BIG LOVE

The Word and the Womb by Alan Cohen
What Are You Slave To? by Anand Dilvar
This Would Be Quite a Drug by Larry Trivieri, Jr.
Fermentation Knocks Out Inflammation by Michelle Schoffro Cook

IF YOU WANT TO CHANGE LIVES, BE KIND  Scott Stabile
Ozone (O3) is a natural gas that has been used for over 100 years around the world to help heal a myriad of health problems, especially infection. Ozone gas specifically kills bacteria, fungi, viruses and prions without any harm to human cells. Our cells have ozone-neutralizing molecules built into the cell membrane rendering Ozone gas harmless. Dental Ozone machines are NOT created equal. Many dentists use lower quality machines that use ambient air to generate ozone, creating a gas full of contaminants. They generate dirty gas and often catch on fire and are dangerous. Our office uses the Longevity Dental Ozone System, which is the safest dental ozone machine on the market, and uses a clean 100% oxygen source.

Tooth Decay
We routinely use ozone to disinfect teeth before placing the filling or other dental restorations. It has become an invaluable tool in avoiding nerve death and root canals. We no longer need to remove the deepest decay closest to the nerve, which can lead to nerve trauma and subsequent “tooth death.” By killing bacteria within deep decay using dental Ozone and then placing re-mineralizing material over the softened tooth structure, we can re-harden tooth structure and avoid root canals.

Gum Disease
We use Ozone to treat acute and chronic gum disease (periodontal disease). Ozonated water is used as a pre-rinse prior to dental cleanings and gum treatment to decrease the oral bacterial load and prevent bacteria in the dental aerosol. Combined with our powerful air filtration system, we are able to maintain a clean air environment.

Holistic Root Canal Therapy
In addition to laser root canal disinfection, we use ozonated water as an irritant as well as Ozone gas to fully disinfect the root canal system and dental tubules. Ozone continues to have a disinfection effect for weeks following root canal therapy. We have found a dramatic reduction of pain following root canal therapy when dental ozone gas is used.

Surgery
Ozone is used to disinfect surgical sites to help prevent infection, reduce pain and reduce inflammation. Ozone water can help speed up healing and help re-mineralize the bone. We successfully use Ozone during tooth extractions, cavitation surgery and Periodontal micro-surgery dental implant placement.

TMJ
Recent research shows that a number of TMJ problems are associated with bacteria, viruses and fungi, which can cause chronic and acute inflammation resulting in TMJ pain. Dental Ozone can also stimulate new cartilage formation.

Sinus Infections
A growing number of people suffer from chronic and frequent sinus infections. Conventional doctors use antibiotics for weeks and sometimes months to treat sinus infections, which wreak havoc on our symbiotic gut bacteria. Ozone water irrigation can be an effective tool in combating sinus infection without the use of antibiotics and their adverse side effects.

Mouth Ulcers
Various ulcers such as denture sores, mouth cuts, aphthous ulcers and herpes can be healed with direct ozone gas treatment, ozonated water and oil rinses. Ozone helps to reduce ulcer pain, reduce inflammation and accelerate healing.

Dental Waterline Disinfection
Our holistic dental office uses ozonated water to keep our waterlines clean and bacteria-free for your safety and peace of mind. e.s.i. Healthy Dentistry is a leader in Ozone Dentistry on Long Island, New York.

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that became too exhausting and painful. I couldn’t do yoga on the floor, but after a time, even too tired to walk. I managed to do some as the viruses began to die off, I became acute symptoms within two weeks. A doctor who recommended rest and utilized guidance of grace, I found a naturopathic appropriate. Nothing worked. By the weeks I had daily fevers of 103. Afraid, but unwilling to run to mainstream medicine, I went to a doctor who put a camera up my nose and down my throat (what fun!). He also saw down my throat (what fun!). He also saw 

The “lump” sensation continued. One week later, while visiting my mom, I noticed I had a fever. That afternoon, I went to bed — I went to the dentist, got a full set of X-rays—nothing wrong. Two weeks later, I went to an ENT doctor who put a camera up my nose and down my throat (what fun!). He also saw nothing wrong. The “lump” sensation continued. One week later, while visiting my mom, I noticed I had a fever. That afternoon, I went to bed — I went to the dentist, got a full set of X-rays—nothing wrong. Two weeks later, I went to an ENT doctor who put a camera up my nose and down my throat (what fun!). He also saw nothing wrong. The “lump” sensation continued. One week later, while visiting my mom, I noticed I had a fever. That afternoon, I went to bed — I went to the dentist, got a full set of X-rays—nothing wrong. Two weeks later, I went to an ENT doctor who put a camera up my nose and down my throat (what fun!). He also saw nothing wrong. The “lump” sensation continued. One week later, while visiting my mom, I noticed I had a fever. That afternoon, I went to bed — I went to the dentist, got a full set of X-rays—nothing wrong. Two weeks later, I went to an ENT doctor who put a camera up my nose and down my throat (what fun!). He also saw nothing wrong. The “lump” sensation continued. One week later, while visiting my mom, I noticed I had a fever. That afternoon, I went to bed — I went to the dentist, got a full set of X-rays—nothing wrong. Two weeks later, I went to an ENT doctor who put a camera up my nose and down my throat (what fun!). He also saw nothing wrong. The “lump” sensation continued. One week later, while visiting my mom, I noticed I had a fever. That afternoon, I went to bed — I went to the dentist, got a full set of X-rays—nothing wrong. Two weeks later, I went to an ENT doctor who put a camera up my nose and down my throat (what fun!). He also saw nothing wrong.

Blood tests indicated hyperthyroidism. A sonogram revealed an inflamed and swollen thyroid and the EKG showed a type of heart arrhythmia pattern. For two weeks I had daily fevers of 103. Afraid, but unwilling to run to mainstream medicine, whose “cures” included irradiating the thyroid to “kill” it, and then surgery if that didn’t work, I researched and tried every natural remedy and supplement that seemed appropriate. Nothing worked. By the guidance of grace, I found a naturopathic doctor who recommended rest and utilized homeopathic tinctures which relieved the acute symptoms within two weeks.

As the viruses began to die off, I became too tired to walk. I managed to do some yoga on the floor, but after a time, even that became too exhausting and painful.

Reflecting upon how I arrived at this health crisis, I realized that the whole experience was a powerful lesson in self-care. My 90 year-old mother is suffering from Dementia, and even though she is in Assisted Living, I had been busy taking her on outings, doctor visits, handling her personal business, etc. She has gone to the emergency room over 18 times in the past year due to falls. On separate occasions, she has broken her arm, broken her thumb, broken her nose and fractured bones in her face, had the flu (after two flu shots), and had a stroke, amongst other things. I received calls at all hours—night and day— when these incidents occurred and after a time, I could feel my body tense up each time the phone rang.

I had been so busy taking care of my mother’s needs and ignoring my own health, that finally, I had been stopped in my tracks. It took some time, but I finally realized that as much as I love my mother, part of what was driving me was guilt—I often felt that I was not doing enough for her. It has been difficult for me to accept that I am not in charge, that I can indeed trust in a higher power and that my mother is on her own path. These are things that I believe, and share in my yoga classes, but I became forgetful when it came to releasing guilt and applying trust in my own life.

Over the course of the summer, while lying around, I had a lot of time to think. I saw that each day, before my illness, I would try to get as much accomplished as possible in order to feel worthwhile. Most often, I felt disappointed that I didn’t do enough; didn’t get through enough points on that long, never ending “To Do” list. I did enjoy Continued on page 22

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Scott Stabile, who authored our lead article councils, “If you want to change lives, be kind.” While he’s obviously talking about extending kindness to others, this is no less a vital recommendation to ourselves as well. Playing off our cover title, we must practice “Big self Love,” before we attempt to send it out to the world. My wife, Andrea learned this first-hand; here she recounts her “lost summer”:

This past June, a doctor told me I was carrying a few viruses (Epstein-Barr, Adeno, plus a couple of flus) along with Candida, Y. Enterocolitica, and H. Pylori, which were causing an autoimmune situation that let to hyperthyroidism. This diagnosis took me by surprise, as up until that time I was feeling well. The months prior, I did notice a lump in my throat. I treated it with oregano oil, and it seemed to go away, only to return again and repeat this pattern over the next two months. Eventually, my teeth and my right ear started to hurt — I went to the dentist, got a full set of X-rays—nothing wrong. Two weeks later, I went to an ENT doctor who put a camera up my nose and down my throat (what fun!). He also saw nothing wrong.
If you want to change lives, be kind

by Scott Stabile, Michigan

I woke up in a pissy mood recently, committed to gloom before I had even rolled out of bed. Still grumpy that afternoon, I went to the supermarket, only to be greeted by the sweetest checkout clerk ever. I couldn’t resist her happy eyes and huge smile. We had a quick conversation in Spanish, much of which I didn’t understand, and it didn’t even matter. Her sweetness and enthusiasm completely shifted me out of my pissy mood. I carried her joy with me the rest of the day. Everyone I encountered later that day benefited from her kindness.

It’s too easy to feel lost and powerless, like we can’t make any real difference in this messed-up world. I’ve often become paralyzed by the amount of violence and oppression that exists worldwide, paralyzed by my seeming inability to do anything about it. But we are not powerless to effect positive change. Indeed, we are powerful beyond measure, each one of us, in our ability to treat each other with kindness.

If you want to change lives, then be kind and patient with strangers, be open and generous with your friends and family, and talk to your neighbors — and listen to them, too. Don’t underestimate the extraordinary effect you have every single time you show up to a situation with an open, loving heart. The checkout clerk shifted me out of my funk with her kindness. When my partner, G, got home that night, I greeted him with a smile instead of the scowl he might have gotten because of my foul mood. Our kindness transcends the moment of delivery. It affects more than we can ever know. That’s how kindness rolls.

Kindness acts as a magnet, by the way, for more of the same in return. When I walk out into the world with an open heart and a smile on my face, I invite smiles and warmth. That doesn’t mean everyone showers me with their love, but more do than when I go out closed down and bitchy. If you don’t believe in the law of attraction, start paying attention to your attitude and to what you attract in different moments. I find there’s almost always a direct correlation. When I’m loving, I attract more love. That’s a good reason to be loving.

Love doesn’t just call on us to be kind in obvious situations, either. Sure, it’s wonderful to hold open the door for a person carrying groceries, but can you open your heart to your partner when he’s pissing you off? It takes no effort to share a loving comment when your friend posts a picture of her baby on Facebook, but can you resist attacking someone online who posts something you disagree with? Can you instead share your point of view without judgment and venom? I thought myself a kindness king until I had an issue with my cable service recently and had to talk to four different service reps to deal with it. I lost it on rep number 2, and things only went downhill from there. I became a self-righteous, angry, impatient jerk. One phone call sent me over the edge.

I want to become so rooted in my kindness that it’s not dependent on the words or actions of others. No matter how they choose to be, I can choose to be kind. That’s power. That’s love. That’s change making. I’m not there yet, but I’m working on it. Wanna join me?

Let’s start with ourselves. When we think of kindness, it’s natural, and important, to consider how we can be kinder to others. But what about ourselves? Surely we’re entitled to our own kindness. We benefit not just from the love we have to share. With that in mind, how do you treat yourself? Do you offer yourself the same smile you would a loved one? Are you lifting yourself up or tearing yourself down? We have to look at how we talk to ourselves and focus on a kinder inner dialogue. We don’t live in a world where everyone is sweet to one another. We’re likely to face a good share of jerks out there. At the very least, let’s not be jerks to ourselves.


Scott Stabile is the author of Big Love. His inspirational posts and videos have attracted a huge and devoted social media following, including nearly 360K Facebook fans and counting. A regular contributor to the Huffington Post, he conducts personal empowerment workshops around the world. Visit him online at scottstabile.com.
How much should you tell other people about what is really important to you? Should you broadcast your dreams to everyone in hopes that others will honor your intentions and support you? Or would you be wiser to keep your visions to yourself and avoid debilitating criticism?

You have probably had the experience of sharing a fresh insight, experience, or project with someone, only to be met with an icy, insensitive response. “I tried that and it didn’t work.” “You will put yourself under swine,” meaning to not offer sensitive, lofty ideas to people who will not understand, and gobble them up. Words. He instructed, “Cast not pearls before swine.” meaning to not offer sensitive thoughts and words to people who will not understand, and gobble them up. After he performed a certain healing, he told the recipient, “Tell no man.” Jesus understood that if that man broadcast his experience publicly before the healing was solidified, negative observers would cast doubts and skepticism upon him so as to weaken or undo the healing. Better to wait until the healing was gelled in his subconscious; then the opinions of others could not unstick his advancement.

A yogi told me, “When you plant a seedling in a field where cows are grazing, set a fence around the little plant to protect it from cows eating or trampling it. Later, when the seedling has grown large and sturdy, you can remove the fence, and the cows will have a magnificent tree they can rub up against and rest under its shade.”

Does the injunction to safeguard sensitive projects mean we should be neurotically secretive about what is important to us? No, it just means we should be discerning when choosing the people we share our visions with. If you know that someone loves and supports you, that would be a good person to include in your vision. Some people attend mastermind groups in which they meet weekly with a few positive friends to share exciting ideas and get behind each other for success. Cultivate and fertilize the soil in which you plant your valued seeds.

Let’s say you share a sensitive project at an early stage and someone throws a dagger of negation at it. Does that mean the project has been killed? Not at all. You can use the experience to make your project stronger. Use the criticism as motivation to go within and affirm the value, power, and potential of your project. In homeopathy and immunization, patients take small doses of viruses that would kill them in larger doses. The body then develops antibodies that prevent the disease from coming over them should it return. “What does not kill me makes me stronger.”

No person, no matter how negative or virulent they are, has the power to thwart your project or remove your good. That power belongs only to you. If someone judges or attacks you, consider them an angel reflecting to you your own beliefs, doubts, or fears so you can recognize and heal them. If you get upset or cave in when someone criticizes you, you must agree with that person. If you didn’t, the criticism would not disturb you. Your issue is not with the other person. It is with yourself. Find the hidden self-doubt or judgment, confront it, hold it up to the light, and heal it with a greater truth. Because light is more powerful than darkness, you must succeed.

As we enter the holiday season, you may have some juicy opportunities to discern who to share your sensitive truth with, and how to deal with people who judge or criticize you. Don’t shy away from these opportunities. Use each one to practice remembering your beauty, power, and worth, and that of your valued projects.

Motivational master Jim Rohn said, “If you really want something, you will find a way. If you don’t, you will find an excuse.” Don’t use fear or others’ negative opinions as an excuse to not move ahead. Don’t let people into your visions if they don’t match your intention. Love and support your visions like a pregnant woman would diligently protect and care for the soul in her womb. Then your progeny will grow into powerful, mature, successful adults.

Everyone is your teacher. Some teach through loving support, and others teach through challenge. Become a spiritual master by using the power of the word to your highest advantage.

Alan Cohen is the author of A Course in Miracles Made Easy; Mastering the Journey from Fear to Love. Join Alan and friends in Hawaii, Feb 26 - March 2 for a rare retreat, Unplugged. Put your devices aside for a few days, liberate yourself from technology, and reconnect with yourself and your life. For more information about this program, Alan’s books and videos, free daily inspirational quotes, online courses, and weekly radio show, visit alancohen.com.
What are you a slave to? To wounds you received as a child? To childhood traumas? To what someone else decided you should be? To an unfulfilling relationship? To a job you don’t like? To the routine of your life?

Free yourself! Toss the baggage off your back, where you keep your resentment, regrets, and guilt. Stop blaming other people and your past for things that don’t go right in your life. Every day you have the chance to start over. Every morning when you open your eyes, you are reborn and get another chance to change the things you don’t like and improve your life. It is all up to you. Your happiness doesn’t depend on your parents, your partner, your friends, or your past. It only depends on you.


Break the chains you have bound yourself with! The only thing you should be afraid of is not being yourself, of letting your life go by without doing what you want, of failing to take advantage of this opportunity to show yourself to other people, to say what you think, to share what you have. You are part of life and, like everyone else, you can hold your head high. The errors of the past are forgotten and the errors of the future will be forgiven. No one is keeping a record of your failings, except you. The judge who sternly rebukes you, the executioner who punishes you, the bad friend who criticizes you, is you! Give yourself a break. Forgive yourself: only you can.

When are you going to tell the people you love how much you care about them? When are you going to tell the people you love how much you care about them?

The love you don’t express today is lost forever. Remember that life is so short and so fragile that we have no time to waste on being bitter or on stupid arguments. Today is the day to forgive past offenses and iron out old quarrels. Give yourself to the people you love, but don’t expect them to change. Love them for what they are and respect the most valuable gift you and they have been given: freedom.

Enjoy your relationships without making a fuss. If you try to make everyone do as you want or be as you want them to be, if you try to control the people around you, you’ll fill your life with conflict. Let other people make their own decisions, just as you must make your own with the aim of achieving what’s best for all. In this way you will fill your life with harmony.

Finally, what are you waiting for to start enjoying life? For all your problems to be resolved? For your traumas to disappear? For someone finally to recognize your worth? For love to come into your life? For someone who left to come back? For everything to turn out just as you want? For the economic recession to be over? For a miracle to happen? For everything to magically be beautiful and perfect?

Wake up, brother! Wake up, sister! This is life! Life isn’t what happens when all your plans pan out, or when you finally have that thing you want so badly. Life is what’s happening at this very moment. Your life right now is you reading this paragraph, wherever you happen to be. Right now your heart is carrying blood to all the cells in your body and your lungs are making sure that oxygen gets to where it needs to be. At this moment, something we don’t understand is keeping you alive and allowing you to see, think, express yourself, move, laugh, and even cry if you want to!

Don’t take life for granted. Don’t get used to waking up every day and being bored, bad-tempered, or worried. Open your eyes and give thanks for the miracle you have the ability to see. Give thanks for your ability to hear the birds singing or your children laughing. Put your hands on your chest and feel your heart beating strong, telling you: “You’re alive, you’re alive, you’re alive.”

I know life isn’t perfect and that it’s full of difficult situations. Maybe that’s how it’s supposed to be. Maybe that’s why you’ve been given all the tools you need to face it: tears to mourn loss, words to share love, arms to give hugs, hands to help others, a heart to receive love and share love, a mind that lets you choose your responses to whatever happens.

I also know that you aren’t perfect. Nobody is. And yet, millions of different variables came together so you can exist. You were formed according to an amazing design and you share your virtues and defects with the rest of humanity.

Share your passions, your fears, your wounds, your weaknesses, your secrets, and your love with all your brothers and sisters. Welcome to the human race! And remember, so-called defects are part of your freedom, part of your humanity, when you recognize them.

If you’re asking yourself who I am to tell you all this, I’m nobody. I’m just a different version of who you are. Another human being among billions of human beings. But one who has decided to be free and to take back control of his life. I hope you do, too. ☞


Anand Dilvar is the founder of the Vision Quest Centre in Valle Bravo, Mexico, an OSHA Meditation Center, where for over fifteen years he has run conferences, retreats, and seminars. With over 1.8 million copies of The Slave sold in Mexico, he is regularly invited to appear on radio and TV to share his approach to what he calls the Revolution in Consciousness.
Peace is an emotion. We all know what it feels like. Music creates emotions within us. One way to create peace is to listen to peaceful music. When music makes us feel peaceful, we create peaceful energy. Each uplifting listening experience adds a drop of positive energy to one’s energy fields. Music, which engages and entertains, can amplify peace.

Music can be pleasurable, feel good and birth peace. One can endlessly listen to music, even while doing other activities. As we listen to music, it overcomes us by making us tap our feet, calm down or dance a jig. We automatically match the vibrations and rhythms within the music. We can listen to music, until we become by making us tap our feet, calm down or dance a jig. We automatically match the vibrations and rhythms within the music. We can listen to music, until we become.

Sound energy can be subtle, and not heard. Perhaps the volume is too low for us to discern or it is a bit out of our hearing range. For example, vibrations emitted from a flower are too tiny to hear, yet they influence us none-the-less. People send flowers to the sick and grieving to uplift their feelings. Likewise, the invisible feelings of peace remain where the saint sat. Such peaceful feelings can influence the town, city and state, if the saint’s energy is powerful enough. A quantity of peaceful energy must be amassed to see a result in our dense material world. Energy that we ingest through listening effects our consciousness, but we need a large dosage to realize significant material changes.

Obtaining world peace can be compared to a game of Risk. In the game of Risk, players have different colored game pieces. Whoever has the most pieces wins the game. So if the game board is covered with blue game pieces, then blue wins and red loses. Likewise, in our world the largest quantity of energy, which can be found in pliable sounds and music becomes the dominant “song” that the masses march to. There is no struggle between peace and war – simply it is a game of amassing peaceful feelings or colored game pieces.

When you pray for people in a war torn area, your prayers for peace (positive energy) are like adding a small colored piece on the game board. When you pray in song form – like a mantra or a hymn, you place a large game board piece into play. Sound can amplify an emotion’s power. Everyone can use their uplifting feelings and voice to “vote” on what should be the dominating subtle energy of the world.

Music and the world pool of vibrations can be compared to an impersonal game with the largest quantities of vibrations (expressed as music, feeling or thoughts) dominating. The greater volume of a frequency overcomes or entrains another. So we must ponder: what are the songs that the world hears today? How many songs create peace versus war, and destruction into our collective wave pool?

So what is your contribution to the global energy pool? Everything about you (thoughts, feeling, actions and health) is entered into the global vibrational energy pool. This can be a scary analogy, but there is great beauty in this analogy as well. You matter—your thoughts, feelings and actions can tip the balance of power. Most importantly, are you singing? Out of tune (or whatever) is fine, but use your voice as the powerful tool that it is. And what music are you playing? What feelings does your music create?

To amplify the impact of using sound for peace, ancient masters noted that energy waves combine. We can combine an emotion and our voice. For example, the same word, “Hi”, can sound angry or loving. Sound combines with various energies, not just our voices. The energy of a song carries on a river, or an electromagnetic Earth current. Masaru Emoto photographed crystals of freezing water exposed to different emotions and words, showing the visual impact of combining one’s voice and water.

Butterflies, bees and birds fly north and south on invisible subtle Earth energy currents. Ancient Masters believed that these same Earth energies combined with sound. Ancient majestic temples and pyramids were constructed on naturally occurring Earth energy currents and underground waterways to spread the positive energy created at a sacred site: the special energy of the stones, sacred geometry in the construction, the choir singing or the prayers of the saints. In ancient England, 24-hour choirs were positioned on Earth energy grid lines to anchor uplifting energy to a broad region. Imagine today, Earth-wide locations of continual peaceful singing. How powerful!

When war is destined to break out, the music stops. There are no street musicians, concerts are cancelled and even people hush their voices. No wonder Osama Bin Laden outlawed music for his followers. Can you imagine listening to the Beach Boys’ breezy and fun surfing songs before volunteering to be a suicide bomber?

Music is not invective, it’s subtle yet powerful. It is a powerful force to create peace in the world.

Jill Mattson is a prolific Artist, Musician and Author. Jill is a 4-time author, and widely recognized expert and composer in the field of Sound Healing. She has produced 8 CD’s that combine intricate Sound Healing techniques with her original International Award Winning musical compositions (The Lost Waves of Time – Best Book of 2016 and Best Alternative Science book of 2016, Deep Wave Body Healing CD– Best Sound Healing CD of 2016, Contacting Angels & Masters CD – Best CD of 2015 and Deep Wave Beauty CD – Best New Age CD – Silver Award). The CDs consist of intriguing, magical tracks using ancient & modern techniques – with sound energy & special healing frequencies to achieve profound benefits. Free music at jillsingsoflight.com

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HCSL is also proud to be home to the Soulful Living for Recovery Program offering full and partial grants for individuals seeking holistic alternatives for long-term recovery and life beyond addiction.

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Have you tried all the latest fad diets and lost that unwanted extra weight – only to put all those dreaded pounds back on again? What if someone told you that you could lose weight – permanently – and that you could do it without exercise, hunger, cravings and none of those costly pre-packaged foods that popular diets offer – and that the weight-loss program is 100 percent guaranteed? You’d probably be very skeptical. If you’re ready to finally shed those pounds forever …

Hello, I’m Dr. Michael Berlin and I’m tired of all the weight loss ads promising all-natural, long-term results that really do not deliver the whole solution to permanent weight loss. Yes, they have part of the solution, but without the whole solution, you cannot get truly permanent results. This is why weight loss is so difficult. You see, there are 10 things in the right proportions that you need to heal in order to get truly permanent weight loss, and if a program does not deliver all 10 then your weight problem will return. This is because your weight problem is not a weight problem; it is a health problem. Extra weight is a symptom of deeper physical and/or emotional imbalances that all must be resolved to get permanent results! The 10 factors are related to: nutrient absorption, stress levels, sleep quality, food combining, liver function, toxicity, hydration, emotional eating, food sensitivities, and hormones. If any one of them is left unresolved, your weight problem will return. It’s that simple. You see, people think that you need to lose weight in order to get healthy; but the truth is that you need to get healthy to lose weight! Think about it … most of us when we were children could eat anything and not gain weight. But over the years, from junk food, toxicity, and stress, our insides get ruined very slowly. As this happens our hormones will very slowly shift from fat burning to fat storing — until we reach about 40 years old — and nothing we do can really cure our weight problem. We say that “I’m just getting older” or “its my hormones,” and you are right. However, what CAUSED your hormones to change? It was that your insides got run down. And these days it is happening to everyone, including our children, much faster than ever before because of our toxic, fast paced world.

So, if the CAUSE of our weight problems is because our bodies got run down on the inside, then the only permanent cure is to reverse the damage, clean the slate, and heal your weight problem for life! In our office we guarantee healthy, permanent weight loss because we don’t treat your weight problem, we heal you completely on the inside. We rebalance all 10 factors and we reverse the damage and sluggishness that occurred in your organs, naturally, safely, and efficiently, with only wholesome foods and some supplements. We teach you how to shop, cook, and eat for life in a way that is the healthiest for your whole family. The result is that you will go back to your natural, healthy weight within 3-6 months and stay there! Your body will be lean and efficient. Our patients lose about a pound a day the first month and are completely healing and preventing diabetes, cancer, heart disease, sleep problems (including apnea), digestive problems, high blood pressure, cholesterol, neuropathies, and more! Plus, we have incredible all-natural spa treatments to help people de-stress, detoxify, and lose 4-14 inches in one hour. For free information go to: http://drberlin.weightseminar.com.

STOP! Before you do any other weight loss program read this now!

- ADVERTORIAL -

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Who We Are
Neil, Andrea & Tirlok Malik have all been actively involved in holistic health for many years and are now hosting a special Ayurveda Spa Retreat to India for your health and well-being. Neil & Andrea publish Creations Magazine and Malik is a restauranteur (Ayurveda Café NYC) and Ayurveda speaker.

The Ayurveda Spa Retreat
Join Neil, Andrea & Malik for an all-inclusive 12-day wellness vacation in Kerala, India, aka “God’s Own Country.” Here you will stay at an Ayurveda resort/spa with modern amenities and a tranquil atmosphere enjoying a royal experience while restoring your health. Just as a car engine needs to be maintained and cared for to run at peak performance, so too does the human body. Ayurveda is one of the best ways to achieve peak performance.

ABOUT THE RETREAT
What is Ayurveda?
Ayurveda is the “science of life,” a more than 5,000-year-old holistic system of healthcare from India. Ayurveda offers a comprehensive approach to healing, detoxification and rejuvenation, with methods for identifying and healing the root causes of illness, rather than merely treating its symptoms.

How will this retreat benefit my health?
This Ayurveda Spa Retreat is an investment in your health, restoring optimal balance, strengthening your immune system, and expanding your happiness. When you return from this retreat you can expect to:
• Feel Rejuvenated
• Look Younger
• Enjoy Greater Flexibility
• Have Nourished Skin
• Be ready to use the knowledge of self-care for a healthier, happier, and more peaceful life

What age group is this for?
This retreat is appropriate for all ages.

What is the daily program?
6:30-7:30am — Meditation and Yoga
7:30-8:30am — Breakfast
One Ayurvedic Treatment Massage before lunch
12:30-1:30pm — Lunch
One Ayurvedic Treatment Massage after lunch
6:30-7:30pm — Evening Meditation
7:30-9pm — Dinner

What are Ayurvedic treatments?
Ayurvedic treatments heal the body with different types of massages infused with herbal oils to detoxify and rejuvenate the body. Upon consulting with an Ayurvedic practitioner who diagnoses the imbalances in your body, you will receive customized holistic medicinal therapies.

Why should I go on this retreat?
This special retreat will be with a group of wonderful people and is a great investment in your health. You will have delicious, healthy food, wonderful accommodations, and experience luxurious massages in a 50-acre resort, while relaxing and soaking in the southern Indian sun. It will be an experience of a lifetime. Your health is your responsibility!

Who to contact if I have more questions?
For more details, please visit AyurvedaWellnessTours.com or email us at AWToptours@gmail.com.

What is included?
• Airport transfers in India
• Accommodations in uniquely designed, independent villas
• All meals – Vegetarian – designed for your body’s needs
• Two daily personalized Ayurveda Therapies
• Daily morning Yoga Session
• Daily evening Meditation Session
• Ayurveda Cooking Demonstration
• Daily Personal Evaluation by Ayurveda Doctor
• Seminars on Ayurveda self-care methods
• Local sightseeing: Majestic temples & natural surroundings
• Inclusive of all accommodations, meals, Ayurveda treatments, seminars and more. (Airfare not included)

When is it?
This 12 day tour is from March 25 – April 8, 2018.

Is it affordable?
Yes, this is a very affordable retreat, and a worthy investment in your health. The all-inclusive spa is $2,500 for a single occupant and $4,500 for double occupancy (airline ticket, visa and insurance fees not included. We estimate this to be approximately $1,500 per person). We will help coordinate with the travel agent for travel arrangements, visa requirements, etc.
Ayurveda Spa Retreat in India

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- All meals – Vegetarian – designed for your body’s needs
- Two daily personalized Ayurveda Therapies
- Daily morning Yoga Session
- Daily evening Meditation Session
- Ayurveda Cooking Demonstration
- Daily Personal Evaluation by Ayurveda Doctor
- Seminars on Ayurveda self-care methods
- Local sightseeing: Beautiful backwaters, majestic temples & natural surroundings
- Daily group talks with holistic practitioners
- Inclusive of all accommodations, meals, Ayurveda treatments, seminars and much more! (Airfare not included)

Appropriate for all ages, this affordable, all-inclusive Wellness Vacation is an Investment in your Health:

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- Expand Your Happiness

March 25 – April 8, 2018

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Improve the appearance of your skin and infections, plus, in the process, also treat infections, varicose veins, and yeast diarrhea to headache, heartburn, urinary common health conditions, ranging from also help prevent and treat scores of other And that's just the tip of the apple. It can

improve the luster and sheen of your hair, all without any side effects whatsoever.

If such a drug existed, surely millions of patients would flock to their doctors demanding that they be given a prescription for it. Most likely, you would be one of them. And because of the multitude of benefits the drugs provided, the drug company that brought it to market could expect to reap annual profits of hundreds of millions, and perhaps even billions, of dollars.

But such a drug does not exist, nor is there ever likely to be one, for the simple reason that pharmaceutical drugs are designed to only target specific and limited mechanisms in the body, thereby significantly narrowing the scope of what such drugs can treat. Moreover, few, if any drugs, have much value as a preventive agent, and all of them, even common aspirin, pose the risk of harmful side effects.

Fortunately, however, you don’t have to wish that someday a scientist might discover a drug that did provide all of the benefits listed above. Instead, you can turn to Mother Nature. for she has already provided us with a substance that can do all of the above and much more. That substance is Apple Cider Vinegar (ACV).

It’s likely, however, that until now you have not been aware of just how powerful and versatile apple cider vinegar is as a healing agent for so many health conditions. The reason for this is simple.

Unlike pharmaceutical drugs, which, in the United States, are heavily marketed to the public via a bombardment of ads on television, radio, newspapers, magazines, and the Internet (only the U.S. and New Zealand allow this type of direct-to-consumer drug advertising by the way), in addition to being the primary recommendation of most conventionally trained physicians to their patients, producers of apple cider vinegar are actually prevented by law from making any health claims about ACV. If they did so, they would soon face heavy fines by federal agencies such as the Food and Drug Administration (FDA) and the Federal Trade Commission (FTC), and might even be forced out of business. In fact, our nation’s laws with regard to health claims are so draconian that the FDA literally controls the definition of the word “drug,” meaning that anytime a health claim is made about a natural healing substance, the FDA can and does assert that said substance is being marketed as a drug, and therefore subject to the same fines and other legal penalties that drug companies face when they make what the FDA terms “unsubstantiated claims.” These same hurdles and restrictions are also imposed on most producers of nutritional supplements and other natural products.

Moreover, ACV producers, even if they were allowed to do so, have no incentive to finance the types of studies that pharmaceutical companies

Psychic Readings by Rochelle Jewel Shapiro

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

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

Readings are done by phone.

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Fermentation knocks out Inflammation

Michelle Schoffro Cook is the author of The Cultured Cook: Delicious Fermented Foods with Probiotics to Knock Out Inflammation, Boost Gut Health, Lose Weight & Extend Your Life

Are all the recipes in The Cultured Cook gluten-free, dairy-free and vegan?
Yes, all of the recipes are completely free of gluten, dairy and animal products.

What are “superfoods” and how does fermentation play a role?
While we’ve come to think of superfoods as exotic fruits or vegetables from faraway lands, the reality is that a superfood is any food that is a powerhouse of nutrition. Any common food can be transformed into a superfood through fermentation, because not only does doing so make its own nutrients more available and absorbable, it also dramatically increases the probiotic content of the foods, making them healthier than many of the top superfoods.

What are some of the amazing health benefits of fermented foods?
Fermented foods have been found to boost most aspects of our health, from immunity and resistance against superbugs, to fighting arthritis and cancer. Great health begins in the gut and eating more fermented foods is the key to great gut health, and therefore overall health.

Isn’t eating yogurt every day enough? Why do we need a variety of fermented foods in our diet?
Eating yogurt introduces two to three strains of beneficial bacteria into our gut but some other foods have been found to contain almost 1,000 different strains to help boost our health. Additionally, other foods like sauerkraut, kimchi, fermented pickles, and cultured vegan cheeses actually contain the prebiotics needed to ensure the viability of the probiotics in these foods. Yogurt contains few prebiotics that act as food for the beneficial cultures.

The fermentation process sounds intimidating. Can I really do this process easily, in my own home and do I have to buy a bunch of expensive utensils and containers to get started?
You don’t need to buy anything to get started. Even if you have a mason jar, you can ferment foods. Of course, once you get hooked on fermented foods you may wish to invest in larger crocks so you can make them in big batches, but that isn’t necessary. If you have some salt and water, you can ferment almost any food.

Can you really make cheese from only plant-based ingredients?
It is not only possible to make cheese from plant-based ingredients, the cheese is incredibly delicious and much healthier than its dairy-based counterpart. It is packed with health-boosting probiotics and could actually be considered a health food, making it easy to enjoy this sensational fermented food without feeling any guilt.

Can you explain the difference between pasteurization and fermentation? Why are store-bought pickles pasteurized?
Most of the pickles available in the grocery store were never fermented and simply made by letting them sit in white vinegar. Additionally, they are heated to high temperatures—pasteurized—to kill all microbes during the bottling process. Fermented pickles are made using traditional food preservation techniques that add flavor and probiotics. They have a better depth of flavor and are much healthier than their store-bought, white vinegar, pasteurized counterparts, which offer little to no health benefits.

Can you explain the difference between “good” and “bad” bacteria in foods?
Harmful bacteria in foods are those that can cause food poisoning and illness whereas good bacteria—probiotics—boost gut health and overall health.

What is the gut’s role in keeping our immune system healthy?
More and more research shows that approximately 70% of our immune system is found in the gut so we need to address gut health to restore or build healthy immunity. The best way to build both gut health and immunity is to add fermented foods to your diet on a daily basis.

How do fermented foods alleviate anxiety?
Chronic gastrointestinal disorders are increasingly being linked to anxiety and depression. Researchers find that beneficial microbes found in fermented foods can reduce the excitability of nerves in the gut that connect through the vagus nerve to the central nervous system, and in doing so, eliminate anxiety. Additionally, probiotics found in fermented foods can reduce the amount of inflammation in the gut which has been cited as a cause of approximately 100 health conditions, including anxiety (along with arthritis, cancer, depression, diabetes, heart disease, obesity, and many other serious health conditions).

Fermentation is the community of microorganisms that inhabit our gut, skin, mouth and other parts of our body. It is the total of all of the microbes that make up our bodies. We all have a microbiome and, similar to fingerprints, no two microorganisms are alike. The key to great health is in swaying our microbiome from unhealthy, harmful microbes to beneficial, life-supporting and health-building ones.

What are the side-effects of taking a course of antibiotics and how can we heal our gut with fermented foods after taking them?
Antibiotics indiscriminately kill all bacteria—good or bad—in our bodies as a way to kill infection; however, by killing beneficial bacteria they also leave us vulnerable to disease and infections. So, it is imperative to restore healthy bacteria to our gut during and after a course of antibiotics to limit the damage they do to our short- and long-term health. Otherwise, we become vulnerable to gut inflammation and harmful infections that can increase our risk of inflammation anywhere in our body.

What is the difference between probiotics and prebiotics?
Probiotics are healthy microbes that build our health while prebiotics are the food they need to survive and multiply. It is not enough to get more probiotics we need to give them food to ensure their survival. Fortunately, all of the recipes in my book, The Cultured Cook, contain plentiful amounts of BOTH probiotics and prebiotics.

Michelle Schoffro Cook, PhD, DNM, is an internationally bestselling author whose works include The Cultured Cook and Be Your Own Herbalist. She is a registered nutritionist, a board-certified doctor of natural medicine, one of the world’s most popular natural health bloggers, and a long-time professional recipe developer. Michelle holds advanced degrees in health, nutrition, and orthomolecular nutrition. She has been featured in a variety of publications, including Woman’s World, Health, WebMD, Huffington Post, Natural Solutions, Vegetarian Times, First for Women, and many others. She lives near Vancouver, BC. drmichellecook.com.
The Power of Eight

by Lynne McTaggart
London, UK

The idea of placing people into small groups of about eight started out as a crazy whim of mine during a workshop I ran in 2008, just to see what would happen if group members tried to heal one of their group through their collective thoughts. All I knew at the time was what I didn’t want, which was to pretend that I could help people manifest miracles.

My husband, Bryan Hubbard and I eventually decided the workshop would try to help to heal something in our attendees’ lives. “Let’s try putting them into little groups of eight or so and have them send a collective healing intention for someone else in the group with a healthy condition,” I said.

We divided our audience of a hundred into small groups of about eight and asked someone in each group with some sort of condition to nominate themselves to be the object of their group’s intention. The group would form a circle, hold hands, and send the same healing thoughts in unison to that group member, holding the intention for ten minutes, the length of time that we’d used in our large experiments.

On Sunday morning, I asked those who’d received the intention to come forward and report on how they felt. One of the target women, who had suffered from insomnia with night sweats, had enjoyed her first good night’s sleep in years. Another woman with severe leg pain reported that her pain had diminished during the session the day before but that it had diminished so much after her group’s healing intention that she had to have a brace on it at all times, until he was the target of the Power of Eight group and stood in front of the audience the next day, showing how he could now move it perfectly.

Marcia suffered from a cataract-like opacity blocking the vision of one eye. The following day, after her group’s healing intention, she claimed that her sight in that eye had been almost fully restored.

There was Laura’s mother in Denver, who had scoliosis. After her turn as the intention target, she reported that her pain had vanished. Several months later, Laura wrote me to say that her mother’s spine had altered so much that she had had to move the rearview mirror in her mother’s car to accommodate her new, straightened posture.

And Paul in Miami, whose tendonitis in his left hand was so bad that he had to have a brace on it at all times, until he was the target of the Power of Eight group and stood in front of the audience the next day, showing how he could now move it perfectly.

There were hundreds, even thousands more, and each time I was standing there, watching these changes unfold right in front of me.

What was it about a group of people thinking a single thought at the same time that was producing such dramatic effects? Over the years, I became obsessed with trying to find a precedent for these collective healing effects.

When studying uses of group prayer in Christianity, I stumbled across an old sermon by the nineteenth-century British Baptist preacher Charles Spurgeon discussing the meaning of certain passages in Acts, the narrative of how the apostles built the early Christian church. Spurgeon focused on Acts 1:12–14, which relates the story of how the twelve apostles of Christ essentially carried out their first prayer meeting.

Many biblical scholars conclude that the New Testament was written in Hellenic Greek, and, according to Spurgeon, Saint Luke, a Hellenic physician and reputed author of Acts chose to use the Greek word homothumadon numerous times in Acts to describe their method of group prayer.

The Authorized King James version of the Bible translates homothumadon with the anemic phrase “with one accord,” but Spurgeon maintains that homothumadon, an adverb, is in fact a musical term, which means “striking the same notes together.” Elsewhere it has been translated to mean “with one mind and with one passion,” and Spurgeon takes it to mean that the apostles prayed “unanimously, harmoniously, and continuously.”

The word, a musical term conjuring up a Beethoven symphony, emphasizes that apostles were to pray as a passionate unity, with a single voice. “Here is an overlooked secret of the early church,” Spurgeon notes. “Over and over again Luke stresses that what they did, they did together. All of them. United and unanimous.”

According to Spurgeon, Jesus considered prayer a communal act. He wanted his apostles to pray together, with the same thoughts and words—like an intention stated together. Many of the church’s scholars are convinced that Jesus specifically used this kind of small-group prayer as a blueprint to assist the apostles in teaching members of the early church in the preferred new way to pray.

British clergyman, dean of Canterbury, and archdeacon of Westminster Frederic William Farrar suggests that Jesus deliberately taught them to pray in this manner to have them move away from “mere individual supplication.”

Many of the references in the Bible about the apostles being “of one accord” mention an act of group healing. In Luke (9:1), Jesus gave his apostles “power and authority…to cure diseases” and sent them on their first missionary journey together from village to village in Galilee “to preach the kingdom of God, and to heal the sick.”

When people are involved in a passionate activity like a healing prayer circle, they transmute from a solitary voice into a thunderous symphony.

Excerpted from The Power of Eight by Lynne McTaggart (Atria). For church members who would like to start their own Power of Eight groups, please go to www.lynementaggart.com/church-members for free downloads of full instructions.

Lynne McTaggart is one of the central voices in the new consciousness movement. She is the award-winning author of seven books including worldwide bestsellers, The Field, The Intention Experiment, and her latest book The Power of Eight. She also serves as Editorial Director of What Doctors Don’t Tell You (www.WDDTY.com), one of the world’s most highly praised health publications. Lynne works with her husband, WDDTY co-founder Bryan Hubbard. For more info, visit www.LynneMcTaggart.com.
Over time, we lock ourselves up.

The little boy or little girl that runs free with imagination, awe and joy slowly and imperceptively is tamed, regulated, chained and eventually imprisoned.

"Be quiet." “Children are to be seen but not heard.” “That is not how the world works.” “Don’t be so Pollyannish.” “Get your head out of the clouds (or stars).” "Major in something in college that will earn a good living."

For many of us, those messages were louder and stronger than the messages encouraging us to think big, dream, and reach for our potential. So one day, we wake up and look at our lives and say, “Is this all there is?” “Is this what life is about?” Like opening a mystery present as a child on Christmas morning and discovering a pair of socks! It is not that socks are not useful or even needed on occasion, but the gift certainly falls short of the mystery of the occasion: where is the present that will allow you to see with your own eyes a planet in our solar system? Or the puppy, or kitten, or bunny? These presents build relationships with life, with imagination, with the magnificent created world around us. They teach us that love includes taking responsibility to attend to another’s needs—not just getting, but giving in return.

I am not sure about you, but for me, if life is only about earning an income, paying the bills, or accumulating possessions or achievements that may perhaps garner the approval of our fellow man, then that is not enough. As The Little Prince was told by the fox in Antoine de Saint-Exupéry’s beautiful book of that same name, It is only with the heart that one sees rightly. What is essential is invisible to the eye.

Our current culture encourages us to live the appearance of life, not the essence. Actually seeing the key we hold in our hands. Most of us have been trained from an early age to gradually allow the key to become invisible to us. We take on the beliefs of those around us, finding false truth in the limitations we were invited to adopt. Slowly, over time, we construct our constraints by our choices. Choosing the “safe” path over the more difficult or “risky” path, storing up for the future rather than living in the present moment. Putting off our happiness, postponing our joy, externalizing our power, we come to the place where we are sitting in the prison of our own minds unaware we are holding the key to freedom.

The beauty of the situation is that as long as we have breath, we have access to our heart. It is never too late. Start setting aside time to meander, creating unstructured time to be surprised by joy and the abundant messages all around you that the Creative Force of the Universe imbeds in existence. Open your heart to someone by loving them without conditions imposed by your mind. Rediscover and cultivate what is unique about your existence in the world, allowing what is in your heart to define you. Live YOUR life, not the life others have led you into with your consent. The life others want you to live is the prison in your head. The life you were gifted by your Creator is the freedom of your heart.

Tom Capshew is the author of Divine Warrior Training: Manifesting the Divine in Our World.

He is working on his second book, Consciousness Rising, available in early 2018. Tom works with individuals, couples and families in a private psychotherapy practice. His private spirituality practice is available in-person and online. For a free meditation mp3 and to join his mailing list, visit thomascapshew.com.
Andy Sway

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Andy Sway has been trained in many Energy Healing Modalities and at the top level of Dolores Cannon’s Quantum Healing Hypnosis technique. He has been doing Healing for over 20 years and QHHT for over 7. He is available 7 days a week in Manhattan and regularly works in Los Angeles as well.

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Andy Sway

Manifestation Consulting

Energy Healing
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The work of Transformatology® is to clear whatever blocks us from reaching our highest evolutionary potential. Whether we are using Energy Healing or Past Life Regression Hypnosis the goal is the same, to manifest a higher octave of our potential. The core focus of this work is to target beliefs and emotions that are keeping us locked in a Matrix that we don’t consciously choose. Facing these beliefs and emotions gives us a chance to clear them and create a new personal reality.

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631 424-3594, neil@creationsmagazine.com.
Before I got sick, I would try to do A, B, C, D, E, F and G, and be annoyed with myself if I didn’t complete ALL those tasks. However, as I got better, I found I may accomplish A and B and possibly C, and I am still learning that is enough. Doing more does not make me a better person. (I was already aware of this on an intellectual level—ah, but to put it into practice!) Our culture promotes doing as much as possible, multi-tasking, etc., and if you can’t keep up, there are enough energy drinks, caffeine and medication to keep one in the “busy loop.” This illness finally caused me to let everything go and gave me the space to consider, “Do I want to continue the rest of my life this way?” The answer was a resounding “NO!”

So how did we all get to this point? Does anyone remember that when personal computers came on the scene, part of their “beauty” was that they would give us more leisure time? How far are we from that scenario?

What engine drives us forward, focuses our eyes and minds on small screens that have gained such great importance that we lose ourselves in them? Our window of time to “just be” has become even smaller—some of us may not have a window at all. How sad.

With all of this busyness, when do we have the time to connect with our higher Selves, with Spirit/God? That is truly where all the important information is coming from. In an age of profound disinformation, we must turn inwards to seek truth; to measure info from the outside world against what we know within; using our inner guidance system. If we, one by one, make the decision to set aside some time to sit quietly, perhaps in nature, and tune into the light and love that is all around us and in us, we can begin to make changes towards a more peaceful and mindful existence.

(Remember the slogan, “Just say no”?) Everything we do affects the whole, so by taking care of ourselves, we become the change we wish to see, creating a new healthier and happier world.

Namaste,
Neil + Andrea

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A fundamental Zen teaching tells us to leave no traces. Whatever you do, do it one hundred percent. Nothing left over. Sweep every bit of dust out from under the rug. Leave the spaces outside you and inside, empty, shining and clean. There’s a power in completion. It’s a power we especially need these days during a time of great change.

We are advised to leave no traces in all aspects of our lives, relationships and tasks. When a relationship is complete it means we are not still yearning for something we haven’t yet received. We’re not wondering about what happened, blaming ourselves or the other. We are complete, at peace. This is true also with the simple tasks of life.

When we are complete with just the washing of the dishes, everything is thoroughly washed, dried and in its place. No strands are left over. There’s nothing calling us back to attend to it. We don’t worry about what we’ve left over and when we’ll get it done.

Our attention is then wide open and free to go to the next task, step, relationship or era of life. We’re not carrying left over baggage along, which weighs us down continually. Without that baggage, we can be completely present and available for whatever or whoever comes next. This is an especially important instruction when someone you are close to is ill, or getting ready to depart.

Especially during times of great change and transition it is extremely important to become complete with what has gone on before. This will ease our pathway tremendously. Our hearts will lighten and we will be able to gather our resources to take the next steps. Otherwise our greatest resource, our attention, is wrapped up in what we’ve left over to do or say, give or receive in the past.

There are many wonderful ways to become complete. If something is holding you back, or weighing you down, try one way of completion each day. You’ll be amazed at how much lighter you’ll feel and ready to welcome whatever comes, and whatever goes.

Brenda Shoshanna, Ph.D., psychologist, long term Zen practitioner, author and workshop leader, has offered over five hundred talks and workshops on all aspects of the simple laws of love. She presently offers Zen talks and a workshop entitled: Freeing Ourselves and One Another. This workshop introduces the practice of releasing, based upon Zen practice and principles and the Sedona Releasing method. Brenda is also an original student of Lester Levenson, founder of the Sedona Method. She can be reached at topspeaker@yahoo.com, brendashoshanna.com.

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– Maitreya

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Still Mind Zendo
Saturday, December 2nd, 1pm
The Enough Abuse Campaign — Protecting Children from Sexual Abuse

by Tracy Stopler
Long Island, NY

The Safe Center and The Enough Abuse Campaign are fighting child sexual abuse. Together they have begun an exciting initiative which is making a significant difference in the lives of the children on Long Island. The Enough Abuse Campaign helps adults understand how to protect children from sexual abuse. Its mission is to stop adults from sexually abusing children today and to prevent children from developing sexually abusive behaviors in the future.

Child sexual abuse is one of the most underreported crimes—a silent epidemic. The vast majority (86%) is never reported to child protection services, police, schools, or even a friend. For this reason, accurate data is difficult to gather. What we do know comes from retrospective studies, or studies that gathered information from adults who report on abuse they experienced as children. From these studies, we can estimate that as many as one in four women and one in six men have been sexually abused before their 18th birthday.

We also know that although “Stranger Danger” exists, sexual abuse is usually committed by someone the child and family knows and trusts. Most people who sexually abuse children do not look or act differently from “the norm.” They are part of our communities, circle of friends, and yes, even our families. Collecting data on those who sexually abuse children can also be challenging because what we know is based on studies from those who have been caught and convicted. From these studies we know that most abusers are male, heterosexual, married, have some college education, hold steady jobs and belong to some religious organization.

However, women and youth also abuse. There are a significant number of cases in which a child sexually abuses another child. Research shows that when these minors are identified and receive the help and support they need, they do not continue to offend. The majority of children who are sexually abused will not grow up to sexually abuse others.

It is also important to know that children rarely make up accusations of sexual abuse. Do children lie? Absolutely; they lie that it isn’t happening. It is far more common for children to minimize or deny the extent of abuse they have experienced. Children will often test the waters by disclosing lesser offenses to see if the adult will respond with belief and support or react with disbelief and anger. There are many reasons why a child will recant their story once they have disclosed. Experts say that recanting is common and should be considered part of the disclosure process rather than an indication that the abuse did not occur.

The Safe Center and The Enough Abuse Campaign are working hard to spread the word about this important program. There are six different workshops to choose from and all of them are free. Fifty volunteers are ready to train at PTA’s, places of worship, community groups, even businesses.

Bethpage Federal Credit Union is the first corporation on Long Island to agree to get its employees trained. For more information contact EnoughAbuse@tscli.org.

The Safe Center is known to restore hope to all victims of abuse: child abuse, rape, sexual assault, domestic violence, sex trafficking and elder abuse. For help, please call their confidential 24/7 hotline at 516-542-0404.

Tracy Stopler, M.S., R.D., recently released her debut novel, The Ropes That Bind. She says she wrote the novel “to help people understand that childhood trauma is not something we just get over because we grow up. There are both short and long-term impacts of child sexual abuse.” Tracy is also a registered dietitian with a Master’s Degree in Nutrition from New York University and an adjunct professor at Adelphi University. Her book is available on Amazon and her book trailer can be viewed at: TheRopesThatBind.com.

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Meditation: It's All About The True Self
by Neal Clark
Plainview, NY

Meditation, which attempts to achieve the liberation from the self that Einstein talked about, is gaining in popularity in much of the world. It is even offered by some large corporations to their employees. Much research has been done that shows not only does it improve our mental state but physical conditions as well.

Meditation’s growing popularity seems to be contradictory since we have become a society that glorifies the self or ego. So why are people getting interested in meditation, which is about liberation from the self? Maybe because we have gone so far in glorifying the self and still do not feel joy, peace and fulfillment. Looking at the world today we also see the fruits of the self-centered mind and where it has taken mankind. All the spiritual scriptures and teachers through the millennia have clearly stated that man has a higher purpose than merely struggling for his own survival and self-aggrandizement. They say that man was actually intended to be one with God.

The idea of sharing God’s consciousness seems ridiculously impossible to us, only because we identify with a self that we have been creating since we were born. A self that we have built as a reaction to every experience we had. Certainly it is impossible for the mind of the Universe to fit into such a limited framework. Meditation’s aim is freeing us from this self-centered mind.

The three types of meditation I will discuss here namely Yoga, Buddhist and True Self Meditation have the common goal to expose and discard the false or delusional self, allowing us to get in touch with our True Self.

Yoga meditation, practiced for over 2,500 years, has several techniques mainly based on quiet concentration. In Yoga we may focus our attention on an object, our breathing, physical exercise postures or on nothing at all. As we focus our attention we notice the noise that our self-centered mind is constantly making and gradually we become an observer of it rather than a slave to it. The more we observe this mind, the more we understand how it works and blocks our peace and happiness. Through practice we can eventually free ourselves from the demands of the self-centered mind and start to become aware of our divine nature.

The goal of all Buddhist meditations is to change one’s perspective on the “self” that our egos grasp on to so strongly. For example, one Buddhist meditation focuses on the suffering of all living beings. We imagine that all the suffering and unhappiness of all living beings gathers together in the aspect of black smoke at our heart. While contemplating this suffering the black smoke gradually disappears, as we breathe in and out. We feel more peaceful and imagine that our ignorance and self-grasping disappear along with the black smoke. The result is that our perspective changes and this helps us release our strong belief in our small and suffering self.

True Self Meditation, like Yoga and Buddhist meditation, has the goal of eliminating the delusional self, allowing us to experience our true Self. Started in 1996, already 5,000 of its students have achieved enlightenment and it is growing rapidly because it is easy to follow. It is caringly taught by those that have already achieved enlightenment through it.

Practicing it we realize that the human mind is nothing more than pictures of one’s life lived, our thoughts and habits. It is from inside of that mind that we experience the world. This is why we do not experience the world as it really is. After all the illusionary world is released we become born into the real world, experiencing reality in a very new way that is free of fears, anxieties, pride, inferiority and the endless negative feelings we hold. Instead, we see the world with great appreciation, love, compassion and freedom.

Every form of meditation has the goal of freeing us from our delusional minds, the prison that Einstein described. Though we cling to our false worlds there is nothing lost by letting them go; instead we gain more than we might imagine.

Neal Clark
is a Medical Technologist and a student of world religions and practices for 50 years. He practices and guides meditation at the Plainview Meditation Center.

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Plainview, NY
POETRY

IN ALL (POEM TO THE BELOVED)
by Dr. Sara R. Axel, Delray Beach, FL.

Everywhere your being manifests before me. In the giant sunflowers proliferating the mountains... in the lake's spiral ripple patterns created as children learn to swim, your smile or squint... your eyes or beard... your shoulders or feet... appear before my heart.

In the car driving alongside, the shape of another’s head has me whispering in your ear. The nectar of freshly squeezed OJ reminds my taste buds of your sweet mouth lingering on mine.

You appear in the strangest of places. My yoga mat...my bath... my journal as I write, my bed as I sleep,...and then again as I wake to a new day... each has had to make space for your essence.

You are not here. Yet...I am not alone. Bound by our breaths; Commanded by our spirits; Betrothed by our souls; You are in...around... and before me. My cells ignite with our communion. You are...in all...I am.

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Presents to you
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Let it pass.

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by Ian Murdock, Northport, NY

Sipping hot cocoa
On a cold snowy night
A cracking fire
Winter’s special delight

Gathered family and friends
Warm and cozy inside
Smiles and laughter
What a joyous Yuletide

Santa is coming
Many gifts on his sleigh
He’s heading to your house
His GPS plots the way

Now, he knows how you’ve been
Be it naughty or nice
And he’s looked at his list
Checked more than just twice

Once the guests are all gone
And the tables been cleared
Santa’s cookies put out
Your spirit’s now cheered

It’s under the covers
Snuggled warmly in bed
As visions of sugar plums
Dance in your head

You’ll wake in the morning
Look under the tree
And expressions of love
Are the things that you’ll see!

Recoiling FROM NOISE
by Alex Tory, Bellmore, NY

Recoiling from noise
Aggressive movement and sound,
The soul becomes small, withdrawn
As a snail slipping into its shell
The soul contracts.
Yet when there is silence, stillness
The sound of birds in a nearby tree
Or chimes swayed by a passing breeze
The soul expands, reaches out
Creating space within
And in that space, there is great joy
For the soul is unfolding.
Bringing light to dark corners,
Smoothing creases, made sharp by distraction.
In stillness and silence, all is released
And the soul can connect again
To the great unknown, from which it came.

“In 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
book reviews & products

The Sacred Path of the Therapist: Modern Healing, Ancient Wisdom, and Client Transformation
by Irene R. Siegel, PhD, LCSW

Shamans are ancestral teachers, guides to non-ordinary realms of consciousness who heal by connecting to elemental energies, major archetypal forces of nature, and a divine cosmic whole, within silent sacred space. Psychotherapists also respect the healing power of silent spaces in the session, moments in which sacred energy emerges. This book offers a blend of two worlds: the clinical world and the world of the shaman. Drawing from her unique experiences working with master shamans and practicing as a psychotherapist, Irene Siegel discusses the evolving role of the therapist as both therapist and healer.

Integrating Western psychological understanding with ancient Eastern and wisdom traditions, Siegel addresses how spiritual resonance is achieved within the psychotherapeutic process. Readers will learn how mindfulness practices and attunement can help them move clients toward recovery and beyond, allowing full potential to emerge within a shared coherent field of awakening consciousness. Topics include translating transpersonal theory into practice, understanding the human energy field, and the integration of psychotherapy and spiritual initiation. Using lessons from the evolving field of transpersonal psychology, as well as guided meditation exercises, the reader will learn to access the innate inner wisdom and healing potential of their clients, expanding the content and context of therapy. A must read for therapists, healers, and clients alike who are interested in an insightful integration of transformational healing paradigms. (See ad p. 21).

The Wisdom of the Universe: Essential Truths from the Beloved Conversations with God Trilogy
by Neale Donald Walsch and Sherr Robertson
TarcherPerigee.com

In The Wisdom of the Universe: Essential Truths from the Beloved Conversations with God Trilogy, author Neale Donald Walsch and co-author/photographer Sherr Robertson have combined choice selections from Neale’s New York Times bestseller Conversations with God with original photography depicting nature’s grandeur.

This beautiful, 544 page, full-color book will please the senses, while the timeless spiritual guidance will delight and inspire the mind. For the avid follower of Walsch, known for captivating millions of fans worldwide with the life-altering wisdom of his celebrated books, or as merely an introduction to his work, this volume will serve the reader as the perfect medium for joining in on this uncommon dialogue between the mortal and the divine.

Captain Snout and the Super Power Questions: Don’t Let the ANTs Steal Your Happiness
by Daniel G. Amen, M.D.
Harper Collins
CaptainSnoutBook.com

This fun, animated book, by Child Psychologist, Dr. Daniel G. Amen, is geared towards helping children combat Automatic Negative Thoughts (ANTS) using a popular Cognitive-Behavioral Therapy technique. Titled, Captain Snout and the Super Power Questions: Don’t Let the ANTs Steal Your Happiness, the new children’s book features Captain Snout, an ANTeater-superhero who guides children in combating the ANTs that threaten to torment them. In the book, the three Pennypepper children start a neighborhood carwash to raise money for a new puppy. When customers stop coming to the carwash, the Pennypeppers are invaded by ANTs. Captain Snout playfully shows the children how to correct their negative thinking patterns. He teaches the Pennypeppers two very simple super power questions to always ask themselves to help them overcome ANTs: “Is it true?” and “Are you 100% sure it’s true?”

Comical illustrations by Brendan Kearney bring the story alive as children learn to replace their ANTs with accurate and truthful thinking. Dr. Amen also includes a helpful letter at the end of the book that guides parents to use this story as a discussion opener with their children (Amen says the book will be equally helpful to stressed out parents).

Widely regarded as a gifted teacher and storyteller as he is a renowned psychiatrist, Dr. Amen’s Captain Snout and the Super Power Questions offers a simple solution to helping children identify ANTs and then teaches them how to manage those thoughts in a positive way.

Product Reviews

Animal Pendants
Handcrafted Wearable Art
animalguidance.org

Multicultural artist Ria Sharon introduces Animal Guidance, a new line of spiritually-minded wearable art. The pendants in the collection are handcrafted in the artist’s studio in St. Louis, Mo., each one incorporating reproductions of her original, hand-drawn illustrations. Artful and handmade, these pendants will appeal to people who are looking for gifts that are unique expressions of their individuality—satisfying both the giver and receiver. Each piece comes packaged with a card inscribed with an affirmation inspired by the animal. For example, the hummingbird’s card reads, “Give your heart permission to seek joy and nurturing. Savor the magic and sweetness that surrounds you.” Sharon says, “My wearable art collection is really a mindfulness tool, each pendant a reminder that we are alive and connected to each other in a shared experience of this Planet Earth. When we cultivate them, these connections are a natural and potent source of strength, resilience, and courage. The collection is designed to help us remember that within each of us are all the noble aspects we share with the animals—a powerful message delivered in a beautiful package.” Sharon adds that the miniature art pieces in the pendants represent perspectives or lenses that the artist invites you to “put on” as an approach to a dilemma or question.

Finished off with ribbons, these versatile charms can be worn as a choker, necklace, or wrist wrap. Each of the twelve animals comes pre-packaged in a biodegradable cellulose sleeve, ready for eco-friendly gifting. They are $24 each, available at select retailers and online. For wholesale info, visit animalguidance.org. For daily insight into the artist’s process and inspiration, follow @ risharon on Instagram and Twitter.

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Relationships, Sex, Introspection and Meditation
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FILM

THE PATHOLOGICAL OPTIMIST
Cold Iron Pictures, in association with Lucky Tiger Productions
A Film by Miranda Bailey
Produced by Marc Lesser and Amanda Marshall
thepathologicaloptimistfilm.com

In the December/January 2017 issue, Creations Magazine reviewed the film VAXXED which documented the widely (though disputedly) discredited work of Andrew Wakefield. Wakefield, a UK gastroenterologist, and a team of 12 other medical researchers, penned a paper for the UK medical journal, The Lancet, published in February 1998, which documented research into spontaneous symptoms of autism following the administering of the MMR vaccine. The paper included the following statement: “We did not prove an association between Measles, Mumps, and Rubella vaccine (MMR) and the syndrome described (Autism).” It went on: “Further investigations are needed to examine this syndrome and its possible relation to this vaccine.”

This new film documents the systematic “take down” of Dr. Wakefield and one of his colleagues on the paper, Dr. John Walker-Smith, by the medical/vaccine “community,” with the assistance of the press. It includes the ultimate vindication of Dr. Walker-Smith, but the continued persecution of Andrew Wakefield.

For those of you who believe you know the story, let me offer the following: Andrew Wakefield continues to advocate for the administering of vaccines. He is against the MMR and other combined “super” vaccines because he’s seen evidence in his patients they are too much for the immune system of some children to handle, and believes single vaccines should be administered instead with a waiting period between each. He freely states this opinion is based not upon a study showing this to be the case, but, amongst other things, “an inadequacy of studies on the subject.”

One of Dr. Wakefield’s supporters describes the results of the administration of the MMR vaccine to her 19 month old baby; spontaneously collapse of the baby in her arms, sleeping 14 hours, waking up “a different child” followed by a diagnosis of severe autism, the suggestion of lifelong institutionalization, and provision, by the hospital, of books on grieving to the mother.

Dr. Wakefield’s parents were both in the medical profession. His father was a neurologist; his mother, a family doctor. They had shared a concern with their son: “medicine is changing: it’s becoming less about the patient and more about fulfilling the wishes and the interests of the pharmaceutical companies.” This statement will come as no surprise to those of us who have encountered medical professionals who dismiss ANY information we try to share with them as “self-diagnosis.” Such sharing of information and attempts at partnering in our own care are, inexplicably, an annoyance at best to many healthcare providers and, at worst, a cause for defensive behavior on the part of the physician (see Creations review of the film Making Rounds – Feb/March 2016 – for more on this subject).

The term “fake news” gets bandied about constantly in this day and age. No, fake news is not news you don’t want to hear or don’t want to agree with! But fake news, as this reviewer defines, is half a story, “creative editing” to sell a point of view, emphatic declarations that “there is nothing to debate” and not presenting both sides of an issue, discrediting the other side of an issue and, at worse, denigrating, defaming, and attempts to destroy anything that doesn’t fit with the accepted paradigm. This last point begins to describe the case and story set forth in this film.

See it, and decide for yourself. If it causes you to do more research on your own, all the better. This has been called, amongst other things, the age of responsibility (with a corresponding backlash of those not wanting to take responsibility). Let us all take responsibility for our health. Should the time come when we must make tough medical decisions, let us be armed with facts. Dr. Wakefield makes an interesting statement: “My duty is not to the public health. My duty is to the patient.” OUR duty should always be to our own health. If it is, public health will follow suit.

MUSIC

Endless Field
Endless Field
Jessie Lewis, Ike Sturm
Biophilia Records
www.endlessfieldband.com

Endless Field is made up of bassist Ike Sturm and guitarist Jessie Lewis. They seek their inspiration in the wilds and natural settings, and it shows. Unending Season is a great opener, richly evocative of flowing water, flowing air, gentle movement, all positively forward. It is followed by Ember, a beautifully melodic piece, introspective yet insis-
tent. Their music has been labeled by some reviewers as “genreless,” and this piece is especially good at illustrating and embracing that concept. Supermoon is, perhaps, a little more “jazzy,” with its celebratory, almost frenetic saxophone (Donny McCaslin) yet still grounded in the endless sky. These musicians are keenly adept at tone poetry and painting, beautifully utilized in A Run Through the Woods at Night, which includes a spirited Native American vocal line.

There is a different logic to this music. It is at once obvious, and subtle: simple, yet complex, and accessible on several different levels. These musicians truly “speak” music as a fully expressive language, immi-

ently capable of describing the tiniest detail as well as the grandest view of the natural world. Being a self-described “collaborative band,” the album includes contributions from tenor saxophonist Donny McCaslin, trumpeter Ingrid Jensen, vibraphonist Chris Dingman, percussionist Rich Stein, pianist Fabian Almazan, and vocalist Misty Ann Sturm.

Of note is that record company Biophilia seeks to encourage positive movement in the world, with all Biophilia artists engaging in Environmental cleanup projects and/or community service. Creations Magazine has reviewed many a New Age album; this one absolutely transcends the rest. I look forward to listening to this album many times over.
Why You MUST Attend

Unfiltered. Unbiased. Unprecedented. Get ready for an eye-opening, educational, and enlightening event when The Real Truth About Health Conference brings together the world’s leading authorities and best-selling authors on health, nutrition, the food system, the medical system and the environment for 10 glorious days to shed light on the critical issues impacting the lives of every single person on the planet.

Happening for the first time in Long Island, this life-changing event, which is FREE to attend in person or watch online, will take place February 2-11, 2018 at the Hilton Huntington in Melville, New York, and will feature dynamic programming including thought-provoking lectures, panel discussions, book signings, meet and greets and more.

Never before has there been a gathering of this scale and magnitude, and it is sure to be a must-attend event for anyone concerned about their well-being and what’s at stake for the world at large. Discover the untold, underlying factors influencing diet, nutrition and related conditions when whole food plant-based health experts such as authors T. Colin Campbell, Ph.D. (The China Study), Joel Fuhrman, MD (Super Immunity), Caldwell B. Esselstyn Jr., MD (Prevent and Reverse Heart Disease), Brian Clement, Ph.D., LN (Food Is Medicine), Brenda Davis, RD (Becoming Vegan) and Pamela A. Popper, Ph.D., ND (Food Over Medicine) share their expertise about the benefits of proper nutrition on the body.

As GMOs, along with hazardous advancement and abuses on the food system continue to be a growing epidemic, top experts Andrew Kimbrell (Your Right to Know), Jeffrey M. Smith (Genetic Roulette) and Sheldon Krinsky, Ph.D. (The Deception) will shed light on the reality and the risks of genetically engineered foods and its by-products.

Health is at the forefront of people’s minds. Being at the mercy of inaccurate information and the mainstream mentality, hinders our ability to make sound decisions. Producer Del Bigtree (Vaxxed), Dr. Ben Johnson (No Ma’amograms!), Dr. Joanna Moncrieff (The Myth of the Chemical Cure), Eric Merola (Burzynski, The Movie), Gary Greenberg, PhD (The Book of Woe) and Mark P. Blaxill (Vaccines 2.0) will weigh in on the weighty issues that people can no longer ignore.

Every day, environmental toxins increasingly creep into the collective consciousness creating incredible anxiety. This conference offers an engaging platform for world-renowned climate scientist Prof. Peter Wadhams (A Farewell to Ice) and James Howard Kunstler (The Long Emergency) to discuss accelerated climate change, and Devra Davis, Ph.D. (Disconnect) to reveal the truth about cell phone radiation and how we can protect ourselves.

The Real Truth About Health Conference will bring the expert speakers together to participate in panel discussions. Topics include Scientifically Proven Benefits of a Whole Plant-based Diet, GMOs and the Fight to Save the Food Supply, The Food System, Vaccinations, Preventing and Reversing Diabetes, Urgent and Critical Solutions to Climate Change, and Protecting Your Family from the Medical and Pharmaceutical Industry, among others.

The education and information at this event will be UNLIKE mainstream media, which is often influenced by the financial power of the big industries—meaning the scientific reports, the news media, politicians, clinical trials, the universities and health professionals often have a financial connection to the information they provide, resulting in biased, unreliable and poorly researched information.

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