When their creative juices begin to flow,  
 in me it creates much grief and woe.

They blithely mangle both song and verse.  
 Heaven knows, what could be worse?

Double negatives you must agree,  
 have no place for you or me.

The blatant misuse of the pronoun,  
 will invariably elicit, my unwelcoming frown.

Read without the correct punctuation?  
 Never could I endure without a literary exfoliation.

They flippantly drop the "g" and go a callin'  
 This I find, most appalling!

My obsession with proper grammar,  
 causes me undue angst, you clamor?

Well you see, for a living, I do edit.  
 Perhaps when proofing verse, I ought to forget it.

*I guess, I just can't get no satisfaction.*

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*by Rachelle Parker, Montclair, NJ*

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*"It is difficult to get the news from poems, yet men die miserably every day for lack of what is found there."*

*- From Asphodel that Greeny Flower*

# Languages of Your Inner Voice

by Dr. Jennifer Howard  
Huntington, NY

It's easy to get caught up in the details of day-to-day life: picking up the cleaning, doing the dishes, going to the gym, or going to work. The list is endless. You're constantly bombarded by outer stimulation and demands, keeping you busy doing what's right in front of you. Then there are the inner conflicts, not only our thoughts and feelings about these responsibilities, but also our internal responses to life as it unfolds.

Yet, as you strive to live a more conscious life, you'll become more aware of your inner promptings: go here; listen to him; do this; don't do that. You'll open

to subtle layers of your being and connect to an inner rudder of sorts. But how do you know if this inner voice or sense of guidance is your deeper-self speaking its wisdom, your unconscious childhood programming, or the voice of your Aunt Matilda? *Discerning between an automatic response stemming from family beliefs, childhood distortions, or the culture you were raised in, versus guidance from your connection with your higher/deeper self, makes life, success, and relationships so much easier.*

The methods of communication from both your inner wisdom and unconscious programming are similar. Both can feel true at times. When you're present and discerning, you'll know when your wisdom is talking. As you learn to understand your unique internal language, becoming more sensitive to things beyond your usual range of perception, you'll move into a deeper level of self-trust and self-knowledge. It's your birthright to feel that inner connection guiding you, but exactly how this inner wisdom, guidance, gut, or intuition speaks is slightly different for everyone. Many ways of perceiving are available to us, and the more open we are to deeper levels of Reality, the more wisdom we have access to.

Your inner voice "speaks" to you in six distinct languages. You might have access to a few of these or all of them, but most find one or two languages easier to access. As with everything, the signs range from subtle to obvious, but the greater your connection to your higher self, the more you automatically open to these languages. Let's now look at each of them a little more closely:

**1: Bodily sensations or kinesthetic awareness.** We've all had gut feelings from time to time. It doesn't have to be a sensation that occurs literally in the gut or stomach, but your body often gives you clues. I'm sure at some point in your life you've experienced a visceral response to something, a feeling in the pit of your stomach, but what did it mean? Is the message saying that this is something to avoid for your own good? Is it a fear of something that would be good for you, or is it actual wisdom about what's happening? This is why discernment is so important.

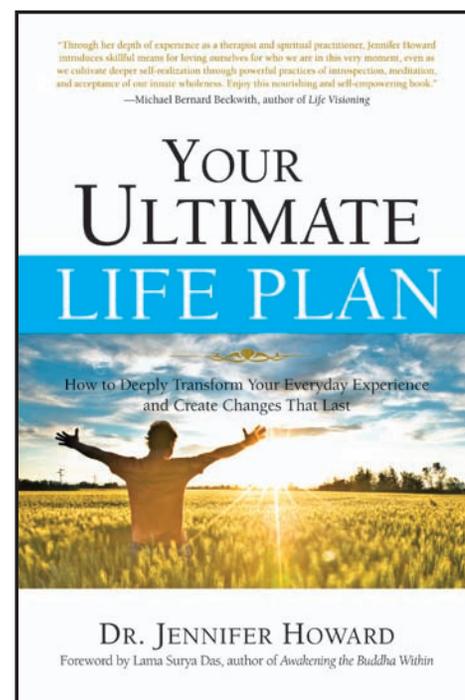
With gut feelings coming from wisdom, you'll sense that a certain person, place, or direction feels right or wrong. You breathe more easily when something feels right. Your belly relaxes, even if it seems the answer will make your life temporarily harder. All these sensations are your body's way of communicating bits of information,

and you might feel different sensations as you continue to investigate. You might feel your heart opening or your throat closing as you consider an idea. As your body awareness informs you, you might sense another's energy, or feel drawn to something without logical explanation. This is **clairsentience**, a clear, conscious feeling.

**2: Auditory—when you hear an answer inside of you.** You might perceive sounds or questions or thoughts, however fleeting, which inform you about a situation at hand. You can develop keener listening with words and dialogue, giving you perspective or new ideas. It can come as a whisper in the shower, a thought that stands out in meditation, or something that occurs to you as you're driving. This is **clairaudience**, or **clear hearing and listening**. Tuning into silence facilitates this capacity opening more fully. Taking this a bit further, some might say that we can tune into our relatives who have passed, or even God, when we are deeply listening. Keep in mind, thoughts from childhood programming seem so familiar that you can misperceive them as a wise answer.

**3: Mental images—seeing through your mind's eye, or clairvoyance.** This isn't just normal seeing, but "having insight" beyond our physical vision. You might receive an impression or image during meditation, while daydreaming, or in another unexpected way. An image can be a literal scene with all the right players in the right places, or you might be seeing something symbolic to you. As with dream images, your internal vision can be deciphered with practice. Some people have been known to see events before or after they happened, and some see into other people's bodies to assist with healing.

**4: Direct knowing**, even when you're not sure how or why you know. It might feel like a sudden burst of inspiration, a vehicle for creative ideas and solutions, or just a calm sense of certainty. Direct knowing



is recognizing the answer, completely, and in precise detail. You might know about something small, such as that open parking space around the corner, or you might get a complete picture of someone's health you've been asked about.

**5: Accessed through your sense of smell, or clairalience**, and the other through your sense of taste, or **clairgustance**. Memories are connected to smells and tastes, and some-

times in deep meditation specific aromas or tastes will arise with visual images.

**6: Angels and Guides.** It's said the angels were uttered into being at the beginning of creation. Most of you have heard about someone having an experience receiving help

from an angel. It happens more often than we might think. It helps if we spend time opening our connection to them.

We also receive guidance from other non-physical beings. Some might help us find things, whereas others might help with specific problems. Still others are teachers, and we also have connections with master teachers. All of this is available for our support and learning. The more you connect to the whole of you, the more available you are to receive from these other realms. ✨

*Excerpted with permission of the publisher, From Your Ultimate Life Plan: How To Deeply Transform Your Everyday Experience And Create Changes That Last © 2013 Dr. Jennifer Howard. Published by New Page Books a division of Career Press, Pompton Plains, NJ.*

*Dr. Jennifer Howard is a licensed psychotherapist, business and life coach, energy healer, and spiritual teacher. She's the author of Your Ultimate Life Plan, Huffington Post blogger and the host of the weekly radio talk show, A Conscious Life. Visit her website, www.DrJenniferHoward.com, for meditations, articles, and free gifts.*

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# MEDIA REVIEWS

by Mark Maxwell Abushady, NYC

## Film

**EVERY THREE SECONDS**  
A film by Daniel Karlake  
First Run Features  
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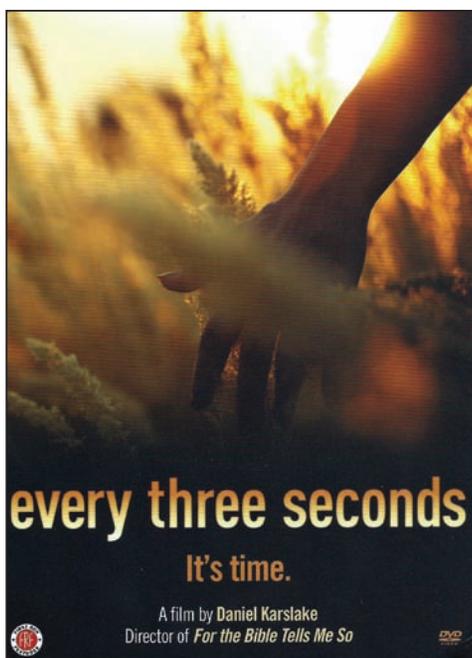
*Every Three Seconds* is a film about hope. It is an affirmation that as individuals, we have the power to conquer a multitude of sins the world over, as well as those in our own backyards.

The film essentially follows the journey of five individuals from different backgrounds who were challenged out of the general indifference of the public at large towards hunger, wartime atrocities, poverty, the medical needs of the impoverished, and the decimation of the homes and lives of the poor by natural disaster. The challenges presented themselves as everything from an unexpected inner calling to a direct challenge by a popular TV host. In the process of relating their stories, the film also challenges the viewer to similarly “engage.”

As one of those featured in the film states, “I have grown to believe that there is no greater threat to human security on this planet than our well-trained capacity to flip off our empathy switch.” Indeed, this theme is made apparent many times in the film.

Happily, the film and those featured offer some guidance for those who would follow their example. Foremost is a noting that many become overwhelmed by the size of these problems rather than focusing on the difference they can make.

The ways in which these five individuals make a difference varies greatly, mirroring their abilities and backgrounds, but, bottom line, each makes a huge difference in the lives of many.



Those featured come across as happy, engaged, purposeful and hopeful. They clearly illustrate the need to be connected, and to be a part of something larger than ourselves. The case of Charlie Simpson, a little boy who made a huge impact in Haiti after the earthquake, also teaches us not to underestimate the power of children, and to support and encourage their empathetic natures at an early age.

Although some of the plight of the Congolese women is difficult to face, this important film should be seen for the good it can engender in our troubled, and sadly often apathetic and indifferent, world.

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We are living in a time of great fragmentation of our people, with accompanying, blatant corruption of, and

collusion between, government and corporations on a massive scale. Every issue seems to polarize the public, with a net result of nothing being accomplished. This film, however, presents a topic with the capacity to bring together Democrat and Republican, Conservative and Liberal, the religious and secular. As such, it may herald, as is suggested by the film, the coming of a truly new age of energy production and power, while signaling the “last gasp” of the current energy paradigm.

Only a corporate action so wrong on so many levels could have the power to do this. Such is the case with the mandate of the installation of “smart” meters. These digital, electric, wireless devices, which communicate back to utility companies, are presented as capable of enhancing energy security, reducing greenhouse gases, improving urban air

quality, and providing billions of dollars of benefits to the public. However, they also emit damaging amounts of radiation, have caused hundreds of house fires from explosions after being installed (or utilized to turn electric power off and on), have increased costs for customers (doubling and tripling charges in some cases without benefit TO the customer), and set the stage for a surveillance network in each and every home. Even further, as they are designed to track time of energy usage, they create the ability for utilities to implement differential pricing during peak periods of energy usage. They also add another layer of pulsed radio-frequency radiation in our homes.

And yet, the negatives go on. There is a wave of new, “smart technology” appliances, which, in connection with smart meters, will track customers’ habits and movements in the home, usage of energy and water, and potentially much more as homes are switched over to these appliances.

In some areas of the country where this mandate is occurring, moratoriums have been enacted on the installation of smart meters, given concerns of the residents. These concerns are fairly well documented in this film, with statements from lawyers, a former CIA director, doctors and researchers who show cellular changes which occur from the levels of radiation emitted from these devices.

Other, closely related issues are explored, including CISPA (the Cyber Intelligence Sharing Protection Act), which legalizes the transferring of the customers’ data collected by utilities and corporations to the government. Thomas A. Drake, whistle blower and former Senior Executive of the National Security Agency (NSA) relates the following: “What you’re seeing is the establishment of a surveillant society...the establishment of a surveillance network.”

A look is given at the usefulness of fear in keeping protests to a minimum, and the influence of the current Energy Industry in suppressing alternative technologies. Notable is the statement that *six of the seven world’s largest companies are in the oil and gas industry, and have a vested interest in keeping the status quo.* A striking example of this directive

is given by Spain, which has enacted a “solar tax” on those persons generating their own energy. This new tax would extend the average time it would take for solar panels to pay for themselves from eight to twenty-five years, according to the solar lobby in that country. “Dirty electricity”, caused by AC/DC converters, cell phone radiation (and its possible connection with the growing number of autistic children), transmitting antennas and associated “cancer clusters”, are other topics examined.

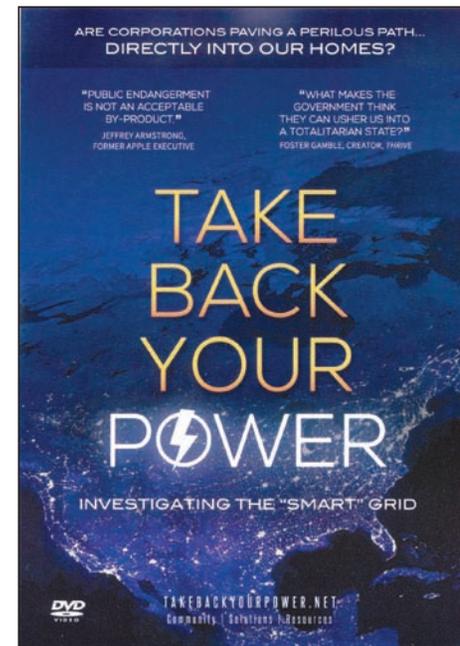
Thalidomide, DDT, smoking, asbestos, lead paint, PCB, Fen-phen, methyl-mercury... these, as the film cites, were once “extensively tested and safe” according to numerous governments around the world, yet caused the deaths or compromised the health “of untold millions.”

The problem with Smart meters, as one interviewee puts it, is that ... “It’s that a device that is broadcasting and receiving wireless signals permanently (that) has been surreptitiously placed in your home, unnecessarily and without your permission and without proving itself scientifically. This is a test case for technological democracy ...” Finally, instructions are given on how to resist having one of these meters installed in or on your home. This film is a call for everyone to engage. As such, it is a must-see film.

**Editor’s note:** This original Creations Magazine review was previously published in our April-May 2014 Issue. We’ve brought this piece back because these “Smart Meters” have landed in this area. Utility customers know this: you have the right to refuse installation in your homes. We did just that.



**Mark Maxwell Abushady**  
is an actor, singer, designer and photographer based in New York City.  
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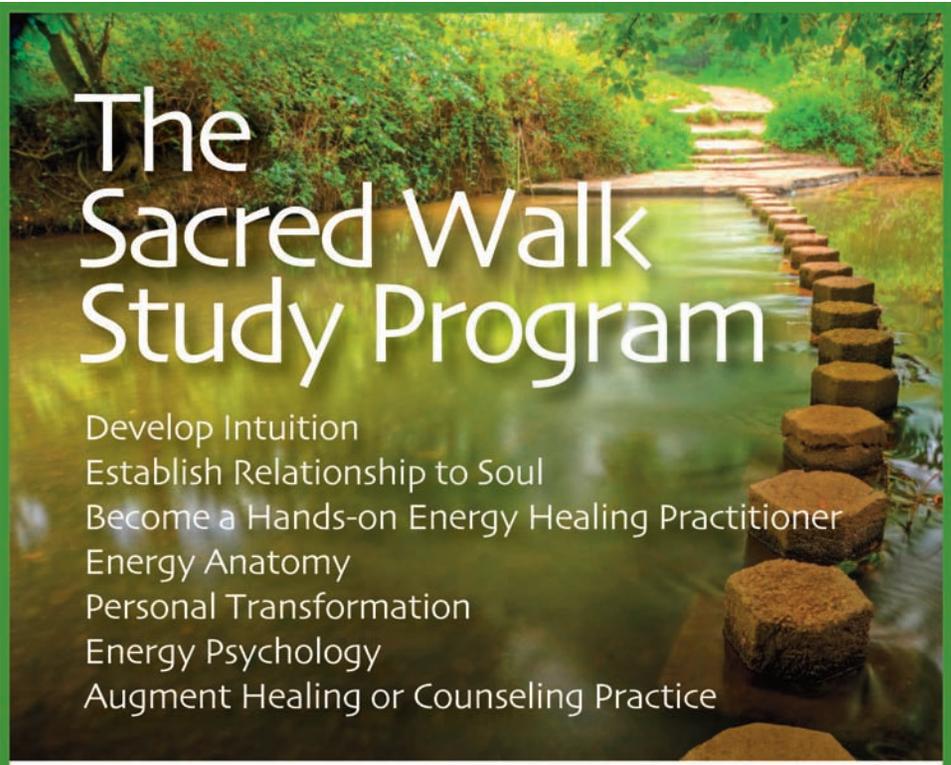
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*Aware of the suffering caused by unmindful speech and the inability to listen to others, I am committed to cultivating loving speech and deep listening in order to bring joy and happiness to others and relieve others of their suffering.*

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Himalayan Press

The *Yoga Sutra* is the living source wisdom of the Yoga tradition. Using it as a guide, we can unlock the hidden power of Yoga and experience the promise of Yoga in our life. The *Yoga Sutra* is as fresh today as it was 2,200 years ago when it was compiled by the sage Patanjali. By applying its living wisdom in our practice, we can achieve the purpose of life – lasting fulfillment and ultimate freedom.

*The Secret of the Yoga Sutra: Samadhi Pada* shares the essence of Pandit Tigunait's rigorous scholarly understanding of the Yoga Sutra through the filter of experiential knowledge gained through decades of advanced yogic practices and enriched by the gift of living wisdom he received from the masters of the Himalayan Tradition.

Reviewed by  
Erica Settino

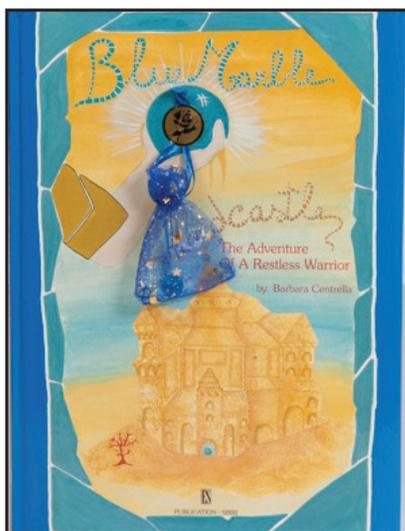
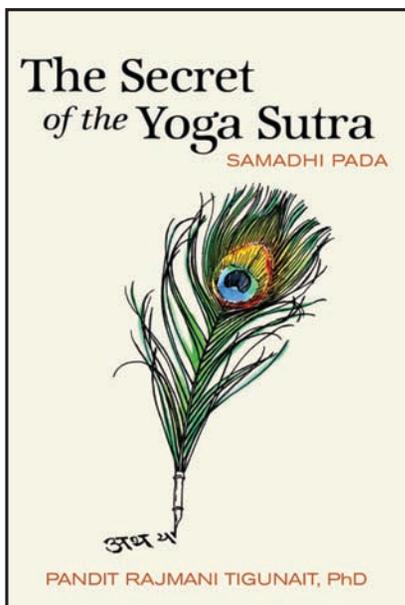
**BLUE MARBLE SANDCASTLE, The Adventure of a Restless Warrior**  
by Barbara Centrella  
Publication – Sirri

In the *Blue Marble Sandcastle*, Barbara Centrella has captured, with great acuity, the universal struggle of man vs. himself. Though a seemingly complex and heady matter, Centrella has managed to illustrate with grace and ease the challenges each one of us will face, and

the rewards we will reap, as we embark upon our heart's journey. That is, if we are brave enough to do so. Filled with numerous life lessons and gentle reminders from which both children and adults will benefit, Centrella has crafted a relatable character and world of possibility and promise that intrigues and inspires.

In essence, *Blue Marble Sandcastle* is an invitation to awaken our natural and innate curiosity, joy, and divine purpose. It is a gift that all children – young and old – should be given and reminded of, and Centrella does a beautiful job of doing so.

Reviewed by  
Erica Settino

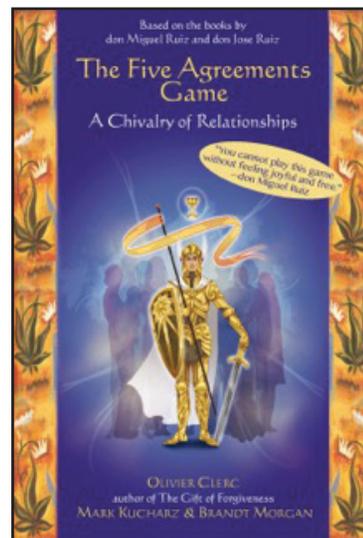


**THE FIVE AGREEMENTS GAME**  
by Olivier Clerc, Marc Kucharz and Brandt Morgan  
Findhorn Press

Our relationships can be our greatest source of joy and present some of the biggest challenges in our lives. What if a simple game of cards, played with like-minded friends, could open up new ways of seeing those challenging relationships? It would have to be a special kind of game, since competition can often exacerbate difficult relationships.

Enter **The Five Agreements Game**, a fun-filled adventure game in which every participant is a winner. Utilizing the work of shamanic teacher and healer don Miguel Ruiz and his son, this game promises to transform your relationships with others and yourself and radically improve your attitude toward life. *The Five Agreements*, around which Ruiz's work is based, expose our self-limiting beliefs and present a simple yet effective code of conduct for life learned from Toltec ancestors. This game makes use of the alchemical power of the agreements in a revelatory way.

All players become "warriors" on the Toltec path, and the metaphor of "chivalry" runs throughout. A sword, shield, motto and quest represent the Four Agreements and the inner accomplishments of the intrepid "knight." The apprehension felt when first picking a card from the relationship stack is soon replaced with the joy of insight and the "aha!" moments that follow. Participants are known to laugh and even cry as they



become increasingly self-aware and ready to face the challenge of "slaying the dragon" that lies within the psyche.

Everyone is a winner, and ALL participants leave the table with a gift – the keys to transforming their relationships and their life. The game comes with an 80-page explanatory booklet, rules, a notepad, 25 relationship cards, 5 agreement cards, 25 prize cards and 25

bonus gift agreement cards.

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